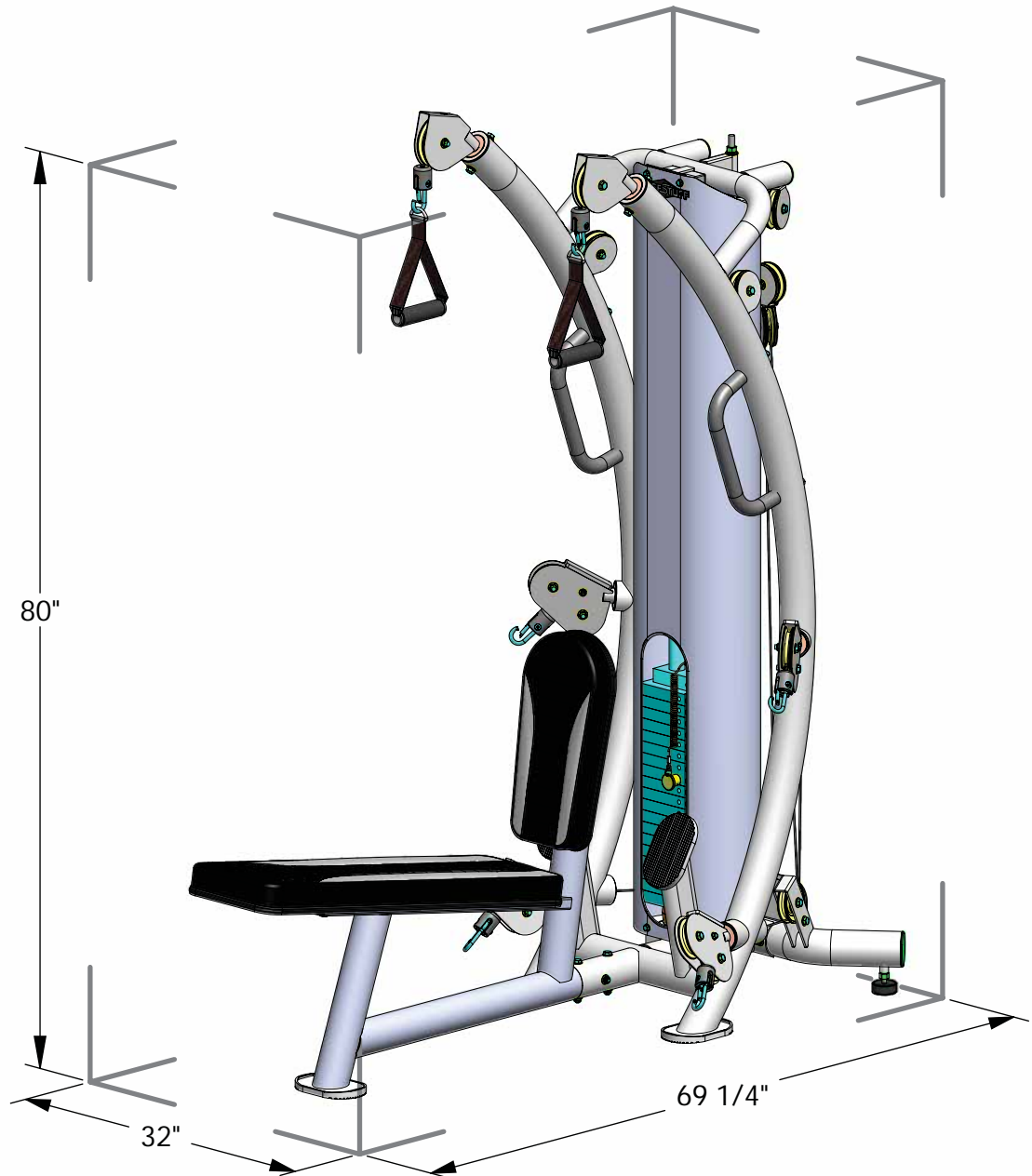


# OWNER'S MANUAL



**SPT-7**

**Six - Pak Light Commercial Trainer**



**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](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)

**AMERICA'S PREMIER EXERCISE EQUIPMENT**

## Introduction

### About the SPT-7 Six - Pak Light Commercial Trainer

Congratulations on your new purchase of the **Six - Pak Light Commercial Trainer**. 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. TuffStuff Light Commercial 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 - 450 lbs.
3. Footprint (LWH) - See Front Cover.

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



## Maintenance

### 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.

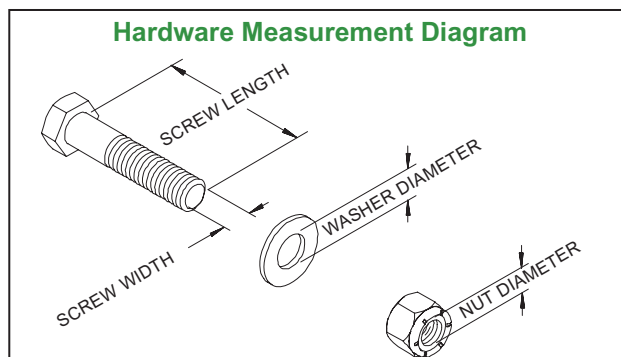
1. Check equipment if it is operating properly.
2. Check the cable for loose fittings or frayed cable and is seating properly on the pulleys and cams.
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose be sure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

### Prior to the Assembly of the SPT-7

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



## **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.

## **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 teflon-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 teflon 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 teflon grease. We recommend a teflon-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.

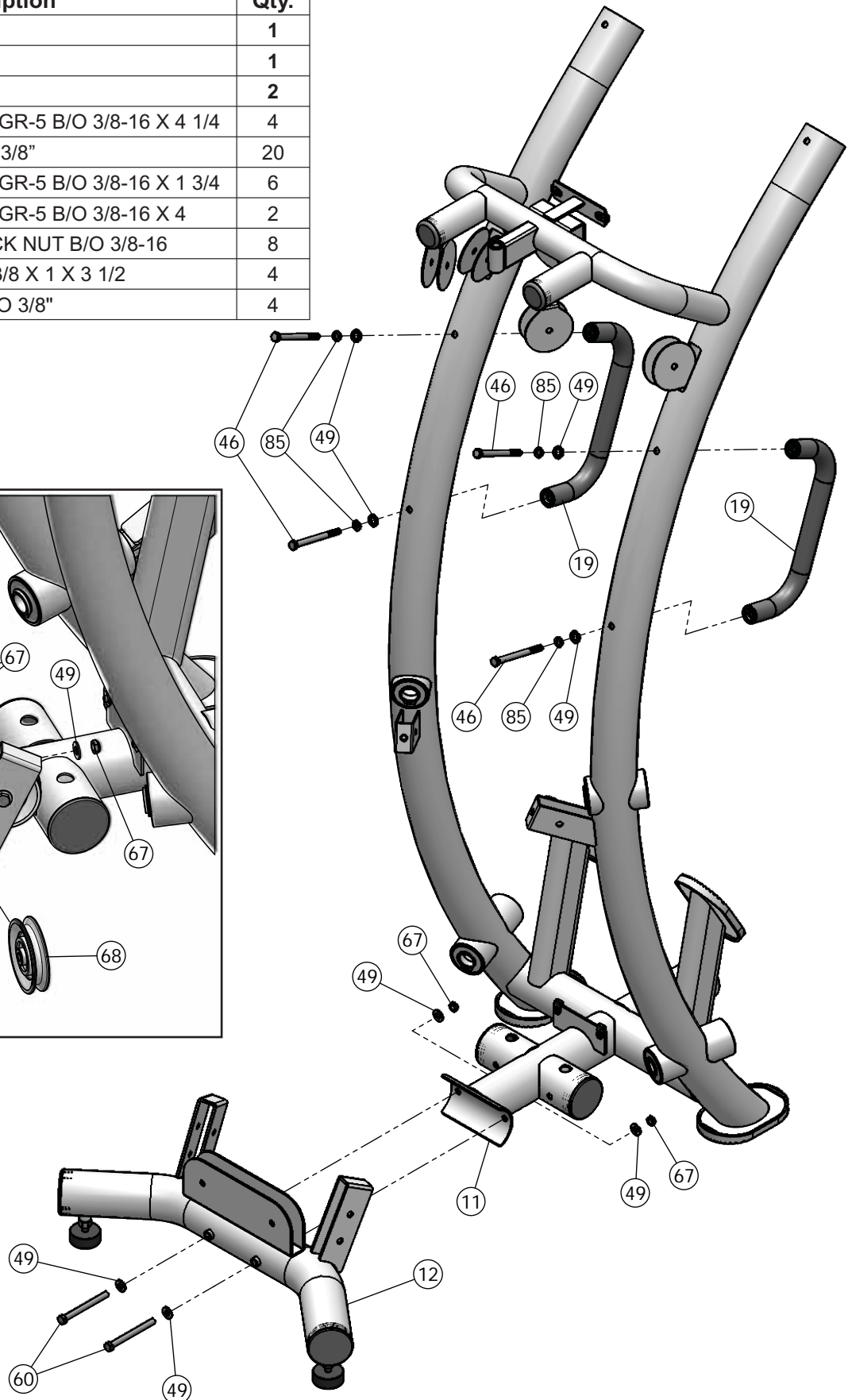
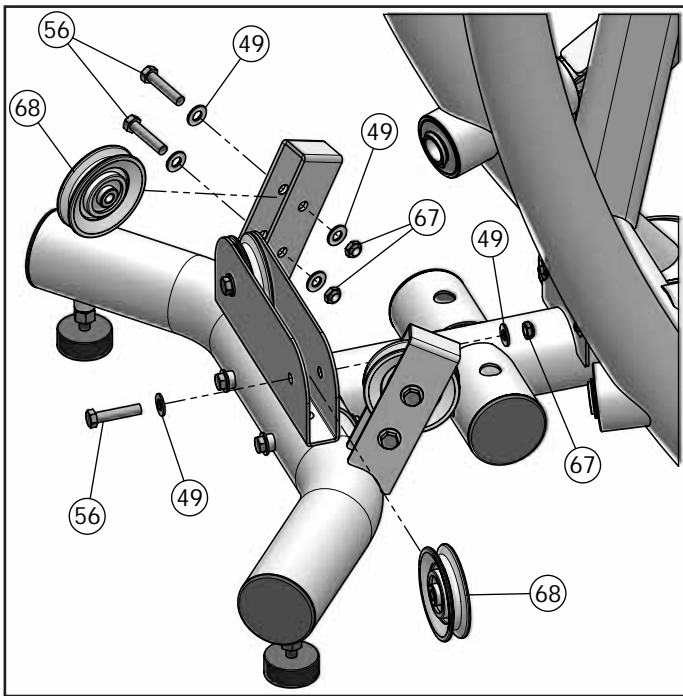
If you religiously perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

