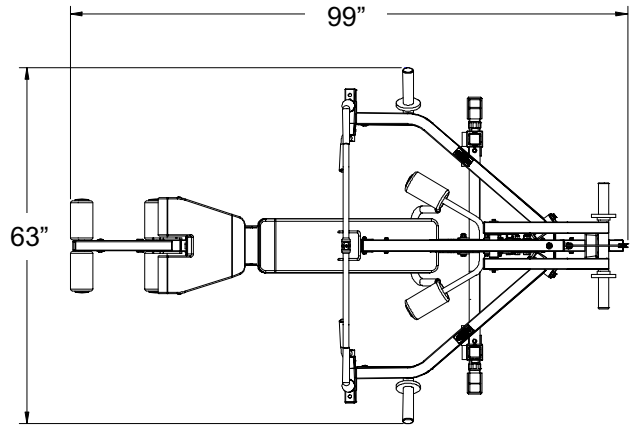
OWNER'S MANUAL

TABLE OF CONTENTS:

Revision Date 02-05-02

BRT-1

"The Brute" Plate Loaded Home Gym



L 99" W 63" H 83"

TUFFSTUFF

America's Premium Exercise Equipment

Introduction

About the Plate Loaded Home Gym (BRT-1)

Congratulations on your new purchase of the "The Brute" Plate Loaded Home Gym (BRT-1). 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, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to Task Industries today.

Specifications

1. Maximum Wt. Capacity - 200 Lbs.
2. Total Machine Weight - 350 Lbs.
3. Footprint (LWH) - See Front Cover

Prior to the Assembly of the BRT-1

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 BRT-1. Use the overhead view on the front page for designing your layout before assembling. Once the BRT-1 has been fully assembled it will be heavy and difficult to move, therefore you should assemble the it in the area where it is to be used upon completion.

3. It is strongly recommended that another person assist you with the assembly of this unit.

4. Neatly organize and identify all parts according to the Parts List on page 21 and the Exploded View Diagram on fold-out page 22.

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 3/8" drive extension
10. One rubber mallet
11. Long-Reach Needle-Nose Pliers
12. Windex or household glass cleaner
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.

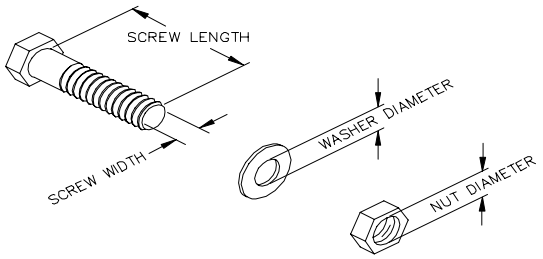
Fully Fasten provides a instruction to fully fasten (*ex: completely tighten*) a hardware assembly.

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 this assembly.

Hardware Measurement Diagram



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.

5. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.

6. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.

7. Do not attempt to lift more weight than you can control safely.

8. Inspect the Unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found **do not use or allow the machine to be used** until the defective part is repaired or replaced.

9. Remove weight(s) on the **Press Arms (#8, #9)** before releasing Turn/Pull Pin (#42) for any kind of height adjustments. Use the Ring-Grip Self-Locking Pin (#98) at all times to prevent the **Press Arms (#8, #9)** from falling beyond this point in case of accidental releasing of the Turn/Pull Pins (#42). Refer to **Fig. 1** for further illustration of this instruction.

10. Secure the weight plates using collars to prevent the weight plates from falling off the weight prongs of the **Carriage (#10).** Refer to **Fig. 2** for further illustration of this instruction.

11. Pay special attention to the **Turn/Pull Pins w/Knob (#42)** and the **Push Pull Pins (#43).** Be sure they are fully engaged into the selected holes of their corresponding assemblies. Refer to **Fig. 3** for further illustration of this instruction.

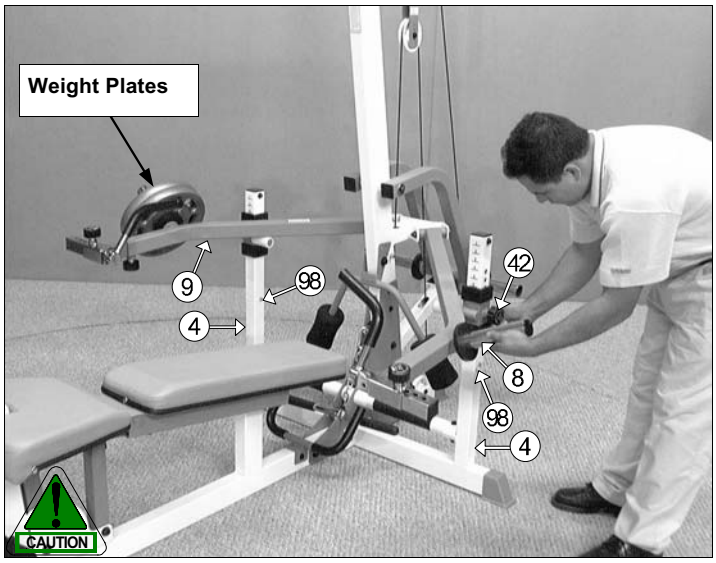


Fig. 1 ***Caution:*** *Remove weight(s) on the* ***Press Arms (#8, #9)*** *before releasing Turn/Pull Pin (#42) for any kind of height adjustments. Use the Ring-Grip Self-Locking Pins (#98) at all times in case of accidental releasing of the Turn/Pull Pins (#42).*

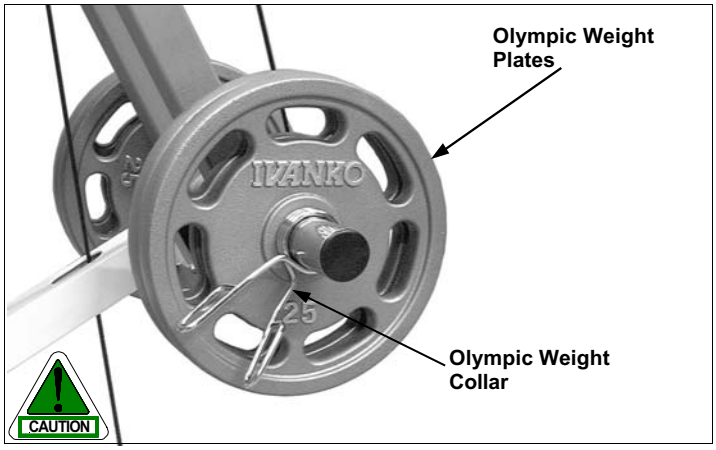


Fig. 2 ***Caution:*** *Use collars to prevent the weight plates from falling off the weight prongs of the* ***Carriage (#10)***

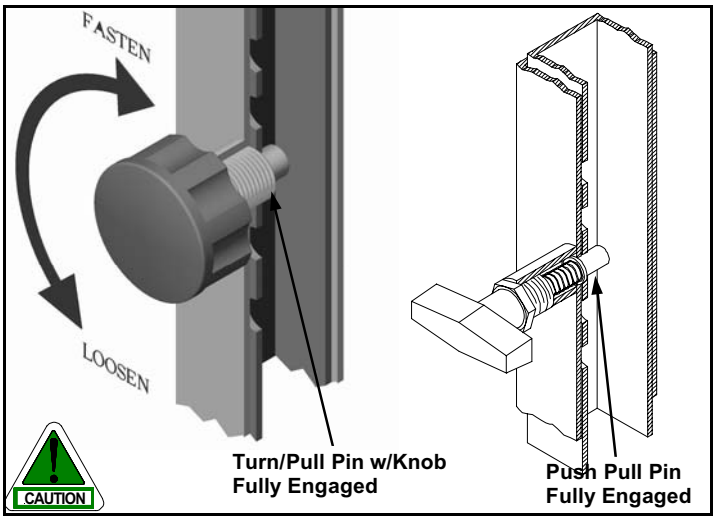


Fig. 3 ***Caution:*** *Check the* **Turn/Pull Pins w/Knob (#42)** and the **Push Pull Pins (#43)** to be fully engaged into the selected holes of their corresponding assemblies.

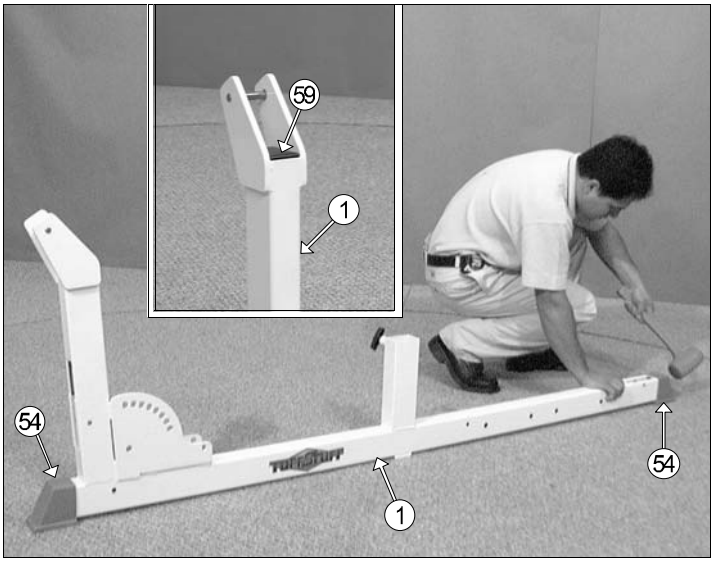


FIG. 4 Using a rubber mallet, insert two Plastic Insert Caps w/Groove 3 x 2 (#54) onto the bottom tube-ends of the **Base Frame (#1)**. Next, insert one Plastic Insert Cap 2 x 3 (#59) into the top tube-end of the **Base Frame (#1)**.

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

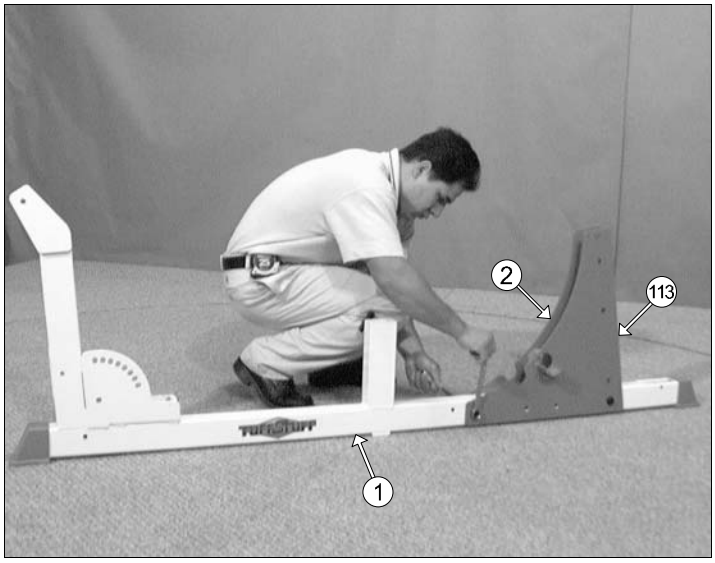


FIG. 5 Affix the Left and Right **Triangular Reinforcement Plates (#2, #113)** to the **Base Frame (#1)**, in the position as shown above, and secure them into place using two Hex Head Cap Screws 1/2-13 X 3 1/4 (#69), four Flat Washers SAE 1/2" (#68), and two Nylon Insert Lock Nuts 1/2-13 (#74).

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

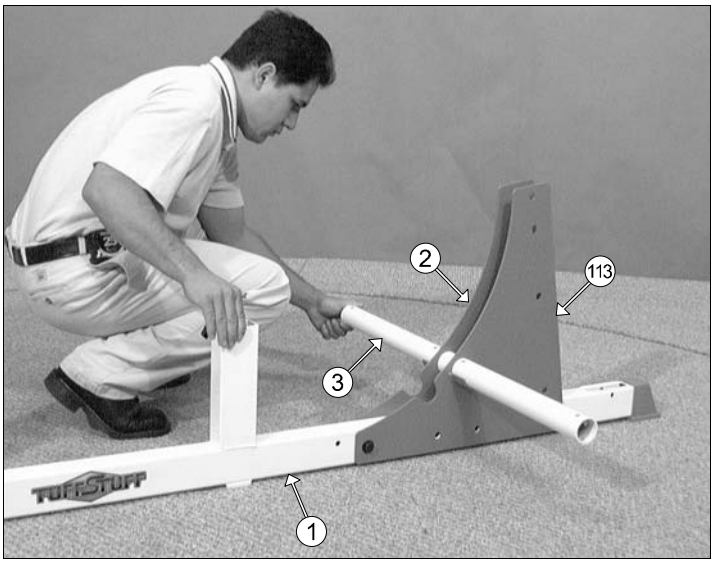


FIG. 6 Insert the **Foot Support Tube (#3)** half way through the receptacle of the two **Triangular Reinforcement Plates (#2, #113)**, as shown above.

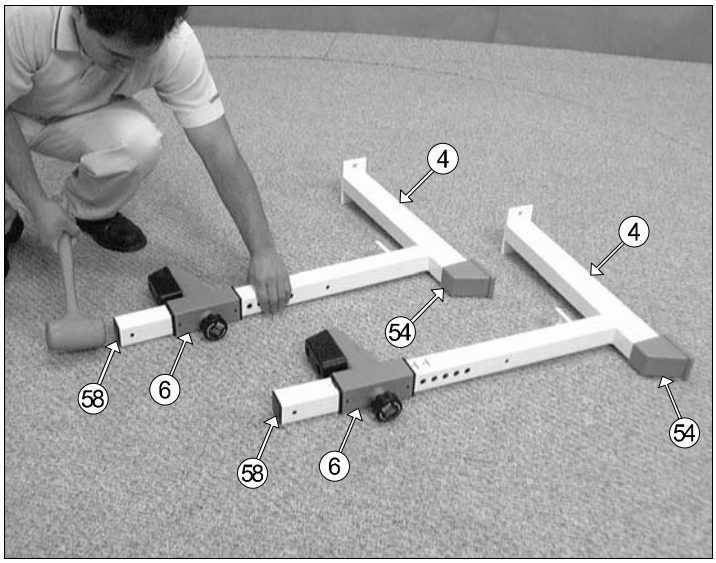


FIG. 7 Locate the two **Stabilizers (#4)**, and using a rubber mallet, insert two **Plastic End Caps w/Groove 3 X 2 (#54)** onto the bottom tube-ends. Next, insert two Plastic Insert Caps 2" Sq. (#58) into the top tube-ends of the **Stabilizers (#4)**.

NOTE: ***Note**: The **Press Arm Holders (#6)** have been assembled to the **Stabilizers (#4)**.*

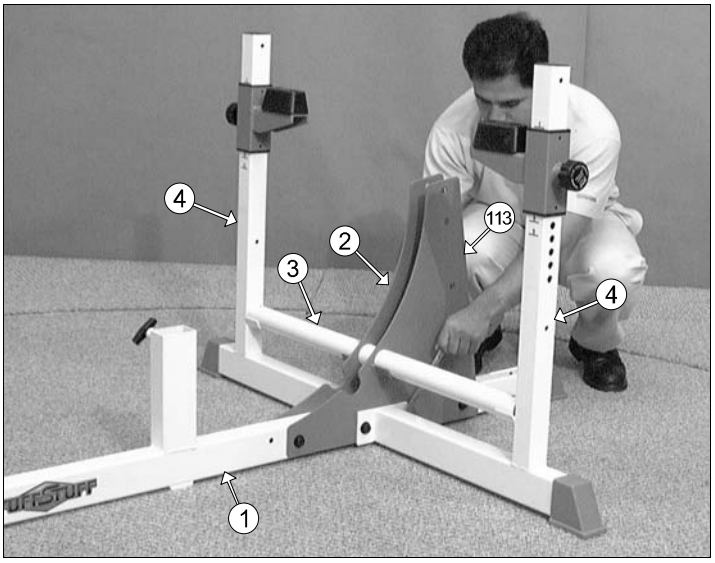


FIG. 8 Affix the two **Stabilizers (#4)** to the **Triangular Reinforcement Plates (#2, #113)** and the **Base Frame (#1)**, in the position as shown above, and secure them into place using two Hex Head Cap Screws 1/2-13 X 4 (#71), four Flat Washers SAE 1/2" (#68), and two Nylon Insert Lock Nuts 1/2-13 (#74).

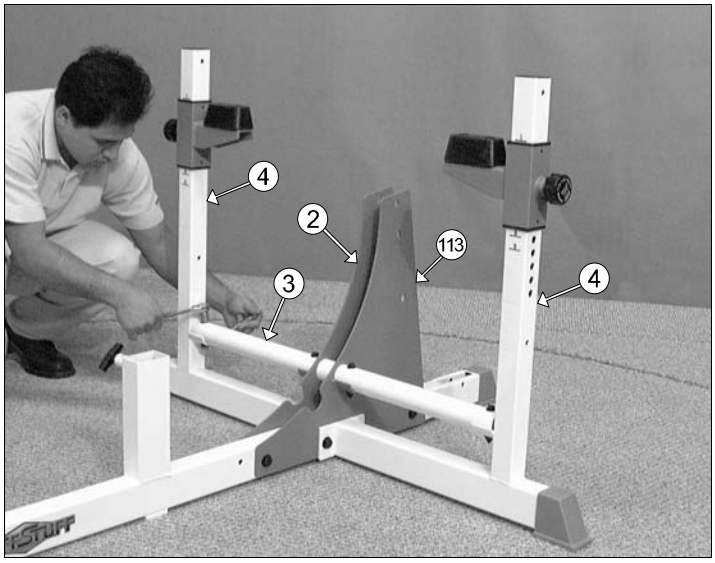


FIG. 9 Secure the **Foot Support Tube (#3)** to the **Triangular Reinforcement Plates (#2, #113)**, and the two **Stabilizers (#4)** using four Hex Head Cap Screws 3/8-16 X 2 3/4 (#80), eight Flat Washers SAE 3/8" (#84), and four Nylon Insert Jam Lock Nuts 3/8-16 (#85).

