

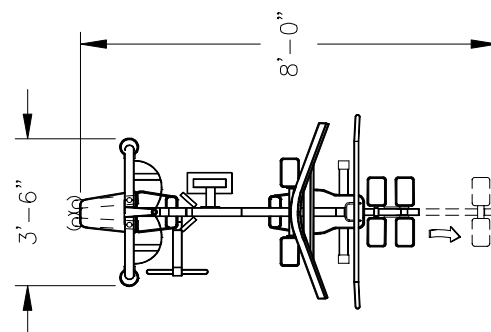
ASSEMBLY INSTRUCTION MANUAL



Revision Date 9-98

CMB-2

Muscle Beach Home Gym



Shown at Full Extension

L 8'-0" W 3'-6" H 7'-0"

MUSCLE BEACH

America's Premium Exercise Equipment

Introduction

About the Muscle Beach Home Gym (CMB-2)

Congratulations on your new purchase of the Muscle Beach Home Gym (CMB-2). 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.

Muscle Beach Equipment

Every Muscle Beach 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 Muscle Beach 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 machine for any sign of parts or hardware becoming loose.
- 6) Keep hands and limbs clear from weight stack and all other moving parts.

Maintenance Information

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

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

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

3) Check and adjust 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 Muscle Beach retailer or call our Customer Service Department.

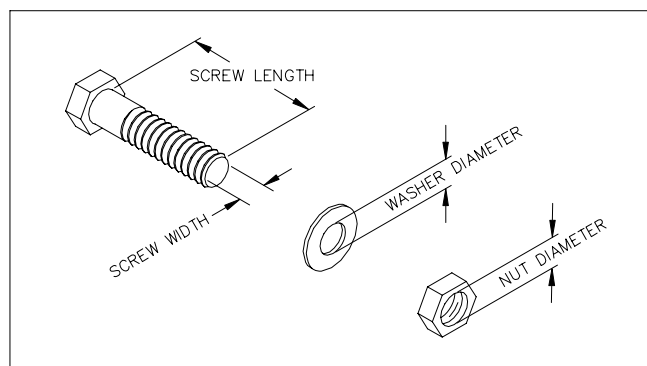
5) As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.

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) Windex or household glass cleaner
- 5) One can Silicone Spray/ Teflon Spray Lubricant
- 6) Snap ring pliers
- 7) Hex Key 3/16" (Supplied)
- 7) Windex or household glass cleaner

Hardware Measurement Diagram



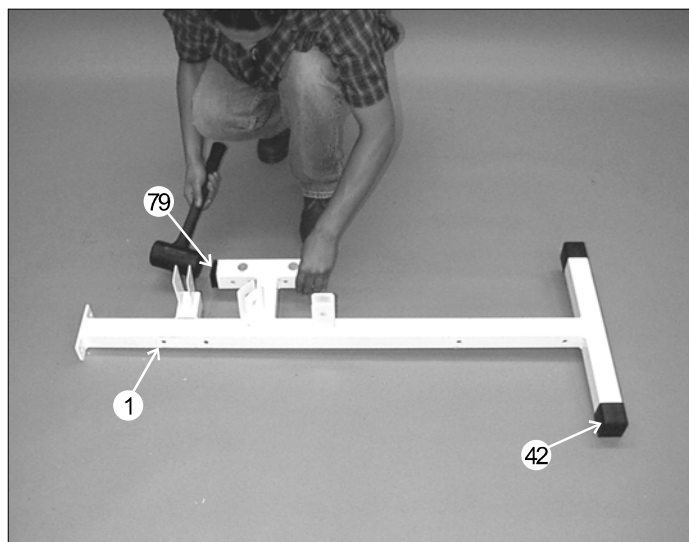


FIG. 1 On a flat surface, lay the **Base Frame (#1)** down and insert the two **Plastic End Caps 2" Sq. w/groove (#42)** onto the front stabilizer of the **Base Frame (#1)**. Next, insert two **Plastic Insert Caps 2" Sq. (#79)** into the **Base Frame (#1)** as illustrated above.

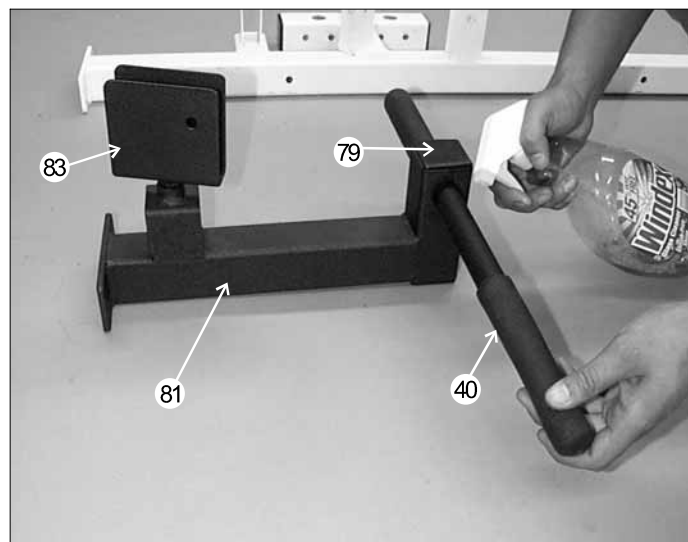


FIG. 2 Slide a **Hard Grip .875 X 8 (#40)** over each end of the tube on the **Low Row Foot Support (#81)**. This **Hard Grip .875 X 8 (#40)** fits very tightly onto the **Low Row Foot Support (#81)** and it may be necessary to use windex or a household glass cleaner (as illustrated) to complete this procedure. Next, insert one **Plastic Insert Cap 2" Sq. (#79)** into the tube-end of the **Low Row Foot Support (#81)**.

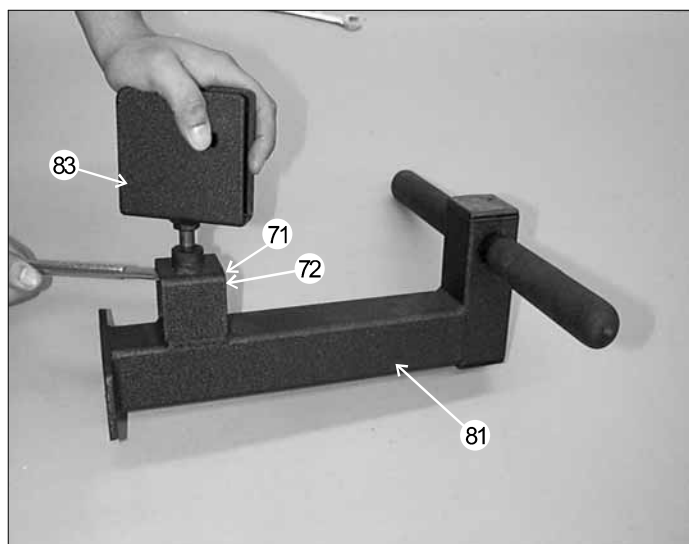


FIG. 3 Install the **Low Row Swivel Pulley Bracket (#83)** into the receptacle on the **Low Row Foot Support (#81)** and secure it using one **Flat Washer SAE 1/2 (#72)** and one **Nylon Insert Jam Lock Nut 1/2-13 (#71)**. **Note:** *It is recommend that the axle on the **Low Row Swivel Pulley Bracket (#83)** be lubricated with grease prior to assembly.*

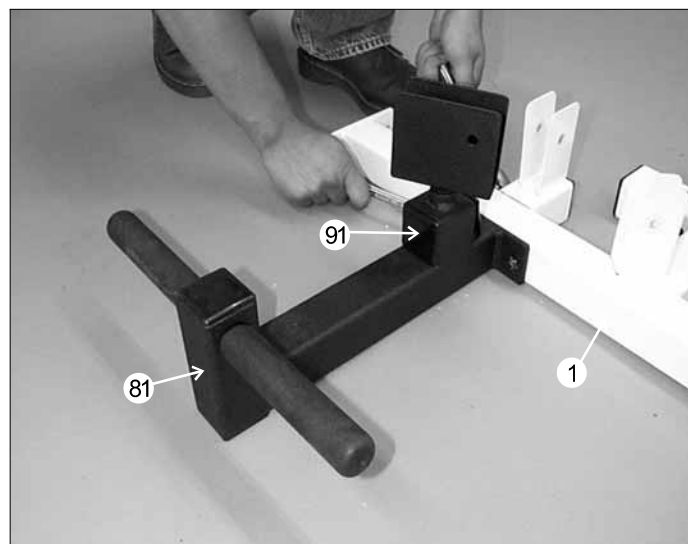


FIG. 4 Attach the **Low Row Foot Support (#81)** to the **Base Frame (#1)** and secure it using two **Hex Head Cap Screws 3/8-16 X 2 3/4 (#55)**, four **Flat Washers SAE 3/8 (#73)** and two **Nylon Insert Jam Lock Nuts 3/8-16 (#69)**. Next insert two **Plastic Insert Caps 2" X 3" (#91)** into the pulley bracket housing on the **Low Row Foot Support (#81)**.

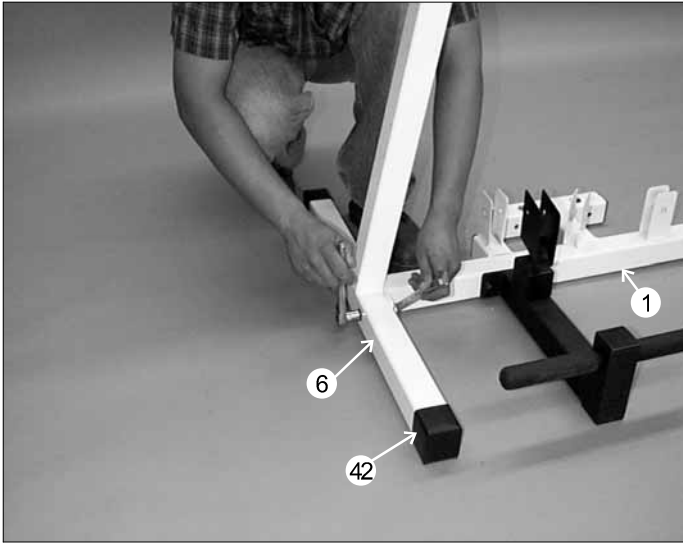


FIG. 5 Attach the **Rear Upright (#6)** to the **Base Frame (#1)** and secure it using two Hex Head Cap Screws 3/8-16 X 3 (#61), four Flat Washers SAE 3/8 (#73) and two Nylon Insert Lock Nuts 3/8-16 (#70). **Note:** Do not tighten this hardware assembly at this time. Next, insert two Plastic End Caps 2" Sq. w/groove (#42) into the **Rear Upright (#6)**, as shown above.

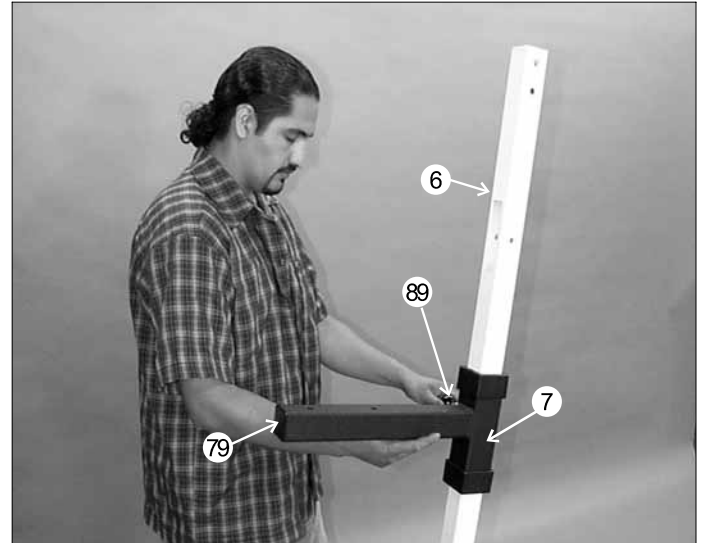


FIG. 6 Slide the **Pec Dec Adj Seat Tube (#7)** onto the **Rear Upright (#6)**, as shown above. **Note:** Position the **Pec Dec Adj Seat Tube (#7)** with the Push-Pull Pin 1/2 (#89) facing the same side as the selector holes on the **Rear Upright (#6)**.

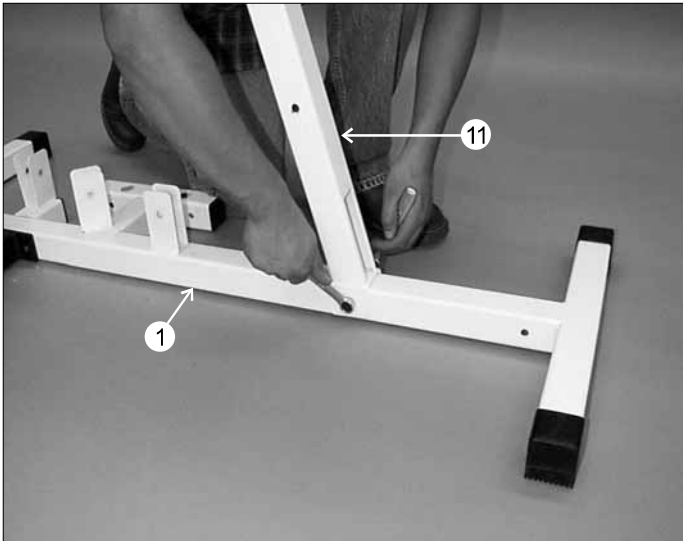


FIG. 7 Attach the **Front Upright (#11)** to the **Base Frame (#1)** and secure it using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#55), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). **Note:** Do not tighten this hardware assembly at this time.

