

OWNER'S MANUAL

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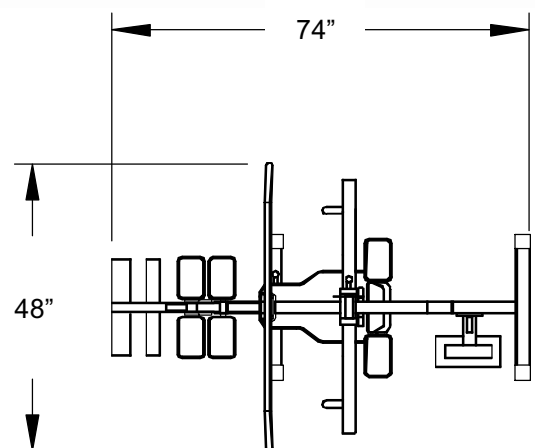
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Revision Date 06-05-00

CFM-500

Compact Frontal Machine



L 74" W 48" H 83"



America's Premium Exercise Equipment

Introduction

About the Compact Frontal Machine (CFM-500)

Congratulations on your new purchase of the Compact Frontal Machine (CFM-500). This gym is capable of a variety of different exercises, as-well-as, smooth and user-friendly adjustment features. In addition, this gym has been designed to meet the needs and performance requirements for a suitable home exercise machine. We hope you are completely satisfied with this product and wish you many years of enjoyment.

Tuff Stuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, as an expression of our confidence in the completeness, the materials, and workmanship of this product.

Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

Registration Card

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

Specifications

Maximum Wt. Capacity	- 200 Lbs. Fixed
Total Machine Weight	- 430 Lbs.
Footprint (LWH)	- See Front Cover

Prior to the Assembly of the CFM-500

- We advise you to consult your local Tuff Stuff retailer if you should have a question or problem regarding the proper assembly of this Compact Frontal Machine (CFM-500).
- Consider the complete surface area of the CFM-500. Use the overhead view on the front page for designing your layout before assembling. Once the CFM-500 has been fully assembled it will be heavy and difficult to move, therefore you should assemble the CFM-500 in the area where it is to be used upon completion.
- It is recommended that another person assist you with the assembly this unit.
- Neatly organize and identify all parts according to the Parts List on page 18 and the Exploded View Diagram on page 17.

Tool Requirements

1. One 9/16" combination wrench
2. One 3/4" combination wrench
3. One 7/8" combination wrench
4. One 1/2" combination wrench
5. Two 7/16" combination wrenches
6. One ratchet
7. One 9/16" socket
8. One 3/4" socket
9. One rubber mallet
0. Windex or household glass cleaner
1. One can silicone spray/ teflon spray lubricant
2. Multi-purpose grease
3. Measuring tape
4. Masking tape
5. 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.



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



A **Caution** provides a special procedure or special steps which must be taken while completing the procedure where the **Caution** is found. Not following a **Caution** can result in damage to the equipment.



A **Warning** provides a special procedure or special steps which must be taken while completing the procedure where the **Warning** is found. Not following a **Warning** can result in personal injury.



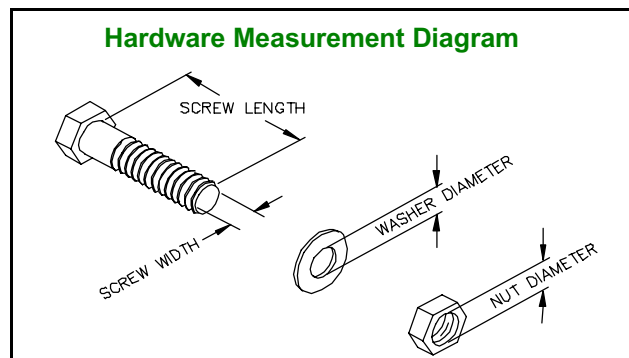
Loosely Fasten provides an instruction to loosely fasten (ex: *hand tighten*) a hardware assembly only. This instruction is intended for the alignment of hardware components during the assembly process.



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

Assembly Notes

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



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

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

Safety Precautions

Safety First

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

1. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use. Some of this information can be obtained in this Owner's Manual, as-well-as from your local Tuff Stuff retailer.
2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.
4. Use proper discretion when children are present.
5. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
3. 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.
3. Inspect the Compact Frontal Machine 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.
3. Pay special attention to the **Push Pull Pins (#82 and #62)** located on **Press Bar Selector Housing (#2)**, **Front Upright (#4)** and **Leg Extension Bench Frame (#18)**. See **Fig.1**. Be sure they are fully engaged into the selectorized holes. Refer to **Fig. 2** for further illustration of this warning.

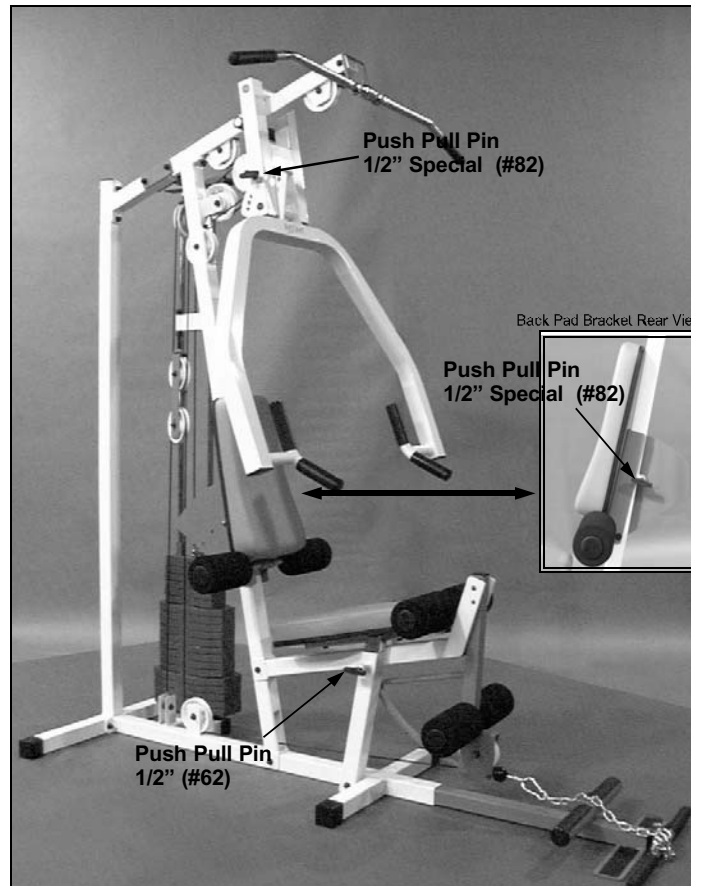


Fig. 1 Illustration above depicts the location of **Push Pull Pins 1/2" Special (#82)** and **Push Pull Pin 1/2" (#62)** on this unit.

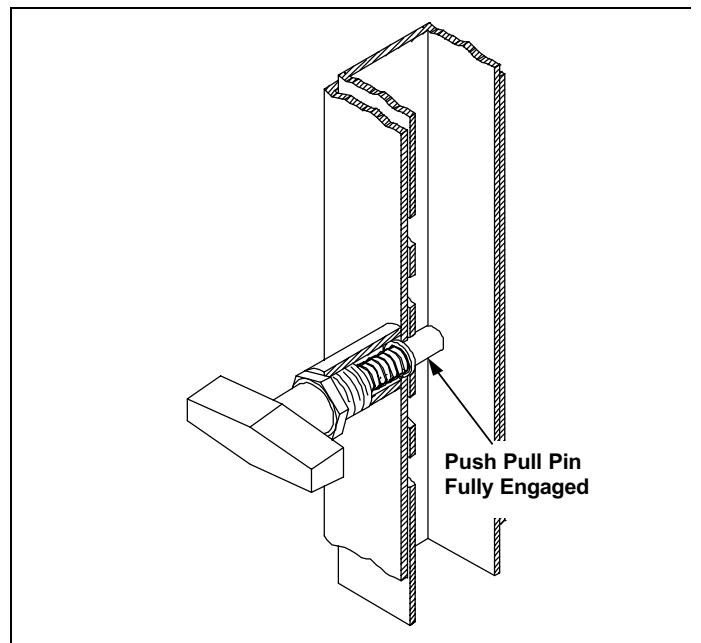


Fig. 2 **Warning:** Check that all **Push Pull Pins 1/2" (#82, #62)** are fully engaged into the selectorized holes.



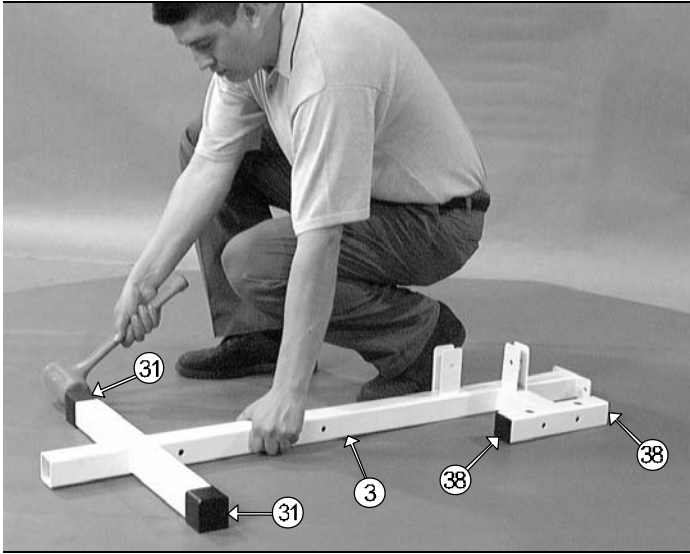


FIG. 3 On a flat surface, lay the **Base Frame (#3)** down and insert two lastic Insert Caps 2" Sq. (#38) into the **Base Frame (#3)**. Next, insert two Plastic End Caps w/Groove 2" Sq. (#31) onto the front stabilizer of the **Base Frame (#3)**, as shown above.

NOTE: When positioning the **Base Frame (#3)** consider the complete area surface of the **CFM-500**. Use the overhead view on the cover page for designing your layout before assembling.

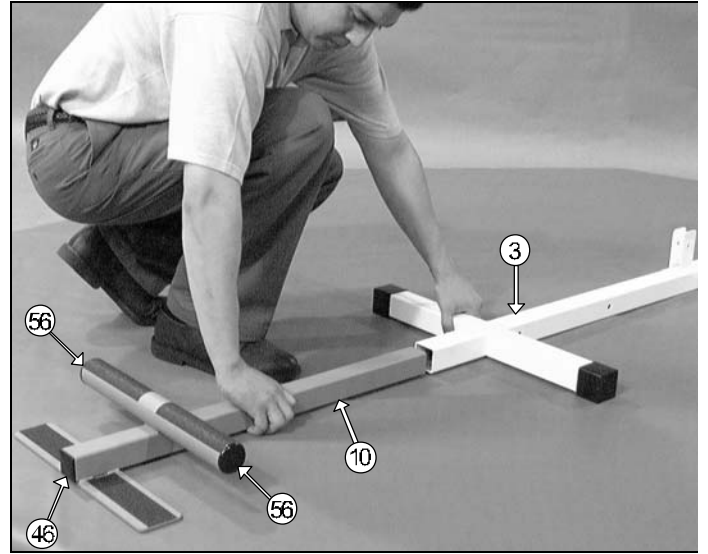


FIG. 4 Next, locate the **Low Row Foot Assembly (#10)** and, using rubber mallet, insert two Plastic End Caps 2" Rd. (#56) and one Plastic End Cap 1 3/4 Sq. (#46) into the tube-ends, as shown above. Next, slide the **Low Row Foot Assembly (#10)** into the receptacle of the **Base Frame (#3)**, as shown above.

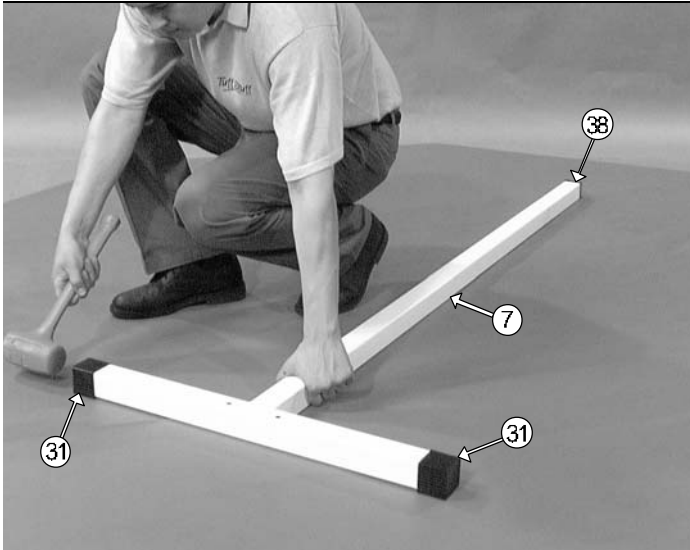


FIG. 5 Next, locate the **Rear Upright (#7)** and, using a rubber mallet, insert one Plastic Insert Cap 2" Sq. (#38) into the tube-end. Next, insert two Plastic End Caps w/Groove 2" Sq. (#31) onto the rear stabilizer of the **Rear Upright (#7)**, as shown above.

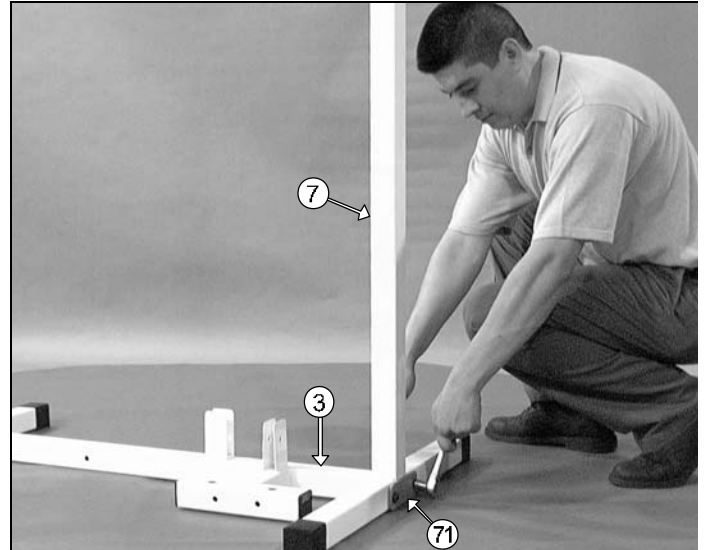


FIG. 6 Attach the **Rear Upright (#7)** and a **Support Plate 1/4 X 2 X (#71)** to the **Base Frame (#3)** and secure them into place using two Head Cap Screws 3/8-16 X 3 1/4 (#49), four Flat Washers SAE 3/8" (#4) and two Nylon Insert Lock Nuts 3/8-16 (#51).

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

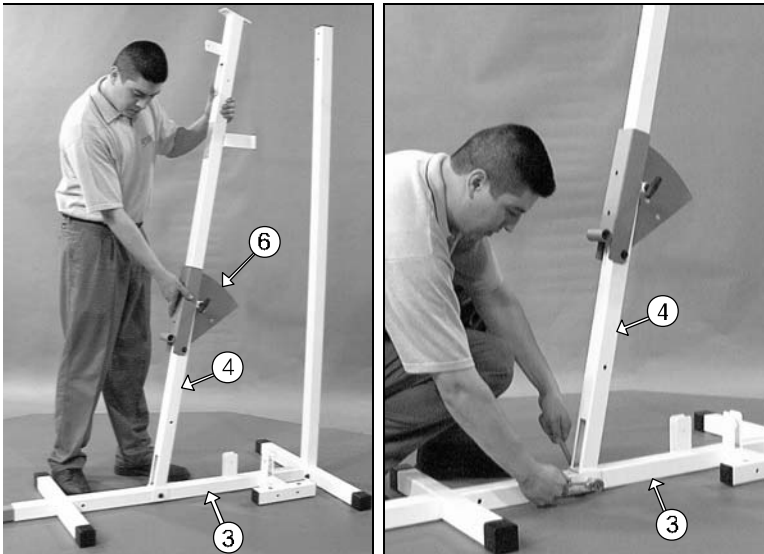


FIG. 7 Attach the **Front Upright (#4)** to the **Base Frame (#3)** and secure it into place using one Hex Head Cap Screw 3/3-16 X 2 3/4 (#47), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

Warning: This procedure requires the assistance of another person.

