

OWNER'S MANUAL

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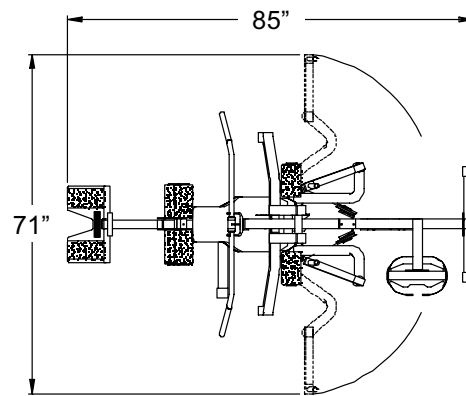
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Revision Date 05-10-00

ODY-5

Odyssey Home Gym



L 85" W 71" H 83"



America's Premium Exercise Equipment



Introduction

About the Odyssey 5 Home Gym (ODY-5)

Congratulations on your new purchase of the Odyssey 5 Home Gym (ODY-5). This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. In addition, this gym has been designed to meet the needs and performance requirements for a suitable home exercise machine. 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. Fixed
- 2. Total Machine Weight - 475 Lbs.
- 3. Footprint (LWH) - See Front Cover

Prior to the Assembly of the ODY-5

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 Odyssey 5 Home Gym (ODY-5).
2. Consider the complete surface area of the ODY-5. Use the overhead view on the front page for designing your layout before assembling. Once the ODY-5 has been fully assembled it will be heavy and difficult to move, therefore you should assemble the ODY-5 in the area where it is to be used upon completion.
3. It is recommended that another person assist you with the assembly this unit.
4. Neatly organize and identify all parts according to the Parts List on page 25 and the Exploded View Diagram on page 24.

Tool Requirements

1. One 9/16" combination wrench
2. One 3/4" combination wrench
3. One 7/8" combination wrench
4. Two 7/16" combination wrenches
5. One 1/2" combination wrench
6. One ratchet
7. One 9/16" socket
8. One 3/4" socket
9. One rubber mallet
10. External retaining-ring pliers
11. Windex or household glass cleaner
12. One can silicone spray/ teflon spray lubricant
13. Multi-purpose grease
14. Measuring tape
15. Masking tape
16. Utility knife

About the Icons

The icons displayed in this Owner's Manual are used to facilitate the correct assembly and safe use of this Product, as-well-as to prevent injury to yourself or anyone else.



A **Note** provides information necessary to properly complete a procedure or information which will make the procedure easier to understand.



A **Caution** provides a special procedure or special steps which must be taken while completing the procedure where the **Caution** is found. Not following a **Caution** can result in damage to the equipment.



A **Warning** provides a special procedure or special steps which must be taken while completing the procedure where the **Warning** is found. Not following a **Warning** can result in personal injury.



Loosely Fasten provides a instruction to loosely fasten (ex: *hand tighten*) a hardware assembly only. This instruction is intended for the alignment of hardware components during the assembly process.



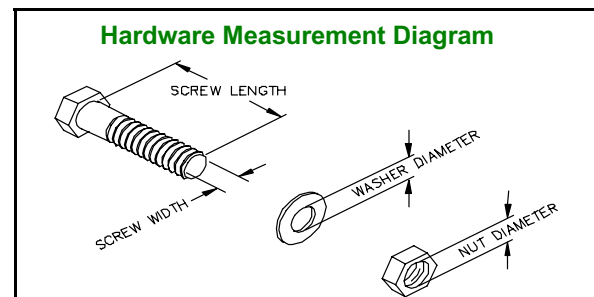
Fully Fasten provides a instruction to fully fasten (ex: *completely tighten*) a hardware assembly.



This will notify you of lifting heavy components. It is advisable to lift with your legs, not with your back, to avoid a possible back injury.

Assembly Notes

1. Read and follow each step of this Assembly Instruction Manual in sequence. Do not skip ahead, as it will result in an improper assembly or in having to disassemble parts later.
2. During the assembly of this unit you will be instructed to leave some Hex Head Cap Screws loosely fastened. Naturally, they will be fully fastened later in the assembly process. This is done to prevent any difficulty with alignment of some parts during this assembly.



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

Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

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 Owner's 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 Owner's Manual, as well as from your local Tuff Stuff retailer.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local Tuff Stuff retailer.
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 these cables 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 Odyssey Home Gym 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 defective part is repaired or replaced.
9. Pay special attention to the **Push Pull Pins (#53 and #54)** located on **Press Bar Selector Housing (#17)**, **Front Upright (#3)** and **Leg Extension Bench Frame (#11)**. See Fig.1. Be sure they are fully engaged into the selectorized holes. Refer to Fig. 2 for further illustration of this warning.

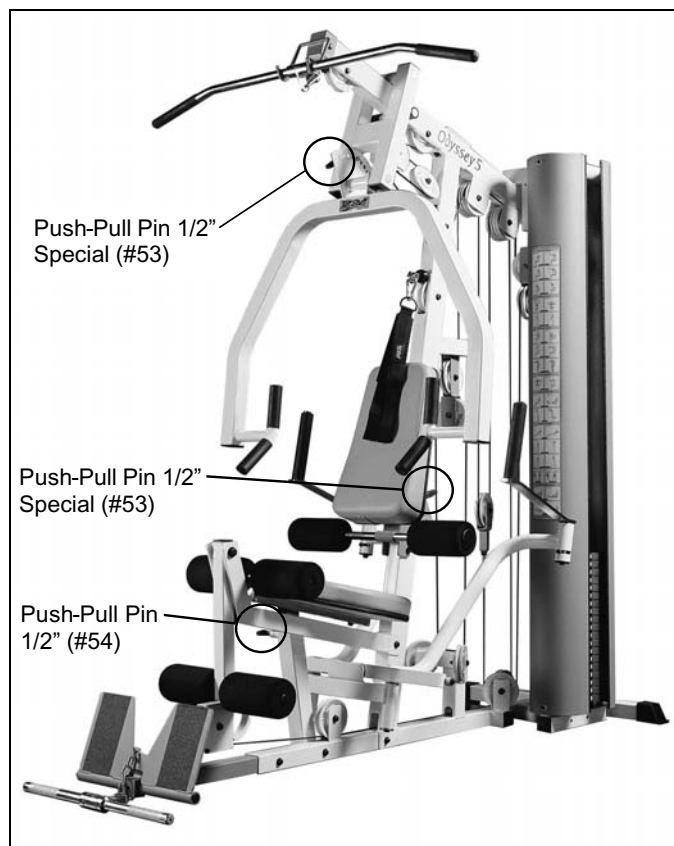


Fig. 1 Illustration above depicts the location of the **Push Pull Pins 1/2" Special (#53)** and **Push Pull Pin 1/2" (#54)** on this unit.

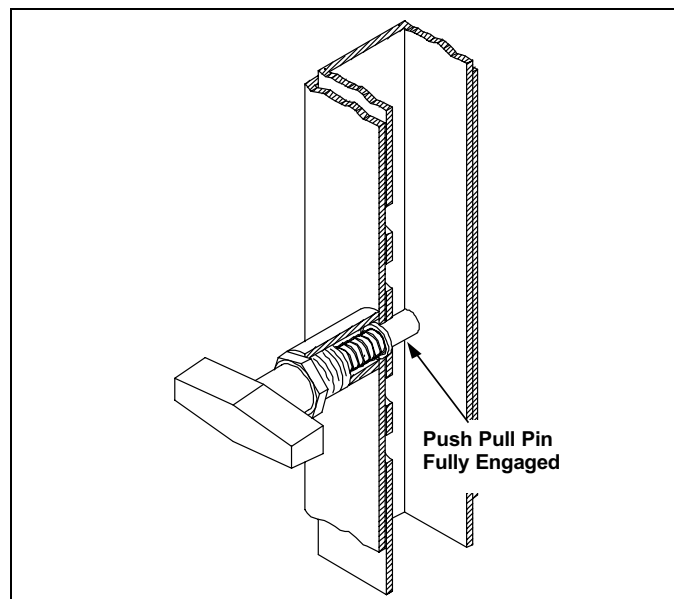


Fig. 2 **Warning:** Check that all **Push Pull Pins 1/2" (#53, #54)** are fully engaged into the selectorized holes.



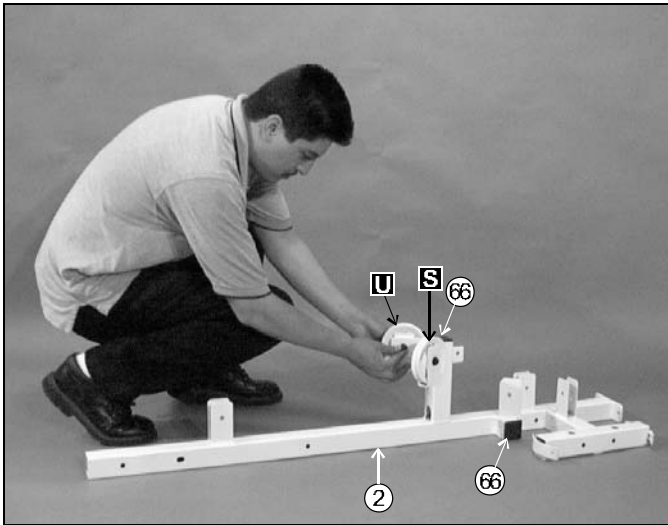


FIG. 3 On a flat surface, lay the **Base Frame (#2)** down and insert two **Plastic End Caps 2" Sq. (#66)** into the tube-ends of the **Base Frame (#2)**, as labeled above. Next, attach two **Nylon Pulleys 4 1/2 Rd (#64-Labeled U, S)** to the **Base Frame (#2)** and secure them into place using two **Hex Head Cap Screws 3/8-16 X 2 (#99)**, four **Flat Washers SAE 3/8" (#71)** and two **Nylon Insert Jam Lock Nuts 3/8-16 (#82)**.

NOTE: The black boxed letters pointing to the pulleys are used throughout this manual as reference to the Cable Mapping Diagram on pages 21-24. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with **Fig. 31**.

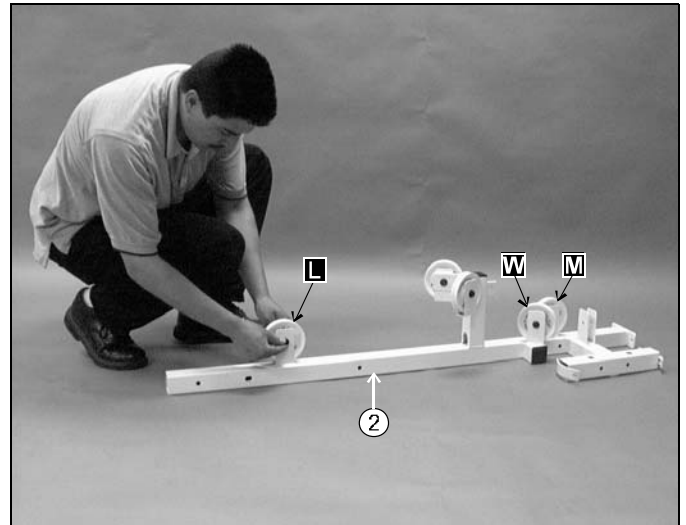


FIG. 4 Next, attach three **Nylon Pulleys 4 1/2 Rd (#64-Labeled L, W, M)** to the pulley brackets on the **Base Frame (#2)** and secure them into place using three **Hex Head Cap Screws 3/8-16 X 1 3/4 (#93)**, six **Flat Washers SAE 3/8" (#71)** and three **Nylon Insert Jam Lock Nuts 3/8-16 (#82)**.

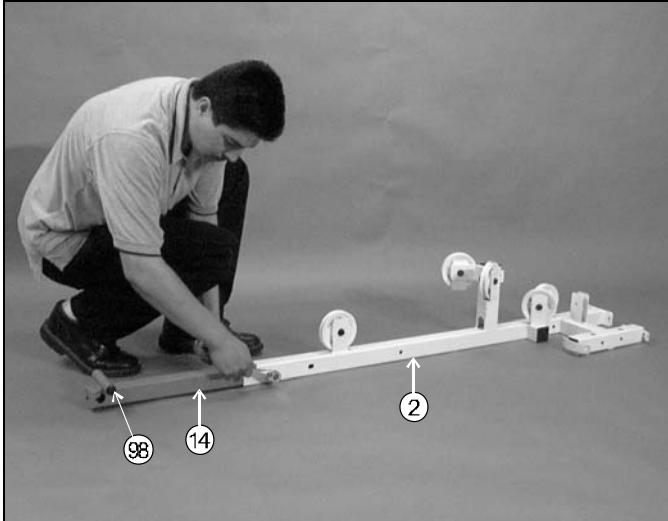


FIG. 5 Next, locate the **Low Row Stabilizer (#14)** and insert it into the receptacle on the **Base Frame (#2)**. Secure it into place using one **Hex Head Cap Screw 3/8-16 X 3 (#90)**, two **Flat Washers SAE 3/8" (#71)** and one **Nylon Insert Jam Nut 3/8-16 (#82)**. Next, insert two **Plastic Insert Caps 1" Rd. (#98)** into the tube-ends of the **Low Row Stabilizer (#14)**, as labeled above.

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in **Fig. 10** on the next page.

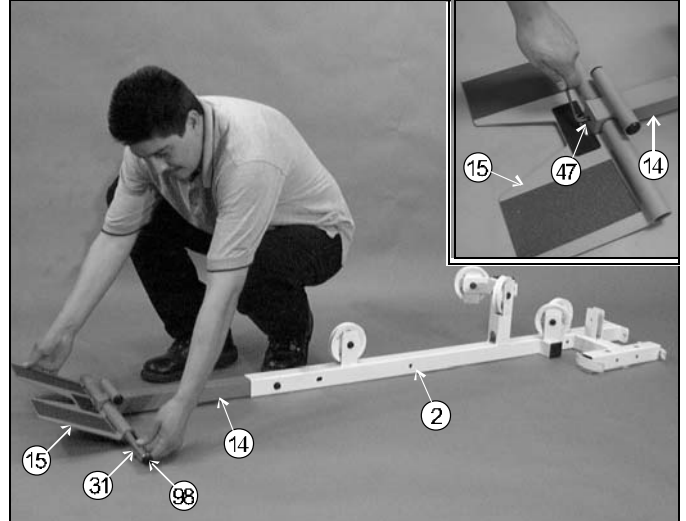


FIG. 6 Next, attach the **Low Row Foot Support (#15)** to the **Low Row Stabilizer (#14)** and secure it into place using one **Foot Roll Tube 1X16 (#31)**. Using the supplied **Hex Key 3/16 (#108)**, secure the **Foot Roll Tube 1X16 (#31)** into place using one **Set Screw 3/8-16 X 1/2 (#47)**, as shown in caption above. Be sure the **Foot Roll Tube 1X16 (#31)** is flush on each end after inserted into the **Low Row Foot Support (#15)**. Next, insert two **Plastic Insert Caps 1" Rd. (#98)** into the tube-ends of the **Foot Roll Tube 1X16 (#31)**.

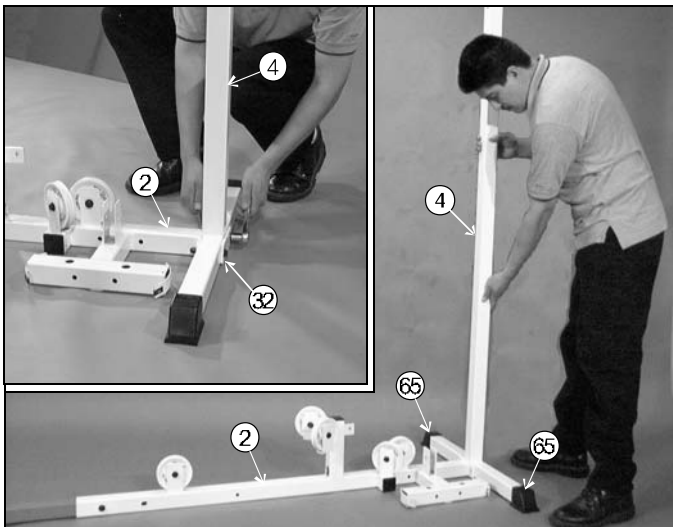


FIG. 7 Next, insert two Plastic End Caps 2" Sq. w/Groove (#65) onto each tube-end of the **Rear Upright (#4)**, as shown above. Next, attach the **Rear Upright (#4)** to the **Base Frame (#2)** and secure it into place, as shown in caption above, using one **Support Plate 1/4 X 2 X 5 (#32)**, two Hex Head Cap Screws 3/8-16 X 3 1/4 (#89), four Flat Washers SAE 3/8" (#71) and two Nylon Insert Lock Nuts 3/8-16 (#81).

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

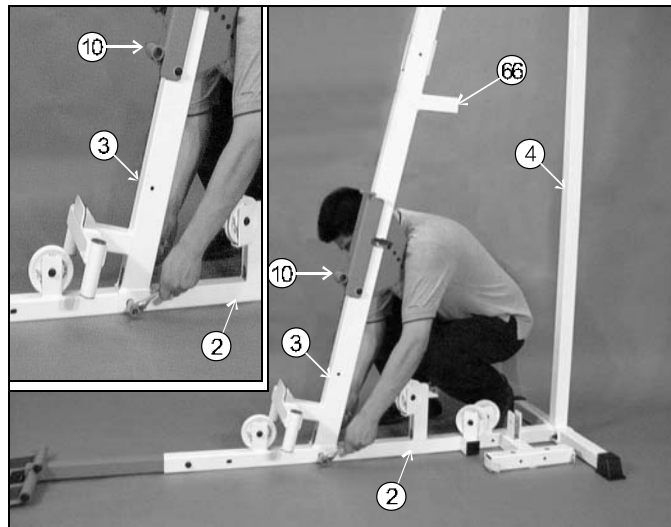


FIG. 8 Next, attach the **Front Upright (#3)** to the **Base Frame (#2)**, in the position as shown above, and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#91), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Jam Lock Nut 3/8-16 (#82). Next, insert one Plastic Insert Cap 2" Sq. (#66) into the tube-end of the **Front Upright (#3)**.

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

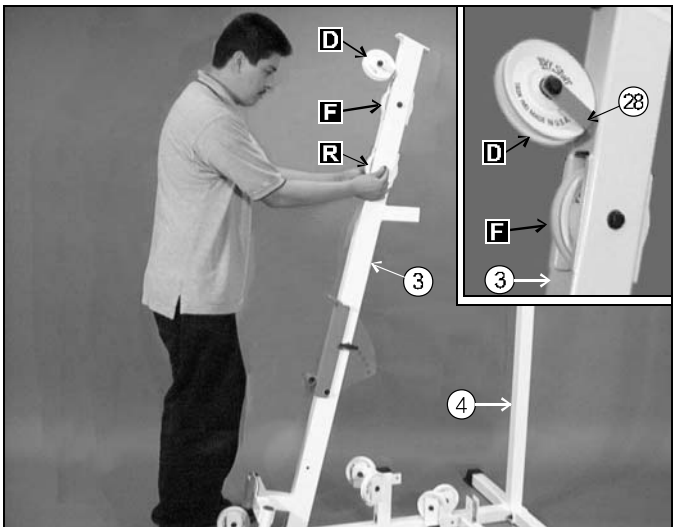


FIG. 9 Next, attach a Nylon Pulley 4 1/2 Rd. (#64- Labeled D) to the pulley plate located on the **Front Upright (#3)** and secure it into place using one **Cable Retainer Bracket L-Shaped (#28)**, one Hex Head Cap Screw 3/8-16 X 1 3/4 (#93), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Jam Lock Nut 3/8-16 (#82). Refer to the Exploded View Diagram on page 26 for further illustration of this assembly.

Note: Be sure to position the **Cable Retainer Bracket L-Shaped (#28)** as shown in caption above.



Next, attach two Nylon Pulleys 4 1/2 Rd. (#64-Labeled F,R) into the pulley brackets located on the **Front Upright (#3)** and secure them into place using two Hex Head Cap Screws 3/8-16 X 2 1/2 (#92), four Flat Washers SAE 3/8" (#71) and two Nylon Insert Jam Lock Nuts 3/8-16 (#82).

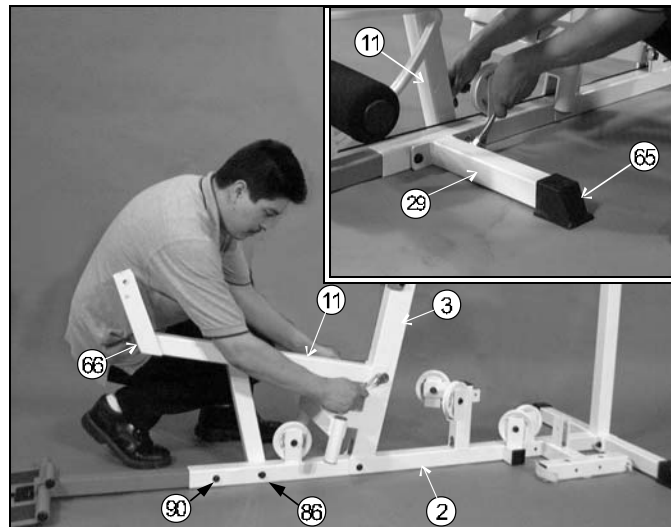


FIG. 10 Next, locate the **Leg Extension Bench Frame (#11)** and secure it to the **Front Upright (#3)**, as shown above, using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#91), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Jam Lock Nut 3/8-16 (#82). Locate the **Stabilizer 14" (#29)** and insert one Plastic End Cap 2" Sq. w/Groove (#65) into the tube-end. Secure the other end of the **Leg Extension Bench Frame (#11)** to the **Base Frame (#2)** and the **Stabilizer 14" (#29)** using one Hex Head Cap Screw 3/8-16 X 5 (#86), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Lock Nut 3/8-16 (#81). Next, secure the other end of the **Stabilizer 14" (#29)** to the **Base Frame (#2)** using one Hex Head Cap Screw 3/8-16 X 3 (#90), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Lock Nut 3/8-16 (#81). Next, insert one Plastic Insert Cap 2" Sq. (#66) into the tube-end of the **Leg Extension Bench Frame (#11)**.

