

OWNER'S MANUAL

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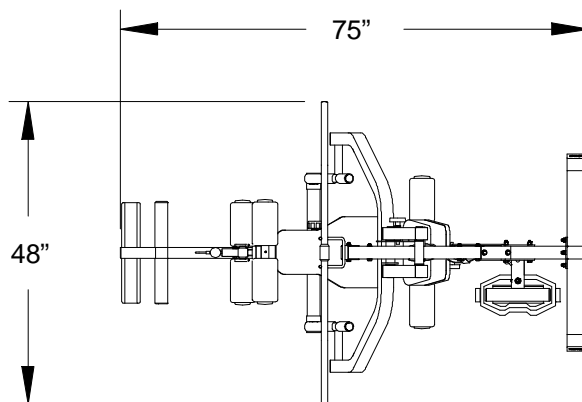
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Revision Date 06-26-01

CFM-550

Compact Frontal Machine



L 75" W 48" H 84"



America's Premium Exercise Equipment

Introduction

About the Compact Frontal Machine (CFM-550)

Congratulations on your new purchase of the Compact Frontal Machine (CFM-550). 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 - 430 Lbs.
3. Footprint (LWH) - See Front Cover

Prior to the Assembly of the CFM-550

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 Compact Frontal Machine (CFM-550).
2. Consider the complete surface area of the CFM-550. Use the overhead view located on the front page for designing your layout before assembling. Once the CFM-550 has been fully assembled it will be heavy and difficult to move, therefore you should assemble the CFM-550 in the area where it is to be used upon completion.
3. It is recommended that another person assist you with the assembly of this unit.
4. Neatly organize and identify all parts according to the Parts List on page 22, and the Exploded View Diagram on page 21.

Tool Requirements

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



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



Caution indicates a potentially hazardous situation, which, if not avoided, may result in minor or moderate injury. It may also be used to alert against unsafe practices.



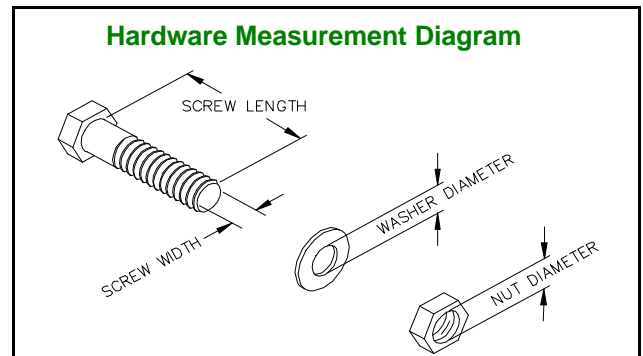
Loosely Fasten provides a instruction to loosely fasten (ex: *hand tighten*) a hardware assembly only. This instruction is intended for the alignment of hardware components during the assembly process.



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

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



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 Compact Frontal Machine 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.
9. Pay special attention to the **Push Pull Pins 1/2 X 3-1/2 (#38)** located on the **Press Bar Selector Housing (#7)**, and the **Front Upright (#5)**, also the **Turn/Pull Pin w/ Knob (#39)** located on the **Leg Extension Bench Frame (#4)**. See Fig.1. Be sure they are fully engaged into the selected holes. Refer to Fig. 2, 3 for further illustration of this instruction.

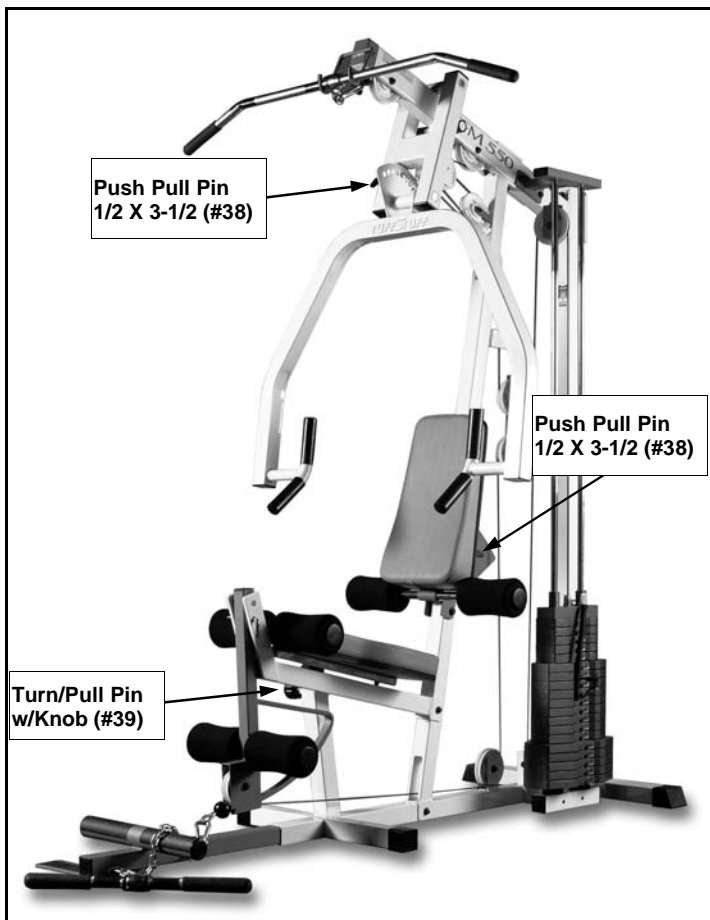


Fig. 1 Illustration above depicts the location of the Push Pull Pins 1/2" X 3-1/2 (#38) and the Turn/Pull Pin w/ Knob (#39) on this unit.

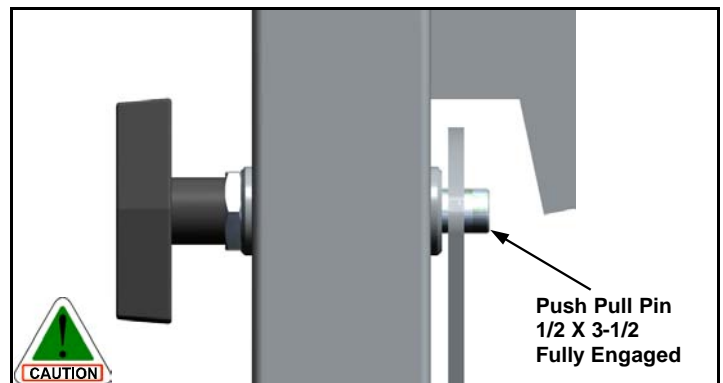


Fig. 2 **Caution:** Check that the two Push Pull Pins 1/2 X 3-1/2 (#38) located on the Press Bar Selector Housing (#7), and the Front Upright (#5) are fully engaged into the selected holes of the Press Bar (#6), and the Back Pad Bracket (#12).

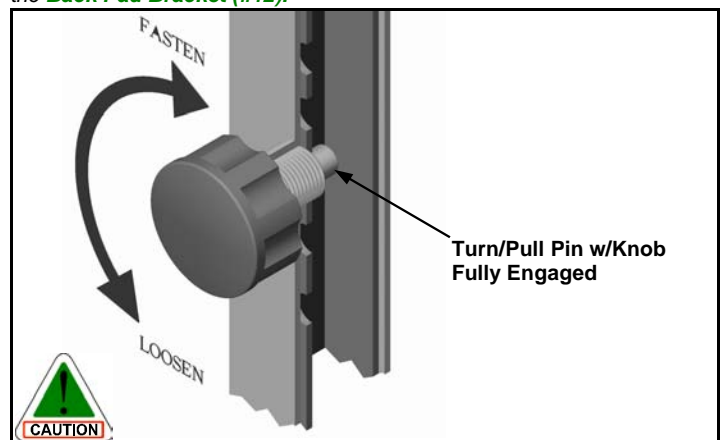


Fig. 3 **Caution:** Check the Turn/Pull Pin w/ Knob (#39) to be fully engaged into the selected hole of the Bench Press Adj. Seat Tube (#9).

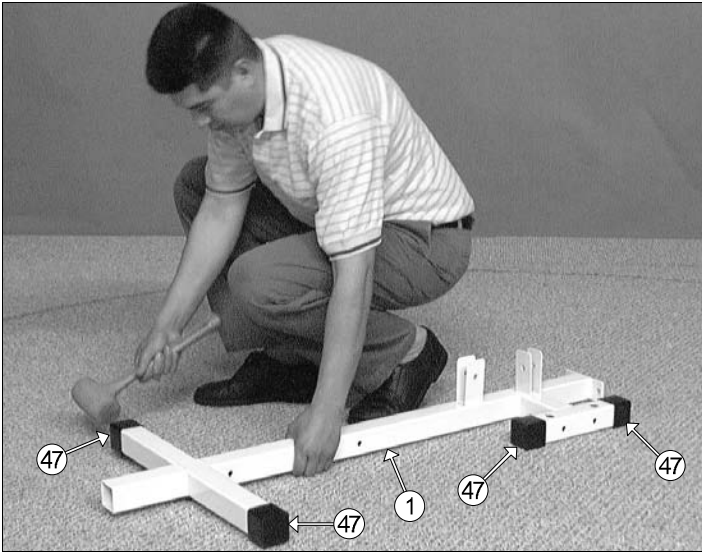


FIG. 4 On a flat surface, lay the **Base Frame (#1)** down and insert four **Plastic End Caps w/Groove 2" Sq. (#47)** onto the tube-ends of the **Base Frame (#)**, as shown above.

NOTE: When positioning the **Base Frame (#1)** consider the complete area surface of the **CFM-550**. Use the overhead view on the cover page for designing your layout before assembling.

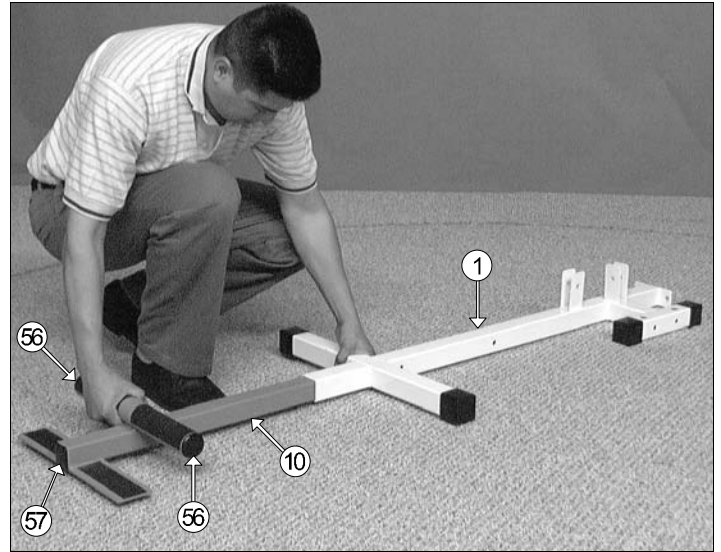


FIG. 5 Next, locate the **Low Row Foot Assembly (#10)** and, using a rubber mallet, insert two **Plastic End Caps 2" Rd. (#56)** and one **Plastic Insert Cap 1-3/4 Sq. (#57)** into the tube-ends. Next, slide the **Low Row Foot Assembly (#10)** into the receptacle of the **Base Frame (#1)**, as shown above.

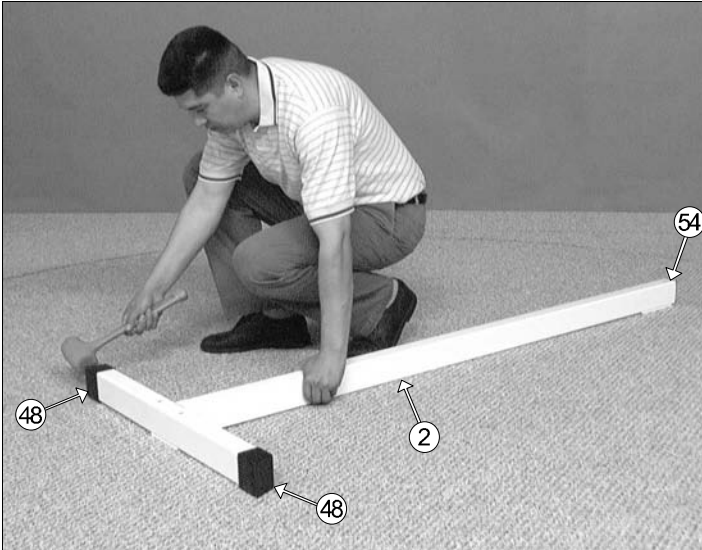


FIG. 6 Next, locate the **Rear Upright (#2)** and, using a rubber mallet, insert one **Plastic Insert Cap 2 X 3 (#54)** into the tube-end. Next, insert two **Plastic End Caps w/Groove 2 X 3 (#48)** onto the stabilizer of the **Rear Upright (#2)**, as shown above.

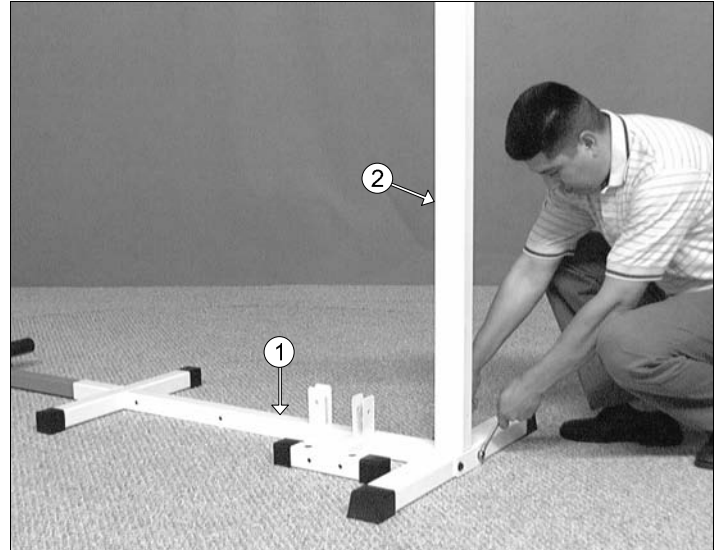


FIG. 7 Attach the **Rear Upright (#2)** to the **Base Frame (#1)** and secure it into place using two **Hex Head Cap Screws 3/8-16 X 4-1/4 (#77)**, four **Flat Washers SAE 3/8" (#60)**, and two **Nylon Insert Lock Nuts 3/8-16 (#69)**.

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

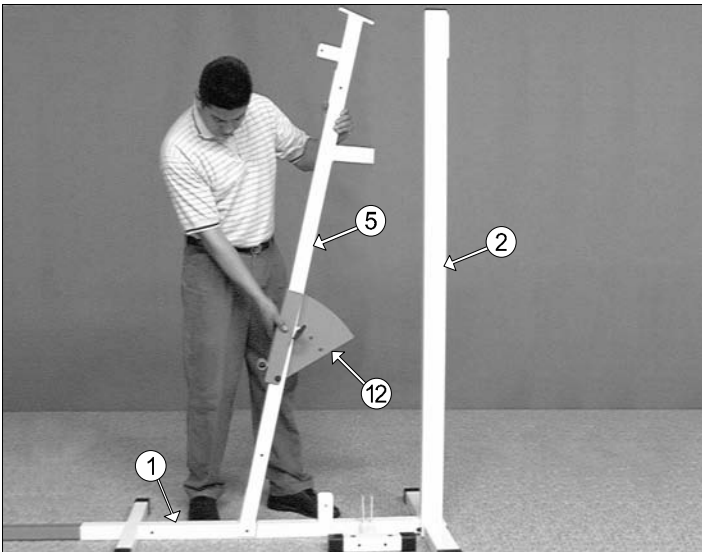


FIG. 8 This picture depicts the position of the **Front Upright (#5)**, and where it is going to be assembled on the **Base Frame (#1)**.

NOTE: The **Back Pad Bracket (#12)** has been pre-assembled to the **Front Upright (#5)** by the factory.

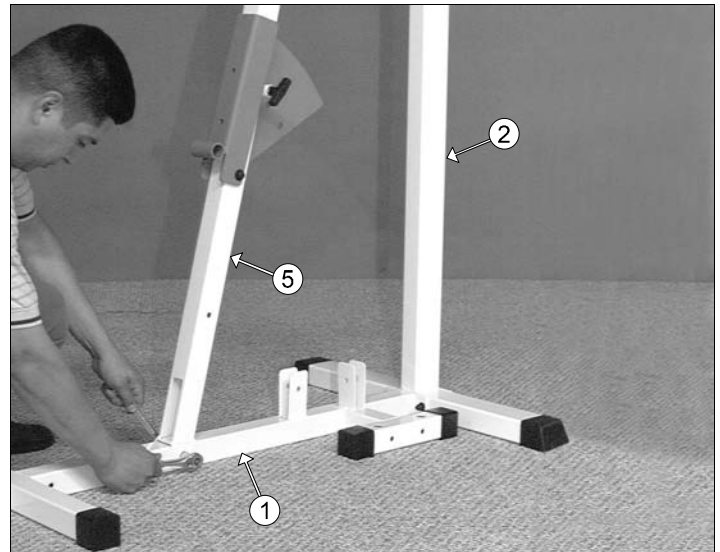


FIG. 9 **CAUTION:** It is recommended to use another person in assisting with this assembly.

Attach the **Front Upright (#5)** to the **Base Frame (#1)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 2-3/4 (#75)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**.

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

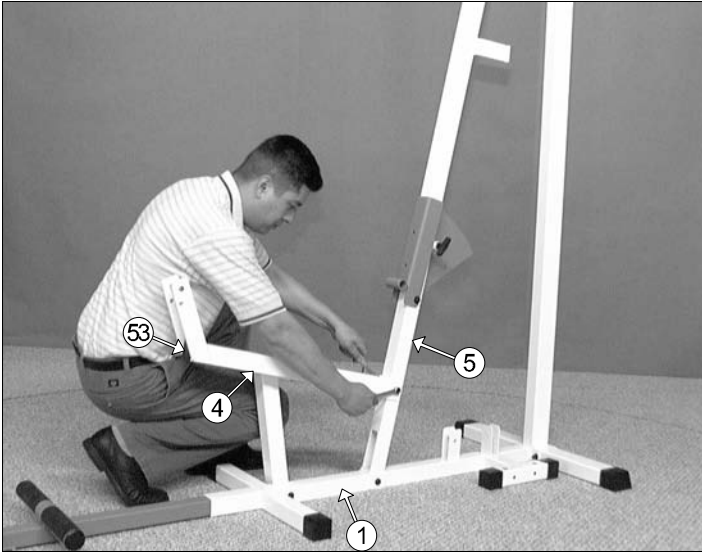


FIG. 10 Attach the **Leg Extension Bench Frame (#4)** to the **Base Frame (#1)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 4-1/2 (#78)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**. Next, attach the **Leg Extension Bench Frame (#4)** to the **Front Upright (#5)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 2-3/4 (#75)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**.

