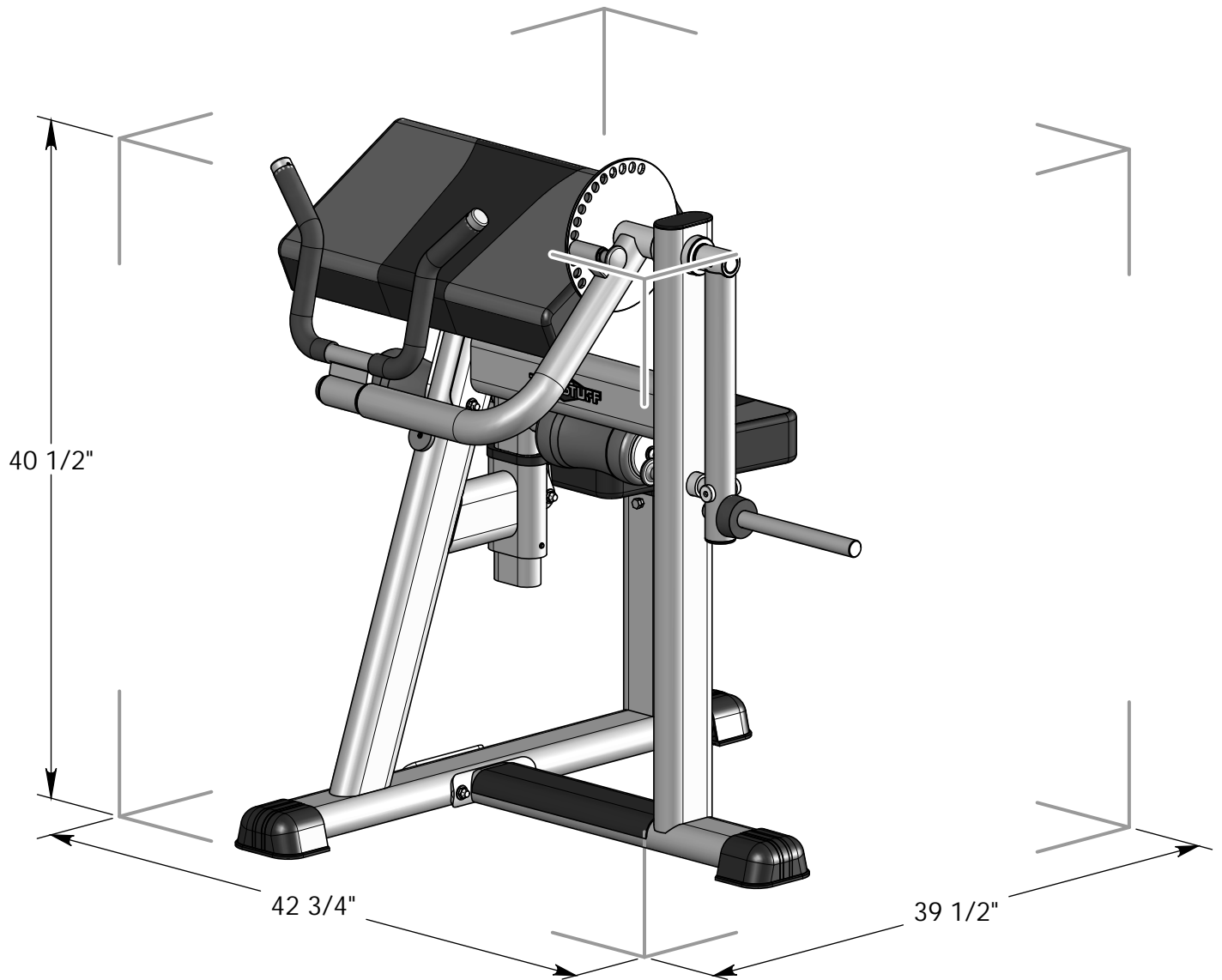


ASSEMBLY INSTRUCTIONS



RBT-338

Bicep / Tricep Bench



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 Net: www.tuffstuff.net

AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RBT-338 Bicep / Tricep Bench

Congratulations on your new purchase of the **Bicep / Tricep Bench**. 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.

