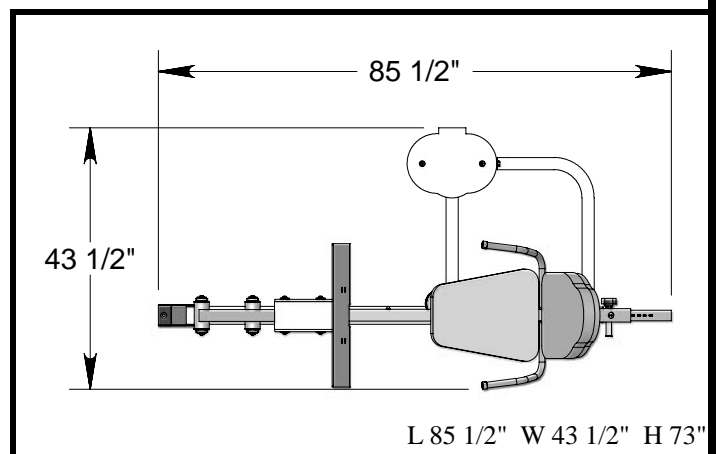


# TUFFSTUFF

AMERICA'S PREMIER EXERCISE EQUIPMENT

## SP-4416 LEG PRESS ASSEMBLY MANUAL REV. 0



Simplex PLATINUM

## Introduction

### About the Leg Press SP-4416

Congratulations on your new purchase of the **Leg Press**. 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 - 300 lbs.
2. Total Machine Weight - 600 lbs.
3. Footprint (LWH) - See Front Cover.

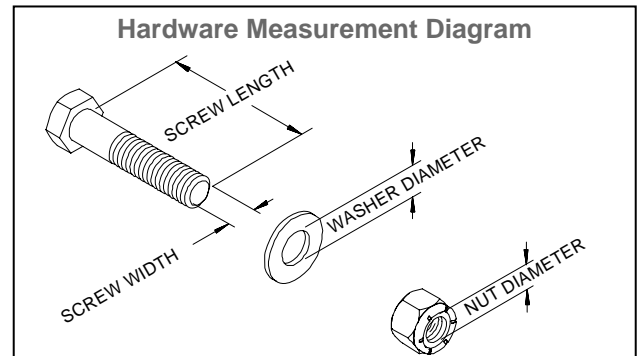
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the Leg Press

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.

