

# OWNER'S MANUAL

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## Apollo Modular Gym System (Base Unit)

Standard

Deluxe



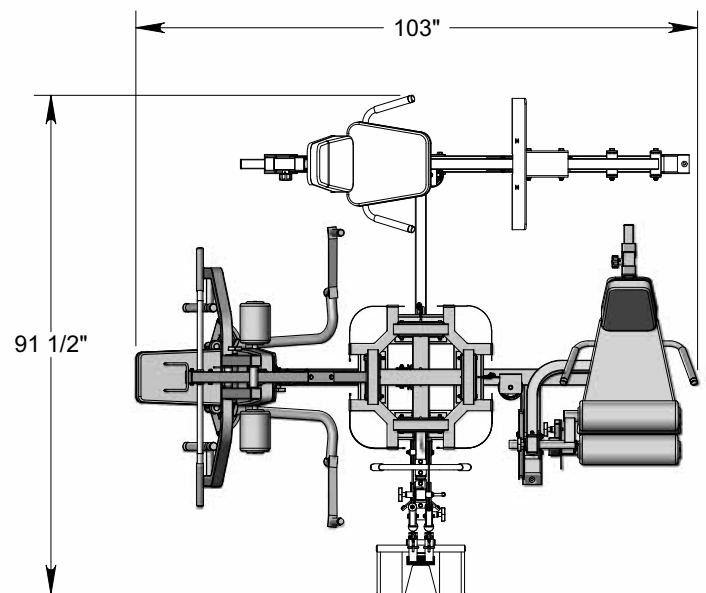
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**AMERICA'S PREMIER EXERCISE EQUIPMENT**



L 103" W 91 1/2" H 84



# Introduction

## About the Apollo Modular Gym System

Congratulations on your new purchase of the Apollo Modular Gym System. This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. 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 Limited Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

## Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

## Registration Card

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

## Specifications

1. Maximum Wt. Capacity - 200 Lbs. Each Weight Stack
2. Total Machine Weight - 1575 Lbs.
3. Footprint (LWH) - See Front Cover

## Prior to the Assembly of the Apollo Modular Gym System

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 Unit.
2. Consider the complete surface area of the Apollo Modular Gym System. Use the overhead view on the front page for designing your layout before assembling. Once the Apollo Modular Gym System has been fully assembled it will be heavy and difficult to move, therefore you should assemble the unit in the area where it is to be used upon completion.
3. It is recommended that another person assist you with the assembly of this unit.

## Tool Requirements

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

## About the Icons

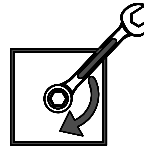
The icons displayed in this Owner's Manual are used to facilitate the correct assembly and safe use of this Product, as-well-as to prevent injury to yourself or anyone else.



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



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



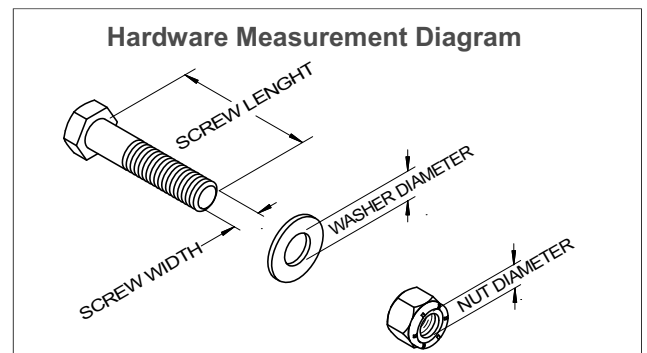
**Loosely Fasten** provides a instruction to loosely fasten (*ex: hand tighten*) a hardware assembly only. This instruction is intended for the alignment of hardware components during the assembly process.



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

## Assembly Notes

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



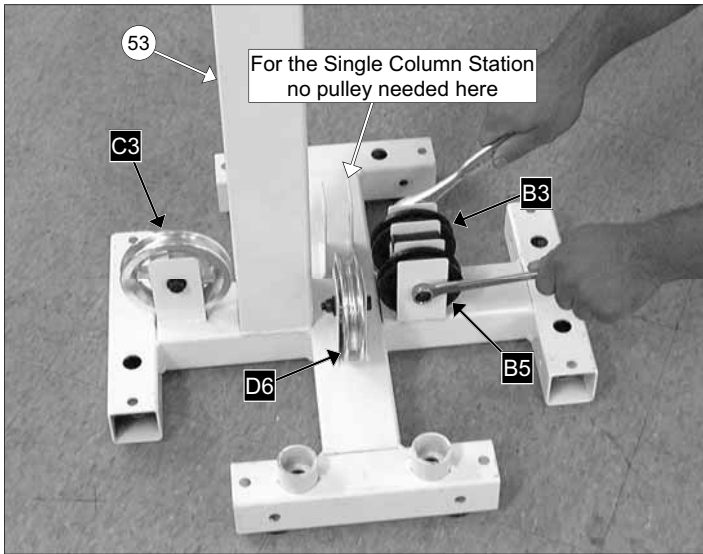
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

# Safety Precautions

## *S*afety *F*irst

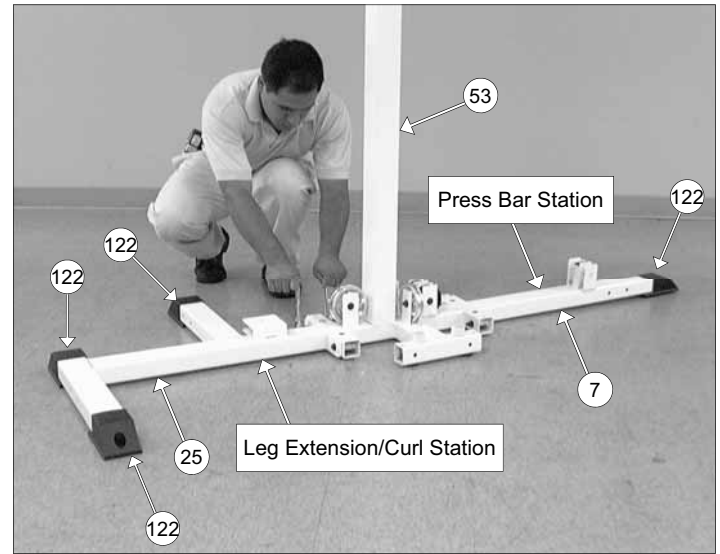
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Assembly Instructions 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 Assembly Instructions, as-well-as from your local Tuff Stuff retailer.
2. It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions 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.

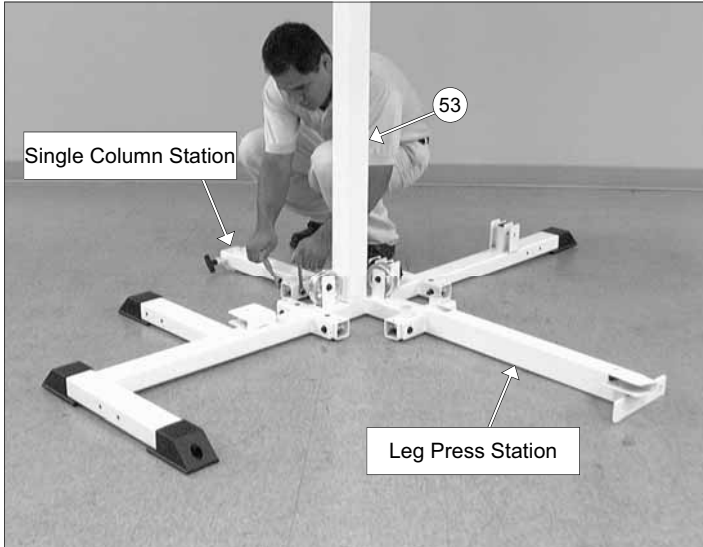


**FIG. 1** Locate the **Weight Stack Frame (#53)** and attach two Pulleys 4 1/2 Rd (#67-Labeled C3, D6) using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#97), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Jam Lock Nuts 3/8-16 (#118). Next, attach two Pulleys 3 1/2 Rd (#66-Labeled B3, B5) to the **Weight Stack Frame (#53)** brackets using one Hex Head Cap Screw 3/8-16 X 4 (#103), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).

**Note:** The black boxed letters pointing to the pulleys are used throughout this manual as reference to the Cable Mapping Diagrams. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process.

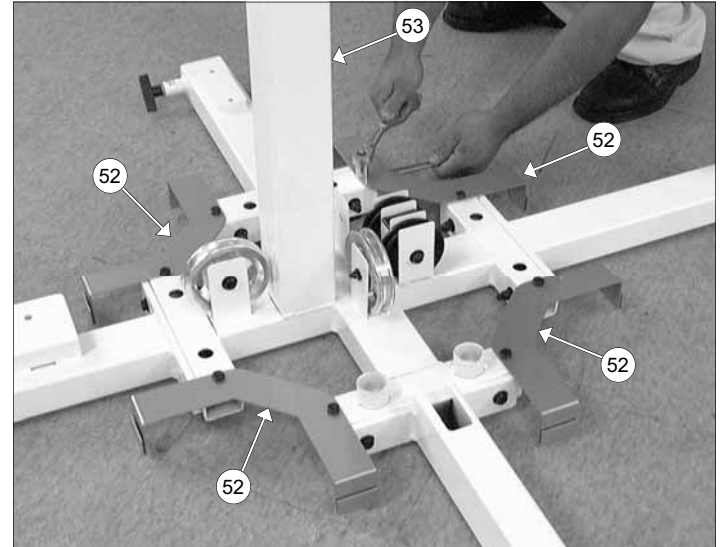


**FIG. 2** Using a rubber mallet, insert one Plastic End Cap 2 X 3 (#122) onto the tube-end of the **Bottom Connector Press Bar/Pec Fly (#7)**, Next, insert three Plastic End Caps 2 X 3 (#122) onto the tube-ends of the **Leg Extension Bottom Frame (#25)**. Secure the **Bottom Connector Press Bar/Pec Fly (#7)** and the **Leg Extension Bottom Frame (#25)** to the **Weight Stack Frame (#53)**, in the position as shown above, using four Hex Head Cap Screws 3/8-16 X 3 1/4 (#101), eight Flat Washers SAE 3/8" (#93), and four Nylon Insert Lock Nuts 3/8-16 (#119).

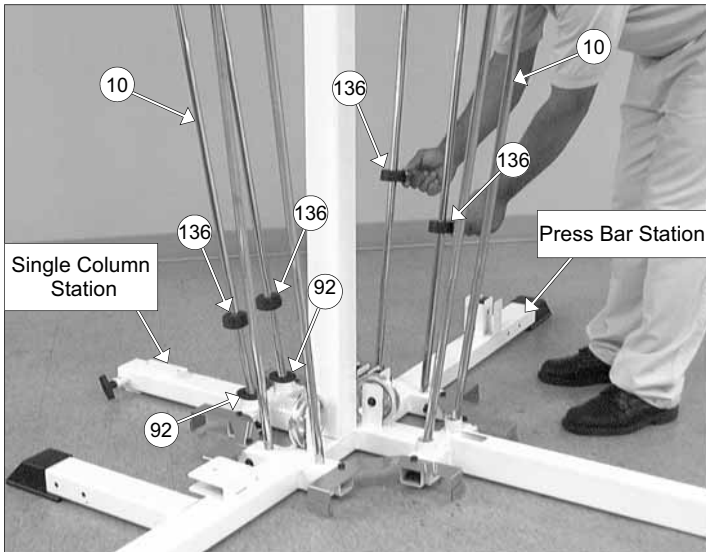


**FIG. 3** Attach the **Leg Press Bottom Connector** and the **Bottom Upright Connector** to the **Weight Stack Frame (#53)**, in the position as shown above, using four Hex Head Cap Screws 3/8-16 X 3 1/4 (#101), eight Flat Washers SAE 3/8" (#93), and four Nylon Insert Lock Nuts 3/8-16 (#119).

**Note:** Depending on what optional Stations your system may include, the bottom connectors of these stations (Ab/Back, Inner Outer Thigh, Multi-Press) can be attach to the **Weight Stack Frame (#53)** as described above.



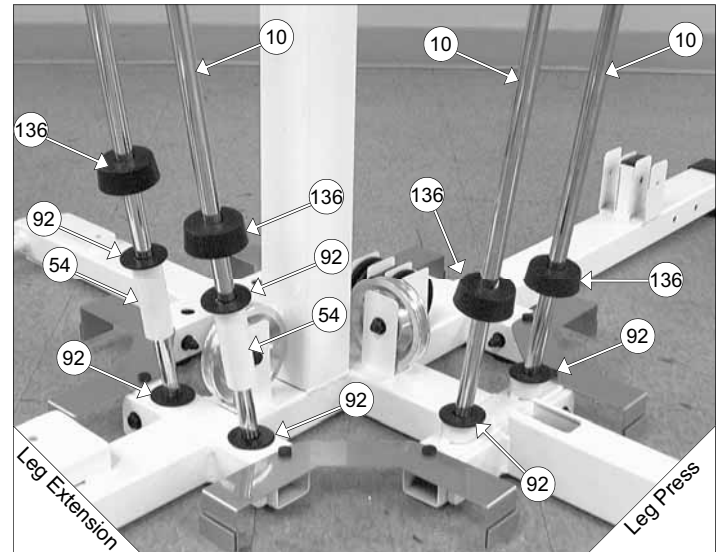
**FIG. 4** Next, affix four **Weight Shield Holders (#52)** to the **Weight Stack Frame (#53)** using eight Hex Head Cap Screws 3/8-16 X 3/4 (#102), and eight Nylon Insert Lock Nuts 3/8-16 (#119).



**FIG. 5** Insert the eight **Guide Rods (#10)** into the receptacles of the **Weight Stack Frame (#53)**. Next, insert two **Rubber Donuts (#136)** onto the **Guide Rods (#10)** located at the side of the **Press Bar Station**. Next, on the side of the **Single Column Station** insert onto the **Guide Rods (#10)** the following:

1. Two **Flat Washers 3/4 X 2 (#92)**
2. Two **Rubber Donuts (#136)**

 **Note:** Lubricate the **Guide Rods (#10)** with a silicone or teflon lubricant at this time.

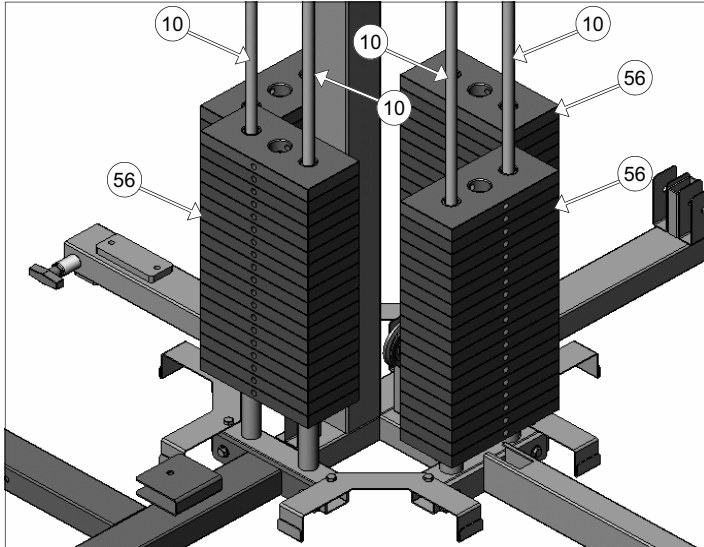


**FIG. 6** On the **Leg Extension/Curl Station** insert onto the **Guide Rods (#10)** the following:

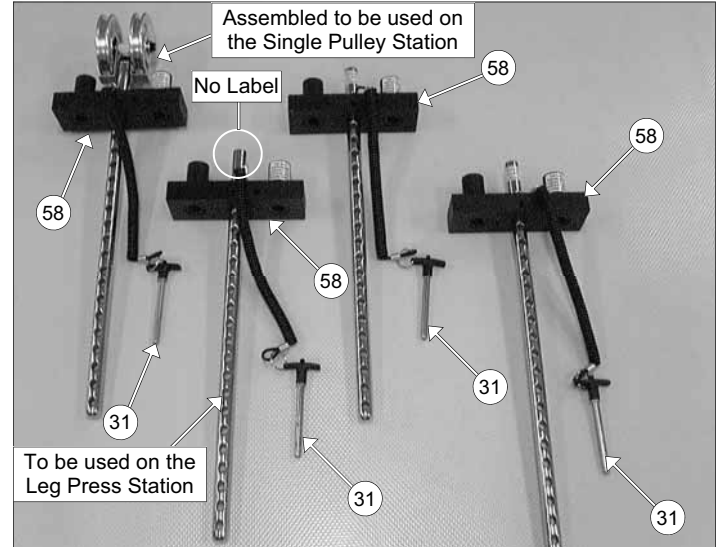
1. Two **Flat Washers 3/4 X 2 (#92)**
2. Two **Weight Stack Spacers (#54)**
3. Two **Flat Washers 3/4 X 2 (#92)**
4. Two **Rubber Donuts (#136)**

On the **Leg Press Station** insert onto the **Guide Rods (#10)** the following:

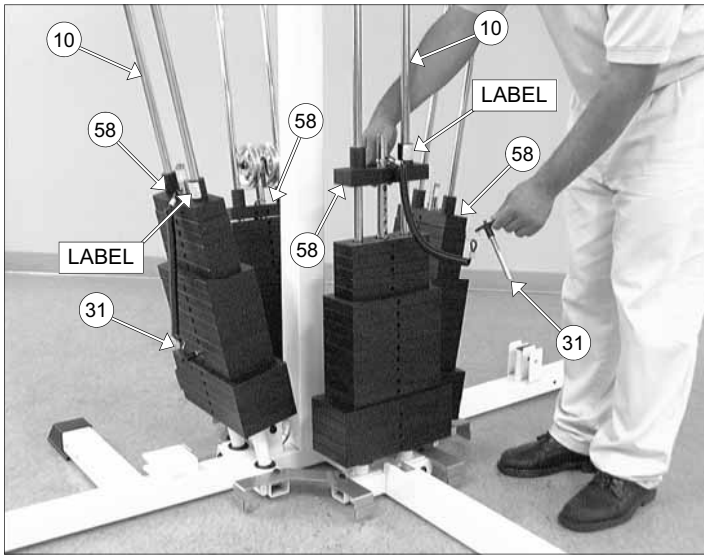
1. Two **Flat Washers 3/4 X 2 (#92)**
2. Two **Rubber Donuts (#136)**




**FIG. 7** Carefully begin sliding the nineteen (19) **10 Lb. Weight Plates (#56)** over the **Guide Rods (#10)**. Repeat the same process for the other three stations.

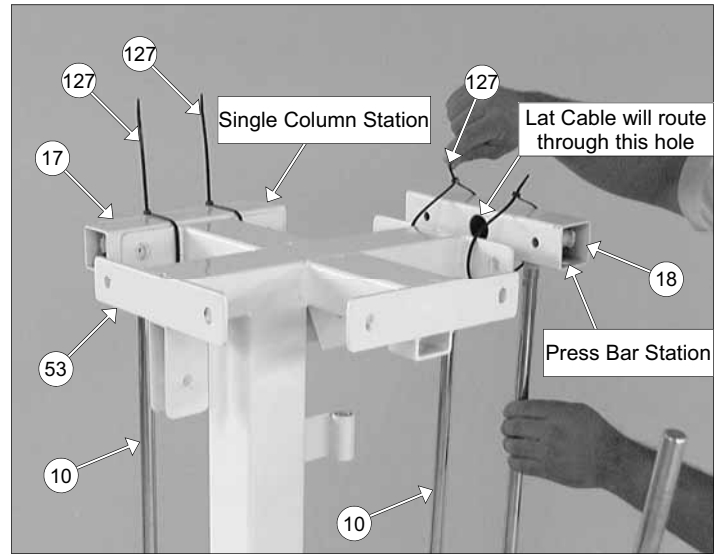


**FIG. 8** Locate the four **Top Plate Selector Bars (#58)** and assemble **Magnetic Selector Pins W/Coil 3/8 X 4 (#31)** in the position as shown above.

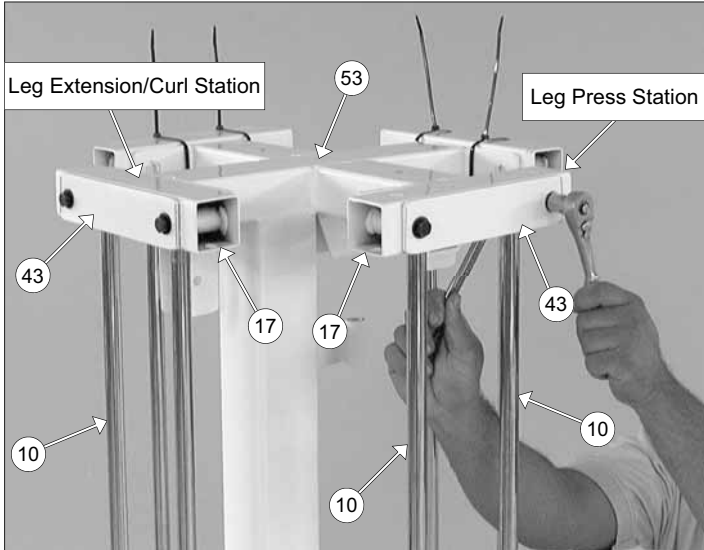


**FIG. 9** Assemble each **Top Plate/Selector Bar (#58)** to its corresponding workstation

 **Note:** Be sure the **Label** and the **Selector Pin w/Coil (#31)** located on each **Top Plate/Selector Bar (#58)** are facing out, before sliding the **Top Plate/Selector Bars (#58)** onto the **Guide Rods (#10)**.

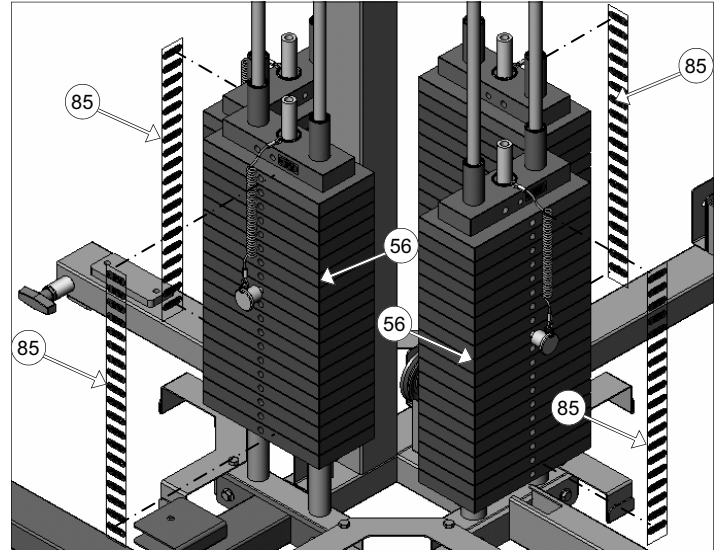


**FIG. 10** On the **Single Column Station**, maneuver the two **Guide Rods (#10)** into the bottom holes of a **Guide Rod Retainer (#17)**. Next, temporarily secure the **Guide Rod Retainer (#17)** to the **Weight Stack Frame (#53)** using two **Plastic Ties (#127)**. Next, locate the **Press Bar Station Guide Rod Retainer (#18)** and attach it to the side of the **Press Bar Station** following the previous procedure.



