

ASSEMBLY INSTRUCTIONS

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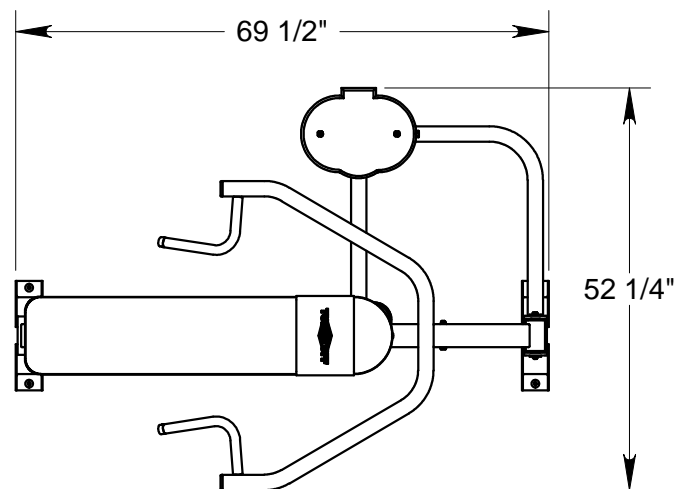
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Revision Date 05-10-02

SP-401

Supine Bench Press



L 69 1/2" W 52 1/4" H 54 3/4"



America's Premium Exercise Equipment

Introduction

About the Supine Bench Press SP-401

Congratulations on your new purchase of the Supine Bench 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 limited 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 Task Industries today.

Specifications

1. Maximum Wt. Capacity - 200 Lbs.
2. Total Machine Weight - 565 Lbs.
3. Footprint (LWH) - See Front Page

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

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 safety precautions.

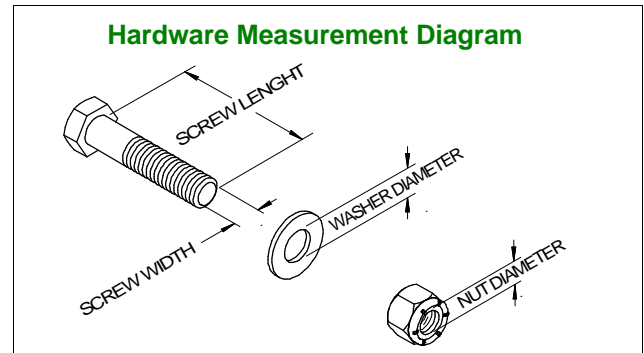
1. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use. Some of this information can be obtained in this Owner's Manual, as-well-as from your local Tuff Stuff retailer.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement of Owner's Manuals and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.

Prior to the Assembly of the Supine Bench 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.
2. Neatly organize and identify all parts according to the Parts List and the Exploded View Diagram.

Tool Requirements

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



Safety Precautions

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

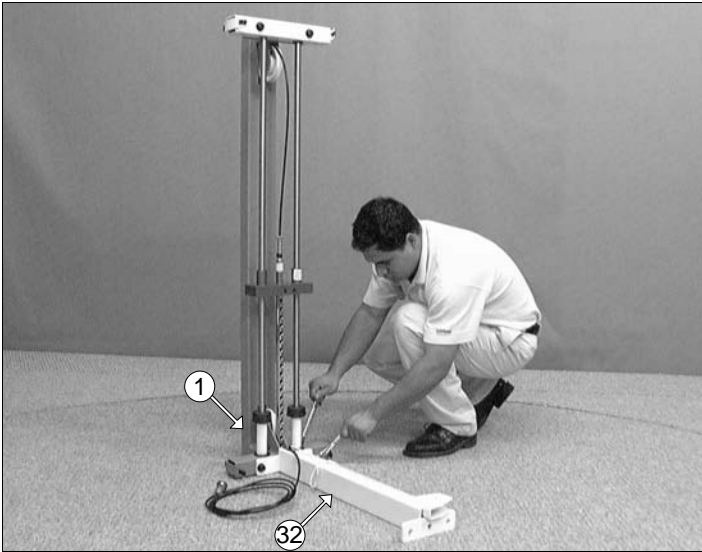



FIG. 1 On a flat surface attach the **Bottom Cross Brace (#32)** to the assembled **Weight Stack Frame (#1)**, in the position as shown above, and secure it into place using two Hex Head Cap Screws 1/2-13 X 3 1/2 (#24), four Flat Washers SAE 1/2" (#29), and two Nylon Insert Lock Nuts 1/2-13 (#22).

 **Note:** Use the overhead view on the cover page for designing your layout before assembling.

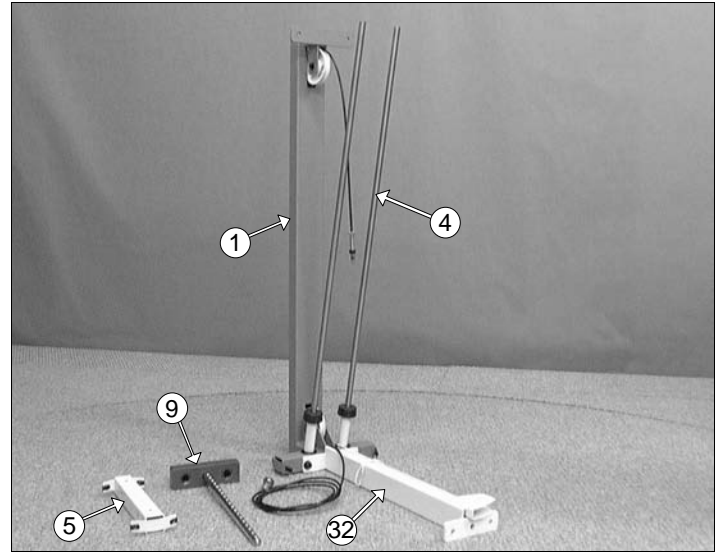


FIG. 2 Remove the **Guide Rod Retainer (#5)**, and the **Top Plate Selector Bar (#9)** to allow the assembly of the weight plates.