### Tool Requirements

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



## Safety Precautions

### Safety First

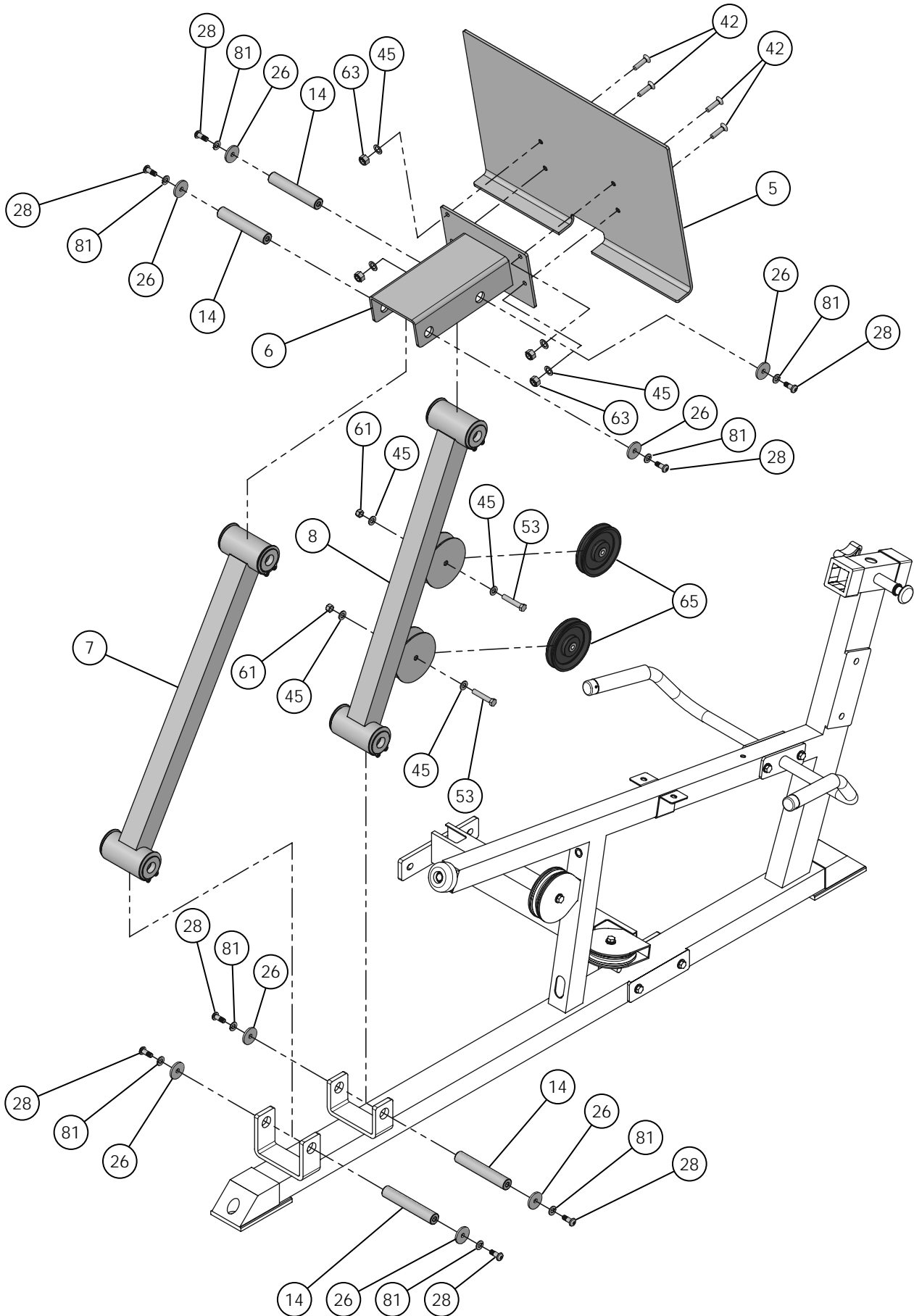
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