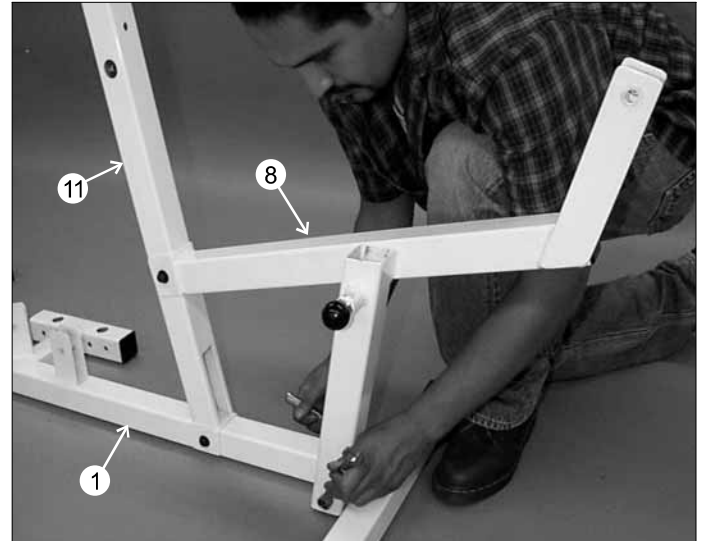


FIG. 8 Attach the **Leg Ext Bench Frame (#8)** to the **Base Frame (#1)** and **Front Upright (#11)**. Secure the **Leg Ext Bench Frame (#8)** to the **Base Frame (#1)** using one Hex Head Cap Screw 3/8-16 X 4 1/2 (#88), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Next, secure the **Leg Ext Bench Frame (#8)** to the **Front Upright (#11)** using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#55), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). **Note:** Do not tighten this hardware assembly at this time.

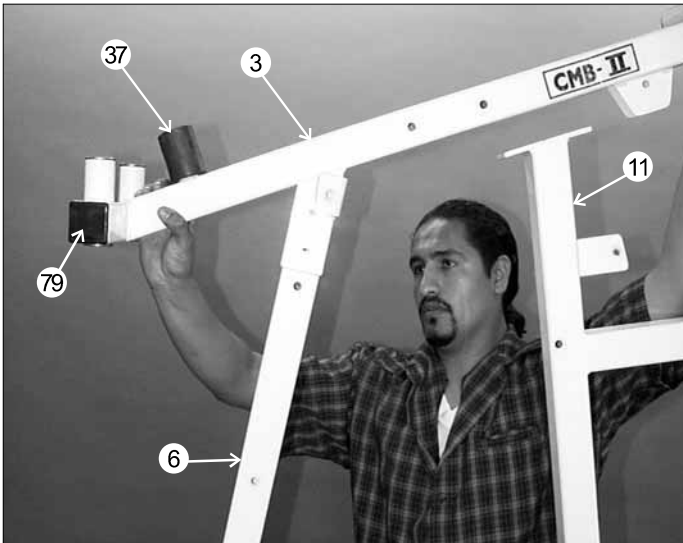


FIG. 9 Attach the **Top Pulley Assembly (#3)** onto the **Rear Upright (#6)**, as shown above, and secure using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#55), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Next, insert two Plastic Insert Caps 2" Sq. (#79) into the tube-ends of the **Top Pulley Assembly (#3)**, as shown above. Next, attach a Rubber Stopper 1 X 2 X 2 1/2 (#37) to the prong on the **Top Pulley Assembly (#3)**, as shown above.

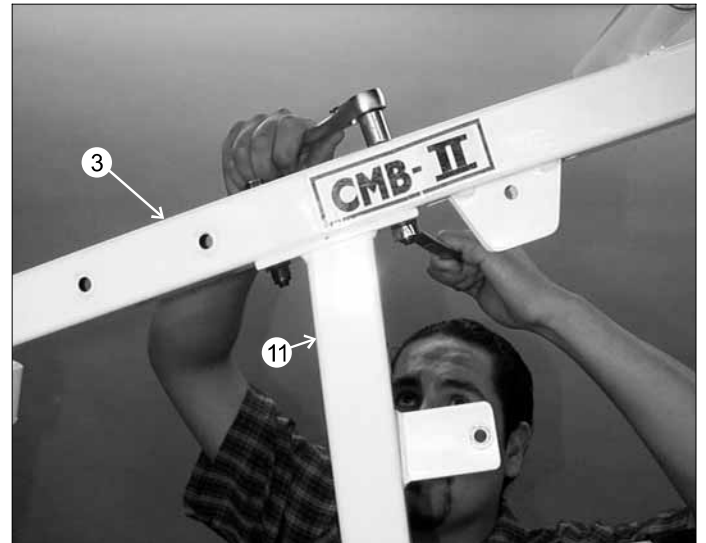


FIG. 10 Secure the **Top Pulley Assembly (#3)** to the **Front Upright (#11)** using two Hex Head Cap Screws 3/8-16 X 3 (#61), four Flat Washers SAE 3/8 (#73) and two Nylon Insert Lock Nuts 3/8-16 (#70).

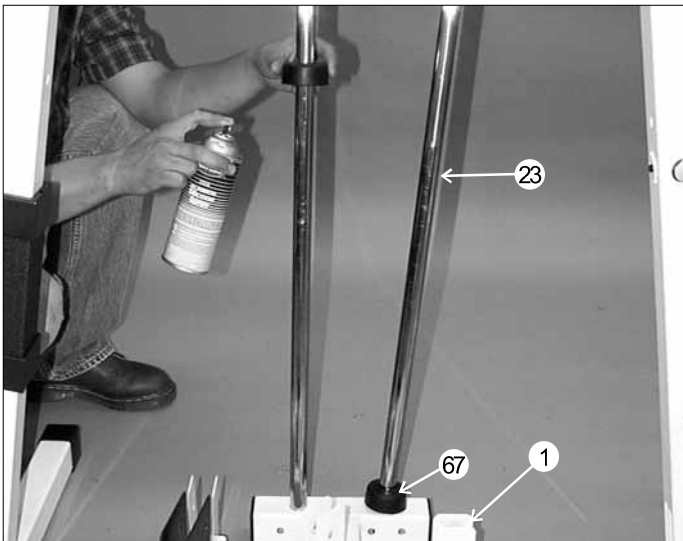


FIG. 11 Insert the two **Guide Rods (#23)** into the receptacle of the **Base Frame (#1)**, as shown above. Next, insert two Rubber Donuts 1 X 2 1/2 (#67) onto each **Guide Rod (#23)**. **Note:** Lubricate the **Guide Rods (#23)** with a silicone or Teflon lubricant at this time.

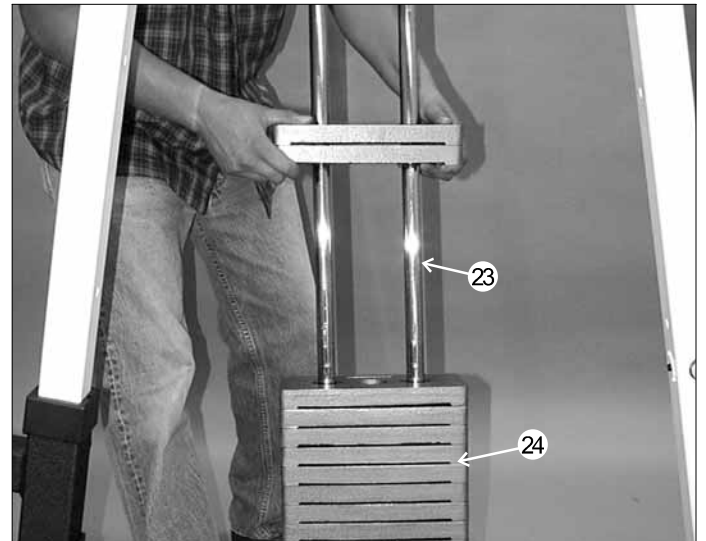


FIG. 12 Carefully begin sliding the 10 Lb Weight Plates (#24) over the **Guide Rods (#23)**, one or two at a time as your skill permits. Make sure that the 10 Lb Weight Plates (#24) are installed onto the **Guide Rods (#23)** in numerical order, beginning with the number 200 at the bottom, 190 next, and so on.

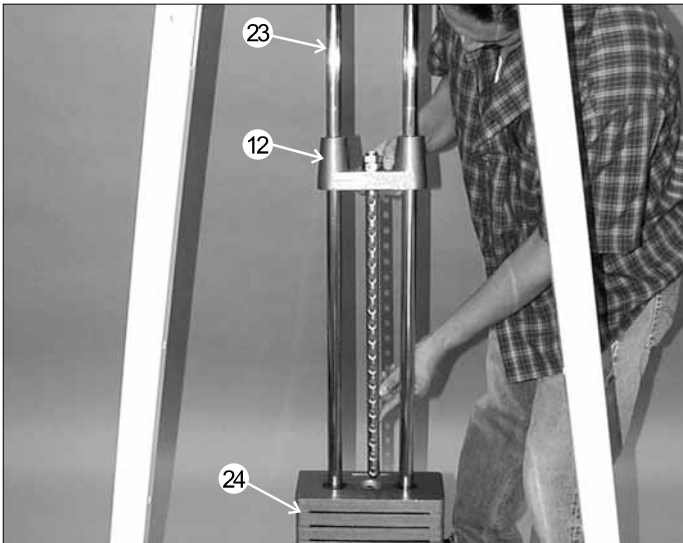


FIG. 13 Now slide the **Top Plate/ Selector Bar (#12)** over the **Guide Rods (#23)** allowing it to come to rest on the completed weight stack.

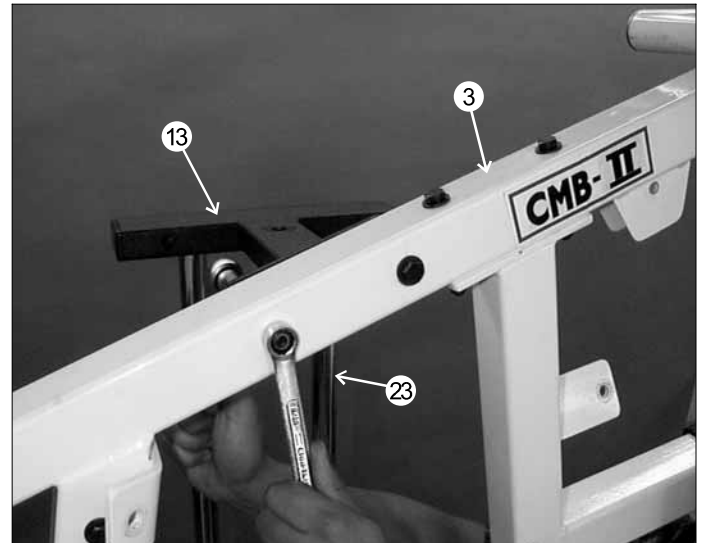


FIG. 14 Maneuver each of the **Guide Rods (#23)** into the holes on the bottom side of the **Guide Rod Retainer (#13)**. Next, mount the **Guide Rod Retainer (#13)** along with the two captive **Guide Rods (#23)** to the side of the **Top Pulley Assembly (#3)** and secure using two Hex Head Cap Screws 3/8-16 X 2 3/4 (#55), four Flat Washers SAE 3/8 (#73) and two Nylon Insert Jam Lock Nuts 3/8-16 (#69).

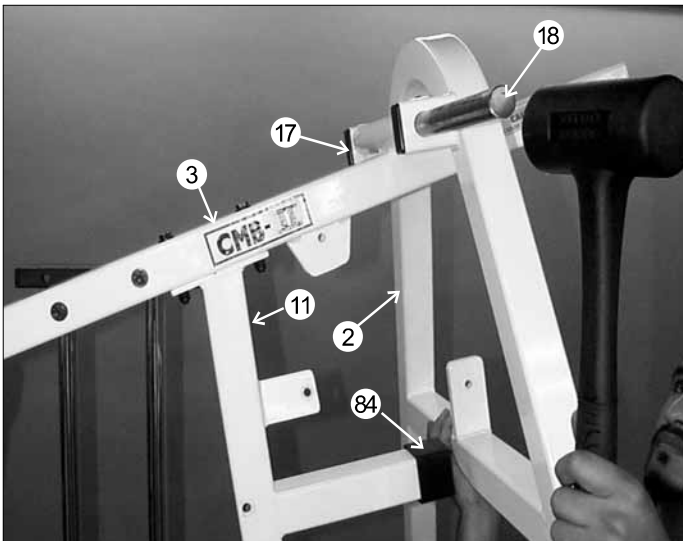


FIG. 15 Now position the **Press Arm (#2)** to the **Top Pulley Assembly (#3)**, as shown above. Next, press the **Pivot Axle 1 X 11 3/4 (#18)** through the holes in the **Press Arm (#2)** and through the receptacle tube on the **Top Pulley Assembly (#3)** using a rubber mallet hammer until it is flush with both sides. Then insert the Rubber Stopper Cap 2" Sq (#84), as shown on the **Front Upright (#11)**. **Note:** It is recommend that you you grease the **Pivot Axle 1 X 11 3/4** prior to assembly.