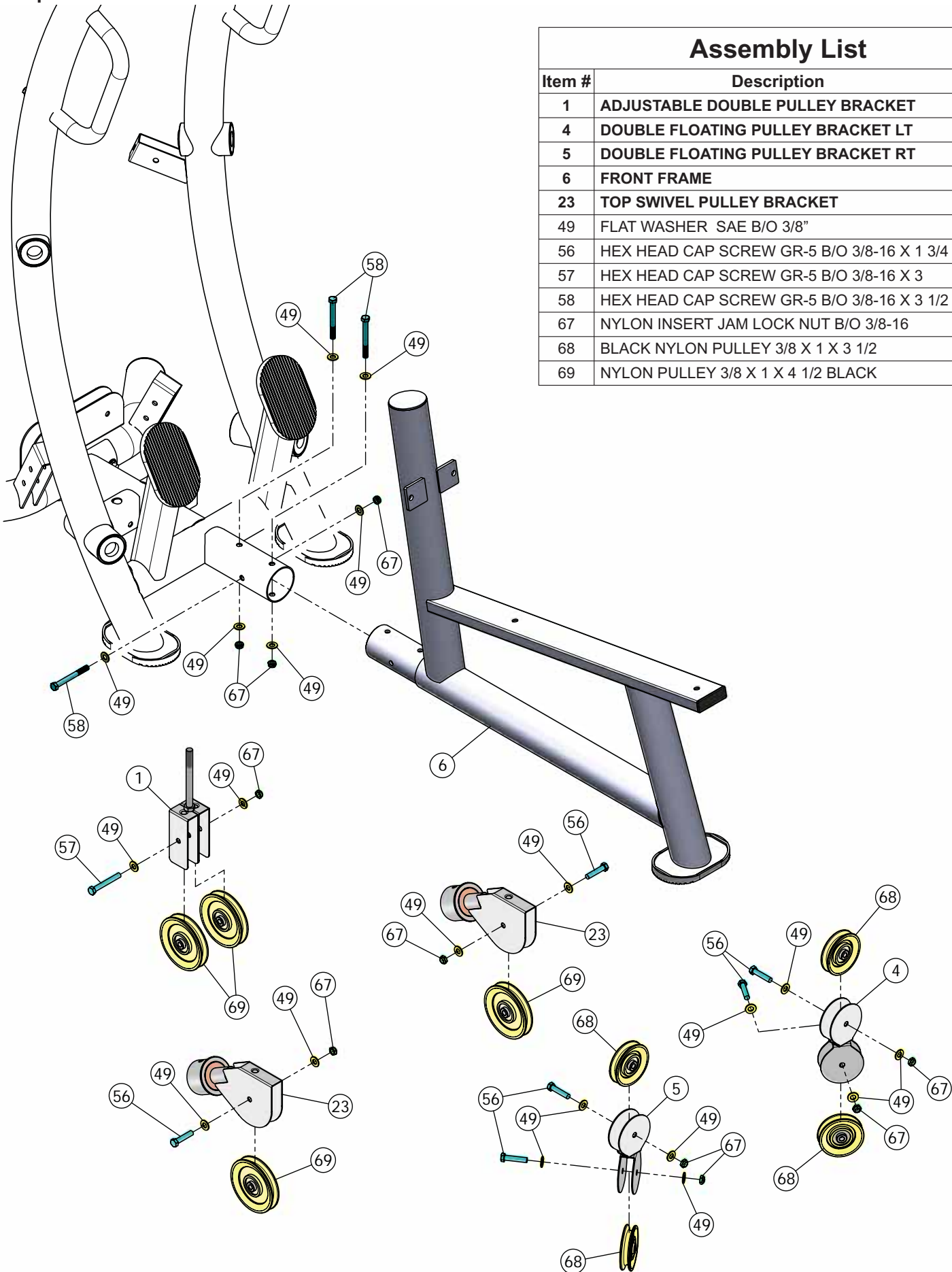
Any doubts, equipment with mechanical problems should be placed "Out-of-Service" until all problems are corrected. If replacement parts are required or maintenance questions, please contact TuffStuff Service Department:

Phone: 909-629-1600 Fax: 909-629-4967 e-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net)

## Assembly List

Item #	Description	Qty.
11	MAIN FRAME	1
12	REAR STABILIZER	1
19	HANDLE	2
46	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	4
49	FLAT WASHER SAE B/O 3/8"	20
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	2
67	NYLON INSERT JAM LOCK NUT B/O 3/8-16	8
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
85	SPLIT LOCK WASHER B/O 3/8"	4