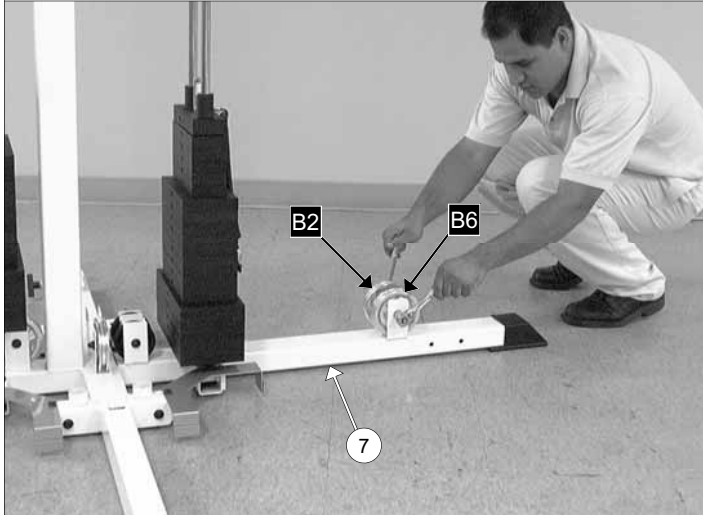
**FIG. 11** On the side of the **Leg Extension/Curl Station**, maneuver the two **Guide Rods (#10)** into the bottom holes of a **Guide Rod Retainer (#17)**. Next, secure the **Guide Rod Retainer (#17)** to the **Weight Stack Frame (#53)** using one **Reinforcement Plate 1/4 X 2 X 8 1/2 (#43)**, two **Hex Head Cap Screws 3/8-16 X 3 1/4 (#101)**, four **Flat Washers SAE 3/8" (#93)**, and two **Nylon Insert Lock Nuts 3/8-16 (#119)**.

Next, repeat the same procedure for the **Leg Press Station**.

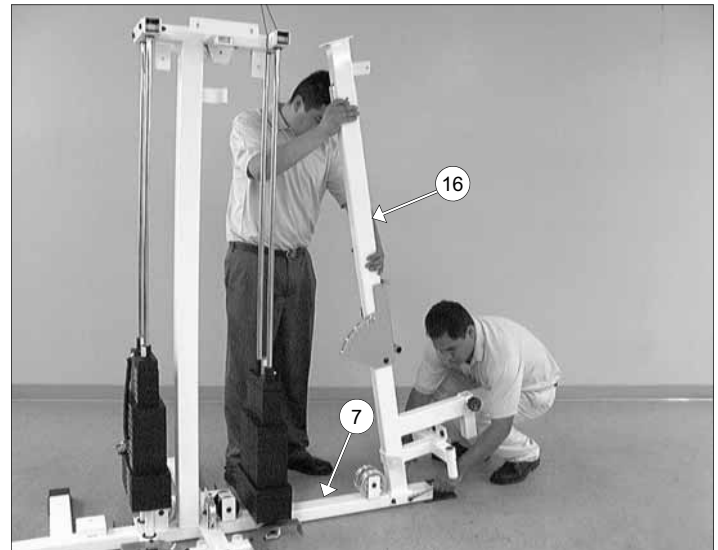



**FIG. 12** Attach the **Decal Weight Numbers (#85)** to the **Weight Plates (#56)**.

**Assembly of the Press Bar Station Fig. 13 - Fig. 48**




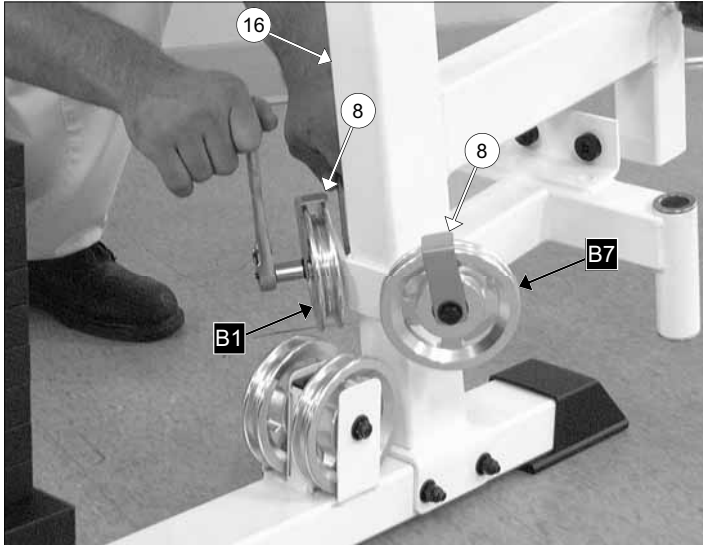
**FIG. 13** Attach two Pulleys 4 1/2 Rd. (#67-Labeled B2, B6) to the **Press Bar Station Base Frame (#7)** pulley brackets using one Hex Head Cap Screw 3/8-16 X 4 (#103), two Flat Washers SAE 3/8 (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).



**FIG. 14**  **Caution:** It is strongly recommended to use another person in assisting with this assembly.

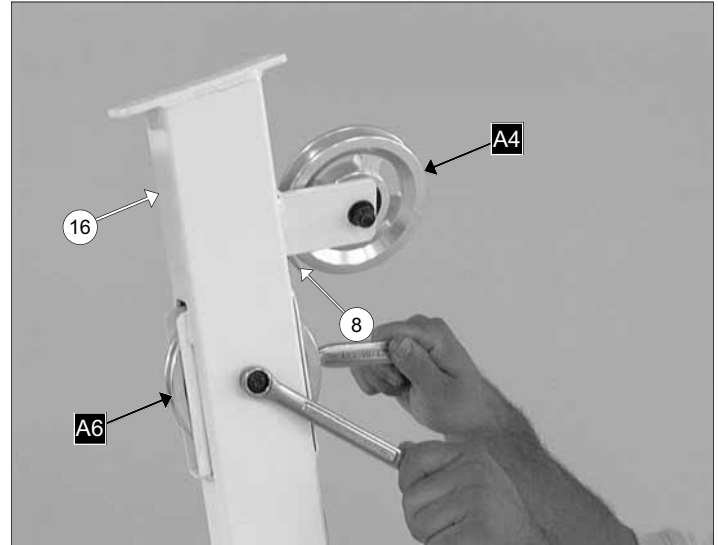
Attach the **Front Upright (#16)** to the **Bottom Connector Press Bar/ Pec Fly (#7)** using two Hex Head Cap Screws 3/8-16 X 4 1/4 (#104), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).

 **Loosely Fasten:** Do not completely fasten this hardware assembly until assembling the **Top Pulley Assembly (#49)** to the **Press Bar Station Guide Rod Retainer (#18)** described in **FIG. 18**.



**FIG. 15** Attach two Pulleys 4 1/2 Rd (#67-Labeled B1, B7) and two **Cable Retainer Brackets (#8)** to the **Front Upright (#16)** using two Hex Head Cap Screws 3/8-16 X 2 (#98), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).

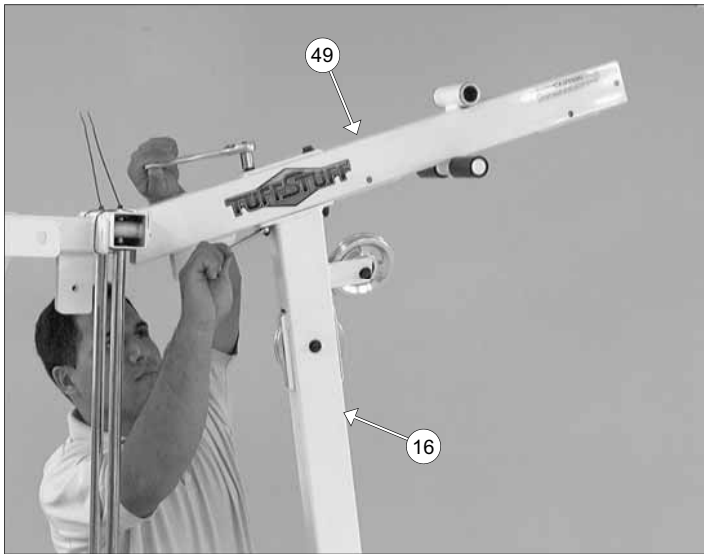
 **Note:** Be sure the **Cable Retainer Brackets (#8)** are positioned as shown above.




**FIG. 16** Next, attach a Pulley 4 1/2 Rd (#67-Labeled A4) and a **Cable Retainer Bracket (#8)** to the plate of the **Front Upright (#16)** using one Hex Head Cap Screw 3/8-16 X 2 (#98), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Lock Nut 3/8-16 (#119).


 **Note:** Be sure the **Cable Retainer Bracket (#8)** is positioned as shown above.

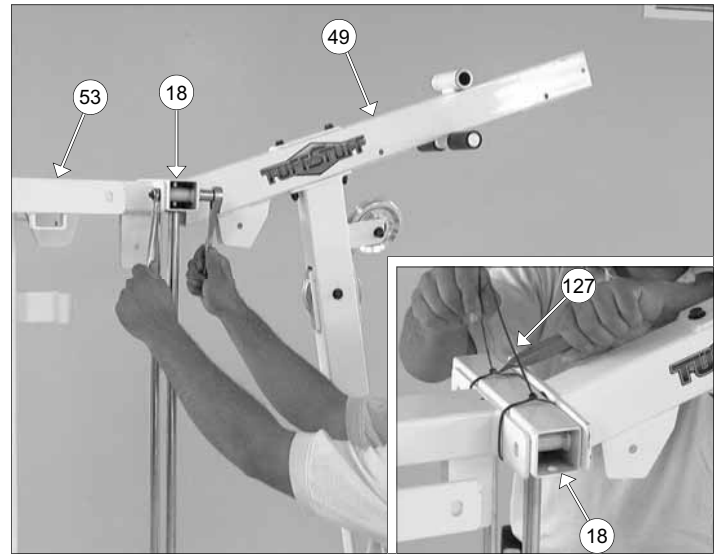
Next, attach another Pulley 4 1/2 Rd (#67-Labeled A6) to the **Front Upright (#16)** using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#99), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).




**FIG. 17**  **Caution:** It is strongly recommended to use another person in assisting with this assembly.

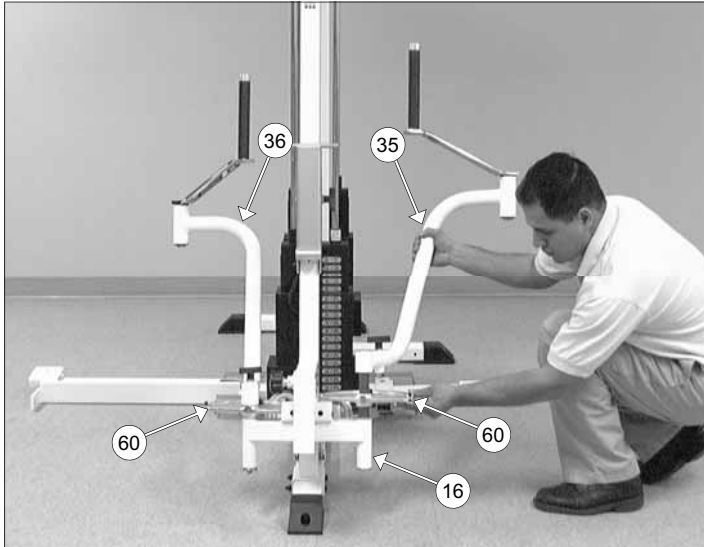
Attach the **Top Pulley Assembly (#49)** to the **Front Upright (#16)** using two Hex Head Cap Screws 3/8-16 X 4 1/4 (#104), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).

 **Loosely Fasten:** Do not completely fasten this hardware assembly at this time.




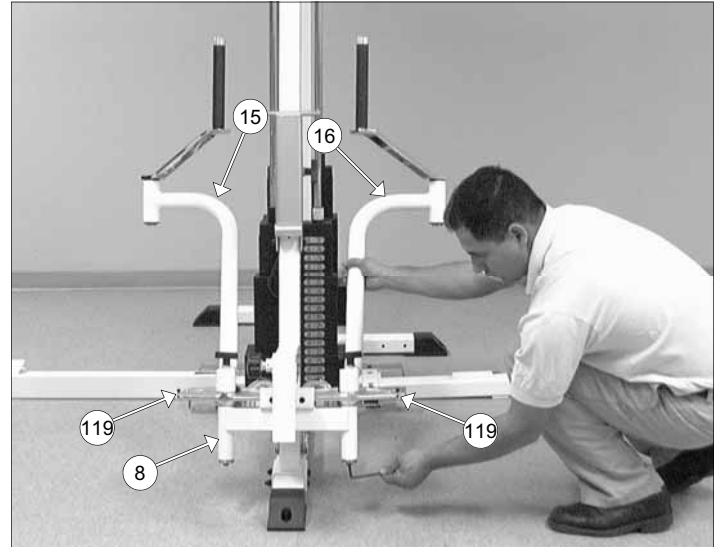
**FIG. 18** Using a utility knife, remove the two Plastic Ties (#127) from the **Press Bar Station Guide Rod Retainer (#18)**. Next, affix the **Top Pulley Assembly (#49)** to the **Press Bar Station Guide Rod Retainer (#18)** and the **Weight Stack Frame (#53)** using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#101), four Flat Washers SAE 3/8" (#93) and two Nylon Insert Lock Nuts 3/8-16 (#119).

 **Fully Fasten:** Proceed to align and fully fasten this hardware assembly and the previous assemblies that were left loosely fastened. (Assemblies described in **FIG. 14** and **FIG. 17**).



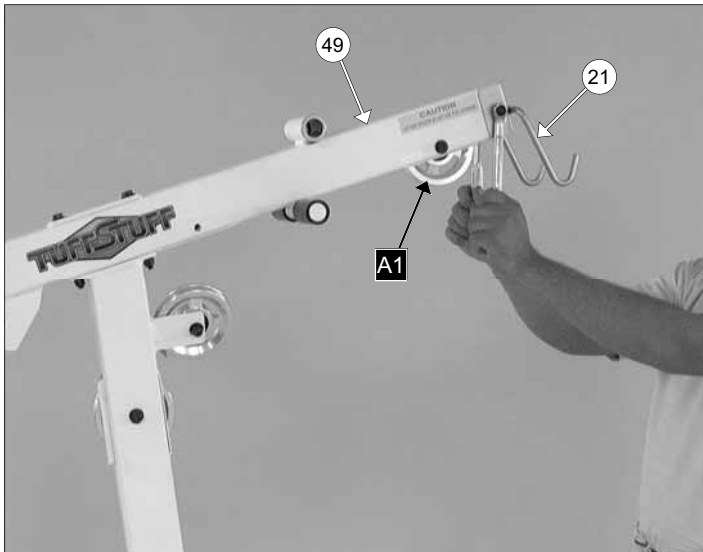
**FIG. 19** Insert the **Left Pec Dec Arm (#35)** along with the **Aluminum Cam Plate (#60)** into the receptacle of the **Front Upright (#16)**. Repeat the same procedure for the **Right Pec Dec Arm (#36)**.

 **Note:** It is recommended to grease both axles of the **Left and Right Pec Dec Arms (#35, #36)** with multi-purpose grease prior to assembling.

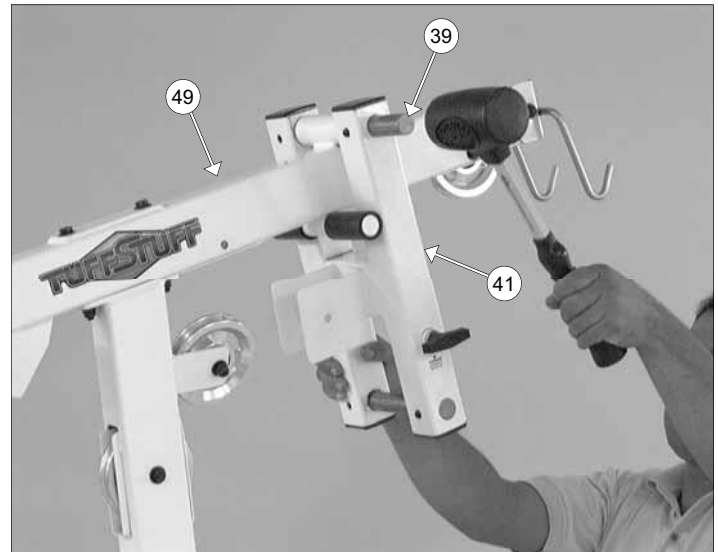


**FIG. 20** Secure the **Left Pec Dec Arm (#35)** into place using one Button Head Socket Cap Screw 3/8-16 X 1 (#71), one Split Lock Washer 3/8" (#152), and one Chrome Washer 3/8 X 1 1/2 (#74). Repeat the same procedure for the **Right Pec Dec Arm (#36)**.




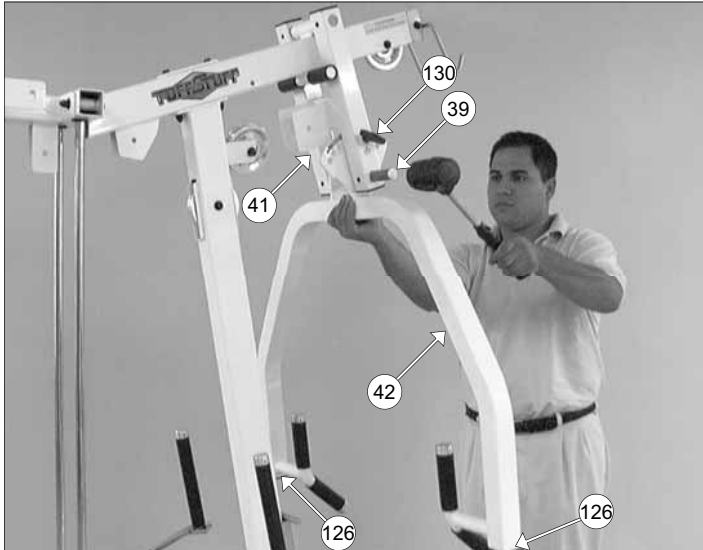


**FIG. 21** Next, attach a Pulley 4 1/2 Rd (#67-Labeled A1) to the **Top Pulley Assembly (#49)** using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#99), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118). Next, attach the **Lat Bar Holder 2 X 3 (#21)** to the **Top Pulley Assembly (#49)** using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#100), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).

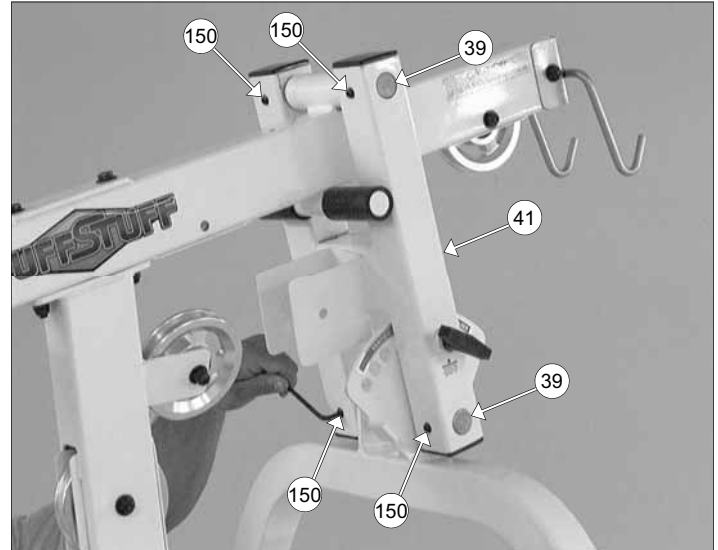


**FIG. 22** Using a rubber mallet, insert one **Pivot Axle 1 X 8 1/8 (#39)** through the holes of the **Press Bar Selector Housing (#41)** and through the receptacle of the **Top Pulley Assembly (#49)** until the **Pivot Axle 1 X 8 1/8 (#39)** is flush with both sides of the **Press Bar Selector Housing (#41)**.

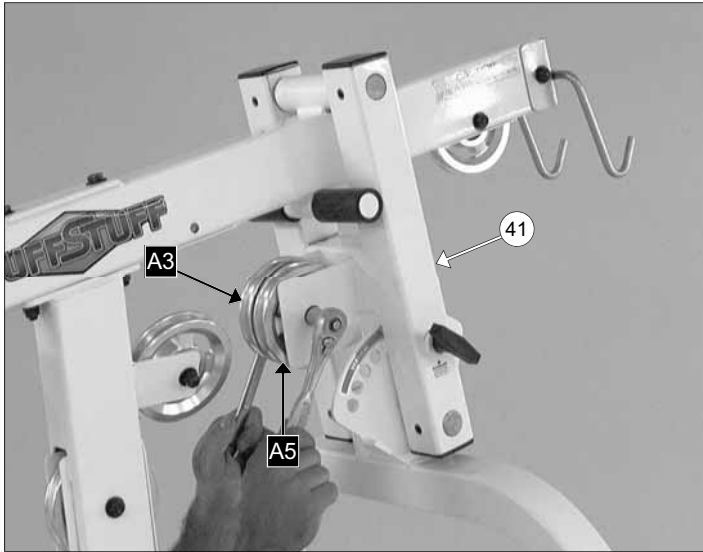
 **Note:** It is recommended to grease the **Pivot Axles 1 X 8 1/8 (#39)** with multi-purpose grease prior to assembling.



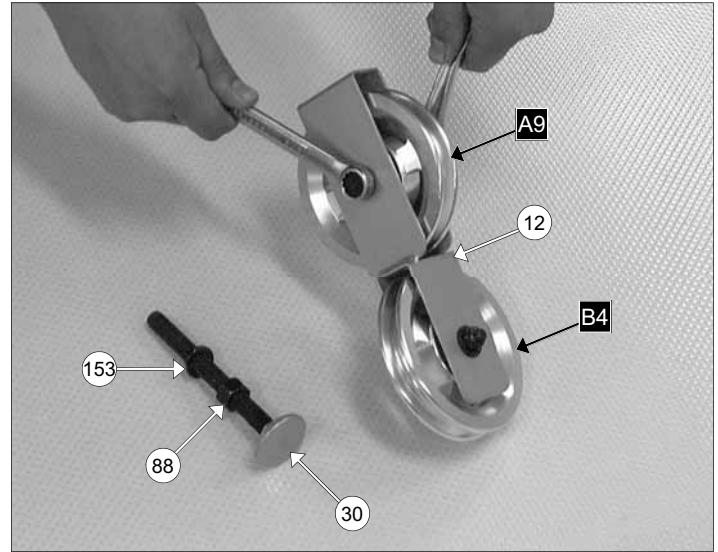
**FIG. 23** Using a rubber mallet, insert two **Plastic Insert Caps 2" Sq. (#126)** into the tube-ends of the **Press Bar (#42)**. Next, insert the **Press Bar (#42)** up into the **Press Bar Selector Housing (#41)** and support in into place using the **Pull Pin 1/2 X 3 1/2 (#130)**. Next, using a rubber mallet, insert the **Pivot Axle 1 X 8 1/8 (#39)** into the **Press Bar Selector Housing (#41)** and through the **Press Bar (#42)**.