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

Note: The **Back Pad Bracket (#6)** has been pre-assembled to the **Front Upright (#4)** by the factory.

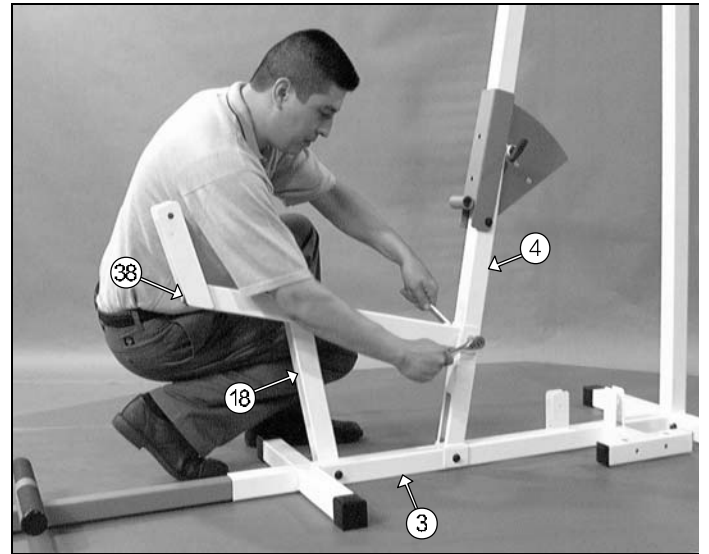


FIG. 8 Attach the **Leg Extension Bench Frame (#18)** to the **Base Frame (#3)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 4 1/2 (#53), two Flat Washers SAE (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48). Next, attach the **Leg Extension Bench Frame (#18)** to the **Front Upright (#4)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#47), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

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

Next, insert one Plastic Insert Cap 2" Sq. (#38) into the front of the **Leg Extension Bench Frame (#18)**.

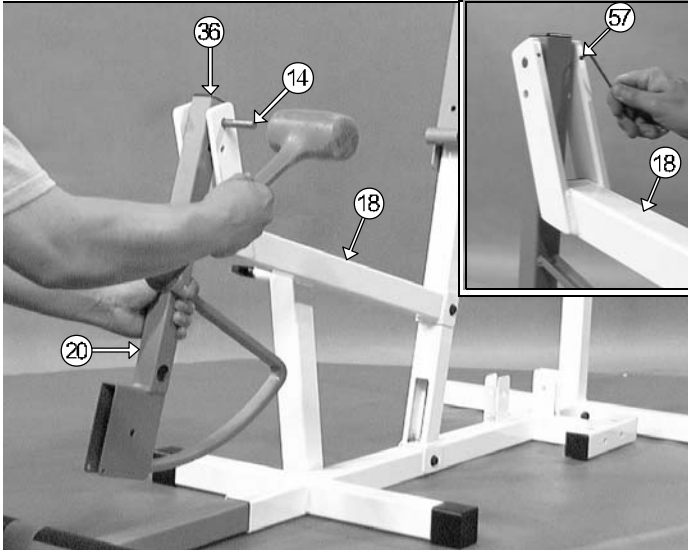


FIG. 9 Affix the **Leg Extension Arm (#20)**, in the position as shown, to the **Leg Extension Bench Frame (#18)** and secure it into place using the **Leg Extension Axle 1/2 X 2 1/2 (#14)**. Next, secure the **Leg Extension Axle 1/2 X 2 1/2 (#14)** into place using two Set Screws 1/4-20 X 3/8 (#57), as shown in caption above. Use the supplied Hex Key 1/8 (#77) for tightening these Set Screws 1/4-20 X 3/8 (#57). Next, insert one Plastic Insert Cap 1 1/2 Sq. (#36) into the tube-end of the **Leg Extension Arm (#20)**.

Note: It is recommended to grease the **Leg Extension Axle 1/2 X 2 1/2 (#14)** with multi-purpose grease prior to assembling.

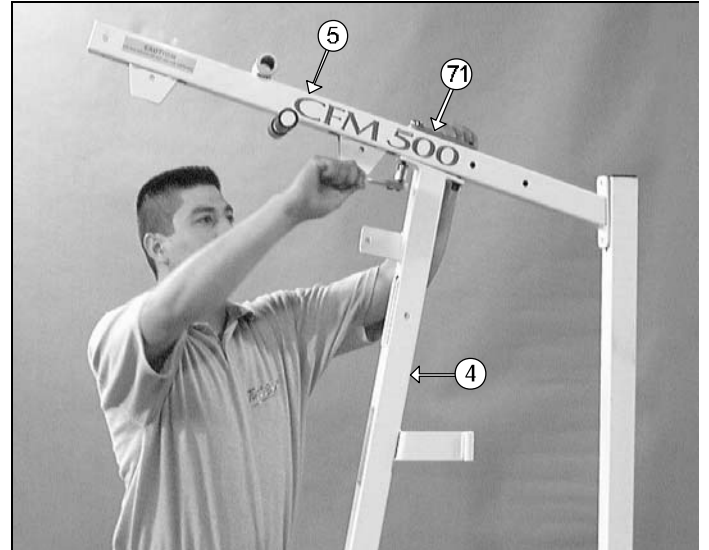


FIG. 10 Attach the **Top Pulley Housing (#5)** to the **Front Upright (#4)** and secure it into place using one **Support Plate 1/4 X 2 X 5 (#71)**, two Hex Head Cap Screws 3/8-16 X 3 1/4 (#49), four Flat Washers SAE 3/8 (#45) and two Nylon Insert Lock Nuts 3/8-16 (#51).

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

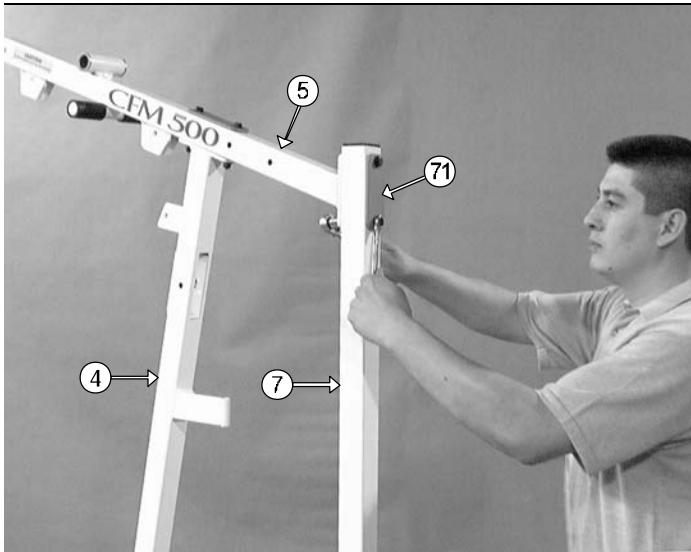


FIG. 11 Attach the **Top Pulley Housing (#5)** to the **Rear Upright (#7)** and secure it into place using one **Support Plate 1/4 X 2 X 5 (#71)**, two **Hex Head Cap Screws 3/8-16 X 3 1/4 (#49)**, four **Flat Washers SAE 3/8 (#45)** and two **Nylon Insert Lock Nuts 3/8-16 (#51)**.

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

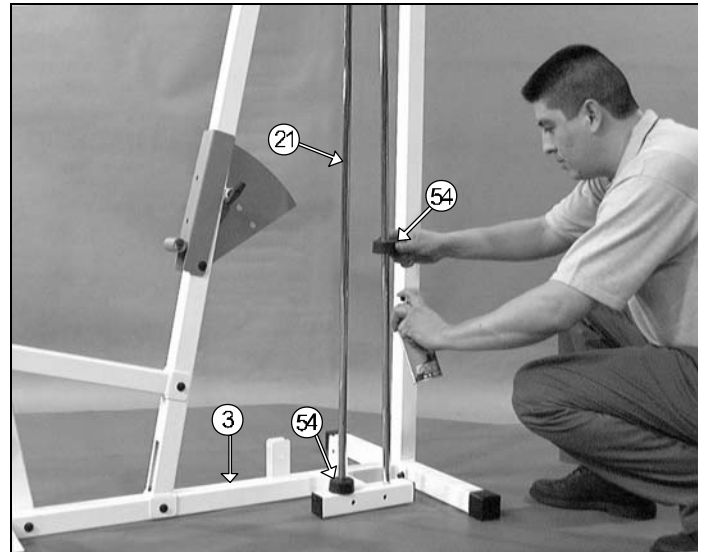


FIG. 12 Insert the two **Guide Rods 3/4 X 72 (#21)** into the receptacle located on the **Base Frame (#3)**, as shown above. Slide two **Rubber Donuts 3/4 X 2 1/2 (#54)** onto each **Guide Rod 3/4 X 72 (#21)**, as shown.



Note: Lubricate the **Guide Rods 3/4 X 72 (#21)** with silicone or teflon lubricant before proceeding.

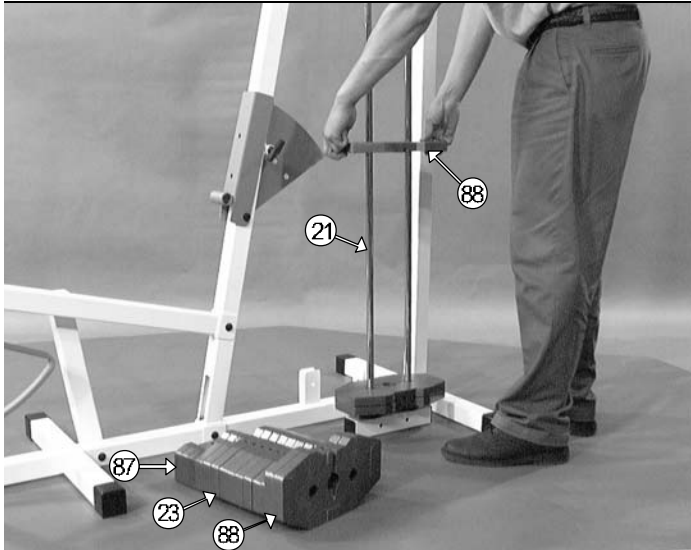


FIG. 13 Carefully begin sliding the **Weight Plates** over the **Guide Rods (#21)** beginning with the five **15 Lb. Weight Plates (#88)** at the bottom, the nine **10 Lb. Weight Plates (#23)** in the middle and the five **5 Lb. Weight Plates (#87)**.



Warning: Do not lift more than you can control safely. In addition, do not lift using only your back. It is recommended that when you are lifting, bend your knees and lift slowly with your back straight. Be sure that the weight is distributed over your knees or legs when lifting. Also, it is advisable to wear a well fitted lifting belt during heavy lifting.

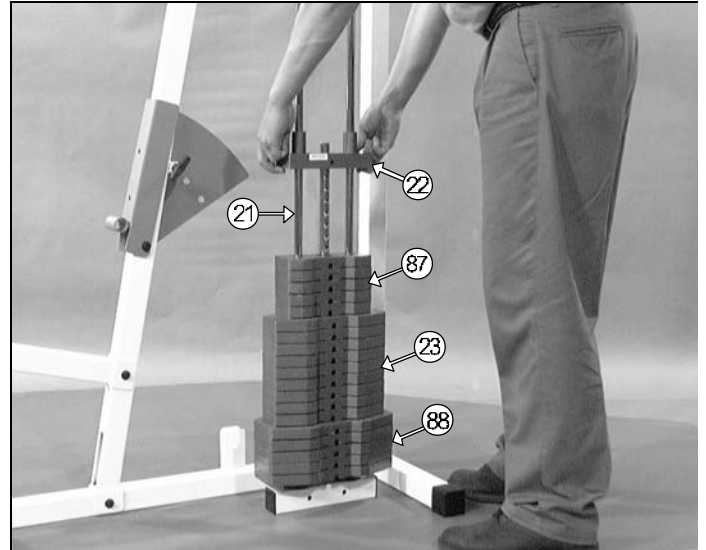


FIG. 14 Now slide the **Top Plate/ Selector Bar (#22)** over the **Guide Rods (#21)** allowing it to come to rest on the completed weight stack.



Note: Be sure the label (**FRONT SIDE**) located on the **Top Plate/ Selector Bar (#22)** is facing toward you before you slide the **Top Plate/ Selector Bar (#22)** over the **Guide Rods 3/4 X 72 (#21)**.

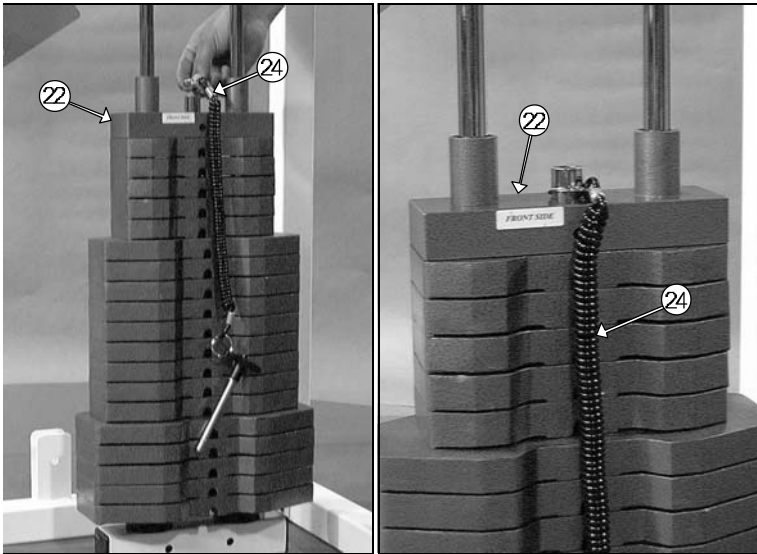


FIG. 15 Next, locate the **Selector Pin w/Coil (#24)** and attach it to the **op Plate Selector Bar (#22)** as shown above.

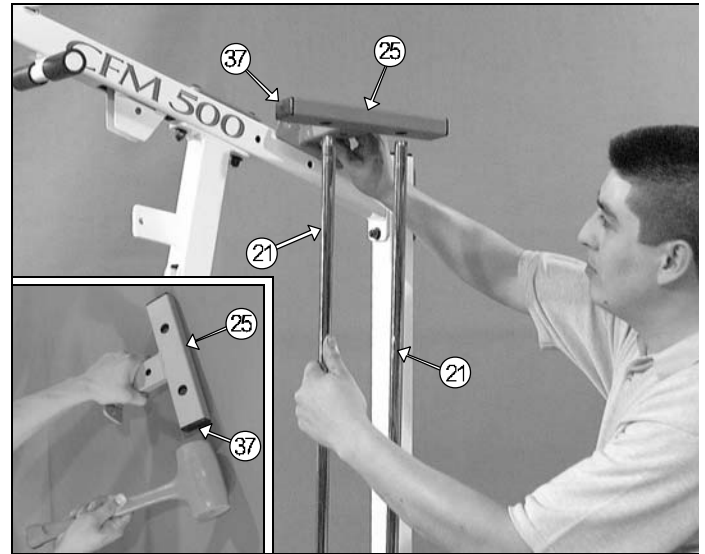


FIG. 16 Next, locate the **Guide Rod Retainer Housing (#25)** and, using a rubber mallet, insert two Plastic Insert Caps 1 X 2 (#37) into the tube ends, as shown in caption above. Maneuver each of the **Guide Rod (#21)** into the holes located on the bottom side of the **Guide Rod Retainer Housing (#25)**.

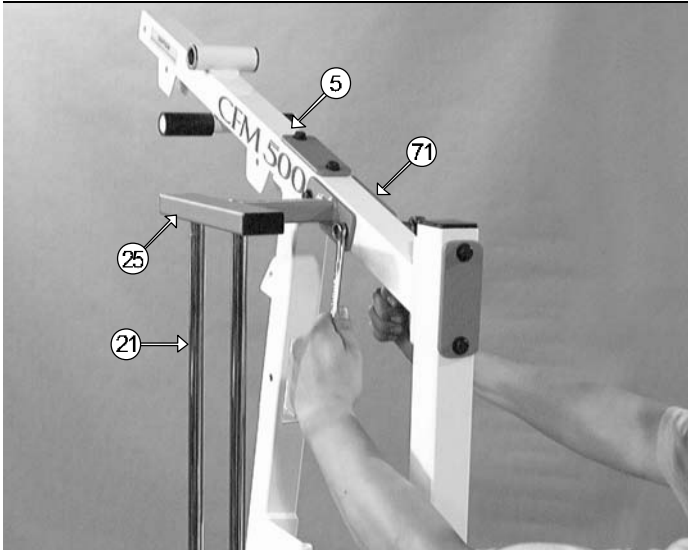


FIG. 17 Mount the **Guide Rod Retainer Housing (#25)** along with the **two captive Guide Rods (#21)** to the side of the **Top Pulley Housing (#5)** and secure them into place using one **Support Plate 1/4 X 2 X 5 (#71)**, **two Hex Head Cap Screws 3/8-16 X 3 1/4 (#49)**, **four Flat Washers SAE 1/8 (#45)** and **two Nylon Insert Lock Nuts 3/8-16 (#51)**.