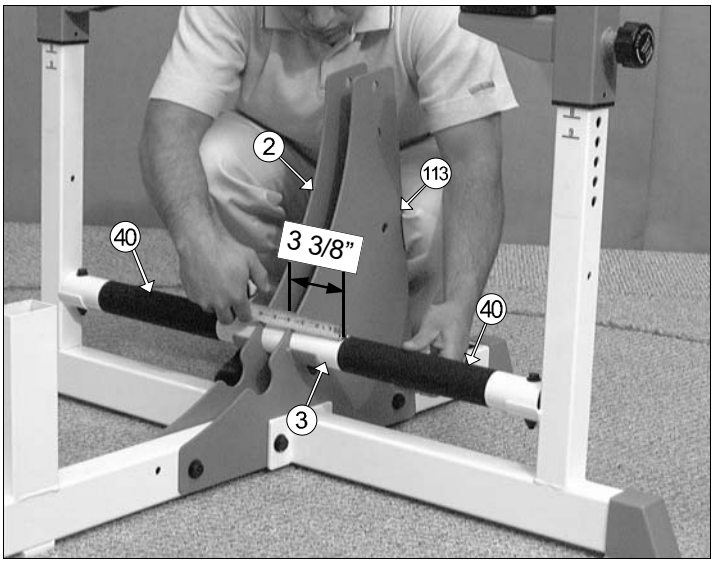


FIG. 10 Remove the backing of the two Safety Anti-Slip Tape 4 X 10 (#40) strips. Next, attach the two Safety Anti-Slip Tape 4 X 10 (#40) to the **Foot Support Tube (#3)**, in the position as shown above.

Note: *To facilitate the alignment of the strips across the* ***Foot support Tube (#3)****, use a measuring tape. The measurement from the edge of the* ***Triangular Reinforcement Plate (#2****, or* ***#113)*** *to the inner edge of the Safety Anti-Slip Tape (#40), as picture above, should be about 3 3/8"*

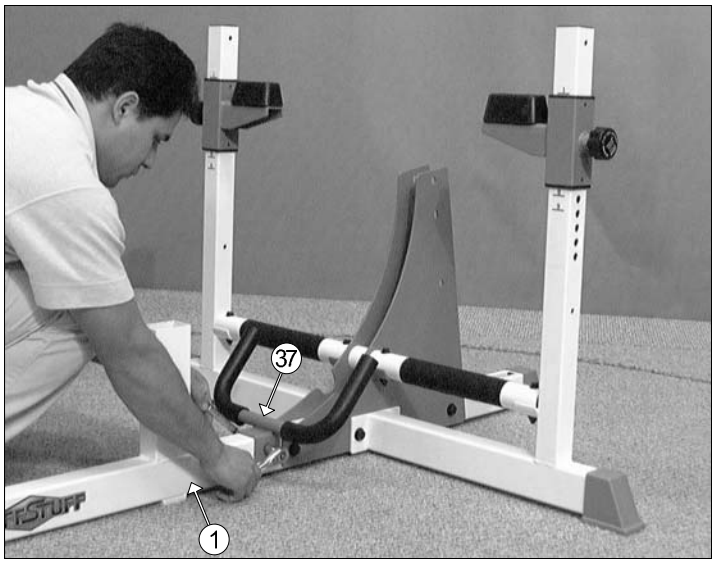


FIG. 11 Mount the **Base Frame Handles (#37)** to the **Base Frame (#1)** and secure them into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#80), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85).

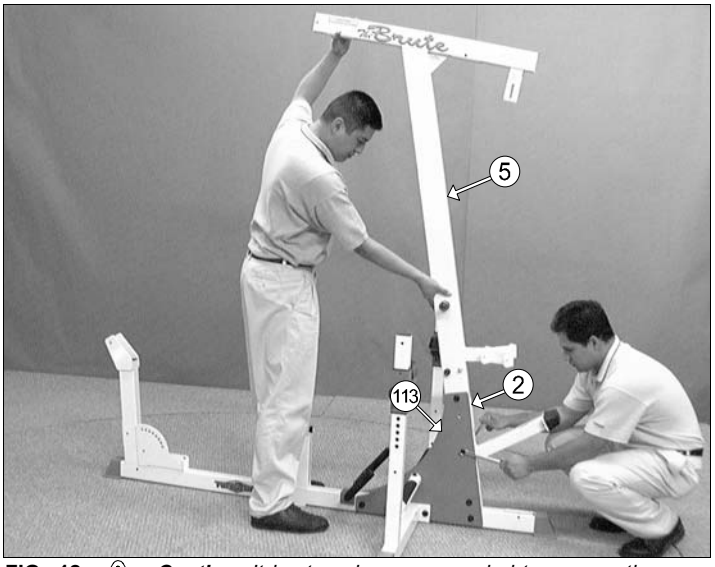


FIG. 12 ***Caution:*** *It is strongly recommended to use another person in assisting with this assembly.*

Insert the **Main Frame (#5)** between the two **Triangular Reinforcement Plates (#2, #113)**, in the position as shown above. Next, secure the **Main Frame (#5)** to the **Triangular Reinforcement Plates (#2, #113)** using three Hex Head Cap Screws 1/2-13 X 3 1/4 (#69), six Flat Washers SAE 1/2" (#68), and three Nylon Insert Lock Nuts 1/2-13 (#74).

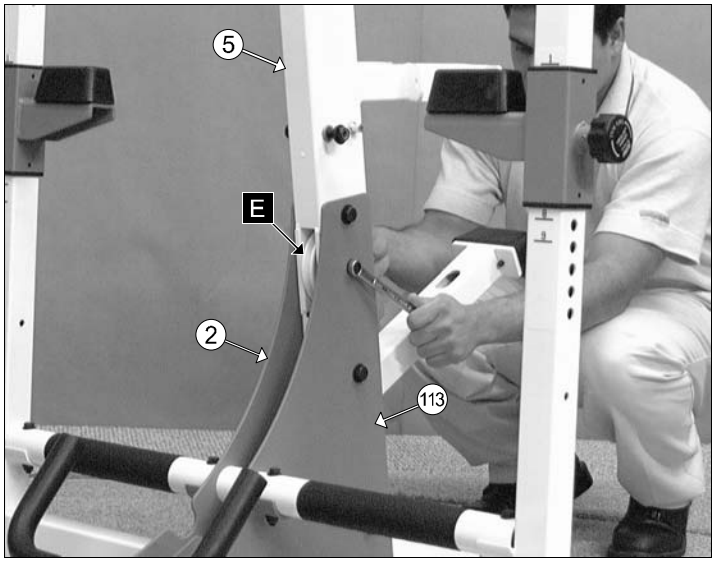


FIG. 13 Insert a Nylon Pulley 4 1/2 Rd. (#64-Labeled E) into the pulley bracket located on the **Main Frame (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 3 (#81), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Lock Nut 3/8-16 (#83).

Note: *The black boxed letter 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. 13.***

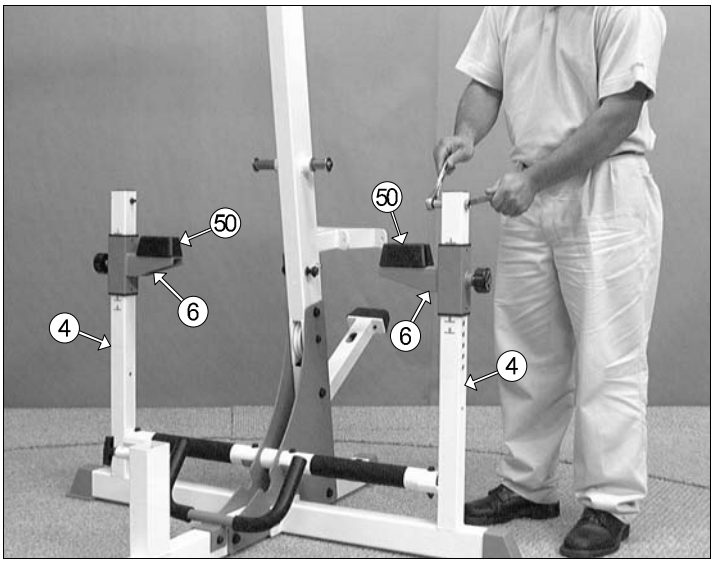


FIG. 14 Confine the **Arm Holders (#6)** within the **Stabilizer's (#4)** tubes using two Hex Head Cap Screws 3/8-16 X 2 1/2 (#79), and two Nylon Insert Jam Lock Nuts 3/8-16 (#85).

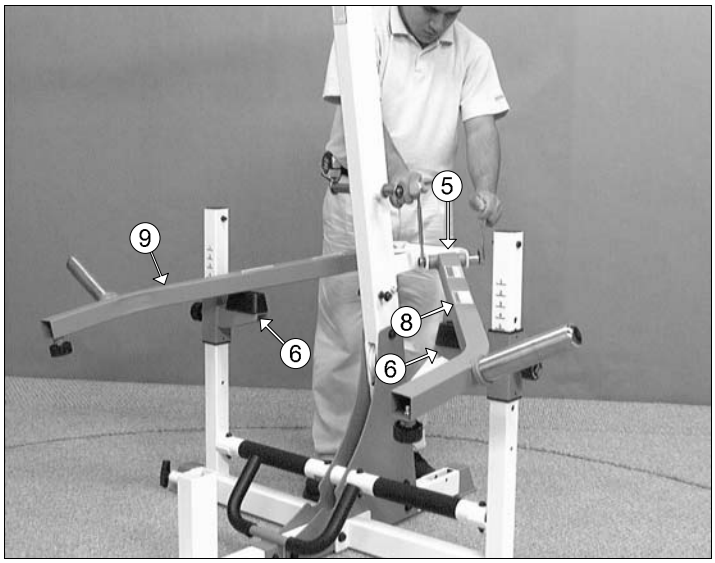


FIG. 15 Rest the **Right Press Arm (#9)** on the corresponding **Arm Holder (#6)** and affix it to the **Main Frame (#5)** using one Hex Head Cap Screw 1/2-13 X 5 1/2 (#73), two Flat Washers SAE 1/2" (#68), and one Nylon Insert Jam Lock Nut 1/2-13 (#75). Repeat the same procedure for the **Left Press Arm (#8)**.

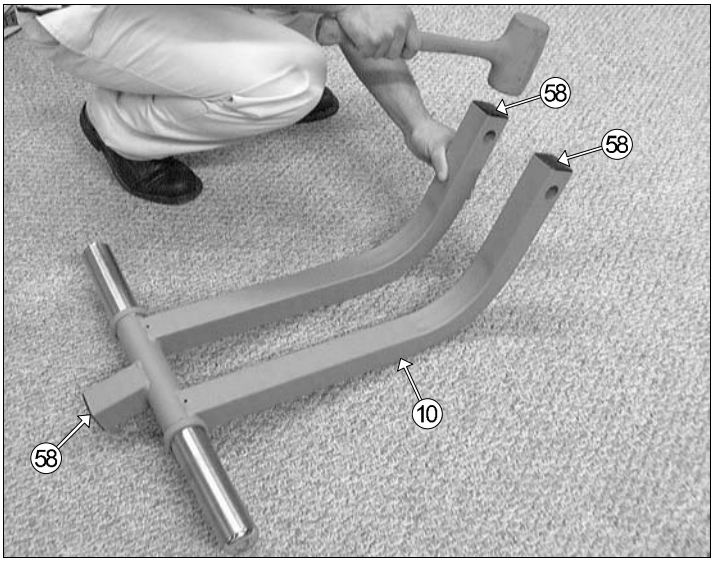


FIG. 16 Using a rubber mallet, insert three Plastic Insert Caps 2" Sq. (#58) into the tube-ends of the **Weight Carriage (#10)**.

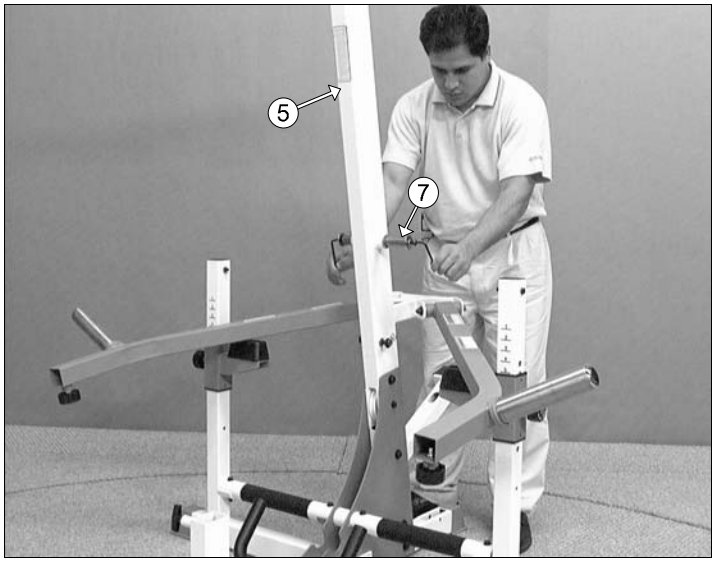


FIG. 17 Using the two supplied Hex Keys 7/32" (#74), remove the **Pivot Axle 1 X 8 1/8 (#7)** from the **Main Frame (#5)**.

FIG. 18 Attach the **Weight Carriage (#10)** to the **Main Frame (#5)**, in the position as shown above. Next, using a rubber mallet, insert the **Pivot Axle 1 X 8 1/8 (#7)** through the holes of the **Weight Carriage (#10)** and the receptacle of the **Main Frame (#5)** until it is flush with both sides of the **Weight Carriage (#10)**.

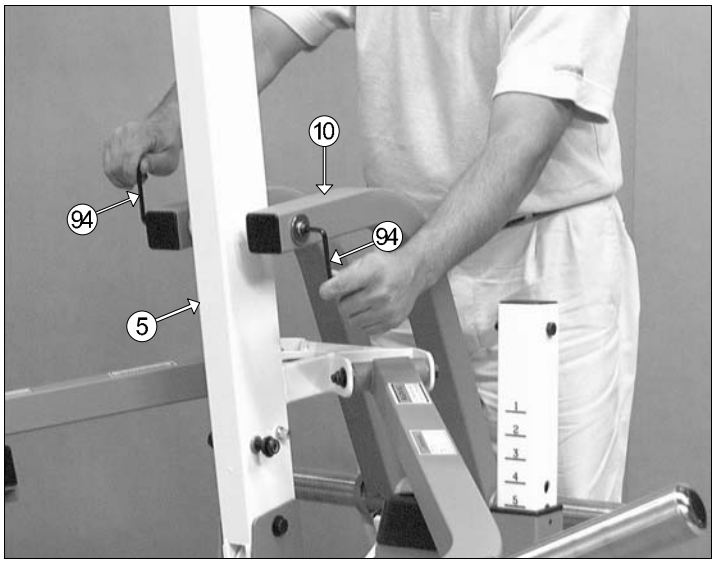


FIG. 19 Secure the **Weight Carriage (#10)** to the **Pivot Axle (#7)** using two Chrome Washers 3/8 X 1 1/2 (#95), two Split Lock Washers 3/8" (#97), and two Button Socket Cap Screws 3/8-16 X 1 (#96). Use the two supplied Hex Keys 7/32" (#94) to fasten this assembly properly.

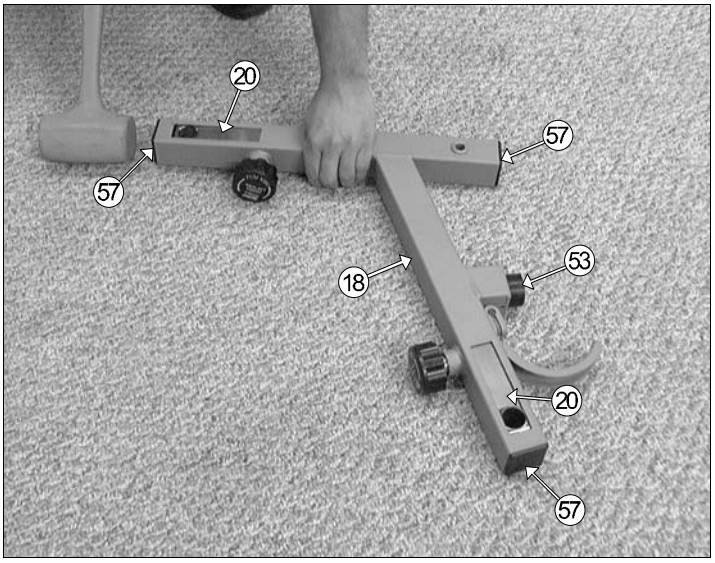


FIG. 20 Using a rubber mallet, insert three Plastic Insert Caps 1 3/4" Sq. (#57) into the tube-ends of the **Leg Extension Arm (#18)**. Next, attach the Rubber Bumper 3/8 X 1 1/2 (#53) to the **Leg Extension Arm (#18)** using one Hex Head Cap Screw 3/8-16 X 1 1/4 (#76).

NOTE: ***Note**: The **Adjustable Foot Roll Tubes (#20)** have been assembled to the **Leg Extension Arm (#18)**.*

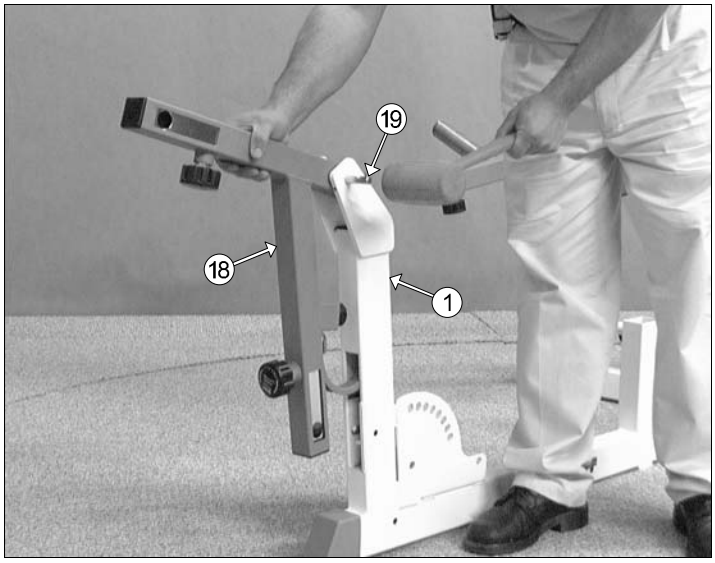


FIG. 21 Affix the **Leg Extension Arm (#18)**, in the position as shown above, to the **Base Frame (#1)** and secure it into place by inserting the **Leg Extension Axle 1/2 X 2 3/4 (#19)** through the **Base Frame (#1)** hole and the **Leg Extension Arm (#18)** receptacle until it becomes flush with both sides of the **Base Frame (#19)**.

