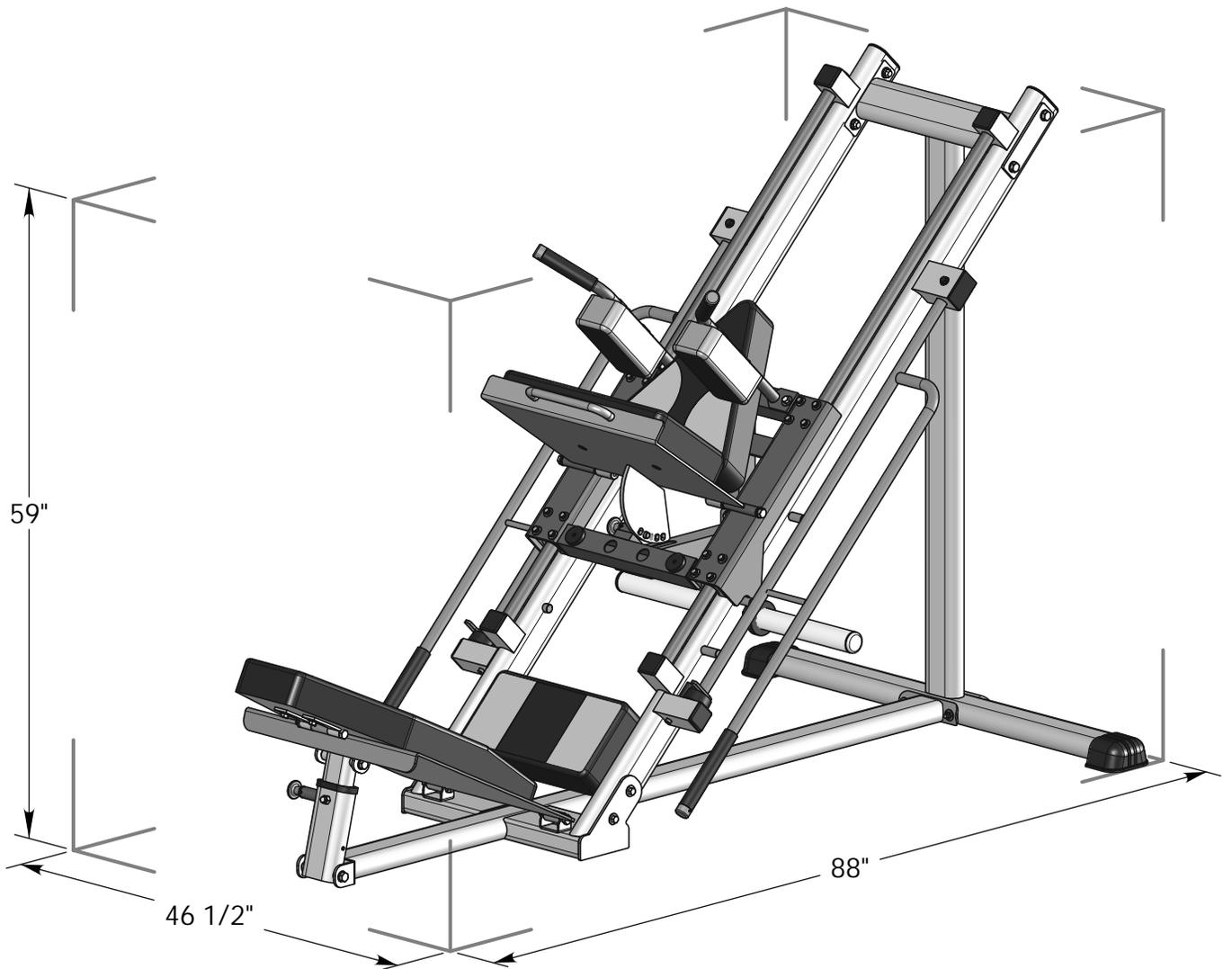


OWNER'S MANUAL



RLP-200

Leg Press / Hack Squat



AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RLP-200 Leg Press / Hack Squat

Congratulations on your new purchase of the **Leg Press / Hack Squat**. 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 - 500 lbs.
2. Total Machine Weight - 395 lbs.
3. Footprint (LWH) - See Front Cover.

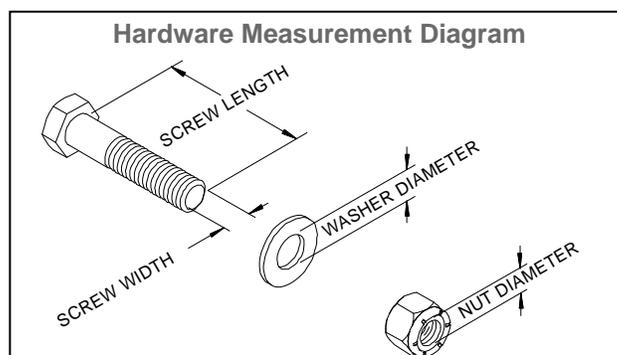
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Leg Press / Hack Squat

1. 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 7/8" combination wrench
2. Two 3/4" combination wrenches
3. One 9/16" combination wrench
4. One ratchet
5. One 3/4" socket
6. One 9/16" socket
7. One 1/2" socket
8. Windex or household glass cleaner
9. Measuring tape
10. Utility knife
11. Rubber Mallet



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 Assembly Instructions 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 TuffStuff product prior to use. Some of this information can be obtained in this Assembly Instructions, as-well-as from your local TuffStuff Retailer.
2. It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement of the Assembly Instructions and labels are available from your local TuffStuff Retailer.
3. Consult with your physician before beginning any exercise program.
4. Use proper discretion when children are present.
5. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
6. Do not attempt to lift more weight than you can control safely.
7. Inspect the Leg Press / Hack Squat for any sign of wear on parts, hardware becoming loose or cracks on welds. If a Problem is found **do not use or allow the machine to be used** until defective part is repaired or replaced.
8. Pay special attention to the Pull Pin 1/2 X 3 1/2 (#63) located on the **Carriage (#5)**. Be sure the Pull Pin's nut is fully fastened and the Pin is fully engaged into the selected hole of the **Adjustable Foot Plate (#2)**, when setting up the unit for the Leg Press Exercise. See **Fig. A**.
9. When locking the **Carriage (#5)** in place, make sure the locking mechanism is fully engaged. See **Fig. B**.
10. Before you add weight plates to the **Carriage (#5)**, you should first set-up the unit for the desired exercise.

