

ASSEMBLY INSTRUCTIONS

TABLE OF CONTENTS:

Introduction
Pg. 1

Assembly Instructions
Pg. 1 - Pg. 11

Cable Mapping Diagrams
Pg. 10 - Pg. 11

Parts Lists
Pg. 12 / Pg. 14

Exploded View Diagrams
Pg. 13 / Pg. 15

Warranty
Back Page



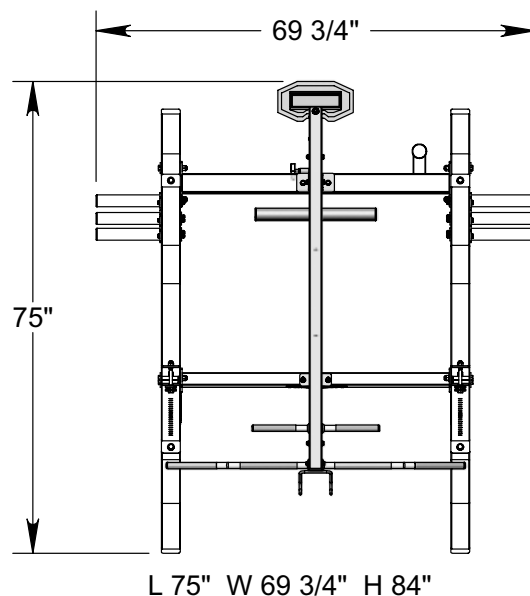
SHF-430 Pictured above attach to the Smith-Half Cage

Revision Date 11-11-04

High/Low Pulley Kit (Smith-Half Cage Option)

Includes Assembly for:

- SHF-430**
High/Low Pulley Kit (Plate Loaded)
- SWH-440**
High/Low Pulley Kit (w/200 lbs. Weight Stack)



America's Premier Exercise Equipment



About the High/Low Pulley Kit

Congratulations on your new purchase of the High/Low Pulley Kit. 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, 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 Task Industries today.

Specifications

	SHF-430	SHW-440
1. Maximum Wt. Capacity	200 lbs.	200 lbs. Fixed
2. Total Machine Weight	100 lbs.	300 lbs.
3. Footprint (LWH)	- See Front Cover	

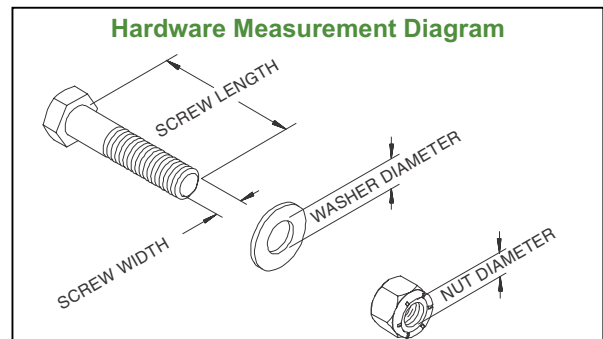
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the High/Low Pulley Kit

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 Lists and the Exploded View Diagrams.

Tool Requirements

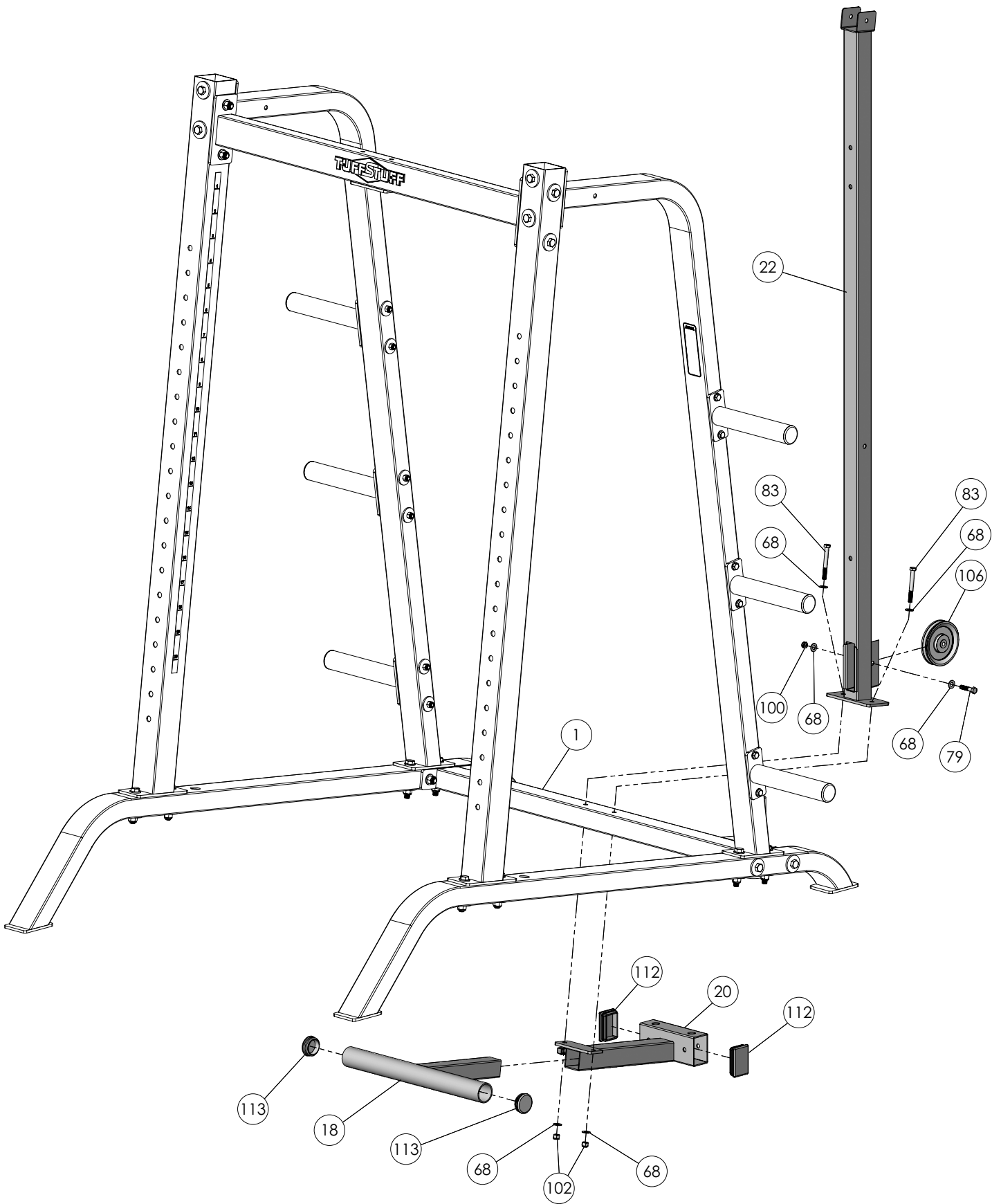
1. One 7/8" combination wrench
2. One 3/4" combination wrench
3. One 9/16" combination wrench
4. One 1/2" combination wrench
5. One ratchet
6. One 9/16" socket
7. One rubber mallet
8. Measuring tape
9. Utility knife



