

# OWNER'S MANUAL

## TABLE OF CONTENTS:

Introduction - Pg. 1

Safety Precautions - Pg. 2

Assembly for TS-1000 - Pg. 3 - Pg. 23

Cable Adjustments - Pg. 22

Cable Mapping Diagrams  
Pg. 24 - Pg. 29

Parts List - Pg. 31

Exploded View Diagram  
Fold-Out Pg. 32

Adjustment Features - Pg. 33 - Pg. 34

Maintenance - Pg. 35

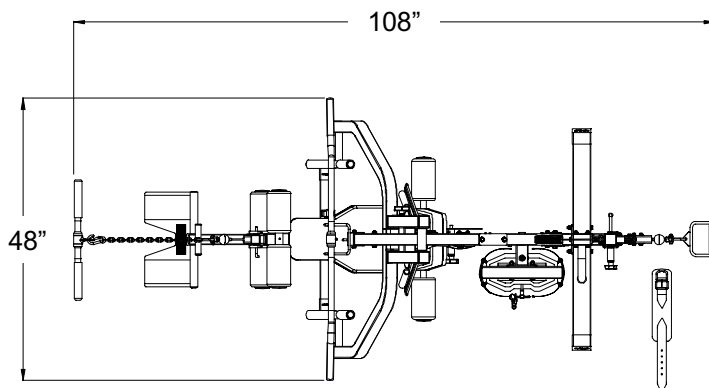
Warranty - Back Page



Revision Date 10-16-01

## **TS-1000**

### **Home Gym w/Adjustable High-Low Pulley System**



L 108" W 48" H 83"



America's Premium Exercise Equipment

# Introduction

## About the Home Gym (TS-1000)

Congratulations on your new purchase of the Home Gym (TS-1000). This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. In addition, this gym has been designed to meet the needs and performance requirements for a suitable home exercise machine. 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 Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, as 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

- Maximum Wt. Capacity - 200 Lbs. Fixed
- Total Machine Weight - 475 Lbs.
- Footprint (LWH) - See Front Cover

## Prior to the Assembly of the TS-1000

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 Home Gym.
2. Consider the complete surface area of the TS-1000. Use the overhead view on the front page for designing your layout before assembling. Once the TS-1000 has been fully assembled it will be heavy and difficult to move, therefore you should assemble the TS-1000 in the area where it is to be used upon completion.
3. It is recommended that another person assist you with the assembly this unit.
4. Neatly organize and identify all parts according to the Parts List on page 31 and the Exploded View Diagram on fold-out page 32.

## Tool Requirements

1. One 9/16" combination wrench
2. One 3/4" combination wrench
3. One 7/8" combination wrench
4. One 1/2" combination wrench
5. Two 7/16" combination wrenches
6. One ratchet
7. One 9/16" socket
8. One 3/4" socket
9. One rubber mallet
10. External retaining-ring pliers
11. Windex or household glass cleaner
12. One can silicone spray/ teflon spray lubricant
13. Multi-purpose grease
14. Measuring tape
15. Utility knife

## About the Icons

The icons displayed in this Owner's Manual are used to facilitate the correct assembly and safe use of this Product, as-well-as to prevent injury to yourself or anyone else.



**Note** provides information necessary to properly complete a procedure or information which will make the procedure easier to understand.



**Caution** indicates a potentially hazardous situation, which, if not avoided, may result in minor or moderate injury. It may also be used to alert against unsafe practices.



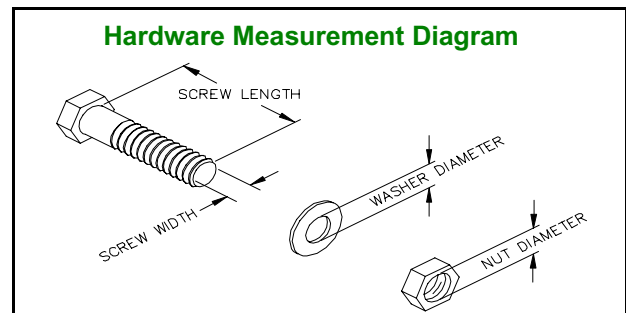
**Loosely Fasten** provides a instruction to loosely fasten (ex: *hand tighten*) a hardware assembly only. This instruction is intended for the alignment of hardware components during the assembly process.



**Fully Fasten** provides a instruction to fully fasten (ex: *completely tighten*) a hardware assembly.

## Assembly Notes

1. Read and follow each step of this Assembly Instruction Manual in sequence. Do not skip ahead, as it will result in an improper assembly or in having to disassemble parts later.
2. During the assembly of this unit you will be instructed to leave some Hex Head Cap Screws loosely fastened. Naturally, they will be fully fastened later in the assembly process. This is done to prevent any difficulty with alignment of some parts during the assembly.



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

Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

# 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 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 Owner's Manuals and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.
4. Use proper discretion when children are present.

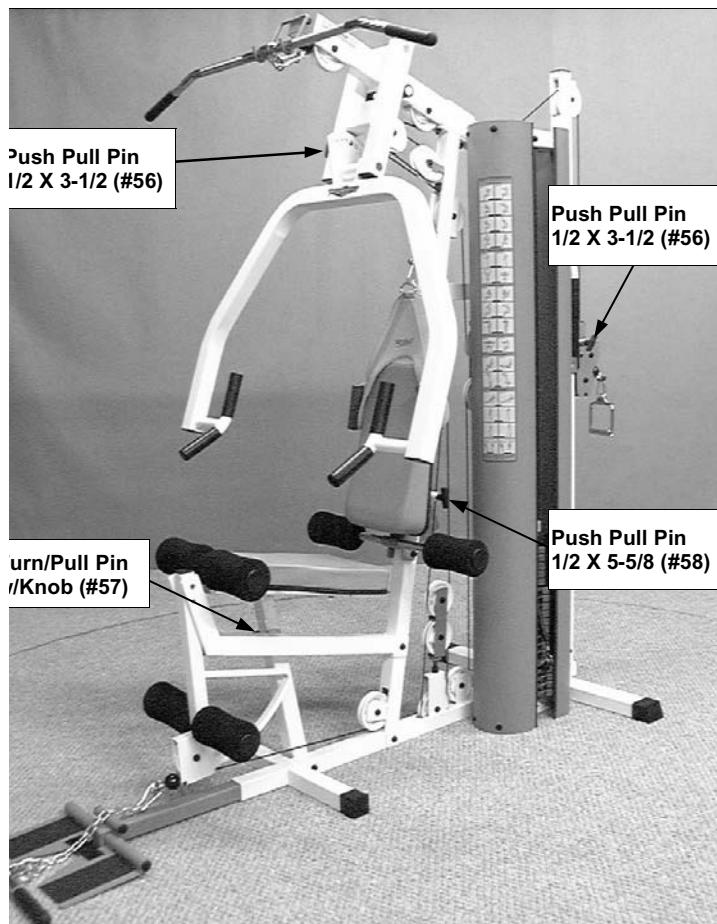


Fig. 1 Illustration above depicts the location of the Push Pull Pins 1/2" X 3-1/2 (#56), Push Pull Pins 1/2" X 5-5/8 (#58), and the Turn/Pull Pin w/ Knob (#57) on this unit.

5. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indicator 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.
9. Pay special attention to the Push Pull Pins 1/2 X 3-1/2 (#56) located on the Press Bar Selector Housing (#23) and the High-Low Carriage (#14), the Push Pull Pins 1/2 X 5-5/8 (#58) located on the Front Upright (#6) also the Turn/Pull Pin w/ Knob (#57) located on the Leg Extension Bench Frame (#9). See Fig.1. Be sure they are fully engaged into the selected holes. Refer to Fig. 2 and Fig. 3 for further illustration of this instruction.

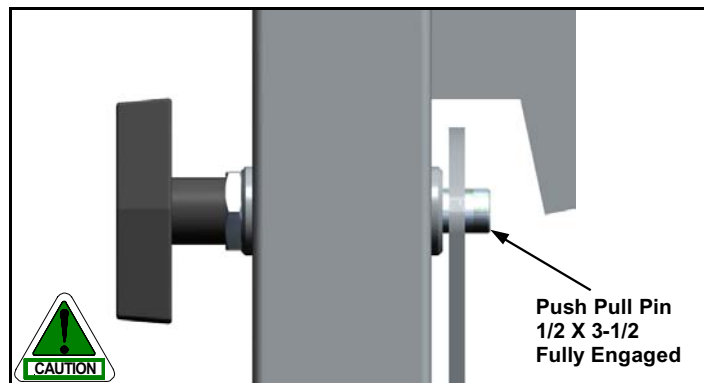


Fig. 2 Caution: Check that the two Push Pull Pins 1/2 X 3-1/2 (#56) located on the Press Bar Selector Housing (#23), and the High-Low Carriage (#14), also the Push Pull Pins 1/2 X 5-5/8 (#58) located on the Front Upright (#6) are fully engaged into the selected holes of the Press Bar (#23), High-Low Selectorized Upright (#13), and the Back Pad Bracket (#7).

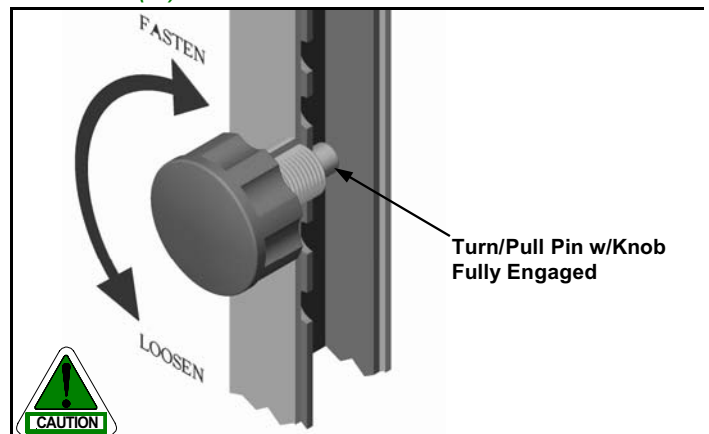
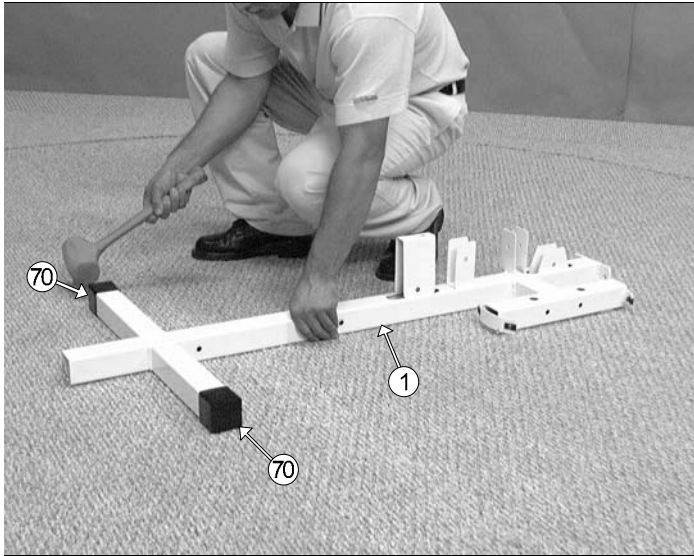


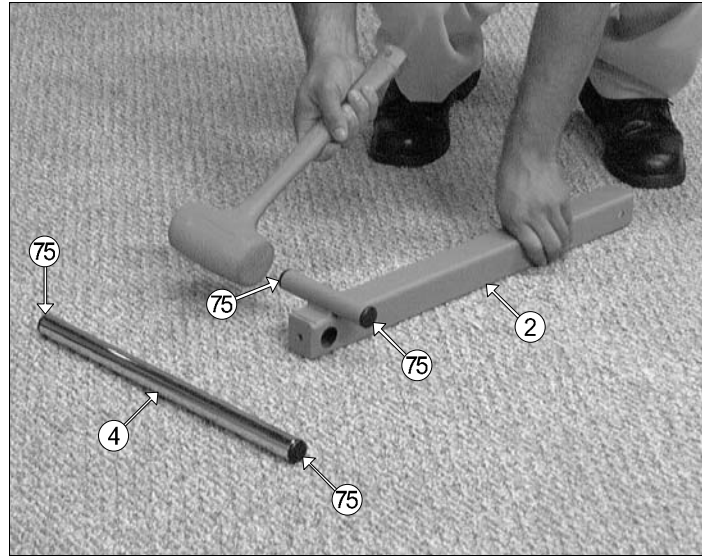
Fig. 3 Caution: Check the Turn/Pull Pin w/ Knob (#57) to be fully engaged into the selected hole of the Adjustable Seat Frame (#37).



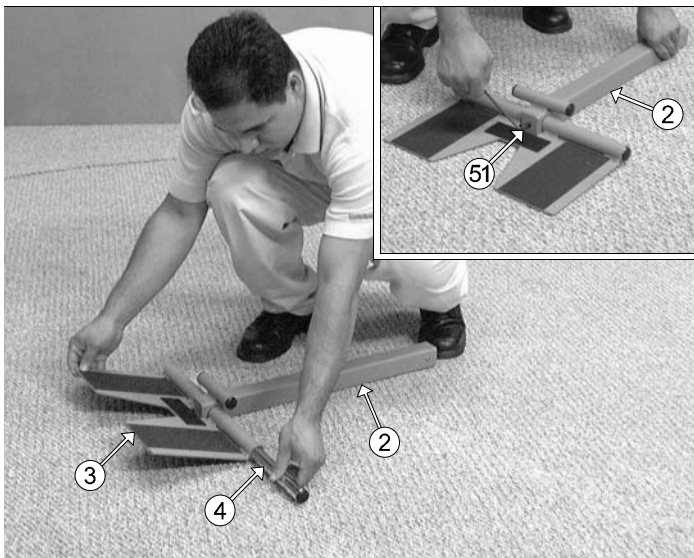


**FIG. 4** On a flat surface, lay the **Base Frame (#1)** down and insert two **lastic End Caps w/Groove 2" Sq. (#70)** onto the tube-ends of the **Base frame (#1)**, as shown above.

**NOTE:** When positioning the **Base Frame (#1)** consider the complete area surface of the **TS-1000**. Use the overhead view on the cover page for designing your layout before assembling.

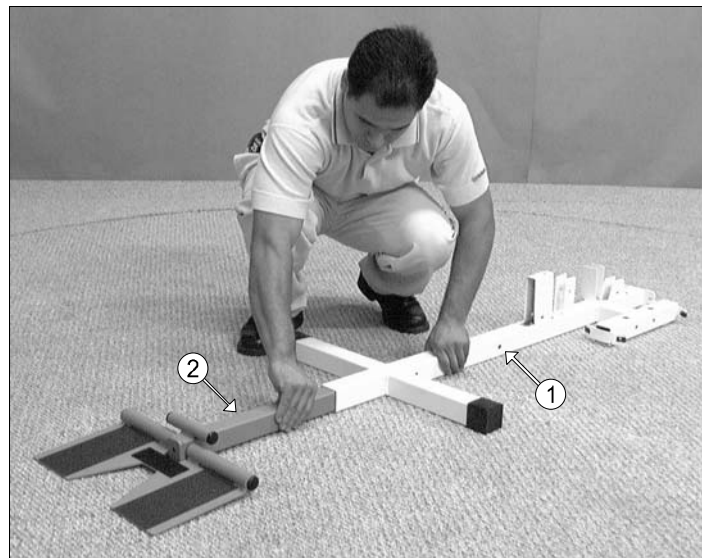


**FIG. 5** Next, using a rubber mallet, insert four **Plastic Insert Caps 1 Rd. (#75)** into the four tube-ends of the **Low Row Stabilizer (#2)** and the **Foot Roll Tube 1 x 16 (#4)**.

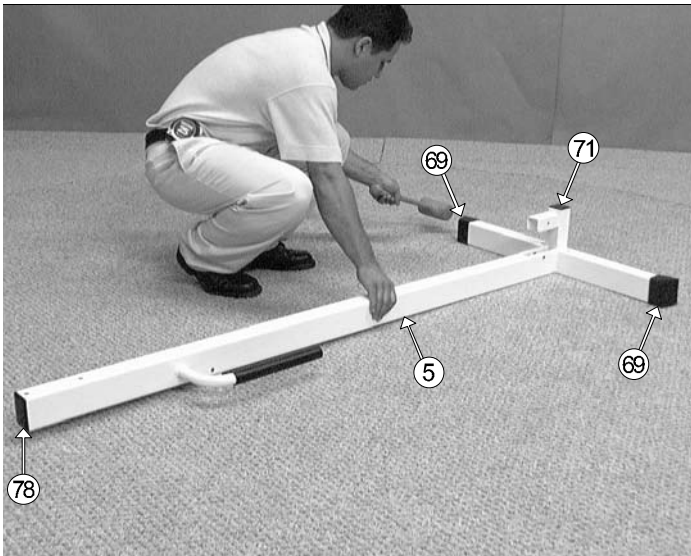


**FIG. 6** Next, attach the **Low Row Foot Support (#3)** to the **Low Row Stabilizer (#2)** and secure it into place using one **Foot Roll Tube 1 x 16 (#4)**. Using the supplied **Hex Key 3/16" (#114)**, secure the **Foot Roll Tube (#4)** into place using one **Set Screw 3/8-16 x 1/2 (#51)**, as shown in caption above.

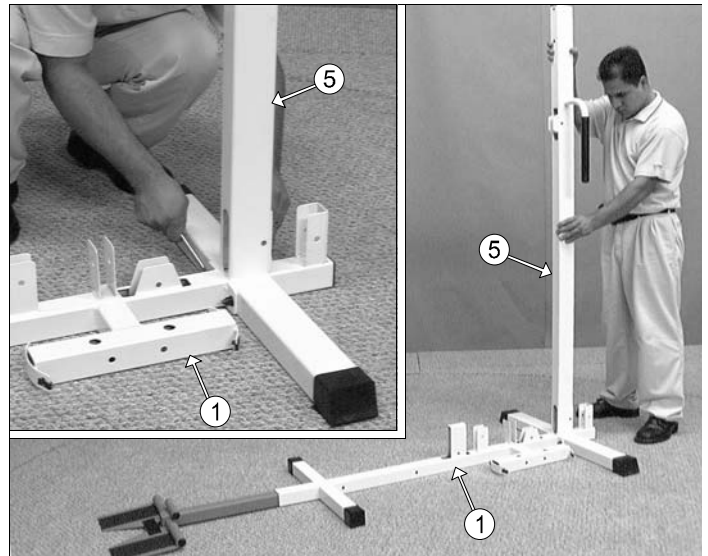
**NOTE:** Be sure the **Foot Roll Tube (#4)** is flush on each end after inserted into the **Low Row Foot Support (#3)**.



**FIG. 7** Insert the **Low Row Stabilizer (#4)** into the receptacle on the **Base Frame (#1)**, as shown above.

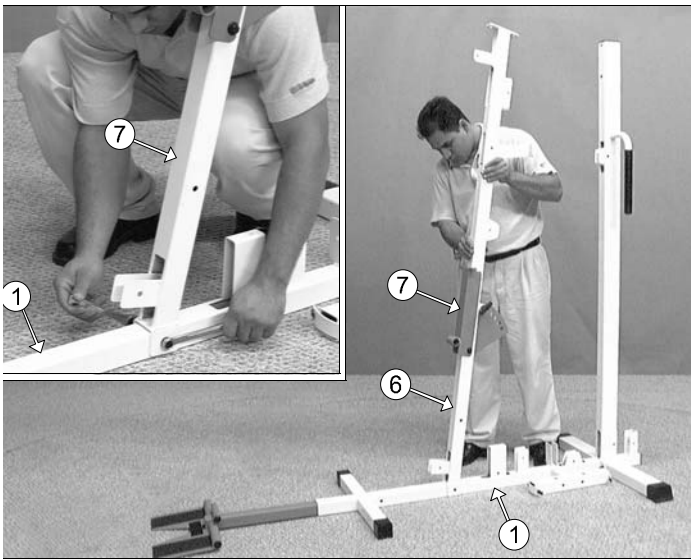


**FIG. 8** Locate the **Rear Upright (#5)**, and using a rubber mallet insert two Plastic End Caps w/Groove 2 x 3 (#69) onto the tube-ends of stabilizer tube. Next insert a Plastic Insert Cap 2" Sq. (#71), and a Plastic Insert Cap 2 x 3 (#78) into the tube-ends, as shown above.



**FIG. 9** Next, attach the **Rear Upright (#5)** to the **Base Frame (#1)** and secure it into place using two Hex Head Cap Screws 3/8-16 x 4 (#98), four Flat Washers SAE 3/8" (#87), and two Nylon Insert Lock Nuts 3/8-16 (#92).

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

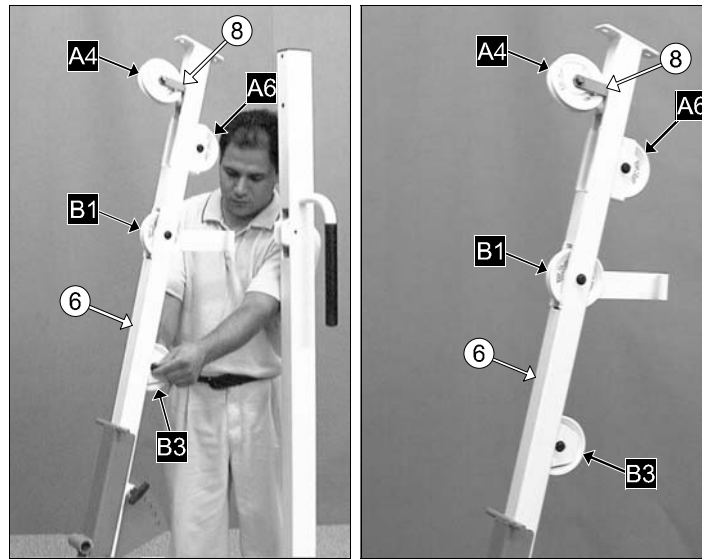


**FIG. 10** **Caution:** It is recommended to use another person in assisting with this assembly.

Attach the **Front Upright (#6)** to the **Base Frame (#1)** and secure it into place using one Hex Head Cap Screw 3/8-16 x 2 3/4 (#100), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93).

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

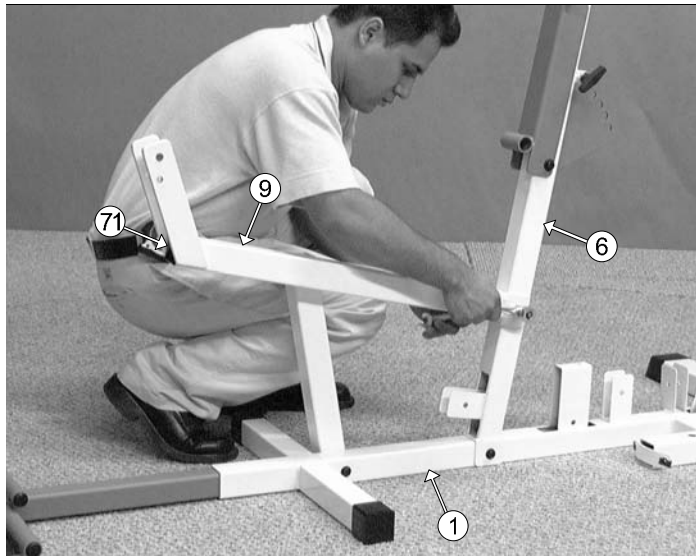
**Note:** The black boxed letters pointing to the pulleys are used throughout this manual as reference to the **Cable Mapping Diagram** on pages 21-29. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with **Fig. 11**.



**FIG. 11** Affix a Nylon Pulley 4 1/2 Rd. (#67- Labeled A4) to the pulley plate located on the **Front Upright (#6)** and secure it into place using one **Cable Retainer Bracket L-Shaped (#8)**, one Hex Head Cap Screw 3/8-16 X 1 3/4 (#102), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). **Note:** Be sure to position the **Cable Retainer Bracket L-Shaped (#8)** as shown above.