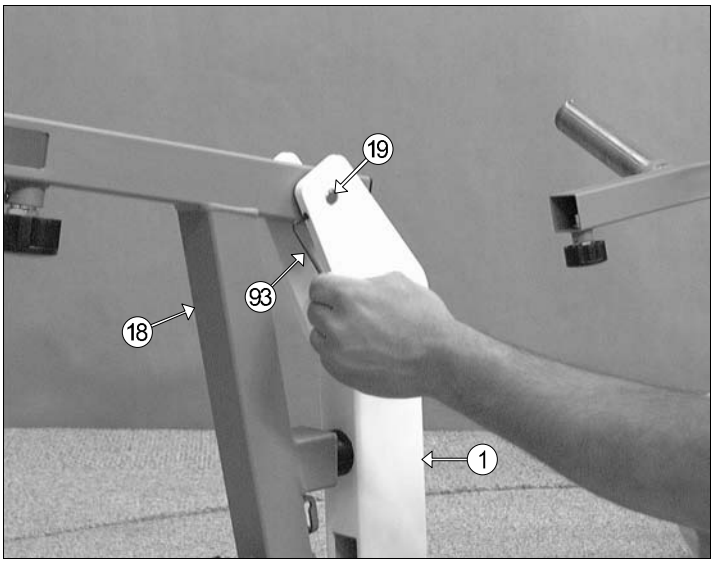


FIG. 22 Secure the **Leg Extension Axle 1/2 X 2 3/4 (#19)** to the **Base Frame (#1)** using two Set Screws 1/4-20 X 3/8 (#41). Use the supplied Hex Key 1/8" (#93) to fasten these Set Screws.

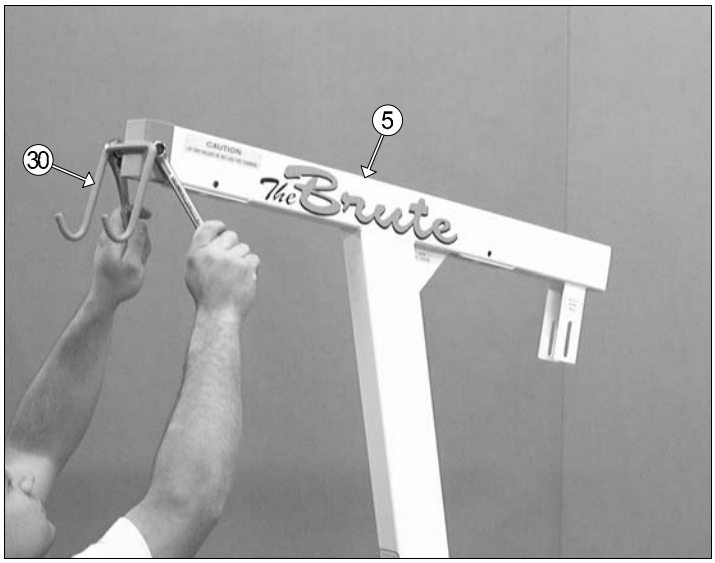


FIG. 23 Attach the **Lat Bar Holder (#30)**, in the position as shown above, to the **Main Frame (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#80), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85).

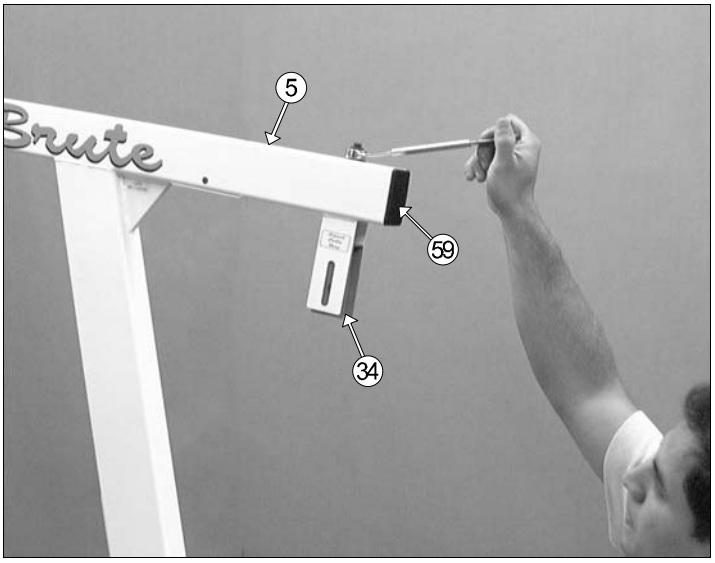


FIG. 24 Using a rubber mallet, insert a Plastic Insert Cap 2 X 3 (#59) into the tube-end of the **Main Frame (#5)**. Next, assemble the **Adjustable Pulley Bracket (#34)** to the **Main Frame (#5)**, in the position as shown above, and secure it into place using a Flat Washer SAE 1/2" (#68), and a Nylon Insert Lock Nut 1/2-13 (#74).

LOOSELY FASTEN

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

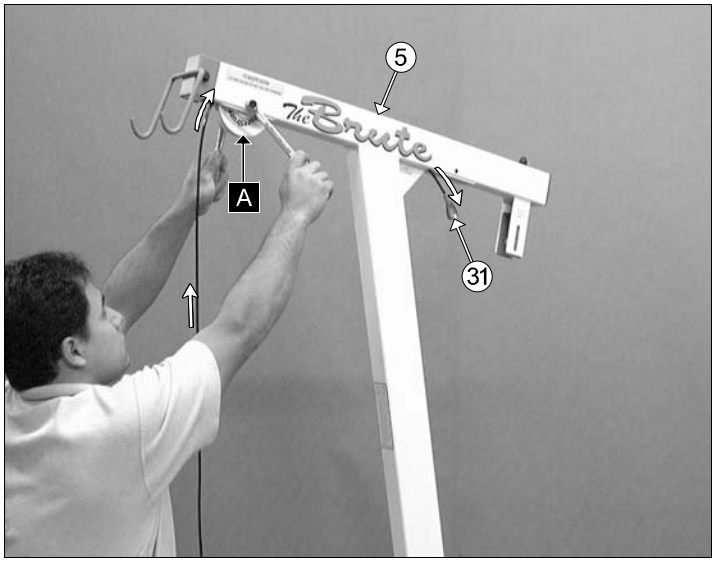


FIG. 25 Insert a Nylon Pulley 4 1/2 Rd. (#64-Labeled A) into the pulley bracket located on the **Main Frame (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#79), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85).

Begin routing the **Lat Cable (#31)** up and over the Nylon Pulley 4 1/2 Rd (#64-Labeled A) and into the tube of the **Main Frame (#5)**. Then, pull the **Lat Cable (#31)** down through the opening at the bottom of the **Main Frame (#5)**.

NOTE:

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Lat Cable (#31)*** *routing.*

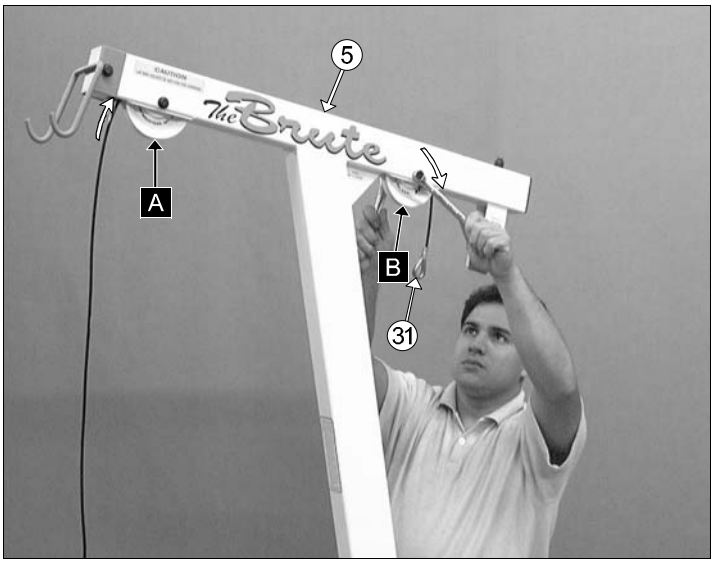


FIG. 26 Insert a Nylon Pulley 4 1/2 Rd. (#64-Labeled B) into the pulley bracket located at the bottom of the **Main Frame (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#79), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85).

NOTE:

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Lat Cable (#31)*** *routing.*

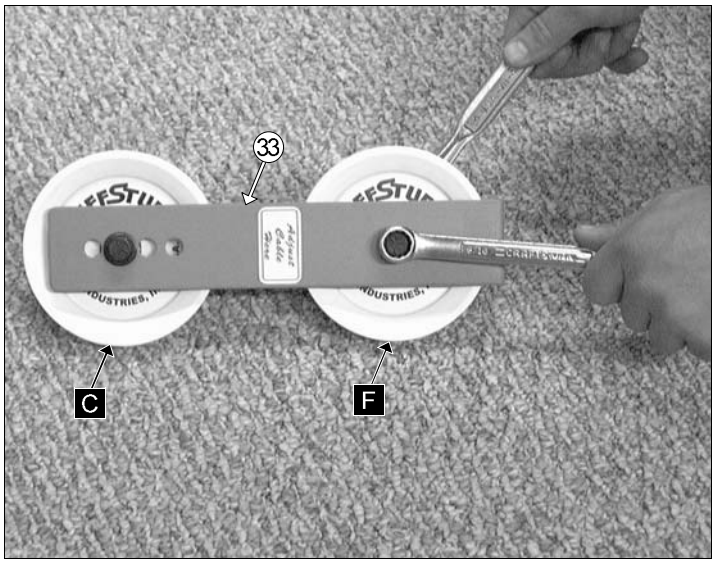


FIG. 27 Attach two Nylon Pulleys 4 1/2 Rd. (#64-Labeled C, F), in the position as shown above, to the **Closed-end Adj. Double Pulley Bracket (#33)** and secure them into place using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#77), four Flat Washers SAE 3/8" (#84), and two Nylon Insert Jam Lock Nuts 3/8-16 (#85).

NOTE:

Note: *The four holes on the* **Closed-end Adj. Double Pulley Bracket (#33)** *are used to adjust the cable tension once the cable routing has been completed.*

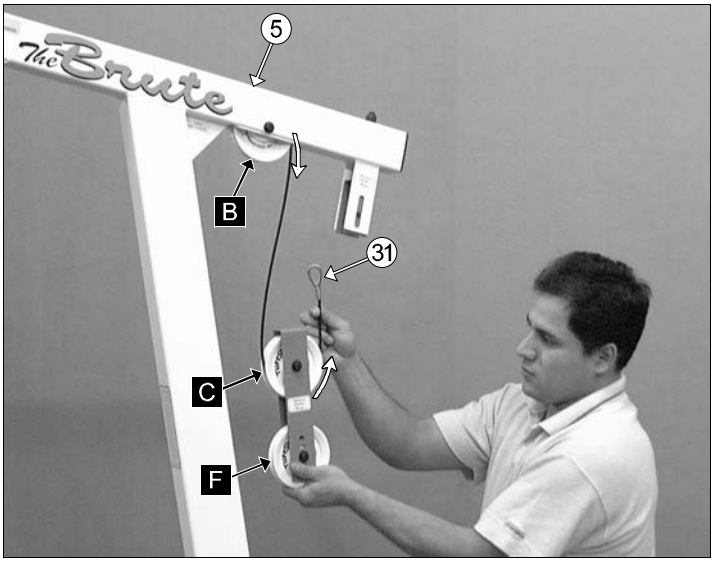


FIG. 28 Route the **Lat Cable (#31)** through the **Closed-end Adj. Double Pulley Bracket (#33)** and under the Nylon Pulley 4 1/2 Rd. (#64-Labeled C).

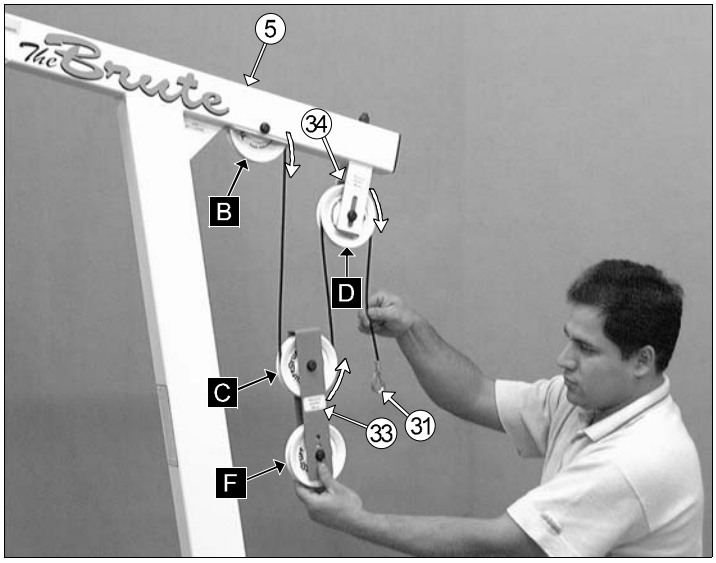


FIG. 29 Next, route the **Lat Cable (#31)** up into the **Adjustable Pulley Bracket (#34)**. Then, insert a Nylon Pulley 4 1/2 Rd. (#64-Labeled D) into the **Adjustable Pulley Bracket (#34)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 (#78), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85).

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 20 for further detailed illustration of the* ***Lat Cable (#31)*** *routing.*

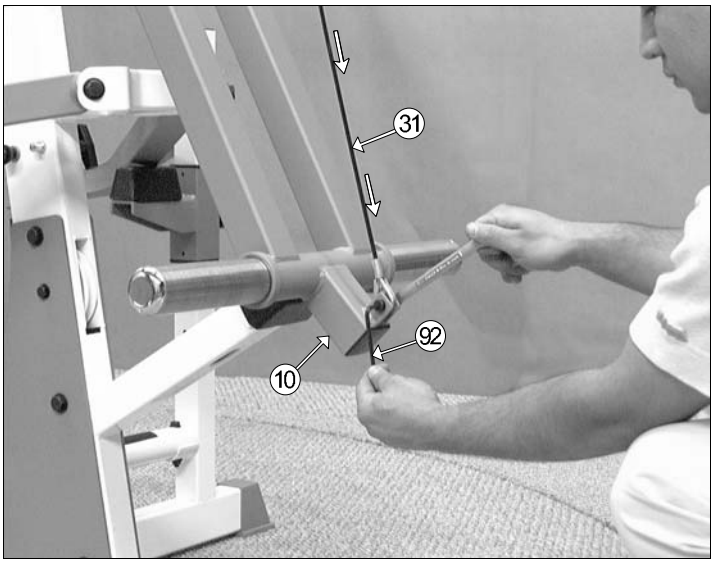


FIG. 30 Secure the looped end of the **Lat Cable (#31)** to the bracket of the **Weight Carriage (#10)** using one Shoulder Bolt 3/8 X 3/4 (#86), and one Nylon Insert Lock Nut 5/16-18 (#99).

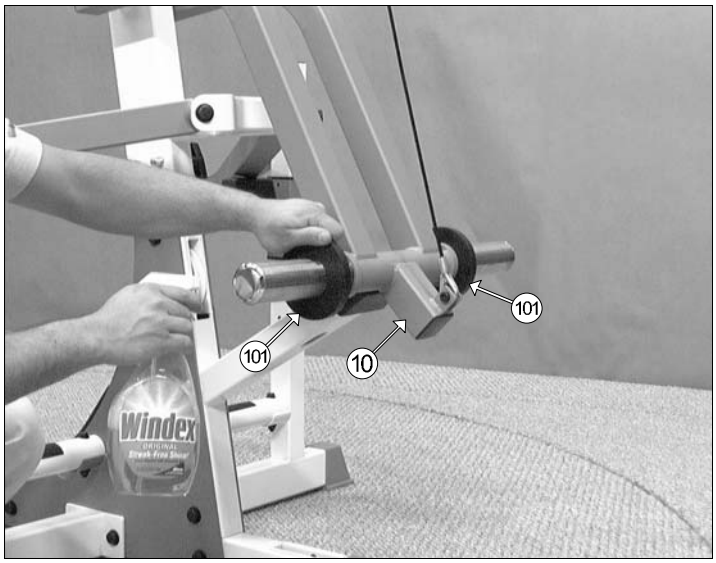


FIG. 31 Next, slide a Rubber Bumper Washer (#101) onto each of the weight prongs of the **Weight Carriage (#10)**.

