

# ASSEMBLY INSTRUCTIONS



Revision Date 08-23-05

## **Apollo Modular Gym System Inner Outer Thigh Station**

**Standard**

**Deluxe**



America's Premier Exercise Equipment



### About the Inner Outer Thigh Station

Congratulations on your new purchase of the Inner Outer Thigh Station. 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 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 - 90 lbs.

### Prior to the Assembly of the Inner Outer Thigh 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 Parts List and the Exploded View Diagram.

### Tool Requirements

1. One 7/8" combination wrench
2. One 3/4" combination wrench
3. One 9/16" combination wrench
4. One 1/2" combination wrench
5. One ratchet
6. One 9/16" socket
7. One rubber mallet
8. External retaining-ring pliers
9. Measuring tape
10. Utility knife

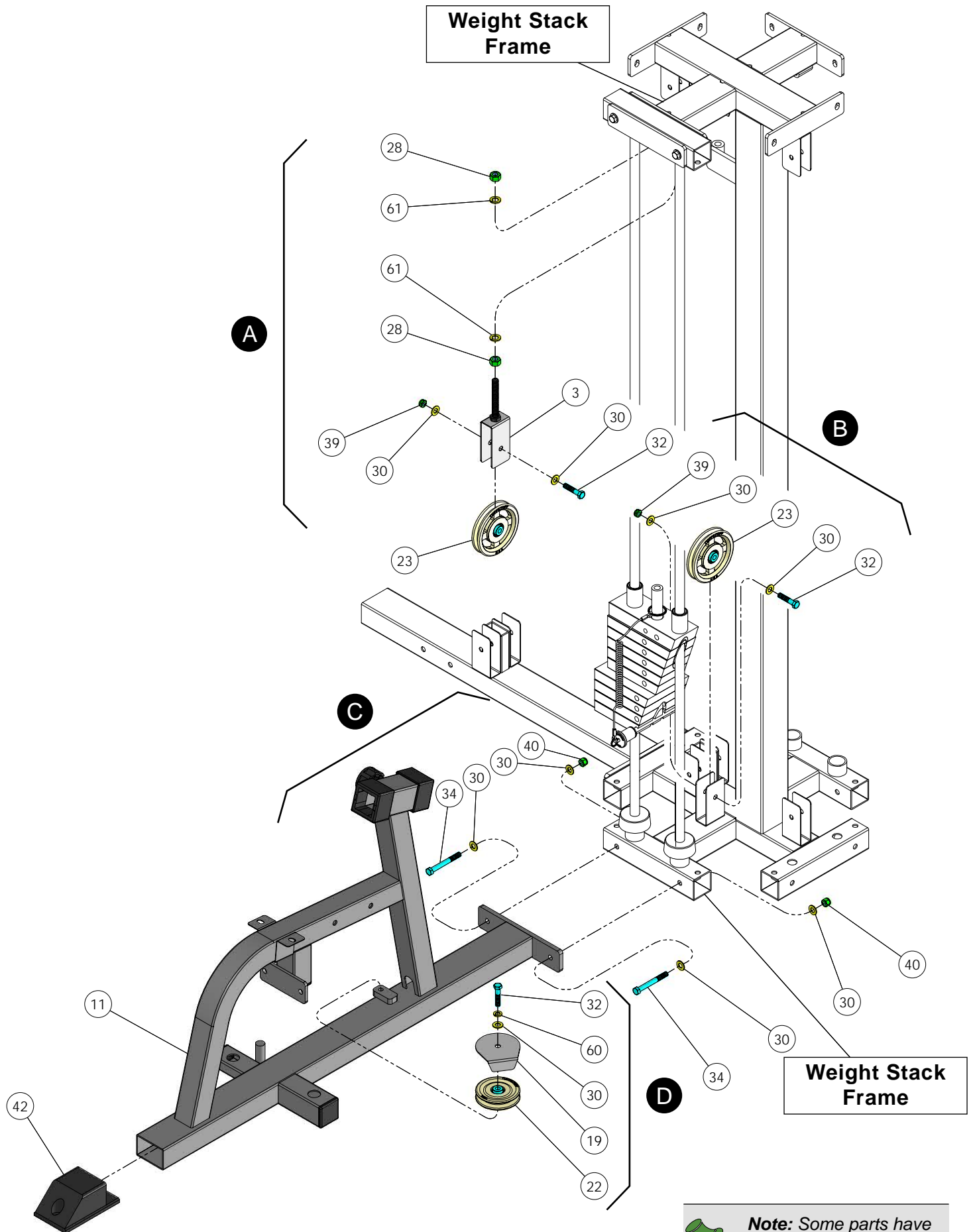
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.