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 - 125 lbs.
3. Footprint (LWH) - See Front Cover.

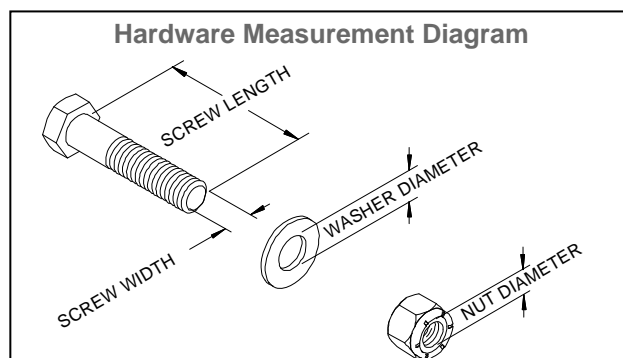
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Bicep / Tricep Bench

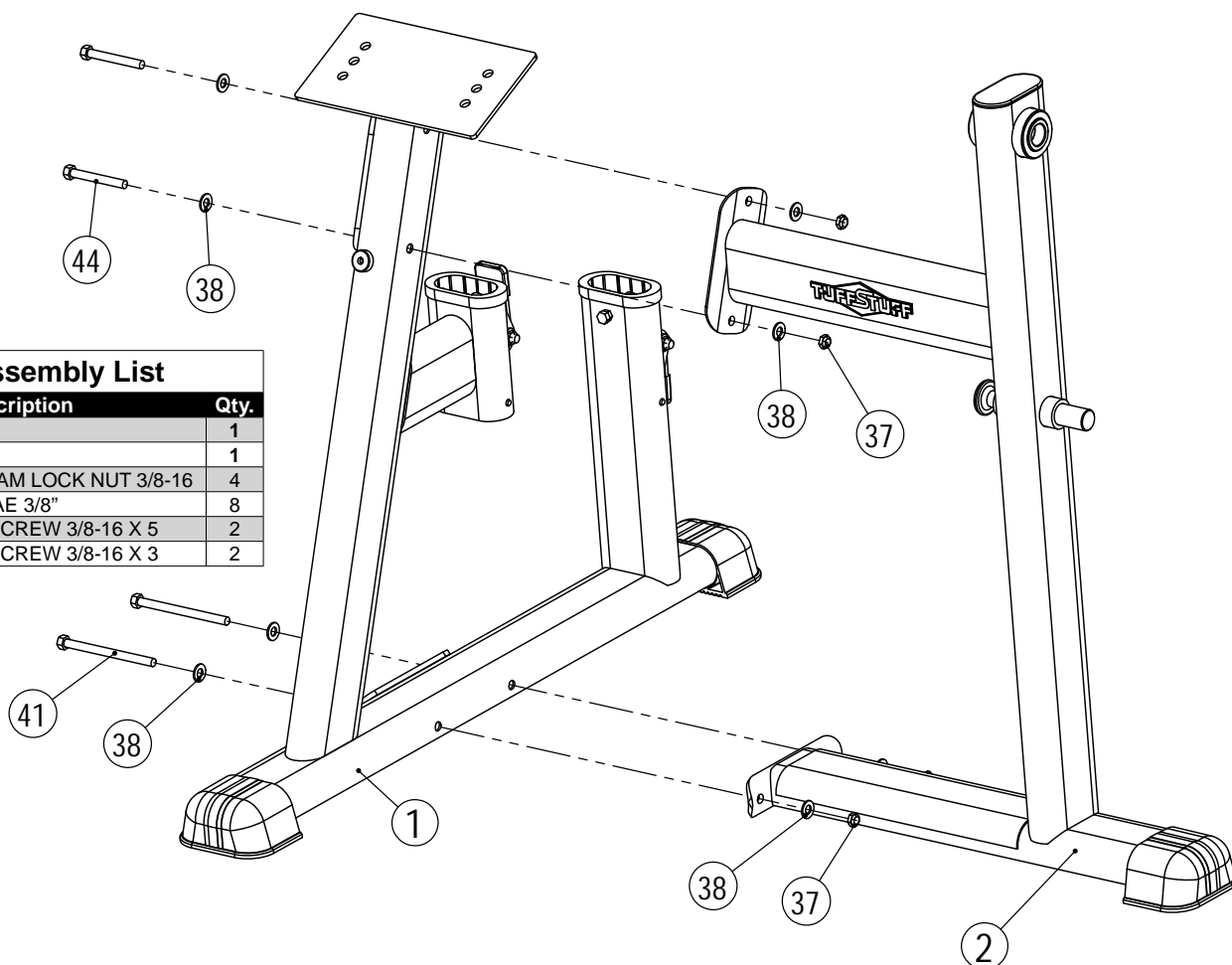
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