Step 1 Assembling the Bottom Assembly Holder and the Center Upright

- A. Using a rubber mallet, insert the illustrated Plastic Insert Caps to the **Bottom Assembly Holder (#20)** and the **Adjustable Foot Support (#18)**.
- B. Insert the **Adjustable Foot Support (#18)** into the receptacle of the **Bottom Assembly Holder (#20)**.
- C. Attach the **Bottom Assembly Holder (#20)** and the **Center Upright (#22)** to the **Bottom Cross Brace (#1)** using hardware shown.
- D. Attach a Nylon Pulley 4 1/2 Rd. (#106) to the **Center Upright (#22)** using hardware shown.

Assembly List		
Item #	Description	Qty.
18	ADJUSTABLE FOOT SUPPORT	1
20	BOTTOM ASSEMBLY HOLDER	1
22	CENTER UPRIGHT	1
68	FLAT WASHER SAE 3/8"	6
83	HEX HEAD CAP SCREW 3/8-16 X 3 1/4	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	1
102	NYLON INSERT LOCK NUT 3/8-16	2
106	NYLON PULLEY 4 1/2 RD.	1
112	PLASTIC INSERT CAP 2 X 3	2
113	PLASTIC INSERT CAP 2" RD.	2



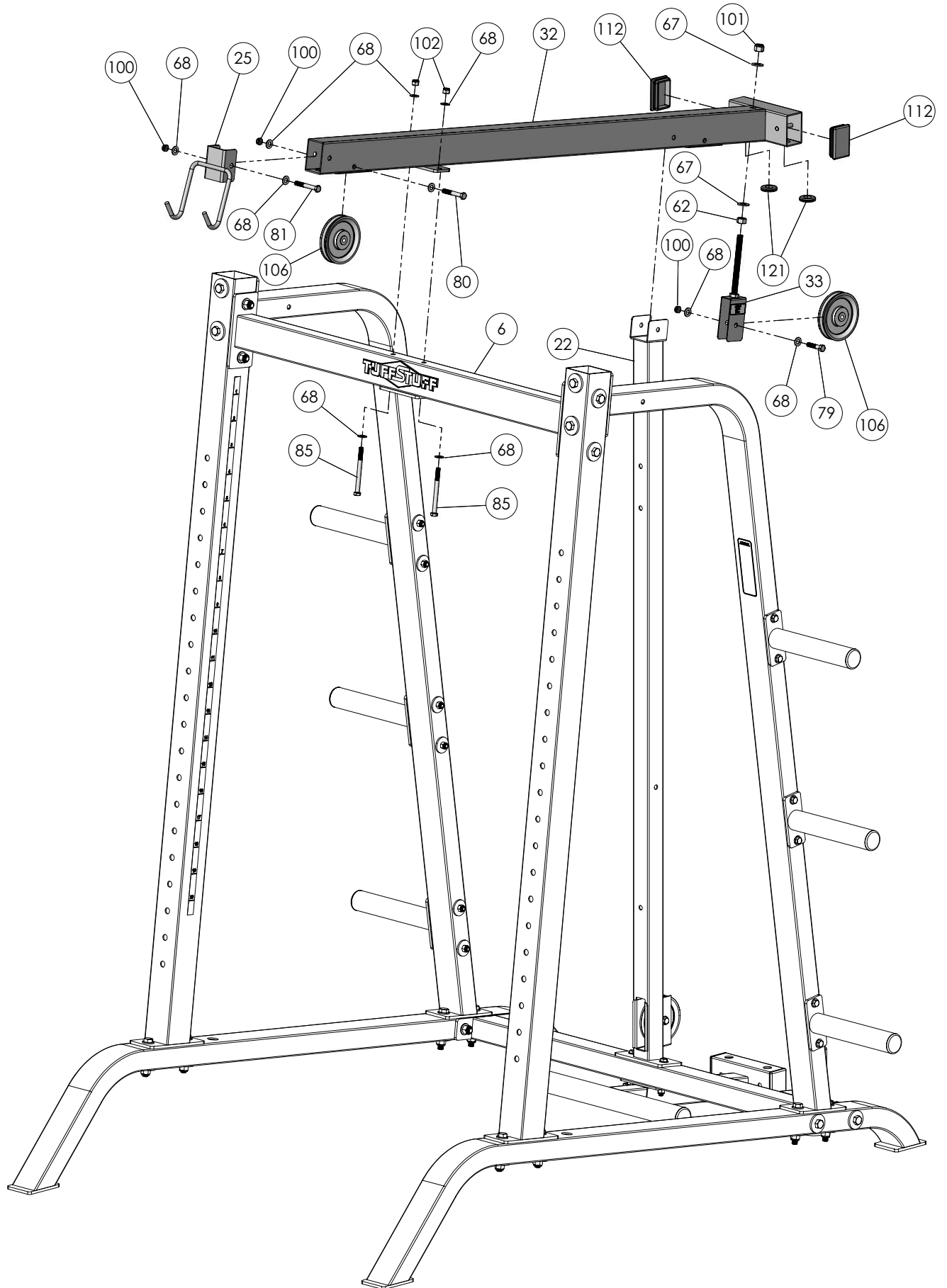
Step 2 Assembling the Top Assembly

- A. Using a rubber mallet, insert two Plastic Insert Caps 2 X 3 (#112) into the tube-ends of the **Top Assembly (#32)**.
- B. Attach the **Top Cable Adjuster Bracket (#33)** to the **Top Assembly (#32)** using hardware shown.
- C. Assemble the two Rubber Grommets (#121) to the 1" Holes of the **Top Assembly (#32)**.
- D. Attach the **Lat Bar Holder (#25)** and a Nylon Pulley 4 1/2 Rd. (#106) to the **Top Assembly (#32)** using hardware shown.
- E. Mount the **Top Assembly (#32)** to the bracket of the **Center Upright (#22)** and secure the **Top Assembly (#32)** to the **Top Cross Brace (#6)** using hardware shown.