Note: *To facilitate the insertion of these Rubber Bumper Washers (#101), use Windex or household glass cleaner.*

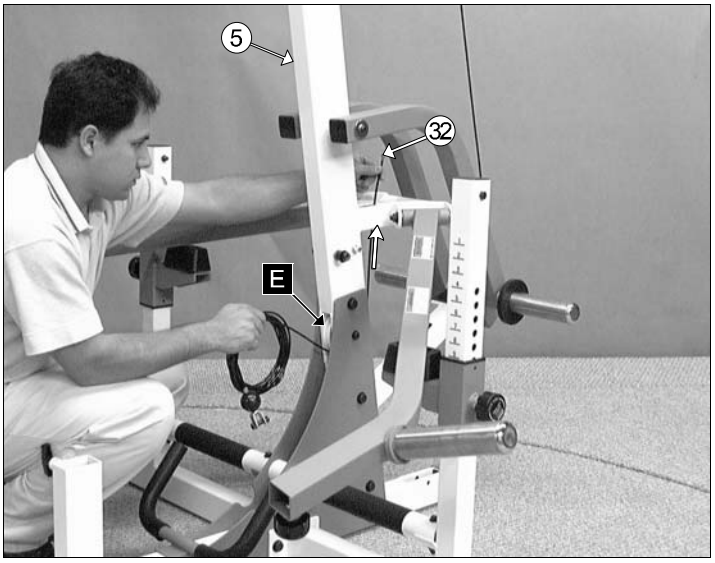


FIG. 32 Begin the routing of the **Leg Extension Cable (#32)** under the Nylon Pulley 4 1/2 Rd. (#64-Labeled E), then up and through the opening on the **Main Frame (#5).**

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Leg Extension Cable (#32)*** *routing.*

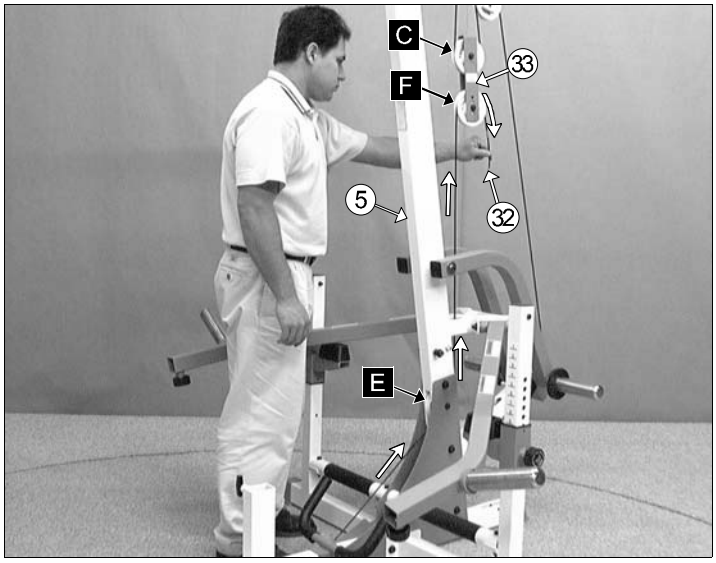


FIG. 33 Next, route the **Leg Extension Cable (#32)** up and over the Nylon Pulley 4 1/2 Rd. (#64-Labeled F).

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Leg Extension Cable (#32)*** *routing.*

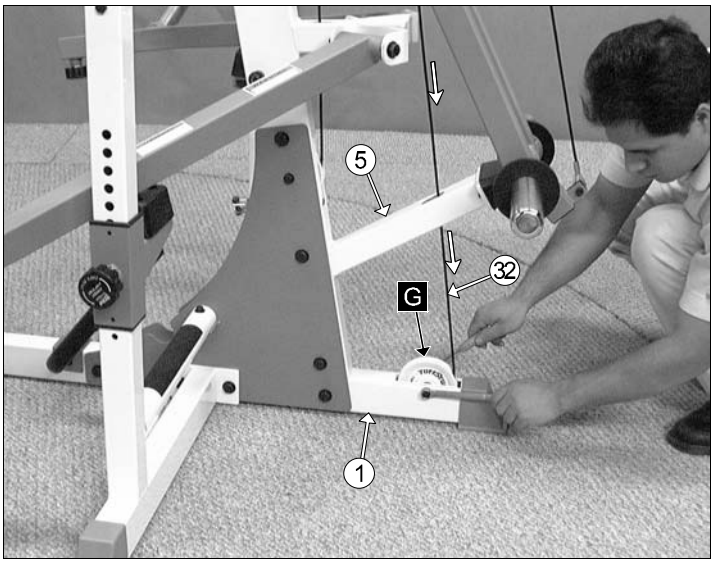


FIG. 34 Route the **Leg Extension Cable (#32)** down passing through the opening located on the **Main Frame (#5)**. Next, route the cable into the opening on the **Base Frame (#1)**. Then, insert a Nylon Pulley 4 1/2 Rd. (#64-Labeled G) into the pulley bracket of the **Base Frame (#1)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#79), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85).

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Leg Extension Cable (#32)*** *routing.*

Top View

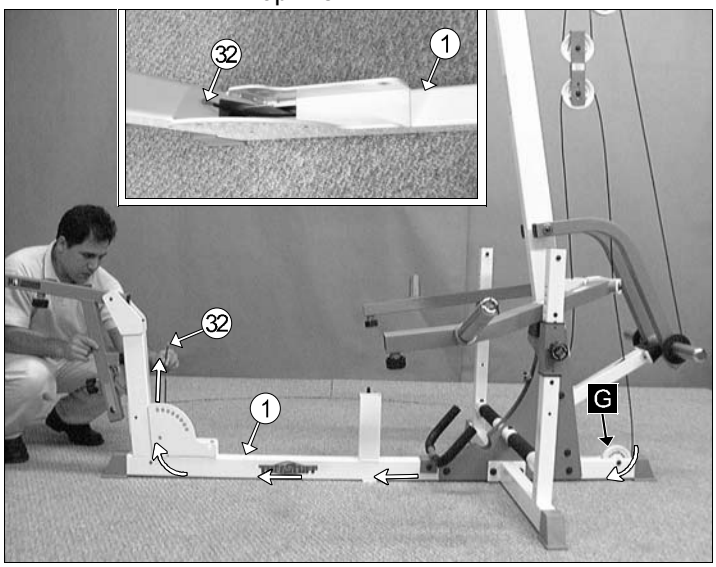


FIG. 35 Continue routing the **Leg Extension Cable (#32)** through the tube of the **Base Frame (#1)**. Then, pull the Cable up through the opening located at the top of the **Base Frame (#1)**. Using Long-Reach Needle-Nose Pliers may facilitate pulling out the cable.

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Leg Extension Cable (#32)*** *routing.*

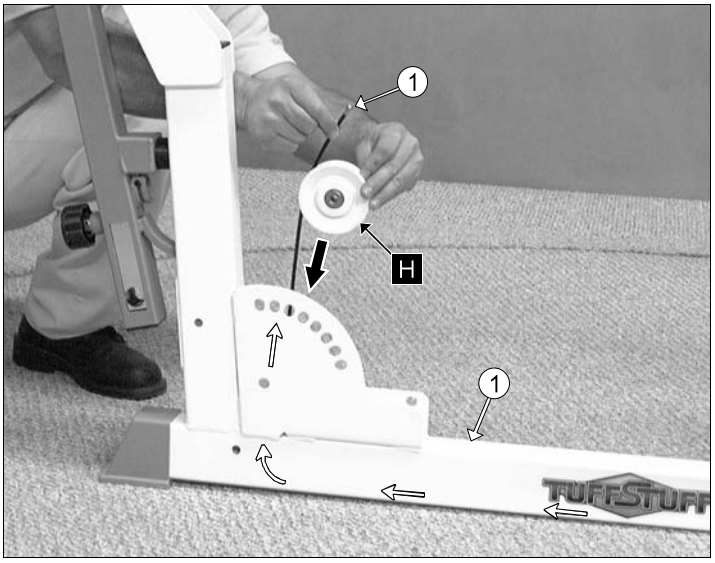


FIG. 36 Locate a Nylon Pulley 3 1/2 (#65), and insert it into the hidden pulley bracket located on the **Base Frame (#1)**, as illustrated above.

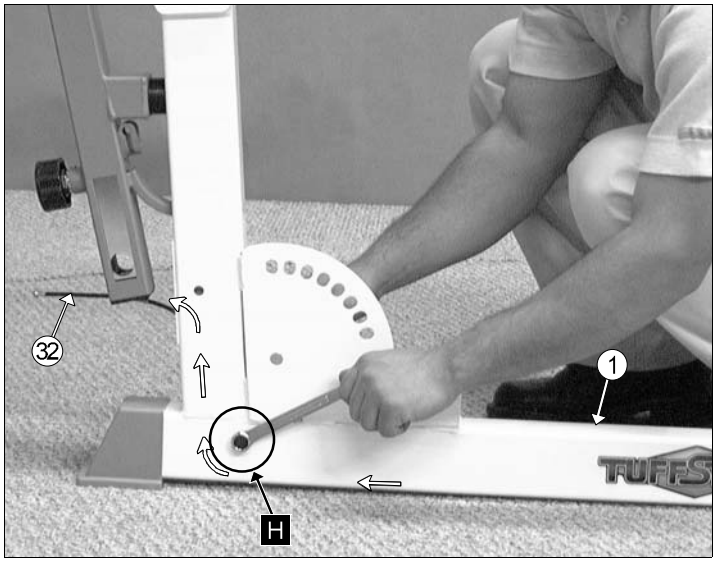


FIG. 37 Secure the Nylon Pulley 3 1/2 Rd. (#65-Labeled H) into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#79), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85). Be sure the cable is routed properly into the pulleys groove following the path as illustrated with the arrows .

Note: *Refer to* ***Fig D*** *on page 20 for further clarification of this assembly.*

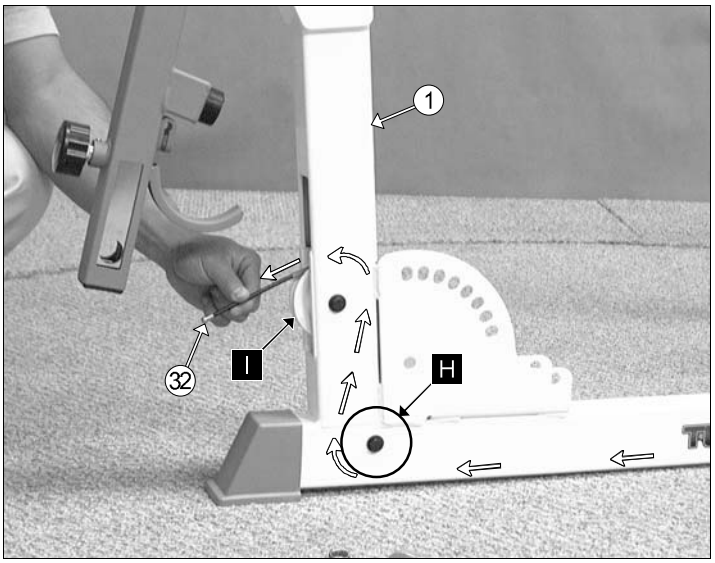


FIG. 38 Next, insert a Nylon Pulley 3 1/2 Rd. (#65-Labeled I) into the pulley bracket located in front of the **Base Frame (#1)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#79), two Flat Washers SAE 3/8" (#84), and one Nylon Insert Jam Lock Nut 3/8-16 (#85). Be sure the cable is routed properly into the pulleys groove following the path as illustrated with the arrows .

Note: *Refer to* ***Fig D*** *on page 20 for further clarification of this assembly.*

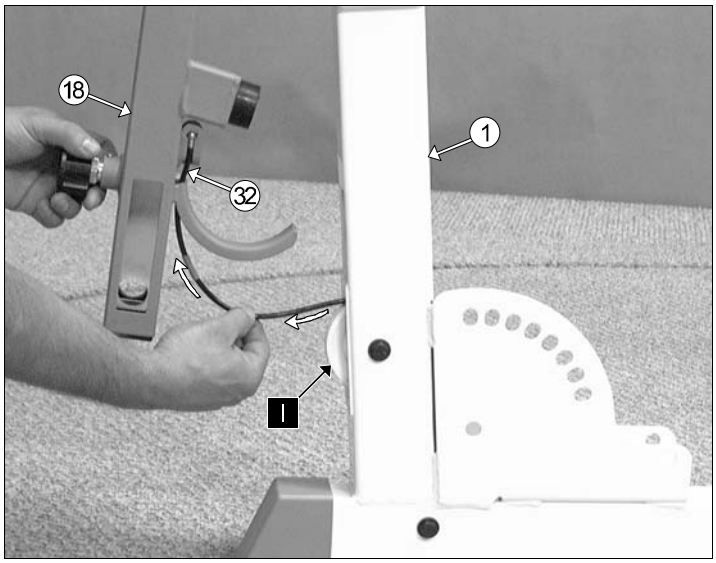


FIG. 39 Route the **Leg Extension Cable (#32)** to the **Leg Extension Arm (#18)** following the path illustrated with the arrows.

Note: *Refer to the Cable Mapping Diagram on page 20 for further detailed illustration of the* ***Leg Extension Cable (#32)*** *routing.*

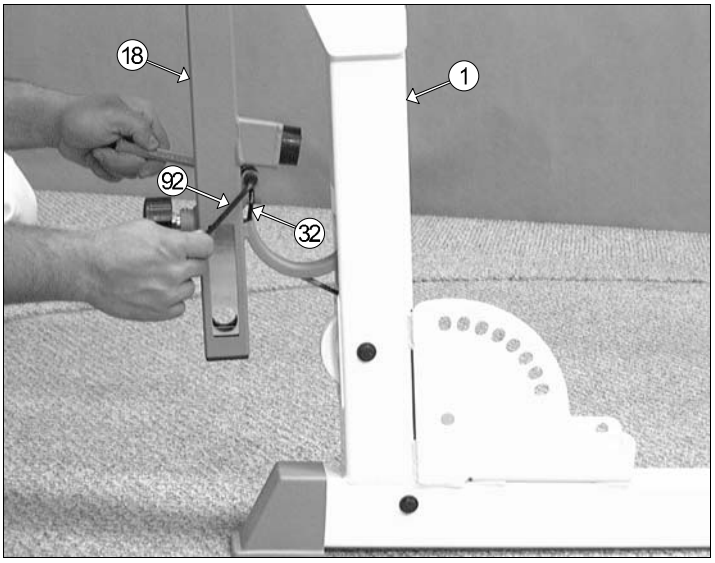


FIG. 40 Confine the **Leg Extension Cable (#32)** within the strap bracket welded to the **Leg Extension Arm (#18)** using a Shoulder Bolt 3/8 X 3/4 (#86), and a Nylon Insert Lock Nut 5/16-18 (#99). Use the supplied Hex Key 3/16" (#92) and a 1/2" combination wrench to fasten this assembly properly.

NOTE: ***Note:*** *Refer to* ***Fig C*** *on page 19 for further clarification of this assembly.*

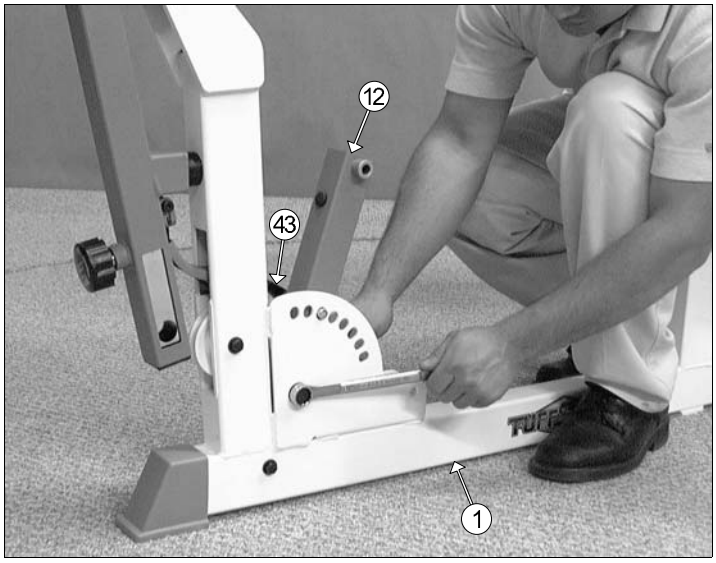


FIG. 41 Affix the **Seat Frame Adjustable Pivot Arm (#12)**, in the position as shown above, to the **Base Frame (#1)** and secure it into place using one Hex Head Cap Screw 1/2-13 X 3 1/4 (#69), two Flat Washers SAE 1/2" (#68), and one Nylon Insert Jam Lock Nut 1/2-13 (#75).

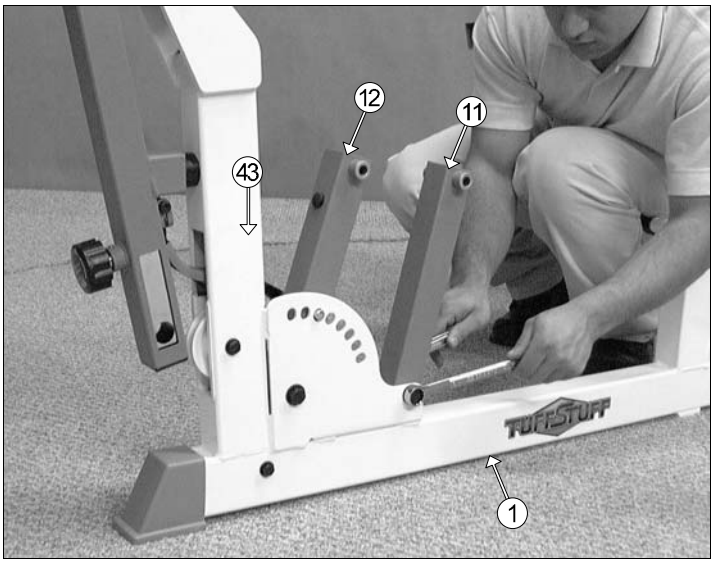


FIG. 42 Next, affix the **Seat Frame Pivot Arm (#11)**, in the position as shown above, to the **Base Frame (#1)** and secure it into place using one Hex Head Cap Screw 1/2-13 X 3 1/4 (#69), two Flat Washers SAE 1/2" (#68), and one Nylon Insert Jam Lock Nut 1/2-13 (#75).