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.



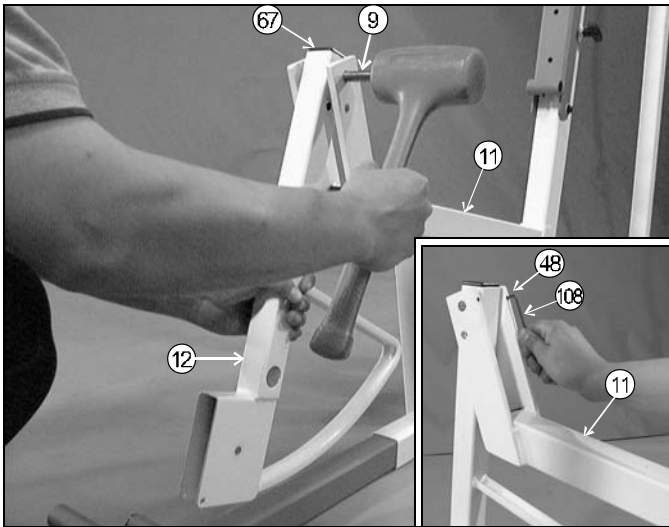


FIG. 11 Next, attach the **Leg Extension Arm (#12)**, in the position as shown, to the **Leg Extension Bench Frame (#11)** and secure it into place using one **Leg Extension Axle 1/2 X 2 1/2 (#9)**. Next, secure the **Leg Extension Axle 1/2 X 2 1/2 (#9)** into place using two **Set Screws 1/4-20 X 3/8 (#48)**, as shown in caption above. Use the supplied **Hex Key Long 1/8 (#109)** for fastening these **Set Screws 1/4-20 X 3/8 (#48)**. Next, insert one **Plastic Insert Cap 1 1/2 Sq. (#67)** into the tube-end of the **Leg Extension Arm (#12)**.

Note: It is recommended to grease the **Leg Extension Axle 1/2 X 2 1/2 (#9)** with multi-purpose grease prior to assembling.

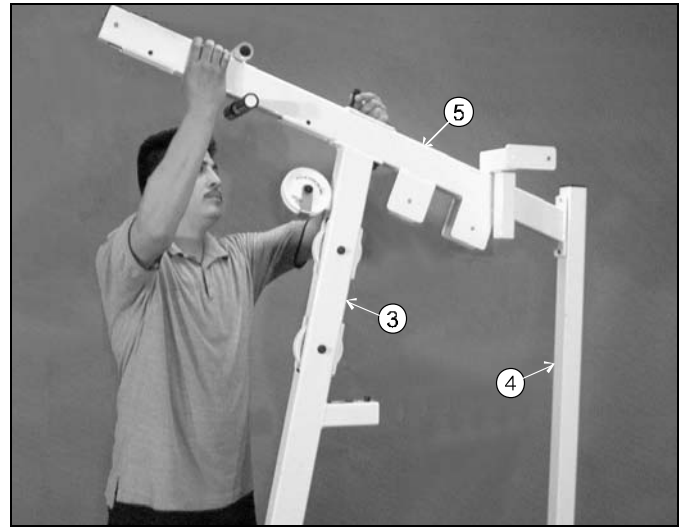


FIG. 12 Attach the **Top Pulley Assembly (#5)**, in the position as shown, to the **Front Upright (#3)** and secure it into place using two **Hex Head Cap Screws 3/8-16 X 4 1/4 (#88)**, four **Flat Washers SAE 3/8" (#71)** and two **Nylon Insert Lock Nuts 3/8-16 (#81)**.

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

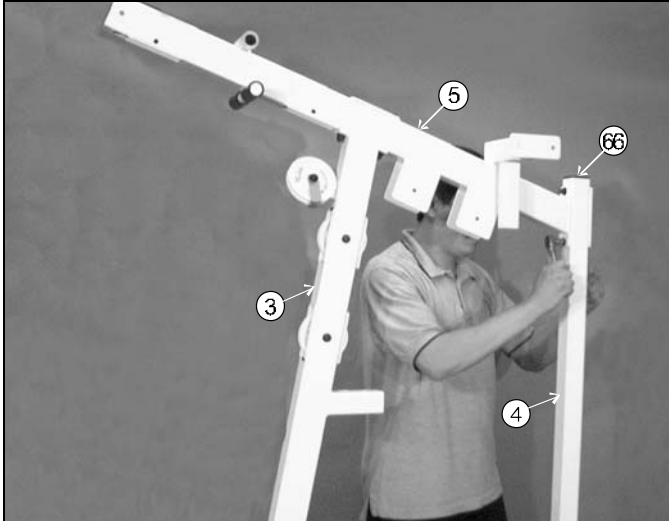


FIG. 13 Next, attach the **Top Pulley Assembly (#5)** to the **Rear Upright (#4)** and secure it into place using two **Hex Head Cap Screws 3/8-16 X 3 1/4 (#89)**, four **Flat Washers SAE 3/8" (#71)** and two **Nylon Insert Lock Nut 3/8-16 (#81)**. Next, insert one **Plastic Insert Cap 2" Sq. (#66)** into the tube-end of the **Rear Upright (#4)**.

Fully Fasten: Proceed to align and fully fasten this hardware assembly and all the previous assemblies that were left loosely fastened.

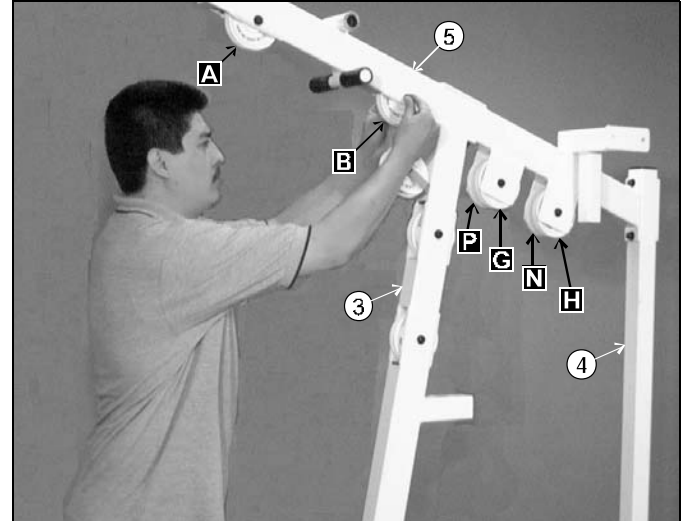


FIG. 14 Next, attach two **Nylon Pulleys 4 1/2 Rd. (#64-Labeled A,B)** into the pulley brackets located on the **Top Pulley Assembly (#5)** and secure them into place using two **Hex Head Cap Screws 3/8-16 X 2 1/2 (#92)**, four **Flat Washers SAE 3/8" (#71)** and two **Nylon Insert Jam Lock Nuts 3/8-16 (#82)**. Next, attach four **Nylon Pulleys 4 1/2 Rd. (#64-Labeled P,G,N,H)** into the pulley brackets located on the **Top Pulley Assembly (#5)** and secure them into place using two **Hex Head Cap Screws 3/8-16 X 2 3/4 (#91)**, four **Flat Washers SAE 3/8" (#71)** and two **Nylon Insert Jam Lock Nuts 3/8-16 (#82)**.

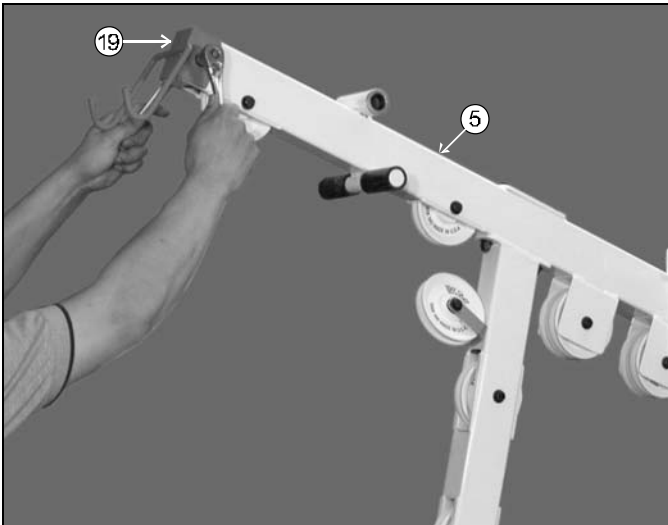


FIG. 15 Next, attach **Lat Bar Holder 2 X 3 (#19)**, in the position as shown above, to the **Top Pulley Assembly (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#91), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Jam Lock Nut 3/8-16 (#82).

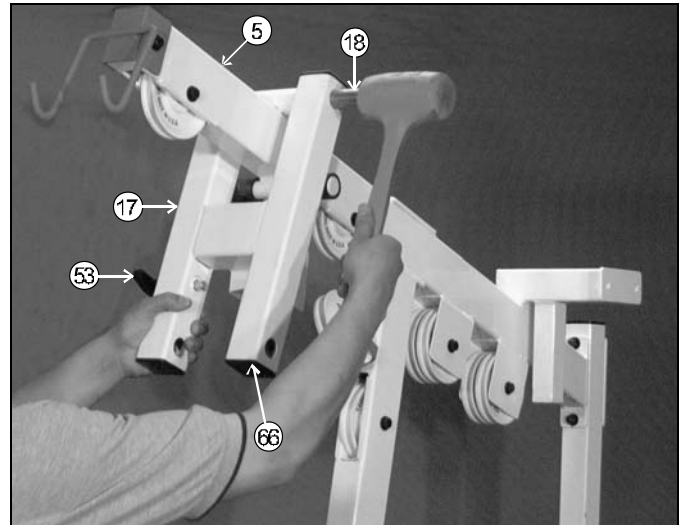


FIG. 16 Attach the **Press Bar Selector Housing (#17)** to the **Top Pulley Assembly (#5)**, as shown above. Using a rubber mallet, insert the **Pivot Axle 1 X 8 1/8 (#18)** through the holes in the **Press Bar Selector Housing (#17)** and through the receptacle on the **Top Pulley Housing (#5)** until it is flush with both sides. Refer to **Fig. 67** on page 27 for further clarification of this assembly.

NOTE: It is recommended to grease the **Pivot Axle 1 X 8 1/8 (#18)** with multi-purpose grease prior to assembling. Also, the four Plastic Insert Caps 2" Sq. (#66) located in the tube-ends of the **Press Bar Selector Housing (#17)** have been pre-assembled by the factory.

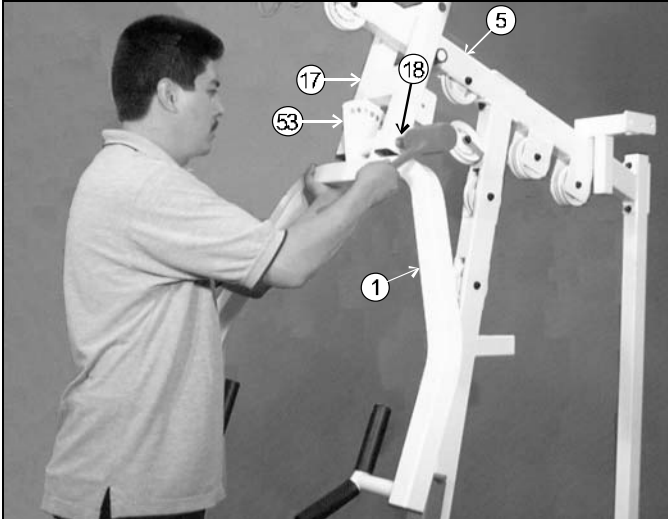


FIG. 17 Next, insert the **Press Bar (#1)** up into the **Press Bar Selector Housing (#17)** and support in into place using the push-pull pin (#53-Not Shown). Next, using a rubber mallet, insert the **Pivot Axle 1 X 8 1/8 (#18)** into the **Press Bar Selector Housing (#17)** and through the **Press Bar (#1)**. Refer to **Fig. 67** on page 27 for further clarification of this assembly.

NOTE: It is recommended to grease the **Pivot Axle 1 X 8 1/8 (#18)** with multi-purpose grease prior to assembling.

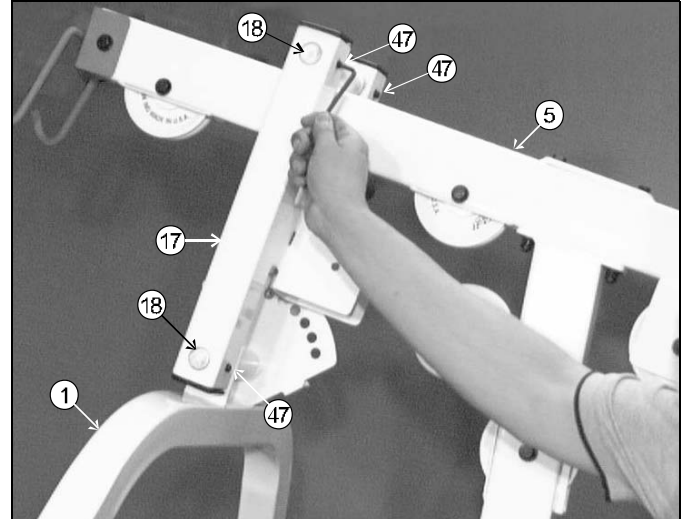


FIG. 18 Next, secure the **Press Bar Selector Housing (#17)** to the **Pivot Axle 1 X 8 1/8 (#18)** using two Set Screws 3/8-16 X 1/2 (#47), as shown above. Then, secure into place the **Press Bar (#1)** to the **Pivot Axle 1 X 8 1/8 (#18)** using two Set Screws 3/8-16 X 1/2 (#47). Use the Supplied Hex Key 3/16 (#108) for securing all four Set Screws 3/8-16 X 1/2 (#108) into the threaded sockets on the **Press Bar Selector Housing (#17)**. Next, apply four 1" Rd. Silver Mylar Decals (#111-Not shown) over the ends of the **Pivot Axles 1 X 8 1/8 (#18)**. These decals are used to hide and protect the ends of axles.

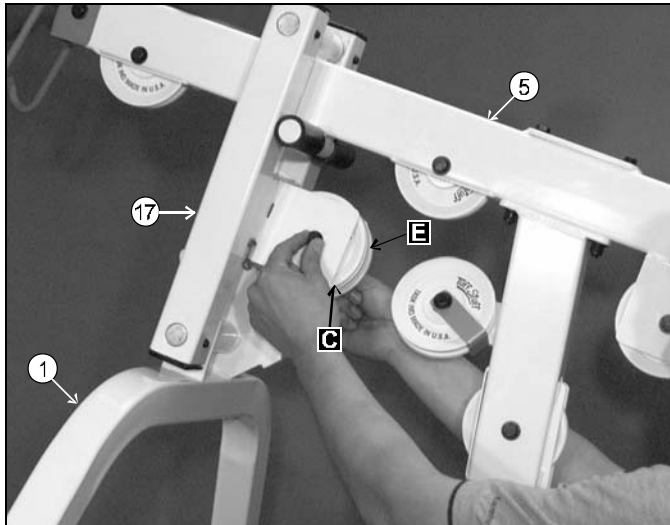


FIG. 19 Next, attach two Nylon Pulleys 4 1/2 Rd. (#64-Labeled C,E) to the pulley bracket located on the **Press Bar Selector Housing (#17)** and secure them into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#91), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Jam Lock Nut 3/8-16 (#82).

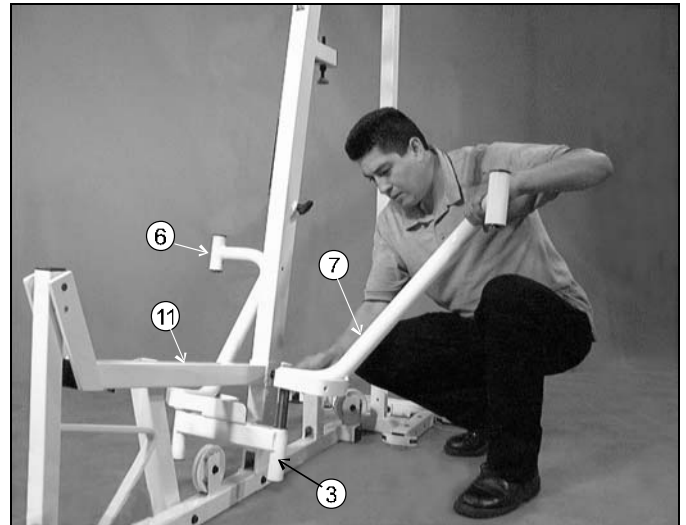


FIG. 20 Next, insert the **Left Pec Dec Arm (#7)**, in the position as shown above, into the receptacle on the **Front Upright (#3)**. Repeat the same procedure for the **Right Pec Dec Arm (#6)**. Refer to **Fig. 72** on page 28 or the Exploded View Diagram on page 26 for further illustration of this assembly.

NOTE: It is recommended to grease both axles on the **Left and Right Pec Dec Arms (#7,#6)** with multi-purpose grease prior to assembling.

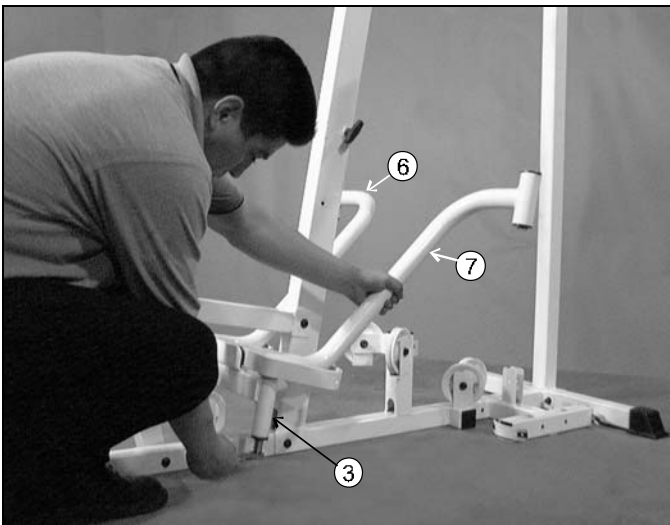


FIG. 21 Secure the **Left Pec Dec Arm (#7)** into place using one Hex Head Cap Screw 3/8-16 X 1 (#95), one Split Washer 3/8" (#76) and one Fender Washer 3/8 X 1 1/2 (#72). Repeat the same procedure for the **Right Pec Dec Arm (#6)**. Refer to the Exploded View Diagram on page 26 for further illustration of this assembly.

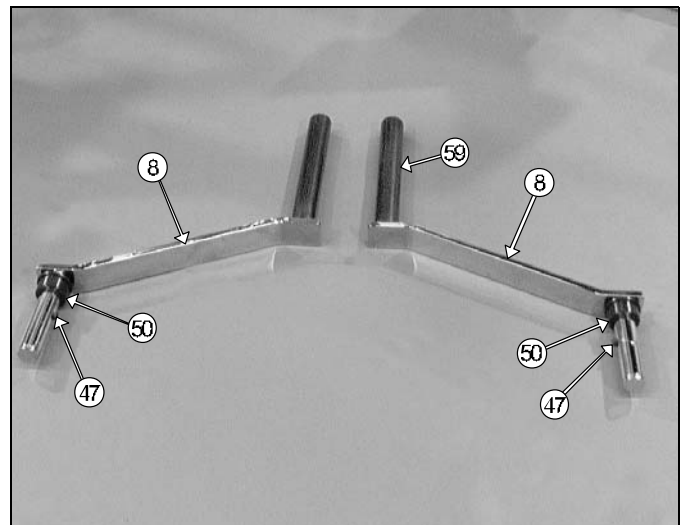


FIG. 22 Locate the two **Pec Dec Swivel Handles (#8)** and organize them on a flat surface, as shown above.

NOTE: Parts (#47, #50 and #59) have been pre-assembled on the **Pec Dec Swivel Handles (#8)** by the factory.

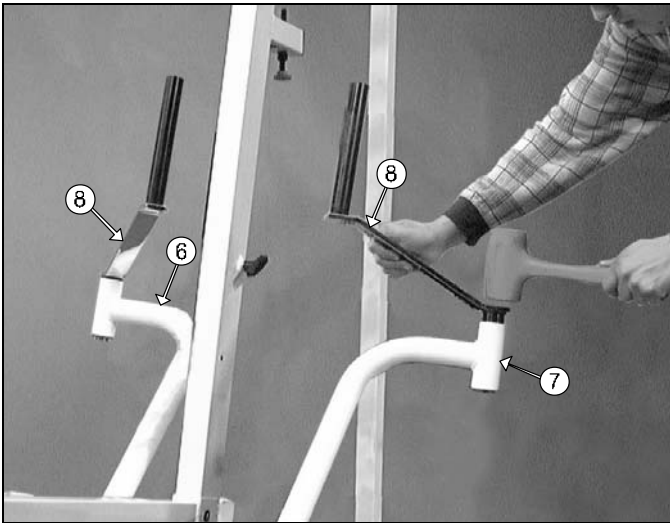


FIG. 23 Next, using a rubber mallet, insert a **Pec Dec Swivel Handle (#8)**, in the position as shown above, into the **Left Pec Dec Arm (#7)**. Be sure that the **Pec Dec Swivel Handle (#8)** has been completely inserted through the receptacle on the **Left Pec Dec Arm (#7)**. Repeat the same procedure for the **Right Pec Dec Arm (#6)**. Refer to **Fig. 72** on page 28 for further illustration of this assembly.