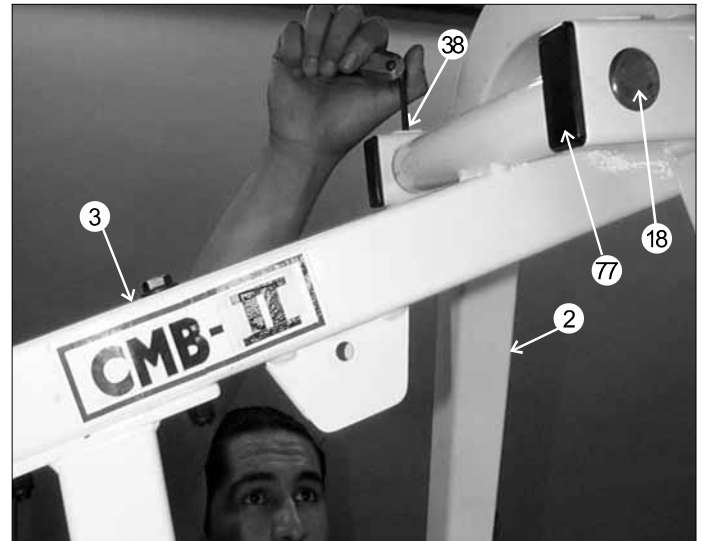


FIG. 16 At the top edge of each end of the **Press Arm (#2)** is a set screw fixture. Secure the **Press Arm (#2)** using two Set Screws 3/8-16 X 1/2 (#38). Use the Hex-Key 3/16 (#80) tool for fastening the Set Screws 3/8-16 X 1/2 (#38). Next, insert two Plastic Insert Caps 1 X 2 (#77) into the tube-ends of the **Press Arm (#2)**.

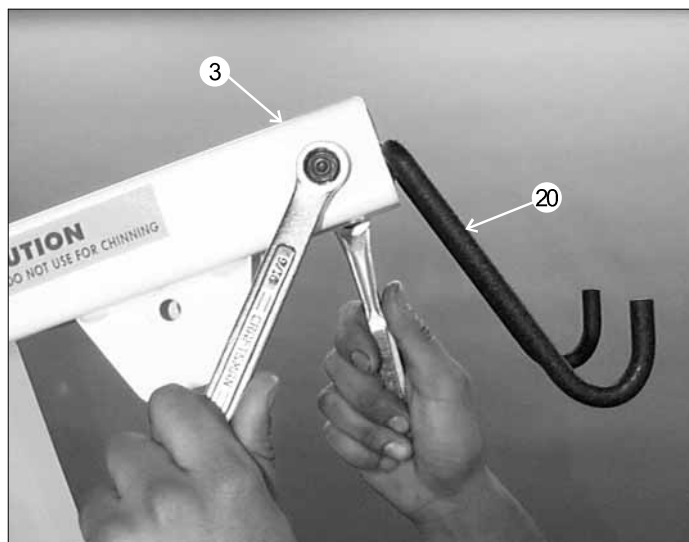


FIG. 17 Insert the **Lat Bar Holder (#20)** into the tube-end of the **Top Pulley Assembly (#3)**, as shown above, and secure using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#56), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69).

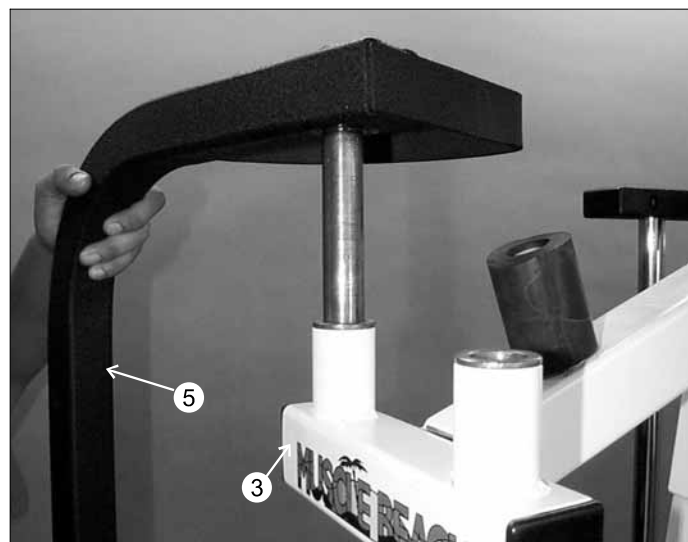


FIG. 18 Insert both **Pec Dec Arms (#5)** and **(#4-Not Shown)** into the receptacle tube on the **Top Pulley Assembly (#3)**, as shown. **Note:** It is recommended that the axles on both **Pec Dec Arms (#5)** and **(#4-Not Shown)** be lubricated with grease prior to the assembly.

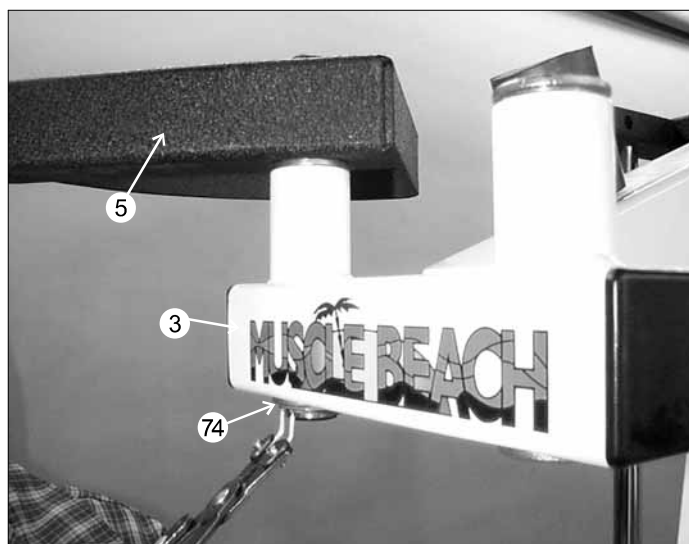


FIG. 19 Secure both **Pec Dec Arms (#5)** and **(#4-Not Shown)** to the **Top Pulley Assembly (#3)** using two Retaining Snap Rings (#74). If possible, use special snap ring pliers for this job, as shown above. If not available, carefully work each Retaining Snap Ring (#74) into the groove, then push down alternately with a screw driver working the Retaining Snap Ring (#74) into the groove. **Note:** Be careful not to distort the Retaining Snap Ring (#74) or bend it.

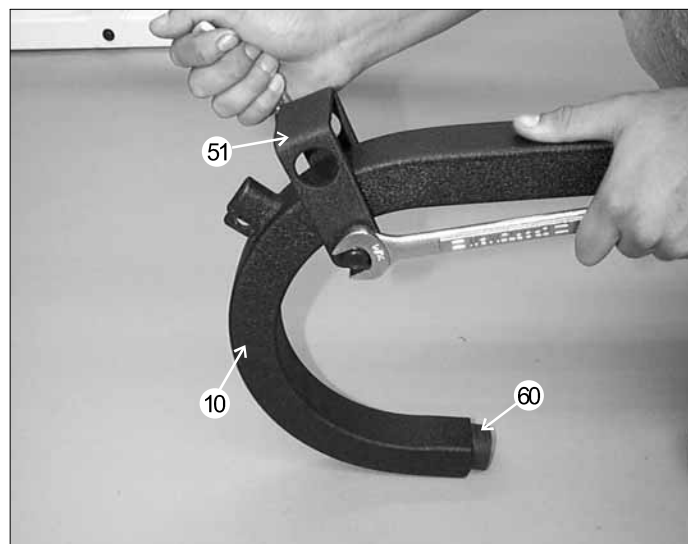


FIG. 20 Now attach the **Foot Roll Bracket (#51)** to the **Leg Ext Arm (#10)** and secure it using one Hex Head Cap Screw 1/2-13 X 2 3/4 (#86), two Flat Washers SAE 1/2 (#72) and one Nylon Insert Jam Lock Nut 3/8-16 (#71). Next, install a Rubber Bumper 3/8 X 1 1/2 (#60) to the **Leg Ext Arm (#10)**, as shown, using one Hex Head Cap Screw 3/8-16 X 1 (#59) and one Flat Washer SAE 3/8 (#73). **Note:** Do not over-tighten this bolt as the **Foot Roll Bracket (#51)** should be allowed to swivel freely.

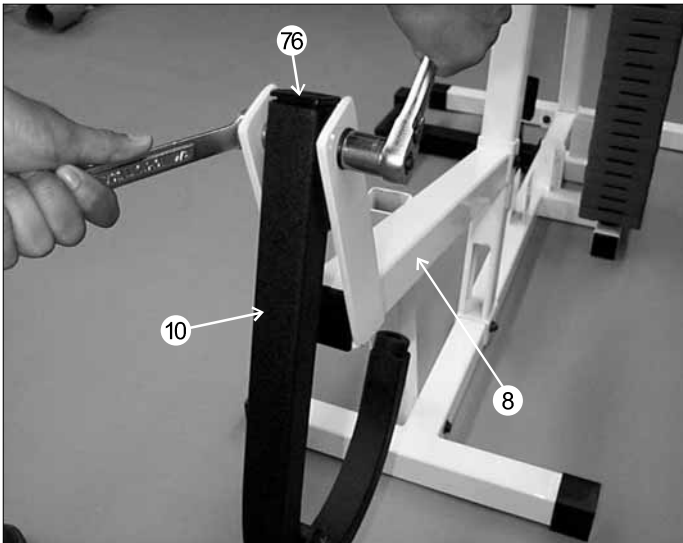


FIG. 21 Attach the **Leg Ext Arm (#10)** to the **Leg Ext Bench Frame (#8)**, as shown, and secure using one Hex Head Cap Screw 1/2-13 X 3 1/4 (#53), two Flat Washers SAE 1/2 (#72) and one Nylon Insert Jam Lock Nut 1/2-13 (#71). Be sure not to over-tighten this hardware assembly as the **Leg Ext Arm (#10)** should be allowed to swivel freely. **Note:** It is recommended that the **Leg Ext Arm (#10)** be greased at the pivot point prior to assembly.

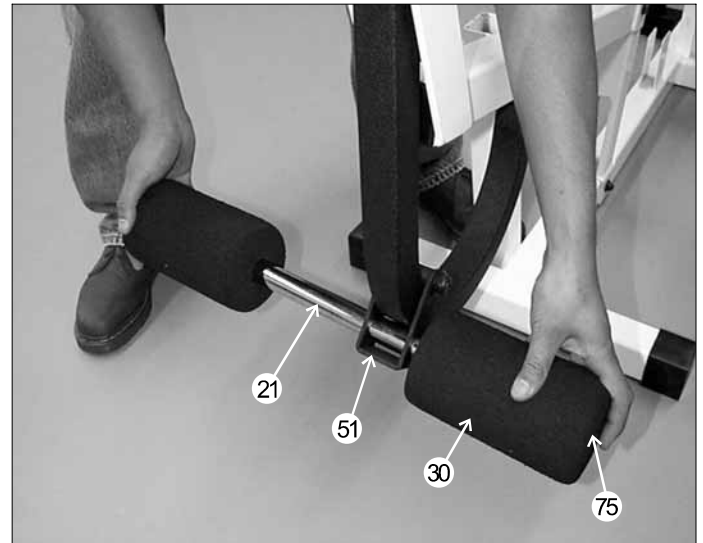


FIG. 22 Insert the **Foot Roll Tube 1 X 16 (#21)** through the **Foot Roll Bracket (#51)**. Then insert a Foam Foot Roll 7 X 4 X 1 onto each end of the **Foot Roll Tube 1 X 16 (#21)**. Next, insert a Plastic Insert Cap 1" Rd (#75) into each end of the **Foot Roll Tube 1 X 16 (#21)**.

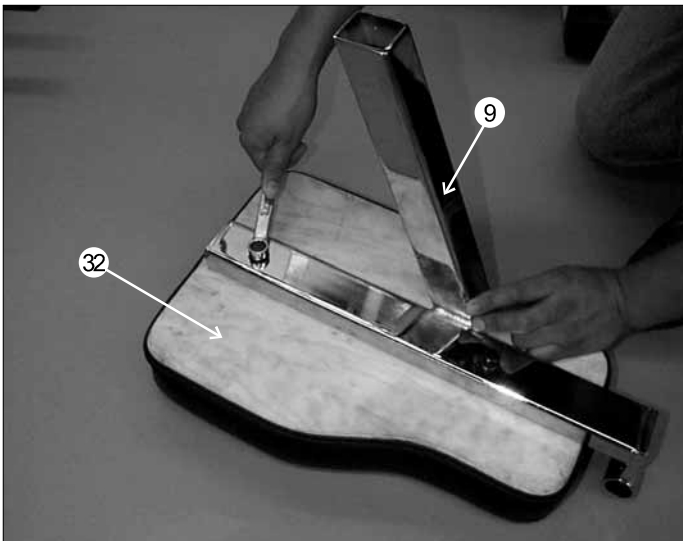


FIG. 23 Attach the **Seat Pad (#32)** to the **Bench Press Adj Seat Tube (#9)**. Secure using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#57) and two Flat Washers SAE 3/8 (#73), as shown above.