 **Note:** Lubricate the **Guide Rods (#4)** with silicone or teflon lubricant at this time.

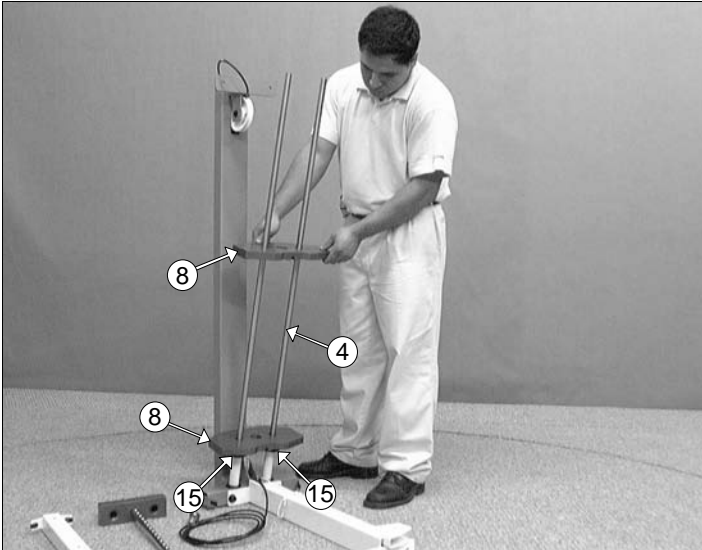


FIG. 3 Carefully begin sliding the **Weight Plates (#8)** onto the **Guide Rods (#4)**, in position as shown above, allowing the first one to rest on top of the **Rubber Donuts (#15)**.

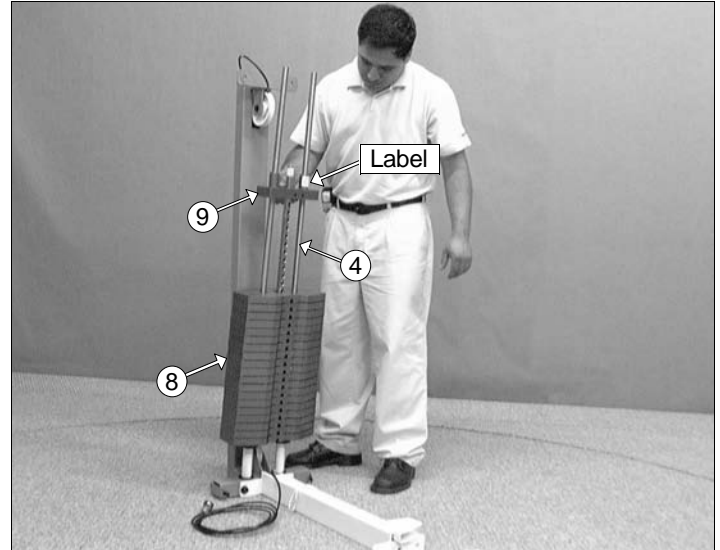



FIG. 4 Slide the **Top Plate Selector Bar (#9)** onto the **Guide Rods (#4)** allowing it to rest on top of the completed **Weight Stack**.

 **Note:** Be sure the **label** on the **Top Plate Selector Bar (#9)** is facing out, as shown above, before sliding the **Top Plate Selector Bar (#9)** onto the **Guide Rods (#4)**.

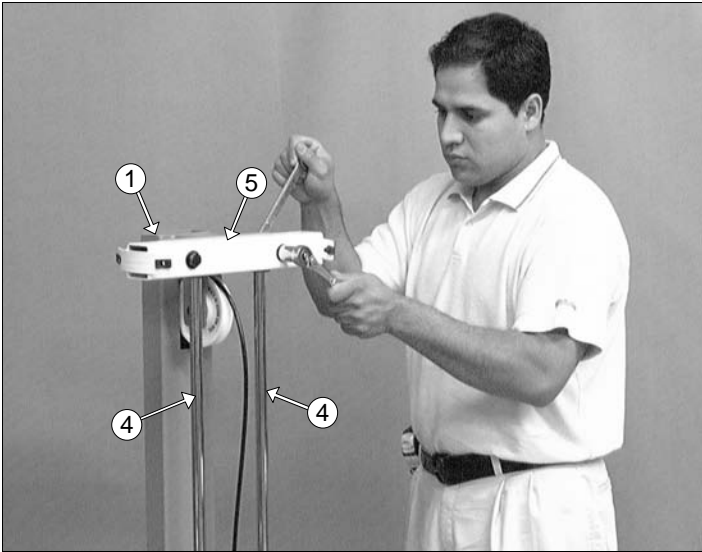


FIG. 5 Maneuver the two **Guide Rods (#4)** into the holes on the bottom side of the **Guide Rod Retainer (#5)**. Next, secure the **Guide Rod Retainer (#5)** along with the two captive **Guide Rods (#4)** to the **Weight Stack Frame (#1)** using two Hex Head Cap Screws 1/2-13 X 3 1/4 (#64), four Flat Washers SAE 1/2" (#29), and two Nylon Insert Lock Nuts 1/2-13 (#22).

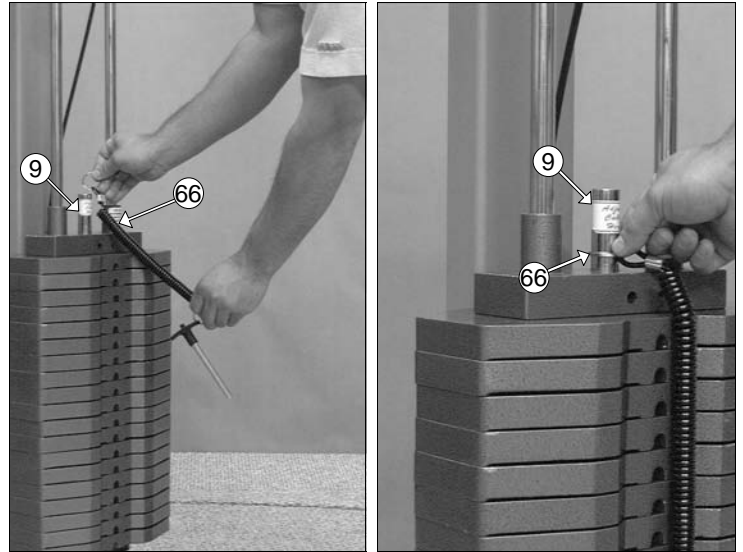


FIG. 6 Locate the Selector Pin w/Coil (#66) and slide the ring over the **Selector Bar (#9)** as shown above.