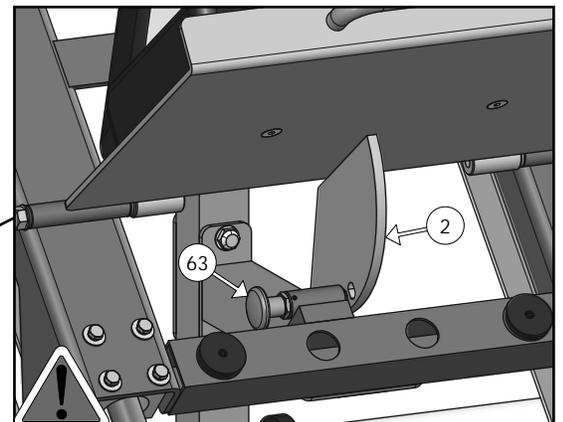
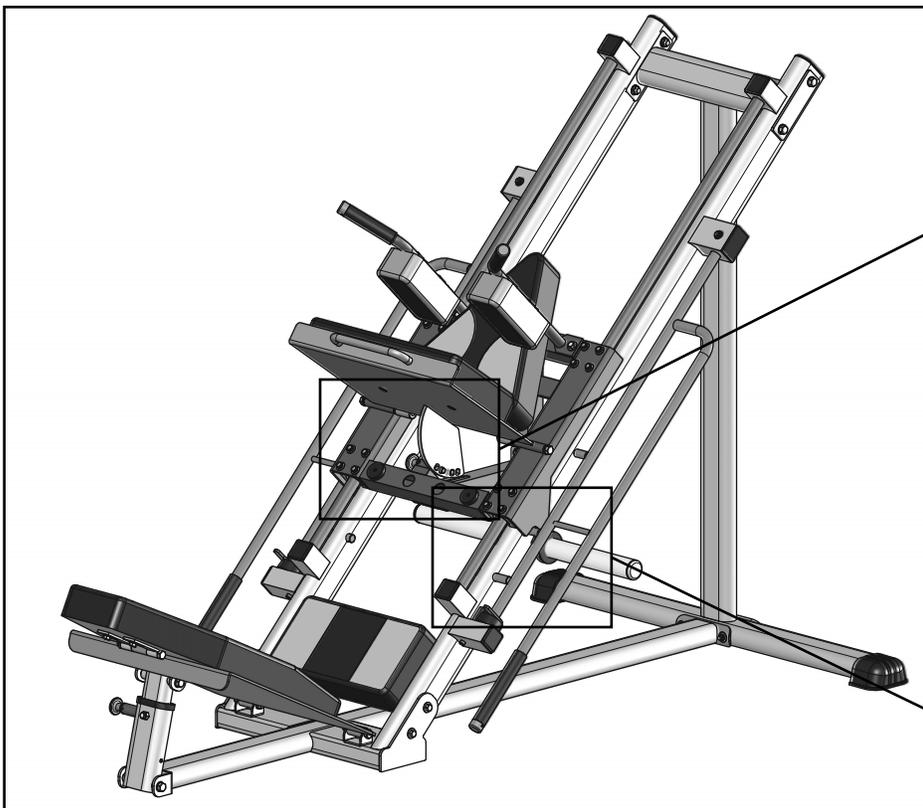


Fig. A **Caution:** Be sure the Pull Pin's nut is fully fastened and the Pin is fully engaged into the selected hole of the **Adjustable Foot Plate (#2)**, when setting up the unit for the Leg Press Exercise.

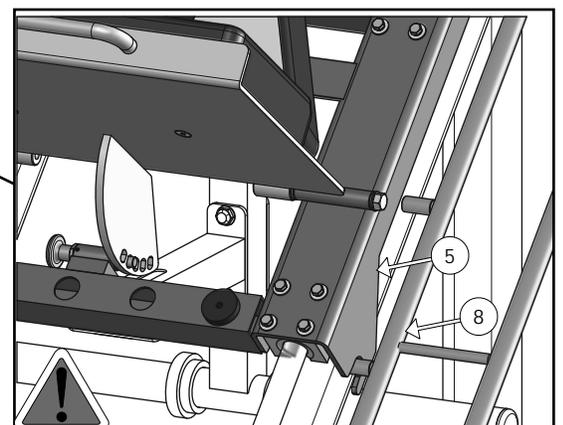
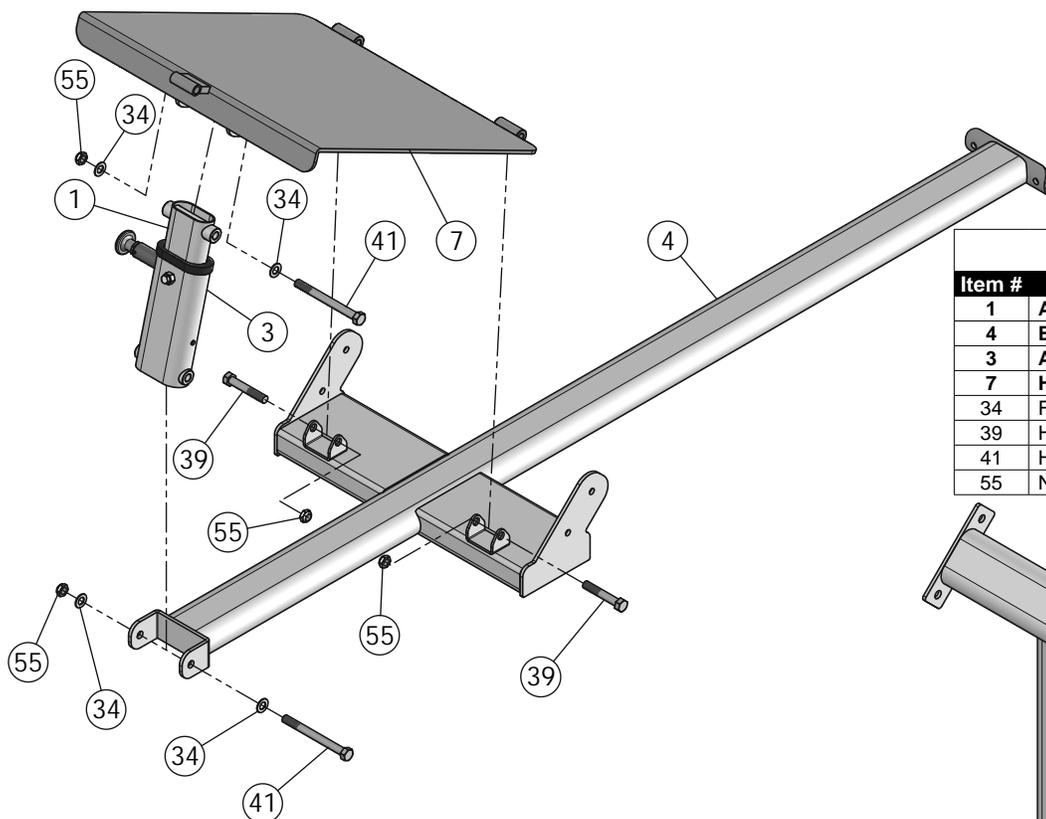
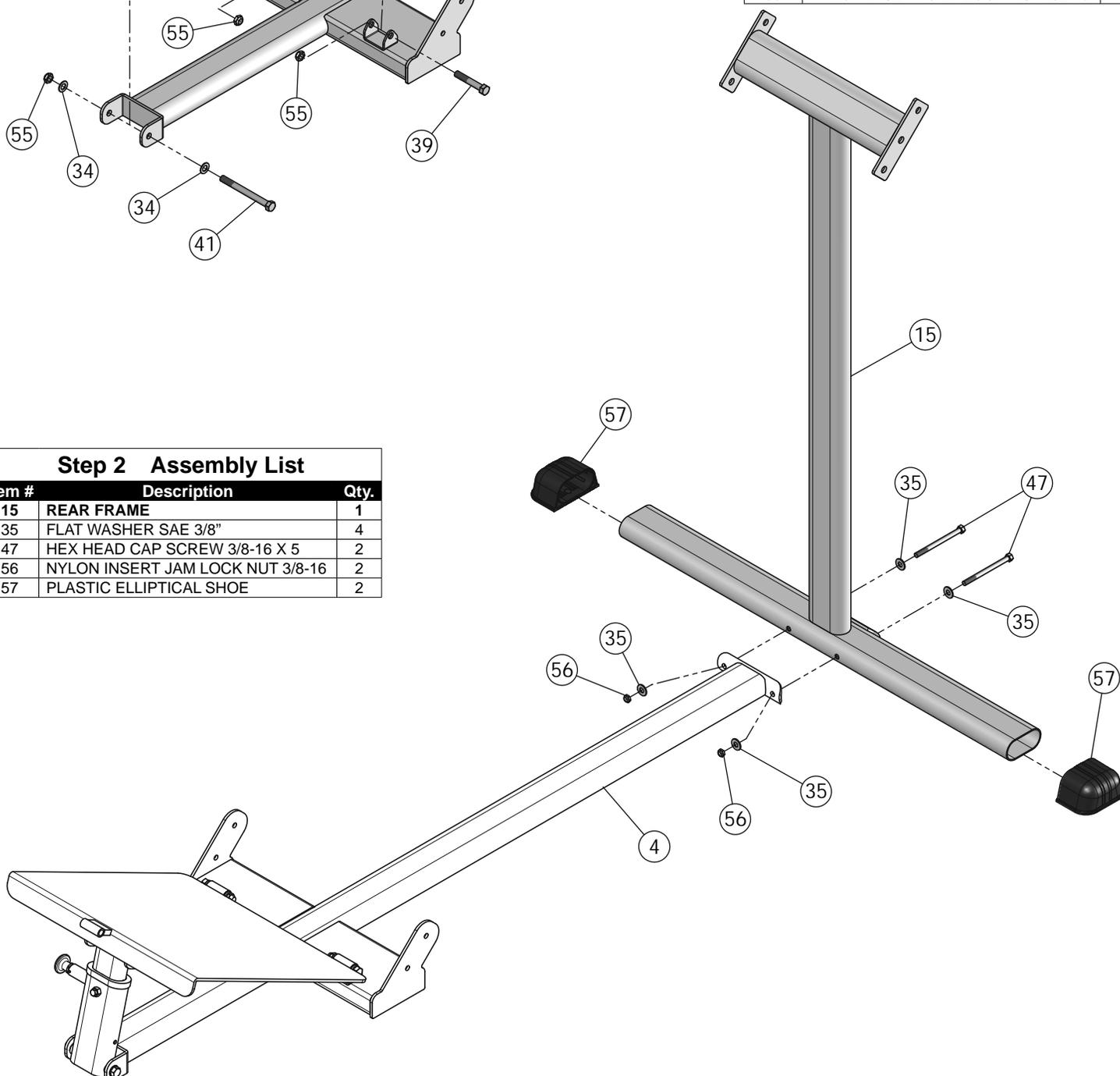


