

ASSEMBLY INSTRUCTIONS



Revision Date 08-23-05

Apollo Modular Gym System Ab/Back Station

Standard

Deluxe



America's Premier Exercise Equipment



About the Ab/Back Station

Congratulations on your new purchase of the Ab/Back Station. 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 TuffStuff 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.
2. Total Machine Weight - 185 lbs.

Prior to the Assembly of the Ab/Back Station

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. Neatly organize and identify all parts according to the Parts List and the Exploded View Diagram.

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 9/16" socket
7. One rubber mallet
8. Windex or household glass cleaner
9. Measuring tape
10. Utility knife

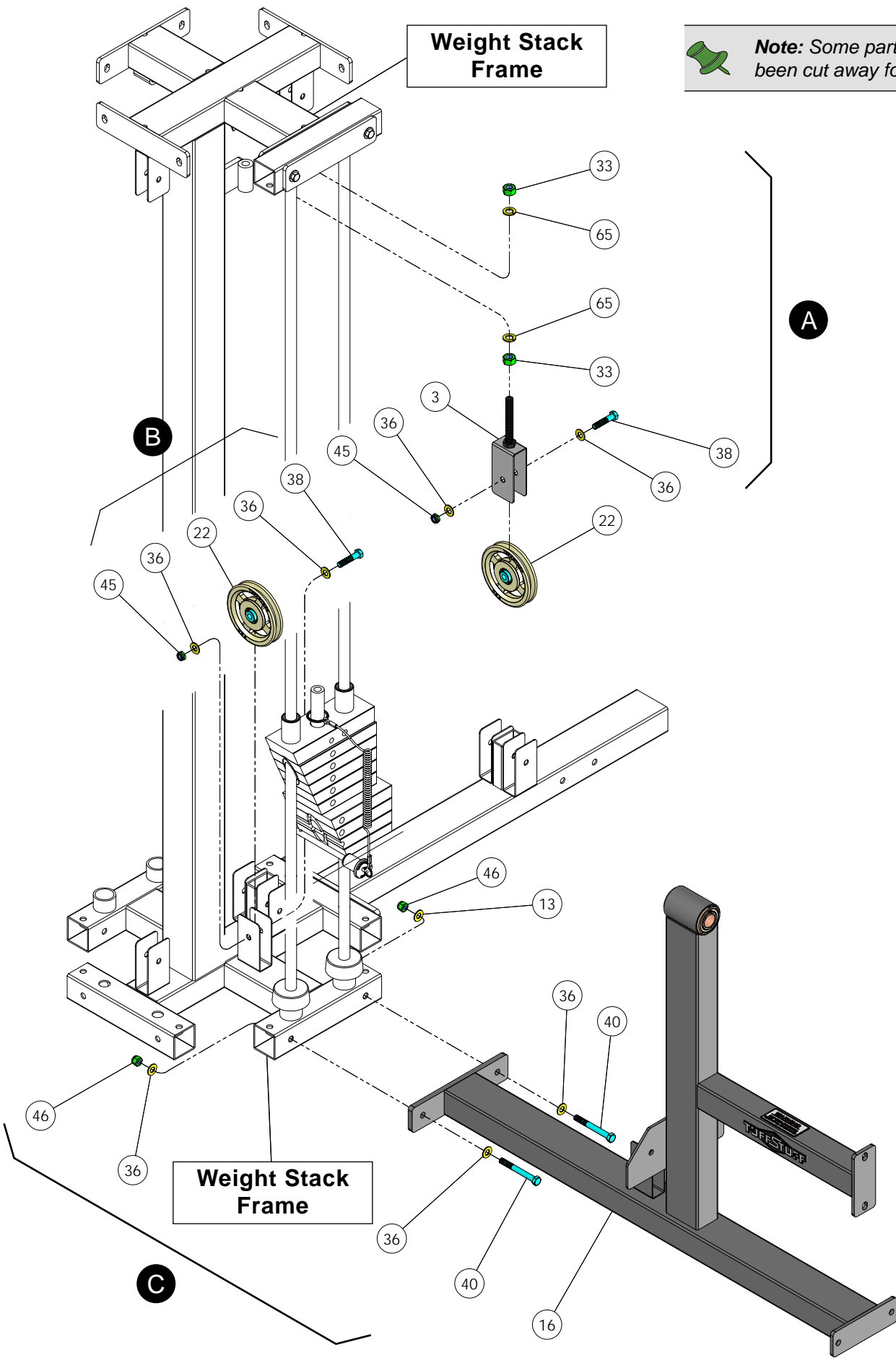
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Step 1 Side Frame Assembly

