

ASSEMBLY INSTRUCTIONS



Revision Date 08-23-05

Apollo Modular Gym System Single Column Station

Standard

Deluxe



America's Premier Exercise Equipment

Introduction

About the Single Column Station

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

Tuff Stuff Equipment

Every Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The TuffStuff Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Warranty

SEE A COPY OF WARRANTY ON BACK PAGE

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

Specifications

1. Maximum Wt. Capacity - 200 Lbs.
2. Total Machine Weight - 70 Lbs.

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

Prior to the Assembly of the Single Column Station

1. We advise you to consult your local Tuff Stuff retailer if you should have a question or problem regarding the proper assembly of this unit.
2. Neatly organize and identify all parts according to the Exploded View Diagram on Fold-out Pg. 7 and the Parts List on Pg. 8.

Tool Requirements

1. One 7/8" combination wrench
2. One 9/16" combination wrench
3. One 1/2" combination wrench
4. One ratchet
5. One 9/16" socket
6. One rubber mallet
7. Multi-purpose grease
8. Measuring tape
9. Utility knife

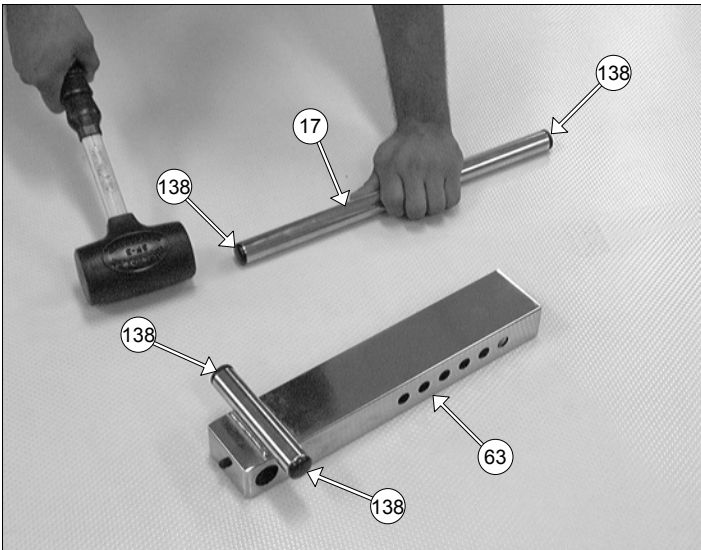
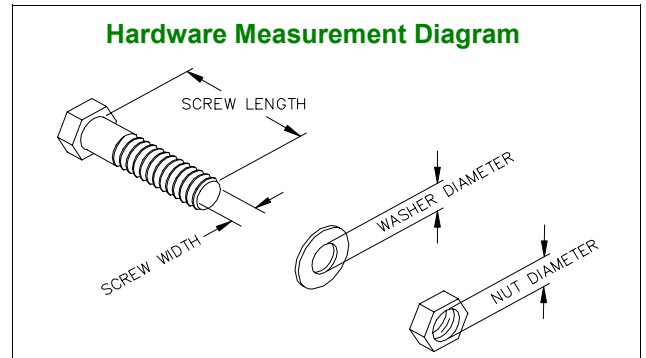


FIG. 1 Using a rubber mallet, insert four Plastic Insert Caps 1 Rd. (#138) into the tube-ends of the Low Row Stabilizer (#63) and the Insert Tube (#17).

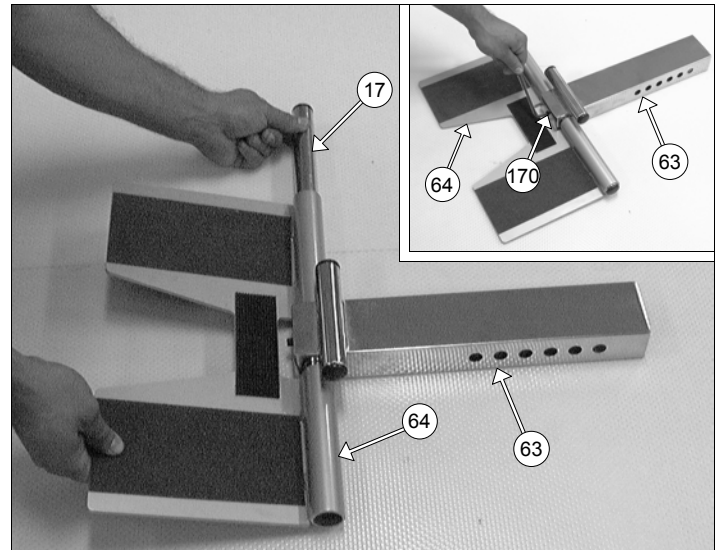


FIG. 2 Connect the Low Row Foot Support (#64) to the Low Row Stabilizer (#63) using the Insert Tube 1 X 16 (#17). Next, secure the Insert Tube (#17) to the Low Row Stabilizer (#63) using one Set Screw 3/8-16 X 1/2 (#170), as shown in caption above.

