ASSEMBLY INSTRUCTIONS

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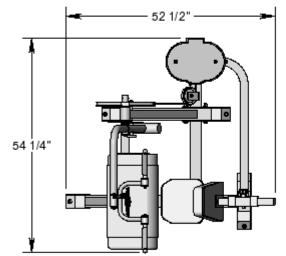
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SP-406

Bicep/Tricep



L 52 1/2" W 54 1/4" H 54 3/4"



America's Premier Exercise Equipment



About the Bicep/Tricep SP-406

Congratulations on your new purchase of the Bicep/Tricep. 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.

\mathcal{R} egistration 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 - 150 Lbs. Fixed

Total Machine Weight - 553 Lbs.

Footprint (LWH) - See Front Cover

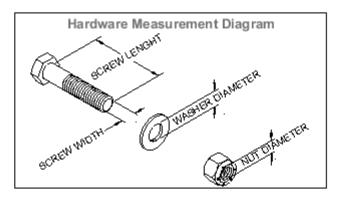
Note: Due to continuing product improvements, specifications and designs are subject to change without police.

\mathcal{P} rior to the Assembly of the Bicep/Tricep

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

\mathcal{T} ool 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 7/16" socket
- 9. One rubber mallet
- 10. One hammer
- 11. Windex or household glass cleaner
- 12. One can silicone spray/teflon spray lubricant
- 13. Measuring tape
- 14. Utility knife



Safety Precautions

$S_{afety} \mathcal{F}_{irst}$

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.

- 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.
- 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.
- Consult with your physician before beginning any exercise program.

- Use proper discretion when children are present.
- Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- 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.
- 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.

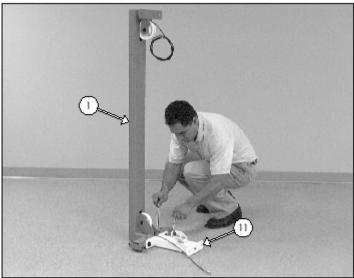


FIG. 1 On a flat surface, attach the Bottom Cross Brace Connector (#11) to the Weight Stack Frame (#1) using two Hex Head Cap Screws 1/2-13 X 3 1/2 (#58), four Flat Washers SAE 1/2* (#51), and two Nylon Insert Lock Nuts 1/2-13 (#73).



Note: Use the overhead view on the cover page for designing your layout before assembling.

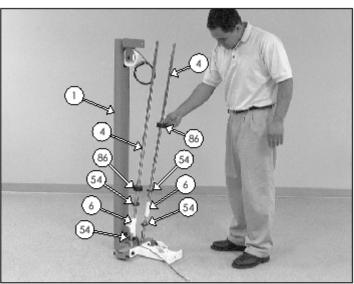


FIG. 2 Insert the two Guide Rods (#4) into the receptacles of the Weight Stack Frame (#1). Next, slide two Flat Washers 3/4 X 2 (#54), two Weight Stack Spacers (#6), two Flat Washers 3/4 X 2 (#54), and two Rubber Donuts 3/4 X 2 1/2 (#86) onto the Guide Rods (#4).



Note: Lubricate the Guide Rods (#4) with silicone or teflon lubricant at this time.

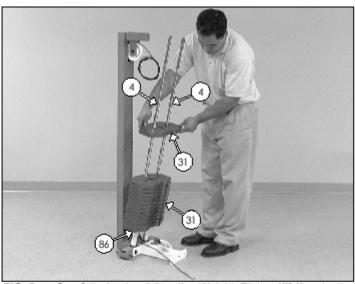


FIG. 3 Carefully begin sliding the Weight Plates (#31) onto the Guide Rods (#4) allowing the first one to rest on top of the Rubber Donuts (#86).

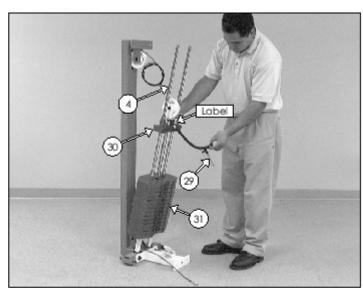


FIG. 4 Slide the Top Plate Selector Bar (#30) onto the Guide Rods (#4) allowing it to rest on top of the completed Weight Stack.