Next, attach two Nylon Pulleys 4 1/2 Rd. (#67-Labeled A6, B3) into the pulley brackets located on the **Front Upright (#6)** and secure them into place using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#102) four Flat Washers SAE 3/8" (#87), and two Nylon Insert Jam Lock Nut 3/8-16 (#93). Next, insert a Nylon Pulley 4 1/2 Rd. (#67-Labeled B1) into the **Front Upright (#6)** and secure it in place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#10), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93).

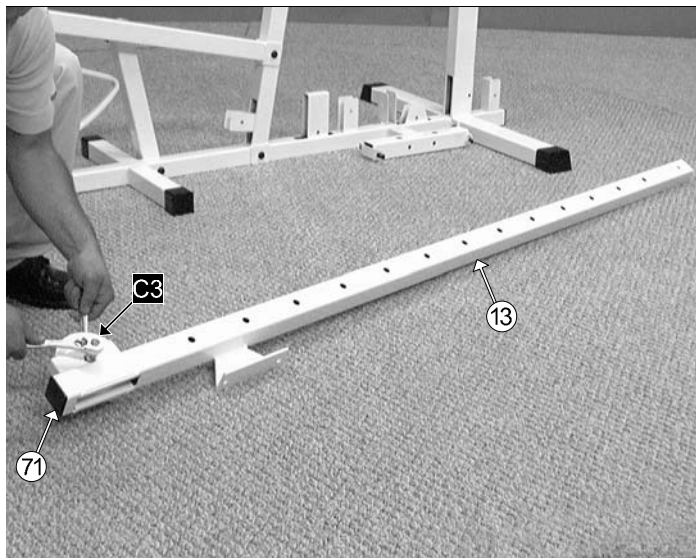




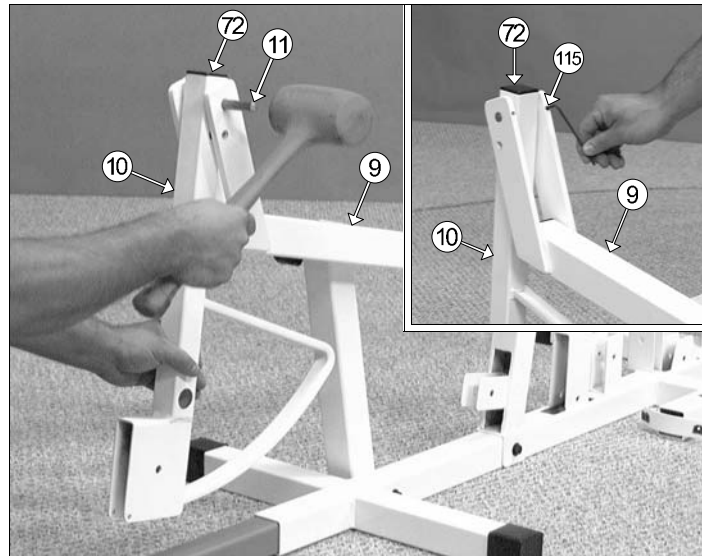
**FIG. 12** Attach the **Leg Extension Bench Frame (#9)** to the **Base frame (#1)** and secure it into place using one Hex Head Cap Screw 3/8-6 X 4 1/2 (#96), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Next, attach the **Leg Extension Bench frame (#9)** to the **Front Upright (#6)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#100), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93).

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

Next, using a rubber mallet, insert one Plastic Insert Cap 2" Sq. (#71) into the front of the **Leg Extension Bench Frame (#9)**.



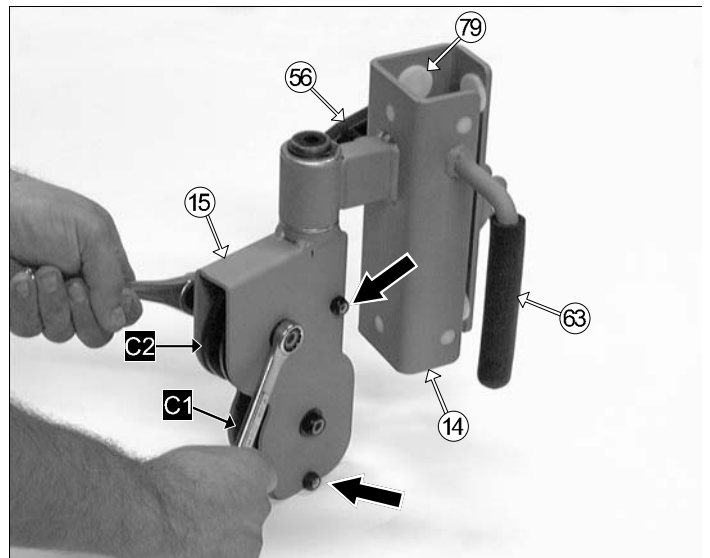
**FIG. 14** Using a rubber mallet, insert a Plastic Insert Cap 2" Sq. (#71) into the tube-end of the **High-Low Selectorized Upright (#13)**. Next, insert a Nylon Pulley 4-1/2 Rd. (#67-Labeled C#) into the pulley bracket of the **High-Low Selectorized Upright (#13)** and secure it into place using one Hex Head Cap Screw 3/8-16 x 1 3/4 (#102), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93)



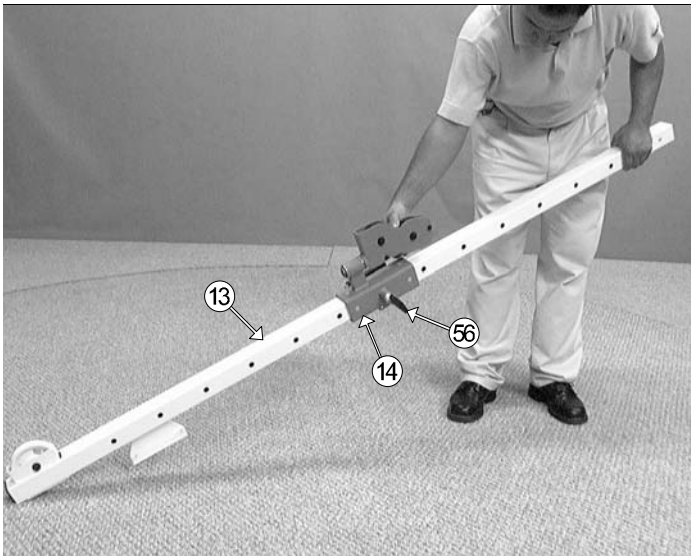
**FIG. 13** Locate the **Leg Extension Arm (#10)**, and using a rubber mallet, insert one Plastic Insert Cap 1 1/2 Sq. (#72) into the tube-end.

Affix the **Leg Extension Arm (#10)**, in the position as shown above, to the **Leg Extension Bench Frame (#9)** and secure it into place by inserting the **Leg Extension Axle 1/2 X 2-3/4 (#11)** through the **Leg Extension Bench Frame (#9)** and **Leg Extension Arm (#10)** until it becomes flush with both sides of the **Leg Extension Bench Frame (#9)**.

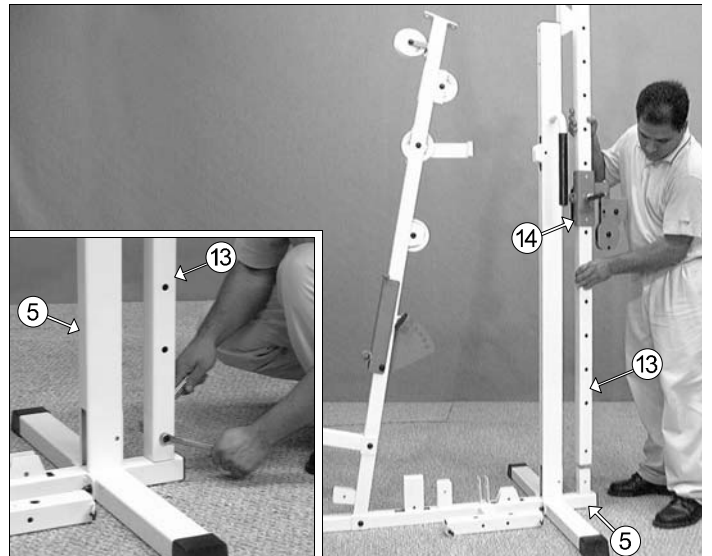
Next, secure the **Leg Extension Axle 1/2 X 2-3/4 (#11)** to the **Leg Extension Bench Frame (#9)** using two Set Screws 1/4-20 X 3/8 (#52), as shown above. Use the supplied Hex Key 1/8" (#115) for fastening these Set Screws.



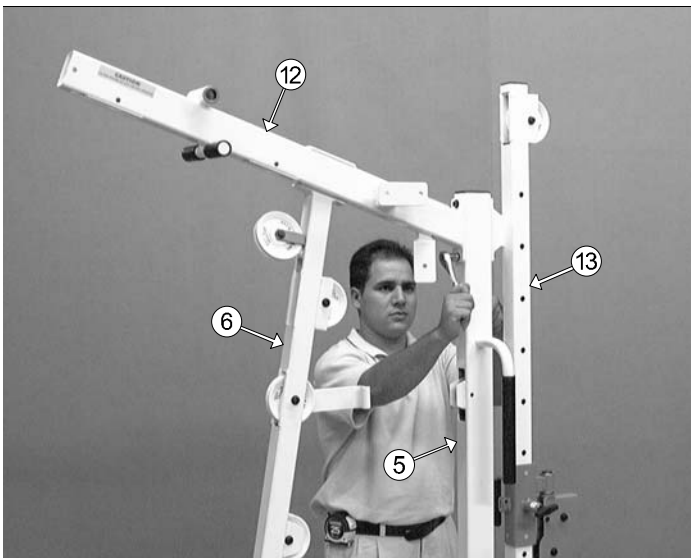
**FIG. 15** Insert the two Nylon Pulleys 3 1/2 Rd. (#68) into the **High-Low Double Pulley Bracket (#15)** and secure them into place using two Hex Head Cap Screws 3/8-16 x 1 3/4 (#102), four Flat Washers SAE 3/8" (#87), and two Nylon Insert Jam Lock Nuts 3/8-16 (#93). Next, assemble two Hex Head Cap Screws 1/4-20 x 1 1/2 (#104), and two Nylon Insert Lock Nuts 1/4-20 (#95) to the **High-Low Double Pulley Bracket (#15)**, in the positions indicated by the black arrows.



**FIG. 16** Slide the **High-Low Carriage (#14)** onto the **High-Low Sectorized Upright (#13)**, in the position as shown above. Be sure to release the **Push Pull Pin 1/2 x 3 1/2 (#56)** to allow the insertion of carriage assembly.



**FIG. 17** Next, insert the **High-Low Sectorized Upright (#13)** onto the tube-connector of the **Rear Upright (#5)** and secure it into place using one **Hex Head Cap Screw 3/8-16 x 2 1/2 (#101)**, two **Flat Washers SAE 3/8" (#87)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#93)**.

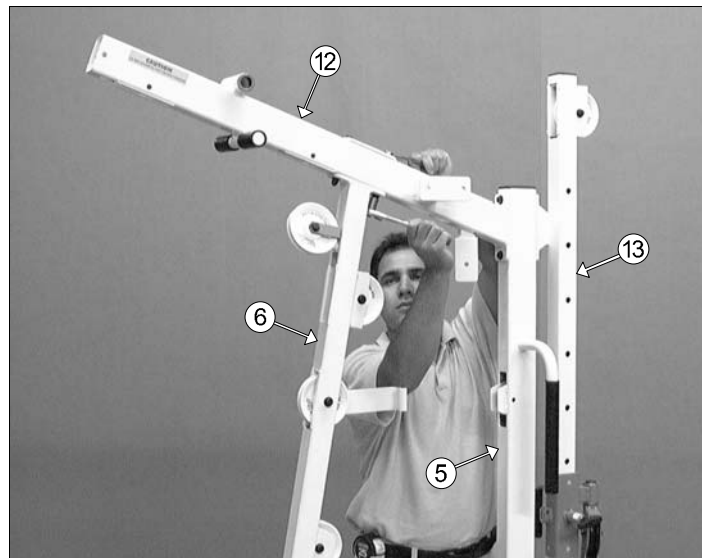


**FIG. 18** **Caution:** It is recommended to use another person in assisting with this assembly.

Mount the **Top Pulley Assembly (#12)** to the **Front Upright (#6)**, and affix to the **Rear Upright (#5)** and the **High-Low Sectorized Upright (#13)** using two **Hex Head Cap Screws 3/8-16 x 4 1/4 (#97)**, four **Flat Washers SAE 3/8" (#87)**, and two **Nylon Insert Lock Nuts 3/8-16 (#92)**.

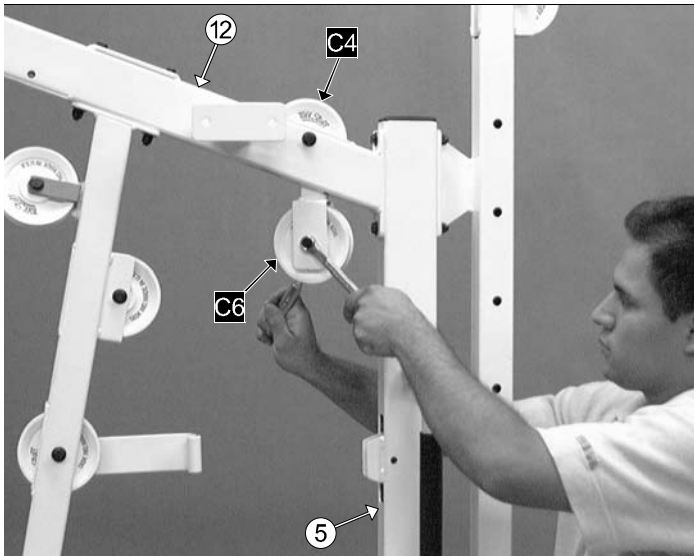
**Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.

DO NOT COMPLETELY FASTEN

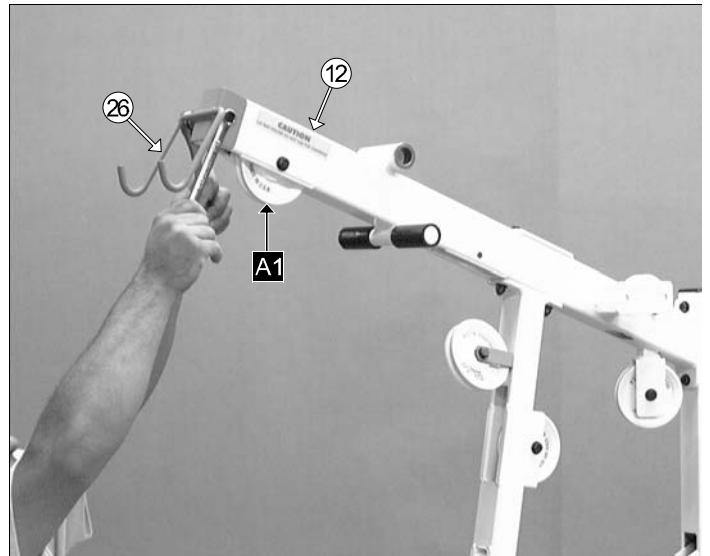


**FIG. 19** Affix the **Top Pulley Assembly (#12)** to the **Front Upright (#6)** using two **Hex Head Cap Screws 3/8-16 x 4 1/4 (#97)**, four **Flat Washers SAE 3/8" (#87)**, and two **Nylon Insert Lock Nuts 3/8-16 (#92)**.

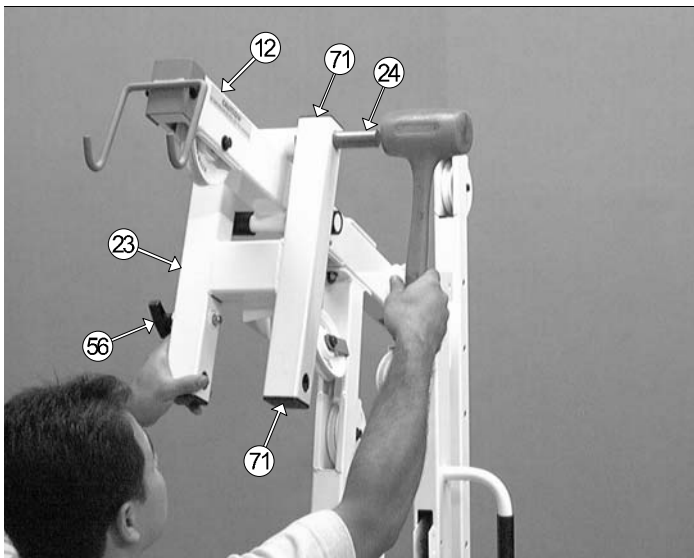




**FIG. 20** Attach a Nylon Pulley 4 1/2 Rd. (#67-Labeled C4) into the pulley racket located on the **Top Pulley Assembly (#12)** and secure it into place using one Hex Head Cap Screw 3/8-16 x 2 1/2 (#101), two Flat Washers SAE 3/8" (#67), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Next, attach a Nylon Pulley 4 1/2 Rd. (#67-Labeled C6) into the pulley bracket located on the **Top Pulley Assembly (#12)** and secure it into place using one Hex Head Cap Screw 3/8-16 x 1 3/4 (#102), two Flat Washers SAE 3/8" (#67), and one Nylon Insert Jam Lock Nut 3/8-16 (#93).

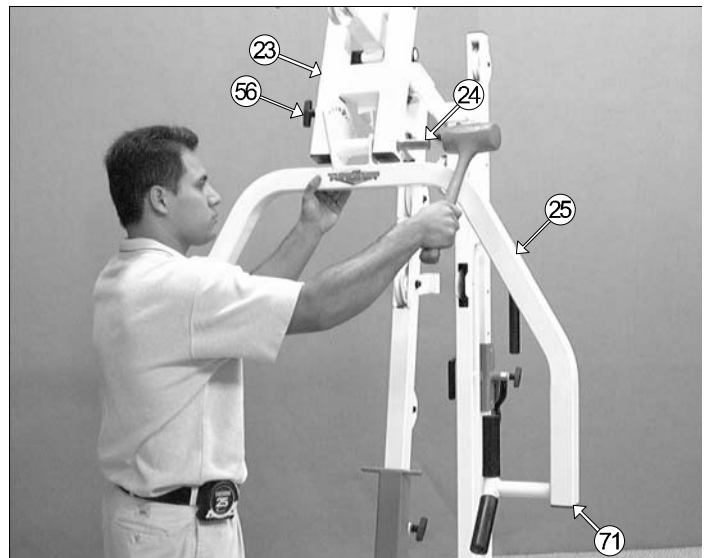


**FIG. 21** Attach a Nylon Pulley 4 1/2 Rd. (#67-Labeled A1) into the pulley bracket located on the **Top Pulley Assembly (#12)** and secure it into place using one Hex Head Cap Screw 3/8-16 x 2 1/2 (#101), two Flat Washers SAE 3/8" (#67), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Next, attach the **Lat Bar Holder (#26)**, in the position as shown above, to the **Top Pulley Assembly (#12)** and secure it into place using one Hex Head Cap Screw 3/8-16 x 2 3/4 (#100), two Flat Washers SAE 3/8" (#67), and one Nylon Insert Jam Lock Nut 3/8-16 (#93).



**FIG. 22** Attach the **Press Bar Selector Housing (#23)** to the **Top Pulley Assembly (#12)**, as shown above. Using a rubber mallet, insert **Pivot Axle 1 X 8 1/8 (#24)** through the holes in the **Press Bar Selector Housing (#23)** and through the receptacle on the **Top Pulley Housing (#12)** until it is flush with both sides of the **Press Bar Selector Housing (#23)**.

**Note:** The four **Plastic Insert Caps 2" Sq. (#71)** located in the tube-ends of the **Press Bar Selector Housing (#23)** have been pre-assembled by the factory.



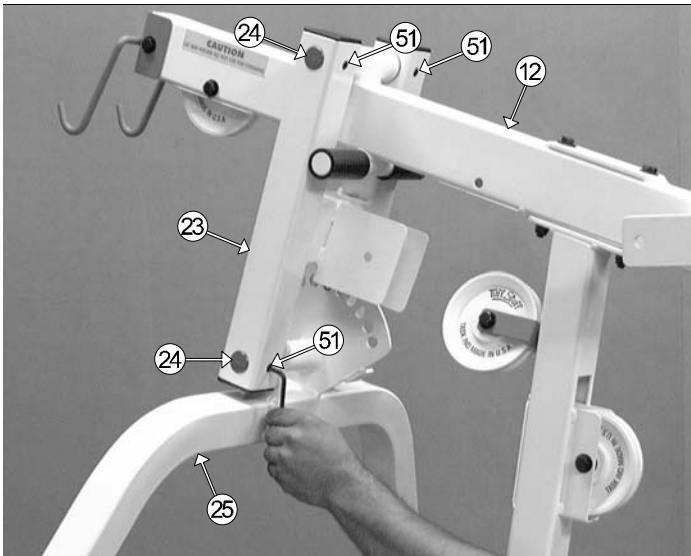
**FIG. 23** Insert two **Plastic Insert Caps 2" Sq. (#71)** into the tube-ends of the **Press Bar (#25)**.



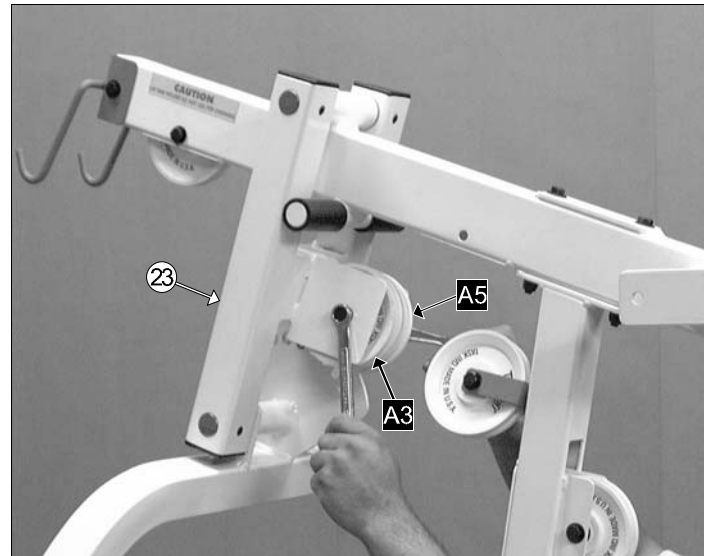
**Caution:** It is recommended to use another person in assisting with this assembly.

Next, insert the **Press Bar (#25)** up into the **Press Bar Selector Housing (#23)** and support it into place using the **Push Pull Pin (#56)**. Next, using a rubber mallet, insert the **Pivot Axle 1 X 8 1/8 (#24)** into the **Press Bar Selector Housing (#23)** and through the **Press Bar (#25)** until it is flush with both sides of the **Press Bar Selector Housing (#23)**.