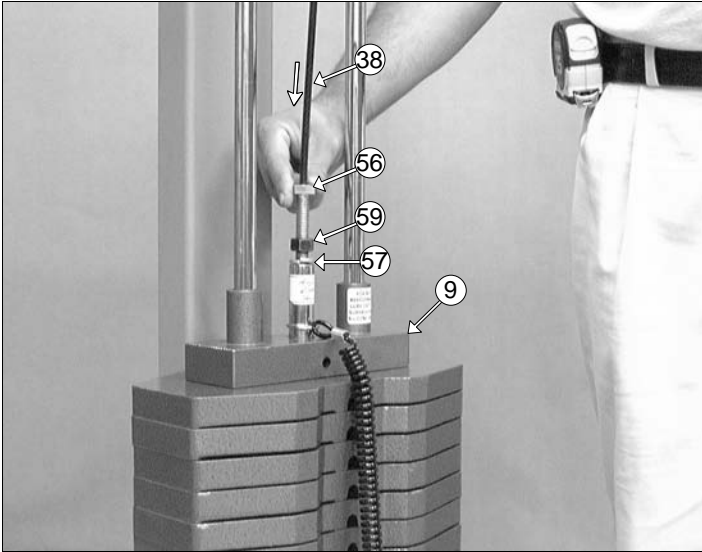




FIG. 7 Connect the **Cable (#38)** to the **Top Plate Selector Bar (#9)** by threading the Finished Hex Nut 1/2-13 (#59) and inserting a Split Lock Washer 1/2" (#57) to the Cable Hex Tap Bolt 1/2-13 X 3 (#56). Then, thread the Cable Hex Tap Bolt 1/2-13 X 3 (#56) to the threaded socket of the **Top Plate Selector Bar (#9)**.

 **Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

 **Note:** Refer to **Fig A** on fold-out page 11 for further detailed illustration of this assembly.

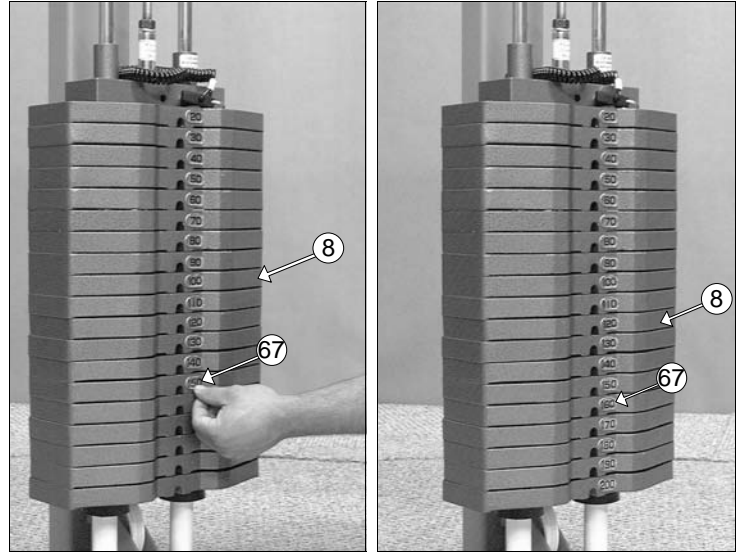


FIG. 8 Adhere the Decal Weight Numbers (#67) to the Weight Plates (#8) in the corresponding order. Begin with the 20 at the top, 30 next, and so on.

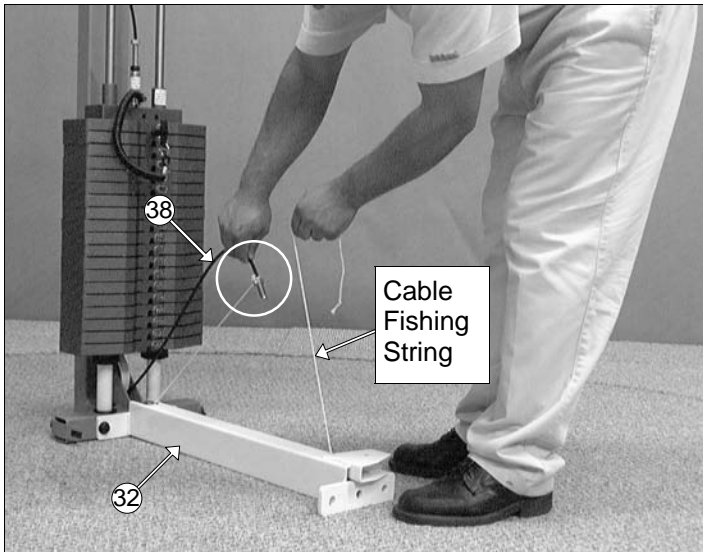


FIG. 9 To facilitate the routing of the **Cable (#38)** through the **Bottom Cross Brace (#32)** use the supplied **Cable Fishing String**. Tie a knot to the end of the **Cable (#38)** as shown above.

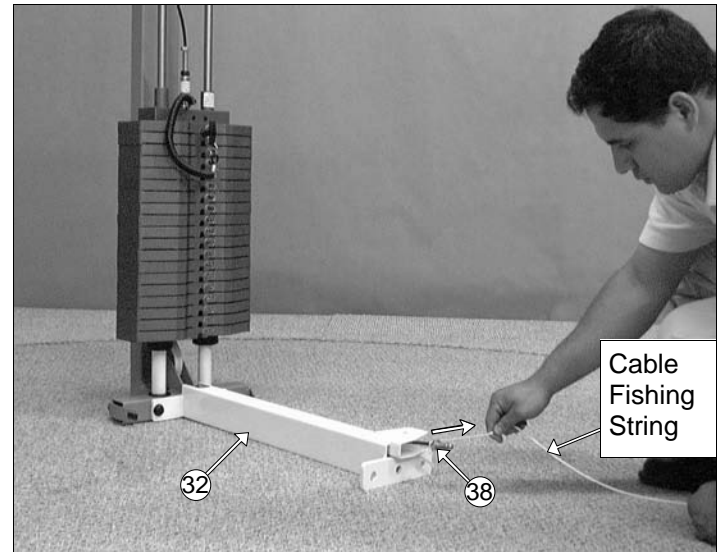


FIG. 10 Pull the **Cable Fishing String** along with the **Cable (#38)** through the **Bottom Cross Brace (#32)** as shown above. Discard the **cable fishing string** once completed this process.