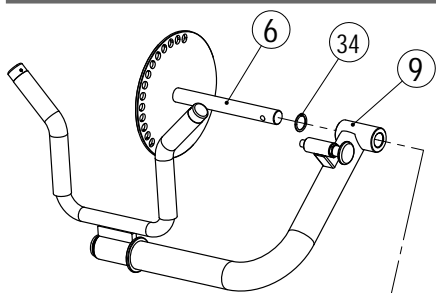
Tool Requirements

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



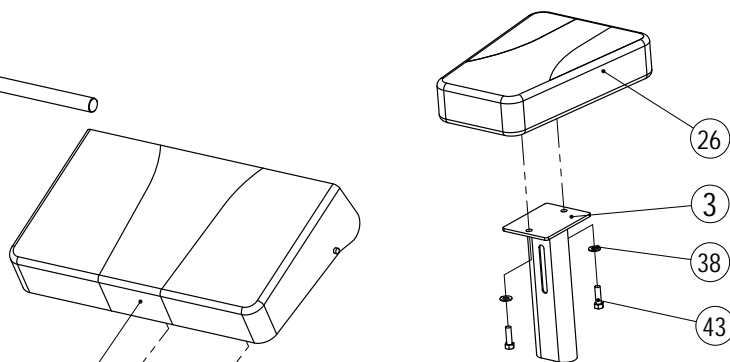
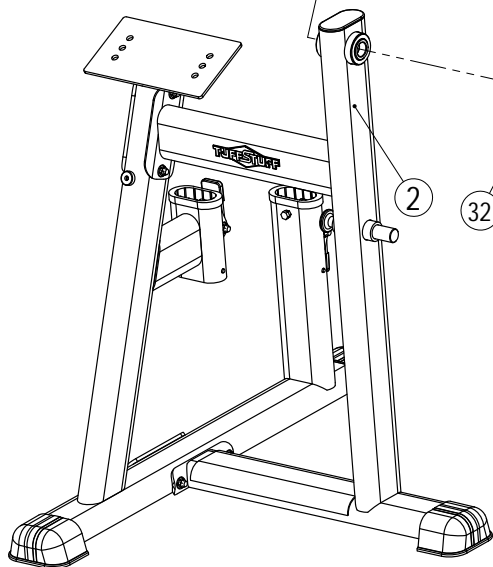
Step 1 Assembly List		
Item #	Description	Qty.
1	MAIN FRAME	1
2	SIDE FRAME	1
37	NYLON INSERT JAM LOCK NUT 3/8-16	4
38	FLAT WASHER SAE 3/8"	8
41	HEX HEAD CAP SCREW 3/8-16 X 5	2
44	HEX HEAD CAP SCREW 3/8-16 X 3	2