Note: Be sure the label on the Top Plate Selector Bar (#30) is facing out, as shown above, before sliding the Top Plate Selector Bar (#30) onto the Guide Rods (#4).



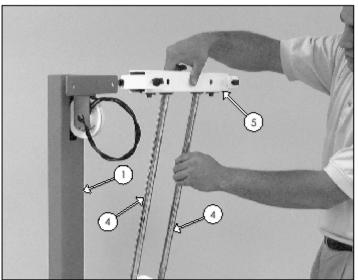


FIG. 5 Maneuver the two Guide Rods (#4) into the holes on the bottom side of the Guide Rod Retainer (#5).

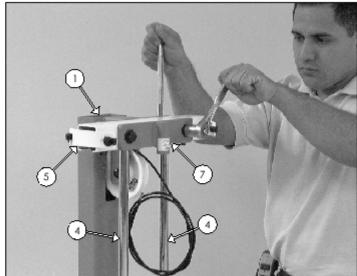


FIG. 6 Next, secure the Guide Rod Retainer (#5) along with the two captive Guide Rods (#4) to the Weight Stack Frame (#1) using the Reinforcement Plate w/Adjuster (#7), two Hex Head Cap Screws 1/2-13 X 3 3/4 (#59), four Flat Washers SAE 1/2" (#51), and two Nylon Insert Lock Nuts 1/2-13 (#73).

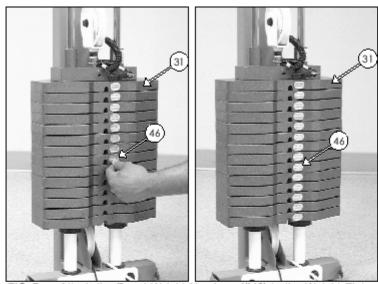


FIG. 7 Attach the Decal Weight Numbers (#46) to the Weight Plates (#31) in the corresponding order. Begin with the 20 at the top, 30 next, and so on.

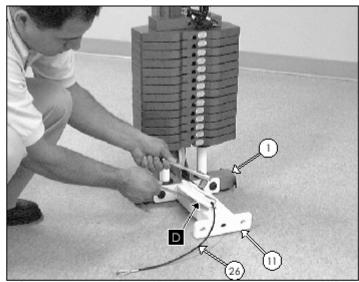


FIG. 8 Route the Cable (#26) under the Nylon Pulley 4 1/2* Rd. (#76-Labeled D) and attach the pulley to the Bottom Cross Brace Connector (#11) pulley bracket using one Hex Head Cap Screw 3/8-16 X 2 (#65), two Flat Washers SAE 3/8* (#53), and one Nylon Insert Jam Lock Nut 3/8-16 (#72).



Note: The black boxed letter pointing to the pulleys are used throughout this manual as reference to the <u>Cable Mapping</u>
<u>Diagram on fold-out page 10.</u> These black boxed letters will be primarily used for locating certain pulleys during the cable routing process beginning with Fig. 8.

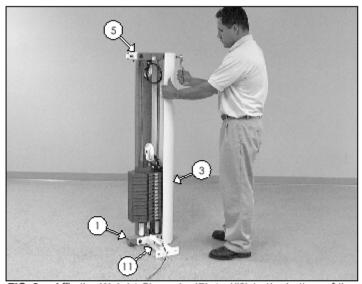


FIG. 9 Affix the Weight Shroud w/Plate (#3) to the bottom of the Weight Stack Frame (#1) and at the top of the Guide Rod Retainer (#5) using four Hex Head Cap Screws 1/4-20 X 3/4 (#61), and four Flat Washers 1/4" (#52).

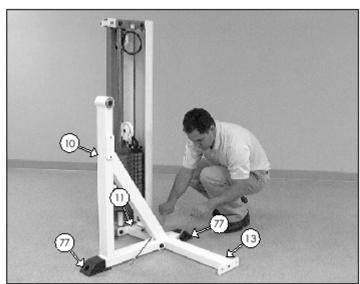


FIG. 10 Using a rubber mallet, insert two Plastic End Caps 2 X 3 (#77) onto the tube-ends of the Side Frame (#10). Next, attach the Bottom Stabilizer (#13) and the Side Frame (#10) to the Bottom Cross Brace Connector (#11) using two Hex Head Cap Screws 1/2-13 X 4 3/4 (#60), four Flat Washers SAE 1/2" (#51), and two Nylon Insert Lock Nuts 1/2-13 (#73).