Fig. B **Caution:** Make sure the locking mechanism is fully engaged.



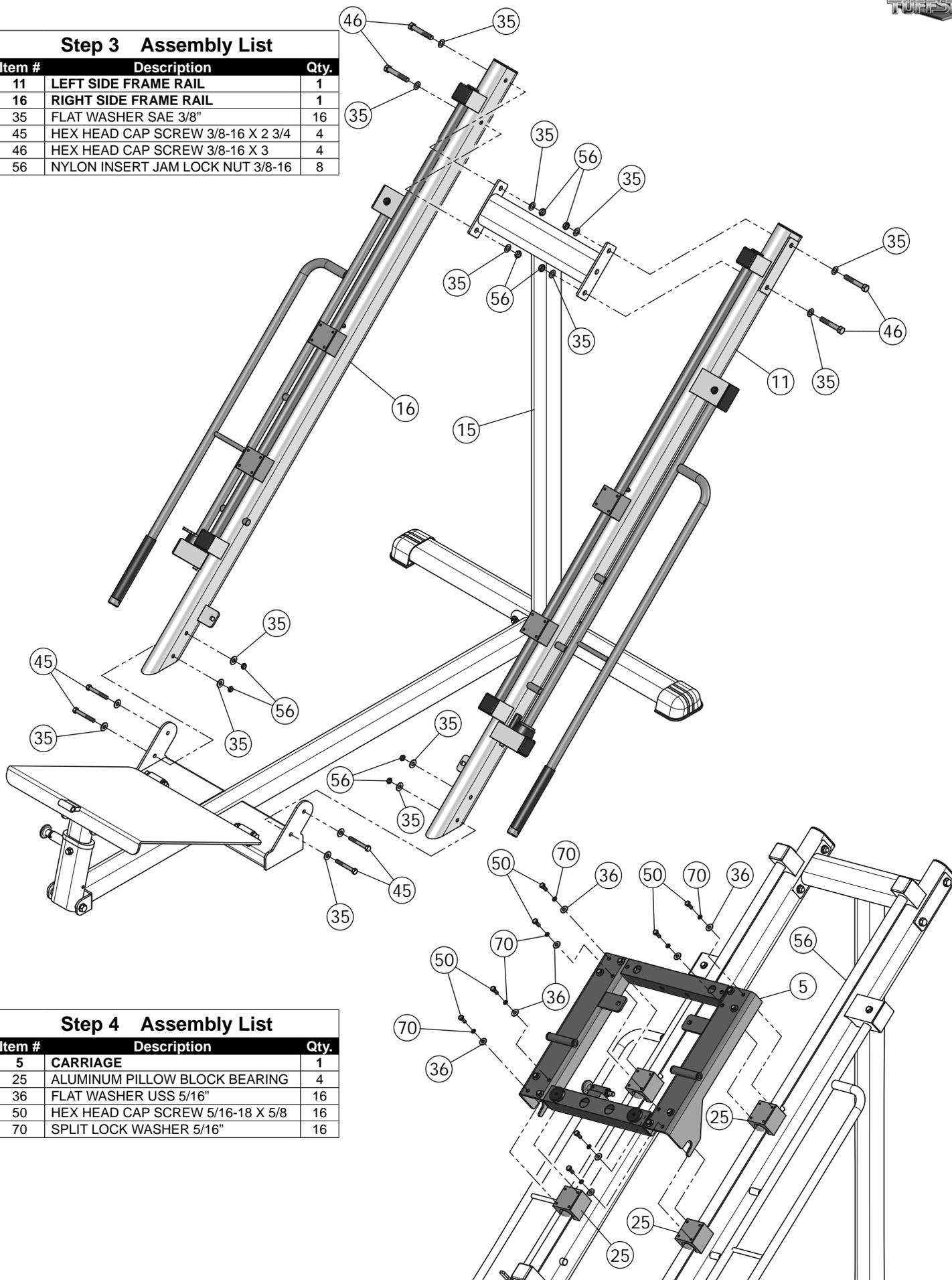
Step 1 Assembly List		
Item #	Description	Qty.
1	ADJUSTABLE CHROME TUBE	1
4	BASE FRAME	1
3	ADJUSTMENT TUBE HOUSING	1
7	HACK SQUAT FOOT PLATE	1
34	FLAT WASHER SAE 1/2"	4
39	HEX HEAD CAP SCREW 1/2-13 X 3	2
41	HEX HEAD CAP SCREW 1/2-13 X 5 5/16	2
55	NYLON INSERT JAM LOCK NUT 1/2-13	4