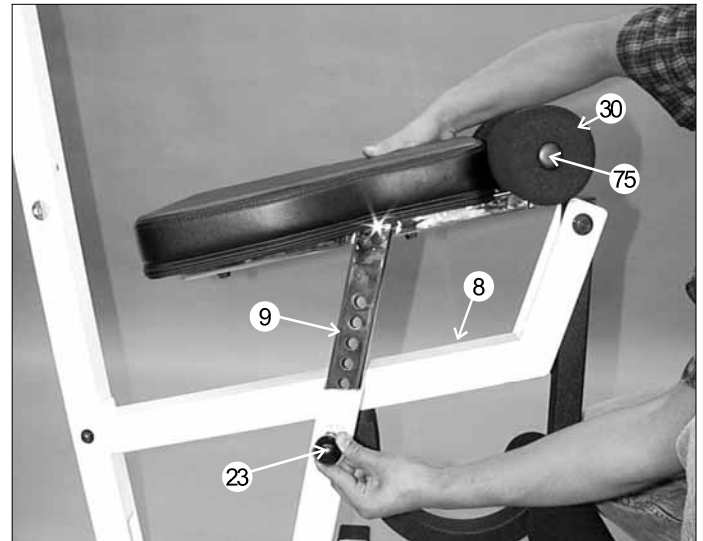


FIG. 24 Insert the **Bench Press Adj Seat Tube (#9)** into the receptacle on the **Leg Ext Bench Frame (#8)**, as shown above. Next, insert two Foam Foot Rolls 7 X 4 X 1 (#30) and two Plastic Insert Caps 1" Rd (#75) onto the tube-ends of the **Bench Press Adj Seat Tube (#9)**. **Note:** Pull the Push-Pull Pin 1/2" (#23) to allow the **Bench Press Adj Seat Tube (#9)** to adjust up and down.

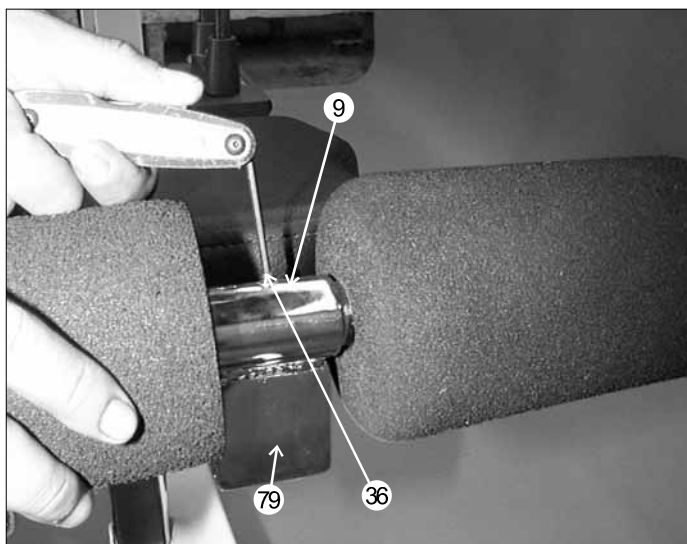


FIG. 25 On the **Bench Press Adj Seat Tube (#9)** there is a threaded socket. Secure the **Foot Roll Tube 1 X 16 (#21)** using one Set Screw 1/4-20 X 1/4 (#36). Use the supplied Hex-Key 1/8 (#19) tool for securing this Set Screw 1/4-20 X 1/4 (#36). Next, insert a Plastic Insert Cap 2" Sq. (#79), as shown.



FIG. 26 Now, insert a **Foot Roll Tube 1 X 25 (#82)** through the **Front Upright (#11)**, as shown above. Secure the **Foot Roll Tube 1 X 25 (#82)** using a Set Screw 3/8-16 X 1/2 (#38). Use the Hex-Key 3/16 (#80) tool for securing the Set Screw 3/8-16 X 1/2 (#38). Next, insert two Foam Foot Rolls 7 X 4 X 1 (#30) and two Plastic Insert Caps 1" Rd. (#75) into the the **Foot Roll Tube 1 X 25 (#82)**.

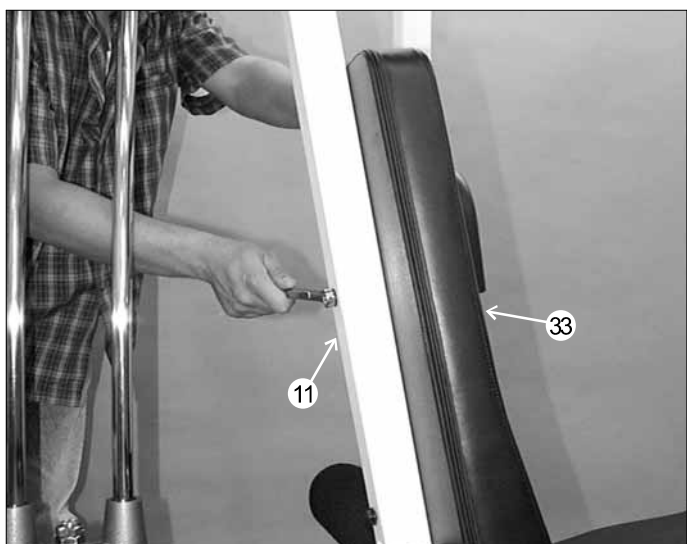


FIG. 27 Attach the **Back Pad (#33)** for the **Bench Press to the Front Upright (#11)** and secure using two Hex Head Cap Screws 3/8-16 x 2 3/4 (#55) and two Flat Washers SAE 3/8 (#73).

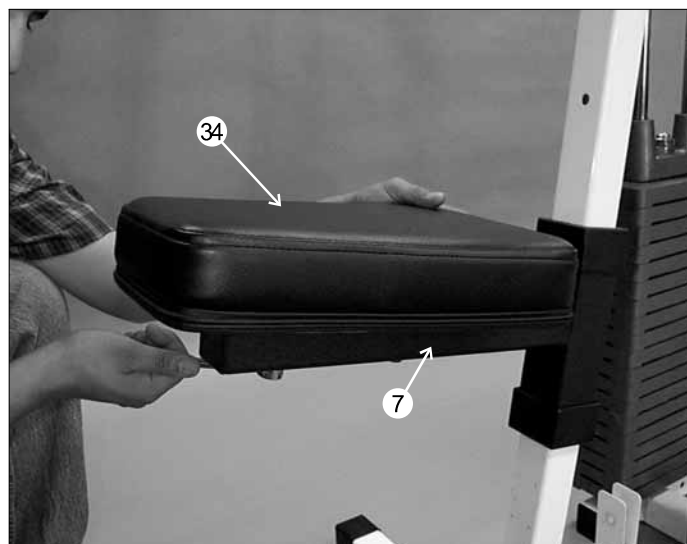


FIG. 28 Attach the **Seat Pad (#34)** to the **Pec Dec Adj Seat Tube (#7)** and secure it using two Hex Head Cap Screws 3/8-16 X 2 3/4 (#55) and two Flat Washers SAE 3/8 (#73).

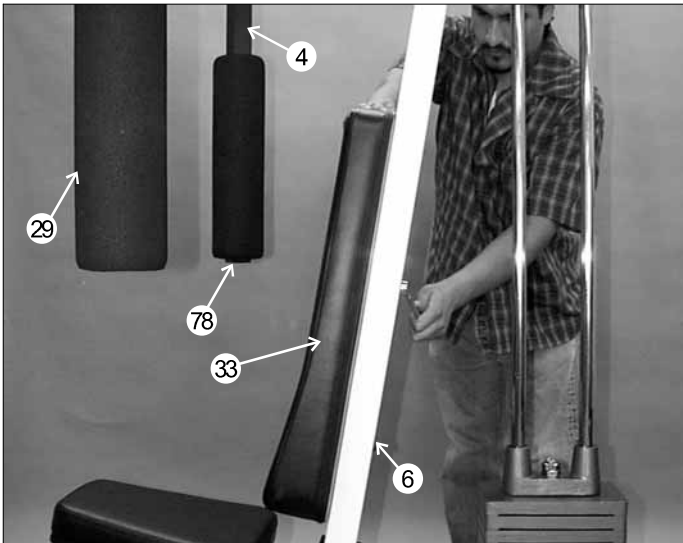


FIG. 29 Attach the **Pec Dec Back Pad (#33)** to the **Rear Upright (#6)**, as shown, and secure using two Hex Head Cap Screws 3/8-16 X 2 3/4 (#55) and two Flat Washers SAE 3/8 (#73). Next, insert the two Foam Foot Rolls 1 3/4 X 16 (#29) onto both of the **Pec Dec Arms (#4) and (#5-Not Shown)**, Then insert two Plastic Insert Caps 1 3/4 Sq (#78) into the tube-end of both **Pec Dec Arms**. **Note:** Use a windex or household glass cleaner for easy insertion of the Foam Foot Rolls (#29).

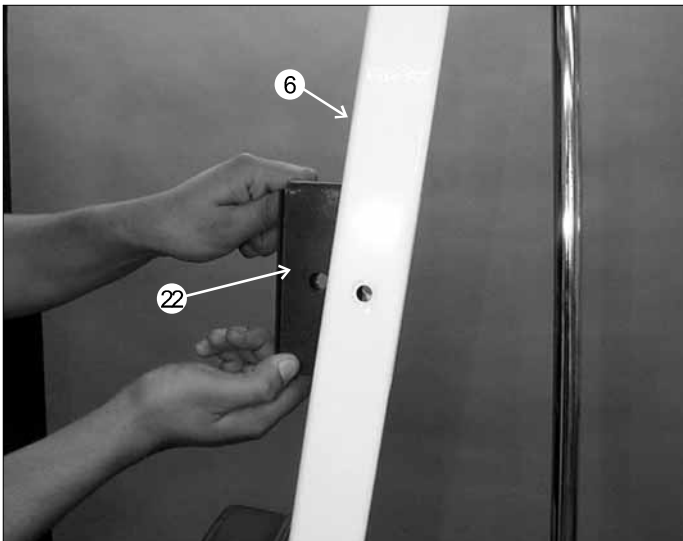


FIG. 31 Install the **Ab Crunch Insert Bracket (#22)** and one Nylon Pulley 4 1/2 Rd. (#48-Not Shown, See Fig. 42) into the **Rear Upright (#6)** and secure it using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#56), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69).

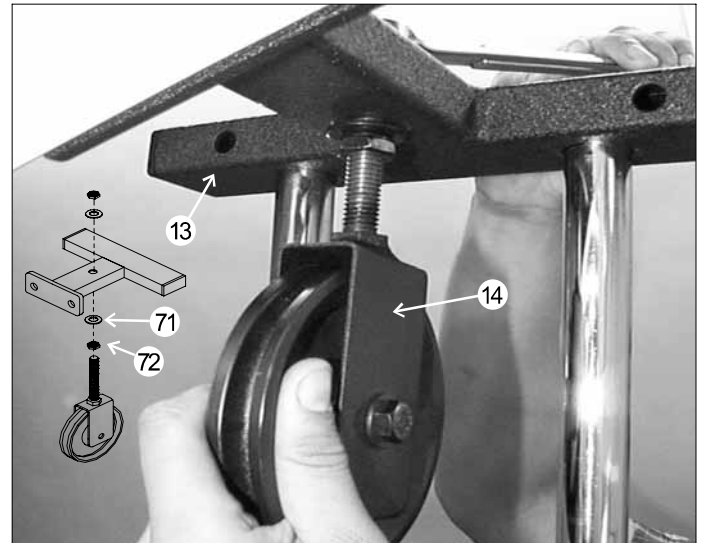


FIG. 30 Thread one Nylon Insert Jam Lock Nut 1/2-13 (#71) and one Flat Washer SAE 1/2 (#72) onto the **Top Swivel Bracket (#14)**, as shown in diagram above. Next, attach the **Top Swivel Bracket (#14)** to the **Guide Rod Retainer (#13)** and secure it using one Nylon Insert Jam Lock Nut 1/2-13 (#71) and one Flat Washer SAE 1/2 (#72), as shown in diagram above. Loosely secure the Nylon Insert Jam Lock Nut 1/2-13 (#71) to allow for adjustment for the cable tension later in the assembly process.



FIG. 32 Raise the **Lat Cable (#44)** into place, as shown above, with the **Lat Cable (#44)** fitted into the groove of the Nylon Pulley 4 1/2 Rd. (#48). Secure into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#57), two Flat Washers SAE (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Route the **Lat Cable (#44)** over the Nylon Pulley 4 1/2 Rd. (#48) and into the tube of the **Top Pulley Assembly (#3)**. Use Fig. I on page 15 and Fig. B on page 16 for further detailed illustration cable routing.