Note: Do not secure the **Top Assembly (#32)** to the **Center Upright (#22)** at this time as it will be done once the **Lat Cable (#26)** has been routed. See Cable Mapping Diagrams on pages 10-11

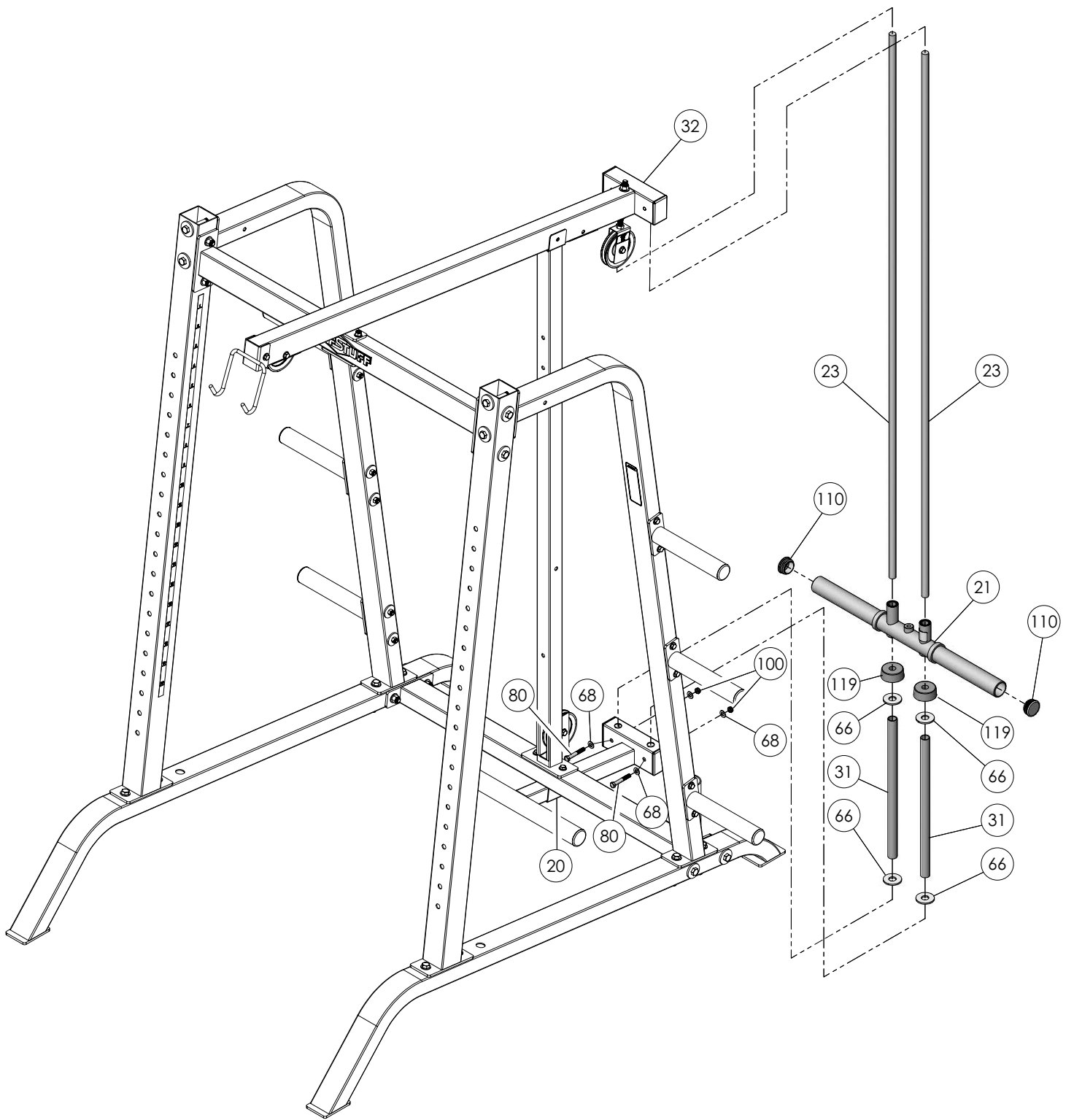
Assembly List		
Item #	Description	Qty.
25	LAT BAR HOLDER	1
32	TOP ASSEMBLY	1
33	TOP CABLE ADJUSTER BRACKET	1
62	FINISHED HEX NUT 1/2"	1
67	FLAT WASHER SAE 1/2"	2
68	FLAT WASHER SAE 3/8"	10
79	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	1
80	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	1
81	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	1
85	HEX HEAD CAP SCREW 3/8-16 X 4 1/4	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	3
101	NYLON INSERT LOCK NUT 1/2-13	1
102	NYLON INSERT LOCK NUT 3/8-16	2
106	NYLON PULLEY 4 1/2 RD.	2
112	PLASTIC INSERT CAP 2 X 3	2
121	RUBBER GROMMET 3/4" ID (2867-012)	2



Step 3 Assembling the Carriage (#21) (This step applies for SHF-430 only)

- A. Insert the **Guide Rods (#23)** into the receptacles of the **Bottom Assembly Holder (#20)**.
- B. Slide two Flat Washers 3/4 X 2 (#66) onto the **Guide Rods (#23)**. Next, slide the **Spacer Tubes (#31)** onto the **Guide Rods (#23)**.
- C. Slide another set of Flat Washers 3/4 X 2 (#66) onto the **Guide Rods (#23)** to come to rest on top of the **Tube Spacers (#31)**. Next, slide the Rubber Donuts (#119) onto the **Guide Rods (#23)** to come to rest on top of the Flat Washers 3/4 X 2 (#66).
- D. Using a rubber mallet, insert two Plastic Insert Caps 1 7/8 Rd. (#110) into the tube-ends of the **Carriage (#21)**. Next, slide the **Carriage (#21)** onto the **Guide Rods (#23)** allowing it to come to rest on top of the Rubber Donuts (#119).
- E. Align the **Guide Rods (#23)** to the bottom holes of the **Top Assembly (#32)**. Next bring the **Guide Rods (#23)** up and lock them into position using two Hex Head Cap Screws 3/8-16 X 2 1/2 (#80), four Flat Washers SAE 3/8" (#68), and two Nylon Insert Jam Lock Nuts 3/8-16 (#100)