- A** Assemble the **Adjustable Pulley Bracket (#3)** to the **Weight Stack Frame** using hardware shown.
- B** Attach a Pulley 3/8 X 4 1/2 (#22) to the **Weight Stack Frame** using hardware shown.
- C** Affix the **Side Frame (#16)** to the **Weight Stack Frame** using hardware shown.

Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
3	ADJUSTABLE PULLEY BRACKET	1	38	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	2
16	SIDE FRAME	1	40	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	2
22	PULLEY 3/8" X 4 1/2"	2	45	NYLON INSERT JAM LOCK NUT B/O 3/8-16	2
33	FINISHED HEX NUT B/O 1/2-13	2	46	NYLON INSERT LOCK NUT B/O 3/8-16	2
36	FLAT WASHER SAE B/O 3/8"	8	65	SPLIT LOCK WASHER Z/P 1/2"	2

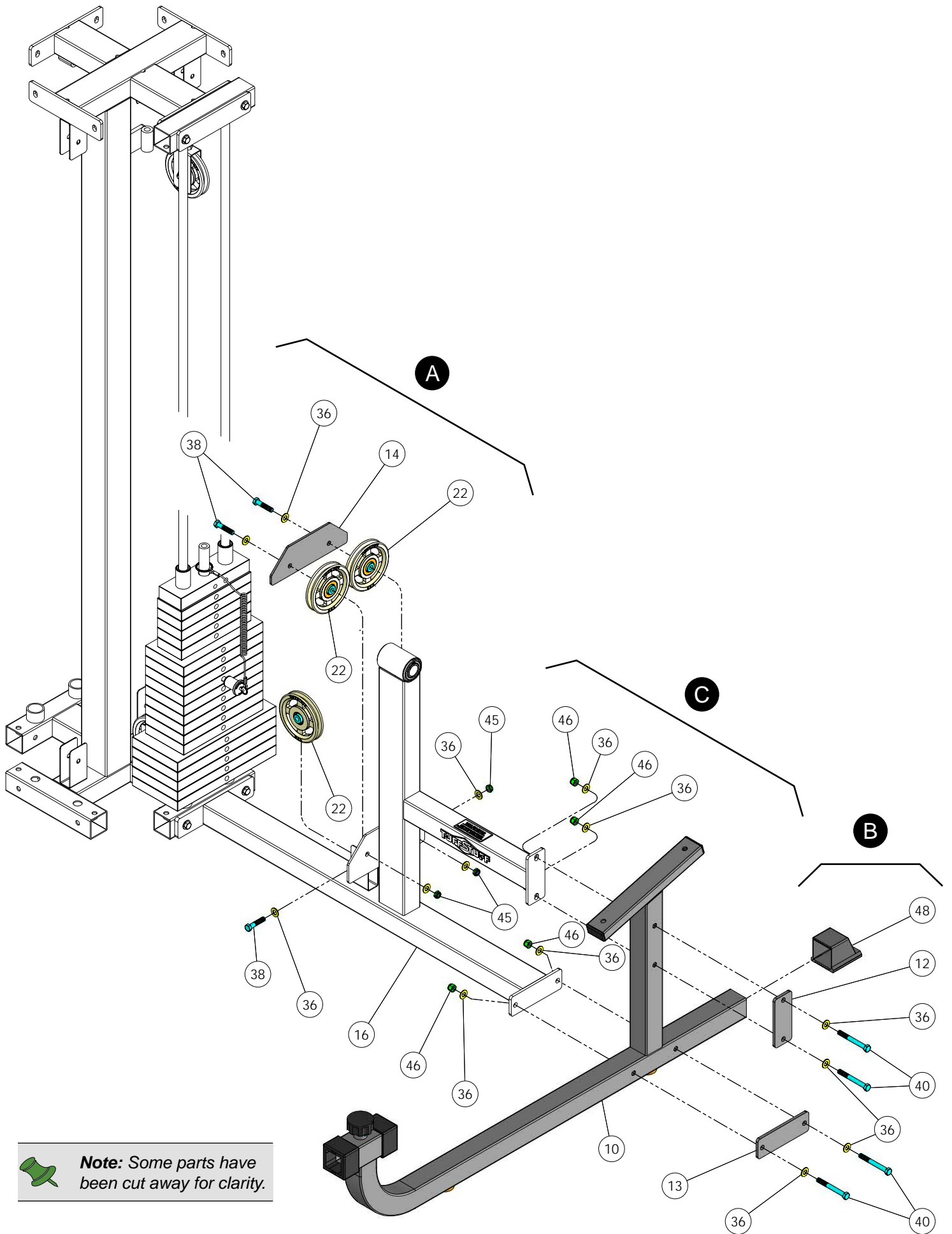


Step 2 Main Frame Assembly

- A** Attach three Pulleys 3/8 X 4 1/2 (#22) to the **Side Frame (#16)** using hardware shown..
- B** Using a rubber mallet, insert the Plastic End Cap W/Groove 2" Sq. (#48) onto the tube-end of the **Main Frame (#10)**.
- C** Attach the **Side Frame (#16)** to the **Main Frame (#10)** using hardware shown.

Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
10	MAIN FRAME	1	38	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	3
12	PLATE 1/4 X 2 X 5	1	45	NYLON INSERT JAM LOCK NUT B/O 3/8-16	3
13	PLATE 1/4 X 2 X 6	1	40	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	4
14	PULLEY COVER	1	46	NYLON INSERT LOCK NUT B/O 3/8-16	4
48	PLASTIC END CAP W/GROOVE 2" SQ	1	36	FLAT WASHER SAE B/O 3/8"	14
22	PULLEY 3/8" X 4 1/2"	3			