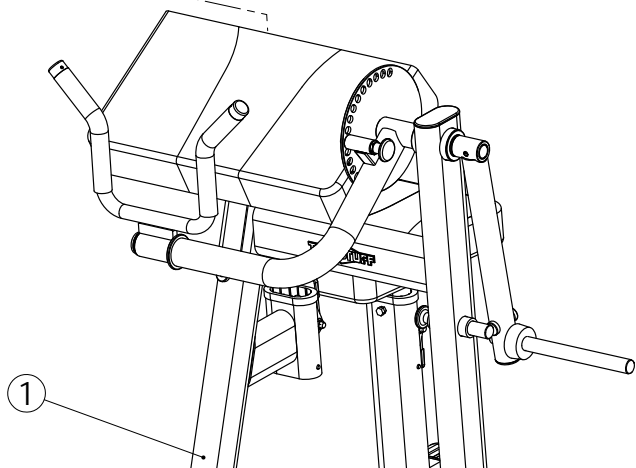
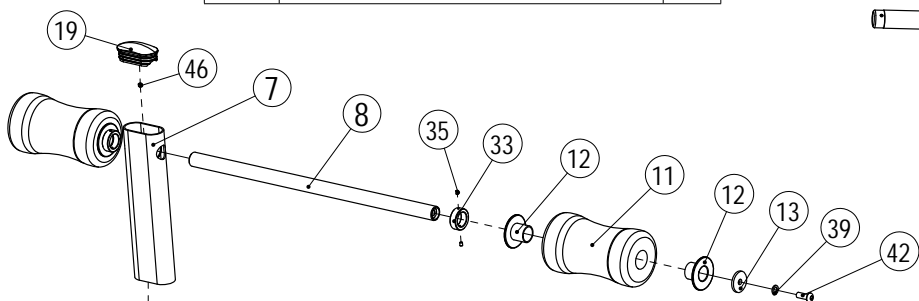
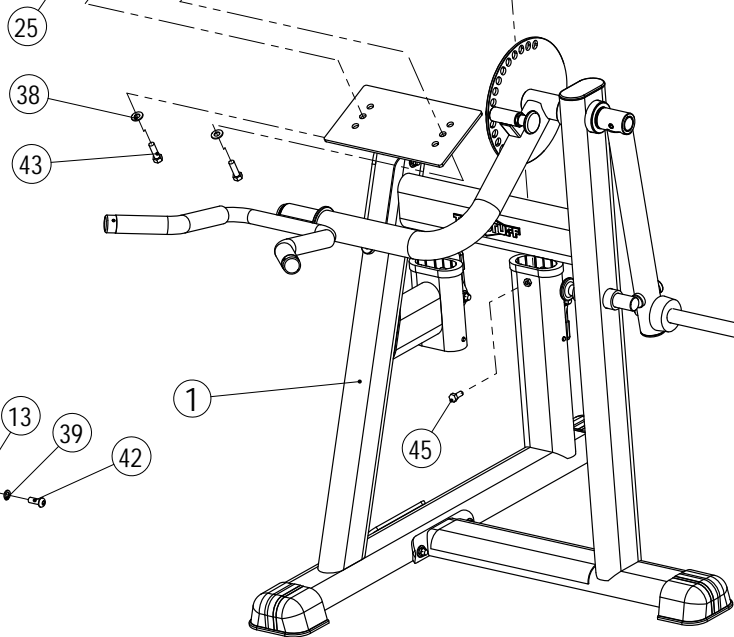
Step 2 Assembly List

Item #	Description	Qty.
5	WEIGHT HOLDER	1
6	CIRCULAR PLATE W/AXLE	1
9	SWING ARM	1
32	ROLL PIN 3/8 X 1 1/2	1
34	NYLON FLAT WASHER 1 1/32 X 1 55/64	1



Step 3 Assembly List

Item #	Description	Qty.
3	ADJUSTABLE SEAT FRAME	1
25	ARM PAD / PREACHER CURL PAD	1
26	UPH PAD	1
38	FLAT WASHER SAE 3/8"	4
43	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	4
45	HEX HEAD CAP SCREW 5/16-18 X 3/4	1