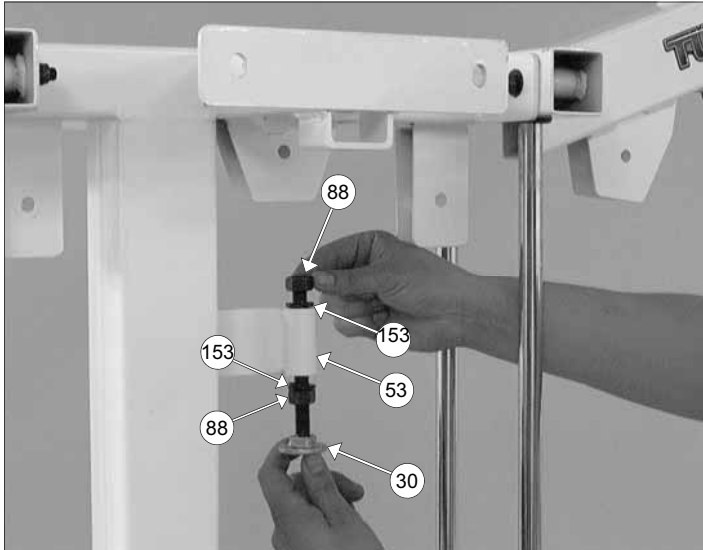
**FIG. 24** Secure the two **Pivot Axles 1 X 8 1/8 (#39)** to the **Press Bar Selector Housing (#41)** using four **Set Screws 3/8-16 X 1/2 (#150)**. Use the **Supplied Hex Key 3/16" (#107)** for securing these **Set Screws 3/8-16 X 1/2 (#150)** into the threaded sockets on the **Press Bar Selector Housing (#41)**. Next, clean the ends of the **Pivot Axles 1 X 8 1/8 (#39)** and apply four 1" Rd. **Silver Mylar Decals (#77-Not shown)**. These decals are used to hide and protect the ends of the axles.




**FIG. 25** Next, attach two Pulleys 4 1/2 Rd. (#67-Labeled A3, A5) to the **Press Bar Selector Housing (#41)** using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#100), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).

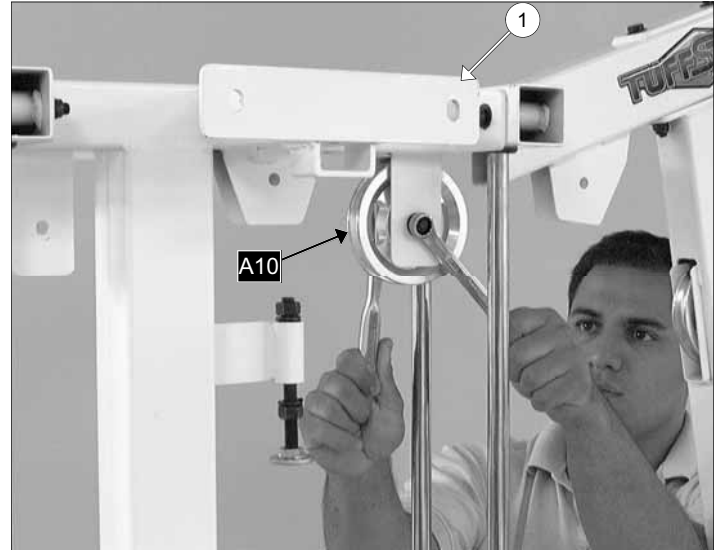


**FIG. 26** Locate the **Closed-end Double Pulley Bracket (#12)** and attach two Pulleys 4 1/2 Rd. (#67-Labeled A9, B4) using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#97), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Jam Lock Nuts 3/8-16 (#118). Next, thread one Finished Hex Nut 1/2-13 (#88) and insert one Split Lock Washer 1/2" (#153) onto the **Adjustable Stopper (#30)**.

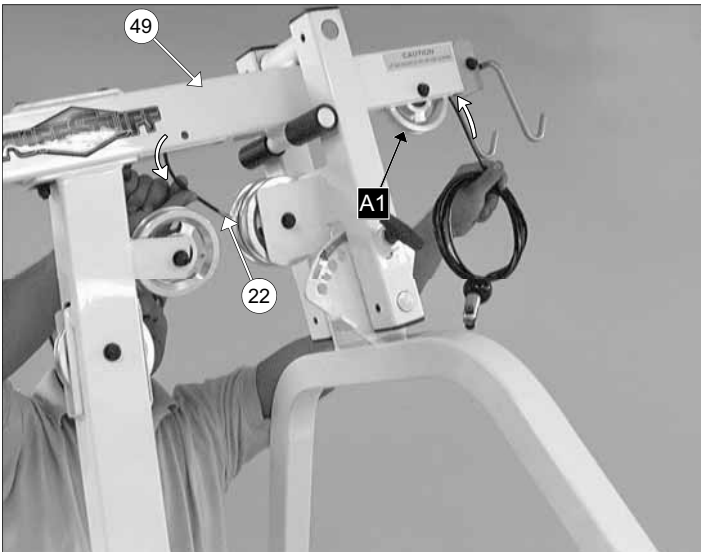


**FIG. 27** Next, attach the **Adjustable Stopper (#30)** to the receptacle of the **Weight Stack Frame (#53)** using one Split Lock Washer 1/2" (#153) and one Finished Hex Nut 1/2-13 (#88).


 **Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fasten once the cables have been adjusted.

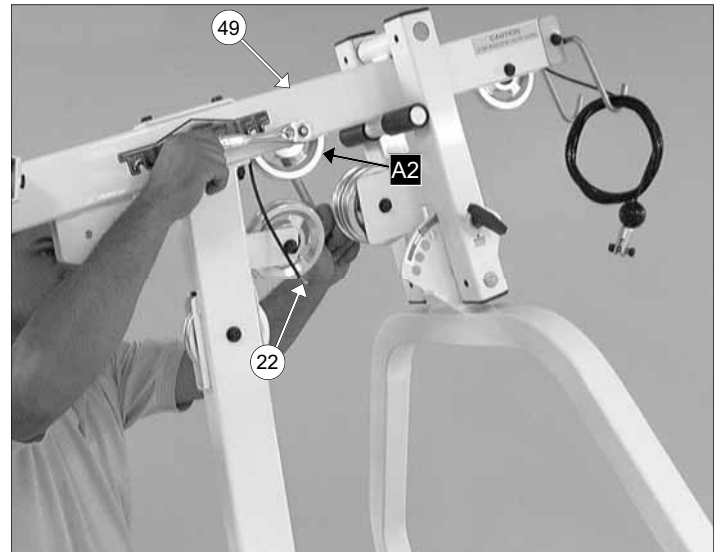


**FIG. 28** Next, attach a Pulley 4 1/2 Rd. (#67-Labeled A10) to the **Weight Stack Frame (#53)** using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#97), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).




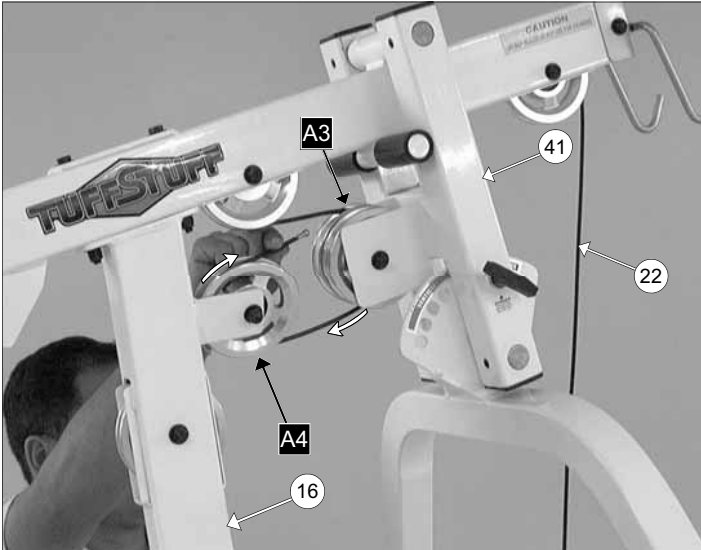
**FIG. 29** Begin routing the **Lat Cable (#22)** up and over the **Pulley 4 1/2 Rd. (#67-Labeled A1)** and into the tube of the **Top Pulley Assembly (#49)**. Then, pull the **Lat Cable (#22)** down through the opening at the bottom of the **Top Pulley Assembly (#49)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 21 for further detailed illustration of the **Lat Cable (#22)** routing.




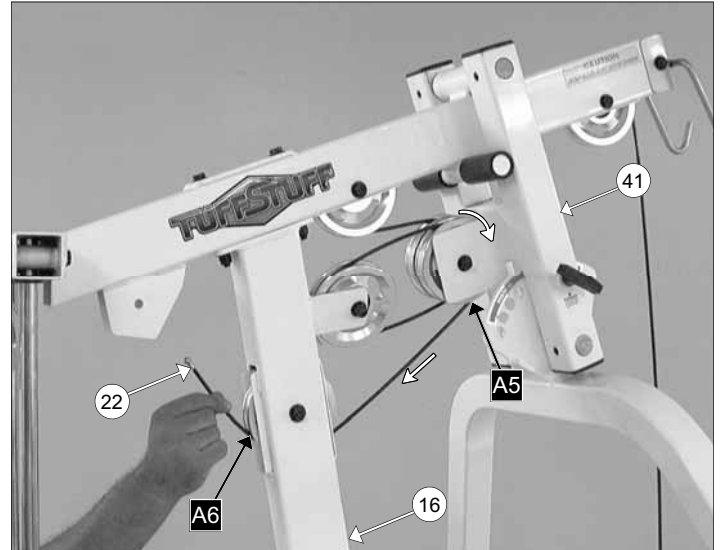
**FIG. 30** Insert a **Pulley 4 1/2 Rd. (#67-Labeled A2)** into the slot at the bottom of the **Top Pulley assembly (#49)** and secure it into place using one **Hex Head Cap Screw 3/8-16 X 2 1/2 (#99)**, two **Flat Washers SAE 3/8" (#93)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#118)**. Be sure the cable is routed properly into the groove of the **Pulley**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 21 for further detailed illustration of the **Lat Cable (#22)** routing.




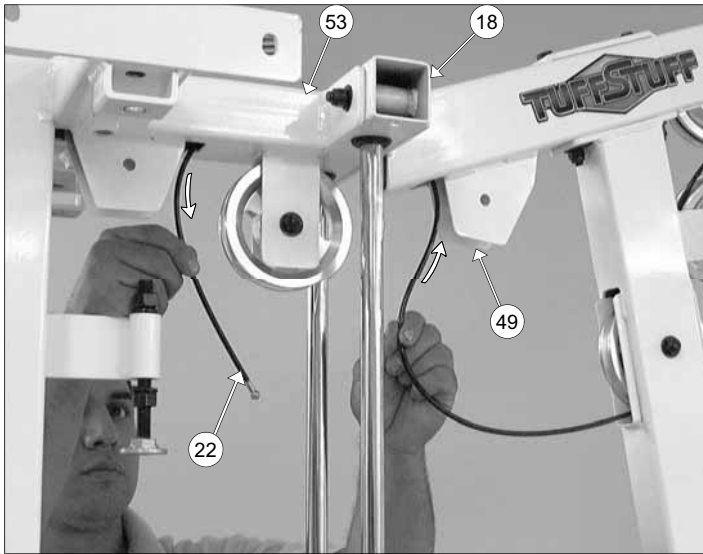
**FIG. 31** Next, continue to route the **Lat Cable (#22)** around the **Pulley 4 1/2 Rd. (#67-Labeled A3)**, then across and over the **Pulley 4 1/2 Rd. (#67-Labeled A4)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 21 for further detailed illustration of the **Lat Cable (#22)** routing.



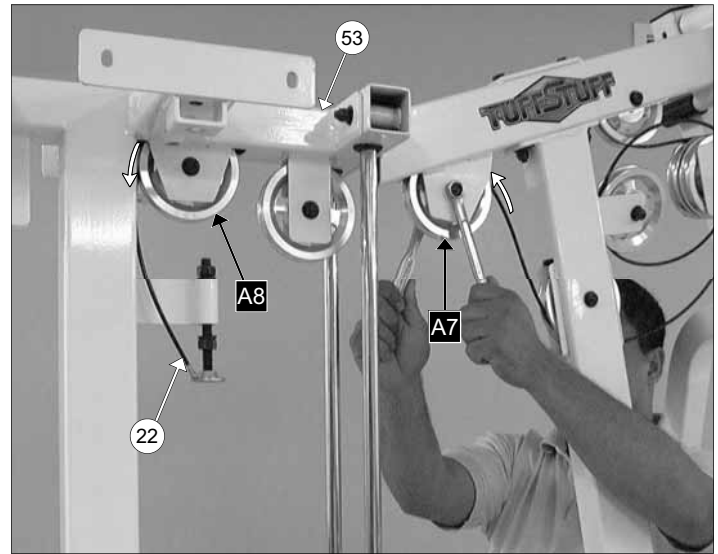
**FIG. 32** Next, continue to route the **Lat Cable (#22)** over the **Pulley 4 1/2 Rd. (#67-Labeled A5)**, then through the **Front Upright (#16)** and under the **Pulley 4 1/2 Rd. (#67-Labeled A6)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 21 for further detailed illustration of the **Lat Cable (#22)** routing.



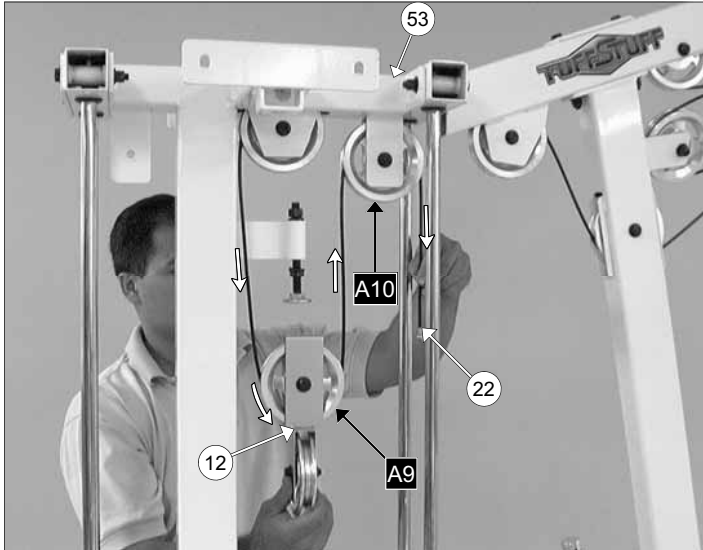
**FIG. 33** Route the Lat Cable (#22) passing through the openings of the Top Pulley Assembly (#49), the Press Bar Station Guide Rod Retainer (#18), and the Weight Stack Frame (#53).

**Note:** Refer to the Cable Mapping Diagram on fold-out page 21 for further detailed illustration of the Lat Cable (#22) routing.



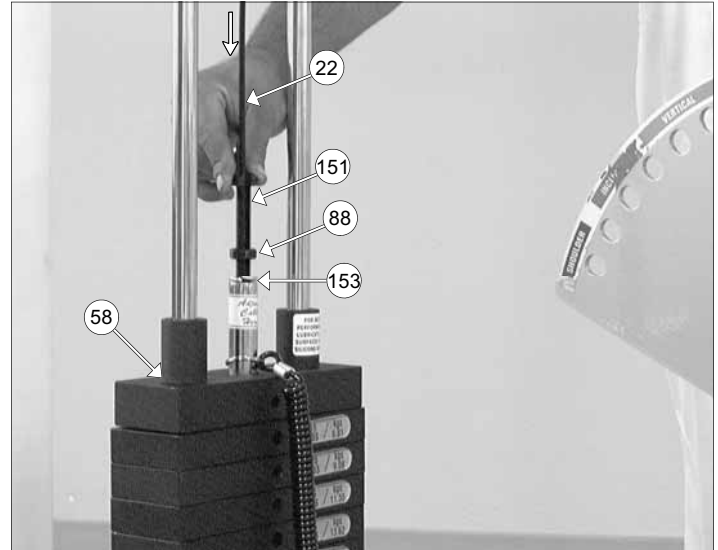
**FIG. 34** Insert two Pulleys 4 1/2 Rd. (#67-Labeled A7, A8) into the pulley brackets of the Top Pulley assembly (#49) and the Weight Stack Frame (#53). Secure the pulleys into place using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#97), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Jam Lock Nuts 3/8-16 (#118). Be sure the cable is routed properly into the groove of the pulleys.

**Note:** Refer to the Cable Mapping Diagram on fold-out page 21 for further detailed illustration of the Lat Cable (#22) routing.



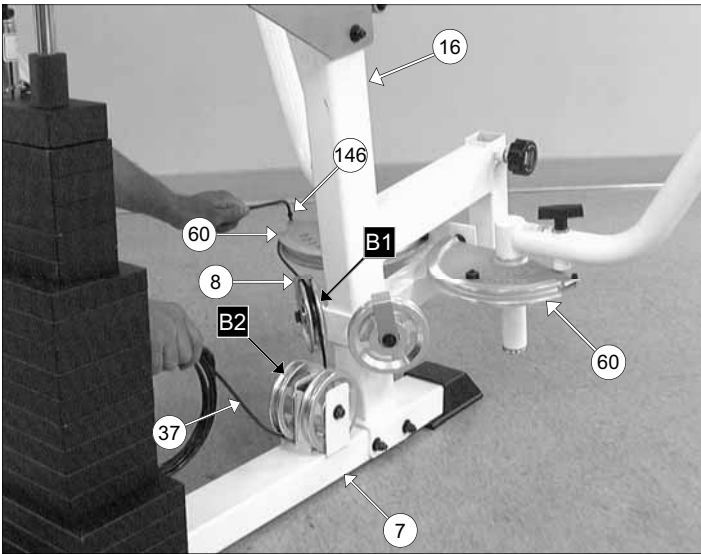
**FIG. 35** Next, locate the Closed-End Double Pulley Bracket (#12) and continue to route the Lat Cable (#22) down and under the Pulley 4 1/2 Rd. (#67-Labeled A9), then route up and over the Pulley 4 1/2 Rd. (#67-Labeled A10).

**Note:** Refer to the Cable Mapping Diagram on fold-out page 21 for further detailed illustration of the Lat Cable (#22) routing.




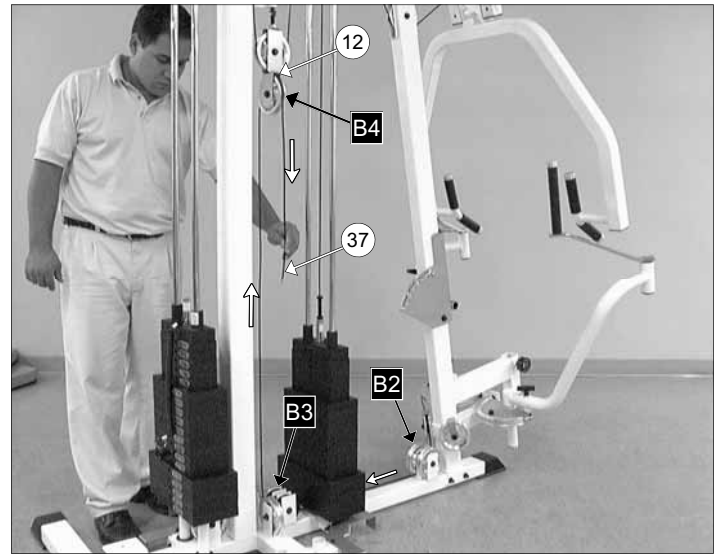
**FIG. 36** Attach one Split Hex Tap Bolt 1/2-13 X 3 1/2 (#151) to the Lat Cable (#22). Then, thread one Finished Hex Nut 1/2-13 (#88) and insert one Split Lock Washer 1/2" (#153) to the Split Hex Tap Bolt 1/2-13 X 3 1/2 (#151). Next, thread the Split Hex Tap Bolt 1/2-13 X 3 1/2 (#151) to the Top Plate Selector Bar (#58).

**Loosely Fasten:** Do not completely fasten this hardware assembly at this time, as it will be completely fasten later in the assembly process to obtain proper cable tension.




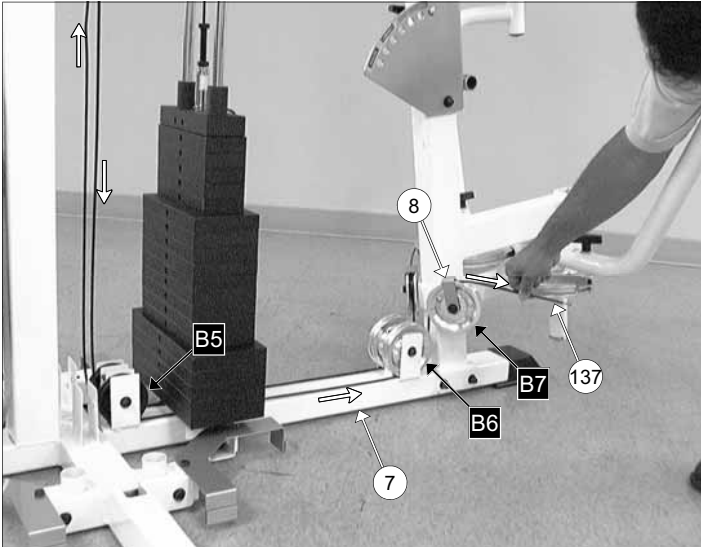
**FIG. 37** Attach one end of the **Pec Dec Cable (#37)** to the **Aluminum Cam Plate (#60)** and secure it onto place using one **Socket Head Cap Screw 1/4-20 X 3/4 (#146)**. Next, route the **Pec Dec Cable (#37)** over the **Pulley 4 1/2 Rd. (#67-Labeled B1)**, and then under the **Pulley 4 1/2 Rd. (#67-Labeled B2)**.

 **Note:** Refer to **Fig. C** on fold-out page 21 for further clarification of this hardware assembly.




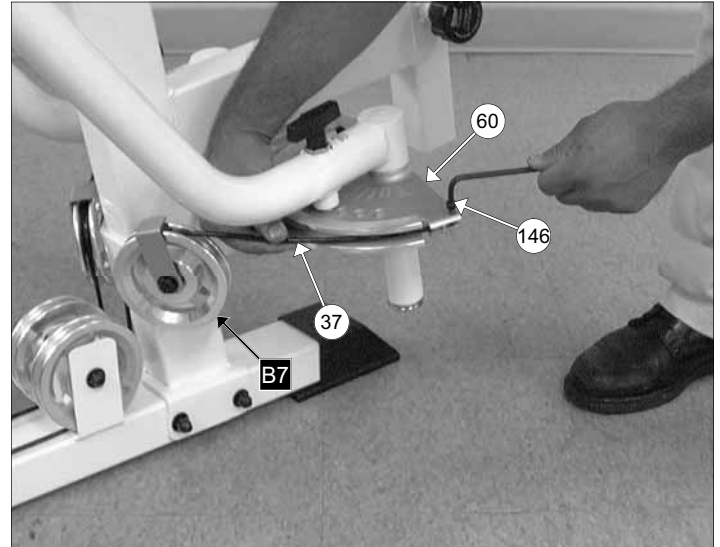
**FIG. 38** Continue routing the **Pec Dec Cable (#37)** under the weight stack and the **Pulley 3 1/2" Rd. (#66-Labeled B3)**, and then up and over the **Pulley 4 1/2" Rd. (#67-Labeled B4)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 21 for further detailed illustration of the **Pec Dec Cable (#37)** routing.