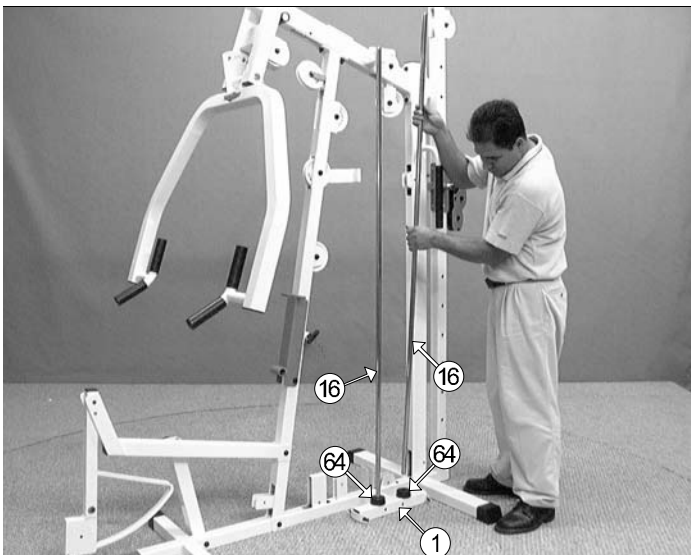




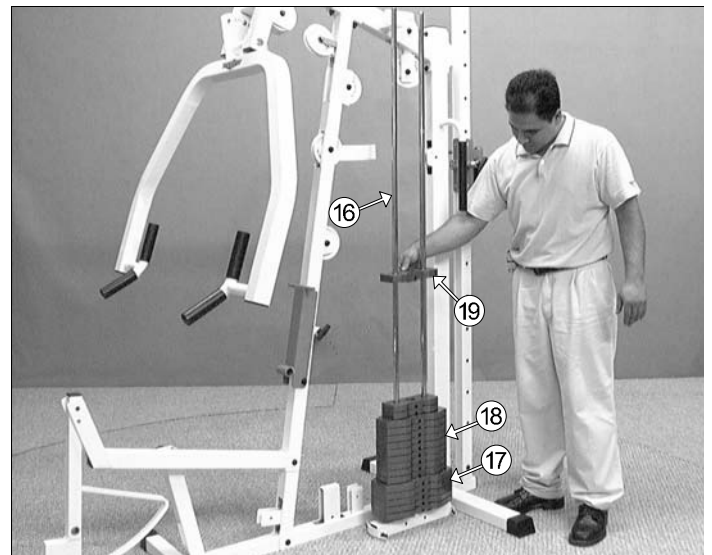
**FIG. 24** Next, secure the **Press Bar Selector Housing (#23)** to the **Pivot Axle 1 X 8 1/8 (#24)** using two **Set Screws 3/8-16 X 1/2 (#51)**, as shown above. Then, secure into place the **Press Bar (#25)** to the **Pivot Axle 1 X 8 1/8 (#24)** using two **Set Screws 3/8-16 X 1/2 (#51)**. Use the applied **Hex Key 3/16 (#114)** for securing the **Set Screws 3/8-16 X 1/2 (#51)** into the threaded sockets on the **Press Bar Selector Housing (#23)**.



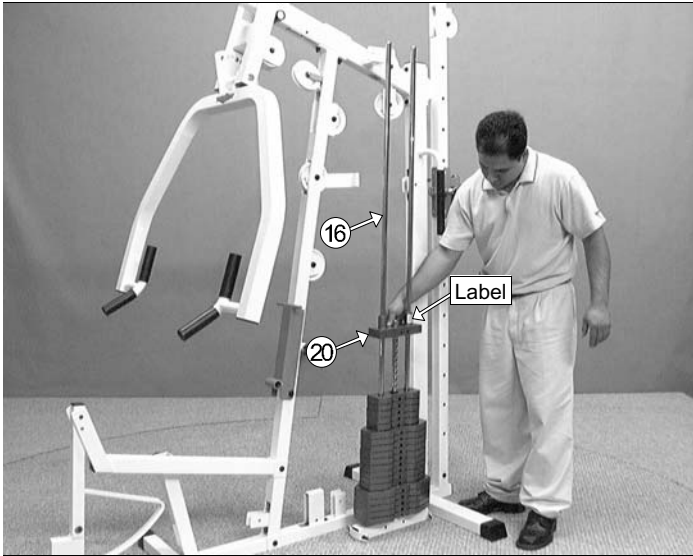
**FIG. 25** Next, attach two **Nylon Pulleys 4 1/2 Rd. (#67-Labeled A3, A5)** to the pulley bracket located on the **Press Bar Selector Housing (#23)** and secure them into place using one **Hex Head Cap Screw 3/8-16 X 3/4 (#100)**, two **Flat Washers SAE 3/8" (#87)**, and one **Nylon Insert Jar Lock Nut 3/8-16 (#93)**.



**FIG. 26** Insert one **Rubber Donut 3/4 x 2 1/2 (#64)** onto each **Guide Rod 3/4 x 72 (#16)**. Next, insert the two **Guide Rods 3/4 x 72 (#16)** into the receptacles on the **Base Frame (#1)**, as shown above.

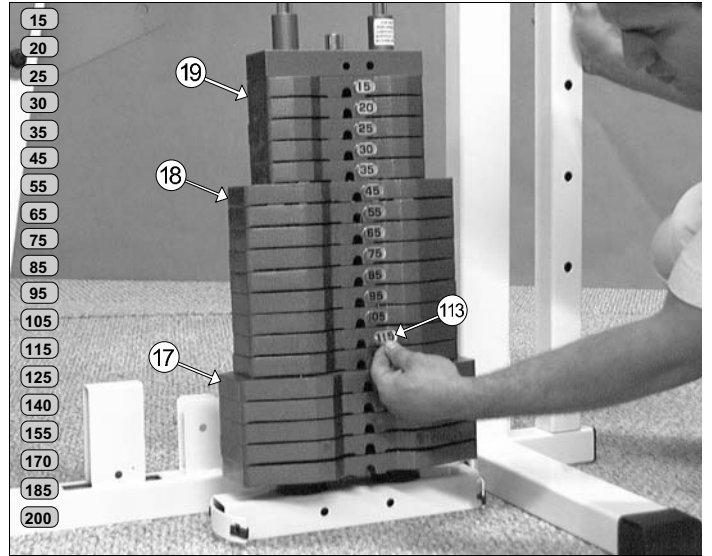


**FIG. 27** Carefully begin sliding the **Weight Plates** over the **Guide Rods (#16)** beginning with the five **15 Lb. Weight Plates (#17)** at the bottom, the nine **10 Lb. Weight Plates (#18)** in the middle, and the five **5 Lb. Weight Plates (#19)** on top of the weight stack.

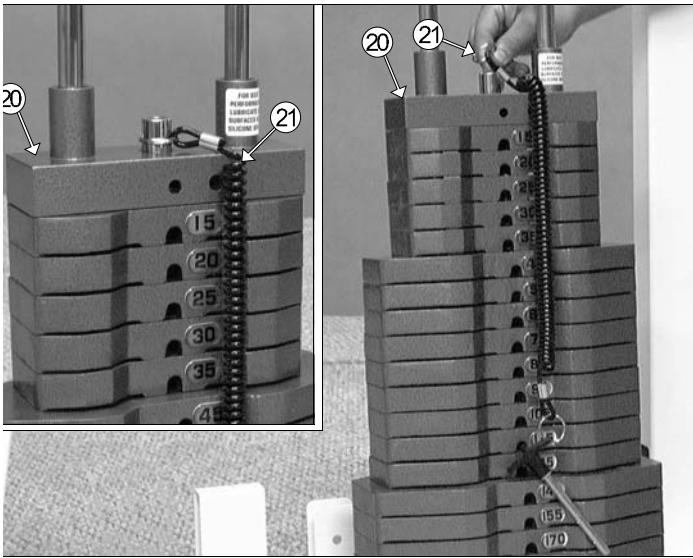


**FIG. 28** Slide the **Top Plate/Selector Bar (#20)** over the **Guide Rods (#16)** allowing it to come to rest on the completed weight stack.

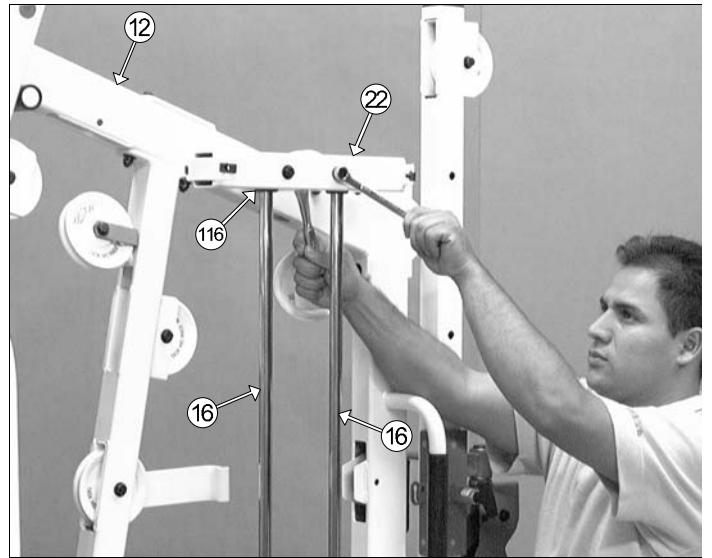
**NOTE:** Be sure the **Label** located on the **Top Plate/Selector Bar (#20)** is facing toward you before you slide the **Top Plate/Selector Bar (#20)** over the **Guide Rods 3/4 X 72 (#16)**.



**FIG. 29** Attach the **Decal Weight Numbers (#113)** to the **Weight Plate (#17, #18, #19)** in the corresponding order. Begin with the 15 at the top 20 next, and so on.



**FIG. 30** Next, locate the **Selector Pin w/Coil (#21)** and slide its ring over the **Selector Bar (#20)** as shown above.

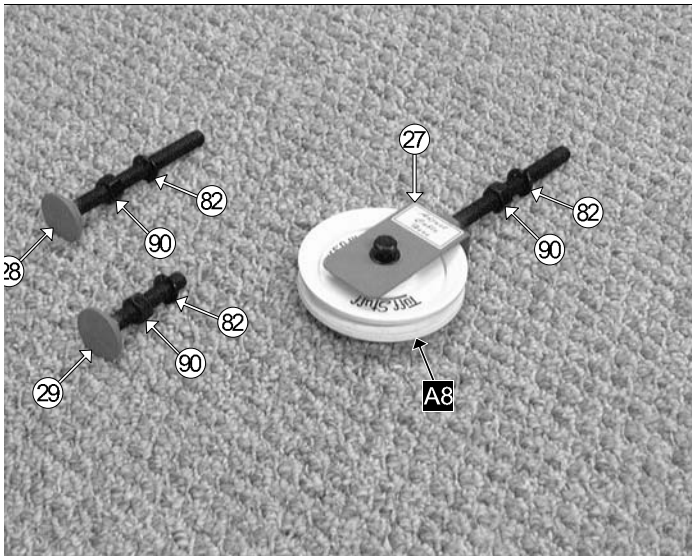


**FIG. 31** Maneuver the two **Guide Rods 3/4 X 72 (#16)** into the hole on the bottom side of the **Guide Rod Retainer Housing (#22)**. Next mount the **Guide Rod Retainer Housing (#22)** along with the two captive **Guide Rods 3/4 X 72 (#16)** to the side of the **Top Pulley Assembly (#12)**. Secure this assembly using two **Hex Head Cap Screws 3/8-16 X (#112)**, four **Flat Washers SAE 3/8" (#87)**, and two **Nylon Insert Lock Nut 3/8-16 (#92)**.

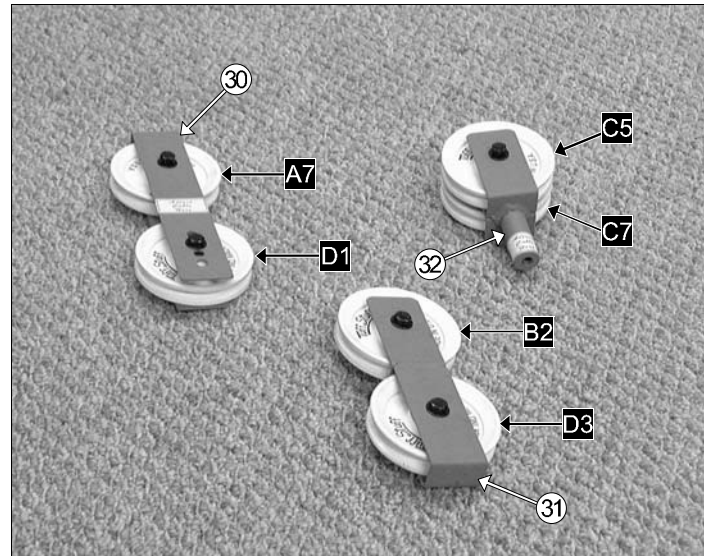
**Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.







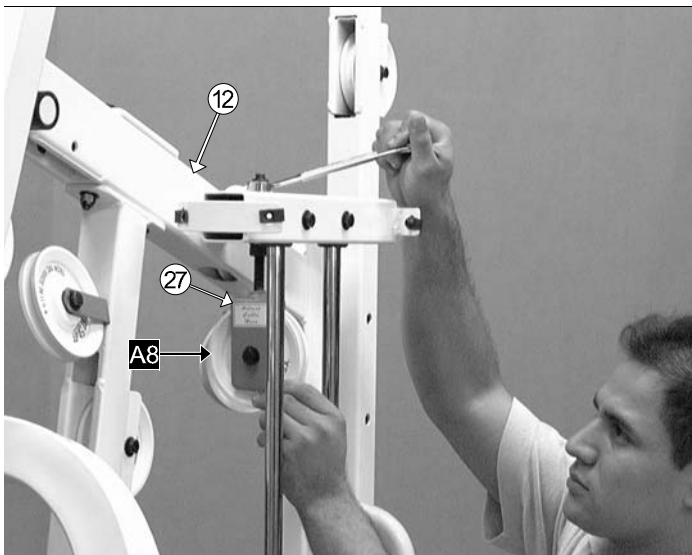
**FIG. 32** First, locate the **Adjustable Pulley Bracket (#27)** and insert the Nylon Pulley 4 1/2 Rd. (#67-Labeled A8). Secure the Nylon Pulley 4 1/2 Rd. (#67-Labeled A8) into place using one Hex Head Cap Screw 3/8-6 X 1 3/4 (#102), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Next, thread one Regular Hex Nut 1/2-13 (#90), and insert one Split Washer B/O 1/2" (#82) over the bolt on the **Adjustable Pulley Bracket (#27)**, as shown above. Second, locate the two **Adjustable Stoppers (#28, #29)** and thread one Regular Hex Nut 1/2-13 (#90), and insert one Split Washer B/O 1/2" (#82) over each bolt, as shown above.



**FIG. 33** Locate the **Closed-End Adj. Double Pulley Bracket (#30)**, and the **Closed-End Double Pulley Bracket (#31)**. Then, attach four Nylon Pulleys 4 1/2 Rd. (#67-Labeled D3, B2, D1, A7). Secure them into place using four Hex Head Cap Screws 3/8-16 X 1 3/4 (#102), eight Flat Washers SAE 3/8" (#87), and four Nylon Insert Jam Lock Nuts 3/8-16 (#93).

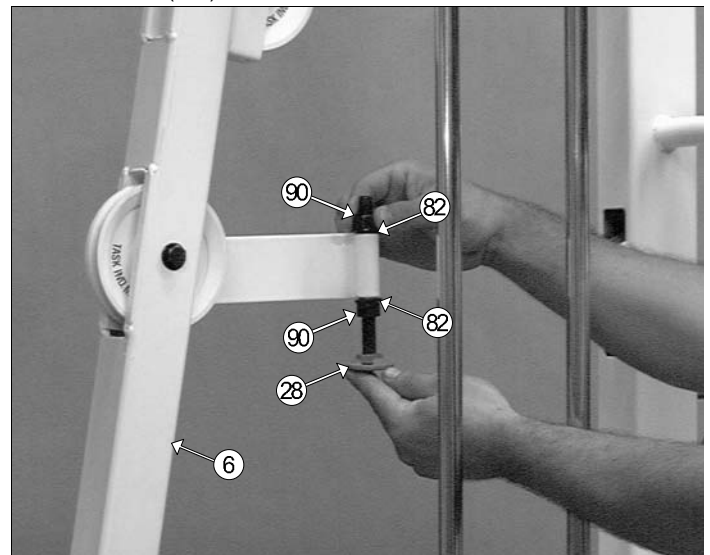
**NOTE:** The four holes on the **Closed-End Adj. Double Pulley Bracket (#30)** are used to adjust the cable tension once the cable routing has been completed.

Next, locate the **Floating Double Pulley Bracket (#32)**, shown above to the right, and attach two Nylon Pulleys 4 1/2 Rd. (#67-Labeled C7, C5). Secure the pulleys into place using one Hex Head Cap Screw 3/8-16 X 3/4 (#100), two Flat Washers SAE 3/8" (#87) and one Nylon Insert Jam Lock Nut 3/8-16 (#93).



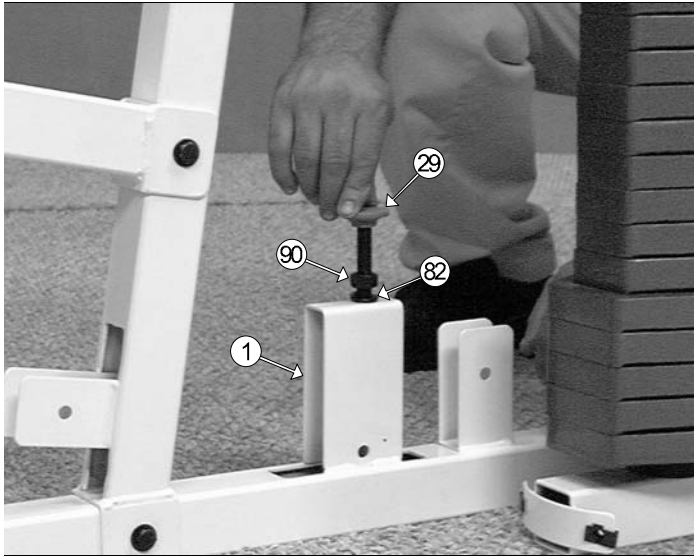
**FIG. 34** Insert the welded bolt of the **Adjustable Pulley Bracket (#27)** through the hole located on the **Top Pulley Assembly (#12)** and secure it into place at the top using one Flat Washer SAE 1/2" (#86), and one Nylon Insert Lock Nut 1/2-13 (#91).

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



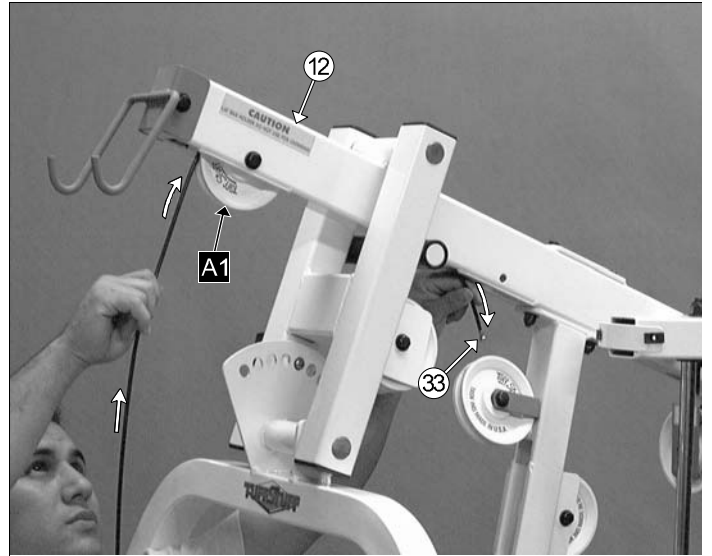
**FIG. 35** Insert (from bottom to top) the **Long Adjustable Stopper (#28)** into the receptacle of the **Front Upright (#6)** and secure it into place using one Split Washer B.O. 1/2" (#82), and one Regular Hex Nut 1/2-13 (#90), as shown above. Loosely fasten the Regular Hex Nuts 1/2-13 (#90) to allow adjustment for cables tension later in the assembly process.





**FIG. 36** Thread the **Short Adjustable Stopper (#29)** into the threaded socket on the **Base Frame (#1)**, as shown above.

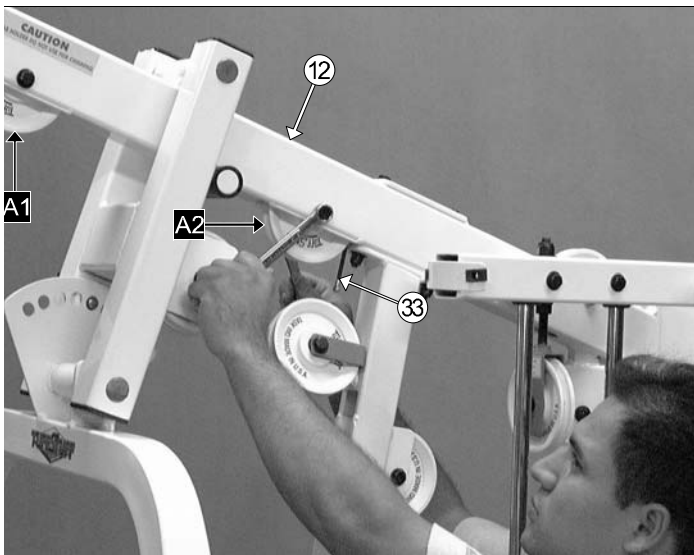
**Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fastened later in the assembly process.



**FIG. 37** Begin routing the **Lat Cable (#33)** up and over the Nylon Pulley 4 1/2 Rd. (#67-Labeled A1) and into the tube of the **Top Pulley Assembly (#12)**. Then, pull the **Lat Cable (#33)** down through the opening at the bottom of the **Top Pulley Assembly (#12)**.

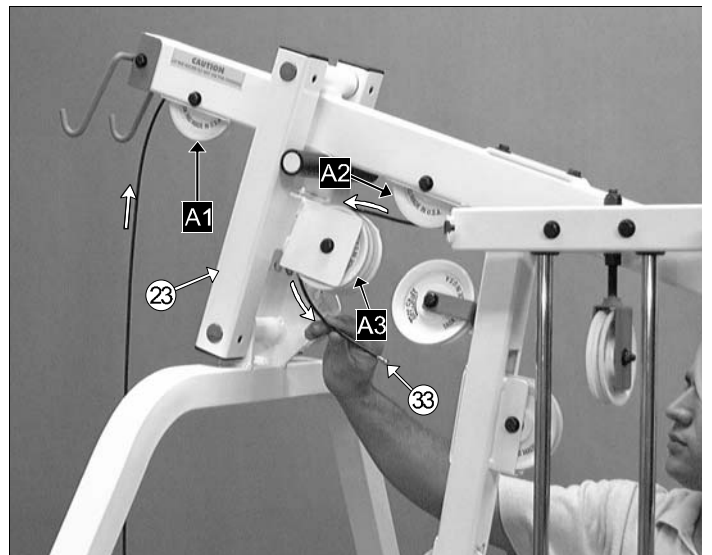


**Note:** Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.



**FIG. 38** Insert a Nylon Pulley 4 1/2 Rd. (#67-Labeled A1) into the slot at the bottom of the **Top Pulley assembly (#12)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#101), two Flat Washers AE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Be sure the cable is routed properly into the groove on the Nylon Pulley 4 1/2 Rd. (#67-Labeled A1).

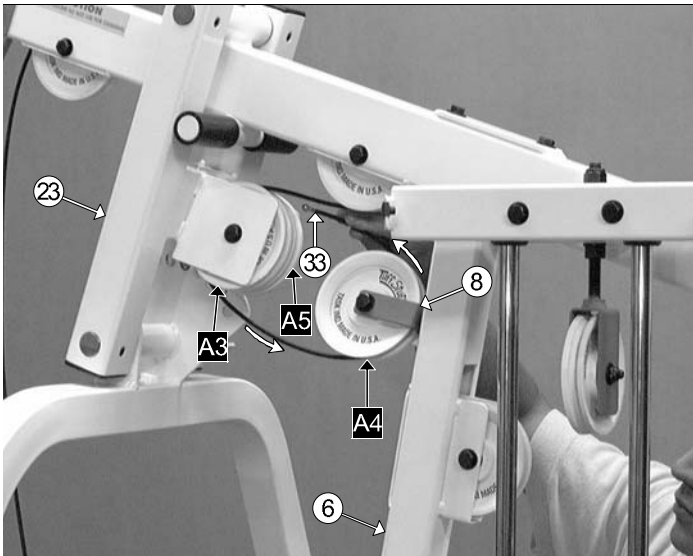
**Note:** Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.



