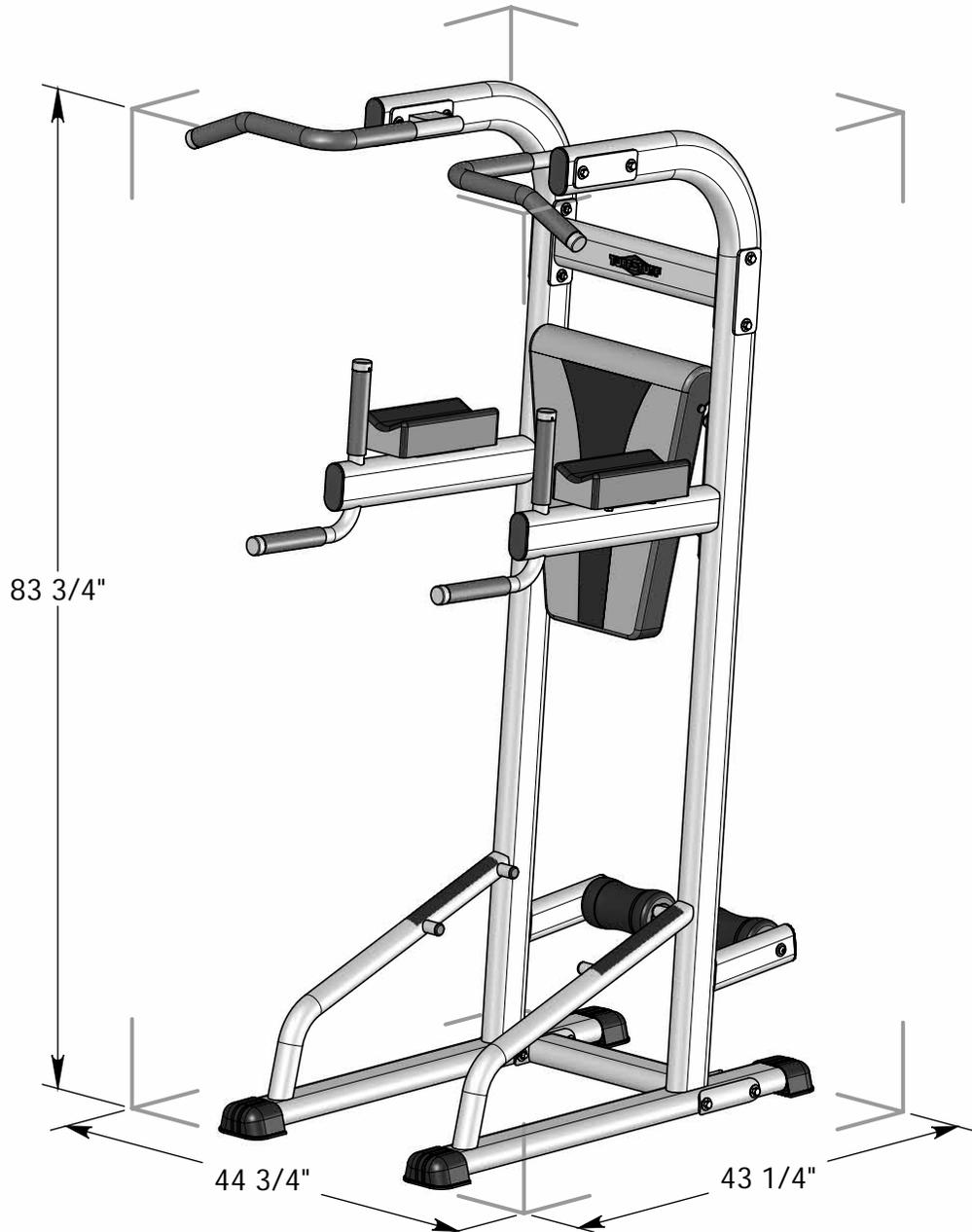


# ASSEMBLY INSTRUCTIONS



**RCD-347**

**Chin-Dip / Ab-Back / Push-Up  
Stand**



**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](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)

**AMERICA'S PREMIER EXERCISE EQUIPMENT**

## Introduction

**About the RCD-347 Chin-Dip / Ab-Back / Push-Up Stand**  
 Congratulations on your new purchase of the **Chin-Dip / Ab-Back / Push-Up Stand**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