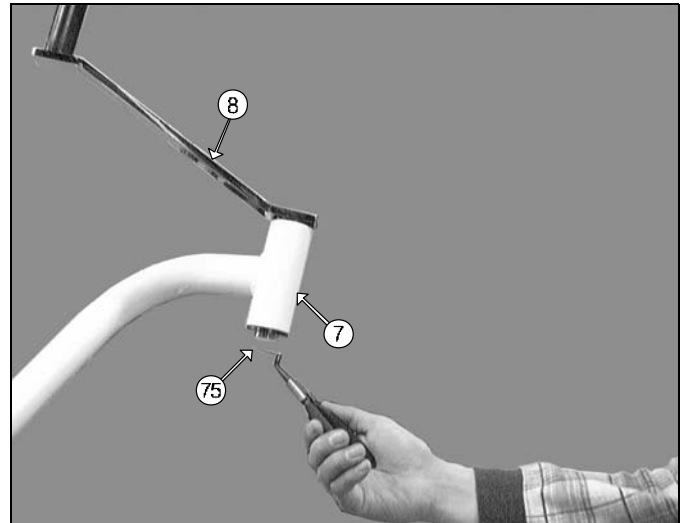


FIG. 24 Next, secure the **Pec Dec Swivel Handles (#8)** using two **Retaining Snap Rings (#75)**. If possible, use special snap ring pliers for this job, as shown above. If the tool is not available, carefully work each **Retaining Snap Ring (#75)** into the groove, then push up alternately with a screw driver working the **Retaining Snap Ring (#75)** into the groove. Refer to **Fig. 72** on page 28 for further illustration of this assembly.

NOTE: Be careful not to distort the **Retaining Snap Rings (#75)** or bend them.

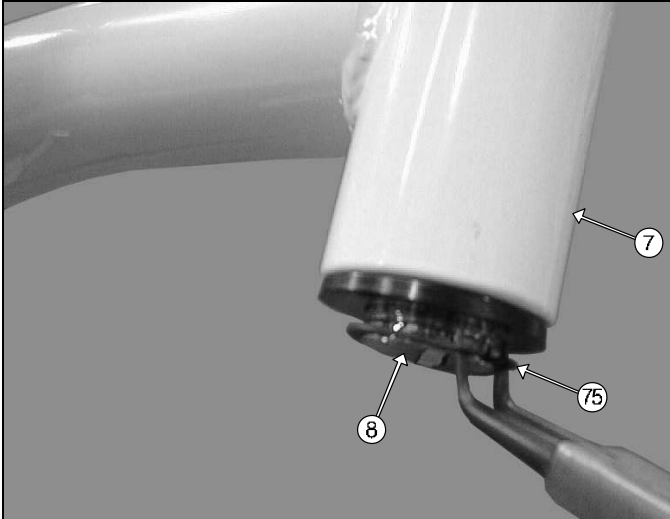


FIG. 25 Picture of **Retaining Snap Ring (#75)** inserting into **Pec Dec Swivel Handle (#8)**.

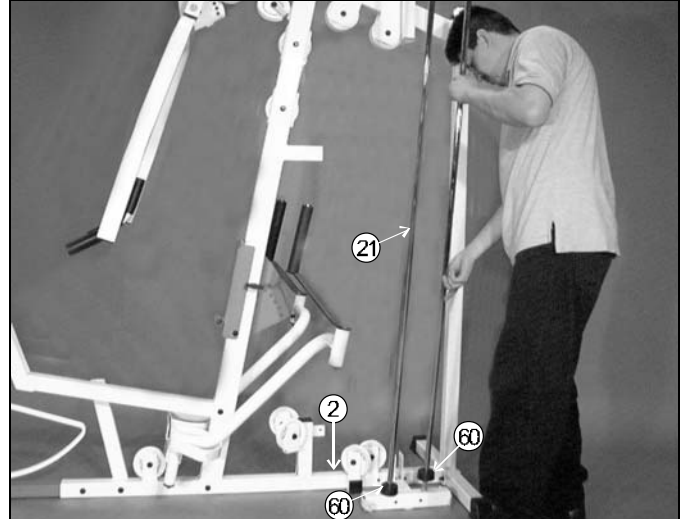


FIG. 26 Insert the two **Guide Rods 3/4 X 72 (#21)** into the receptacles on the **Base Frame (#2)**, as shown above. Next, insert two **Rubber Donuts 3/4 X 2 1/2 (#60)** onto each **Guide Rod 3/4 X 72 (#21)**.

NOTE: Lubricate the **Guide Rods 3/4 X 72 (#21)** with a silicone or teflon lubricant at this time.

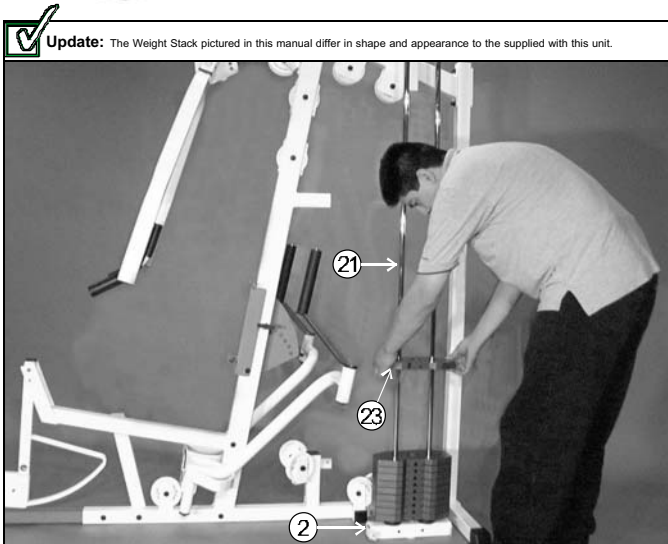


FIG. 27 Carefully begin sliding the **Weight Plates** over the **Guide Rods 3/4 X 72 (#21)**, one or two at a time as your skill permits.

Updated: The Weight Stack has been replaced by the Weight Stack illustrated on **Fig. 73**. Refer to **Fig. 73** on page 28 to complete this assembly.



Warning: Do not lift more than you can control safely. In addition, do not lift using only your back. It is recommended that when you are lifting, bend your knees and lift slowly with your back straight. Be sure that the weight is distributed over your knees or legs when lifting. Also, it is advisable to wear a well fitted lifting belt during heavy lifting.

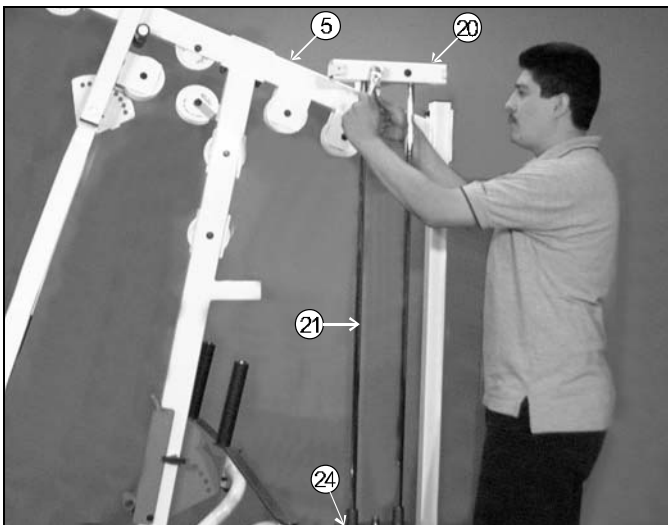


FIG. 29 Maneuver the two **Guide Rods 3/4 X 72 (#21)** into the holes on the bottom side of the **Guide Rod Retainer Housing (#20)**. Next, mount the **Guide Rod Retainer Housing (#20)** along with the two captive **Guide Rods 3/4 X 72 (#21)** to the side of the **Top Pulley Assembly (#5)**. Secure this assembly using two Hex Head Cap Screws 3/8-16 X 2 3/4 (#91), four Flat Washer SAE 3/8" (#71) and two Nylon Insert Jam Lock Nuts 3/8-16 (#82).

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

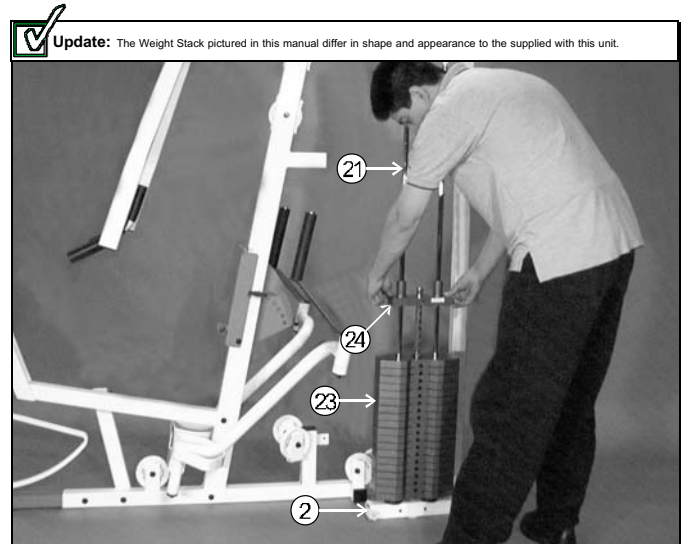


FIG. 28 Now slide the **Top Plate/Selector Bar (#24)** over the **Guide Rods 3/4 X 72 (#21)** allowing it to come to rest on the completed weight stack.



Note: Be sure the label (FRONT SIDE) located on the **Top Plate/Selector Bar (#24)** is facing toward you before you slide the **Top Plate/Selector Bar (#24)** over the **Guide Rods 3/4 X 72 (#21)**.



Warning: Do not lift more than you can control safely. In addition, do not lift using only your back. It is recommended that when you are lifting, bend your knees and lift slowly with your back straight. Be sure that the weight is distributed over your knees or legs when lifting. Also, it is advisable to wear a well fitted lifting belt during heavy lifting.

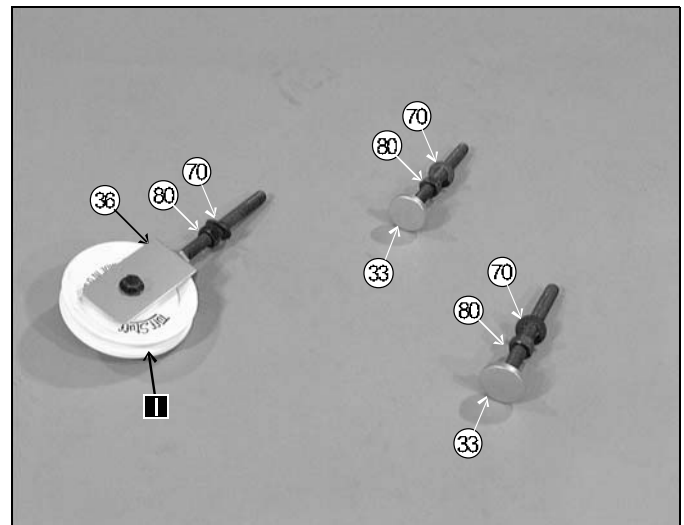


FIG. 30 First, locate the **Adjustable Pulley Bracket (#36)** and insert one Nylon Pulley 4 1/2 Rd. (#64-Labeled I). Secure the Nylon Pulley 4 1/2 Rd. (#64-Labeled I) into place using one Hex Head Cap Screws 3/8-16 X 1 3/4 (#93), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Jam Lock Nut 3/8-16 (#82). Next, thread one Regular Hex Nut 1/2-13 (#80) and insert one Flat Washer SAE 1/2" (#70) over the bolt on the **Adjustable Pulley Bracket (#36)**, as shown above at the left. Second, locate the two **Adjustable Stoppers (#33)** and thread one Regular Hex Nut 1/2-13 (#80) and insert one Flat Washer SAE 1/2" (#70) over each bolts, as shown above at the middle and right.

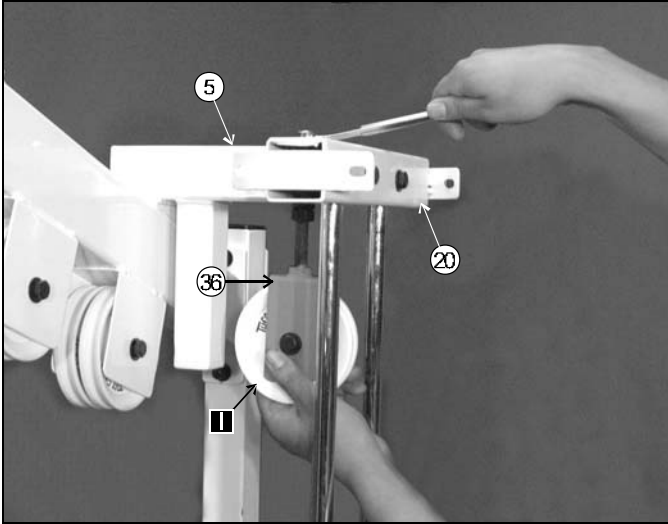


FIG. 31 Attach the **Adjustable Pulley Bracket (#36)** through the hole on the **Top Pulley Assembly (#5)** and secure it into place at the top using one **Flat Washer SAE 1/2" (#70)** and one **Nylon Insert Lock Nut 1/2-13 (#79)**.

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

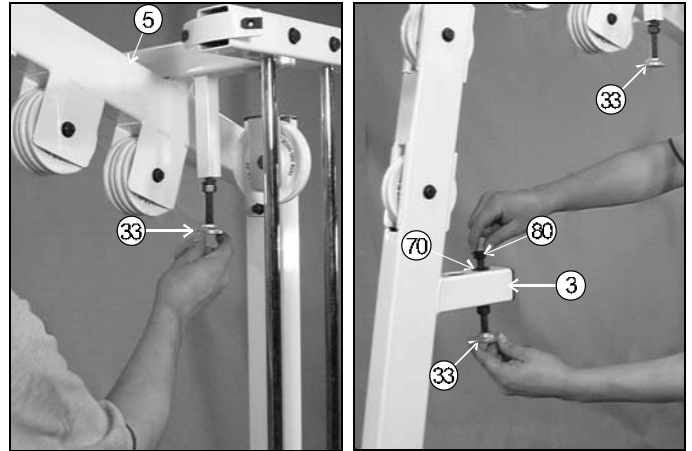


FIG. 32 Next, thread a **Adjustable Stopper (#33)** into the threaded socket located on the **Top Pulley Housing (#5)**, as shown in left picture above. Next, insert another **Adjustable Stopper (#33)** into the receptacle located on the **Front Upright (#3)** and secure it into place using one **Flat Washer SAE 1/2" (#70)** and one **Regular Nut 1/2-13 (#80)**, as shown in right picture above.

Loosely Fasten: Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

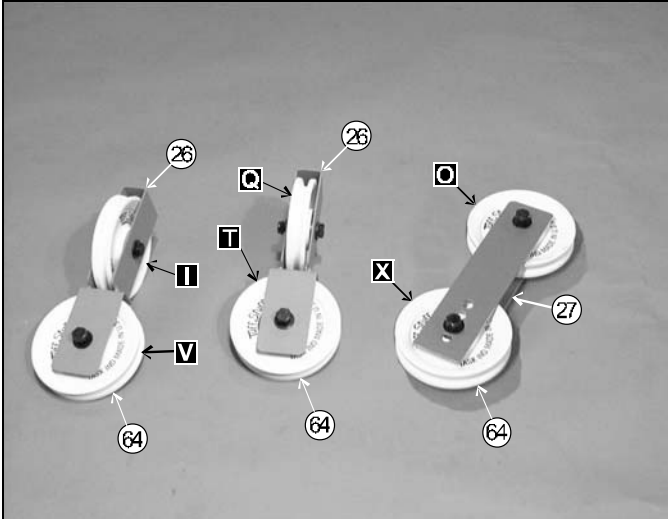


FIG. 33 Locate the two **Closed-End Double Pulley Brackets (#26)** and attach four **Nylon Pulleys 4 1/2 Rd. (#64-Labeled I,V,Q,T)**. Secure them into place using four **Hex Head Cap Screws 3/8-16 X 1 3/4 (#93)**, eight **Flat Washers SAE 3/8" (#71)** and four **Nylon Insert Jam Lock Nuts 3/8-16 (#82)**. Next, locate the two **Adjustable Double Pulley Plates (#27)**, as shown above at the right, and attach two **Nylon Pulleys 4 1/2 Rd. (#64-Labeled O,X)**. Secure the pulleys into place using two **Hex Head Cap Screws 3/8-16 X 1 3/4 (#93)**, four **Flat Washers SAE 3/8" (#71)** and two **Nylon Insert Jam Lock Nuts 3/8-16 (#82)**.

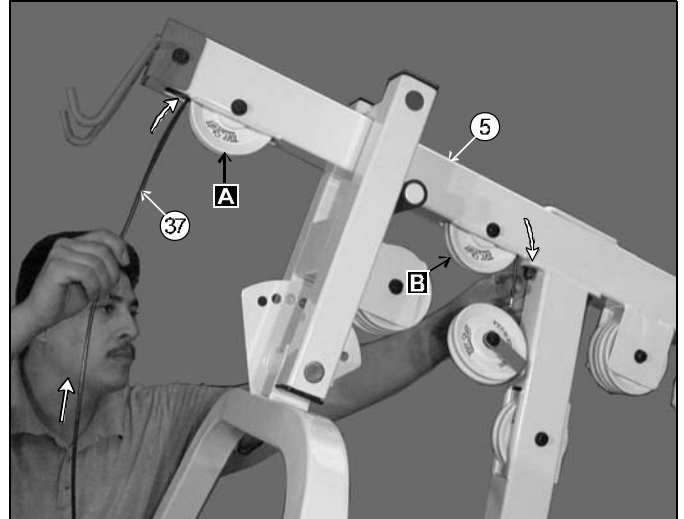


FIG. 34 Begin routing the **Lat Cable (#37)**. First, remove the **Nylon Pulley 4 1/2 Rd. (#64-Labeled B)**. Then, route the end of the **Lat Cable (#37)** up and over the **Nylon Pulley 4 1/2 Rd. (#68-Labeled A)**, then through the tube of the **Top Pulley Assembly (#5)**. Then, pull the **Lat Cable (#37)** down where the **Nylon Pulley 4 1/2 Rd. (#64-Labeled B)** was once attached. Next, using the same hardware, re-attach the **Nylon Pulley 4 1/2 Rd. (#64-Labeled B)** with the **Lat Cable (#37)** to the **Top Pulley Assembly (#5)**. Be sure the **Lat Cable (#37)** is routed properly into the groove on the **Nylon Pulley 4 1/2 Rd. (#64-Labeled B)**.



NOTE: Refer to the **Cable Mapping Diagram** on page 21 for further detailed illustration of the **Lat Cable (#37)** routing.

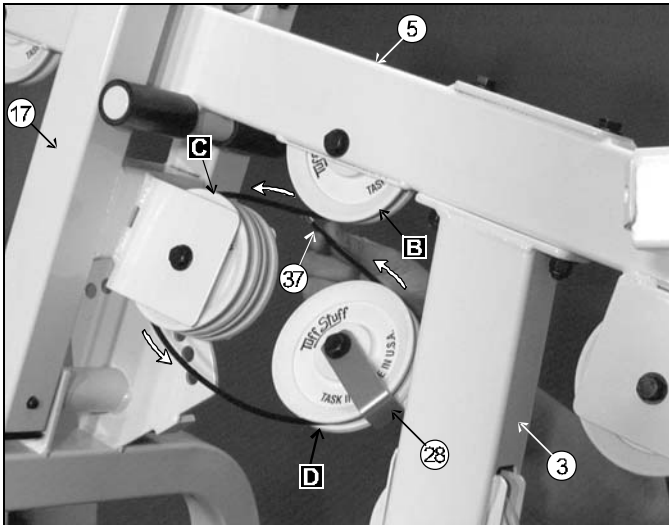


FIG. 35 Next, continue to route the **Lat Cable (#37)** down and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled C), then across the bottom and over of the Nylon Pulley 4 1/2 Rd. (#64-Labeled D).

NOTE: Refer to the Cable Mapping Diagram on page 21 for further detailed illustration of the **Lat Cable (#37)** routing.

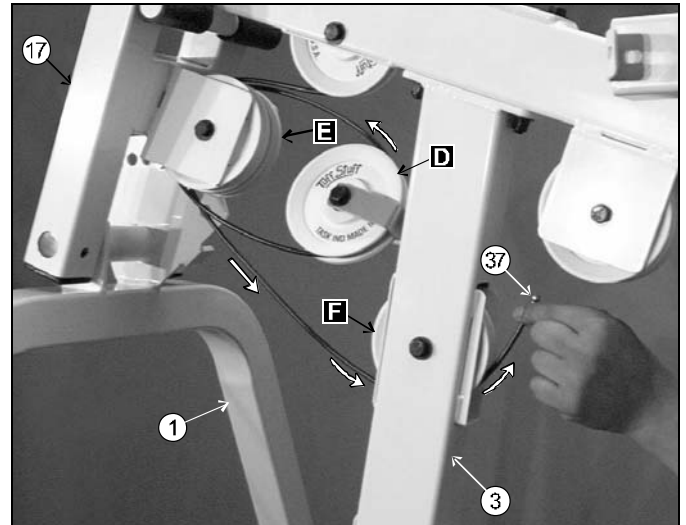


FIG. 36 Next, continue to route the **Lat Cable (#37)** down and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled E), then through the **Front Upright (#3)** and under the Nylon Pulley 4 1/2 Rd. (#64-Labeled F).

NOTE: Refer to the Cable Mapping Diagram on page 21 for further detailed illustration of the **Lat Cable (#37)** routing.

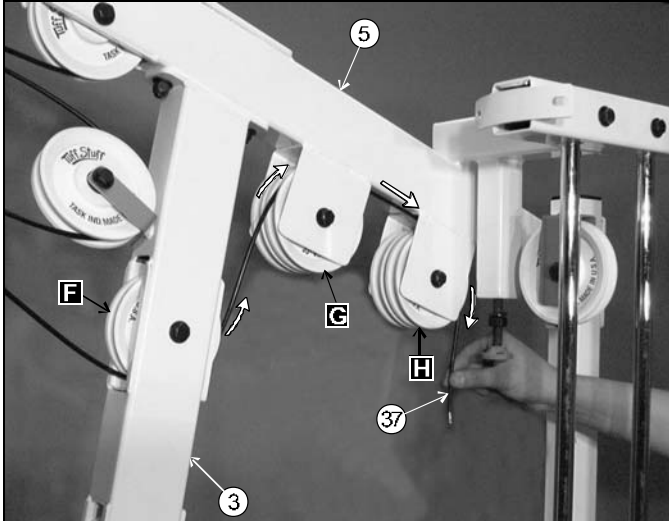


FIG. 37 Next, continue to route the **Lat Cable (#37)** over the Nylon Pulley 4 1/2 Rd. (#64-Labeled G) then across and down over the Nylon Pulley 4 1/2 Rd. (#64-Labeled H).