Step 2 Assembly List		
Item #	Description	Qty.
15	REAR FRAME	1
35	FLAT WASHER SAE 3/8"	4
47	HEX HEAD CAP SCREW 3/8-16 X 5	2
56	NYLON INSERT JAM LOCK NUT 3/8-16	2
57	PLASTIC ELLIPTICAL SHOE	2



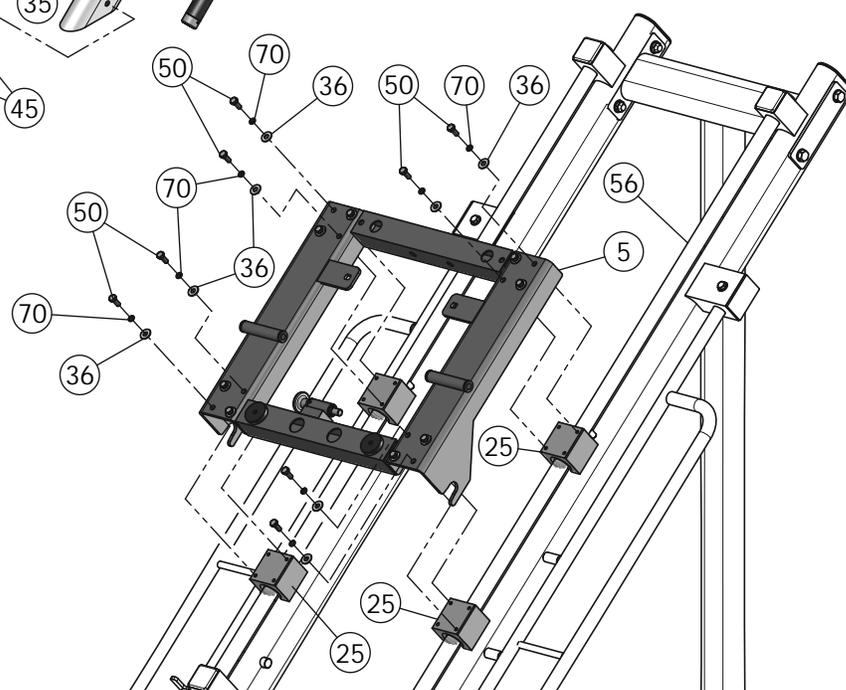
Step 3 Assembly List

Item #	Description	Qty.
11	LEFT SIDE FRAME RAIL	1
16	RIGHT SIDE FRAME RAIL	1
35	FLAT WASHER SAE 3/8"	16
45	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	4
46	HEX HEAD CAP SCREW 3/8-16 X 3	4
56	NYLON INSERT JAM LOCK NUT 3/8-16	8



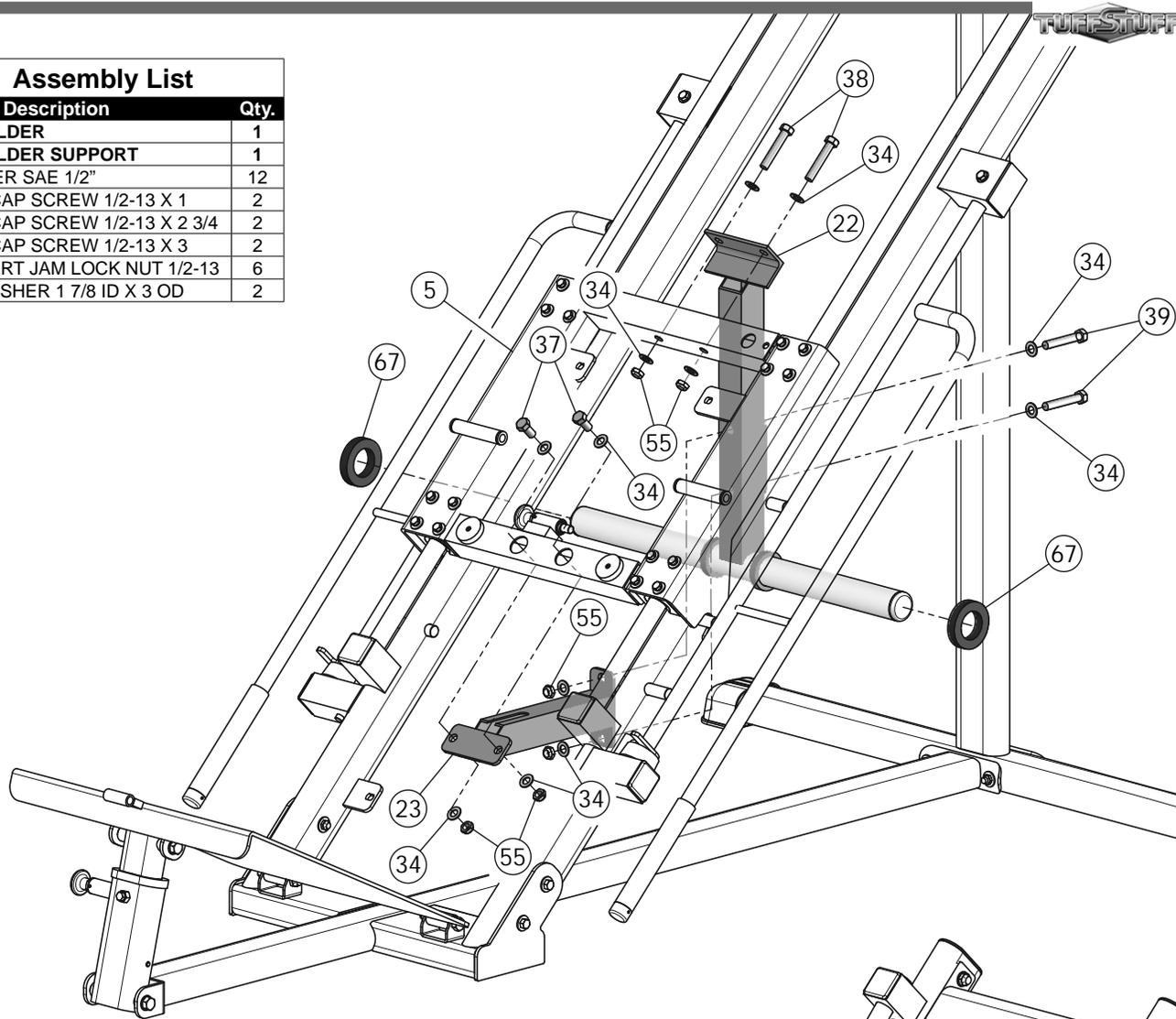
Step 4 Assembly List

Item #	Description	Qty.
5	CARRIAGE	1
25	ALUMINUM PILLOW BLOCK BEARING	4
36	FLAT WASHER USS 5/16"	16
50	HEX HEAD CAP SCREW 5/16-18 X 5/8	16
70	SPLIT LOCK WASHER 5/16"	16