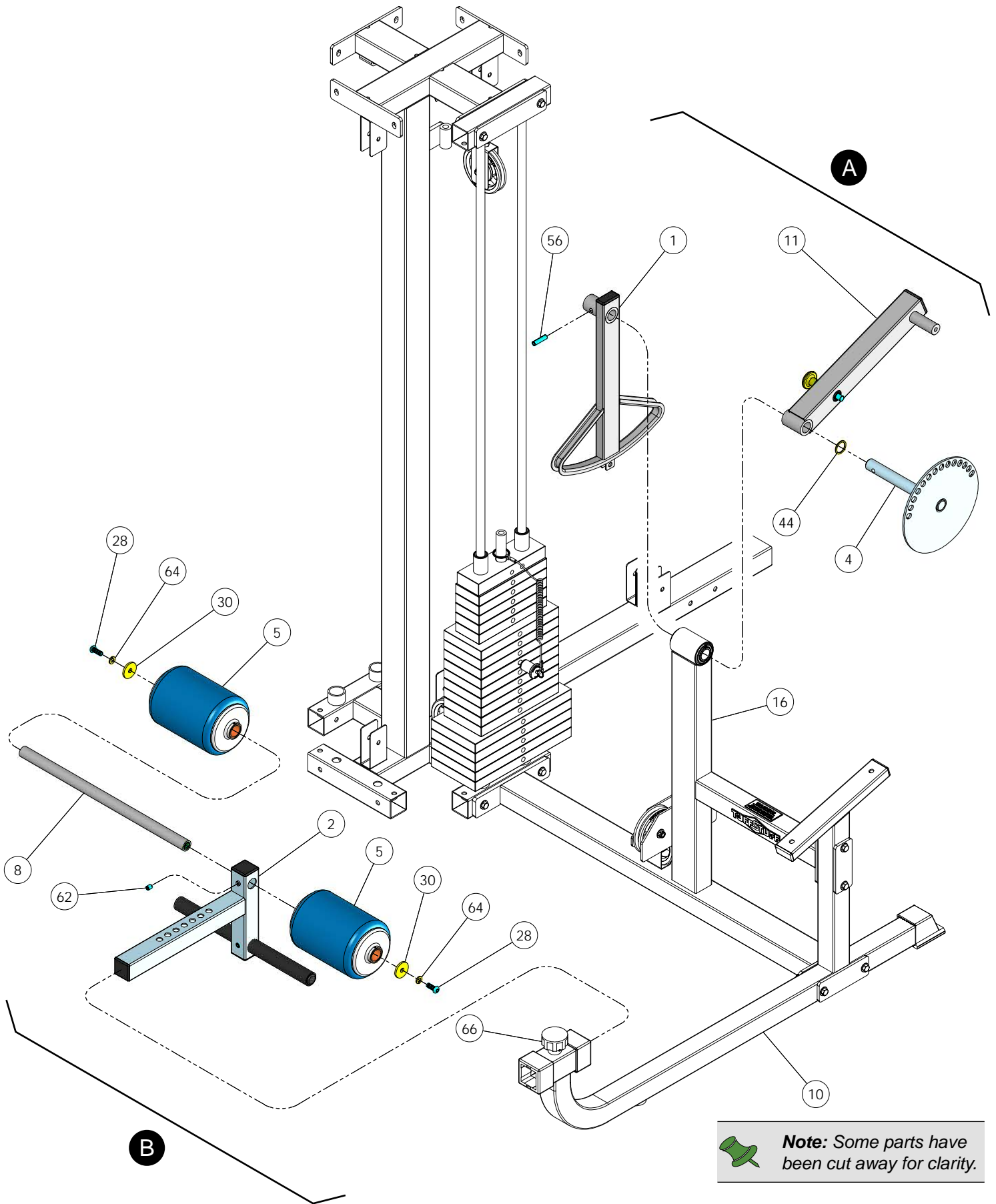
Note: Some parts have been cut away for clarity.

Step 3 Pivot Arm and Foot Piece Assembly

- A** Insert a Nylon Washer 1 X 1 1/4 X 1/16 (#44) onto the axle of the **Circular Plate (#4)** then insert the **Pivot Arm (#11)** onto the axle of the **Circular Plate (#4)**. Next, insert the **Circular Plate W/Axle (#4)** to the bearing housing of the **Side Frame (#16)** then secure the **Circular Plate (#4)** to the **Actuator Arm (#1)** using the Roll Pin 3/8 X 1 1/2 (#56). Be sure the Roll Pin (#56) is aligned with the holes of the **Circular Plate (#4)** and the **Actuator Arm (#1)** before hammering it into place. In addition, make sure the Roll Pin (#56), after hammered in, becomes flush on both sides of the **Actuator Arm (#1)**.
- B** Attach the **Foot Roll Tube 1 X 19 7/8 (#8)** to the **Adjustable Foot Piece (#2)**. Next, attach the **Foam Rolls 1 X 5 1/2 X 7 1/4 (#5)** to the **Foot Roll Tube (#8)** and secure them into place using hardware shown. Insert the Assembled **Adjustable Foot Piece (#2)** into the receptacle of the **Main Frame (#10)**.

Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
1	ACTUATOR ARM	1	28	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	2
2	ADJUSTABLE FOOT PIECE	1	30	CHROME WASHER 3/8 X 1 1/2	2
4	CIRCULAR PLATE W/AXLE	1	44	NYLON FLAT WASHER 1 X 1 1/4 X 1/16	1
5	FOAM ROLL 1 X 5 1/2 X 7 1/4	2	56	ROLL PIN Z/P 3/8 X 1 1/2	1
8	FOOT ROLL TUBE 1 X 19 7/8	1	62	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	1
11	PIVOT ARM	1	64	SPLIT LOCK WASHER B/O 3/8"	2