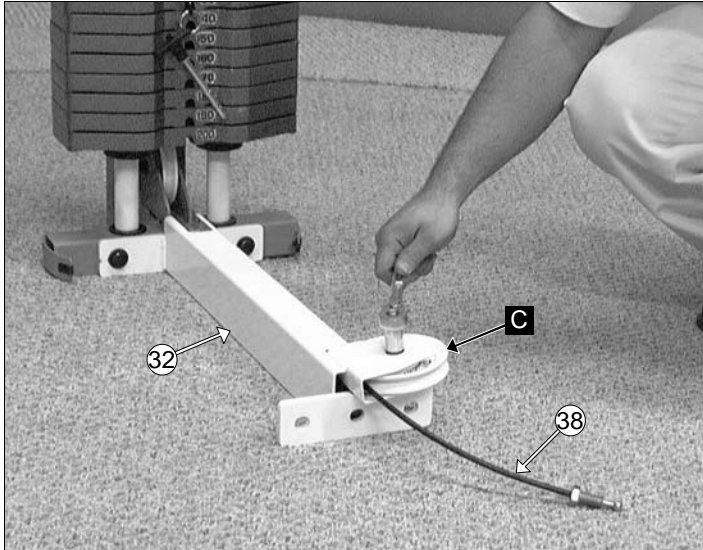



FIG. 11 Attach a **Nylon Pulley 4 1/2" Rd. (#16-Labeled C)** to the **Bottom Cross Brace (#32)**, in the position as shown above, and secure it into place using one **Hex Head Cap Screw 3/8-16 X 1 3/4 (#27)**, and one **Flat Washer SAE 3/8" (#19)**.

 **Note:** The black boxed letter pointing to the pulleys are used throughout this manual as reference to the Cable Mapping Diagram on fold-out page 11. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with **Fig. 11**.

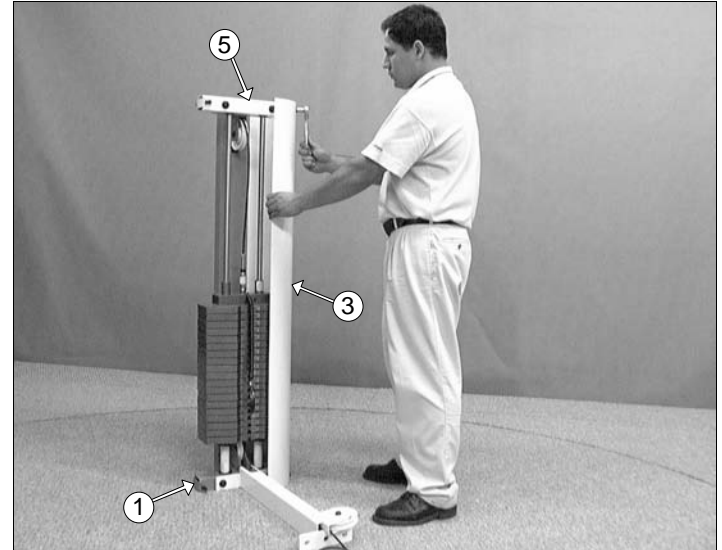



FIG. 12 Affix the **Weight Shroud w/Plate (#3)** to the bottom of the **Weight Stack Frame (#1)** and at the top of the **Guide Rod Retainer (#5)** using four **Hex Head Cap Screws 1/4-20 X 3/4 (#21)**, and four **Flat Washers 1/4" (#20)**.

 **Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

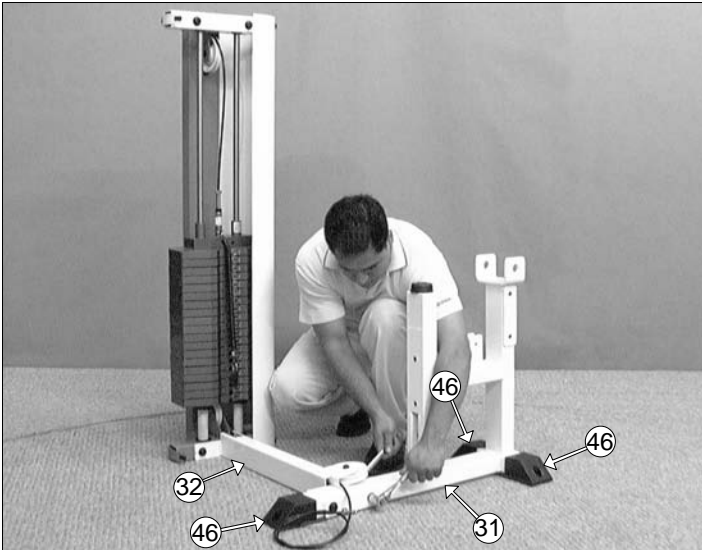


FIG. 13 Using a rubber mallet, insert three Plastic End Caps 2 X 3 (#46) onto the tube-ends of the **Rear Bench Frame (#31)**. Next, attach the **Rear Bench Frame (#31)** to the **Bottom Cross Brace (#32)**, in the position as shown above, and secure it into place using two Hex Head Cap Screws 1/2-13 X 4 3/4 (#54), four Flat Washers SAE 1/2" (#29), and two Nylon Insert Lock Nuts 1/2-13 (#22).

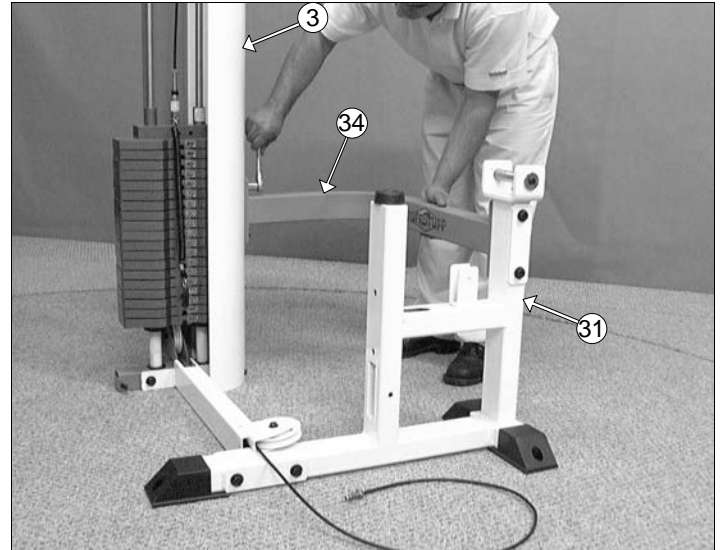


FIG. 14 Affix the **Top Cross Brace (#34)** to the **Rear Bench Frame (#31)** using two Hex Head Cap Screws 1/2-13 X 4 3/4 (#54), four Flat Washers SAE 1/2" (#29), and two Nylon Insert Lock Nuts 1/2-13 (#22). Next, connect the **Top Cross Brace (#34)** to the **Weight Shroud w/Plate (#3)** using two Hex Head Cap Screws 1/2-13 X 1 (#52), and two Split Lock Washers B/O 1/2" (#58).

Note: Refer to the Exploded View Diagram on fold-out page 10 for further illustration of this assembly.