Fully Fasten: Proceed to align and fully fasten this hardware assembly and all the previous assemblies that were left loosely fastened. (Assemblies described in **Fig. 6, Fig. 7, Fig. 8, Fig. 10** and **Fig. 11**).

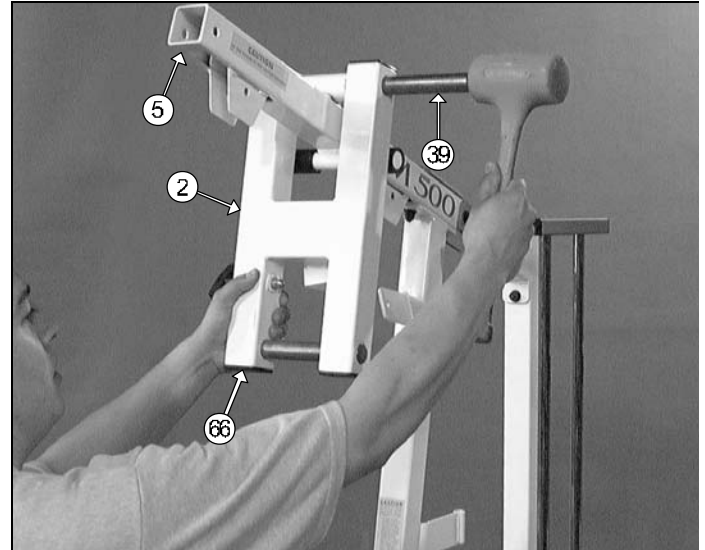


FIG. 18 The two **Pivot Axles 1 X 8 1/8 (#39)** have been pre-assembled to the **Press Bar Selector Housing (#2)**. Use the supplied **Hex Key 3/16" (#79)** to loosen the **Set Screws 3.8-16 X 1/2 (#43)** that hold the **Pivot Axles 1 X 8 1/8 (#39)** into place. Next, attach the **Press Bar Selector Housing (#2)** to the **Top Pulley Housing (#5)** and, using a rubber mallet, insert the **Pivot Axles 1 X 8 1/8 (#39)** through the holes in the **Press Bar Selector Housing (#2)** and through the receptacle of the **Top Pulley Housing (#5)** until it is flush with both sides.



Note: It is recommended to grease the **Pivot Axle 1 X 8 1/8 (#39)** with multi-purpose grease prior to assembling. Also, the four **Plastic Insert Caps 2" Sq. (#66)** located in the tube-ends of the **Press Bar Selector Housing (#17)** have been pre-assembled by the factory.

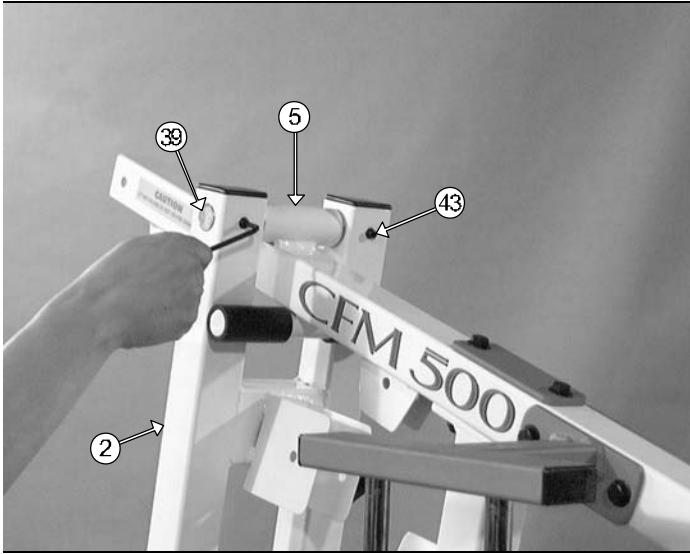


FIG. 19 Secure the **Press Bar Selector Housing (#2)** to the **Pivot Axle (#39)** using two set screws 3/8-16 X 1/2 (#43).

NOTE: Use the supplied Hex Key 3/16 (#79) for securing the Set Screws 3/8-16 X 1/2 (#43) into the threaded sockets located on the **Press Bar Selector Housing (#2)**.

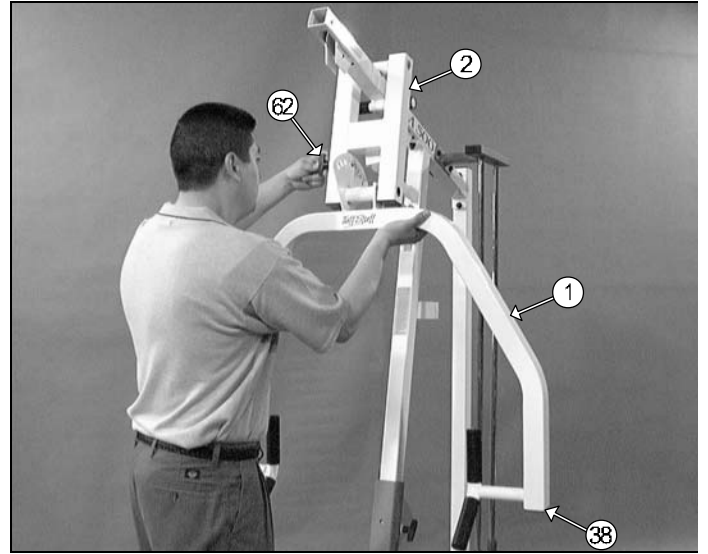


FIG. 20 Next, using a rubber mallet, insert two Plastic Insert Caps 2 Sq. (#38-Not shown) into the tube-ends of the **Press Bar (#1)**. Next insert the **Press Bar (#1)** up into the **Press Bar Selector Housing (#2)** and support it into place using the push-pull pin (#62), as shown above.

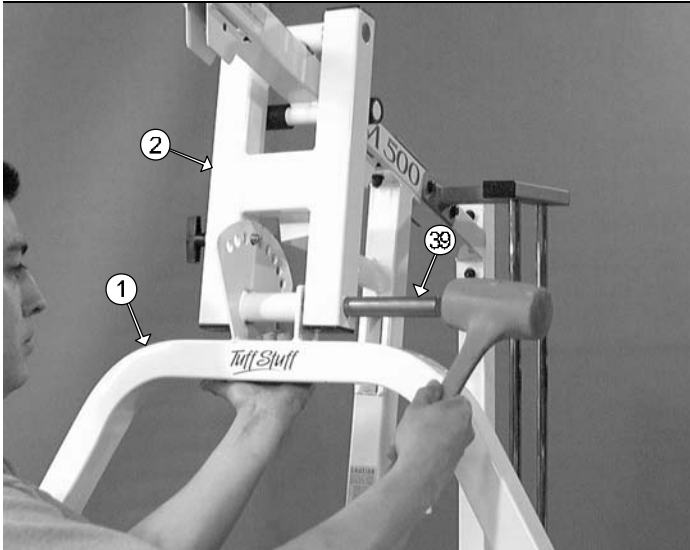


FIG. 21 Next, insert the **Pivot Axle 1 X 8 1/8 (#39)** into the **Press Bar Selector Housing (#2)** and through the **Press Bar (#1)** until it is flush with both sides to the **Press Bar Selector Housing (#2)**. Refer to **Fig. 53** on page 18 for further clarification of this assembly.

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

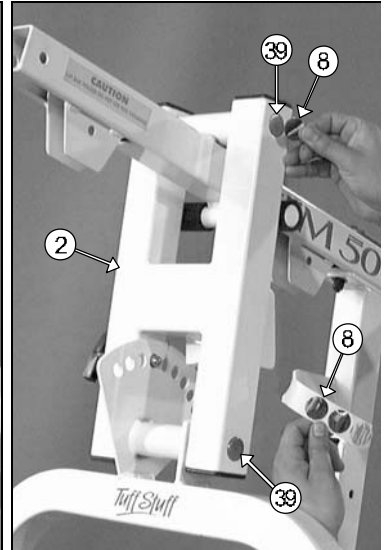
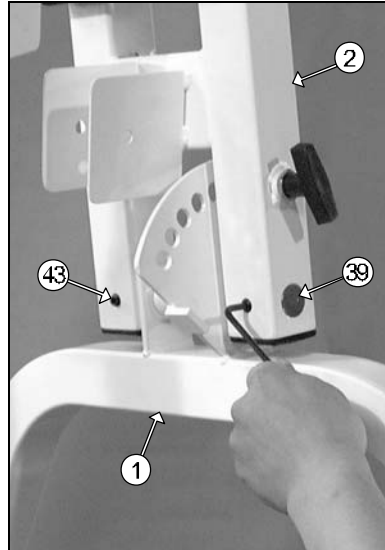


FIG. 22 Secure the **Press Bar (#1)** into the **Press Bar Selector Housing (#2)** by threading the two Set Screws 3/8-16 X 1/2 (#43) against the **Pivot Axle (#39)** using the supplied Hex Key 3/16 (#79). Next, apply four 1" Rd. Silver Mylar Decals (#8) over each end of the two **Pivot Axles (#39)**. These Decals are used to hide and protect the ends of the **Pivot Axles (#39)**.

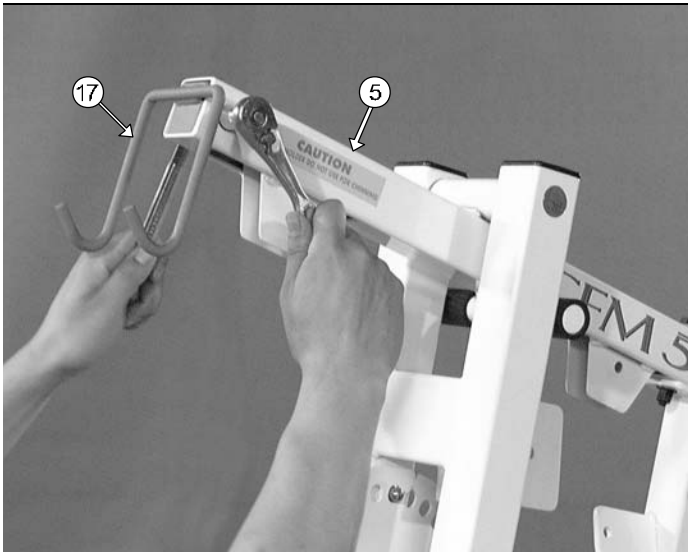


FIG. 23 Insert the **Lat Bar Holder (#17)** into the tube-end of the **Top Pulley Housing (#5)**, as shown above, and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#44), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

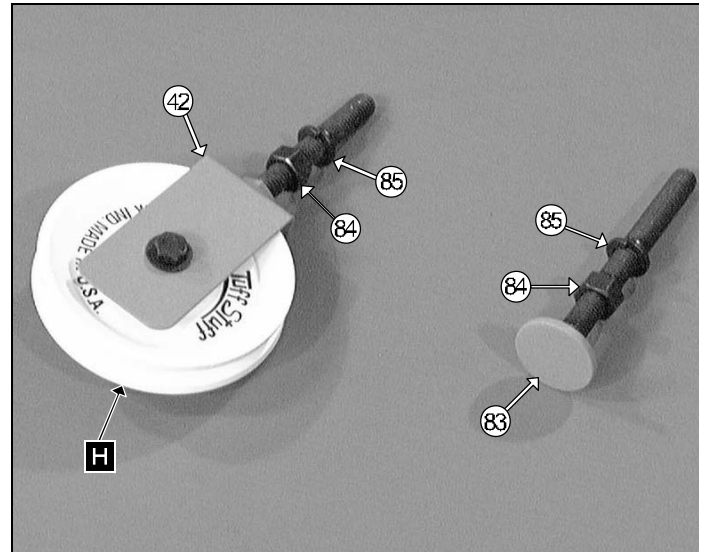


Fig. 24 Assemble the **Adjustable Pulley Bracket (#42)** using one Nylon Pulley 4 1/2 Rd. (#26-Labeled H), one Hex Head Cap Screw 3/8-1 X 1 3/4 (#50), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48). Next, thread a Regular Hex Nut 1/2-13 (#84) and insert one Split Washer B.O. 1/2 (#85) onto the welded Hex Tap Bolt. Next, locate the **Adjustable Stopper (#83)** then thread a Regular Hex Nut 1/2-13 (#84) and insert one Split Washer B.O. 1/2 (#85) onto the welded Hex Tap Bolt.

NOTE: The black boxed letters pointing to the pulleys are used throughout this manual as reference to the Cable Mapping Diagram on page 16. These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with Fig. 27.

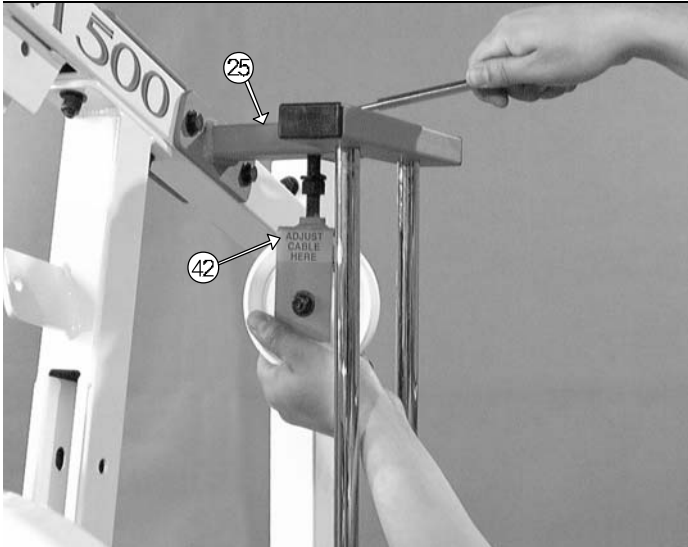


FIG. 25 Attach the **Adjustable Pulley Bracket (#42)** through the hole indicated on the **Guide Rod Retainer Housing (#25)** and secure it into place at the top using one Flat Washer SAE 1/2" (#59) and one Nylon Insert Jam Lock Nut 1/2-13 (#58).

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

NOTE: Refer to Fig. 56 on page 19 for further clarification of this assembly.

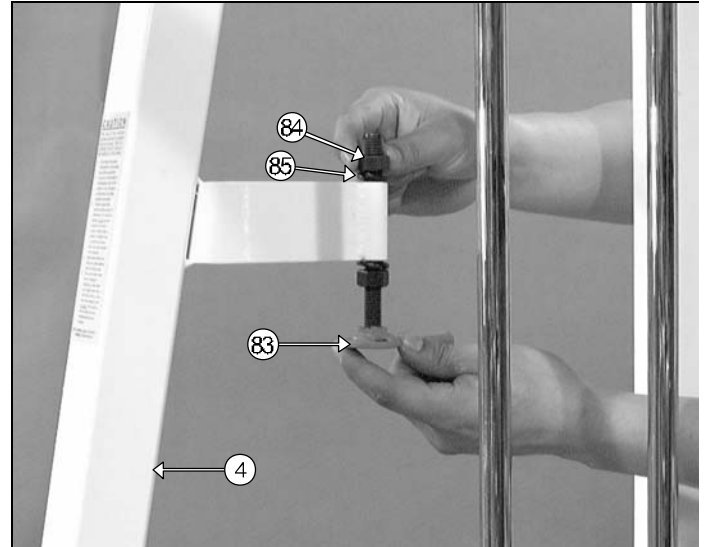


FIG. 26 Insert (from bottom to top) the **Adjustable Stopper (#83)** into the receptacle of the **Front Upright (#4)** and secure it into place using one Split Washer B.O. 1/2 (#85) and one Regular Hex Nut 1/2-13 (#84), as shown above. Loosely fasten the Regular Hex Nuts 1/2-13 (#84) to allow adjustment for cable tension later in the assembly process.