## Step 1 Main Frame Assembly

- A** Assemble the **Adjustable Pulley Bracket (#3)** to the **Weight Stack Frame** using hardware shown.
- B** Attach a Pulley 3/8 X 4 1/2 (#23) to the **Weight Stack Frame** using hardware shown.
- C** Using a rubber mallet, insert a Plastic End Cap 2 X 3 (#42) onto the tube-end of the **Main Frame (#11)**. Next, affix the **Main Frame (#11)** to the **Weight Stack Frame** using hardware shown.
- D** Attach a Pulley 3/8 X 3 1/2 (#22) and a **Small Cover Plate 3 1/2 Pulley (#19)** to the **Main Frame (#11)** using hardware shown.

### Assembly List

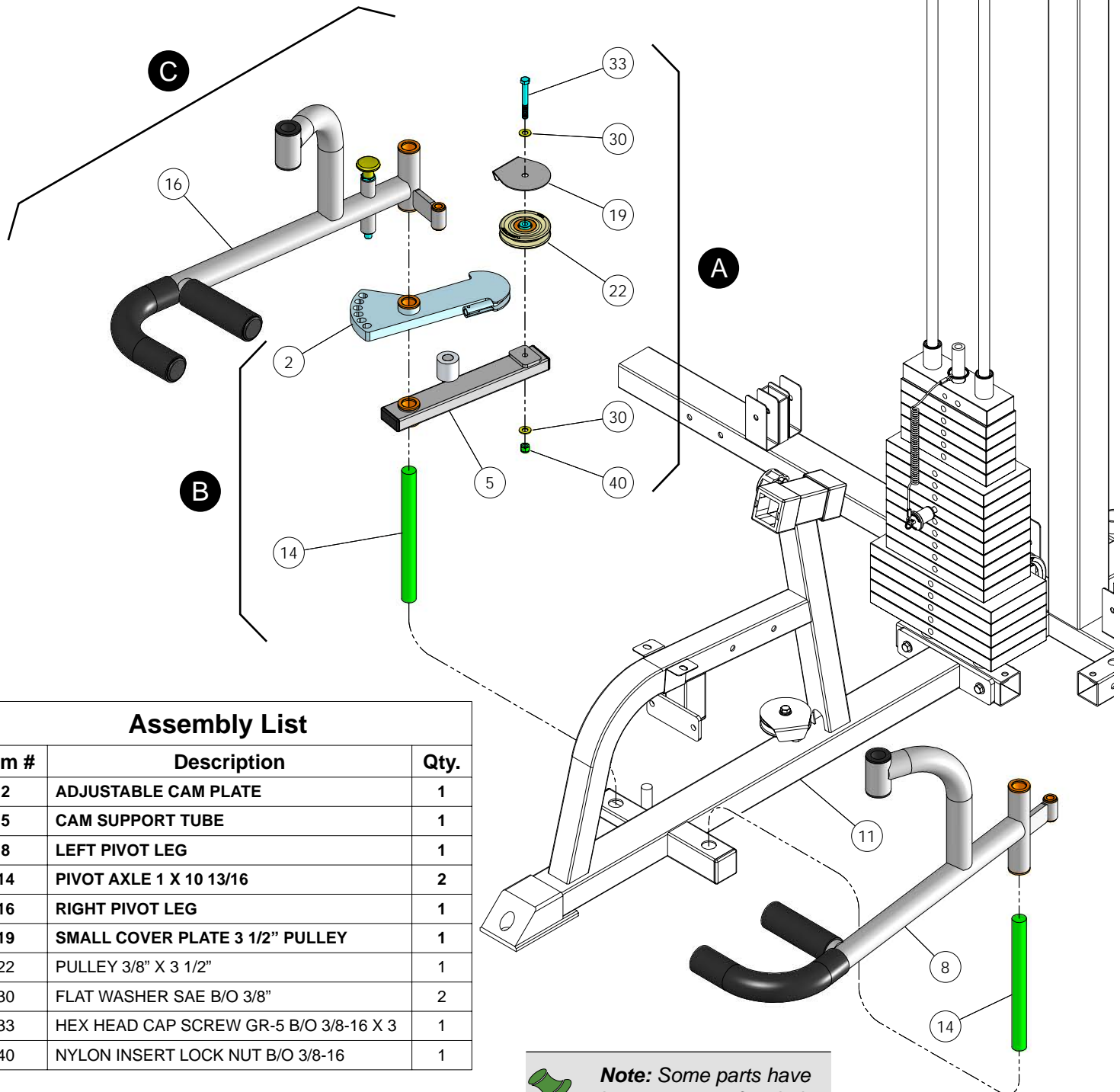
Item #	Description	Qty.	Item #	Description	Qty.
3	ADJUSTABLE PULLEY BRACKET	1	32	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	3
11	MAIN FRAME	1	34	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	2
19	SMALL COVER PLATE 3 1/2" PULLEY	1	39	NYLON INSERT JAM LOCK NUT B/O 3/8-16	2
22	PULLEY 3/8" X 3 1/2"	1	40	NYLON INSERT LOCK NUT B/O 3/8-16	2
23	PULLEY 3/8" X 4 1/2"	2	42	PLASTIC END CAP 2 X 3	1
28	FINISHED HEX NUT B/O 1/2-13	2	60	SPLIT LOCK WASHER B/O 3/8"	1
30	FLAT WASHER SAE B/O 3/8"	9	61	SPLIT LOCK WASHER Z/P 1/2"	2