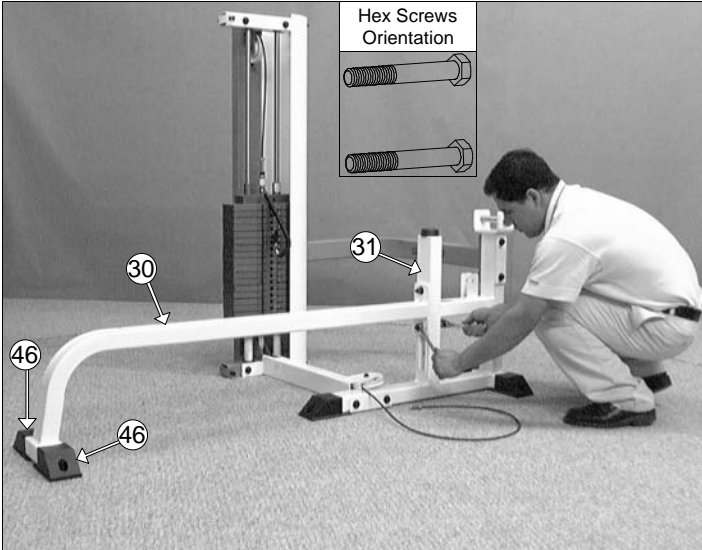


FIG. 15 Using a rubber mallet, insert two Plastic End Caps 2 X 3 (#46) onto the tube-ends of the **Bench Frame (#30)**. Next, attach the **Bench Frame (#30)** to the **Rear Bench Frame (#31)** and secure it into place using two Hex Head Cap Screws 1/2-13 X 3 1/2 (#24-Orientation as illustrated above), two Flat Washers 1/2 ID X 1 3/4 OD X 3/16 TK (#65), two Flat Washers SAE 1/2" (#29), and two Nylon Insert Lock Nuts 1/2-13 (#22).

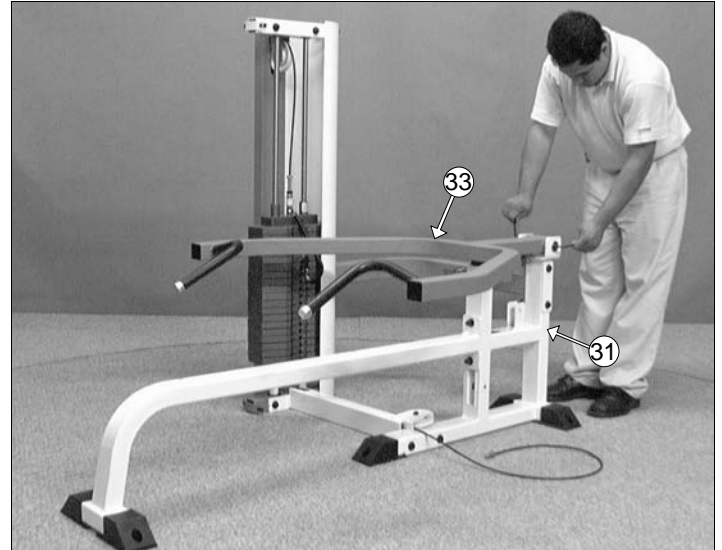


FIG. 16 Attach the **Press Bar (#33)** to the **Rear Bench Frame (#31)** and, using a rubber mallet, insert the **Pivot Axle (#35)** through the holes of the **Rear Bench Frame (#31)** and the receptacle of the **Press Bar (#33)** until it is flush with both sides the **Rear Bench Frame (#31)**. Next, secure the **Press Bar (#33)** to the **Rear Bench Frame (#31)** using two Button Socket Cap Screws 3/8-16 X 1 (#47), two Chrome Washers 3/8 X 1 1/2 (#44), and two Split Lock Washers 3/8" (#50). Use the two supplied Hex Keys 7/32" (#63) to fasten this assembly.

Note: Refer to the Exploded View Diagram on fold-out page 10 for further illustration of this assembly.

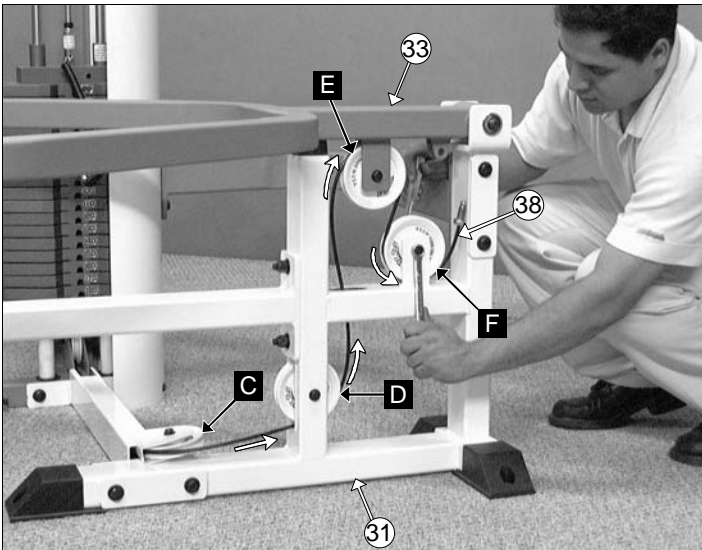


FIG. 17 Route the **Cable (#38)** through the slot on the **Rear Bench Frame (#31)** and attach a Nylon Pulley 4 1/2 Rd. (#16-Labeled D) using one Hex Head Cap Screw 3/8-16 X 3 1/2 (#49), two Flat Washers SAE 3/8" (#19), and one Nylon Insert Jam Lock Nut 3/8-16 (#23). Continue routing the **Cable (#38)** up through the opening on the **Rear Bench Frame (#31)**. Next, route the **Cable (#38)** over a Nylon Pulley 4 1/2 Rd. (#16-Labeled E) and attach it to the **Press Bar (#33)** pulley bracket, using one Hex Head Cap Screw 3/8-16 X 2 (#26), two Flat Washers SAE 3/8" (#19), and one Nylon Insert Jam Lock Nut 3/8-16 (#23). Next, route the **Cable (#38)** under a Nylon Pulley 4 1/2 Rd. (#16-Labeled F) and attach it to the **Rear Bench Frame (#31)** pulley bracket, using one Hex Head Cap Screw 3/8-16 X 2 (#26), two Flat Washers SAE 3/8" (#19), and one Nylon Insert Jam Lock Nut 3/8-16 (#23).