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

Next, using a rubber mallet, insert one **Plastic Insert Cap 2" Sq. (#53)** into the front of the **Leg Extension Bench Frame (#4)**.

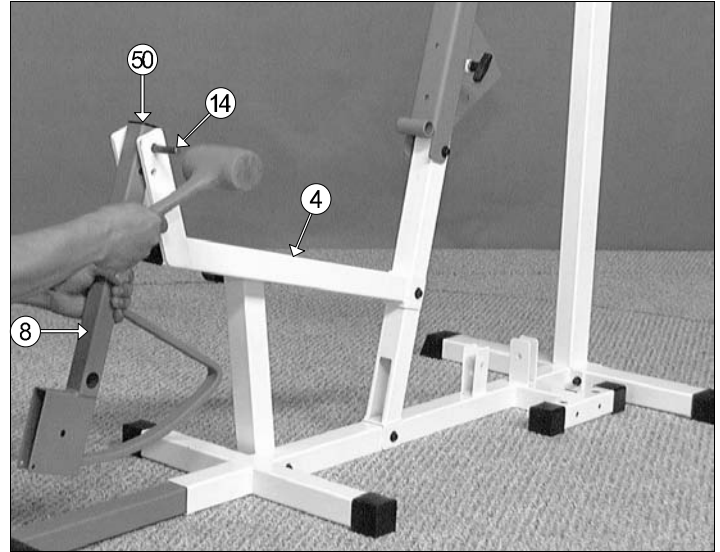


FIG. 11 Locate the **Leg Extension Arm (#8)**, and using a rubber mallet, insert one **Plastic Insert Cap 1-1/2 Sq. (#50)** into the tube-end. Next, affix the **Leg Extension Arm (#8)**, in the position as shown above, to the **Leg Extension Bench Frame (#4)** and secure it into place by inserting the **Leg Extension Axle 1/2 X 2-3/4 (#14)** through the **Leg Extension Bench Frame (#4)** and **Leg Extension Arm (#8)** until it becomes flush with both sides of the **Leg Extension Bench Frame (#4)**.

NOTE: It is recommended to grease the **Leg Extension Axle 1/2 X 2-3/4 (#14)** with multi-purpose grease prior to assembling.

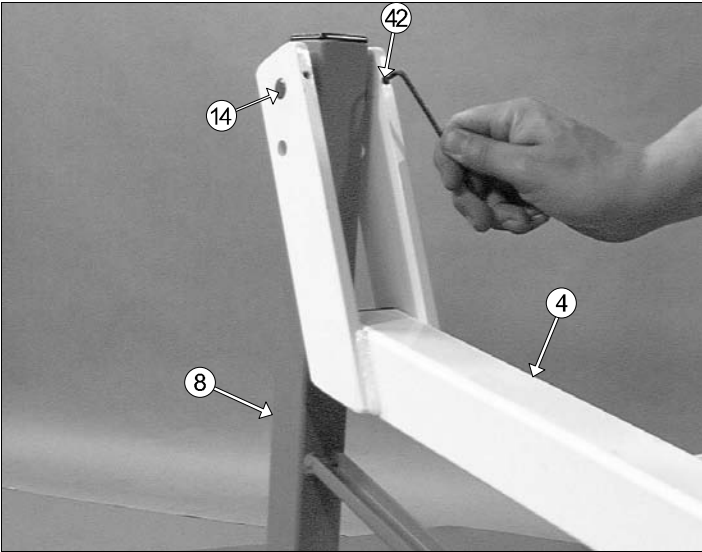


FIG. 12 Next, secure the **Leg Extension Axle 1/2 X 2-3/4 (#14)** to the **Leg Extension Bench Frame (#4)** using two Set Screws 1/4-20 X 3/8 (#42), as shown above. Use the supplied Hex Key 1/8" (#86) for fastening these Set Screws.

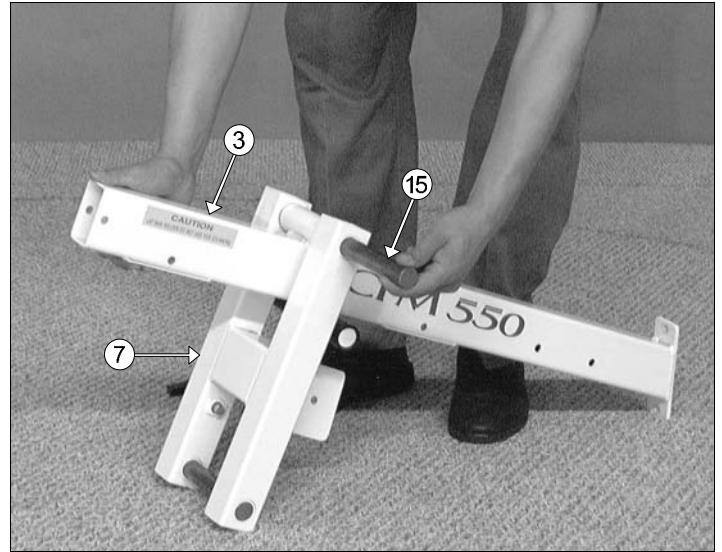


FIG. 13 Insert the **Press Bar Selector Housing (#7)**, in the position as shown above, to the **Top Pulley Housing (#3)** and secure it into place by inserting a **Pivot Axle 1 X 8-1/8 (#15)** through the receptacle of the **Press Bar Selector Housing (#2)** and the **Top Pulley Housing (#5)** until the axle becomes flush with both sides of the **Press Bar Selector Housing (#7)**

NOTE: *It is recommended to grease the **Pivot Axle 1 X 8-1/8 (#15)** with multi-purpose grease prior to assembling.*

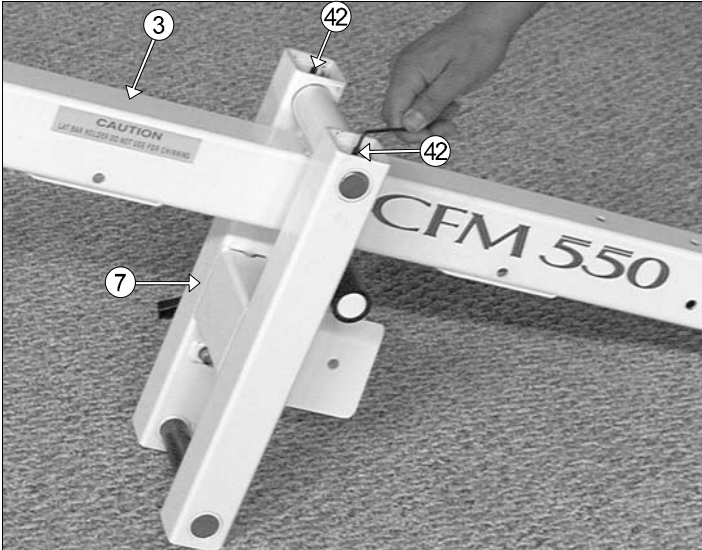


FIG. 14 Next, secure the **Pivot Axle 1 x 8-1/8 (#15)** to the **Press Bar Selector Housing (#7)** using two Set Screws 1/4-20 X 3/8 (#42), as shown above. Use the supplied Hex Key 1/8" (#86) for fastening these Set Screws.

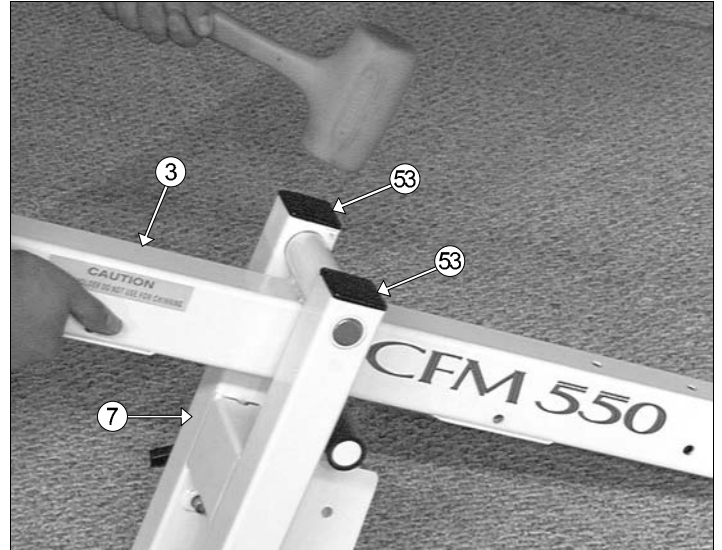


FIG. 15 Using a rubber mallet, insert two Plastic Insert Caps 2" Sq. (#53) into the tube-ends of the **Press Bar Selector Housing (#7)**, as shown above.

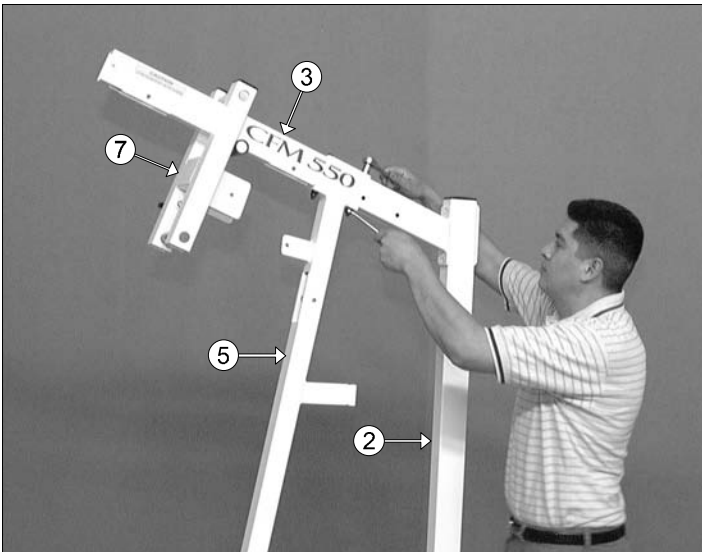




FIG. 16  **Caution:** It is recommended to use another person in assisting with this assembly.

Attach the **Top Pulley Housing (#3)** to the **Front Upright (#5)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 4-1/2 (#78), four Flat Washers SAE 3/8" (#60), and two Nylon Insert Lock Nuts 3/8-16 (#69).

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

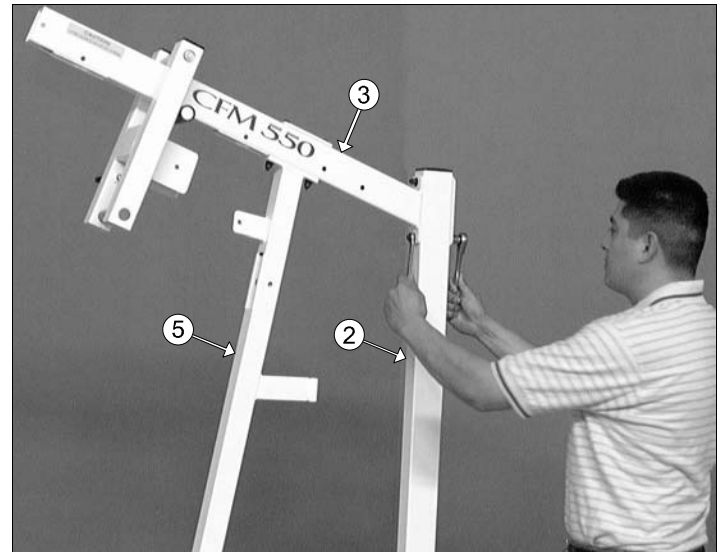



FIG. 17 Attach the **Top Pulley Housing (#3)** to the **Rear Upright (#2)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 4-1/4 (#77), four Flat Washers SAE 3/8" (#60), and two Nylon Insert Lock Nuts 3/8-16 (#69).

 **Fully Fasten:** Proceed to align and fully fasten this hardware assembly and all the previous assemblies that were left loosely fastened. (Assemblies described in **Fig.7, Fig.9, Fig.10, and Fig.16**).

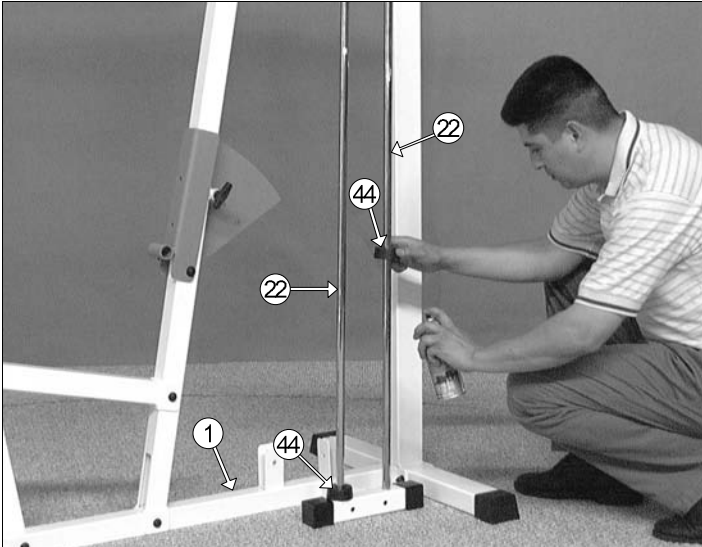


FIG. 18 Insert the two **Guide Rods 3/4 X 72 (#22)** into the receptacles located on the **Base Frame (#1)**, as shown above. Slide one Rubber Donut 3/4 X 2 1/2 (#44) onto each **Guide Rod 3/4 X 72 (#22)**, as shown.

 **Note:** Lubricate the **Guide Rods 3/4 X 72 (#22)** with silicone or teflon lubricant before proceeding.

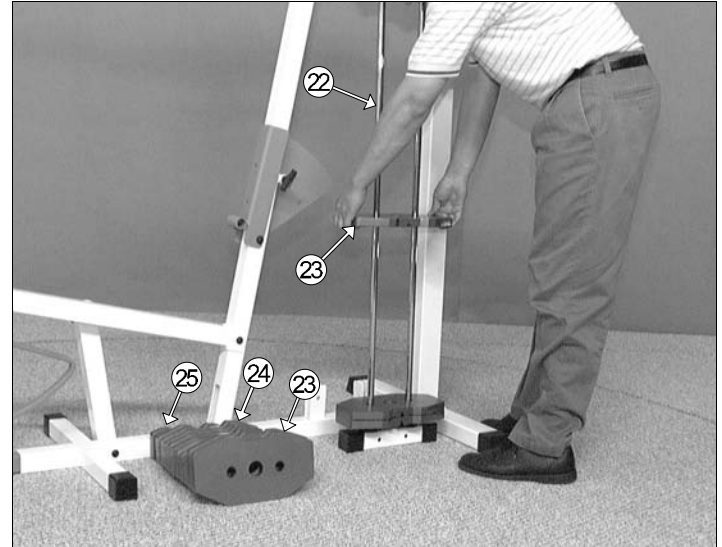



FIG. 19 Carefully begin sliding the **Weight Plates** over the **Guide Rods (#22)** beginning with the five **15 Lb. Weight Plates (#23)** at the bottom, the nine **10 Lb. Weight Plates (#24)** in the middle, and the five **5 Lb. Weight Plates (#25)** on top of the weight stack.

 **Caution:** 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.

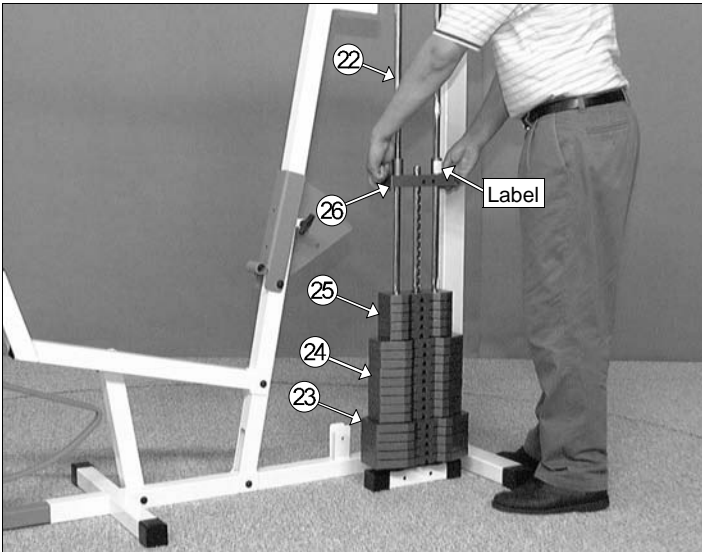


FIG. 20 Now slide the **Top Plate/Selector Bar (#26)** over the **Guide Rods (#22)** allowing it to come to rest on the completed weight stack.

NOTE: Be sure the **Label** located on the **Top Plate/Selector Bar (#26)** is facing toward you before you slide the **Top Plate/Selector Bar (#26)** over the **Guide Rods 3/4 X 72 (#22)**.

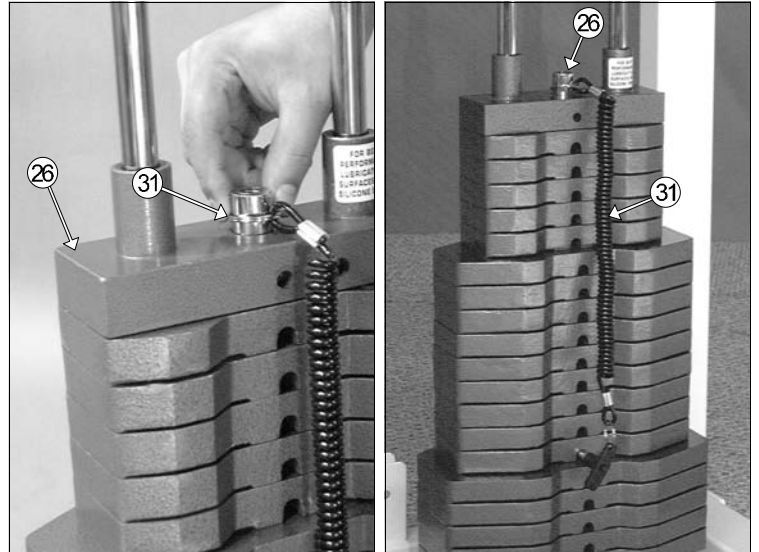


FIG. 21 Next, locate the **Selector Pin w/Coil (#31)** and slide its ring over the **Selector Bar (#26)** as shown above.