**FIG. 39** Next, route the **Lat Cable (#33)** over the Nylon Pulley 4-1/2 Rd. (#67-Labeled A3).

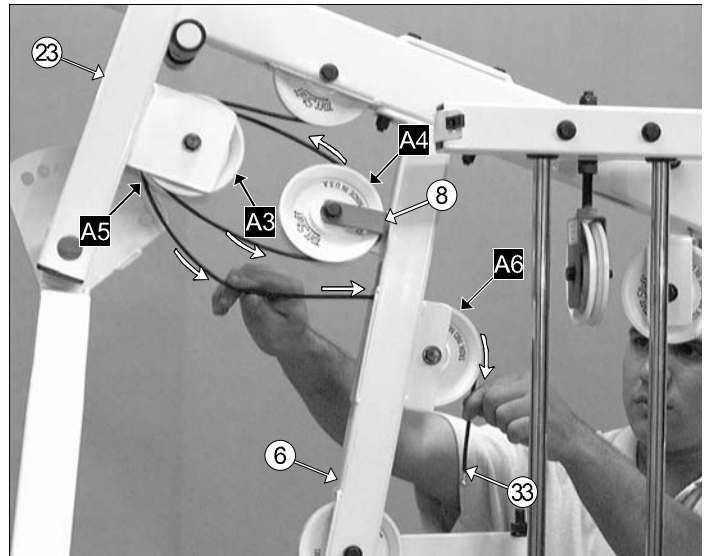


**Note:** Refer to the **Cable Mapping Diagram** on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.



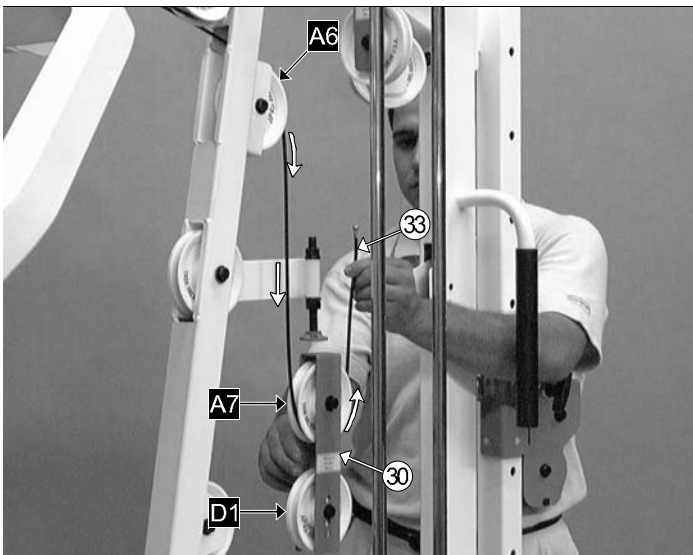
**FIG. 40** Next, route the **Lat Cable (#33)** up and over the Nylon Pulley -1/2 Rd. (#67-Labeled A4).

**NOTE:** Refer to the Cable Mapping Diagram on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.



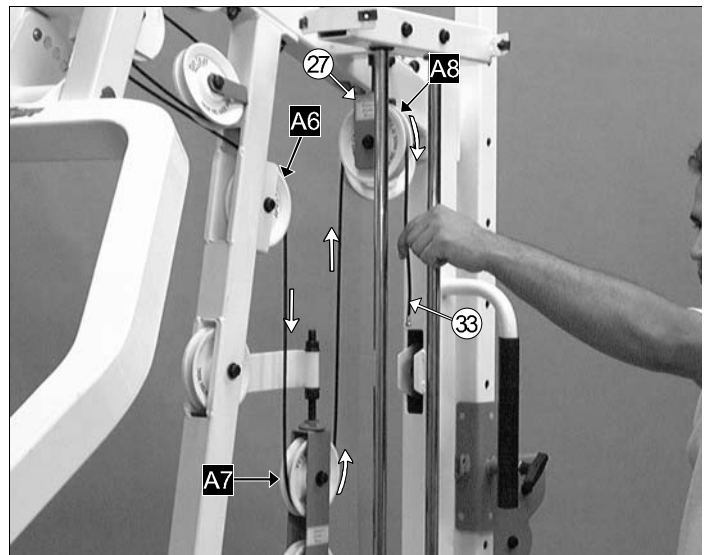
**FIG. 41** Next, continue to route the **Lat Cable (#33)** over the Nylon Pulley 4 1/2 Rd. (#67-Labeled A5), then through the **Front Upright (#6)** and over the Nylon Pulley 4 1/2 Rd. (#67-Labeled A6).

**NOTE:** Refer to the Cable Mapping Diagram on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.



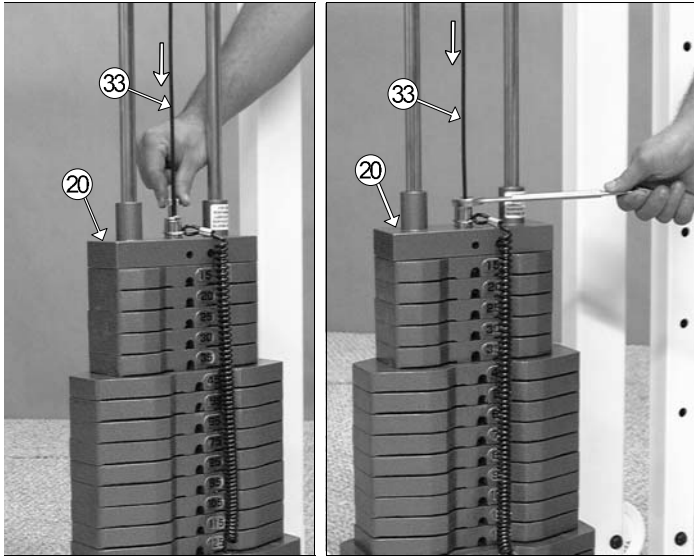
**FIG. 42** Next, route the **Lat Cable (#33)** through the **Closed-End Adjustable Pulley Bracket (#30)** and under the Nylon Pulley 4 1/2 Rd. (#67-labeled A7), as shown above.

**NOTE:** Refer to the Cable Mapping Diagram on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.



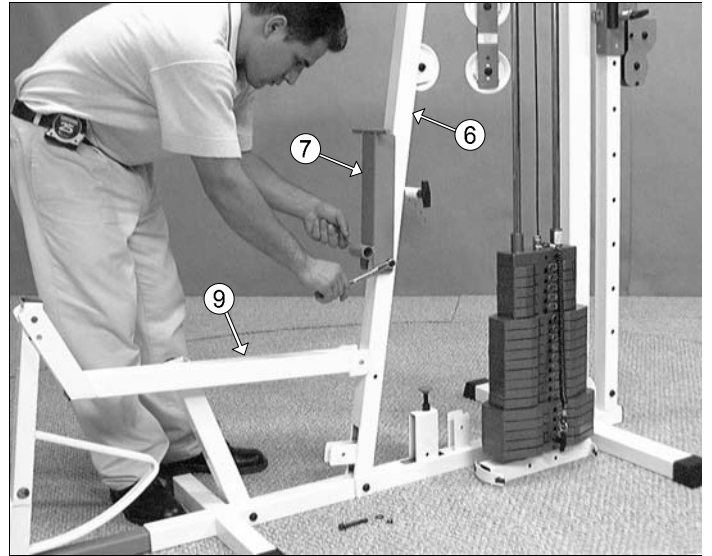
**FIG. 43** Next, route the **Lat Cable (#33)** through the **Adjustable Pulley Bracket (#27)** and over the Nylon Pulley 4 1/2 Rd. (#67-Labeled A8), as shown above.

**NOTE:** Refer to the Cable Mapping Diagram on page 24 for further detailed illustration of the **Lat Cable (#33)** routing.

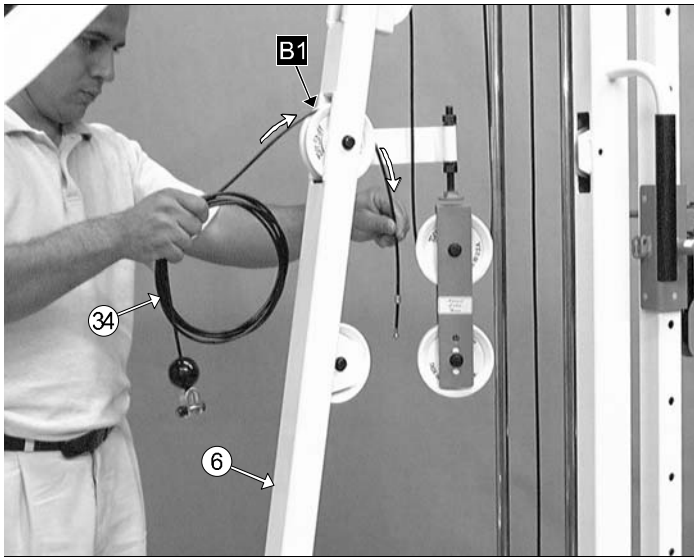


**FIG. 44** Next, attach the **Lat Cable (#33)** to the **Top Plate/ Selector Pin (#20)** and secure it into place using one Split Bolt 1/2-13 x 1 (#85), and one Split Washer Z/P 1/2" (#83). Refer to **Fig. B** on page 24 for further illustration of this hardware assembly.

**Fully Fasten:** Proceed to fully fasten this hardware assembly.

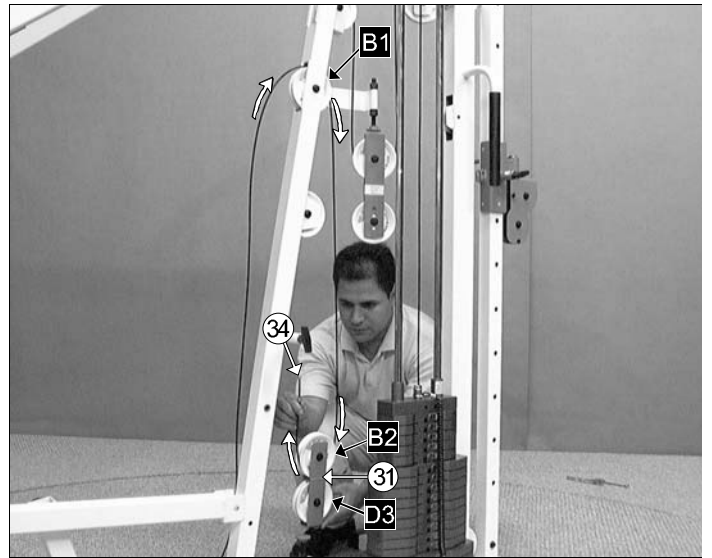


**FIG. 45** Before beginning routing the **Leg Extension/Abdominal Cable (#34)** it is necessary to remove the **Adjustable Back Pad Bracket (#7)** and the Hardware that connect the **Leg Extension Bench Frame (#9)** to the **Front Up Right (#6)**. This is done to ensure the **Leg Extension/Abdominal Cable (#34)** be properly routed. Otherwise the Cable will get tangled between the bolts that hold these assemblies.



**FIG. 46** Remove the hardware from one end of the **Leg Extension/Abdominal Cable (#34)**. Next, begin routing the **Leg Extension/Abdominal Cable (#34)** through the opening of the **Front Upright (#6)** and over the Nylon Pulley 4 1/2 Rd. (#67-Labeled B1).

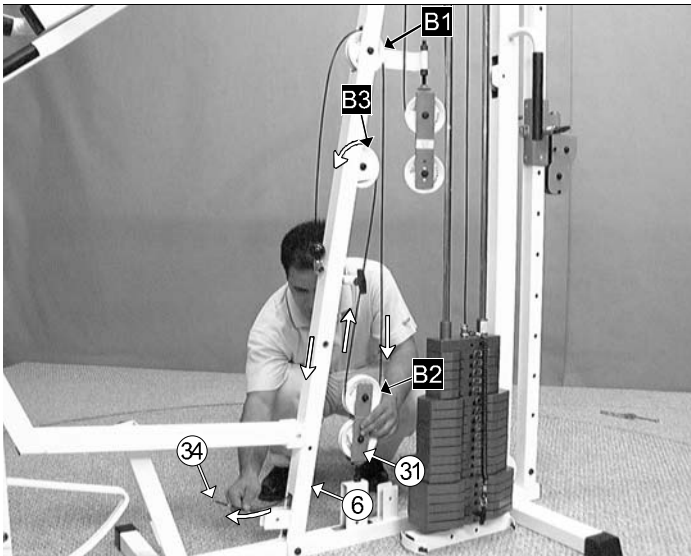
**Note:** Refer to the Cable Mapping Diagram on page 25 for further detailed illustration of the **Leg Extension/Abdominal Cable (#34)** routing.



**FIG. 47** Next, route the **Leg Extension/Abdominal Cable (#34)** through the **Closed-end Double Pulley Bracket (#31)** and under the Nylon Pulley 4 1/2 Rd. (#67-Labeled B2), as shown above.

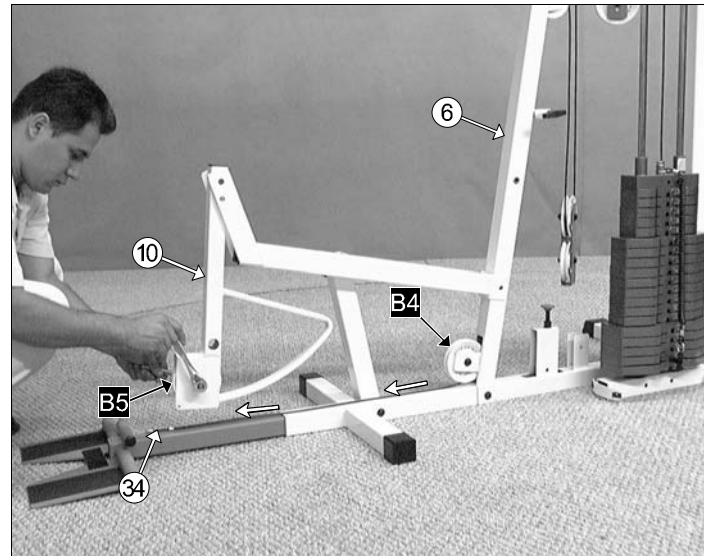
**Note:** Refer to the Cable Mapping Diagram on page 25 for further detailed illustration of the **Leg Extension/Abdominal Cable (#34)** routing.



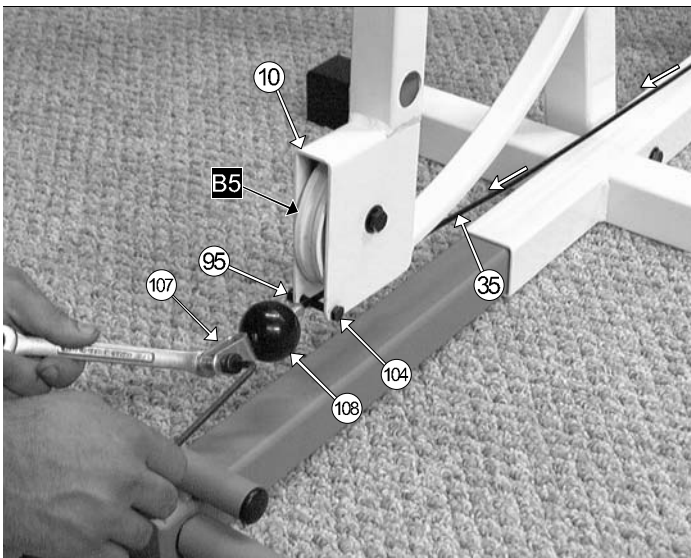


**FIG. 48** Continue to route the **Leg Extension/Abdominal Cable (#34)** up and over the Nylon Pulley 4 1/2 Rd. (#67-Labeled B3), then down into the **Front Upright's (#6)** tube. Next, pull the **Leg Extension/Abdominal Cable (#34)** through the opening at the bottom of the **Front Upright (#6)**.

*Note:* Refer to the Cable Mapping Diagram on page 25 for further detailed illustration of the **Leg Extension/Abdominal Cable (#34)** routing.



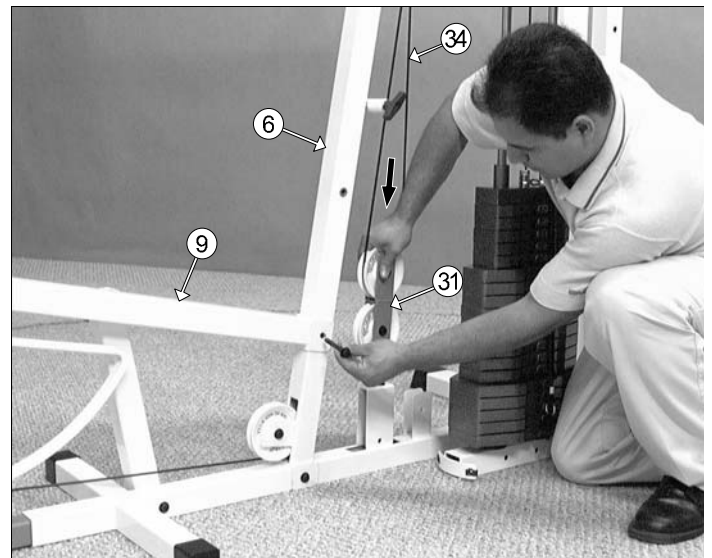
**FIG. 49** Insert two Nylon Pulleys 4 1/2 Rd. (#67-Labeled B4), one to the bottom pulley bracket of the **Front Upright (#6)** and the other to the pulley bracket of the **Leg Extension Arm (#10)**. Secure them into place using two Hex Head Cap Screws 3/8-16 x 1 3/4 (#102), four Flat Washers SAE 3/8" (#87), and two Nylon Insert Jam Lock Nuts 3/8-16 (#93).



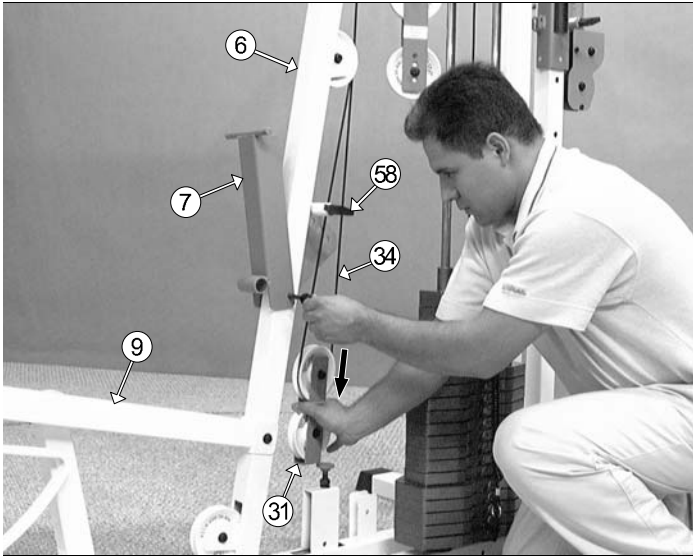
**FIG. 50** Route the **Leg Extension/Abdominal Cable (#34)** up to the **Leg Extension Arm (#10)**. Then, affix a Nylon Ball 1 3/4 x 5/16 (#108), and a Strap Bracket #20 (#107) to the cable end. Lock them into place using a Shoulder Bolt 3/8 x 3/4 (#106), and a Nylon Insert Lock Nut 5/16-8 (#94).

Next, secure the **Leg Extension/Abdominal Cable (#34)** to the **Leg Extension Arm (#10)** using one Hex Head Cap Screw 1/4-20 (#104), and one Nylon Insert Lock Nut 1/4-20 (#95). Refer to **Fig. C** on page 25 for further illustration of this hardware assembly.

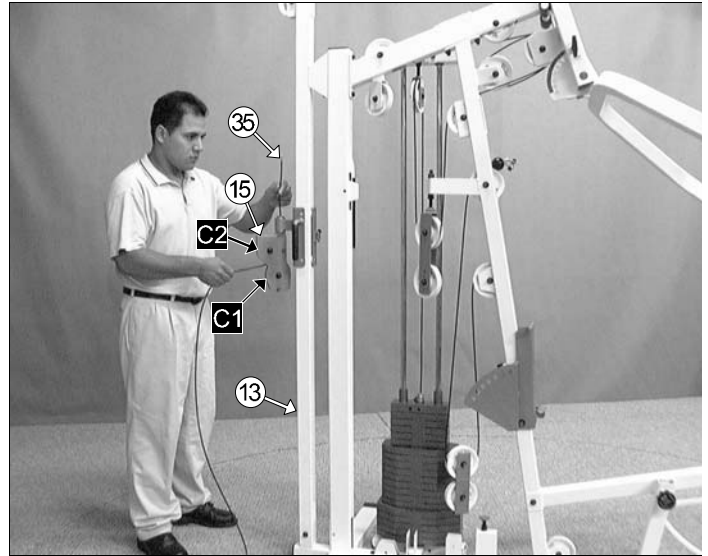
**Note:** Refer to the Cable Mapping Diagram on page 25 for further detailed illustration of the **Leg Extension/Abdominal Cable (#34)** routing.



**FIG. 51** Press down the **Closed-End Double Pulley Bracket (#31)** to apply tension to the **Leg Extension/Abdominal Cable (#34)**. Then, re-attach the **Leg Extension Bench Frame (#9)** to the **Front Upright (#6)** using the previously removed Hardware (one Hex Head Cap Screw 3/8-16 x 2 3/4 (#100), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93).

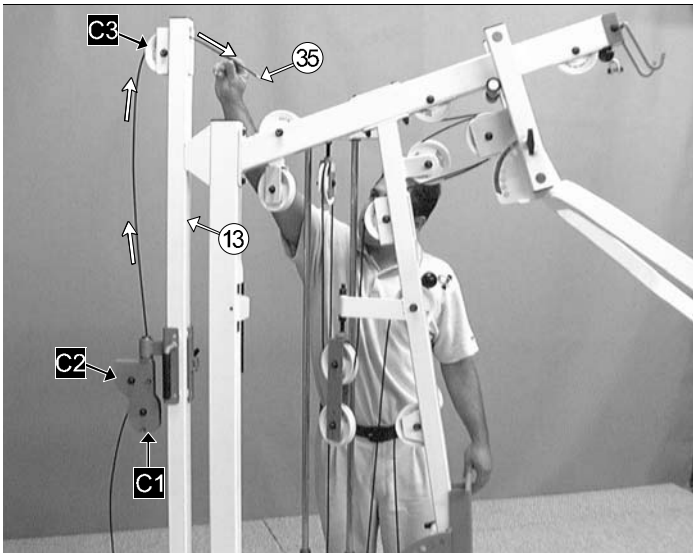


**FIG. 52** Press down the **Closed-End Double Pulley Bracket (#31)** to apply tension to the **Leg Extension/Abdominal Cable (#34)**. Then, reattach the **Adjustable Back Pad Bracket (#7)** to the **Front Upright (#6)** using the previously removed Hardware (one Hex Head Cap Screw 3/8-16 3 1/4 (#99), two Flat Washers SAE 3/8" (#87), two Nylon Flat Washer 1/8" (#88), and one Nylon Insert Jam Lock Nut 3/8-16 (#93)).



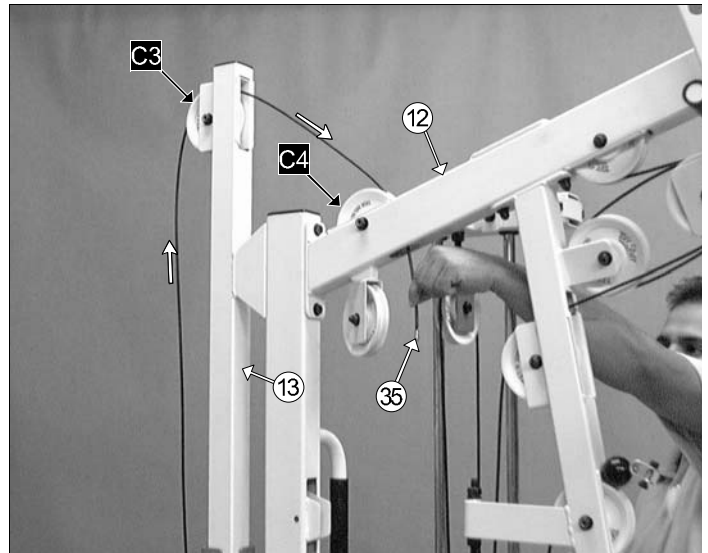
**FIG. 53** Route the **High-Low Cable (#35)** between the two Nylon Pulleys 3 1/2 Rd. (#68-Labeled C1, C2), then up between the Nylon Pulley 1/2 Rd. (#68-Labeled C2) and the Hex Head Cap Screw 1/4-20 x 1 1/4 (#104). Continue routing the cable up through the tube of the **High-Low Double Pulley Bracket (#15)**.