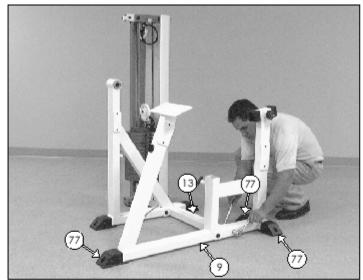


FIG. 11 Using a rubber mallet, insert three Plastic End Caps 2 X 3 (#77) onto the tube-ends of the Main Frame (#9). Next, attach the Main Frame (#9) to the Bottom Stabilizer (#13) using two Hex Head Cap Screws 1/2-13 X 4 3/4 (#60), four Flat Washers SAE 1/2* (#51), and two Nylon Insert Lock Nuts 1/2-13 (#73).



FIG. 12 Attach the Top Cross Brace (#12) to the Main Frame (#9) using two Hex Head Cap Screws 1/2-13 X 3 3/4 (#59), four Flat Washers SAE 1/2"(#51), and two Nylon Insert Lock Nuts 1/2-13 (#73). Next, affix the Top Cross Brace (#12) to the Weight Shroud w/Plate (#3) using two Hex Head Cap Screws 1/2-13 X 1 (#57), and two Split Lock Washers B/O 1/2" (#94).



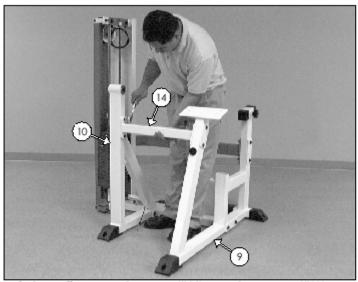


FIG. 13 Affix the Top Stabilizer (#14) to the Side Frame (#10) using two Hex Head Cap Screws 3/8-16 X 1 (#62), two Split Lock Washers 3/8" (#96), and two Flat Washers SAE 3/8" (#53). Next, attach the Top Stabilizer (#14) to the Main Frame (#9) using two Hex Head Cap Screws 3/8-16 X 3 1/4 (#67), four Flat Washers SAE 3/8" (#53), and two Nylon Insert Lock Nuts 3/8-16 (#74).

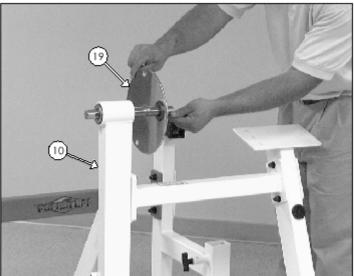
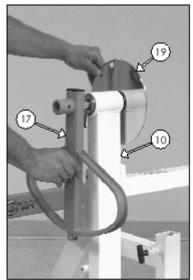


FIG. 14 insert the axle of the Circular Plate (#19) into the ball bearing housing of the Side Frame (#10).



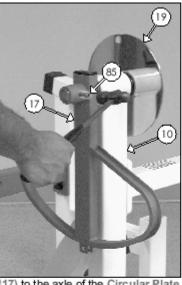


FIG. 15 Attach the Actuator Arm (#17) to the axle of the Circular Plate (#19). Next, align the hole of the Actuator Arm (#17) to the hole of the Circular Plate with Axle (#19) and, using a hammer, insert the Roll Pin 3/8 X 1 1/2 (#85).

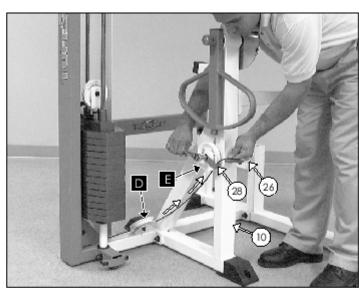


FIG. 16 Route the Cable (#26) under the Nylon Pulley 4 1/2" Rd. (#76-Labeled E). Next, secure the Nylon Pulley 4 1/2" Rd. (#76-Labeled E) to the Side Frame (#10) using one Cable Retainer Bracket (#28), one Hex Head Cap Screw 3/8-16 X 2 1/4 (#66), one Split Lock Washer 3/8" (#96), and one Flat Washer SAE 3/8" (#53).