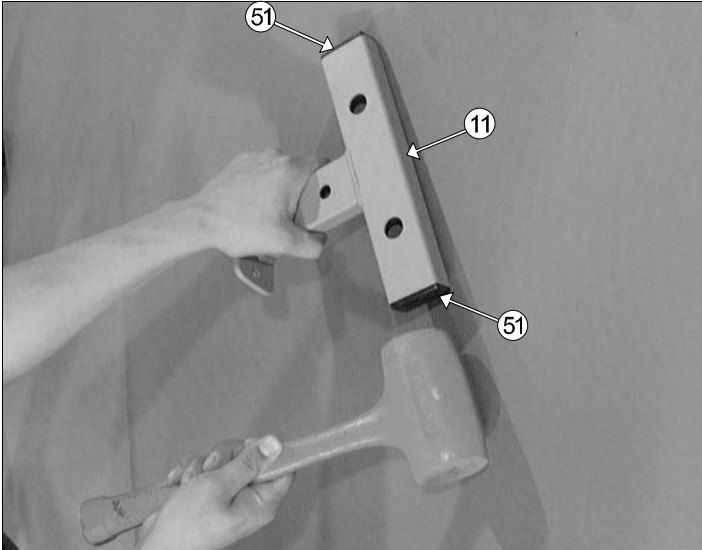


FIG. 22 Locate the **Guide Rod Retainer Housing (#11)** and, using a rubber mallet, insert two Plastic Insert Caps 1 X 2 (#51) into the tube-ends, as shown above.

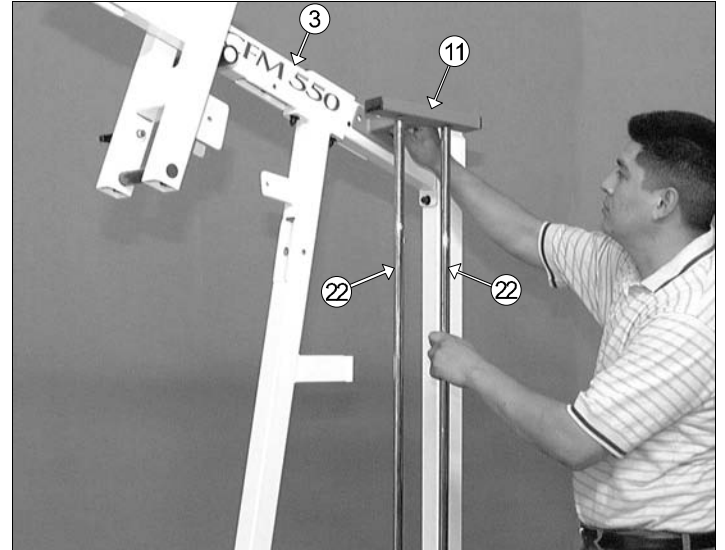


FIG. 23 Maneuver each one of the **Guide Rods (#22)** into the holes located on the bottom side of the **Guide Rod Retainer Housing (#11)**, as shown above.

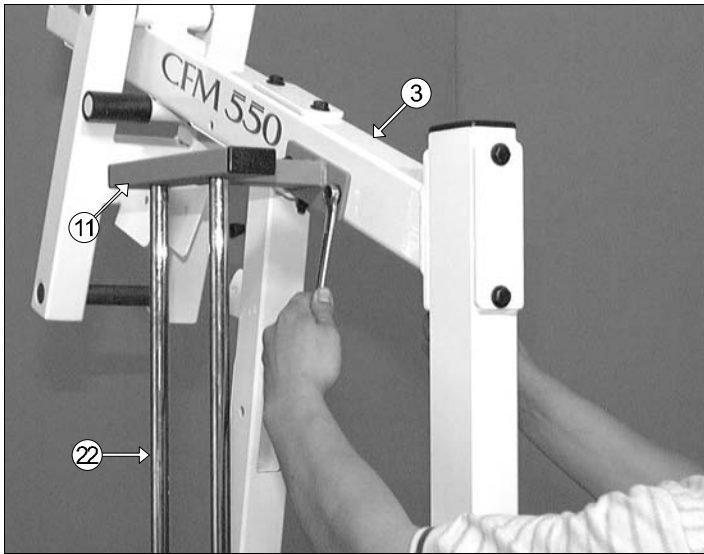


FIG. 24 Mount the **Guide Rod Retainer Housing (#11)** along with the two captive **Guide Rods (#22)** to the side of the **Top Pulley Housing (#3)**, as shown above, and secure them into place using two Hex Head Cap Screws 3/8-16 X 3-1/4 (#76), four Flat Washers SAE 3/8" (#60), and two Nylon Insert Lock Nuts 3/8-16 (#69).

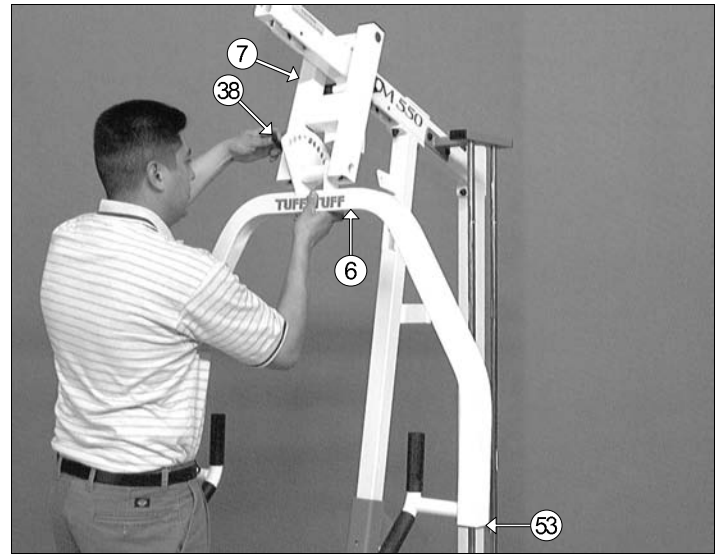


FIG. 25 Next, using a rubber mallet, insert two Plastic Insert Caps 2" Sq. (#53-Not shown) into the tube-ends of the **Press Bar (#6)**.



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

Insert the **Press Bar (#6)** up into the **Press Bar Selector Housing (#7)** and support it into place using the Push-Pull Pin 1/2 X 3-1/2 (#38), as shown above.

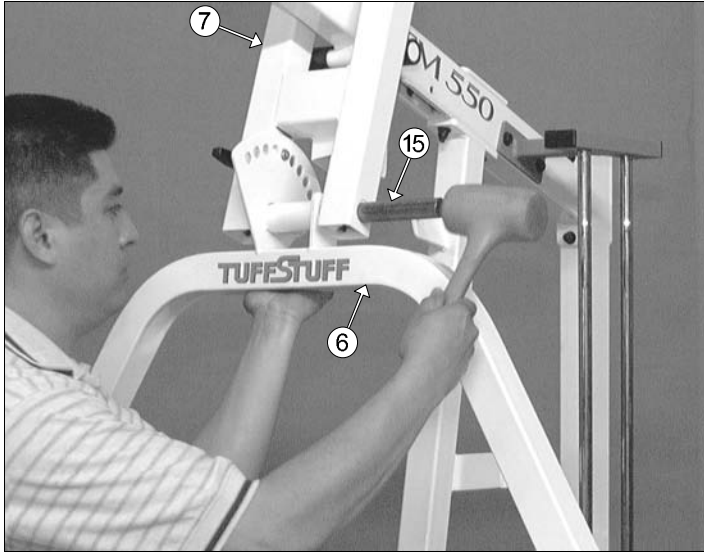


FIG. 26 **Caution:** It is recommended to use another person in assisting with this assembly.

Insert a **Pivot Axle 1 X 8-1/8 (#15)** into the **Press Bar Selector Housing (#7)** and through the **Press Arm (#6)** until it becomes flush with both sides of the **Press Bar Selector Housing (#7)**.



Note: It is recommended to grease the **Pivot Axle 1 X 8-1/8 (#15)** with multi-purpose grease prior to assembling.

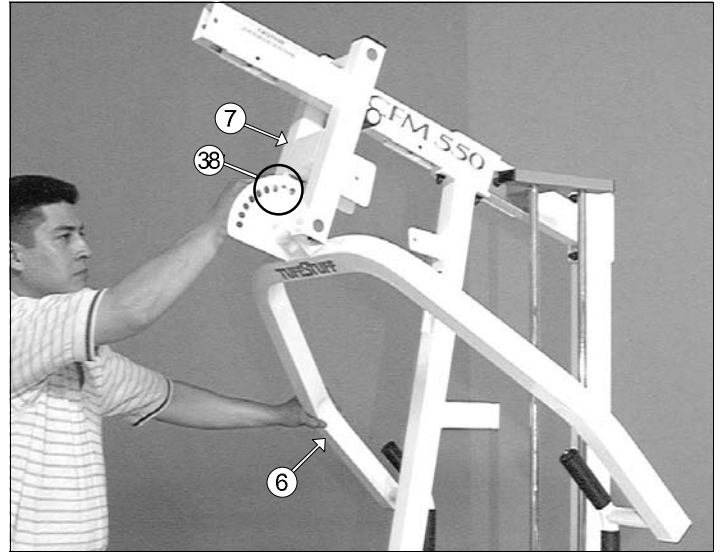


FIG. 27 Adjust the **Press Bar (#6)** to the far back Press Bar Setting, as shown above, and release the Push-Pull Pin 1/2 X 3-1/3 (#38) to lock the **Press Bar (#6)** into this position.

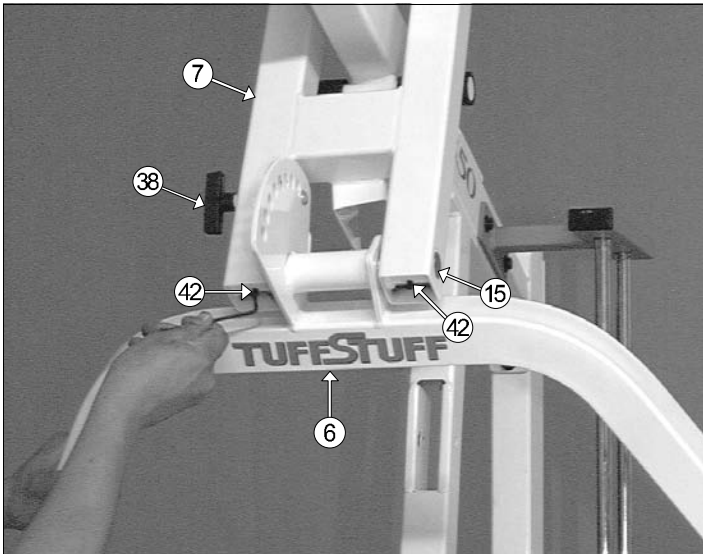


FIG. 28 Secure the **Press Bar (#6)** into the **Press Bar Selector Housing (#7)** by threading the two **Set Screws 1/4-20 X 3/8 (#42)**, located on **Press Bar Selector Housing (#7)**, against the **Pivot Axle (#15)** using the supplied **Hex Key 1/8" (#86)**.

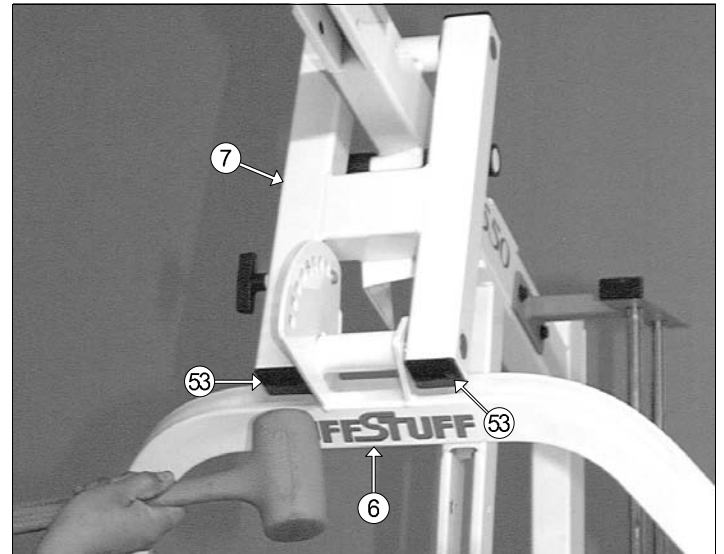


Fig. 29 Next, using a rubber mallet, insert two **Plastic Insert Caps 2 Sq. (#53)** into the tube-ends of the **Press Bar Selector Housing (#7)**, as shown above.

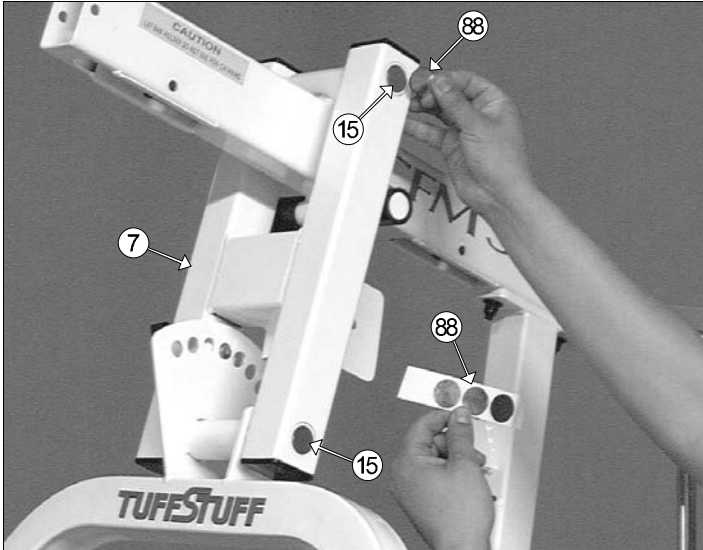


FIG. 30 Next, apply a **1" Rd. Silver Mylar Decal (#88)** over each end of the two **Pivot Axles (#15)**. These Decals are used to hide and protect the ends of the **Pivot Axles (#15)**.

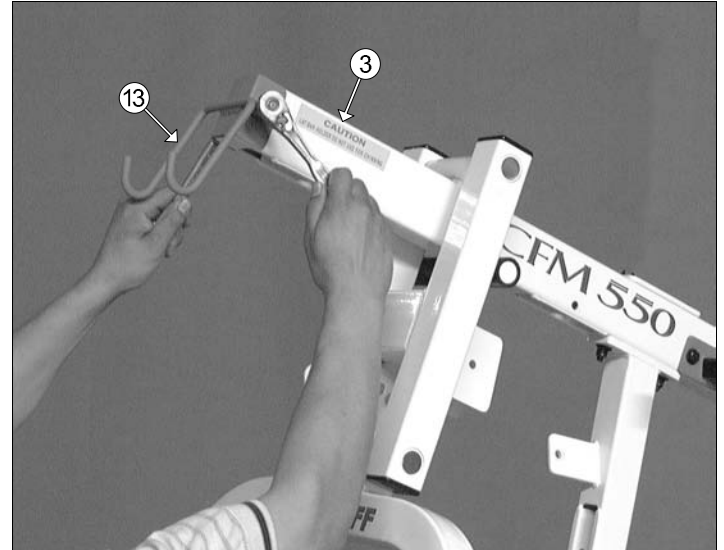


FIG. 31 Attach the **Lat Bar Holder (#13)**, in the position as shown above, to the **Top Pulley Housing (#3)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 2-3/4 (#75)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**.

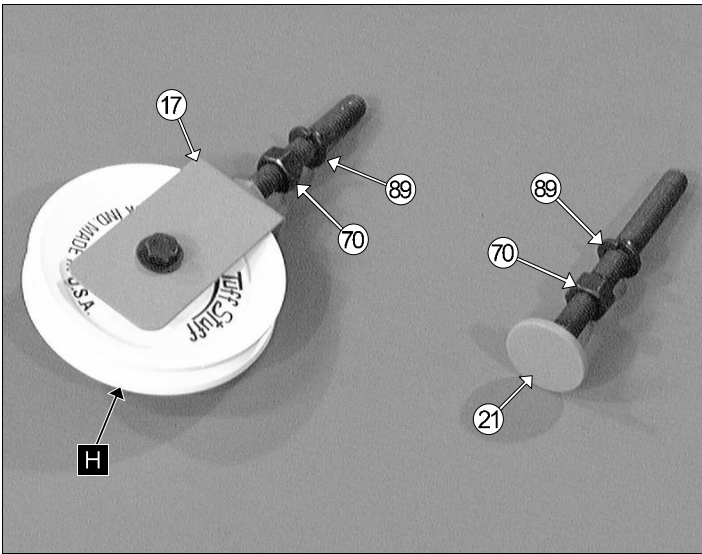


FIG. 32 Assemble the **Adjustable Pulley Bracket (#17)** using one Nylon Pulley 4-1/2 Rd. (#45-Labeled H), one Hex Head Cap Screw 3/8-16 X 1-3/4 (#73), two Flat Washers SAE 3/8" (#60), and one Nylon Insert Jam Lock Nut 3/8-16 (#68). Next, thread a Regular Hex Nut 1/2-13 (#70), and insert one Split Washer B.O. 1/2" (#89) onto the welded Hex Tap Bolt. Next, locate the **Adjustable Stopper (#21)** then thread a Regular Hex Nut 1/2-13 (#70), and insert one Split Washer B.O. 1/2" (#89) onto the welded Hex Tap Bolt.

NOTE: The black boxed letters pointing to the pulleys are used throughout this manual as reference to the Cable Mapping Diagram on page 20. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with **Fig. 32**.

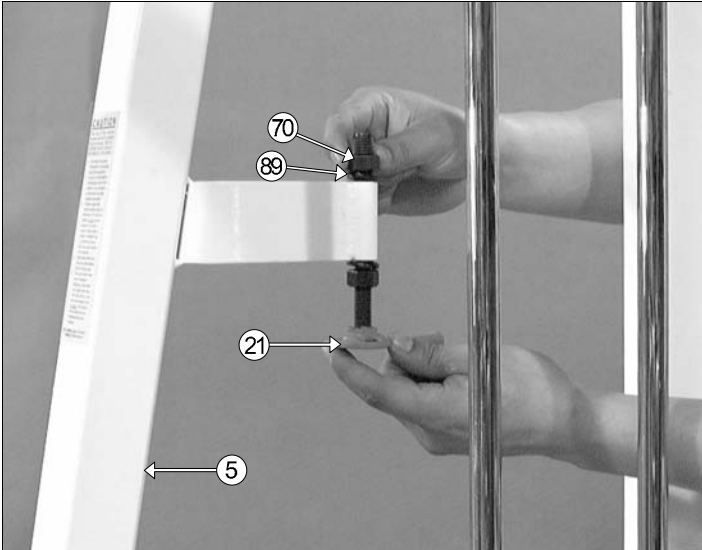


FIG. 34 Insert (from bottom to top) the **Adjustable Stopper (#21)** into the receptacle of the **Front Upright (#5)** and secure it into place using one Split Washer B.O. 1/2" (#89), and one Regular Hex Nut 1/2-13 (#70), as shown above. Loosely fasten the Regular Hex Nuts 1/2-13 (#84) to allow adjustment of cable's tension later in the assembly process.