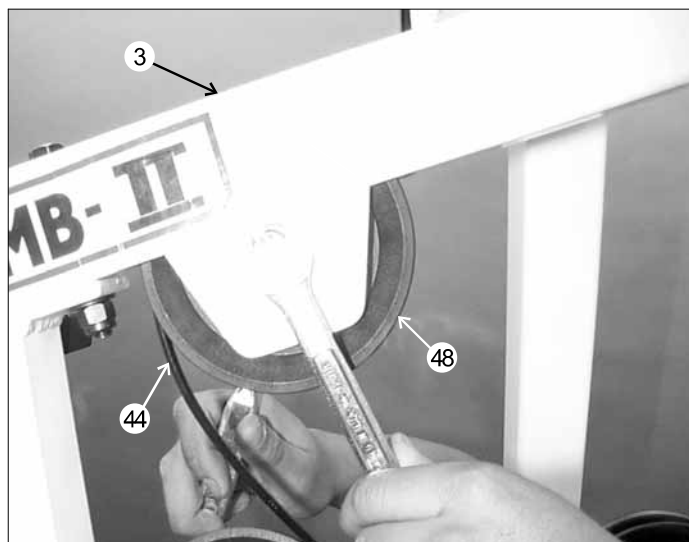


FIG. 33 Route the **Lat Cable (#44)** through the second pulley bracket on the **Top Pulley Assembly (#3)**. Then insert one **Nylon Pulley 4 1/2 Rd. (#48)** into the pulley bracket on the **Top Pulley Assembly (#3)** and secure using one **Hex Head Cap Screw 3/8-16 X 1 3/4 (#57)**, two **Flat Washers SAE 3/8 (#73)** and one **Nylon Insert Jam Lock Nut 3/8-16 (#69)**. Use **Fig. I** on page 15 and **Fig. B** on page 16 for further detailed illustration cable routing.

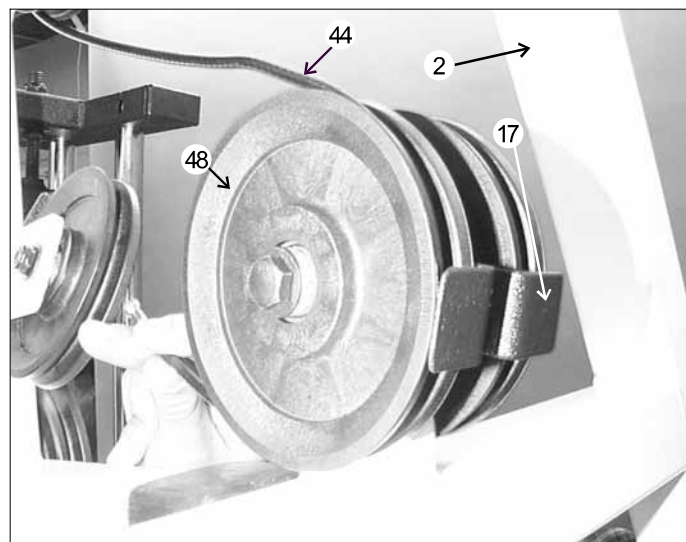


FIG. 34 Install two **Nylon Pulleys 4 1/2 Rd (#48)** and two **Cable Retainer Brackets (#17)** into the pulley bracket located on the **Press Arm (#2)**, as shown above. Secure this hardware assembly using one **Hex Head Cap Screw 3/8-16 X 3 1/2 (#54)**, two **Flat Washers SAE 3/8 (#73)** and one **Nylon Insert Jam Lock Nut 3/8-16 (#69)**. Use the exploded view diagram on page 18 for further illustration of this assembly. **Note:** Be sure the **Cable Retainer Brackets (#17)** are positioned in the direction shown above. Use **Fig. I** on page 15 and **Fig. B** on page 16 for further detailed illustration cable routing.

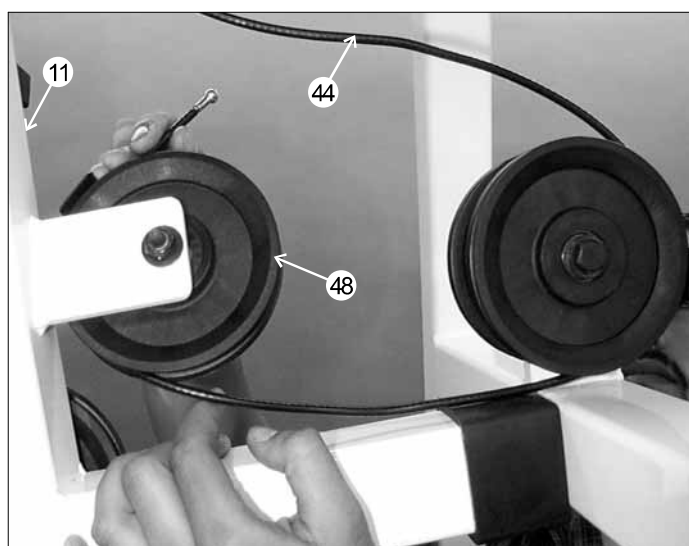


FIG. 35 Install one **Nylon Pulley 4 1/2 Rd. (#48)** onto the pulley bracket on the **Front Upright (#11)** and secure it using one **Hex Head Cap Screw 3/8-16 X 1 3/4 (#57)**, two **Flat Washers SAE 3/8 (#73)** and one **Nylon Insert Jam Lock Nut 3/8-16 (#69)**. Route the **Lat Cable (#44)** through the **Nylon Pulley 4 1/2 Rd. (#48)**, as shown in **Fig. I** on page 15 and **Fig. B** on page 16.

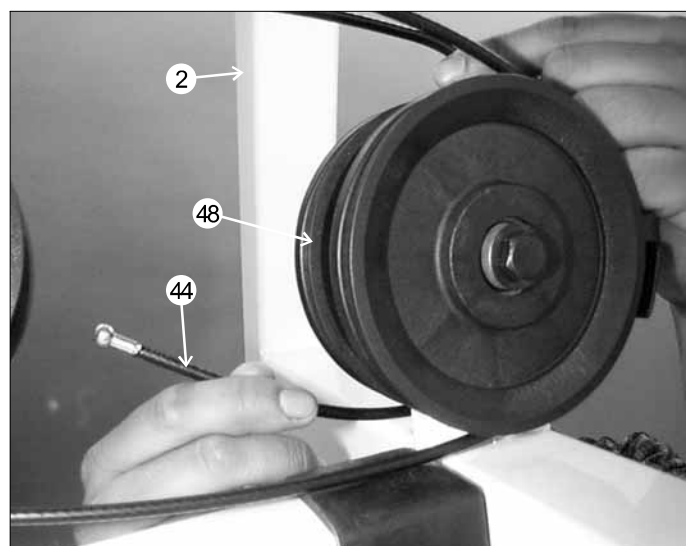


FIG. 36 Next, route the **Lat Cable (#44)** through the **Nylon Pulley 4 1/2 Rd. (#48)** on the **Press Arm (#2)**. Use **Fig. I** on page 15 and **Fig. B** on page 16 for further detailed illustration cable routing.



FIG. 37 Now install a Nylon Pulley 4 1/2 Rd. (#48) and one **Cable Retainer Bracket (#17)** onto the **Front Upright (#11)**, as shown, and secure it using one Hex Head Cap Screw 3/8-16 X 3 3/4 (#52), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Route the **Lat Cable (#44)** over the pulley as shown. Use **Fig. I** on page 15 and **Fig. B** on page 16 for further detailed illustration cable routing. **Note:** Be sure the **Cable Retainer Bracket (#17)** is positioned as shown above.

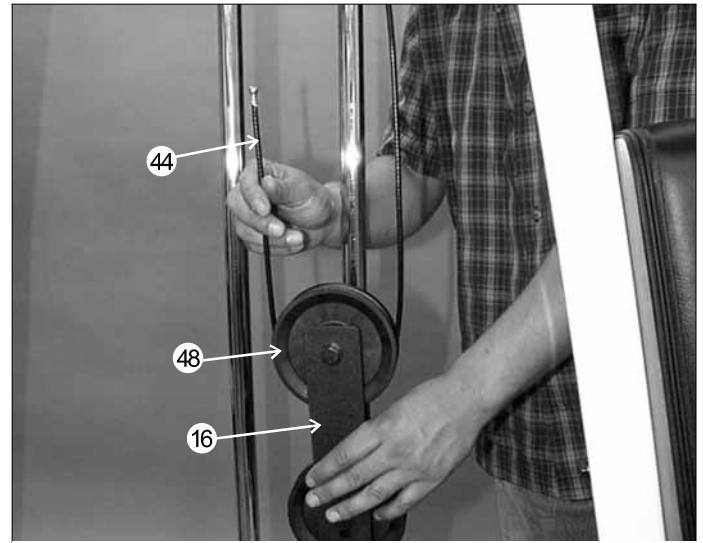


FIG. 38 Next, assemble the **Double Pulley Plates 1/8 X 2 X 9 (#16)** using two Nylon Pulleys 4 1/2 Rd. (#48), two Hex Head Cap Screws 3/8-16 X 1 3/4 (#57), four Flat Washers SAE 3/8 (#73) and two Nylon Insert Jam Lock Nuts 3/8-16 (#69). Use the exploded view diagram on page 18 for further illustration of this assembly. Next, route the **Lat Cable (#44)** through the **Double Pulley Plates (#16)**, as shown above. **Note:** The four holes on the **Double Pulley Plates 1/8 X 2 X 9 (#16)** are used to adjust the cable tension once the cable routing has been complete. Use **Fig. I** on page 15 for further detailed illustration cable routing.

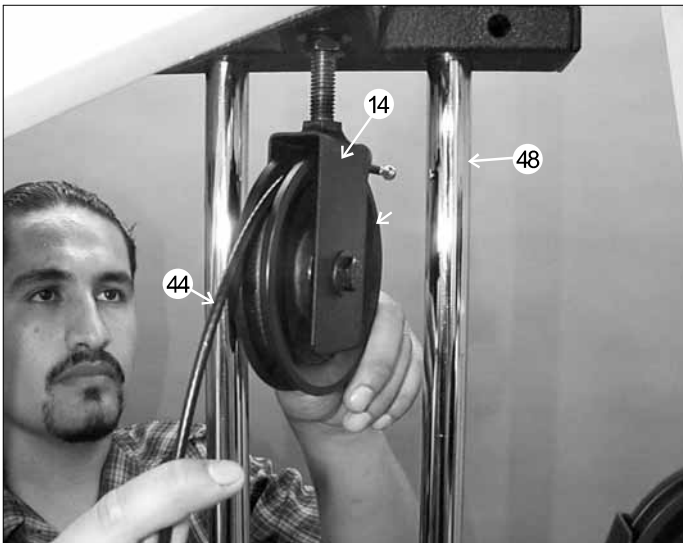


FIG. 39 Insert a Nylon Pulley 4 1/2 Rd. (#48) into the **Top Plate Swivel Bracket (#14)** and secure it using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#57), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Route the **Lat Cable (#44)** through the **Top Plate Swivel Bracket (#14)**, as shown above. Use **Fig. I** on page 15 for further detailed illustration of cable routing.

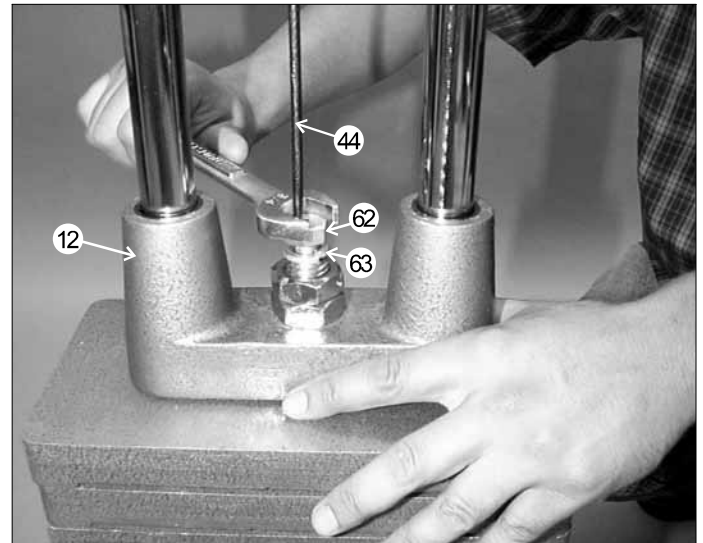


FIG. 40 Attach the **Lat Cable (#44)** to the **Top Plate/Selector Bar (#12)** and secure it using one Split Bolt 1/2-13 X 1 (#62) and one Split Washer 1/2" (#63). Use **Fig. E** on page 16 for further illustration of this assembly. **Note:** Be sure this hardware assembly is securely fastened.