NOTE: Refer to Fig. 57 on page 19 for further clarification of this assembly.

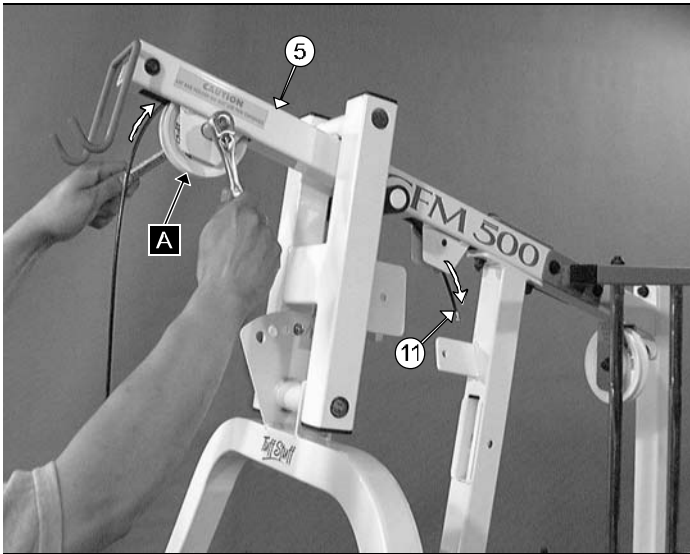


FIG. 27 Insert one Nylon Pulley 4 1/2 Rd. (#26-Labeled A) into the pulley bracket of the **Top Pulley Housing (#5)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48). Next, begin routing the **Lat Cable (#11)** over the Nylon Pulley 4 1/2 Rd. (#26-labeled A) and into the tube of the **Top Pulley Housing (#5)**, as shown above.

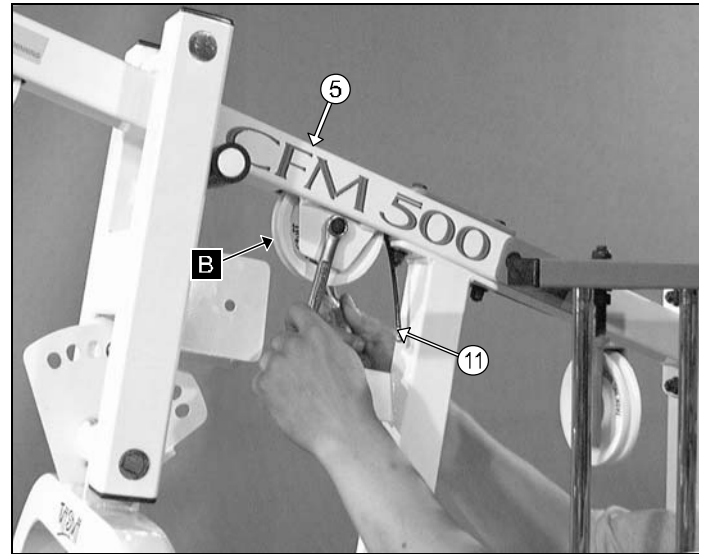


FIG. 28 Next, route the end of the **Lat Cable (#11)** through the other pulley bracket located on the **Top Pulley Housing (#5)**. Then insert Nylon Pulley 4 1/2 Rd. (#26-Labeled B) into this pulley bracket and secure the Nylon Pulley 4 1/2 Rd. (#26-Labeled B) into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

NOTE: Use Cable Mapping Diagram on page 16 for further detailed illustration of the **Lat Cable (#11)** routing.

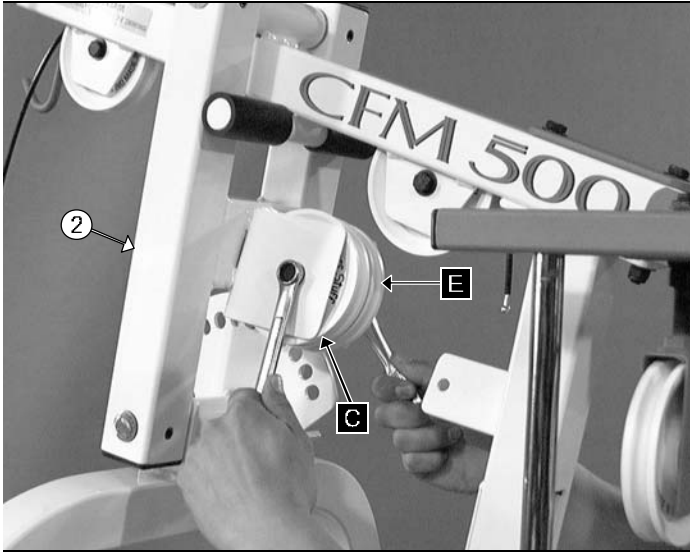


FIG. 29 Install two Nylon Pulleys 4 1/2 Rd. (#26-Labeled C, E) into the pulley bracket located on the **Press Bar Selector Housing (#2)** and secure them into place using one Hex Head Cap Screw 3/8-16 X 2 3/4 (#47), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

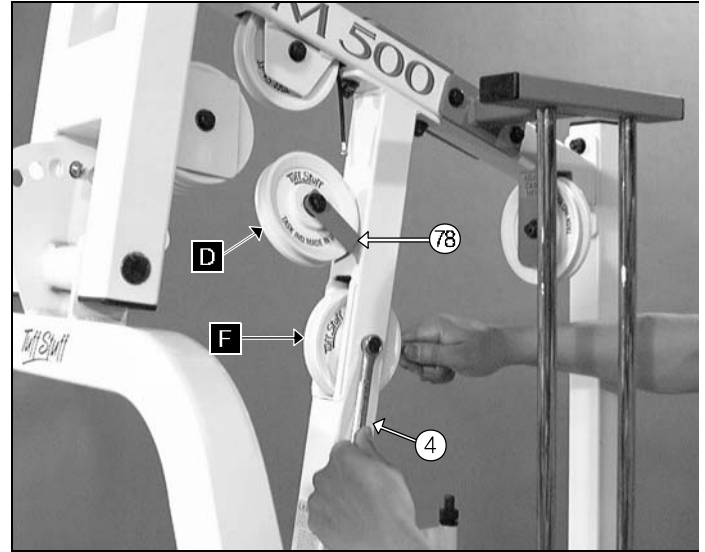


FIG. 30 Next, install one Nylon Pulley 4 1/2 Rd. (#26-Labeled D) onto the pulley plate located on the **Front Upright (#4)**, as shown above, and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE 3/8 (#45), one **Cable Retainer Bracket (#78)** and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

NOTE: Be sure to position the **Cable Retainer Bracket (#78)** as shown above.

Next, insert one Nylon Pulley 4 1/2 Rd. (#26-Labeled F) into the slot located on the **Front Upright (#4)** and secure it into place using one Hex Head Cap Screw 3/8-16 X 2 1/2 (#44), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

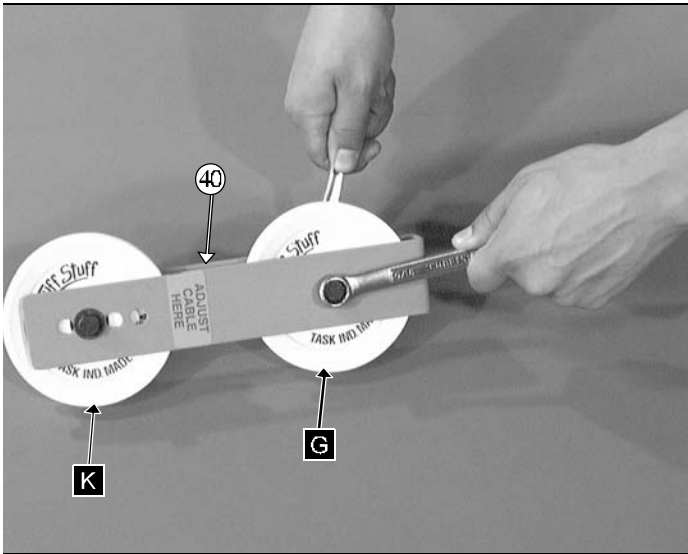


FIG. 31 Assemble the **Adjustable Double Pulley Bracket (#40)** using two Nylon Pulleys 4 1/2 Rd. (#26-Labeled G, K), two Hex Head Cap screws 3/8-16 X 1 3/4 (#50), four Flat Washers SAE 3/8 (#45) and two Nylon Insert Jam Lock Nuts 3/8-16 (#48).

NOTE: The four holes on the **Adjustable Double Pulley Bracket (#40)** are used to adjust the cable tension once the cable routing has been completed.

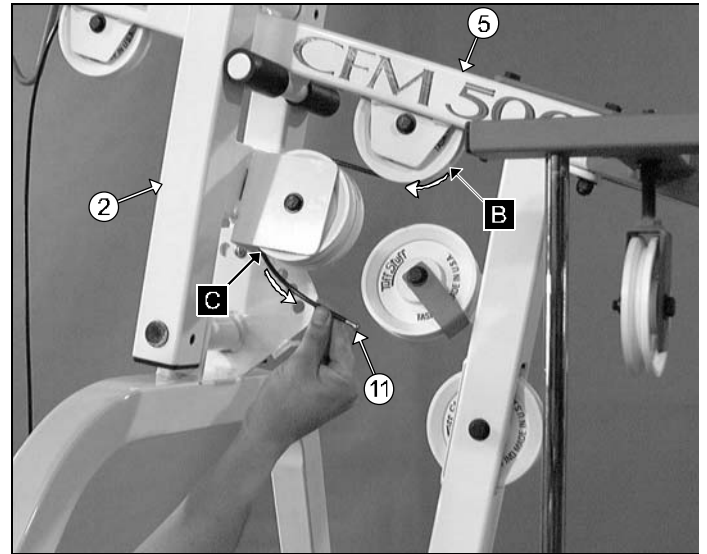


FIG. 32 Next, route the **Lat Cable (#11)** over the Nylon Pulley 4 1/2 Rd. (#26-Labeled C), as shown above.

NOTE: Use Cable Mapping Diagram on page 16 for further detailed illustration of the **Lat Cable (#11)** routing.

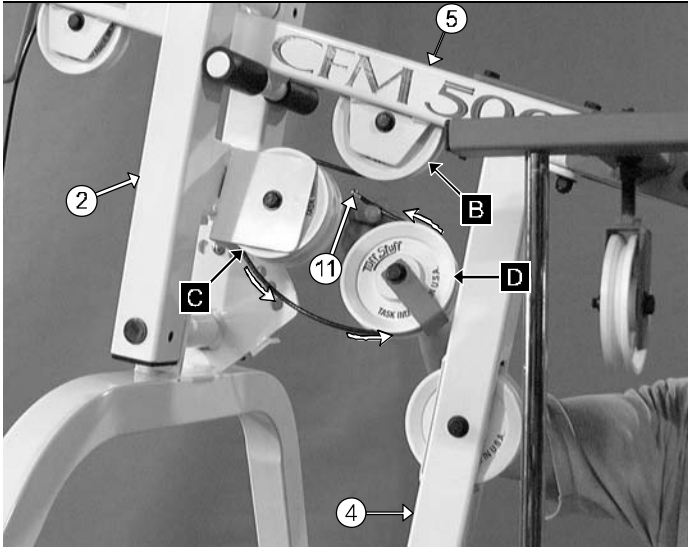


FIG. 33 Next, route the **Lat Cable (#11)** up and over the Nylon Pulley 4 1/2 Rd. (#26-Labeled D), as shown above.

NOTE: Use Cable Mapping Diagram on page 16 for further detailed illustration of the **Lat Cable (#11)** routing.

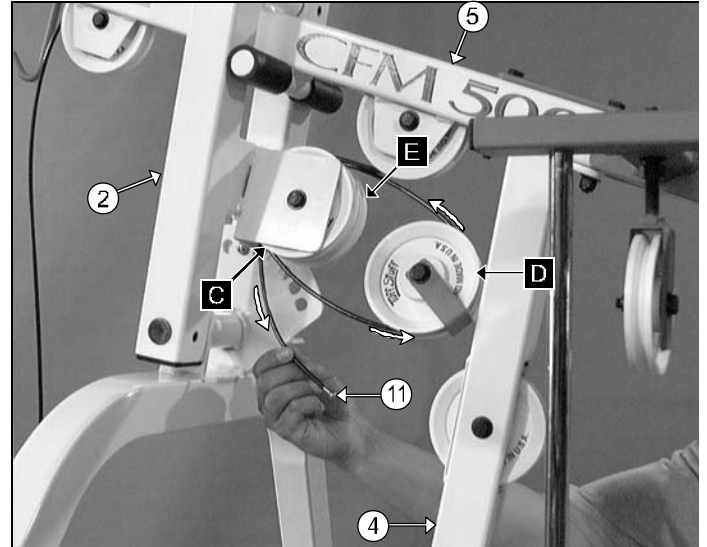


FIG. 34 Next, route the **Lat Cable (#11)** over the Nylon Pulley 4 1/2 Rd. (#26-Labeled E), as shown above.

NOTE: Use Cable Mapping Diagram on page 16 for further detailed illustration of the **Lat Cable (#11)** routing.

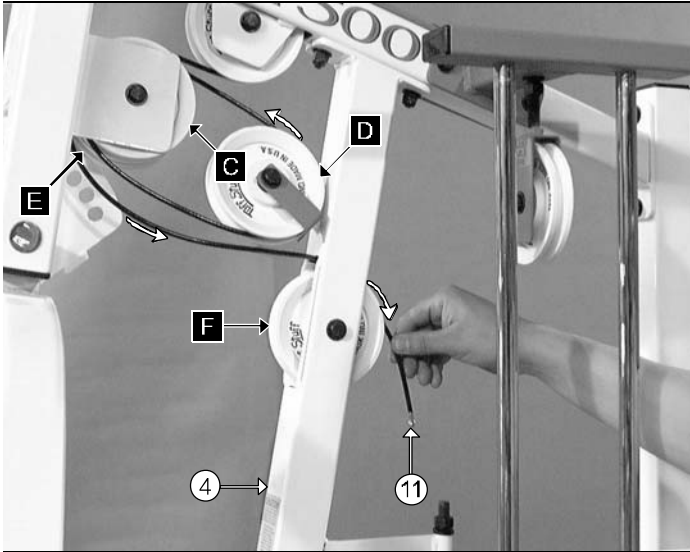


FIG. 35 Next, route the **Lat Cable (#11)** through the **Front Upright (#4)** and over the Nylon Pulley 4 1/2 Rd. (#26-Labeled F), as shown.

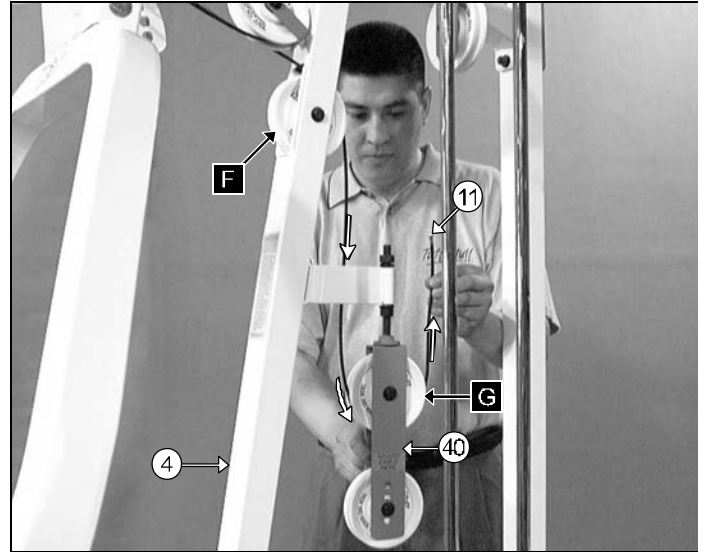


FIG. 36 Next, route the **Lat Cable(#11)** through the **Adjustable Double Pulley Bracket (#40)** and under the Nylon Pulley 4 1/2 Rd. (#26 Labeled G), as shown above.

