

ASSEMBLY INSTRUCTION MANUAL

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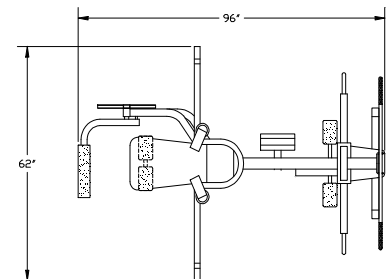
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Revision Date 12-98

TG-150

Tuff Gym Series



L 8'-0" W 6'-2" H 6'-5"

Tuff Stuff

America's Premium Exercise Equipment

About the TUFF GYM SERIES

Congratulations on your new purchase of the TG-150, Tuff Gym Series unit. 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

Every Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The limited lifetime warranty and signature indicating final inspection which was conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Warranty

SEE WARRANTY REGISTRATION CARD

Registration Card

To avoid unnecessary delays in warranty parts 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.

Safety Information

- 1) Familiarize yourself and others with the proper operation and workout recommendations for each piece of Tuff Stuff equipment prior to use.
- 2) Consult with your physician before beginning any exercise program.
- 3) Use proper discretion when children are present.
- 4) Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- 5) Inspect the TG-150 for any sign of parts or hardware becoming loose.
- 6) Keep hands and limbs clear from weight stack and all other moving parts.

Specifications

- 1) Maximum Wt. Capacity - 200 Lbs. Fixed
- 2) Total Machine Weight - 650 Lbs.
- 3) Footprint (LWH) - See Front cover

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

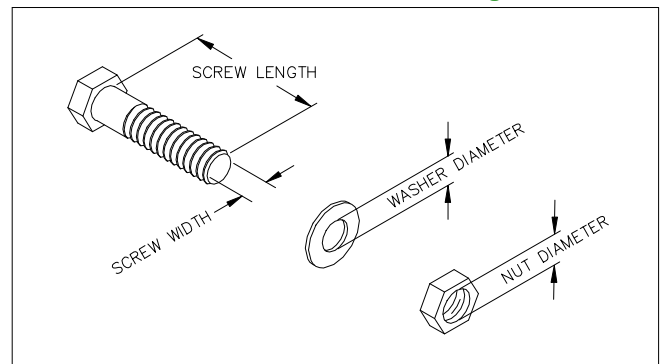
Maintenance Information

- 1) Lubrication of all moving parts is essential to the longevity and optimal performance of your TG-150. 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 tension on cables periodically as it will maintain proper anatomical function.
- 4) Periodically check all moving parts, upholstery and grips for wear. If replacement is necessary, please contact your local Tuff Stuff retailer or call our Customer Service Department.
- 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.

Tool Requirements

- 1) Two 3/4" Open-end wrenches
- 2) Two 9/16" Open-end wrenches
- 3) One rubber mallet hammer
- 4) One can Silicone Spray/ Teflon Spray Lubricant
- 5) Snap ring pliers
- 6) Hex Key 5/32" (Supplied)
- 7) Hex Key 3/16 (Supplied)
- 8) Windex or household glass cleaner
- 9) Multi-Purpose Grease
- 10)

Hardware Measurement Diagram



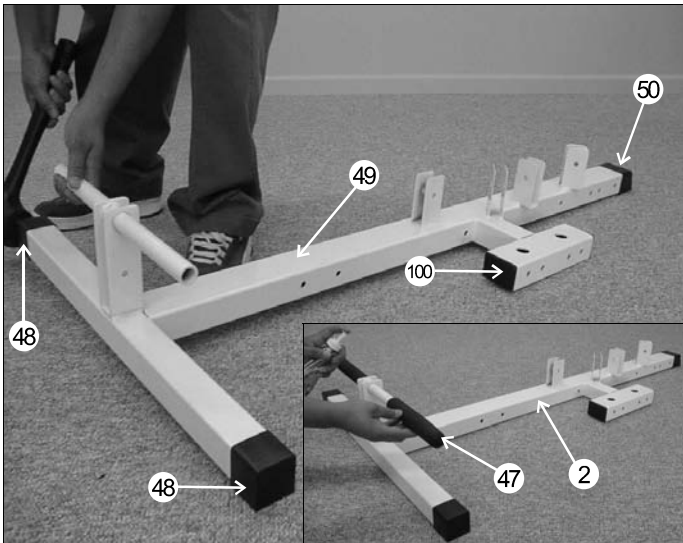


FIG. 1 On a flat surface, lay the **Platform (#49)** down as shown. **Note:** When positioning the **Platform (#49)**, consider the complete area surface of the TG-150. Use the overhead view on the front page for designing your layout before assembling. Next, insert two Plastic End Caps w/groove Sq. 2" (#48) and one Plastic End Cap w/groove 2 X 3 (#50) onto the tube-ends of the **Platform (#49)**, as shown above. Next, insert two Plastic Insert Caps 2 X 3 (#100) into the **Platform (#49)**, as shown above. Now, insert two Hard Grips .875 X 8 (#47) onto the tube-ends of the **Platform (#49)**, as shown above in caption. **Note:** Use windex or a household glass cleaner for easy insertion of these grips, as shown above.

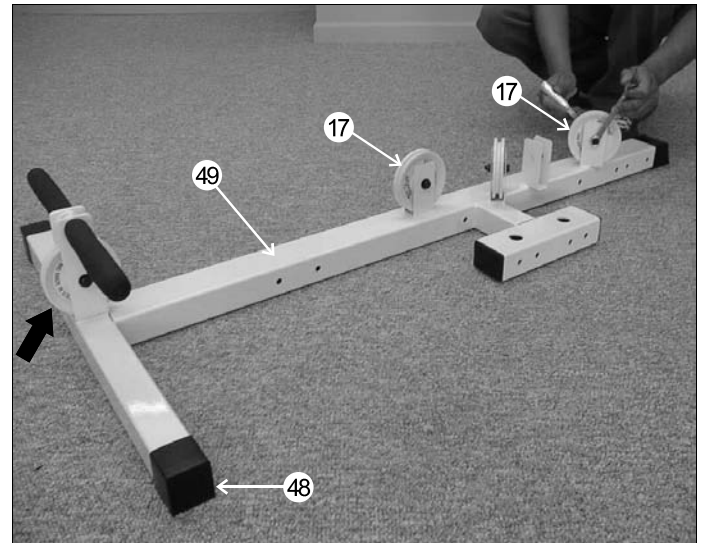


FIG. 2 Next, attach one Nylon Pulley 4 1/2 Rd. (#17-Shown with arrow) to the **Platform (#49)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 (#67), two Flat Washer SAE 3/8 (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). Next, attach three Nylon Pulleys 4 1/2 Rd. (#17) to the **Platform (#49)**, as shown above, and them into place using three Hex Head Cap Screws 3/8-16 X 1 3/4 (#69), six Flat Washers SAE 3/8 (#12) and three Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** Do not completely fasten the hardware at this time, as it will be completely secured later in the assembly process.

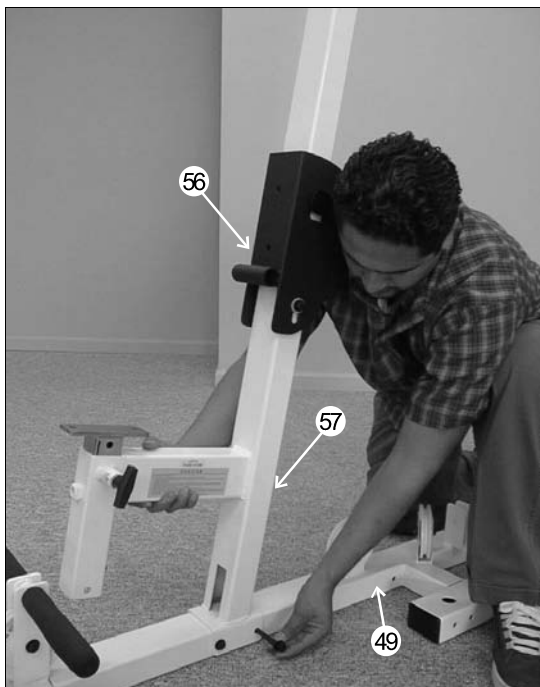


FIG. 3 Next, attach the **Front Frame (#57)** to the **Platform (#49)**, as shown above, and secure it into place using two Hex Head Cap Screws 3/8-16 X 4 (#70), four Flat Washers SAE 3/8 (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** The **Bench Press Seat Tube (#62)** and the **Bench Press Back Pad Bracket** have been pre-assembled by the factory. Also, do not completely fasten the hardware at this time, as it will be completely secured later in the assembly process.

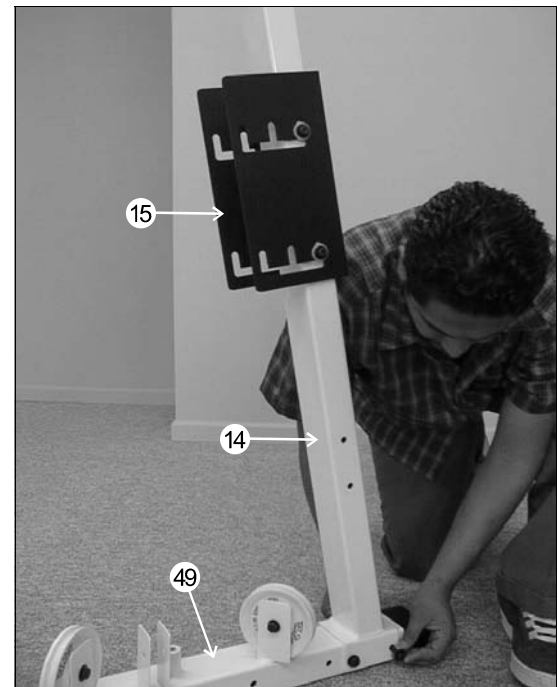


FIG. 4 Next, carefully maneuver the **Back Frame (#14)** onto the **Platform (#49)**, as shown above, and secure it into place using two Hex Head Cap Screws 3/8-16 X 4 (#70), four Flat Washers SAE 3/8 (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** The **Pec Dec Back Pad Bracket (#15)** has been pre-assembled by the factory.

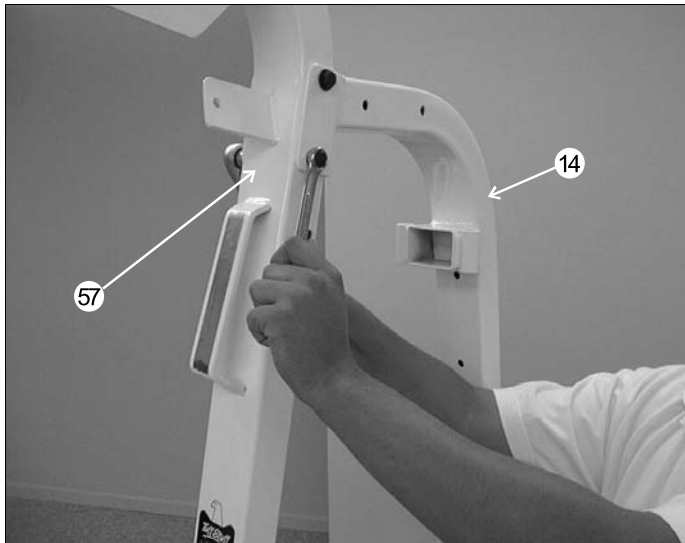


FIG. 5 Continue attaching the **Back Frame (#14)** to the **Front Frame (#57)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 4 (#70), four Flat Washers SAE 3/8 (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** Do not completely fasten the hardware at this time, as it will be completely secured later in the assembly process.



FIG. 6 Attach the **Leg Extension Main Frame (#24)**, as shown above, to the **Platform (#49)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 3 3/4 (#108), four Flat Washers SAE 3/8 (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** Do not completely fasten the hardware at this time, as it will be completely secured later in the assembly process.

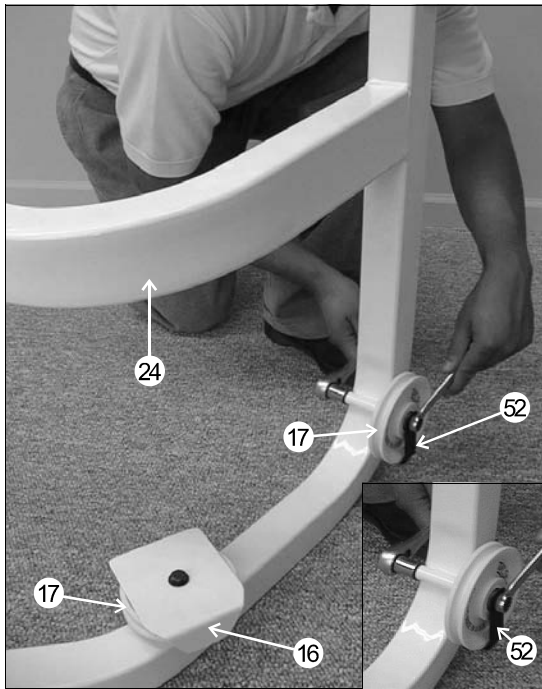


FIG. 7 Next, attach one Nylon Pulley 4 1/2 Rd. (#17), as shown above in caption, to the **Leg Extension Main Frame (#24)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 4 1/4 (#71), one **Cable Retainer Bracket (#52)**, two Flat Washers SAE 3/8 (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). **Note:** Position the **Cable Retainer Bracket (#52)**, as shown above in caption. Next, attach the other Nylon Pulley 4 1/2 Rd. (#17) and the **Cable Retainer Plate (#16)** and secure them into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#69) and one Flat Washer SAE 3/8 (#12). **Note:** Position the **Cable Retainer Plate (#16)**, as shown above.

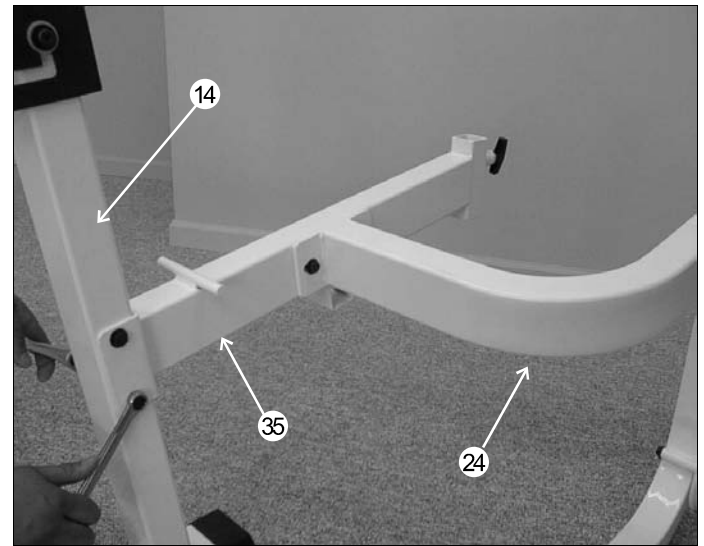


FIG. 8 Affix the **Pec Dec Seat Frame (#35)** to the **Back Frame (#14)** and secure it into place using two Hex Head Cap Screw 3/8-16 X 4 (#70), four Flat Washer SAE 3/8 (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). Next, attach the mid-section of the **Pec Dec Seat Frame (#35)** to the **Leg Extension Seat Frame (#24)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 2 3/4 (#77), four Flat Washers SAE 3/8" (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** Do not completely fasten the hardware at this time, as it will be completely secured later in the assembly process.

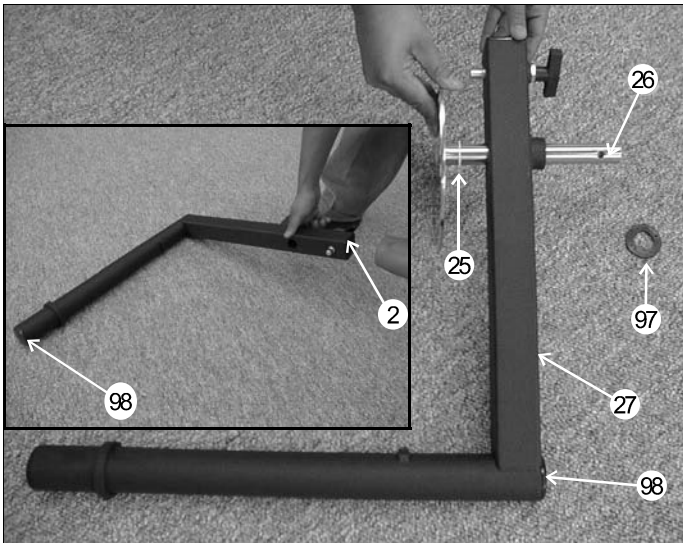


FIG. 9 Locate the **L-Arm (#27)** and insert two Plastic Insert Cap Rd. 2" (#98) and one Plastic Insert Cap Sq. 2" (#2) into the tube-ends, as shown above in caption. Next, affix the **Circular Plate w/Axle (#26)** with a Nylon Washer 1 X 1 1/4 (#25) through the receptacle of the **L-Arm (#27)**, as shown above. **Note:** The supplied Flat Washer 1" Nylon (#97) may be used later in the assembly of the **Actuator Arm (#20)** in **Fig. 12** to relieve any side-to-side movement (if needed) with the **Circular Plate w/Axle (#26)** and the **Actuator Arm (#20)**.