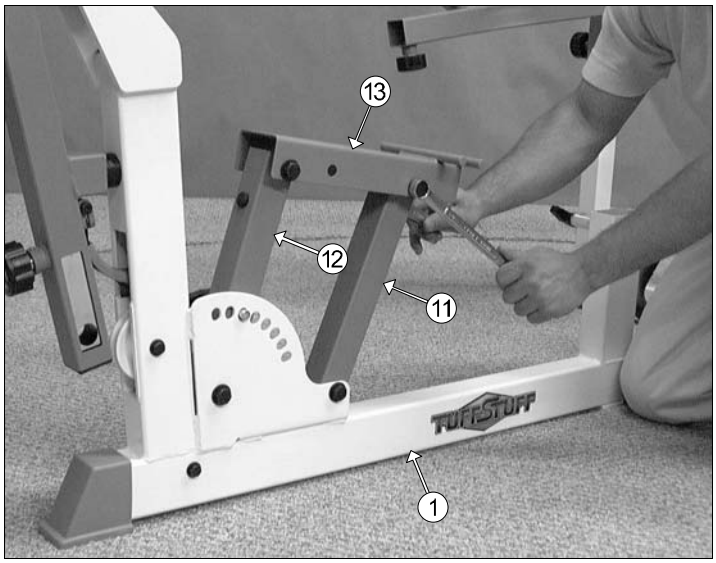


FIG. 43 Mount the **Channel Seat Frame (#13)**, in the position as shown above, onto the **Seat Frame Pivot Arms (#11, #12)** and secure it into place using two Hex Head Cap Screws 1/2-13 X 4 (#71), four Flat Washers SAE 1/2" (#68), and two Nylon Insert Jam Lock Nuts 1/2-13 (#75).

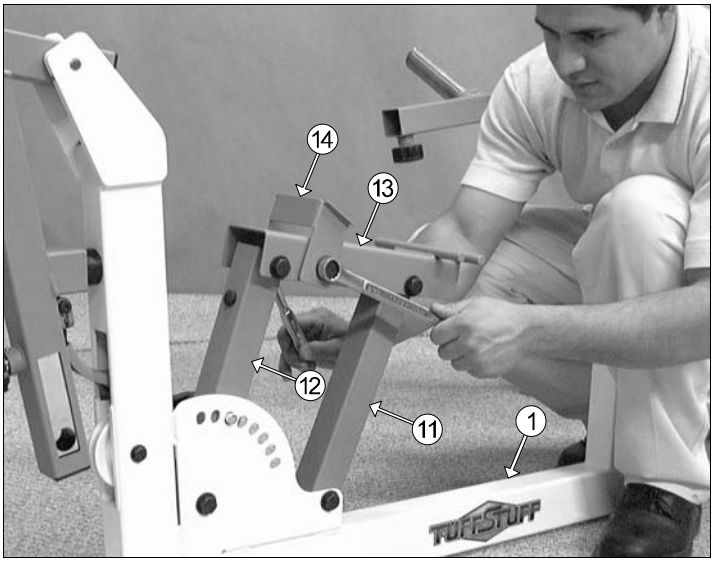


FIG. 44 Attach the **Seat Elevation Bracket (#14)**, in the position as shown above, to the **Channel Seat Frame (#13)** and secure it into place using one Hex Head Cap Screw 1/2-13 X 4 1/4 (#72), two Flat Washers SAE 1/2" (#68), and one Nylon Insert Jam Lock Nut 1/2-13 (#75).

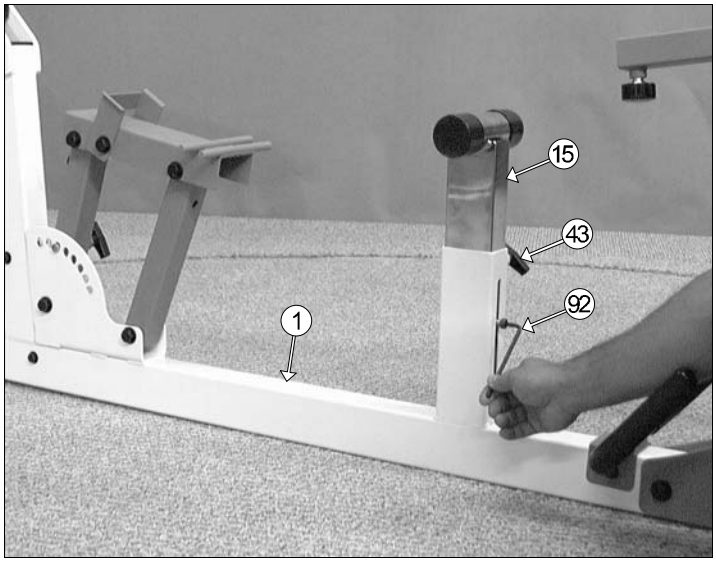


FIG. 45 Insert the **Incline Bench Elevation Tube (#15)**, in the position as shown above, into the receptacle located on the **Base Frame (#1)**. Be sure to disengage the Push Pull Pin 1/2 X 3 1/2 (#43) as you begin inserting the **Incline Bench Elevation Tube (#15)** into the **Base Frame (#1)**.

Confine the **Incline Bench Elevation Tube (#15)** within the **Base Frame (#1)** receptacle using the Shoulder Bolt 3/8 X 3/4 (#86). Use the supplied Hex Hey 3/16" (#92) to fasten the Shoulder Bolt 3/8 X 3/4 (#86).

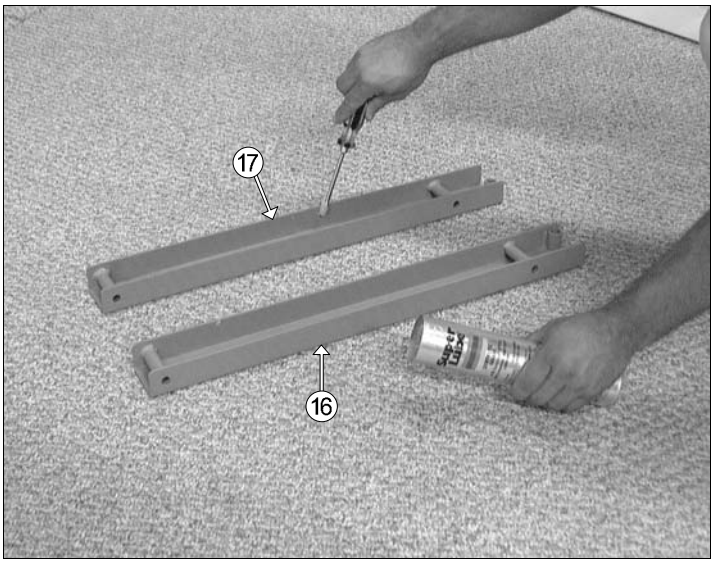


FIG. 46 Locate the left and right **Incline Bench Channels (#16, #17)** and apply a thin coat of grease to the inside walls of the Channels.

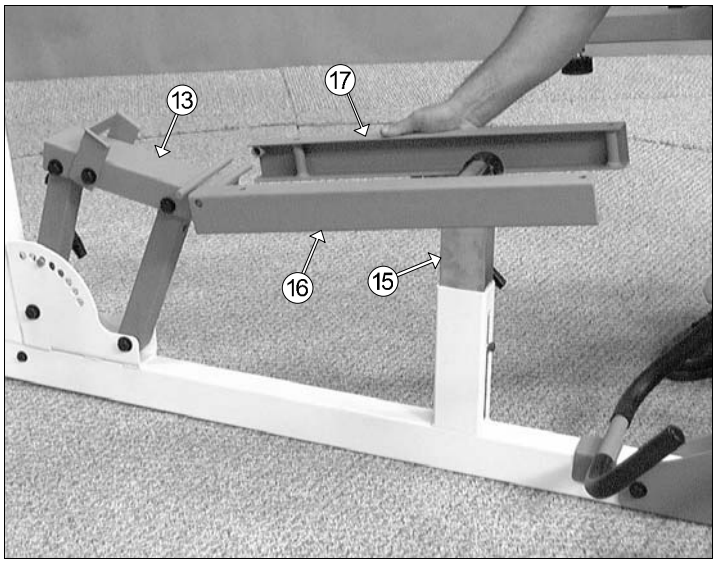


FIG. 47 Connect the left and right **Incline Bench Channels (#16, #17)**, in the position as shown above, to the **Channel Seat Frame (#13)** and the **Incline Bench Elevation Tube (#15)**.

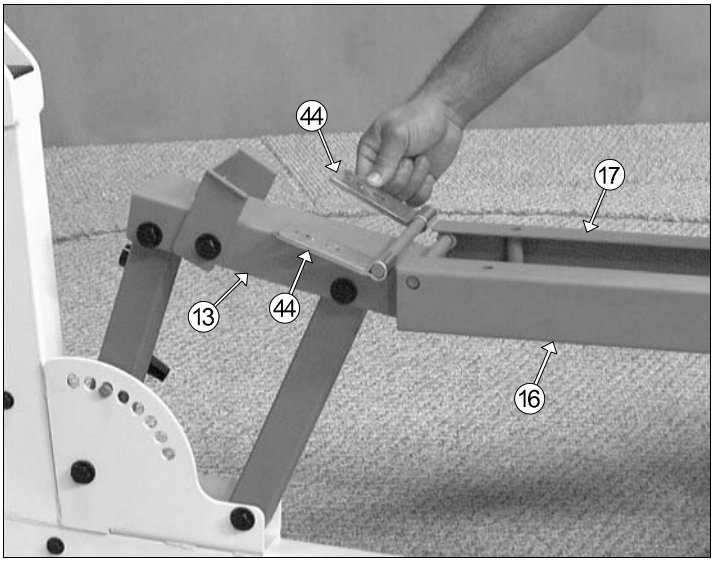


FIG. 48 Attach the two Metal Hinges (#44) to the axle of the **Channel Seat Frame (#13)**. Be sure to position the Metal Hinges (#44) as shown above.

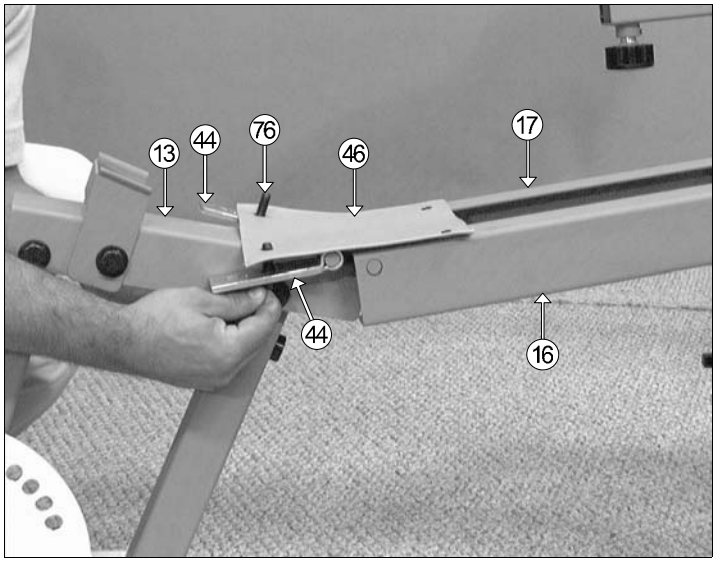


FIG. 49 Place the **Seat and Back Pad Cover (#46)** on top of the **Incline Bench Channels (#16, #17)** and the **Channel Seat Frame (#13)**.

The picture depicts position of the Hex Head Cap Screws 3/8-16 X 1 1/4 (#76) passing through the Metal Hinges (#44) and the **Seat and Back Pad Cover (#46).**

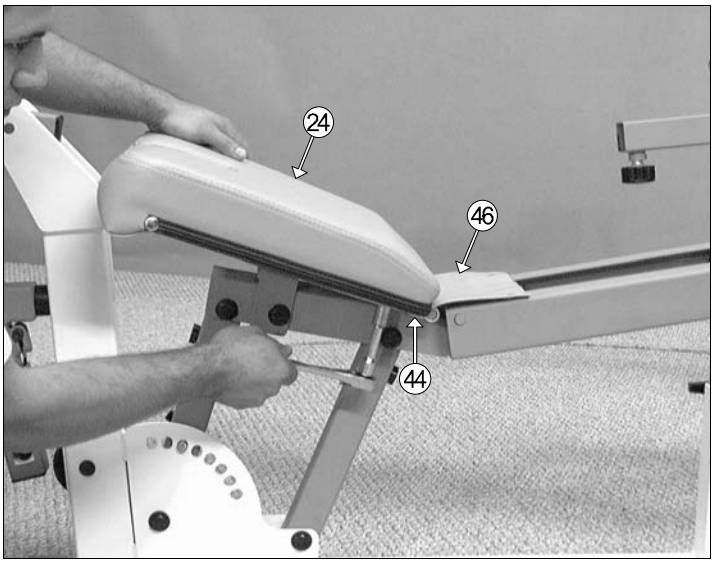


FIG.50 Attach the **Seat Pad (#24)** to the **Cover (#46)** and the Metal Hinges (#44) using the previously described Hex Head Cap Screws 3/8-16 X 1 1/4 (#76), and two Flat Washers SAE 3/8" (#84).

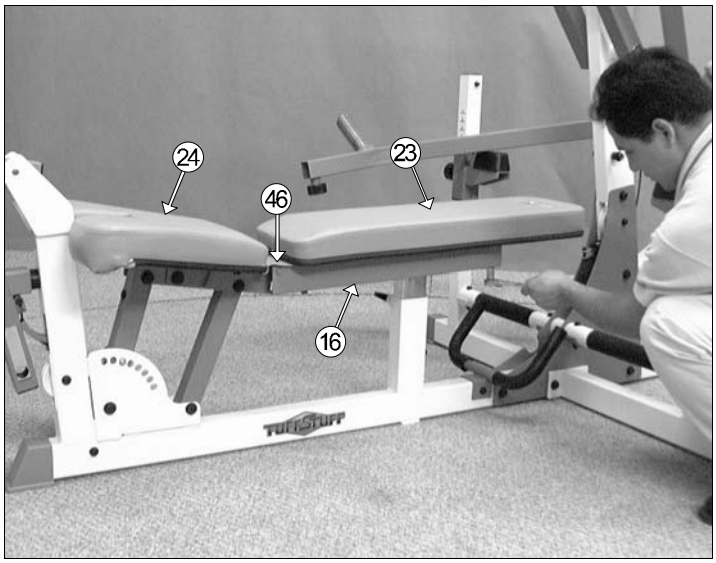


FIG. 51 Attach the **Flat Incline Pad (#23)**, in the position as shown above, to the **Cover (#46)** and the left and right **Incline Bench Channels (#16, #17)** using four Hex Head Cap Screws 3/8-16 X 3 1/2 (#82), and four Flat Washers SAE 3/8" (#84).

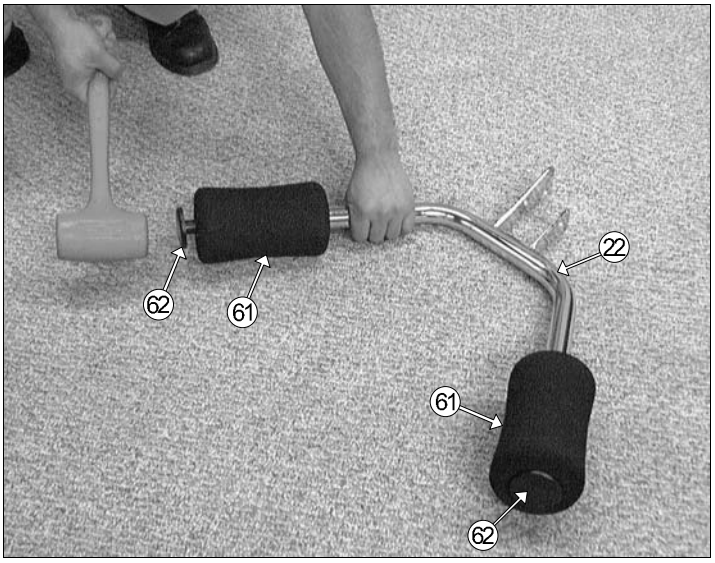


FIG. 52 Insert two Foam Foot Rolls 1 X 4 X 7 (#61) onto the tube-ends of the **Leg Hold Down Frame (#22)**. Next, using a rubber mallet, insert two Foot Roll Plastic End Caps 1" (#62) into the tube-ends of the **Leg Hold Down Frame (#22).**

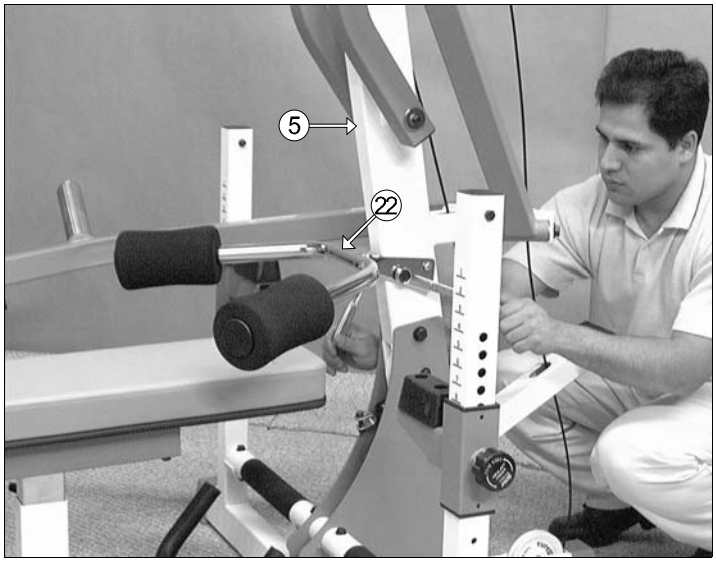


FIG. 53 Affix the **Leg Hold Down Frame (#22)**, in the position as shown above, to the **Main Frame (#1)** using one Hex Head Cap Screw 1/2-13 X 3 1/2 (#70), two Flat Washers SAE 1/2" (#68), two Nylon Flat Washers 1/2" (#66), and one Nylon Insert Jam Lock Nut 1/2-13 (#75).