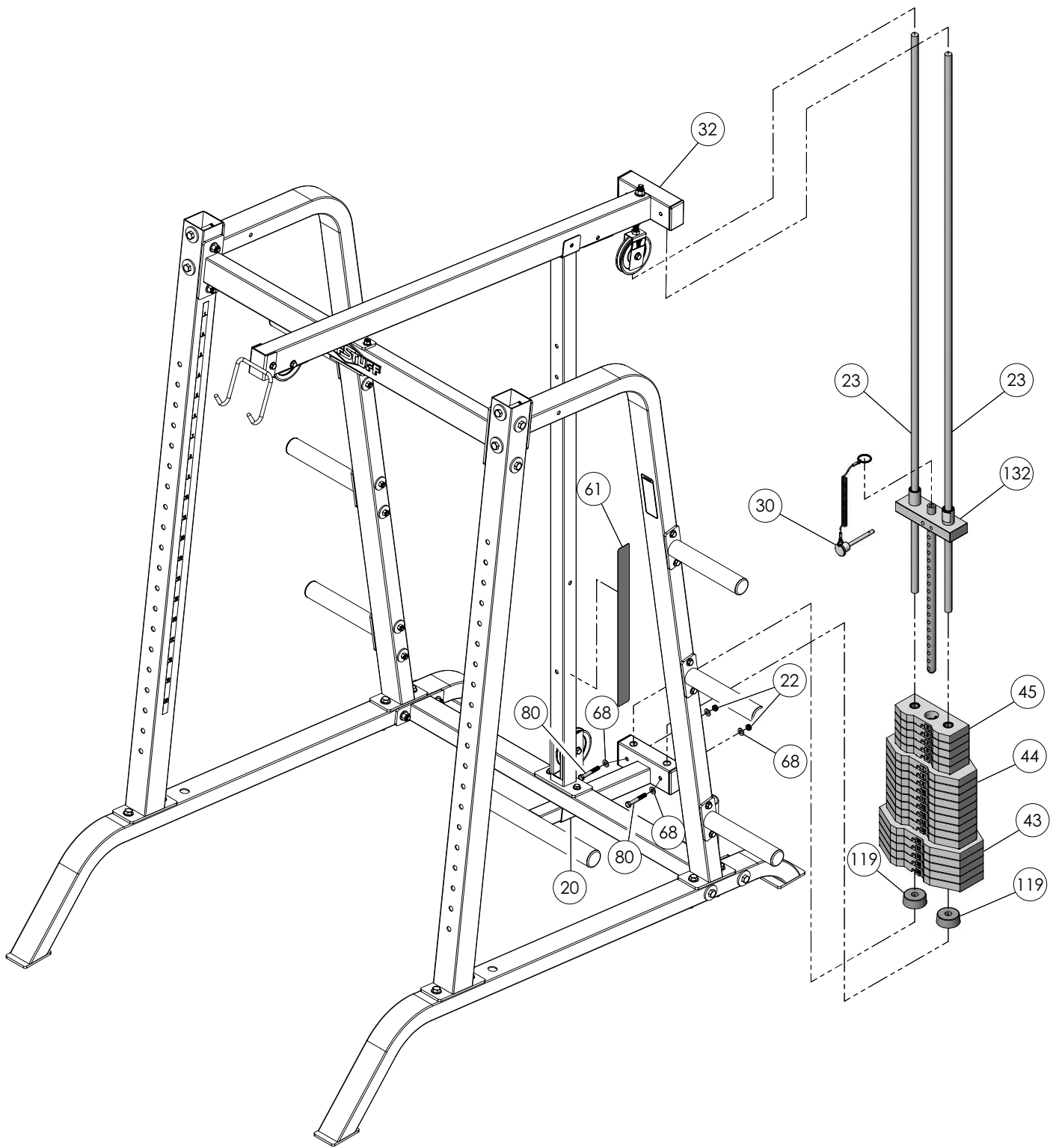
Assembly List		
Item #	Description	Qty.
21	CARRIAGE	1
23	CHROME SOLID GUIDE ROD 3/4 X 72	2
31	SPACER TUBE	2
66	FLAT WASHER B/O 3/4 X 2"	4
68	FLAT WASHER SAE 3/8"	4
80	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	2
110	PLASTIC INSERT CAP 1 7/8" RD.	2
119	RUBBER DONUT 3/4 X 2 1/2	2



Step 3 Assembling the Weight Stack (This step applies for SHW-440 only)

- A. Insert the **Guide Rods (#23)** into the receptacles of the **Bottom Assembly Holder (#20)**.
- B. Slide the Rubber Donuts (#119) onto the **Guide Rods (#23)**.
- C. Carefully begin sliding the Weight Plates (#43, #44, #45) onto the **Guide Rods (#23)** in the corresponding order . Begin with the Weight Plate labeled with a number 20, next Weight Plate labeled with number 19, and so on.
- D. Slide the Top Plate/Selector Bar (#132) onto the **Guide Rods (#23)** allowing it to come to rest on the completed Weight Stack.
- D. Locate the **Selector Pin w/Coil (#30)** and slide its ring over the Selector Bar (#132).
- E. Align the **Guide Rods (#23)** to the bottom holes of the **Top Assembly (#32)**. Next bring the **Guide Rods (#23)** up and lock them into position using two Hex Head Cap Screws 3/8-16 X 2 1/2 (#80), four Flat Washers SAE 3/8" (#68), and two Nylon Insert Jam Lock Nuts 3/8-16 (#100)

Assembly List		
Item #	Description	Qty.
23	CHROME SOLID GUIDE ROD 3/4 X 72	2
30	SELECTOR PIN W/COIL 3/8 X 4	1
43	15 LB WEIGHT PLATE	5
44	10 LB WEIGHT PLATE	9
45	5 LB WEIGHT PLATE	5
61	DECAL-WEIGHT NUMBERS REF	1
68	FLAT WASHER SAE 3/8"	4
80	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	2
100	NYLON INSERT JAM LOCK NUT 3/8-16	2
119	RUBBER DONUT 3/4 X 2 1/2	2
132	TOP PLATE/ SELECTOR BAR	1