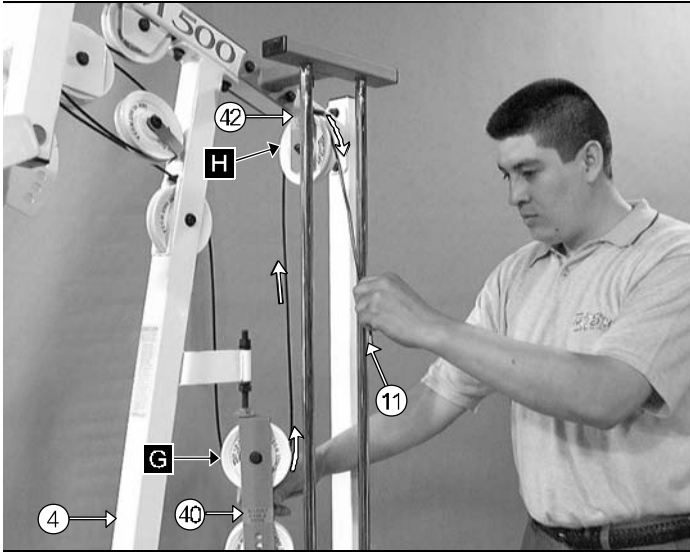


FIG. 37 Next, route the **Lat Cable (#11)** through the **Adjustable Pulley ratchet (#42)** and over the Nylon Pulley 4 1/2 Rd. (#26-Labeled H), as shown above.

NOTE: Use Cable Mapping Diagram on page 16 for further detailed illustration of the **Lat Cable (#11)** routing.

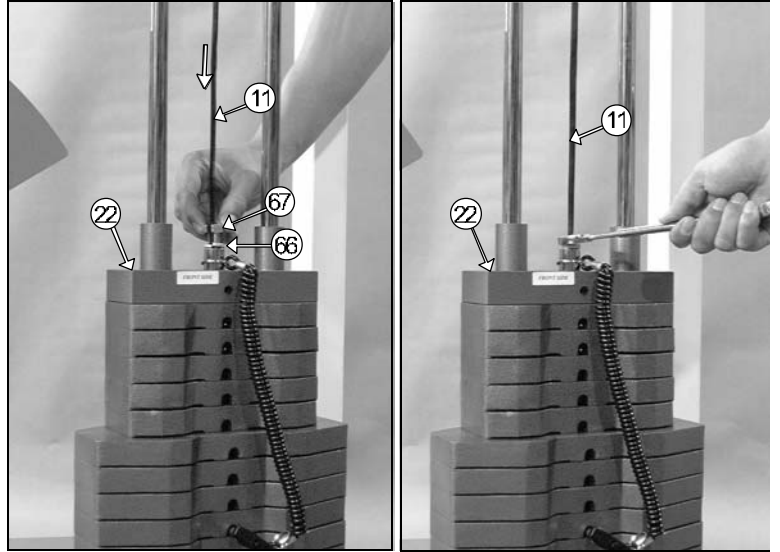


FIG. 38 Next, attach the **Lat Cable (#11)** to the **Top Plate/ Selecto Bar (#22)** and secure it into place using one Split Bolt 1/2-13 (#67) and one Split Washer 1/2 (#66). Refer to **Fig. B** on page 16 for further illustration of this hardware assembly.

Fully Fasten: Proceed to fully fasten this hardware assembly.



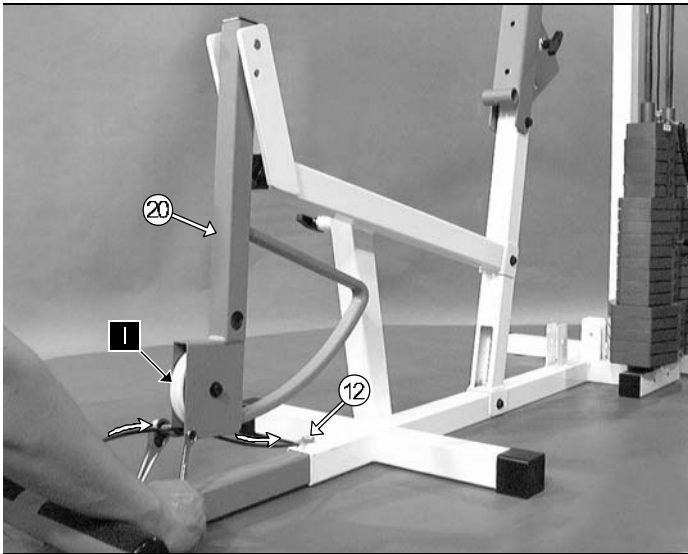


FIG. 39 Next, install a Nylon Pulley 4 1/2 Rd. (#26-Labeled I) into the pulley bracket located on the Leg Extension Arm (#20) and secure it into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48). Next, route the Leg Extension Cable (#12) under the Nylon Pulley 4 1/2 Rd. (#26-Labeled I), then secure it into place using one Hex Head Cap Screw 1/4-20 X 1 1/2 (#63) and one Nylon Insert Lock Nut 1/4-20 (#64).

NOTE: Refer to Fig. C on page 16 for further illustration of this assembly.

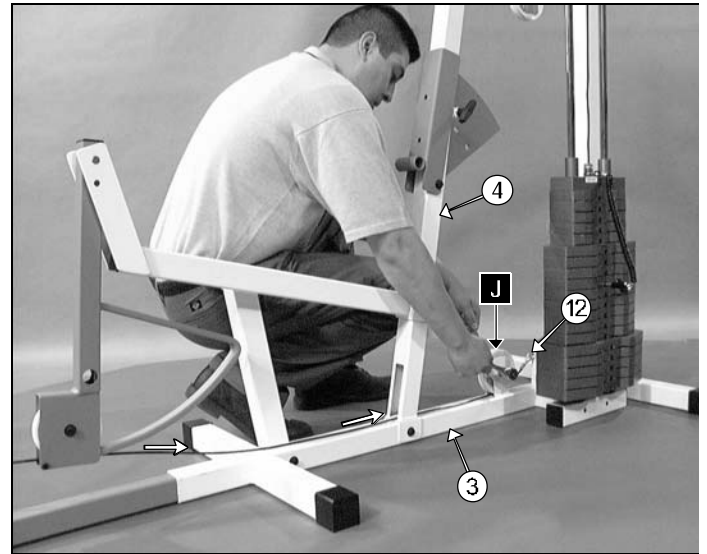


FIG. 40 Next, route the Leg Extension Cable (#12) through the Front Upright (#4), then under the Nylon Pulley 4 1/2 Rd. (#26-Labeled J). Secure the Nylon Pulley 4 1/2 Rd. (#26-Labeled J) into place using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE 3/8 (#45) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

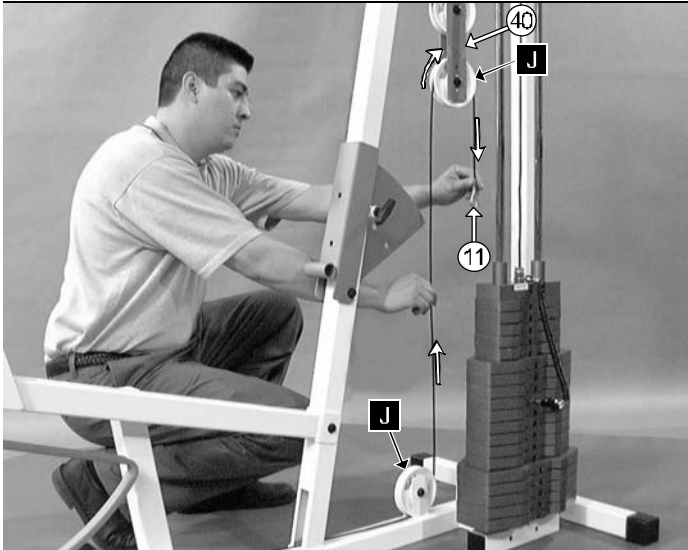


FIG. 41 Lift the end of the Leg Extension Cable (#12) and route it through the Adjustable Double Pulley Bracket (#40) and over the Nylon Pulley 4 1/2 Rd. (#26-Labeled K), as shown above.

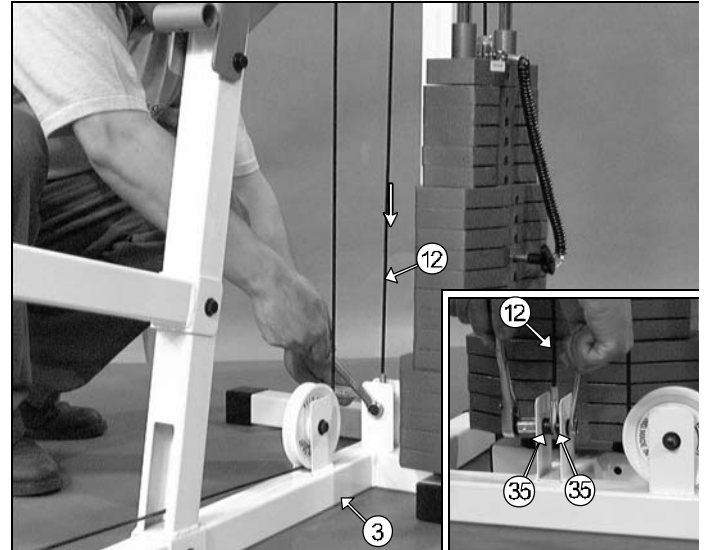


FIG. 42 Connect the looped end of the Leg Extension Cable (#12) to the pulley bracket located on the Base Frame (#3), as shown above. Secure this assembly using one Hex Head Cap Screw 3/8-16 X 1 3/4 (#50), two Flat Washers SAE 3/8 (#45), two Nylon Spacers 3/8 X 1/2 (#35) and one Nylon Insert Jam Lock Nut 3/8-16 (#48).

NOTE: Refer to Fig. D on page 16 for further illustration of this assembly.

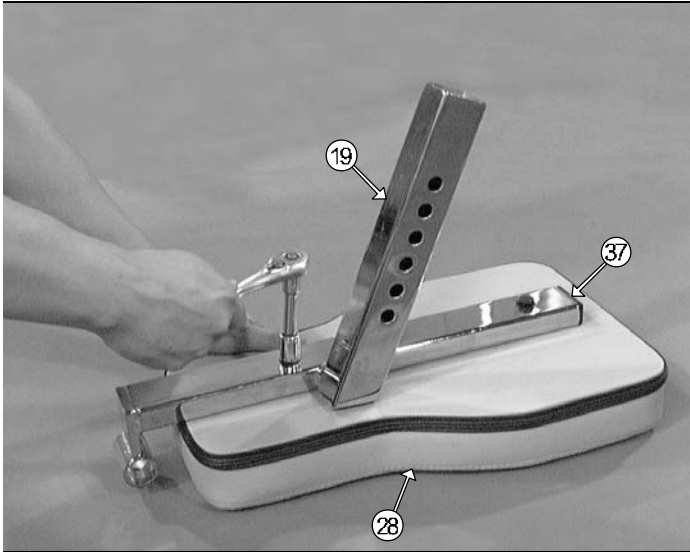


FIG. 43 Next, insert one Plastic Insert Cap 1 X 2 (#37) into the tube end of the **Bench Press Adj. Seat Frame (#19)**. Next, locate the **Seat Pad (#28)** and attach it to the **Bench Press Adj. Seat Frame (#19)**, as shown above, using two Hex Head Cap Screws 3/8-16 X 1 3/4 (#50) and two Flat Washers SAE 3/8" (#45).

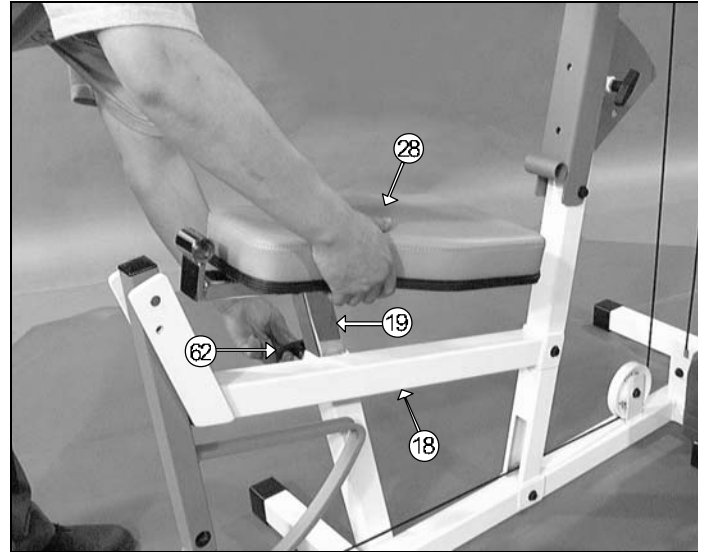


FIG. 44 Insert the **Bench Press Adj. Seat Frame (#19)** into the **Leg Extension Bench Frame (#18)**, in the position as shown above. Be sure to release the push-pull pin 1/2" (#64) as you begin to insert the **Bench Press Adj. Seat Frame (#19)** into the **Leg Extension Bench Frame (#18)**.

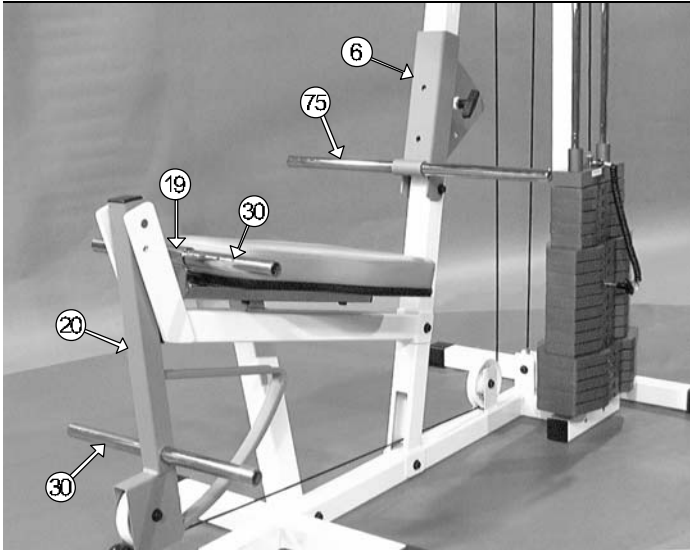


FIG. 45 Next, insert one **Foot Roll Tube 1 X 16 (#30)** into the receptacle located on the end of the **Bench Press Adj. Seat Frame (#19)**. Then, insert one **Foot Roll Tube 1 X 16 (#30)** into the receptacle located on the **Leg Extension Arm (#20)**. Next, insert the **Foot Roll Tube 1 X 23 3/4 (#75)** into the receptacle located on the **Adjustable Back Pad Bracket (#6)**, as shown above. Be sure all these tubes are centered at the receptacles from end-to-end.

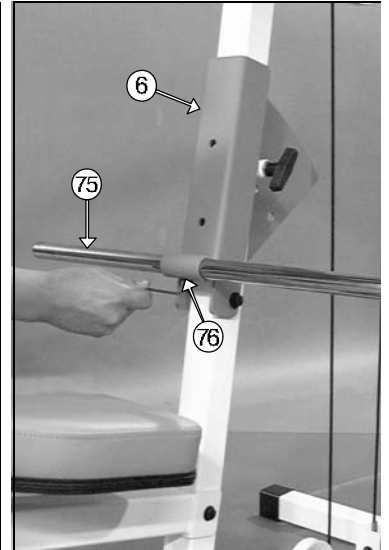
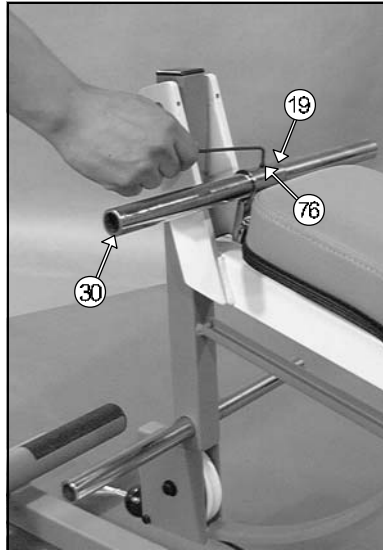


FIG. 46 Secure, both, the **Foot Roll Tube 1 X 16 (#30)** on the **Bench Press Adj. Seat Frame (#19)** and the **Foot Roll Tube 1 X 23 3/4 (#75)** on the **Adjustable Back Pad Bracket (#6)** into place using two Set Screw 1/4-20 X 1/4 (#76). Use the supplied Hex Key 1/8 (#77) for securing the Set Screws 1/4-20 X 1/4 (#76) into the threaded socket located on the **Bench Press Adj. Seat Frame (#19)** and the **Adjustable Back Pad Bracket (#6)**.