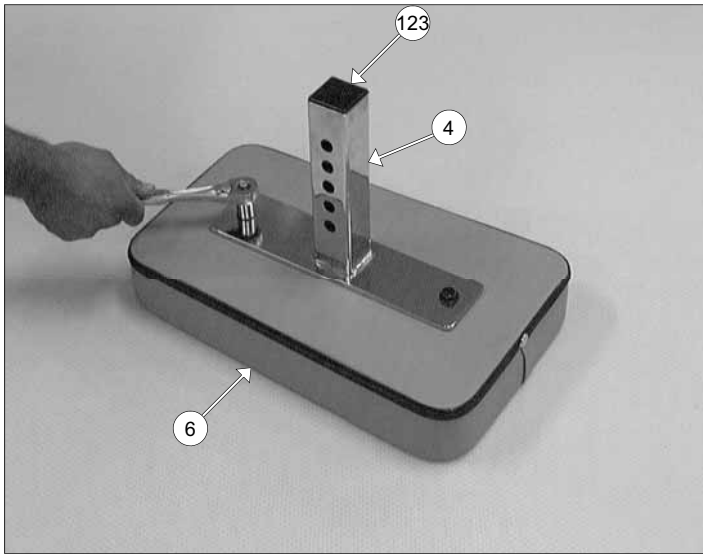
**FIG. 39** Route the **Pec Dec Cable (#37)** down and under the **Pulley 3 1/2" Rd. (#66-Labeled B5)**. Next, route the cable to the **Pulley 4 1/2" Rd. (#67-Labeled B6)**, and then up and over the **Pulley 4 1/2" Rd. (#67-Labeled B7)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 21 for further detailed illustration of the **Pec Dec Cable (#37)** routing.

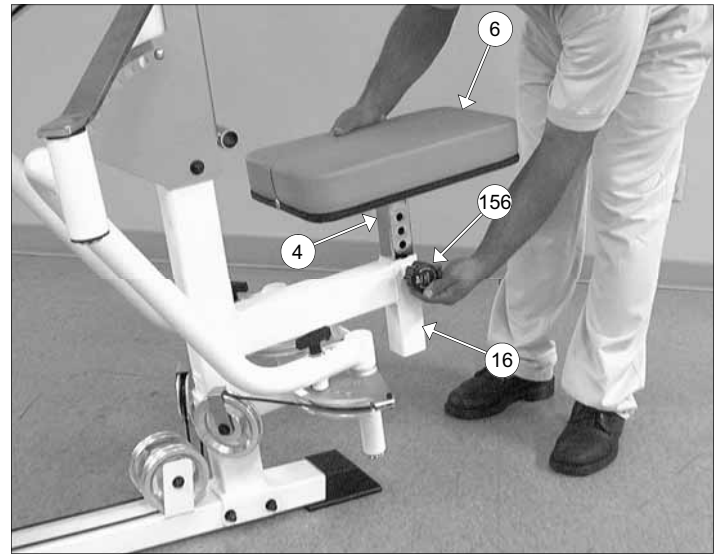


**FIG. 40** Next, attach the end of the **Pec Dec Cable (#37)** to the **Aluminum Cam Plate (#60)** and secure it into place using one **Socket Head Cap Screw 1/4-20 X 3/4 (#146)**.

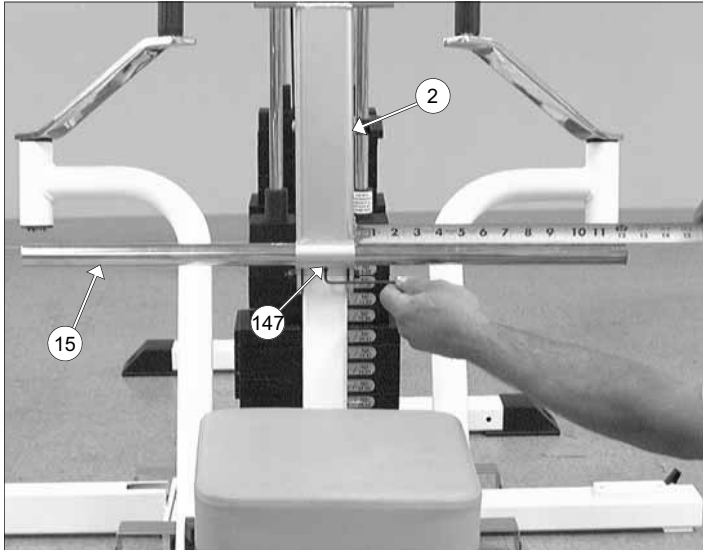
 **Note:** Refer to **Fig. C** on fold-out page 21 for further clarification of this hardware assembly.



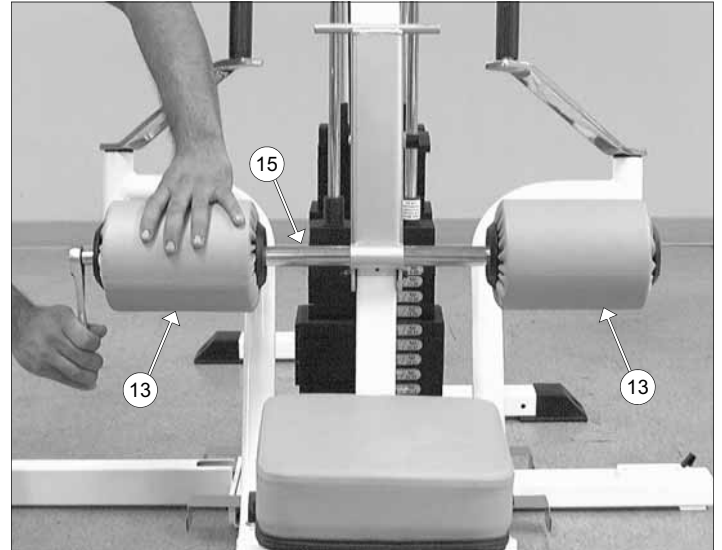
**FIG. 41** Using a rubber mallet, insert one Plastic Insert Cap 1 3/4 (#123) into the tube-end of the **Bench Press Adjustable Seat Frame (#4)**. Next, attach the **Bench Press Adjustable Seat Frame (#4)** to the **Bench Press Seat Pad (#6)** using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#96), and two Flat Washers SAE 3/8" (#93).



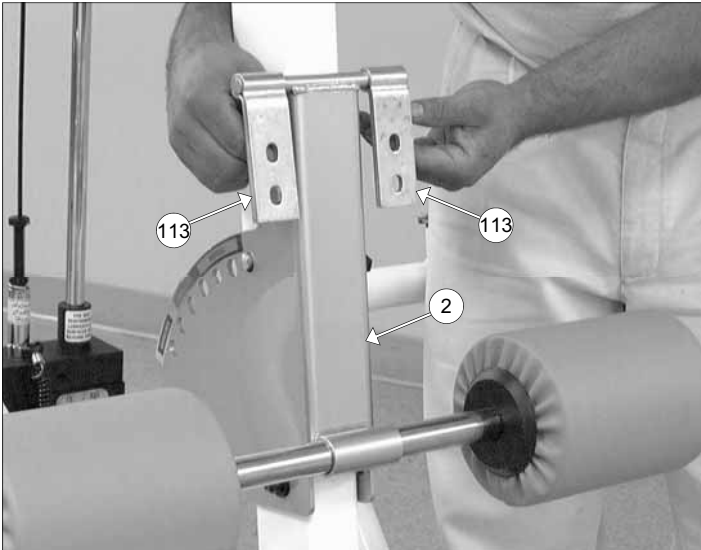
**FIG. 42** Attach the assembled **Bench Press Adjustable Seat Frame (#4)** to the **Front Upright (#16)**.



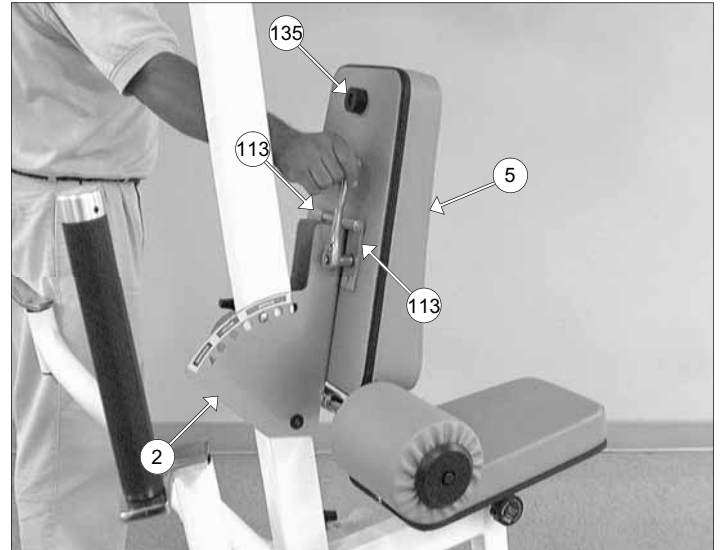
**FIG. 43** Next, insert the **Foot Roll Tube 1 X 27 (#15)** into the receptacle of the **Adjustable Back Pad Bracket (#2)**. Use a measuring tape to center the **Foot Roll Tube 1 X 27 (#15)** to the **Adjustable Back Pad Bracket (#2)**. Next, secure the **Foot Roll Tube 1 X 27 (#15)** to the **Adjustable Back Pad Bracket (#2)** using one Set Screw 1/4-20 X 1/4 (#147).



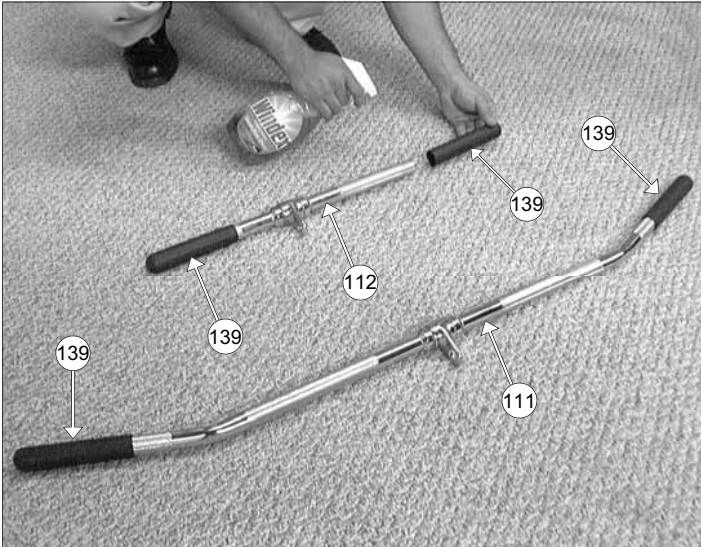
**FIG. 44** Insert two **Foam Rolls 1 X 5 1/2 X 7 1/4 (#13)** to the tube-ends of the **Foot Roll Tube 1 X 27 (#15)** and secure them into place using two Button Head Socket Cap Screws 3/8-16 X 1 (#71), two Split Lock Washers 3/8" (#152), and two Chrome Washers 3/8 X 1 1/2 (#74).




**FIG. 45** Attach two Metal Hinges (#113) to the axle of the **Adjustable Back Pad Bracket (#2)**. Be sure to position the Metal Hinges (#117) as shown above.

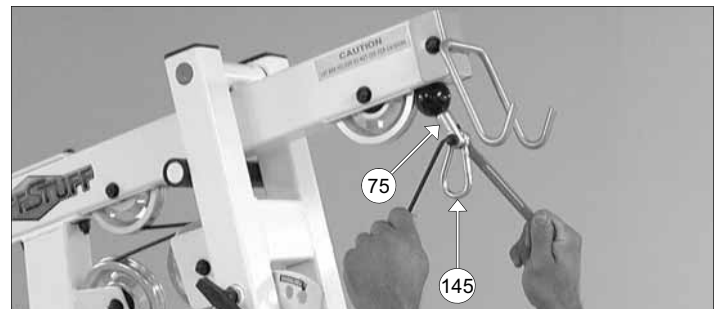
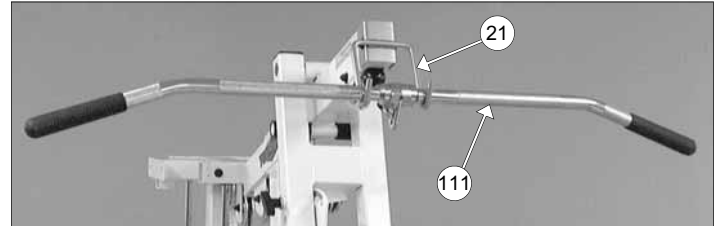


**FIG. 46** Attach a Rubber Bumper 3/8 X 1 1/2 (#135) to the **Bench Press Back Pad (#5)** using one Hex Head Cap Screw 3/8-16 X 1 1/2 (#95). Next, attach the **Bench Press Back Pad (#5)** to the Metal Hinges (#113) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#96), and two Flat Washers SAE 3/8" (#93).




**FIG. 47** Insert a Rubber Grip (#139) over each one of the tube-ends of the Low Row Bar 20" (#112) and the Lat Bar 48" (#111), as shown above.

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

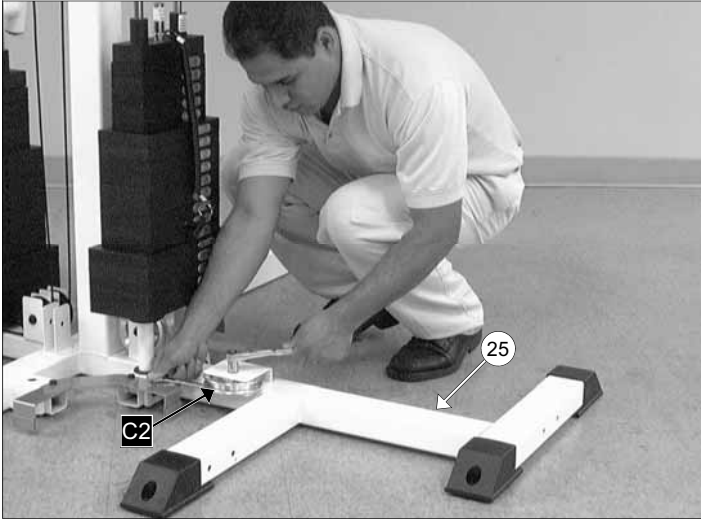


**FIG. 48** Next, attach one Snap Link (#145) to the Clevis Bracket (#75) using one Shoulder Bolt 3/8 X 3/4 (#144), and one Nylon Insert Lock Nut 5/16-18 (#120). Use the supplied Hex Key 3/16" (#107) and a 1/2" combination wrench to fasten this assembly properly.

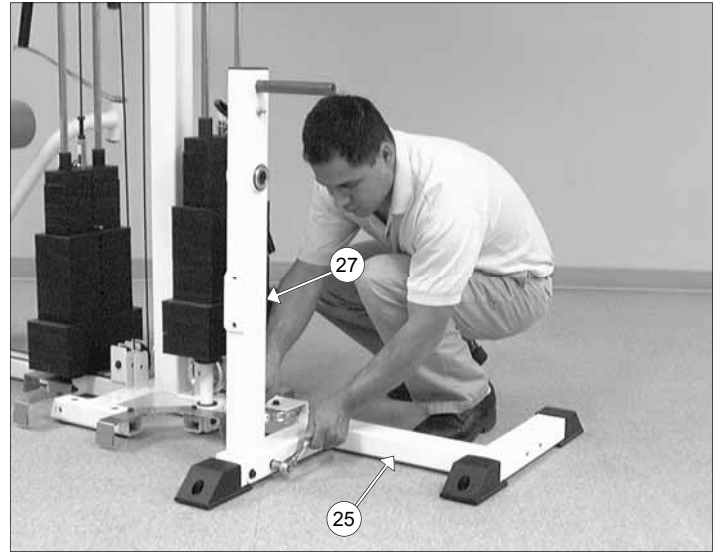
 **Note:** Refer to **Fig. A** on fold-out page 21 for further clarification of this hardware assembly.

Connect the Lat Bar 48" (#111) to the **Lat Cable (#22)** using the Snap Link (#145). Rest the Lat Bar 48" (#111) onto the **Lat Bar Holder (#21)**, when not in use.

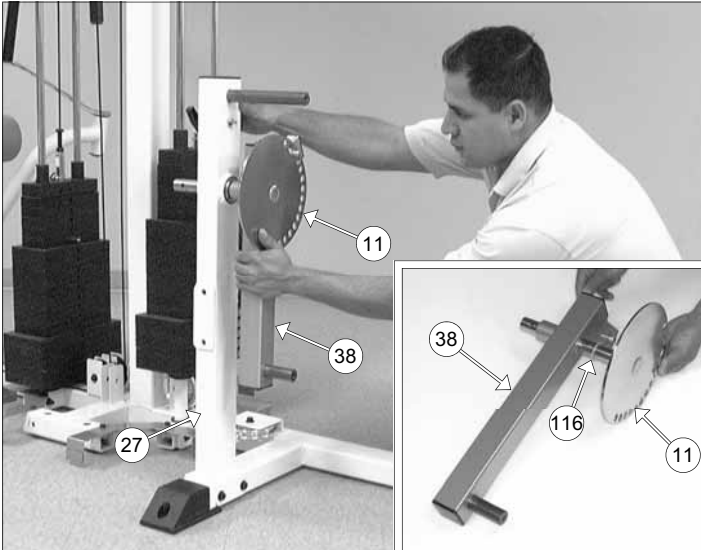
**Assembly of the Leg Ext / Leg Curl Station Fig. 49 - Fig. 65**




**FIG. 49** Attach a Pulley 4 1/2" Rd. (#67-Labeled C2) to the **Leg Extension Bottom Connector (#25)** using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#97), two Flat Washers SAE 3/8" (#93), and one Nylon Insert Jam Lock Nut 3/8-16 (#118).



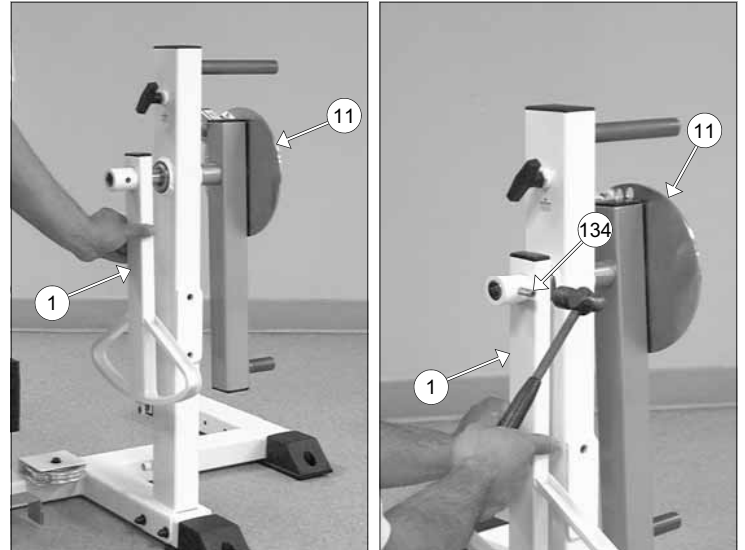
**FIG. 50** Next, attach the **Leg Extension Front Frame (#27)** to the **Leg Extension Bottom Connector (#25)** using two Hex Head Cap Screws 3/8-16 X 4 1/4 (#104), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).



**FIG. 51** Insert a Nylon Flat Washer 1 X 1 1/4 (#116) onto the axle of the **Circular Plate (#11)**.

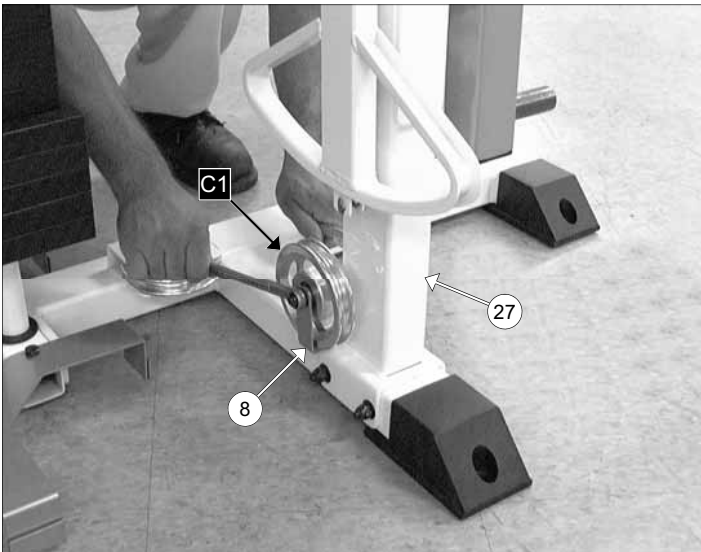
 **Note:** Lubricate the axle of the **Circular Plate (#11)** with multi-purpose grease at this time.

Next, insert the axle of the **Circular Plate (#11)** into the receptacle of the **Pivot Arm (#38)**. Then, insert the axle of the **Circular Plate (#11)** with the captive **Pivot Arm (#38)** into the bearing housing of the **Leg Extension Front Frame (#27)**.

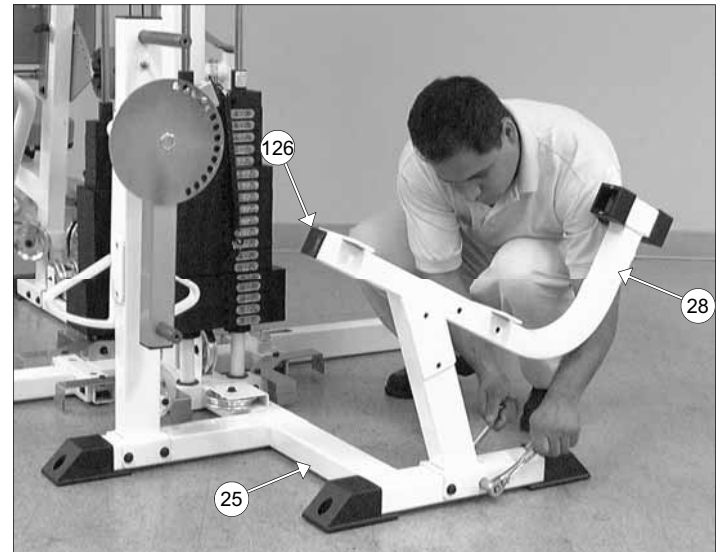


**FIG. 52** Attach the **Actuator Arm (#1)** to the axle of the **Circular Plate (#11)**. Next, align the hole of the **Actuator Arm (#1)** to the hole of the **Circular Plate with Axle (#11)** and, using a hammer, insert the **Roll Pin 3/8 X 1 1/2 (#151)**.






**FIG. 53** Next, attach one Pulley 4 1/2 Rd. (#67-Labeled C1) and one Cable Retainer Bracket (#8) to the Leg Extension Front Frame (#27) using one Hex Head Cap Screw 3/8-16 X 4 1/4 (#104), one Flat Washer SAE 3/8" (#93), and one Nylon Insert Lock Nut 3/8-16 (#119).

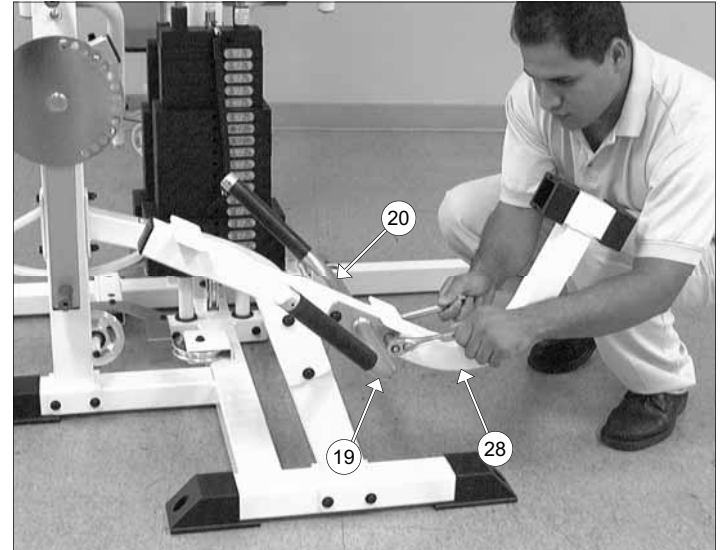


**FIG. 54** Using a rubber mallet, insert one Plastic Insert Cap 2" Sq. (#126) into the tube-end of the Leg Extension Seat Frame (#28). Next, attach the Leg Extension Seat Frame (#28) to the Leg Extension Bottom Connector (#25) using two Hex Head Cap Screws 3/8-16 X 4 1/4 (#104), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).