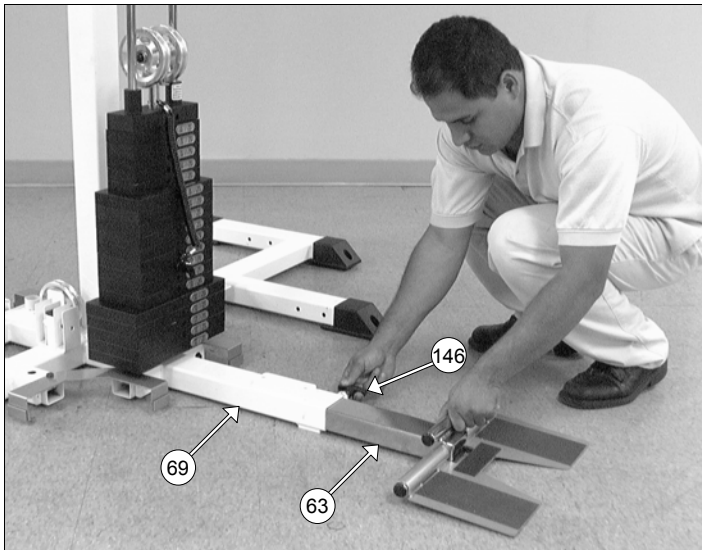


FIG. 3 Next, insert the assembled **Low Row Stabilizer (#63)** into the receptacle of the **Bottom Upright Connector (#69)**.

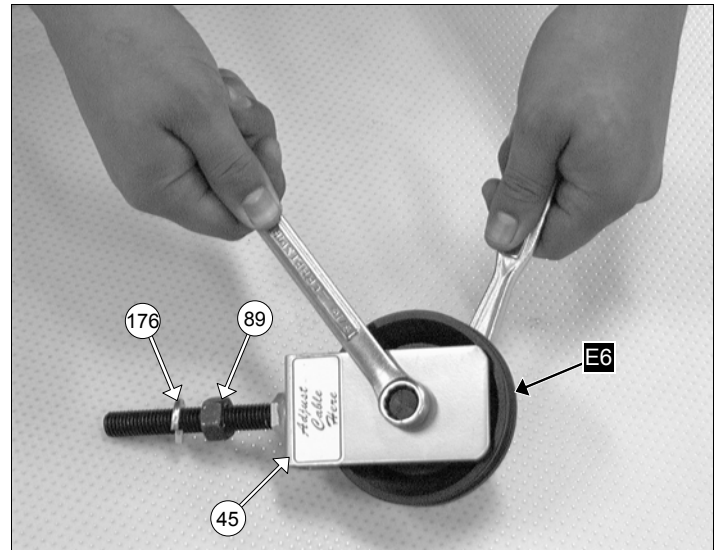


FIG. 4 Locate the **Adjustable Pulley Bracket (#45)** and attach one **Pulley 3 1/2 Rd. (#128-Labeled E6)** using one **Hex Head Cap Screw 3/8-16 X 1 3/4 (#101)**, two **Flat Washers SAE 3/8" (#94)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#123)**. Next, thread one **Finished Hex Nut 1/2-13 (#89)** and insert one **Split Lock Washer 1/2" (#176)** onto the Screw of the **Adjustable Pulley Bracket (#45)**.