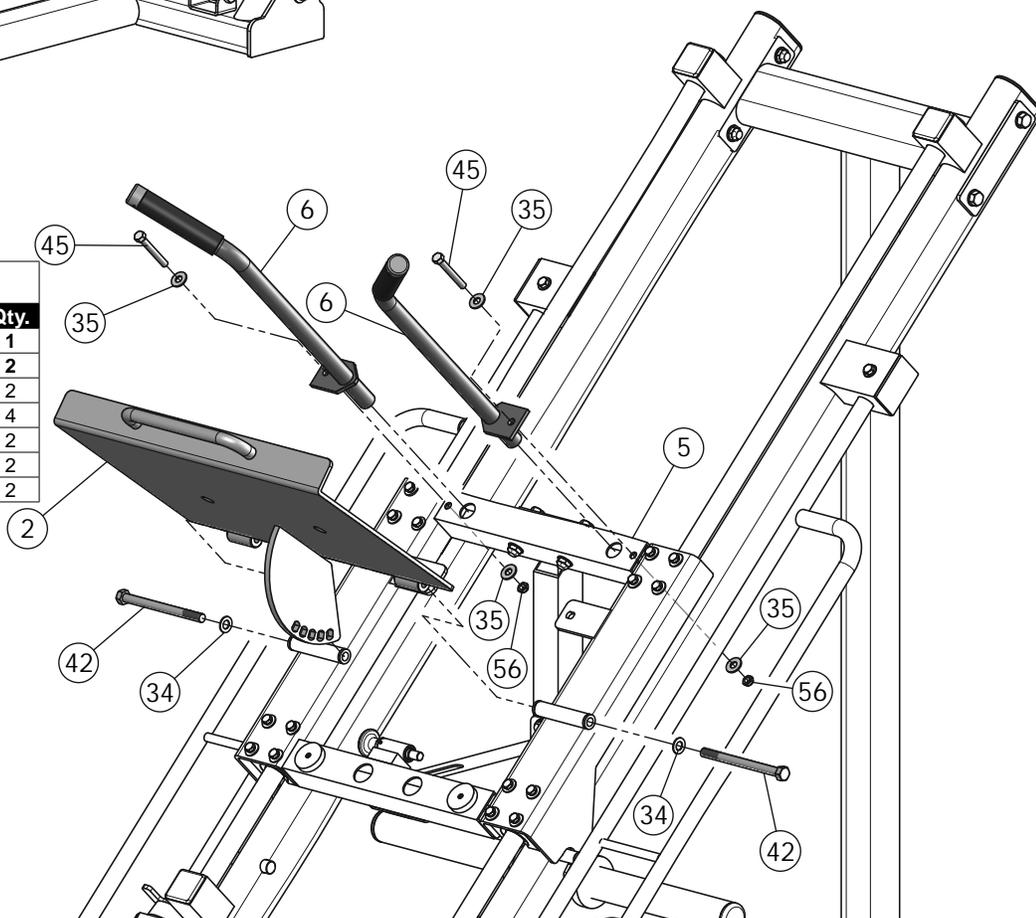
Step 5 Assembly List

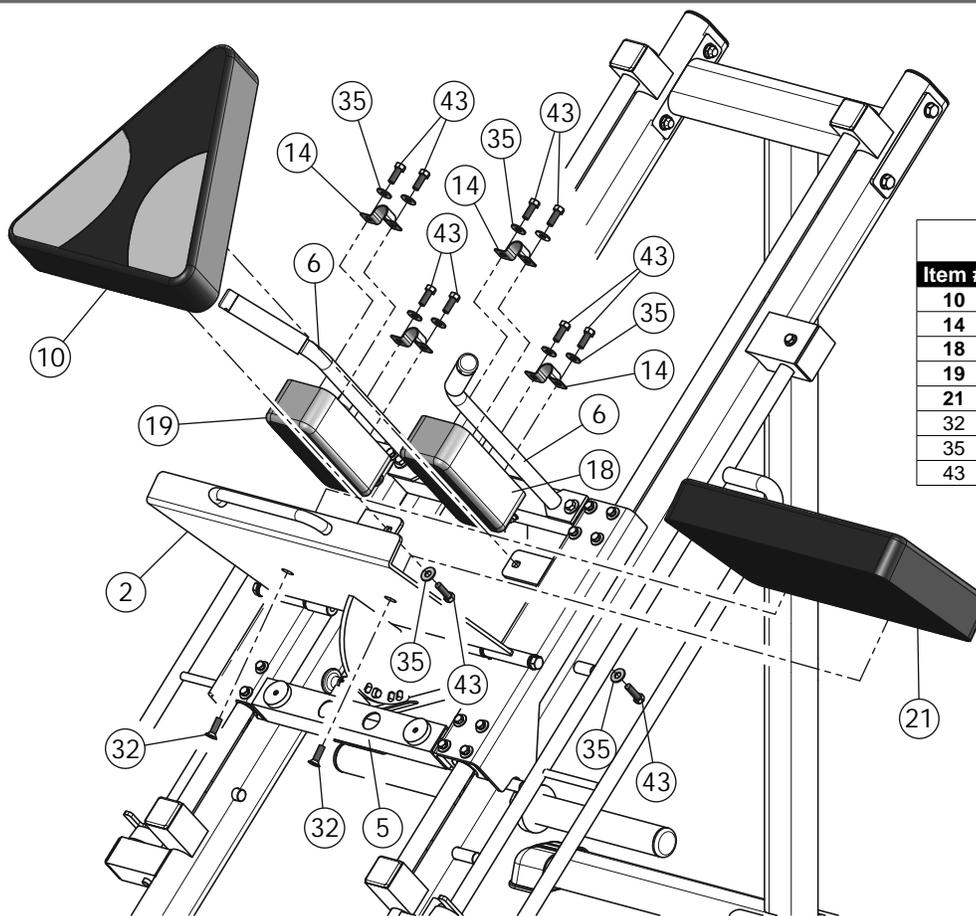
Item #	Description	Qty.
22	WEIGHT HOLDER	1
23	WEIGHT HOLDER SUPPORT	1
34	FLAT WASHER SAE 1/2"	12
37	HEX HEAD CAP SCREW 1/2-13 X 1	2
38	HEX HEAD CAP SCREW 1/2-13 X 2 3/4	2
39	HEX HEAD CAP SCREW 1/2-13 X 3	2
55	NYLON INSERT JAM LOCK NUT 1/2-13	6
67	RUBBER WASHER 1 7/8 ID X 3 OD	2