SHF-430 CABLE MAPPING DIAGRAM

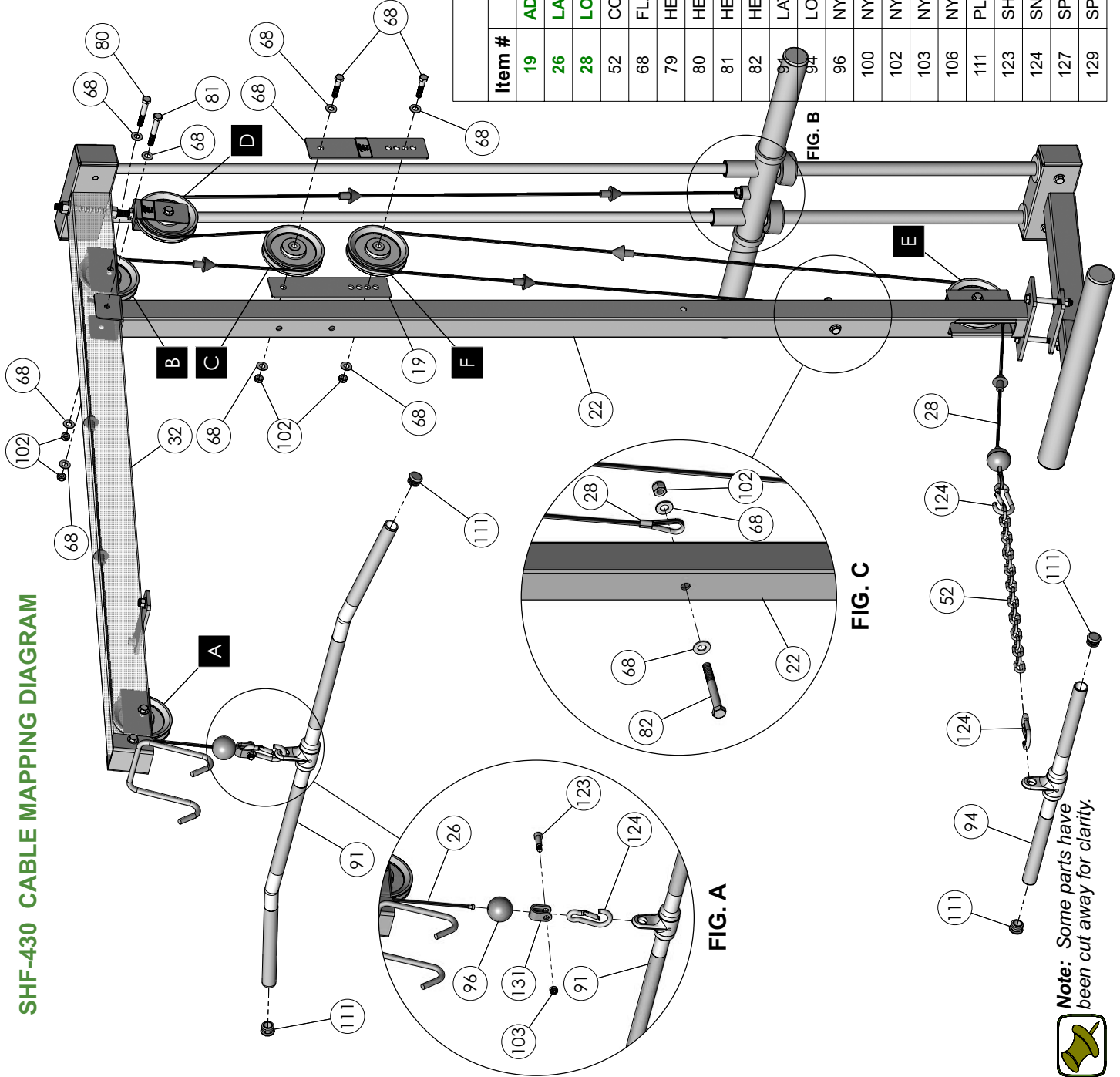


FIG. B

Item #	Description	Qty.
19	ADJ PULLEY PLATE 1/8 X 2 X 9	2
26	LAT CABLE	1
28	LOW ROW CABLE	1
52	COIL CHAIN 3/16 X 21"	1
68	FLAT WASHER SAE 3/8"	10
79	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	2
80	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	1
81	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	1
82	HEX HEAD CAP SCREW 3/8-16 X 3	1
91	LAT BAR CHROME 48"	1
94	LOW ROW BAR 20"	1
96	NYLON BALL 1 3/4 X 1/4	1
100	NYLON INSERT JAM LOCK NUT 3/8-16	4
102	NYLON INSERT LOCK NUT 3/8-16	1
103	NYLON INSERT LOCK NUT 5/16-18	1
106	NYLON PULLEY 4 1/2 RD.	3
111	PLASTIC INSERT CAP 1" RD.	4
123	SHOULDER BOLT 3/8 X 3/4	1
124	SNAP LINK 8MM X 80MM	3
127	SPLIT BOLT ZIP 1/2-13 X 1	1
129	SPLIT LOCK WASHER Z/P 1/2"	1