 **Loosely Fasten:** Do not completely fasten this hardware assembly until assembling the Leg Extension Arm Support (#23). (Assembly described in FIG. 55).

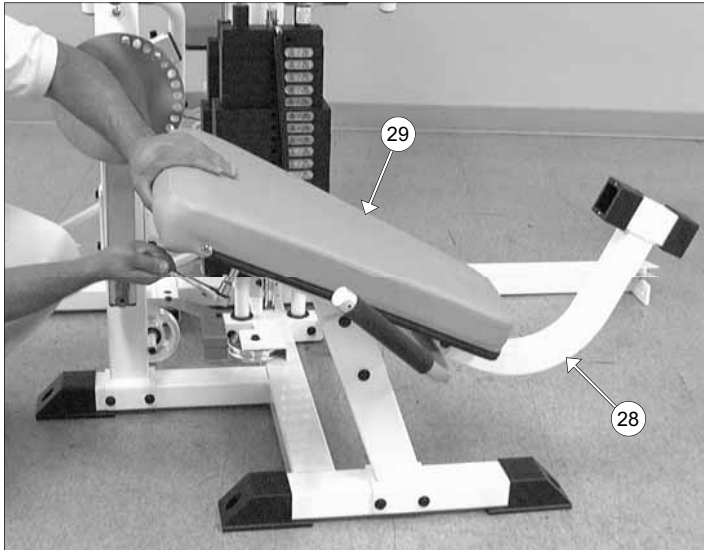


**FIG. 55** Next, attach the Leg Extension Arm Support (#23) to the Leg Extension Front Frame (#27) using two Hex Head Cap Screws 3/8-16 X 4 1/4 (#104), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119). Next, attach the other end of the Leg Extension Arm Support (#23) to the Leg Extension Seat Frame (#28) using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#101), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).

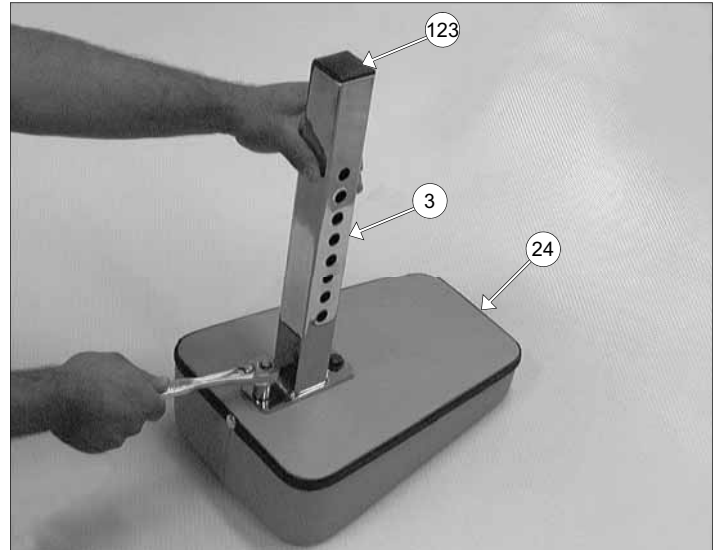


**FIG. 56** Attach the Left Handle (#19) and the Right Handle (#20) to the Leg Extension Seat Frame (#28), in the position as shown above, using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#101), four Flat Washers SAE 3/8" (#93), and two Nylon Insert Lock Nuts 3/8-16 (#119).

 **Fully Fasten:** Proceed to align and fully fasten this hardware assembly and the assembly described in FIG. 54.



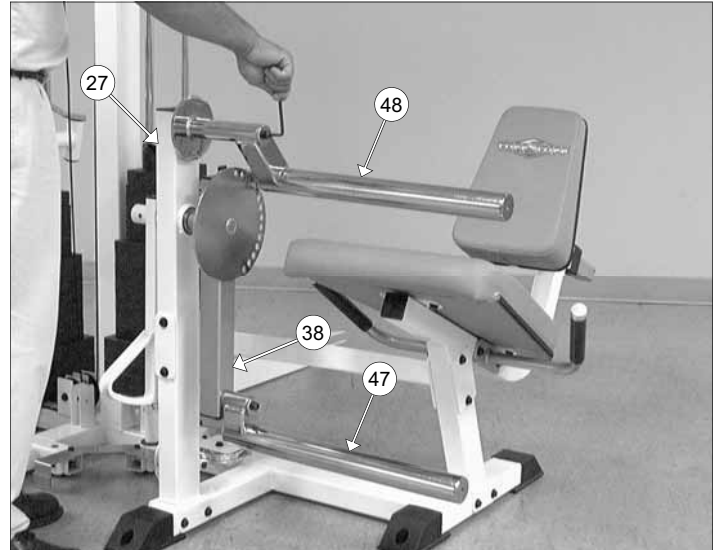
**FIG. 57** Attach Leg Extension Seat Pad (#29) to the Leg Extension Seat Frame (#28) using four Hex Head Cap Screws 3/8-16 X 1 1/4 (#96), and four Flat Washers SAE 3/8" (#93).



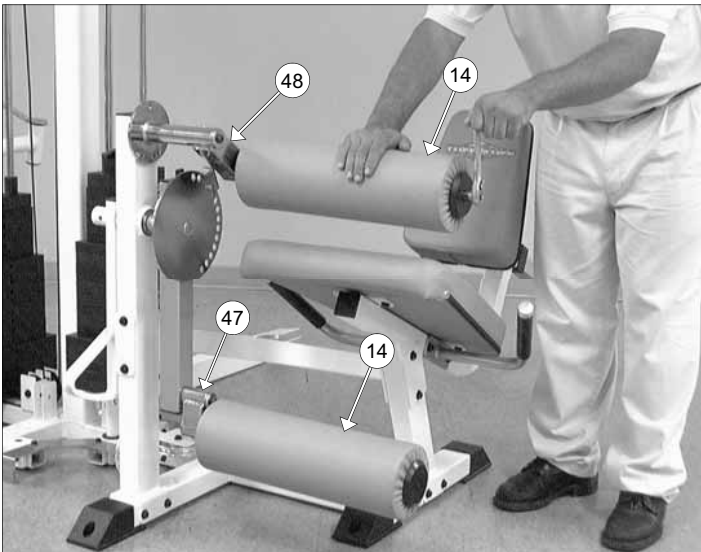
**FIG. 58** Using a rubber mallet, insert one Plastic Insert Cap 1 3/4" Sq. (#123) into the tube-end of the Back Pad Adjustable Tube (#3). Next, attach the Back Pad Adjustable Tube (#3) to the Leg Extension Back Pad (#29) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#96), and two Flat Washers SAE 3/8" (#93).



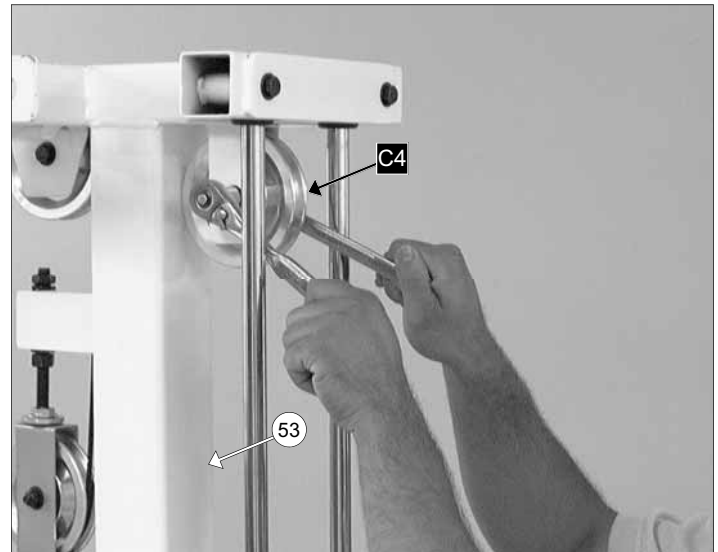
**FIG. 59** Insert the assembled Back Pad Adjustable Tube (#3) to the Leg Extension Seat Frame (#28).



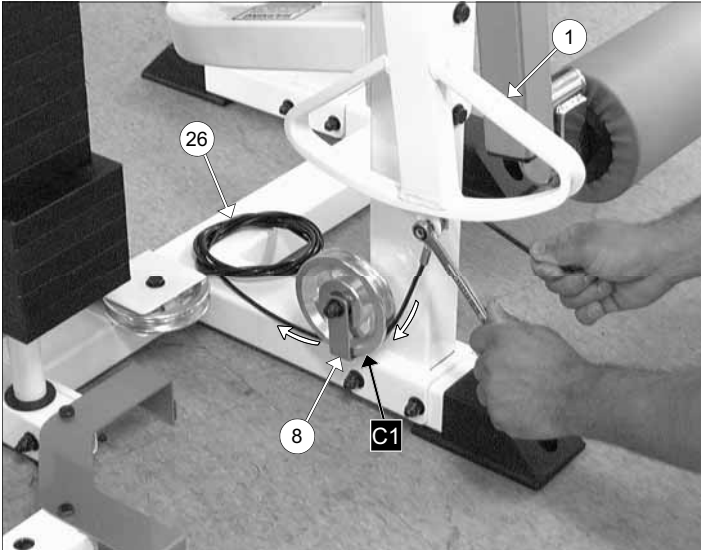
**FIG. 60** Next, attach the Top Adjustable Leg Holder Tube (#48) to the Leg Extension Front Frame (#27) using one Button Head Socket Cap Screw 3/8-16 X 1 (#71), one Split Lock Washer 3/8" (#152), and one Chrome Washer 3/8 X 1 1/2 (#74). Next, attach the Swivel Foam Roll Tube (#47) to the Pivot-Arm (#38) using one Button Head Socket Cap Screw 3/8-16 X 1 (#71), one Split Lock Washer 3/8" (#152), and one Chrome Washer 3/8 X 1 1/2 (#74).




**FIG. 61** Next, attach two **Foam Rolls 2 X 5 1/2 X 18 (#14)** to the **Top Adjustable Leg Holder Tube (#48)** and the **Swivel Foam Roll Tube (#47)** using two **Button Head Socket Cap Screws 3/8-16 X 1 (#71)**, two **Split Lock Washers 3/8" (#152)**, and two **Aluminum Washers 3/8 X 2.584 OD (#68)**.

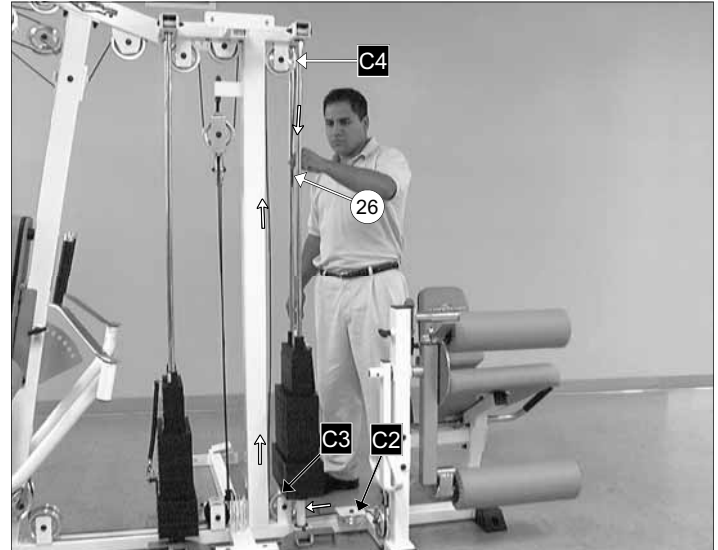


**FIG. 62** Attach a **Pulley 4 1/2" Rd. (#67-Labeled C4)** to the **Weight Stack Frame (#53)** pulley bracket using one **Hex Head Cap Screw 3/8-16 X 1 3/4 (#97)**, two **Flat Washers SAE 3/8" (#93)**, and one **Nylon Insert Jam Lock Nut 3/8-16 (#118)**.




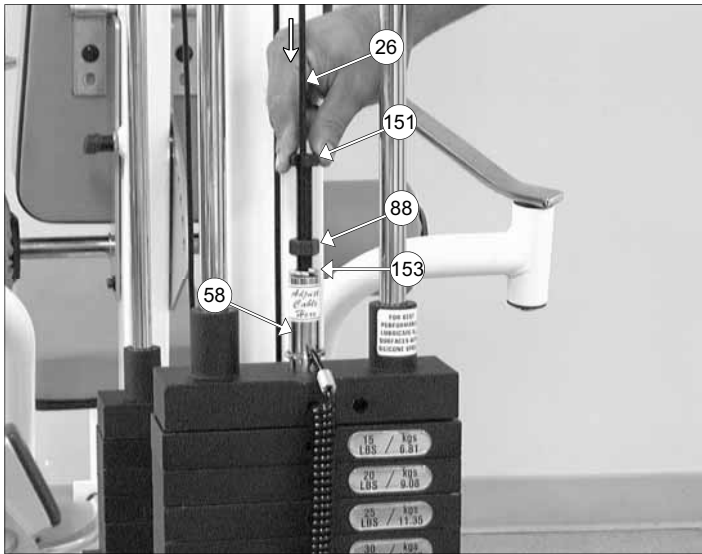
**FIG. 63** Attach the looped-end of the **Leg Extension Cable (#26)** to the bracket of the **Actuator Arm (#1)** using one **Shoulder Bolt 3/8 X 3/4 (#144)**, and one **Nylon Insert Lock Nut 5/16-18 (#120)**. Next, route the **Leg Extension Cable (#26)** under the **Pulley 4 1/2 Rd. (#67-Labeled C1)**.

 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 26 for further detailed illustration of the **Leg Extension Cable (#26)** routing.

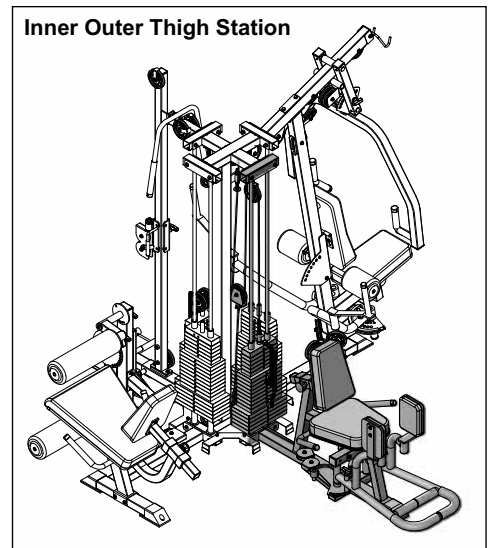
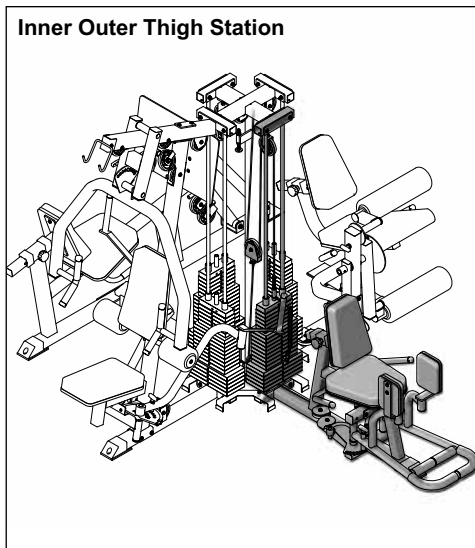
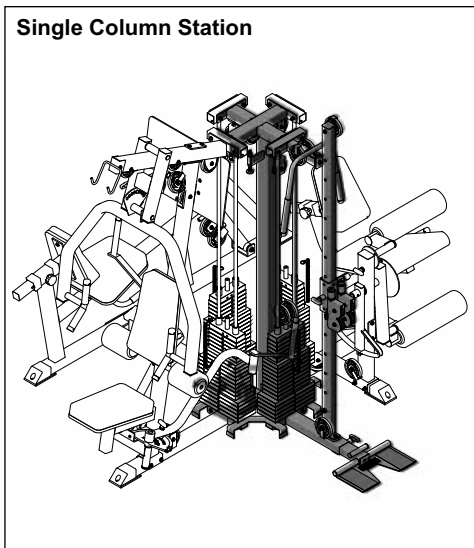
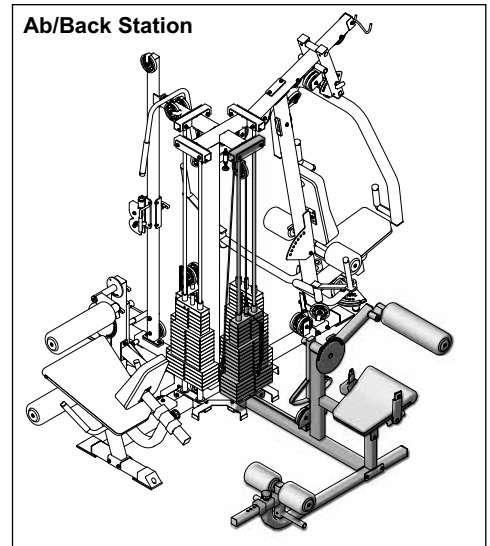
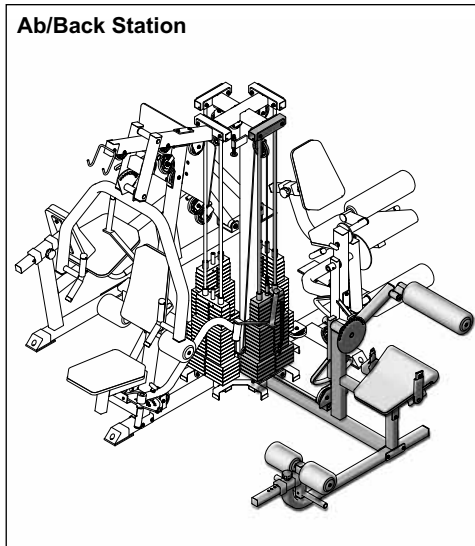
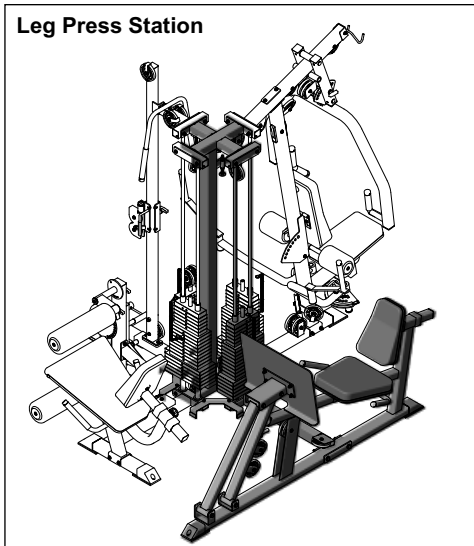


**FIG. 64** Continue routing the **Leg Extension Cable (#26)** around the **Pulley 4 1/2 Rd. (#67-Labeled C2)**. Next, route under the **Pulley 4 1/2 Rd. (#67-Labeled C3)**, and then up and over the **Pulley 4 1/2 Rd. (#67-Labeled C4)**.

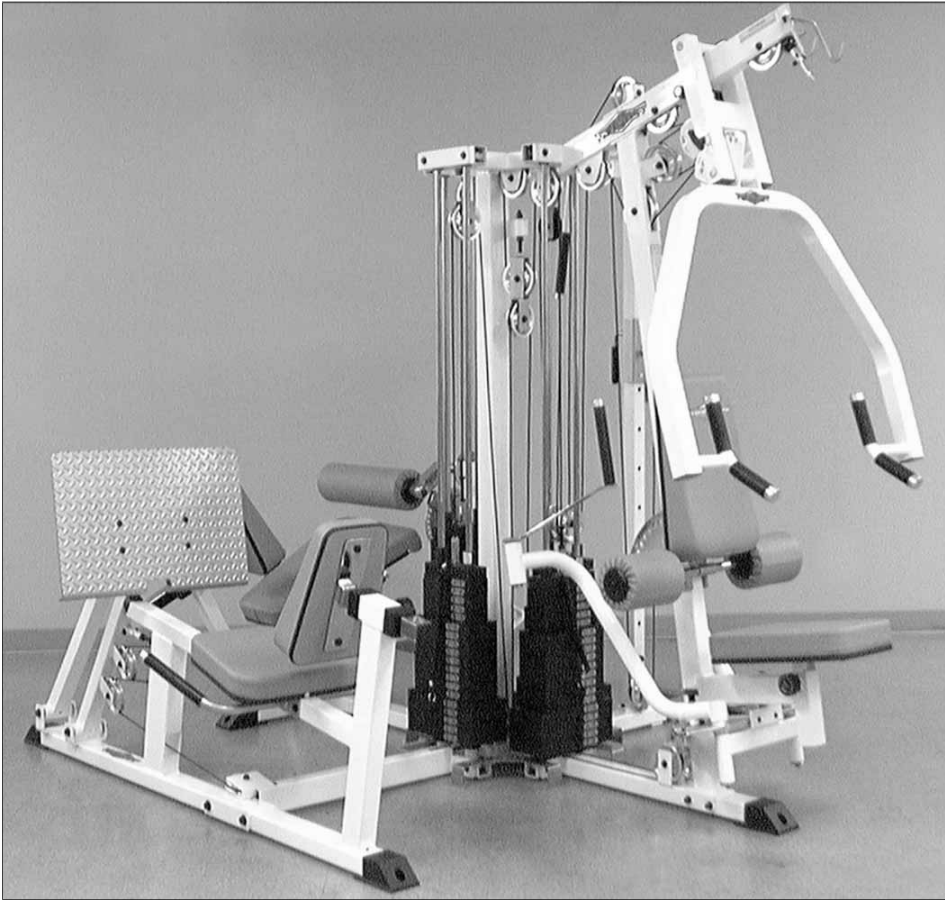
 **Note:** Refer to the **Cable Mapping Diagram** on fold-out page 26 for further detailed illustration of the **Leg Extension Cable (#26)** routing.



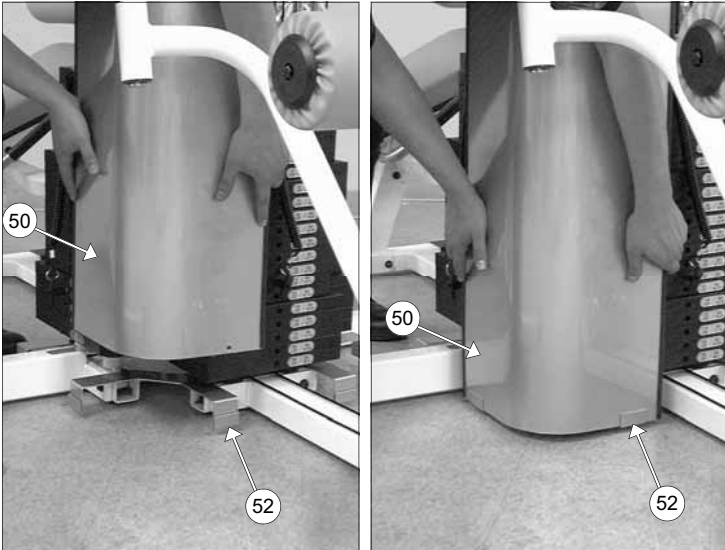
**FIG. 65** Attach one Split Hex Tap Bolt 1/2-13 X 3 1/2 (#151) to the **Leg Extension Cable (#26)**. Then, thread one Finished Hex Nut 1/2-13 (#88) and insert one Split Lock Washer 1/2" (#153) to the Split Hex Tap Bolt 1/2-13 X 3 1/2 (#151). Next, thread the Split Hex Tap Bolt 1/2-13 X 3 1/2 (#151) to the Top Plate Selector Bar (#58).