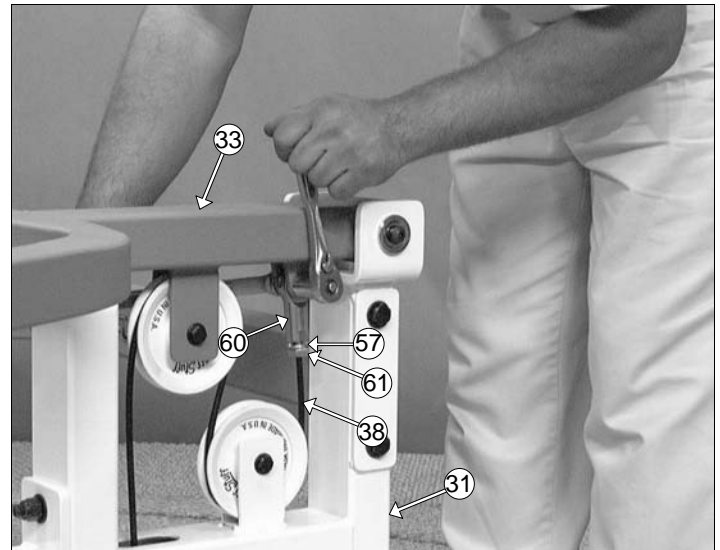



FIG. 18 Insert a Split Lock Washer Z/P 1/2" (#57) to the Cable Hex Bolt 1/2-20 X 1 (#61), then thread the Rod End 1/2-20 (#60) to the Cable Hex Bolt 1/2-20 X 1 (#61). Next, affix the Rod End 1/2-20 (#60) to the **Press Bar (#33)** using one Hex Head Cap Screw 1/2-13 X 1 1/2 (#53), and one Nylon Insert Jam Lock Nut 1/2-13 (#55).

 **Note:** Refer to **Fig B** on fold-out page 11 for further detailed illustration of this assembly.

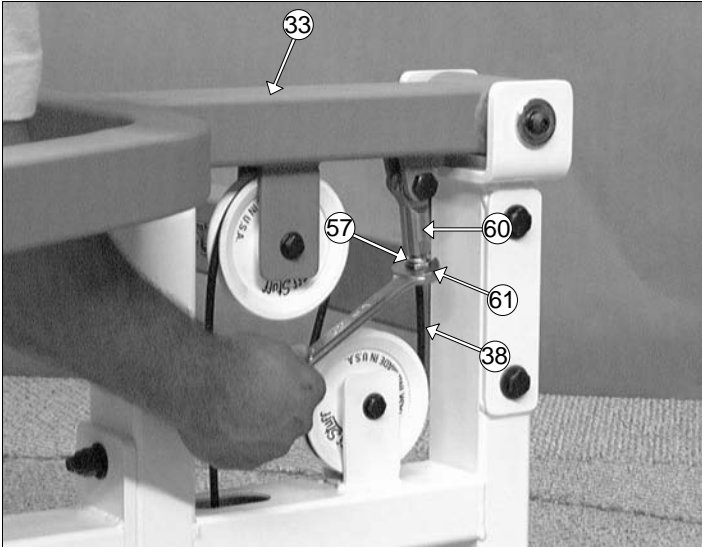


FIG. 19 Fully fasten the Cable Bolt 1/2-20 X 1 (#61) to the Rod End 1/2-20 (#60).

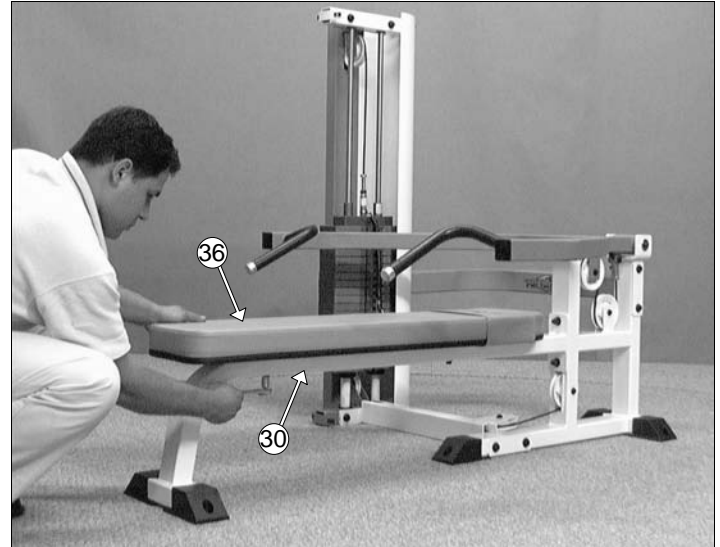


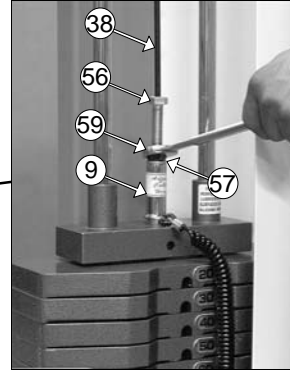
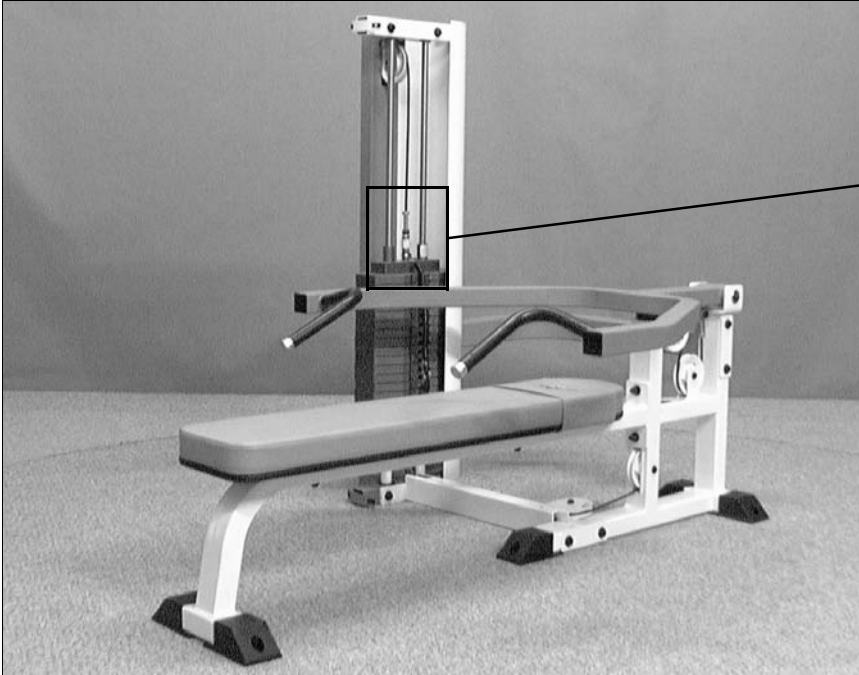
FIG. 20 Affix the **Back Pad (#36)** to the **Bench Frame (#30)**, in the position as shown above, using four Hex Head Cap Screws 3/8-16 X 3 (#48), and four Flat Washers SAE 3/8" (#19).