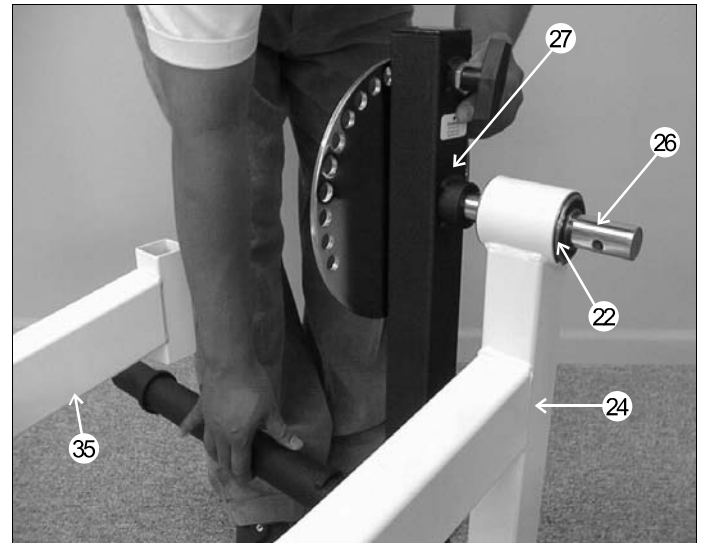


FIG. 10 Next, attach the assembled **L-Arm (#27)** and the **Circular Plate w/Axle (#26)** into the receptacle of the **Leg Extension Main Frame (#24)**. **Note:** Position the **Circular Plate w/Axle (#26)**, as shown above in picture. Also, the **Ball Bearings #W 516 (#22)** have been pre-assembled by the factory.



FIG. 11 Locate the **Actuator Arm (#20)** and insert one Plastic Insert Cap 1 X 2 (#19) into the tube-end, as shown above.

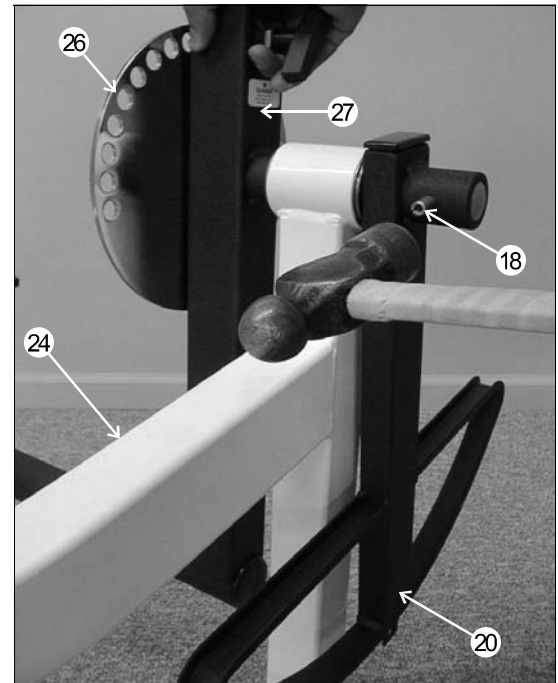


FIG. 12 Next, attach the **Actuator Arm (#20)** onto the end of **Circular Plate w/Axle (#26)**, as shown above. Secure it into place using one **Roll Pin 3/8 X 1 1/2 (#18)**. **Note:** Be sure **Roll Pin 3/8 X 1 1/2 (#18)** is completely inserted through the hole and hammed until one side is flush with the surface.

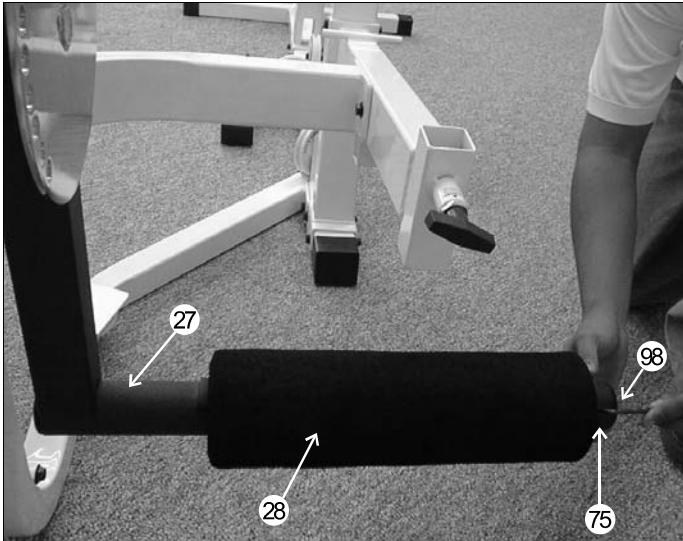


FIG. 13 Next, insert a Foam Foot Roll 1 3/4 X 4 X 16 (#28) over the L-Arm (#27) and secure it into place using the Foot Roll Collar (#75), as shown above. Use the supplied Hex Key 5/32" (#95) for fastening the set screw in the Foot Roll Collar (#75). Next, insert one Plastic Insert Cap Rd. 2" (#98-Not Shown) into the tube-end of the L-Arm (#27).

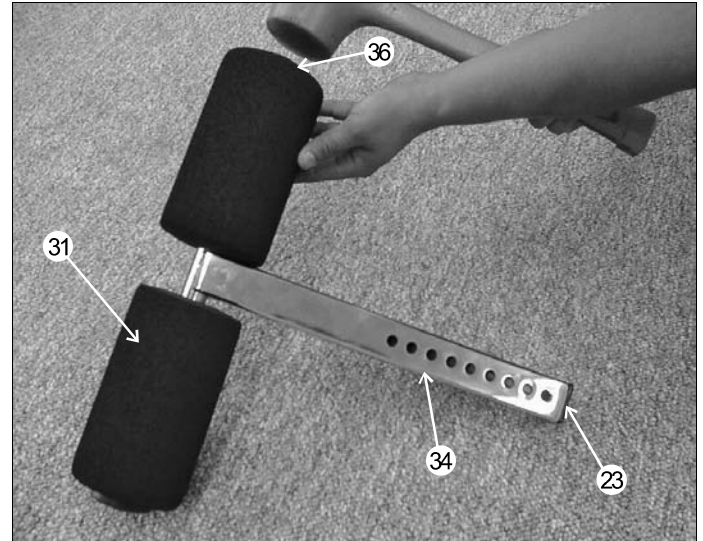


FIG. 14 Locate the Adjustable Hold Down T-Bar (#34) and slide two Foam Foot Rolls 1 X 4 X 7 (#31) over each end, as shown above. Next, insert two Foot Roll Plastic End Caps 1" (#36-Not shown) into the tube-ends of the Adjustable Hold Down T-Bar (#34). Next, insert one Plastic Insert Cap Sq. 1 1/2 (#23) into the tube-end of the Adjustable Hold Down T-Bar (#34), as shown above.

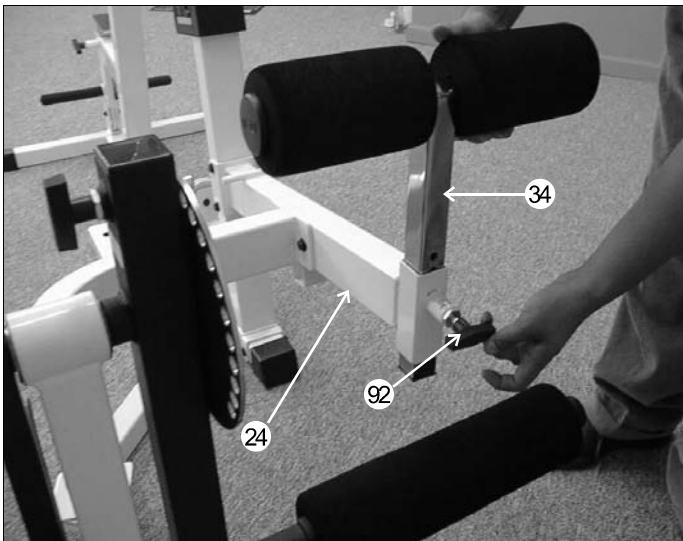


FIG. 15 Insert the assembled Adjustable Hold Down T-Bar (#34) into the receptacle of the Leg Extension Main Frame (#24), as shown above. **Note:** Position the Adjustable Hold Down T-Bar (#34) as pictured above with the selector holes facing the side of the Push-Pull Pin 3/8 (#92).

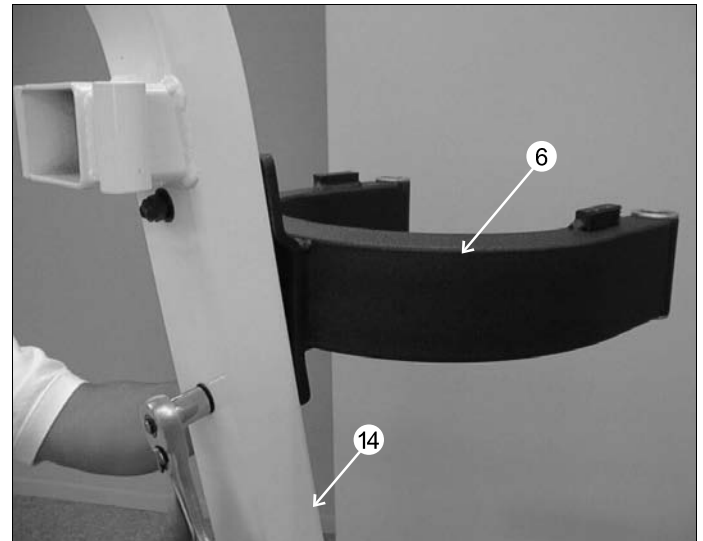


FIG. 16 Next, locate the Pec Dec Housing Assembly (#6) and attach it to the Back Frame (#14), as shown above. Secure it into place using two Hex Head Cap Screws 3/8-16 X 3 (#79), four Flat Washers SAE 3/8 (#12) and two Nylon Insert Lock Nuts 3/8-16 (#81) **Note:** Use the Exploded View Diagram on page 22 for further illustration of this assembly.

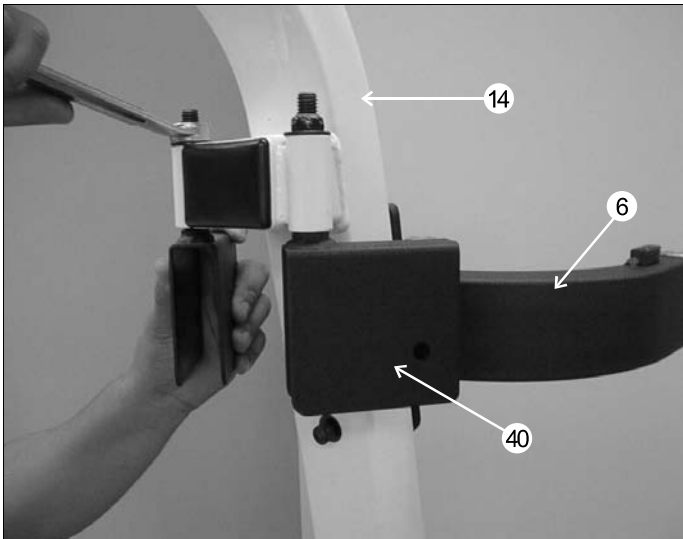


FIG. 17 Next, attach the two **Pec Dec Swivel Pulley Brackets (#40)** to the **Back Frame (#14)**, as shown above, and secure them into place using two Nylon Insert Jam Lock Nuts 1/2-13 (#73) and two Flat Washers SAE 1/2" (#72). Next, insert one Plastic Insert Cap 2 X 3 (#100) into the tube-end of the **Back Frame (#14)**.

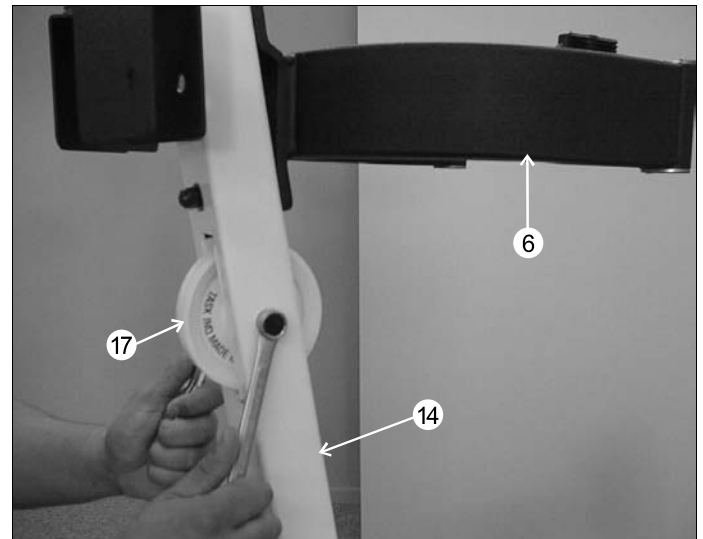


FIG. 18 Next, insert a Nylon Pulley 4 1/2 Rd. (#17) into the **Back Frame (#14)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 3 1/2 (#80), two Flat Washers SAE 3/8 (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74).

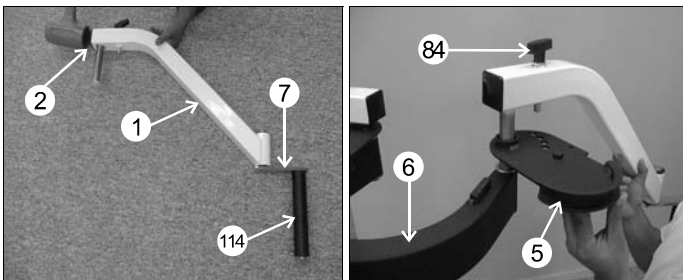


FIG. 19 Next, locate the two **Pec Dec Arms (#1)** and insert one Plastic Insert Cap Sq. 2" (#2) into each tube-end, as shown above. **Note:** The **Chrome Swivel Handle (#7)** and the **PVC Handle (#114)** have been pre-assembled by the factory. Next, attach the **Pec Dec Cam Rt (#5)** and the **Pec Dec Arm (#1)** into the receptacle of the **Pec Dec Housing Assembly (#6)**, as shown above. **Note:** Be sure to position the **Pec Dec Cam Rt (#5)** as pictured above. Repeat the same procedure for the **Pec Dec Cam Lt (#4)**. Use the Exploded View Diagram on page 22 for further illustration of this assembly.

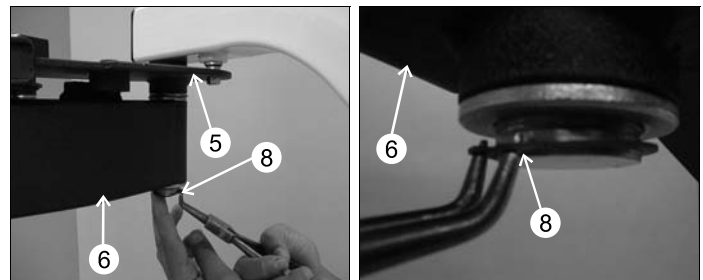


FIG. 20 Secure the **Pec Dec Cam Rt (#5)** and the **Pec Dec Cam Lt (#4)** using two Retaining Snap Rings (#8), as pictured above. If possible, use special snap ring pliers for this job, as shown above. If not available, carefully work each Retaining Snap Ring (#8) into the groove, then push down alternately with a screw driver working the Retaining Snap Ring (#8) into the groove. **Note:** Be careful not to distort the Retaining Snap Ring (#8) or bend it.

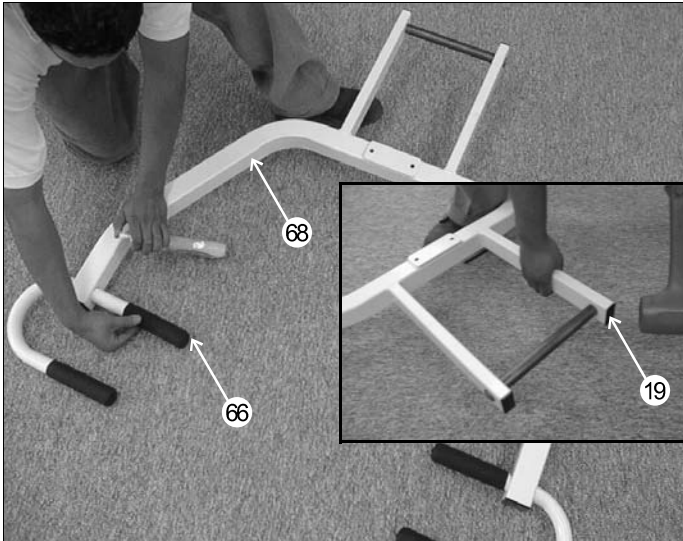


FIG. 21 Locate the **Press Bar (#68)** and insert four **Hard Grips 1.220 X 6" (#66)** onto each tube handle, as shown above. Use Windex or a household glass cleaner for easy insertion of these grips. Next, insert two **Plastic Insert Caps 1 X 2 (#19)** into the tube-ends, as pictured above in caption.

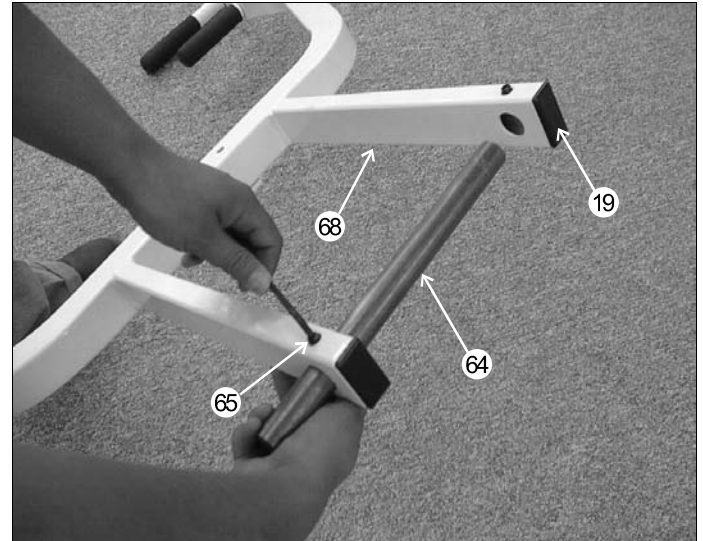


FIG. 22 Next, remove the **Pivot Axle 1 X 11 3/4 (#64)** from the **Press Bar (#68)**. Remove the two **Socket Set Screws 3/8-16 X 1/2 (#65)** in the **Press Bar (#68)** using the supplied **Hex Key 3/16" (#115)**.