 **Note:** Some parts have been cut away for clarity.

## Step 2 Attach Pivot Legs to Main Frame

- A** Attach a Pulley 3/8 X 3 1/2 (#22) and a **Small Cover Plate 3 1/2 Pulley (#19)** to the **Cam Support Tube (#5)** using hardware shown.
- B** Insert the **Pivot Axles (#14)** into the receptacles of the **Main Frame (#11)**. Next, attach the **Cam Support Tube (#5)** and the **Adjustable Cam Plate (#2)** to the right side **Pivot Axle (#14)**.
- C** Attach the **Pivot Legs (#8, 16)** to the **Pivot Axles (#14)**.



### Assembly List

Item #	Description	Qty.
2	ADJUSTABLE CAM PLATE	1
5	CAM SUPPORT TUBE	1
8	LEFT PIVOT LEG	1
14	PIVOT AXLE 1 X 10 13/16	2
16	RIGHT PIVOT LEG	1
19	SMALL COVER PLATE 3 1/2" PULLEY	1
22	PULLEY 3/8" X 3 1/2"	1
30	FLAT WASHER SAE B/O 3/8"	2
33	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	1
40	NYLON INSERT LOCK NUT B/O 3/8-16	1

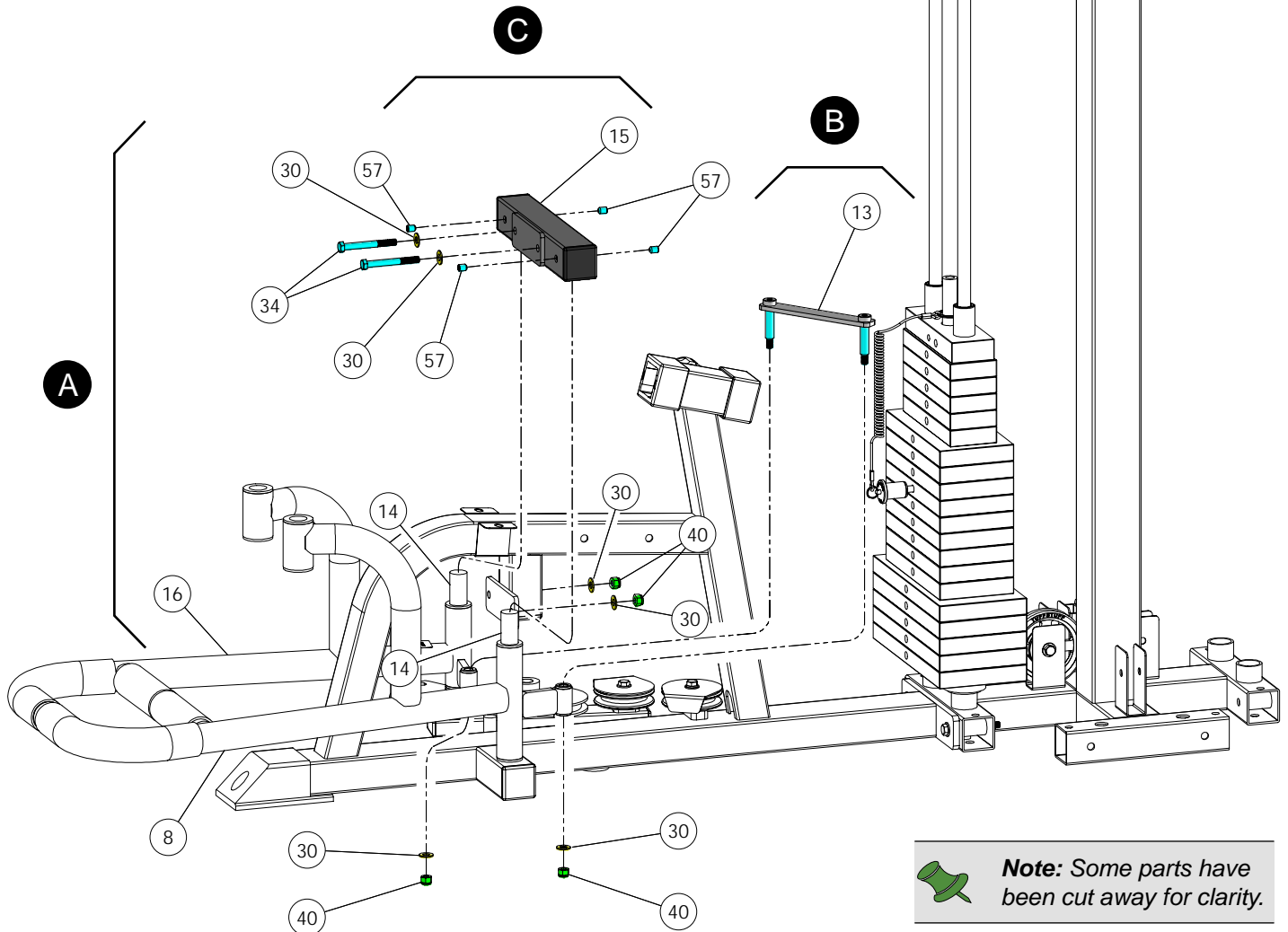


**Note:** Some parts have been cut away for clarity.

## Step 3 Connect Pivot Legs

- A** Maneuver the two **Pivot Axles (#14)** into the holes on the bottom side of the **Pivot Axle Support Tube (#15)**. Next, loosely fasten the **Pivot Axle Support Tube (#15)** along with the two captive **Pivot Axles (#14)** to the **Main Frame (#11)** using hardware shown.
- B** Attach the **Pivot Actuator Plate (#13)** to the **Pivot Legs (#8, 16)** receptacles and secure it into place using hardware shown.
- C** Tightly fasten the **Pivot Axle Support Tube (#15)** to the **Main Frame (#11)**. Then, thread the four **Socket Set Screws 3/8-16 X 1/2 (#57)** to align the **Pivot Legs (#8, 16)**.

