

## Contact

### Benelux

Accell Fitness Benelux  
Koningsbeltweg 51  
1329 AE ALMERE  
The Netherlands  
Tel: +31 36 5460050  
Fax: + 31 36 5460055

### Scandinavia

Accell Fitness Scandinavia  
Varusmestarintie 26  
20361 TURKU  
Finland  
Tel: +358 10 2733 200  
Fax: +358 2513 313

### Germany

Accell Fitness Deutschland  
P/a Koningsbeltweg 51  
1329 AE ALMERE  
The Netherlands  
Tel: +31 36 5460050  
Fax: + 31 36 5460055

### North America

Accell Fitness North America Inc.  
130 Hayward Ave, Suite 2  
N2C 2E4  
Kitchener, ON Canada  
Tel: 1-888-388-6887  
Fax: 1-519-576-2521

[www.accellfitness.com](http://www.accellfitness.com)  
[www.tunturi.com](http://www.tunturi.com)

Revision 0

September 2010

# Platinum<sup>®</sup>

by TUNTURI

## Lower Body Unit Owner's Manual



Record Serial Number Here

Date of Purchase

Platinum by Tunturi  
[www.tunturi.com](http://www.tunturi.com)

## Instructions

Congratulations on the purchase of your new Platinum 4 Lower Body Station. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Platinum by Tunturi strives to build the best quality multi-station gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Tunturi dealer.

## Warning

Platinum by Tunturi has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

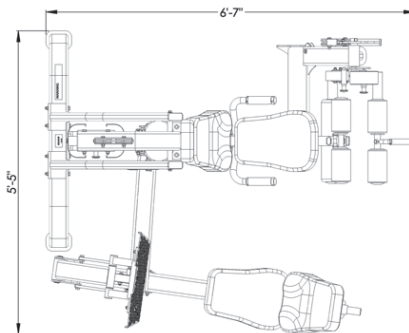
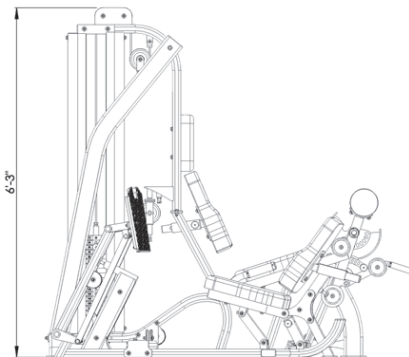
**WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.**

- 1) It is essential that you consult with your physician before beginning any exercise program.
- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine TUNTURI replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the gym. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this gym.
- 6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call your local PLATINUM BY TUNTURI distributor or PLATINUM BY TUNTURI at [www.tunturi.com](http://www.tunturi.com)

## Table of Contents

	Page		Page
Instructions	2	Leg Press Cable Routing	25-27
Parts Listing	3-5	Weight Stack Decals and Serial Number	28
Hardware Comparison	6-9	Cable Tension, Adjustment, and Comparison	29-31
Main Frame Assembly	10-14	Final Assembly and Troubleshooting	32
Cable Routing	15-18	Maintenance	33
Upholstery	19-20	Floor plan Layout	34-35
Leg Press Option	21-24	Contact	36

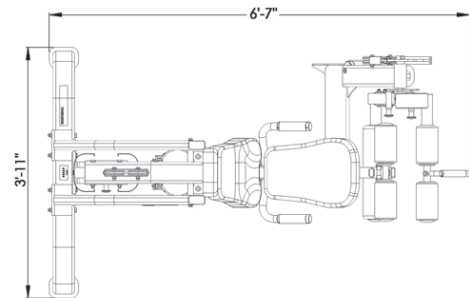
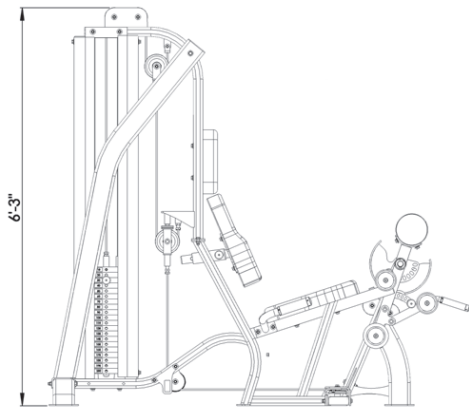
Platinum by Tunturi 2 4 in 1 Strength Station Lower Body Owner's Manual



## Layout Diagram with Leg Press

The Platinum with Leg Press has a layout dimension of 5'-5" (width) x 6'-7" (length) x 6'-3" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.

[www.tunturi.com](http://www.tunturi.com) 35 4 in 1 Strength Station Lower Body Unit Owner's Manual



## Layout Diagram without Leg Press

The Platinum without Leg Press has a layout dimension of 3'-11" (width) x 6' x 7" (length) x 6'-3" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.