**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.



**FIG. 54** Route the **High-Low Cable (#35)** up and over the Nylon Pulley 1/2 Rd. (#67-Labeled C3)

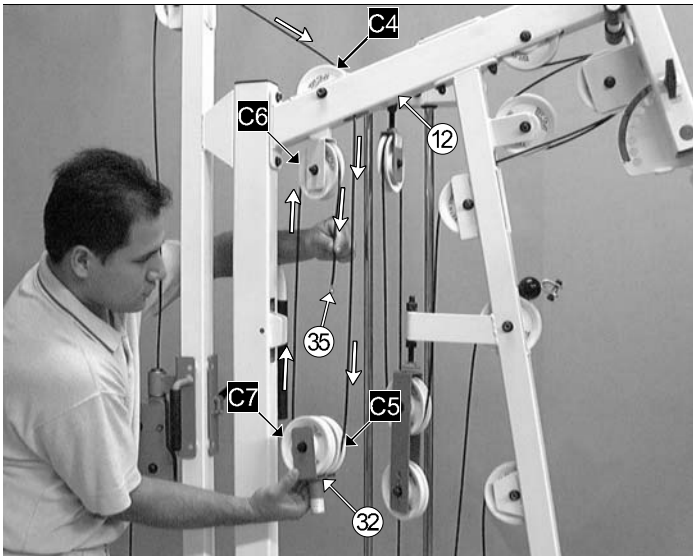
**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.



**FIG. 55** Route the **High-Low Cable (#35)** down to the Nylon Pulley 1/2 Rd. (#67-Labeled C4) passing through the opening of the **Top Pulley Assembly (#12)**.

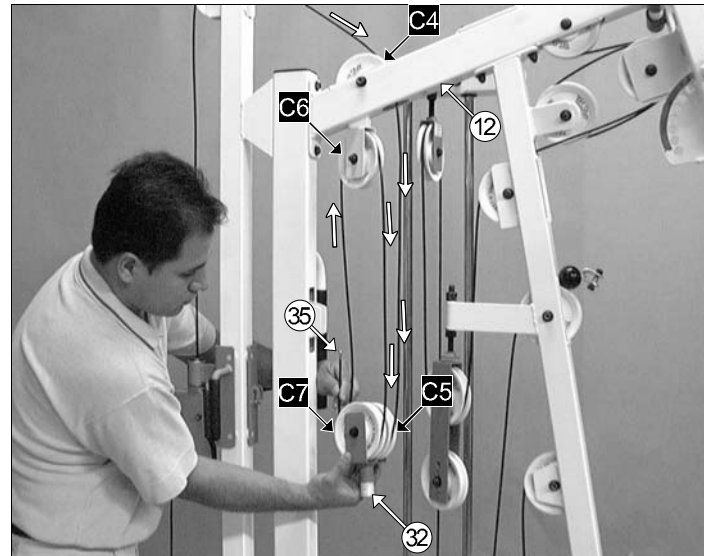
**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.





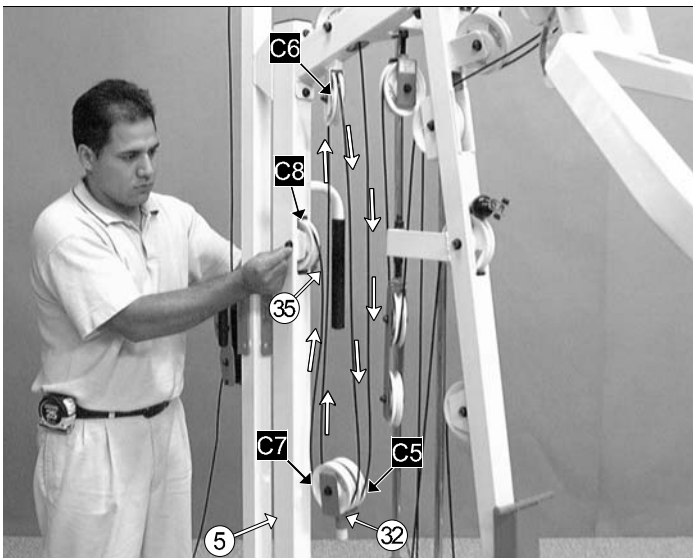
**FIG. 56** Next, locate the **Floating Double Pulley Bracket (#32)** and continue to route the **High-Low Cable (#35)** down and under the Nylon Pulley 4 1/2 Rd. (#67-Labeled C5). Then, up and over the Nylon Pulley 4 1/2" Rd. (#67-Labeled C6).

**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.



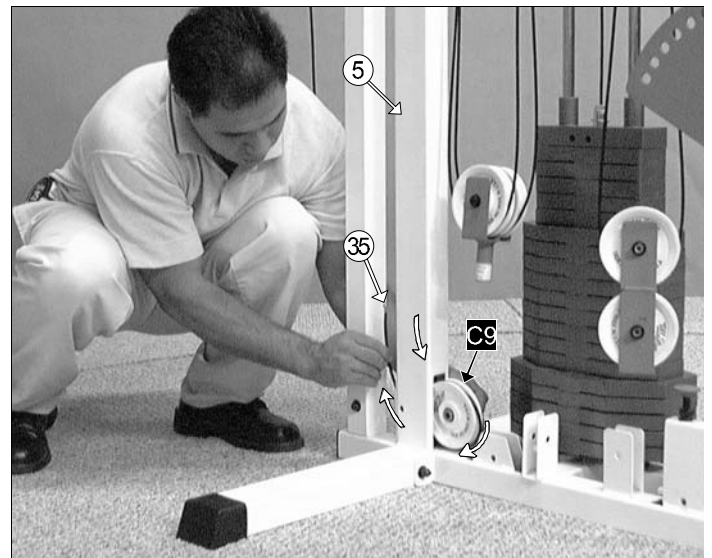
**FIG. 57** Next, route the **High-Low Cable (#35)** down and under the Nylon Pulley 4 1/2 Rd. (#67-Labeled C7).

**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.



**FIG. 58** Next, route the **High-Low Cable (#35)** down into the tube of the **Rear Upright (#5)**. Next, insert a Nylon Pulley 4 1/2 Rd. (#67-Labeled C8) into the slot of the **Rear Upright (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#101), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Be sure the cable is routed properly into the groove on the Nylon Pulley 4 1/2 Rd. (#67-Labeled C8).

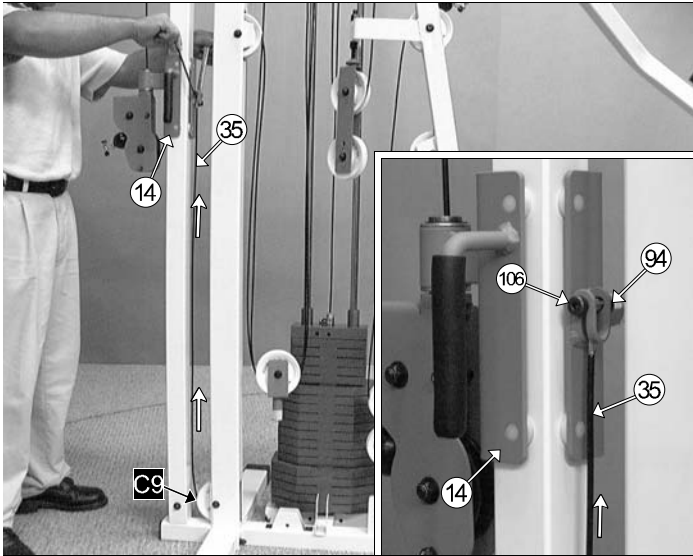
**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.



**FIG. 59** Continue routing the **High-Low Cable (#35)** down into the tube of the **Rear Upright (#5)**. Next, pull the Cable end through the opening at the bottom of the **Rear Upright (#5)**. Then, route the cable around Nylon Pulley 4 1/2 Rd. (#67-Labeled C9), as shown above. Secure the Nylon Pulley 4 1/2 Rd. (#67-Labeled C9) to the **Rear Upright (#5)** using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#101), two Flat Washers SAE 3/8" (#87), and one Nylon Insert Jam Lock Nut 3/8-16 (#93). Be sure the cable is routed properly into the groove on the Nylon Pulley 4 1/2 Rd. (#67-Labeled C9).

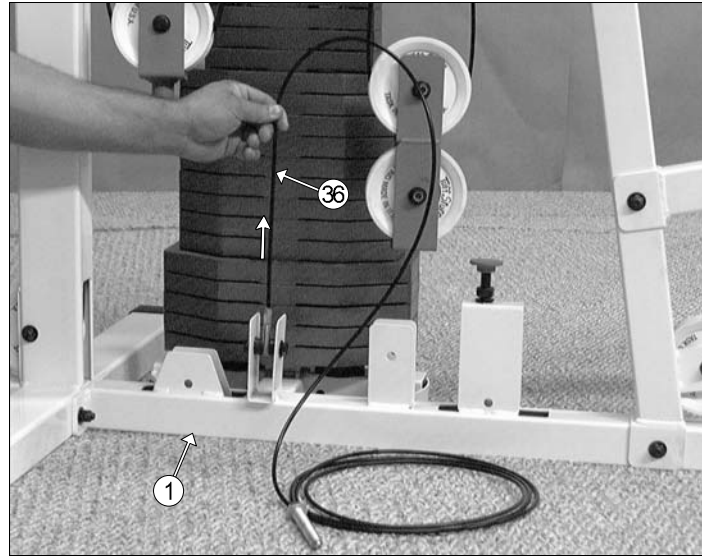
**Note:** Refer to the Cable Mapping Diagram on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.





**FIG. 60** Next, route the **High-Low Cable (#35)** up to the **High-Low Carriage (#14)** and insert the cable to the welded bracket on the side of the **High-Low Carriage (#14)**, as shown in caption above. Lock the **High-Low Cable (#35)** into place using one **Shoulder Bolt 3/8 x 3/4 (#106)**, and one **Nylon Insert Lock Nut 5/16-18 (#94)**.

**Note:** Refer to the **Cable Mapping Diagram** on page 26 for further detailed illustration of the **High-Low Cable (#35)** routing.



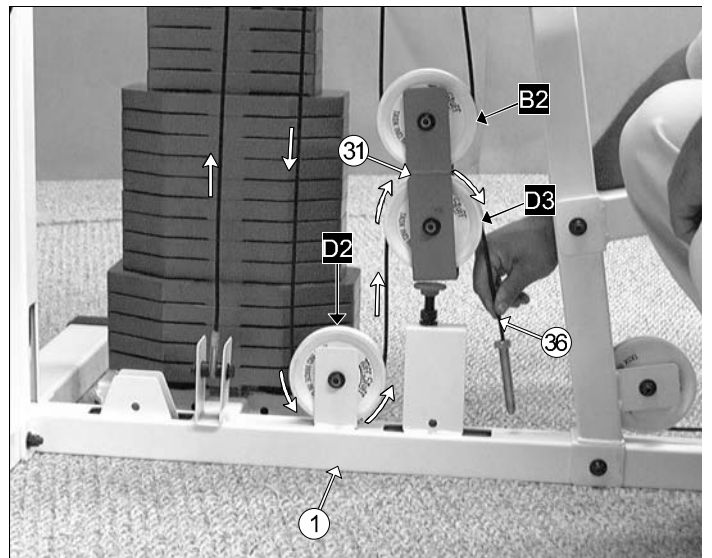
**FIG. 61** Affix the looped end of the **Tension Cable (#36)** to the pulley bracket located on the **Base Frame (#1)** using one **Hex Head Cap Screw 3/8-16 x 1 3/4 (#102)**, two **Flat Washers SAE 3/8" (#87)**, two **Nylon spacers 3/8 x 3/8 (#109)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#93)**.

**Note:** Refer to **Fig F** on page 27 for further illustration of this assembly.



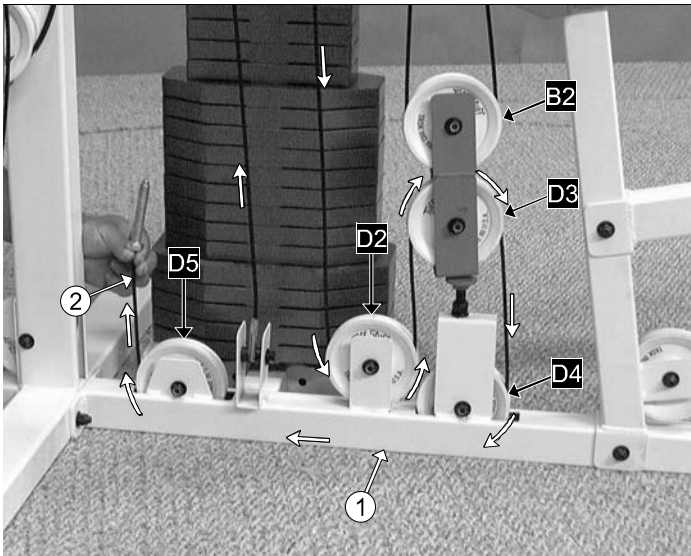
**FIG. 62** Route the **Tension Cable (#36)** up to the **Closed-End Adjustable Pulley Bracket (#30)** and over the **Nylon Pulley 4 1/2 Rd (#67-Labeled D1)**, as shown above.

**Note:** Refer to the **Cable Mapping Diagram** on page 27 for further detailed illustration of the **Tension Cable (#36)** routing.



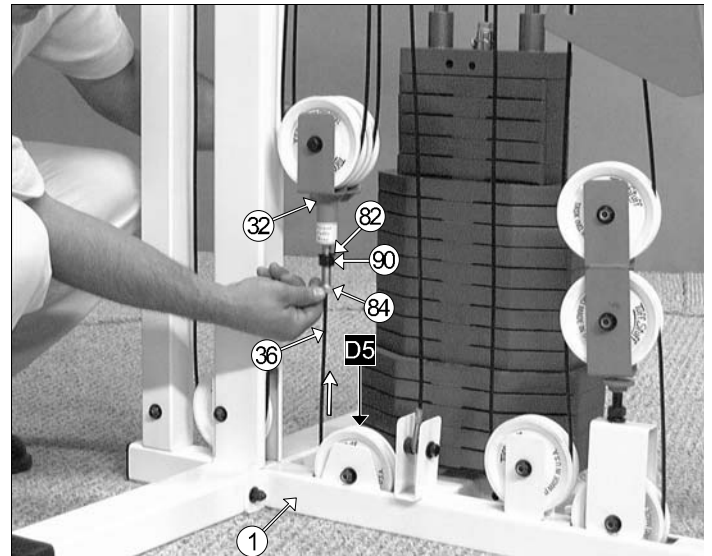
**FIG. 63** Continue routing the **Tension Cable (#36)** down and under the **Nylon Pulley 4 1/2 Rd (#67-Labeled D2)**. Then, up and over the **Nylon Pulley 4 1/2 Rd (#67-Labeled D3)**.

**Note:** Refer to the **Cable Mapping Diagram** on page 27 for further detailed illustration of the **Tension Cable (#36)** routing.



**FIG. 64** Route the **Tension Cable (#36)** into the tube of **Base Frame #1)** then pull it out through the opening at the top of the **Base Frame #1)**. Next, insert two Nylon Pulleys 4 1/2 Rd (#67-Labeled D4, D5) to the ulley brackets located on the Base Frame (#1) and secure them into lace using two Hex Head Cap Screws 3/8-16 x 1 3/4 (#102), four Flat Washers SAE 3/8" (#87), and two Nylon Insert Jam Lock Nuts 3/8-16 (#93). Be sure the cable is routed properly into the grooves of the Nylon ulleys 4 1/2 Rd. (#67-Labeled D4, D5), as shown above.

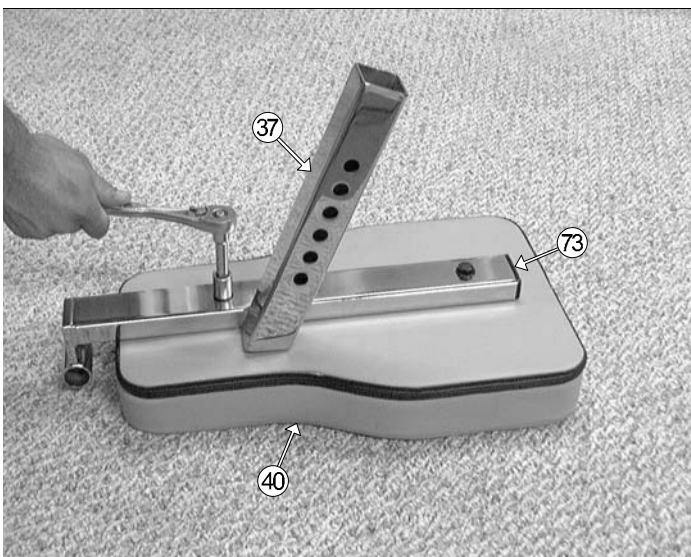
**NOTE:** Refer to the Cable Mapping Diagram on page 27 for further detailed illustration of the **Tension Cable (#36)** routing.



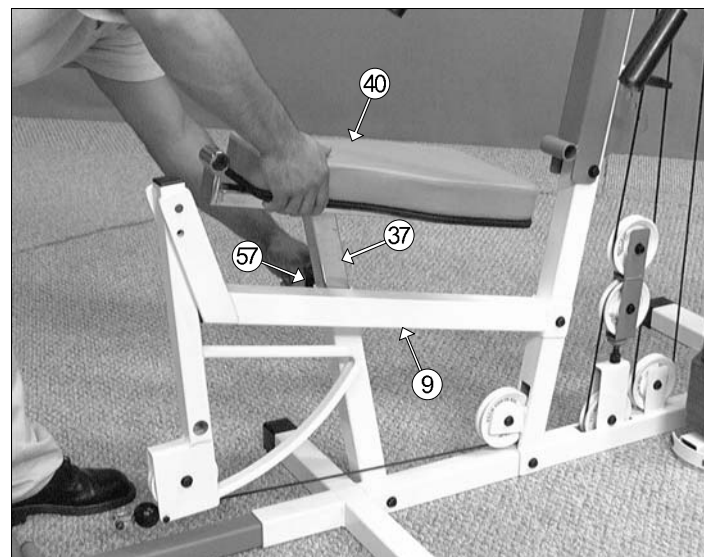
**FIG. 65** Conclude the routing of the **Tension Cable (#36)** by Threading a Regular Hex Nut 1/2-13 (#90) and inserting a Split Washer B/1/2" (#82) to the Hex Tap Bolt 1/2-13 x 3 (#84). Then, thread the Hex Tap Bolt 1/2-13 x 3 (#84) to the threaded socket located on the **Floating Double Pulley Bracket (#32)**.

**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 the Cable Mapping Diagram on page 27 for further detailed illustration of the **Tension Cable (#36)** routing.

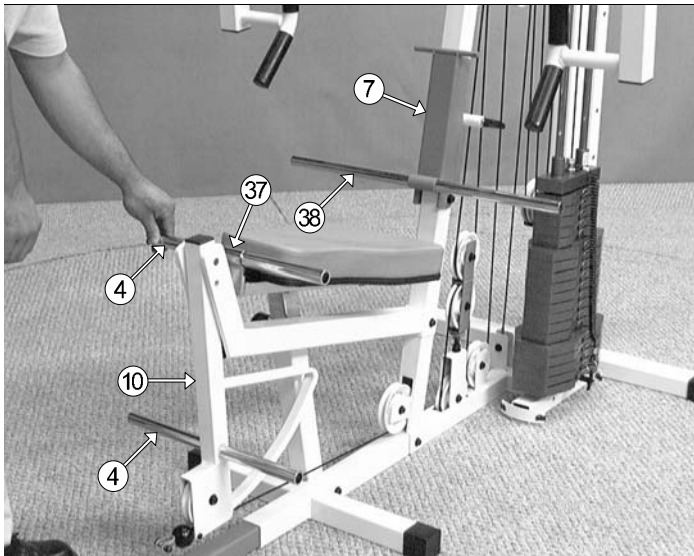


**FIG. 66** Next, using a rubber mallet, insert a Plastic Insert Cap 1 X 2 (#73) into the tube-end of the **Adjustable Seat Frame (#37)**. Next, locate the **Seat Pad (#40)** and attach it to the **Adjustable Seat Frame (#37)**, as shown above, using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#102), and two Flat Washers SAE 3/8" (#87).

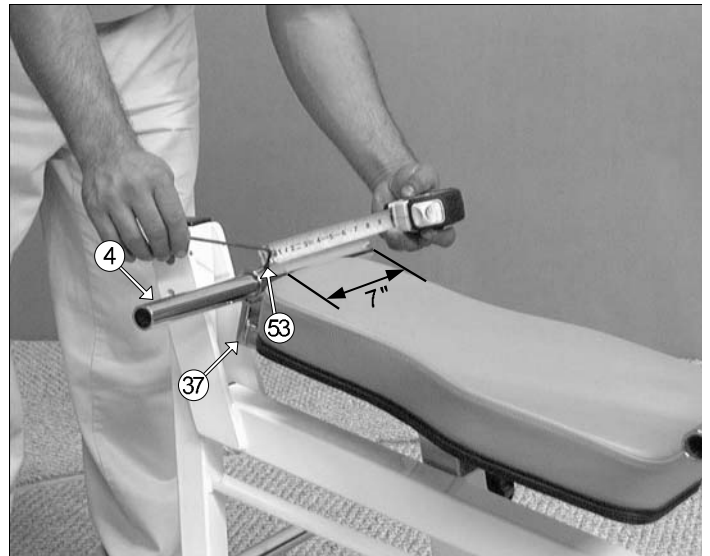


**FIG. 66** Insert the assembled **Adjustable Seat Frame (#37)** into the **Leg Extension Bench Frame (#9)**, in the position as shown above. Be sure to release the Turn/Pull Pin w/ Knob (#557) as you begin inserting the assembled **Adjustable Seat Frame (#37)** into the **Leg Extension Bench Frame (#9)**.

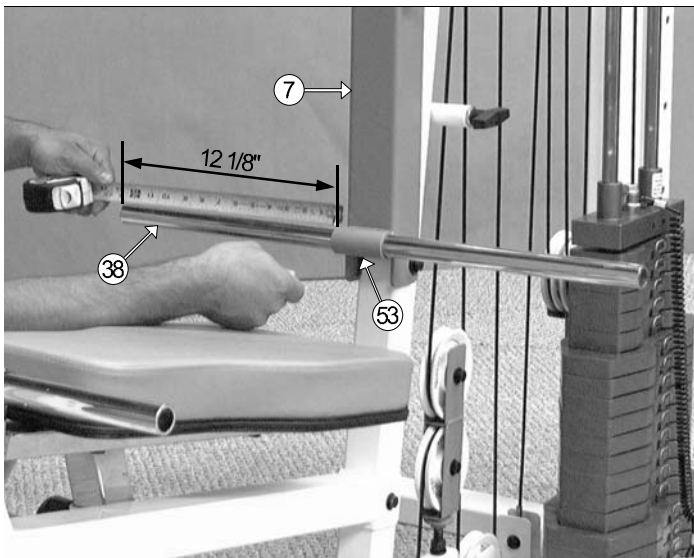




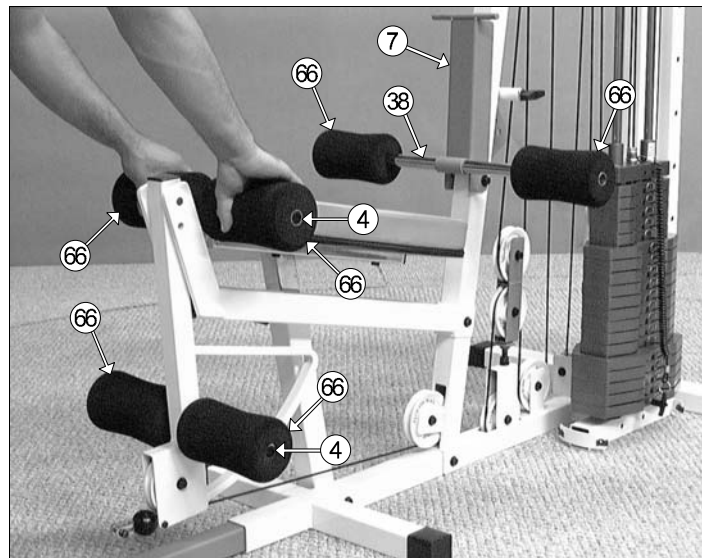
**FIG. 68** Next, insert a **Foot Roll Tube 1 X 16 (#4)** into the receptacle of the **Adjustable Seat Frame (#37)**. Then, insert another **Foot Roll Tube 1 X 16 (#34)** into the receptacle of the **Leg Extension Arm (#10)**. Next, insert the **Foot Roll Tube 1 X 27 (#38)** into the receptacle of the **Adjustable Back Pad Bracket (#7)**, as shown above.