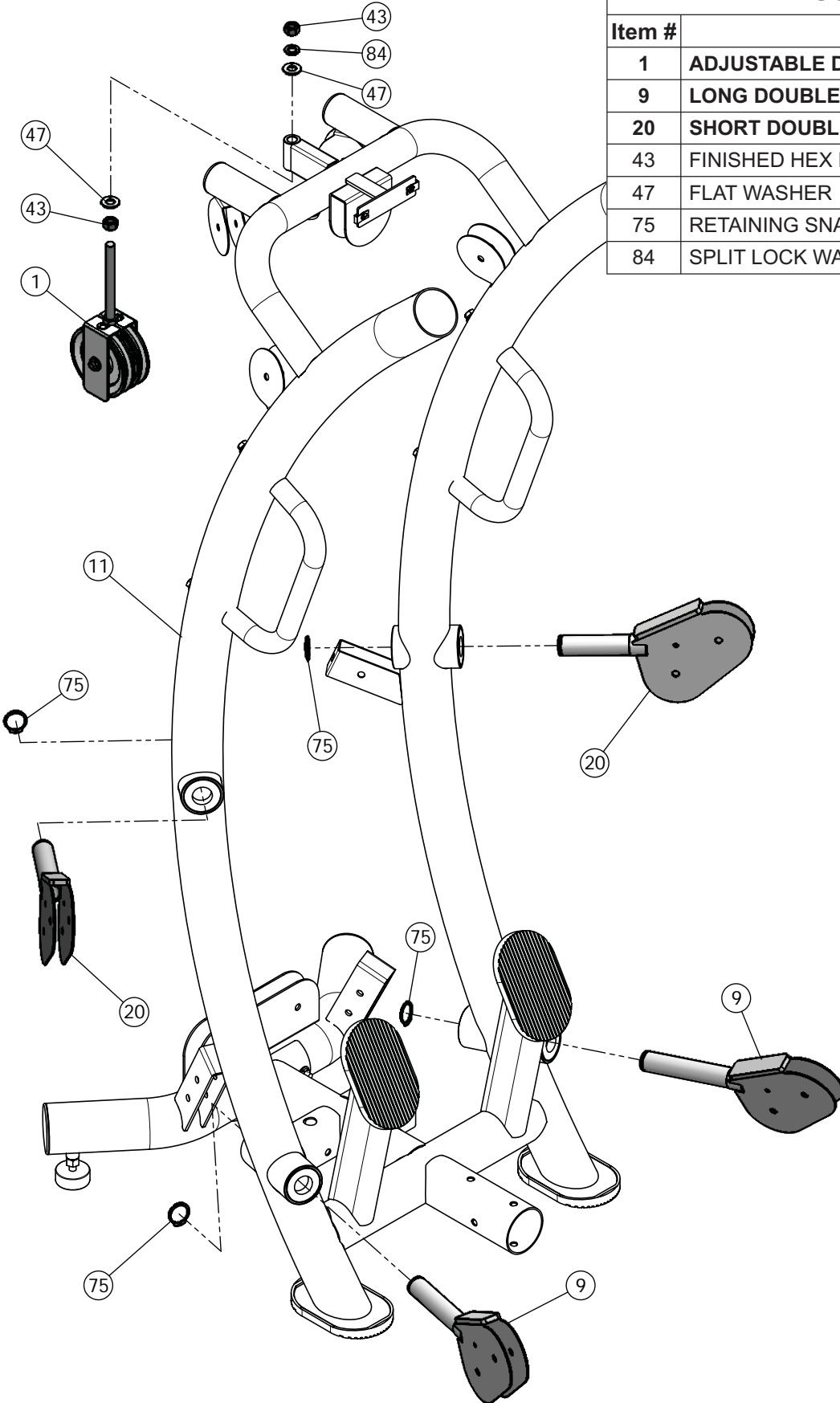


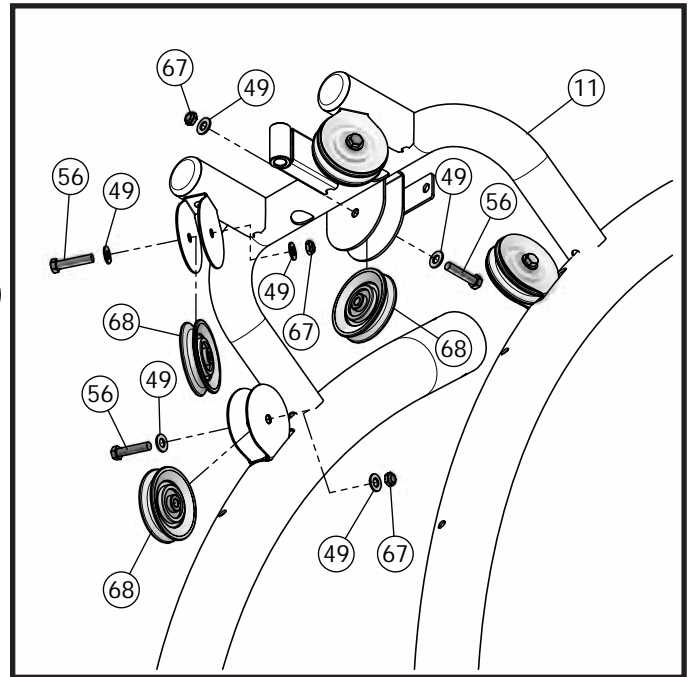
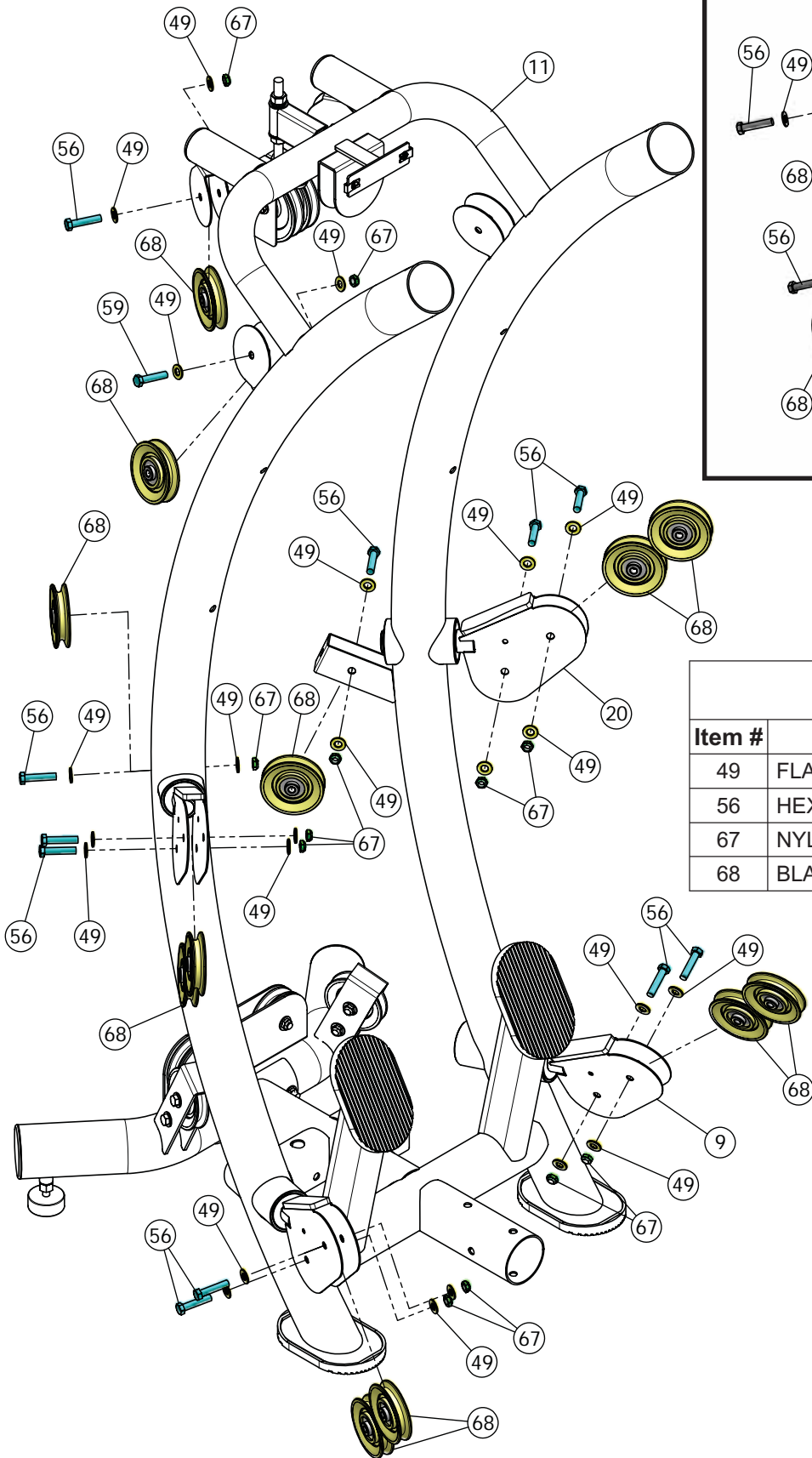
### Assembly List

Item #	Description	Qty.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	1
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
6	FRONT FRAME	1
23	TOP SWIVEL PULLEY BRACKET	2
49	FLAT WASHER SAE B/O 3/8"	20
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	1
58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	3
67	NYLON INSERT JAM LOCK NUT B/O 3/8-16	10
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
69	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	4

### Assembly List

Item #	Description	Qty.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	1
9	LONG DOUBLE SWIVEL PULLEY BRKT	2
20	SHORT DOUBLE SWIVEL PULLEY BRKT	2
43	FINISHED HEX NUT B/O 1/2-13	2
47	FLAT WASHER SAE B/O 1/2"	2
75	RETAINING SNAP RING EXT. PLAIN 1 1/4"	4
84	SPLIT LOCK WASHER B/O 1/2"	1



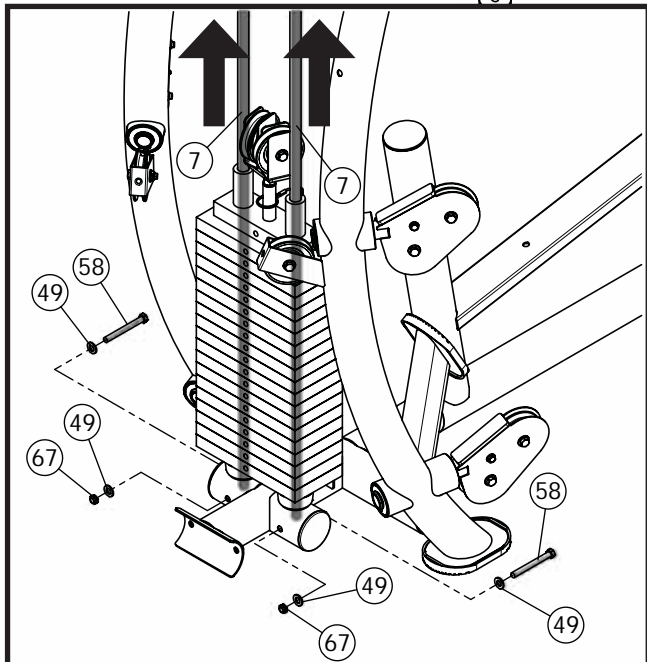
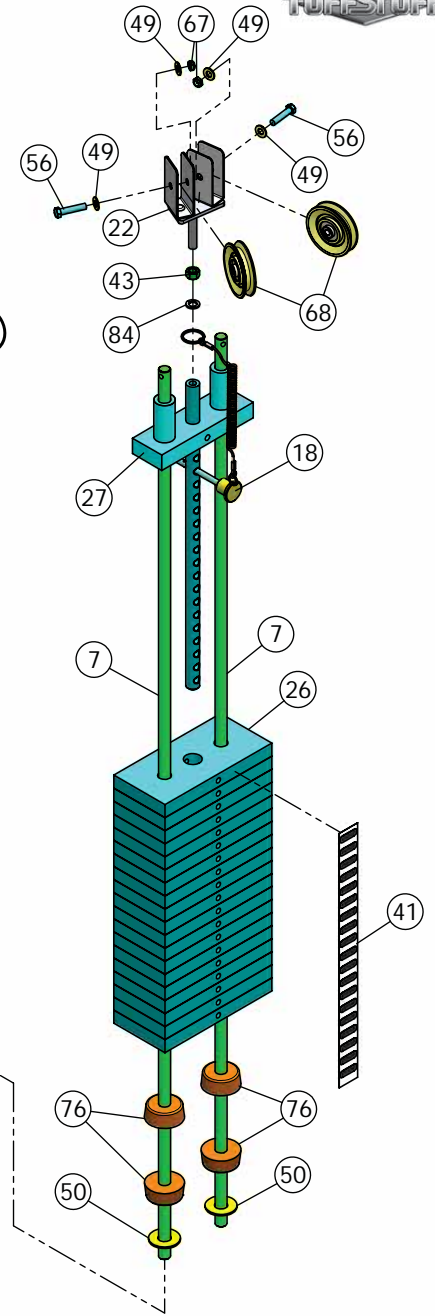
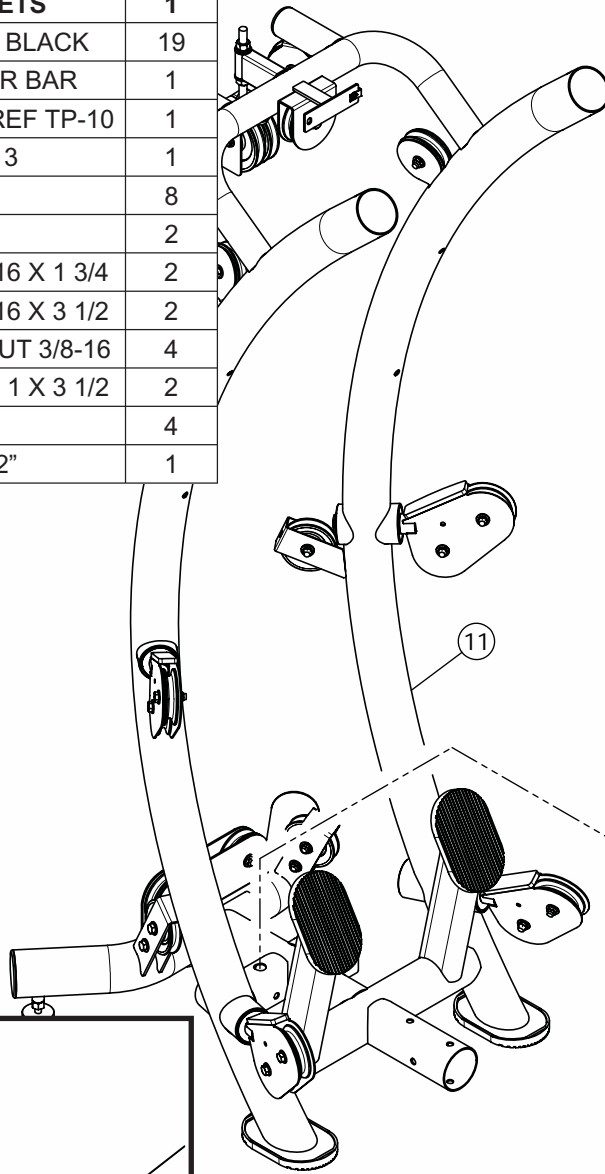