**FIG. 66** Proceed to Assemble two of the four optional attachments to the sides of the unit.

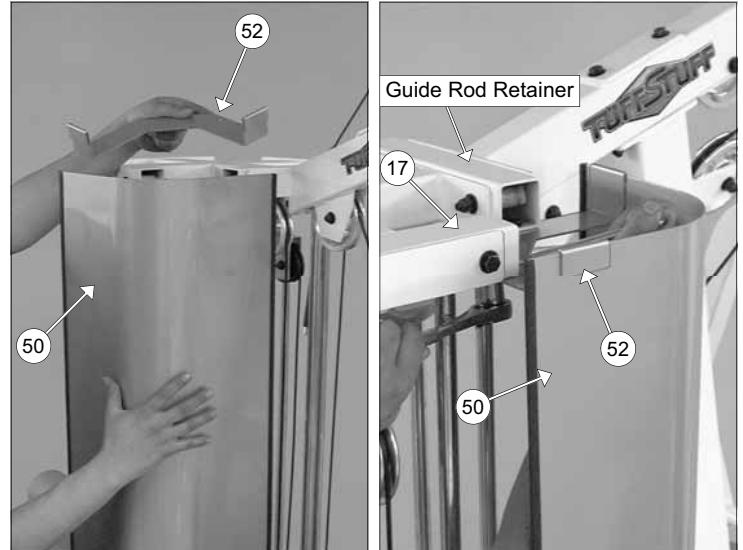


**FIG. 67** Before assembling the **Weight Shields (#50 & #51)**, inspect and adjust the cables to ensure a safe and smooth operation.




**FIG. 68** Insert one of the **Weight Shields (#50)** to one of the bottom **Weight Shield Holder (#52)** as shown above

 **Note:** Refer to the illustrations shown on fold-out page 28 for further clarification of this hardware assembly.



**FIG. 69** Next, insert one **Weight Shield Holder (#52)** to the top of the **Weight Shield (#50)**. Next, secure the **Weight Shield Holder (#52)** along with the **Weight Shield (#50)** to the two adjacent **Guide Rod Retainers (#17)** using two Hex Head Cap Screws 3/8-16 X 3/4 (#102), and two Nylon Insert Lock Nuts 3/8-16 (#119). Repeat the same process for the three other **Weight Shields (#50)**.

 **Note:** Refer to the illustrations shown on fold-out page 28 for further clarification of this hardware assembly.



## **TuffStuff Basic Strength Equipment Safety and General Maintenance**

All TUFFSTUFF strength equipment is designed and manufactured to offer maximum, long-life service with minimal maintenance. However, safety inspection and routine maintenance in your facility should be the utmost importance in your daily operation. Information presented in these pages will serve as a basic guideline to design your own inspection procedures.

### **Part One: General Inspection and Cleaning**

Equipment should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a monthly basis. A daily wipe down of the upholstery with a lanolin based hand cleaner or Naugahyde Cleaner. Do not use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Lanolin hand cleaner dissolves the sweat and lubricates the vinyl, maintaining its natural flexibility. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

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

### **Part Two: Maintenance**

In this paragraph, we will discuss the inspection of the cables, pulleys and their associated components. If there exists the potential for injury to occur on a machine, it will most likely lie in the cable system. It is important to inspect the cables frequently and let it be known to all users that it is their responsibility to report any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used. In the advent of the 3/16" mill-spec cable this wear takes longer to become apparent and this is why frequent inspections are so important.

1. Check the cable termination at the weight stack. To perform any cable tension adjustment, loosen the hex jam nut and thread the hex tap bolt in or out to give cable the proper tension. Re-tightened the hex jam nut when adjustment is complete and make sure the hex tap bolt is threaded 1/2" into the socket of the selector bar top plate.
2. Check the cable as it terminates at the cam. Check the end fitting for any signs of fraying in this area. Inspect the bolt and nut and/or screw holding the fitting and be sure that it is tight.
3. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulley. This is an early warning sign to replace the cable.



## **Part Three: Lubrication**

Bearing and linear bearings systems have advanced over the years but they must be maintained on a regular basis if you expect them to last and perform efficiently. TuffStuff uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to insure long-lasting performance.

1. Bronze and nylon bushings, we recommend on a monthly basis to spray a teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
2. Weight stack guide rods and bushings, again use teflon spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. Do not use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
3. Sealed bearings pivot points, as the name implies are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dried to prevent the build up of dust and sweat.
4. Linear bearing systems are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down weekly and lubricated with a light layer of teflon grease. We recommend a teflon-base (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to clogged and jammed.

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

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

TuffStuff Fitness Equipment, Inc.  
Service Department  
1325 E. Franklin Avenue  
Pomona, CA 91766  
1-800-961-9377  
e-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net)

**DO NOT DISCARD THIS MANUAL**



## LIMITED WARRANTY

TuffStuff warrants to the original purchaser only that TuffStuff equipment will be free from defects in material and workmanship. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use, maintenance and conformance with any recommendations of TuffStuff. This warranty does not cover products not manufactured by TuffStuff or products which are altered without the express written consent of TuffStuff. This warranty as specified: a) Frame structure and welds — Lifetime, b) Moving parts (e.g. pulleys, bearings, bushings) — 5 years; c) Cables upholstery, hand-grips, finish and any miscellaneous parts not listed — 1 year; from the day of delivery to the original purchaser. The obligation of TuffStuff under this warranty is limited to repairing or replacing warranted defective parts, as TuffStuff may elect, at TuffStuff's facility in Pomona, California, without charge to purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

**THE FORGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO IMPLIED STATUTORY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE SHALL APPLY. IN NO EVENT, WHETHER AS A RESULT OF BREACH OF CONTRACT, WARRANTY, NEGLIGENCE OR OTHERWISE, SHALL TUFFSTUFF BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO, LOSS OF PROFITS OR REVENUE, LOSS OF USE OF EQUIPMENT, COST OF CAPITAL, COST OF SUBSTITUTION EQUIPMENT, DOWNTIME COST, OR CLAIMS OF CUSTOMERS OR PURCHASER FROM SUCH DAMAGE.**

This warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

**Note:** Retain your sales receipt and be sure to mail in the warranty registration card to insure that a permanent record of your purchase is on file with the factory and to avoid unnecessary delays in warranty service.

### **TuffStuff Fitness Equipment, Inc.**

1325 E. Franklin Avenue

Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

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



CHART  
**BOLD FONT = SUB-ASSEMBLY PARTS**  
REGULAR FONT = HARDWARE

## Apollo Modular Gym Systems (Deluxe) Parts List (Base Unit)

										REV1				
ITEM NO.	DESCRIPTION	PART NO.	QTY.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.	QTY.
1	ACTUATOR ARM	UP0344	1		59	ABS PIPE 2 X 19 3/8	BNH1639	2		115	NYLON BUSHING 1 X 1 1/2 X 7/8 X 1 3/4 X 1/8	BNH0531	4	
2	BACK PAD ADJUSTABLE BRACKET	UP0554	1		60	ALUMINUM CAM PLATE 3/4 X 5" RADIUS	BNH1153	2		116	NYLON FLAT WASHER 1 X 1 1/4 X 1/16	BNH0393	2	
3	BACK PAD ADJUSTABLE TUBE	UP0347	1		61	ALUMINUM CAP 1.020" RD (CAP-100)	BNH0537	4		117	NYLON FLAT WASHER 3/8 ID X 3/4 OD X 1/16 THK	BNH0248	4	
4	BENCH PRESS ADJUSTABLE SEAT FRAME	UP0676	1		62	ALUMINUM CAP 1.270" RD (CAP -125)	BNH0538	4		118	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	18	
5	BENCH PRESS BACK PAD	UP0370	1		63	ALUMINUM COLLAR 1.0312 ID X 1.521 OD X .500 THK.	BNH1519	2		119	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	46	
6	BENCH PRESS SEAT PAD	UP0372	1		64	ALUMINUM FOOT ROLL HOLDER 1 5/16 ID X 4 1/2 OD X 3/4	BNH1509	4		120	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	2	
7	BOTTOM CONNECTOR PRESS BAR/PEC FLY	UP2006	1		65	ALUMINUM FOOT ROLL HOLDER 2 3/8 ID X 4 1/2 OD X 3/4	BNH1510	4		121	NYLON SPACER 3/8 X 3/4 X 3/8	BNH0392	2	
8	CABLE RETAINER BRACKET	UP0014	4		66	ALUMINUM PULLEY 3/8" X 3 1/2"	BNH1266	2		122	PLASTIC END CAP 2 X 3	BNH0606	4	
9	CHROME PEC DEC SWIVEL HANDLE	UP0324	2		67	ALUMINUM PULLEY 3/8" X 4 1/2"	BNH0069	19		123	PLASTIC INSERT CAP 1 3/4" SQ	BNH0053	2	
10	CHROME SOLID GUIDE ROD 3/4 X 72	UP0124	8		68	ALUMINUM WASHER 3/8 X 2.584 OD X .15 THK.	BNH1521	2		124	PLASTIC INSERT CAP 1" X 2"	BNH0005	4	
11	CIRCULAR PLATE W/AXLE	UP0671	1		69	BALL BEARING #W 516	BNH0628	2		125	PLASTIC INSERT CAP 2 X 3	BNH0052	1	
12	CLOSED-END DOUBLE PULLEY BRACKET	UP0329	1		70	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	12		126	PLASTIC INSERT CAP 2" SQ	BNH0012	9	
13	FOAM ROLL 1 X 5 1/2 X 7 1/4	UP0350	2		71	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	BNH0115	8		127	PLASTIC TIES 14 1/2"	BNH0703	2	
14	FOAM ROLL 2 X 5 1/2 X 18	UP2031	2		72	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1 1/4	BNH0896	2		128	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/4" SQ	BNH0059	2	
15	FOOT ROLL TUBE 1 X 29	UP0974	1		73	CHROME CAP 2" RD	BNH1137	2		129	PULL PIN 1/2 X 2 7/8 (YELLOW KNOB)	BNH0641	1	
16	FRONT UPRIGHT	UP2008	1		74	CHROME WASHER 3/8 X 1 1/2	BNH1015	6		130	PULL PIN 1/2 X 3 1/2 (YELLOW KNOB)	BNH0603	4	
17	GUIDE ROD RETAINER	UP2033	3		75	CLEVIS BRACKET 3/16"	BNH0076	1		131	PULL PIN 1/4 X 3 1/2 (YELLOW KNOB)	BNH0713	1	
18	GUIDE ROD RETAINER PRESS BAR STATION	UP2010	1		76	COIL CHAIN Z/P 3/16 X 8	BNH1214	1		132	PVC 1 X 8 3/4	BNH1611	2	
19	HANDLE LEFT SIDE	UP0271	1		77	DECAL-1" RD SILVER MYLAR CIRCLE	BNH0015	4		133	RETAINING SNAP RING EXT .925 X 1 X .042	BNH0419	2	
20	HANDLE RIGHT SIDE	UP0270	1		78	DECAL-ADJUST CABLE HERE	BNH0789	2		134	ROLL PIN Z/P 3/8 X 1 1/2	BNH0483	1	
21	LAT BAR HOLDER 2 X 3	UP0327	1		79	DECAL-CAUTION 1 3/4 X 5 1/2	BNH0126	1		135	RUBBER BUMPER 3/8 X 1 1/2	BNH0514	1	
22	LAT CABLE	UP2021	1		80	DECAL-CAUTION LAT BAR HOLDER 5 X 1	BNH0140	1		136	RUBBER DONUT 3/4 X 2 1/2	BNH0068	8	
23	LEG EXTENSION ARM SUPPORT	UP2028	1		81	DECAL-DANGER TIGHTEN THIS RET.... 3/4 X 1 1/2	BNH0142	6		137	RUBBER GRIP 1 ID X .125 X 8	BNH0966	2	
24	LEG EXTENSION BACK PAD	UP0371	1		82	DECAL-EXERCISE LAT, VERTICAL PRESS, PEC FLY & LEG EXT	BNH1673	1		138	RUBBER GRIP 1 ID X .125 X 8 1/2	BNH1075	2	
25	LEG EXTENSION BOTTOM CONNECTOR	UP2001	1		83	DECAL-EXR LAT, MID ROW, PEC FLY, LEG EXT & MULTI-PRESS	BNH1674		* 1	139	RUBBER GRIP 1 X 6 1/4	BNH0296	4	
26	LEG EXTENSION CABLE	UP2025	1		84	DECAL-FOR BEST PERFORMANCE 1 1/4 X 1 1/2	BNH0143	4		140	RUBBER GRIP 1.1875 ID X .125 X 13	BNH0853		* 2
27	LEG EXTENSION FRONT FRAME	UP0666	1		85	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)	BNH1542	4		141	RUBBER GRIP 1.1875 ID X .125 X 4 5/8	BNH1643	6	
28	LEG EXTENSION SEAT FRAME	UP2002	1		86	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH0620	1		142	RUBBER GROMMET 3/4" ID	BNH0401	8	
29	LEG EXTENSION SEAT PAD	UP0348	1		87	EDGE PROTECTOR CHROME 18 GA X 72	BNH1836	8		143	RUBBER STOPPER 1 ID X .187 X 3	BNH0976	2	
30	LONG ADJUSTABLE STOPPER	UP0331	1		88	FINISHED HEX NUT B/O 1/2-13	BNH0201	4		144	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	2	
31	MAGNETIC SELECTOR PIN W/COIL 3/8 X 4	UP3035	4		89	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	2		145	SNAP LINK Z/P 8MM X 80MM	BNH0065	3	
32	MID ROW HANDLE LT SIDE	UP4236		* 1	90	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2		146	SOCKET HEAD CAP SCREW B/O 1/4-20 X 3/4	BNH0452	2	
33	MID ROW HANDLE RT SIDE	UP4237		* 1	91	FLAT PHILLIPS SCREW ZINC # 5 X 1/2	BNH1481	4		147	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	BNH0790	1	
34	MID ROW PULL ARM	UP4221		* 1	92	FLAT WASHER B/O 3/4 X 2"	BNH0878	8		148	SOCKET SET SCREW ALLOY 10-32 X 1/4	BNH0473	4	
35	PEC DEC ARM LEFT SIDE	UP0819	1		93	FLAT WASHER SAE B/O 3/8"	BNH0239	101		149	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	24	
36	PEC DEC ARM RIGHT SIDE	UP0818	1		94	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	2		150	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	6	
37	PEC DEC CABLE	UP2022	1		95	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/2	BNH0303	1		151	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNH1131	2	
38	PIVOT ARM LEG EXTENSION	UP2030	1		96	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	BNH0273	10		152	SPLIT LOCK WASHER B/O 3/8"	BNH0658	10	
39	PIVOT AXLE 1 X 8 1/8	UP0152	2		97	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	8		153	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	4	
40	PIVOT AXLE 1 X 9	UP4238		* 1	98	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	3		154	TUFFSTUFF LOGO ALUMINUM LARGE	BNH1324	2	
41	PRESS BAR SELECTOR HOUSING	UP0326	1		99	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/2	BNH0276	3		155	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	2	
42	PRESS BAR (DETACHABLE HANDLES)	UP3573	1		100	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	BNH0278	2		156	TURN/PULL PIN W/KNOB AND LOCK	BNH0989	2	
43	REINFORCEMENT PLATE 1/4 X 2 X 8 1/2	UP2106	3		101	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	17		157	URETHANE BUMPER 1 3/4	BNH0229	8	
44	REMOVABLE HANDLE LT SIDE	UP3574	1		102	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	16		158	URETHANE BUMPER 962	BNH0244	2	
45	REMOVABLE HANDLE RT SIDE	UP3575	1		103	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	2						
46	SAFETY SHIELD COVER PLATE 1 1/2 X 5	UP1767	1		104	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	BNH0317	11						
47	SWIVEL FOAM ROLL TUBE	UP2026	1		105	HEX KEY 3/32"	BNH0372	1						
48	TOP ADJUSTABLE LEG HOLDER TUBE	UP0672	1		106	HEX KEY ALLOY 1/8"	BNH0767	1						
49	TOP PULLEY ASSEMBLY	UP2007	1		107	HEX KEY ALLOY 3/16"	BNH0371	1						
50	WEIGHT SHIELD	UP2017	3		108	HEX KEY ALLOY 7/32"	BNH0575	2						
51	WEIGHT SHIELD (APT-5.1)	UP1750	1		109	LABEL-ADJUSTMENT BACK PAD 9/16 X 7.5	BNH0080	1						
52	WEIGHT SHIELD HOLDER	UP2016	8		110	LABEL-ADJUSTMENT PRESS BAR 9/16 X 6	BNH0079	1						
53	WEIGHT STACK FRAME	UP2000	1		111	LAT BAR 48"	BNH0295	1						
54	WEIGHT STACK SPACER 4"	UP0786	2		112	LOW ROW BAR 20"	BNH0294	1						
56	10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16	BNH1650	76		113	METAL HINGE	BNH0046	2						
58	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS	BNH1982	4		114	NYLON BALL 1 3/4 X 5/16	BNH0047	1						

\* Mid Row Station Item Quantities

Apollo Modular Gym Systems (Standard) Parts List (Base Unit) All parts same as Deluxe, except for the parts listed below				
ITEM NO.	DESCRIPTION	PART NO.	QTY.	QTY.
66	NYLON PULLEY 3/8 X 3 1/2	BNH0553	2	
67	NYLON PULLEY 3/8 X 4 1/2	BNH0506	19	

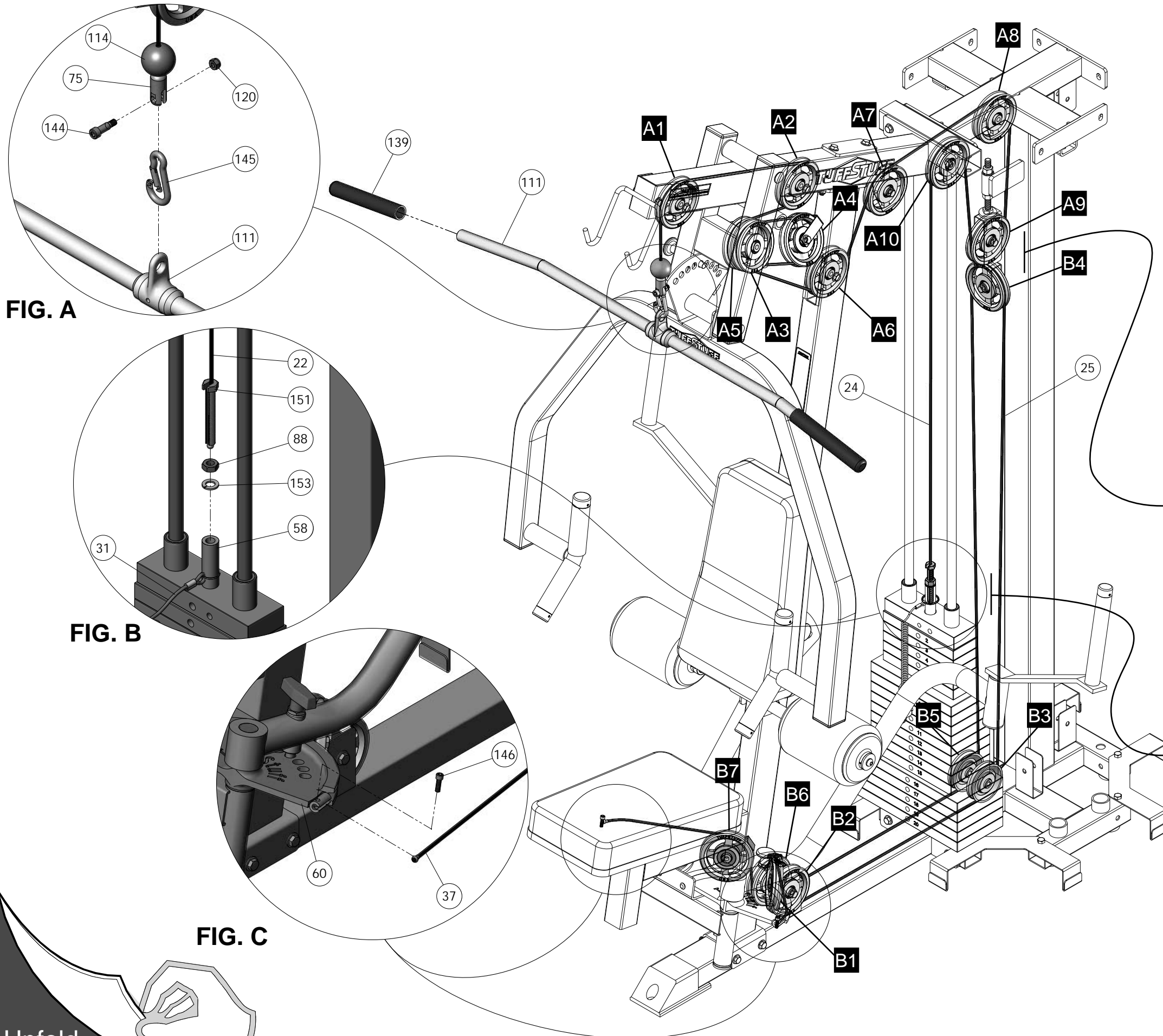


FIG. A

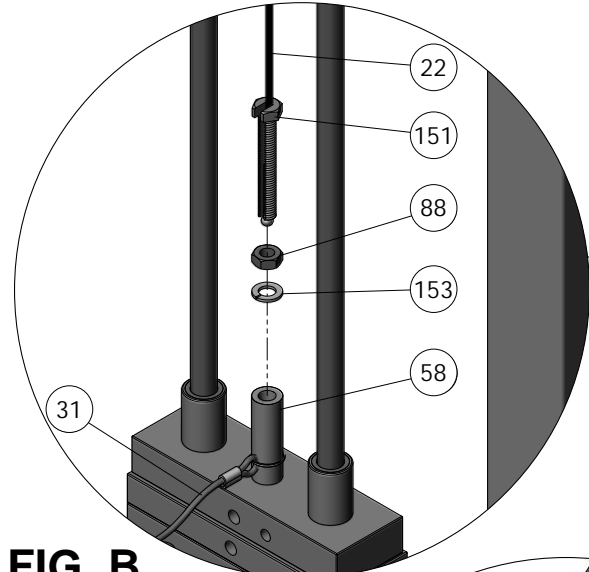


FIG. B

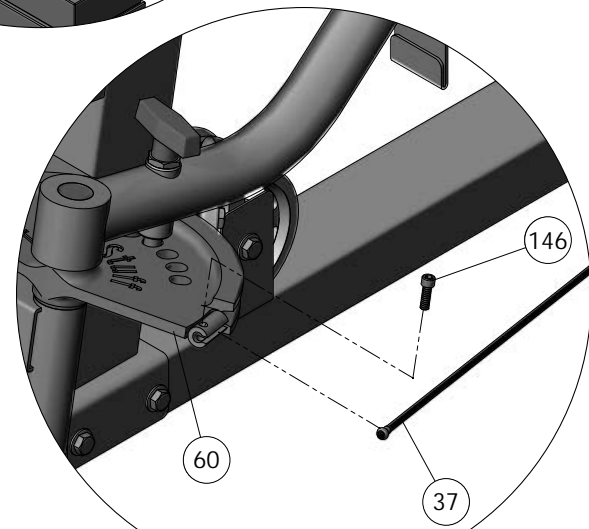
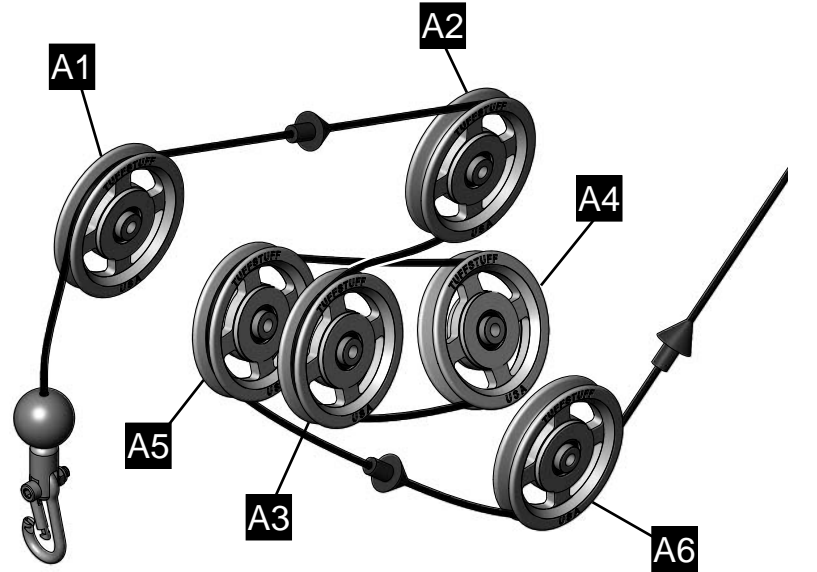


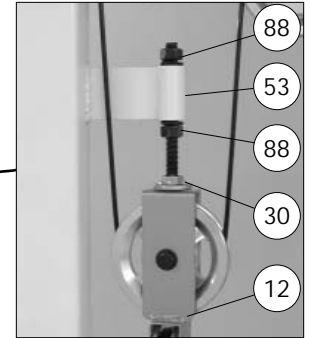
FIG. C



**Adjustable Stopper (#30)**

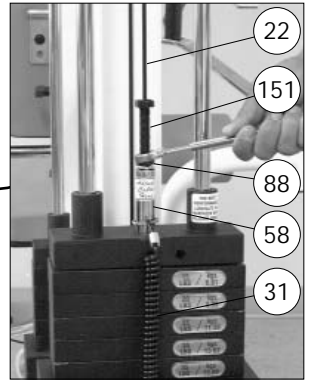
1. Loosen both Finished Hex Nuts 1/2-13 (#88).
2. Twist the **Adjustable Stopper (#30)** to left or right until it makes contact with the **Closed-End Double Pulley Bracket (#12)**.
3. Re-tighten the Finished Hex Nuts 1/2-13 (#88) to complete the cable adjustment.