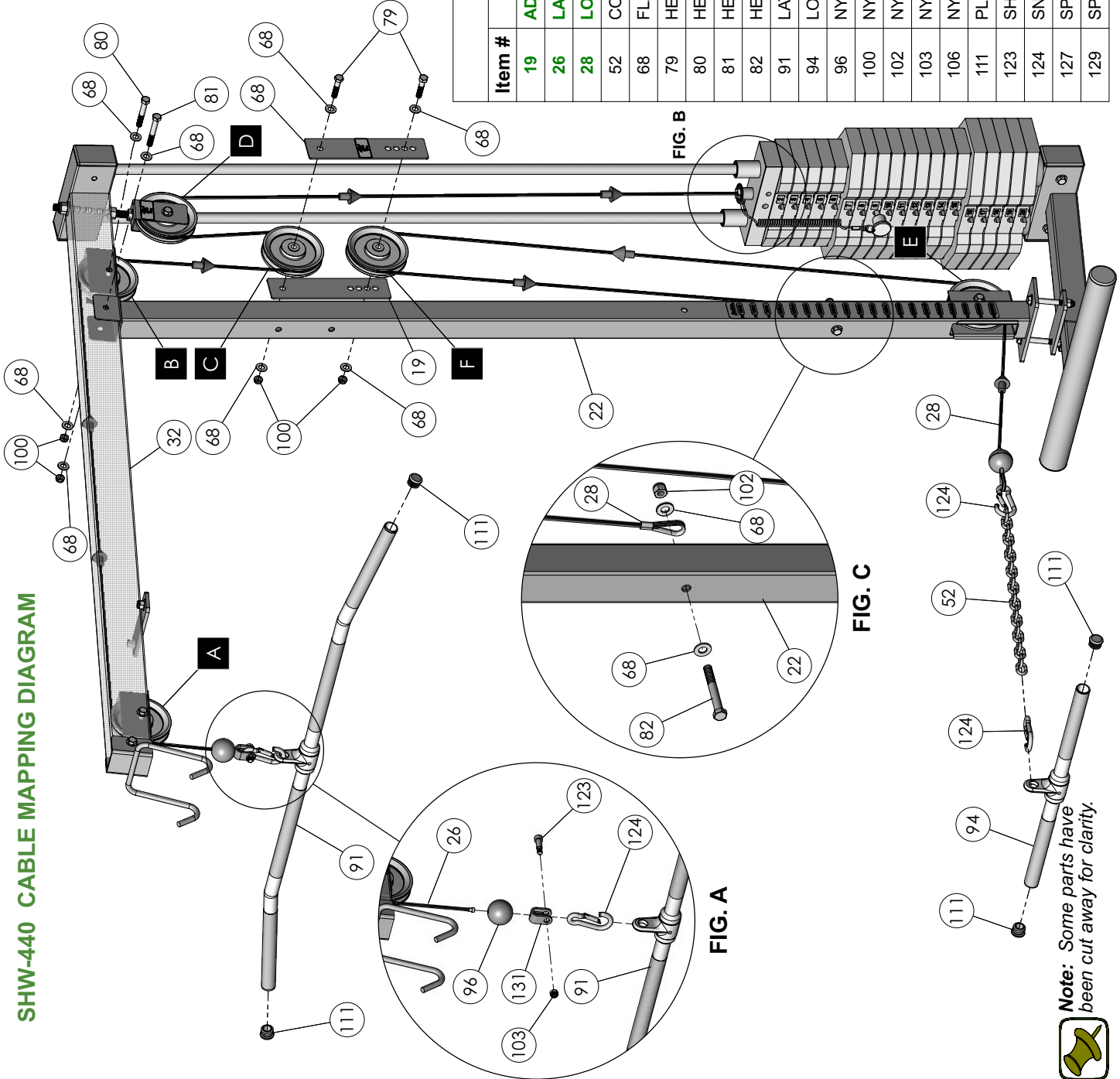
FIG. B

FIG. C

Note: Some parts have been cut away for clarity.



SHW-440 CABLE MAPPING DIAGRAM



Item #	Description	Qty.
19	ADJ PULLEY PLATE 1/8 X 2 X 9	2
26	LAT CABLE	1
28	LOW ROW CABLE	1
52	COIL CHAIN 3/16 X 21"	1
68	FLAT WASHER SAE 3/8"	10
79	HEX HEAD CAP SCREW 3/8-16 X 1 3/4	2
80	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	1
81	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	1
82	HEX HEAD CAP SCREW 3/8-16 X 3	1
91	LAT BAR CHROME 48"	1
94	LOW ROW BAR 20"	1
96	NYLON BALL 1 3/4 X 1/4	1
100	NYLON INSERT JAM LOCK NUT 3/8-16	4
102	NYLON INSERT LOCK NUT 3/8-16	1
103	NYLON INSERT LOCK NUT 5/16-18	1
106	NYLON PULLEY 4 1/2 RD.	3
111	PLASTIC INSERT CAP 1" RD.	4
123	SHOULDER BOLT 3/8 X 3/4	1
124	SNAP LINK 8MM X 80MM	3
127	SPLIT BOLT ZIP 1/2-13 X 1	1
129	SPLIT LOCK WASHER Z/P 1/2"	1



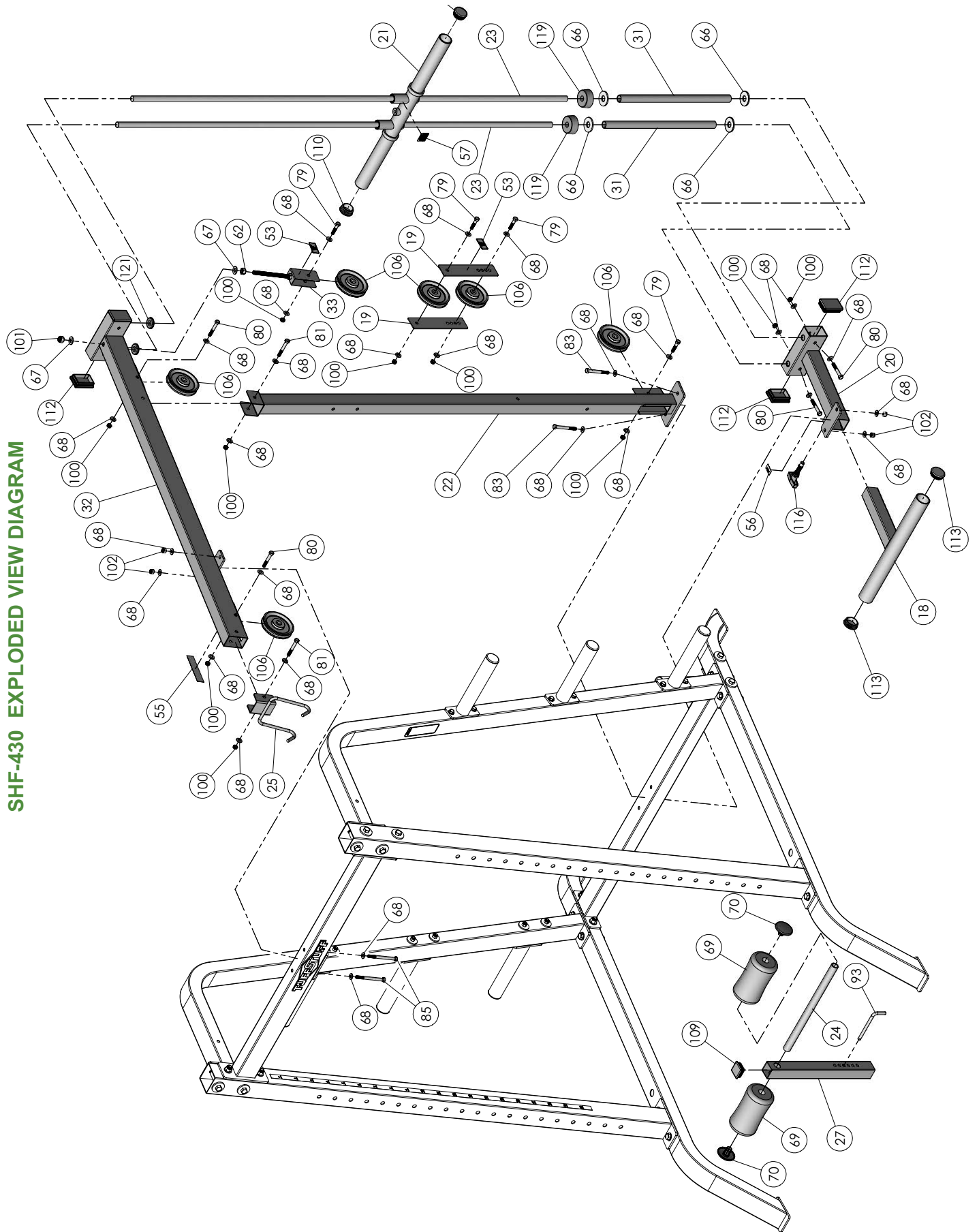
Note: Some parts have been cut away for clarity.