NOTE: Refer to the Cable Mapping Diagram on page 21 for further detailed illustration of the **Lat Cable (#37)** routing.

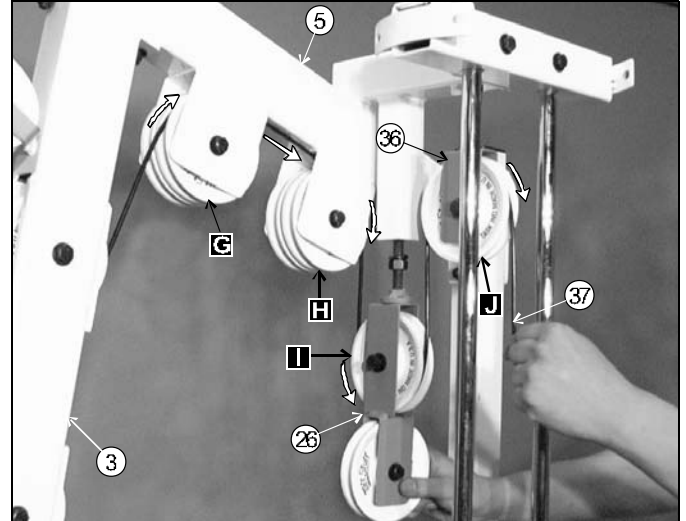


FIG. 38 Locate the **Closed-End Double Pulley Bracket (#26)** and continue to route the **Lat Cable (#37)** down and under the Nylon Pulley 4 1/2 Rd. (#64-Labeled I), then up and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled J).

NOTE: Refer to the Cable Mapping Diagram on page 21 for further detailed illustration of the **Lat Cable (#37)** routing.

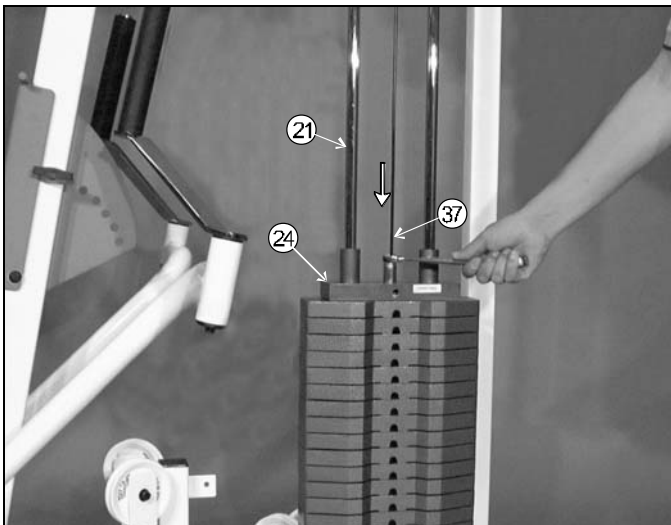


FIG. 39 Next, attach the **Lat Cable (#37)** down to the **Top Plate/Selector Bar (#24)** and secure it into place using one **Split Bolt 1/2-13 X 1 (#74)** and one **Split Washer 1/2" (#73)**.

NOTE: Refer to **Fig.B** on page 21 for further illustration of this assembly. In addition, refer to the **Cable Mapping Diagram** on page 21 for further detailed illustration of the **Lat Cable (#37)** routing.

Fully Fasten: Proceed to fully fasten this hardware assembly.

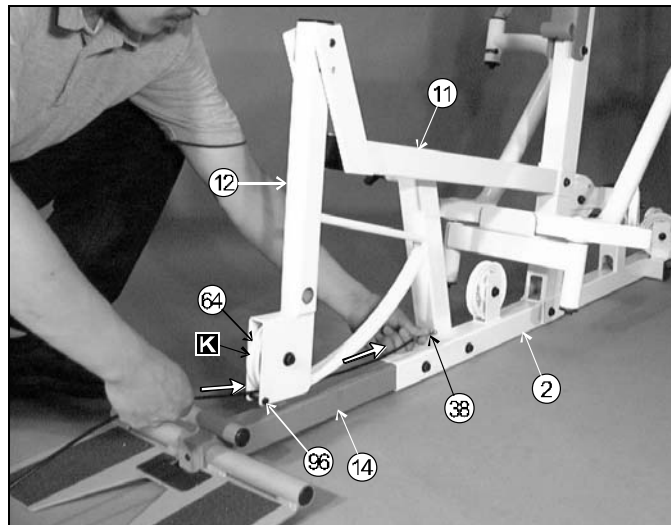


FIG. 40 Next, insert one **Nylon Pulley 4 1/2 Rd. (#64-Labeled K)** into the pulley bracket located on the **Leg Extension Arm (#12)** and secure it into place using one **Hex Head Cap Screws 3/8-16 X 1 3/4 (#93)**, two **Flat Washers SAE 3/8" (#71)** and one **Nylon Insert Jam Lock Nut 3/8-16 (#82)**. Next, begin routing the **Leg Extension/ Abdominal Cable (#38)** through the **Nylon Pulley 4 1/2 Rd. (#64-Labeled K)** on the **Leg Extension Arm (#12)**. Next, attach a **Hex Head Cap Screw 1/4-20 X 1 1/2 (#96)** and one **Nylon Insert Lock Nut 1/4-20 (#84)** to the bottom edge hole on the **Leg Extension Arm (#12)**.

NOTE: Refer to the **Cable Mapping Diagram** on page 22 for further detailed illustration of the **Leg Extension/ Abdominal Cable (#38)** routing.

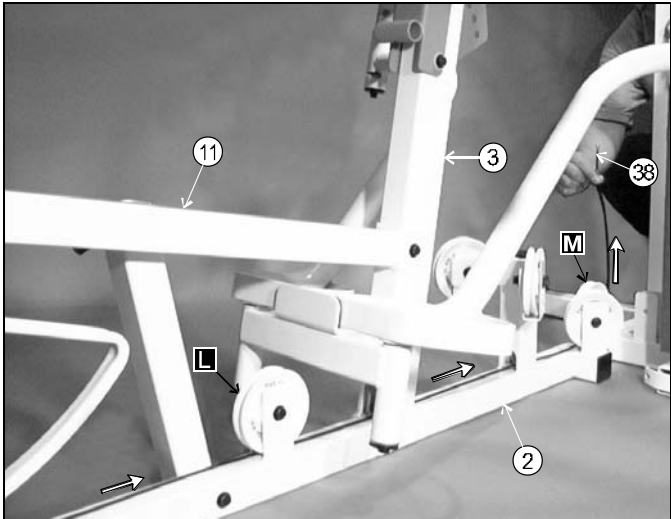


FIG. 41 Continue to route the **Leg Extension/ Abdominal Cable (#38)** through the bottom of the **Nylon Pulley 4 1/2 Rd. (#64-Labeled L)**, then through the hole located on the **Base Frame (#2)**, then up and over the **Nylon Pulley 4 1/2 Rd. (#64-Labeled M)**.

NOTE: Refer to the **Cable Mapping Diagram** on page 22 for further detailed illustration of the **Leg Extension/ Abdominal Cable (#38)** routing.

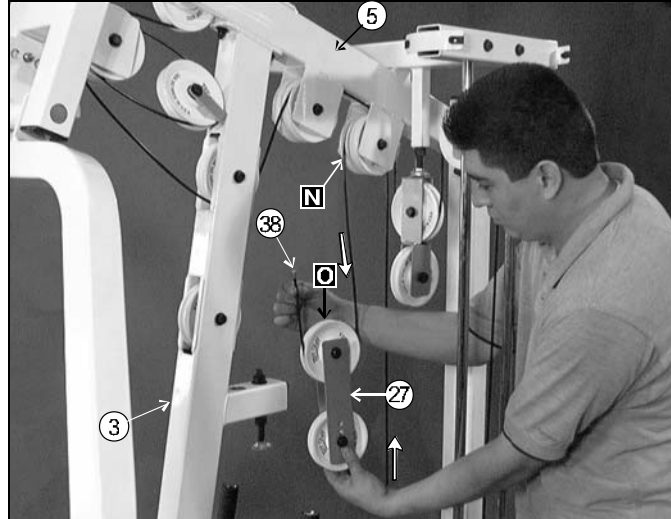


FIG. 42 Continue to route the **Leg Extension/ Abdominal Cable (#38)** up and over the **Nylon Pulley 4 1/2 Rd. (#64-Labeled N)**. Next, locate the assembled **Adjustable Double Pulley Plates (#27)** and continue to route the **Leg Extension/ Abdominal Cable (#38)** down and under the **Nylon Pulley 4 1/2 Rd. (#64-Labeled O)**.

NOTE: Refer to the **Cable Mapping Diagram** on page 22 for further detailed illustration of the **Leg Extension/ Abdominal Cable (#38)** routing.

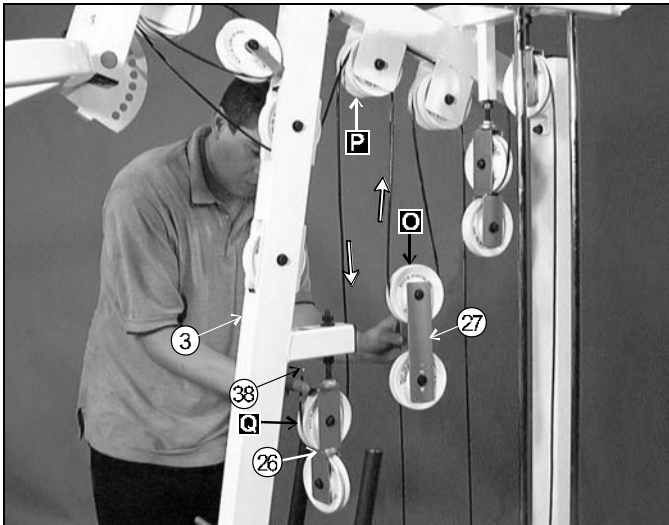


FIG. 43 Continue to route the **Leg Extension/ Abdominal Cable (#38)** up and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled P). Next, locate the **Closed-End Double Pulley Bracket (#26)** and continue to route the **Leg Extension/ Abdominal Cable (#38)** down and under the Nylon Pulley 4 1/2 Rd. (#64-Labeled Q), as shown above.

NOTE: Refer to the Cable Mapping Diagram on page 22 for further detailed illustration of the **Leg Extension/ Abdominal Cable (#38)** routing.

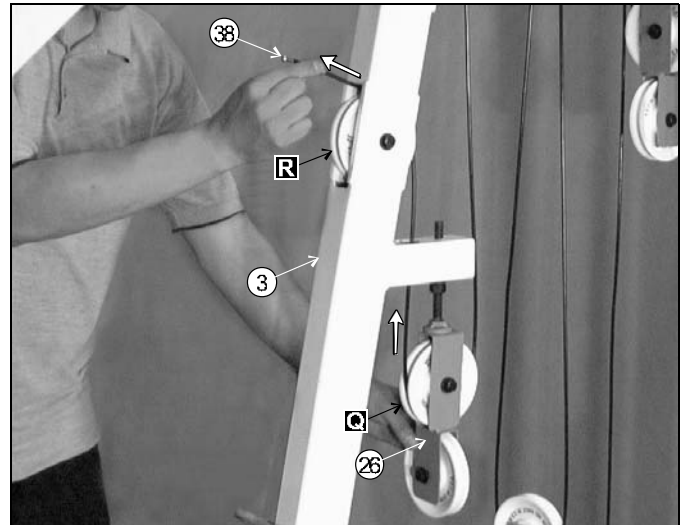


FIG. 44 Continue to route the **Leg Extension/ Abdominal Cable (#38)** through the hole located on the **Front Upright (#3)**, then up and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled R).

NOTE: Refer to the Cable Mapping Diagram on page 22 for further detailed illustration of the **Leg Extension/ Abdominal Cable (#38)** routing.

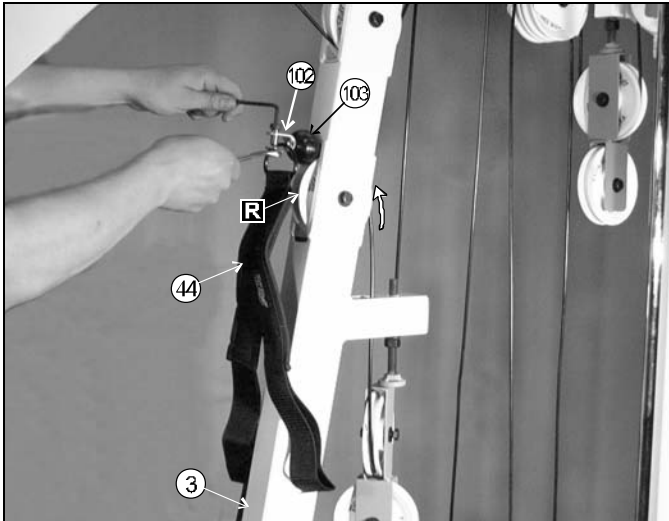


FIG. 45 Next, attach the Abdominal Strap (#44), one Nylon Ball 1 3/4 X 5/16 (#103) and a Strap Bracket #20 (#102) to the **Leg Extension/ Abdominal Cable (#38)** and secure them into place using one Shoulder Bolt 3/8 X 3/4 (#101) and one Nylon Insert Lock Nut 5/16-18 (#83). Use the supplied Hex Key Long 1/8" (#109) to secure the Shoulder Bolt 3/8 X 3/4 (#101) into place. Refer to **Fig. A** on page 22 for further clarification of this hardware assembly.

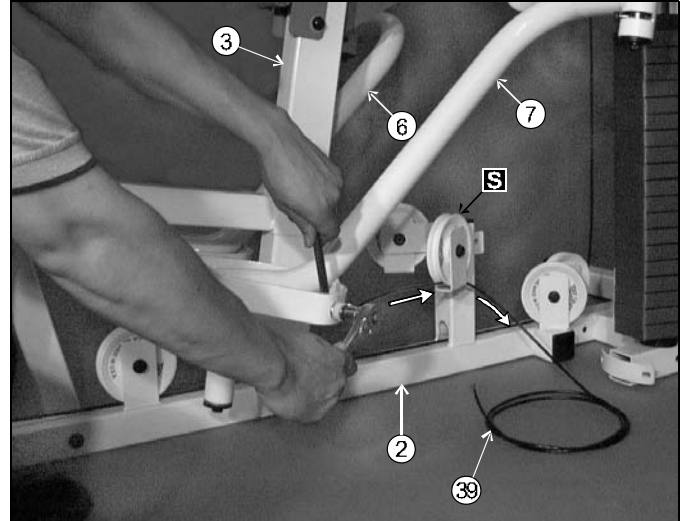


FIG. 46 Next, attach the **Pec Dec Cable (#39)** to the **Left Pec Dec Arm (#7)** and secure it into place using one Strap Bracket #20 (#102), one Hex Head Cap Screw 3/8-16 X 1 3/4 (#93), one Nylon Spacer 3/8 X 3/8 (#104), two Flat Washers SAE 3/8" (#71) and one Nylon Insert Lock Nut 3/8-16 (#81). Refer to **Fig. A** on page 23 for further clarification of this hardware assembly.

NOTE: Make sure to attach the Strap Bracket #20 (#102) with its slotted groove facing toward the Pec Dec Arm's cam to allow the **Pec Dec Cable (#39)** to be flush with the Pec Dec Arm's cam.

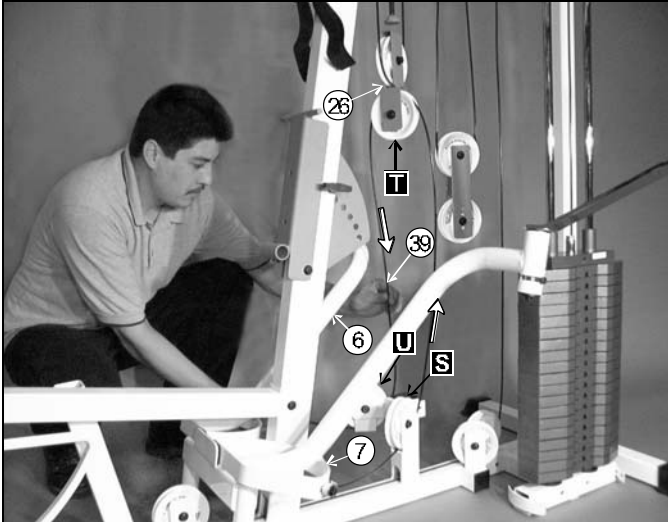


FIG. 47 Begin routing the **Pec Dec Cable (#39)** through the Nylon Pulley 4 1/2 Rd. (#64-Labeled S), then up and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled T) located on the **Closed-End Double Pulley Bracket (#26)**, then down and under the Nylon Pulley 4 1/2 Rd. (#64-Labeled U). Finally, route the end of the **Pec Dec Cable (#39)** to the **Right Pec Dec Arm (#6)**. Use the same hardware and procedure that was used for the **Left Pec Dec Arm (#7)** as described in **Fig. 46**.

NOTE: Refer to the **Cable Mapping Diagram** on page 23 for further detailed illustration of the **Pec Dec Cable (#39)** routing.

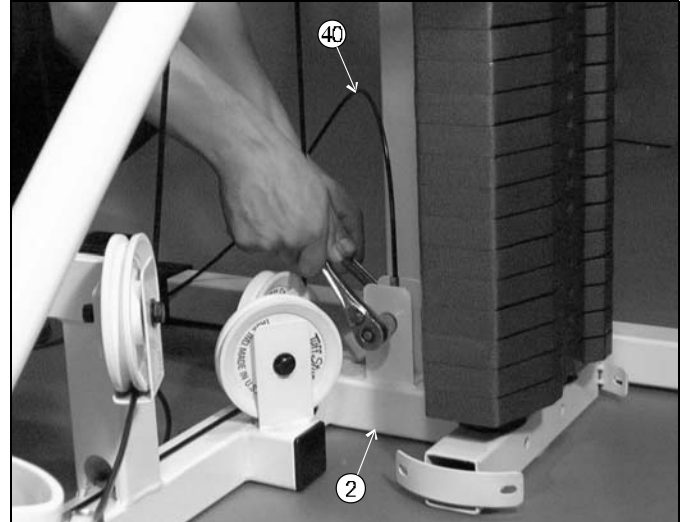


FIG. 48 Locate the **Tension Cable (#40)** and attach it to the pulley bracket located on the **Base Frame (#2)**. Secure the cable into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#93), two Flat Washers SAE 3/8" (#71), two Nylon Spacers 3/8 X 3/8 (#104) and one Nylon Insert Jam Lock Nut 3/8-16 (#82). Refer to **Fig. B** on page 24 for further clarification of this hardware assembly.

NOTE: Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Tension Cable (#40)** routing.

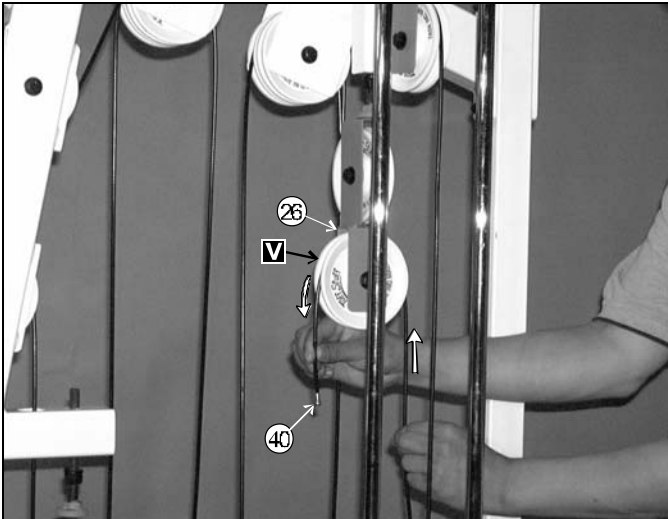


FIG. 49 Route the **Tension Cable (#40)** up and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled V) located on the **Closed-End Pulley Bracket (#26)**.

NOTE: Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Tension Cable (#40)** routing.

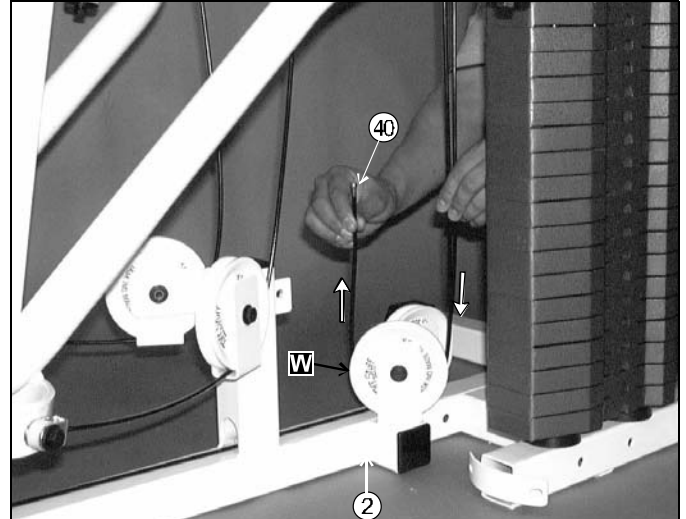


FIG. 50 Continue to route the **Tension Cable (#40)** down and under the Nylon Pulley 4 1/2 Rd. (#64-Labeled W), as shown above.

NOTE: Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Tension Cable (#40)** routing.

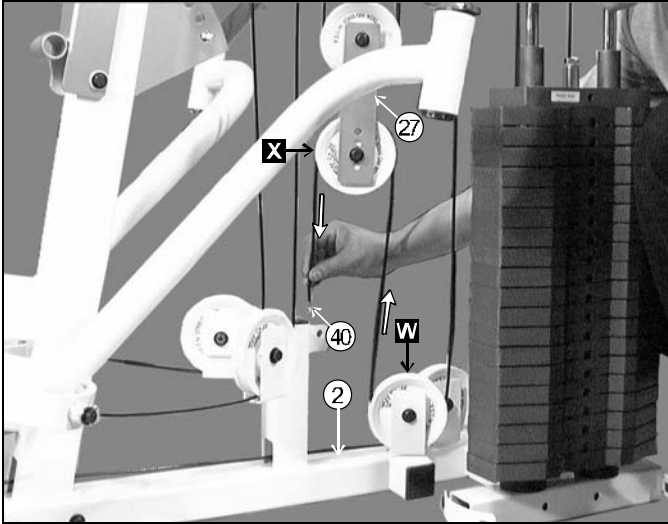


FIG. 51 Continue to route the **Tension Cable (#40)** up and over the **Nylon Pulley 4 1/2 Rd. (#64-Labeled X)** located on the assembled **Adjustable Double Pulley Plates (#27)**, as shown above.