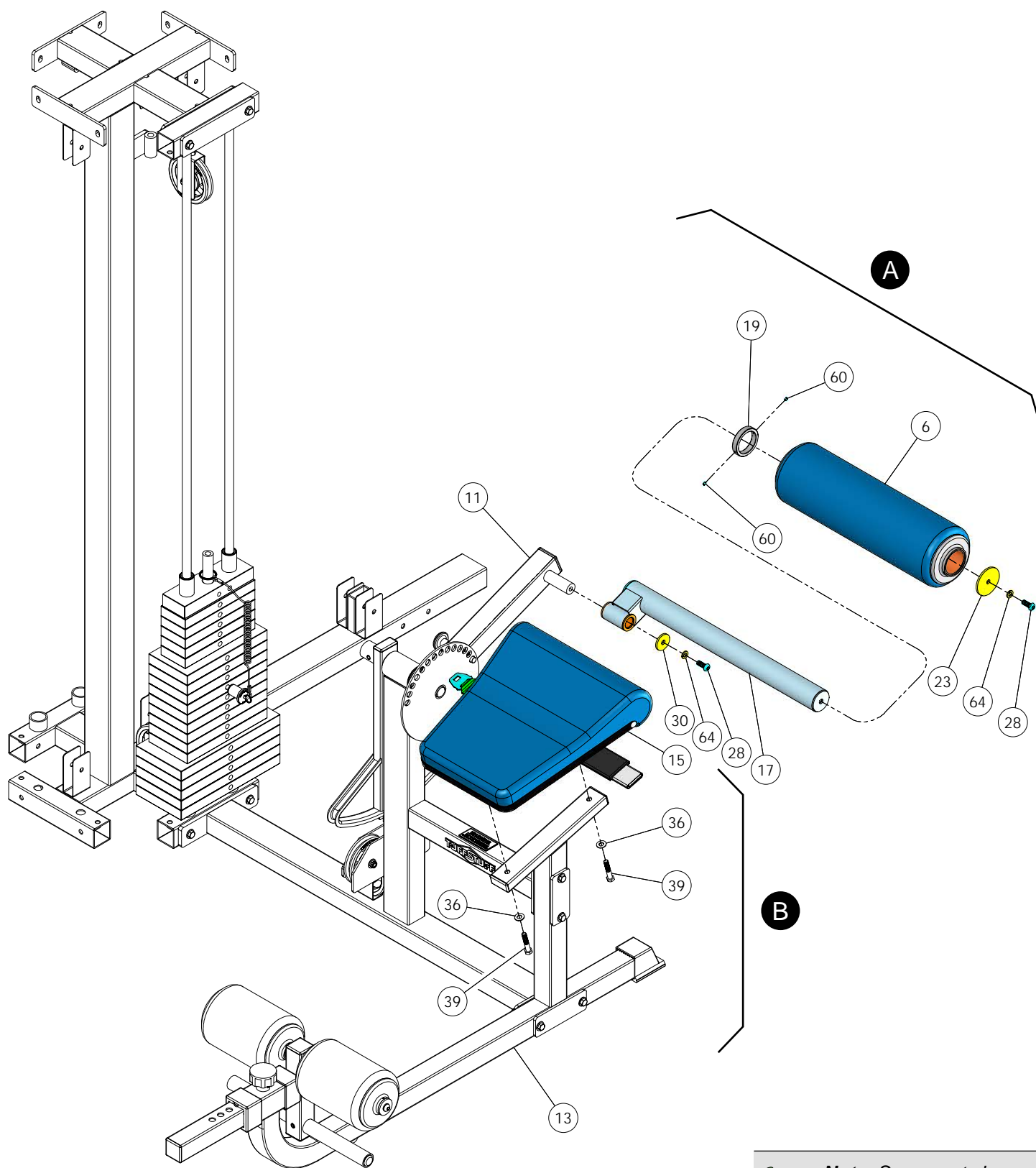
Step 4 Swivel Foam Roll Tube and Seat Pad Assembly


A Attach the **Swivel Foam Roll Tube (#17)** to the **Pivot Arm (#11)** and secure it into place using hardware shown. Next, insert the Aluminum Collar 2.031 ID (#19) and the **Foam Roll 2 X 5 1/2 X 18 (#6)** to the **Swivel Foam Roll Tube (#17)** and secure them into place using hardware shown.