## Frame Components

ITEM NO.	DESCRIPTION	QTY
1	Right and Left Vertical Support	2
2	Middle Base	1
3	Rear Base	1
4	Upper Frame	1
5	Large Flat Leveler	2
6	Guide Rod Holder	1
7	Shroud	2
8	Guide Rod	2
9	Weight Plate	19
10	Rubber Donut	2
11	Top Weight Plate	1
12	Leg Extension Curl Frame	1
13	8" Anti Deflection Plate	1
14	Knee Alignment Roller	1
15	Leg Extension Shaft	1
16	Leg Extension Cam Assembly	1
17	Axle	1

ITEM NO.	DESCRIPTION	QTY
18	Leg Extension Arm Assembly	1
19	Knee Hold Down Assembly	1
20	Axle	1
21	Criss-Cross Free Floater	1
22	Lower Pulley Holder	2
23	Cable Tie Out Plate	1
24	3-1/2 Pulley Cover	1
25	Spacer	1
26	Knee Hold Down Handle	1
27	6" Counter Weight	1
28	Right Handle	1
29	Left Handle	1
30	Back Chrome Adjustment	1
31	Knee Hold Down Adjustment Plate	1
32	T-Shaped Plate	1
33	Pulley Holder Connector Plate	1
34	3-1/2" Double Pulley Cover	1

## Accessories

ITEM NO.	DESCRIPTION	QTY
35	Weight Stack Pin	1

## Upholstery

ITEM NO.	DESCRIPTION	QTY
36	Large Bottom Pad	1
37	Head Pad	1
38	Back Pad With Lumbar	1
39	Large Roller	1
40	7" Roller	4

## Cables

ITEM NO.	DESCRIPTION	QTY
41	Weight Stack to Cable Tie Out	1
42	Platinum Free Floater Cable	1
43	Platinum Tie Out Cable	1
44	Platinum Leg Extension Cable	1

## Hardware

ITEM NO.	DESCRIPTION	QTY
45	HCS 3/8"-16 x 2-1/2" P5	3
46	HCS 3/8"-16 x 1-1/4" P5	4
47	HCS 3/8"-16 x 5" P5	4
48	HCS 3/8"-16 x 5-1/4" P5	4
49	FHSCS 3/8"-16 x 3/4" P5	2
50	HCS 3/8"-16 x 1/2" P5	4
51	HCS 3/8"-16 x 3/4" P5	2
52	FHSCS 3/8"-16 x 1" P5	2
53	HCS 3/8"-16 x 5-1/2" P5	2
54	1" Snap Ring	3
55	Wavy Washer	3
56	HCS 3/8"-16 x 2" P5	1
57	FHSCS 5/16"-18 x 1" P5	2
58	HCS 3/8"-16 x 3" P5	5
59	4-1/2" Pulley	4
60	3-1/2" Pulley	7
61	5/16" Nylock	2
62	HCS 3/8"-16 x 2-1/4" P5	9
63	1-1/4" Shoulder Bolt	2
64	HCS 3/8"-16 x 1-3/4" P5	2
65	3/8" Pulley Spacer	2
66	Upholstery Cap	4
67	3" Plastic Washer	4
68	BHSCS 3/8"-16 x 3/4" P5	4
69	Curved Washer	4
70	HCS 3/8"-16 x 1" P5	2
71	HCS 3/8"-16 x 2-3/4" P5	2
72	HCS 3/8"-16 x 3-1/4" P5	2
73	3/8" Flat Washer	69
74	3/8" Nylock	31
75	3/8" Lock Washer	17
76	Weight Stack Decals	1
77	Silicon gel Pack	1

## Preventive Maintenance

Platinum by Tunturi strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

Clean upholstery, grips, and roller pads with mild soap and water generally after every use. The guide rods, chrome slides and frame should be cleaned with a cotton cloth. Upon cleaning the guide rods, a thin layer of Silicone or Teflon gel should be applied to each rod to ensure a glass smooth performance.

An overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. The cables and cable systems should be inspected for signs of wear and proper tension. In order to check cables properly you should carefully run the cable through your fingertips, checking for signs of wear, cracks, burs and thinning spots. Replace any part at first signs of wear. Cables should be adjusted for proper tension. See assembly instructions for this detail. All hardware, stops, and adjustments should be checked and tightened as required.

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod. Each pillow block bearing and flange bearing has a grease fittings that must be lubricated regularly. Use general purpose bearing grease and follow the schedule below.

Although cables should be inspected daily, it is important that ALL cables be replaced as directed in the schedule below. Please note that at any first sign of wear the cable should be replaced immediately.

If there are any questions concerning maintenance, please contact your local Tunturi dealer or contact Platinum by Tunturidirectly at:

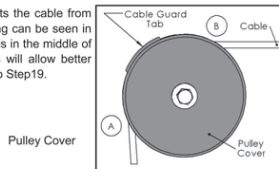
www.tunturi.com

	Daily	Weekly	Monthly	Quarterly	Years
<b>Clean</b>					
Upholstery		X			
Hand Grips		X			
Roller Pads		X			
Guide Rods			X		
Chrome Slides			X		
Frame			X		
<b>Inspect</b>					
Overall	X				
Safety Decals	X				
Cables	X				
Cable Tension			X		
Pulleys	X				
Hardware	X				
Stops	X				
Upholstery	X				
Hand Grips			X		
Frame			X		
Bushings		X			
Bearings		X			
<b>Lubricate</b>					
Guide Rods			X		
Bearings					1
<b>Replace</b>					
Cables					3

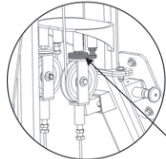
## Final Assembly and Troubleshooting

### IMPORTANT - Check These Components Before Using Gym:

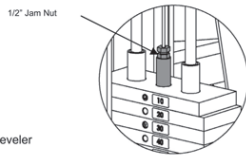
- Position the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of its track on the 3 1/2" Pulley. An example of this positioning can be seen in the figure to the right. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 3 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab. Refer to Step19.



- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection. Refer to Steps 6, and 7. See Figures below.