Note: Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Tension Cable (#40)** routing.

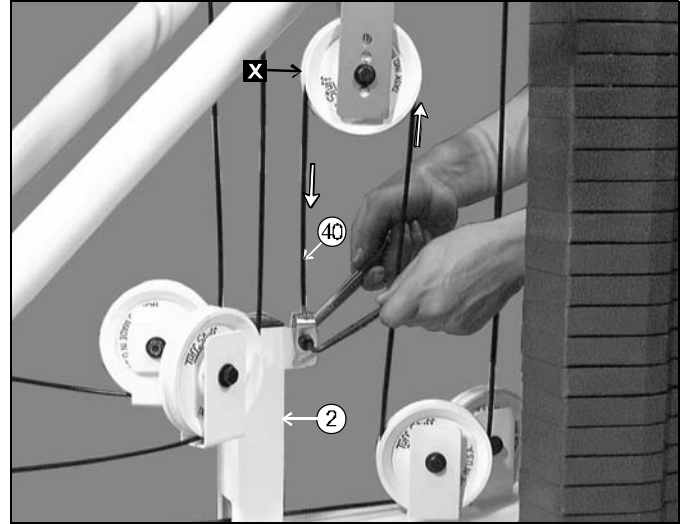


FIG. 52 Continue to route the **Tension Cable (#40)** to the bracket located on the **Base Frame (#2)**. Secure the end of the **Tension Cable (#40)** using one **Strap Bracket #20 (#102)**, one **Shoulder Bolt 3/8 X 3/4 (#101)** and one **Nylon Insert Lock Nut 5/16-18 (#83)**. Refer to **Fig. A** on page 24 for further clarification of this assembly.

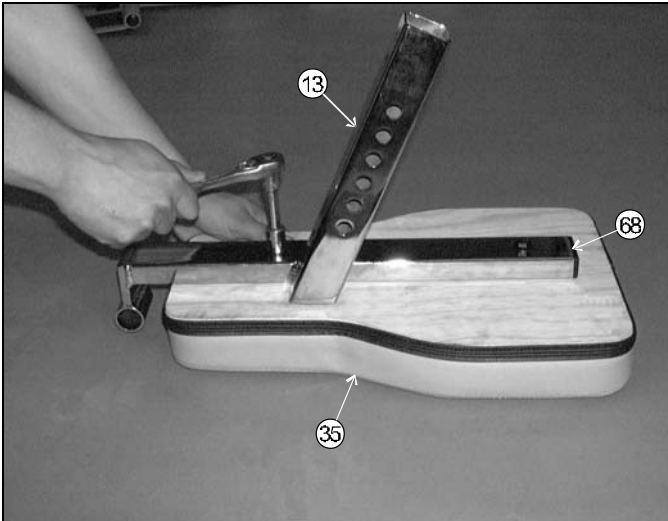


FIG. 53 Next, insert one **Plastic Insert Cap 1 X 2 (#68)** into the tube-end of the **Adjustable Seat Frame (#13)**. Next, locate the **Seat Pad (#35)** and attach it to the **Adjustable Seat Frame (#13)**, as shown above, using two **Hex Head Cap Screws 3/8-16 X 1 3/4 (#93)** and two **Flat Washers SAE 3/8" (#71)**.

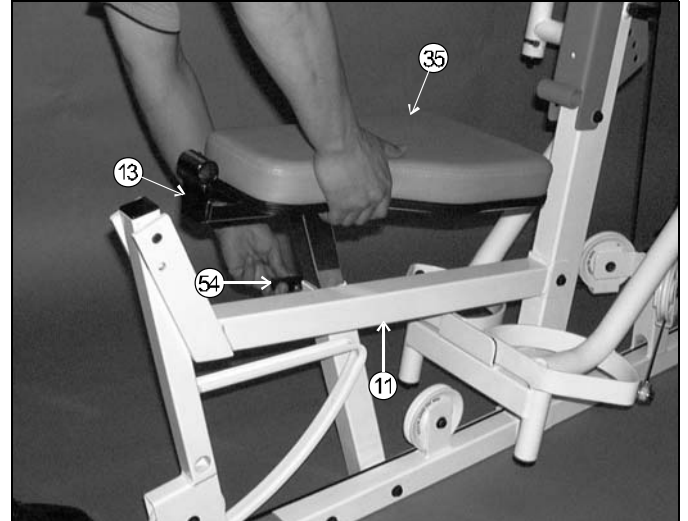


FIG. 54 Insert the assembled **Adjustable Seat Frame (#13)** into the **Leg Extension Bench Frame (#11)**, in the position as shown above. Be sure to release the **push-pull pin 1/2" (#54)** as you begin to insert the assembled **Adjustable Seat Frame (#13)** into the **Leg Extension Bench Frame (#11)**.

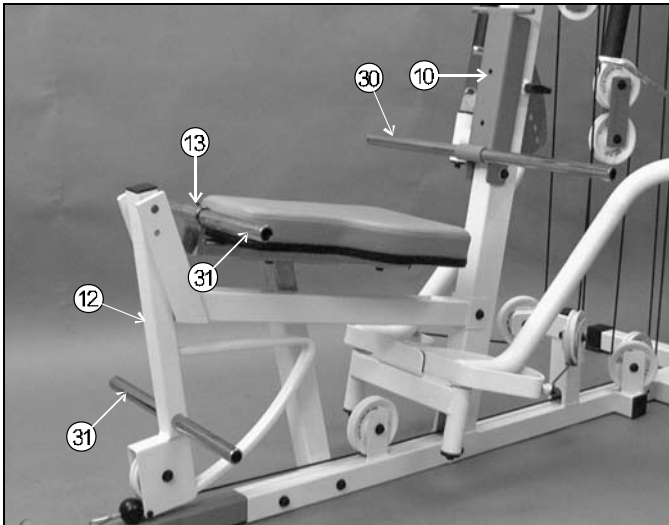


FIG. 55 Next, insert one **Foot Roll Tube 1 X 16 (#31)** into the receptacle located on the end of the **Adjustable Seat Frame (#13)**. Then, insert one **Foot Roll Tube 1 X 16 (#31)** into the receptacle located on the **Leg Extension Arm (#12)**. Next, insert one **Foot Roll Tube 1 X 27 (#30)** into the receptacle of the **Adjustable Back Pad Bracket (#10)**, as shown above. Be sure all the tubes are centered at the receptacles from end-to-end.

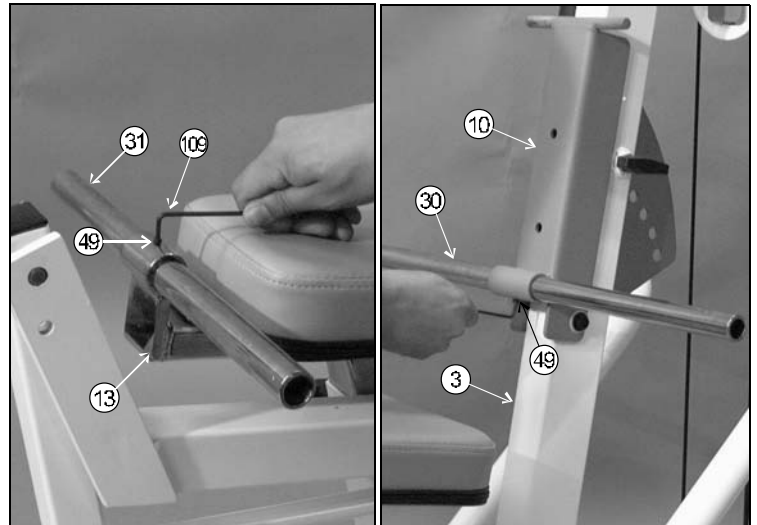


FIG. 56 Secure, both, the **Foot Roll Tube 1 X 16 (#31)** on the **Adjustable Seat Frame (#13)** and the **Foot Roll Tube 1 X 27 (#30)** on the **Adjustable Back Pad Bracket (#10)** into place using two **Set Screws 1/4-20 X 1/4 (#49)**, as shown above. Use the supplied **Hex Key Long 1/8" (#109)** to properly secure the **Set Screws 1/4-20 X 1/4 (#49)** into place. Refer to **Fig. 69** on page 27 for further illustration on securing the **Foot Roll Tube 1 X 27 (#30)**.

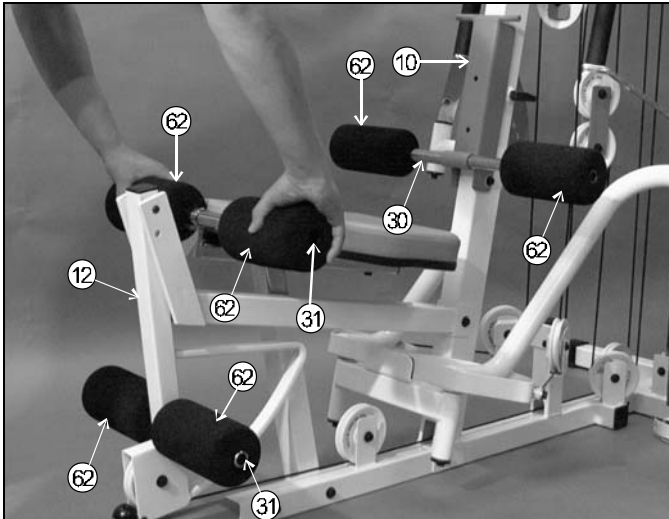


FIG. 57 Next, attach one **Foam Foot Roll 7 X 4 X 1 (#62)** to each end of the three tubes as shown above. Refer to the **Exploded View Diagram** on page 26 for further clarification of this assembly.

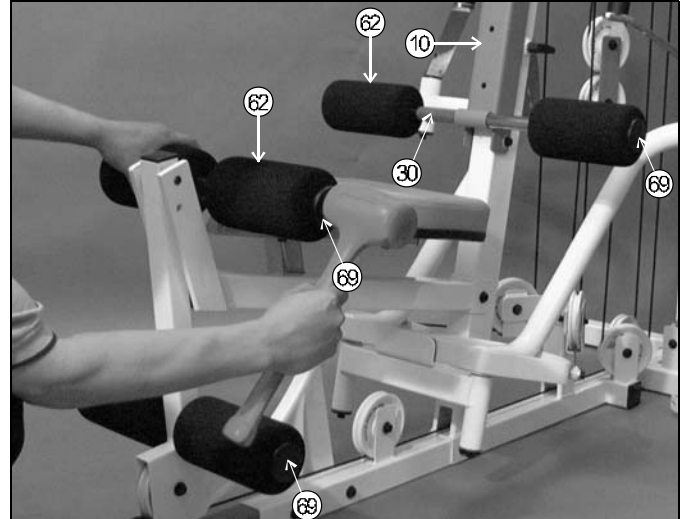


FIG. 58 Next, insert one **Foot Roll Plastic End Cap 1" (#69)** to each end of the three tubes as shown above. Refer to the **Exploded View Diagram** on page 26 for further clarification of this assembly.

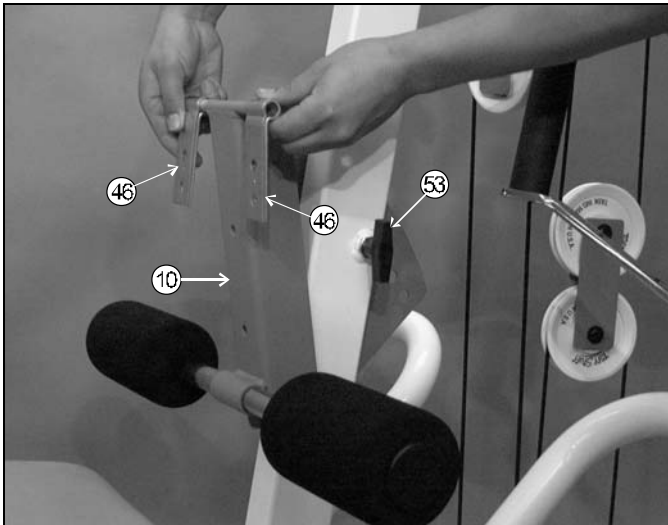


FIG. 59 Next, adjust the **Adjustable Back Pad Bracket (#10)** to the position as shown above using the Push-Pull Pin 1/2" (#53), then attach two Metal Hinges (#46) to the axle of the **Adjustable Back Pad Bracket (#10)**. Be sure to position the Metal Hinges (#46) as shown above. Refer to **Fig. 68** on page 27 for further illustration of this assembly.

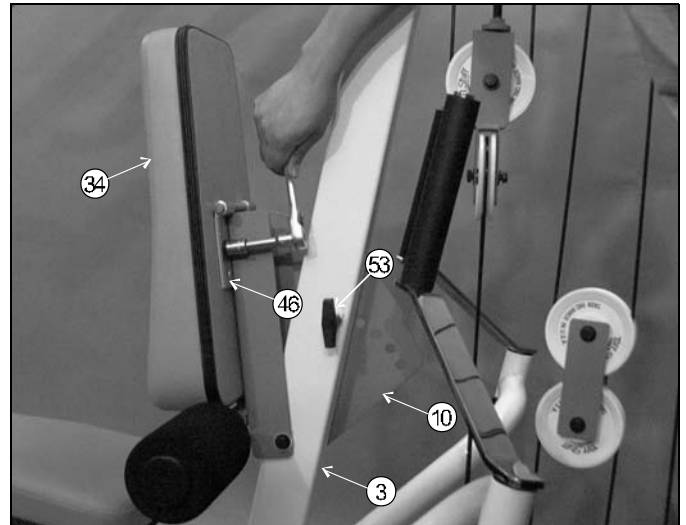


FIG. 60 Next, attach the **Back Pad (#34)** to the Metal Hinges (#46), as shown above, and secure them into place (at the top hole of the Metal Hinge) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#94) and two Flat Washers SAE 3/8" (#71). Refer to **Fig. 68** on page 27 for illustration of this assembly.

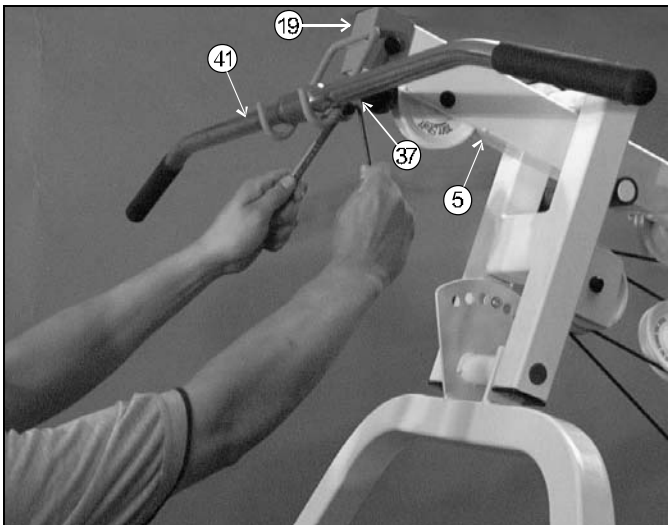


FIG. 61 Connect the **Lat Bar (#41)** to the **Lat Cable (#37)** using one Strap Bracket (#102), one Shoulder Bolt 3/8 X 3/4 (#101) and one Nylon Insert Lock Nut 5/16-18 (#83). Use the supplied Hex Key 3/16 (#108) to properly fasten this assembly. Refer to **Fig. A** on page 21 for further illustration of this assembly.

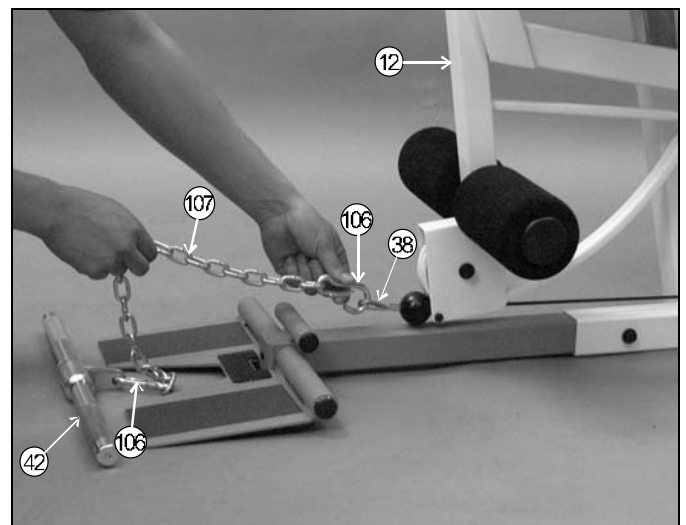


FIG. 62 Locate the Coil Chain 3/16 X 21 (#107) and two Snap Links (#106) and attach them to the **Low Row Bar 20" (#48)** and to the **Leg Extension/ Abdominal Cable (#38)**, as shown above.

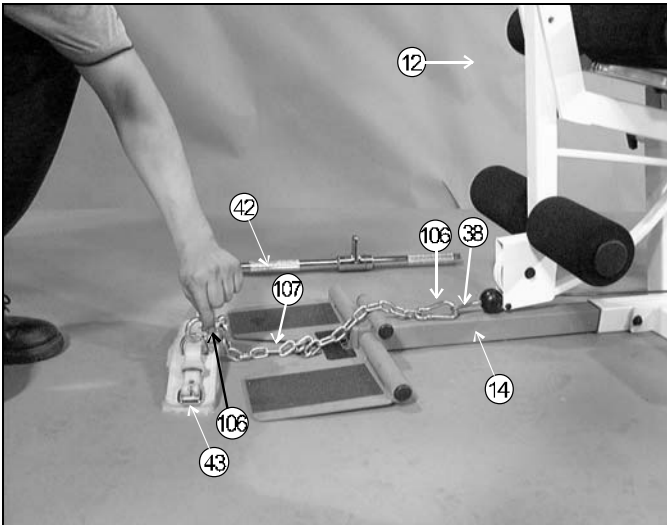


FIG. 63 In replacement of the **Low Row Bar 20"** (#42), locate the Coil Chain 3/16 X 21 (#107) and two Snap Links (#106) and attach them to the Leather Ankle Strap (#43), as shown above.

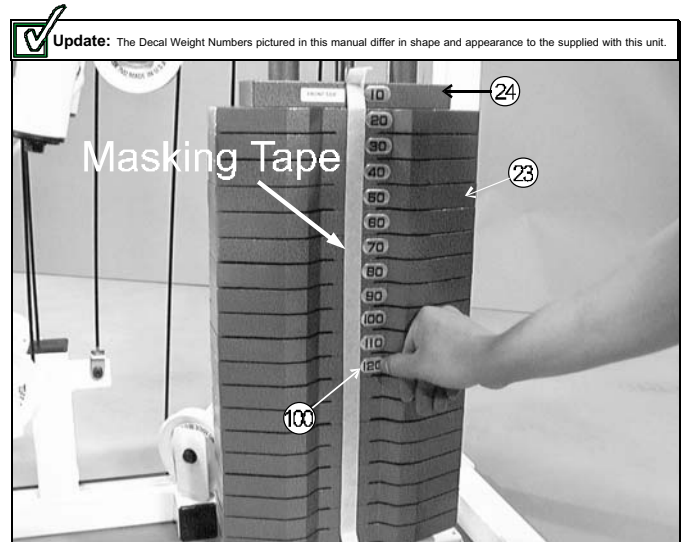


FIG. 64 To attach the Standard Decal Weight Numbers (#100) to the Weight Stack, we recommend using a piece of masking tape as a guide to vertically center the Standard Decal Weight Numbers (#100), as shown above. Begin with 10 at the **Top Plate/ Selector Bar (#24)**, 15 next, and so on.

Updated: The Decal Weight Numbers have been replaced by the Decal Weight Numbers illustrated on **Fig. 73**. Refer to **Fig. 73** on page 28 to complete this assembly.



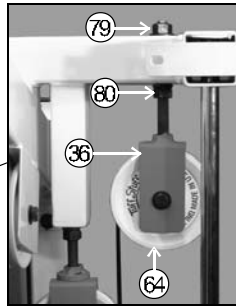
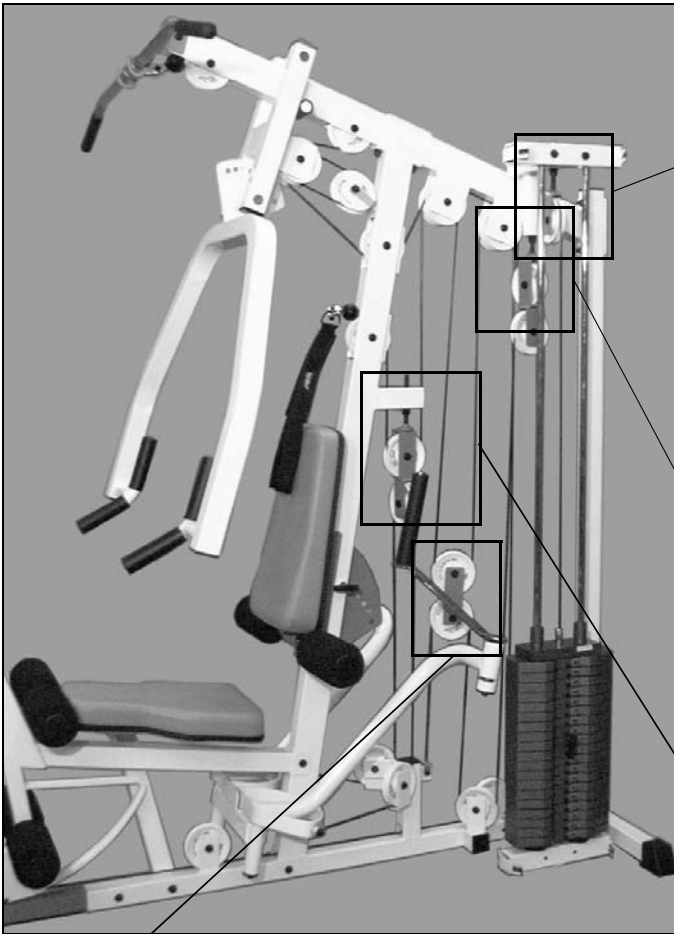
Tuff Stuff®

ODY-5 CABLE ADJUSTMENT DIAGRAM

The Diagram below depicts the location of the cable adjustments on each work station. It is imperative that you maintain the cables' proper adjustment to ensure a safe and smooth operation.