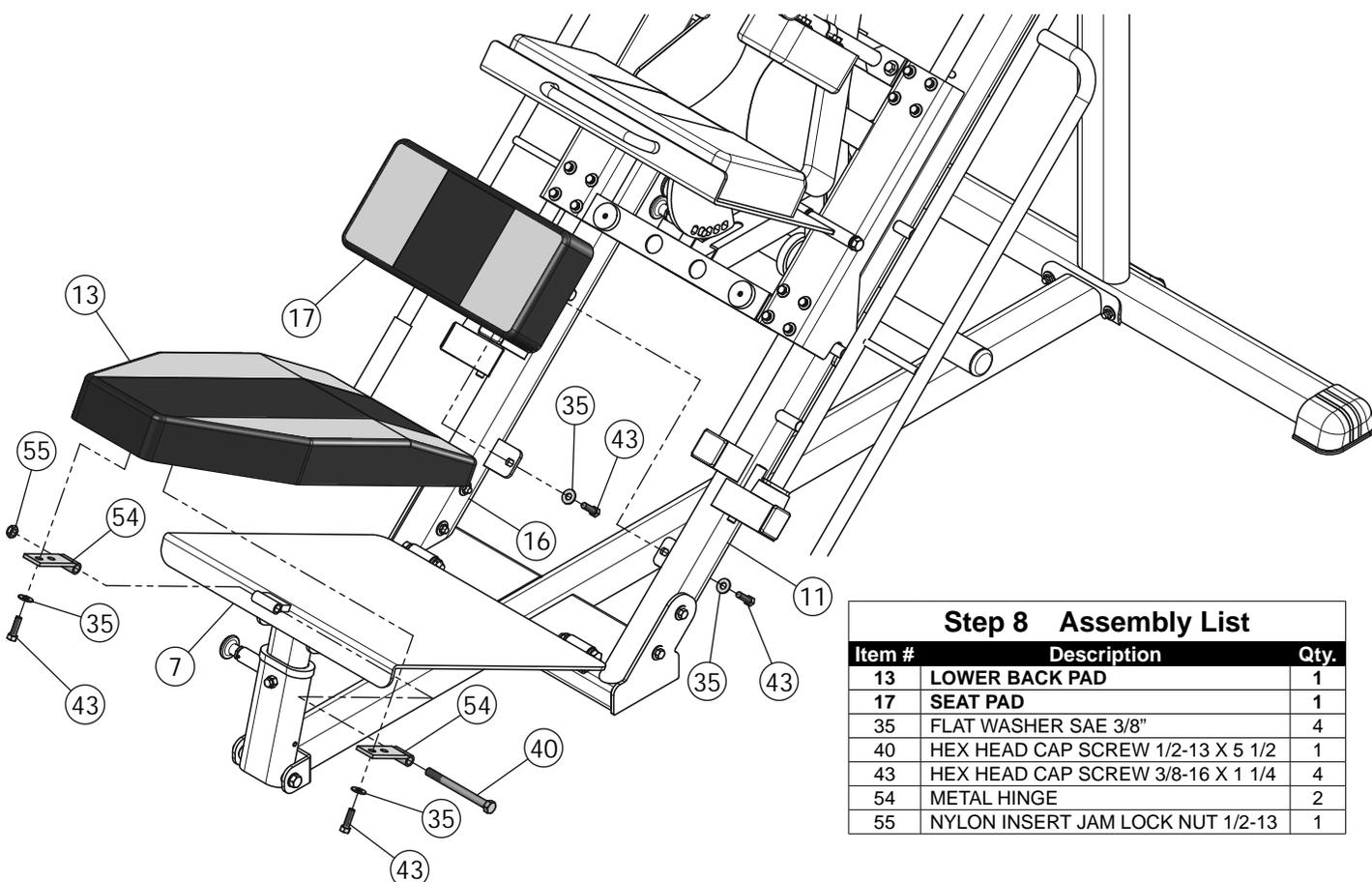
Step 6 Assembly List

Item #	Description	Qty.
2	ADJUSTABLE FOOT PLATE	1
6	CARRIAGE HANDLE	2
34	FLAT WASHER SAE 1/2"	2
35	FLAT WASHER SAE 3/8"	4
42	HEX HEAD CAP SCREW 1/2-13 X 6 1/4	2
45	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	2
56	NYLON INSERT JAM LOCK NUT 3/8-16	2





Step 7 Assembly List		
Item #	Description	Qty.
10	HEAD SUPPORT PAD	1
14	PAD BRACKET	4
18	SHOULDER PAD LT SIDE	1
19	SHOULDER PAD RT SIDE	1
21	UPPER BACK PAD	1
32	FLAT HEAD SCREW 3/8-16 X 1 1/4	2
35	FLAT WASHER SAE 3/8"	10
43	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	10



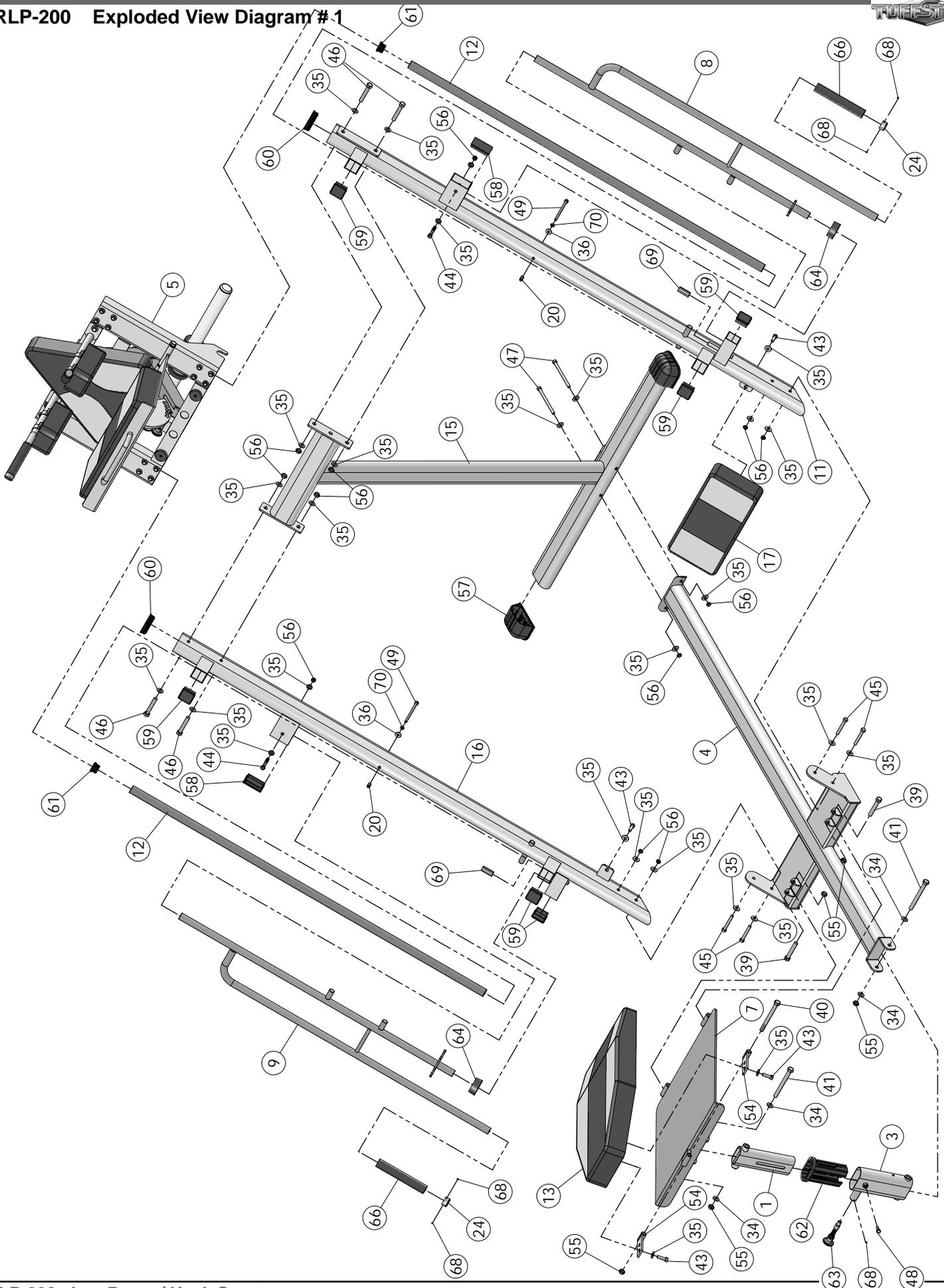
Step 8 Assembly List		
Item #	Description	Qty.
13	LOWER BACK PAD	1
17	SEAT PAD	1
35	FLAT WASHER SAE 3/8"	4
40	HEX HEAD CAP SCREW 1/2-13 X 5 1/2	1
43	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	4
54	METAL HINGE	2
55	NYLON INSERT JAM LOCK NUT 1/2-13	1