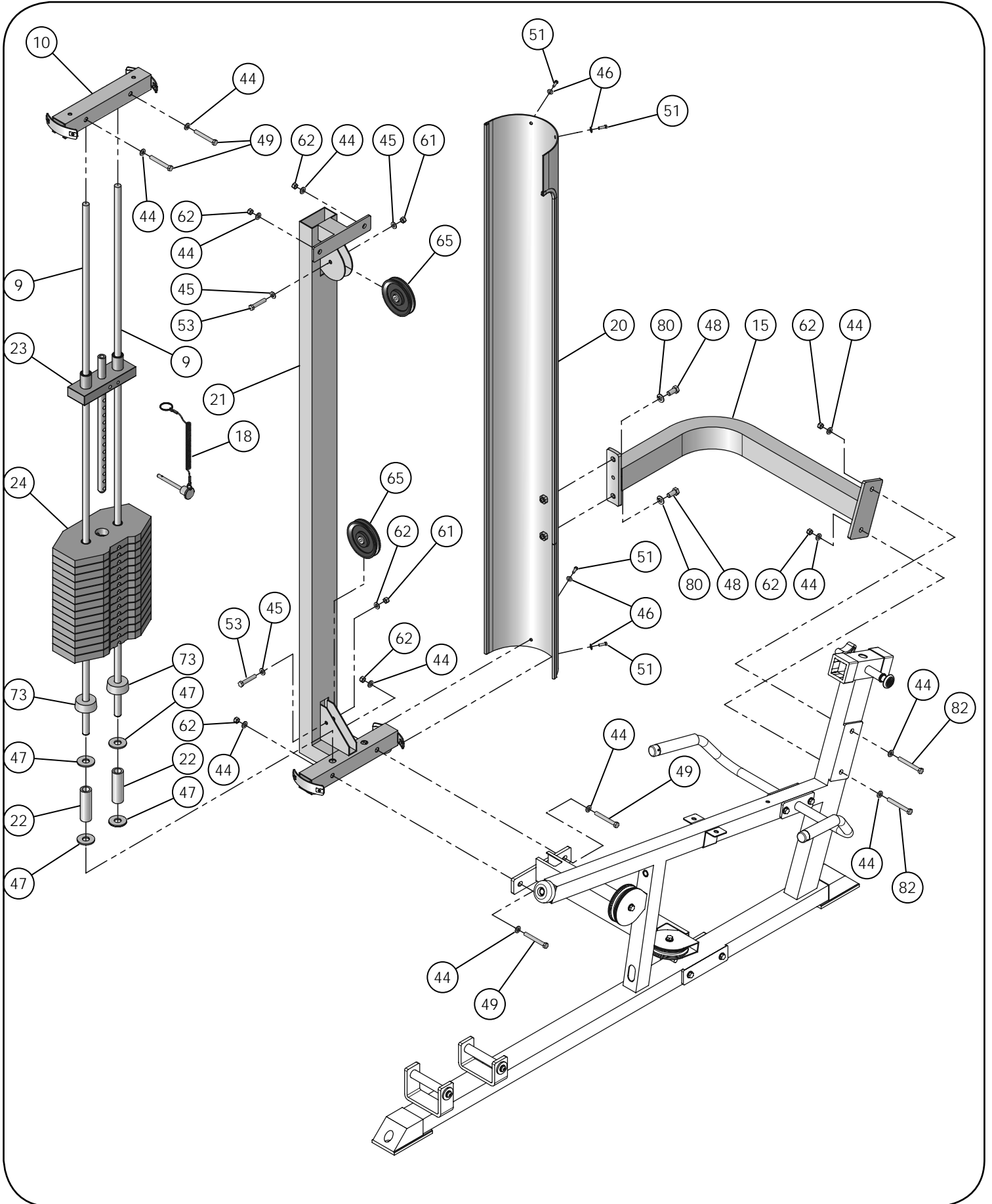
1. Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use.
2. It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.

4. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
5. Use proper discretion when children are present.
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 Unit 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.