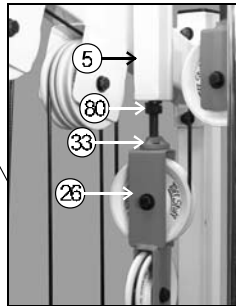


Cables should be inspected and adjusted periodically to avoid any slack in the cables which would, consequently, prevent any damage to the equipment or personal injury.



Cable Adjustment for: Adjustable Pulley Bracket (#36)

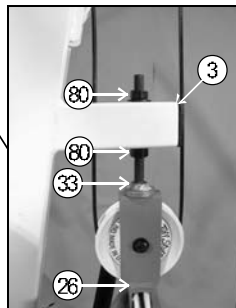
1. Loosen the bottom Regular Hex Nut (#80)
2. Adjust the top Nylon Insert Lock (#79) to give the cable proper tension.
3. Re-tighten the bottom Regular Hex Nut (#80) to complete the cable adjustment.



Cable Adjustment for: Adjustable Stopper (#26)

1. Loosen the Regular Hex Nut (#80)
2. Twist the **Adjustable Stopper (#26)** to left or right until you have achieved proper cable tension.
3. Re-tighten the Regular Hex Nut (#80) to complete the cable adjustment.

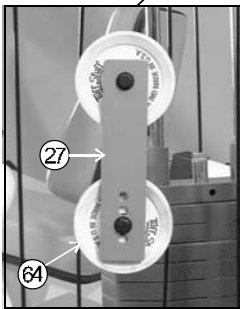
NOTE: Be sure that the **Closed-End Double Pulley Bracket (#26)** is always resting on the **Adjustable Stopper (#33)**.



Cable Adjustment for: Adjustable Stopper (#26)

1. Loosen the bottom Regular Hex Nut (#80)
2. Twist the **Adjustable Stopper (#26)** to left or right until you have achieved proper cable tension.
3. Re-tighten the bottom Regular Hex Nut (#80) to complete the cable adjustment.

NOTE: Be sure that the **Closed-End Double Pulley Bracket (#26)** is always resting on the **Adjustable Stopper (#33)**.



Cable Adjustment for: Adjustable Double Pulley Plates (#27)

1. Remove the hardware from the Nylon Pulley 4 1/2 Rd. (#64) located at one of the four holes on the plates.
2. By interchanging the Nylon Pulley 4 1/2 Rd. (#64) to the next adjustment hole will make a one inch cable adjustment.
3. Re-tighten the hardware for Nylon Pulley 4 1/2 Rd. (#64) to complete the cable adjustment.

Fully Fasten: Proceed to Fully Fasten all these hardware assemblies.

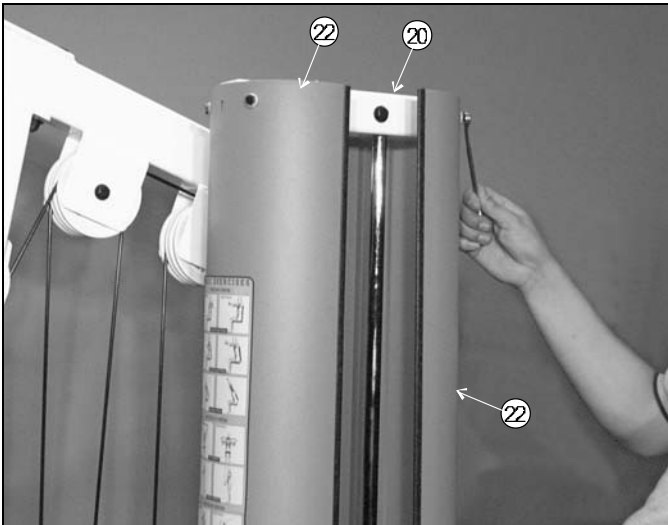


FIG. 65 Once you have adjusted the cables according to the Cable Adjustment Diagram on the previous page, then locate the two **Weight Shrouds (#22)** and attach them to the **Guide Rod Retainer Housing (#20)**. Attach the two **Weight Shrouds (#22)** to the top of the **Guide Rod Retainer Housing (#20)** and secure them into the U-Nuts 1/4" (#85-Not shown) using four Hex Head Cap Screws 1/4-20 X 3/4 (#97) and four Nylon Washers 1/4 USS (#78). Refer to **Fig.71** on page 27 for further illustration of this assembly.

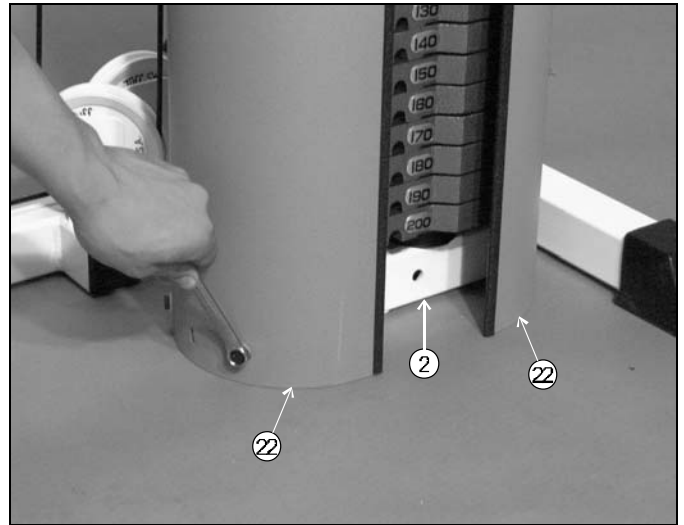


FIG. 66 Next, attach the bottom of the two **Weight Shrouds (#22)** to the **Base Frame (#2)**. Secure the two **Weight Shrouds (#22)** to the **Base Frame (#2)** and secure them into the U-Nuts 1/4" (#85-Not shown) using four Hex Head Cap Screws 1/4-20 X 3/4 (#97) and four Nylon Washers 1/4 USS (#78). Refer to **Fig.71** on page 27 for further illustration of this assembly.

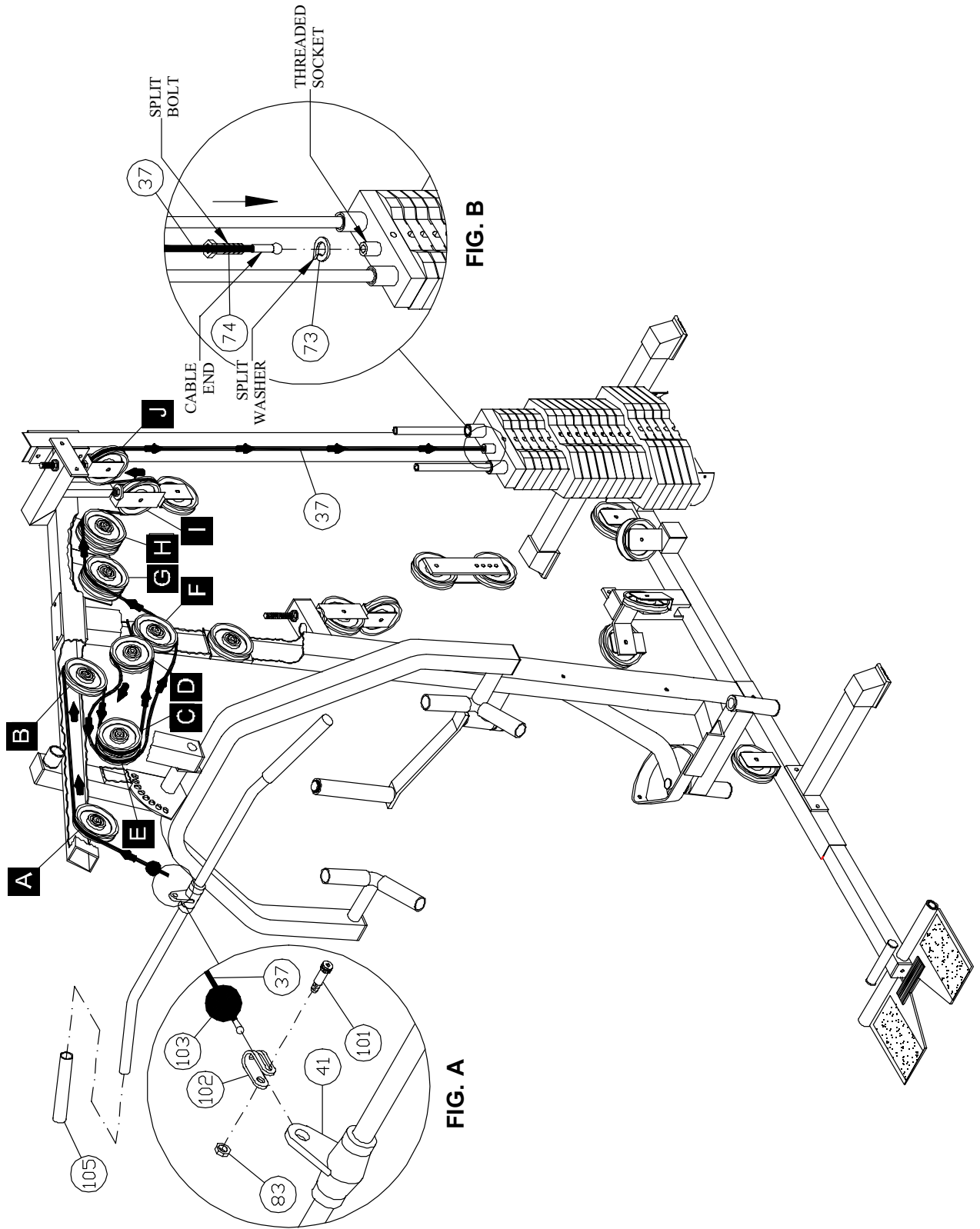
Fully Fasten: Proceed to align and fully fasten this hardware assembly and all the previous assemblies that were left loosely fastened.



TUFFSTUFF

CABLE MAPPING DIAGRAM FOR:

Lat Cable (#37)



CABLE MAPPING DIAGRAM FOR:

Leg Extension/ Abdominal Cable (#38)

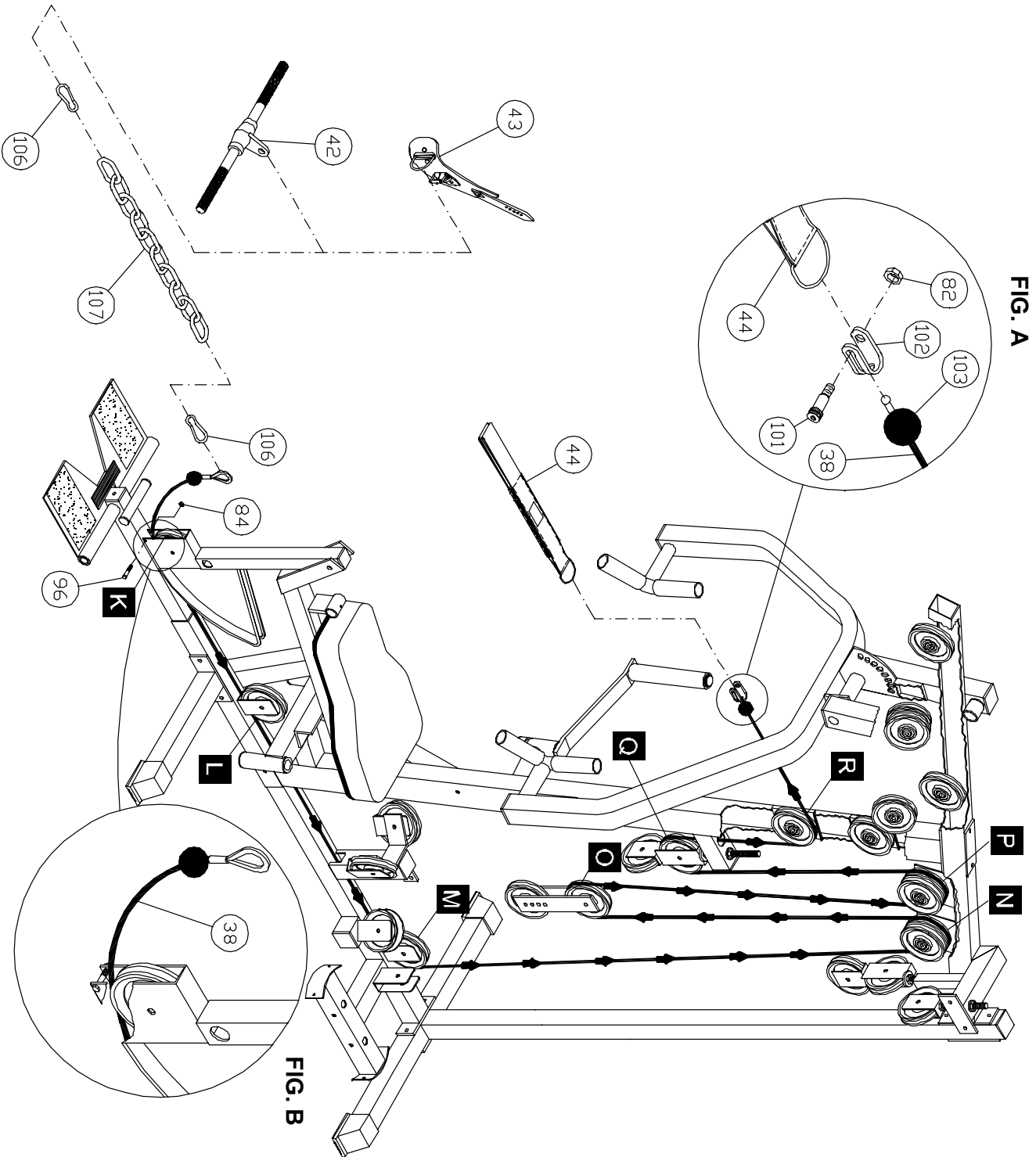


FIG. A

FIG. B

**CABLE MAPPING DIAGRAM FOR:
Pec Dec Cable (#39)**

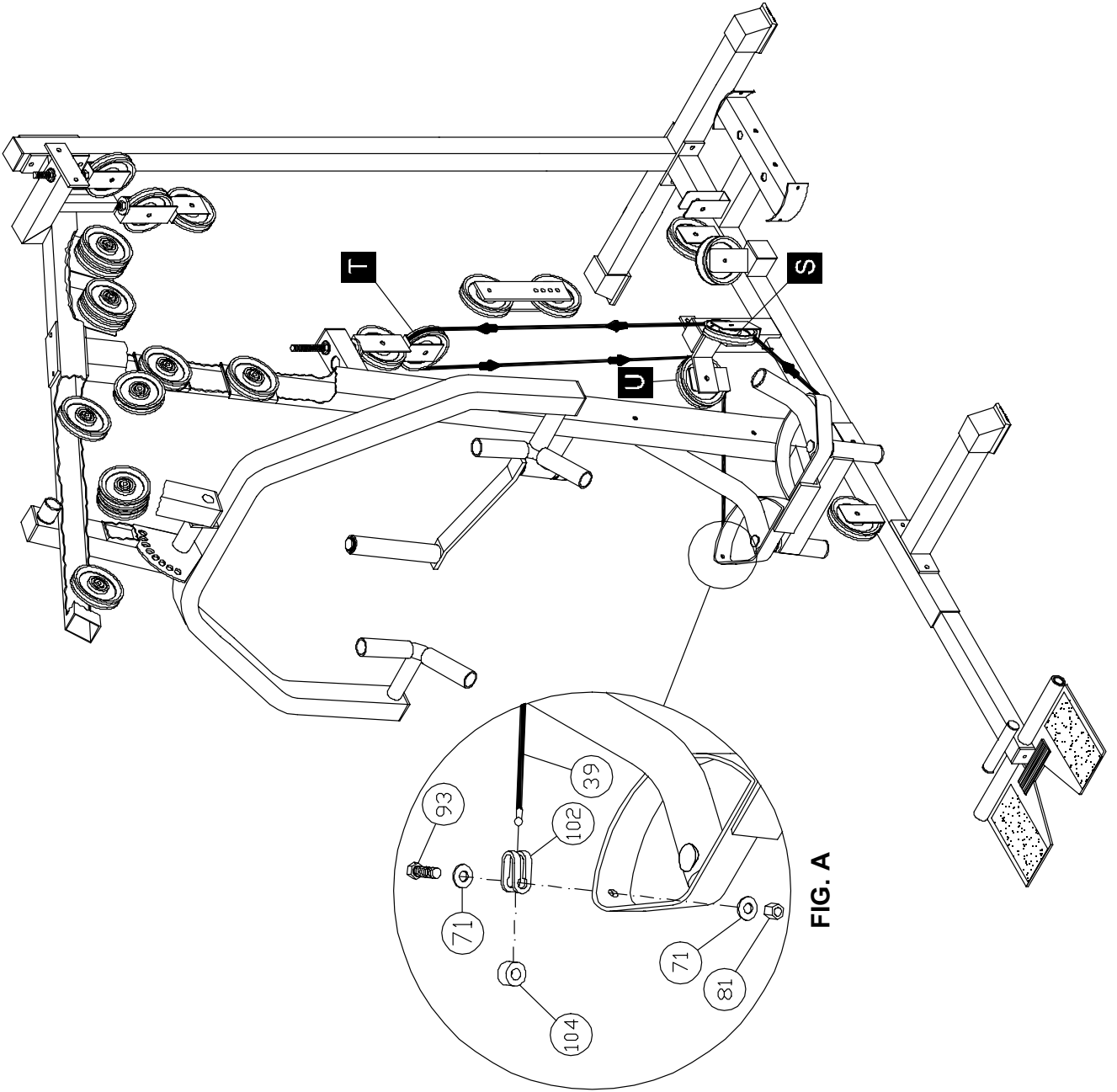
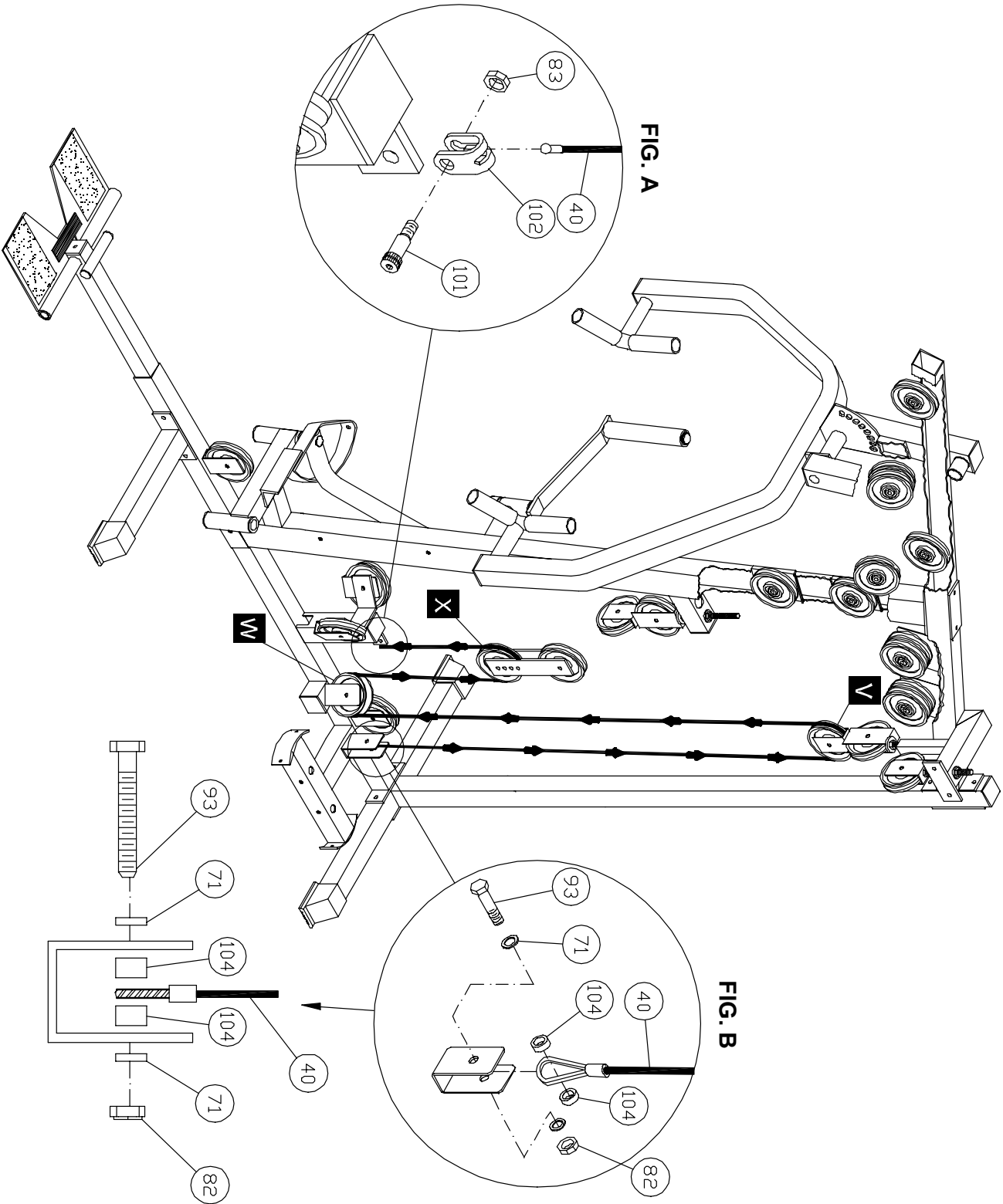