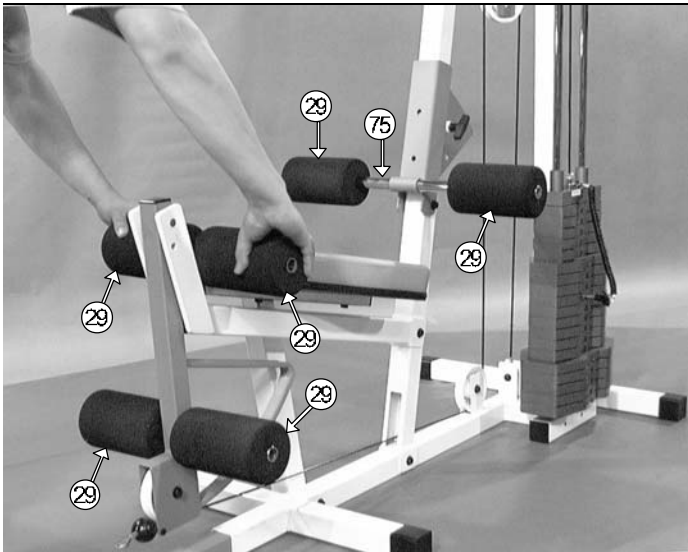


FIG. 47 Attach one Foam Foot Roll 7 X 4 X 1 (#29) to each end of the three tubes, as shown above. Refer to the Exploded View Diagram on page 17 for further clarification of this assembly.

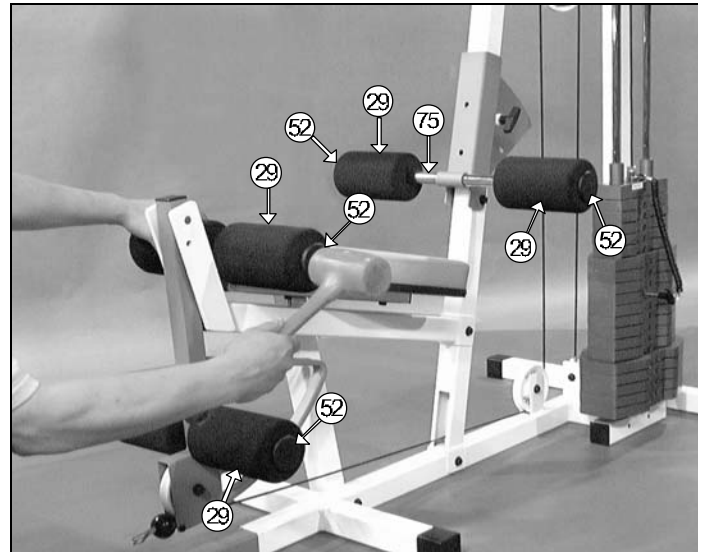


FIG. 48 Next, using a rubber mallet, insert one Foot Roll Plastic End Cap 1" (#52) to each end of the three tubes, as shown above. Refer to the Exploded View Diagram on page 17 for further clarification of this assembly.

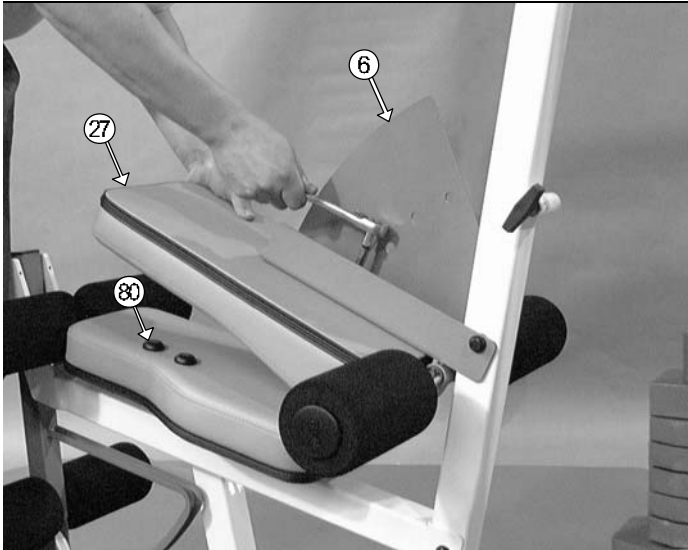


FIG. 49 Mount the **Back Pad (#27)** to the **Back Pad Bracket (#6)** and secure into place using two Hex Head Cap Screws 3/8-16 X 1 (#32) and two Bumper Washers 3/8 (#81). Cap-off the two Bumper Washers 3/8 (#81-Not shown) using two Bumper Caps Black (#80-Not shown).

Note: Refer to **Fig. 54** on page 19 for further clarification of this assembly.

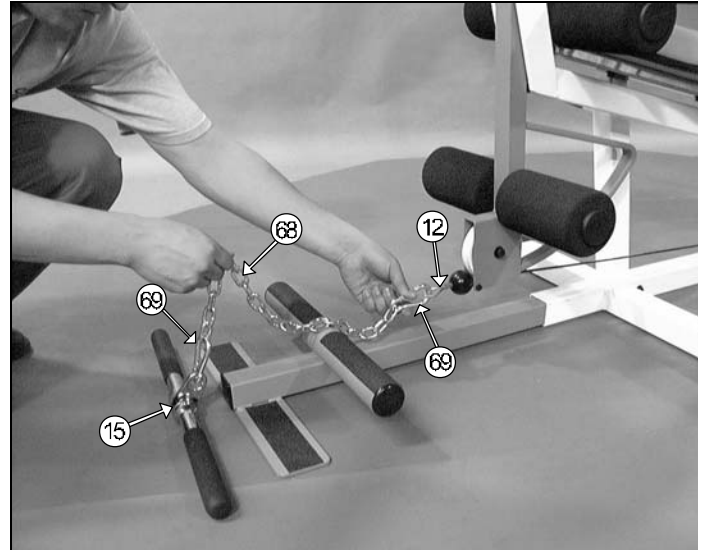


FIG. 50 Locate the Coil Chain (#68) and two Snap Links (#69) and attach them to the Low Row Bar (#15) and to the **Leg Extension Cable (#12)** as shown above.

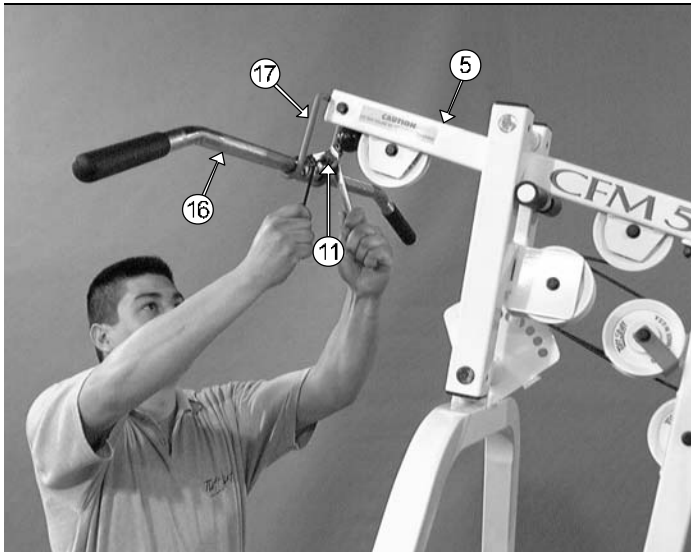


FIG. 51 Connect the **Lat Bar (#16)** to the **Lat Cable (#11)** using one trap Bracket (#74), one Shoulder Bolt 3/8 X 3/4 (#70) and one Nylon insert Lock Nut 5/16-16 (#9). Use the Supplied 3/16" Hex Key (#79) and 1/2" combination wrench to fasten this assembly properly.

NOTE: Refer to **Fig. A** on page 16 for further illustration of this assembly.

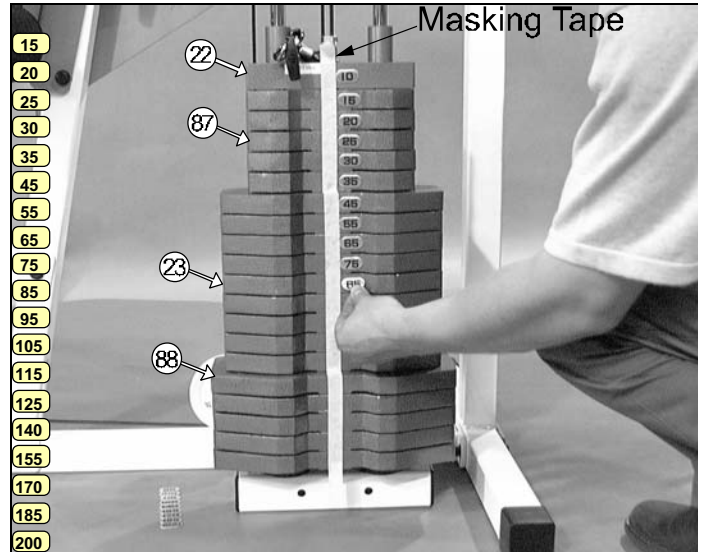
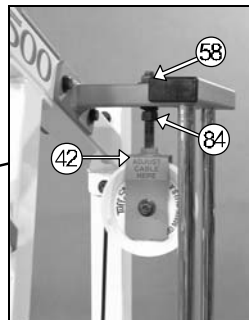
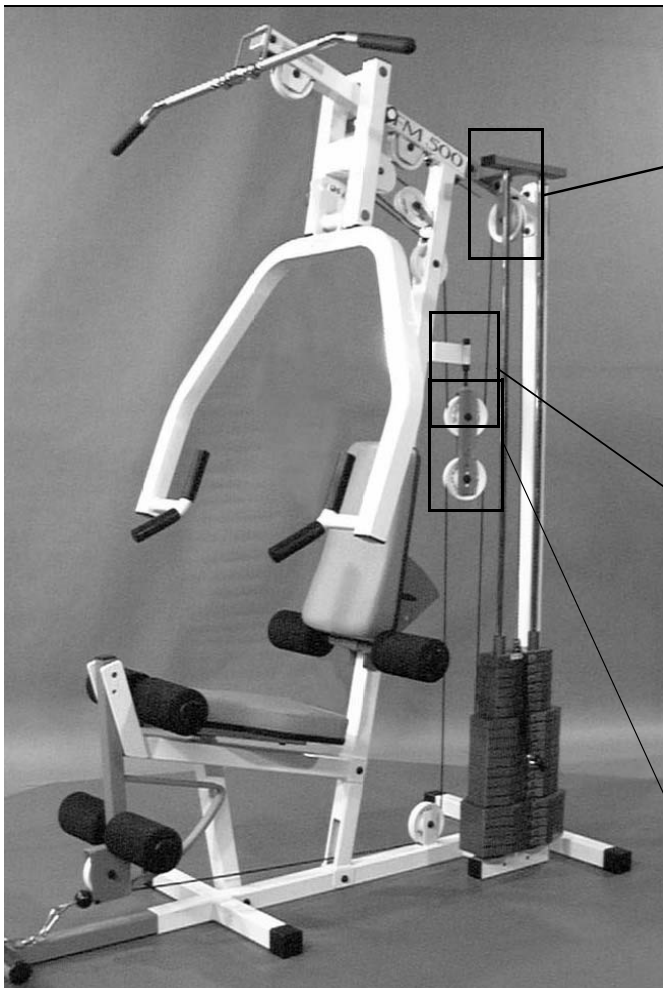


FIG. 52 To attach the Decal Weight Numbers (#86) we recommend using a piece of masking tape as a guide to vertically center the Decal Weight Numbers (#86), as shown above.

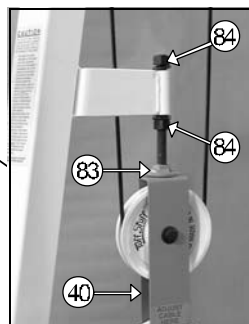
NOTE: Attach the Decal Weight Numbers (#86) in the numerical sequence as illustrated above.

CFM-500 CABLE ADJUSTMENTS DIAGRAM



Cable Adjustment for: Adjustable Pulley Bracket (#42)

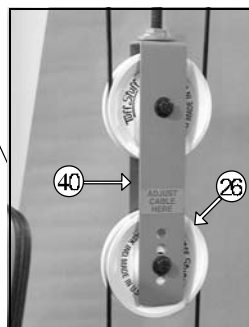
1. Loosen the bottom Regular Hex Nut (#84)
2. Adjust the top Nylon Insert Jam Lock Nut (#58) to give the cable proper tension.
3. Re-tighten the bottom Regular Hex Nut (#84) to complete the cable adjustment.



Adjustment for: Adjustable Stopper (#83)

1. Loosen both Regular Hex Nuts 1/2-13 (#84)
2. Adjust the **Adjustable Stopper (#83)** to make contact with the **Adjustable Double Pulley Brkt. (#40)**
3. Re-tighten both Regular Hex Nuts 1/2-13 (#84) to complete the adjustment.

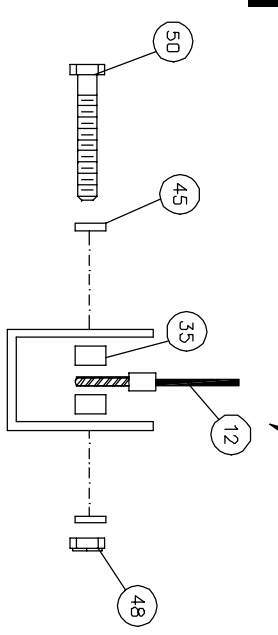
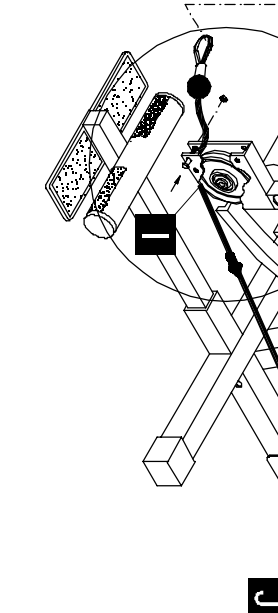
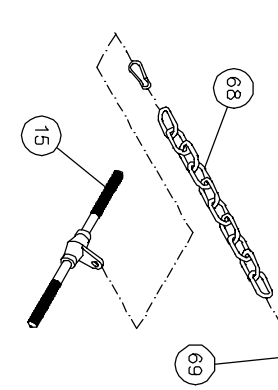
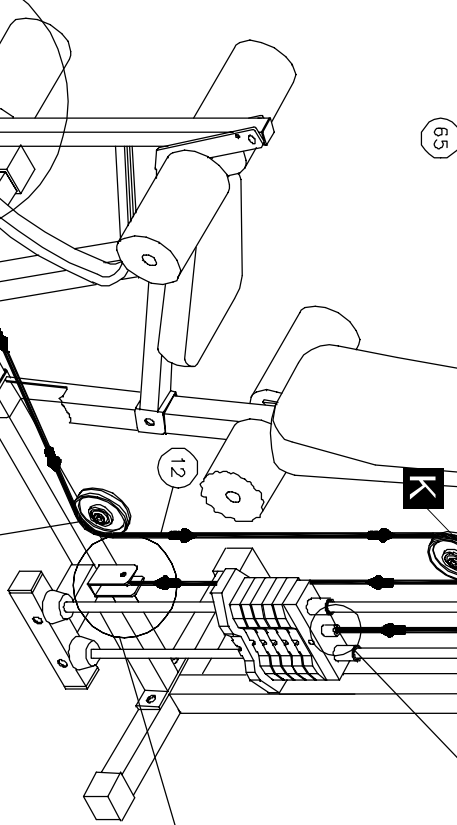
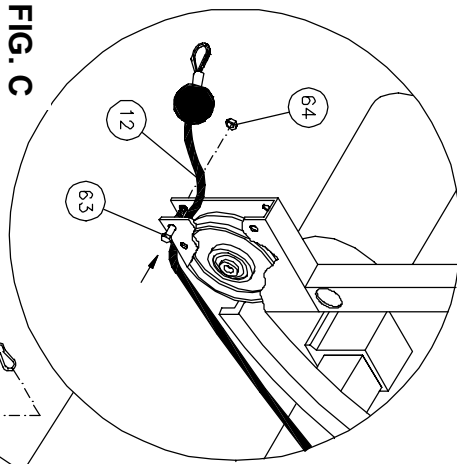
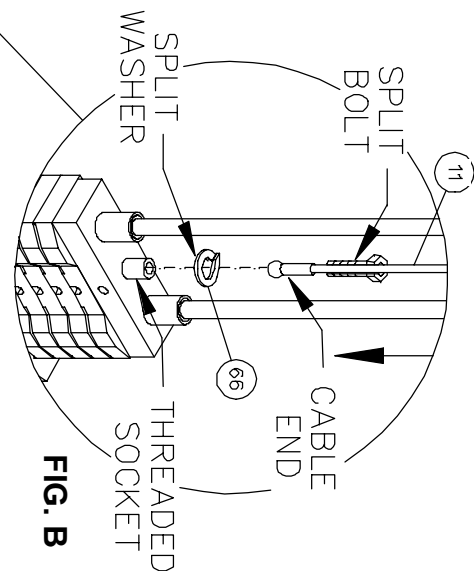
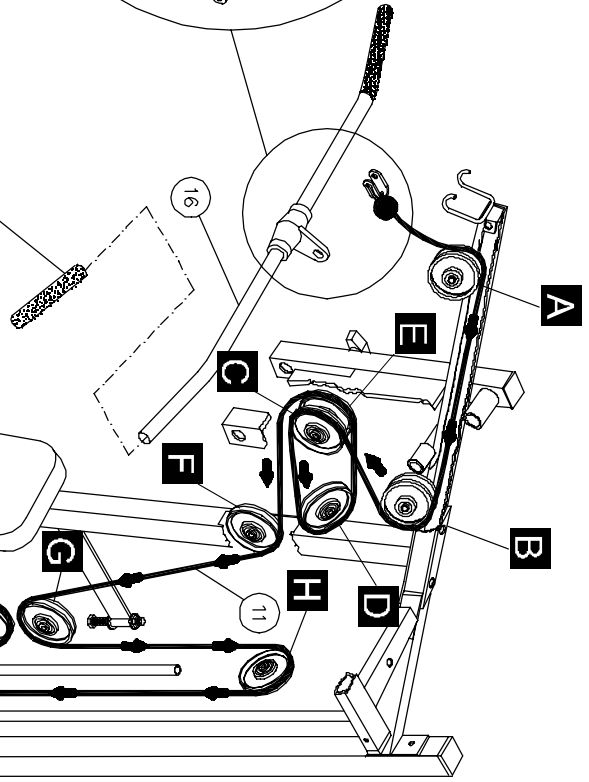
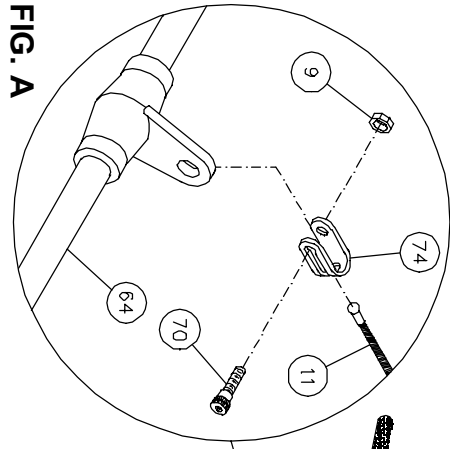
NOTE: Be sure that the **Adjustable Double Pulley Brkt. (#40)** is always resting on the **Adjustable Stopper (#83)**.