**Note:** Be sure that the **Closed-End Double Pulley Bracket (#12)** is resting on the **Adjustable Stopper (#30)**.



**Cable Adjustment**

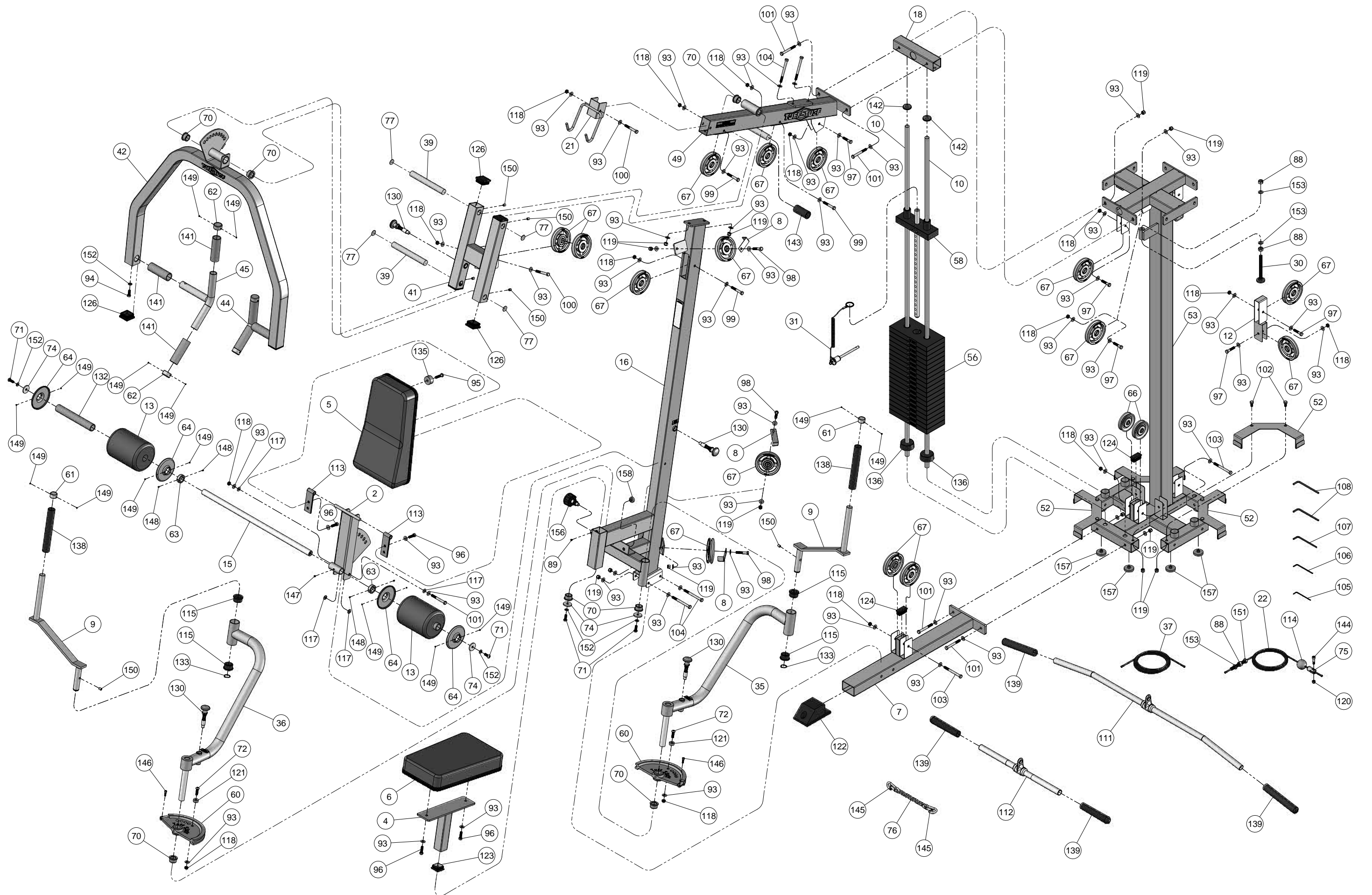
1. Loosen the Finished Hex Nut 1/2-13 (#88).
2. Thread the **Cable Hex Tap Bolt (#151)** in or out of the threaded socket of the **Selector Bar (#58)** to give the Cables proper tension.
3. Re-tighten the Finished Hex Nut 1/2-13 (#88) to complete the adjustment.



**Caution:** Make sure the **Cable Hex Tap Bolt (#151)** is threaded at least 1/2" into the threaded socket of the **Selector Bar (#58)** once the cable adjustment has been completed.

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

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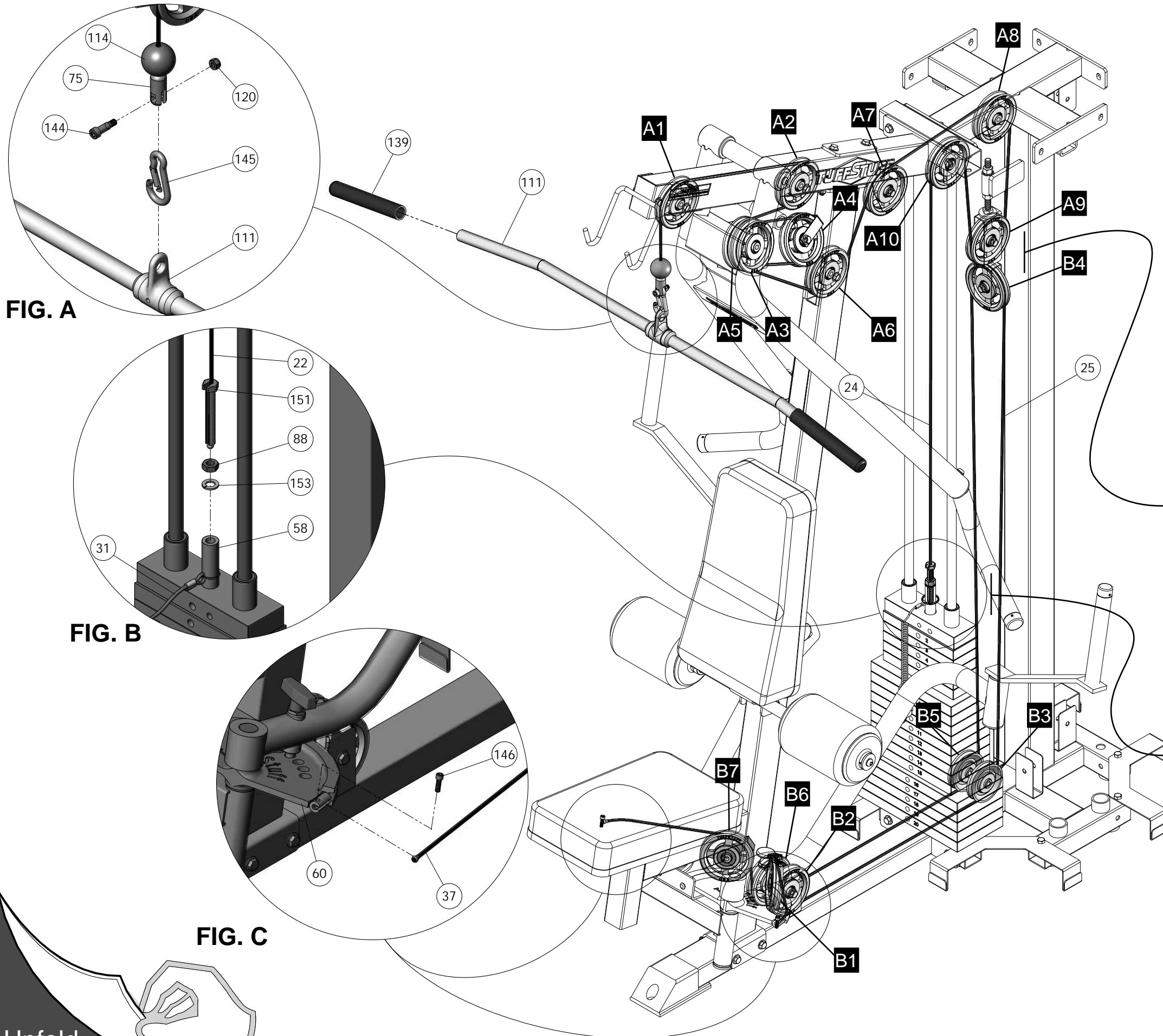


FIG. A

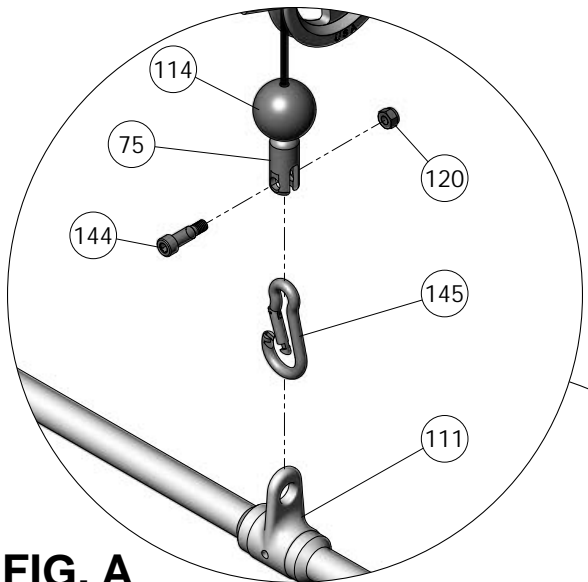


FIG. B

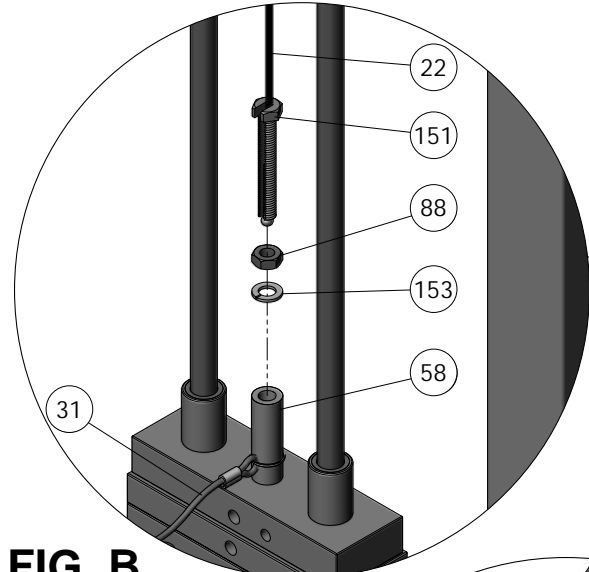
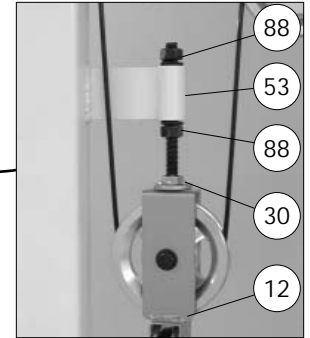
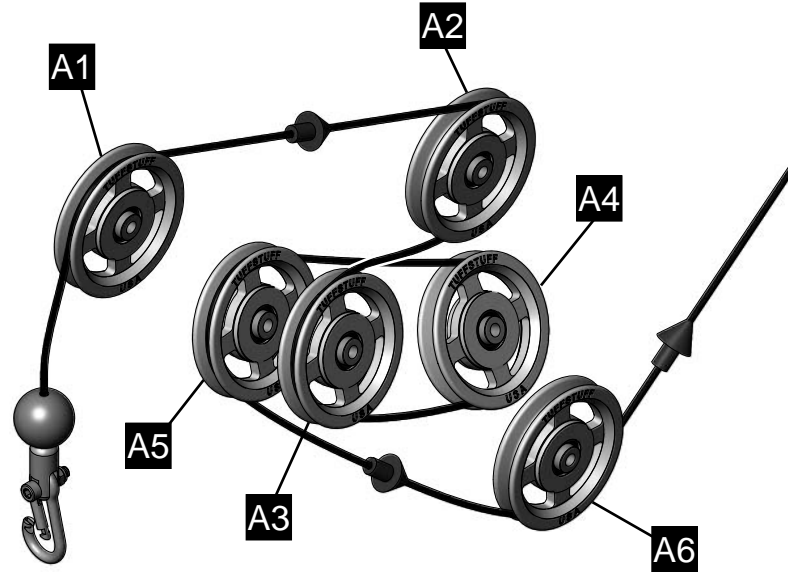
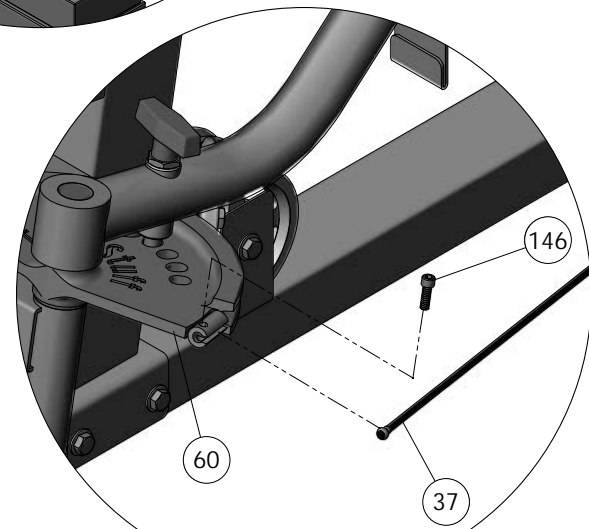
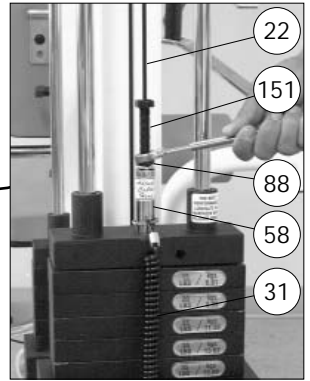


FIG. C



- Adjustable Stopper (#30)**
1. Loosen both Finished Hex Nuts 1/2-13 (#88).
  2. Twist the **Adjustable Stopper (#30)** to left or right until it makes contact with the **Closed-End Double Pulley Bracket (#12)**.
  3. Re-tighten the Finished Hex Nuts 1/2-13 (#88) to complete the cable adjustment.
- Note:** Be sure that the **Closed-End Double Pulley Bracket (#12)** is resting on the **Adjustable Stopper (#30)**.

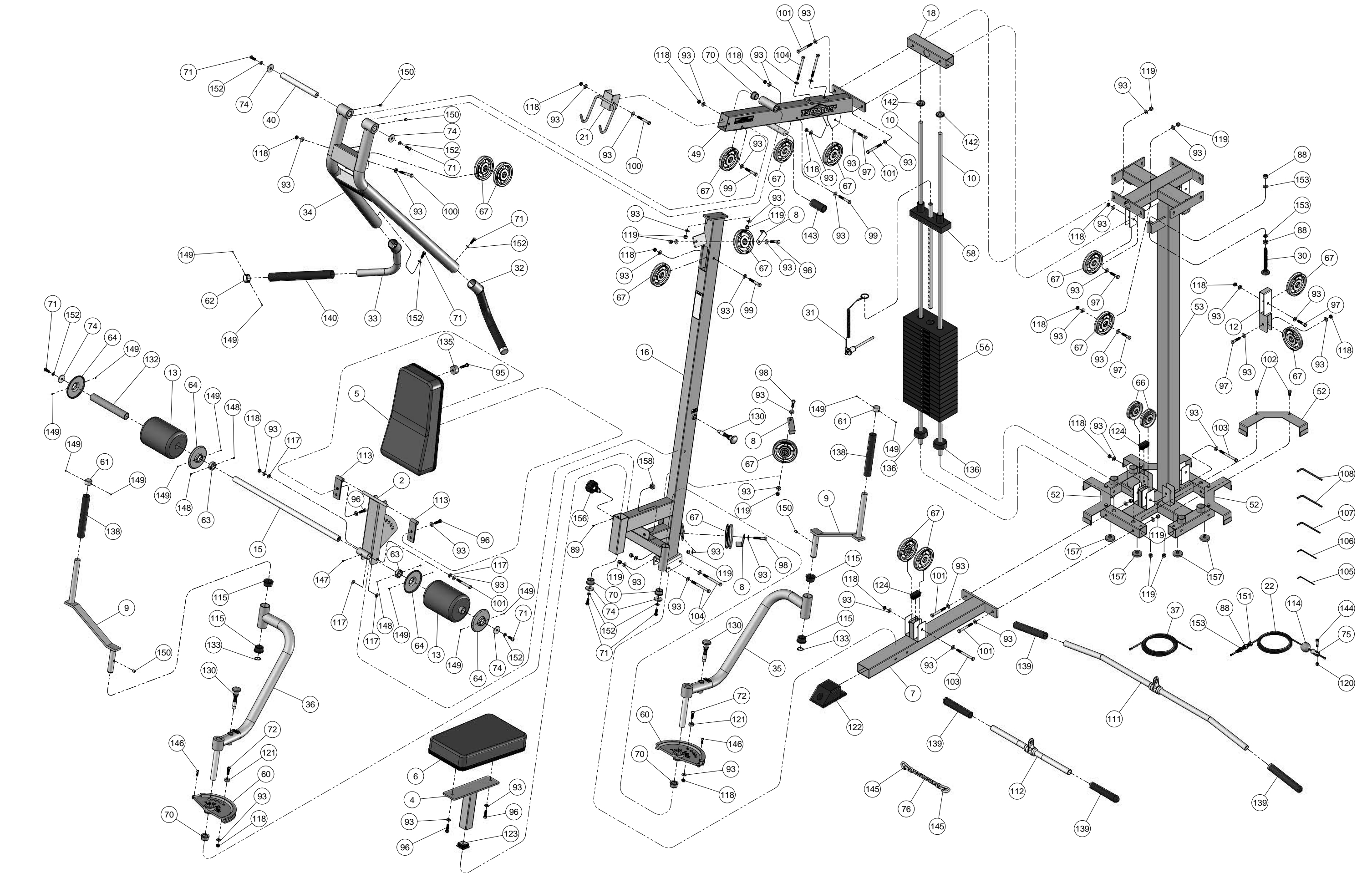


- Cable Adjustment**
1. Loosen the Finished Hex Nut 1/2-13 (#88).
  2. Thread the **Cable Hex Tap Bolt (#151)** in or out of the threaded socket of the **Selector Bar (#58)** to give the Cables proper tension.
  3. Re-tighten the Finished Hex Nut 1/2-13 (#88) to complete the adjustment.

**Caution:** Make sure the **Cable Hex Tap Bolt (#151)** is threaded at least 1/2" into the threaded socket of the **Selector Bar (#58)** once the cable adjustment has been completed.

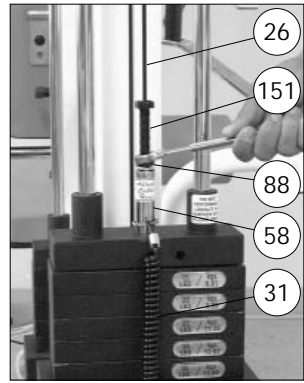
**Note:** Some parts have been cut away for clarity.

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**Left Side View**

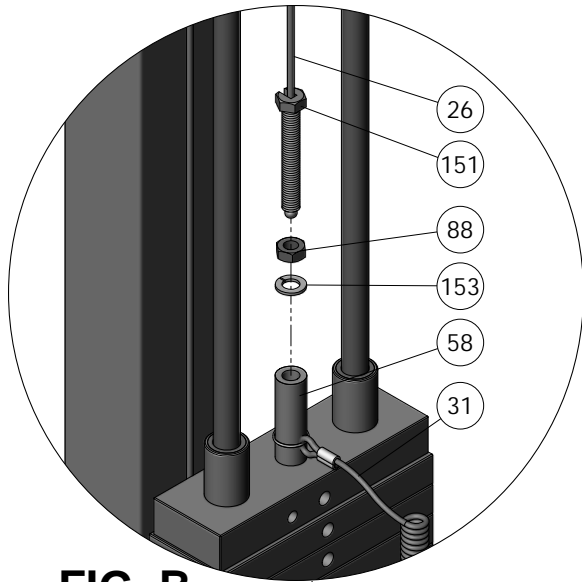
**Right Side View**



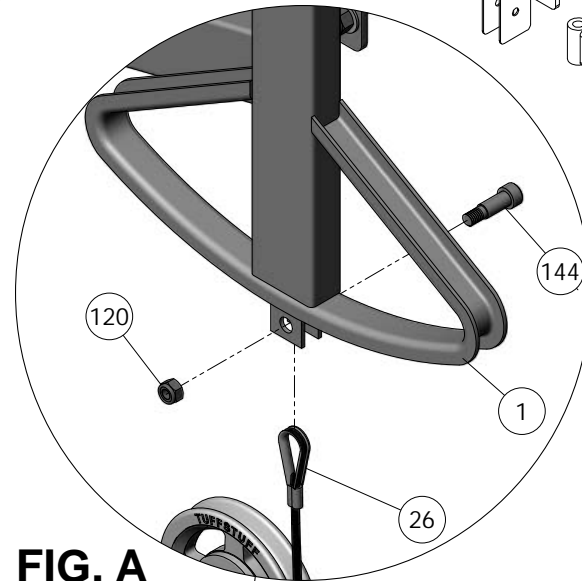
**Cable Adjustment**

1. Loosen the Finished Hex Nut 1/2-13 (#88).
2. Thread the **Cable Hex Tap Bolt (#151)** in or out of the threaded socket of the **Selector Bar (#58)** to give the Cable proper tension.
3. Re-tighten the Finished Hex Nut 1/2-13 (#88) to complete the adjustment.