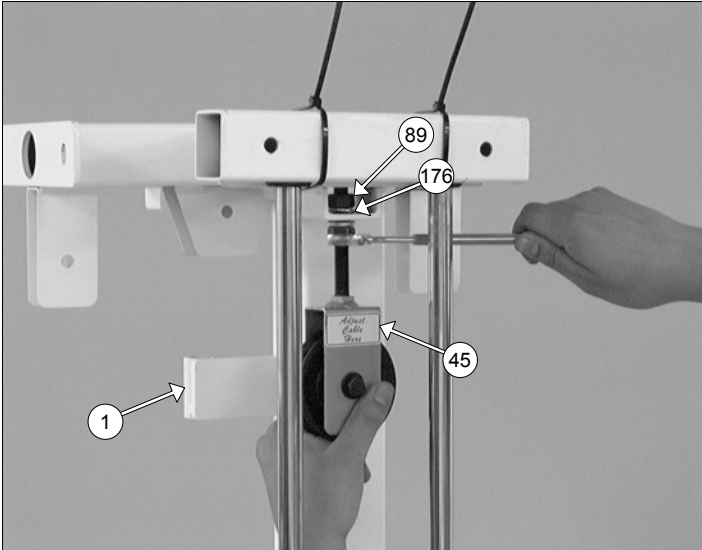


FIG. 5 Next, attach the assembled **Adjustable Pulley Bracket (#45)** to the receptacle of the **Weight Stack Frame (#1)** using one **Split Lock Washer 1/2" (#176)** and one **Finished Hex Nut 1/2-13 (#89)**.

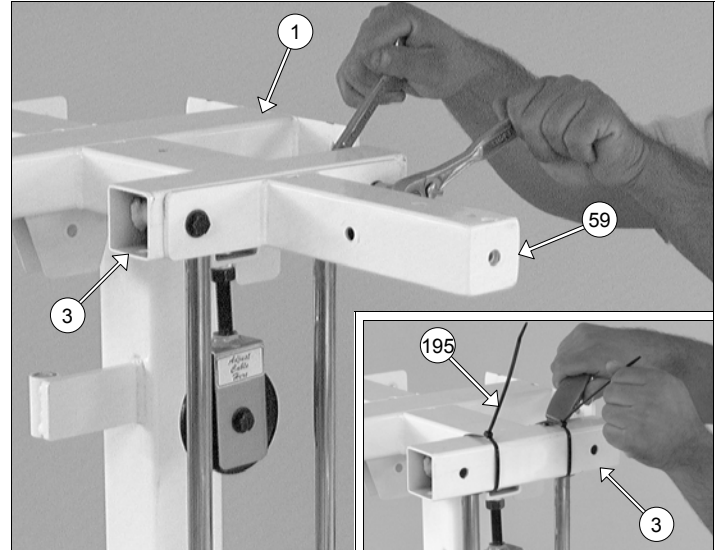


FIG. 6 Using a utility knife, remove the two **Plastic Ties (#195)** from the **Guide Rod Retainer (#3)**, as shown in caption above. Next, affix the **Top Upright Connector (#59)** to the **Guide Rod Retainer (#3)** and the **Weight Stack Frame (#1)** using two **Hex Head Cap Screws 3/8-16 X 3 1/4 (#105)**, four **Flat Washers SAE 3/8" (#94)** and two **Nylon Insert Lock Nuts 3/8-16 (#125)**.

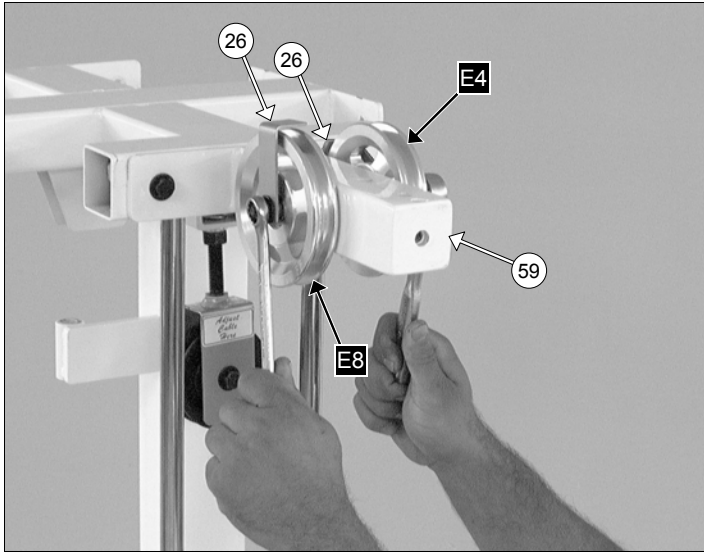


FIG. 7 Attach two Pulleys 4 1/2 Rd (#78-Labeled E4, E8) and two Cable Retainer Brackets (#26) to the Top Upright Connector (#59) using one Hex Head Cap Screw 3/8-16 X 4 3/4 (#110), two Flat Washers SAE 3/8" (#94), and one Nylon Insert Jam Lock Nut 3/8-16 (#123).