FIG. A

CABLE MAPPING DIAGRAM FOR:

Tension Cable (#40)



COLOR CHART

GRAY= SUB-ASSEMBLY PARTS

BLACK= HARDWARE

ODYSSEY-5 PARTS LIST

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	PRESS BAR	UP321	1	58	RUBBER GRIP 1 1/4 X 5 1/4	BNH0807	4
2	BASE FRAME	ODY5-02-00	1	59	RUBBER GRIP 1 X 9	BNH0808	2
3	FRONT UPRIGHT	ODY5-03-00	1	60	RUBBER DONUT 3/4 X 2 1/2	BNH0062	2
4	REAR UPRIGHT	ODY5-04-00	1	61	ANTI-SKID TAPE 4 X 7 3/4	BNH0492	4
5	TOP PULLEY ASSEMBLY	ODY5-05-00	1	62	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	6
6	RIGHT PEC DEC ARM	UP322	1	63	SELECTOR PIN W/COIL	UP466	1
7	LEFT PEC DEC ARM	UP323	1	64	NYLON PULLEY 4 1/2 RD	BNH0556	24
8	PEC DEC SWIVEL HANDLE	UP324	2	65	PLASTIC END CAP 2" SQ W/GROOVE	BNH0050	3
9	LEG EXTENSION AXLE 1/2 X 2 1/2	UP373	1	66	PLASTIC INSERT CAP 2" SQ	BNH0012	12
10	ADJUSTABLE BACK PAD BRACKET	UP554	1	67	PLASTIC INSERT CAP 1 1/2 SQ	BNH0009	1
11	LEG EXTENSION BENCH FRAME	UP555	1	68	PLASTIC INSERT CAP 1 X 2	BNH0005	1
12	LEG EXTENSION ARM	UP325	1	69	FOOT ROLL PLASTIC END CAP 1"	BNH0397	6
13	ADJUSTABLE SEAT FRAME	UP171	1	70	FLAT WASHER SAE 1/2"	BNH0238	5
14	LOW ROW STABILIZER	ODY5-14-00	1	71	FLAT WASHER SAE 3/8"	BNH0239	86
15	LOW ROW FOOT SUPPORT	ODY5-15-00	1	72	FENDER WASHER 3/8 X 1 1/2	BNH0195	2
16	DECAL- EXERCISE CHART	BNH0888	1	73	SPLIT WASHER 1/2" ZINC	BNH0572	1
17	PRESS BAR SELECTOR HOUSING	UP326	1	74	SPLIT BOLT 1/2-13 X 1	BNH0479	1
18	PIVOT AXLE 1 X 8 1/8	UP152	2	75	RETAINING SNAP RING	BNH0419	2
19	LAT BAR HOLDER 2 X 3	UP327	1	76	SPLIT WASHER 3/8"	BNH0658	2
20	GUIDE ROD RETAINER HOUSING	UP328	1	77	NYLON WASHER 3/8 USS	BNH0248	4
21	GUIDE ROD 3/4 X 72	UP124	2	78	NYLON WASHER 1/4 USS	BNH0889	8
22	WEIGHT SHROUD	UP332	2	79	NYLON INSERT LOCK NUT 1/2-13	BNH0212	1
23	10 LB WEIGHT PLATE	BNH0904	9	80	REGULAR HEX NUT 1/2-13	BNH0201	4
24	TOP PLATE/ SELECTOR BAR	BNH0876	1	81	NYLON INSERT LOCK NUT 3/8-16	BNH0214	10
25	"L" LOCKING PIN	BNH0045	1	82	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	28
26	CLOSED-END DOUBLE PULLEY BRKT	UP329	2	83	NYLON INSERT LOCK NUT 5/16-18	BNH0215	3
27	ADJUSTABLE DOUBLE PULLEY PLATE	UP092	2	84	NYLON INSERT LOCK NUT 1/4-20	BNH0213	1
28	CABLE RETAINER BRACKET L-SHAPED	UP014	1	85	U NUT 1/4"	BNH0708	8
29	STABILIZER 14"	ODY5-29-00	1	86	HEX HEAD CAP SCREW 3/8-16 X 5	BNH0286	1
30	FOOT ROLL TUBE 1 X 27	ODY5-30-00	1	87	HEX HEAD CAP SCREW 3/8-16 X 4 1/2	BNH0284	1
31	FOOT ROLL TUBE 1 X 16	UP053	3	88	HEX HEAD CAP SCREW 3/8-16 X 4 1/4	BNH0317	2
32	SUPPORT PLATE 1/4 X 2 X 5	UP139	1	89	HEX HEAD CAP SCREW 3/8-16 X 3 1/4	BNH0312	5
33	ADJUSTABLE STOPPER	UP331	2	90	HEX HEAD CAP SCREW 3/8-16 X 3	BNH0282	1
34	BACK PAD	UP128	1	91	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	BNH0278	8
35	SEAT PAD	UP173	1	92	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	BNH0276	5
36	ADJUSTABLE PULLEY BRACKET	UP368	1	93	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	BNH0274	18
37	LAT CABLE	UP341	1	94	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	BNH0273	3
38	LEG EXTENSION / ABDOMINAL CABLE	ODY5-38-00	1	95	HEX HEAD CAP SCREW 3/8-16 X 1	BNH0275	2
39	PEC DEC CABLE	UP342	1	96	HEX HEAD CAP SCREW 1/4-20 X 1 1/2	BNH0272	1
40	TENSION CABLE	ODY5-40-00	1	97	HEX HEAD CAP SCREW 1/4-20 X 3/4	BNH0890	8
41	LAT BAR 48"	BNH0295	1	98	PLASTIC INSERT CAP 1" RD.	BNH0002	4
42	LOW ROW BAR 20"	BNH0294	1	99	HEX HEAD CAP SCREW 3/8-16 X 2	BNH0279	2
43	LEATHER ANKLE STRAP	20000-ALAS	1	100	STANDARD DECAL WEIGHT NUMBERS	BNH0928	1
44	ABDOMINAL STRAP	BNH0821	1	101	SHOULDER BOLT 3/8 X 3/4	BNH0718	3
45	EDGE PROTECTOR 72 1/4"	BNH0587	4	102	STRAP BRACKET #20	BNH0562	5
46	METAL HINGE	BNH0046	2	103	NYLON BALL 1 3/4 X 5/16	BNH0392	3
47	SET SCREW 3/8-16 X 1/2	BNH0474	7	104	NYLON SPACER 3/8 X 3/8	BNH0392	4
48	SET SCREW 1/4-20 X 3/8	BNH0772	2	105	HARD GRIP .875 X 8	BNH0523	4
49	SET SCREW 1/4-20 X 1/4	BNH0790	2	106	SNAP LINK	BNH0065	3
50	NYLON BUSHING 1 X 1 1/2	BNH0531	4	107	COIL CHAIN 3/16 X 21	BNH0017	1
51	BRONZE BUSHING 1 X 1 1/4	BNH0527	8	108	HEX KEY 3/16	BNH0371	1
52	BRONZE BUSHING 1/2 X 5/8	BNH0528	2	109	HEX KEY LONG 1/8"	BNH0767	1
53	PUSH-PULL PIN 1/2" (SPECIAL)	BNH0520	2	110	PLASTIC INSERT CAP 1 1/4" RD	BNH0573	4
54	PUSH-PULL PIN 1/2"	BNH0542	1	111	1" RD SILVER MYLAR DECAL	BNH0015	4
55	RUBBER STOPPER 1 X 1 3/4 X 3	BNH0791	2	112	RUBBER BUMPER 3/8 X 1 1/2	BNH0514	1
56	RUBBER STOPPER 1/8 X 2 X 4	BNH0688	1	113	15 LB WEIGHT PLATE	BNH0926	5
57	RUBBER STOPPER 1/8 X 1 1/2 X 5	BNH0688	1	114	5 LB WEIGHT PLATE	BNH0927	5

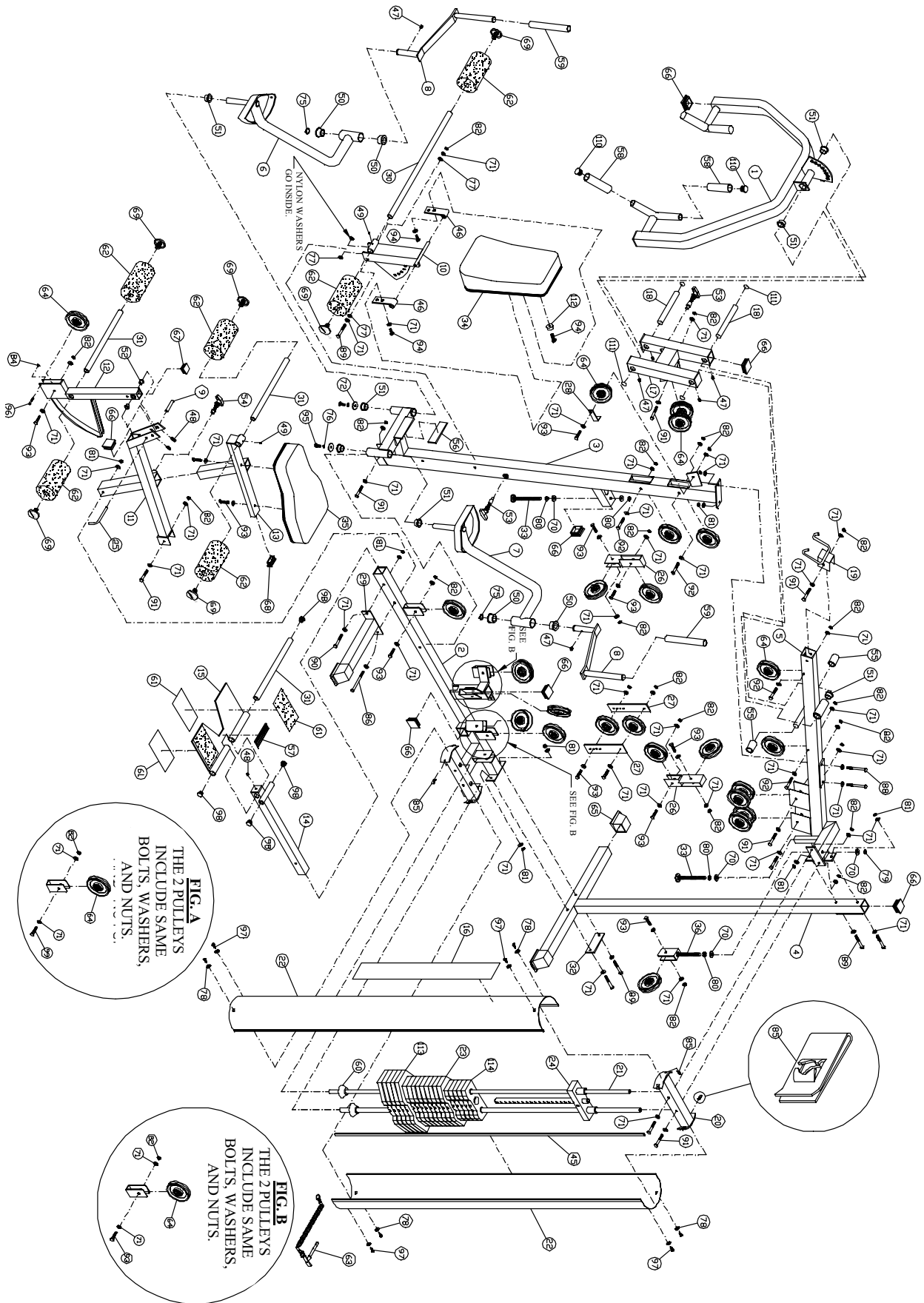


FIG. 67

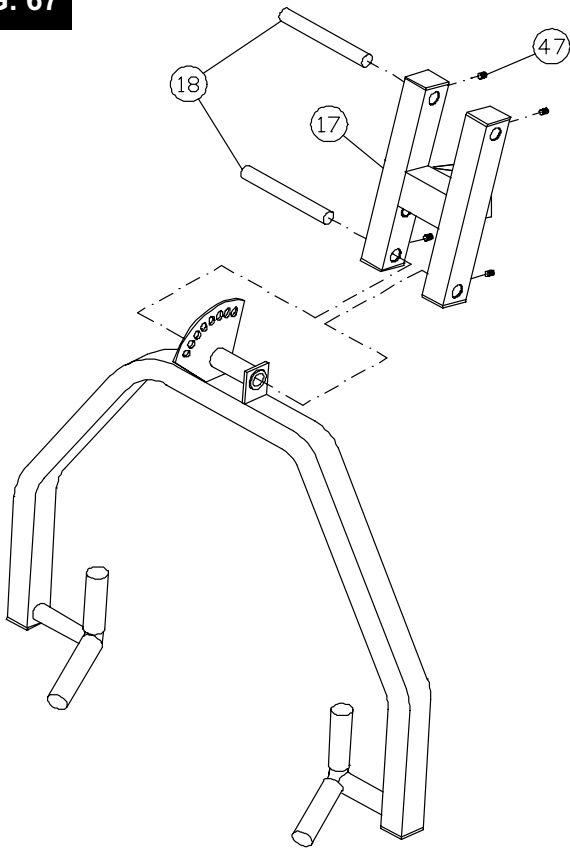


FIG. 68

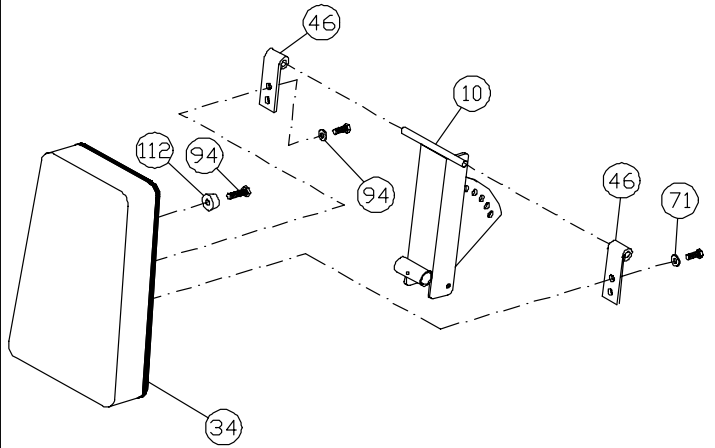


FIG. 69

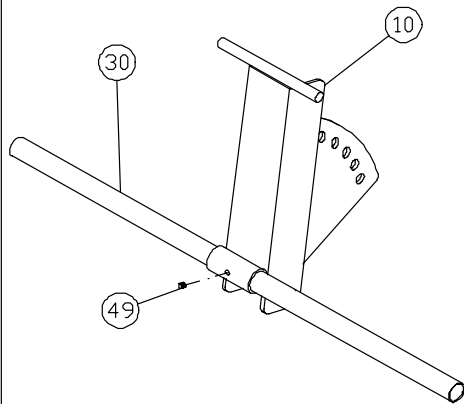


FIG. 70

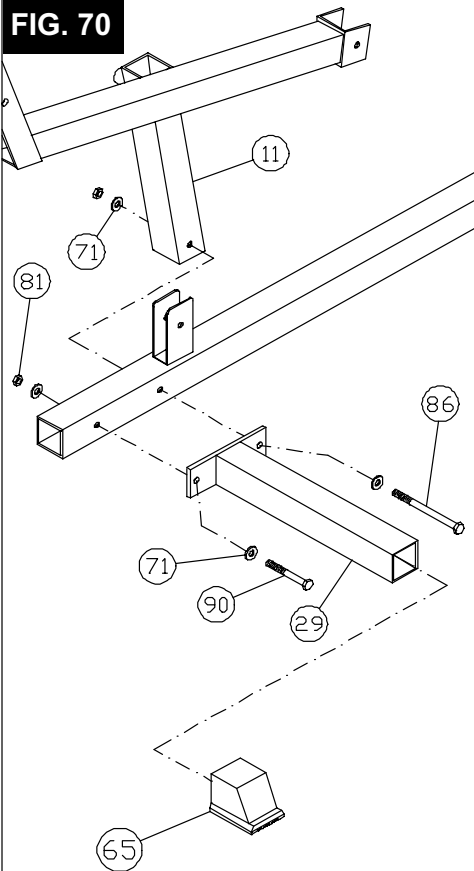
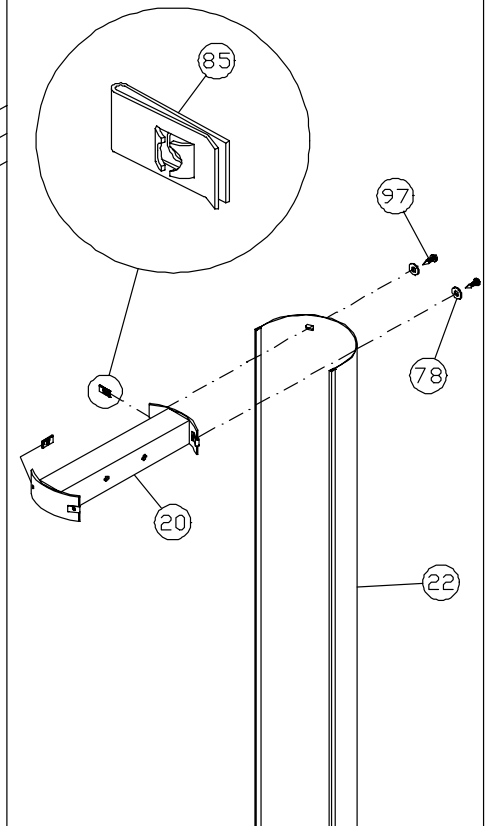


FIG. 71



Pec Dec Swivel Handles' (#8) assembly

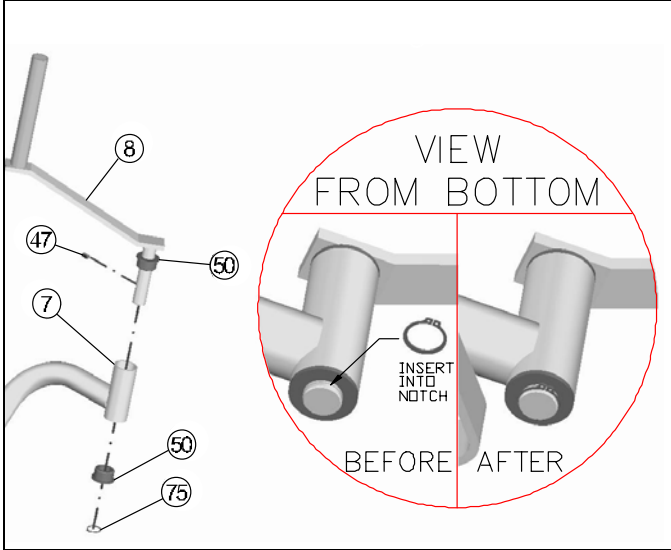


Fig. 72 The illustration above depicts the proper assembly of the **Pec Dec Swivel Handles (#8)**.

Cast Weight Stack

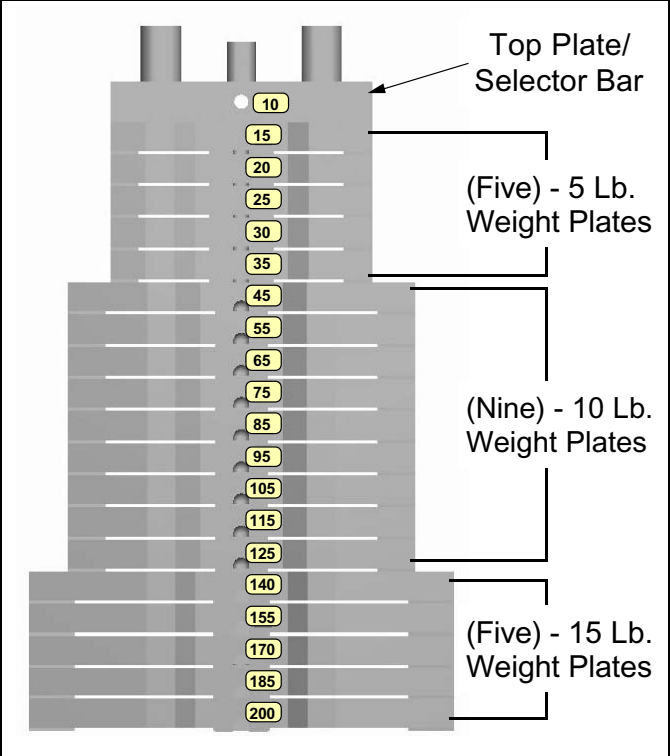


Fig. 73 The illustration above depicts the **New Cast Weight Stack**. Carefully begin sliding the **Weight Plates** over the Guide Rods beginning with five **15 Lb. Weight Plates** at the bottom, the nine **10 Lb. Weight Plates** in the middle and then the five **5 Lb. Weight Plates** at the top, as illustrated above. Furthermore, if the **Weight Stack Decals** have not been pre-assembled by the factory, then attach them to their respective **Weight Plates** in the order as illustrated above. Continue with **Fig. 74** for the assembly of the **Selector Pin w/ Coil**.