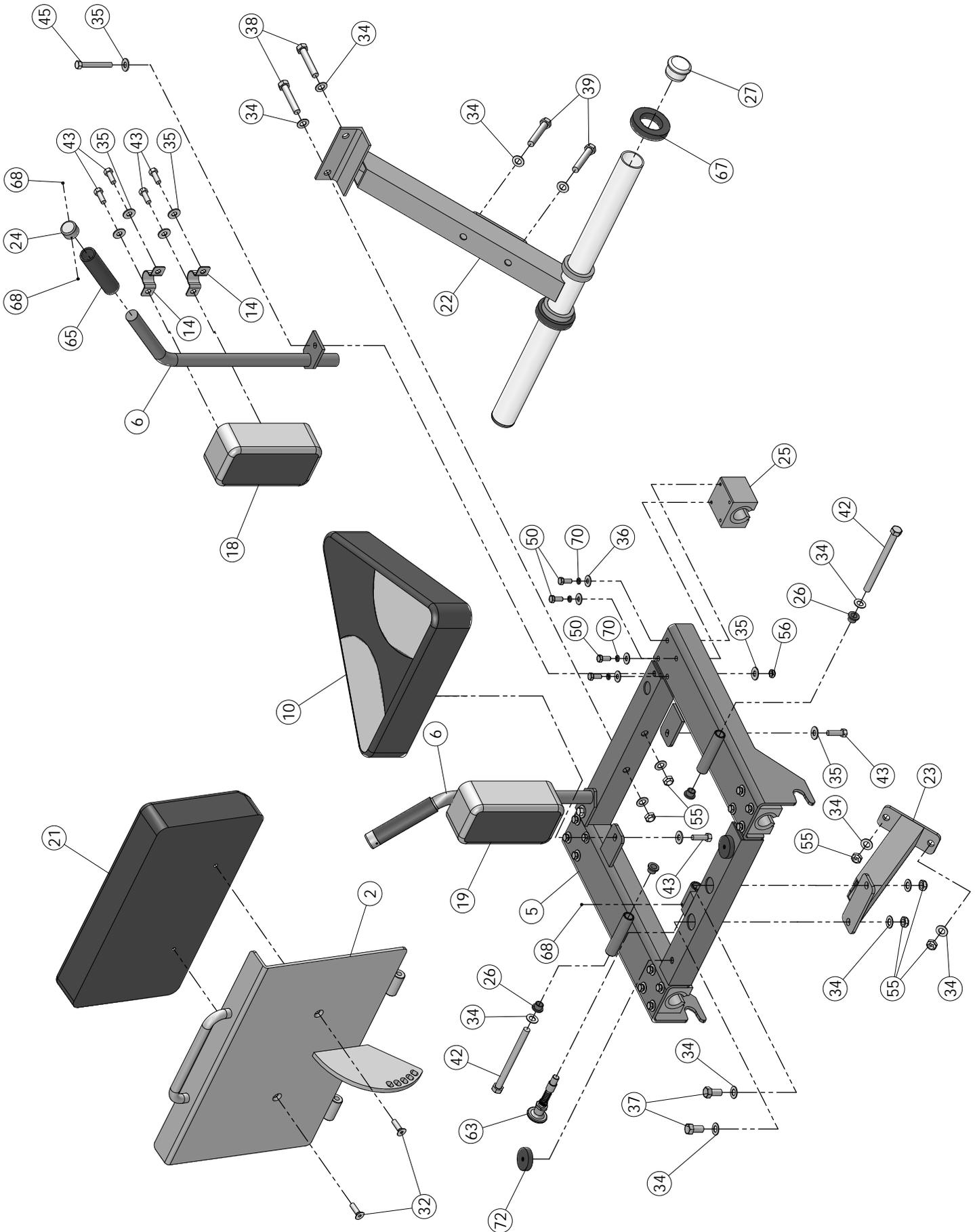
COLOR CHART
BOLD FONT = SUB-ASSEMBLY PARTS
BLACK= HARDWARE

RLP-200 Parts List

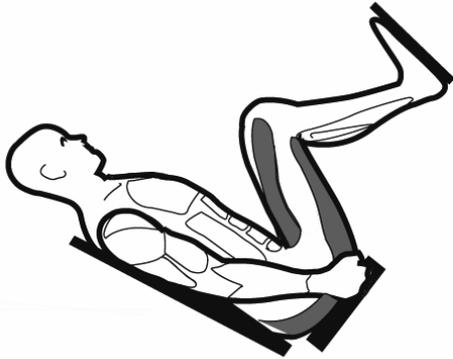
REV0

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	ADJUSTABLE CHROME TUBE	0	UP3938	1	37	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 1	BNH0842	2
2	ADJUSTABLE FOOT PLATE	0	UP3939	1	38	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 2 3/4	BNH2065	2
3	ADJUSTMENT TUBE HOUSING	0	UP3940	1	39	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 3	BNH0331	4
4	BASE FRAME	0	UP3941	1	40	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 5 1/2	BNH2066	1
5	CARRIAGE	0	UP3942	1	41	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 5 5/16	BNH2048	2
6	CARRIAGE HANDLE	0	UP3943	2	42	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 6 1/4	BNH2067	2
7	HACK SQUAT FOOT PLATE	0	UP3944	1	43	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	14
8	HANDLE STOPPER LEFT SIDE	0	UP2229	1	44	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	BNH2044	2
9	HANDLE STOPPER RIGHT SIDE	0	UP2228	1	45	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	6
10	HEAD SUPPORT PAD	0	UP3945	1	46	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	4
11	LEFT SIDE FRAME RAIL	0	UP3946	1	47	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	2
12	LINEAR SHAFT 1 3/16 X 59 1/2	0	UP3947	2	48	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 3/4	BNH2049	1
13	LOWER BACK PAD	0	UP3948	1	49	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 5 1/2	BNH2069	2
14	PAD BRACKET	0	UP0087	4	50	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 5/8	BNH2068	16
15	REAR FRAME	0	UP3949	1	51	HEX KEY 3/32"	BNH0373	1
16	RIGHT SIDE FRAME RAIL	0	UP3950	1	52	HEX KEY 7/32"	BNH0575	1
17	SEAT PAD	0	UP3951	1	53	LITHIUM GREASE SMALL CONTAINER	BNH0705	1
18	SHOULDER PAD LT SIDE	0	UP3952	1	54	METAL HINGE	BNH0046	2
19	SHOULDER PAD RT SIDE	0	UP3953	1	55	NYLON INSERT JAM LOCK NUT Z/P 1/2-13	BNH2027	11
20	SPACER 7/8	0	UP3954	2	56	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	14
21	UPPER BACK PAD	0	UP3955	1	57	PLASTIC HORIZONTAL ELLIPTICAL SHOE	BNH1847	2
22	WEIGHT HOLDER	0	UP3956	1	58	PLASTIC INSERT CAP 2 X 3 _ 11-14 GA	BNH0052	2
23	WEIGHT HOLDER SUPPORT	0	UP3957	1	59	PLASTIC INSERT CAP 2" SQ	BNH0012	6
24	ALUMINUM CAP 1.020" RD		BNH0537	4	60	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	BNH1794	2
25	ALUMINUM PILLOW BLOCK BEARING		BNH2072	4	61	PLASTIC INSERT CAP FOR 1 13/64" HOLE DIA	BNH1317	2
26	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	4	62	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)	BNH1760	1