 **Note:** Be sure the Cable Retainer Brackets (#26) are positioned as shown above.

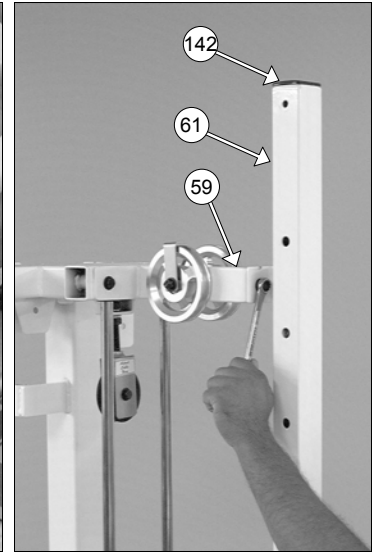
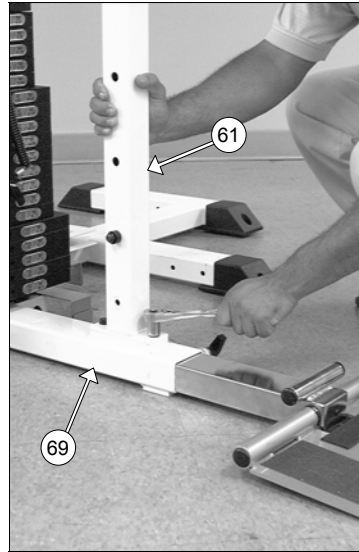


FIG. 8 Attach the Single Column Upright (#61) to the Bottom Upright Connector (#69) using two Hex Head Cap Screws 3/8-16 X 3/4 (#97), two Split Lock Washers 3/8" (#174), and two Flat Washers SAE 3/8" (#94). Next, affix the Single Column Upright (#61) to the Top Upright Connector (#59) using one Hex Head Cap Screw 3/8-16 X 1 (#98), one Split Lock Washer 3/8" (#174), and one Flat Washer SAE 3/8" (#94). Next, using a rubber mallet, insert one Plastic Insert Cap 2" Sq. (#142) into the tube-end of the Single Column Upright (#61).

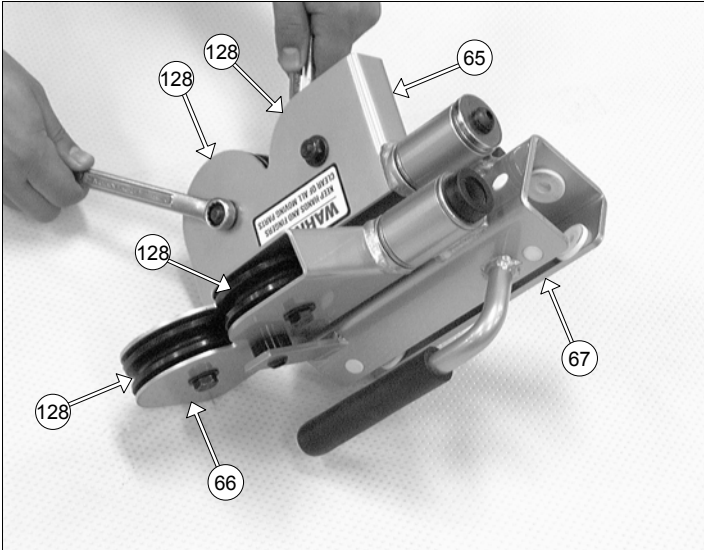


FIG. 9 Next, locate the assembled Single Column Carriage (#67) and attach four Pulleys 3 1/2" Rd. (#128) to the Double Pulley Brackets (#65, #66) using four Hex Head Cap Screws 3/8-16 X 1 3/4 (#101), eight Flat Washers SAE 3/8" (#94), and four Nylon Insert Jam Lock Nuts 3/8-16 (#123).

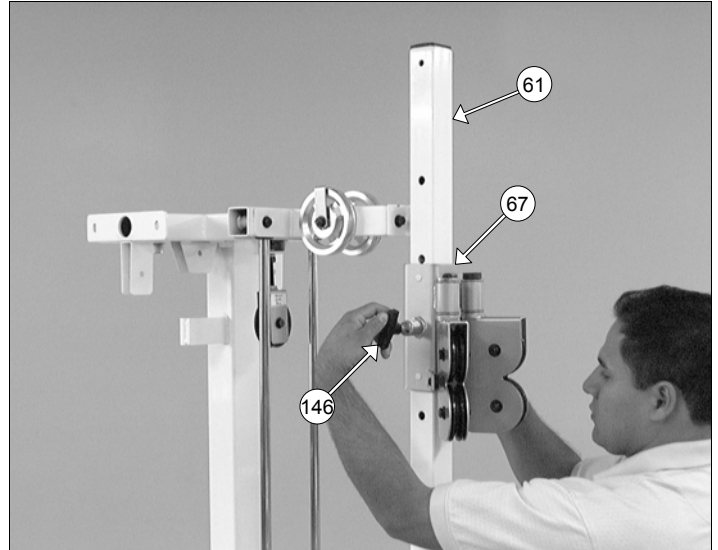


FIG. 10 Insert the assembled Single Column Carriage (#67) onto the Single Column Upright (#61).