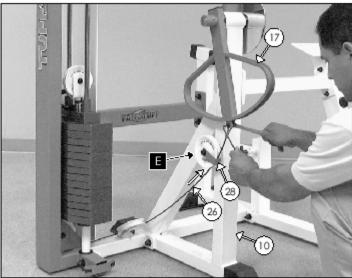


FIG. 17 Attach the looped-end of the Cable (#26) to the Bracket of the Actuator Arm (#17) using one Shoulder Bolt 3/8 X 5/8 (#90), and one Nylon Insert Lock Nut 5/16-18 (#75).

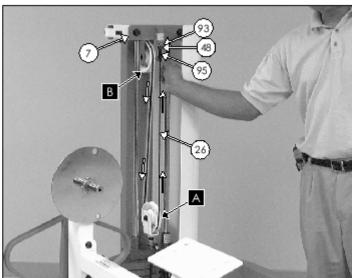


FIG. 18 Route the Cable (#26) under the Nylon Pulley 4 1/2* Rd (#76-Labeled A), and then up to the Reinforcement Plate w/Adjuster (#7). Next, attach the Cable (#26) to the Reinforcement Plate w/Adjuster (#7) using one Split Hex Tap Bolt 1/2-13 X 3 (#95), one Finished Hex Nut 1/2-13 (#48), and one Split Lock Washer Z/P 1/2* (#93).



Note: Refer to **Fig A** on fold-out page 10 for further detailed illustration of this assembly.

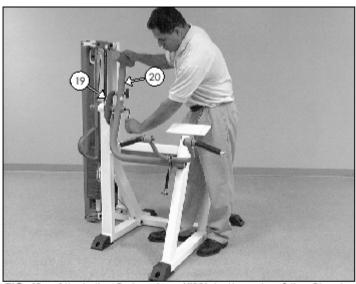


FIG. 19 Attach the Swing Arm (#20) to the axle of the Circular Plate (#19) and secure it into place using one Button Head Socket Cap Screw 3/8-16 X 1 (#35), one Split Lock Washer 3/8" (#96), and one Chrome Washer 3/8 X 1 1/2 (#36).

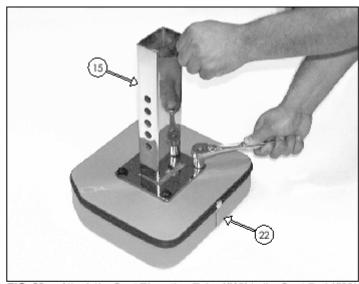


FIG. 20 Attach the Seat Elevation Tube (#15) to the Seat Pad (#22) using four Hex Head Cap Screws 3/8-16 X 1 1/4 (#63), and four Flat Washers SAE 3/8* (#53).



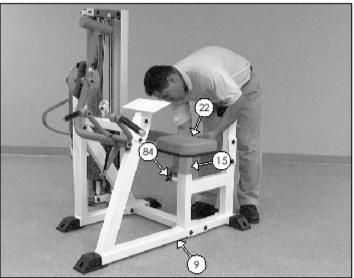


FIG. 21 Insert the Seat Elevation Tube (#15) into the receptacle of the Main Frame (#9).

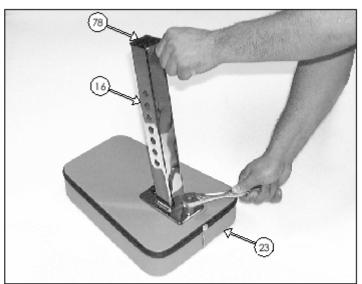


FIG. 22 Attach the Adjustable Back Pad Tube (#16) to the Back Pad (#23) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#63), and two Flat Washers SAE 3/8" (#53).