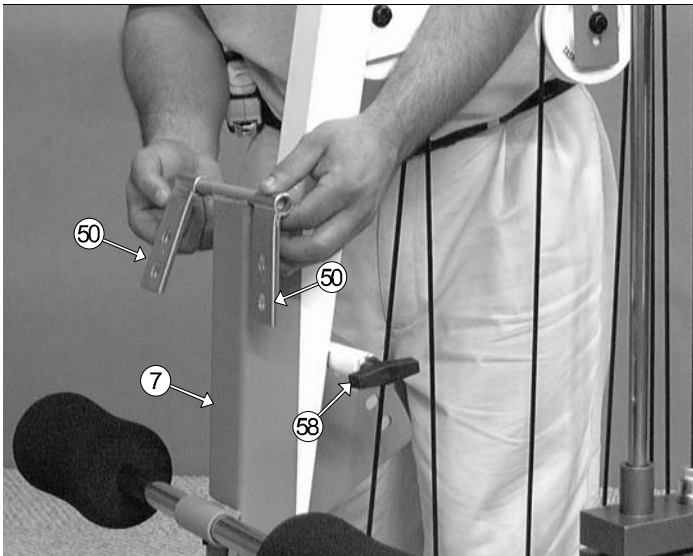
**FIG. 69** Use a measuring tape to center the **Foot Roll tube 1 x 16 (#4)** with the **Adjustable Seat Frame's (#37)** receptacle. The measurement from one end of the tube to the receptacle, as picture above, should be about 7". Secure the **Foot Roll Tube 1 X 16 (#4)** to the **Adjustable Seat Frame (#37)** using a **Set Screw 1/4-20 X 1/4 (#53)**, as shown above. Use the supplied **Hex Key 1/8" (#115)** to properly secure the **Set Screw 1/4-20 X 1/4 (#53)** into place.



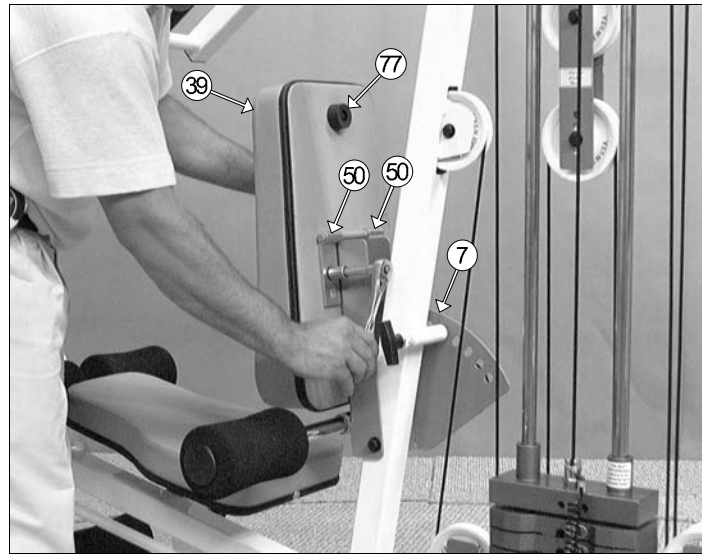
**FIG. 70** Use a measuring tape to center the **Foot Roll Tube 1 x 27 (#38)** with the **Adjustable Back Pad Bracket's (#7)** receptacle. The measurement from one end of the tube to the receptacle, as pictured above, should be about 12 1/8". Secure the **Foot Roll Tube 1 X 27 (#38)** to the **Adjustable Back Pad Bracket (#7)** using a **Set Screw 1/4-20 X 1/4 (#53)**, as shown above. Use the supplied **Hex Key 1/8" (#115)** to properly secure the **Set Screw 1/4-20 X 1/4 (#53)** into place.



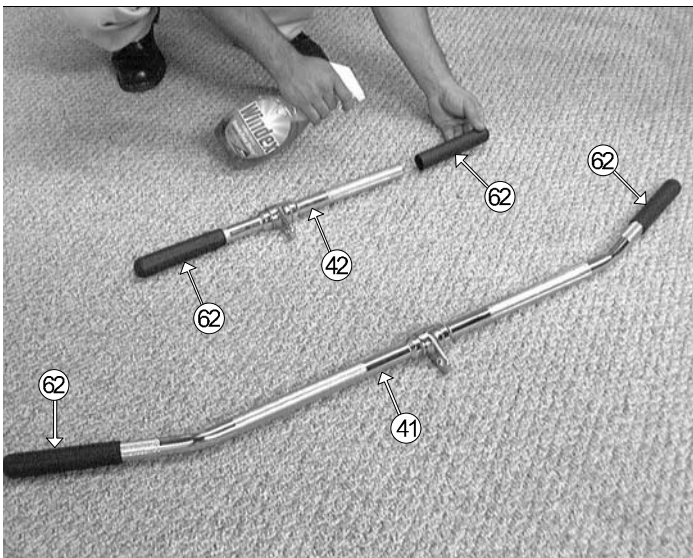
**FIG. 71** Next, attach one **Foam Foot Roll 7 X 4 X 1 (#62)** to each end of the three tubes as shown above. Refer to the **Exploded View Diagram** on fold out page for further clarification of this assembly.



**FIG. 59** Attach two Metal Hinges (#50) to the axle of the **Adjustable Back Pad Bracket (#7)**. Be sure to position the Metal Hinges (#50) as shown above.

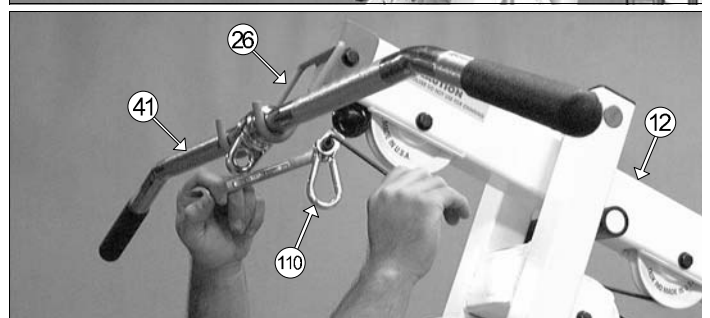
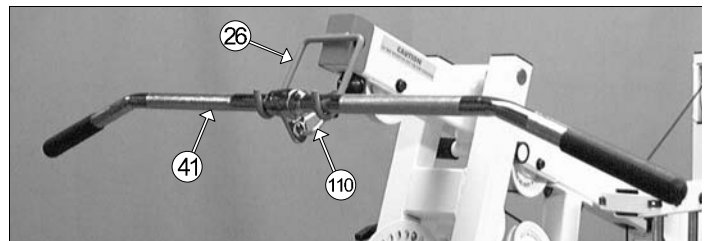


**FIG. 60** Next, attach the **Back Pad (#39)** to the Metal Hinges (#50), as shown above, and secure them into place (at the top hole of the Metal Hinge) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#103), and two Flat Washers SAE 3/8" (#87).



**FIG. 61** Insert a Rubber Grip 1 x 6 1/4 (#62) over each one of the tubed ends of the Low Row Bar 20" (#42), and the Lat Bar 48" (#41), as shown above.

**NOTE:** To facilitate the insertion of these Rubber Grips, use Windex or household glass cleaner.

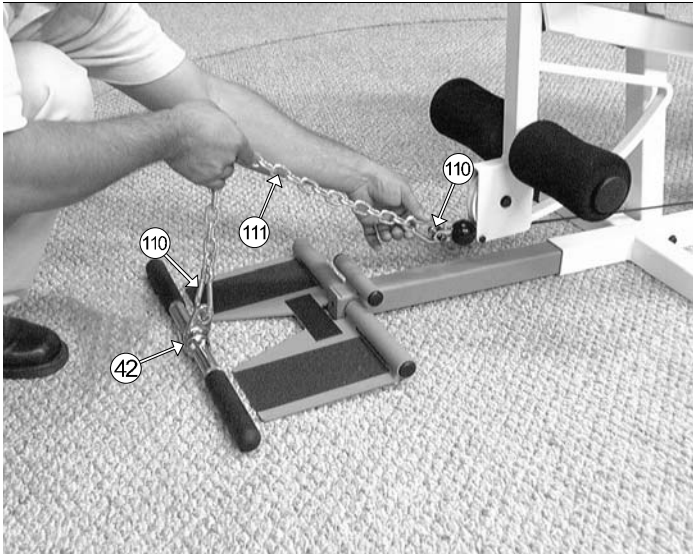


**FIG. 62** Next, attach a Snap Link (#110) to the **Lat Cable (#33)**, in the position as shown above, and secure it into place using one Shoulder Bolt 3/8 x 3/4 (#106), and one Nylon Insert Lock Nut 5/16-18 (#94). Use the supplied Hex Key 3/16" (#114) and a 1/2" combination wrench to fasten this assembly properly.

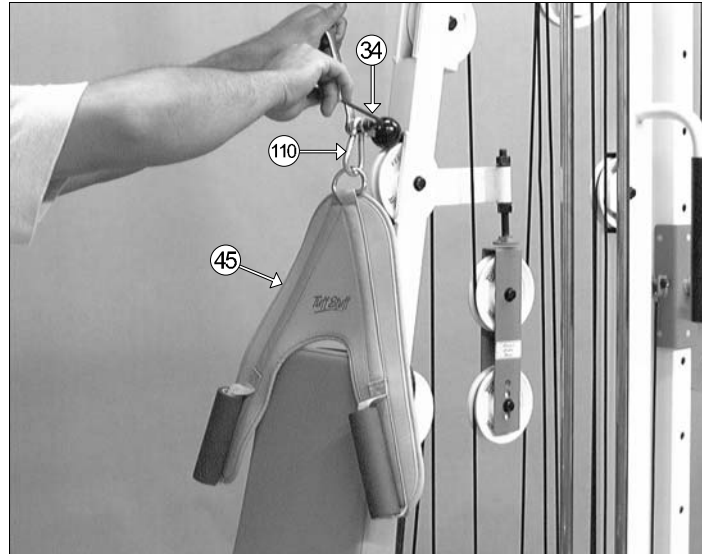
**NOTE:** Refer to **Fig. A** on page 24 for further illustration of this assembly.

Connect the Lat Bar 48" (#41) to the **Lat Cable (#33)** using the Snap Link (#110). Use the **Lat Bar Holder (#26)** to rest the Lat Bar 48" (#41) onto when not in use



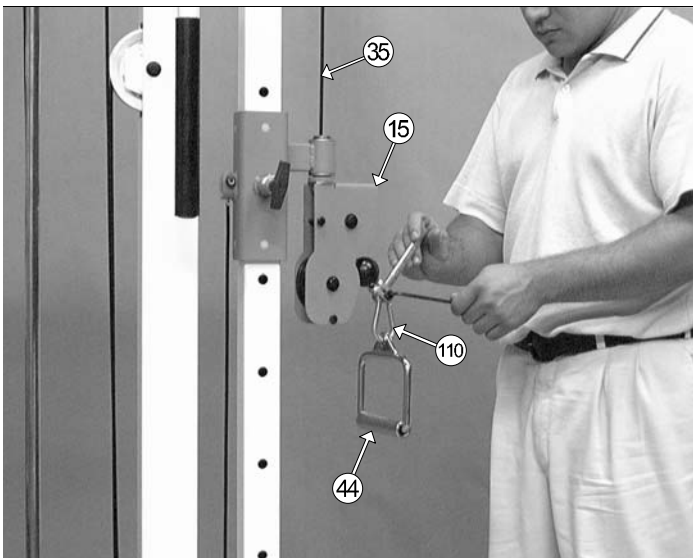


**FIG. 59** Locate the Coil Chain 3/16 X 21 (#111), two Snap Links (#110) and attach them to the **Low Row Bar 20"** (#42) and to the **Leg Extension/ Abdominal Cable (#34)**, as shown above.



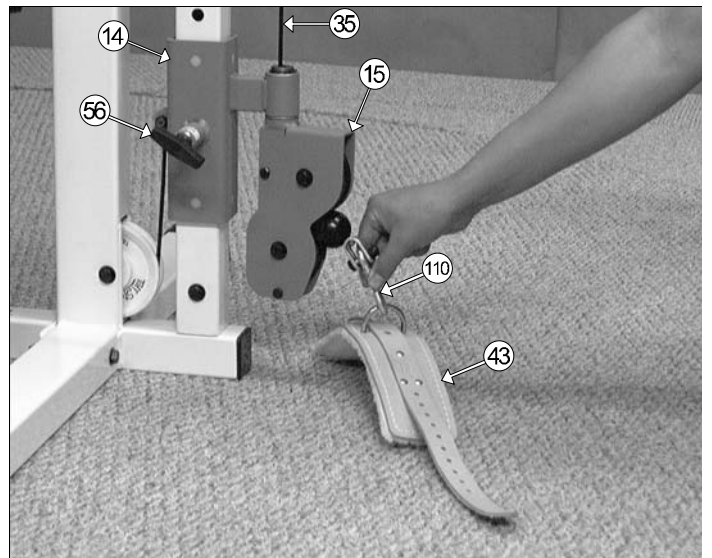
**FIG. 60** Affix the Abdominal Crunch Harness (#45) to the **Leg Extension/Abdominal Cable (#34)** using one Snap Link (#110), one Shoulder Bolt 3/8 x 3/4 (#106), and one Nylon Insert Lock Nut 5/16-18 (#94). Use the supplied Hex Key 3/16" (#114) and a 1/2" combination wrench to fasten this assembly properly.

**Note:** Refer to the Leg Extension/Abdominal Cable Mapping Diagram on page 25 for further illustration of this assembly.



**FIG. 61** Affix the Chrome Stirrup Handle (#44) to the **High-Low Cable (#35)** using one Snap Link (#110), one Shoulder Bolt 3/8 x 3/4 (#106), and one Nylon Insert Lock Nut 5/16-18 (#94). Use the supplied Hex Key 3/16" (#114) and a 1/2" combination wrench to fasten this assembly properly.

**Note:** Refer to the High-Low Cable Mapping Diagram on page 26 for further illustration of this assembly.



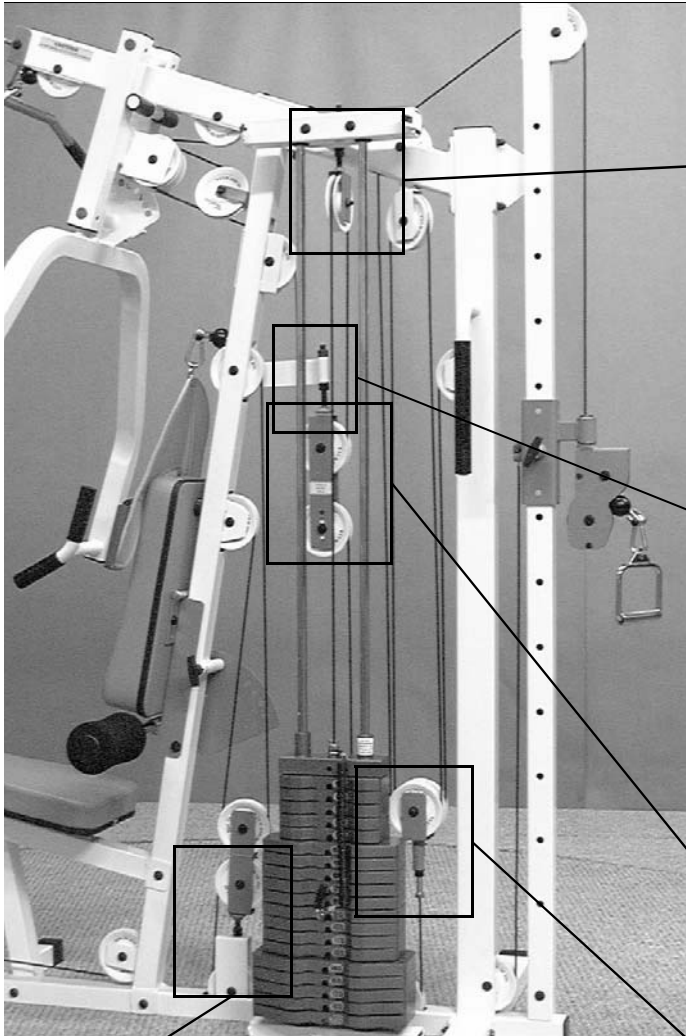
**FIG. 62** The Leather Ankle Strap (#43) is another accessory that can be used at the **High-Low Station**. Adjust the **High-Low Carriage (#14)** to the first Adjustment setting, as shown above, then connect the **High Low Cable (#35)** to the Leather Ankle Strap (#43) using the Snap Link (#110).

## TS-1000 CABLE ADJUSTMENT DIAGRAM

The Diagram below depicts the location of the cable adjustments on each work station. It is imperative that you maintain the cables' proper adjustment to ensure a safe and smooth operation.

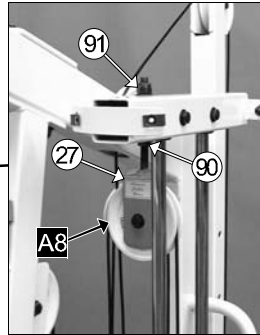


Cables should be inspected and adjusted periodically to avoid any slack in the cables which would, consequently, prevent any damage to the equipment or personal injury.



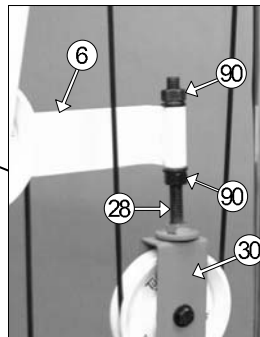
### Cable Adjustment for: Adjustable Pulley Bracket (#27)

1. Loosen the bottom Regular Hex Nut (#90).
2. Adjust the top Nylon Insert Lock (#91) to give the cable proper tension.
3. Re-tighten the bottom Regular Hex Nut (#90) to complete the cable adjustment.



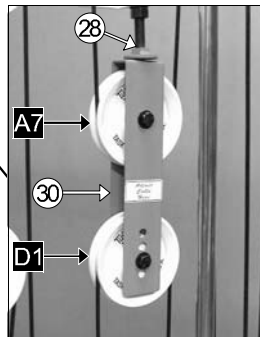
### Adjustment for: Long Adjustable Stopper (#28)

1. Loosen the two Regular Hex Nuts (#90).
2. Twist the **Long Adjustable Stopper (#28)** to left or right until it is making contact with the **Closed End Adj. Double Pulley Bracket (#30)**.
3. Re-tighten the Regular Hex Nuts (#90) to complete the adjustment.



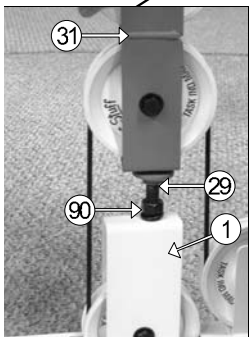
### Cable Adjustment for: Closed-End Adj. Double Pulley Bracket (#30)

1. Remove the hardware from the Nylon Pulley 4 1/2 Rd. (#67-Labeled D1).
2. By interchanging the Nylon Pulley 4 1/2 Rd. (#67) to the next adjustment hole it will make one inch cable adjustment.
3. Re-tighten the hardware for the Nylon Pulley 4 1/2 Rd. (#67) to complete the cable adjustment.



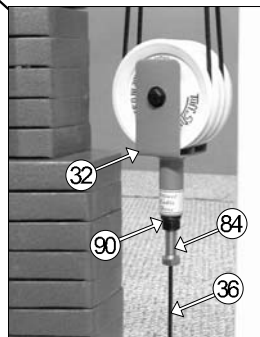
### Adjustment for: Short Adjustable Stopper (#29)

1. Loosen the Regular Hex Nut (#90).
2. Twist the **Short Adjustable Stopper (#29)** to left or right until it is making contact with the **Closed-End Double Pulley Bracket (#31)**.
3. Re-tighten the Regular Hex Nut (#90) to complete the adjustment.



### Cable Adjustment for: Leg Extension/Abdominal Cable (#36)

1. Loosen the Regular Hex Nut (#90).
2. Thread the **Hex Tap Bolt 1/2-13 x 3 (#84)** in out of the threaded socket of the **Floating Double Pulley Bracket (#32)** to give the **Leg Extensor Abdominal Cable (#38)** proper tension.
3. Re-tighten the Regular Hex Nut (#90) to complete the adjustment.

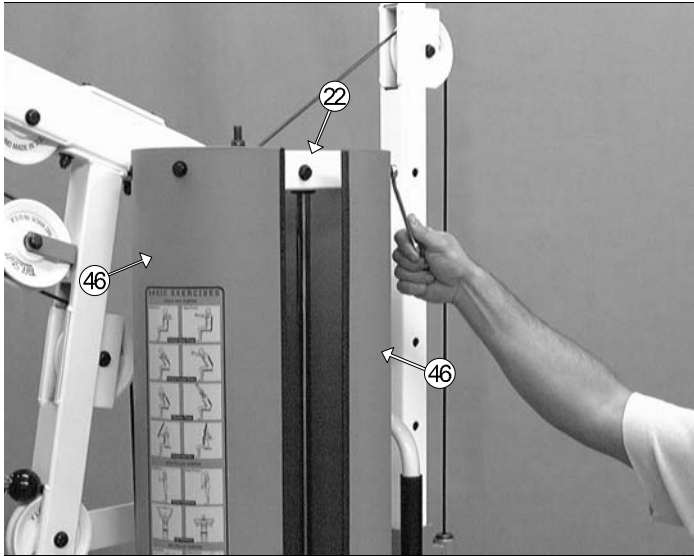


**Caution:** Make sure the **Hex Tap Bolt 1/2 13 x 3 (#84)** is threaded at least 1/2" into the threaded socket of the **Floating Double Pulley Bracket (#32)** once the cable adjustment is complete.

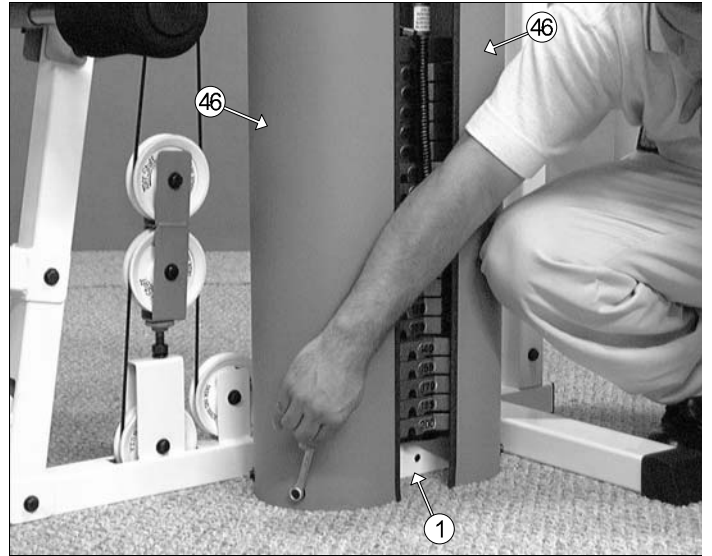


**Fully Fasten:** Proceed to Fully Fasten these hardware assemblies and all of the previous assemblies that were left loosely fastened.





**FIG. 65** Once you have adjusted the cables according to the Cable Adjustment Diagram on the previous page, then locate the two **Weight Shrouds (#46)** and affix them to the **Guide Rod Retainer Housing's #20** U-Nuts 1/4" (#81-Not shown) using four Hex Head Cap Screws 1/4-0 X 3/4 (#105), and four Nylon Flat Washers 1/4" (#78). Refer to the Exploded View Diagram on Fold out page for further illustration of this assembly.