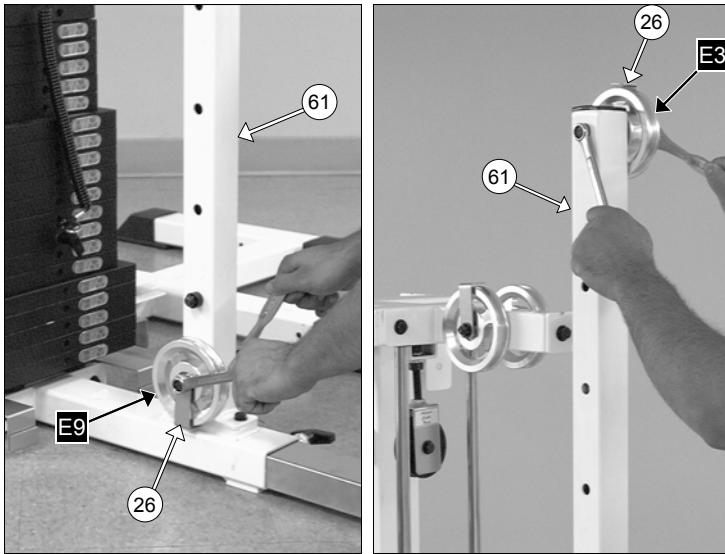


FIG. 11 Attach two Pulleys 4 1/2 Rd (#78-Labeled E3, E9) and two **Cable Retainer Brackets (#26)** to the **Single Column Upright (#61)** using two Hex Head Cap Screws 3/8-16 X 3 1/2 (#106), four Flat Washers SAE 3/8" (#94), and two Nylon Insert Jam Lock Nuts 3/8-16 (#123).

 **Note:** Be sure the **Cable Retainer Brackets (#26)** are positioned as shown above.

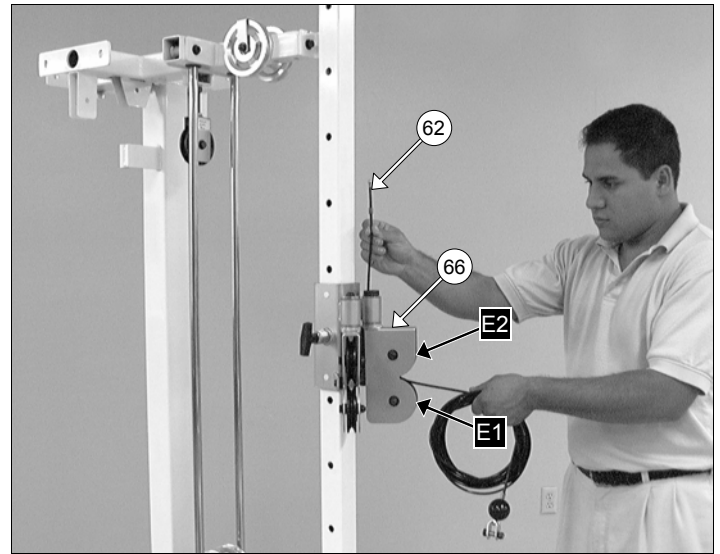



FIG. 12 Route the **Single Column Cable (#62)** between the Pulleys 3 1/2 Rd. (#128-Labeled E1, E2), and then route up through the tube of the **Double Pulley Bracket (#66)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 6 for further detailed illustration of the **Single Column Cable (#62)** routing.