SHF-430
Parts List

COLOR CHART
GRAY= SUB-ASSEMBLY PARTS
BLACK= HARDWARE

Item	Description	Part No.	Qty	Item	Description	Part No.	Qty
18	ADJUSTABLE FOOT SUPPORT	UP2213	1	82	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	1
19	ADJUSTABLE PULLEY PLATE 1/8 X 2 X 9	UP0092	2	83	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	2
20	BOTTOM ASSEMBLY HOLDER	UP3492	1	85	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	BNH0317	2
21	CARRIAGE	UP0540	1	86	HEX KEY 3/16"	BNH0371	1
22	CENTER UPRIGHT	UP2212	1	91	LAT BAR CHROME 48"	BNH0295	1
23	CHROME SOLID GUIDE ROD 3/4 X 72	UP0124	2	93	L-LOCKING PIN	BNH0045	1
24	FOOT ROLL TUBE	UP0053	1	94	LOW ROW BAR 20"	BNH0294	1
25	LAT BAR HOLDER	UP2215	1	96	NYLON BALL 1 3/4 X 1/4	BNH0047	2
26	LAT CABLE	UP3493	1	97	NYLON BUSHING	BNH0532	4
27	LEG HOLD-DOWN TUBE	UP0266	1	100	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	10
28	LOW ROW CABLE	UP2217	1	101	NYLON INSERT LOCK NUT 1/2-13	BNH0212	1
31	SPACER TUBE	UP0549	2	102	NYLON INSERT LOCK NUT 3/8-16	BNH0214	5
32	TOP ASSEMBLY	UP3491	1	103	NYLON INSERT LOCK NUT 5/16-18	BNH0203	1
33	TOP CABLE ADJUSTER BRACKET	UP0552	1	106	NYLON PULLEY 4 1/2 RD.	BNH0556	6
52	COIL CHAIN 3/16 X 21"	BNH0017	1	109	PLASTIC INSERT CAP 1 3/4" SQ.	BNH0053	1
53	DECAL-ADJUST CABLE HERE	BNH0789	2	110	PLASTIC INSERT CAP 1 7/8" RD.	BNH0003	2
55	DECAL-CAUTION LAT BAR HOLDER 5 X 1	BNH0140	1	111	PLASTIC INSERT CAP 1" RD.	BNH0002	4
56	DECAL-DANGER TIGHTEN THIS RET ..., 3/4 X 1 1/2	BNH0142	1	112	PLASTIC INSERT CAP 2 X 3	BNH0052	4
57	DECAL-FOR BEST PERFORMANCE 1 1/4 X 1 1/2	BNH0143	1	113	PLASTIC INSERT CAP 2" RD.	BNH0004	2
62	FINISHED HEX NUT 1/2"	BNH0201	1	116	PUSH-PULL PIN 1/2"	BNH0542	1
66	FLAT WASHER B/O 3/4 X 2"	BNH0878	4	119	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
67	FLAT WASHER SAE 1/2"	BNH0238	2	121	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2
68	FLAT WASHER SAE 3/8"	BNH0239	30	123	SHOULDER BOLT 3/8 X 3/4	BNH0718	1
69	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	2	124	SNAP LINK 8MM X 80MM	BNH0065	3
70	FOOT ROLL PLASTIC END CAP 1"	BNH0397	2	127	SPLIT BOLT Z/P 1/2-13 X 1	BNH0479	1
79	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	4	129	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	1
80	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/2	BNH0276	2	131	STRAP BRACKET #20	BNH0562	1
81	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	BNH0278	2				