Free Floater w/ Lockout



Top Plate

## Leg Press Components

ITEM NO.	DESCRIPTION	Qty
76	Foot Plate	1
77	Bench Frame Plate	2
78	Chrome Pad Adjustment	1
79	Leg Press Connector Assembly	1
80	Foot Plate Pivot	1
81	Leg Press Pivot Arm	1
82	Chrome Adjustment	1
83	6" Telespar	1

ITEM NO.	DESCRIPTION	Qty
84	Back Seat Frame	1
85	Bottom Seat Frame	1
86	Leg Press Frame	1
87	Four Bar	2
88	9 1/2" Shaft	1
89	5 3/4" Shaft	1
90	2 1/32" Axle	3
91	3 1/32" Axle	1
92	Front Pivot	1

## Leg Press Hardware

ITEM NO.	DESCRIPTION	Qty
93	HCS 3/8"-16 X 1 1/4" P5	2
94	HCS 3/8"-16 X 2" P5	2
95	HCS 3/8"-16 X 2 1/2" P5	2
96	HCS 3/8"-16 X 3" P5	2
97	HCS 3/8"-16 X 3/4" P5	8
98	HCS 3/8"-16 X 3 1/2" P5	2
100	BHSCS M10 X 4 3/8" P5	1
101	FHSCS 3/8"-16 X 2 1/4"	3
102	3/8" Flat Washer (Black)	33
103	3/8" Lock Washer (Black)	5
104	3/8"-16 Jam Nut (Zinc)	3
105	3/8"-16 Nylock (Black)	15
106	1" Snap Ring	4

ITEM NO.	DESCRIPTION	Qty
109	3 1/2" Pulley	5
110	3/8" x 1 31/32" Shoulder Bolt	2
111	1 1/4" Shoulder Bolt	1
113	Beveled Leveler	1
114	5/16"-18 Nylock (Black)	1
115	HCS 3/8"-16 X 5 1/4" P5	4
116	HCS 3/8"-16 X1 3/4" P5	1
117	3/8" Pulley Spacer	5
118	3/8" X 1 3/4" Shoulder Bolt	2
119	1/2" Jam Nut	1
120	Large Flat Leveler	1
122	Sleeve	2

## Cables

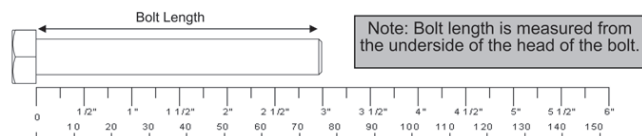
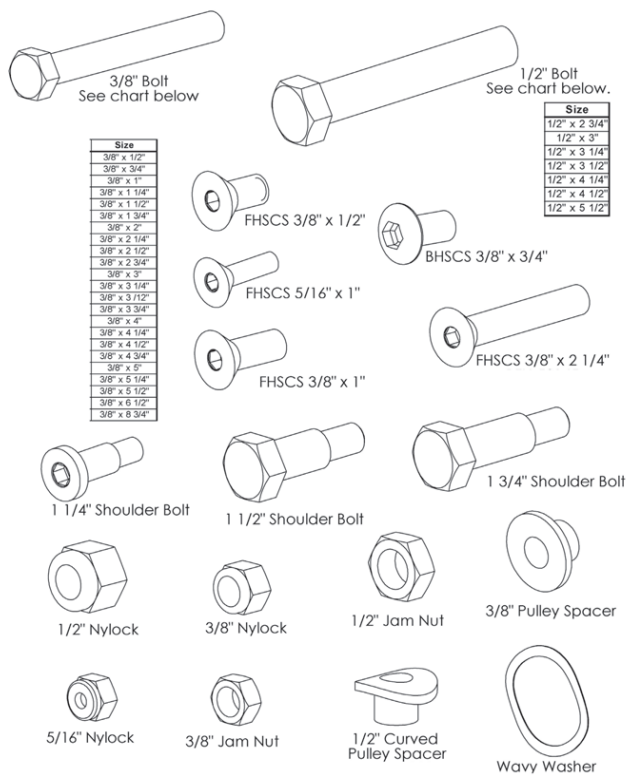
ITEM NO.	DESCRIPTION	Qty
123	Platinum Leg Press Cable	1

## Upholstery

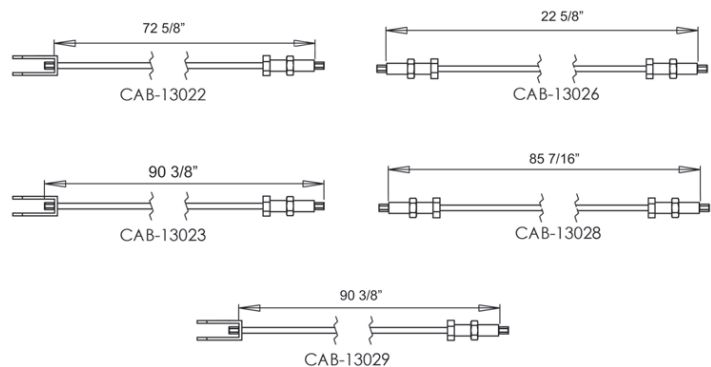
ITEM NO.	DESCRIPTION	Qty
124	Large Bottom Pad	1
125	Back Pad With Lumbar	1

## Tools Required

- 1/2" Wrench
- 9/16" Wrench
- 9/16" Ratchet
- 3/4" Wrench
- 3/4" Ratchet
- Allen Wrench Set
- Tape Measure
- Snap Ring Pliers