### Assembly List

Item #	Description	Qty.
49	FLAT WASHER SAE B/O 3/8"	30
56	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	15
67	NYLON INSERT JAM LOCK NUT 3/8-16	15
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	15

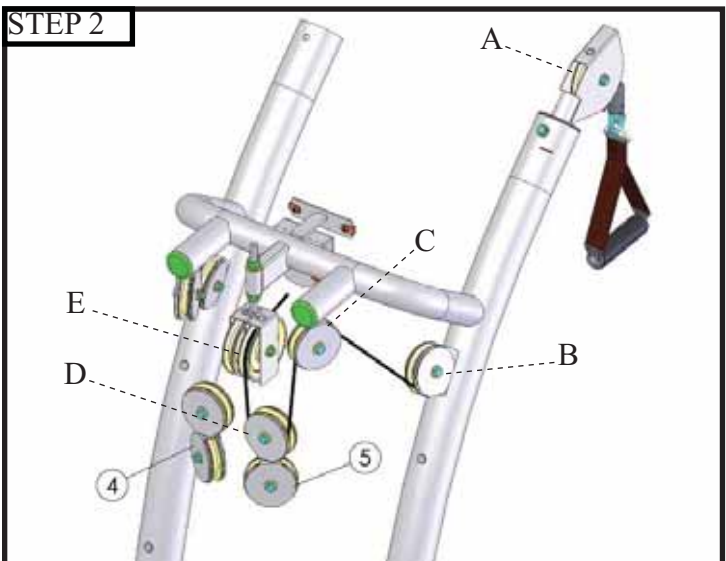
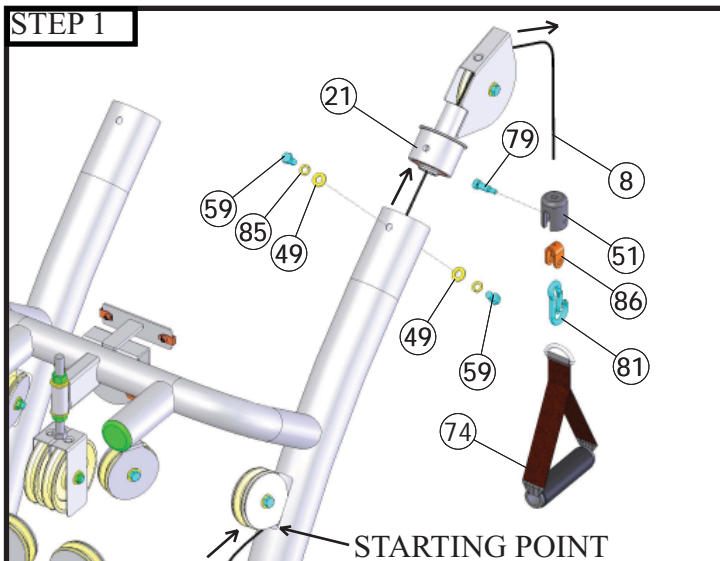
## Assembly List

Item #	Description	Qty.
7	GUIDE ROD 3/4 RD X 67 1/2	2
18	SELECTOR PIN W/COIL 3/8 X 4	1
22	TOP PLATE PULLEY BRACKETS	1
26	10 LB STEEL WEIGHT PLATE BLACK	19
27	10 LB TOP PLATE W/ADJ SLTR BAR	1
41	DECAL-WEIGHT NUMBERS REF TP-10	1
43	FINISHED HEX NUT B/O 1/2-13	1
49	FLAT WASHER SAE B/O 3/8"	8
50	FLAT WASHER B/O 3/4 X 2"	2
56	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	2
58	HEX HEAD CAP SCREW 3/8-16 X 3 1/2	2
67	NYLON INSERT JAM LOCK NUT 3/8-16	4
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	2
76	RUBBER DONUT 1 X 2 1/2	4
84	SPLIT LOCK WASHER B/O 1/2"	1



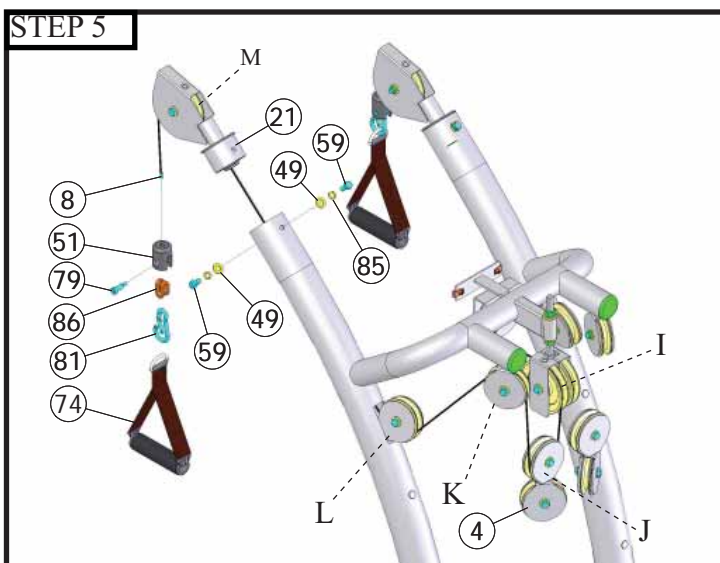
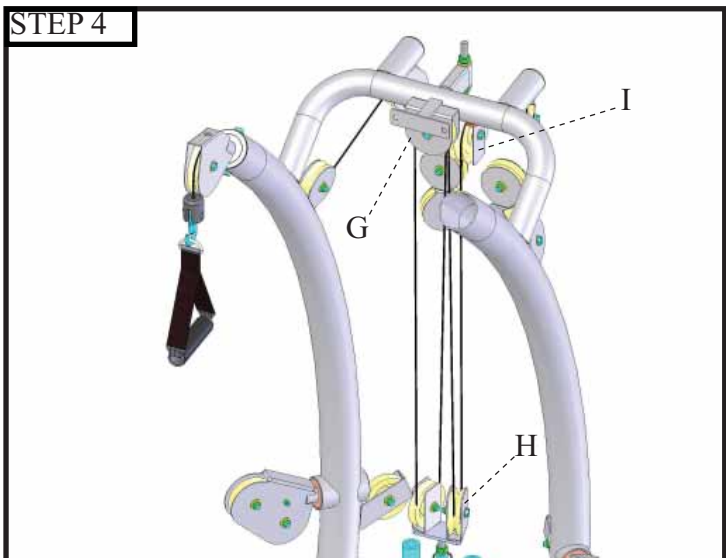
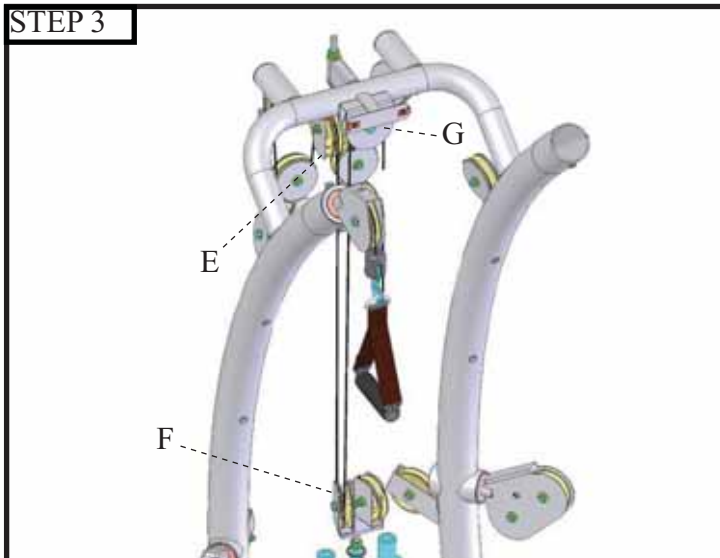
**NOTE:**  
RAISE AND HOLD THE **GUIDE RODS ( 7 )** TO ASSEMBLE  
HARDWARE AS SHOWN.