### TuffStuff 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 TuffStuff Fitness Equipment today.

### Specifications

1. Maximum Wt. Capacity - 250 lbs.
2. Total Machine Weight - 195 lbs.
3. Footprint (LWH) - See Front Cover.

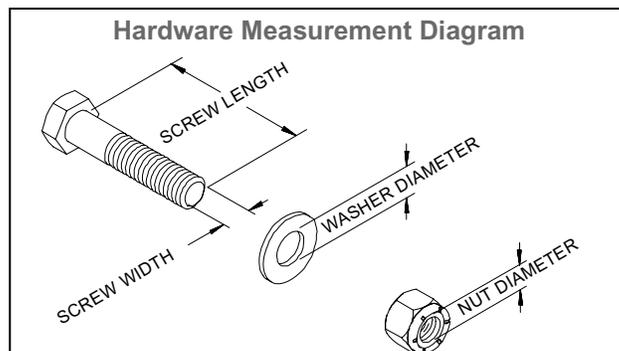
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the Chin-Dip / Ab-Back / Push-Up Stand

We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

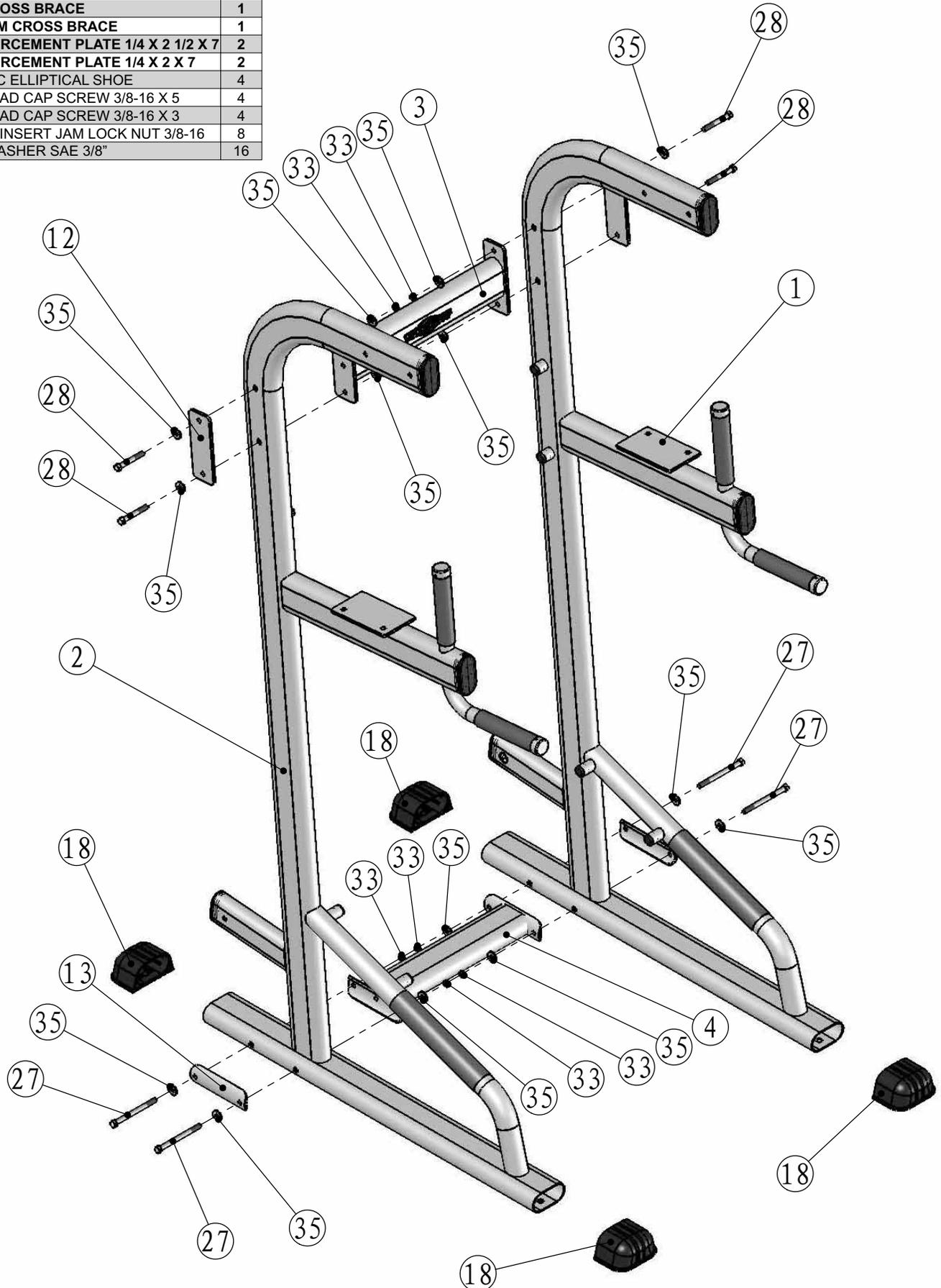
### Tool Requirements

1. One 9/16" combination wrench
2. One ratchet
3. One 9/16" socket
4. Rubber Mallet
5. Windex or household glass cleaner
6. Utility knife