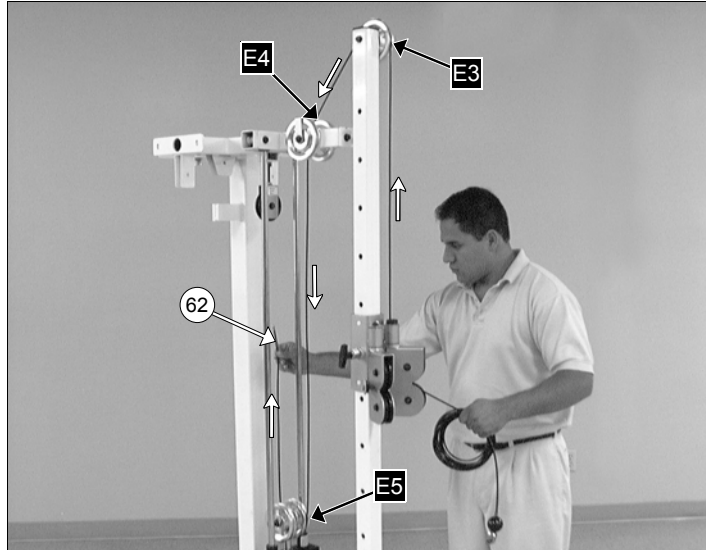



FIG. 13 Route the **Cable (#62)** up and over the Pulley 4 1/2" Rd. (#78-Labeled E3), then route to the Pulley 4 1/2" Rd. (#78-Labeled E4). Continue routing down and under the Pulley 4 1/2" Rd. (#78-Labeled E5).

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 6 for further detailed illustration of the **Single Column Cable (#62)** routing.

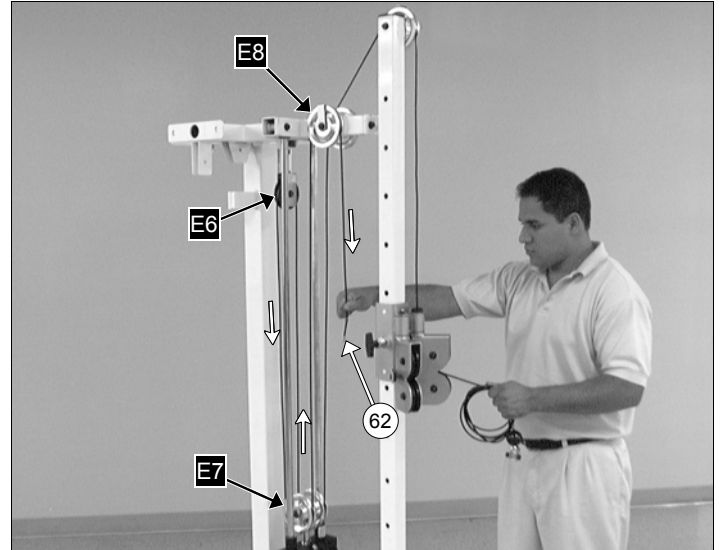



FIG. 14 Route the **Cable (#62)** up and over the Pulley 3 1/2" Rd. (#128-Labeled E6), then route down and under the Pulley 4 1/2" Rd. (#78-Labeled E7). Continue routing up and over the Pulley 4 1/2" Rd. (#78-Labeled E8).

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 6 for further detailed illustration of the **Single Column Cable (#62)** routing.

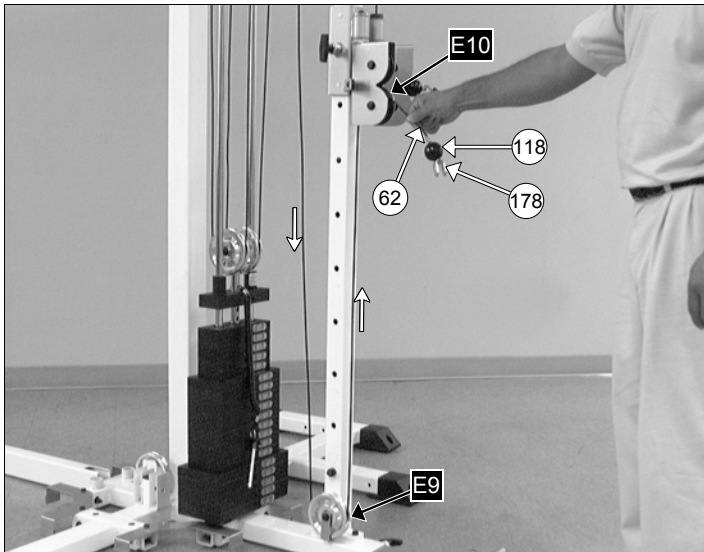



FIG. 15 Continue routing the **Cable (#62)** down and under the Pulley 4 1/2" Rd. (#78-Labeled E9), then up and over the Pulley 3 1/2" Rd. (#128-Labeled E10). Next, attach one Nylon Ball 1 3/4 X 1/4 (#118), and one Strap Bracket (#178) to the end of the cable.

 **Note:** Refer to the Cable Mapping Diagram on fold-out page 6 for further detailed illustration of the **Single Column Cable (#62)** routing.