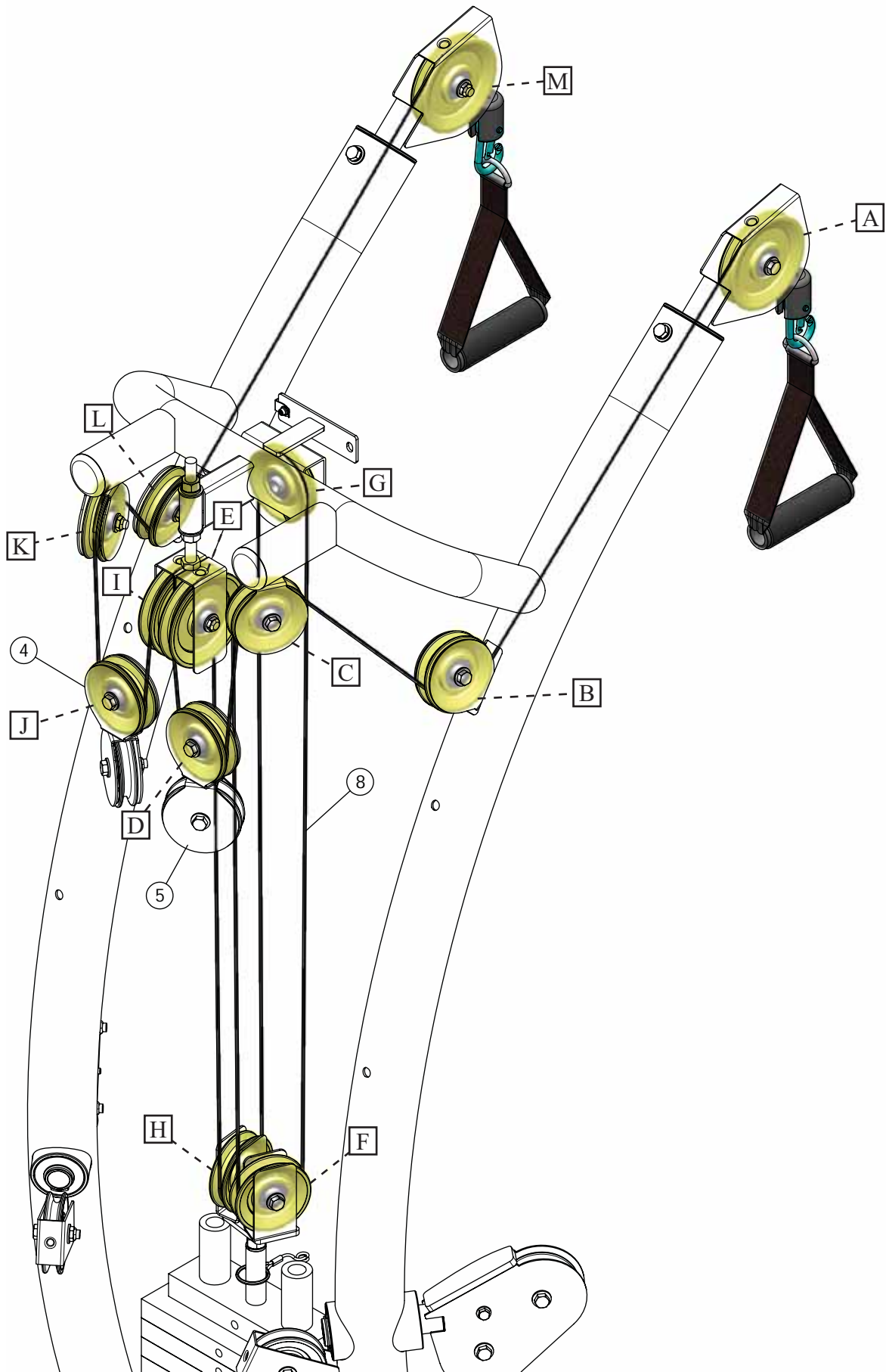
RUN CABLE THROUGH STARTING POINT INTO TOP SWIVEL PULLEY BRACKET AS SHOWN AND THEN ASSEMBLE IT TO THE UNIT.

FOLLOW LETTER SEQUENCE TO ROUTE THE CABLE.

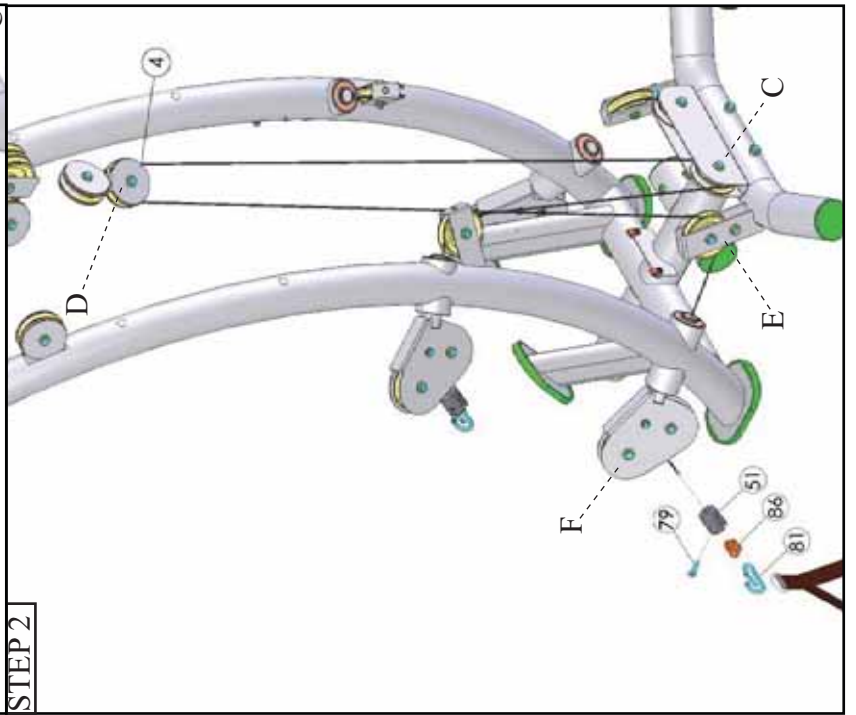
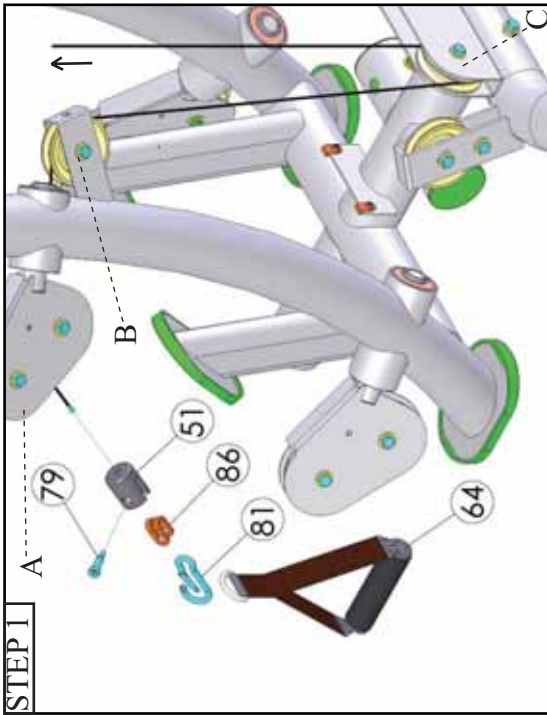


### Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
8	LAT CABLE	1
21	TOP BEARING HOUSING	2
49	FLAT WASHER SAE B/O 3/8"	4
51	HARD PVC CABLE STOPPER 1 1/2 RD X 2	2
59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	4
74	NYLON D HANDLE	2
79	SHOULDER BOLT ALLOY 3/8 X 3/4	2
81	SNAP LINK Z/P 8MM X 80MM	2
85	SPLIT LOCK WASHER B/O 3/8"	4
86	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2