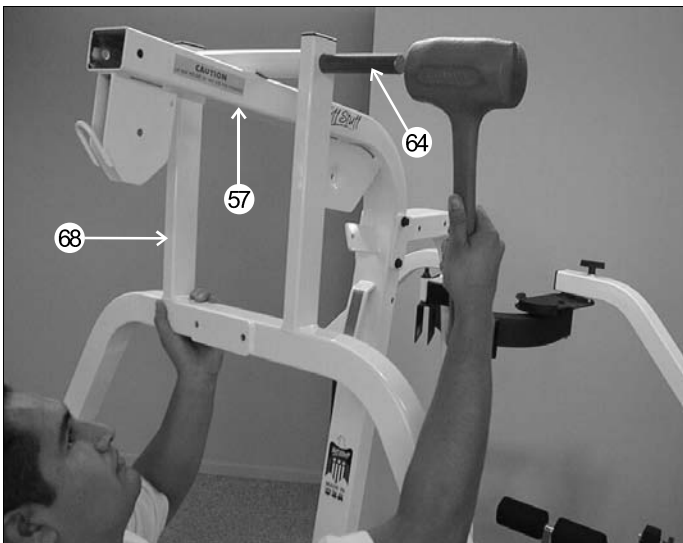


FIG. 23 Attach the **Press Bar (#68)** to the top of the **Front Frame (#57)** receptacle and secure it into place using the **Pivot Axle 1 X 11 3/4 (#64)**. Be sure to position the **Press Bar (#68)** as pictured above. **Note:** Use a rubber mallet hammer until the **Pivot Axle 1 X 11 3/4 (#64)** is flush with both sides, as shown in **Fig. 24**. Also, it is recommended that you grease the **Pivot Axle 1 X 11 3/4 (#64)** prior to assembly.

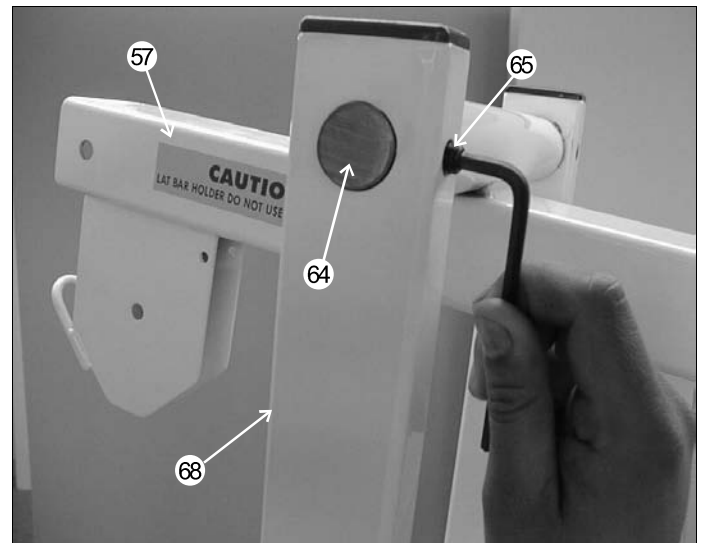


FIG. 24 Next, fasten the **Pivot Axle 1 X 11 3/4 (#64)** on the **Press Bar (#68)** using the two **Socket Set Screws 3/8-16 X 1/2 (#65)** and the supplied **Hex Key 3/16" (#115)**.

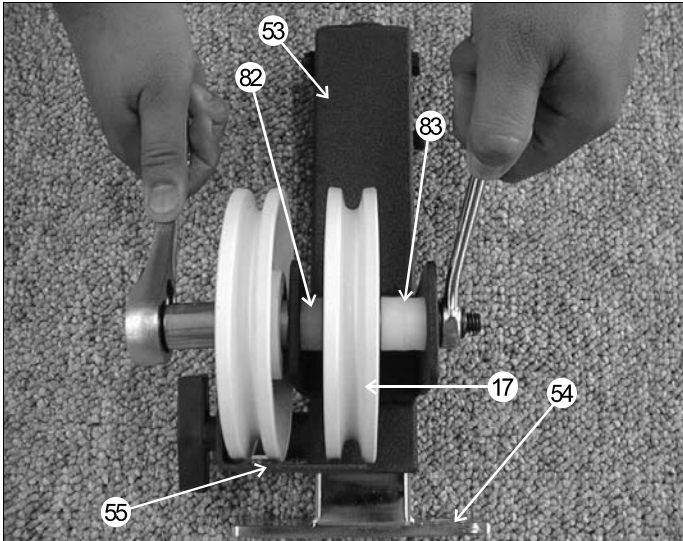


FIG. 25 Locate the **Female Adjustment Housing (#53)**, **Cable Retainer Bracket (LG) (#55)** and two Nylon Pulleys 4 1/2 Rd. (#17). Assemble, as shown above, using one Hex Head Cap Screw 3/8-16 X 4 1/4 (#71), one Nylon Spacer 3/8 X 3/4 (#83), one Nylon Spacer 3/8 X 3/8 (#82), two Flat Washers SAE 3/8 (#12) and one Nylon Insert Lock Nut 3/8-16 (#81). Refer to **Fig. 72** on page 21 for further clarification of this assembly. **Note:** Be sure to position the **Cable Retainer Bracket (LG) (#55)**, as pictured above and in **Fig. 26**. Also, the **Bench Press Selector Tube (#54)** has been pre-assembled into the **Female Adjustment Housing (#53)** by the factory.

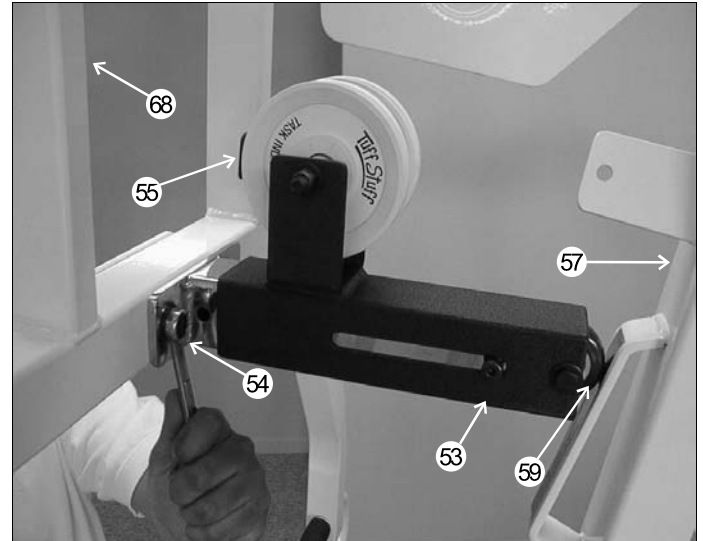


FIG. 26 Next, attach the assembled **Bench Press Selector Tube (#54)** and the **Female Adjustment Housing (#53)** to the **Press Bar (#68)**. Secure the **Bench Press Selector Tube (#54)** into place using two Hex Head Cap Screws 3/8-16 X 3 (#79), four Flat Washers SAE 3/8" (#12) and two Nylon Insert Lock Nuts 3/8-16 (#81). **Note:** The **Black Caster 2 X 1 (#59)**, shown above, has been pre-assembled by the factory.

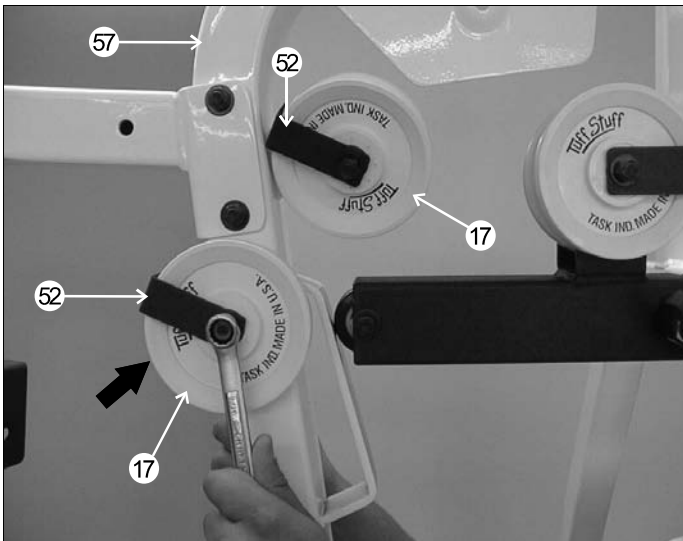


FIG. 27 Next, attach a Nylon Pulley 4 1/2 Rd. (#17-Shown with arrow) and a **Cable Retainer Brackets (#52)** to the **Front Frame (#57)**, as shown above. Secure it into place using one Hex Head Cap Screws 3/8-16 X 4 3/4 (#63), two Flat Washers SAE 3/8" (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). Next, attach the other Nylon Pulley 4 1/2 Rd. (#17) and a **Cable Retainer Brackets (#52)** to the **Front Frame (#57)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#69), two Flat Washer SAE 3/8" (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). **Note:** Be sure to position both **Cable Retainer Brackets (#52)**, as pictured above.

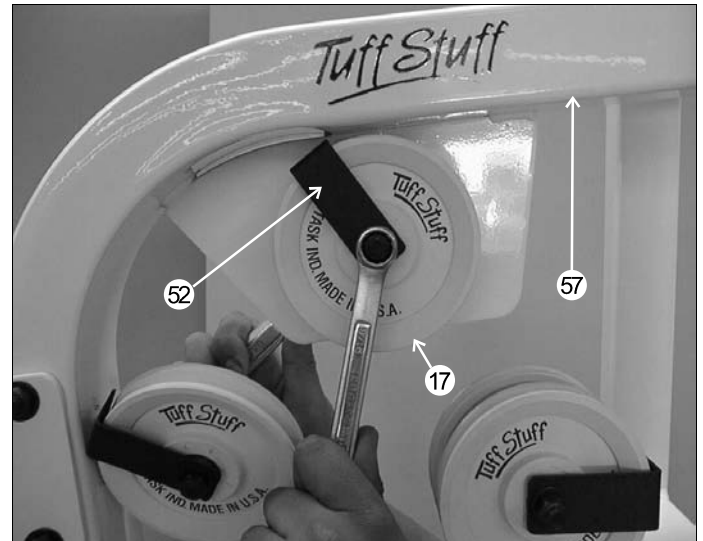


FIG. 28 Next, attach one Nylon Pulley 4 1/2 Rd. (#17) and a **Cable Retainer Brackets (#52)** to the **Front Frame (#57)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#69), two Flat Washer SAE 3/8" (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). **Note:** Be sure to position both **Cable Retainer Brackets (#52)**, as pictured above.

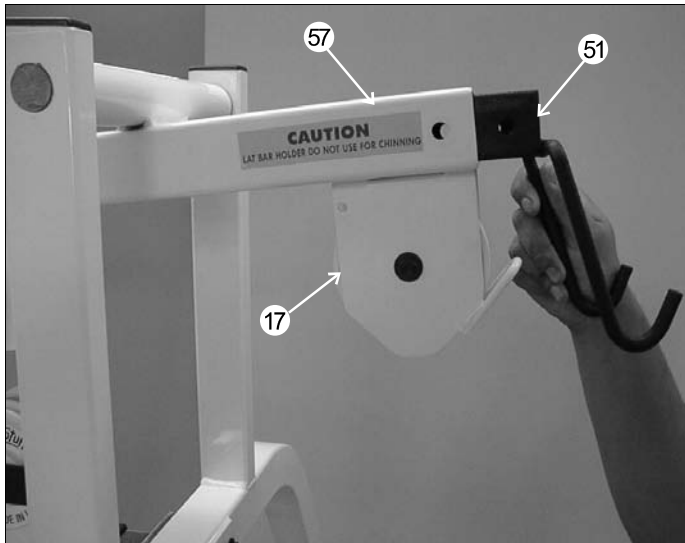


FIG. 29 Attach one Nylon Pulley 4 1/2 Rd. (#17) to the pulley bracket on the **Front Frame (#57)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#69), two Flat Washers SAE 3/8" (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). Next, insert the **Lat Bar Holder (#51)** into the tube-end of the Front Frame (#57), as shown above. **Note:** Be sure to position the Lat Bar Holder (#51) as pictured above.

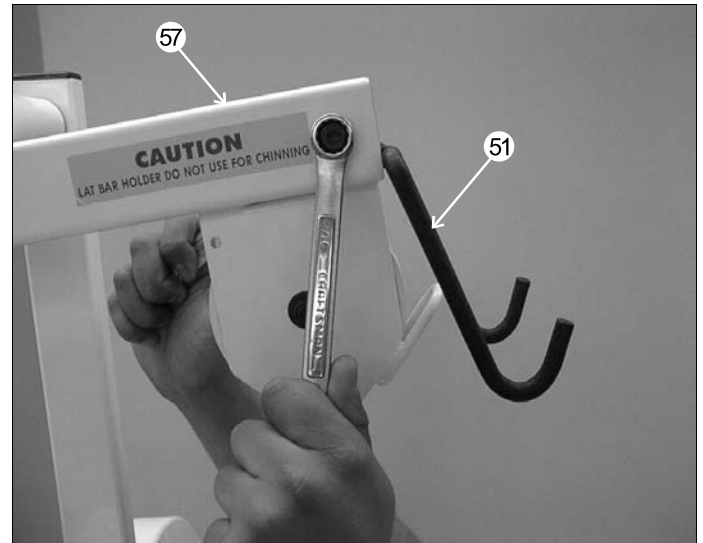


FIG. 30 Secure **Lat Bar Holder (#51)** it into place using one Hex Head Cap Screw 3/8-16 X 3 1/2 (#80), two Flat Washers SAE 3/8" (#12) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). **Note:** Be sure to position the Lat Bar Holder (#51) as pictured above.

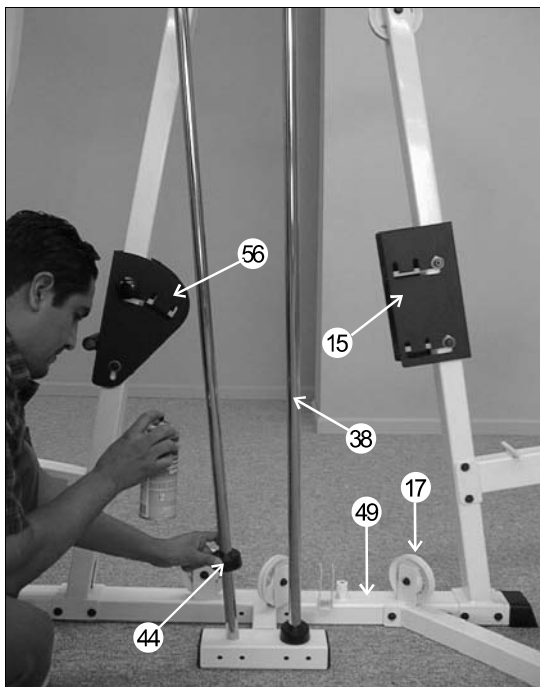


FIG. 31 Insert the two **Guide Rods 1 X 72 (#38)** into the receptacle of the **Platform (#49)**, as shown above. Next, insert two Rubber Donuts 1 X 2 1/2 (#44) onto each **Guide Rod 1 X 72 (#38)**. **Note:** Lubricate the **Guide Rods 1 X 72 (#38)** with silicone or teflon lubricant at this time.

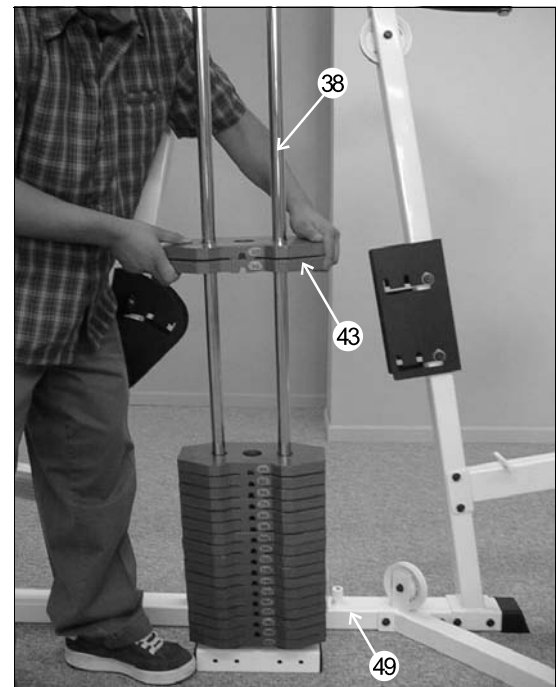


FIG. 32 Carefully begin sliding the **10 Lb Weight Plates (#43)** over the **Guide Rods 1 X 72 (#38)**, one or two at a time as your skill permits. Make sure that the **10 Lb Weight Plates (#43)** are installed onto the **Guide Rods 1 X 72 (#38)** in numerical order, beginning with the number 200 at the bottom, 190 next, and so on.