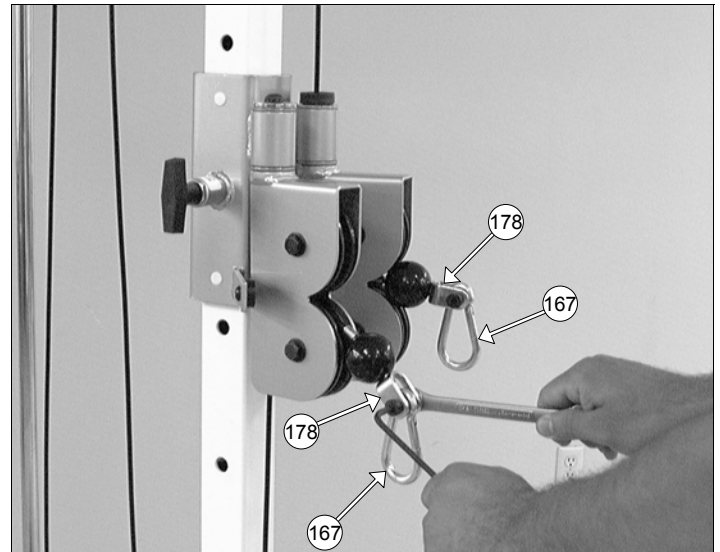


FIG. 16 Attach Snap Links (#167) to both ends of the **Cable (#62)** using two Shoulder Bolts 3/8 X 3/4 (#166), and Nylon Insert Lock Nuts 5/16-18 (#126).

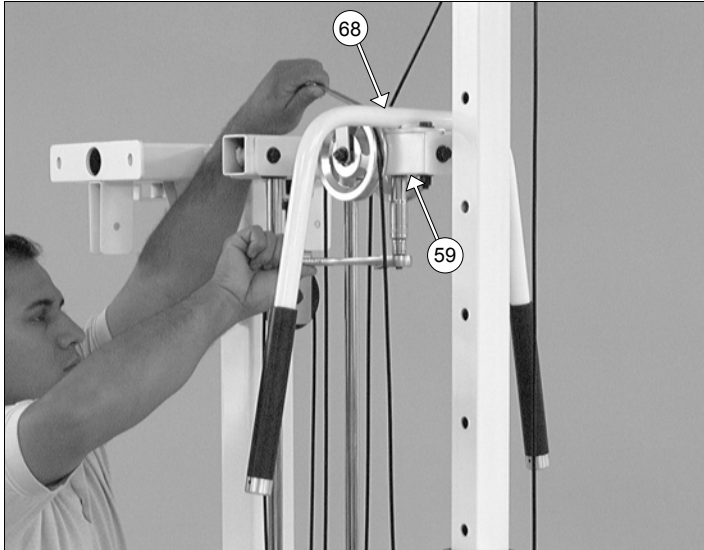


FIG. 17 Attach the **Single Column Handles (#68)** to the **Top Upright Connector (#59)** using two Hex Head Cap Screws 3/8-16 X 3 (#113), four Flat Washers SAE 3/8" (#94), and two Nylon Insert Lock Nuts 3/8-16 (#125).

CHART
BOLD FONT = SUB-ASSEMBLY PARTS
REGULAR FONT = HARDWARE

Single Column Station (Deluxe)