CABLE ADJUSTMENT

It is imperative that you maintain proper cable adjustment to ensure a safe and smooth operation.



Caution: The Cable should be inspected and adjusted periodically to avoid any slack in the cable which would, consequently, prevent any damage to the equipment or personal injury.



Cable Adjustment

1. Loosen the Finished Hex Nut 1/2-13 (#59).
2. Thread the Cable Hex Tap Bolt 1/2-13 X 3 (#56) in or out of the threaded socket of the **Top Plate Selector Bar (#9)** to give the **Cable (#38)** proper tension.
3. Re-tighten the Finished Hex Nut 1/2-13 (#59) to complete the adjustment.



Caution: Make sure the Cable Hex Tap Bolt 1/2-13 X 3 (#56) is threaded at least 1/2" into the threaded socket of the **Top Plate Selector Bar (#9)** once the cable adjustment has been completed.



FIG. 21 Affix the **Weight Shroud (#2)** to the bottom of the **Weight Stack Frame (#1)** and at the top of the **Guide Rod Retainer (#5)** using four Hex Head Cap Screws 1/4-20 X 3/4 (#21), and four Flat Washers 1/4" (#20).

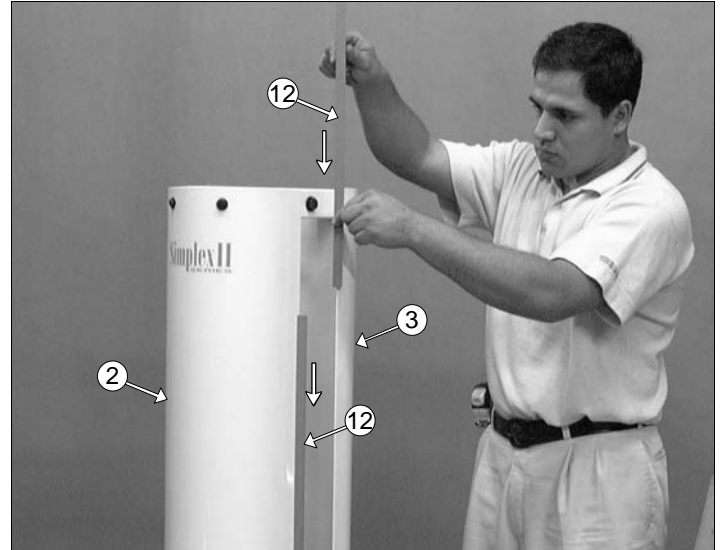


FIG. 22 Insert the two Plastic Shroud Edge Protectors (#12) to both **Shrouds (#2, #3)**, in the position as shown above, and slide them all the way down.

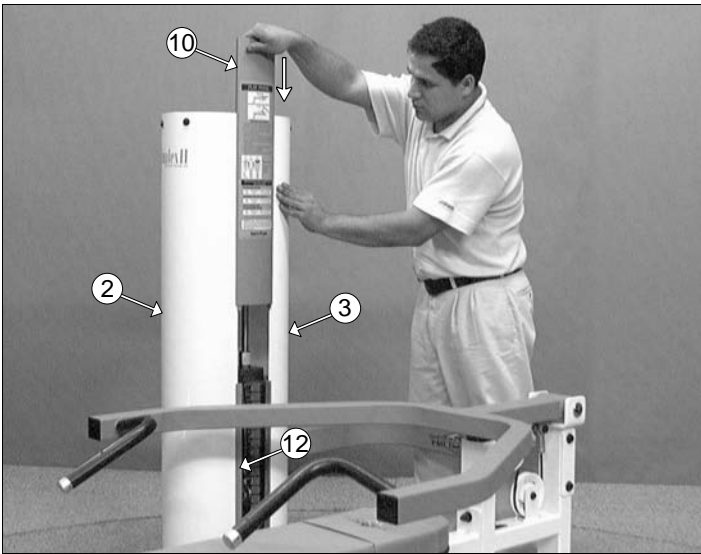


FIG. 23 Align the edges of both **Shrouds (#2, #3)** with the grooves of the **Plastic Shroud Gap Cover (#10)** and slide it down, as shown above.

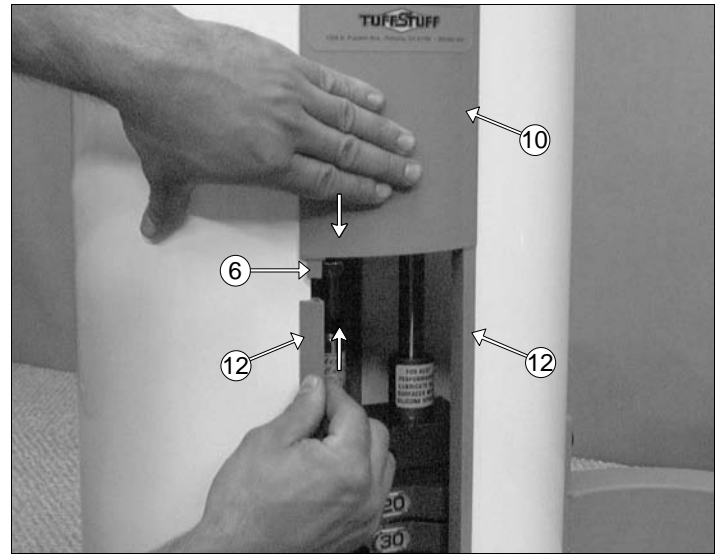


FIG. 24 Connect the two **Plastic Shroud Edge Protectors (#12)** to the **Plastic Shroud Gap Cover (#10)** using the two **Plastic Connectors (#6)**.