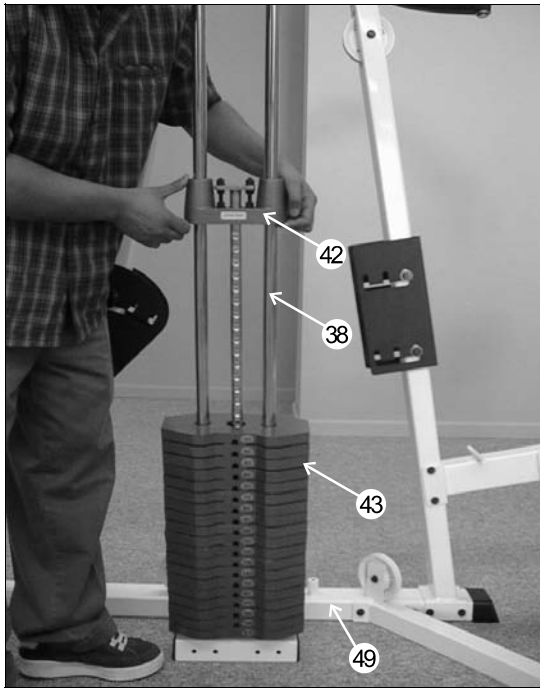


FIG. 33 Now slide the **Top Plate/Selector Bar (#42)** over the **Guide Rods 1 X 72 (#38)** allowing it to come to rest on the completed weight stack.

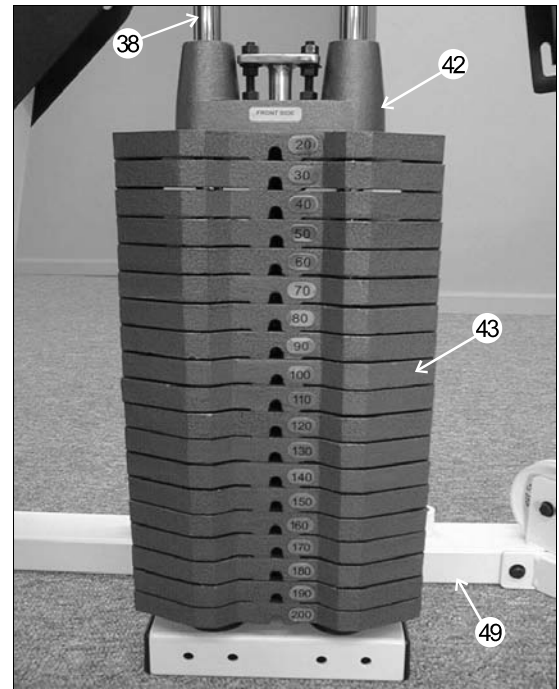


FIG. 34 VIEW OF COMPLETED WEIGHT STACK

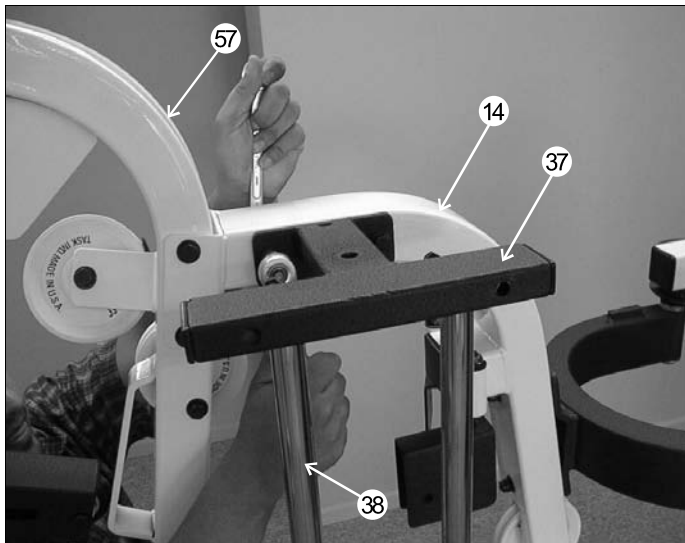


FIG. 35 Maneuver the two **Guide Rods 1 X 72 (#38)** into the holes on the bottom side of the **Guide Rod Retainer Housing (#37)**. Next, mount the **Guide Rod Retainer Housing (#37)** along with the two captive **Guide Rods 1 X 72 (#38)** to the side of the **Back Frame (#14)**. Secure this assembly using two **Hex Head Cap Screws 3/8-16 X 4 (#70)**, four **Flat Washers SAE 3/8" (#12)** and two **Nylon Insert Jam Lock Nuts 3/8-16 (#74)**.

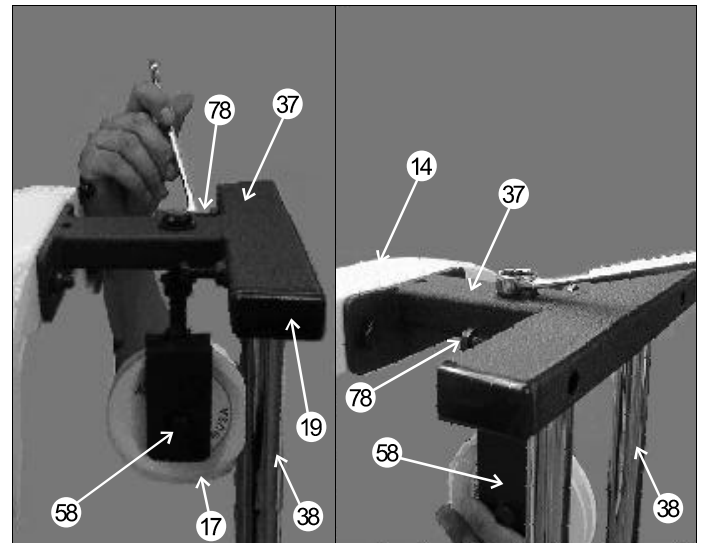


FIG. 36 Next, secure the two **Guide Rods 1 X 72 (#38)** into place using the four **Hex Head Cap Screw 5/16-18 X 1** located on the **Guide Rod Retainer Housing (#37)**, as shown above. Next, insert four **Plastic Insert Caps 1 X 2 (#19)** into the tube-ends of the **Guide Rod Retainer Housing (#37)**. Next, locate the **Top Plate Swivel Bracket (#58)** and secure to the **Guide Rod Retainer Housing (#37)** using two **Nylon Insert Jam Lock Nuts 1/2-13 (#73)** and two **Flat Washers SAE 1/2" (#72)**. Next, insert one **Nylon Pulleys 4 1/2 Rd. (#17)** to the **Top Plate Swivel Bracket (#58)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 1 3/4 (#69)**, two **Flat Washers SAE 3/8" (#12)** and one **Nylon Insert Jam Lock Nuts 3/8-16 (#74)**. **Note:** Refer to **Fig. 75** on page 21 for further illustration of this hardware assembly.

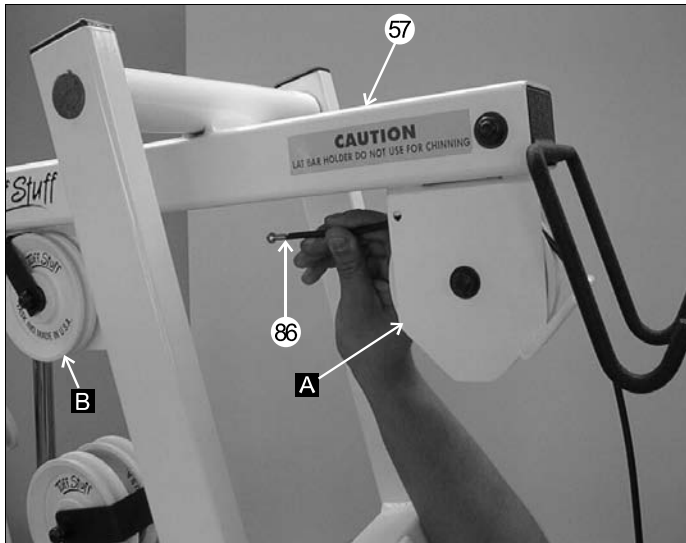


FIG. 37 Locate the **Lat Cable (#86-labeled with tape A)** and route the ball-end through the Nylon Pulley 4 1/2 Rd. (#17-Labeled A) located on the **Front Frame (#57)**, as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing. **Note:** The black boxed letters pointing to the pulleys are used throughout this manual as reference to the cable mapping diagram on page 20. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with Fig. 37.

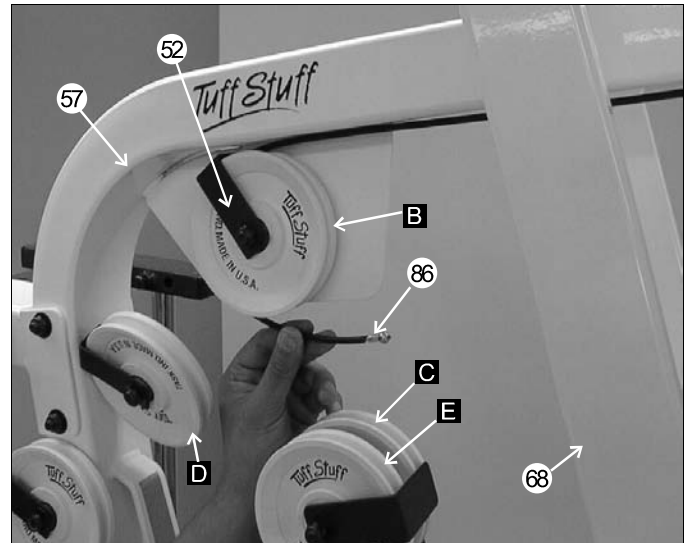


FIG. 38 Next, route the **Lat Cable (#86-labeled with tape A)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled B), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

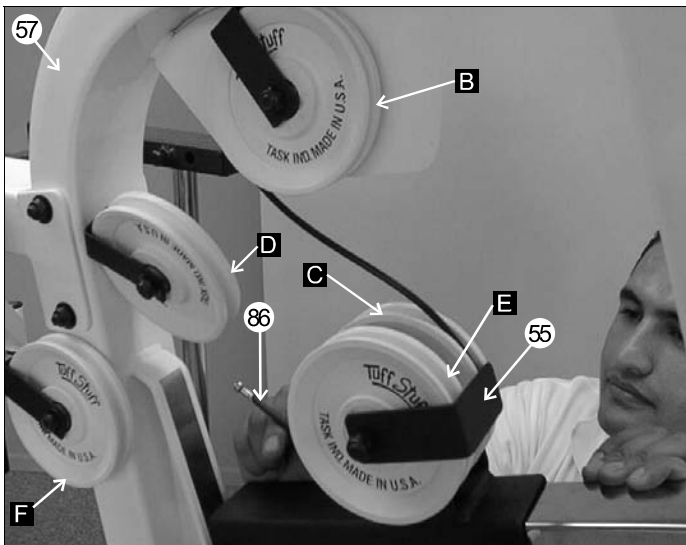


FIG. 39 Next, route the **Lat Cable (#86-labeled with tape A)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled C), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

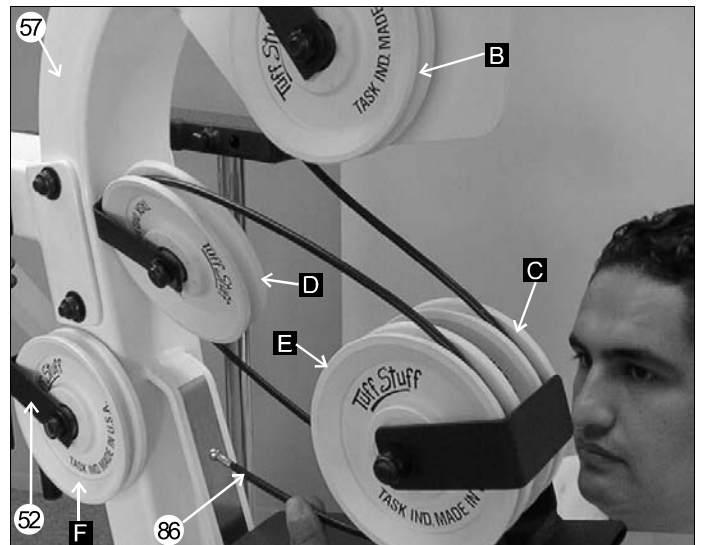


FIG. 40 Next, route the **Lat Cable (#86-labeled with tape A)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled D) and the Nylon Pulley 4 1/2 Rd. (#17-Labeled E), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

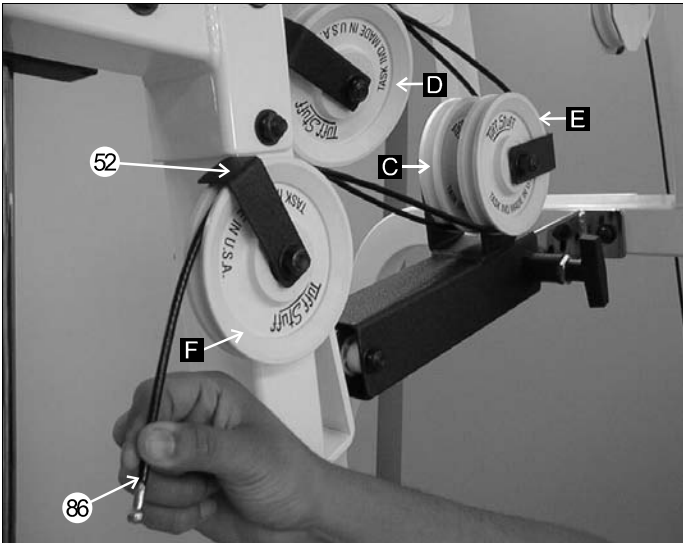


FIG. 41 Next, route the **Lat Cable (#86-labeled with tape A)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled F), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

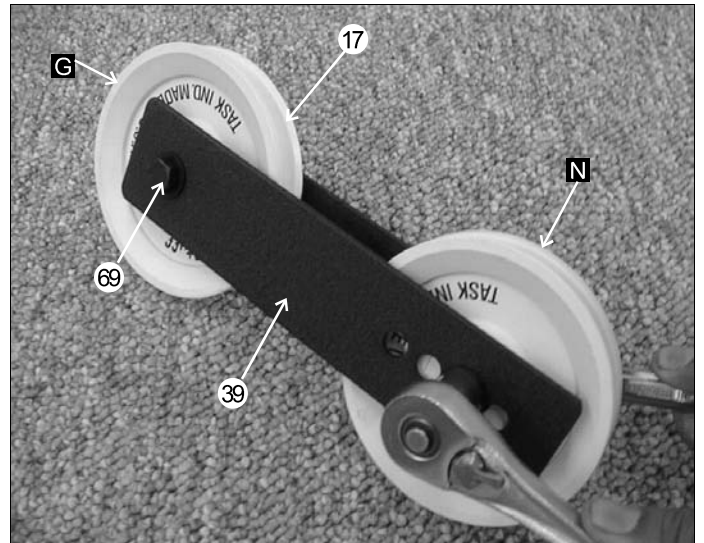


FIG. 42 Assemble the **Double Pulley Plates 1/8 X 2 X 9 (#39)** using two Nylon Pulleys 4 1/2 Rd. (#17-Labeled G, N), two Hex Head Cap Screws 3/8-16 X 1 3/4 (#69), four Flat Washers SAE 3/8" (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74). **Note:** The four holes on the **Double Pulley Plates 1/8 X 2 X 9 (#39)** are used to adjust the cable tension once the cable routing has been completed.

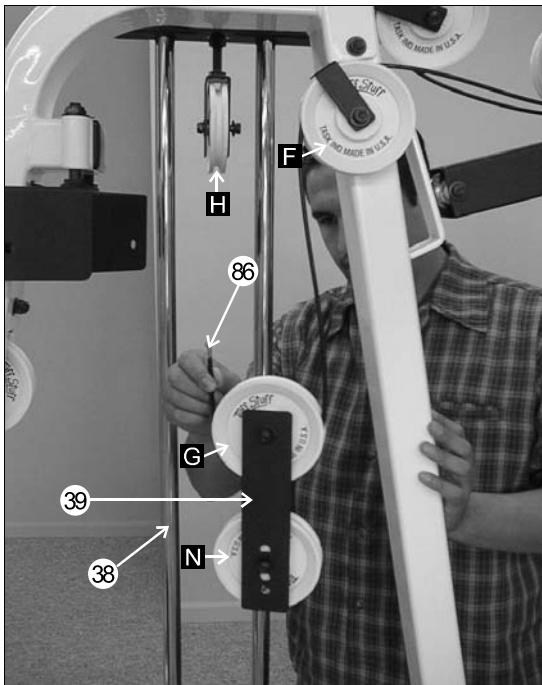


FIG. 43 Next, route the **Lat Cable (#86-labeled with tape A)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled G), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

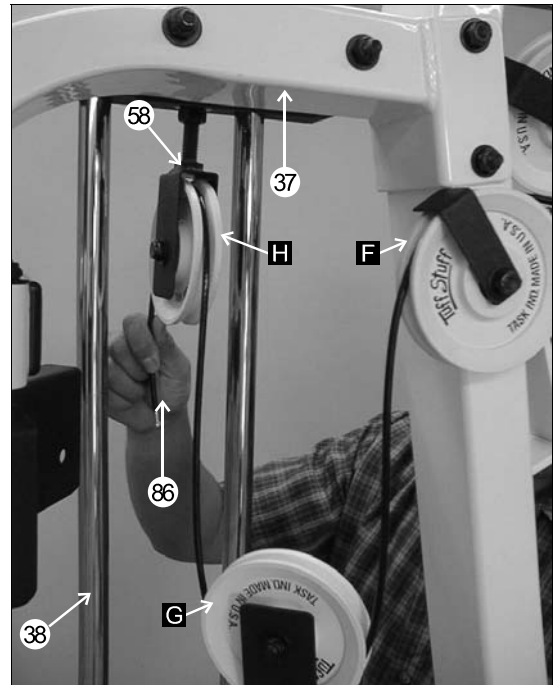


FIG. 44 Next, route the **Lat Cable (#86-labeled with tape A)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled H), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.