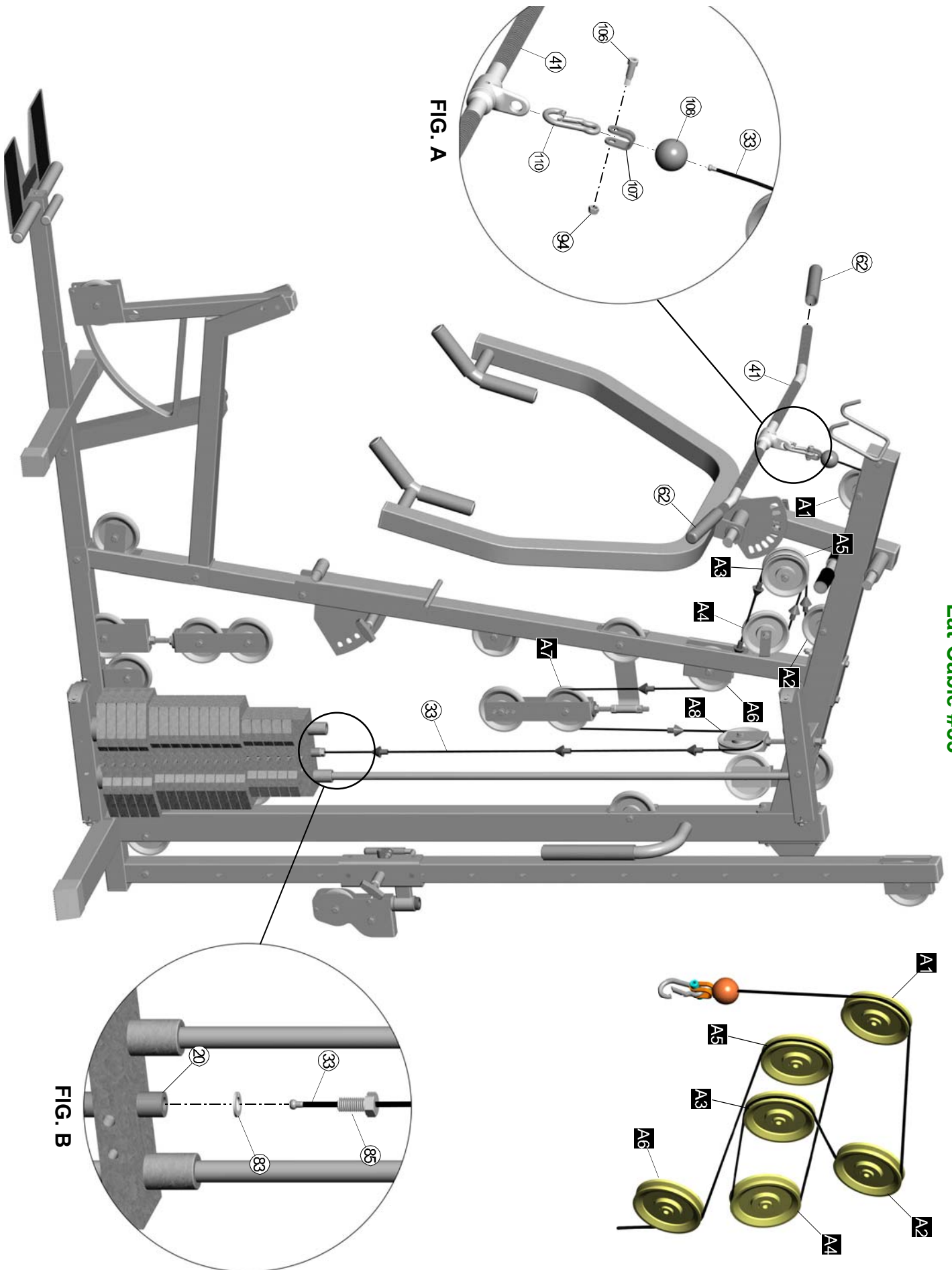


**FIG. 66** Next, affix the bottom of the two **Weight Shrouds (#46)** to the **Base Frame's (#1)** U-Nuts 1/4" (#81-Not shown) using four Hex Head Cap Screws 1/4-20 X 3/4 (#105), and four Nylon Flat Washers 1/4" (#89). Refer to the Exploded View Diagram on Fold out page for further illustration of this assembly.



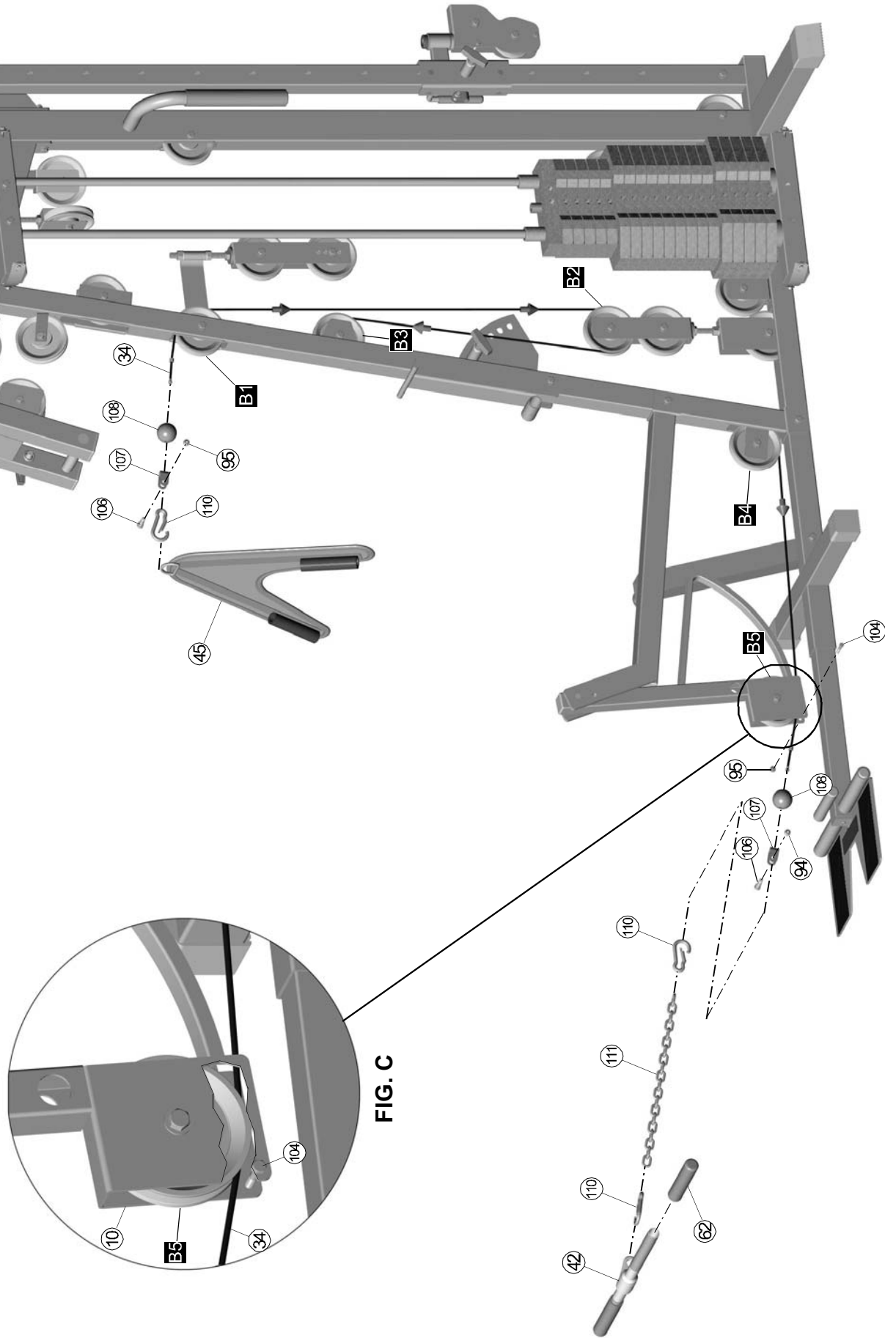
**Fully Fasten:** Proceed to align and fully fasten these hardware assemblies.