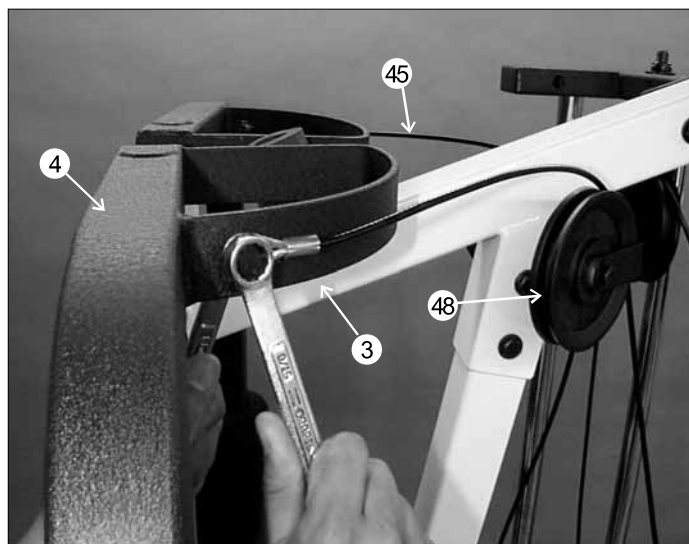


FIG. 41 Begin the routing of the **Pec Dec Cable (#45)**. Attach one end of the **Pec Dec Cable (#45)** to the **Pec Dec Arm Lt (#4)**, as shown above. Secure the cable using one Hex Head Cap Screw 3/8-16 X1 (#59), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). See **Fig. A** on page 16 for further clarification of this assembly. *Note: Be sure hardware assembly is securely fastened.*

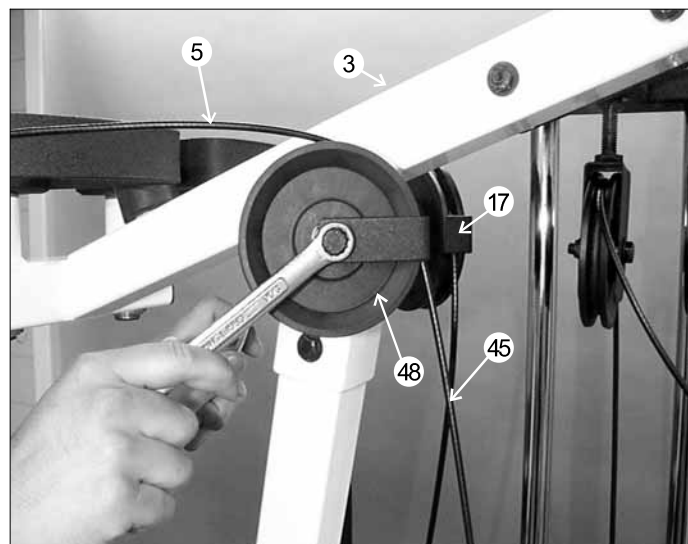


FIG. 42 Attach one Nylon Pulley 4 1/2 Rd (#48) and one **Cable Retainer Bracket (#17)** to each side of the **Top Pulley Assembly (#3)**, as shown above. Secure using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#57), four Flat Washers SAE 3/8 (#73) and two Nylon Insert Jam Lock Nuts 3/8-16 (#69). Continue to route the **Pec Dec Cable (#45)** down to the **Offset Pulley Bracket (#15)**, as shown in **Fig. 43** and **Fig. A** on page 16.

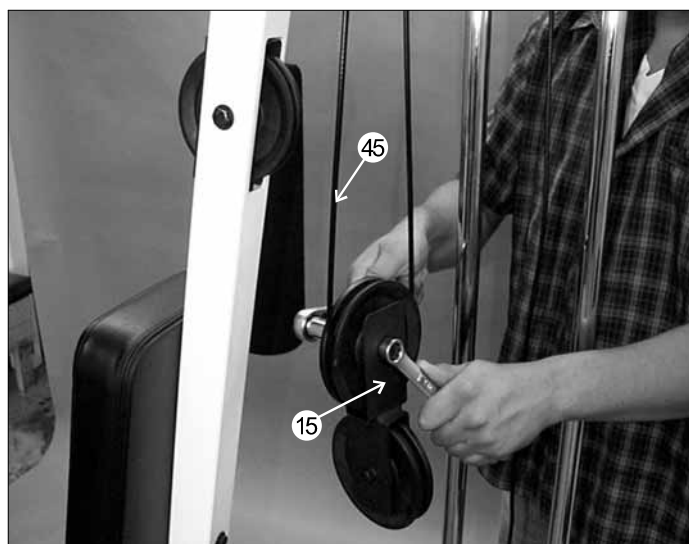


FIG. 43 Insert two Nylon Pulley 4 1/2 Rd. (#48) into the **Offset Pulley Bracket (#15)** and secure using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#57), four Flat Washers SAE 3/8 (#73) and two Nylon Insert Jam Lock Nuts 3/8-16 (#69). Next route the **Pec Dec Cable (#45)** through this bracket, as shown. Repeat the same procedure in **Fig. 41** and **Fig. 42** to complete the routing of the **Pec Dec Cable (#45)** to the **Pec Dec Arm Rt (#5)**. Also see **Fig. A** on page 16 for further clarification of this assembly.



FIG. 44 Attach the **Leg Ext Cable (#43)** to the **Leg Ext Arm (#10)**, as shown above. Secure using one Hex Head Cap Screw 3/8-16 X 1 (#59), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Refer to **Fig. F** on page 16 for further clarification of this assembly.

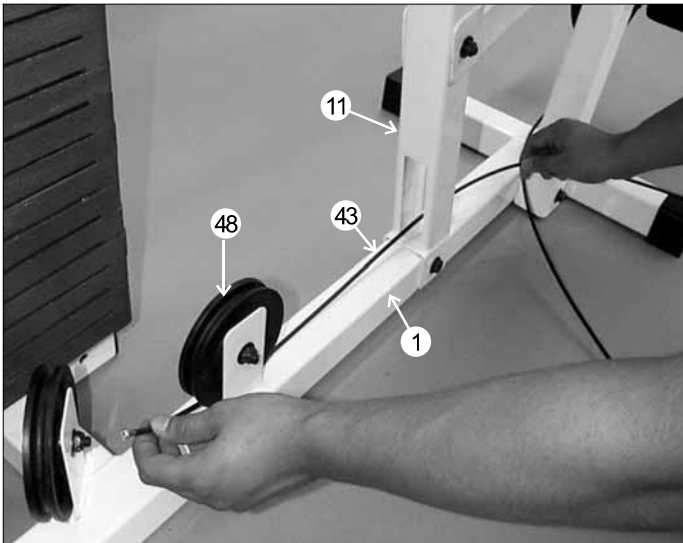


FIG. 45 Insert a Nylon Pulley 4 1/2 Rd. (#48) into the pulley bracket on the **Base Frame (#1)** and secure it using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#57), two Flat Washer SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Next, insert the **Leg Extension Cable (#43)** through the **Front Upright (#11)** then through the Nylon Pulley 4 1/2 Rd. (#48), as shown above. See **Fig. I** for further clarification.

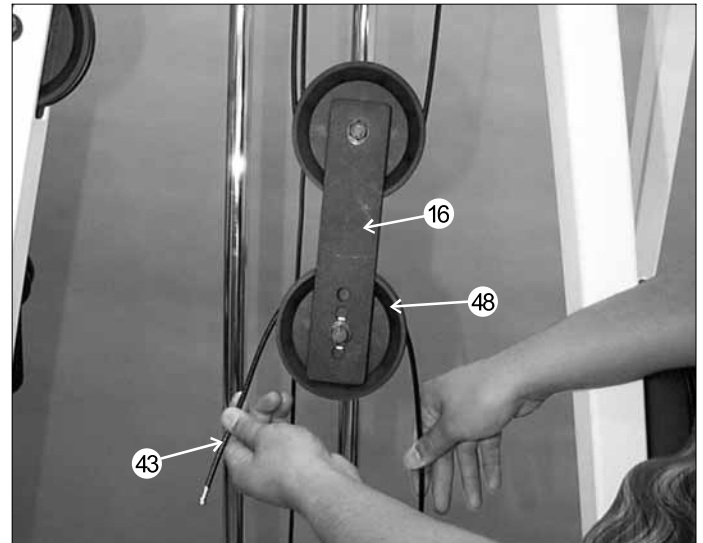


FIG. 46 Next, lift the loose end of the **Leg Extension Cable (#43)** up into the **Double Pulley Plates 1/8 X 2 X 9 (#16)**. See **Fig. I** on page 15 for further clarification of this routing.

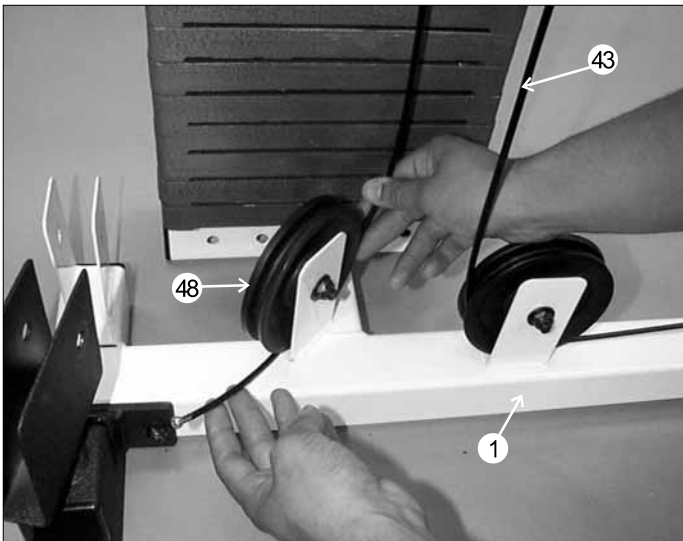


FIG. 47 Insert a Nylon Pulley 4 1/2 Rd. (#48) into the pulley bracket on the **Base Frame (#1)** and secure it using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#57), two Flat Washers SAE 3/8 (#73) and one Nylon Insert Jam Lock Nut 3/8-16 (#69). Next, route the **Leg Extension Cable (#43)** through the Nylon Pulley 4 1/2 Rd. (#48), as shown above. See **Fig. I** on page 15 for further clarification of this routing.

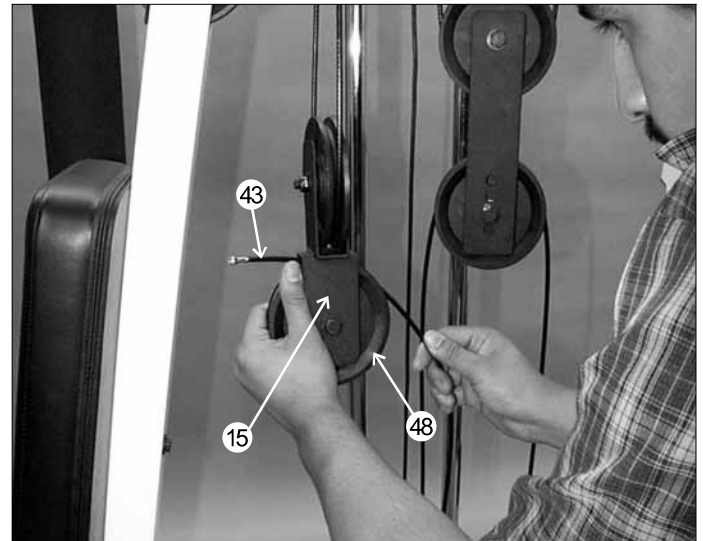


FIG. 48 Now, lift up the loose end of the **Leg Extension Cable (#43)** and route through the **Offset Pulley Bracket (#15)**, as shown above. See **Fig. I** on page 15 for further clarification of this routing.

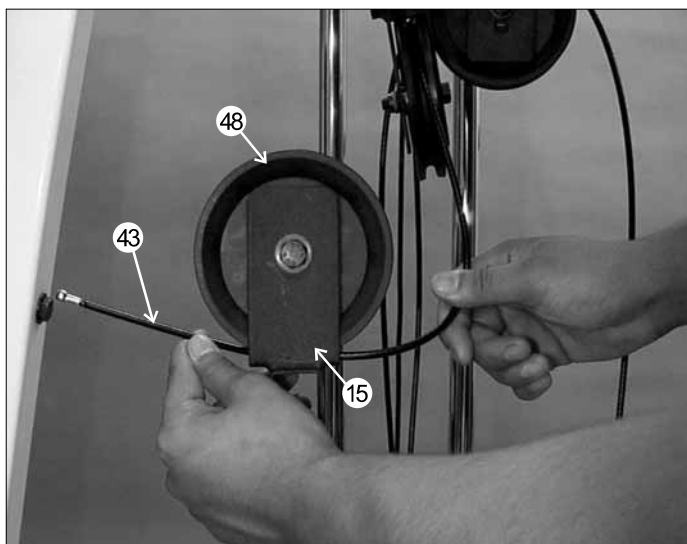


FIG. 49 Next, route the **Leg Extension Cable (#43)** down through the **Offset Pulley Bracket (#15)**, as shown above. See **Fig. I** on page 15 for further clarification.

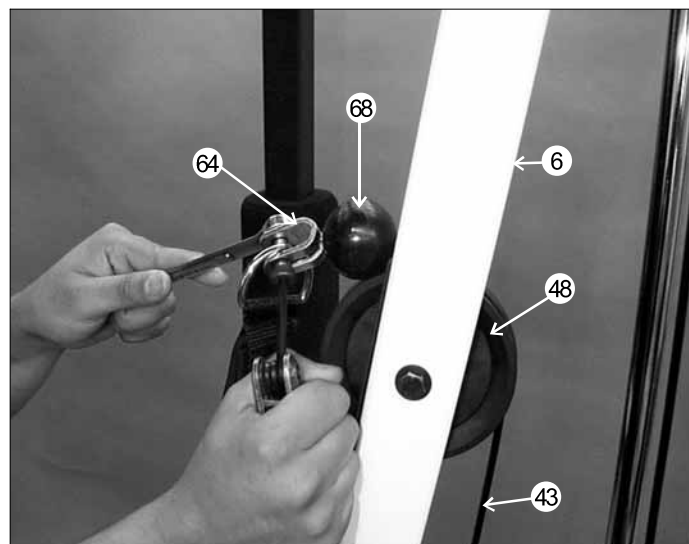


FIG. 50 Finally, route the remainder of the **Leg Extension Cable (#43)** through the Nylon Pulley 4 1/2 Rd. (#48) located on the **Rear Upright (#6)**. Then assemble one Nylon Ball 1 3/4 x 5/16 (#68), one Strap Bracket (#64) and the Abdominal Strap (#41-Not Shown) onto the cable-end of the **Leg Extension Cable (#43)** and secure using one Shoulder Bolt 3/8 X 3/4 (#58) and one Nylon Insert Lock Nut 5/16-18 (#66). Refer to **Fig. C** on page 16 for further clarification of this assembly.