Assembly List		
Item #	Description	Qty.
13	PIVOT ACTUATOR PLATE	1
15	PIVOT AXLE SUPPORT TUBE	1
30	FLAT WASHER SAE B/O 3/8"	6
34	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	2
40	NYLON INSERT LOCK NUT B/O 3/8-16	4
57	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	4



## Step 4 Handles and Leg Pad Pivot Brackets Assembly

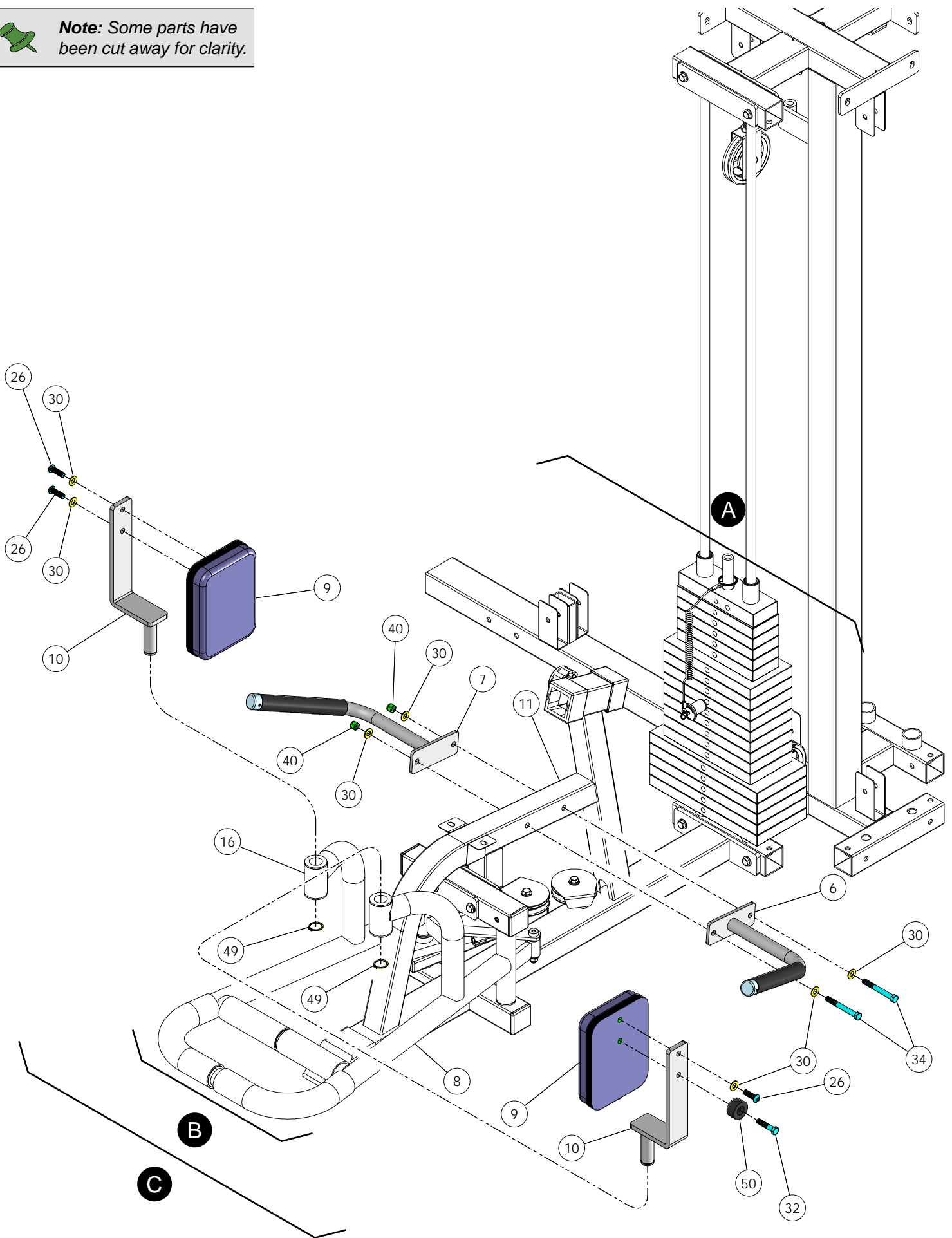
- A** Attach the **Handles (#6, #7)** to the **Main Frame (#11)** using hardware shown.
- B** Insert the **Leg Pad Pivot Brackets (#10)** into the receptacles of the **Pivot Legs (#8, 16)**. Next, secure the **Leg Pad Brackets (#10)** using the two Retaining Snap Rings (#49). If possible, use special snap ring pliers for this job. If tool is not available, carefully work each Retaining Snap Ring (#49) into the grooves of the **Leg Pad Pivot Brackets (#10)** then push up alternately with a screw driver working the Retaining Snap Ring into the groove.
- C** Attach the **Leg Pads (#9)** to the **Leg Pad Pivot Brackets (#10)** using hardware shown.

### Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
6	HANDLE (LT)	1	32	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	1
7	HANDLE (RT)	1	34	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	2
9	LEG PAD	2	40	NYLON INSERT LOCK NUT B/O 3/8-16	2
10	LEG PAD PIVOT BRACKET	2	49	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	2
26	BUTTON HEAD SOC CAP SCREW B/O 3/8-16 X 1 1/4	3	50	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	1
30	FLAT WASHER SAE B/O 3/8"	7			



**Note:** Some parts have been cut away for clarity.





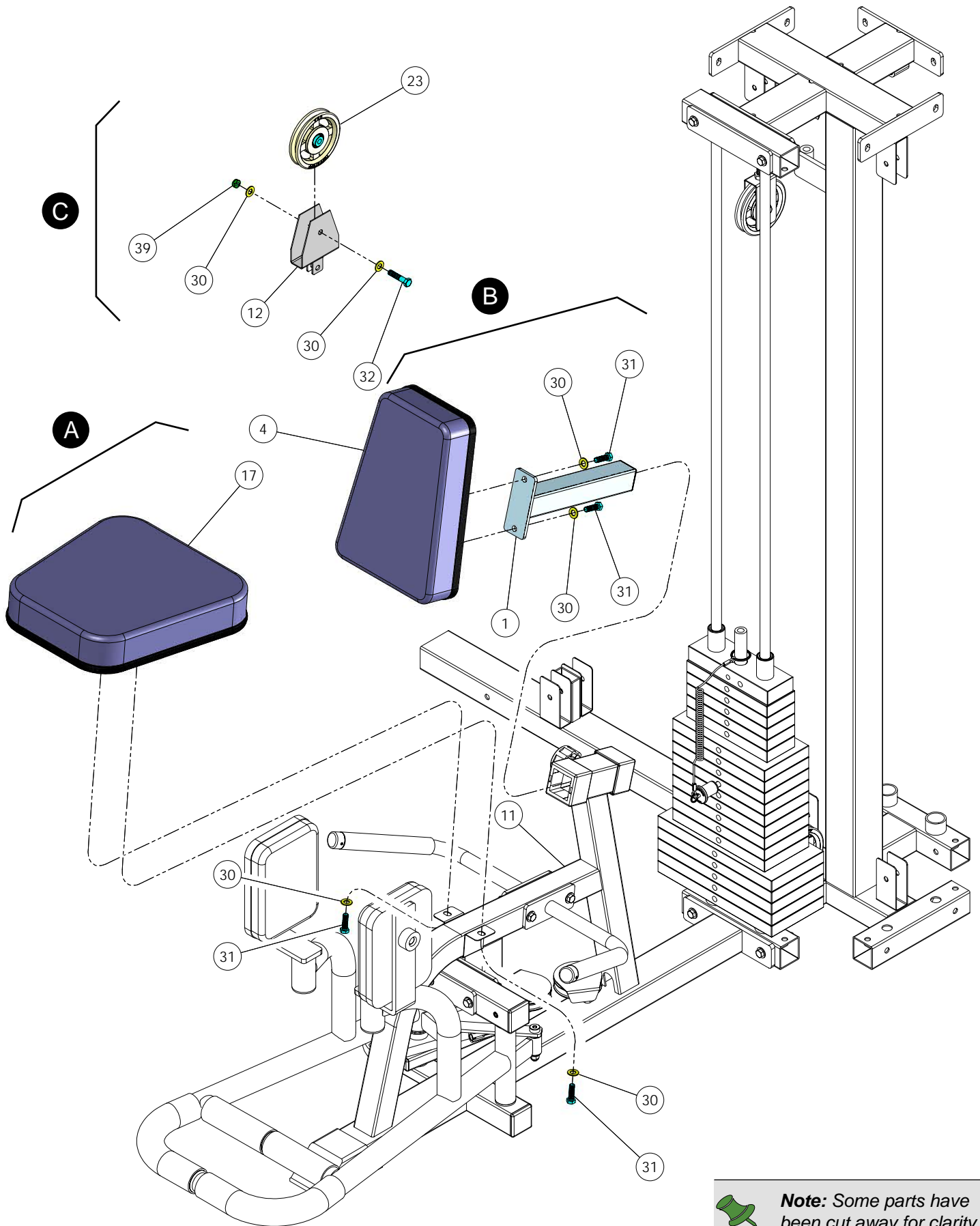
## Step 5 Seat Pad and Back Pad Assembly