Selector Pin w/ Coil

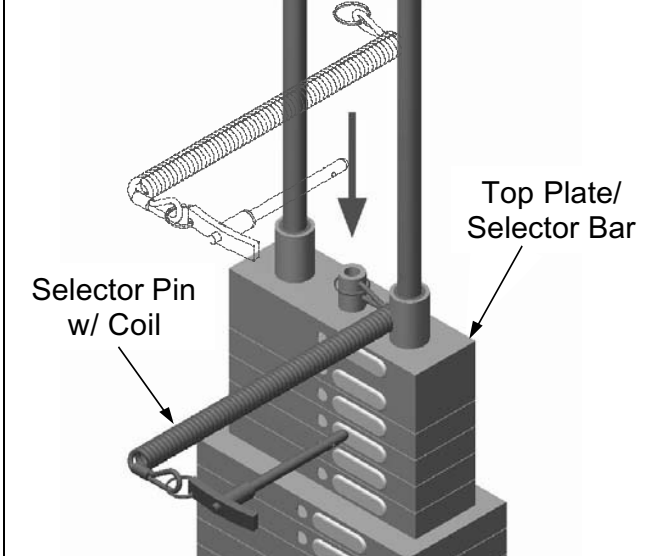
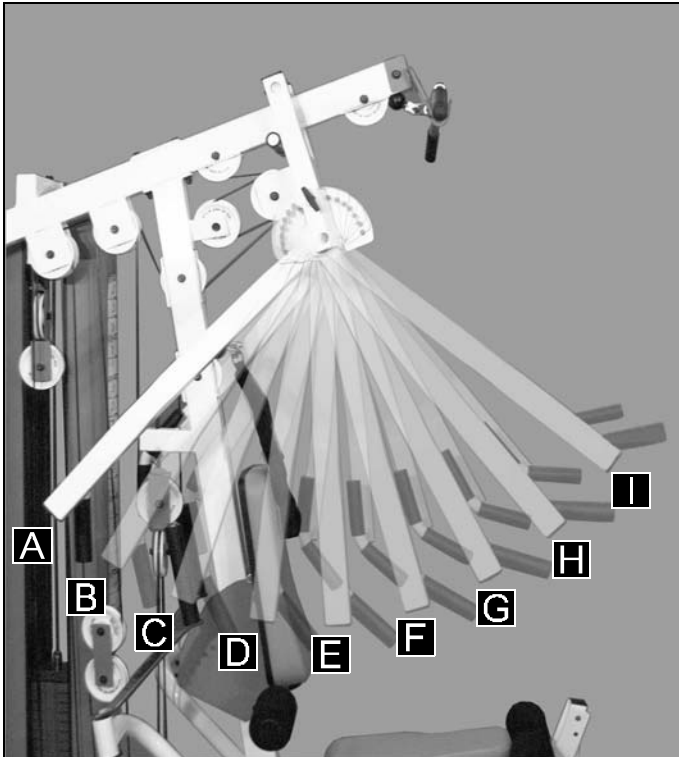


Fig. 74 After the **Weight Stack** has been completely assembled, attach the **Selector Pin w/ Coil** onto the **Top Plate/Selector Bar**, as illustrated above.

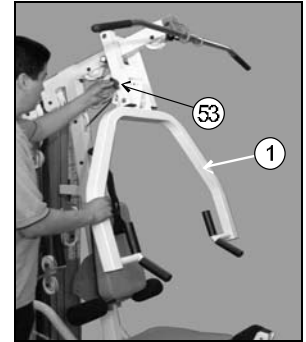
Adjustment Features



Adjustable range of motion **Press Bar (#1)** for quick starting position preference.

Press Bar (#1) settings

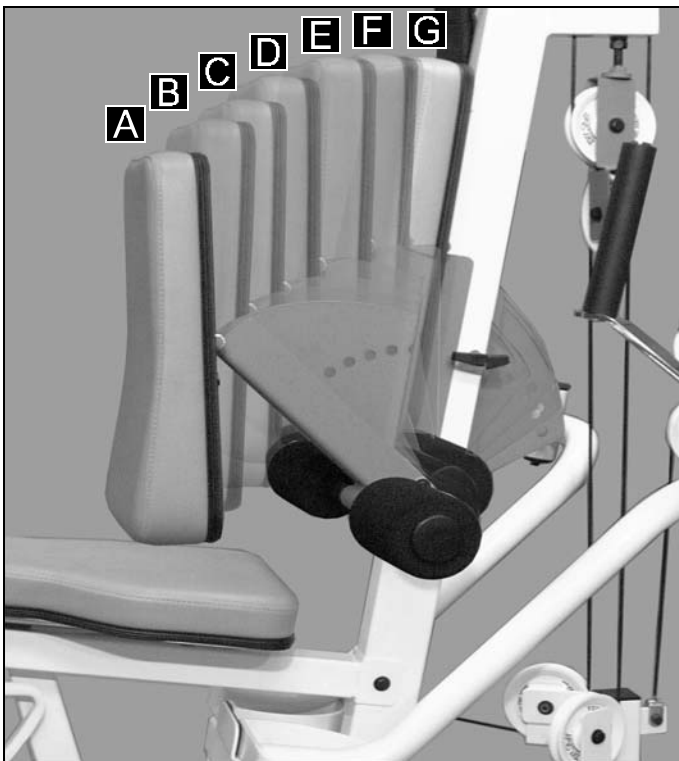
- ◆ Used for Seated Row Exercise. Settings A,B,C,
- ◆ Used for Chest Press Exercise. Settings D,E,F
- ◆ Used for Shoulder Press Exercise. Settings F,G,H,I



Press Bar (#1) adjustment:

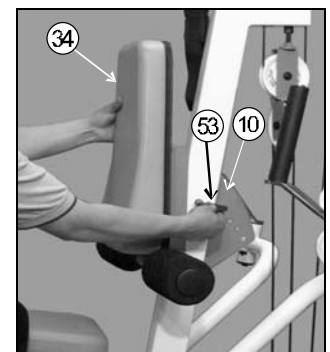
1. Grasp the **Press Bar (#1)**
2. Pull the Push Pull Pin 1/2 Special (#53) to release the **Press Bar (#1)**.
3. Keep the Push Pull Pin 1/2 Special (#53) released and adjust the **Press Bar (#1)** to the desired position.
4. Release the Push Pull Pin 1/2 Special (#53) and make sure it has been fully engaged into the selector holes of the **Press Bar (#1)**.

Forward Adjustable **Back Pad Bracket (#10)**.



Adjustable Back Pad Bracket (#10) settings

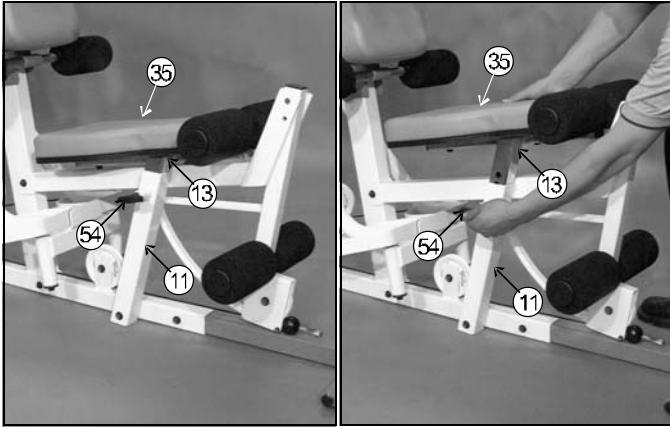
- ◆ Used for Seated Row Exercise. Settings E,F,G
- ◆ Used for Chest Press Exercise. Settings E,F,G
- ◆ Used for Shoulder Press Exercise. Settings A,B,C,D



Adj. Back Pad Bracket (#10) adjustment:

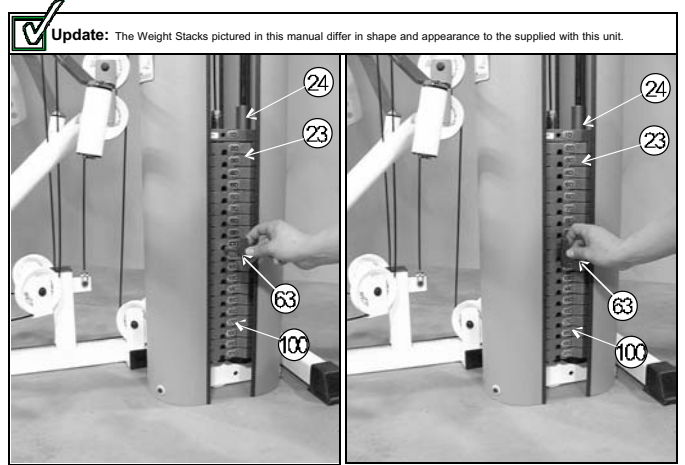
1. Grasp the **Back Pad (#34)**
2. Pull the Push Pull Pin 1/2 Special (#53) to release the **Back Pad (#34)**.
3. Keep the Push Pull Pin 1/2 Special (#53) released and adjust the **Back Pad (#34)** to the desired position.
4. Release the Push Pull Pin 1/2 Special (#53) and make sure it has been fully engaged into the selector holes of the **Adjustable Back Pad Bracket (#10)**.

Adjustment Features



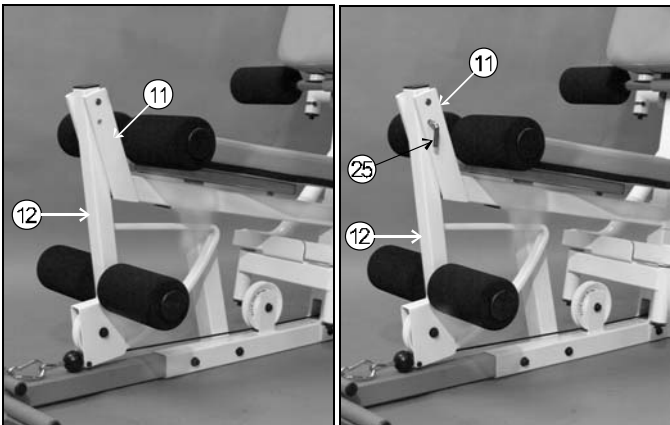
Seat Pad (#35) adjustment:

1. Grasp the **Seat Pad (#35)**
2. Pull the Push Pull Pin 1/2 (#54) to release the **Adjustable Seat Frame (#13)**.
3. Keep the Push Pull Pin 1/2 (#54) released and adjust the **Seat Pad (#35)** to the desired position.
4. Release the Push Pull Pin 1/2 (#54) and make sure it has been fully engaged into the selector holes of the **Leg Extension Bench Frame (#11)**.



Weight Selection

1. Grasp the Weight Selector Pin (#63).
2. Insert the Weight Selector Pin (#63) into desired **Weight Plate**. The Decal Weight Number (#100) on the selected **Weight Plate (#23)** will show the amount of weight selected. The **Top / Plate Selector Bar (#24)** must be resting on the top of the Weight Stack.
3. Make sure the Weight Selector Pin (#63) has been fully inserted into the Weight Plate receptacle.



Locking the Leg Extension Arm (#12)

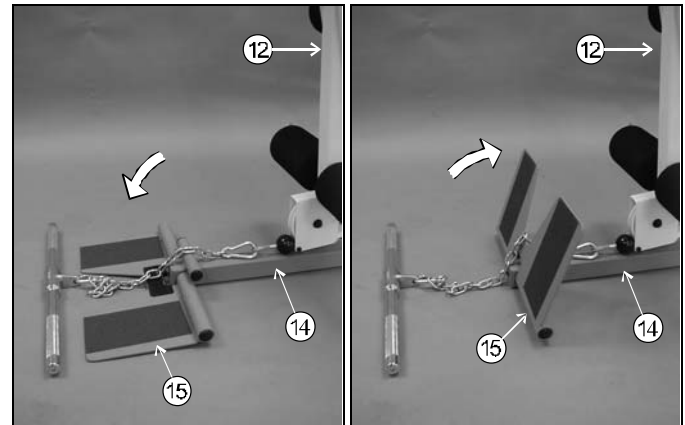
1. Locate the L-Locking Pin (#25).
2. Insert the L-Locking Pin (#25) through the **Leg Extension Bench Frame (#11)** and the **Leg Extension Arm (#12)**, as shown above.

Leg Extension Arm Unlock Used on Exercises:

- ◆ Leg Extension
- ◆ Leg Curl

Leg Extension Arm Lock Used on Exercises:

- ◆ Low Row
- ◆ Standing Arm Curl
- ◆ Inner / Outer Thigh



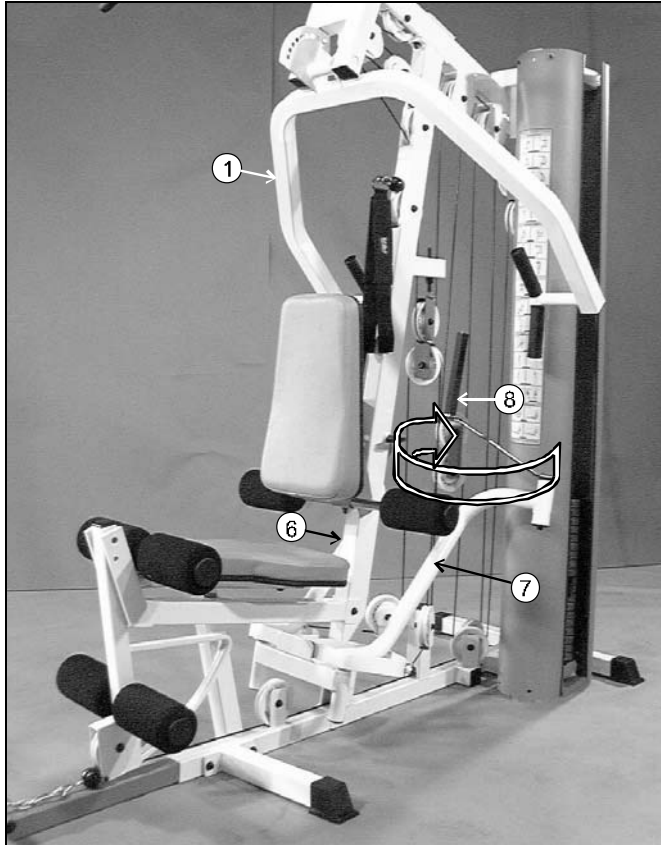
Positioning the Low Row Foot Support (#15)

1. Picture above at the left shows the **Low Row Foot Support (#15)** positioned and ready for standing. It is **IMPORTANT** that when in this position, you must stand completely on the **Low Row Foot Support (#15)** and not off. This is done to prevent the unit from tipping during this workout exercise.
2. Picture above at the right shows the **Low Row Foot Support (#15)** positioned and ready for the seated rowing exercise.



Note: Do not drop the **Low Row Foot Support (#15)** or leave it in the position as pictured above at the right. Always lower **Low Row Foot Support (#15)** when not in use.

Adjustment Features



The picture to the left shows the **Pec Dec Arms (#6,#7)** and the **Pec Dec Swivel Handles (#8)** adjusted to the inside of the unit to allow the **Press Bar (#1)** to move freely during the Deated Rowing Exercise.



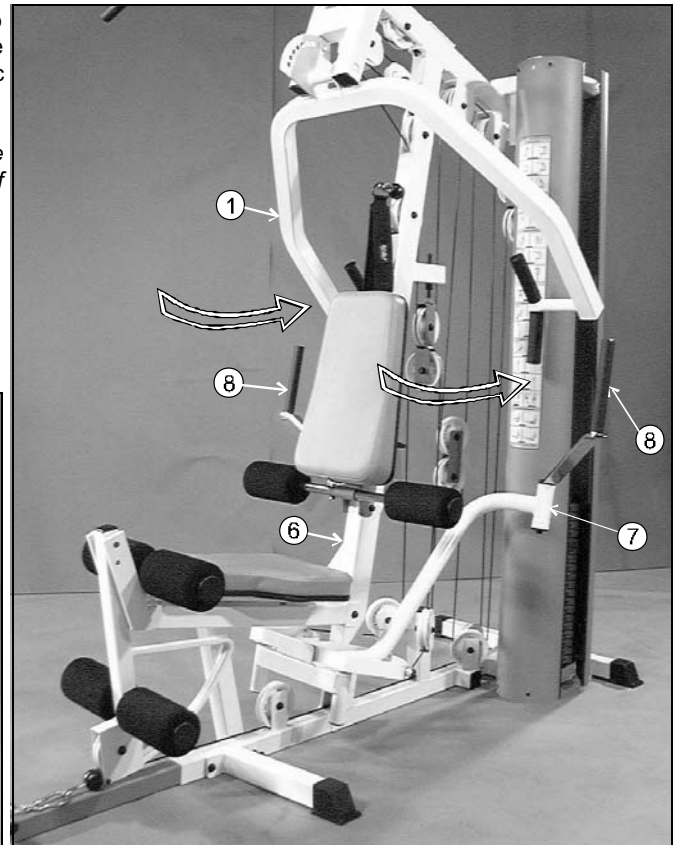
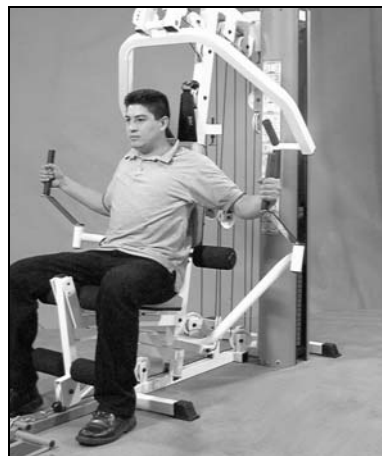
Safety: The **Left Pec Dec Arm (#7)** and the **Right Pec Dec Arm (#6)** must be adjusted to the position pictured at the left to avoid the chance of injuring during the Seated Rowing Exercise.



The picture to the right shows the **Press Bar (#1)** adjusted to rear of the unit to allow the **Left Pec Dec Arms (#6,#7)** and the **Pec Dec Swivel Handles (#8)** to move freely during the Pec Dec Exercise.



Safety: The **Press Bar (#1)** must be adjusted to the position pictured at the right to avoid the chance of injuring during the Pec Dec Exercise.



Maintenance

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Odyssey Home Gym. Initial lubrication of some parts of your gym have been done at the factory, but the weight stack guide rods must be lubricated at the time of assembly. We recommend a clear aerosol, silicone or teflon spray.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All pulleys and bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part is necessary, STOP USING THE EQUIPMENT and immediately contact your local Tuff Stuff retailer or call our Customer Service Department. Replace parts using only genuine Tuff Stuff parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local Tuff Stuff retailer or call our Customer Service Department.

8. Check that the **Push Pull Pins 1/2 Special (#53)** and the **Push Pull Pin 1/2 (#54)** nuts are fully fastened (See Fig. 75). In addition, be sure the springs in the **Push Pull Pins 1/2 (#53, #54)** are operating freely.
9. Check welds to be free of cracks.

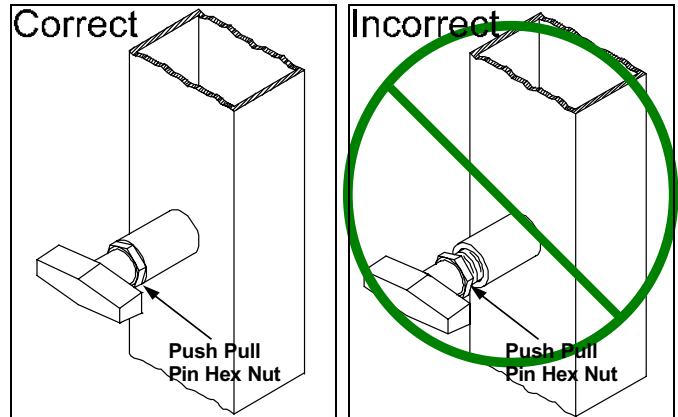



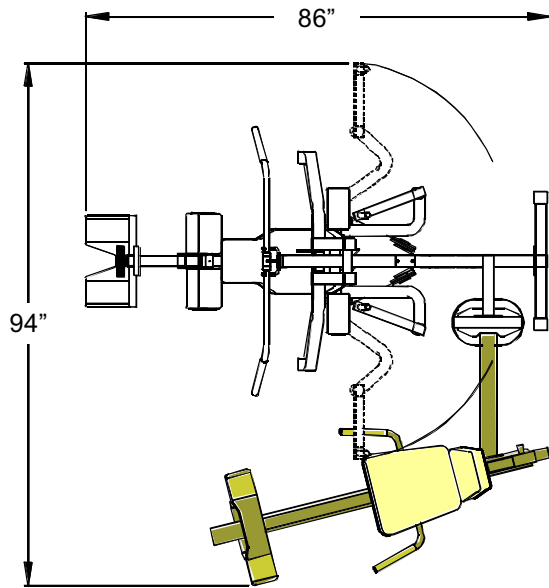
Fig. 75  **Warning:** Be sure the Push Pull Pin nuts are fully fastened. Fasten if necessary.

10. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

Optional Stations

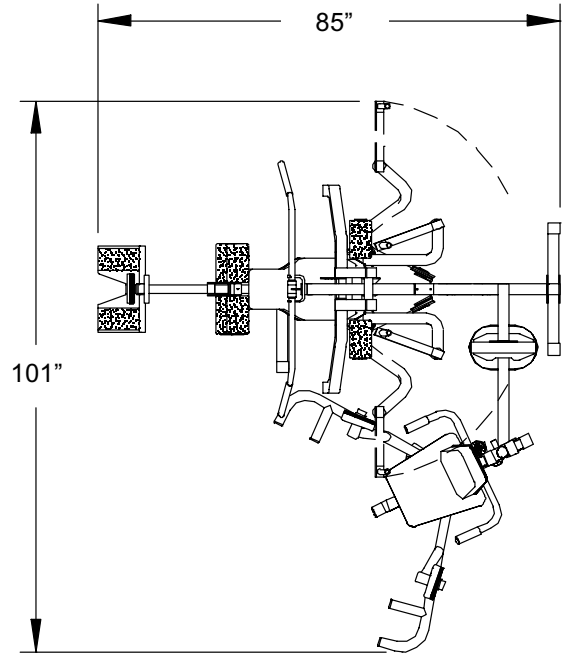
ODY-5LP Leg Press

L 86" W 94" H 83"



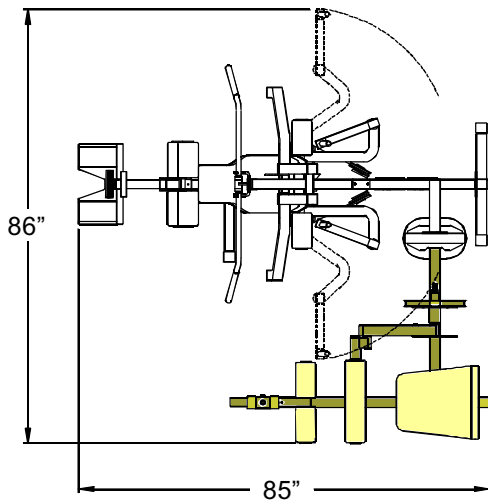
ODY-5TO Inner / Outer Thigh

L 86" W 101" H 83"



ODY-5AB Ab / Back

L 85" W 86" H 83"



Notes

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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