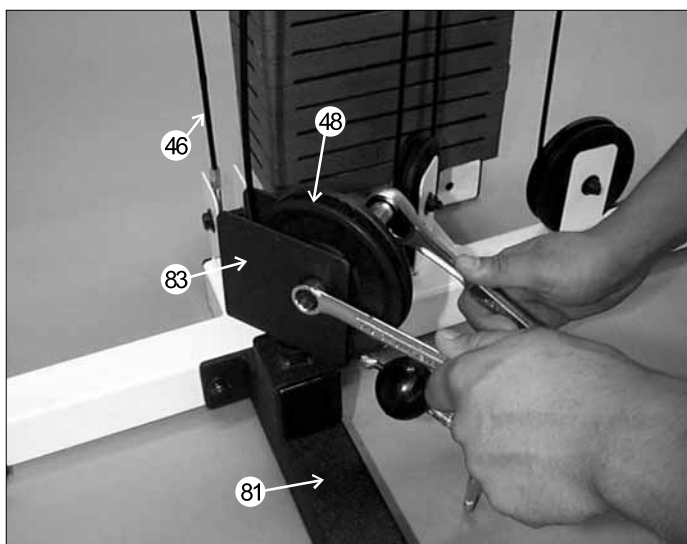


FIG. 51 Insert the end of the **Short Cable (#46)** with the ball into the **Low Row Swivel Pulley Bracket (#83)** and secure it into place with a Nylon Pulley 4 1/2 Rd. (#48). Use the pulley mounting hardware described in **Fig. 47** on page 13 to fasten the pulley and cable into place. See **Fig. I** on page 15 for further clarification.

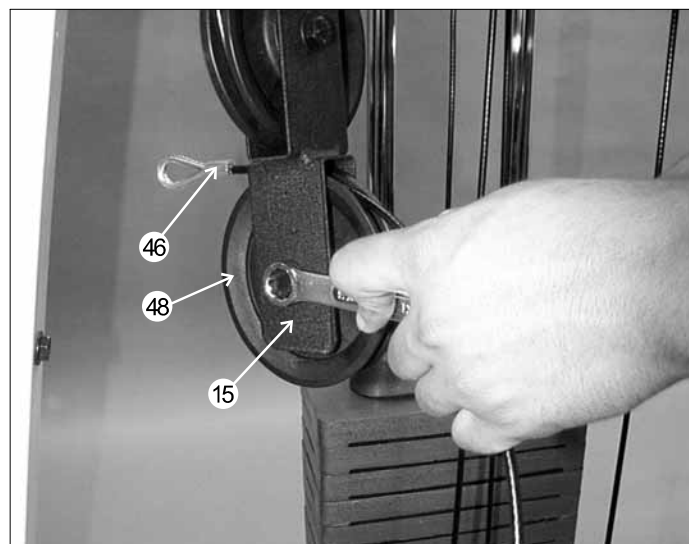


FIG. 52 Insert a Nylon Pulley 4 1/2 Rd. (#48) and the **Short Cable (#46)**, as shown above. Use the pulley mounting hardware described in **Fig. 47** on page 13 to fasten the pulley and cable into place. See **Fig. I** on page 15 for further clarification.

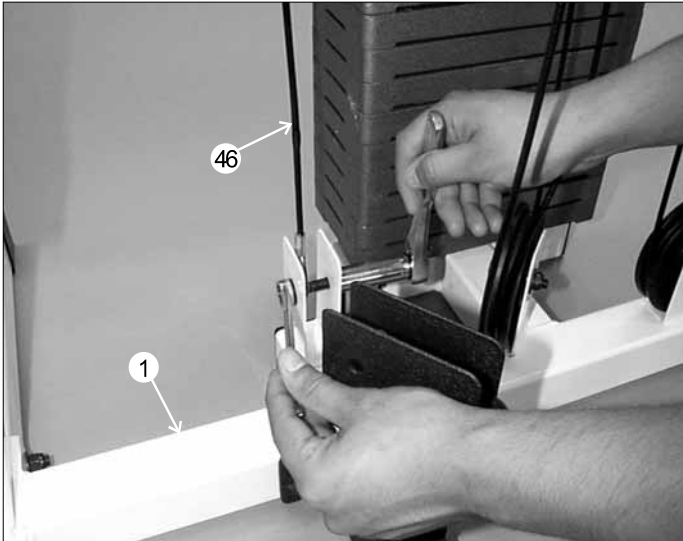


FIG. 53 Finally, connect the other looped end of the **Short Cable (#46)** to the empty pulley bracket located on the **Base Frame (#1)**, as shown above. Refer to **Fig. G** on page 16 for proper assembly. Secure this assembly using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#57), two Flat Washers SAE 3/8 (#73), two Nylon Spacers 3/8 x 3/8 (#47) and one Nylon Insert Jam Lock Nut 3/8-16 (#69).

Note: This completes the assembly of the CMB-2. It is recommended that you check and secure all the hardware assemblies and inspect the complete cable routing of all cables.

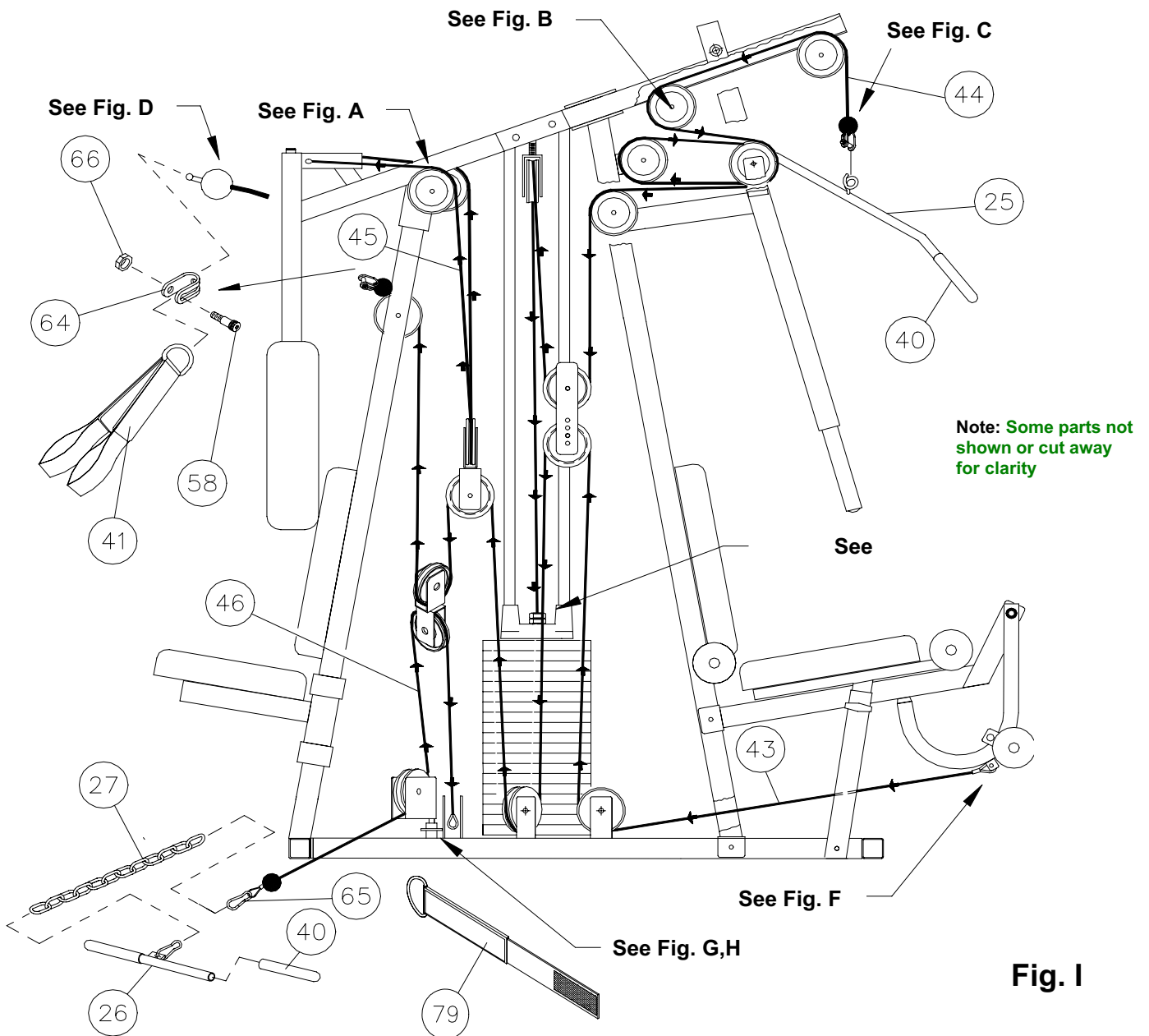


Fig. I

FIG. A

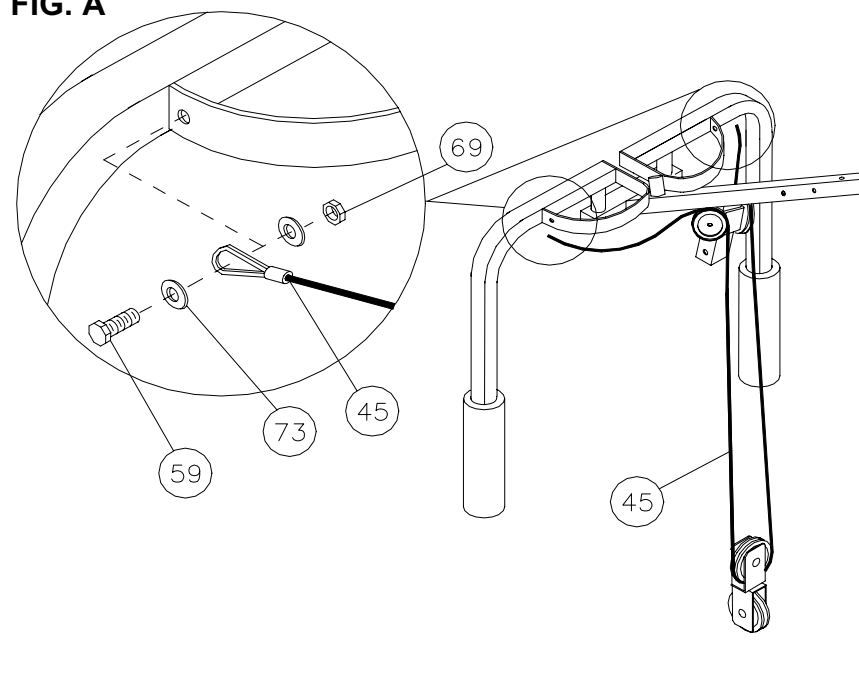
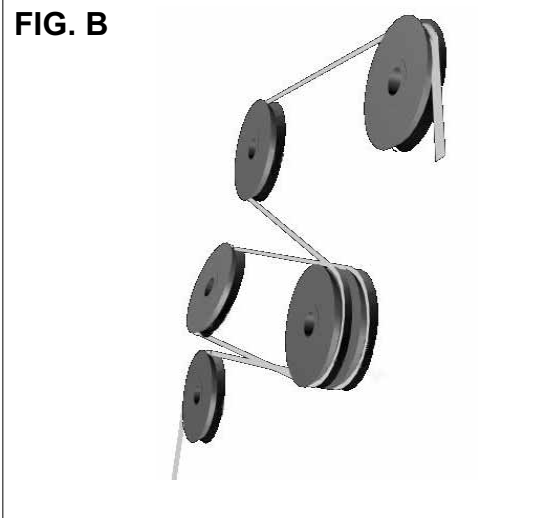


FIG. B



Note: Some Parts Have Been Cut Away For Clarity.