- A** Attach the **Seat Pad (#17)** to the **Main Frame (#11)** using hardware shown.
- B** Attach the **Back Pad (#4)** to the **Adjustable Back Pad Tube (#1)** using hardware shown. Next, insert the **Adjustable Back Pad Tube (#1)** into the receptacle of the **Main Frame (#11)**.
- C** Attach a Pulley 3/8 X 4 1/2 (#23) to the **Floating Pulley Bracket (#12)** using hardware shown.

### Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
1	ADJUSTABLE BACK PAD TUBE	1	30	FLAT WASHER SAE B/O 3/8"	6
4	BACK PAD	1	31	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	4
12	FLOATING PULLEY BRACKET	1	32	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	1
17	SEAT PAD	1	39	NYLON INSERT JAM LOCK NUT B/O 3/8-16	1
23	PULLEY 3/8" X 4 1/2"	1			





## Step 6 Cable Routing

- A. Connect the **Weight Stack Cable (#20)** to the **Top Plate Selector Bar** using hardware shown. See **FIG. A**.
- B. Next, route the **Weight Stack Cable (#20)** up and over the Pulley 3/8 X 4 1/2 (#23-Labeled **G1**), then route down and under the Pulley 3/8 X 4 1/2 (#23-Labeled **G2**).
- C. Connect the **Weight Stack Cable (#20)** to the **Weight Stack Frame** using hardware shown. See **FIG. B**.
- D. Secure the looped end of the **Short Cable (#18)** to the **Floating Pulley Bracket (#12)** using one Shoulder Bolt 3/8 X 3/4 (#54) and one Nylon Insert Lock Nut 5/16-18 (#41). See **FIG. C**.
- E. Route the **Short Cable (#18)** down and under the Pulley 3/8 X 4 1/2 (#23-Labeled **G3**).
- F. Next, route the cable under the Weight Stack. Then, route the cable around the Pulleys 3/8" X 3 1/2" (#22-Labeled **G4** & **G5**) passing the cable between the pulleys and the Cover Plates.
- G. Attach the **Short Cable (#18)** to the **Adjustable Cam Plate (#2)** and secure it into place using the Socket Head Cap Screw 1/4-20 X 3/4 (#55). See **FIG. D**.

### Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
18	SHORT CABLE	1	55	SOCKET HEAD CAP SCREW B/O 1/4-20 X 3/4	1
20	WEIGHT STACK CABLE	1	58	SPLIT BOLT Z/P 1/2-13 X 1	1
28	FINISHED HEX NUT B/O 1/2-13	1	59	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	1
41	NYLON INSERT LOCK NUT B/O 5/16-18	1	61	SPLIT LOCK WASHER Z/P 1/2"	2
54	SHOULDER BOLT ALLOY 3/8 X 3/4	1			