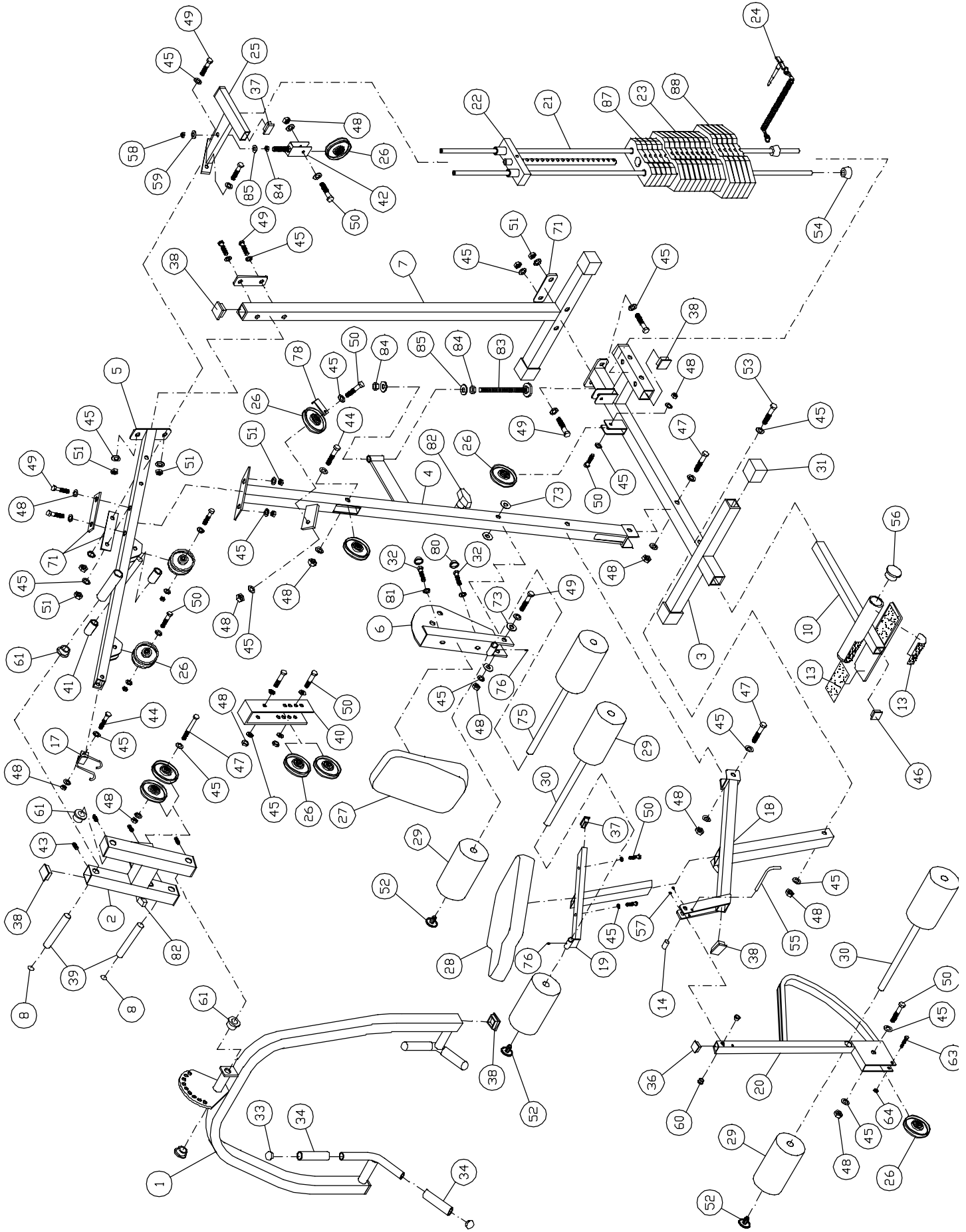


Cable Adjustment for: Adjustable Double Pulley Brkt. (#40)

1. Remove the hardware from the Nylon Pulley 4 1/2 Rcd (#26) located at one of the four holes on the **Adjustable Double Pulley Brkt. (#40)**.
2. By interchanging the Nylon Pulley 4 1/2 Rcd. (#26) to the next adjustment hole, this will make a one inch cable adjustment.
3. Re-tighten the hardware for Nylon Pulley 4 1/2 Rcd. (#26) to complete the cable adjustment.

CFM-500 CABLE MAPPING DIAGRAM





COLOR CHART

GRAY= SUB-ASSEMBLY PARTS

BLACK= HARDWARE

CFM-500 PARTS LIST

Item No.	Description	Part No.	Qty	Item No.	Description	Part No.	Qty
1	PRESS BAR	UP321	1	45	FLAT WASHER SAE 3/8	BNH0239	4
2	PRESS BAR SELECTOR HOUSING	UP326	1	46	PLASTIC INSERT CAP 1 3/4 RD	BNH0053	1
3	BASE FRAME	CFM500-03-00	1	47	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	BNH0278	3
4	FRONT UPRIGHT	CFM500-04-00	1	48	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	1
5	TOP PULLEY HOUSING	CFM500-05-00	1	49	HEX HEAD CAP SCREW 3/8-16 X 3 1/4	BNH0312	9
6	BACK PAD BRACKET	UP179	1	50	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	BNH0274	11
7	REAR UPRIGHT	CFM500-07-00	1	51	NYLON INSERT LOCK NUT 3/8-16	BNH0214	8
8	1" RD SILVER MYLAR DECAL	BNH0015	4	52	FOOT ROLL PLASTIC END CAP 1"	BNH0397	6
9	NYLON INSERT LOCK NUT 5/16 -18	BNH0215	1	53	HEX HEAD CAP SCREW 3/8-16 X 4 1/2	BNH0284	1
10	LOW ROW FOOT ASSEMBLY	CFM500-10-00	1	54	RUBBER DONUT 3/4 X 2 1/2	BNH0062	2
11	LAT CABLE	CFM500-11-00	1	55	L-LOCKING PIN	BNH0045	1
12	LEG EXTENSION CABLE	CFM500-12-00	1	56	PLASTIC END CAP 2" RD	BNH0001	2
13	SAFETY TAPE ANTI SLIP 2" X 6 3/4"	BNH0491	2	57	SET SCREW 1/4-20 X 3/8	BNH0772	2
14	LEG EXTENSION AXLE 1/2 X 2 1/2	UP373	1	58	NYLON INSERT JAM LOCK NUT 1/2-13	BNH0366	1
15	LOW ROW BAR 20"	BNH0294	1	59	FLAT WASHER SAE 1/2	BNH0238	1
16	LAT BAR 48"	BNH0295	1	60	BRONZE BUSHING 1/2 X 5/8	BNH0528	2
17	LAT BAR HOLDER	UP120	1	61	BRONZE BUSHING 1 X 1 1/4	BNH0527	4
18	LEG EXTENSION BENCH FRAME	UP555	1	62	PUSH PULL PIN 1/2"	BNH0515	1
19	BENCH PRESS ADJ SEAT TUBE	UP171	1	63	HEX HEAD CAP SCREW 1/4-20 X 1 1/2	BNH0272	1
20	LEG EXTENSION ARM	UP325	1	64	NYLON INSERT LOCK NUT 1/4-20	BNH0213	1
21	GUIDE ROD 3/4 X 72	UP124	2	65	HARD GRIP .875 X 8	BNH0523	2
22	TOP PLATE/ SELECTOR BAR	BNH0876	1	66	SPLIT WASHER 1/2	BNH0572	1
23	10 LB WEIGHT PLATE	BNH0904	9	67	SPLIT BOLT 1/2-13 X 1	BNH0479	1
24	SELECTOR PIN W/COIL	UP466	1	68	COIL CHAIN 3/16 X 21	BNH0017	1
25	GUIDE ROD RETAINER HOUSING	UP169	1	69	SNAP LINK ZINC	BNH0065	2
26	NYLON PULLEY 4 1/2 RD	BNH0556	11	70	SHOULDER BOLT 3/8 X 3/4	BNH0718	1
27	BACK PAD	UP128	1	71	SUPPORT PLATE 1/4 X 2 X 5	UP139	4
28	SEAT PAD	UP173	1	72	NYLON BALL 1 3/4 X 1/4	BNH0047	2
29	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	6	73	FLAT WASHER USS NYLON 3/8	BNH0248	4
30	FOOT ROLL TUBE 1 X 16	UP053	2	74	STRAP BRACKET #20	BNH0562	1
31	PLASTIC END CAP W/ GROOVE 2" SQ	BNH0050	4	75	FOOT ROLL TUBE 1 X 23 3/4	UP180	1
32	HEX HEAD CAP SCREW 3/8-16 X 1	BNH0275	2	76	SET SCREW 1/4-20 X 1/4	BNH0790	2
33	PLASTIC INSERT CAP 1 1/4 RD	BNH0573	4	77	HEX KEY 1/8"	BNH0767	1
34	RUBBER HOSE 1.185 X .125 X 5 1/4	BNH0807	4	78	CABLE RETAINER BRACKET	UP014	1
35	NYLON SPACER 3/8 X 7/8 X 3/8	BNH0392	2	79	HEX KEY 3/16	BNH0371	1
36	PLASTIC INSERT CAP 1 1/2 SQ	BNH0009	1	80	BUMPER CAP BLACK	BNH0412	2
37	PLASTIC INSERT CAP 1 X 2	BNH0005	3	81	BUMPER WASHER 3/8	BNH0498	2
38	PLASTIC INSERT CAP 2" SQ	BNH0012	10	82	PUSH-PULL PIN 1/2" SPECIAL	BNH0516	2
39	PIVOT AXLE 1 X 8 1/8	UP152	2	83	ADJUSTABLE STOPPER	UP331	1
40	ADJ DOUBLE PULLEY BRKT.	CFM500-40-00	1	84	REGULAR HEX NUT 12-13	BNH0201	3
41	RUBBER STOPPER 1 1/4 x 1 3/4 X 2 1/8	BNH0791	2	85	SPLIT WASHER B.O. 1/2"	BNH0653	3
42	ADJ PULLEY BRACKET	UP126	1	86	STANDARD DECAL WEIGHT NUMBERS	BNH0928	1
43	SET SCREW 3/8-16 X 1/2	BNH0474	4	87	5 LB WEIGHT PLATE	BNH0927	5
44	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	BNH0276	2	88	15 LB WEIGHT PLATE	BNH0926	5