# Step 2





# Step 4 Cable Mapping Diagram

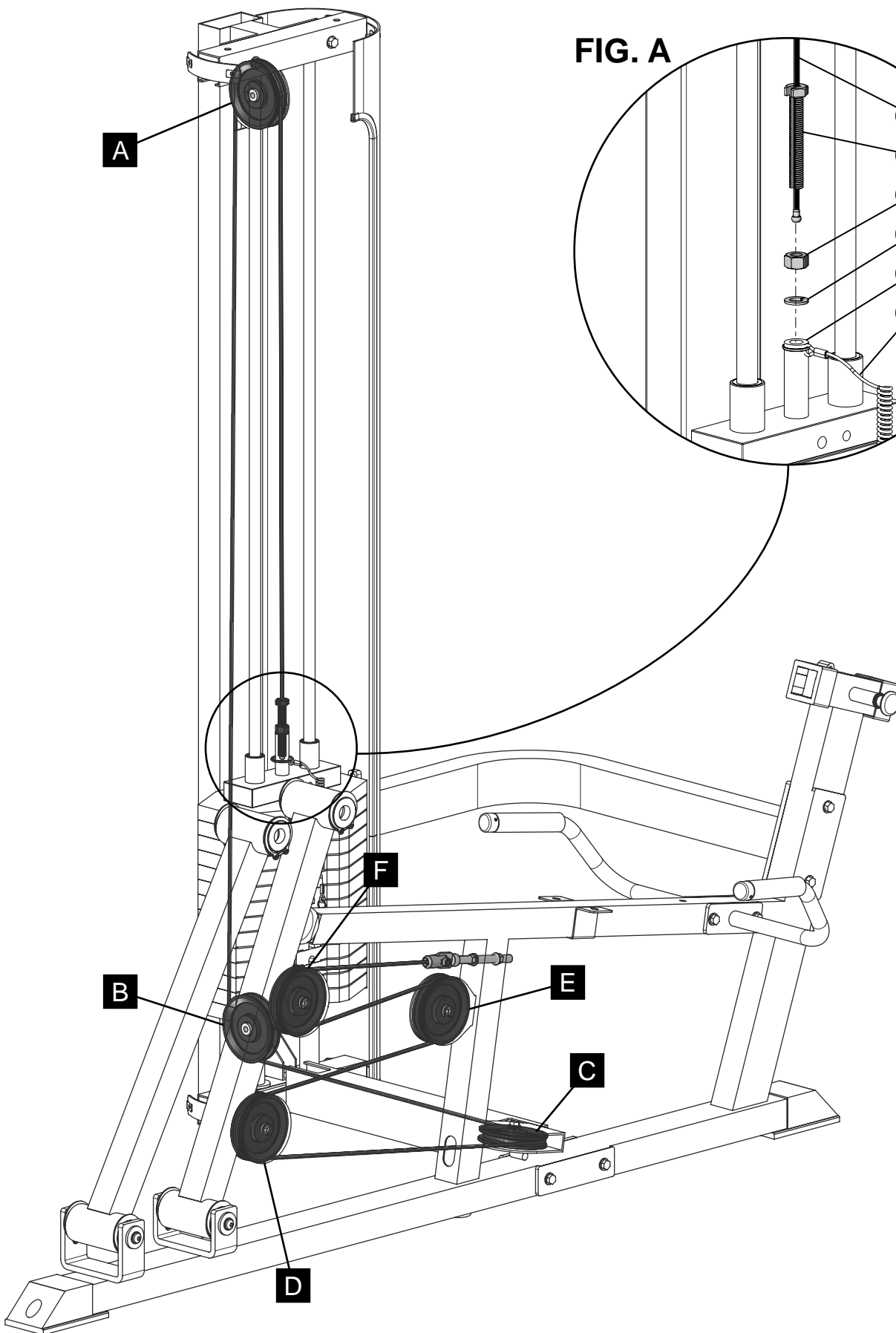
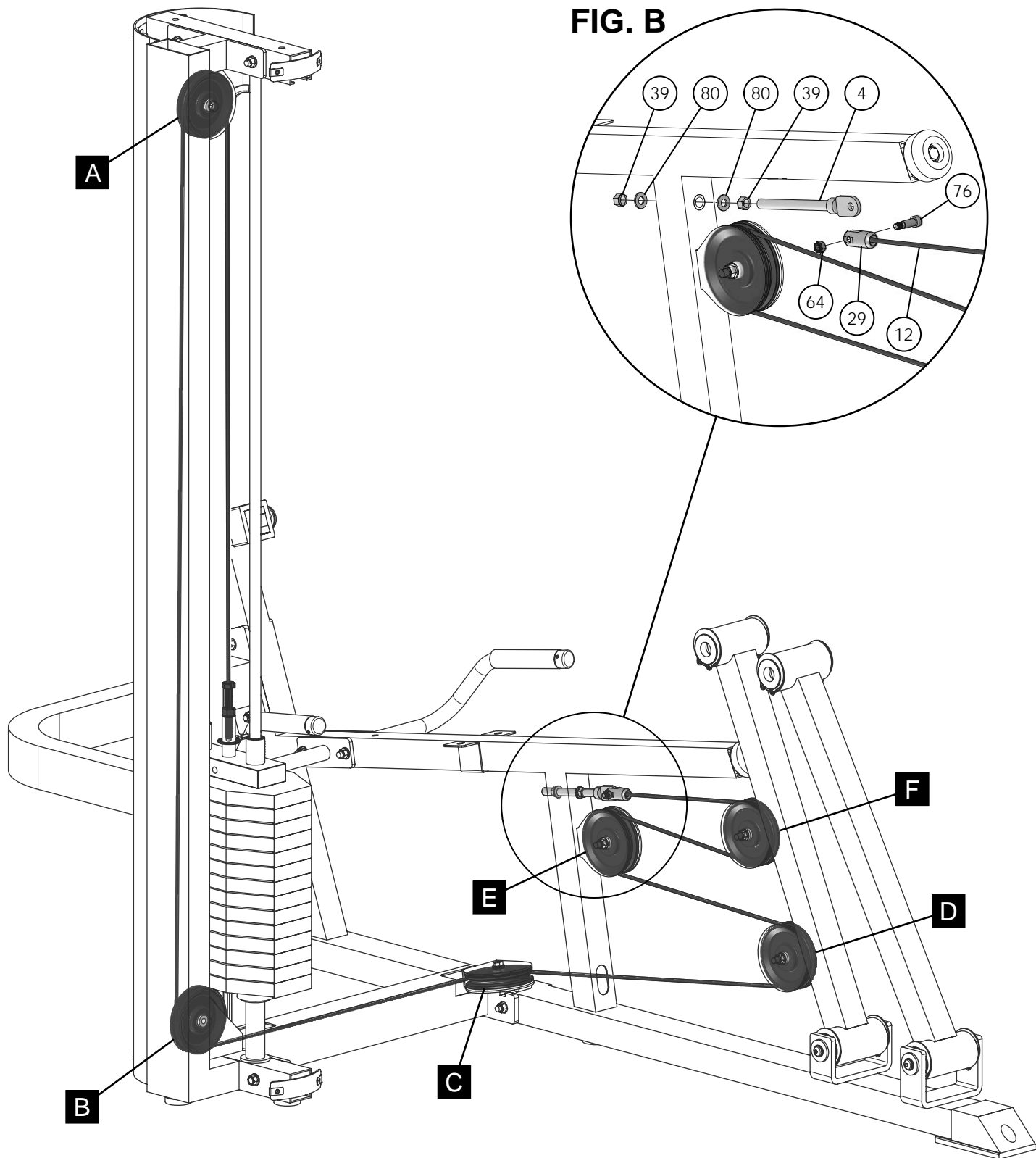