FIG. 45 Next, attach the **Lat Cable (#86-labeled with tape A)** to the **Top Plate/Selector Bar (#42)** and secure it into place using one **Split Bolt 1/2-13 X 1 (#101)** and one **Split Washer 1/2" (#102)**, as shown above. Refer to **Fig. 73** on page 21 for further detailed illustration of this assembly. **Note:** Be sure this hardware assembly is securely fastened.

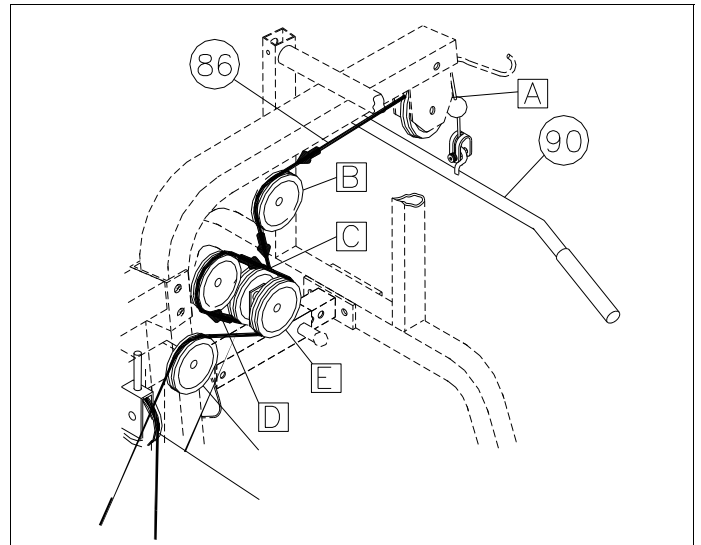


FIG. 46 Next, attach the **Lat Bar Chrome 48" (#90)** to the **Lat Cable (#86-labeled with tape A)** and secure it into place using one **Strap Bracket #20 (#103)**, one **Shoulder Bolt 3/8 X 3/4 (#117)** and one **Nylon Insert Lock Nut 5/16-18 (#105)**. Refer to **Cable Mapping Diagram** on page 20 and **Fig. 77** on page 21 for further illustration of this hardware assembly.

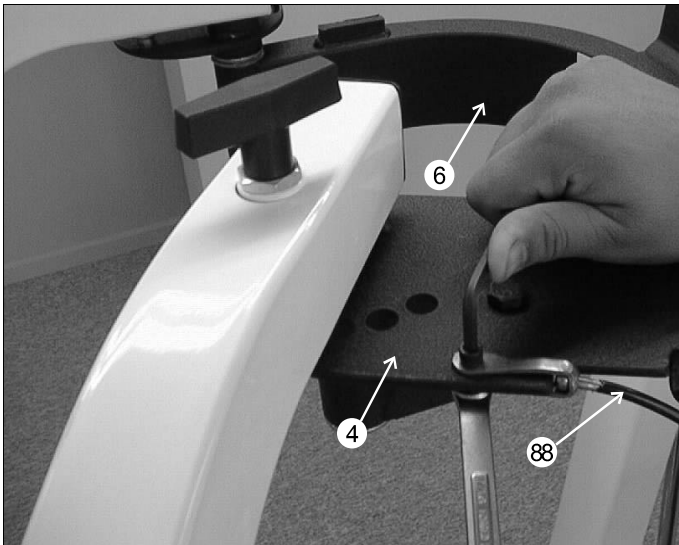


FIG. 47 Begin the cable routing for the **Pec Dec Cable (#88-labeled with tape C)**. Attach the **Pec Dec Cable (#88)** to the **Pec Dec Cam (#4)**, as shown above, and secure it into place using one **Socket Cap Screw 1/4-20 X 3/4 (#106)** and one **Nylon Insert Lock Nut 1/4-20 (#107)**. Refer to **Fig. 76** on page 21 for further detailed illustration of this hardware assembly.

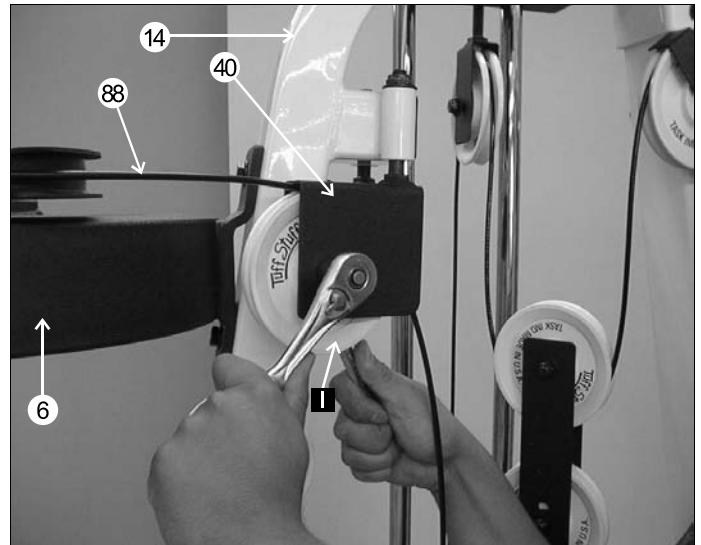


FIG. 48 Next, route the **Pec Dec Cable (#88-labeled with tape C)** over the **Nylon Pulley 4 1/2 Rd. (#17-Labeled I)** located on the **Pec Dec Swivel Pulley Bracket (#40)**, as shown above. Refer to the **Cable Mapping Diagram** on page 20 for further detailed illustration of this routing.

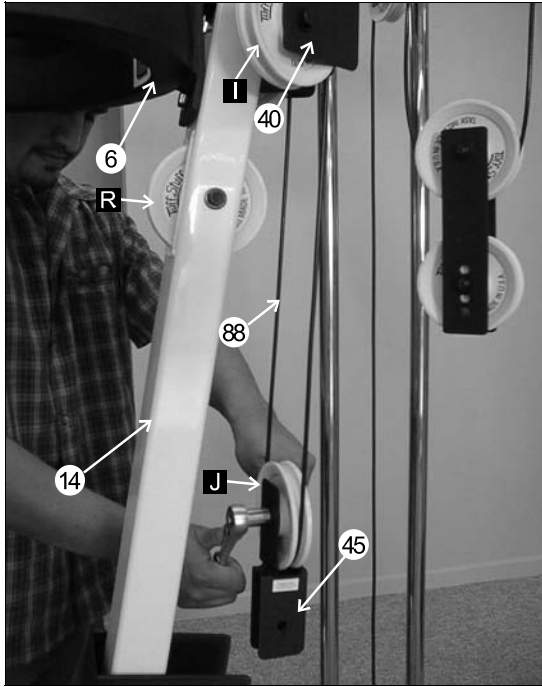


FIG. 49 Next, route the **Pec Dec Cable (#88-labeled with tape C)** through the Nylon Pulley 4 1/2 Rd. (#17-Labeled J) located on the **Offset Pulley Bracket (#45)**, as shown above. Repeat the same procedure for the termination of the **Pec Dec Cable (#88-labeled with tape C)** to the **Pec Dec Cam (Rt)(#5)**. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

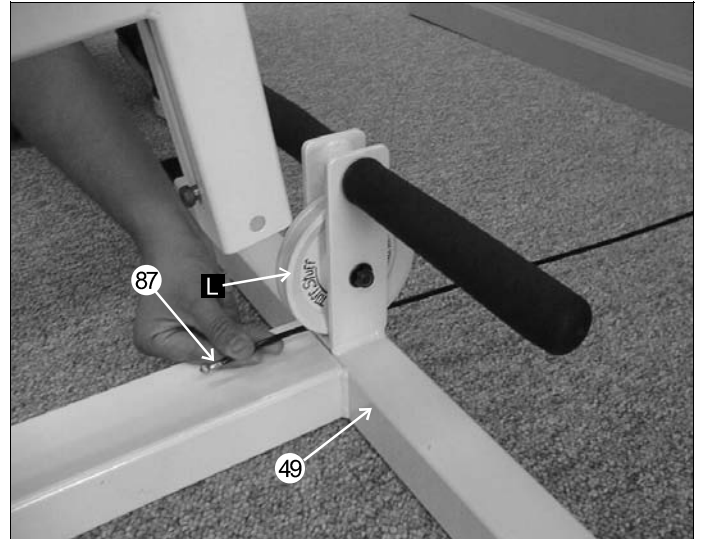


FIG. 50 Next, begin routing the **Low Row Cable (#87-labeled with tape B)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled L), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

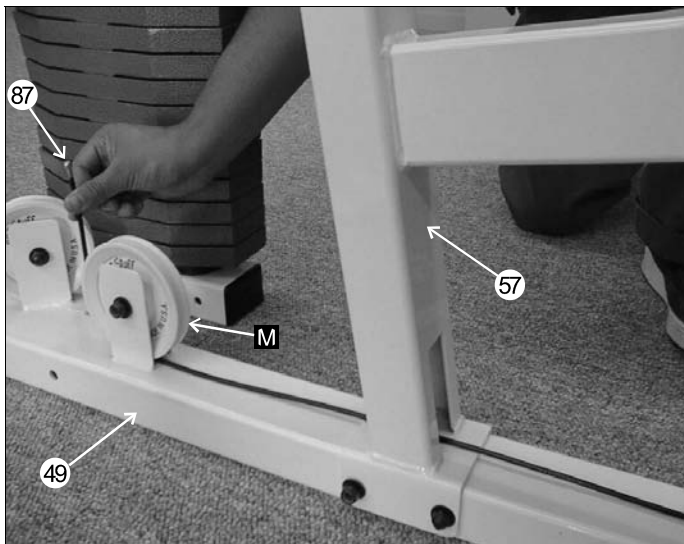


FIG. 51 Next, route the **Low Row Cable (#87-labeled with tape B)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled M), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

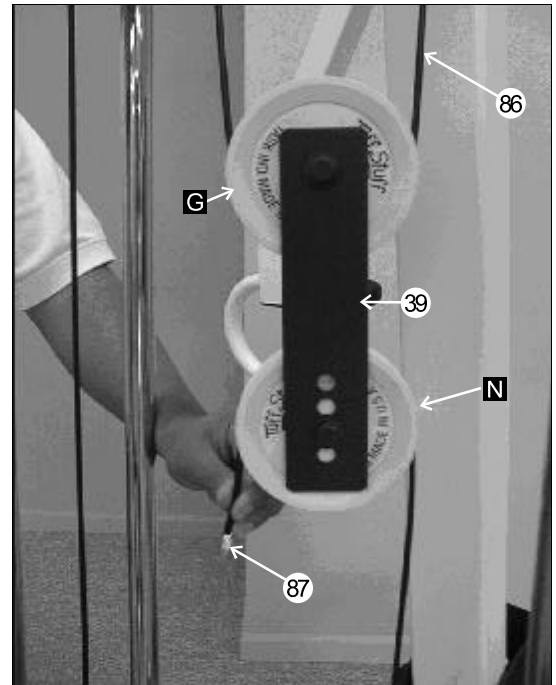


FIG. 52 Next, route the **Low Row Cable (#87-labeled with tape B)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled N), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

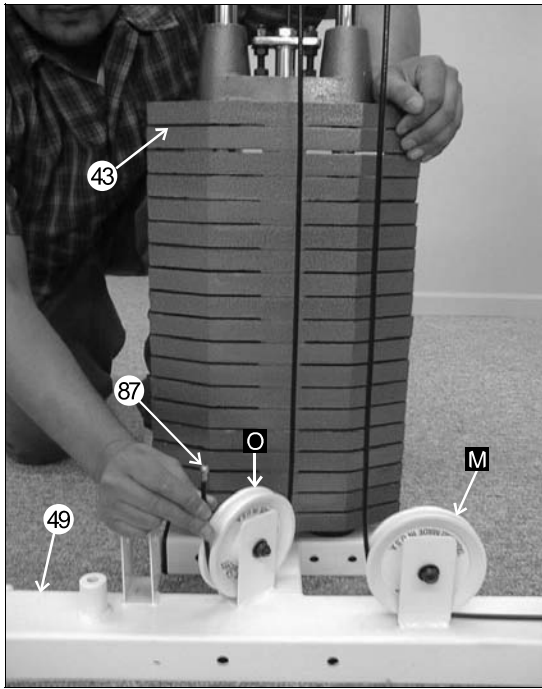


FIG. 53 Next, route the **Low Row Cable (#87-labeled with tape B)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled O), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.



FIG. 54 Next, route the **Low Row Cable (#87-labeled with tape B)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled P) located on the **Offset Pulley Bracket (#45)**, as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

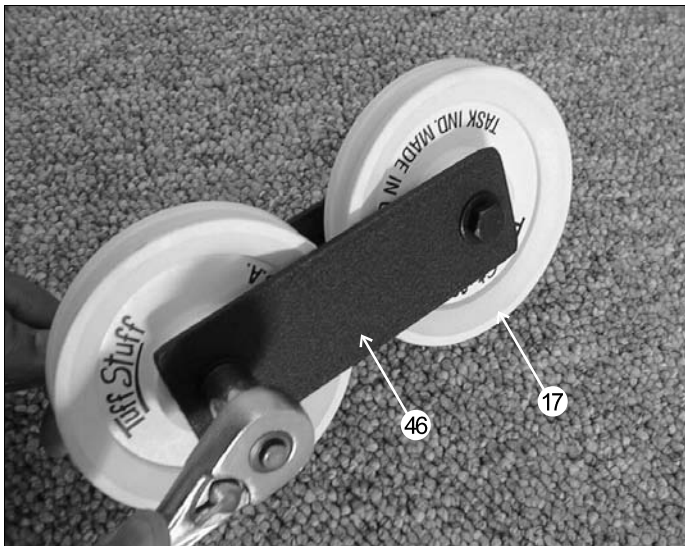


FIG. 55 Next, locate the two **Double Pulley Plates (#46)** and attach two Nylon Pulleys 4 1/2 Rd. (#17), as shown above. Secure them into place using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#69), four Flat Washers SAE 3/8: (#12) and two Nylon Insert Jam Lock Nuts 3/8-16 (#74).

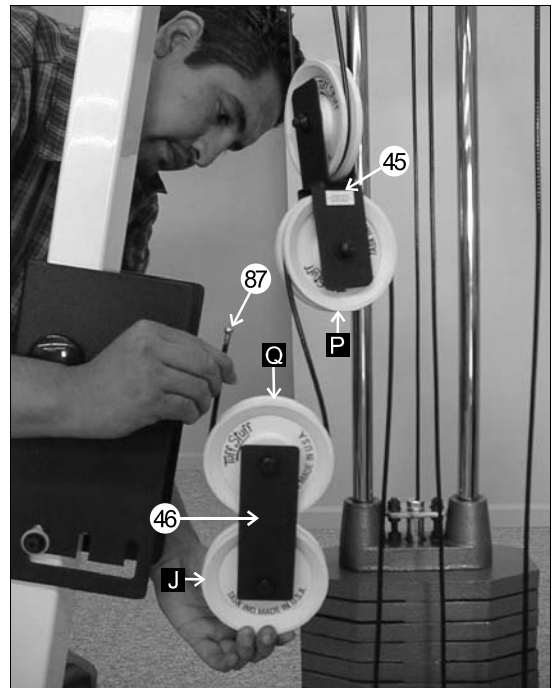


FIG. 56 Continue to route the **Low Row Cable (#87-labeled with tape B)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled Q) located on the Double Pulley Plates (#46), as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

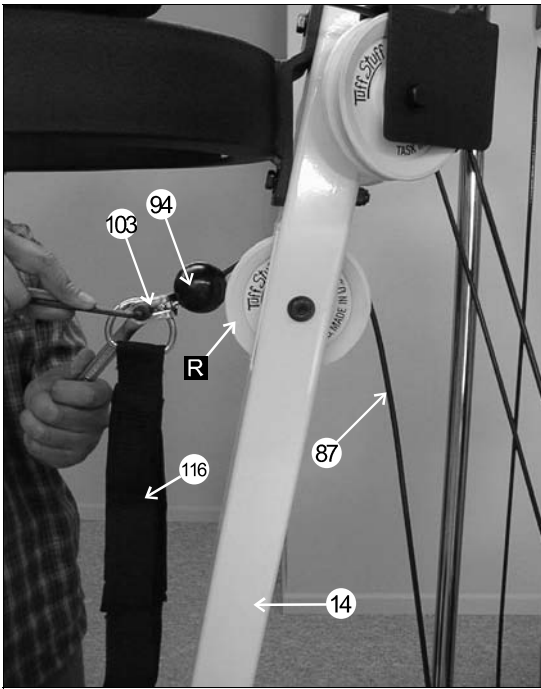


FIG. 57 Next, route the **Low Row Cable (#87-labeled with tape B)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled R) located on the **Back Frame (#14)**, as shown above. Next, attach the Abdominal Strap (#116), as shown above. **Note:** Use Fig. 78 for completing this hardware assembly. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.