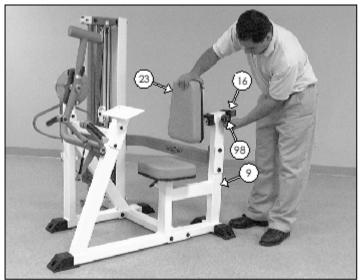


FIG. 23 Insert the Adjustable Back Pad Tube (#16) into the receptacle of the Main Frame (#9).



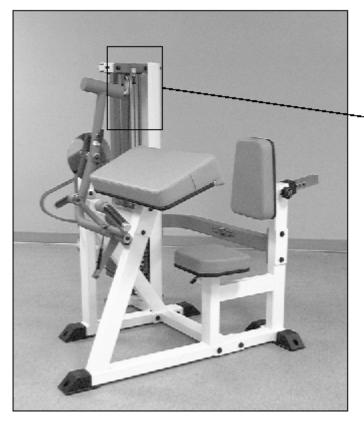
FIG. 24 Attach the Arm Curl Pad (#24) to the Main Frame (#9) using two Hex Head Cap Screws 3/8-16 X 1 1/4 (#63), and two Flat Washers SAE 3/8" (#53).

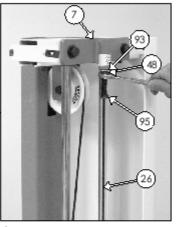
CABLE ADJUSTMENT

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



Caution: The cable should be inspected and adjusted periodically to avoid any slack in the cable which would, consequently, prevent any damage to the equipment or personal injury.





Cable Adjustment:

- Loosen the Finished Hex Nut 1/2-13 (#48).
- Thread the Split Hex Tap Bolt 1/2-13 X 3 (#95) in or out of the threaded socket of the Reinforcement Plate w/Adjuster (#7) to give the Cable (#26) proper tension.
- Re-tighten the Finished Hex Nut 1/2-13 (#48) to complete the cable adjustment.



Caution: Make sure the Split Hex Tap Bolt 1/2-13 X 3 (#95) is threaded at least 1/2" into the threaded socket of the Reinforcement Plate w/Adjuster (#7) once the cable adjustment has been completed.



FIG. 25 Affix the Weight Shroud (#2) to the bottom of the Weight Stack Frame (#1) and at the top of the Guide Rod Retainer (#5) using four Hex Head Cap Screws 1/4-20 X 3/4 (#61), and four Flat Washers 1/4" (#52).

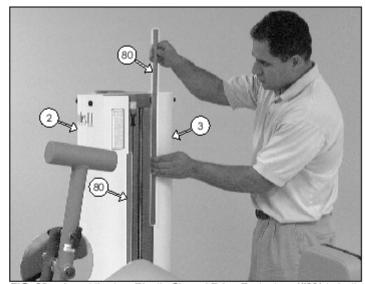


FIG. 26 Insert the two Plastic Shroud Edge Protectors (#80) to both Shrouds (#2, #3), in the position as shown above, and slide them all the way down.



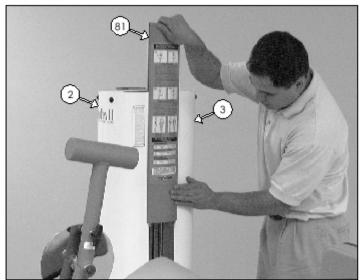


FIG. 27 Align the edges of both Shrouds (#2, #3) with the grooves of the Plastic Shroud Gap Cover (#81) and slide it down, as shown above.

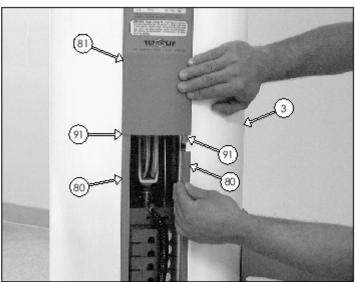


FIG. 28 Connect the two Plastic Shroud Edge Protectors (#80) to the Plastic Shroud Gap Cover (#81) using the two Plastic Connectors (#91).