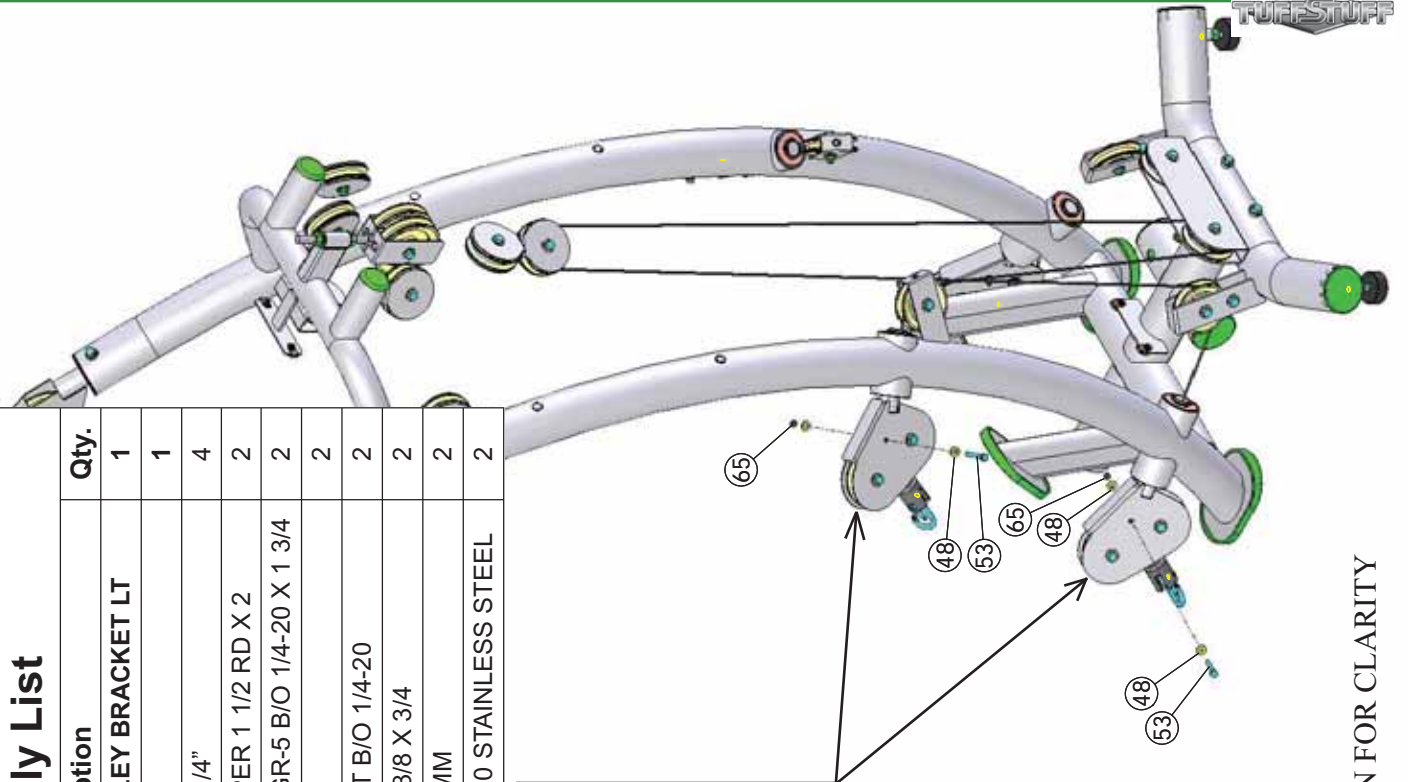
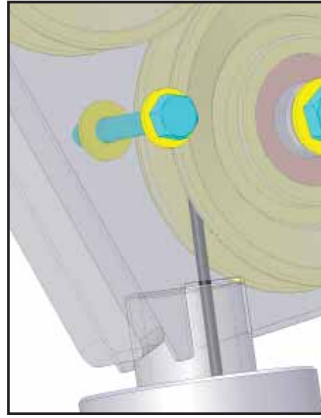


# Step 8 Low Row Cable



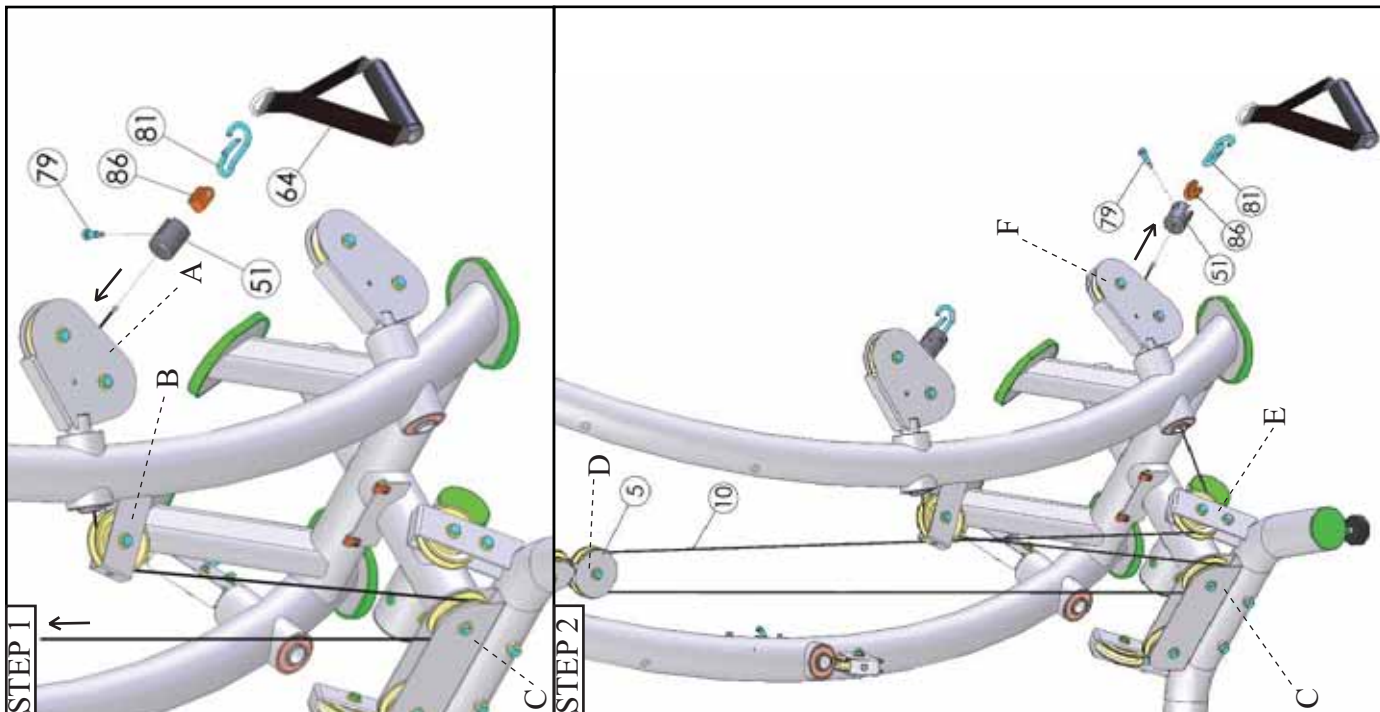
## Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
10	LOW ROW CABLE	1
48	FLAT WASHER SAE B/O 1/4"	4
51	HARD PVC CABLE STOPPER 1 1/2 RD X 2	2
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	2
64	NYLON D HANDLE	2
65	NYLON INSERT LOCK NUT B/O 1/4-20	2
79	SHOULDER BOLT ALLOY 3/8 X 3/4	2
81	SNAP LINK Z/P 8MM X 80MM	2
86	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2



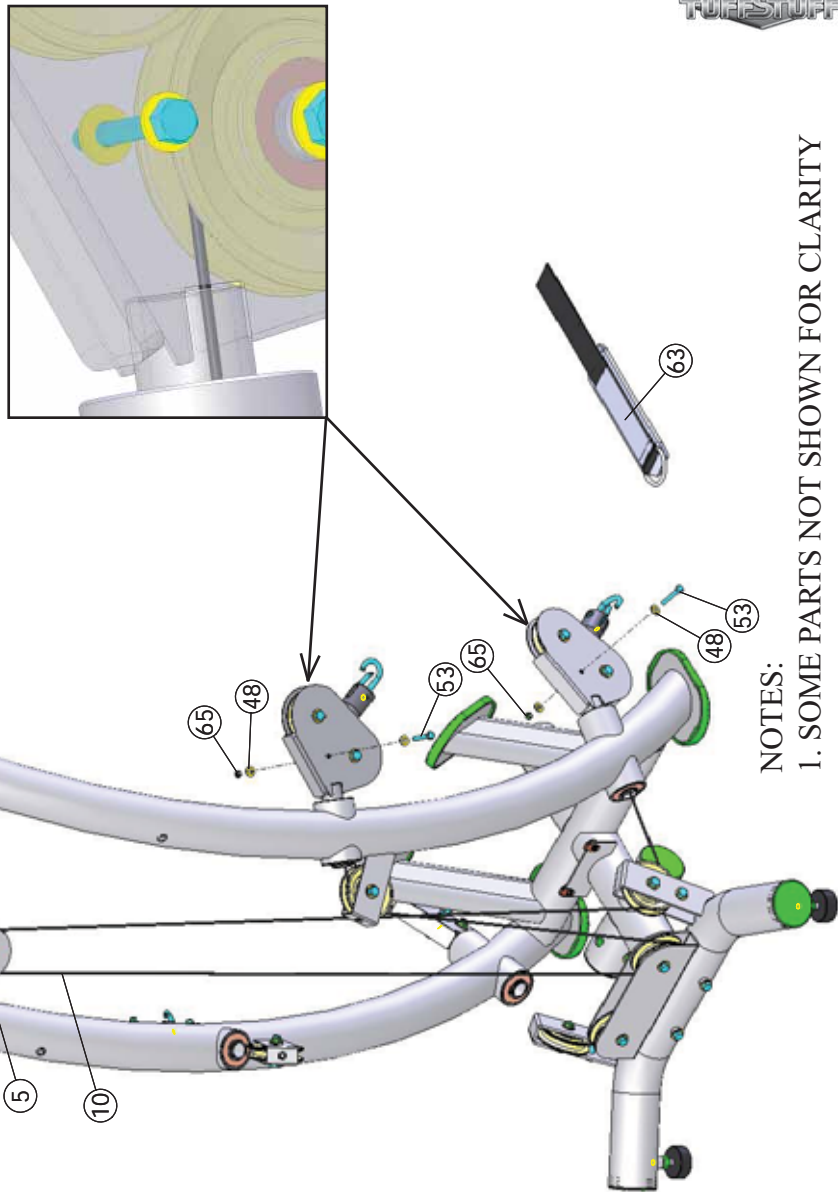
NOTES:  
1. SOME PARTS NOT SHOWN FOR CLARITY