## Cable Comparison Chart

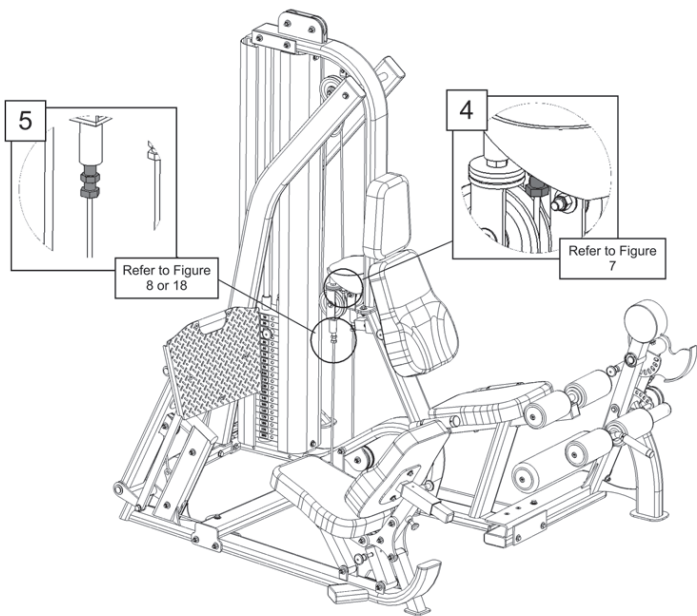


## Cables

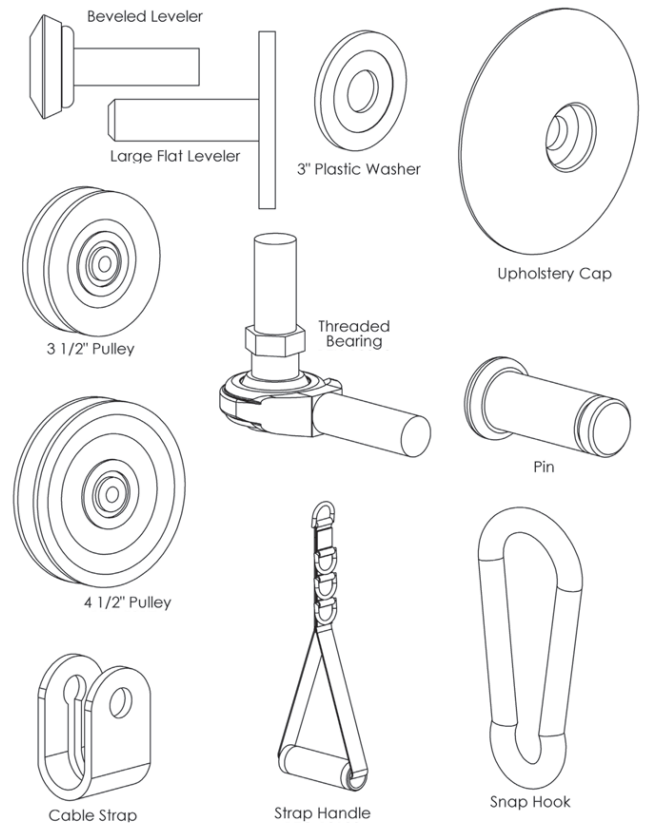
ITEM NO.	DESCRIPTION	QTY
41	Weight Stack to Cable Tie Out	1
42	Platinum Free Floater Cable	1
43	Platinum Tie Out Cable	1
44	Platinum Leg Extension Cable	1
123	Platinum Leg Press Cable	1

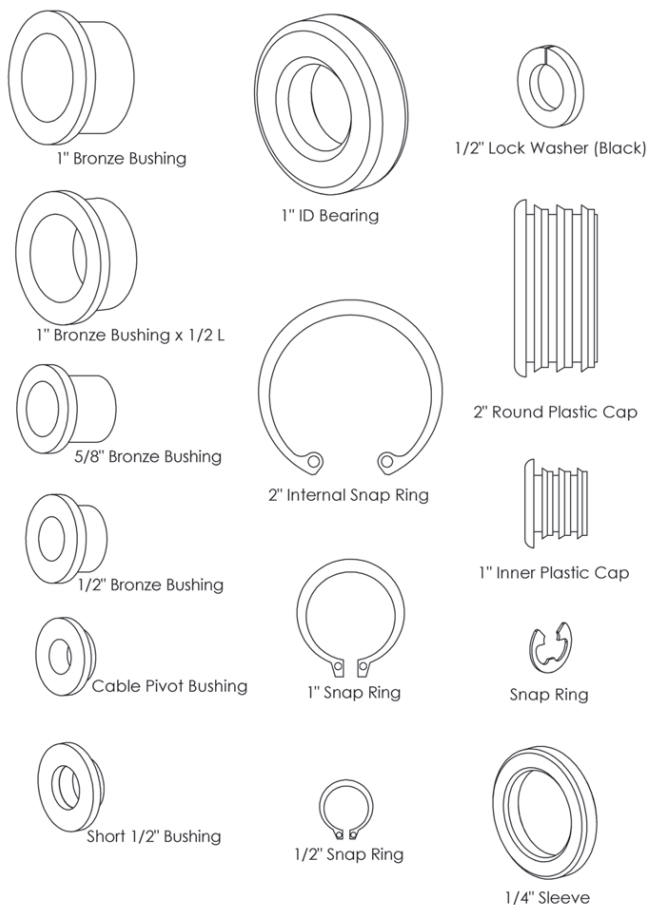


Note: Cables CAB-13022, CAB-13023, and CAB-13029 have removable Cable Strap (BFH- 50227) ends to make cable routing easier. The Cable Strap ends can be found packaged with the hardware.