Parts List

ITEM NO.	DESCRIPTION	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
17	INSERT TUBE 1 X 16	UP0053	1	118	NYLON BALL 1 3/4 X 1/4	BNH0047	2
26	CABLE RETAINER BRACKET(L-SHAPED)	UP0014	6	121	NYLON D HANDLE (# H834A)	BNH1215	2
45	ADJUSTABLE PULLEY BRACKET	UP0127	1	123	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	10
59	TOP UPRIGHT CONNECTOR	UP2003	1	125	NYLON INSERT LOCK NUT 3/8-16	BNH0214	6
60	TOP PLATE DOUBLE PULLEY BRACKET	UP1746	1	126	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	2
61	SINGLE COLUMN UPRIGHT	UP2013	1	128	ALUMINUM PULLEY PULLEY 3/8 X 3 1/2	BNH1266	5
62	SINGLE COLUMN CABLE	UP2023	1	129	NYLON SPACER 3/8 X 3/4 X 3/8	BNH0392	2
63	LOW ROW STABILIZER	UP0669	1	130	NYLON STEM BUTTON 12.5 mm X 26 mm x 9.5 mm	BNH0547	8
64	LOW ROW FOOT SUPPORT	UP0670	1	138	PLASTIC INSERT CAP 1" RD. 10-12 GA.	BNH0002	4
65	HIGH/LOW DOUBLE PULLEY BKT (SOLID SHANK)	UP1022	1	139	WASHER 3/8 X 1 1/2 CHROME	BNH1015	1
66	HIGH/LOW DOUBLE PULLEY BKT (HOLLOW SHANK)	UP1023	1	142	PLASTIC INSERT CAP 2" SQ. 10-14 GA.	BNH0012	1
67	SINGLE COLUMN CARRIAGE	UP0999	1	143	PLASTIC TUBE END 1 X 1 1/4 X 3/8	BNH1089	1
68	SINGLE COLUMN HANDLES	UP2005	1	146	PULL PIN 1/2 X 2 7/8 (YELLOW KNOB)	BNH0641	2
69	BOTTOM UPRIGHT CONNECTOR	UP2004	1	150	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	BNH0419	1
76	ALUMINUM CAP 1" RD. (CAP-100)	BNH0537	2	154	RUBBER CORR MAT 1/8" X 1 1/2 X 5	BNH1226	1
78	ALUMINUM PULLEY 3/8" X 4 1/2"	BNH0069	6	156	RUBBER GRIP 1 ID X .125 X 8	BNH0966	2
81	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	4	160	RUBBER GRIP 1/2 X 4	BNH0530	1
83	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	BNH0115	1	163	SAFETY TAPE ANTI-SLIP 4" X 7 3/4	BNH1227	4
86	COIL CHAIN Z/P 3/16 X 21	BNH1262	1	166	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	2
89	FINISHED HEX NUT B/O 1/2-13	BNH0201	3	167	SNAP LINK Z/P 8MM X 80MM	BNH0065	3
94	FLAT WASHER SAE 3/8"	BNH0239	35	169	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	4
97	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	2	170	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	1
98	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	1	174	SPLIT LOCK WASHER 3/8"	BNH0658	4
101	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	BNH0274	5	176	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	3
105	HEX HEAD CAP SCREW 3/8-16 X 3 1/4	BNH0312	5	178	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0652	2
106	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	BNH0280	2	184	DECAL-DANGER TIGHTEN THIS RET..., 3/4 X 1-1/2	BNH0142	2
107	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 3/4	BNH0281	1	186	DECAL-ADJUST CABLE HERE	BNH0789	1
108	URETHANE BUMPER 962	BNH0244	2	191	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH0620	1
110	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 3/4	BNH0318	1	195	PLASTIC TIES 14 1/2"	BNH0703	2
113	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	2	196	DECAL-EXERCISE SINGLE COLUMN STATION	BNH1676	1
116	LEATHER ANKLE STRAP	BNH1231	1				

Single Column Station (Standard)

Parts List

All parts same as Single Column Station (Deluxe), except for the parts listed below

ITEM NO.	DESCRIPTION	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
78	NYLON PULLEY 3/8 X 4 1/2	BNH0506	6	128	NYLON PULLEY 3/8 X 3 1/2	BNH0553	5

DO NOT DISCARD THIS MANUAL



TUFFSTUFF WARRANTY

TuffStuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. All warranty periods begin to run from the date of delivery to the original purchaser. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use and maintenance and conformance with any recommendations of TuffStuff. This warranty does not cover products not manufactured by TuffStuff or products which are altered without the express written consent of TuffStuff. This warranty as specified:

FULL COMMERCIAL WARRANTY (more than 5 hours of use per day): a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Belts, linear bearings and pull-pin components -- One (1) year, and d) Upholstery, cables, finish and rubber grips -- Six (6) months.

LIGHT COMMERCIAL WARRANTY (less than 5 hours of use per day): a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Linear bearings, finish and pull-pin components -- One (1) year, and d) Upholstery, cables and rubber grips -- Three (3) months, and all other parts not mentioned elsewhere in this warranty will expire one (1) year from the date of delivery to the original purchaser. The obligation of TuffStuff under this warranty is limited to repairing or replacing warranted defective parts, as TuffStuff may elect, at TuffStuff's facility in Pomona, California, without charge to purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

THE FOREGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO IMPLIED STATUTORY WARRANTY OR IMPLIED STATUTORY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE SHALL APPLY. IN NO EVENT, WHETHER AS A RESULT OF BREACH OF CONTRACT, WARRANTY, NEGLIGENCE OR OTHERWISE, SHALL TUFFSTUFF BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO, LOSS OF PROFITS OR REVENUE, LOSS OF USE OF EQUIPMENT, COST OF CAPITAL, COST OF SUBSTITUTION EQUIPMENT, DOWNTIME COST, OR CLAIMS OF CUSTOMERS OR PURCHASER FROM SUCH DAMAGE.

This written warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff Fitness Equipment, Inc. at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

TuffStuff Fitness Equipment, Inc.

1325 E. Franklin Avenue

Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: service@tuffstuff.net Net: www.tuffstuff.net