Step 4 Assembly List

Item #	Description	Qty.
7	LEG HOLD DOWN FRAME	1
8	FOAM ROLL TUBE 1 X 21 1/4	1
11	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
12	FOAM ROLL 1" NYLINER BUSHING	4
13	ALUMINUM WASHER .390 X 1.500 X .150	2
19	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3	1
33	ALUMINUM COLLAR 1.0312 X 1.521 X .500	2
35	SOCKET SET SCREW 10-32 X 1/4	4
39	SPLIT LOCK WASHER 3/8"	2
42	BUTTON HEAD SCREW 3/8-16 X 1	2
46	SOCKET SET SCREW 1/4-20 X 1/4	1

COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

RBT-338 Parts List

					REVO				
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY	
1	MAIN FRAME	0	UP5323	1	31	STIFF SPRING 17/32 X 1 1/2	BNH0519	2	
2	SIDE FRAME	0	UP5324	1	32	ROLL PIN Z/P 3/8 X 1 1/2	BNH0483	1	
3	ADJUSTABLE SEAT FRAME	0	UP5325	1	33	ALUMINUM COLLAR 1.0312 X 1.521 X .500	BNH1519	2	
4	SWIVEL HOUSING HANDLE	0	UP5326	1	34	NYLON FLAT WASHER 1 1/32 ID X 1 55/64 OD X 1/8 TH	BNH0240	2	
5	WEIGHT HOLDER	0	UP5327	1	35	SOCKET SET SCREW ALLOY 10-32 X 1/4	BNH1522	4	
6	CIRCULAR PLATE W/AXLE	0	UP5328	1	36	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 3/4	BNH2103	1	
7	LEG HOLD DOWN FRAME	0	UP5329	1	37	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	6	
8	FOAM ROLL TUBE 1 X 21 1/4	0	UP5330	1	38	FLAT WASHER SAE Z/P 3/8"	BNH2030	16	
9	SWING ARM	0	UP5331	1	39	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	3	
10	ADJUSTABLE RELEASE HOLDER	0	UP3739	2	40	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	BNH2044	2	
11	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	0	UP3785	2	41	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	2	
12	FOAM ROLL 1" NYLINER BUSHING		BNH2025	4	42	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	BNH2033	3	
13	ALUMINUM WASHER .390 ID X 1.500 OD X .150 THK		BNH1541	2	43	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	4	
15	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	3	44	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	2	
16	RUBBER DONUT 1 X 2 1/2		BNH0062	1	45	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 3/4	BNH2049	1	
17	NYLON BUSHING 1 X 1 1/2 X 7/8 X 1 3/4 X 1/8		BNH0531	2	46	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	BNH0790	1	
18	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	1	47	CHROME WASHER 3/8 X 1 1/2	BNH1015	1	
19	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3		BNH1795	1	48	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2	
20	PLASTIC INSERT CAP 1 3/4" RD 10-14 GA		BNH0011	1	49	SAFETY TAPE ANTI-SLIP 4 X 14	BNH2104	1	
21	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)		BNH1760	2	50	URETHANE BUMPER 962	BNH0244	3	
22	ALUMINUM CAP 1.020" RD (CAP-100)		BNH0537	2	51	HEX KEY ALLOY 7/32"	BNH0575	1	
23	SOCKET SET SCREW ALLOY 10-32 X 1/8		BNH0473	5	53	HEX KEY ALLOY 3/32"	BNH0372	1	
24	BALL BEARING #W 516		BNH0628	2	54	HEX KEY ALLOY 1/8"	BNH0767	1	
25	ARM PAD / PREACHER CURL PAD		UP3986	1	55	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1	
26	UPH PAD		UP3914	1	56	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1	
27	RUBBER GRIP 1 ID X .125 X 8 3/4		BNH2102	2	57	DECAL-DANGER TIGHTEN THIS RETAINING...	BNH0142	1	
28	RELEASE LEVER PROTECTIVE COVER		BNH1940	2	58	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	2	
29	PULL PIN 1/2 X 3 1/2 (YELLOW)		BNH0603	1	59	DECAL-WARNING ATTENTION USERS! MOVING PARTS...	BNH1895	1	
30	PULL PIN 1 X 5 1/2 (YELLOW)		BNH2084	1					