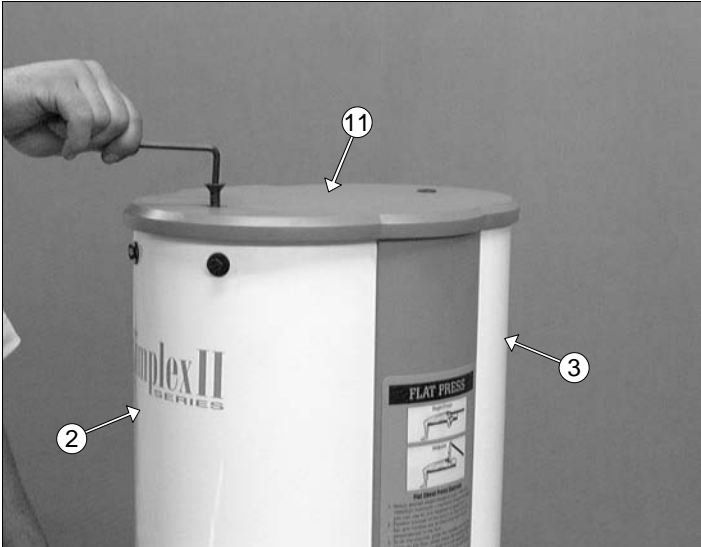


FIG. 25 Attach the **Plastic Shroud Lid (#11)** to **Guide Rod Retainer (#5)**, in the position as shown above, and secure it into place using two **Flat Head Socket Cap Screws 3/8-16 X 3 (#25)**.



COLOR CHART

GRAY= SUB-ASSEMBLY PARTS

BLACK= HARDWARE

SP-401 Supine Bench Press Parts List

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	WEIGHT STACK FRAME 54"	UP780	1	40	ALUMINUM CAP 1" RD. (CAP-100)	BNH0537	2
2	WEIGHT SHROUD 54"	UP781	1	41	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	4
3	WEIGHT SHROUD W/PLATE 54"	UP782	1	42	RUBBER GRIP 1 ID X .125 X 16	BNH0969	2
4	GUIDE ROD 3/4 X 53 5/8	UP783	2	43	RUBBER BUMPER 3/8 X 2 1/2	BNH0511	1
5	GUIDE ROD RETAINER	UP784	1	44	CHROME WASHER 3/8 X 1 1/2	BNH1015	2
6	PLASTIC SHROUD GAP COVER CONNECTOR	BNH1183	2	45	PLASTIC INSERT CAP 2" SQ. 10-14 GA.	BNH0012	2
7	WEIGHT STACK SPACER 4"	UP786	2	46	PLASTIC END CAP 2 X 3 (SIMPLEX)	BNH0606	5
8	15 LB WEIGHT PLATE	BNH0926	19	47	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	BNH0115	2
9	10 LB TOP PLATE W/ADJ. SLTR BAR 19 WTS	BNH1100	1	48	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	4
10	PLASTIC SHROUD GAP COVER 27" LONG	BNH1083	1	49	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3-1/2	BNH0280	1
11	PLASTIC SHROUD LID 5/8 X 14-1/8 X 10	BNH0185	1	50	SPLIT LOCK WASHER B/O 3/8"	BNH0658	2
12	PLASTIC SHROUD EDGE PROTECTOR 1/8 X 27	BNH0599	2	51	STEEL BUMPER WASHER Z/P 3/8"	BNH0498	1
13	EDGE PROTECTOR GRAY 54"	BNH1148	2	52	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 1	BNH0259	2
14	URETHANE BUMPER 1 3/4	BNH0229	3	53	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 1 1/2	BNH0727	1
15	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2	54	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 4-3/4	BNH0895	4
16	NYLON PULLEY 4 1/2 RD. WHITE	BNH0556	6	55	NYLON INSERT JAM LOCK NUT B/O 1/2-13	BNH0366	1
17	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	8	56	CABLE HEX TAP BOLT Z/P 1/2-13 X 3	BNH1047	1
18	FLAT WASHER USS B/O 3/4 X 2"	BNH0878	4	57	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	2
19	FLAT WASHER SAE B/O 3/8"	BNH0239	18	58	SPLIT LOCK WASHER B/O 1/2"	BNH0653	2
20	FLAT WASHER SAE B/O #12 (1/4")	BNH0877	8	59	FINISHED HEX NUT B/O 1/2-13	BNH0201	1
21	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	8	60	ROD END 1/2-20	BNH0674	1
22	NYLON INSERT LOCK NUT B/O 1/2-13	BNH0212	10	61	CABLE HEX BOLT GR-8 Z/Y 1/2-20 X 1	BNH1045	1
23	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	6	62	HEX KEY 3/32"	BNH0372	1
24	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3-1/2	BNH0263	4	63	HEX KEY 7/32"	BNH0575	1
25	FLAT HEAD SOCKET CAP SCREW B/O 3/8-16 X 3	BNH0787	2	64	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 1/4	BNH0576	2
26	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	3	65	FLAT WASHER 1/2 ID X 1 3/4 OD X 3/16 THICK	BNH0241	2
27	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1-3/4	BNH0274	3	66	SELECTOR PIN W/COIL DOUBLE LOCK	UP466	1
28	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2	67	DECAL-NUMBERS 20-200 LBS. SET	BNH1202	1
29	FLAT WASHER SAE B/O 1/2"	BNH0238	18	68	U-STYLE TAPPED HOLE NUT 3/8-16	BNH1211	2
30	BENCH FRAME	UP802	1	69	DECAL-SIMPLEX II (1 7/8 X 5 3/16)	BNH1199	1
31	REAR BENCH FRAME	UP803	1	70	DECAL-TUFFSTUFF (2 3/4 X 19 1/16)	BNH1200	1
32	BOTTOM CROSS BRACE	UP804	1	71	DECAL-EXERCISE SP-401 FLAT PRESS 4 1/2 X 16	BNH1186	1
33	PRESS BAR	UP805	1	72	DECAL-LARGE TUFFSTUFF LOGO DIAMOND SHAPE	BNH0360	1
34	TOP CROSS BRACE	UP806	1	73	DECAL-ADJUST CABLE HERE	BNH0789	1
35	PIVOT AXLE	UP807	1	74	DECAL-FOR BEST PERFORMANCE 1-1/4 X 1-1/2	BNH0143	1
36	BACK PAD	UP808	1	75	DECAL-CAUTION 1 3/4 X 5-1/2 HORIZONTAL	BNH0126	1
37	WEAR COVER (OPTIONAL)	UP825	1	76	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH0620	1
38	BENCH PRESS CABLE	UP922	1	77	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
39	BALL BEARING #W 516	BNH0628	2				

DO NOT DISCARD THIS MANUAL



LIMITED WARRANTY

TuffStuff warrants to the original purchaser only that TuffStuff equipment will be free from defects in material and workmanship. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use, 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: a) Frame structure and welds — Lifetime, b) Moving parts (e.g. pulleys, bearings, bushings) — 5 years; c) Cables upholstery, hand-grips, finish and any miscellaneous parts not listed — 1 year; from the day 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 FORGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO 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 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.



TASK INDUSTRIES, INC.

1325 E. Franklin Ave., Pomona, CA 91766

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

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