## Step 9 Low Row Cable



## Assembly List

Item #	Description	Qty.
5	DOUBLE FLOATING PULLEY BRACKET RT	1
10	LOW ROW CABLE	1
48	FLAT WASHER SAE B/O 1/4"	4
51	HARD PVC CABLE STOPPER 1 1/2 RD X 2	2
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	2
63	NYLON ANKLE STRAP	1
64	NYLON D HANDLE	2
65	NYLON INSERT LOCK NUT B/O 1/4-20	2
79	SHOULDER BOLT ALLOY 3/8 X 3/4	2
81	SNAP LINK Z/P 8MM X 80MM	2
86	STRAP BRACKET 20 #SF20 STAINLESS STEEL	2

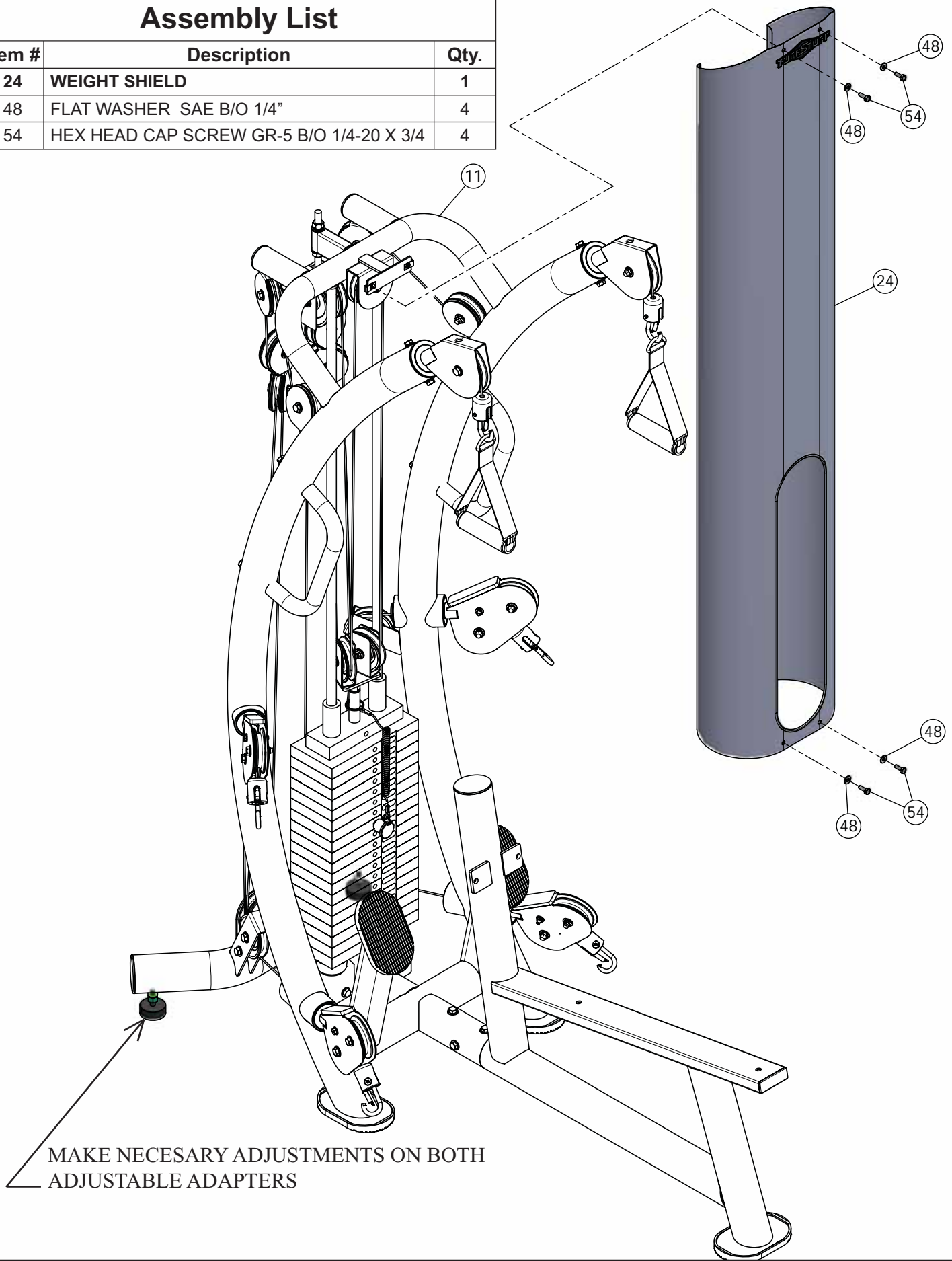


NOTES:

1. SOME PARTS NOT SHOWN FOR CLARITY

## Assembly List

Item #	Description	Qty.
24	WEIGHT SHIELD	1
48	FLAT WASHER SAE B/O 1/4"	4
54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	4



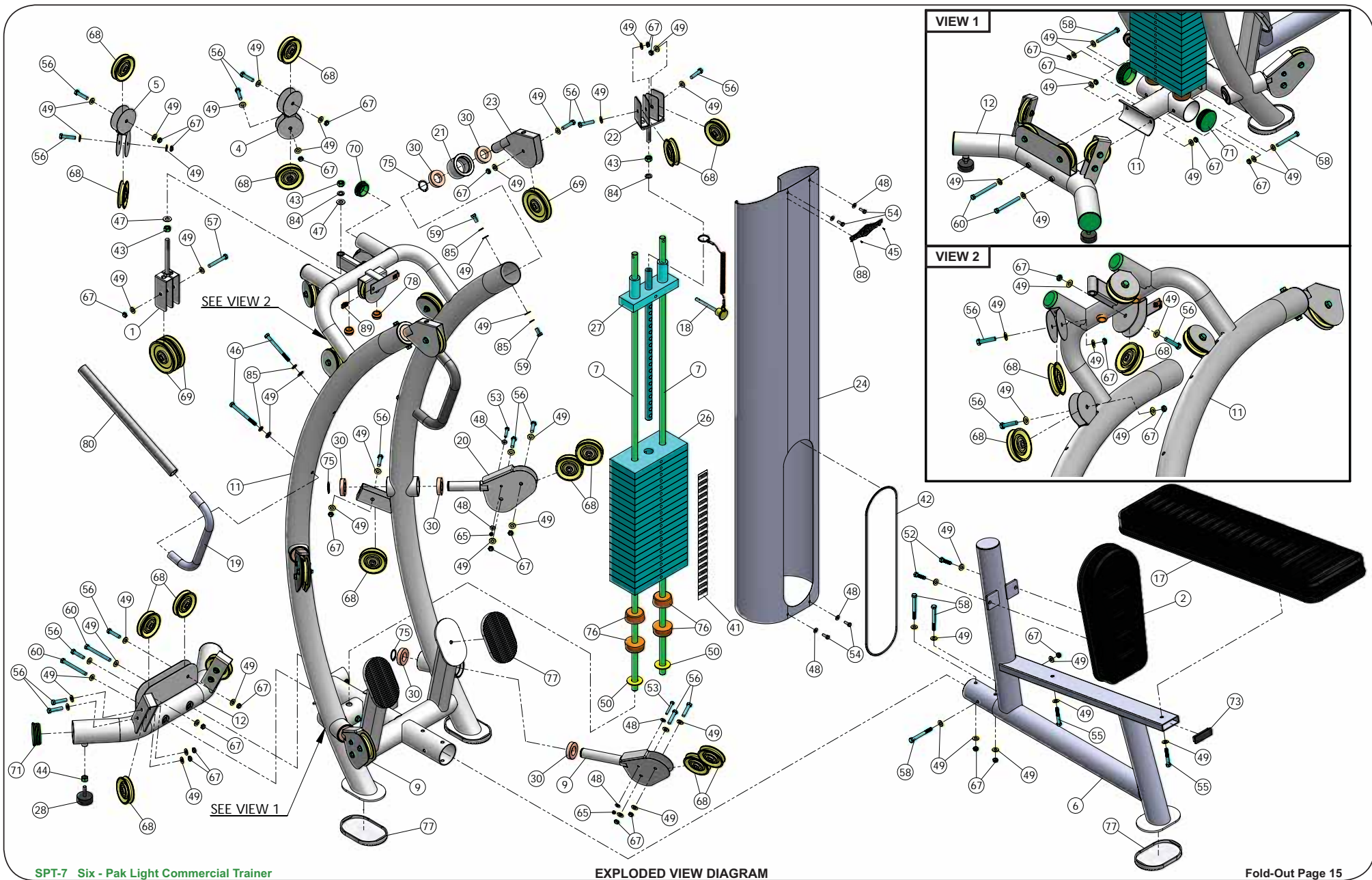
**COLOR CHART****BOLD FONT = SUB-ASSEMBLY PARTS**