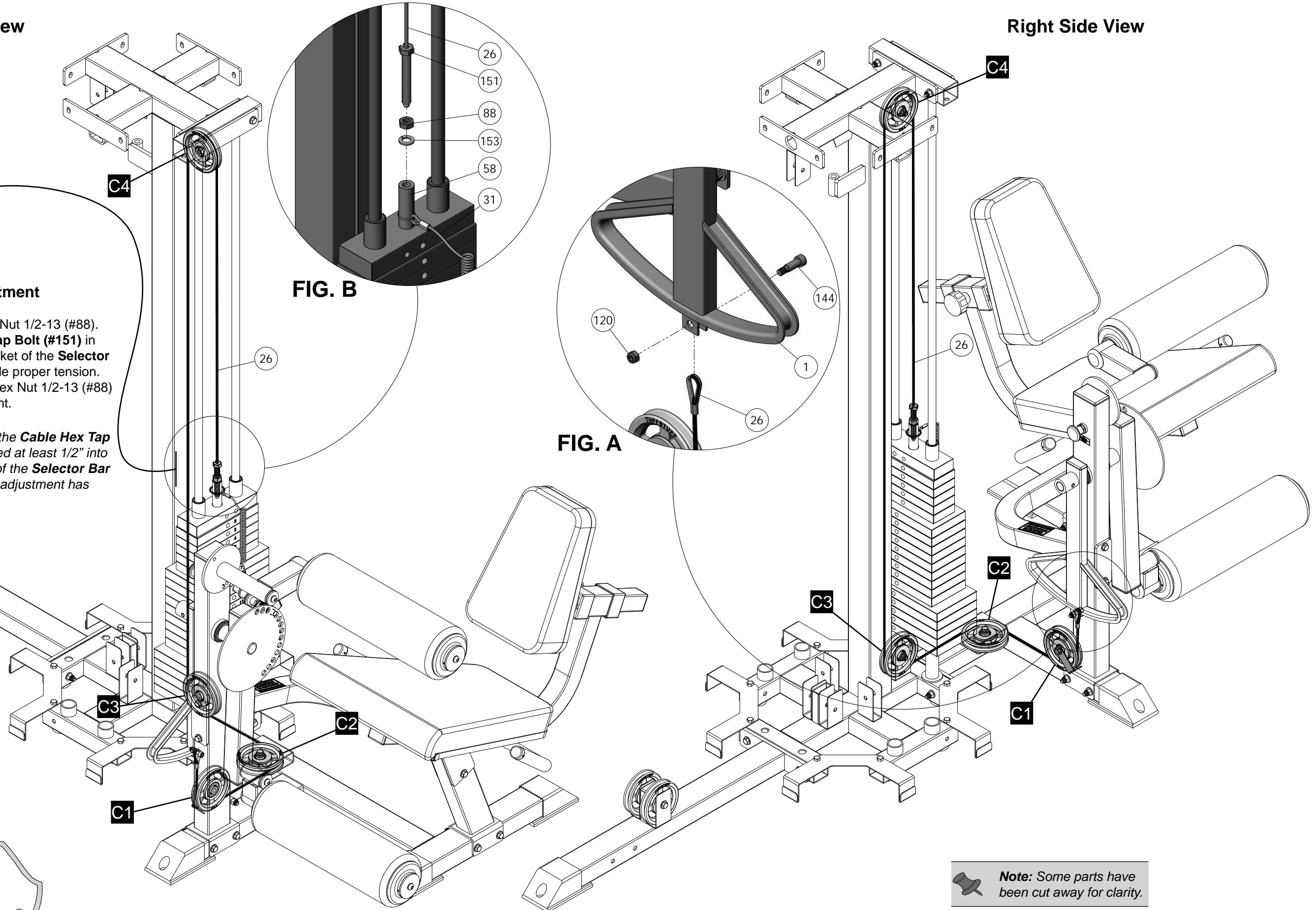
**Caution:** Make sure the **Cable Hex Tap Bolt (#151)** is threaded at least 1/2" into the threaded socket of the **Selector Bar (#58)** once the cable adjustment has been completed.



**FIG. B**

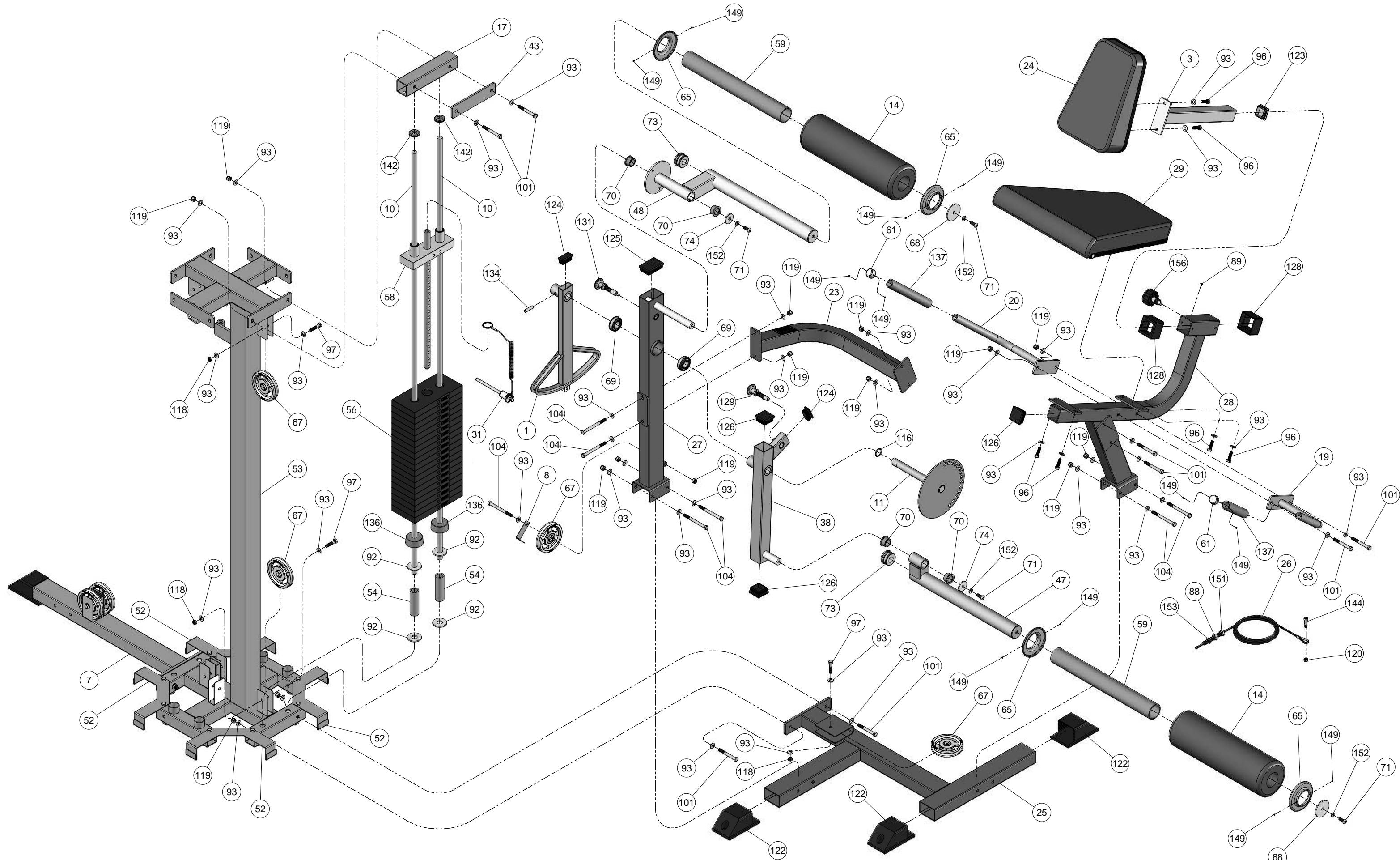


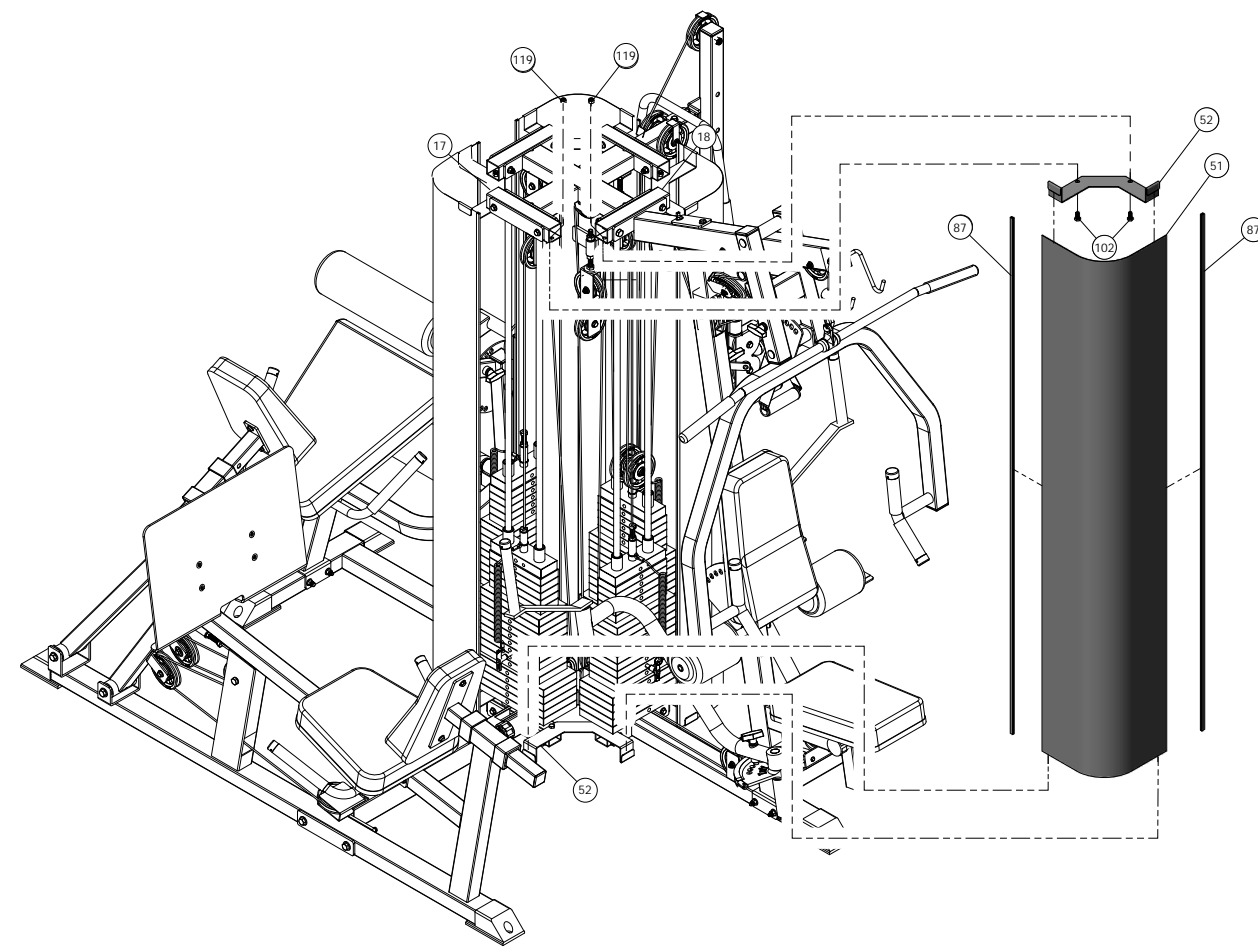
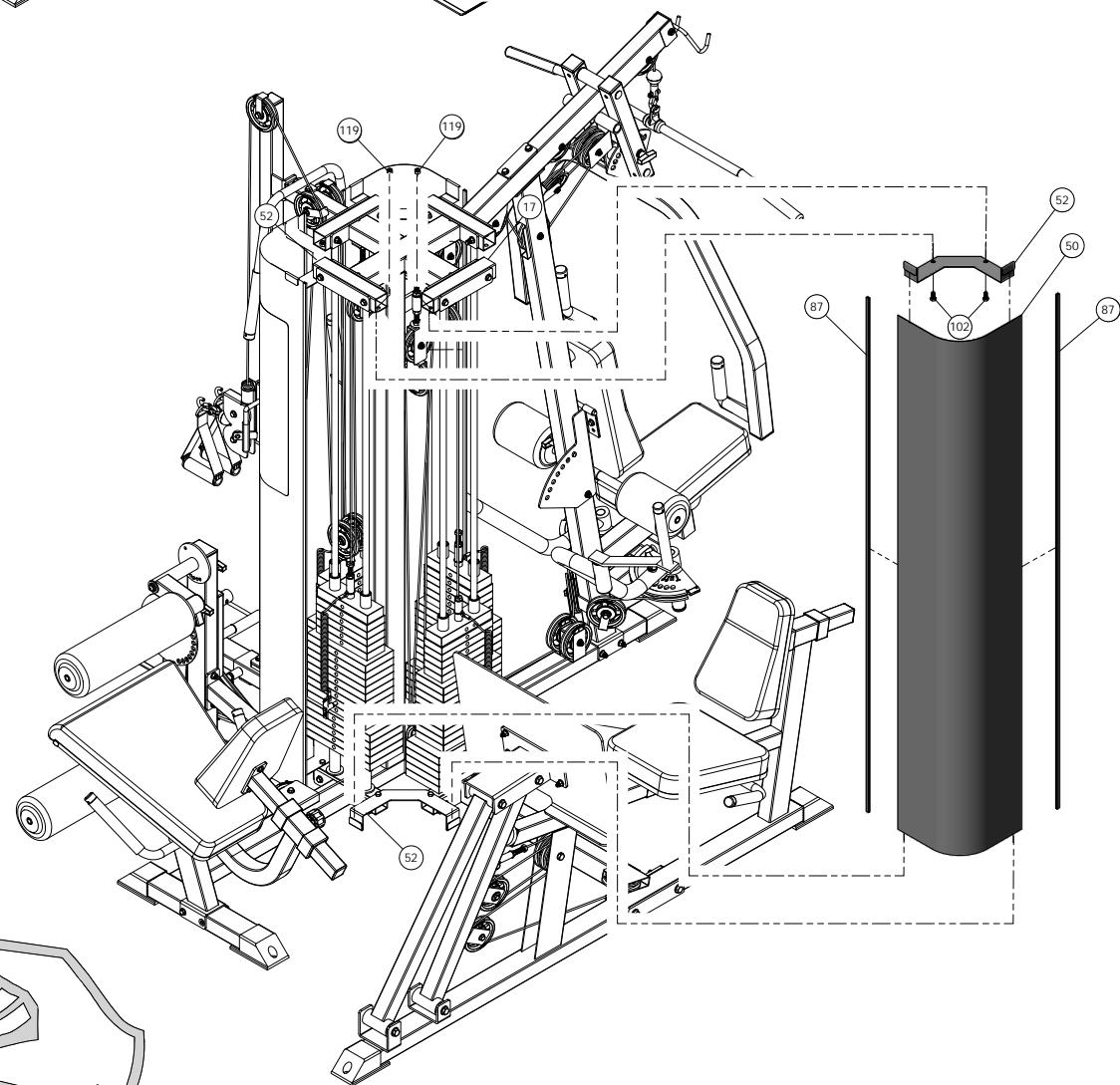
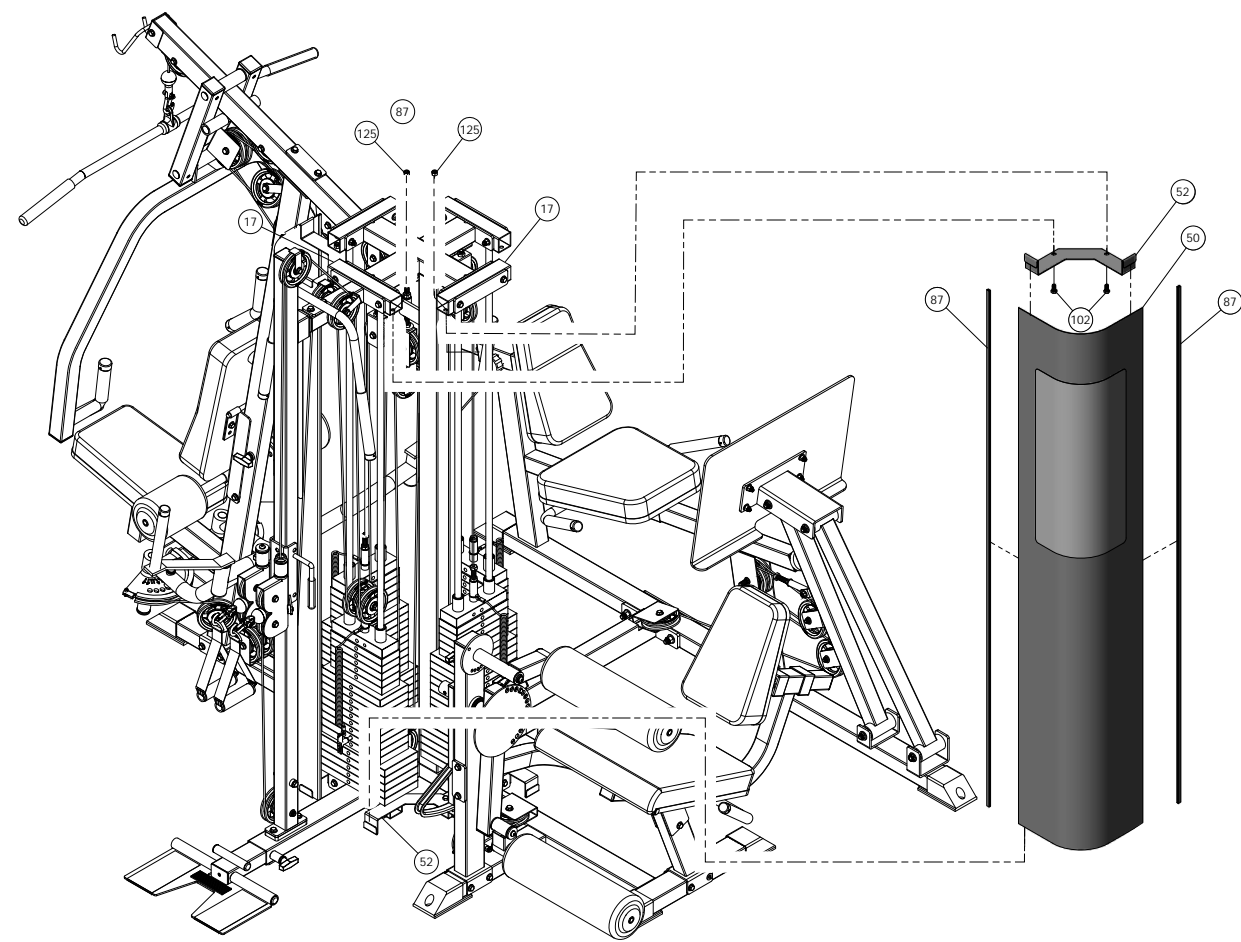
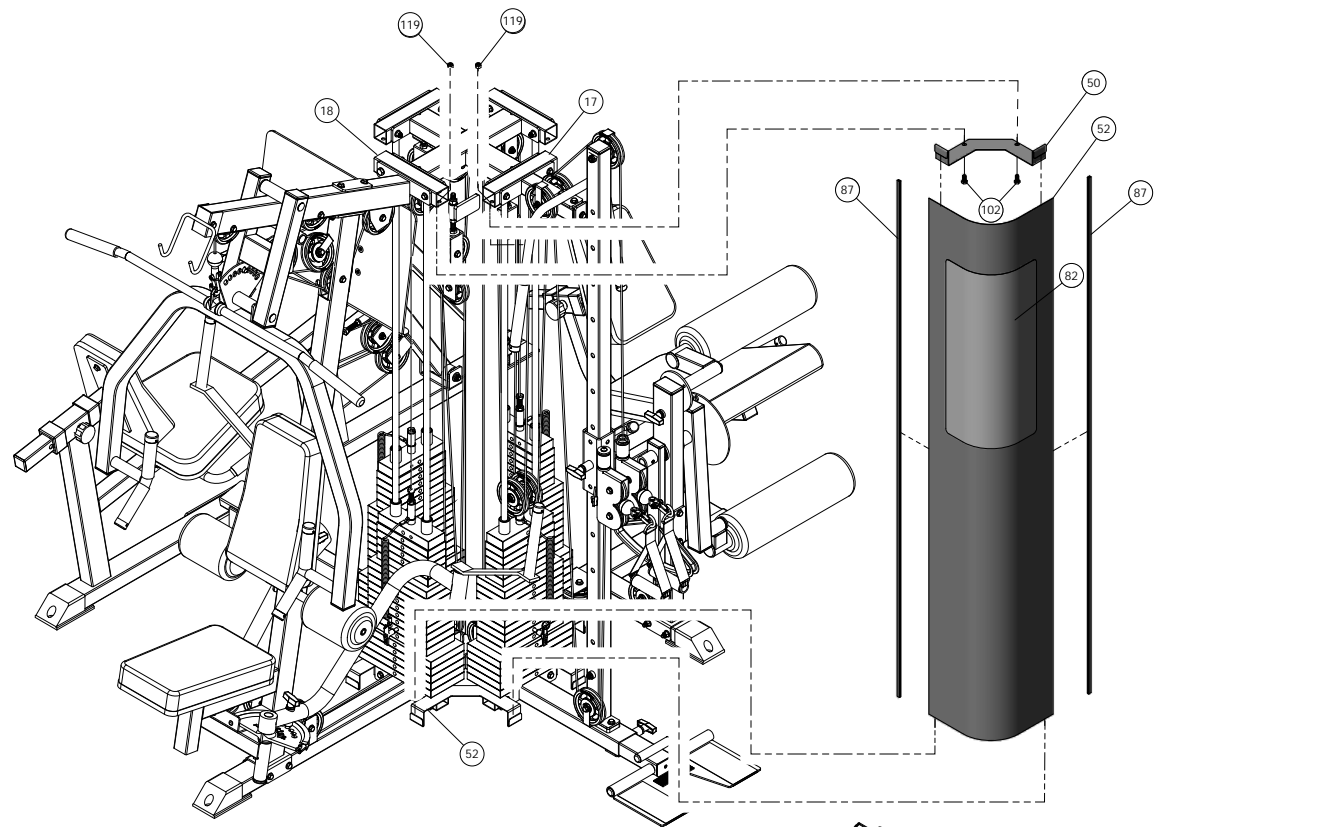
**FIG. A**



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

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Page

Fold-Out Page 27

Apollo Modular Gym System (Base Unit)