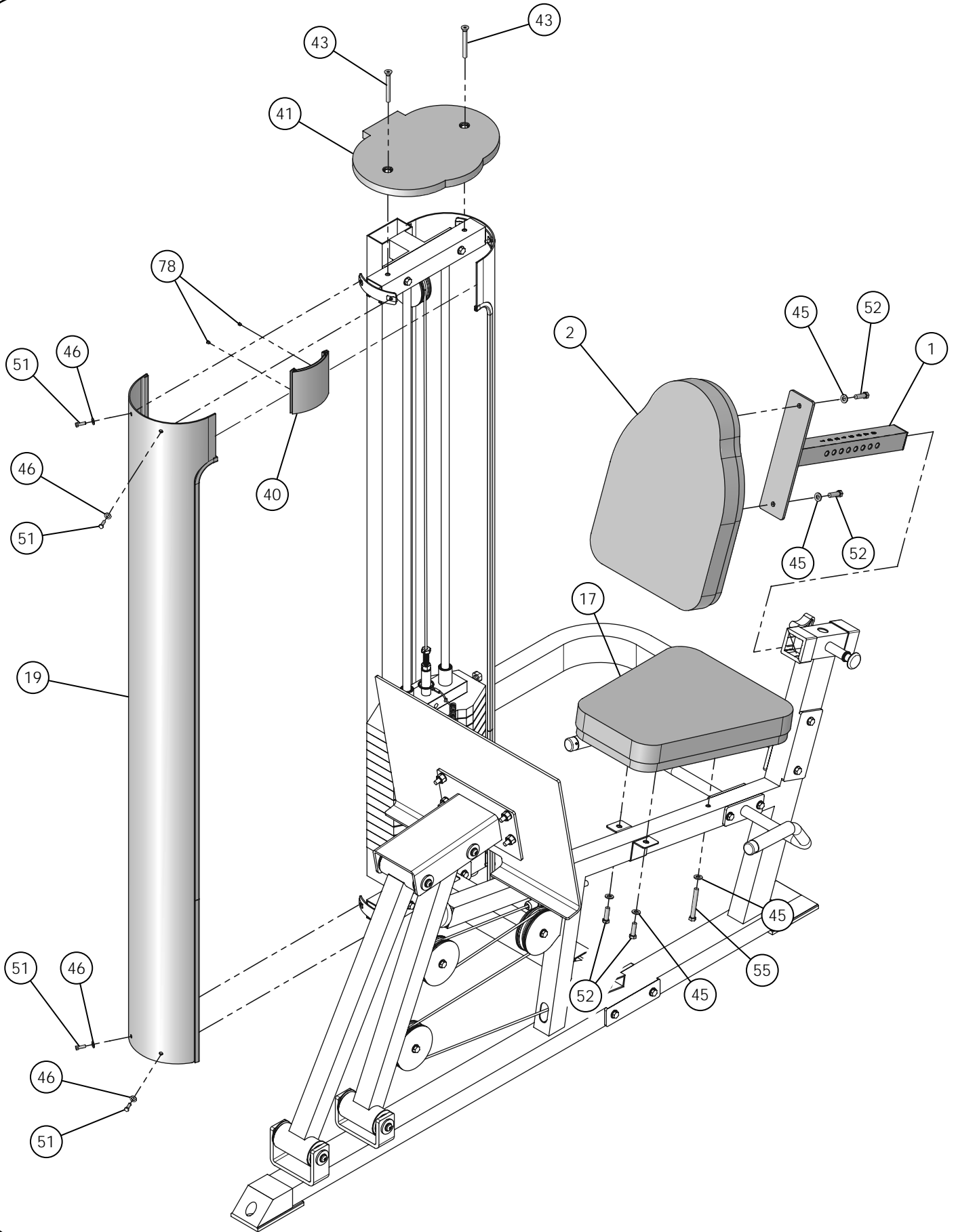