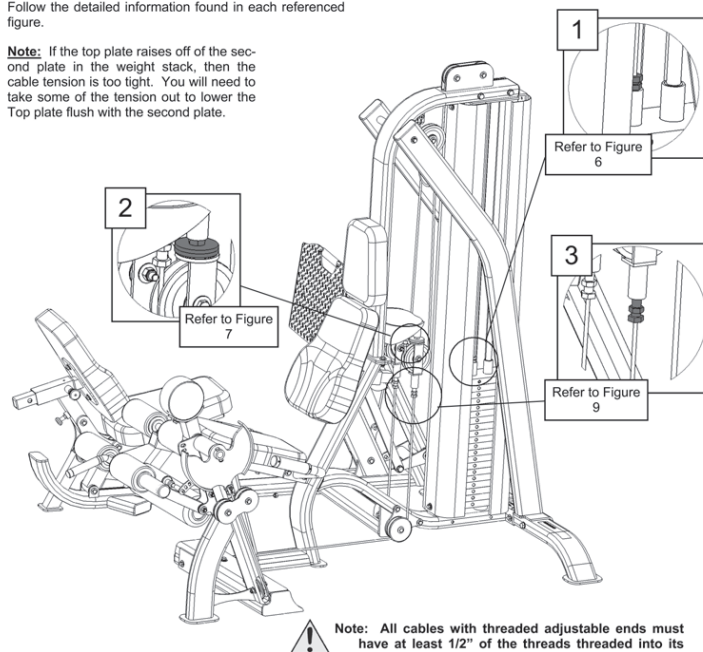
**Note:** All levelers should have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 3/8" Jam Nut be wrench tightened to the counterpart to ensure that the leveler does not back out of the counterpart.





## Cable Adjustments

- **Adjust** cables to proper tension from any of the locations shown below.
- **How to Begin:** In order to get the proper tension in your cables, it is recommended that you follow the sequence 1-5 as shown on pages 29 and 30. The numbers for this sequence can be found in the upper left corner of each of the detailed views. Each detailed view below will refer you to the original Figure for more detailed information. Follow the detailed information found in each referenced figure.
- **Note:** If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.

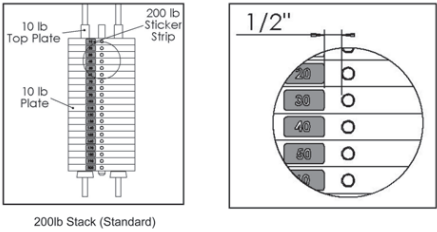


**Note:** All cables with threaded adjustable ends must have at least 1/2" of the threads threaded into its counterpart. It is very important that the 1/2" Jam Nut be wrench tightened to the counterpart to ensure that the threaded adjustable end of the cable does not back out of its counterpart.



Step 19:

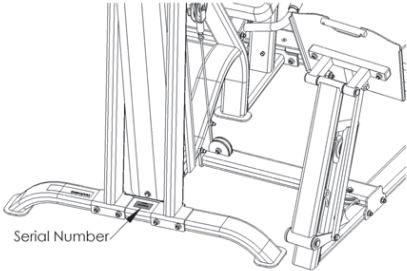
Weight Stack Decals:



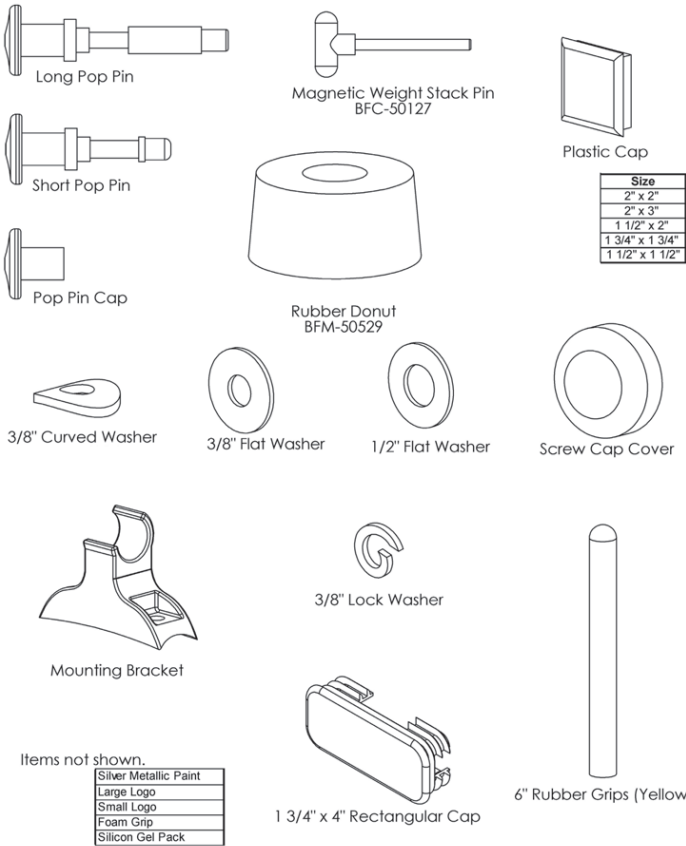
Guide Rod Lubrication:

- Clean guide rods with a lint-free cloth and apply a thin layer of silicon lubricant to each guide rod. This will ensure a glass smooth performance from your weight stack.

Serial Number:



- Record** your serial number on the front of this manual and keep for your records. The serial number can be found on the back of the cage as seen in the figure.





PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

#### Step 1:



Note: For a more consistent appearance, position all bolts in the direction shown in each figure.