FIG. 58 Abdominal Strap View

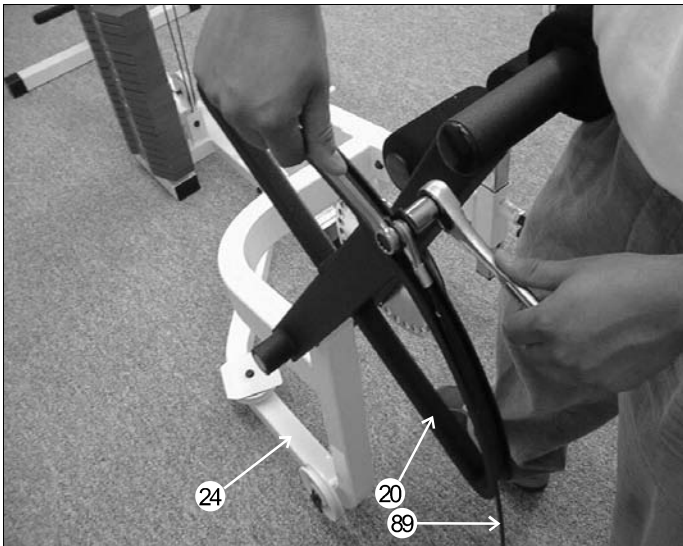


FIG. 59 Begin the cable routing for the **Leg Extension Cable (#89-labeled with tape D)**. Attach the looped end of the **Leg Extension Cable (#89-labeled with tape D)** to the **Actuator Arm (#20)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 (#13) and one Nylon Insert Jam Lock Nut 3/8-16 (#74). Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

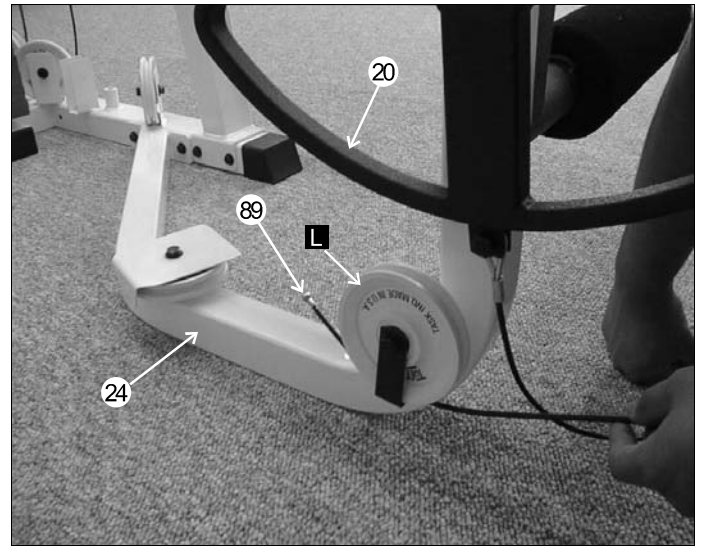


FIG. 60 Next, route the **Leg Extension Cable (#89-labeled with tape D)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled L) located on the **Leg Extension Main Frame (#24)**, as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

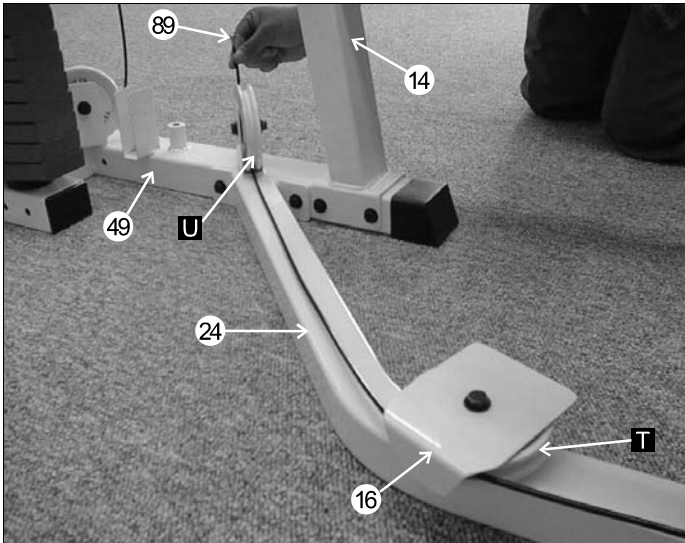


FIG. 61 Next, route the **Leg Extension Cable (#89-labeled with tape D)** under the Nylon Pulley 4 1/2 Rd. (#17-Labeled T) located on the **Leg Extension Main Frame (#24)** and up- and -over the Nylon Pulley 4 1/2 Rd. (#17-Labeled U) located on the **Platform (#49)**, as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

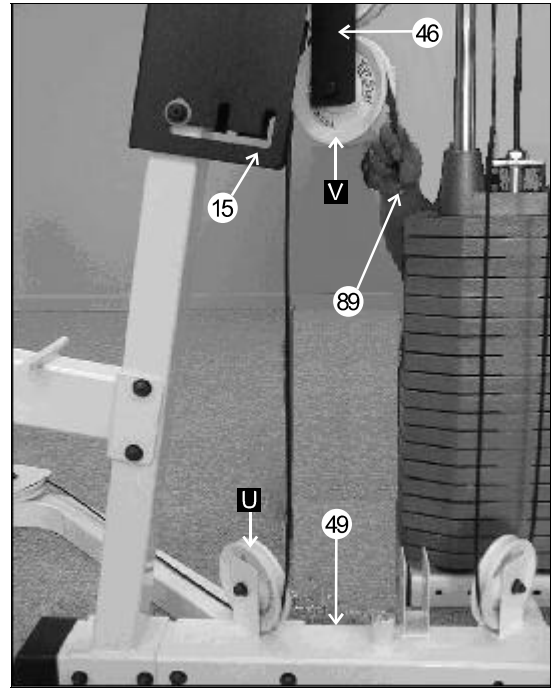


FIG. 62 Next, route the **Leg Extension Cable (#89-labeled with tape D)** over the Nylon Pulley 4 1/2 Rd. (#17-Labeled V) located on the **Double Pulley Plates(#46)**, as shown above. Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of this routing.

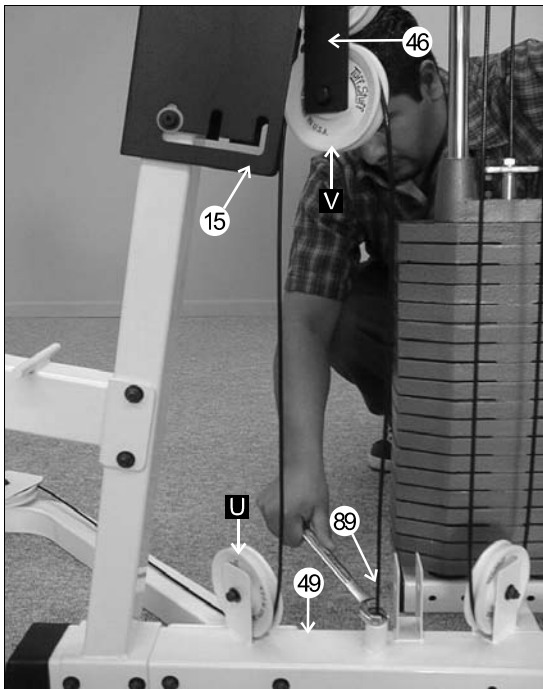


FIG. 63 Next, route the **Leg Extension Cable (#89-labeled with tape D)** to the threaded socket on the **Platform (#49)**, as shown above, and secure it into place using one Split Bolt 1/2-13 X 1 (#101) and one Split Washer 1/2" (#102). Refer to the **Fig 74** on page 21 for further detailed illustration of this hardware assembly.

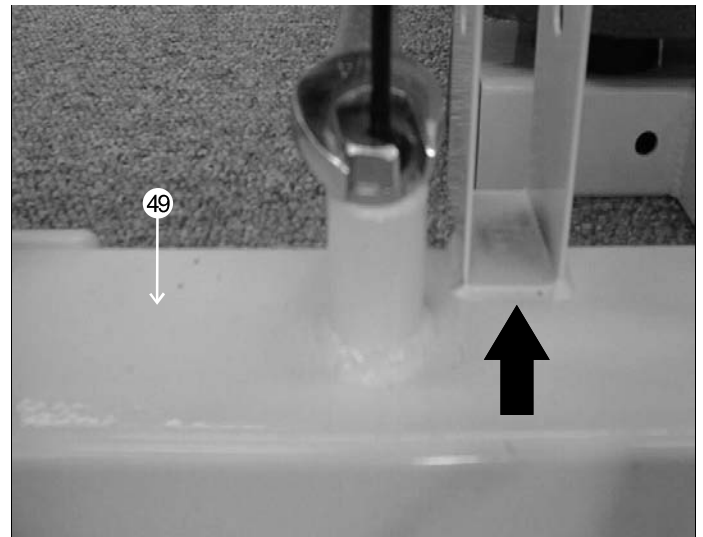


FIG. 64 **Note:** This cable termination is for the TG-150 only. For the cable routing instructions for the TG-11L (Leg Press), please see TG-11L Instruction Manual. If you have a TG-11L (Leg Press), this **Leg Extension Cable (#89-labeled with tape D)** will be replaced with the Leg Press Station cable supplied with the TG-11L.

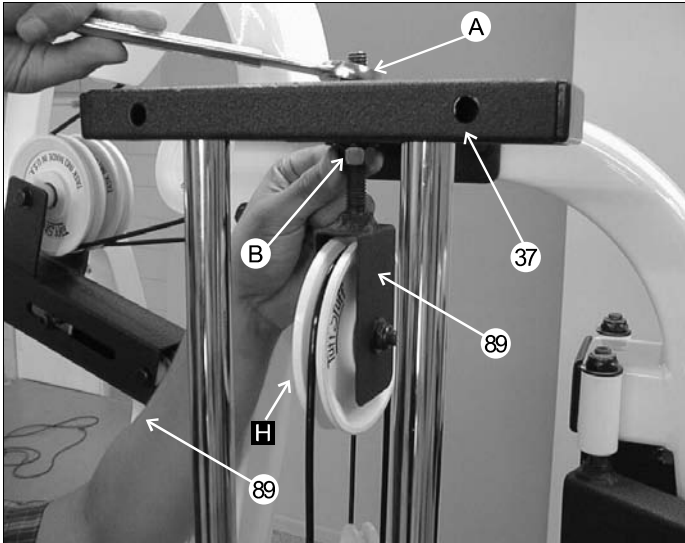


FIG. 65 Cable Adjustment for the **Leg Extension Cable (#89-labeled with tape D)**. The **Top Plate Swivel Bracket (#59)** has been designed to allow adjustment for the **Leg Extension Cable (#89-labeled with tape D)** or the **TG-11L (Leg Press Option)** cable. To adjust this cable, simply loosen the bottom nut (Labeled B), then begin fastening the top nut (Labeled A) until the proper tension has been achieved with this cable. **Note:** Over-tightening this cable will cause the **Top Plate/Selector Bar (#42)** to lift and become a alignment problem with the weight pin for the weight stack. Refer to the Cable Tension Picture on page 19, as it displays an example of the recommended tension for all cables.

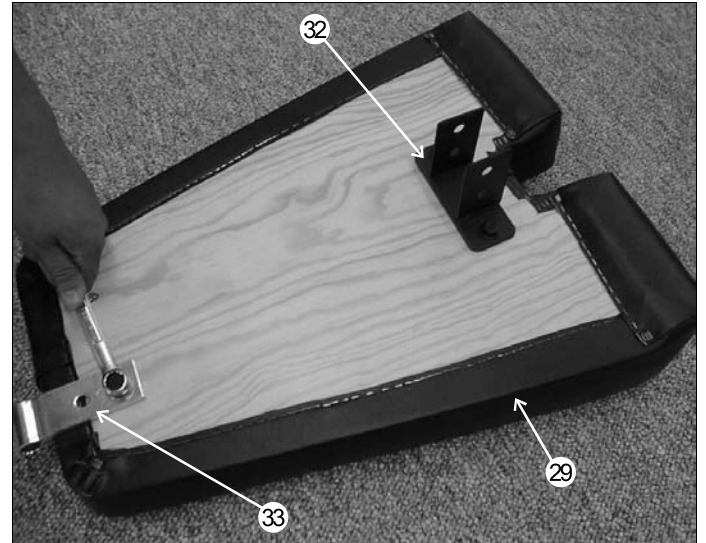


FIG. 66 Next, locate the **Leg Ext /Leg Curl Seat Pad (#29)** and attach the **Seat Elevation Bracket (#32)**. Secure it into place using two **Hex Head Cap Screws 3/8-16 X 1 (#13)** and two **Flat Washers SAE 3/8" (#12)**. Next, attach one **Metal Hinge (#33)** to the **Leg Ext / Leg Curl Seat Pad (#29)**, as shown above, and secure it into place using one **Hex Head Cap Screw 3/8-16 X 1 (#13)** and one **Flat Washer SAE 3/8" (#12)**. **Note:** Be sure to position the **Metal Hinge (#33)**, as pictured above and in **Fig. 67**.

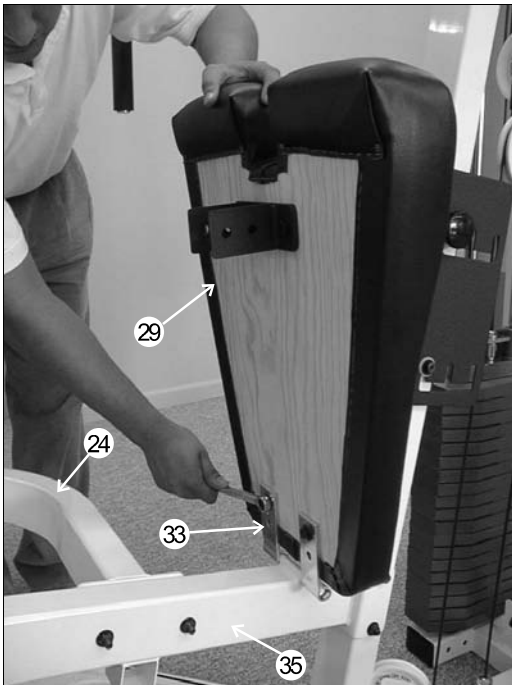


FIG. 67 Next, attach the **Leg Ext /Leg Curl Seat Pad (#29)** with the other **Metal Hinge (#33)** to the **Pec Dec Seat Frame (#35)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 1 (#13)** and one **Flat Washer SAE 3/8" (#12)**.

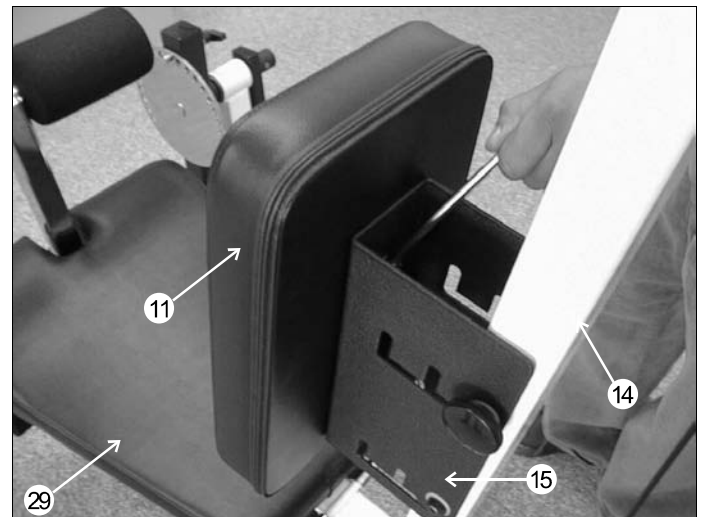


FIG. 68 Next, attach the **Back Pad (#11)** to the **Pec Dec Back Pad Bracket (#15)** and secure it into place using two **Hex head Cap Screws 3/8-16 X 1 (#13)** and two **Flat Washers SAE 3/8" (#12)**. **Note:** The **Pec Dec Back Pad Bracket (#15)** has been pre-assembled to the **Back Frame (#14)** by the factory.

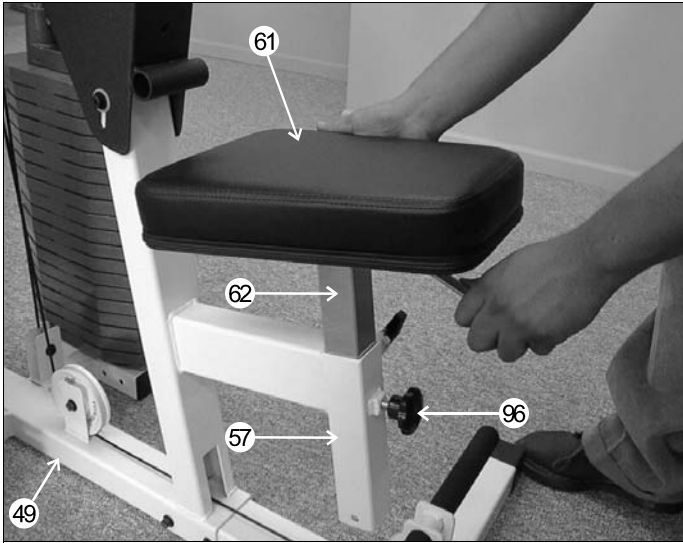


FIG. 69 Next, attach the **Bench Press Seat Pad (#61)** to the **Bench Press Seat Tube (#62)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 1 (#13) and two Flat Washers SAE 3/8" (#12). **Note:** The **Bench Press Seat Tube (#62)** has been attached to the **Front Frame (#57)** by the factory. Next, fasten the Black Knob 1/2-13 X1 (#96) to the threaded nut of the **Front Frame (#57)**, as shown above.