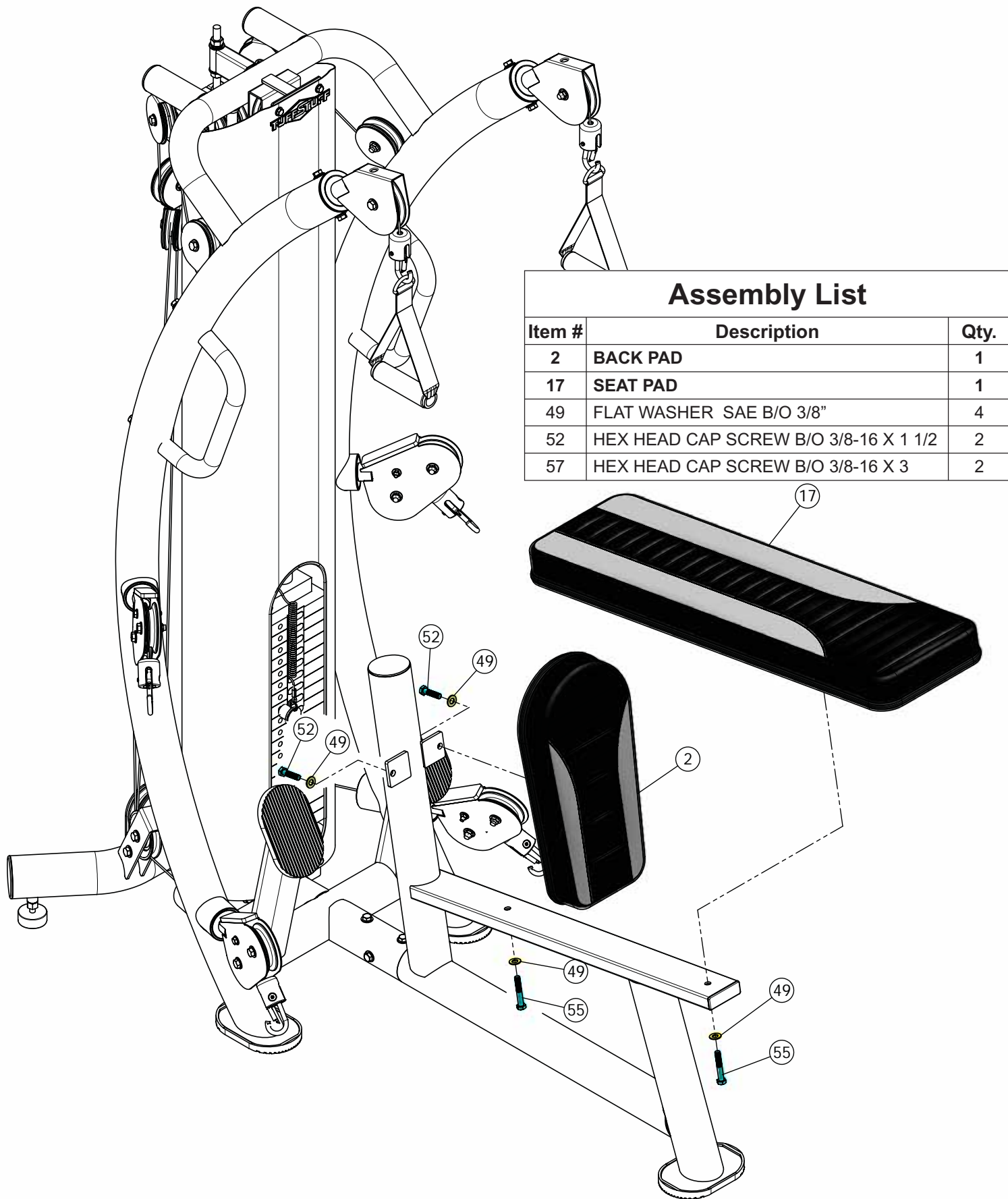
BLACK= HARDWARE

## SPT-7 Parts List

REVO

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	<b>ADJUSTABLE DOUBLE PULLEY BRACKET</b>	0	<b>UP6165</b>	1	49	FLAT WASHER SAE B/O 3/8"	BNH0239	82
2	<b>BACK PAD</b>	0	<b>UP7074</b>	1	50	FLAT WASHER B/O 3/4 X 2"	BNH0878	2
4	<b>DOUBLE FLOATING PULLEY BRACKET LT</b>	0	<b>UP6170</b>	1	51	HARD PVC CABLE STOPPER 1 1/2 RD X 2	BNH2258	6
5	<b>DOUBLE FLOATING PULLEY BRACKET RT</b>	0	<b>UP6171</b>	1	52	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/2	BNH0303	2
6	<b>BENCH FRAME</b>	0	<b>UP7072</b>	1	53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	BNH1338	4
7	<b>GUIDE ROD 3/4 RD X 67 1/2</b>	0	<b>UP6187</b>	2	54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	4
8	<b>LAT CABLE</b>	0	<b>UP6184</b>	1	55	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/4	BNH0277	2
9	<b>LONG DOUBLE SWIVEL PULLEY BRKT</b>	0	<b>UP6173</b>	2	56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	29
10	<b>LOW ROW CABLE</b>	0	<b>UP6174</b>	2	57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	1
11	<b>MAIN FRAME</b>	0	<b>UP6175</b>	1	58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	BNH0280	5
12	<b>REAR STABILIZER</b>	0	<b>UP6176</b>	1	59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	4
17	<b>SEAT PAD</b>	0	<b>UP7073</b>	1	60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	2
18	<b>SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB</b>	0	<b>UP3035</b>	1	62	HEX KEY LONG ARM ALLOY 3/16"	BNH0371	1
19	<b>HANDLE</b>	0	<b>UP7075</b>	2	63	NYLON ANKLE STRAP	BNH2263	1
20	<b>SHORT DOUBLE SWIVEL PULLEY BRKT</b>	0	<b>UP6182</b>	2	64	NYLON D HANDLE	BNH1215	4
21	<b>TOP BEARING HOUSING</b>	0	<b>UP6166</b>	2	65	NYLON INSERT LOCK NUT B/O 1/4-20	BNH0213	4
22	<b>TOP PLATE PULLEY BRACKETS</b>	0	<b>UP6183</b>	1	67	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	37
23	<b>TOP SWIVEL PULLEY BRACKET</b>	0	<b>UP3634</b>	2	68	NYLON PULLEY 3/8 X 1 X 3 1/2 BLACK	BNH0553	25
24	<b>WEIGHT SHIELD</b>	0	<b>UP6185</b>	1	69	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	4
26	10 LB STEEL WT PLATE BLK 4 9/16 X 9 7/16 ASSY		BNH1650	19	70	PLASTIC INSERT CAP 2" RD 10-14 GA	BNH0004	2
27	10 LB TOP PLATE W/ADJ SLTR BAR 19WTS ASSY		BNH1982	1	71	PLASTIC INSERT CAP 3" RD 10-14 GA	BNH1364	4
28	ADJUSTABLE ADAPTER		BNH2279	2	72	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	BNH1794	2
30	BALL BEARING R20-RS ( 4 I.D. X 2 1/4 X 1/2 )		BNH1712	12	73	PLASTIC INSERT CAP 1" X 3" _ 11 GA	BNH0007	1
33	DECAL-IMPORTANT ADJUST CABLE HERE		BNH1893	1	74	NYLON D HANDLE 5 1/8" X 6 1/4"	BNH2325	2
34	DECAL-CAUTION WEIGHT TRAINING SAFETY...		BNH0126	1	75	RETAINING SNAP RING EXT. PLAIN 1 1/4"	BNH1718	6
35	DECAL-DANGER TIGHTEN THIS RETAINING...		BNH0142	2	76	RUBBER DONUT 1 X 2 1/2	BNH0062	4
36	DECAL-EXERCISE CHART		BNH2277	1	77	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	5
37	DECAL-IMPORTANT FOR BEST PERFORMANCE...		BNH1894	1	78	RUBBER GROMMET 3/4" ID	BNH0401	2
38	DECAL-IMPORTANT CHECK CABLES BE SURE...		BNH1891	1	79	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	6
39	DECAL-WARNING ATTENTION USERS! MOVING...		BNH1895	1	80	RUBBER FLAT TUBE .94 ID X .115 WALL X 19	BNH2485	2
40	DECAL-WARNING KEEP HANDS AND FINGERS...		BNH0620	2	81	SNAP LINK Z/P 8MM X 80MM	BNH0065	6
41	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)		BNH1542	1	84	SPLIT LOCK WASHER B/O 1/2"	BNH0653	2
42	EDGE PROTECTOR CHROME 11 GA		BNH1724	1	85	SPLIT LOCK WASHER B/O 3/8"	BNH0658	8
43	FINISHED HEX NUT B/O 1/2-13		BNH0201	3	86	STRAP BRACKET 20 #SF20 SS 3/32"	BNH1904	6
44	FINISHED HEX NUT B/O M10-1.5		BNH0651	2	87	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
45	FLAT PHILLIPS SCREW ZINC # 2 X 1/2		BNH1480	2	88	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
46	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4		BNH0317	4	89	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	4
47	FLAT WASHER SAE B/O 1/2"		BNH0239	2	90	DECAL-SIX PACK LOGO	BNH2278	2
48	FLAT WASHER SAE B/O 1/4"		BNH0877	12				





### Assembly List

Item #	Description	Qty.
2	BACK PAD	1
17	SEAT PAD	1
49	FLAT WASHER SAE B/O 3/8"	4
52	HEX HEAD CAP SCREW B/O 3/8-16 X 1 1/2	2
57	HEX HEAD CAP SCREW B/O 3/8-16 X 3	2



**DO NOT DISCARD THIS MANUAL**



**TUFFSTUFF LIGHT COMMERCIAL 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:

**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

E-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)