SHF-430 EXPLODED VIEW DIAGRAM

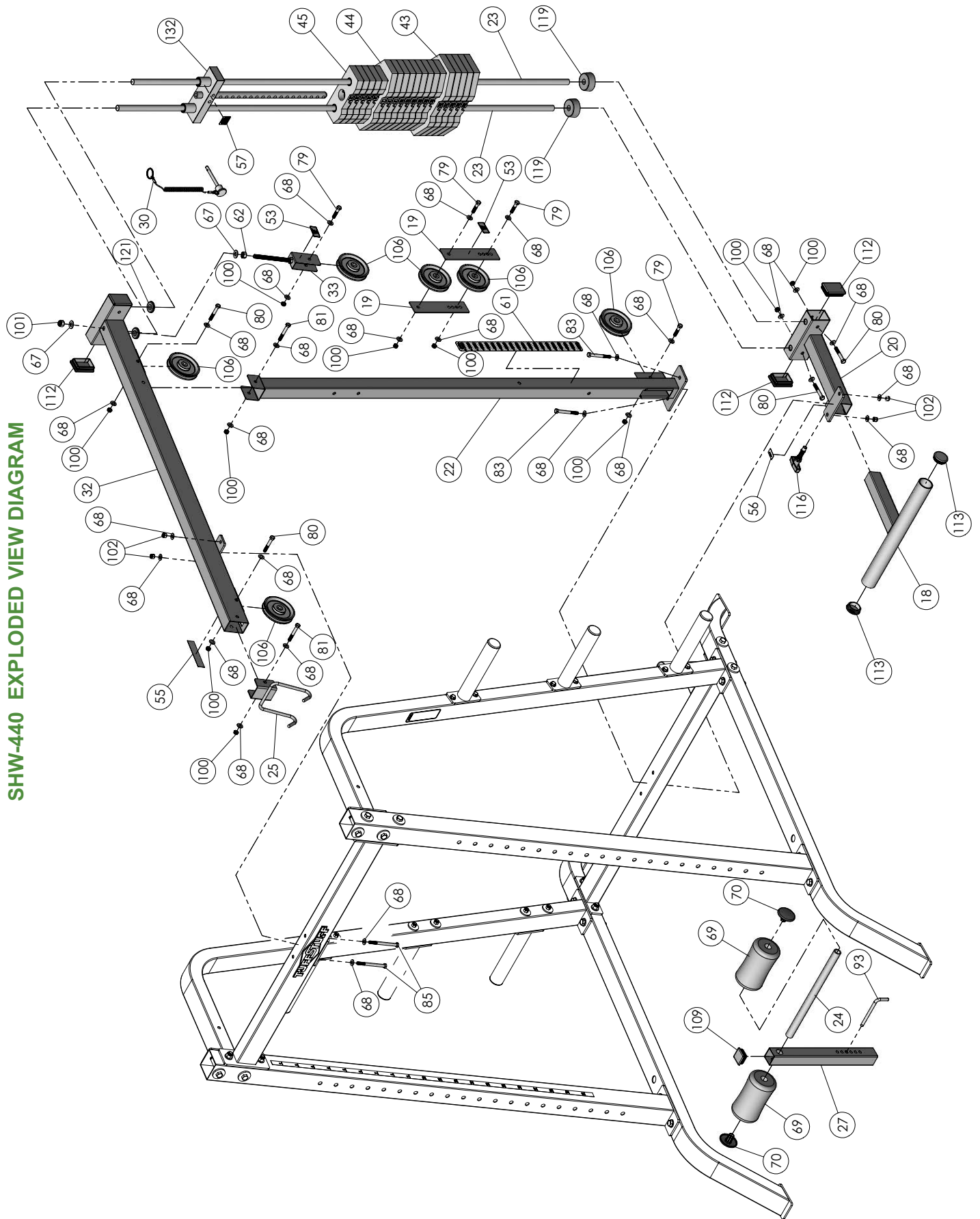


SHW-440
Parts List

COLOR CHART
GRAY= SUB-ASSEMBLY PARTS
BLACK= HARDWARE

Item	Description	Part No.	Qty	Item	Description	Part No.	Qty
18	ADJUSTABLE FOOT SUPPORT	UP2213	1	80	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/2	BNH0276	4
19	ADJUSTABLE PULLEY PLATE 1/8 X 2 X 9	UP0092	2	81	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 3/4	BNH0278	2
20	BOTTOM ASSEMBLY HOLDER	UP3492	1	82	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	1
22	CENTER UPRIGHT	UP2212	1	83	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/4	BNH0312	2
23	CHROME SOLID GUIDE ROD 3/4 X 72	UP0124	2	85	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	BNH0317	2
24	FOOT ROLL TUBE	UP0053	1	86	HEX KEY 3/16"	BNH0371	1
25	LAT BAR HOLDER	UP2215	1	91	LAT BAR CHROME 48"	BNH0295	1
26	LAT CABLE	UP3493	1	93	L-LOCKING PIN	BNH0045	1
27	LEG HOLD-DOWN TUBE	UP0266	1	94	LOW ROW BAR 20"	BNH0294	1
28	LOW ROW CABLE	UP2217	1	96	NYLON BALL 1 3/4 X 1/4	BNH0047	2
30	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	UP3035	1	100	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	10
32	TOP ASSEMBLY	UP3491	1	101	NYLON INSERT LOCK NUT 1/2-13	BNH0212	1
33	TOP CABLE ADJUSTER BRACKET	UP0552	1	102	NYLON INSERT LOCK NUT 3/8-16	BNH0214	5
43	15 LB WEIGHT PLATE	BNH0926	5	103	NYLON INSERT LOCK NUT 5/16-18	BNH0203	1
44	10 LB WEIGHT PLATE	BNH0904	9	106	NYLON PULLEY 4 1/2 RD.	BNH0556	6
45	5 LB WEIGHT PLATE	BNH0927	5	109	PLASTIC INSERT CAP 1 3/4" SQ.	BNH0053	1
52	COIL CHAIN 3/16 X 21"	BNH0017	1	111	PLASTIC INSERT CAP 1" RD.	BNH0002	4
53	DECAL-ADJUST CABLE HERE	BNH0789	2	112	PLASTIC INSERT CAP 2 X 3	BNH0052	4
55	DECAL-CAUTION LAT BAR HOLDER 5 X 1	BNH0140	1	113	PLASTIC INSERT CAP 2" RD.	BNH0004	2
56	DECAL-DANGER TIGHTEN THIS RET... 3/4 X 1 1/2	BNH0142	1	116	PUSH-PULL PIN 1/2"	BNH0542	1
57	DECAL-FOR BEST PERFORMANCE 1 1/4 X 1 1/2	BNH0143	1	119	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
60	DECAL-WEIGHT NUMBERS	BNH1525	1	121	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2
61	DECAL-WEIGHT NUMBERS REF TP-20 (5,10,15 LBS)	BNH1542	1	123	SHOULDER BOLT 3/8 X 3/4	BNH0718	1
62	FINISHED HEX NUT 1/2"	BNH0201	1	124	SNAP LINK 8MM X 80MM	BNH0065	3
67	FLAT WASHER SAE 1/2"	BNH0238	2	127	SPLIT BOLT Z/P 1/2-13 X 1	BNH0479	1
68	FLAT WASHER SAE 3/8"	BNH0239	30	129	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	1
69	FOAM FOOT ROLL 7 X 4 X 1	BNH0043	2	131	STRAP BRACKET #20	BNH0562	1
70	FOOT ROLL PLASTIC END CAP 1"	BNH0397	2	132	TOP PLATE/SELECTOR BAR	BNH0876	1
79	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	4				

SHW-440 EXPLODED VIEW DIAGRAM



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.

1325 E. Franklin Ave., Pomona, CA 91766

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

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