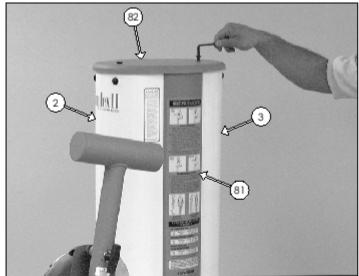
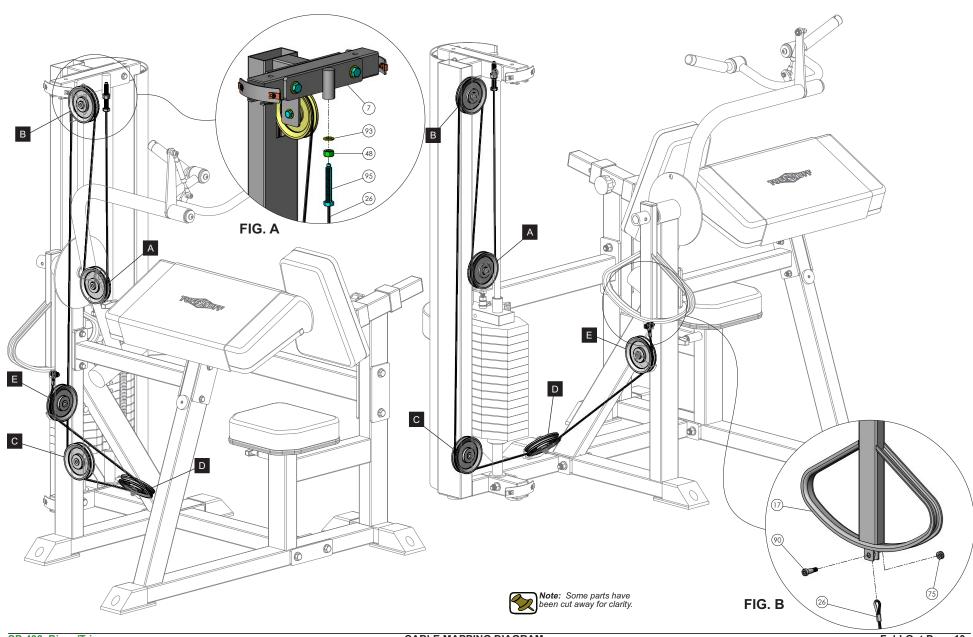
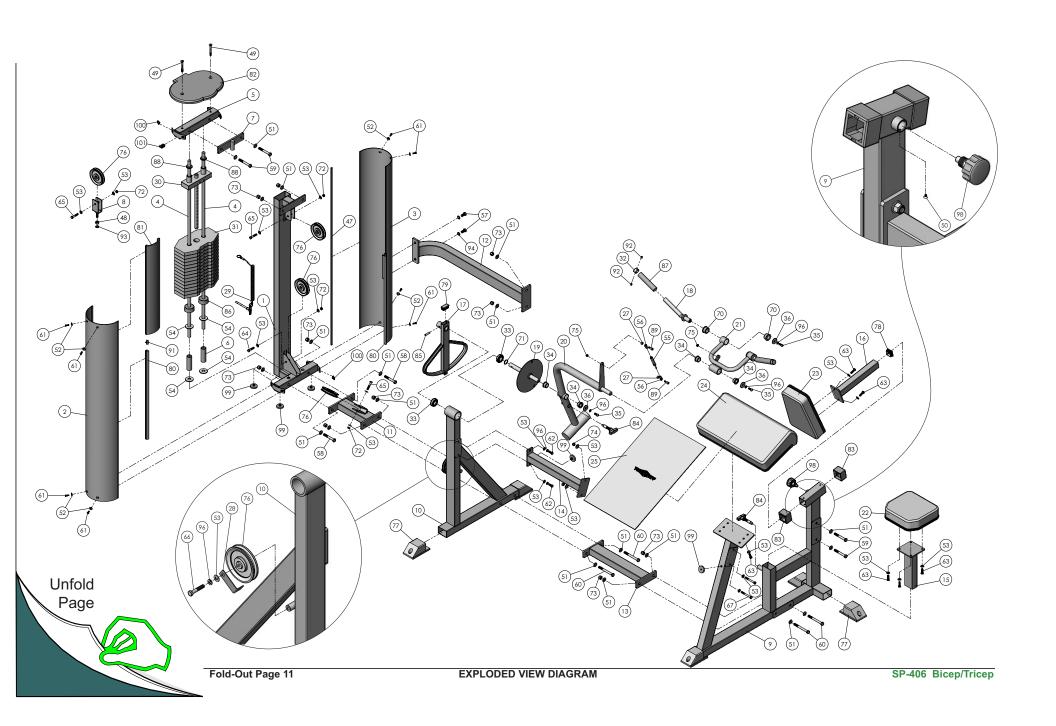


FIG. 29 Attach the Plastic Shroud Lid (#82) to the Guide Rod Retainer (#5) using two Flat Head Socket Cap Screws 3/8-16 X 3 (#49).