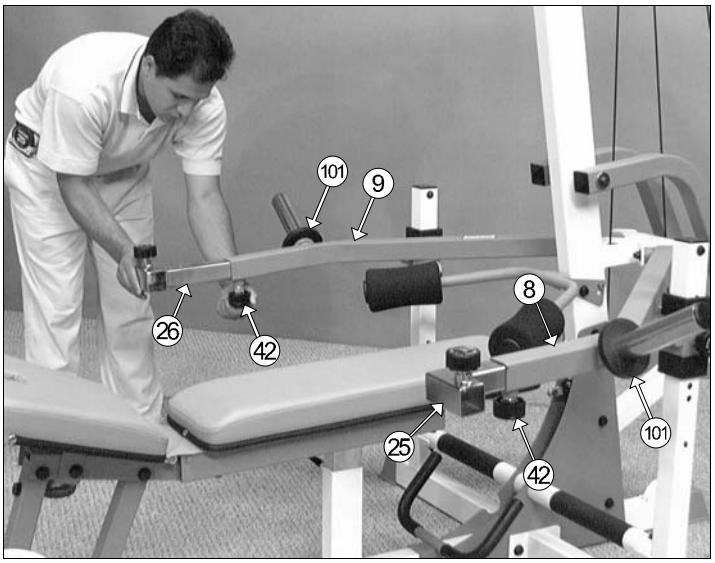


FIG. 54 Slide a Rubber Bumper Washer (#101) onto each of the weight prongs of the **Press Arms (#8, #9)**.

Note: *To facilitate the insertion of these Rubber Bumper Washers (#101), use Windex or household glass cleaner.*

Locate the left and right **Extension Arm Tubes (#25, #26)** and insert them into the receptacles of the left and right **Press Arms (#8, #9)**. Be sure to disengage the Turn/Pull Pin w/Knob (#42) as you insert the **Extension Arm Tubes (#25, #26)** into the receptacles of the left and right **Press Arms (#8, #9)**.

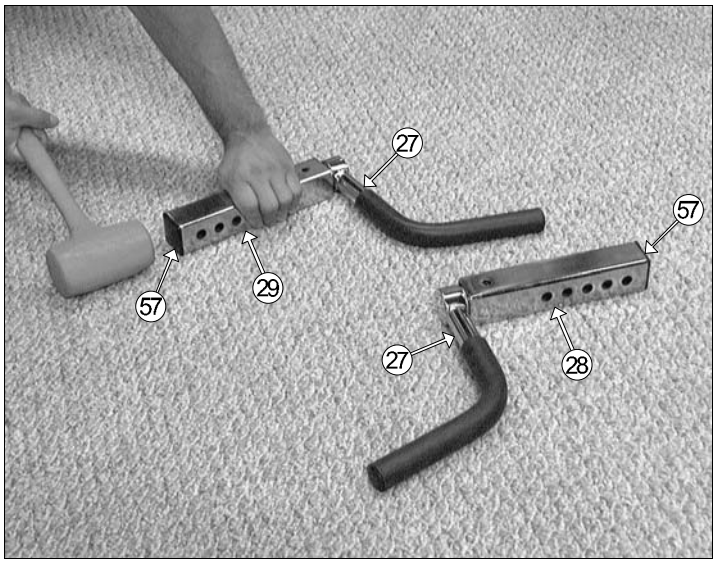


FIG. 55 Locate the assembled **Press Arm Handles (#27)** and, using a rubber mallet, insert two Plastic Insert Caps 1 3/4" Sq. (#57) into the tube-ends of the left and right **Handle Housing Tubes (#28, #29)**.

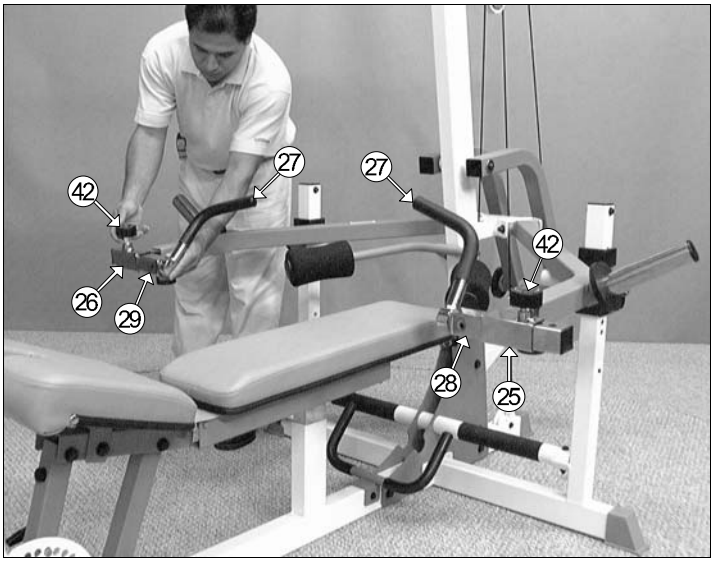


FIG. 56 Insert the left and right **Handle Housing Tubes (#28, #29)** into the receptacles of the left and right **Extension Arm Tubes (#25, #26).** Be sure to disengage the Turn/Pull Pin w/Knob (#42) as you insert the **Handle Housing Tubes (#28, #29)** into the receptacles of the left and right **Extension Arm Tubes (#25, #26).**

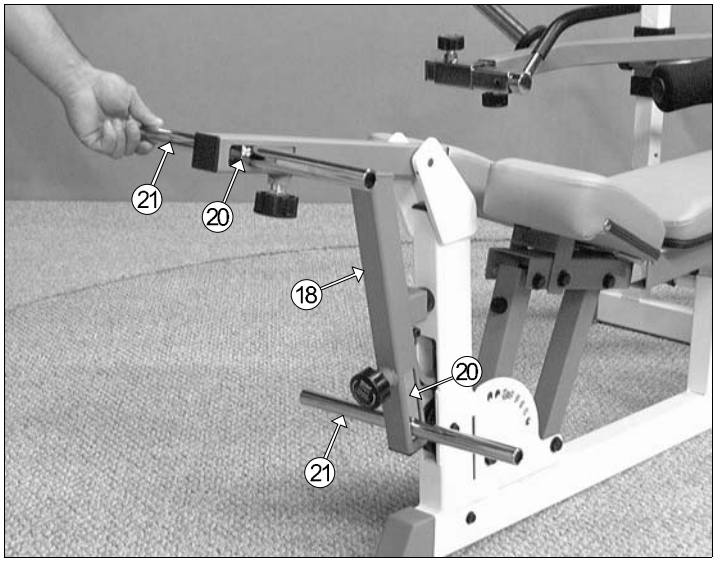


FIG. 57 Insert the two **Foot Roll Tubes (#21)** into the receptacles on the two **Adjustable Foot Roll Tube Housings (#20)**, as shown above.

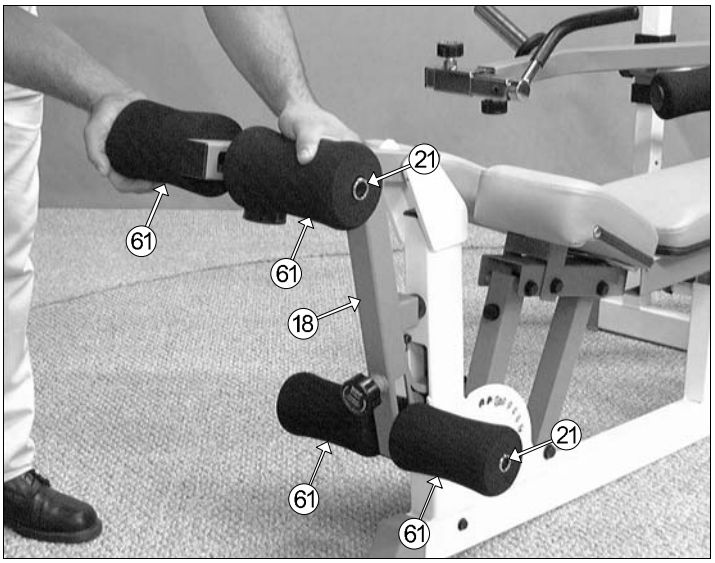


FIG. 58 Next, insert one Foam Foot Roll 1 X 4 X 7 (#61), in the position as shown above, onto each tube end of the two **Foot Roll Tubes (#21)**.

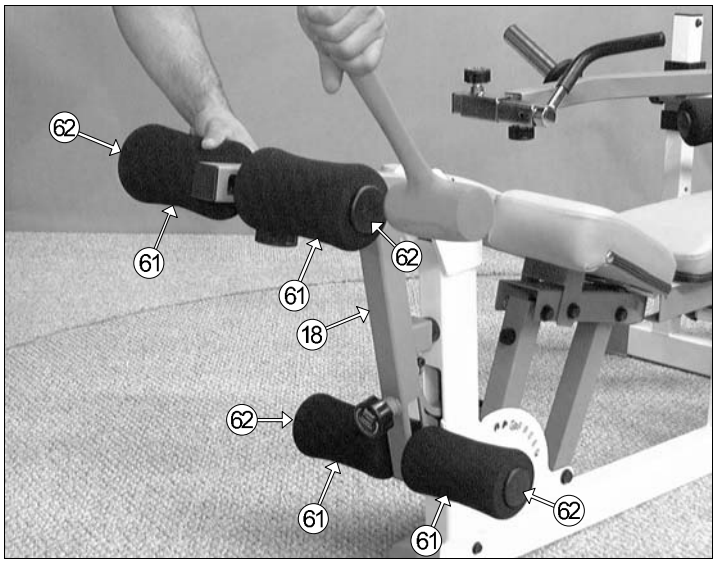


FIG. 59 Using a rubber mallet, insert one Foot Roll Plastic End Cap 1" (#62), in the position as shown above, into each tube end of the two **Foot Roll Tubes (#21)**.

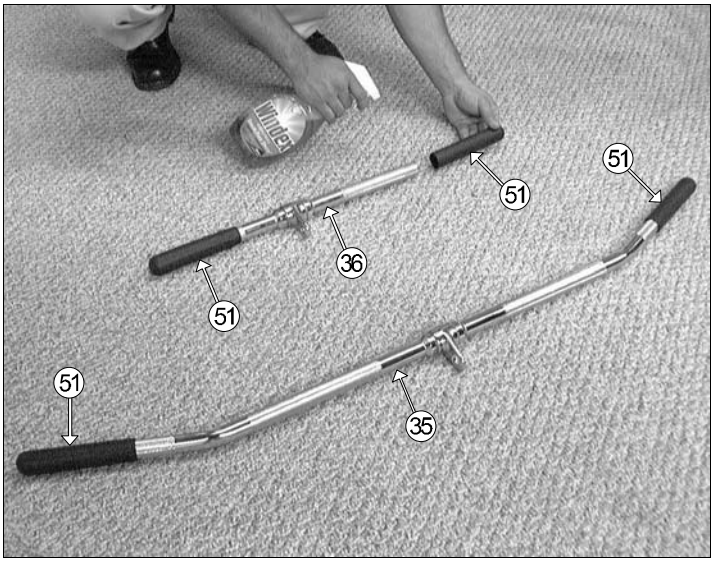


FIG. 60 Insert a Rubber Grip 1 x 6 1/4 (#51) over each one of the tube-ends of the Low Row Bar 20" (#36), and the Lat Bar 48" (#35), as shown above.

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

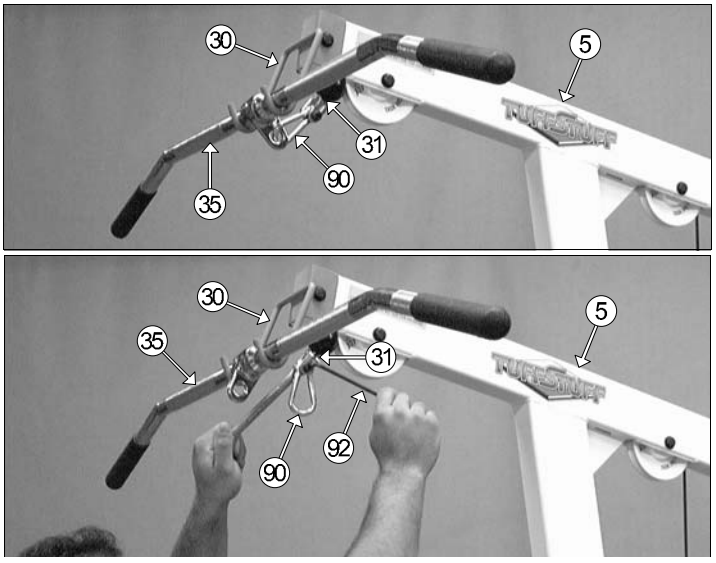


FIG. 61 Next, attach a Snap Link (#90) to the **Lat Cable (#31)**, in the position as shown above, and secure it into place using one Shoulder Bolt 3/8 X 3/4 (#86), and one Nylon Insert Lock Nut 5/16-18 (#99). Use the supplied Hex Key 3/16" (#92) and a 1/2" combination wrench to fasten this assembly properly.

Note: *Refer to Fig A on page 19 for further illustration of this assembly.*

Connect the **Lat Bar (#35)** to the **Lat Cable (#31)** using the Snap Link (#90). Rest the **Lat Bar (#35)** onto the **Lat Bar Holder (#30)** when not in use.

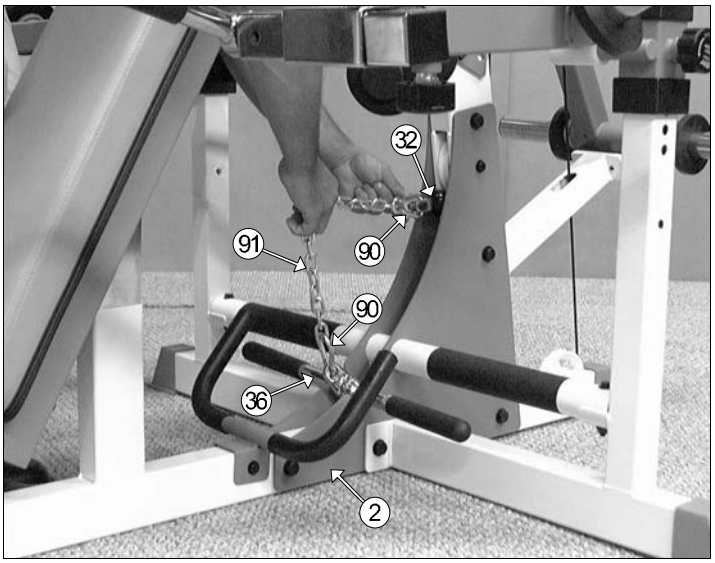


FIG. 62 Locate the Coil Chain 3/16 X 21 (#91), two Snap Links (#90) and attach them to the **Low Row Bar (#36)** and the **Leg Extension Cable (#32)**, as shown above.

Rest the **Low Row Bar (#36)** onto the notch located on **Triangular Reinforcement Plates** when not in use.

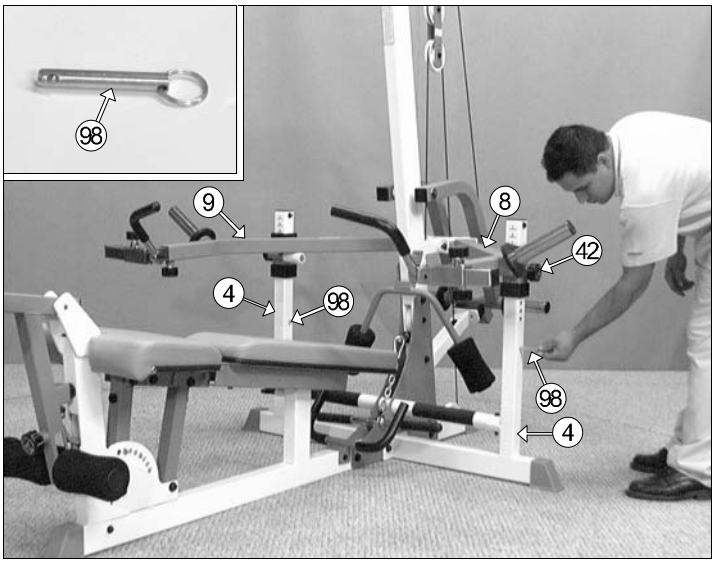
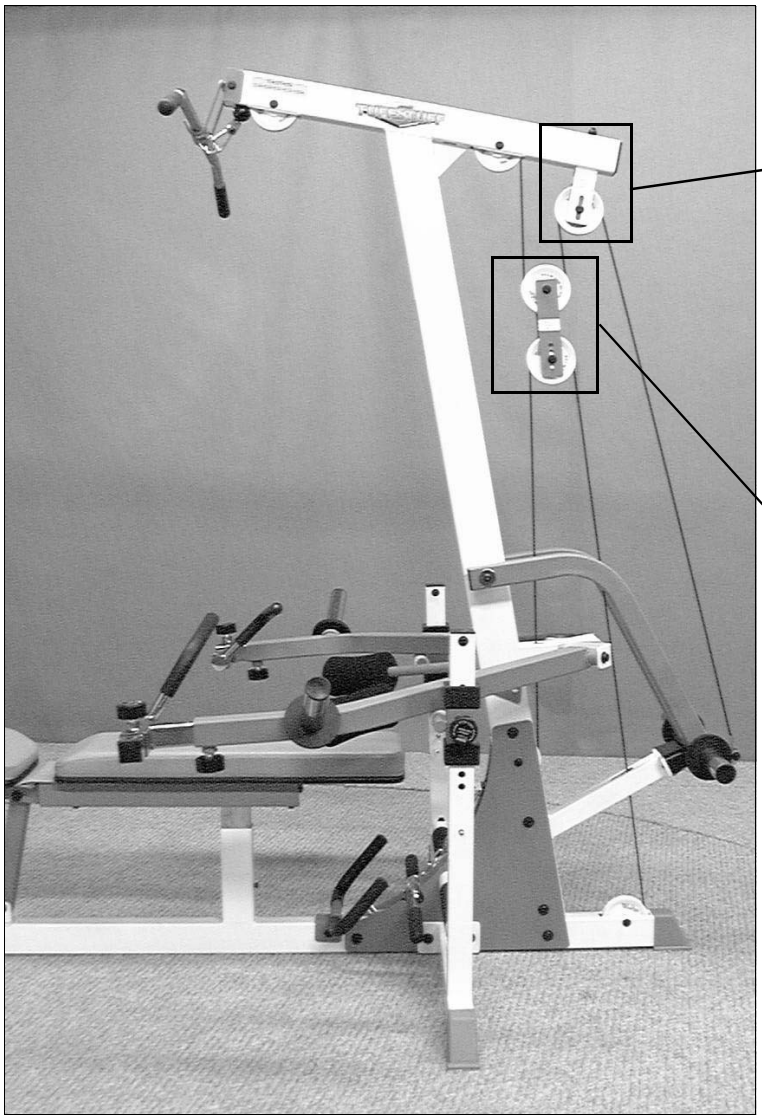


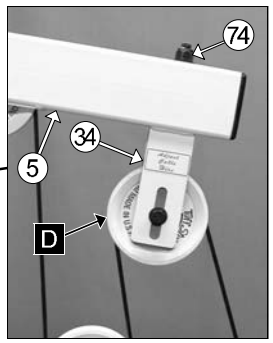
FIG. 63 Insert a Ring-Grip Self-Locking Pin (#98) into the bottom hole of the two **Stabilizers (#4)**, as shown above. Use these Ring-Grip Self-Locking Pins (#98) at all times to prevent the **Press Arms (#8, #9)** from falling beyond this point in case of accidental releasing of the Turn/Pull Pins (#42)

BRT-1 CABLE ADJUSTMENT DIAGRAM

It is imperative that you maintain the cables properly adjustment to ensure a safe and smooth operation.