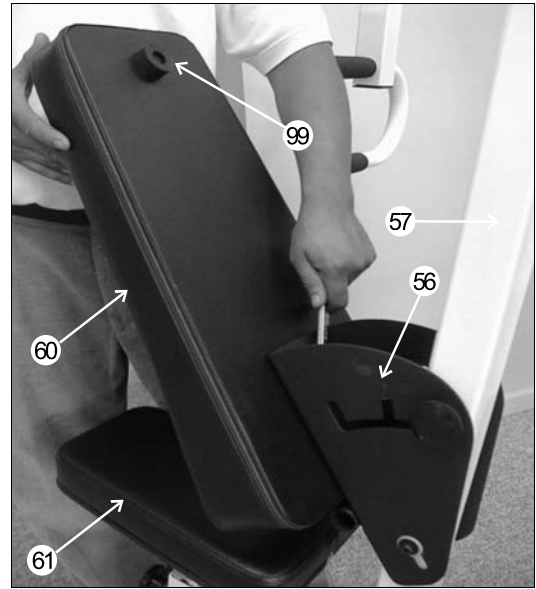


FIG. 70 Next, attach the **Bench Press Back Pad (#60)** to the **Bench Press Back Pad Bracket (#56)** and secure it into place using two Hex Head Cap Screws 3/8-16 X 1 (#13) and two Flat Washers SAE 3/8" (#12). Refer to the Exploded View Diagram on page 22 for further illustration of this hardware assembly. **Note:** The **Bench Press Back Pad Bracket (#56)** has been pre-assembled to the **Front Frame (#57)** by the factory. Next, attach the Rubber Bumper 3/8 X 1 1/2" (#99) to the **Bench Press Back Pad (#60)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 (#13) and one Flat Washer SAE 3/8" (#12).

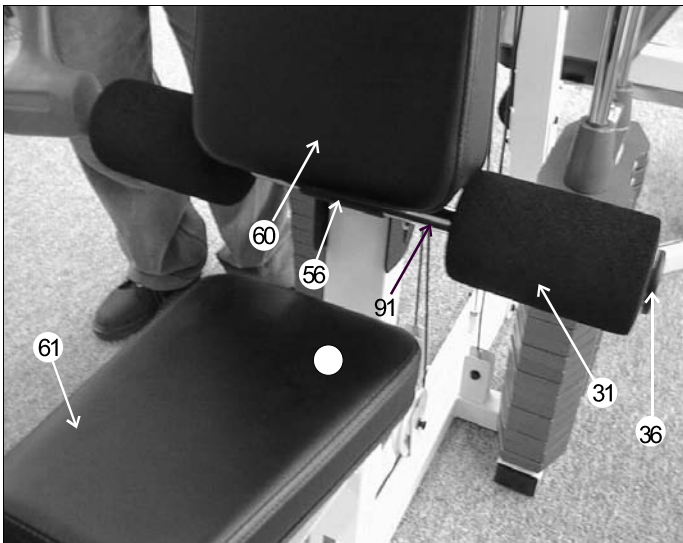


FIG. 71 Next, attach the **Foot Roll Tube 1 X 23 3/4 (#91)** and insert it into the receptacle of the **Bench Press Back Pad Bracket (#56)**. Next, insert a Foam Foot Roll 1 X 4 X 7 (#31) and one Foot Roll Plastic End Cap 1" (#36) into each tube-end of the **Foot Roll Tube 1 X 23 3/4 (#91)**, as shown above.



Cable Tension Picture: This picture shown above illustrates the proper tension to be achieved when adjusting the cable tension.

This concludes the assembly of the TG-150. It is recommended that you check and secure all hardware assemblies and inspect all the cable routing for proper tension and assembly.

COMPLETE CABLE MAPPING DIAGRAM

FIG. B

FIG. A

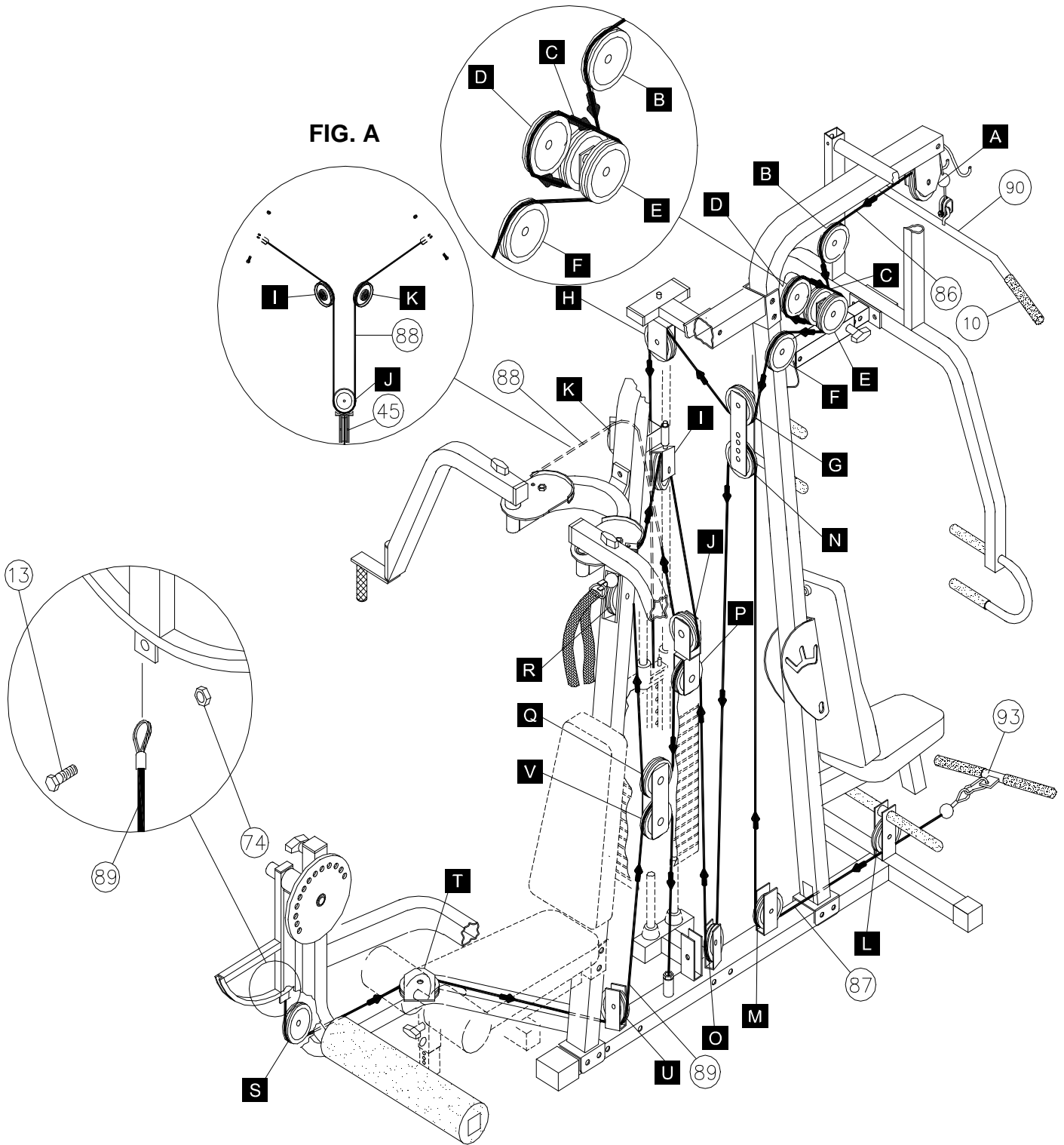


FIG. 72

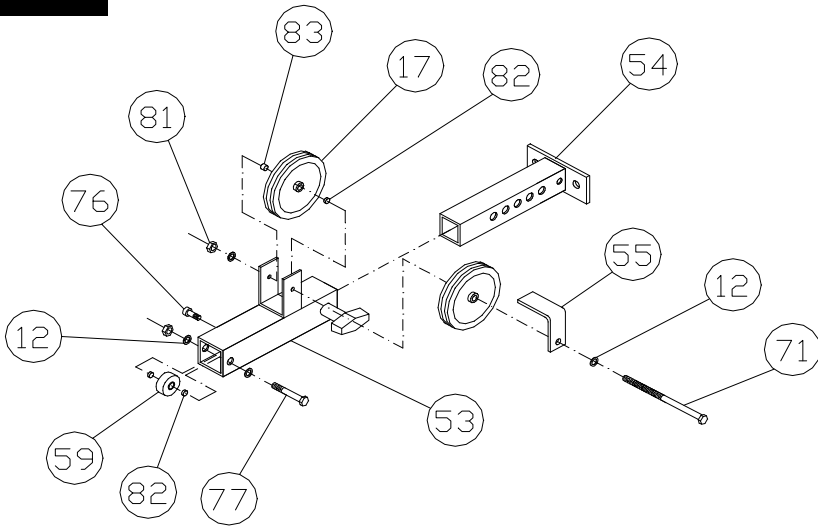


FIG. 73

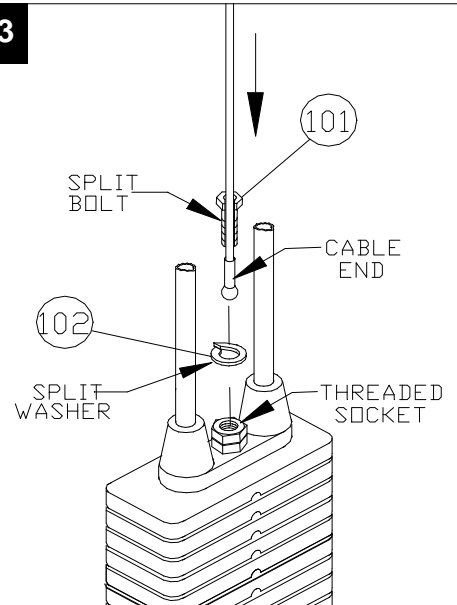


FIG. 74

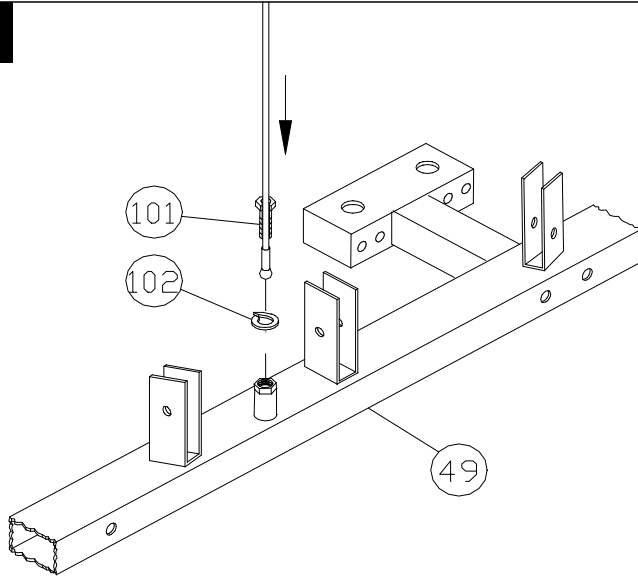


FIG. 75

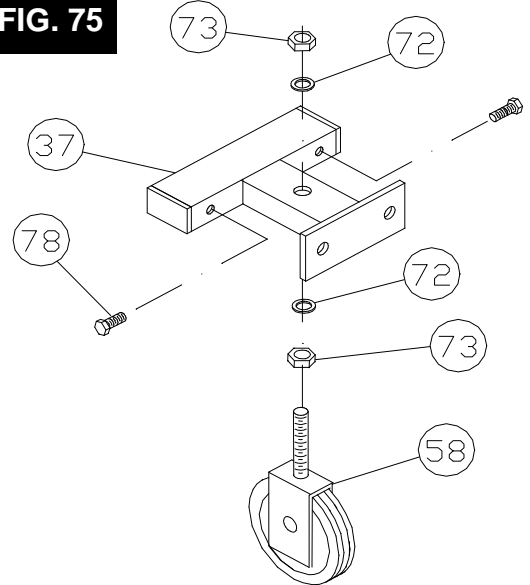


FIG. 76

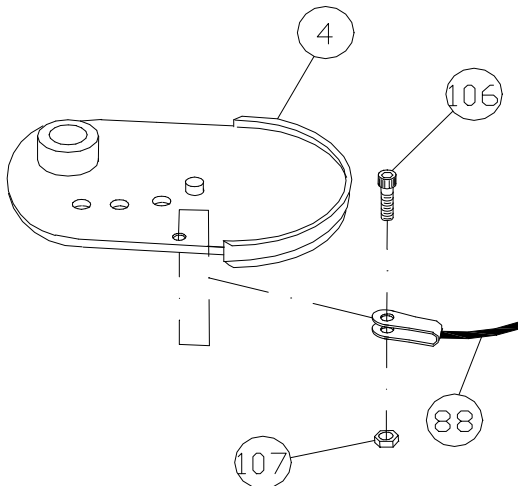


FIG. 77

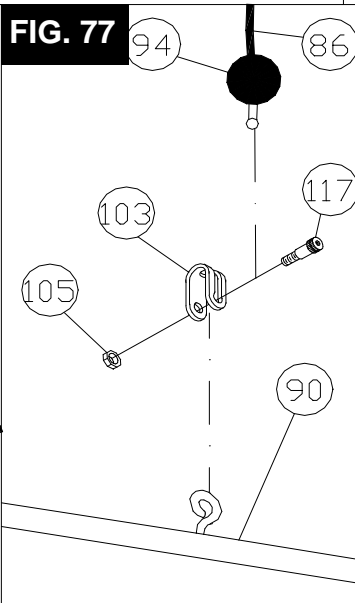
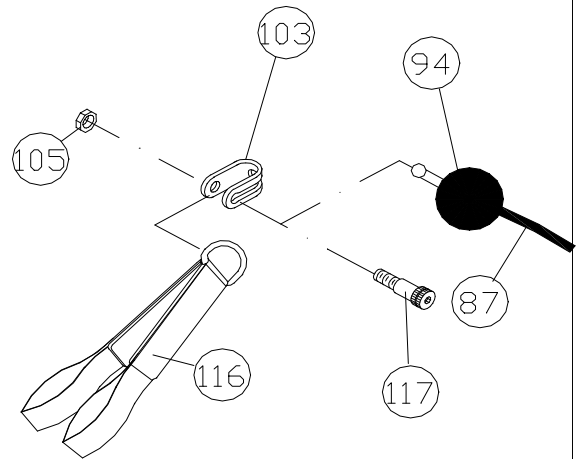
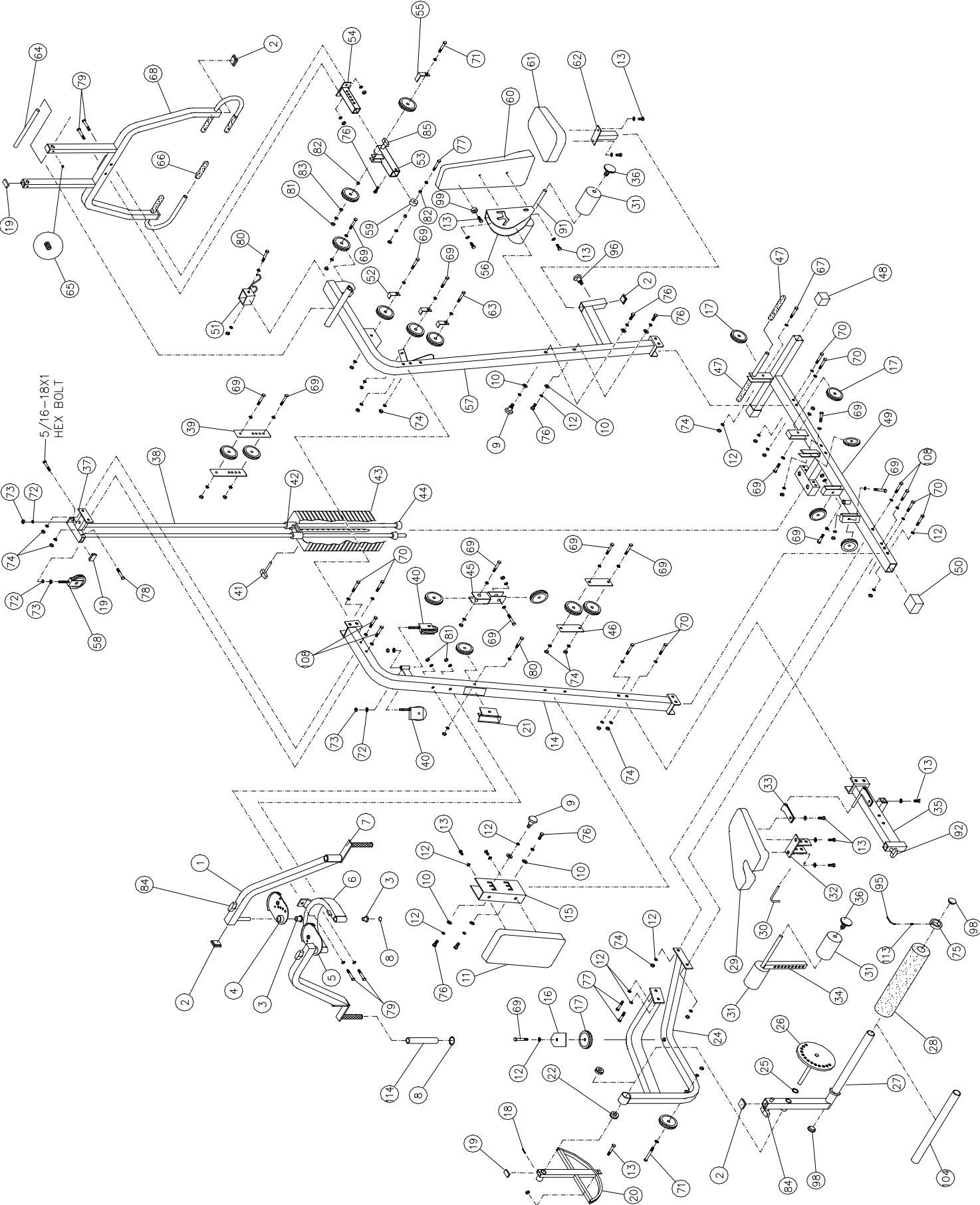