COLOR CHART			SP-406 Bicep/Tricep					
GRAY = SUB-ASSEMBLY PARTS BLACK = HARDWARE			Parts List					
DE ION II		•	••••	3 2.3.				
ltem No.	Description I	Part No.	Qty	Item No.	Description	Part No.	Qty	
1	WEIGHT STACK FRAME 54" LONG	UP0780	1	52	FLAT WASHER SAE B/O 1/4"	BNH0233	8	
2	WEIGHT SHROUD 54" LONG	UP0781	1	53	FLAT WASHER SAE B/O 3/8"	BNH0239	23	
3	WEIGHT SHROUD W/PLATE 54" LONG	UP0782	-1	54	FLAT WASHER USS B/O 3/4 X 2"	BNH0878	4	
4	GUIDE ROD 3/4 X 53 3/4	UP0783	2	55	GAS SPRING 15 LBS	BNH1209	1	
5	GUIDE ROD RETAINER	UP0784	1	56	GAS SPRING EYELET	BNH1210	2	
6	WEIGHT STACK SPACER 4"	UP0786	2	57	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 1	BNH0259	2	
7	REIN FOR CEMENT PLATE WIA DJUSTER	UP2183	1	58	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 1/2	BNH0263	2	
8	TOP PLATE PULLEY BRACKET	UP2182	1	59	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 3/4	BNH0297	4	
9	MAIN FRAME	UP0895	1	60	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 4 3/4	BNH0895	4	
10	SIDE FRAME	UP2196	1	61	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	2	
11	BOTTOM CROSS BRACE CONNECTOR	UP2195	-	62	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	8	
12	TOP CROSS BRACE	UP0898	1	63 64	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	BNH0273	_	
14	BOTTOM STABILIZER TOP STABILIZER	UP0899 UP0900	1	65	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274 BNH0279	3	
15	SEAT ELEVATION TUBE	UP0900	1	66	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/4	BNH0279	1	
16	ADJUSTABLE BACK PAD TUBE	UP0933	1	67	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	2	
17	ACTU ATOR ARM	UP2197	1	68	HEX KEY 3/32"	BNH0372	1	
18	HAN DLE	UP2198	2	69	HEX KEY 7/32"	BNH0575	 	
19	CIRCULAR PLATE WITH AXLE	UP2200	1	70	NYLON BUSHING 1 X 1 1/2 X 7/8 X 1 3/4 X 1/8	BNH0531	4	
20	SWIN G ARM	UP0904	1	71	NYLON FLAT WASHER 1 X 1 1/4 X 1/16	BN H0393	2	
21	SWIVEL HOUSING HANDLE	UP 09 05	1	72	NYLON INSERT JAM LOCK NUT B/O 3/8/16	BN H0365	4	
22	SEAT PAD	UP0840	1	73	NYLON INSERT LOCK NUT B/O 1/2-13	BNH0212	10	
23	BACK PAD	UP0987	1	74	NYLON INSERT LOCK NUT B/O 3/8-16	BNH0214	2	
24	ARM CURL PAD	UP 0931	1	75	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	3	
25	WEAR COVER (OPTIONAL)	UP0988	1	76	NYLON PULLEY 4 1/2 RD. WHITE	BNH0556	5	
26	BICEP/TRICEP CABLE	UP2199	1	77	PLASTIC ENDICAP 2 X 3	BN H0606	5	
27	SPACER (SP-406)	UP1020	2	78	PLASTIC INSERT CAP 1 3/4" SQ.	BN H0053	1	