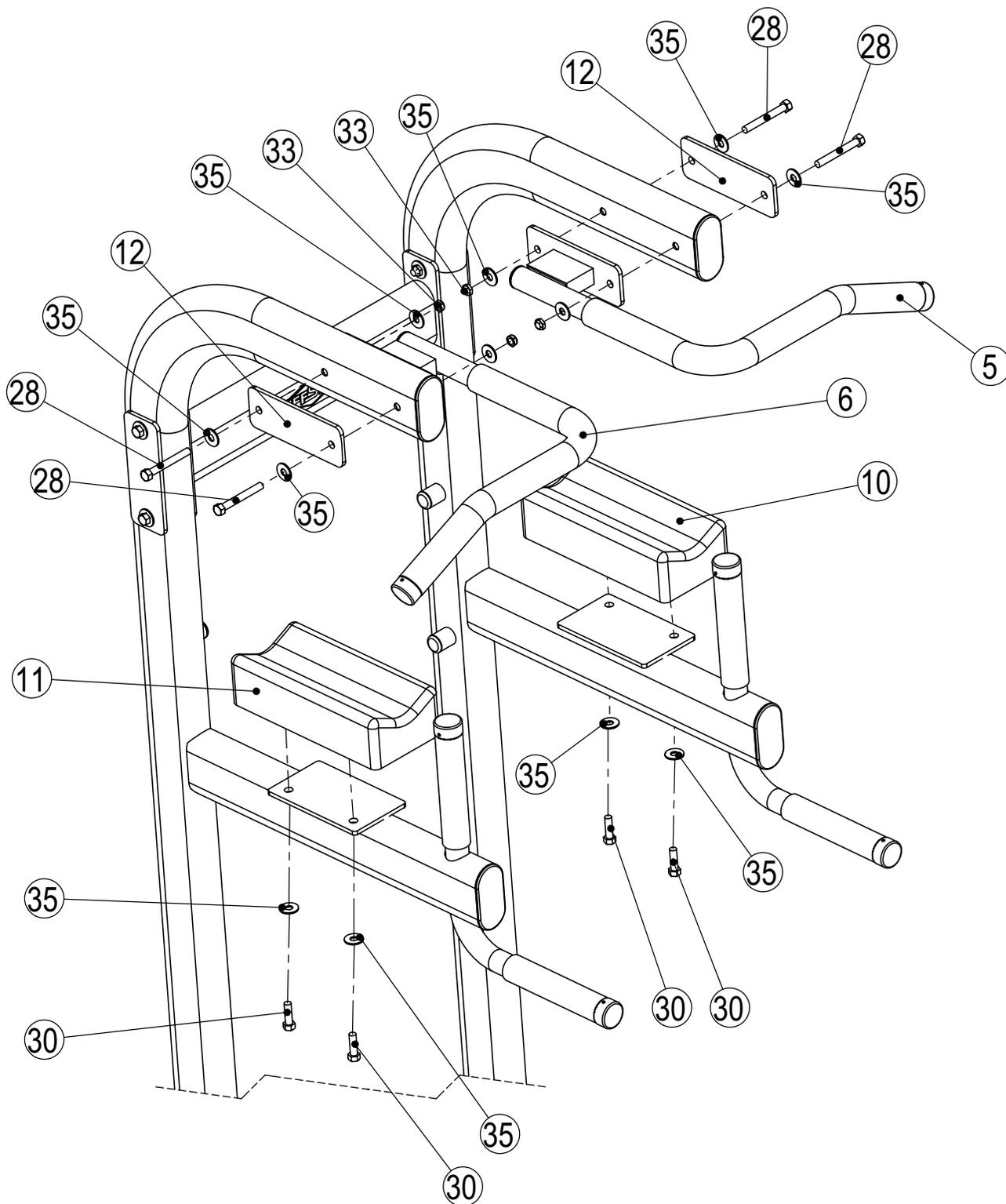
### Step 1 Assembly List

Item #	Description	Qty.
1	MAIN FRAME LEFT SIDE	1
2	MAIN FRAME RIGHT SIDE	1
3	TOP CROSS BRACE	1
4	BOTTOM CROSS BRACE	1
12	REINFORCEMENT PLATE 1/4 X 2 1/2 X 7	2
13	REINFORCEMENT PLATE 1/4 X 2 X 7	2
18	PLASTIC ELLIPTICAL SHOE	4
27	HEX HEAD CAP SCREW 3/8-16 X 5	4
28	HEX HEAD CAP SCREW 3/8-16 X 3	4
33	NYLON INSERT JAM LOCK NUT 3/8-16	8
35	FLAT WASHER SAE 3/8"	16