**CHART**

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

## **Inner Outer Thigh Station (Deluxe)**

### **Parts List**

ITEM NO.	DESCRIPTION	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
1	<b>ADJUSTABLE BACK PAD TUBE</b>	<b>UP0361</b>	1	34	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	6
2	<b>ADJUSTABLE CAM PLATE</b>	<b>UP0846</b>	1	35	HEX KEY ALLOY 3/16"	BNH0371	1
3	<b>ADJUSTABLE PULLEY BRACKET</b>	<b>UP0127</b>	1	36	HEX KEY ALLOY 3/32"	BNH0372	1
4	<b>BACK PAD</b>	<b>UP0158</b>	1	37	HEX KEY ALLOY 7/32"	BNH0575	1
5	<b>CAM SUPPORT TUBE</b>	<b>UP2886</b>	1	38	NYLON BUSHING 1 X 1 1/2 X 7/8 X 1 3/4 X 1/8	BNH0531	4
6	<b>HANDLE (LT)</b>	<b>UP0271</b>	1	39	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	3
7	<b>HANDLE (RT)</b>	<b>UP0270</b>	1	40	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	9
8	<b>LEFT PIVOT LEG</b>	<b>UP0352</b>	1	41	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	1
9	<b>LEG PAD</b>	<b>UP0365</b>	2	42	PLASTIC END CAP 2 X 3	BNH0606	1
10	<b>LEG PAD PIVOT BRACKET</b>	<b>UP0364</b>	2	43	PLASTIC INSERT CAP 1 3/4" RD 10-14 GA	BNH0011	4
11	<b>MAIN FRAME</b>	<b>UP2116</b>	1	44	PLASTIC INSERT CAP 1 3/4" SQ 10-14 GA	BNH0053	1
12	<b>FLOATING PULLEY BRACKET</b>	<b>UP0110</b>	1	45	PLASTIC INSERT CAP 1" X 2" 10-14 GA	BNH0005	3
13	<b>PIVOT ACTUATOR PLATE</b>	<b>UP0357</b>	1	46	PLASTIC INSERT CAP 2" SQ 10-14 GA	BNH0012	4
14	<b>PIVOT AXLE 1 X 10 13/16</b>	<b>UP0363</b>	2	47	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/4" SQ	BNH0059	2
15	<b>PIVOT AXLE SUPPORT TUBE</b>	<b>UP0848</b>	1	48	PULL PIN 1/2 X 5 5/8 (YELLOW KNOB)	BNH0701	1
16	<b>RIGHT PIVOT LEG</b>	<b>UP0852</b>	1	49	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	BNH0419	2
17	<b>SEAT PAD</b>	<b>UP0188</b>	1	50	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	BNH0514	1
18	<b>SHORT CABLE</b>	<b>UP2117</b>	1	51	RUBBER GRIP 1 ID X .125 X 8	BNH0966	2
19	<b>SMALL COVER PLATE 3 1/2" PULLEY</b>	<b>UP1000</b>	2	52	RUBBER TUBE 1.625 ID X .125 WALL X 11 3/4	BNH0980	2
20	<b>WEIGHT STACK CABLE</b>	<b>UP2118</b>	1	53	RUBBER TUBE 1.625 ID X .125 WALL X 6	BNH0978	2
21	ALUMINUM CAP 1.020" RD	BNH0537	2	54	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	1
22	ALUMINUM PULLEY 3/8" X 3 1/2"	BNH1266	2	55	SOCKET HEAD CAP SCREW B/O 1/4-20 X 3/4	BNH0452	1
23	ALUMINUM PULLEY 3/8" X 4 1/2"	BNH0069	3	56	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	4
24	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	8	57	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	4
25	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8	BNH0528	4	58	SPLIT BOLT Z/P 1/2-13 X 1	BNH0479	1
26	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1 1/4	BNH0896	3	59	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNH1131	1
27	DECAL-DANGER TIGHTEN THIS RET..., 3/4 X 1 1/2	BNH0142	1	60	SPLIT LOCK WASHER B/O 3/8"	BNH0658	1
28	FINISHED HEX NUT B/O 1/2-13	BNH0201	3	61	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	4
29	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	1	62	TURN/PULL PIN W/KNOB AND LOCK	BNH0989	1
30	FLAT WASHER SAE B/O 3/8"	BNH0239	30	63	UHMW PLASTIC 3/4" ID X 1 1/2" OD X 1 1/2" H	BNH1272	1
31	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	BNH0273	4	64	URETHANE BUMPER 1 3/4	BNH0229	1
32	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	5	65	DECAL-EXERCISE INNER OUTER THIGH STATION	BNH1678	1
33	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	1				

## **Inner Outer Thigh Station (Standard)**

### **Parts List**

**All parts same as Inner Outer Thigh Station (Deluxe), except for the parts listed below**

ITEM NO.	DESCRIPTION	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
22	NYLON PULLEY 3/8 X 3 1/2	BNH0553	2	23	NYLON PULLEY 3/8 X 4 1/2	BNH0506	3

**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.**

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