NOTE: Refer to **Fig. 66** on page 19 for further clarification of this assembly.

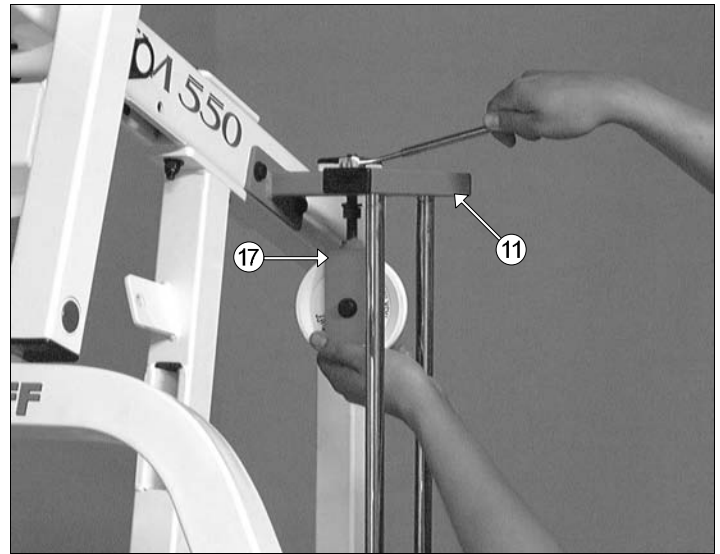


FIG. 33 Insert the welded bolt of the **Adjustable Pulley Bracket (#17)** through the hole located on the **Guide Rod Retainer Housing (#11)** and secure it into place at the top using one Flat Washer SAE 1/2" (#61), and one Nylon Insert Jam Lock Nut 1/2-13 (#71).

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

NOTE: Refer to **Fig. 65** on page 19 for further clarification of this assembly.

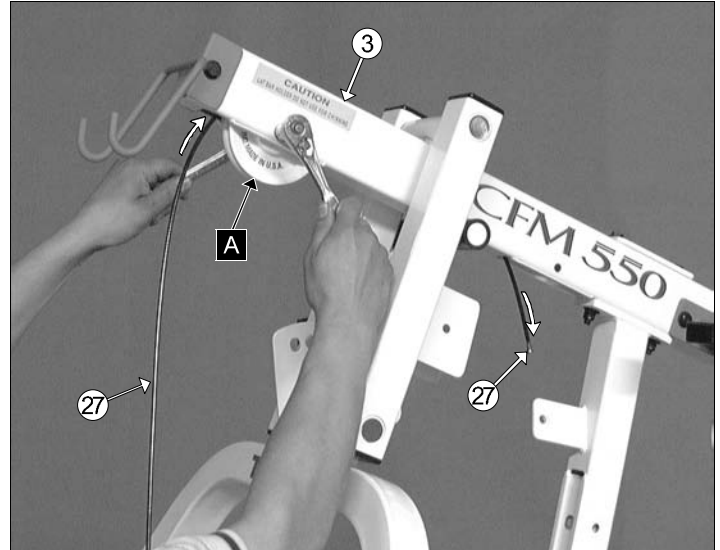


FIG. 35 Insert one Nylon Pulley 4-1/2 Rd. (#45-Labeled A) into the **Top Pulley Housing (#3)**, in the position as shown above, and secure it into place using one Hex Head Cap Screw 3/8-16 X 2-1/2 (#74), two Flat Washers SAE 3/8" (#60), and one Nylon Insert Jam Lock Nut 3/8-16 (#68). Next, begin routing the **Lat Cable (#27)** over the Nylon Pulley 4 1/2 Rd. (#45-Labeled A) and into the tube of the **Top Pulley Housing (#3)**, as shown above.

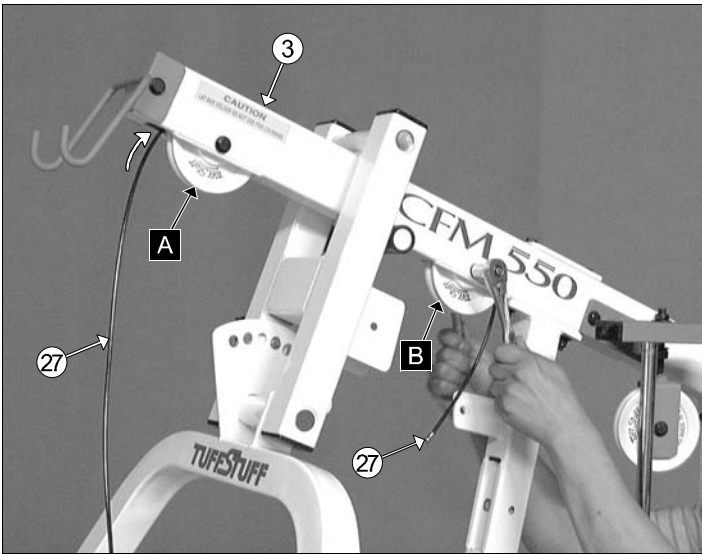


FIG. 36 Next, route the end of the **Lat Cable (#27)** through the opening located at the bottom of the **Top Pulley Housing (#3)**. Then insert a **Nylon Pulley 4-1/2 Rd. (#45-Labeled B)** into this slot and secure the **Nylon Pulley 4-1/2 Rd. (#45-Labeled B)** into place using one **Hex Head Cap Screw 3/8-16 X 2-1/2 (#74)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**. Be sure the cable is routed properly into the groove on the **Nylon Pulley 4-1/2 Rd. (#45-Labeled B)**.

Note: Use **Cable Mapping Diagram** on page 20 for further detailed illustration of the **Lat Cable (#27)** routing.

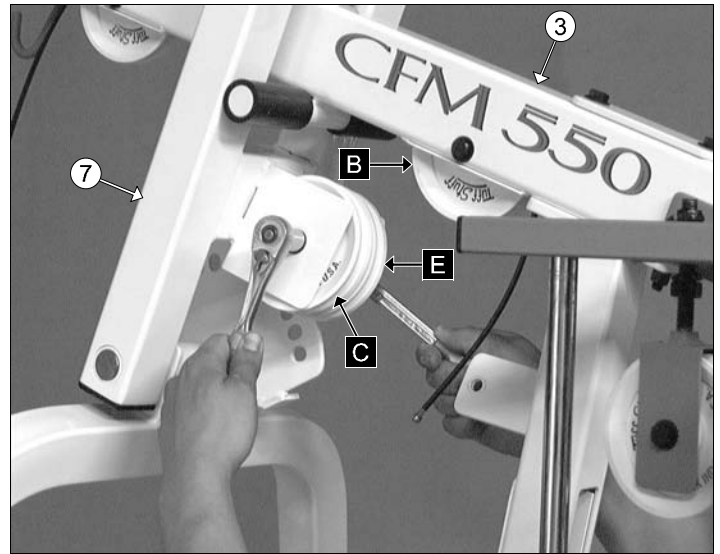


FIG. 37 Install two **Nylon Pulleys 4-1/2 Rd. (#45-Labeled C, E)** into the pulley bracket located on the **Press Bar Selector Housing (#7)** and secure them into place using one **Hex Head Cap Screw 3/8-16 X 2-3/4 (#75)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**.

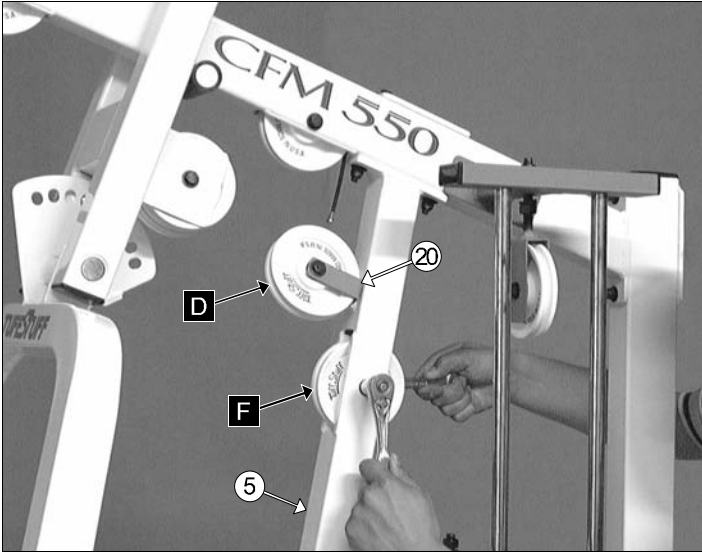


FIG. 38 Next, install one **Nylon Pulley 4-1/2 Rd. (#45-Labeled D)** onto the pulley plate located on the **Front Upright (#5)**, in the position as shown above, and secure it into place using one **Hex Head Cap Screw 3/8-16 X 1-3/4 (#73)**, two **Flat Washers SAE 3/8" (#60)**, one **Cable Retainer Bracket (#20)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**.

Note: Be sure to position the **Cable Retainer Bracket (#20)** as shown above.

Next, insert one **Nylon Pulley 4-1/2 Rd. (#45-Labeled F)** into the slot located on the **Front Upright (#5)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 2-1/2 (#74)**, two **Flat Washers SAE 3/8" (#60)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#68)**.

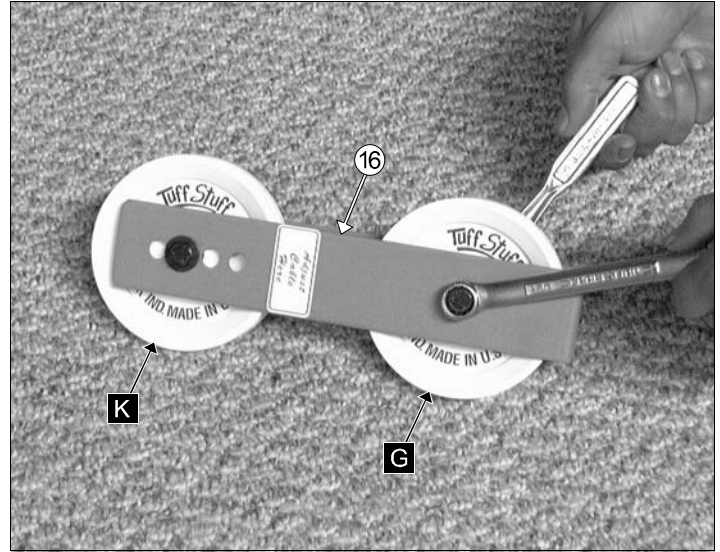


Fig. 39 Assemble the **Adjustable Double Pulley Bracket (#16)** using two **Nylon Pulleys 4-1/2 Rd. (#45-Labeled G, K)**, two **Hex Head Cap Screws 3/8-16 X 1-3/4 (#73)**, four **Flat Washers SAE 3/8" (#60)**, and two **Nylon Insert Jam Lock Nuts 3/8-16 (#68)**.

Note: The four holes on the **Adjustable Double Pulley Bracket (#16)** are used to adjust the cable tension once the cable routing has been completed.

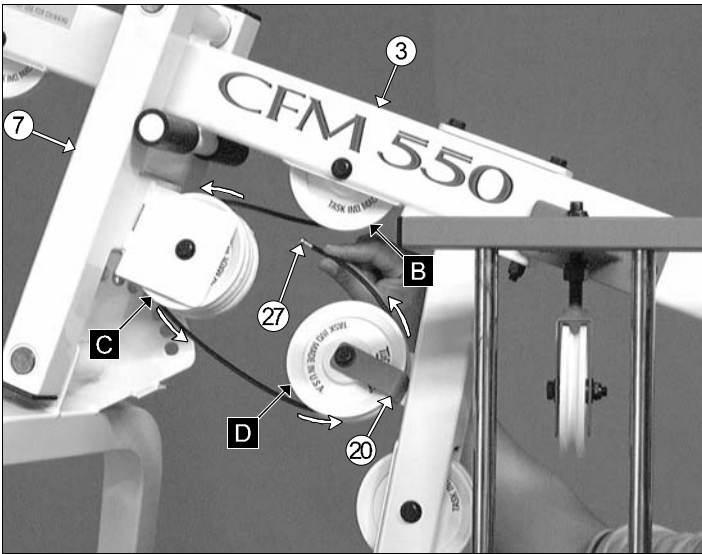


FIG. 40 Next, route the **Lat Cable (#27)** over the Nylon Pulley 4-1/2 Rd. (#45-Labeled C), then up and over the Nylon Pulley 4-1/2 Rd. (#45-Labeled D).

NOTE: Use Cable Mapping Diagram on page 20 for further detailed illustration of the **Lat Cable (#27)** routing.

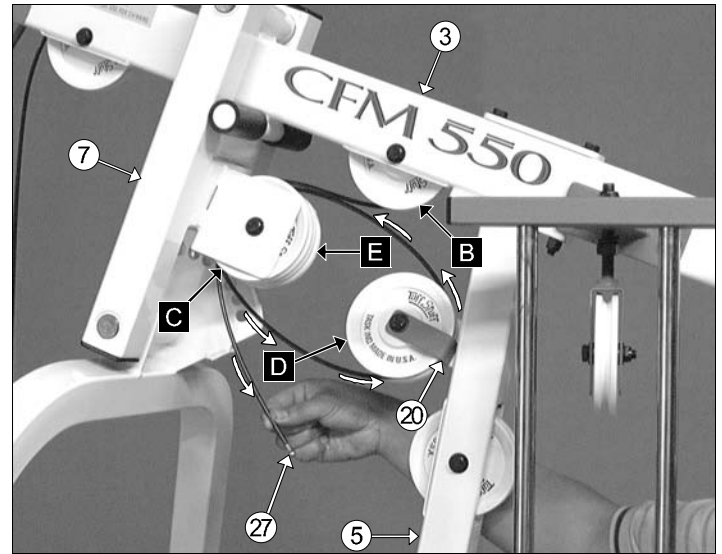


FIG. 41 Next, route the **Lat Cable (#27)** over the Nylon Pulley 4-1/2 Rd. (#45-Labeled E), as shown above.

NOTE: Use Cable Mapping Diagram on page 20 for further detailed illustration of the **Lat Cable (#27)** routing.

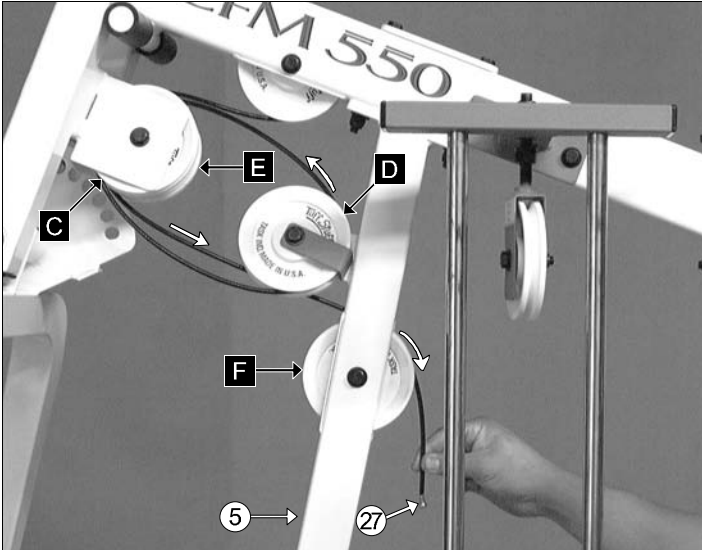


FIG. 42 Next, route the **Lat Cable (#27)** through the **Front Upright (#5)** and over the Nylon Pulley 4-1/2 Rd. (#45-Labeled F), as shown.

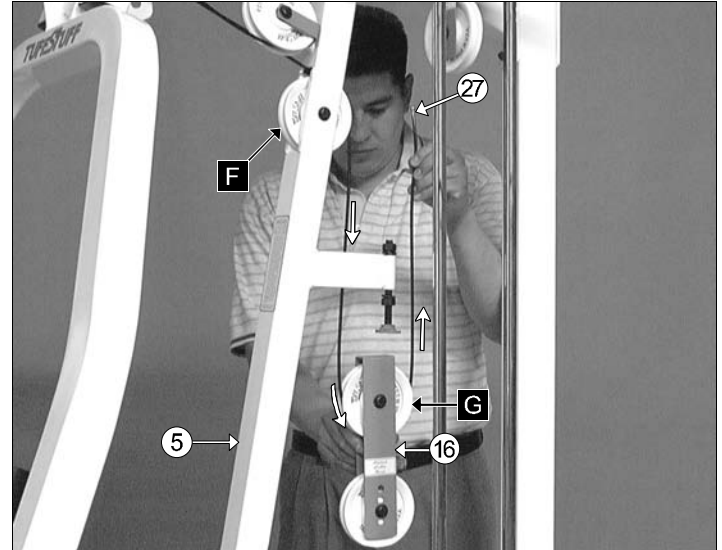


FIG. 43 Next, route the **Lat Cable (#27)** through the **Adjustable Double Pulley Bracket (#16)** and under the Nylon Pulley 4 1/2 Rd. (#45-Labeled G), as shown above.

NOTE: Use Cable Mapping Diagram on page 20 for further detailed illustration of the **Lat Cable (#27)** routing.