FIG. C

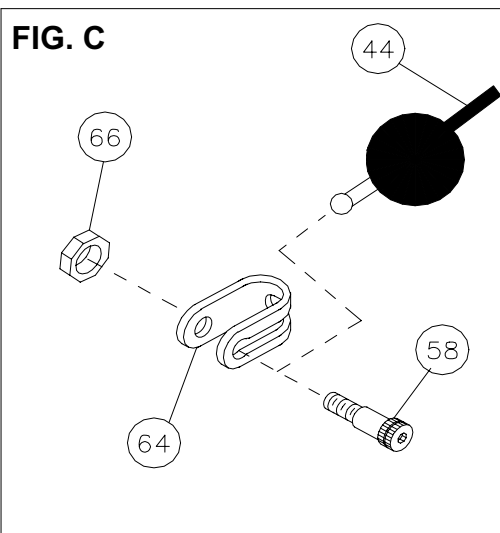


FIG. D

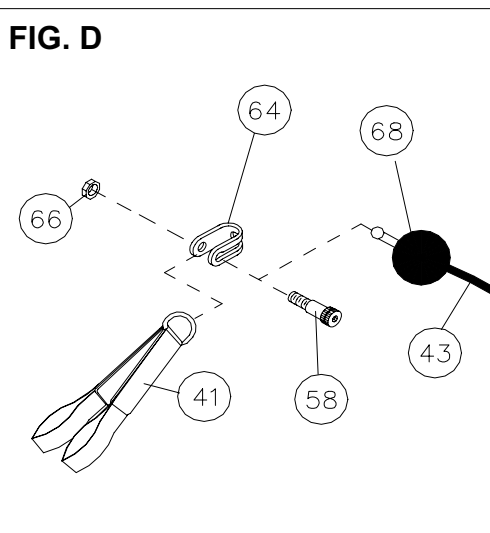


FIG. E

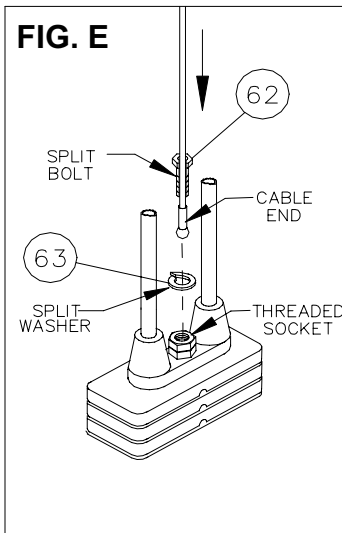


FIG. F

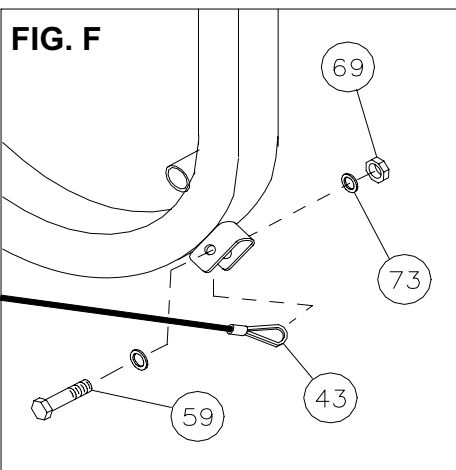


FIG. G

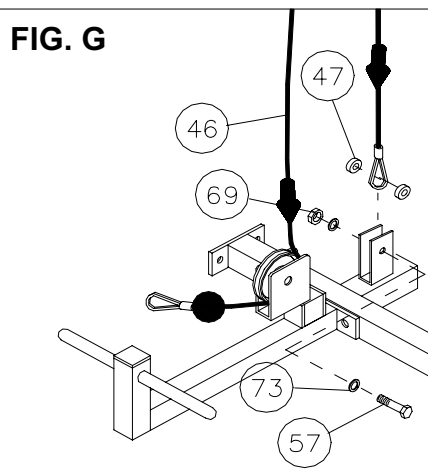
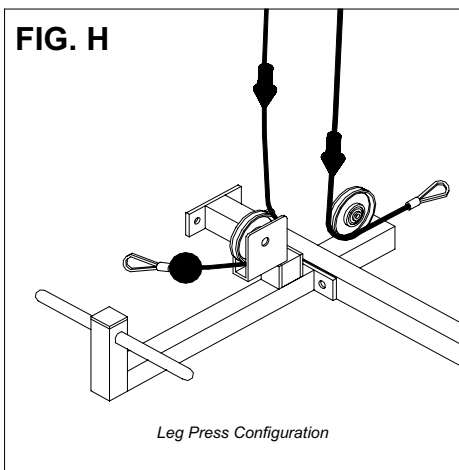


FIG. H



Leg Press Configuration

COLOR CHART

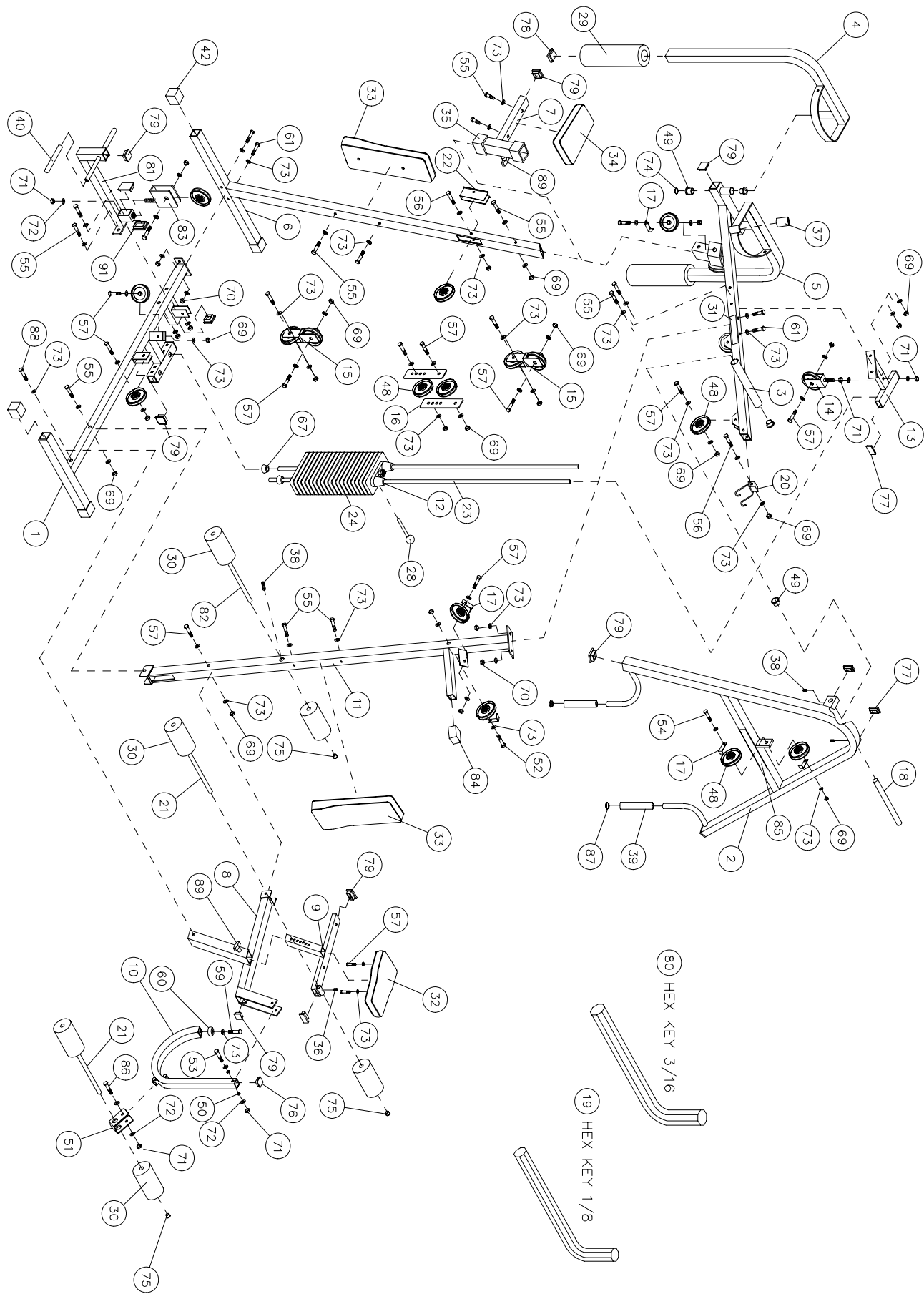
GRAY= SUB-ASSEMBLY PARTS

BLACK= HARDWARE

CMB-2 PARTS LIST

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	BASE FRAME	CMB2-01-00	1	46	SHORT CABLE	CMB2-46-00	1
2	PRESS ARM	CMB2-02-00	1	47	NYLON SPACER 3/8 X 3/8	BNH0392	2
3	TOP PULLEY ASSEMBLY	CMB2-03-00	1	48	NYLON PULLEY 4 1/2 RD	BNH0506	19
4	PEC DEC ARM (LT)	CMB2-04-00	1	49	BRONZE BUSHING 1 X 1 1/4	BNH0527	6
5	PEC DEC ARM (RT)	CMB2-05-00	1	50	BRONZE BUSHING 1/2 X 5/8	BNH0528	2
6	REAR UPRIGHT	CMB2-06-00	1	51	FOOT ROLL BRACKET	UP176	1
7	PEC DEC ADJ SEAT TUBE	UP133	1	52	HEX HEAD CAP SCREW 3/8-16 X 3 3/4	BNH0281	1
8	LEG EXT BENCH FRAME	UP172	1	53	HEX HEAD CAP SCREW 1/2-13 X 3 1/4	BNH0576	1
9	BENCH PRESS ADJ SEAT TUBE	UP171	1	54	HEX HEAD CAP SCREW 3/8-16 X 3 1/2	BNH0280	1
10	LEG EXT ARM	UP150	1	55	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	BNH0278	14
11	FRONT UPRIGHT	CMB2-11-00	1	56	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	BNH0276	2
12	TOP PLATE/ SELECTOR BAR	UP003	1	57	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	BNH0274	18
13	GUIDE ROD RETAINER	UP169	1	58	SHOULDER BOLT 3/8 X 3/4	BNH0718	2
14	TOP PLATE SWIVAL BRACKET	UP127	1	59	HEX HEAD CAP SCREW 3/8-16 X 1	BNH0275	4
15	OFFSET PULLEY BRACKET	UP121	2	60	RUBBER BUMPER 3/8 X 1 1/2	BNH0514	1
16	DOUBLE PULLEY PLATE 1/8 X 2 X 9	UP092	2	61	HEX HEAD CAP SCREW 3/8-16 X 3	BNH0282	4
17	CABLE RETAINER BRACKET	UP014	6	62	SPLIT BOLT 1/2-13 X 1	BNH0479	1
18	PIVOT AXLE 1 X 11 3/4	UP067	1	63	SPLIT WASHER 1/2	BNH0572	1
19	HEX KEY LONG 1/8"	BNH0767	1	64	STRAP BRACKET #20	BNH0562	2
20	LAT BAR HOLDER	UP120	1	65	SNAP LINK ZINC	BNH0065	2
21	FOOT ROLL TUBE 1 X 16	UP053	2	66	NYLON INSERT LOCK NUT 5/16-18	BNH0215	2
22	AB CRUNCH INSERT BRACKET	UP119	1	67	RUBBER DONUT 1 X 2 1/2	BNH0062	2
23	GUIDE ROD	UP124	2	68	NYLON BALL 1 3/4 X 5/16	BNH0392	2
24	10 LB. WEIGHT PLATE	BNH0561	19	69	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	32
25	CHROME LAT BAR 48"	UP093	1	70	NYLON INSERT LOCK NUT 3/8-16	BNH0214	4
26	LOW ROW BAR 16"	UP094	1	71	NYLON INSERT JAM LOCK NUT 1/2-13	BNH0366	5
27	COIL CHAIN 3/16 X 21	BNH0017	1	72	FLAT WASHER SAE 1/2	BNH0238	7
28	WEIGHT SELECTOR PIN	BNH0064	1	73	FLAT WASHER SAE 3/8	BNH0239	80
29	FOAM FOOT ROLL 1 3/4 X 16	BNH0041	2	74	RETAINING SNAP RING	BNH0419	2
30	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	6	75	PLASTIC INSERT CAP 1" RD	BNH0002	6
31	DECAL- CMB 2	BNH0832	2	76	PLASTIC INSERT CAP 1 1/2 SQ	BNH0009	1
32	SEAT PAD	UP173	1	77	PLASTIC INSERT CAP 1 X 2	BNH0005	5
33	PEC DEC BACK PAD	CMB2-33-00	2	78	PLASTIC INSERT CAP 1 3/4 SQ	BNH0053	2
34	SEAT PAD	UP122	1	79	PLASTIC INSERT CAP 2" SQ	BNH0012	11
35	TUBE GUIDE 2 1/2 SQ	BNH0060	2	80	HEX KEY 3/16	BNH0371	1
36	SET SCREW 1/4-20 X 1/4	BNH0790	1	81	LOW ROW FOOT SUPPORT	UP177	1
37	RUBBER STOPPER 1 X 2 X 2 1/2	BNH0611	1	82	FOOT ROLL TUBE 1 X 25	UP175	1
38	SET SCREW 3/8-16 X 1/2	BNH0474	3	83	LOW ROW SWIVAL PULLEY BRACKET	UP178	1
39	RUBBER HOSE 1.185 X .125 X 13 1/2	BNH0807	2	84	RUBBER STOPPER CAP 2" SQ	BNH0613	1
40	HARD GRIP .875 X 8	BNH0523	6	85	DECAL- MUSCLE BEACH	BNH0717	2
41	ABDOMINAL STRAP	BNH0821	1	86	HEX HEAD CAP SCREW 1/2-13 X 2 3/4	BNH0261	1
42	PLASTIC END CAP 2" SQ W/GROOVE	BNH0051	4	87	PLASTIC INSERT CAP 1 1/4 RD	BNH0573	2
43	LEG EXTENSION CABLE	CMB2-43-00	1	88	HEX HEAD CAP SCREW 3/8-16 X 4 1/2	BNH0284	1
44	LAT CABLE	CMB2-44-00	1	89	PUSH PULL PIN 1/2"	BNH0515	2
45	PEC DEC CABLE	CMB2-45-00	1	90	VELCRO ANKLE STRAP	20000-VNAS	1
				91	PLASTIC INSERT CAP 2" X 3"	BNH0052	2

CMB-2 EXPLODED VIEW DIAGRAM



DO NOT DISCARD THIS MANUAL



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