FIG. 78



TG-150 EXPLODED VIEW DIAGRAM



COLOR CHART

GRAY= SUB-ASSEMBLY PARTS

BLACK= HARDWARE

TG-150 PARTS LIST

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	PEC DEC ARM	TG150-01-00	2	59	BLACK CASTER 2 X 1	BNH0633	1
2	PLASTIC INSERT CAP SQ. 2"	BNH0012	5	60	BENCH PRESS BACK PAD	UP128	1
3	BRONZE BUSHING 1 X 1 1/4	BNH0527	8	61	BENCH PRESS SEAT PAD	TG150-61-00	1
4	PEC DEC CAM (LT)	TG150-04-00	1	62	BENCH PRESS SEAT TUBE	TG150-62-00	1
5	PEC DEC CAM (RT)	TG150-05-00	1	63	HEX HEAD CAP SCREW 3/8 -16 X 4 3/4	BNH0318	1
6	PEC DEC HOUSING ASSEMBLY	TG150-06-00	1	64	PIVOT AXLE 1 X 11 3/4	UP067	1
7	CHROME SWIVAL HANDLE	UP144	2	65	SOCKET SET SCREW 3/8-16 X 1/2	BNH0474	2
8	EXT. RETAINING SNAP RING .925 X 1"	BNH00419	6	66	HARD GRIP 1.220 X 6"	BNH0525	4
9	PLASTIC KNOB 5/16 -18 X 1	BNH0177	2	67	HEX HEAD CAP SCREW 3/8 -16 X 2	BNH0279	1
10	NYLON WASHER USS 3/8"	BNH0248	16	68	PRESS BAR	TG150-68-00	1
11	BACK PAD	UP129	1	69	HEX HEAD CAP SCREW 3/8 -16 X 1 3/4	BNH0274	17
12	FLAT WASHER SAE 3/8"	BNH0239	105	70	HEX HEAD CAP SCREW 3/8 -16 X 4	BNH0285	8
13	HEX HEAD CAP SCREW 3/8 -16 X 1	BNH0275	12	71	HEX HEAD CAP SCREW 3/8 -16 X 4 1/4	BNH0317	2
14	BACK FRAME	TG150-14-00	1	72	FLAT WASHER SAE 1/2 "	BNH0238	6
15	PEC DEC BACK PAD BRACKET	TG150-15-00	1	73	NYLON INSERT JAM LOCK NUT 1/2 -13	BNH0366	4
16	CABLE RETAINER PLATE	TG150-16-00	1	74	NYLON INSERT JAM LOCK NUT 3/8 -16	BNH0365	41
17	WHITE NYLON PULLEY 4 1/2	BNH0556	22	75	FOOT ROLL COLLAR	UP083	1
18	ROLL PIN 3/8 X 1 1/2	BNH0483	1	76	SHOULDER BOLT 3/8 X 3/8	BNH0422	8
19	PLASTIC INSERT CAP REQ. 1 X 2	BNH0005	5	77	HEX HEAD CAP SCREW 3/8 -16 X 2 3/4	BNH0278	4
20	ACTUATOR ARM	UP159	1	78	HEX HEAD CAP SCREW 5/16 -18 X 1	BNH0290	2
21	AB CRUNCH INSERT BRACKET	UP119	1	79	HEX HEAD CAP SCREW 3/8 -16 X 3	BNH0282	4
22	BALL BEARING # W 516	BNH0628	2	80	HEX HEAD CAP SCREW 3/8 -16 X 3 1/2	BNH0280	2
23	PLASTIC INSERT CAP SQ. 1 1/2"	BNH0009	1	81	NYLON INSERT LOCK NUT 3/8 -16	BNH0214	3
24	LEG EXTENSION MAIN FRAME	TG150-24-00	1	82	NYLON SPACER 3/8 X 3/8	BNH0729	3
25	NYLON WASHER 1 X 1 1/4	BNH0393	2	83	NYLON SPACER 3/8 X 3/4	BNH0392	1
26	CIRCULAR PLATE W / AXLE	UP106	1	84	PUSH PULL PIN 1/2" SPECIAL	BNH0516	3
27	L- ARM	TG150-27-00	1	85	PUSH PULL PIN 1/2"	BNH0515	2
28	FOAM FOOT ROLL 1 3/4 X 4 X 16	BNH0041	1	86	LAT CABLE (A)	TG150-86-00	1
29	LEG EXT / CURL SEAT PAD	UP105	1	87	LOW ROW CABLE (B)	TG150-87-00	1
30	L - LOCKING PIN	BNH0045	1	88	PEC DEC CABLE (C)	TG150-88-00	1
31	FOAM FOOT ROLL 1 X 4 X 7	BNH0043	4	89	LEG EXTENSION CABLE (D)	TG150-89-00	1
32	SEAT ELEVATION BRACKET 2 1/4 ID	UP104	1	90	LAT BAR CHROME 48"	UP093	1
33	METAL HINGE	BNH0046	2	91	FOOT ROLL TUBE 1 X 23 3/4	UP180	1
34	ADJUSTABLE HOLD DOWN T-BAR	UP108	1	92	PUSH PULL PIN 3/8"	BNH0517	1
35	PEC DEC SEAT FRAME	TG150-35-00	1	93	LOW ROW BAR 16"	UP094	1
36	FOOT ROLL PLASTIC END CAPS 1"	BNH0397	4	94	NYLON BALL 1 3/4 X 5/16	BNH0592	3
37	GUIDE ROD RETAINER HOUSING	TG150-37-00	1	95	HEX KEY 5/32"	BNH0373	1
38	GUIDE ROD 1 X 72	UP124	2	96	BLACK KNOB 1/2 -13 X 1	BNH0055	1
39	ADJUSTABLE PULLEY PLATE 1/8 X2X9	UP092	2	97	FLAT NYLON WASHER SAE 1"	BNH0240	1
40	PEC DEC SWIVAL PULLEY BRACKET LG	UP126	2	98	PLASTIC INSERT CAP RD. 2"	BNH0004	2
41	SELECTOR PIN 3/8 X 4	BNH0064	1	99	RUBBER BUMPER 3/8 X 1 1/2	BNH0514	1
42	TOP PLATE / SELECTOR BAR	UP003	1	100	PLASTIC INSERT CAP REQ. 2 X 3	BNH0052	3
43	10 LB WEIGHT PLATE	BNH0561	19	101	SPLIT BOLT 1/2 -13 X 1	BNH0479	2
44	RUBBER DONUT 1 X 2 1/2"	BNH0062	2	102	SPLIT WASHER 1/2"	BNH0572	2
45	OFFSET PULLEY BRACKET	UP121	1	103	STRAP BRACKET # 20	BNH0562	2
46	DOUBLE PULLEY PLATE	UP134	2	104	2" ABS PIPE X 15 1/2"	BNH0716	1
47	HARD GRIP .875 X 8	BNH0523	6	105	NYLON INSERT LOCK NUT 5/16 -18	BNH0215	2
48	PLASTIC END CAP W/GROOVE SQ. 2"	BNH0051	2	106	SOCKET CAP SCREW 1/4 -20 X 3/4	BNH0718	2
49	PLATFORM	TG150-49-00	1	107	NYLON INSERT LOCK NUT 1/4 -20	BNH0213	2
50	PLASTIC END CAP W/GROOVE REQ. 2 X3	BNH0049	1	108	HEX HEAD CAP SCREW 3/8 -16 X 3 3/4	BNH0281	4
51	LAT BAR HOLDER	TG150-51-00	1	109	COIL CHAIN 3/16 X 21"	BNH0017	1
52	CABLE RETAINER BRACKET L-SHAPED	UP014	4	110	NYLON BUSHING 1 X 1 1/2	BNH0531	4
53	FEMALE ADJUSTMENT HOUSING	TG150-53-00	1	111	SNAP LINK 8 MM X 80 MM	BNH0065	3
54	BENCH PRESS SELECTOR TUBE	TG150-54-00	1	113	SOCKET SET SCREW 5/16 -18 X 3/8	BNH0478	1
55	CABLE RETAINER BRACKET (LG)	UP160	1	114	PVC HANDLE	BNH0415	2
56	BENCH PRESS BACK PAD BRACKET	TG150-56-00	1	115	HEX KEY 3/16"	BNH0371	1
57	FRONT FRAME	TG150-57-00	1	116	ABDOMINAL STRAP	BNH0821	1
58	TOP PLATE SWIVAL BRACKET SMALL	UP127	1	117	SHOULDER BOLT 3/8 X 3/4	BNH0718	2

START

FINISH

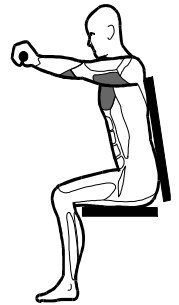


VERTICAL CHEST PRESS

1. Select the desired weight.
2. Sit with the press arm as shown.
3. Push the press arm outward.
4. Slowly return to the starting position.
Repeat for desired number of repetitions.

START

FINISH



VERTICAL INCLINE PRESS

1. Select the desired weight.
2. Sit with the press arm and the seat back positioned as shown.
3. Push the press arm forward.
4. Slowly return arms to the starting position.
Repeat for desired number of repetitions.

START

FINISH

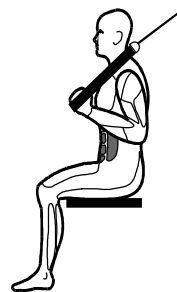


VERTICAL SHOULDER PRESS

1. Select the desired weight.
2. Sit with the press arm and the seat back positioned as shown.
3. Push the press arm upward.
4. Slowly return to the starting position.
Repeat for desired number of repetitions.

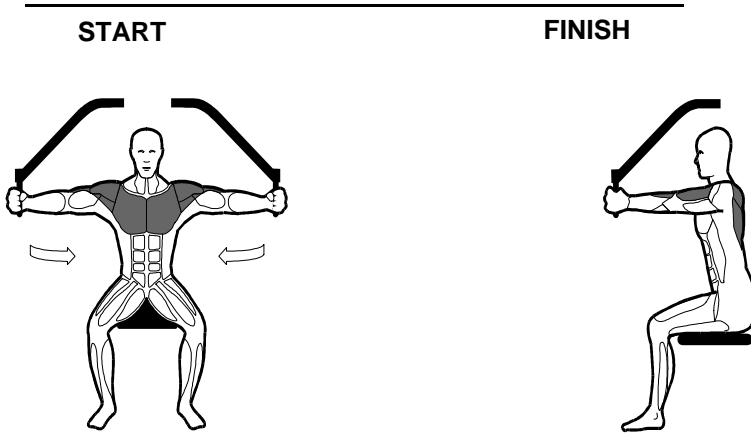
START

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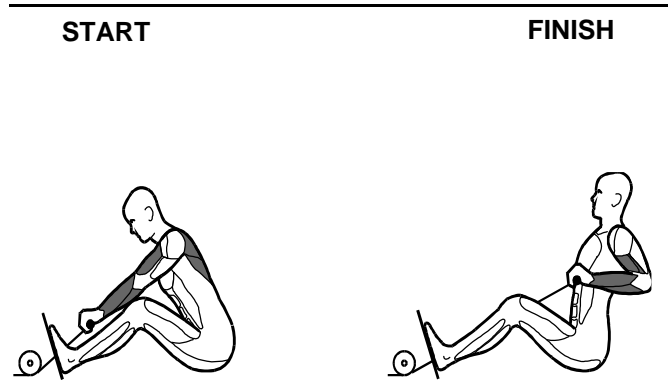
ABDOMINAL CRUNCH

1. Select the desired weight.
2. Hold the abdominal strap and assume the starting position as shown.
3. Pull the cable forward using your stomach.
4. Slowly return to the starting position.
Repeat for desired number of repetitions.



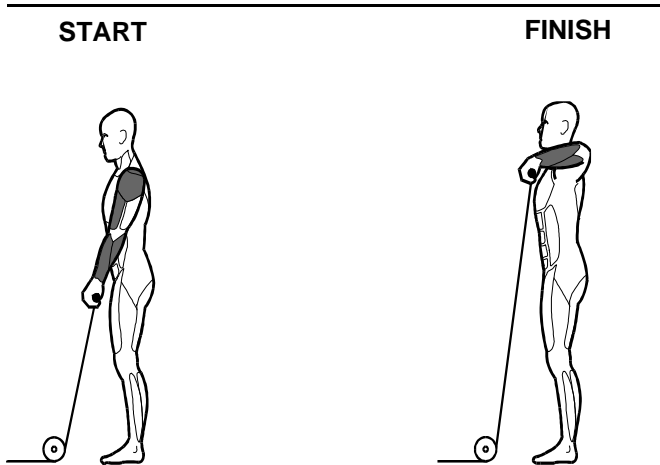
PECTORAL CONTRACTOR

1. Select the desired weight.
 2. Assume the starting position as shown.
 3. Push forward and rotate the arms in front of your body simultaneously.
 4. Slowly return to the starting position.
- Repeat for desired number of repetitions.*



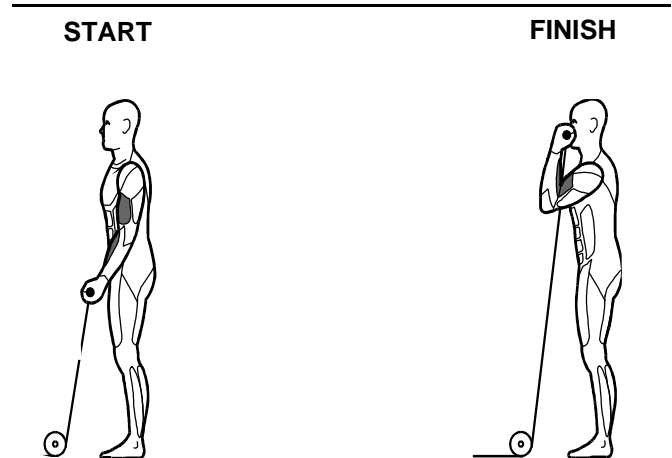
LOW ROW

1. Select the desired weight.
 2. Assume the starting position as shown.
 3. Pull the cable using your arm and upper body.
 4. Slowly return arms to the starting position.
- Repeat for desired number of repetitions.*



UPRIGHT ROW

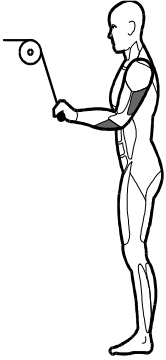
1. Select the desired weight.
 2. Assume the starting position as shown.
 3. Pull the cable using your arm and shoulders.
 4. Slowly return to the starting position.
- Repeat for desired number of repetitions.*



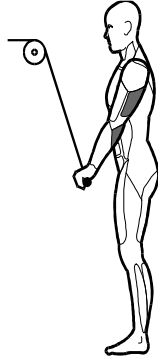
STANDING ARM CURL

1. Select the desired weight.
 2. Stand and pick up bar.
 3. Lift bar in front of your body as shown.
 4. Slowly return to the starting position.
- Repeat for desired number of repetitions.*

START



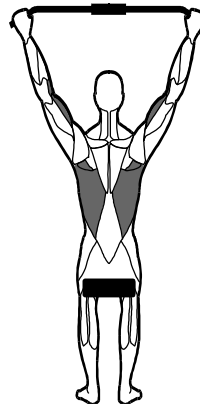
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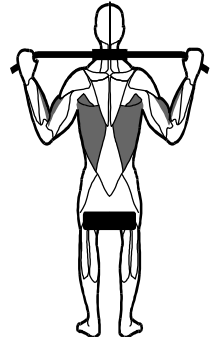
TRICEP PUSHDOWN

1. Select the desired weight.
2. Using the lat cable, follow diagrams for start and end positions.
3. Slowly return to the starting position.
Repeat for desired number of repetitions.

START



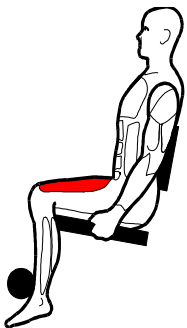
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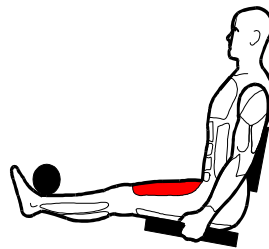
CABLE LAT PULLDOWN

1. Select the desired weight.
2. Assume the sitting position with knees under the foam rolls.
3. Pull down the lat bar as shown.
4. Slowly return arms to the starting position.
Repeat for desired number of repetitions.

START



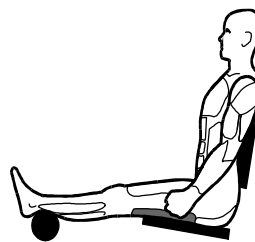
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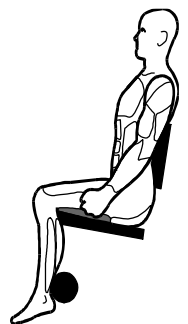
LEG EXTENSION

1. Select the desired weight.
2. Position adjustable back pad for correct starting position.
3. Position feet behind the foam pads, and extend leg upward.
4. Slowly return to the starting position.
Repeat for desired number of repetitions.

START



FINISH



STANDING LEG CURL

1. Select the desired weight.
2. Raise the seat pad until it locks into position.
3. Assume a starting position for either leg as shown.
4. Curl the leg upward as shown.
5. Slowly return to the starting position.
Repeat for desired number of repetitions.

DO NOT DISCARD THIS MANUAL



1325 E. Franklin Ave., Pomona, CA 91766
Ph: 909-629-1600 Fax: 909-629-4967
E-mail: taskind@aol.com Net: www.tuffstuff.com