**CABLE MAPPING DIAGRAM FOR:  
Lat Cable #33**



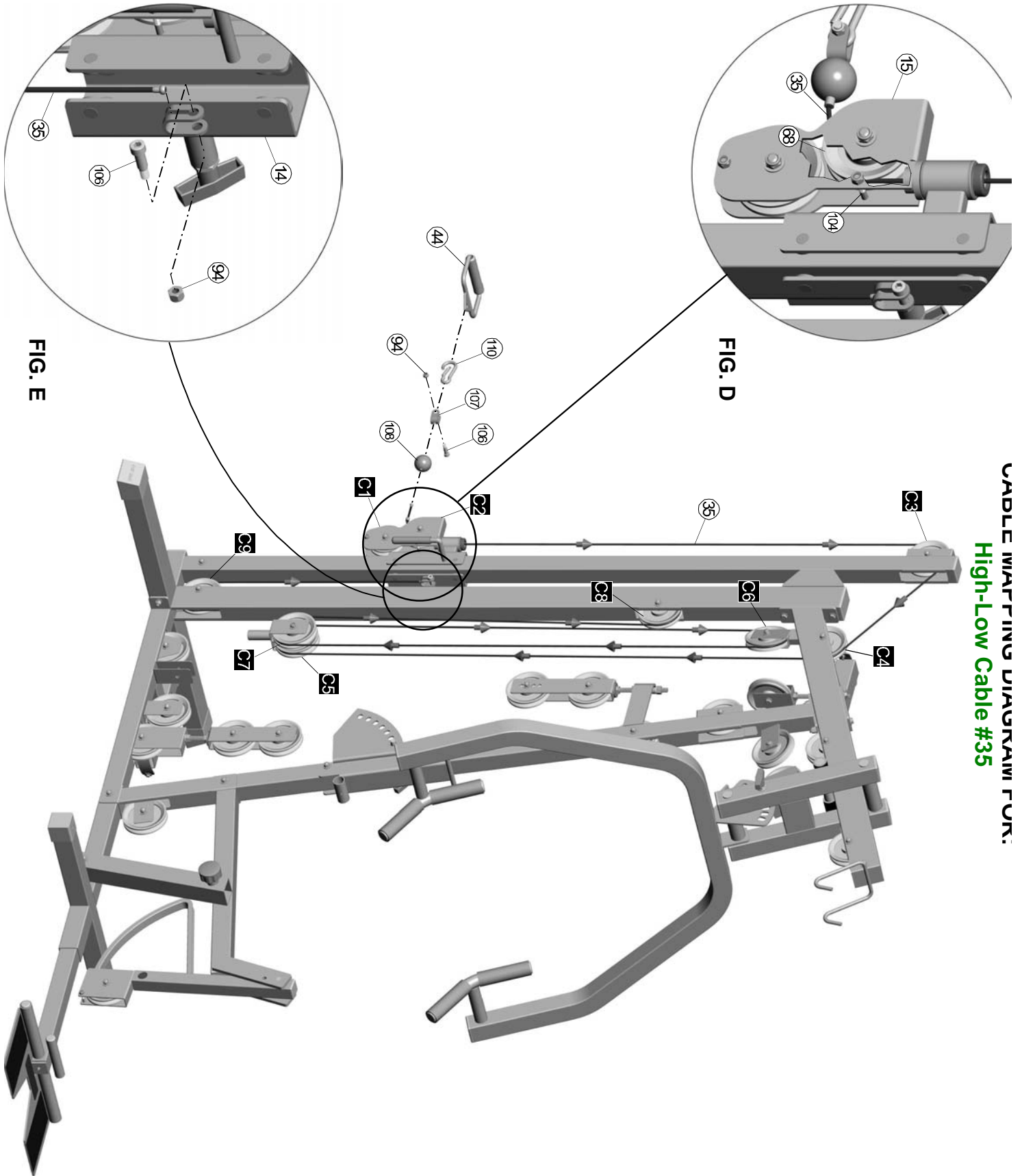


**CABLE MAPPING DIAGRAM FOR:  
Leg Extension/Abdominal Cable #34**



**FIG. C**

**CABLE MATING DIAGRAM FOR:  
High-Low Cable #35**

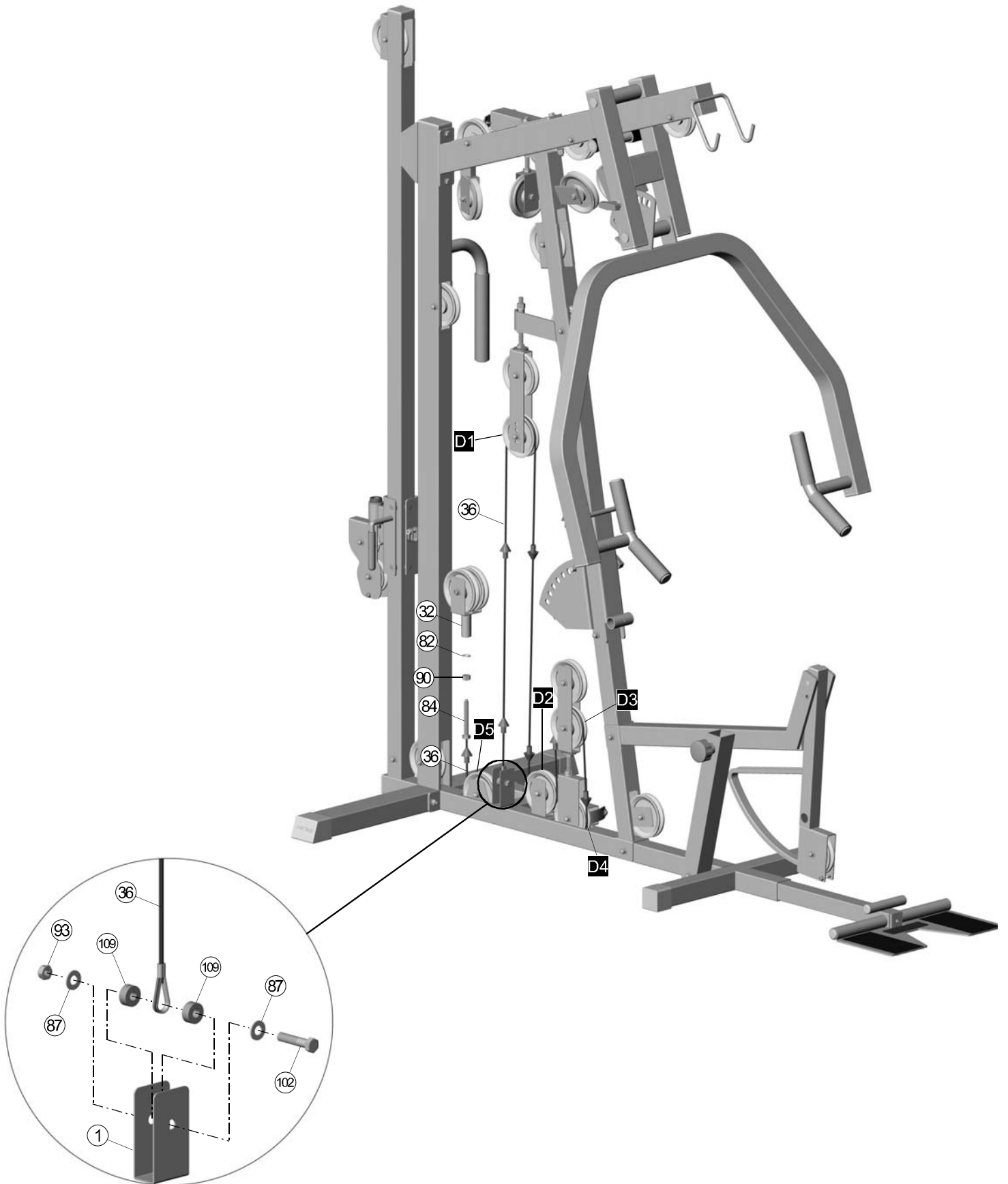


**FIG. D**

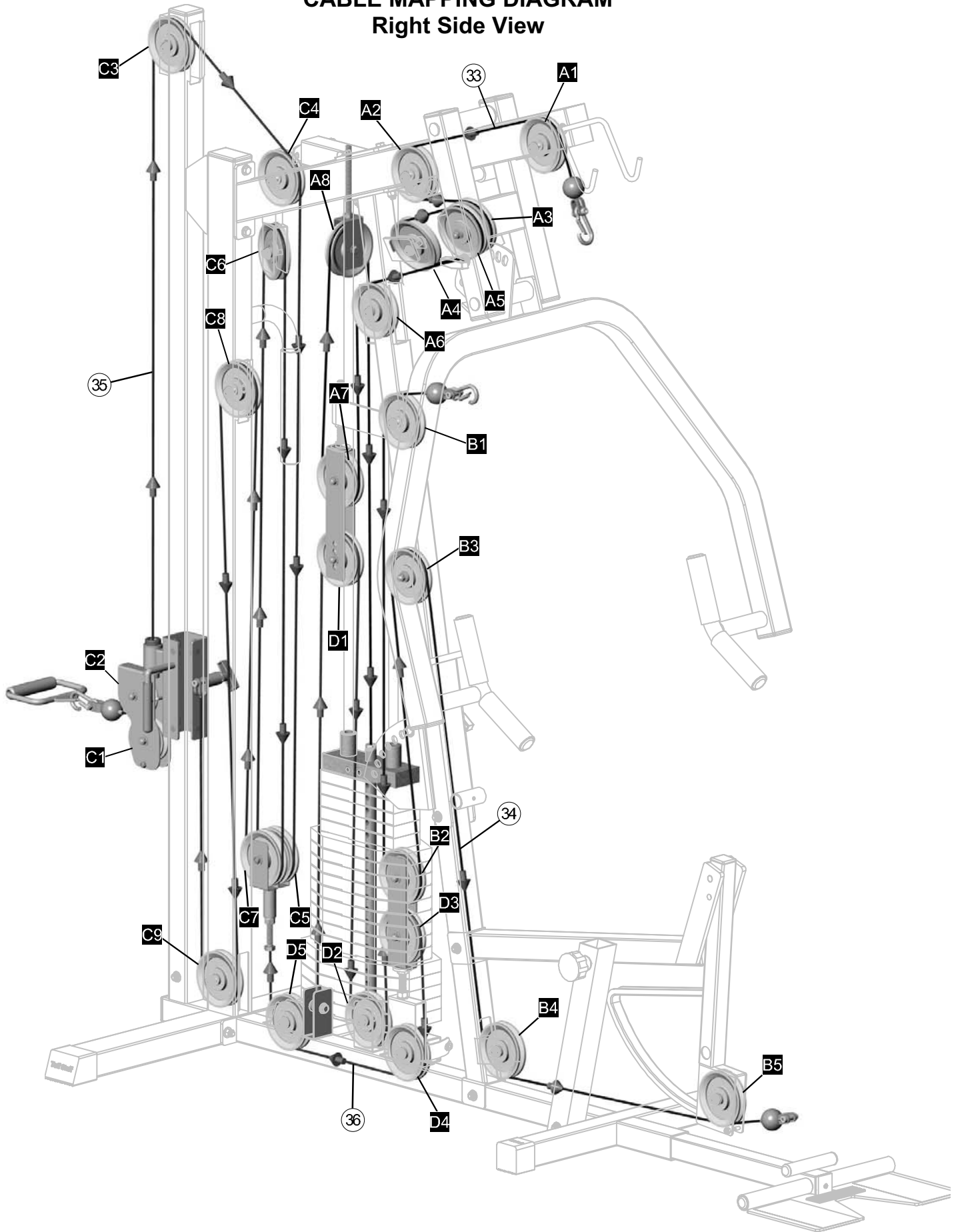
**FIG. E**



**CABLE MAPPING DIAGRAM FOR:**  
**Tension Cable #36**



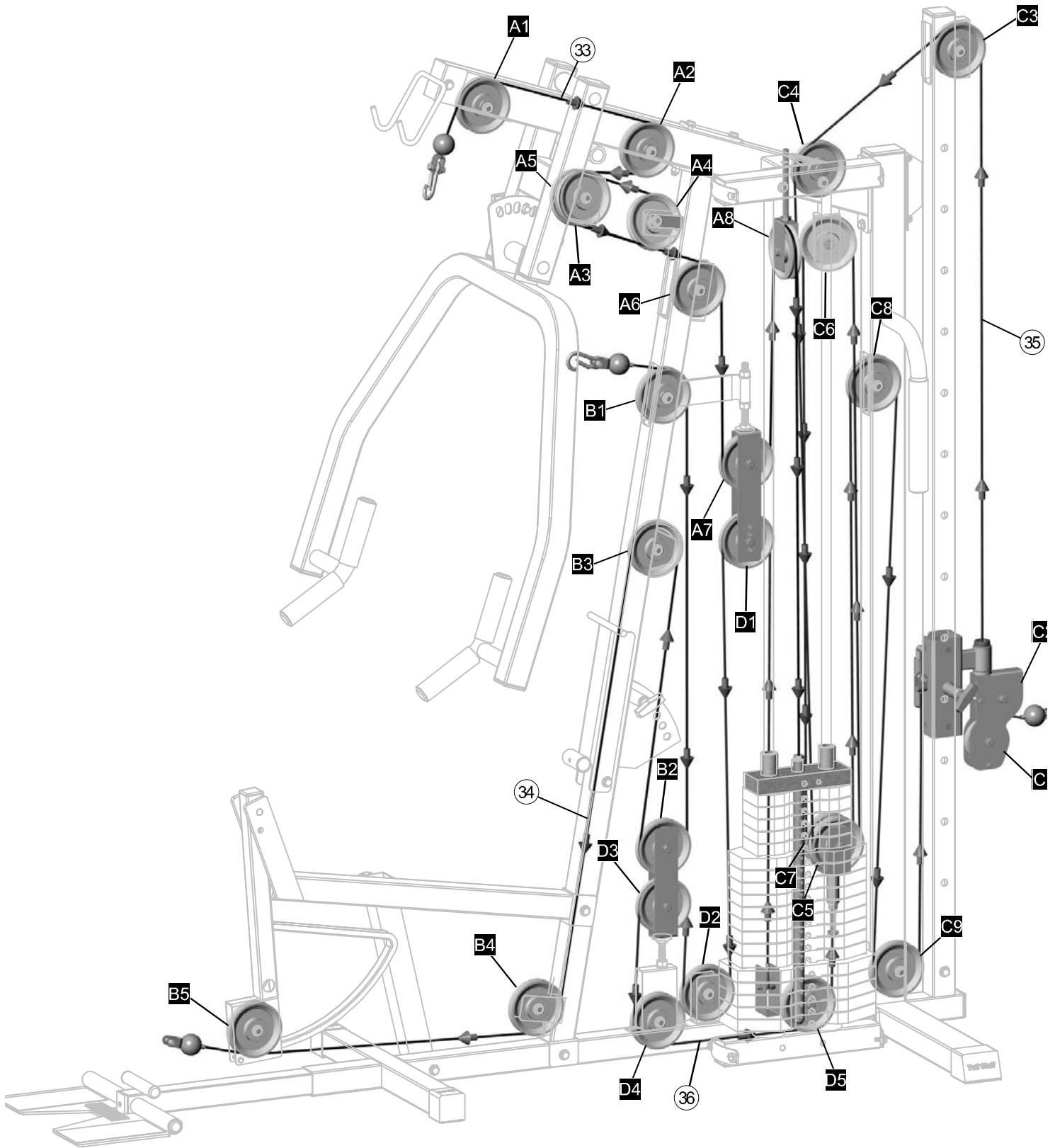
# CABLE MAPPING DIAGRAM Right Side View





# CABLE MAPPING DIAGRAM

## Left Side View



OLOR CHART

RAY= SUB-ASSEMBLY PARTS

ACK=HARDWARE

# TS-1000 PARTS LIST

m No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qt
1	BASE FRAME	UP726	1	61	RUBBER GRIP 1 1/4 X 10	BNH0948	1
2	LOW ROW STABILIZER	UP727	1	62	RUBBER GRIP 1 X 6-1/4	BNH0296	4
3	LOW ROW FOOT SUPPORT	UP728	1	63	RUBBER GRIP 1/2 X 4	BNH0530	1
4	FOOT ROLL TUBE 1 X 16	UP053	3	64	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
5	REAR UPRIGHT	UP729	1	65	ANTI-SKID TAPE 4 X 7 3/4	BNH0492	4
6	FRONT UPRIGHT	UP730	1	66	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	6
7	ADJUSTABLE BACK PAD BRACKET	UP554	1	67	NYLON PULLEY 4 1/2 RD	BNH0556	2
8	CABLE RETAINER BRACKET L-SHAPED	UP014	1	68	NYLON PULLEY 3 1/2 RD	BNH0553	2
9	LEG EXTENSION BENCH FRAME	UP555	1	69	PLASTIC END CAP W/ GROOVE 2 X 3	BNH0049	2
10	LEG EXTENSION ARM	UP325	1	70	PLASTIC END CAP 2" SQW/ GROOVE	BNH0051	2
11	LEG EXTENSION AXLE 1/2 X 2 3/4	UP373	1	71	PLASTIC INSERT CAP 2" SQ	BNH0012	8
12	TOP PULLEY ASSEMBLY	UP731	1	72	PLASTIC INSERT CAP 1 1/2 SQ	BNH0009	1
13	HIGH/ LOW SELECTORIZED UPRIGHT	UP732	1	73	PLASTIC INSERT CAP 1 X 2	BNH0005	1
14	HIGH/ LOW CARRIAGE	UP733	1	74	PLASTIC INSERT CAP 1 1/4 RD	BNH0573	5
15	HIGH LOW DOUBLE PULLEY BRACKET	UP734	1	75	PLASTIC INSERT CAP 1 RD	BNH0002	4
16	GUIDE ROD 3/4 X 72	UP124	2	76	FOOT ROLL PLASTIC END CAP 1"	BNH0397	6
17	15 LB WEIGHT PLATE	BNH0926	5	77	RUBBER BUMPER 3/8 X 1 1/2	BNH0514	1
18	10 LB WEIGHT PLATE	BNH0904	9	78	PLASTIC INSERT CAP 2 X 3	BNH0052	1
19	5 LB WEIGHT PLATE	BNH0927	5	79	NYLON STEM BUTTON 12.5mm	BNH0547	8
20	TOP PLATE/ SELECTOR BAR	BNH0876	1	80	RETAINING SNAP RING	BNH0419	1
21	SELECTOR PIN W/ COIL	UP466	1	81	UNUT 1/4"	BNH0708	8
22	GUIDE ROD RETAINER HOUSING	UP328	1	82	SPLIT WASHER B/ O 1/2"	BNH0653	5
23	PRESS BAR SELECTOR HOUSING	UP681	1	83	SPLIT WASHER Z/ P 1/2"	BNH0572	1
24	PIVOT AXLE 1 X 8 1/8	UP152	2	84	HEX TAP BOLT W/ 1/4 HOLE 1/2-13 X 3	BNH1088	1
25	PRESS BAR	UP742	1	85	SPLIT BOLT 1/2-13 X 1	BNH0479	1
26	LAT BAR HOLDER 2 X 3	UP327	1	86	FLAT WASHER SAE 1/2"	BNH0238	1
27	ADJUSTABLE PULLEY BRACKET	UP368	1	87	FLAT WASHER SAE 3/8"	BNH0239	8
28	LONG ADJUSTABLE STOPPER	UP331	1	88	NYLON FLAT WASHER 3/8	BNH0248	2
29	SHORT ADJUSTABLE STOPPER	UP735	1	89	NYLON FLAT WASHER 1/4	BNH0889	8
30	CLOSED-END ADJ. DOUBLE PULLEY BRACKET	UP689	1	90	REGULAR HEX NUT 1/2-13	BNH0201	5
31	CLOSED-END DOUBLE PULLEY BRACKET	UP736	1	91	NYLON INSERT LOCK NUT 1/2-13	BNH0212	1
32	FLOATING DOUBLE PULLLEY BRACKET	UP737	2	92	NYLON INSERT LOCK NUT 3/8-16	BNH0214	8
33	LAT CABLE	UP738	1	93	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	3
34	LEG EXTENSION / ABDOMINAL CABLE	UP739	1	94	NYLON INSERT LOCK NUT 5/16-18	BNH0215	5
35	HIGH/ LOW CABLE	UP740	1	95	NYLON INSERT LOCK NUT 1/4-20	BNH0213	3
36	TENSION CABLE	UP741	1	96	HEX HEAD CAP SCREW 3/8-16 X 4 1/2	BNH0284	1
37	ADJUSTABLE SEAT FRAME	UP171	1	97	HEX HEAD CAP SCREW 3/8-16 X 4 1/4	BNH0317	4
38	FOOT ROLL TUBE 1 X 27	UP743	1	98	HEX HEAD CAP SCREW 3/8-16 X 4	BNH0285	2
39	BENCH PRESS BACK PAD	UP744	1	99	HEX HEAD CAP SCREW 3/8-16 X 3 1/4	BNH0312	1
40	SEAT PAD	UP173	1	100	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	BNH0278	5
41	LAT BAR 48"	BNH0295	1	101	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	BNH0276	7
42	LOW ROW BAR 20"	BNH0294	1	102	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	BNH0274	2
43	LEATHER ANKLE STRAP	20000-ALAS	1	103	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	BNH0273	3
44	CHROME STIRRUP HANDLE	20000-SH	1	104	HEX HEAD CAP SCREW 1/4-20 X 1 1/2	BNH0272	3
45	ABDOMINAL CRUNCH HARNESS	BNH0235	1	105	HEX HEAD CAP SCREW 1/4-20 X 3/4	BNH0890	8
46	WEIGHT SHROUD	UP332	2	106	SHOULDER BOLT 3/8 X 3/4	BNH0718	5
47	DECAL- EXERCISE CHART (FRONT)	BNH1090	1	107	STRAP BRACKET #20	BNH0562	4
48	"L" LOCKING PIN	BNH0045	1	108	NYLON BALL 1 3/4 X 5/16	BNH0392	4
49	EDGE PROTECTOR 72 1/4"	BNH0587	4	109	NYLON SPACER 3/8 X 3/8	BNH0392	2
50	METAL HINGE	BNH0046	2	110	SNAP LINK	BNH0065	5
51	SET SCREW 3/8-16 X 1/2	BNH0474	5	111	COIL CHAIN 3/16 X 21	BNH0017	1
52	SET SCREW 1/4-20 X 3/8	BNH0772	2	112	HEX HEAD CAP SCREW 3/8-16 X 3	BNH0282	2
53	SET SCREW 1/4-20 X 1/4	BNH0790	2	113	STANDARD DECAL WEIGHT NUMBERS	BNH0928	1
54	BRONZE BUSHING 1 X 1 1/4	BNH0527	6	114	HEX KEY 3/16"	BNH0371	1
55	BRONZE BUSHING 1/2 X 5/8	BNH0528	2	115	HEX KEY 1/8"	BNH0767	1
56	PUSH-PULL PIN 1/2" X 3-1/2	BNH0520	2	116	RUBBER GROMMET 3/4" ID	BNH0401	2
57	TURN/ PULL PIN W/ KNOB	BNH0929	1	117	PLASTIC TUBE END 1 X 1-1/4 X 3/8	BNH1089	1
58	PUSH-PULL PIN 1/2" X 5-5/8	BNH0586	1	118	BRONZE BUSHING 3/8 X 1/2 X 1/2	BNH0738	2
59	RUBBER STOPPER 1 X 3	BNH0791	2	119	RUBBER STOPPER 1/8 X 1 1/2 X 5	BNH0688	1
60	RUBBER GRIP 1 1/4 X 5 1/4	BNH0937	4	120	DECAL- EXERCISE CHART (REAR)	BNH1092	1



# Adjustment Features

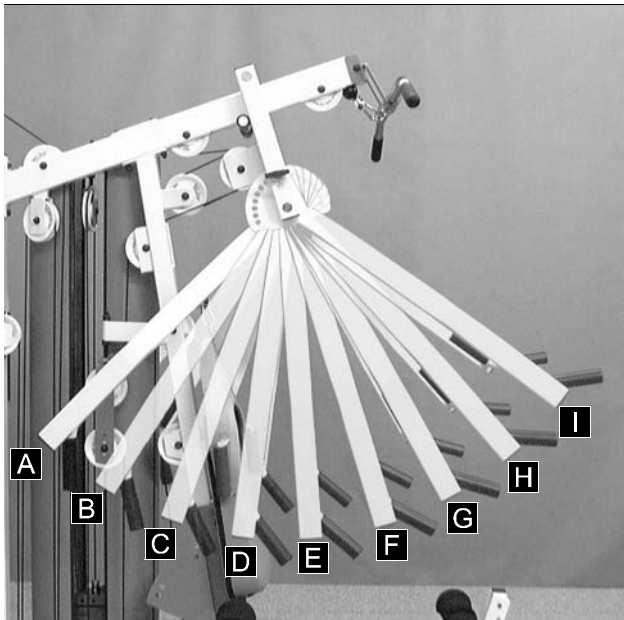


Fig. 67 Illustration of the **Press Bar's** adjustable settings used on multiple Exercise Starting Positions.

## Press Bar Range of Adjustable Settings

- ◆ Used for Seated Row Exercise.  
Setting A - C
- ◆ Used for Chest Press Exercise.  
Setting D - F
- ◆ Used for Shoulder Press Exercise.  
Setting G - I

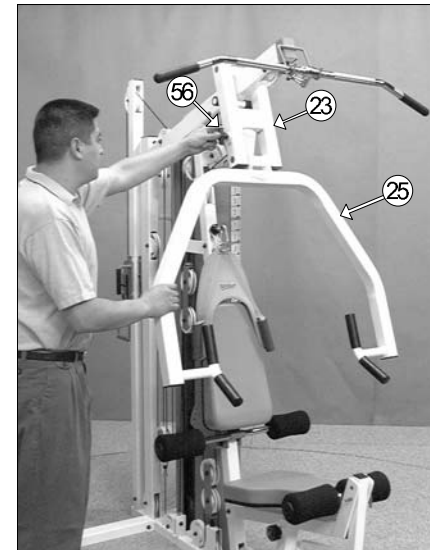


Fig. 68 **Press Bar (#25)** adjustment:

1. Grasp the **Press Bar (#25)**.
2. Pull the Push Pull Pin 1/2" X 3-1/2" (#56) to release the **Press Bar (#23)**.
3. Adjust the **Press Bar (#25)** to the desired position.
4. Release the Push Pull Pin 1/2" X 3-1/2" (#56) and make sure it fully engages into the selected hole of the **Press Bar's (#25)** Plate.

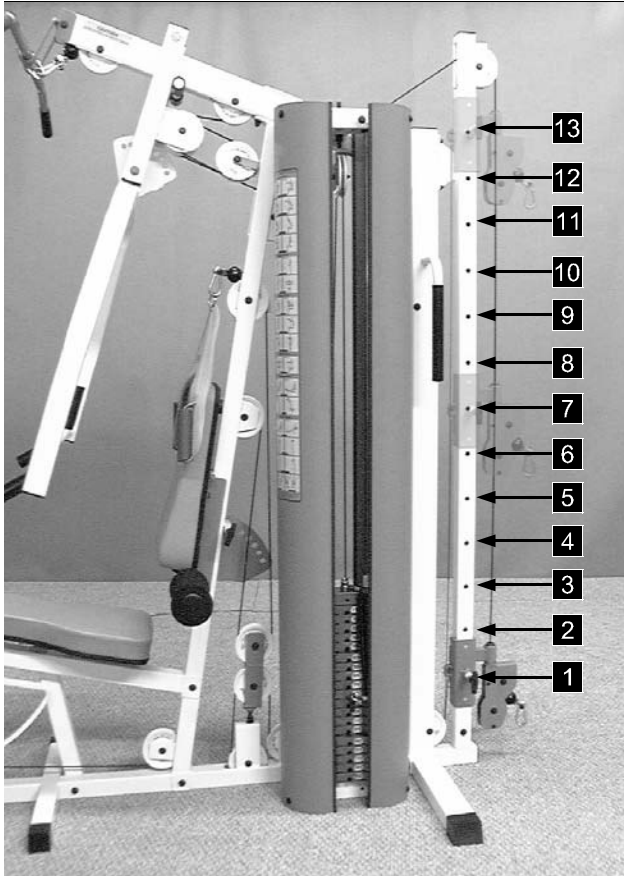


Fig. 69 Illustration of the **High-Low Carriage's** adjustable settings used on multiple Exercise Starting Positions.

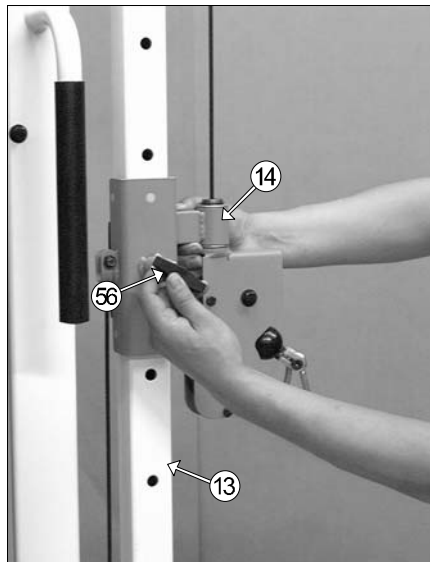
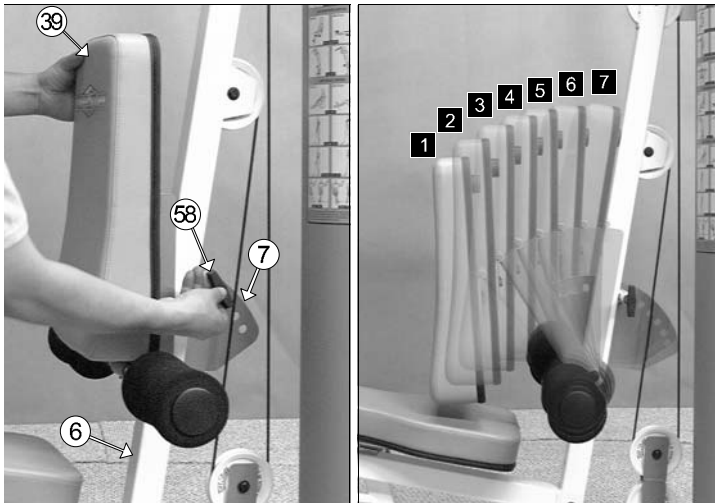


Fig. 70 **High-Low Carriage (#14)** adjustment:

1. Grasp the **Carriage (#14)**.
2. Pull the Push Pull Pin 1/2" X 3-1/2" (#56) to release the **Carriage (#14)**.
3. Adjust the **Carriage (#14)** to the desired position.
4. Release the Push Pull Pin 1/2" X 3-1/2" (#56) and make sure it fully engage into the selected hole of the **High-Low Selectorized Upright (#13)**.

# Adjustment Features



ig. 71 **Back Pad (#39)** adjustment:

- Grasp the **Back Pad (#39)**.
- Pull the Push Pull Pin 1/2" X 5-5/8 (#58) to release the **Back Pad Bracket (#7)** from the **Front Upright (#6)**.
- Adjust the **Back Pad (#39)** to one of the seven available positions.
- Release the Push Pull Pin 1/2" X 5-5/8 (#58) and make sure it fully engages into the selected hole of the **Back Pad Bracket (#7)**.

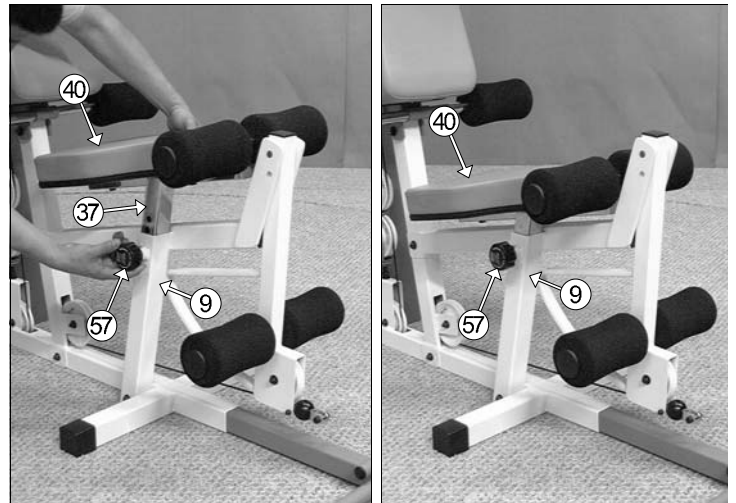
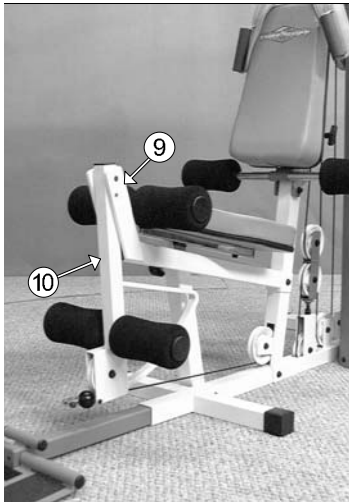


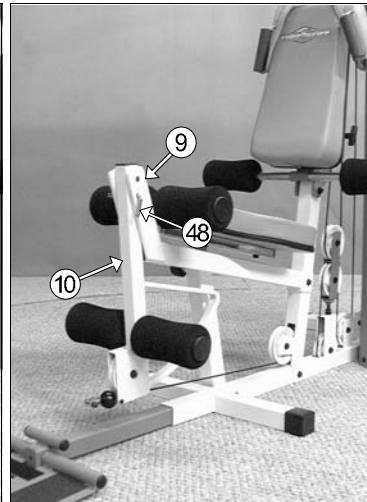
Fig. 72 **Seat Pad (#40)** adjustment:

1. Grasp the **Seat Pad (#40)**.
2. Turn counterclockwise then pull the Turn/Pull Pin w/Knob (#57) to release the **Adjustable Seat Frame (#37)** from the **Leg Extension Bench Fram (#9)**.
3. Adjust the **Seat Pad (#40)** to a desired height.
4. Release the Turn/Pull Pin w/Knob (#57) and make sure it fully engage into the selected hole of the **Adjustable Seat Frame (#37)**.
5. **Complete the adjustment by turning the Turn/Pull Pin w/Knob (#57) clockwise.**

## Unlocked



## Locked



ig. 73 **Locking the Leg Extension Arm (#10)**

- Locate the L-Locking Pin (#48).
- Insert the L-Locking Pin (#48) through the **Leg Extension Bench Frame (#9)** and the **Leg Extension Arm (#10)**, as shown above.

### Unlocked Leg Extension Arm used on Exercises:

- ▶ Leg Extension
- ▶ Leg Curl

### Locked Leg Extension Arm used on Exercises:

- ▶ Low Row
- ▶ Standing Arm Curl
- ▶ Seated Row
- ▶ Seated Chest Press
- ▶ Seated Shoulder Press

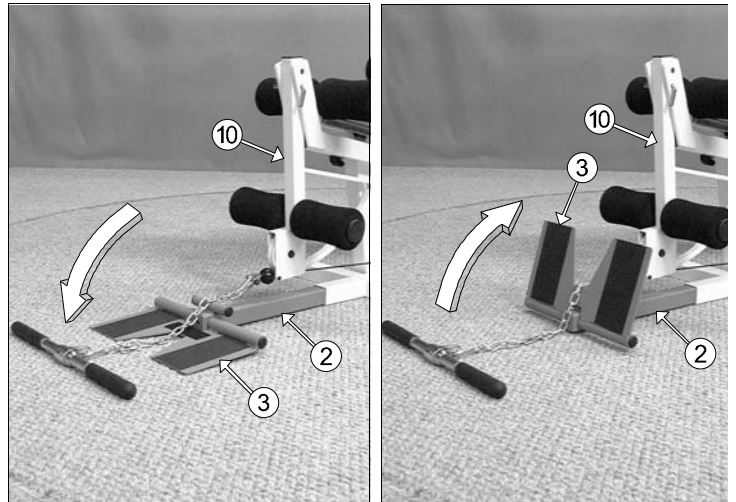


Fig. 74 **Positioning the Low Row Foot Support (#3)**

1. Picture above at the left shows the **Low Row Foot Support (#3)** positioned and ready for Standing Arm Curl Exercise. It is **IMPORTANT** that when in this position, you must stand completely on the **Low Row Foot Support (#3)** and not off. This is done to prevent the unit from tipping during this workout exercise.
2. Picture above at the right shows the **Low Row Foot Support (#3)** positioned and ready for the Seated Rowing Exercise.



**Note:** Do not drop the **Low Row Foot Support (#3)** or leave it in the position as pictured above at the right. Always lower the **Low Row Foot Support (#3)** when not in use.



# Maintenance

## Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Home Gym. Initial lubrication of some parts of your gym have been done at the factory, but the weight stack guide rods must be lubricated at the time of assembly. We recommend a clear aerosol, silicone or teflon spray.

**Note:** Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All pulleys and bushings should be checked regularly for signs of wear.

3. Check and adjust cable tension periodically as it will maintain proper anatomical function.

4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part is necessary, STOP USING THE EQUIPMENT and immediately contact your local Tuff Stuff retailer or call our Customer Service Department. Replace parts using only genuine Tuff Stuff parts.

5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.

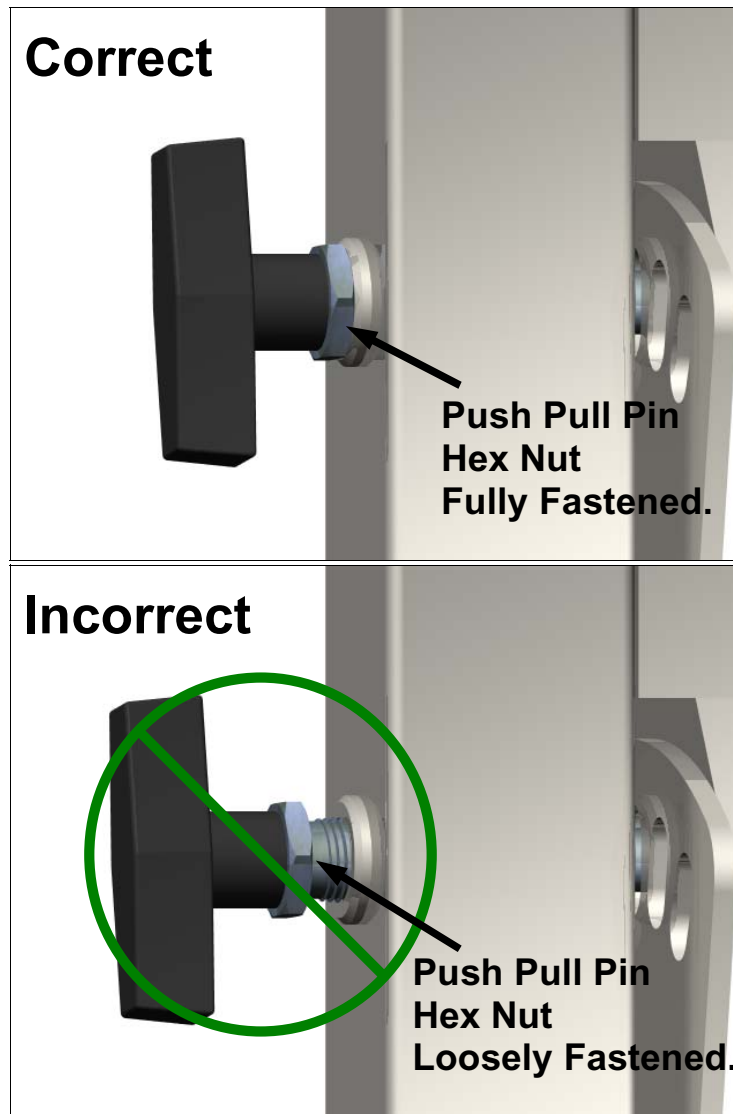
6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.

7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local Tuff Stuff retailer or call our Customer Service Department.

8. Check that the **Push Pull Pins 1/2 X 3-1/2 (#56)**, and the **Push Pull Pin 1/2 x 5-5/8 (#58) Hex Nuts** are fully fastened (See **Fig. 75**). In addition, be sure the springs in the **Push Pull Pins** are operating freely.

9. Check welds to be free of cracks.

10. Failure to perform routine maintenance could result in personal injury and/or equipment damage.



**Fig. 75** Caution: Be sure the Push Pull Pin Hex nuts are fully fastened. Fasten if necessary.

**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.

### **TASK INDUSTRIES, INC.**

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