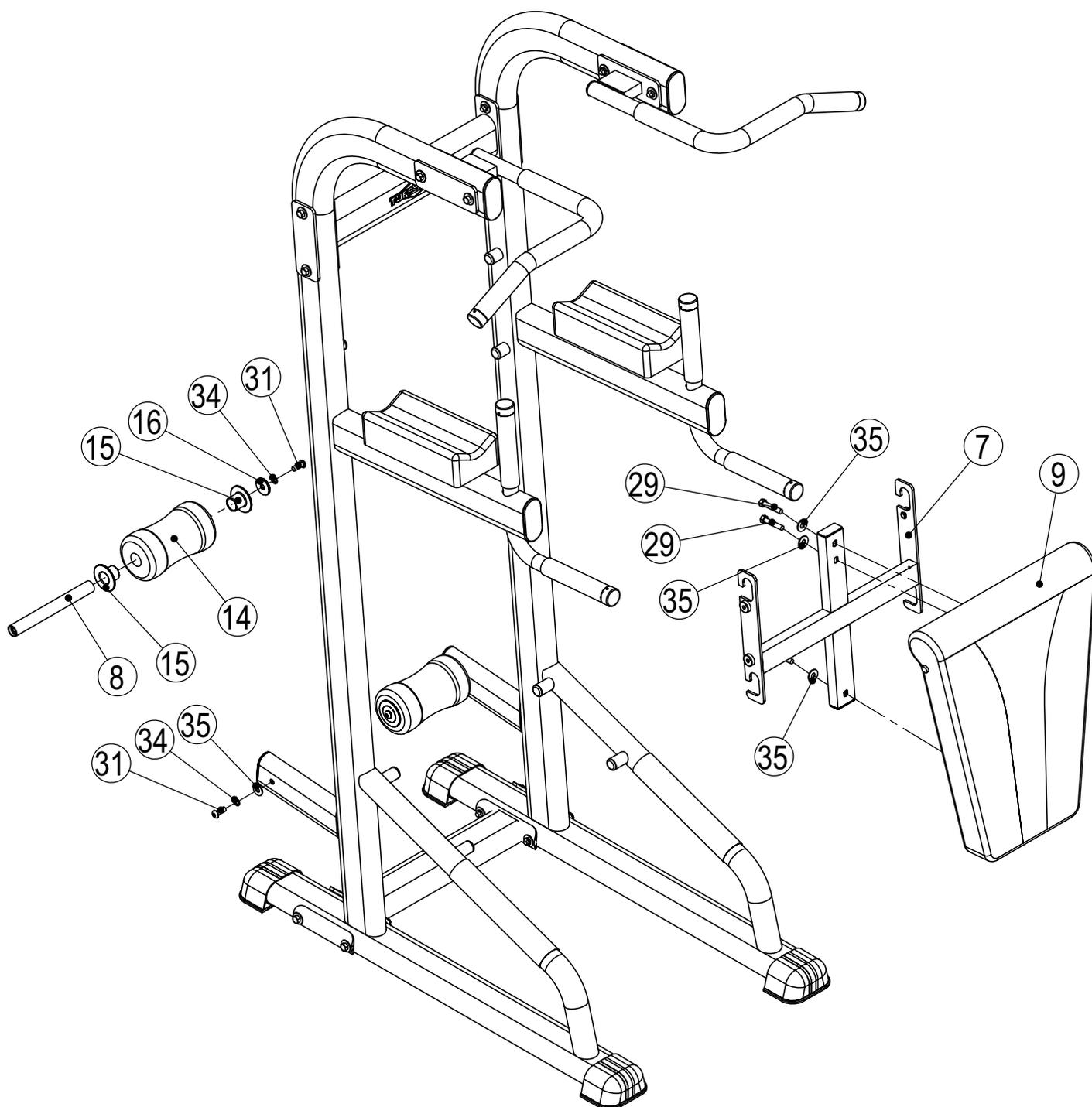
## Step 2 Assembly List

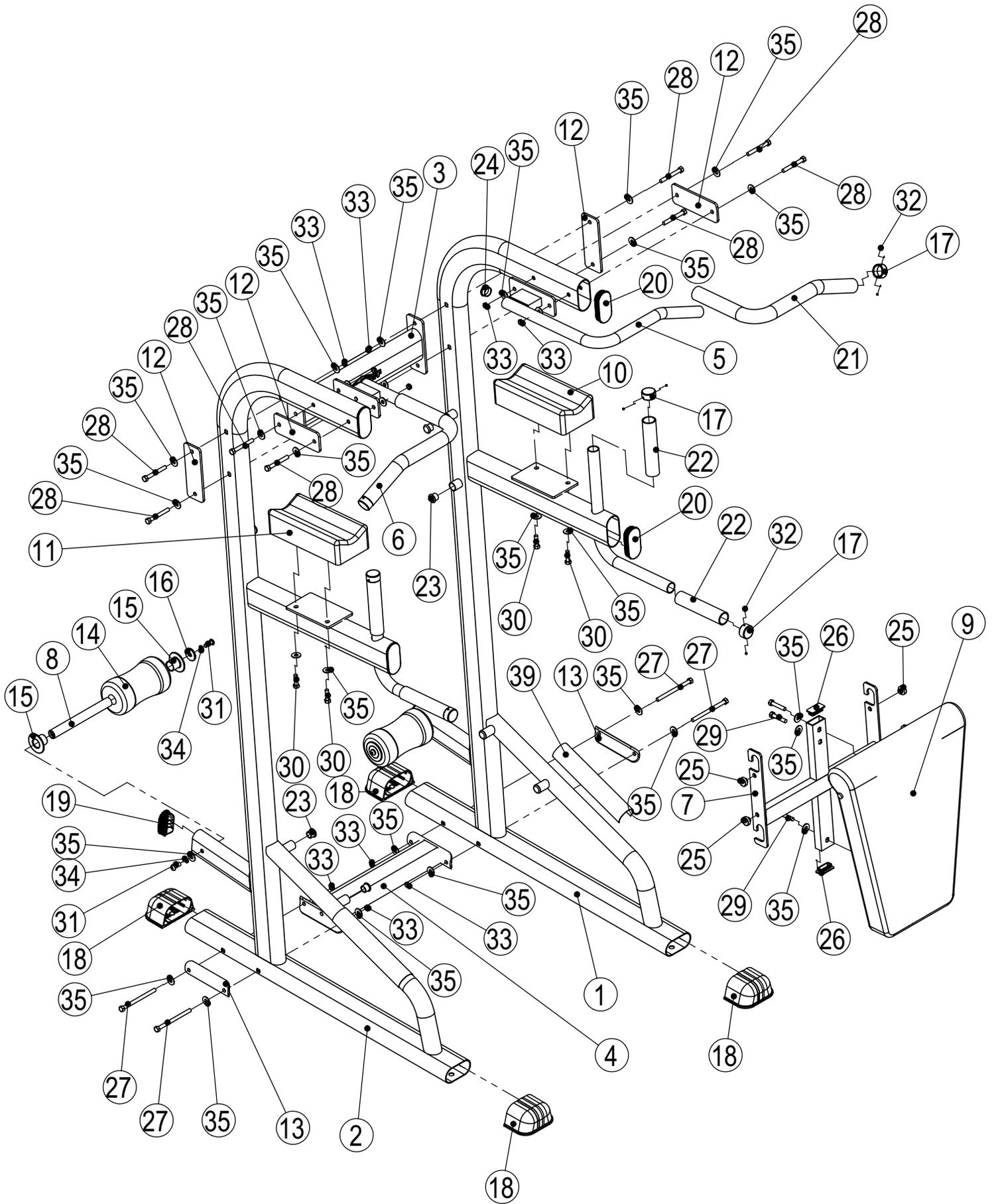
Item #	Description	Qty.
5	HANDLE LEFT SIDE	1
6	HANDLE RIGHT SIDE	1
10	ARM PAD LEFT SIDE	1
11	ARM PAD RIGHT SIDE	1
12	REINFORCEMENT PLATE 1/4 X 2 1/2 X 7	2
28	HEX HEAD CAP SCREW 3/8-16 X 3	4
30	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	4
33	NYLON INSERT JAM LOCK NUT 3/8-16	4
35	FLAT WASHER SAE 3/8"	12