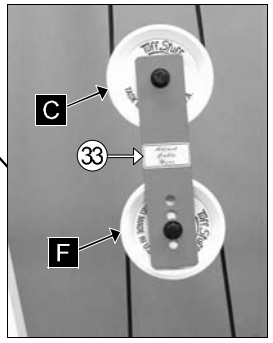
Cables should be inspected and adjusted periodically to avoid any slack in the cables which would, consequently, prevent any damage to the equipment or personal injury.





Minor Cable Adjustment

1. Loosen the hardware that holds the Nylon Pulley (#64-Labeled D) to the **Main Frame's (#5)** pulley bracket.
2. Thread in or out the Nylon Insert Lock (#74) to give the cable proper tension.
3. Re-tighten the hardware that holds the Nylon Pulley (#64-Labeled D) to the **Main Frame's (#5)** pulley bracket to complete the cable adjustment.



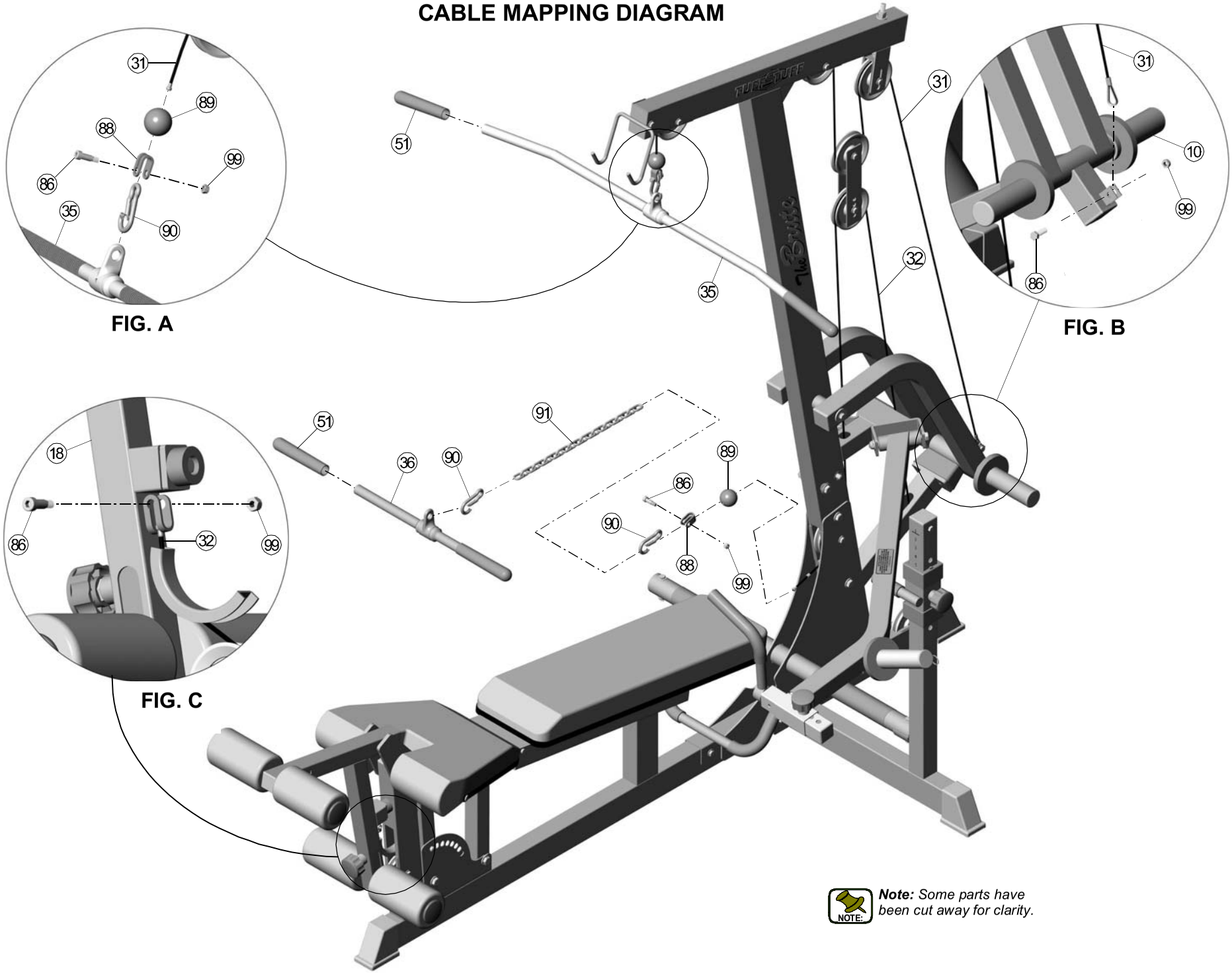
Major Cable Adjustment

1. Remove the hardware from the Nylon Pulley (#64-Labeled F).
2. By interchanging the Nylon Pulley (#64-Labeled F) to the next adjustment hole within the **Closed-end Adj. Double Pulley Bracket (#33)** it will make one inch cable adjustment.
3. Re-tighten the hardware for the Nylon Pulley (#64-Labeled F) to complete the cable adjustment.

FULLY FASTEN

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

CABLE MAPPING DIAGRAM



CABLE MAPPING DIAGRAM

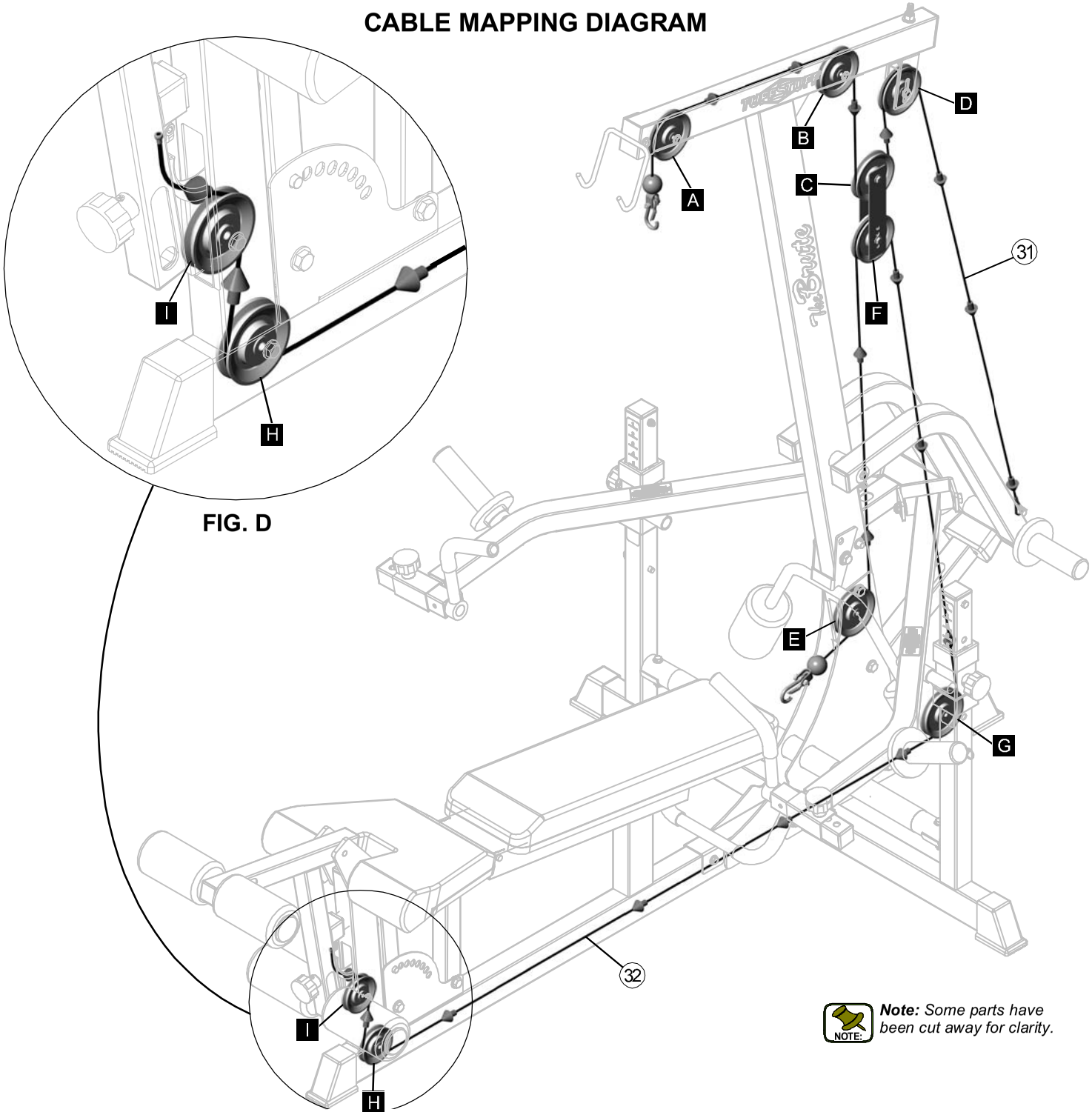


FIG. D

Note: *Some parts have been cut away for clarity.*

COLOR CHART
GRAY= SUB-ASSEMBLY PARTS
BLACK= HARDWARE

BRT-1 PARTS LIST

Item No.	Description	Part No.	Qty
1	**BASE FRAME**	**UP745**	**1**
2	**TRIANGULAR REINFORCEMENT PLATE RIGHT**	**UP843**	**1**
3	**FOOT SUPPORT**	**UP747**	**1**
4	**STABILIZER**	**UP748**	**2**
5	**MAIN FRAME**	**UP749**	**1**
6	**PRESS ARM HOLDER**	**UP750**	**2**
7	**PIVOT AXLE 1 X 8-1/8**	**UP751**	**1**
8	**LEFT PRESS ARM**	**UP752**	**1**
9	**RIGHT PRESS ARM**	**UP753**	**1**
10	**WEIGHT CARRIAGE**	**UP754**	**1**
11	**SEAT FRAME PIVOT ARM**	**UP755**	**1**
12	**SEAT FRAME ADJUSTABLE PIVOT ARM**	**UP756**	**1**
13	**CHANNEL SEAT FRAME**	**UP757**	**1**
14	**SEAT ELEVATION BRACKET**	**UP758**	**1**
15	**INCLINE BENCH ELEVATION TUBE**	**UP759**	**1**
16	**LEFT INCLINE BENCH CHANNEL**	**UP255**	**1**
17	**RIGHT INCLINE BENCH CHANNEL**	**UP254**	**1**
18	**LEG EXTENSION ARM**	**UP760**	**1**
19	**PIVOT AXLE 1/2 X 2-3/4**	**UP373**	**1**
20	**ADJUSTABLE FOOT ROLL TUBE**	**UP761**	**2**
21	**FOOT ROLL TUBE 1 X 16**	**UP053**	**2**
22	**LEG HOLD DOWN FRAME**	**UP762**	**1**
23	**BACK PAD**	**UP256**	**1**
24	**SEAT PAD**	**UP763**	**1**
25	**LEFT EXTENSION ARM TUBE**	**UP764**	**1**
26	**RIGHT EXTENSION ARM TUBE**	**UP765**	**1**
27	**PRESS ARM HANDLES**	**UP766**	**2**
28	**LEFT HANDLE HOUSING TUBE**	**UP767**	**1**
29	**RIGHT HANDLE HOUSING TUBE**	**UP768**	**1**
30	**LAT BAR HOLDER**	**UP327**	**1**
31	**LAT CABLE**	**UP769**	**1**
32	**LEG EXTENSION CABLE**	**UP770**	**1**
33	**CLOSED-END ADJ. DOUBLE PULLEY BRACKET**	**UP689**	**1**
34	**ADJUSTABLE PULLEY BRACKET**	**UP368**	**1**
35	**LAT BAR 48"**	**BNH0295**	**1**
36	**LOW ROW BAR 20"**	**BNH0294**	**1**
37	**BASE FRAME HANDLES**	**UP774**	**1**
38	BRONZE BUSHING 1 X 1-1/4 X 3/4 X 1-1/2 X 1/8	BNH0527	4
39	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8	BNH0528	12
40	SAFETY TAPE ANTI-SLIP 4 X 10	BNH1086	2
41	SOCKET SET SCREW ALLOY 1/4-20 X 3/8	BNH0772	2
42	TURNTURN/PULL PIN W/KNOB AND LOCK	BNH0989	8
43	PUSH PULL PIN 1/2 X 3-1/2	BNH0520	3
44	METAL HINGE	BNH0046	2
45	RUBBER GRIP 1 ID X .125 X 10	BNH0968	4
46	**SEAT AND BACK PAD COVER**	**UP775**	**1**
47	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 2	BNH1138	2
48	URETHANE BUMPER	BNH0244	2
49	FLAT PHILLIPS MACHINE SCREW 8-24 X 1/4	BNH0408	8
50	RUBBER BUMPER 2 1/2 X 4 3/4 X 2	BNH0496	3
51	RUBBER GRIP 1 X 6 1/4	BNH0296	4
52	FLANGED BEARING 1/2 X 1.253 X .386	BNH1081	4
53	RUBBER BUMPER 3/8 X 1-1/2	BNH0514	1
54	PLASTIC END CAP W/GROOVE 3 X 2 GREY	BNH0134	4
55	CHROME CAP 1 7/8" RD	BNH1016	4
56	PLASTIC END CAP 2" RD.	BNH0001	2
57	PLASTIC INSERT CAP 1-3/4" SQ. 10-14 GA.	BNH0053	5
58	PLASTIC INSERT CAP 2" SQ. 10-14 GA.	BNH0012	5
59	PLASTIC INSERT CAP 2 X 3 11-14 GA	BNH0052	2
60	PLASTIC INSERT CAP 1" RD. 10-12 GA.	BNH0002	4
61	FOAM FOOT ROLL 1 X 4 X 7	BNH0043	6
62	FOOT ROLL PLASTIC END CAP 1"	BNH0397	6
63	PLASTIC TUBE GUIDE W/LIP-TEETH 2 SQ X 1	BNH0379	4
64	NYLON PULLEY 4-1/2 RD. WHITE	BNH0556	7
65	NYLON PULLEY, WHITE 3 1/2	BNH1136	2
66	NYLON FLAT WASHER 1/2"	BNH0220	2
67	FLAT WASHER 1/2 X 7/8 X 1/16	BNH0210	2
68	FLAT WASHER SAE B/O 1/2"	BNH0238	31
69	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3-1/4	BNH0576	7
70	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3-1/2	BNH0263	1
71	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 4	BNH0266	4
72	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 4-1/4	BNH0291	1
73	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 5-1/2	BNH0267	2
74	NYLON INSERT LOCK NUT B/O 1/2-13	BNH0212	8
75	NYLON INSERT JAM LOCK NUT B/O 1/2-13	BNH0366	8
76	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1-1/4	BNH0273	5
77	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1-3/4	BNH0274	2
78	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	1
79	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2-1/2	BNH0276	7
80	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2-3/4	BNH0278	6
81	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	1
82	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3-1/2	BNH0280	4
83	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	1
84	FLAT WASHER SAE B/O 3/8"	BNH0239	50
85	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	20
86	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	4
87	NYLON INSERT LOCK NUT B/O 1/4-20	BNH0213	2
88	STRAP BRACKET #20	BNH0562	2
89	NYLON BALL 1 3/4 X 5/16	BNH0392	2
90	SNAP LINK	BNH0065	3
91	COIL CHAIN 3/16 X 21	BNH0017	1
92	HEX KEY 3/16"	BNH0371	1
93	HEX KEY 1/8"	BNH0767	1
94	HEX KEY 7/32"	BNH0575	2
95	CHROME WASHER 3/8 X 1 1/2	BNH1015	2
96	BUTTON SOCKET CAP SCREW 3/8-16 X 1	BNH0115	2
97	SPLIT LOCK WASHER B/O 3/8"	BNH0658	2
98	RING-GRIP SELF-LOCKING PIN	BNH0647	2
99	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	4
100	SUPER LUBE GREASE	BNH0704	2
101	RUBBER BUMPER WASHER	BNH0933	4
102	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	2
103	DECAL LARGE TUFFSTUFF LOGO	BNH0360	2
104	DECAL THE BRUTE 15 X 2 5/8	BNH0361	2
105	DECAL NUMBERS 1-9	BNH0341	2
106	DECAL WARNING REMOVE WEIGHTS...	BNH0370	2
107	DECAL-WARNING KEEP HANDS AND FINGERS.....	BNH0620	2
108	DECAL-CAUTION 1 3/4 X 5-1/2	BNH0126	1
109	DECAL-CAUTION LAT BAR HOLDER	BNH0140	1
110	DECAL-ADJUST CABLE HERE	BNH0789	2
111	DECAL-DANGER TIGHTEN THIS RET...,	BNH0142	3
112	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/2	BNH0303	4
113	**TRIANGULAR REINFORCEMENT PLATE LEFT**	**UP844**	**1**