FIG. B



# Step 6





# SP-4416

## Parts List

### CHART

**BOLD FONT = SUB-ASSEMBLY PARTS**

REGULAR FONT = HARDWARE

ITEM #	DESCRIPTION	PART #	QTY.	ITEM #	DESCRIPTION	PART #	QTY.
<b>1</b>	<b>ADJUSTABLE BACK PAD TUBE</b>	<b>UP5145</b>	<b>1</b>	45	FLAT WASHER SAE B/O 3/8"	BNH0239	24
<b>2</b>	<b>BACK PAD</b>	<b>UP5146</b>	<b>1</b>	46	FLAT WASHER USS B/O 1/4"	BNH0233	8
<b>3</b>	<b>BOTTOM CROSS BRACE</b>	<b>UP0909</b>	<b>1</b>	47	FLAT WASHER USS B/O 3/4 X 2"	BNH0878	4
<b>4</b>	<b>CABLE TENSION ADJUSTER</b>	<b>UP0917</b>	<b>1</b>	48	HEX HEAD CAP SCREW GR-5 B/O 1/2 13 X 1	BNH0259	2
<b>5</b>	<b>FOOT PLATE</b>	<b>UP2014</b>	<b>1</b>	49	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 3/8	BNH1841	4
<b>6</b>	<b>FOOT PLATE BRACKET</b>	<b>UP4016</b>	<b>1</b>	50	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 4 5/8	BNH1843	2
<b>7</b>	<b>FULCRUM</b>	<b>UP0911</b>	<b>1</b>	51	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	8
<b>8</b>	<b>FULCRUM WITH BRACKETS</b>	<b>UP5148</b>	<b>1</b>	52	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/2	BNH0303	4
<b>9</b>	<b>GUIDE ROD 3/4 X 71 3/4</b>	<b>UP5142</b>	<b>2</b>	53	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	7
<b>10</b>	<b>GUIDE ROD RETAINER</b>	<b>UP5068</b>	<b>1</b>	55	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	3
<b>11</b>	<b>LEFT HANDLE</b>	<b>UP2178</b>	<b>1</b>	56	HEX KEY 1/8"	BNH0767	1
<b>12</b>	<b>LEG PRESS CABLE</b>	<b>UP0918</b>	<b>1</b>	57	HEX KEY 3/16"	BNH0371	1
<b>13</b>	<b>MAIN FRAME</b>	<b>UP5144</b>	<b>1</b>	58	HEX KEY 3/32"	BNH0372	1
<b>14</b>	<b>PIVOT AXLE 1 X 5 7/16</b>	<b>UP2234</b>	<b>4</b>	59	HEX KEY 5/32"	BNH0373	1
<b>15</b>	<b>REAR CROSS BRACE</b>	<b>UP0910</b>	<b>1</b>	60	HEX KEY 7/32"	BNH0575	2
<b>16</b>	<b>RIGHT HANDLE</b>	<b>UP2179</b>	<b>1</b>	61	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	5
<b>17</b>	<b>SEAT PAD</b>	<b>UP5147</b>	<b>1</b>	62	NYLON INSERT LOCK NUT B/O 1/2-13	BNH0212	8
<b>18</b>	<b>SELECTOR PIN W/COIL 3/8 X 4</b>	<b>UP3035</b>	<b>1</b>	63	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	6
<b>19</b>	<b>WEIGHT SHROUD</b>	<b>UP3650</b>	<b>1</b>	64	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	1
<b>20</b>	<b>WEIGHT SHROUD W/HOLES</b>	<b>UP5143</b>	<b>1</b>	65	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	6
<b>21</b>	<b>WEIGHT STACK FRAME 72"</b>	<b>UP5141</b>	<b>1</b>	66	PLASTIC BLACK KNOB W/NYLON STUD 1/2-13	BNH0796	1
<b>22</b>	<b>WEIGHT STACK SPACER 4"</b>	<b>UP0786</b>	<b>2</b>	67	PLASTIC END CAP 2 X 3	BNH0606	2
23	10 LB TOP PLATE W/ADJ. SLTR BAR 14 WTS	BNH1097	1	68	PLASTIC INSERT CAP 1 3/4" SQ 10-14 GA	BNH0053	1
24	15 LB CAST WEIGHT PLATE GREY	BNH0926	14	69	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/4" SQ	BNH0059	2
25	ALUMINUM CAP 1" RD. (CAP-100)	BNH0537	2	70	PULL PIN 1/2 X 3 1/2 LIGHT SPRING	BNH0603	1
26	CHROME WASHER 3/8 X 1 1/2	BNH1015	8	71	RETAINING SNAP RING EXT 1.8865 X 2.1990	BNH1832	8
27	BALL BEARING W/GROVE 620SR5	BNH1831	8	72	RUBBER BUMPER 3/8 X 2 1/2	BNH0511	1
28	BUTTON HEAD SOC CAP SCREW B/O 3/8-16 X 1	BNH0115	8	73	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
29	CLEVIS BRACKET 3/16"	BNH0076	1	74	RUBBER GRIP 1 ID X .125 X 7 1/4	BNH0963	2
30	DECAL-ADJUST CABLE HERE	BNH0789	2	75	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2
31	DECAL-CAUTION 1 3/4 X 5 1/2	BNH0126	1	76	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	1
32	DECAL-DANGER TIGHTEN..., 3/4 X 1 1/2	BNH0142	1	77	SOCKET SET SCREW 10-32 X 1/8	BNH0473	4
33	DECAL-EXERCISE SP-4416 LEG PRESS	BNH1692	1	78	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	BNH0790	2
34	DECAL-FOR BEST PERFORMANCE 1 1/4 X 1 1/2	BNH0143	1	79	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNH1131	1
35	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH0620	1	80	SPLIT LOCK WASHER B/O 1/2"	BNH0653	5
36	DECAL-WEIGHT NUMBERS REF TP-20 (300 lbs)	BNH1543	1	81	SPLIT LOCK WASHER B/O 3/8"	BNH0658	9
37	EDGE PROTECTOR CHROME 11 GA	BNH1724	4	82	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 5/8	BNH1842	2
39	FINISHED HEX NUT B/O 1/2-13	BNH0201	3	83	STEEL BUMPER WASHER Z/P 3/8"	BNH0498	1
40	PLASTIC SHROUD GAP COVER 3"	BNH1829	1	84	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
41	PLASTIC SHROUD LID 5/8 X 14 1/8 X 10	BNH0185	1	85	TUFFSTUFF LOGO ALUMINUM LARGE	BNH1837	1
42	FLAT HEAD SOC CAP SCREW B/O 3/8-16 X 1 1/4	BNH0667	4	86	URETHANE BUMPER 1 3/4	BNH0229	4
43	FLAT HEAD SOCKET CAP SCREW B/O 3/8-16 X 3	BNH0787	2	87	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	8
44	FLAT WASHER SAE B/O 1/2"	BNH0238	16	88	U-STYLE TAPPED HOLE NUT 3/8-16	BNH1211	2