27	CHROME CAP 1 7/8" RD.		BNH1016	2	63	PULL PIN 1/2 X 3 1/2 (YELLOW)	BNH0603	2
28	DECAL-CAUTION 1 3/4 X 5 1/2		BNH0126	1	64	RUBBER DONUT 1 X 2 1/2	BNH0062	2
29	DECAL-DANGER TIGHTEN THIS RET..., 3/4 X 1 1/2		BNH0142	2	65	RUBBER GRIP 1 ID X .125 X 5 1/2	BNH0958	2
30	DECAL-FOR BEST PERFORMANCE 1-1/4 X 1-1/2		BNH0143	3	66	RUBBER GRIP 1 ID X .125 X 8	BNH0966	2
31	DECAL-WARNING KEEP HANDS AND FINGERS..		BNH0620	2	67	RUBBER WASHER 1 7/8 ID X 3 OD X 9/16 TK	BNH1311	2
32	FLAT HEAD SOCKET CAP SCREW 3/8-16 X 1 1/4		BNH0667	2	68	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	10
33	FLAT PHILLIPS SCREW ZINC # 2 X 1/2		BNH1480	2	69	SPACER 1/2 IDX 3/4 OD X 1 3/4 L	BNH2073	2
34	FLAT WASHER SAE Z/P 1/2"		BNH2031	18	70	SPLIT LOCK WASHER Z/P 5/16"	BNH2070	18
35	FLAT WASHER SAE Z/P 3/8"		BNH2030	42	71	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
36	FLAT WASHER USS Z/P 5/16"		BNH2071	18	72	URETHANE BUMPER 1 3/4"	BNH0229	2





Start / End



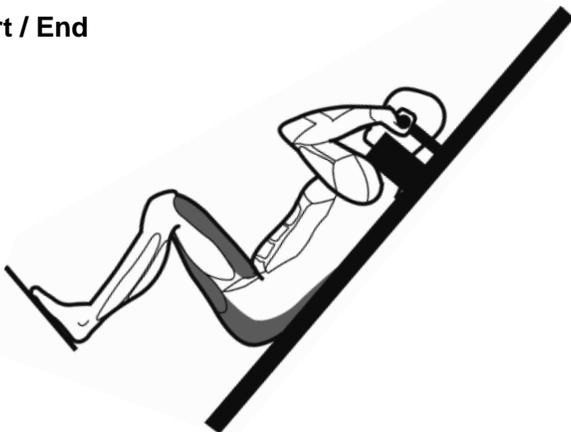
Midpoint



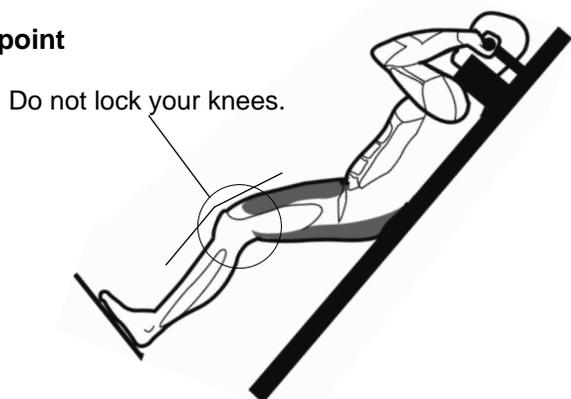
LEG PRESS

1. Adjust the **Lower Back Pad (#13)** and the **Adjustable Foot Plate (#2)** for correct starting position.
2. Add the desired weight to the **Carriage (#5)**.
3. Assume the starting position as shown.
4. Grasp the **Handle Stoppers (#8, #9)**.
5. Force legs forward.
6. Pull the **Handle Stoppers (#8, #9)** toward yourself.
7. Slowly return to the starting position.
8. Repeat for desired number of repetitions.
9. Lock **Carriage (#5)** by pushing outward the **Handle Stoppers (#8, #9)**.
10. Exit the machine when the **Carriage (#5)** is properly locked.

Start / End



Midpoint



HACK SQUAT

1. Adjust the **Hack Squat Foot Plate (#7)** and the **Upper Back Pad (#21)** for correct starting position.
2. Add the desired weight to the **Carriage (#5)**.
3. Position yourself beneath the **Shoulder Pads (#18, #19)** in a kneeling position as shown.
4. Grasp the **Handle Stoppers (#8, #9)**.
5. Force upward keeping your back straight with the **Upper Back Pad (#21)**.
6. Pull the **Handle Stoppers (#8, #9)** toward yourself.
7. Slowly return to the starting position.
8. Repeat for desired number of repetitions.
9. Lock **Carriage (#5)** by pushing outward the **Handle Stoppers (#8, #9)**.
10. Exit the machine when the **Carriage (#5)** is properly locked.

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

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

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