### Step 3 Assembly List

Item #	Description	Qty.
7	ADJUSTABLE BACK PAD BRACKET	1
8	FOAM ROLL TUBE	2
9	BACK PAD	1
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
15	FOAM ROLL 1" NYLINER BUSHING	4
16	ALUMINUM WASHER .390 ID X 1.500 OD	2
29	HEX HEAD CAP SCREW 3/8-16 X 2	3
31	BUTTON HEAD SCREW 3/8-16 X 1	4
34	SPLIT LOCK WASHER 3/8"	4
35	FLAT WASHER SAE 3/8"	5





**COLOR CHART**
**BOLD FONT = SUB-ASSEMBLY PARTS**

BLACK= HARDWARE

## RCD-347 Parts List

**REVO**

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	MAIN FRAME LEFT SIDE	0	UP5300	1	22	RUBBER GRIP 1.1875 ID X .125 X 7	BNH0944	4
2	MAIN FRAME RIGHT SIDE	0	UP5301	1	23	PLASTIC INSERT CAP 1" RD 10-12 GA	BNH0002	8
3	TOP CROSS BRACE	0	UP5302	1	24	PLASTIC INSERT CAP 1 1/4" RD 11 GA	BNH0573	2
4	BOTTOM CROSS BRACE	0	UP5303	1	25	URETHANE BUMPER 962	BNH0244	4
5	HANDLE LEFT SIDE	0	UP5304	1	26	PLASTIC INSERT CAP 1" X 2" 10-14 GA	BNH0005	2
6	HANDLE RIGHT SIDE	0	UP5305	1	27	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	4
7	ADJUSTABLE BACK PAD BRACKET	0	UP5306	1	28	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	8
8	FOAM ROLL TUBE	0	UP5307	2	29	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2	BNH2041	3
9	BACK PAD	0	UP5308	1	30	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	4
10	ARM PAD LEFT SIDE	0	UP4994	1	31	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	BNH2033	4
11	ARM PAD RIGHT SIDE	0	UP4995	1	32	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	12
12	REINFORCEMENT PLATE 1/4 X 2 1/2 X 7	0	UP4993	4	33	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	12
13	REINFORCEMENT PLATE 1/4 X 2 X 7 (BEND)	0	UP3720	2	34	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	4
14	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	0	UP3785	2	35	FLAT WASHER SAE Z/P 3/8"	BNH2030	33
15	FOAM ROLL 1" NYLINER BUSHING		BNH2025	4	36	HEX KEY ALLOY 7/32"	BNH0575	1
16	ALUMINUM WASHER .390 ID X 1.500 OD X .150 THK		BNH1541	2	37	HEX KEY ALLOY 3/32"	BNH0372	1
17	ALUMINUM CAP 1.270" RD (CAP -125)		BNH0538	6	38	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
18	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	4	39	SAFETY TAPE ANTI-SLIP 2 X 10	BNH2096	2
19	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3		BNH1795	2	40	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
20	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	4	41	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
21	RUBBER GRIP 1.1875 ID X .125 X 24		BNH2095	2				

**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.

### **TuffStuff Fitness Equipment, Inc.**

1325 E. Franklin Avenue

Pomona, CA 91766, USA

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