28	CABLE RETAINER BRACKET (L-SHAPED)	UP0014	1	79	PLASTIC INSERT CAP 1" X 2"_ 10-14 GA.	BN H0005	1	
29	SELECTOR PIN W/COIL DOUBLE LOCK	UP0466	1	80	PLASTIC SHROUD EDGE PROTECTOR 1/8 X 27	BN H0599	2	
30	10 LB TOP PLATE SELECTOR BAR 14 WTS 16.5 LONG	BNH1174	1	81	PLASTIC SHROUD GAP COVER 27" LONG	BNH1083	1	
31	15 LB WEIGHT PLATE	BN H0926	14	82	PLASTIC SHROUD LID 5/8 X 14-1/8 X 10	BN H0185	1	
32	ALUMINUM CAP 1" RD. (CAP-100)	BNH0537	2	83	PLASTIC TUBE GUIDE W/LIP-TEETH 2-1/4" SQ.	BNH0059	2	
33	BALL BEARING #W 516	BN H0628	2	84	PUSH PULL PIN 1/2 X 3 1/2	BN H0520	2	
34	BRONZE BUSHING 1 X 1-1/4 X 3/4 X 1-1/2 X 1/8	BNH0527	4	85	ROLL PIN Z/P 3/8 X 1 1/2	BN H0483	1	
35	BUTTON HEAD SOCKET CAP SCREW B/O 3/8-16 X 1	BNH0115	4	86	RUBBER DONUT 3/4 X 2 1/2	BNHCO68	2	
36	CHROME WASHER 3/8 X 1 1/2	BNH1015	4	87	RUBBERGRIP 1 ID X .125 X 53/4	BN H0959	2	
37	DECAL-ADJUST CABLE HERE	BNH0789	1	88	RUBBER GROMMET 3/4" ID (2867-012)	BN H0401	2	
38	DECAL-CAUTION 1 3/4 X 5-1/2 VERTICAL	BNH0126	1	89	SHOULDER BOLT 3/8 X 3/4	BNH0718	2	
39	DECAL-DANGER TIGHTEN THIS RET, 3/4 X 1-1/2	BNH0142	2	90	SHOULDER BOLT 3/8 X 5/8	BN H0431	1	
40	DECAL-EXERCISE SP-406 BICEP/TRICEP 4 1/2 X 19 1/4	BNH1191	1	91	SHROUD GAP COVER CONNECTOR	BNH1183	2	
41	DECAL-FOR BEST PERFORMANCE 1-1/4 X 1-1/2	BNH0143	1	92	SOCKET SET SCREW 10-32 X 1/8	BNH0473	4	
42	DECAL-LARGE TUFFSTUFF LOGO DIAMOND SHAPE	BNH0360	_	93	SPLIT LOCK WASHERZ/P 1/2"	BNH0572	-	
43	DECAL-SIMPLEX II (1 7/8 X 5 3/16)	BNH1199	2	94	SPLIT LOCK WASHER B/O 1/2"	BNH0653	-	
44	DECAL-TUFFSTUFF (2 3/4 X 19 1/16)	BNH1200	1	95	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3	BNH1300	+	
45	DECAL-WARNING KEEP HANDS AND FINGERS	BNH0620	1	96	SPLIT LOCK WASHER B/O 3/8'	BNH0658	-	
46	DECAL-WEIGHT NUMBERS 20-150 LB/KGS (14 PC SET)	BNH1203	1	97	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	-	
47	EDGE PROTECTOR GRAY 54" LONG	BNH1148	_	98	TURN PULL PIN W/KNOB AND LOCK	BNH0989	_	
48	FINISHED HEX NUT B/O 1/2-13	BNH0201	2	99	URETHANE BUMPER 1 3/4	BNH0229	_	
49	FLAT HEAD SOCKET CAP SCREW BIO 3/8-16 X 3	BN H0787	2	100	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	_	
50	FLAT PHILLIPS MACHINE SCREW &32 X 1/4 FLAT WASHER SAE B/O 1/2"	BNH0408 BNH0238	20	101	U-STYLE TAPPED HOLE NUT 3/8-16	BNH1211	2	
51								





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, handgrips, 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.

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E-mail: service@tuffstuff.net Net: www.tuffstuff.net