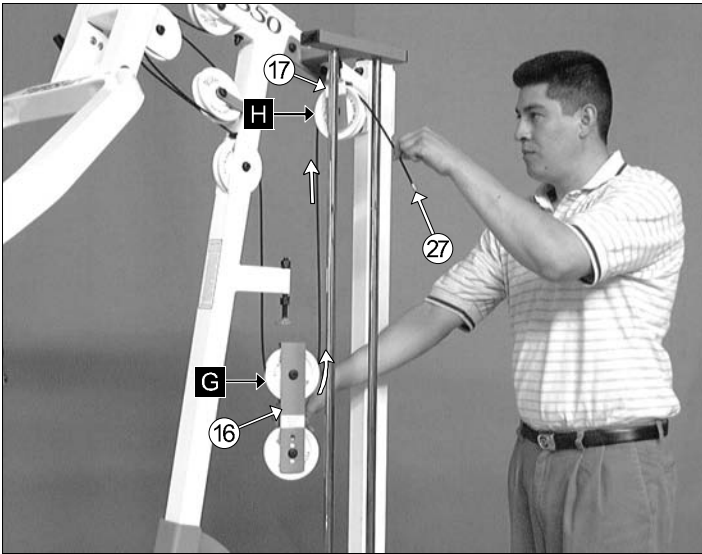


FIG. 44 Next, route the **Lat Cable (#27)** through the **Adjustable Pulley Bracket (#17)** and over the Nylon Pulley 4 1/2 Rd. (#45-Labeled H), as shown above.

NOTE: Use Cable Mapping Diagram on page 20 for further detailed illustration of the **Lat Cable (#27)** routing.

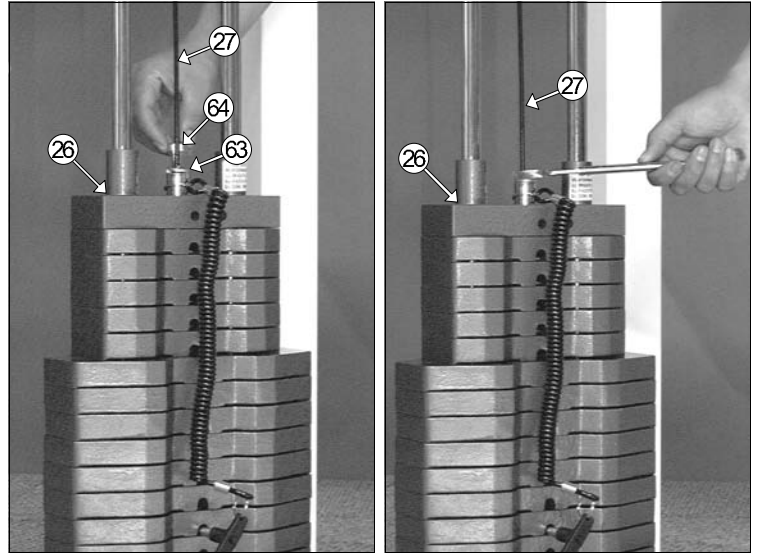


FIG. 45 Next, attach the **Lat Cable (#27)** to the **Top Plate/ Selector Bar (#26)** and secure it into place using one Split Bolt 1/2-13 (#64), and one Split Washer 1/2" (#63). Refer to **Fig. B** on page 20 for further illustration of this hardware assembly.

Fully Fasten: Proceed to fully fasten this hardware assembly.

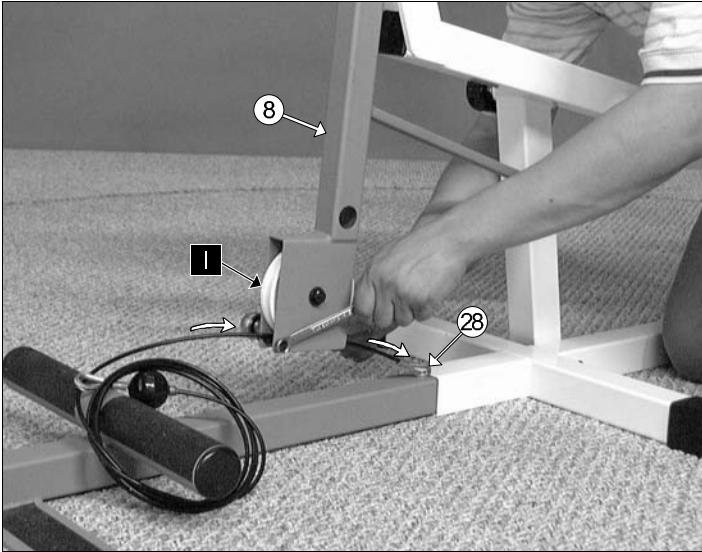


FIG. 46 Next, install a Nylon Pulley 4-1/2 Rd. (#45-Labeled I) into the pulley bracket located on the **Leg Extension Arm (#8)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1-3/4 (#73), two Flat Washers SAE 3/8" (#60), and one Nylon Insert Jam Lock Nut 3/8-16 (#68). Next, route the **Leg Extension Cable (#28)** under the Nylon Pulley 4-1/2 Rd. (#45-Labeled I), then secure it into place using one Hex Head Cap Screw 1/4-20 X 1-1/2 (#63), and one Nylon Insert Lock Nut 1/4-20 (#64).

NOTE: Refer to **Fig. C** on page 20 for further illustration of this assembly.

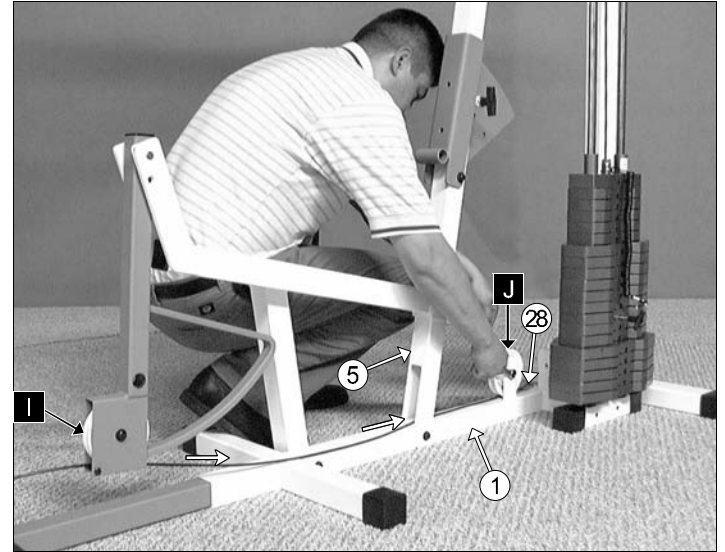


FIG. 47 Next, route the **Leg Extension Cable (#28)** through the **Front Upright (#5)**, then under the Nylon Pulley 4-1/2 Rd. (#45-Labeled J). Secure the Nylon Pulley 4-1/2 Rd. (#45-Labeled J) into place using one Hex Head Cap Screw 3/8-16 X 1-3/4 (#73), two Flat Washers SAE 3/8" (#60), and one Nylon Insert Jam Lock Nut 3/8-16 (#68).

NOTE: Use Cable Mapping Diagram on page 20 for further detailed illustration of the **Leg Extension Cable (#28)** routing.



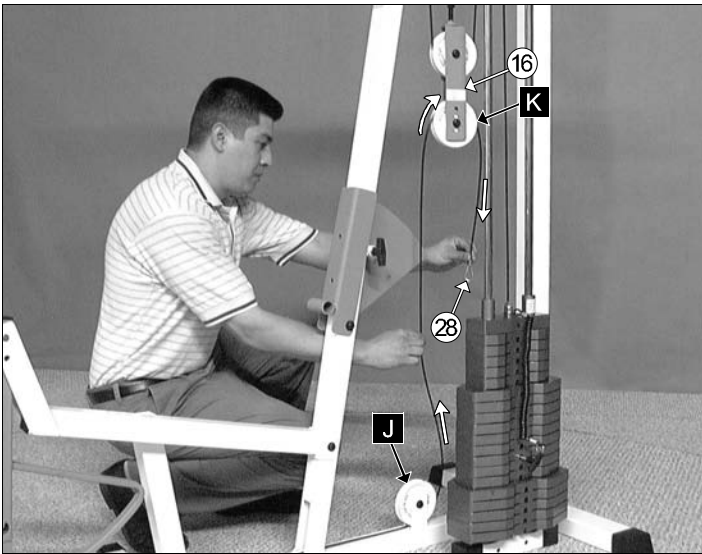


FIG. 48 Lift the end of the **Leg Extension Cable (#28)** and route it through the **Adjustable Double Pulley Bracket (#16)** and over the Nylon Pulley 4-1/2 Rd. (#45-Labeled K), as shown above.

Note: Use Cable Mapping Diagram on page 20 for further detailed illustration of the **Leg Extension Cable (#28)** routing.

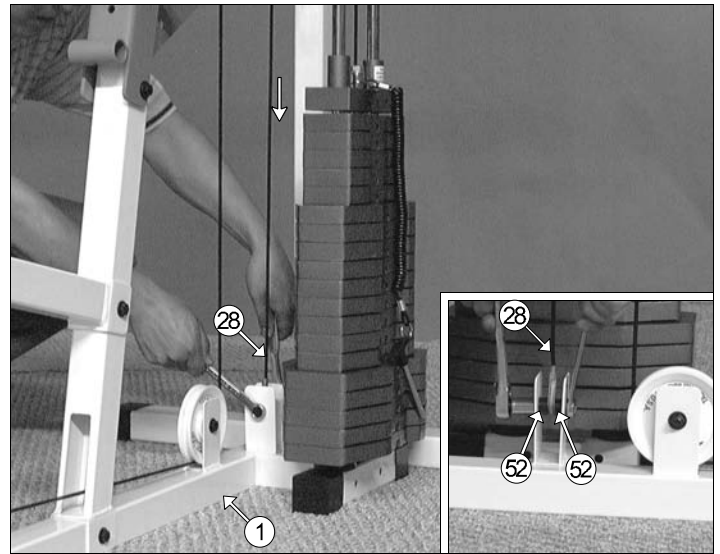


FIG. 49 Connect the looped end of the **Leg Extension Cable (#28)** to the pulley bracket located on the **Base Frame (#1)**, as shown above. Secure this assembly using one Hex Head Cap Screw 3/8-16 X 1-3/4 (#73), two Flat Washers SAE 3/8" (#60), two Nylon Spacers 3/8 X 3/8 (#52), and one Nylon Insert Jam Lock Nut 3/8-16 (#68).

Note: Refer to **Fig. D** on page 20 for further illustration of this assembly.

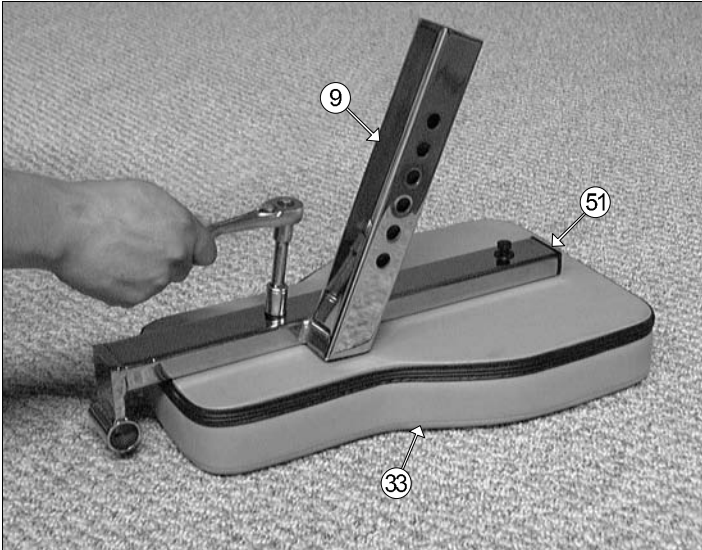


FIG. 50 Next, using a rubber mallet, insert one Plastic Insert Cap 1 X 2 (#51) into the tube-end of the **Bench Press Adj. Seat Frame (#9)**. Next, locate the **Seat Pad (#33)** and attach it to the **Bench Press Adj. Seat Frame (#9)**, as shown above, using two Hex Head Cap Screws 3/8-16 X 1-3/4 (#73), and two Flat Washers SAE 3/8" (#60).

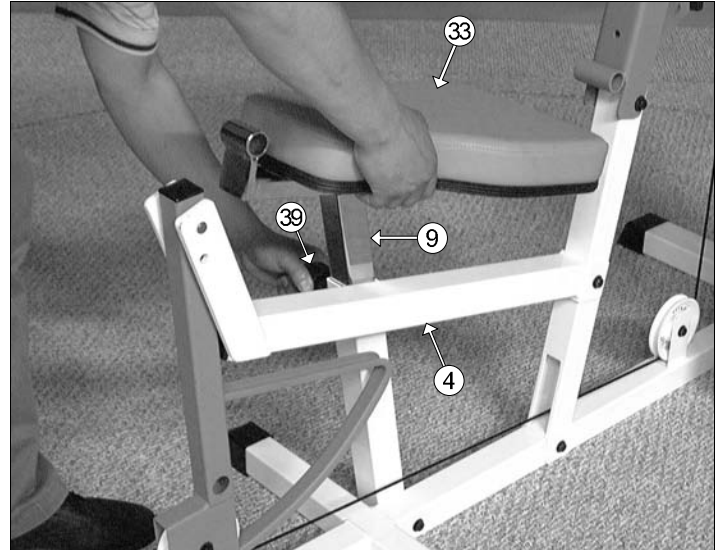


FIG. 51 Insert the **Bench Press Adj. Seat Frame (#9)** into the **Leg Extension Bench Frame (#4)**, in the position as shown above. Be sure to release the Turn/Pull Pin w/Knob (#39) as you begin to insert the assembled **Bench Press Adj. Seat Frame (#9)** into the **Leg Extension Bench Frame (#4)**.

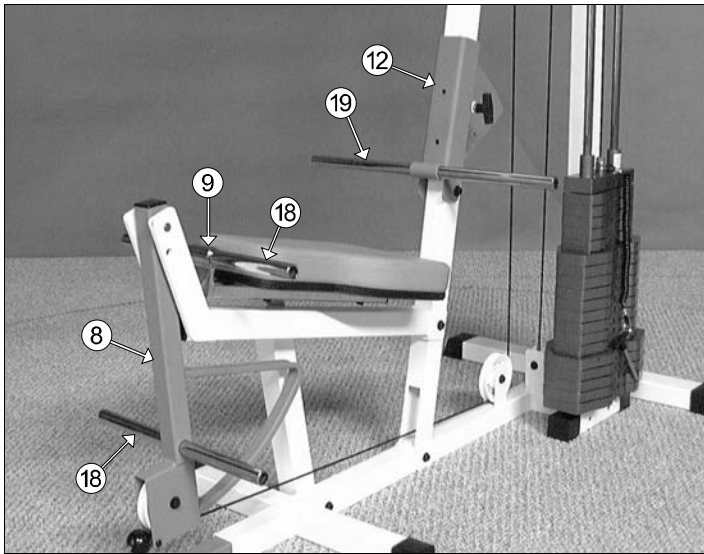


FIG. 52 Next, insert one **Foot Roll Tube 1 X 16 (#18)** into the receptacle located on the **Bench Press Adj. Seat Frame (#9)**. Then, insert the other **Foot Roll Tube 1 X 16 (#18)** into the receptacle located on the **Leg Extension Arm (#8)**. Next, insert the **Foot Roll Tube 1 X 23-3/4 (#19)** into the receptacle located on the **Adjustable Back Pad Bracket (#12)**, as shown above. Be sure all these tubes are centered at the receptacles from end-to-end.

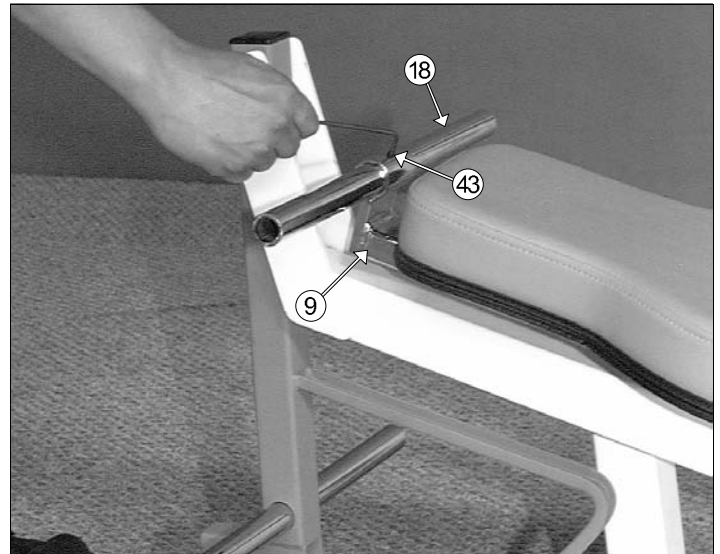


FIG. 53 Secure the **Foot Roll Tube 1 X 16 (#18)** to the **Bench Press Adj. Seat Frame (#9)** using a **Set Screw 1/4-20 X 1/4 (#43)**. Use the supplied **Hex Key 1/8" (#86)** for securing the **Set Screw 1/4-20 X 1/4 (#43)** into the threaded socket located on the **Bench Press Adj. Seat Frame (#9)**.



Note: Refer to **Fig. 67** on page 19 for further illustration of this assembly.



FIG. 54 Secure the **Foot Roll Tube 1 X 23-3/4 (#19)** to the **Adjustable Back Pad Bracket (#12)** using a **Set Screw 1/4-20 X 1/4 (#43)**. Use the supplied **Hex Key 1/8" (#86)** for securing the **Set Screw 1/4-20 X 1/4 (#43)** into the threaded socket located on the **Adjustable Back Pad Bracket (#12)**.



Note: Refer to **Fig. 68** on page 19 for further illustration of this assembly. In addition, a measuring tape is used to center the **Foot Roll Tube 1 X 23-3/4 (#19)**. The measurement from one end of the tube to the receptacle, as pictured above, should be about 10-1/2".

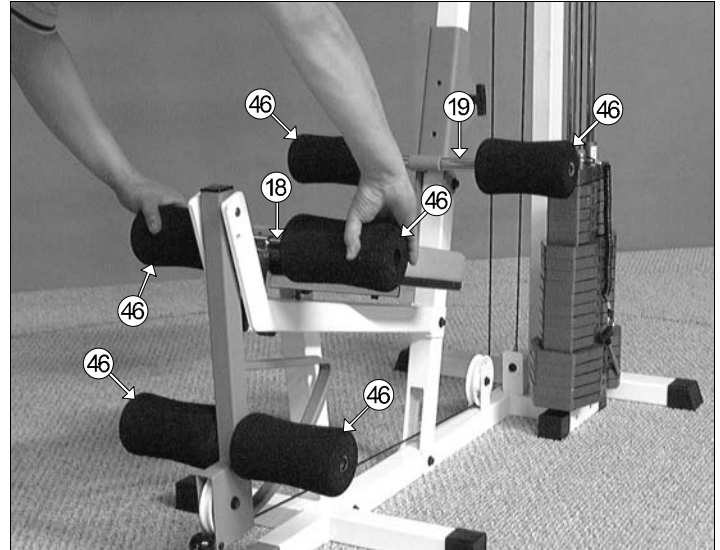


FIG. 55 insert one **Foam Foot Roll 7 X 4 X 1 (#46)** onto each end of the three **Foot Roll Tubes**, as shown above. Refer to the **Exploded View Diagram** on page 21 for further clarification of this assembly.