## **TuffStuff Basic Strength Equipment Safety and General Maintenance**

All TUFFSTUFF strength equipment is designed and manufactured to offer maximum, long-life service with minimal maintenance. However, safety inspection and routine maintenance in your facility should be the utmost importance in your daily operation. Information presented in these pages will serve as a basic guideline to design your own inspection procedures.

### **Part One: General Inspection and Cleaning**

Equipment should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a monthly basis. A daily wipe down of the upholstery with a lanolin based hand cleaner or Naugahyde Cleaner. Do not use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Lanolin hand cleaner dissolves the sweat and lubricates the vinyl, maintaining its natural flexibility. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment if it is operating properly.
2. Check the cable for loose fittings or frayed cable and is seating properly on the pulleys and cams.
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operation properly, place the piece out-of-service immediately.

### **Part Two: Maintenance**

In this paragraph, we will discuss the inspection of the cables, pulleys and their associated components. If there exists the potential for injury to occur on a machine, it will most likely lie in the cable system. It is important to inspect the cables frequently and let it be known to all users that it is their responsibility to report any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used. In the advent of the 3/16" mill-spec cable this wear takes longer to become apparent and this is why frequent inspections are so important.

1. Check the cable termination at the weight stack. To perform any cable tension adjustment, loosen the hex jam nut and thread the hex tap bolt in or out to give cable the proper tension. Re-tightened the hex jam nut when adjustment is complete and make sure the hex tap bolt is threaded 1/2" into the socket of the selector bar top plate.
2. Check the cable as it terminates at the cam. Check the end fitting for any signs of fraying in this area. Inspect the bolt and nut and/or screw holding the fitting and be sure that it is tight.
3. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulley. This is an early warning sign to replace the cable.



## Maintenance

### **Part Three: Lubrication**

Bearing and linear bearings systems have advanced over the years but they must be maintained on a regular basis if you expect them to last and perform efficiently. TuffStuff uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to insure long-lasting performance.

1. Bronze and nylon bushings, we recommend on a monthly basis to spray a tecon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
2. Weight stack guide rods and bushings, again use tecon spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. Do not use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
3. Sealed bearings pivot points, as the name implies are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dried to prevent the build up of dust and sweat.
4. Linear bearing systems are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down weekly and lubricated with a light layer of tecon grease. We recommend a tecon-base (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to clogged and jammed.

If you religiously perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

Any doubts, equipment with mechanical problems should be placed "Out-of-Service" until all problems are corrected. If replacement parts are required or maintenance questions, please contact:

TuffStuff Fitness Equipment, Inc.  
Service Department  
1325 E. Franklin Avenue  
Pomona, CA 91766  
1-800-961-9377  
e-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net)

**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

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