B Attach the **Seat Pad (#15)** to the **Main Frame (#13)** using hardware shown.

Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
6	FOAM ROLL 2 X 5 1/2 X 18	1	30	CHROME WASHER 3/8 X 1 1/2	1
15	SEAT PAD	1	36	FLAT WASHER SAE B/O 3/8"	2
17	SWIVEL FOAM ROLL TUBE 22 1/4	1	39	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	2
19	ALUMINUM COLLAR 2.031 ID X 2.584 OD	1	60	SOCKET SET SCREW ALLOY 10-32 X 1/4	2
23	ALUMINUM WASHER 3/8 X 2.584 OD X .15 THK.	1	64	SPLIT LOCK WASHER B/O 3/8"	2
28	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	2			



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

Step 5 Cable Routing

- A. Secure the looped end of the **Ab/Back Cable (#9)** to the bracket of the **Actuator Arm (#1)** using one Shoulder Bolt 3/8 X 3/4 (#58) and one Nylon Insert Lock Nut 5/16-18 (#47). See **FIG. A**.
- B. Next, route the **Ab/Back Cable (#9)** passing between the Pulleys 3/8 X 4 1/2 (#22-Labeled **F1** & **F2**), then route under the Pulley 3/8 X 4 1/2 (#22-Labeled **F3**).
- C. Route the **Cable (#9)** under the Weight Stack and the Pulley 3/8 X 4 1/2 (#22-Labeled **F4**).
- D. Next, route the **Cable (#9)** up and over the Pulley 3/8 X 4 1/2 (#22-Labeled **F5**).
- E. Affix the **Cable (#9)** to the **Weight Stack** using one Split Hex Tap Bolt 1/2-13 X 3 1/2 (#9), one Finished Hex Nut 1/2-13 (#33), and one Split Lock Washer 1/2" (#65). See **FIG. B**.

Assembly List

Item #	Description	Qty.	Item #	Description	Qty.
9	AB/BACK CABLE	1	58	SHOULDER BOLT ALLOY 3/8 X 3/4	1
33	FINISHED HEX NUT B/O 1/2-13	1	63	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	1
47	NYLON INSERT LOCK NUT B/O 5/16-18	1	65	SPLIT LOCK WASHER Z/P 1/2"	1

CHART

BOLD FONT = SUB-ASSEMBLY PARTS
REGULAR FONT = HARDWARE

Ab/Back Station (Deluxe)