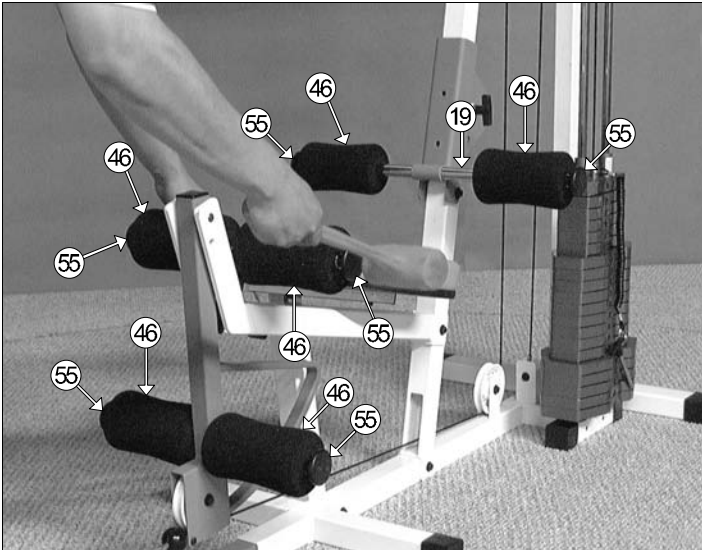


FIG. 56 Next, using a rubber mallet, insert one Foot Roll Plastic End Cap 1" (#55) into each end of the three Foot Roll Tubes, as shown above. Refer to the Exploded View Diagram on page 21 for further clarification of this assembly.

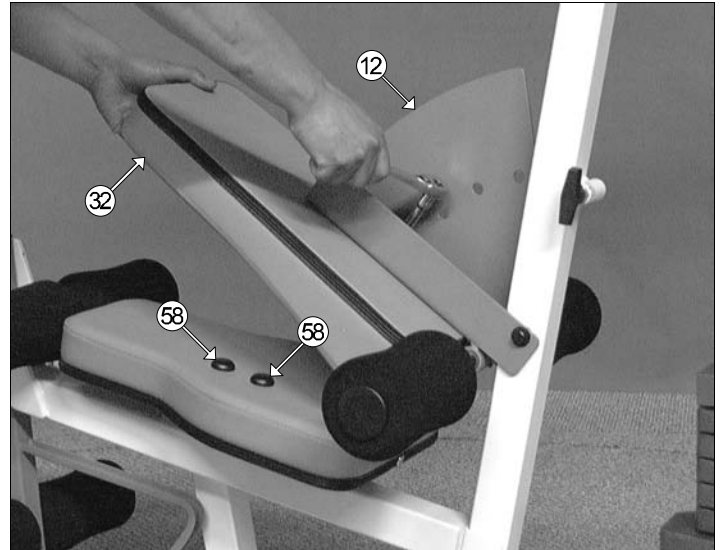


FIG. 57 Mount the Back Pad (#32) to the Back Pad Bracket (#12) and secure into place using two Hex Head Cap Screws 3/8-16 X 1-1/4 (#72), and two Steel Bumper Washers 3/8" (#59). Cap-off the two Steel Bumper Washers 3/8" (#59-Not shown) using two Bumper Caps (#58).

Note: Refer to Fig. 69 on page 19 for further clarification of this assembly.

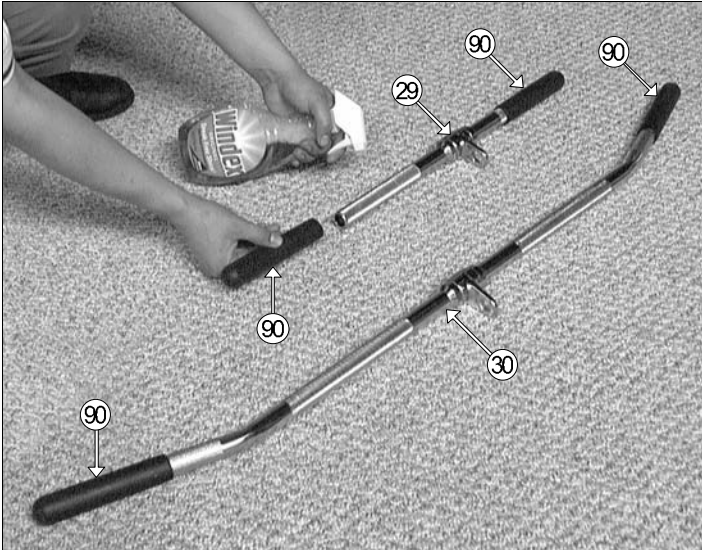


FIG. 58 Insert one Rubber Grip 1 X 6 (#90) over each one of the tube-ends of Low Row Bar 20" (#29) and the Lat Bar 48" (#30), as shown above.

Note: To facilitate the insertion of these Rubber Grips, use Windex or household glass cleaner.

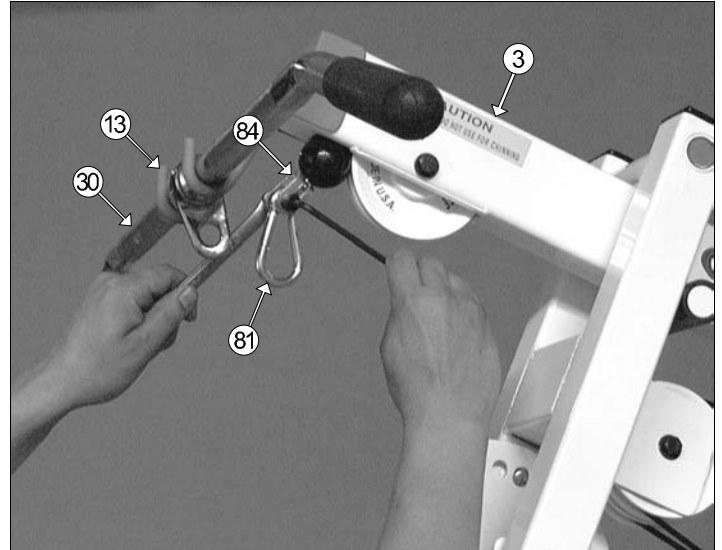


FIG. 59 Next, attach a Snap Link (#81) to the Lat Cable (#27) and secure it into place using one Shoulder Bolt 3/8 X 3/4 (#82), and one Nylon Insert Lock Nut 5/16-18 (#67). Use the supplied Hex Key 3/16" (#85) and a 1/2" combination wrench to fasten this assembly properly.

Note: Refer to Fig. A on page 20 for further illustration of this assembly.

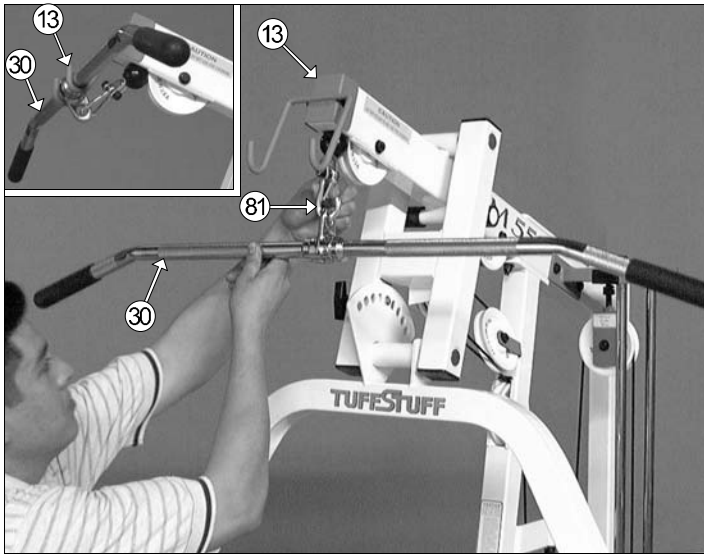


FIG. 60 Connect the **Lat Bar 48" (#30)** to the **Lat Cable (#27)** using the **Snap Link (#81)**, as shown above. Use the **Lat Bar Holder (#13)** to rest the **Lat Bar 48" (#30)** onto when not in use.

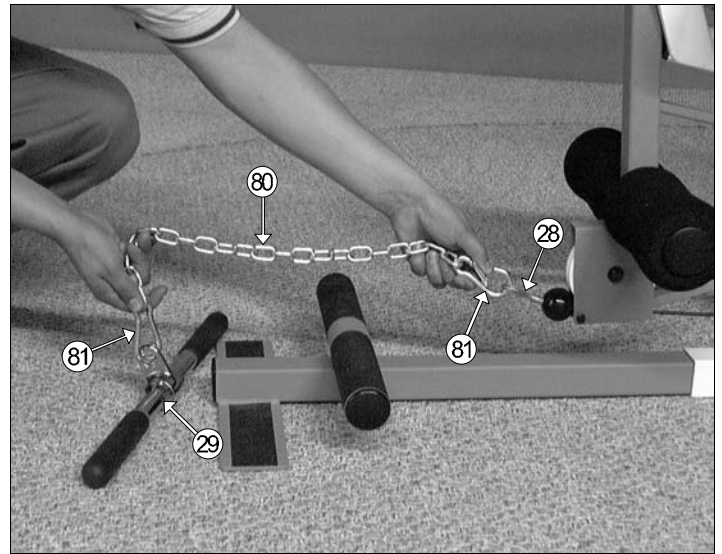


FIG. 61 Locate the **Coil Chain (#80)** and two **Snap Links (#81)**, and attach them to the **Low Row Bar 20" (#15)** and to the **Leg Extension Cable (#28)**, as shown above.

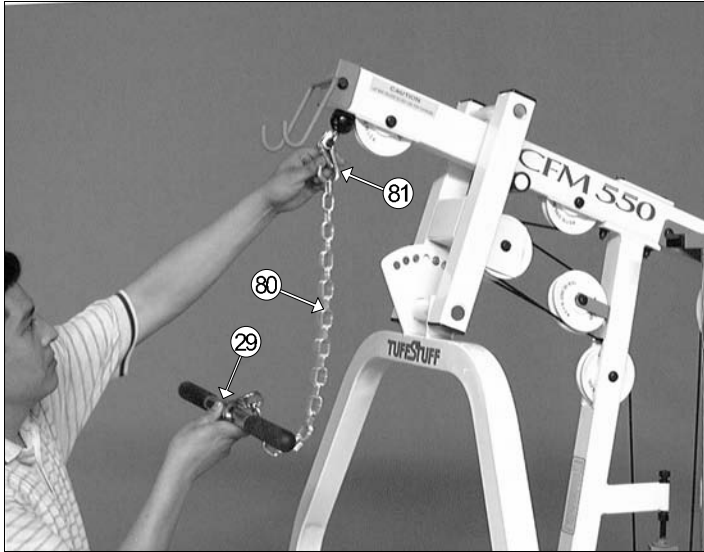


FIG. 62 Multiple exercise starting positions can be achieved by using the **Coil Chain (#80)** as an extension to connect the **Lat Bar (#30)** or the **Low Row Bar (#29)** to the **Lat Cable (#27)** with out losing traveling range on the **Weight Stack**.

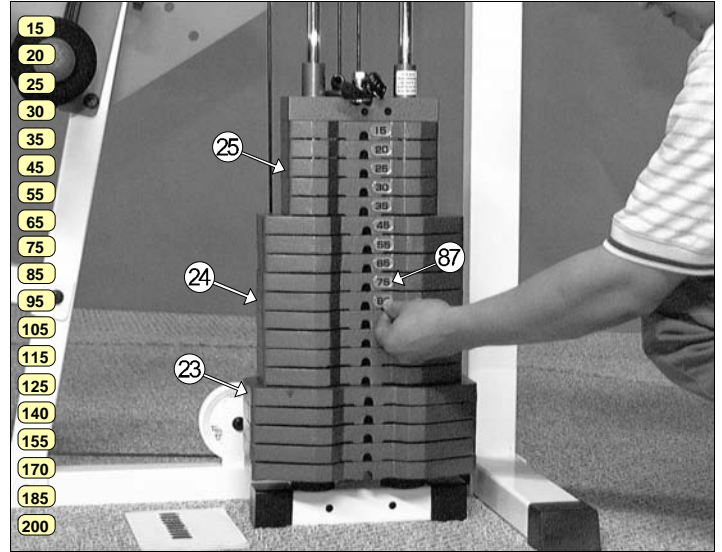
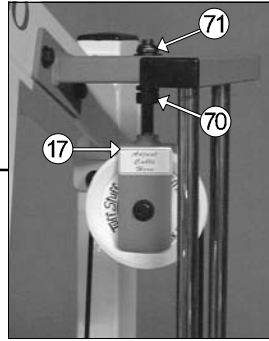
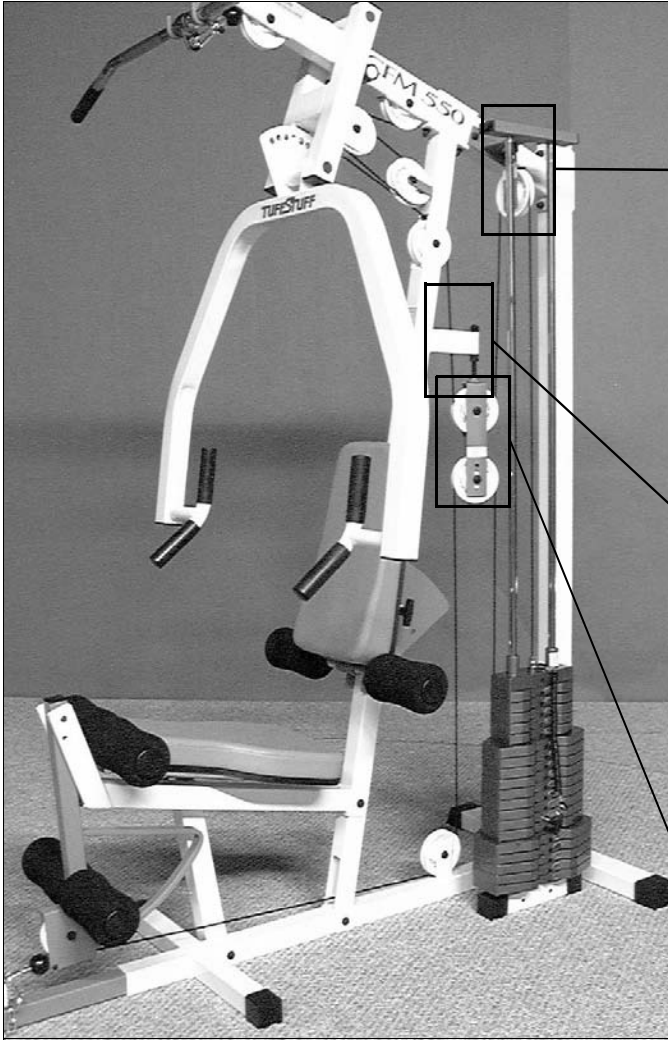


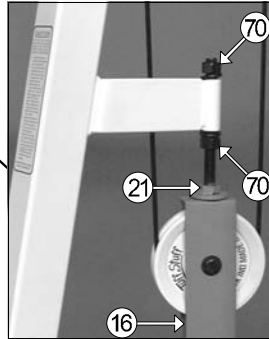
FIG. 63 Attach the **Decal Weight Numbers (#87)** to the **Weight Plates (#23, #24, #25)** in the corresponding order. Begin with the **15** at the top, **20** next, and so on.

CFM-550 CABLE ADJUSTMENTS DIAGRAM



Cable Adjustment for: Adjustable Pulley Bracket (#17)

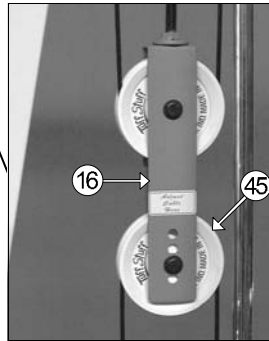
1. Loosen the bottom Regular Hex Nut (#70).
2. Adjust the top Nylon Insert Jam Lock Nut (#58) to give the cable proper tension.
3. Re-tighten the bottom Regular Hex Nut (#70) to complete the cable adjustment.



Adjustment for: Adjustable Stopper (#21)

1. Loosen both Regular Hex Nuts 1/2-13 (#70).
2. Adjust the **Adjustable Stopper (#21)** to make contact with the **Adjustable Double Pulley Brkt. (#16)**.
3. Re-tighten both Regular Hex Nuts 1/2-13 (#70) to complete the adjustment.

NOTE: Be sure that the **Adjustable Double Pulley Brkt. (#16)** is resting on the **Adjustable Stopper (#21)**.



Cable Adjustment for: Adjustable Double Pulley Brkt. (#16)

1. Remove the hardware from the Nylon Pulley 4 1/2 Rd. (#45) located at one of the four holes on the **Adjustable Double Pulley Brkt. (#16)**.
2. By interchanging the Nylon Pulley 4 1/2 Rd. (#45) in the **Adjustable Double Pulley Brkt. (#16)** to the next adjustment hole it will make one inch cable adjustment.
3. Re-tighten the hardware for Nylon Pulley 4 1/2 Rd. (#45) to complete the cable adjustment.