Adjustment Features

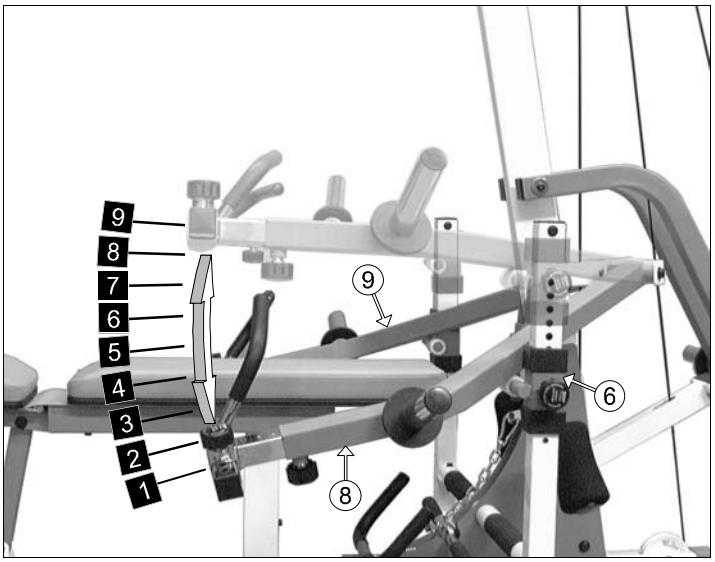


FIG. 64 **Press Arms (#8, #9) Settings**

Press Arms easily adjust to perform exercises:

Seated Mid Row
Flat Press
Incline Press
Decline Press
Shoulder Press

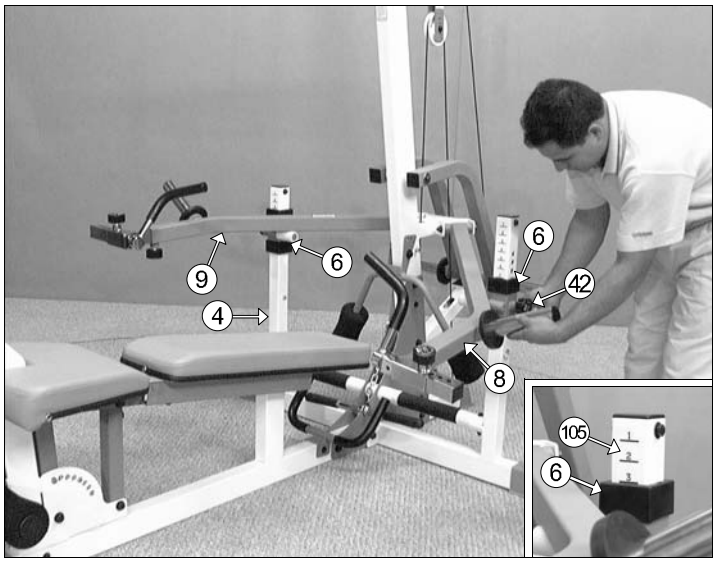


FIG. 65 **Press Arms (#8, #9)** Adjustments:

1. Remove weights on the **Press Arms**.
2. Grasp the **Press Arm**.
3. Turn counterclockwise then pull the Turn/Pull Pin (#42) to release the **Press Arm Holder (#6)** from the **Stabilizer (#4)**.
4. Adjust **Press Arm** and **Press Arm Holder** to the desired position
5. Release the Turn/Pull Pin (#42) and make sure it fully engages into the selected hole of the **Stabilizer (#4)**.
6. Complete the adjustment by turning the Turn/Pull Pin (#42) clockwise.
7. Repeat the same procedure for the other **Press Arm**.

NOTE: ***Note:*** *Use the Decal Numbers 1-9 (#105) as reference to ensure that the* ***Press Arms*** *are on equal Adjustment Settings (same height).*

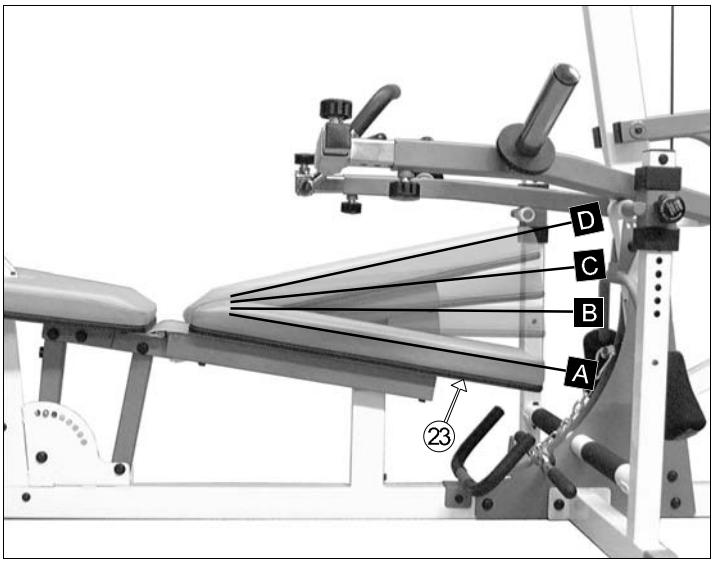


FIG. 66 **Back Pad (#23) Settings:**

- **A** used for Decline Position
- **B** used for Flat Position
- **C, D** used for Incline Positon

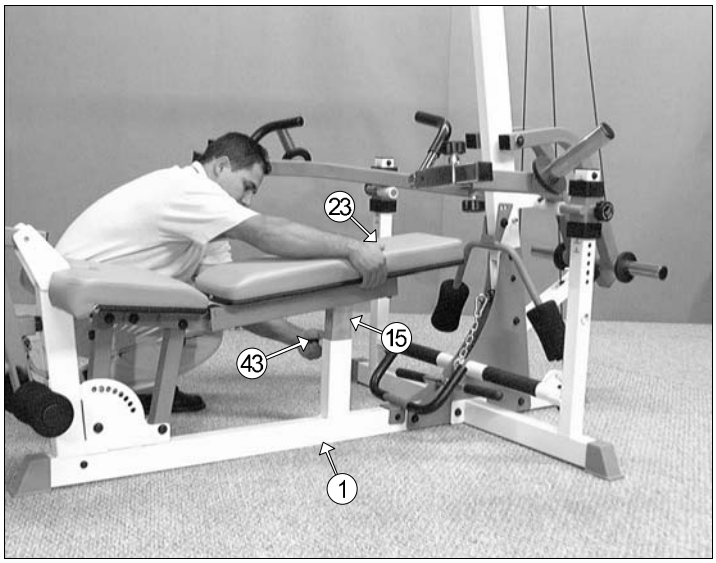


FIG. 67 **Back Pad (#23)** Adjustment:

1. Grasp the **Back Pad (#23).**
2. Pull the Push Pull Pin 1/2 X 3 1/2 (#43).
3. Adjust the **Back Pad (#23)** to the desired position.
4. Release the Push Pull Pin 1/2 X 3 1/2 (#43) and make sure it fully engages into the selected hole of the **Incline Bench Elevation Tube (#15)**.

Adjustment Features

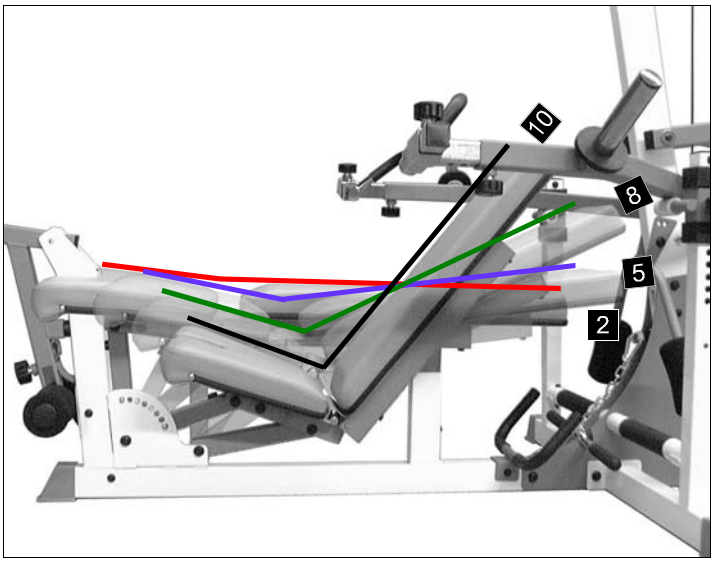


FIG. 68 Seat / Back Pad Settings:

Illustration of the **Seat / Back Pad** gradual adjustment settings ranging from Decline Position to Upright Position.

- Settings 1-2 used for Flat Position
- Settings 3-10 used for Incline Position

FIG. 69 Seat / Back Pad Adjustment:

1. Grasp the **Seat Pad (#24).**
2. Pull the Push Pull Pin 1/2 X 3 1/2 (#43).
3. Adjust the **Seat / Back Pad** to the desired position.
4. Release the Push Pull Pin 1/2 X 3 1/2 (#43) and make sure it fully engages into the selected hole of the **Base Frame's (#1)** Bracket.

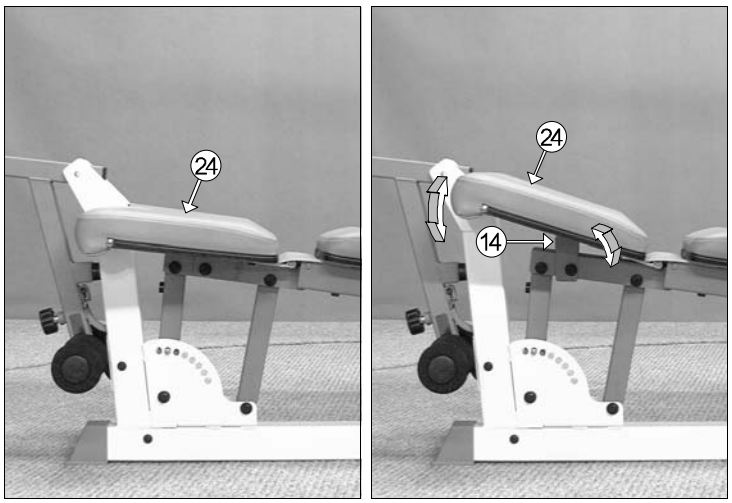


FIG. 70 Seat Pad (#24) Adjustment:

1. Grasp and raise the **Seat Pad (#24)**.
2. Flip the **Seat Elevation Bracket (#14)** to upright position.
3. Rest the **Seat Pad (#24)** on top of the **Seat Elevation Bracket (#14).**

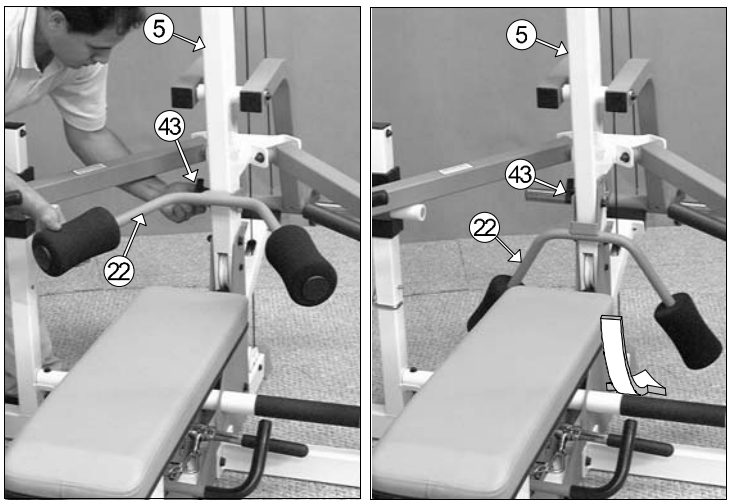


FIG. 71 Leg Hold Down Frame (#22) Adjustment:

1. Grasp the **Leg Hold Down Frame (#22)**.
2. Pull the Push Pull Pin (#43).
3. Bring the **Leg Hold Down Frame (#22)** to horizontal position.
4. Release the Push Pull Pin (#43) and make sure it fully engages into the hole of the **Leg Hold Down Frame (#22)**.

NOTE: ***Note:*** *Bring the **Leg Hold Down Frame (#22)** to the lower position when not in use.*

Adjustment Features

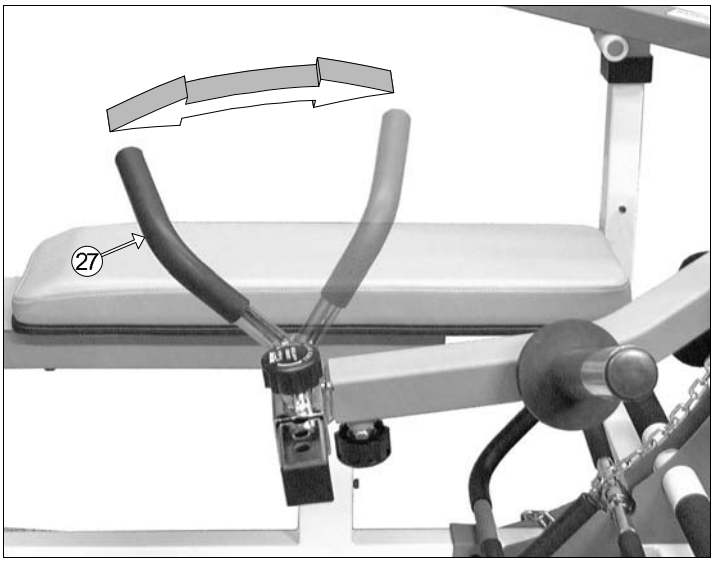


FIG. 72 **Press Arm Handles (#27)** Settings:

Swivel **Press Arm Handles (#27)** help maintain perfect form throughout performance of exercise.

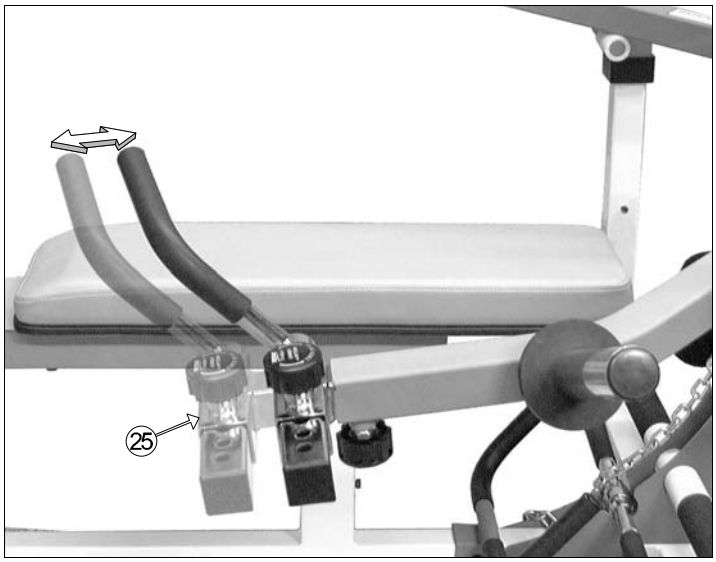


FIG. 73 **Extension Arm Tubes (#25, #26)** settings:

Adjustable **Extension Arms** Gradual Range of Adjustments accommodate for various arm lengths.

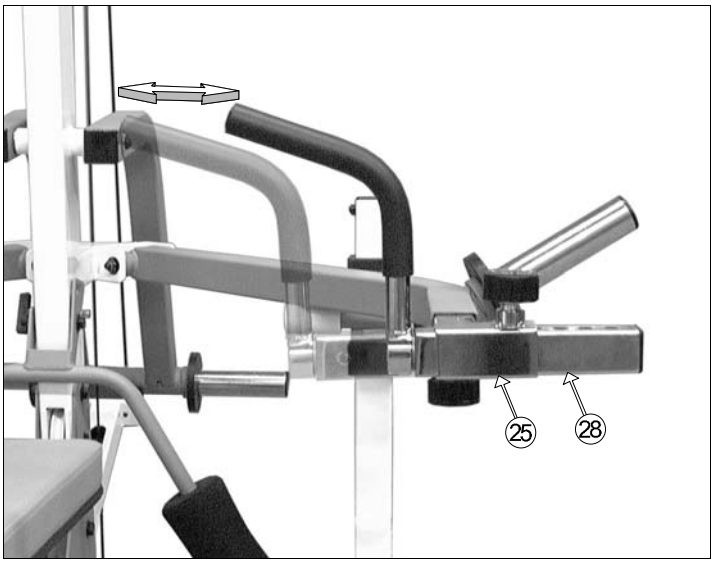


FIG. 74 **Handle Housing Tubes (#28, #29)** Settings:

Adjustable **Handle Housing Tubes** Gradual Range of Adjustments accommodate for various body widths.

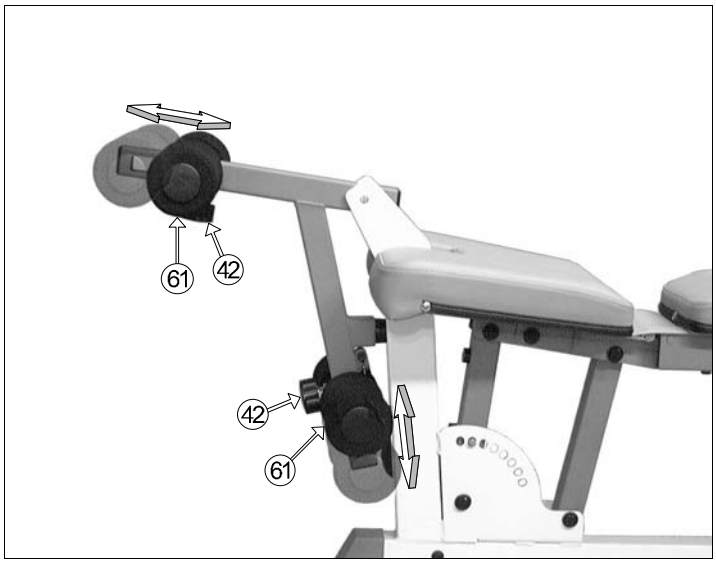


FIG. 75 **Foot Roll (#61)** Settings:

Foot Rolls Gradual Range of Adjustments accommodate for individual leg lengths.

DO NOT DISCARD THIS MANUAL

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This warranty does not cover:

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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.

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Procedures:
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