Parts List

ITEM NO.	DESCRIPTION	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
1	ACTUATOR ARM	UP0344	1	35	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
2	ADJUSTABLE FOOT PIECE	UP0338	1	36	FLAT WASHER SAE B/O 3/8"	BNH0239	26
3	ADJUSTABLE PULLEY BRACKET	UP0127	1	37	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	BNH0273	2
4	CIRCULAR PLATE W/AXLE	UP0340	1	38	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	5
5	FOAM ROLL 1 X 5 1/2 X 7 1/4	UP0350	2	39	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	2
6	FOAM ROLL 2 X 5 1/2 X 18	UP2031	1	40	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	6
7	FOOT ROLL TUBE 1 X 16	UP0053	1	41	HEX KEY ALLOY 3/16"	BNH0371	1
8	FOOT ROLL TUBE 1 X 19 7/8	UP4241	1	42	HEX KEY ALLOY 3/32"	BNH0372	1
9	AB/BACK CABLE (AP-5AB)	UP2122	1	43	HEX KEY ALLOY 7/32"	BNH0575	1
10	MAIN FRAME	UP2119	1	44	NYLON FLAT WASHER 1 X 1 1/4 X 1/16	BNH0393	1
11	PIVOT ARM	UP0336	1	45	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	5
12	PLATE 1/4 X 2 X 5	UP1759	1	46	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	6
13	PLATE 1/4 X 2 X 6	UP1758	1	47	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	1
14	PULLEY COVER	UP0337	1	48	PLASTIC END CAP W/GROOVE 2" SQ	BNH0050	1
15	SEAT PAD	UP2111	1	49	PLASTIC INSERT CAP 1 3/4" SQ 10-14 GA	BNH0053	3
16	SIDE FRAME	UP2120	1	50	PLASTIC INSERT CAP 1" RD 10-12 GA	BNH0002	2
17	SWIVEL FOAM ROLL TUBE 22 1/4	UP4242	1	51	PLASTIC INSERT CAP 1" X 2" 10-14 GA	BNH0005	3
18	ABS PIPE 2 X 19 3/8	BNH1639	1	52	PLASTIC INSERT CAP 2" SQ 10-14 GA	BNH0012	1
19	ALUMINUM COLLAR 2.031 ID X 2.584 OD X .500 THK.	BNH1520	1	53	PLASTIC TUBE GUIDE W/LIP-TEETH 2 1/4" SQ	BNH0059	2
20	ALUMINUM FOOT ROLL HOLDER 1 5/16 ID X 4 1/2 OD	BNH1509	4	54	PULL PIN 1/2 X 3 1/2 (YELLOW KNOB)	BNH0603	1
21	ALUMINUM FOOT ROLL HOLDER 2 3/8 ID X 4 1/2 OD	BNH1510	2	55	PVC 1 X 8 3/4	BNH1611	2
22	ALUMINUM PULLEY 3/8" X 4 1/2"	BNH0069	5	56	ROLL PIN Z/P 3/8 X 1 1/2	BNH0483	1
23	ALUMINUM WASHER 3/8 X 2.584 OD X .15 THK.	BNH1521	1	57	RUBBER GRIP 1 ID X .125 X 7 1/4	BNH0963	2
24	BALL BEARING #W 516	BNH0628	2	58	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	1
25	BLACK SEAT BELT TYPE 1 ALR RETRACTOR	BNH1218	1	59	SMALL TUFFSTUFF LOGO ALUMINUM	BNH1323	1
26	BLACK SEAT BELT TYPE 1 BUCKLE	BNH1217	1	60	SOCKET SET SCREW ALLOY 10-32 X 1/4	BNH1522	2
27	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	BNH0527	2	61	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	12
28	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	BNH0115	4	62	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	2
29	CHROME CAP 2" RD	BNH1137	1	63	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNH1131	1
30	CHROME WASHER 3/8 X 1 1/2	BNH1015	3	64	SPLIT LOCK WASHER B/O 3/8"	BNH0658	4
31	DECAL-DANGER TIGHTEN THIS RET...., 3/4 X 1 1/2	BNH0142	1	65	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	3
32	DECAL-WARNING KEEP HANDS AND FINGERS...	BNH0620	1	66	TURN/PULL PIN W/KNOB AND LOCK	BNH0989	1
33	FINISHED HEX NUT B/O 1/2-13	BNH0201	3	67	URETHANE BUMPER 1 3/4	BNH0229	3
34	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	1	68	DECAL-EXERCISE AB/BACK STATION	BNH1677	1

Ab/Back Station (Standard)

Parts List

All parts same as Ab/Back Station (Deluxe), except for the part listed below

ITEM NO.	DESCRIPTION	PART NO.	QTY.				
22	NYLON PULLEY 4 1/2 RD.	BNH0506	5				

DO NOT DISCARD THIS MANUAL



TUFFSTUFF WARRANTY

TuffStuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. All warranty periods begin to run from the date of delivery to the original purchaser. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use and 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:

FULL COMMERCIAL WARRANTY (more than 5 hours of use per day): a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Belts, linear bearings and pull-pin components -- One (1) year, and d) Upholstery, cables, finish and rubber grips -- Six (6) months.

LIGHT COMMERCIAL WARRANTY (less than 5 hours of use per day): a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Linear bearings, finish and pull-pin components -- One (1) year, and d) Upholstery, cables and rubber grips -- Three (3) months, and all other parts not mentioned elsewhere in this warranty will expire one (1) year from the date 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 FOREGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO IMPLIED STATUTORY WARRANTY OR 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 written 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 Fitness Equipment, Inc. at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

TuffStuff Fitness Equipment, Inc.

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