FIG. 64

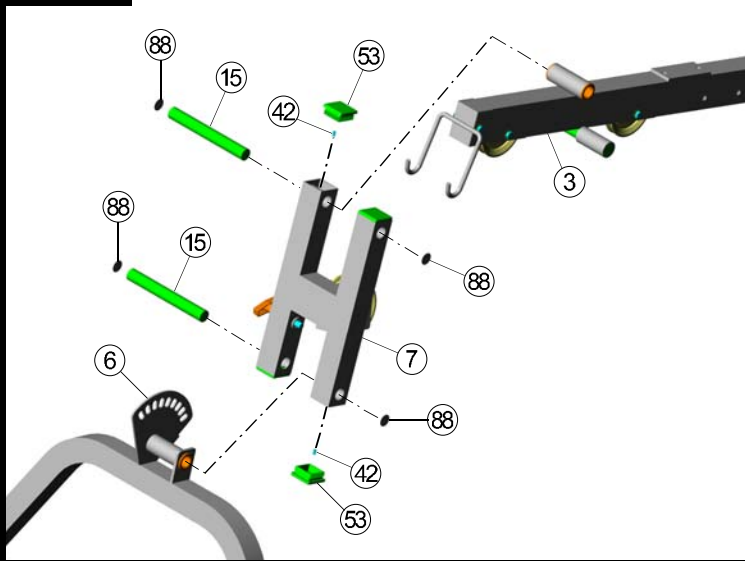


FIG. 65

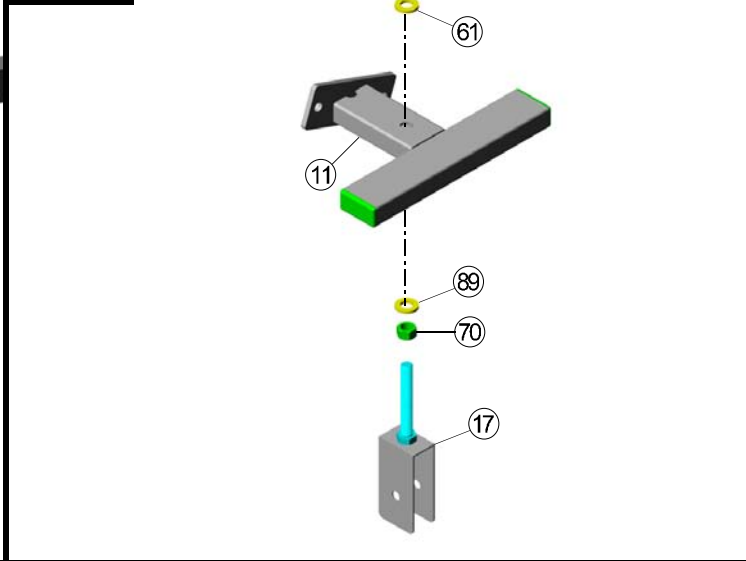


FIG. 66

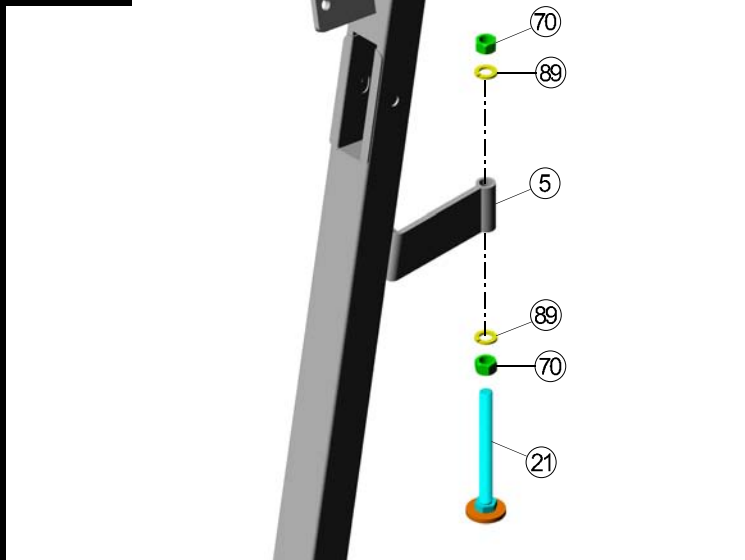


FIG. 67

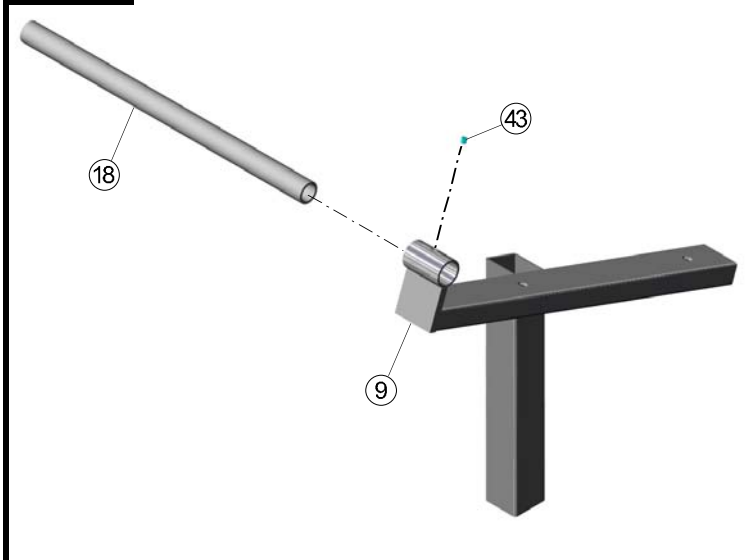


FIG. 68

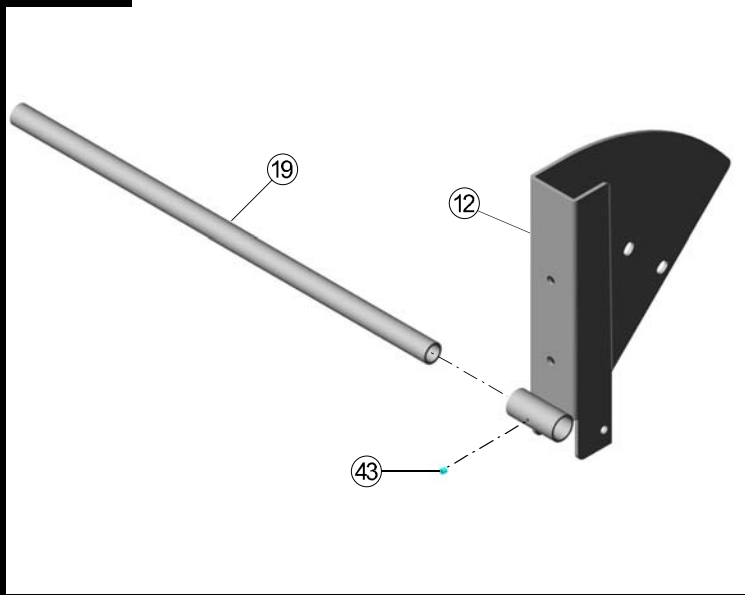
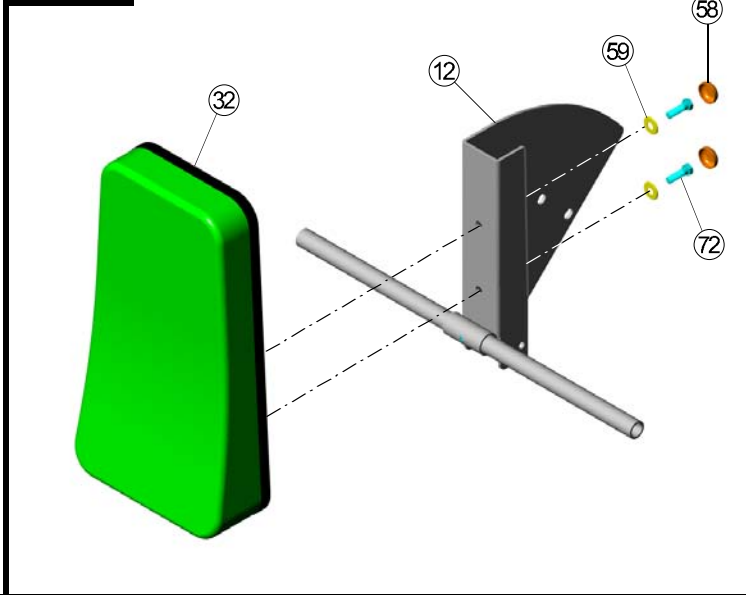
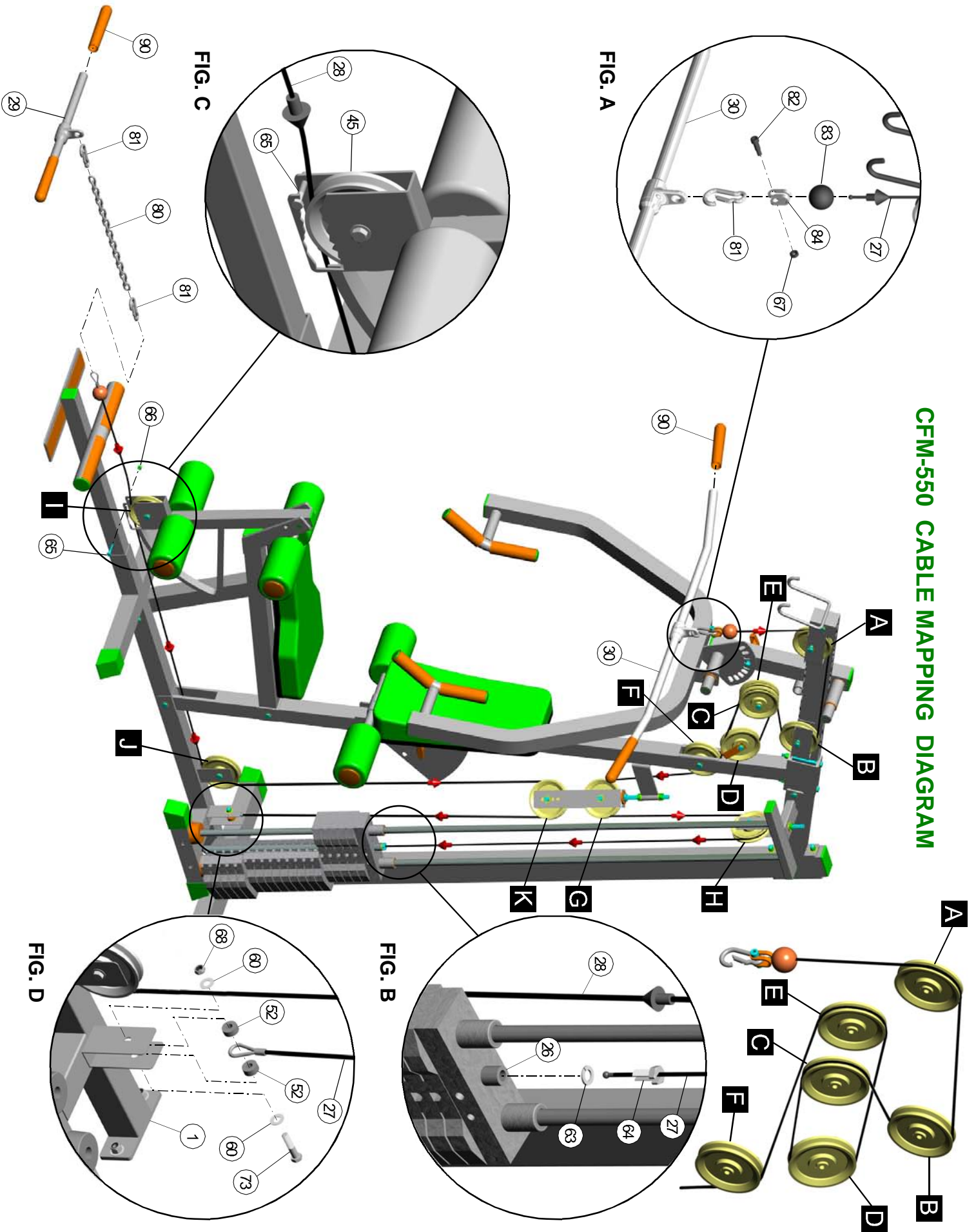
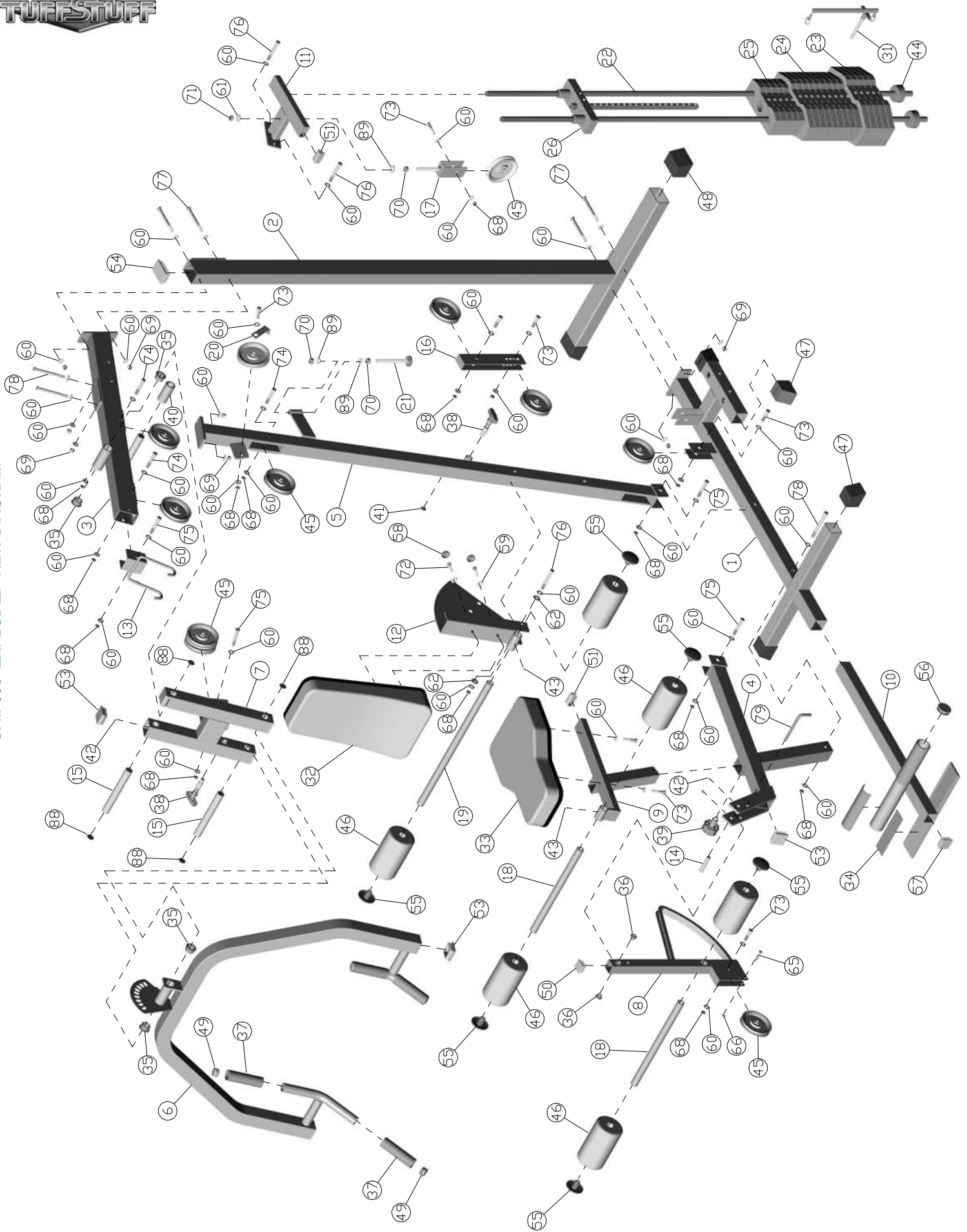