FIG. 53

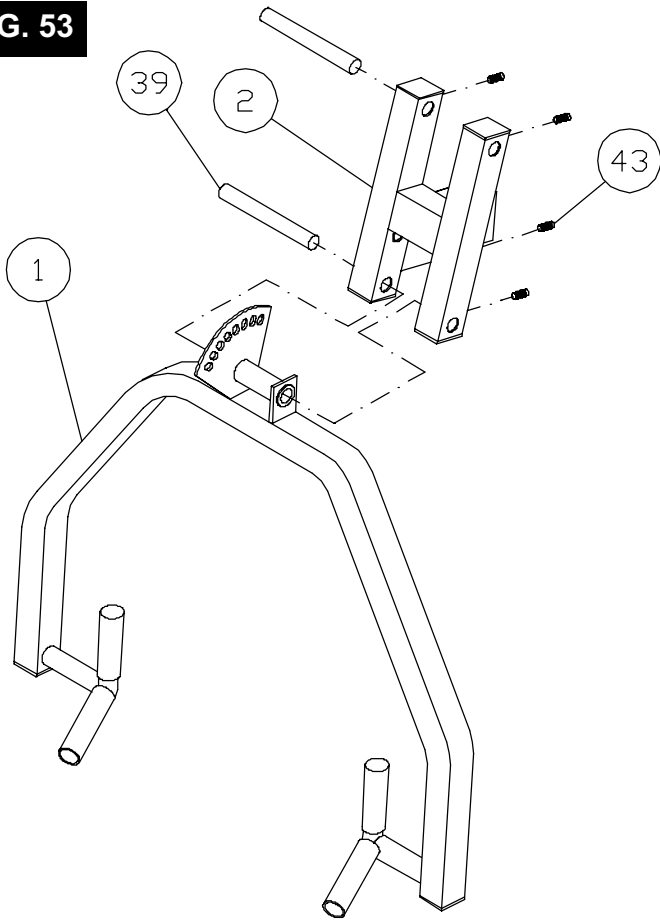


FIG. 54

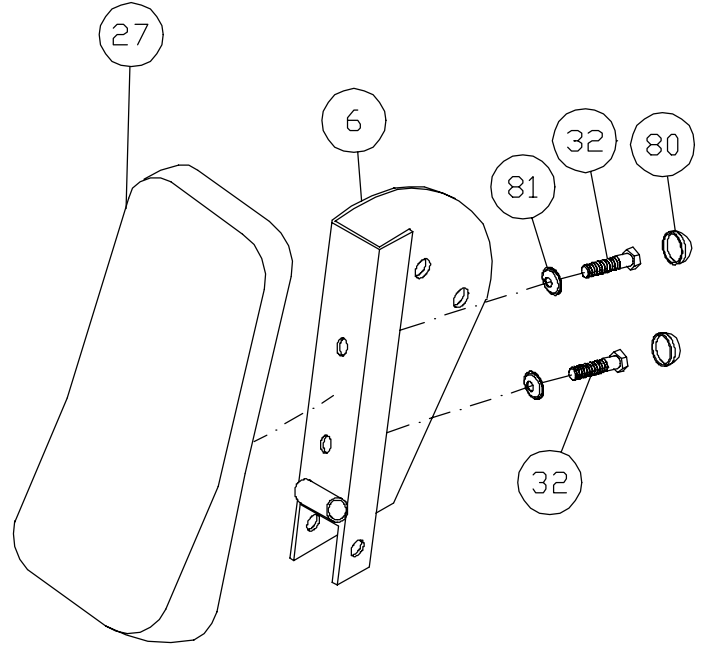


FIG. 55

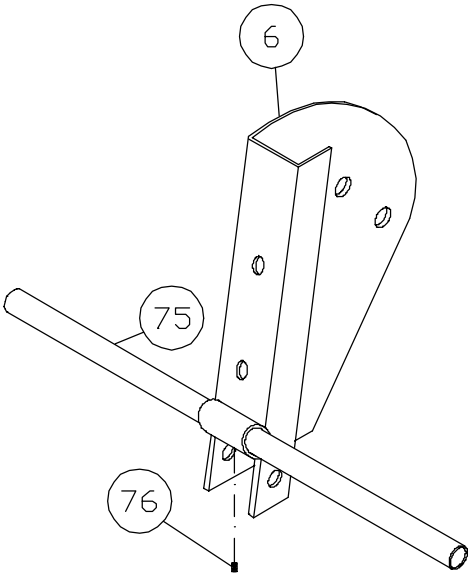


FIG. 56

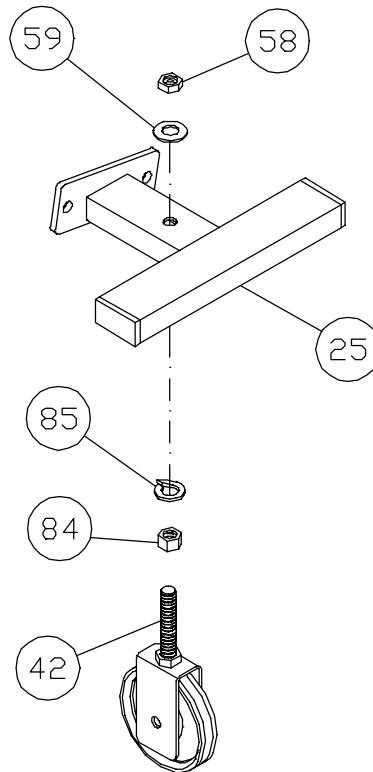
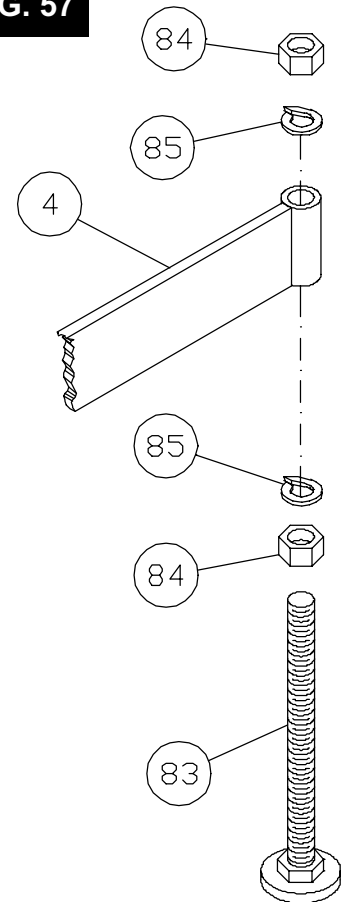
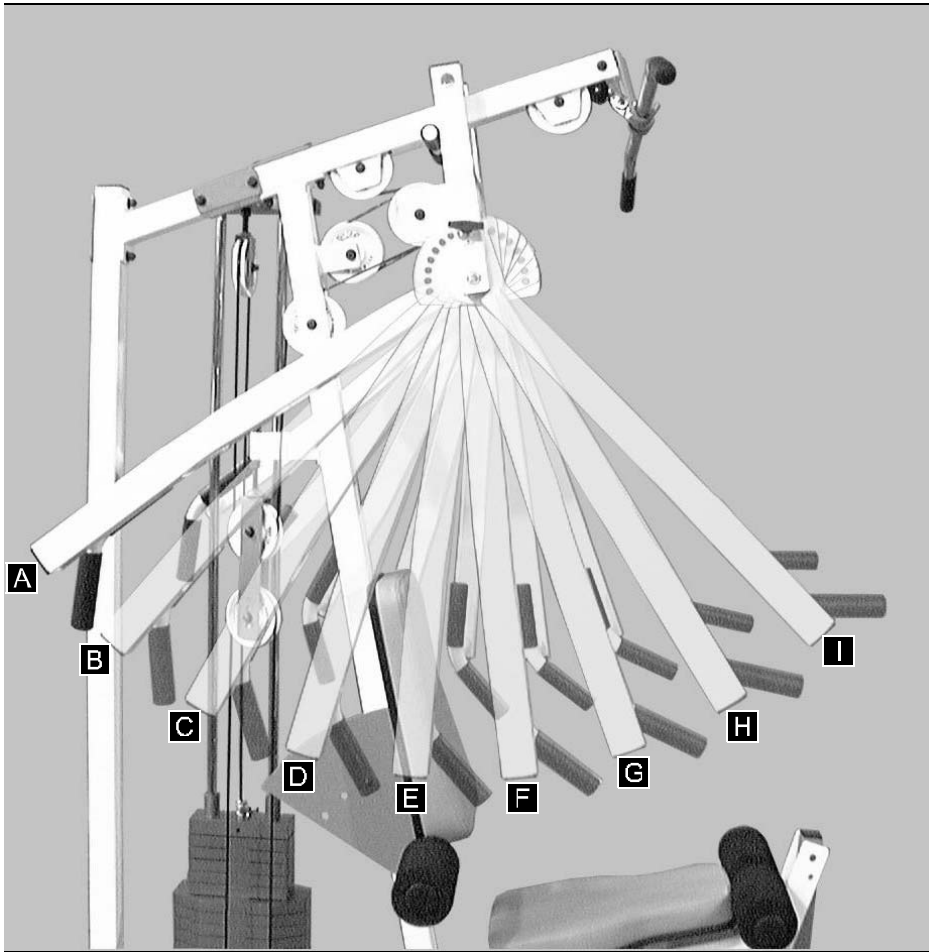


FIG. 57



Adjustment Features



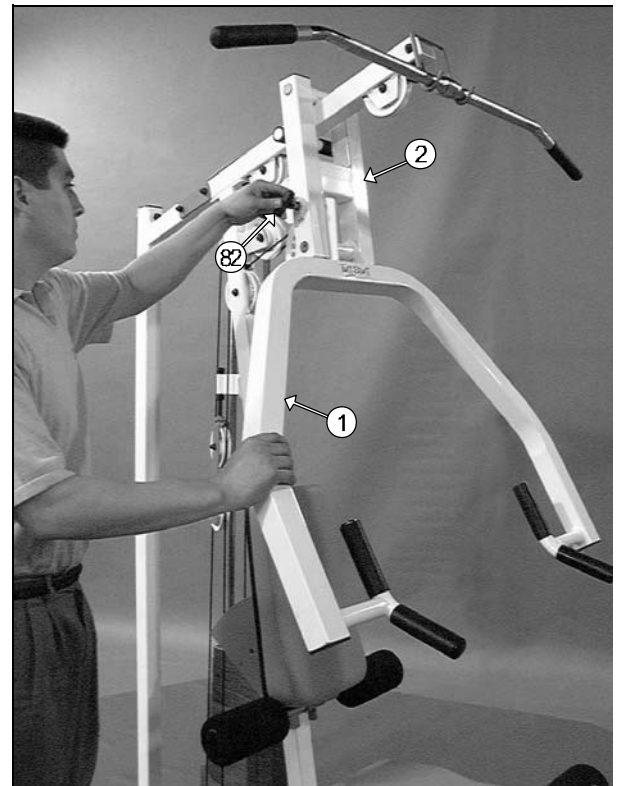
ig. 58 Adjustable range of motion Press Bar for quick starting position preference.

Press Bar Range of Motion

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

ig. 59 Press Bar (#1) adjustment:

- . Grasp the **Press Bar (#1)**
- . Pull the Push Pull Pin 1/2 Special (#82) to release the **Press Bar (#1)**.
- . Keep the Push Pull Pin 1/2 Special (#82) released and adjust the **Press Bar (#1)** to the desired position.
- . Release the Push Pull Pin 1/2 Special (#82) and make sure it has been fully engaged into the selector holes of the **Press Bar (#1)**.



Adjustment Features

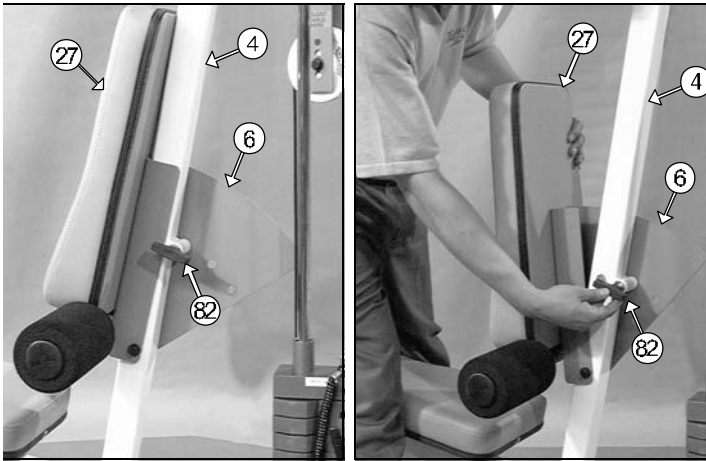


Fig. 60 Back Pad (#6) adjustment:

- 1. Grasp the **Back Pad (#27)**.
- 2. Pull the Push Pull Pin 1/2 Special (#82) to release the **Back Pad Bracket (#6)**.
- 3. Keep the Push Pull Pin 1/2 Special (#82) released and adjust the **Back Pad (#27)** to the desired position.
- 4. Release the Push Pull Pin 1/2 Special (#82) and make sure it has been fully engaged into the selector holes of the **Back Pad Bracket (#6)**.

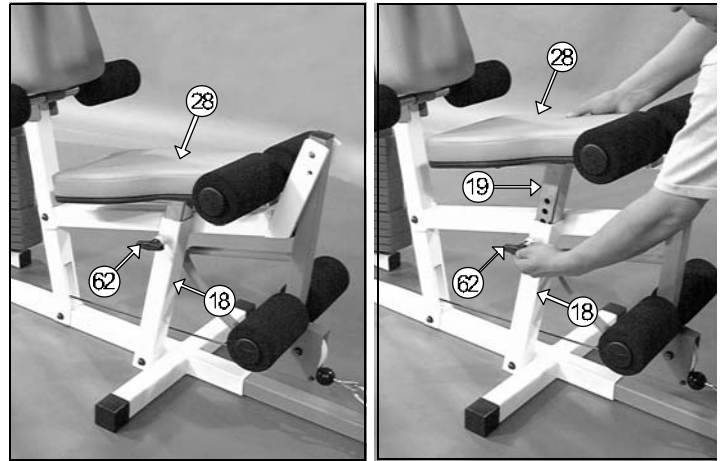


Fig. 61 Seat Pad (#28) adjustment:

1. Grasp the **Seat Pad (#28)**
2. Pull the Push Pull Pin 1/2 (#62) to release the **Bench Press Adj Seat Tube (#19)**.
3. Keep the Push Pull Pin 1/2 (#62) released and adjust the **Seat Pad (#28)** to the desired position.
4. Release the Push Pull Pin 1/2 (#62) and make sure it has been fully engaged into the selector holes of the **Bench Press Adj Seat Tube (#19)**.

Unlocked



Locked



Fig. 62 Locking the Leg Extension Arm (#20)

- 1. Locate the L-Locking Pin (#55).
- 2. Insert the L-Locking Pin (#55) through the **Leg Extension Bench Frame (#18)** and the **Leg Extension Arm (#20)**, as shown above.

Leg Extension Arm Unlock Used on Exercises:

- Leg Extension
- Leg Curl

Leg Extension Arm Lock Used on Exercises:

- Low Row
- Standing Arm Curl
- Inner / Outer Thigh
- Seated Row
- Seated Chest Press
- Seated Shoulder Press

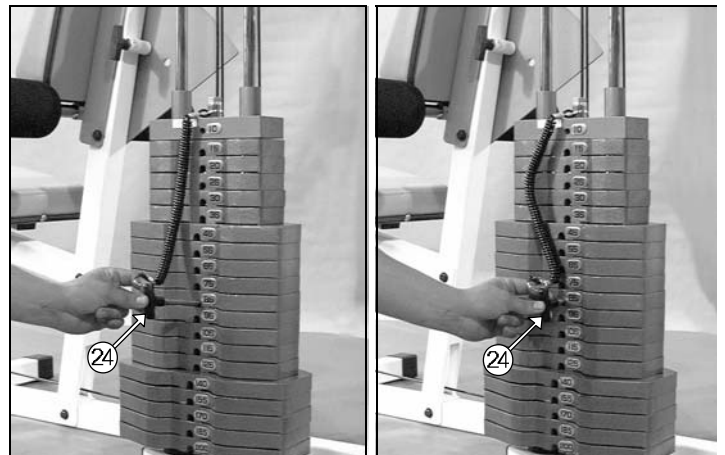


Fig. 63 Weight Selection

1. Grasp the Weight Selector Pin (#24).
2. Insert the Weight Selector Pin (#24) into desired **Weight Plate**. The Decal Weight Number (#86) on the selected **Weight Plate** will show the amount of weight selected. The **Top/ Plate Selector Bar (#22)** must be resting on top of the Weight Stack.
3. Make sure the Weight Selector Pin (#24) has been fully inserted into the selected **Weight Plate**.

Maintenance

Maintenance Information

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

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

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

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

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

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

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

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

8. Check that the **Push Pull Pins 1/2 Special (#82)** and the **Push Pull Pin 1/2 (#62)** nuts are fully fastened (See Fig 64). In addition, be sure the springs in the **Push Pull Pin 1/2 (#82, #62)** are operating freely.

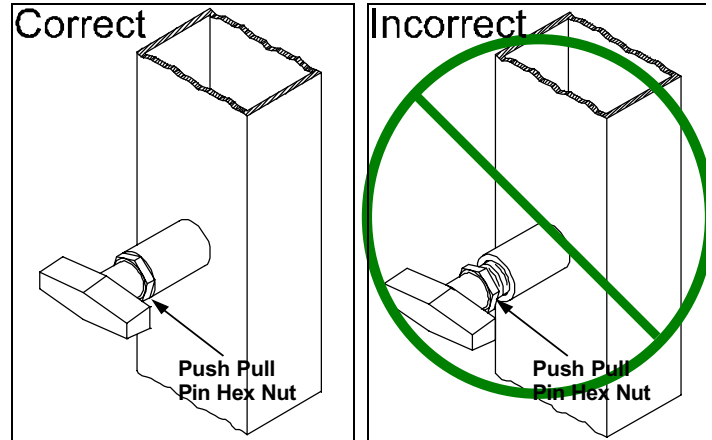


Fig. 64



Warning: Be sure the Push Pull Pin nuts are fully fastened. Fasten if necessary.

9. Check welds to be free of cracks.

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

DO NOT DISCARD THIS MANUAL



HOME LIFETIME WARRANTY

TuffStuff products are warranted to the retail purchaser to be free from defects in materials and workmanship. TuffStuff exclusive Home Lifetime Warranty coverage extends for the life of the product while owned by the original retail purchaser, and used only in a home or residential setting unless otherwise noted in the owner's manual.

This warranty does not cover:

1. TuffStuff products sold for and used in a commercial or institutional setting.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the owner's manual and warning labels posted on the machine.
3. Use of products in a manner for which they were not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

Limitations:

The foregoing shall constitute the sole remedy of the purchaser and the sole liability of TuffStuff with regard to warranty, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. TuffStuff shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. TuffStuff's liability hereunder is expressly limited to the repairs or replacements of warranted defective parts.

Procedures:

Warranty service will be performed at TuffStuff's facility in Pomona, California. TuffStuff will have the option of either repair or replacement at no charge for any defective product. Purchaser is responsible for installation of repaired or replaced parts and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state. Effective July 1, 2004.

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

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

TASK INDUSTRIES, INC.

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