FIG. 69



CFM-550 CABLE MAPPING DIAGRAM





COLOR CHART

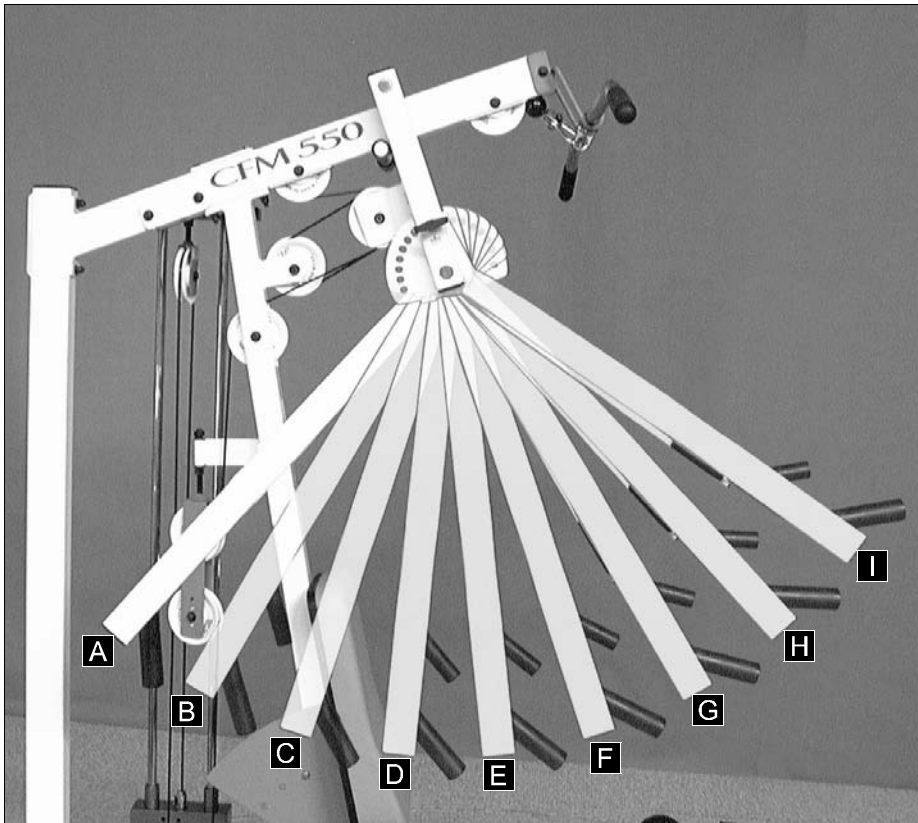
GRAY= SUB-ASSEMBLY PARTS

BLACK= HARDWARE

CFM-550 PARTS LIST

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	BASE FRAME	UP682	1	50	PLASTIC INSERT CAP 1-1/2 SQ.	BNH0009	1
2	REAR UPRIGHT	UP685	1	51	PLASTIC INSERT CAP 1 X 2	BNH0005	3
3	TOP PULLEY HOUSING	UP684	1	52	NYLON SPACER 3/8 X 7/8 X 3/8	BNH0392	2
4	LEG EXTENSION BENCH FRAME	UP555	1	53	PLASTIC INSERT CAP 2" SQ.	BNH0012	7
5	FRONT UPRIGHT	UP683	1	54	PLASTIC INSERT CAP 2 X 3	BNH0052	1
6	PRESS BAR	UP321	1	55	FOOT ROLL PLASTIC END CAP 1"	BNH0397	6
7	PRESS BAR SELECTOR HOUSING	UP681	1	56	PLASTIC END CAP 2" RD.	BNH0004	2
8	LEG EXTENSION ARM	UP325	1	57	PLASTIC INSERT CAP 1-3/4 SQ.	BNH0053	1
9	BENCH PRESS ADJ. SEAT TUBE	UP171	1	58	BUMPER CAP BLACK	BNH0412	2
10	LOW ROW FOOT ASSEMBLY	UP686	1	59	STEEL BUMPER WASHER 3/8	BNH0498	2
11	GUIDE ROD RETAINER HOUSING	UP169	1	60	FLAT WASHER SAE 3/8"	BNH0239	48
12	BACK PAD BRACKET	UP179	1	61	FLAT WASHER SAE 1/2"	BNH0238	1
13	LAT BAR HOLDER	UP327	1	62	FLAT WASHER USS NYLON 3/8"	BNH0248	4
14	LEG EXTENSION AXLE 1/2 X 2-3/4	UP373	1	63	SPLIT WASHER 1/2"	BNH0572	1
15	PIVOT AXLE 1 X 8-1/8	UP152	2	64	SPLIT BOLT 1/2-13 X 1	BNH0479	1
16	ADJ. DOUBLE PULLEY BRKT.	UP689	1	65	HEX HEAD CAP SCREW 1/4-20 X 1-1/2	BNH0272	1
17	ADJ. PULLEY BRACKET	UP127	1	66	NYLON INSERT LOCK NUT 1/4-20	BNH0213	1
18	FOOT ROLL TUBE 1 X 16	UP053	2	67	NYLON INSERT LOCK NUT 5/16 -18	BNH0215	1
19	FOOT ROLL TUBE 1 X 23-3/4	UP180	1	68	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	16
20	CABLE RETAINER BRACKET	UP014	1	69	NYLON INSERT LOCK NUT 3/8-16	BNH0214	8
21	ADJUSTABLE STOPPER	UP331	1	70	REGULAR HEX NUT 1/2-13	BNH0201	3
22	GUIDE ROD 3/4 X 72	UP124	2	71	NYLON INSERT JAM LOCK NUT 1/2-13	BNH0366	1
23	15 LB WEIGHT PLATE	BNH0926	5	72	HEX HEAD CAP SCREW 3/8-16 X 1-1/4	BNH0273	2
24	10 LB WEIGHT PLATE	BNH0904	9	73	HEX HEAD CAP SCREW 3/8-16 X 1-3/4	BNH0274	9
25	5 LB WEIGHT PLATE	BNH0927	5	74	HEX HEAD CAP SCREW 3/8-16 X 2-1/2	BNH0276	3
26	TOP PLATE/ SELECTOR BAR	BNH0932	1	75	HEX HEAD CAP SCREW 3/8-16 X 2-3/4	BNH0278	4
27	LAT CABLE	UP687	1	76	HEX HEAD CAP SCREW 3/8-16 X 3-1/4	BNH0312	3
28	LEG EXTENSION CABLE	UP688	1	77	HEX HEAD CAP SCREW 3/8-16 X 4-1/4	BNH0317	4
29	LOW ROW BAR 20"	BNH0294	1	78	HEX HEAD CAP SCREW 3/8-16 X 4-1/2	BNH0284	3
30	LAT BAR 48"	BNH0295	1	79	L-LOCKING PIN	BNH0045	1
31	SELECTOR PIN W/COIL	UP466	1	80	COIL CHAIN 3/16 X 21	BNH0017	1
32	BACK PAD	UP128	1	81	SNAP LINK	BNH0065	3
33	SEAT PAD	UP173	1	82	SHOULDER BOLT 3/8 X 3/4	BNH0718	1
34	SAFETY TAPE ANTI SLIP 2" X 6-3/4"	BNH0491	4	83	NYLON BALL 1-3/4 X 1/4	BNH0047	2
35	BRONZE BUSHING 1 X 1-1/4	BNH0527	4	84	STRAP BRACKET #20	BNH0562	1
36	BRONZE BUSHING 1/2 X 5/8	BNH0528	2	85	HEX KEY 3/16"	BNH0371	1
37	RUBBER GRIP 1.1875 ID X .125 X 5-1/4	BNH0937	4	86	HEX KEY 1/8"	BNH0767	1
38	PUSH PULL PIN 1/2 X 3-1/2	BNH0520	2	87	DECAL-NUMBERS W/INCREMENTS 200,15,10,5 LBS	BNH0928	1
39	TURN/PULL PIN W/KNOB	BNH0929	1	88	1" RD. SILVER MYLAR DECAL	BNH0015	4
40	RUBBER STOPPER 1 ID X .187 X 3	BNH0976	2	89	SPLIT WASHER B.O. 1/2"	BNH0653	3
41	NYLON STEM BUTTON	BNH0533	1	90	RUBBER GRIP 1 X 6	BNH0296	4
42	SET SCREW 1/4-20 X 3/8	BNH0772	6	91	LABEL-CAUTION 1-1/2 X 5.5	BNH0131	1
43	SET SCREW 1/4-20 X 1/4	BNH0790	2	92	DECAL-CAUTION LAT BAR HOLDER 5 X 1	BNH0140	1
44	RUBBER DONUT 3/4 X 2-1/2	BNH0068	2	93	DECAL-FOR BEST PERFORMANCE 1-1/4 X 1-1/2	BNH0143	1
45	WHITE NYLON PULLEY 4-1/2 RD.	BNH0556	11	94	DECAL-ADJUST CABLE HERE	BNH0789	2
46	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	6	95	DECAL-DANGER TIGHTEN THIS RET..., 3/4 X 1-1/2	BNH0142	2
47	PLASTIC END CAP W/ GROOVE 2" SQ.	BNH0136	4	96	DECAL-TUFF STUFF SIZE 1-3/8 X 8-7/16	BNH0139	1
48	PLASTIC END CAP W/GROOVE 2 X 3	BNH0049	2	97	DECAL CFM-550	BNH1058	2
49	PLASTIC INSERT CAP 1-1/4 RD.	BNH0573	4	98	EXERCISE WALL CHART	BNH0745	1

Adjustment Features



Press Bar Range of Adjustable Settings

- ◆ Used for Seated Row Exercise. Setting A - C
- ◆ Used for Chest Press Exercise. Setting D - F
- ◆ Used for Shoulder Press Exercise. Setting G - I

Fig. 70 Illustration of the **Press Bar's** adjustable settings used on multiple Exercise Starting Positions.

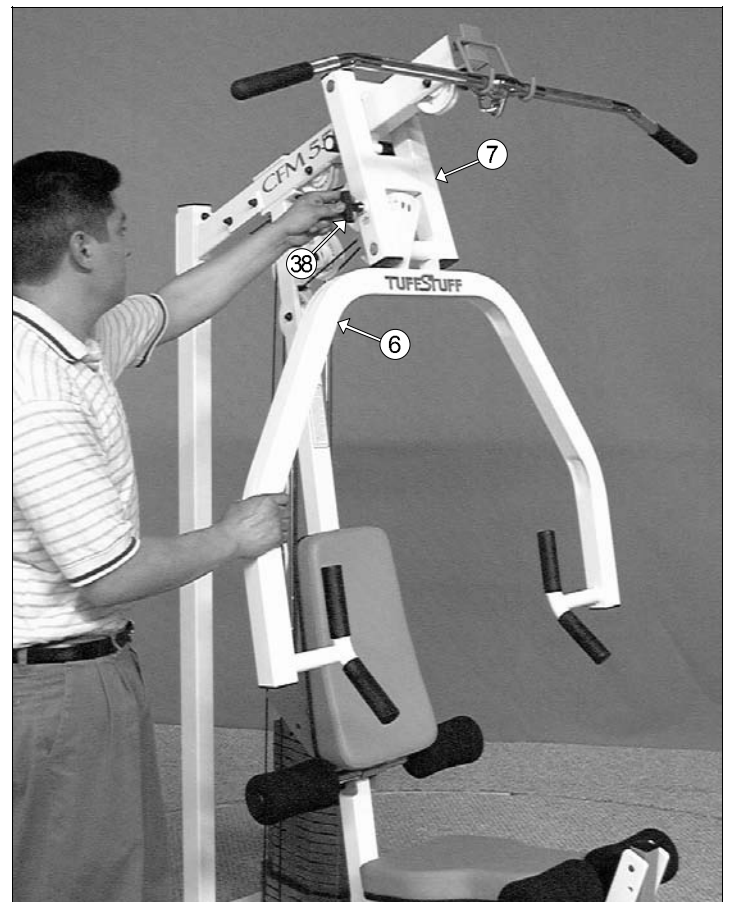


Fig. 71 **Press Bar (#6)** adjustment:

1. Grasp the **Press Bar (#6)**
2. Pull the Push Pull Pin 1/2" X 3-1/2" (#38) to release the **Press Bar (#6)**.
3. Adjust the **Press Bar (#6)** to the desired position.
4. Release the Push Pull Pin 1/2" X 3-1/2" (#38) and make sure it fully engages into the selected hole of the **Press Bar's (#6)** Plate.

Adjustment Features

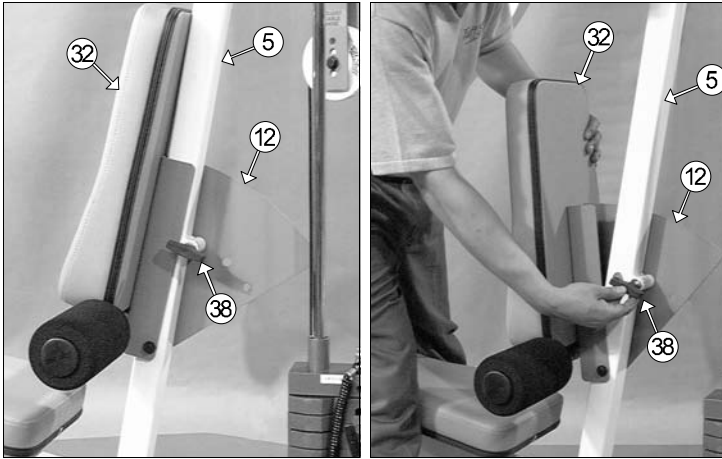


Fig. 72 Back Pad (#32) adjustment:

1. Grasp the **Back Pad (#32)**.
2. Pull the Push Pull Pin 1/2" X 3-1/2 (#38) to release the **Back Pad Bracket (#12)** from the **Front Upright (#5)**.
3. Adjust the **Back Pad (#32)** to one of the three available positions.
4. Release the Push Pull Pin 1/2" X 3-1/2 (#38) and make sure it fully engages into the selected hole of the **Back Pad Bracket (#12)**.

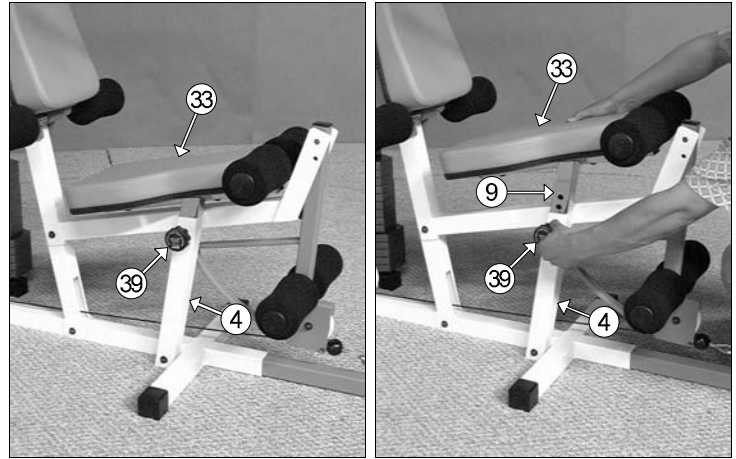


Fig. 73 Seat Pad (#33) adjustment:

1. Grasp the **Seat Pad (#33)**.
2. Turn counterclockwise then pull the Turn/Pull Pin w/Knob (#39) to release the **Bench Press Adj. Seat Tube (#9)** from the **Leg Extension Bench Frame (#4)**.
3. Adjust the **Seat Pad (#33)** to a desired height.
4. Release the Turn/Pull Pin w/Knob (#39) and make sure it fully engages into the selected hole of the **Bench Press Adj Seat Tube (#9)**.
5. **Complete the adjustment by turning the Turn/Pull Pin w/Knob (#39) clockwise.**

Unlocked

Locked

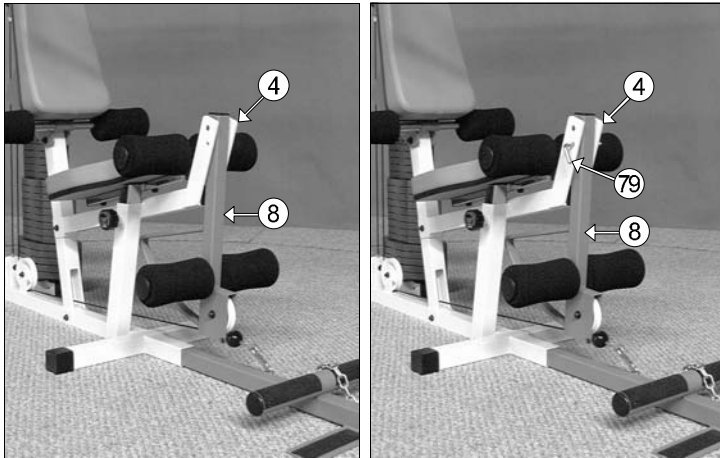


Fig. 74 Locking the Leg Extension Arm (#8)

1. Locate the L-Locking Pin (#79).
2. Insert the L-Locking Pin (#79) through the **Leg Extension Bench Frame (#4)** and the **Leg Extension Arm (#8)**, as shown above.

Unlocked Leg Extension Arm used on Exercises:

- ◆ Leg Extension
- ◆ Leg Curl

Locked Leg Extension Arm used on Exercises:

- ◆ Low Row
- ◆ Standing Arm Curl
- ◆ Inner / Outer Thigh
- ◆ Seated Row
- ◆ Seated Chest Press
- ◆ Seated Shoulder Press

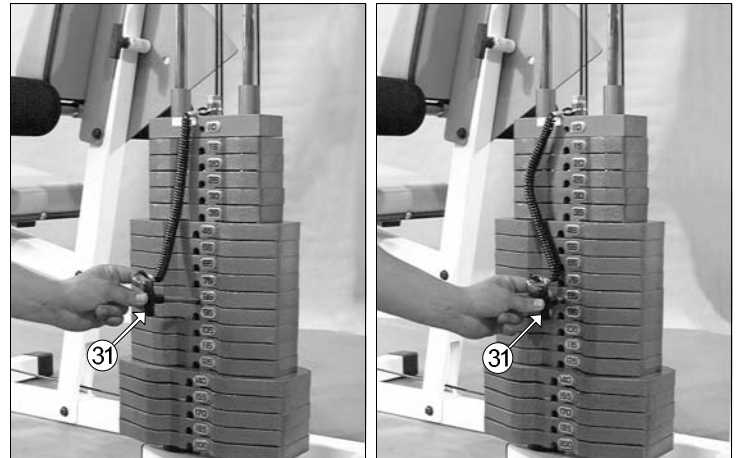


Fig. 75 Weight Selection

1. Grasp the Weight Selector Pin (#31).
2. Insert the Weight Selector Pin (#31) into desired **Weight Plate**. The Decal Weight Number (#87) on the selected **Weight Plate** will show the amount of weight selected. The **Top/Plate Selector Bar (#26)** must be resting on top of the Weight Stack.
3. Make sure the Weight Selector Pin (#31) has been fully inserted into the selected **Weight Plate**.

Maintenance

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Compact Frontal Machine. 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 Pin 1/2 X 3-1/2 (#38) Hex Nuts** are fully fastened (See **Fig. 76**). In addition, be sure the springs in the **Push Pull Pins 1/2 X 3-1/2 (#38)** are operating freely.
9. Check welds to be free of cracks.
10. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

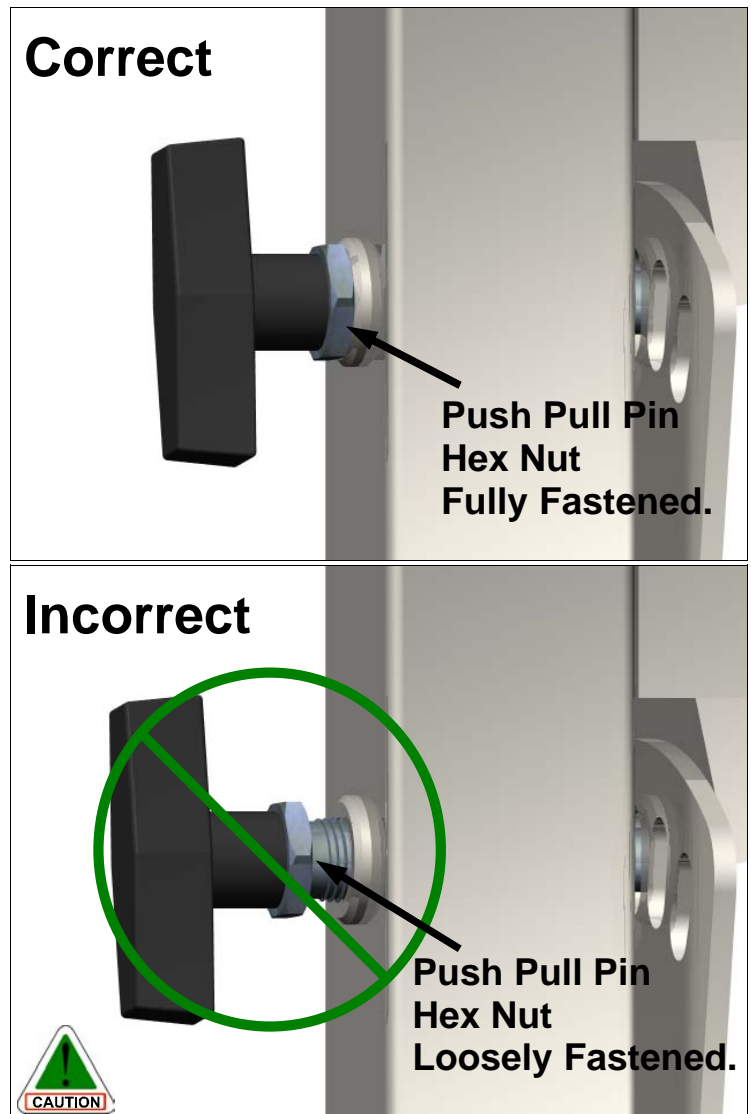


Fig. 76 **Caution:** Be sure the Push Pull Pin Hex nuts are fully fastened. Fasten if necessary.

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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