- All Flat Washers and Nylocks are 3/8"

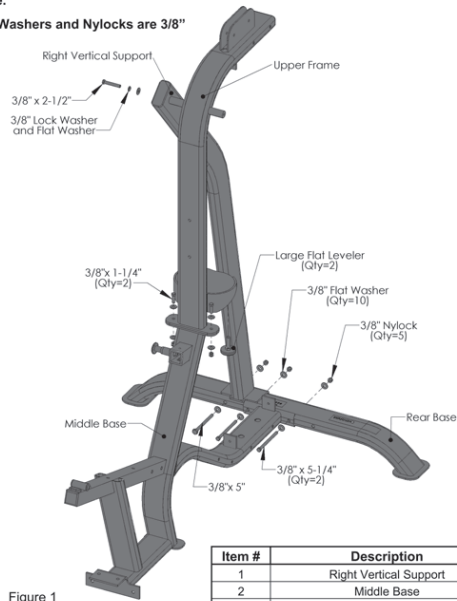


Figure 1

Do Not Tighten Hardware Until Next Step

Item #	Description	Qty
1	Right Vertical Support	1
2	Middle Base	1
3	Rear Base	1
4	Upper Frame	1
5	Large Flat Leveler	2
45	HCS 3/8\"-16 x 2 1/2	1
46	HCS 3/8\"-16 x 1 1/4	2
47	HCS 3/8\"-16 x 5"	1
48	HCS 3/8\"-16 X 5 1/4"	2
73	3/8" Flat Washer	11
74	3/8" Nylock	5
75	3/8" Lock Washer	1

#### Step 18:

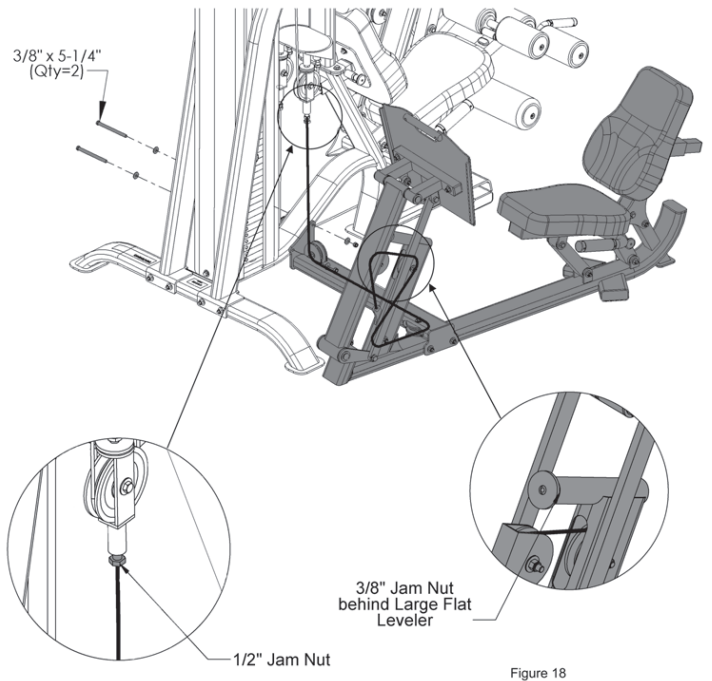


Figure 18

Note: Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment.

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Description	Qty
102	3/8" Flat Washer (Black)	4
104	3/8\"-16 Jam Nut	1
105	3/8\"-16 Nylock (Black)	2
115	HCS 3/8\"-16 X 5 1/4" P5	2
119	1/2" Jam Nut	1

Step 17:

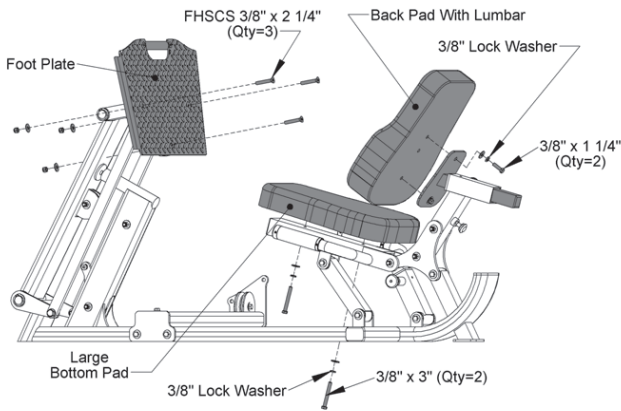


Figure 17

Item #	Description	Qty
76	Foot Plate	1
93	HCS 3/8"-16 X 1 1/4" P5	2
96	HCS 3/8"-16 X 3" P5	2
101	FHSCS 3/8"-16 X 2 1/4"	3
102	3/8" Flat Washer (Black)	4
103	3/8" Lock Washer (Black)	4
105	3/8"-16 Nylock (Black)	3
124	Large Bottom Pad	1
125	Back Pad With Lumbar	1

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 2:

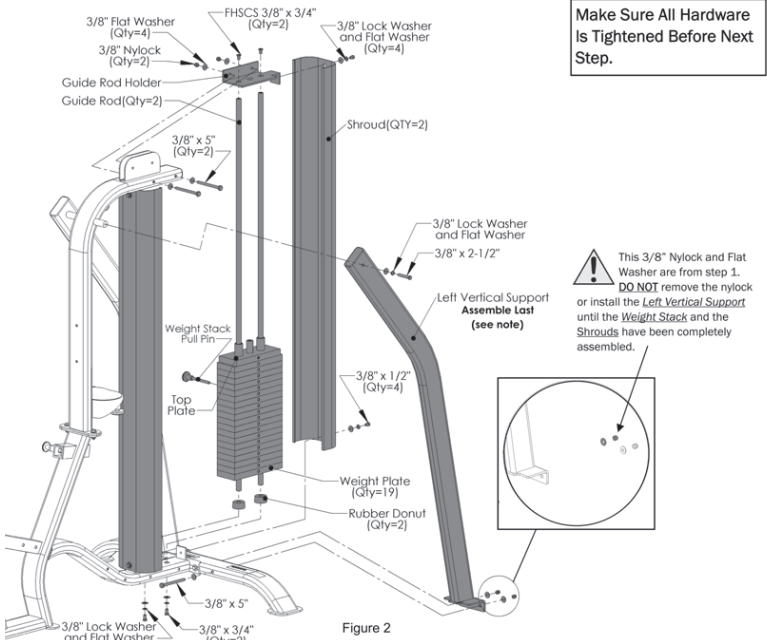


Figure 2

Item #	Description	Qty
1	Left Vertical Support	1
6	Guide Rod Holder	1
7	Shroud	2
8	Guide Rod	2
9	Weight Plate	19
10	Rubber Donut	2
11	Top Weight Plate	1
35	Weight Stack Pin	1

Item #	Description	Qty
45	HCS 3/8"-16 x 2-1/2"	1
47	HCS 3/8"-16 x 5"	3
49	FHSCS 3/8"-16 x 3/4"	2
50	HCS 3/8"-16 x 1/2"	4
51	HCS 3/8"-16 x 3/4"	2
73	3/8" Flat Washer	13
74	3/8" Nylock	3
75	3/8" Lock Washer	7

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 3:

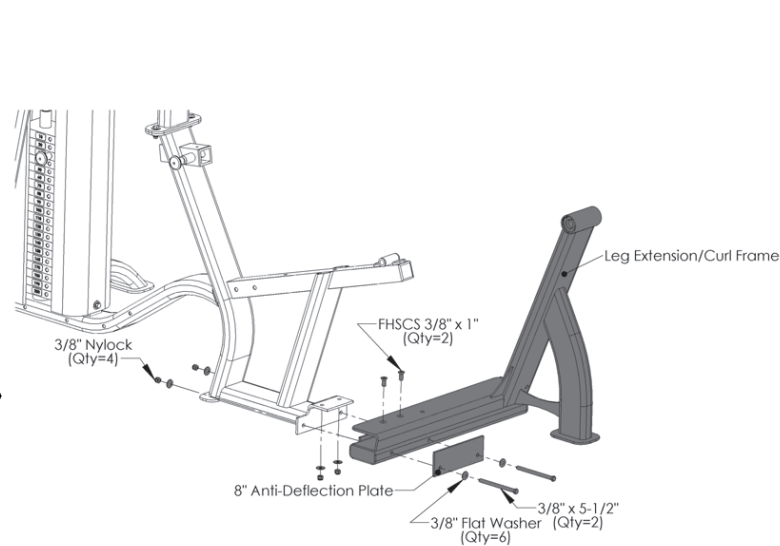


Figure 3

Item #	Description	Qty
12	Leg Extension Curl Frame	1
13	8" Anti Deflection Plate	1
52	FHSCS 3/8"-16 x 1"	2
53	HCS 3/8"-16 x 5 1/2"	2
73	3/8" Flat Washer	6
74	3/8" Nylock	4

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 16:

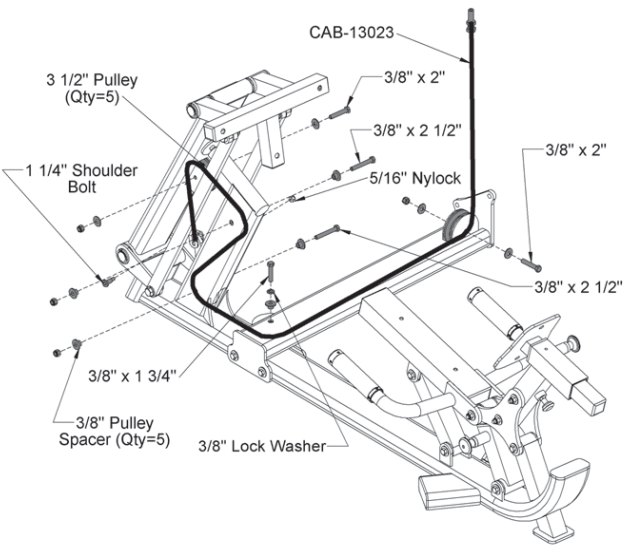
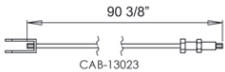


Figure 16



Item #	Description	Qty
94	HCS 3/8"-16 X 2" P5	2
95	HCS 3/8"-16 X 2 1/2" P5	2
102	3/8" Flat Washer (Black)	4
103	3/8" Lock Washer (Black)	1
105	3/8"-16 Nylock (Black)	4
109	3 1/2" Pulley	5
111	1 1/4" Shoulder Bolt	1
114	5/16"-18 Nylock (Black)	1
116	HCS 3/8"-16 1 3/4" P5	1
117	3/8" Pulley Spacer	5
123	Platinum Leg Press Cable	1

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 15:

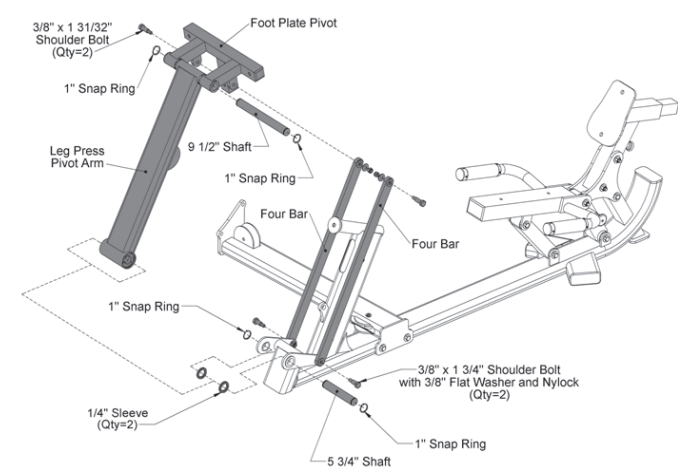


Figure 15

Item #	Description	Qty
80	Foot Plate Pivot	1
81	Leg Press Pivot Arm	1
87	Four Bar	2
88	9 1/2" Shaft	1
89	5 3/4" Shaft	1
102	3/8" Flat Washer (Black)	4
105	3/8"-16 Nylock (Black)	4
106	1" Snap Ring	4
110	3/8" x 1 31/32" Shoulder Bolt	2
118	3/8" x 1 3/4" Shoulder Bolt	2
122	1/4" Sleeve	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 4:

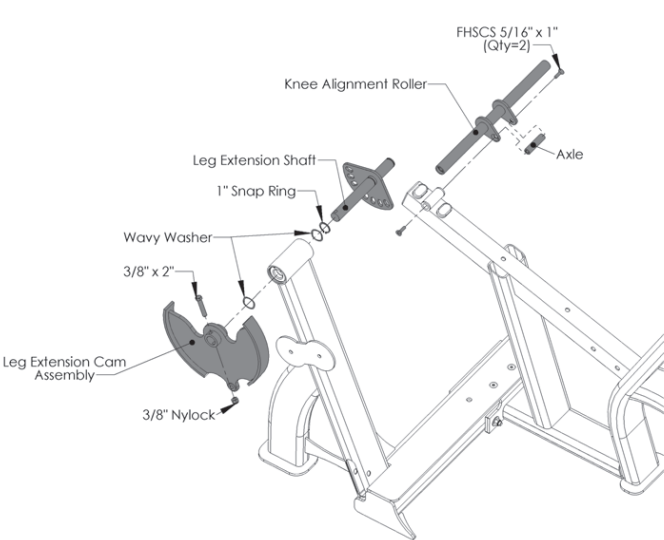


Figure 4

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Description	Qty
14	Knee Alignment Roller	1
15	Leg Extension Shaft	1
16	Leg Extension Cam Assembly	1
17	Axle	1
54	1" Snap Ring	1
55	Wavy Washer	2
56	HCS 3/8"-16 x 2"	1
57	FHSCS 5/16" x 1"	2
74	3/8" Nylock	1

Step 5:

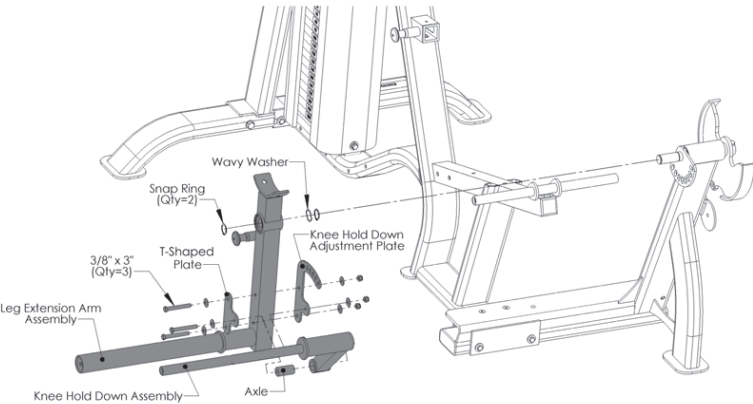


Figure 5

Item #	Description	Qty
18	Leg Extension Arm Assembly	1
19	Knee Hold Down Assembly	1
20	Axle	1
31	Knee Hold Down Adjustment Plate	1
32	T-Shaped Plate	1
54	1" Snap Ring	2
55	Wavy Washer	1
58	HCS 3/8"-16 x 3"	3
73	3/8" Flat Washer	6
74	3/8" Nylock	3

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 14:

Note: This step may be pre-assembled

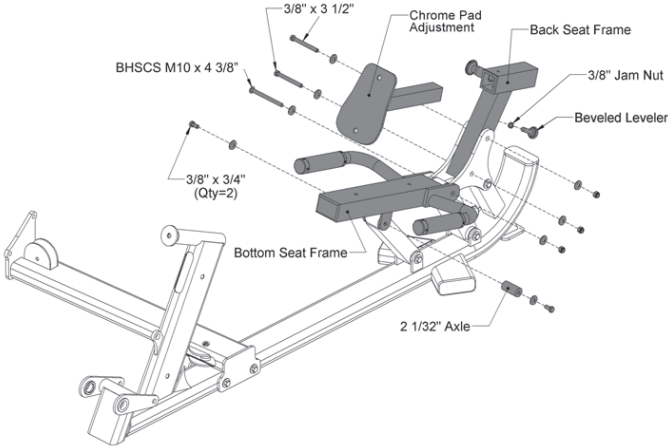



Figure 14

Item #	Description	Qty
78	Chrome Pad Adjustment	1
84	Back Seat Frame	1
85	Bottom Seat Frame	1
90	2 1/32" Axle	1
97	HCS 3/8"-16 X 3/4" P5	2
98	HCS 3/8"-16 X 3 1/2" P5	2
100	BHSCS M6 X 4 3/8" P5	1
102	3/8" Flat Washer (Black)	8
104	3/8"-16 Jam Nut (Zinc)	1
105	3/8"-16 Nylock (Black)	3
113	Beveled Leveler	1

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 13:

 Note: This step may be pre-assembled

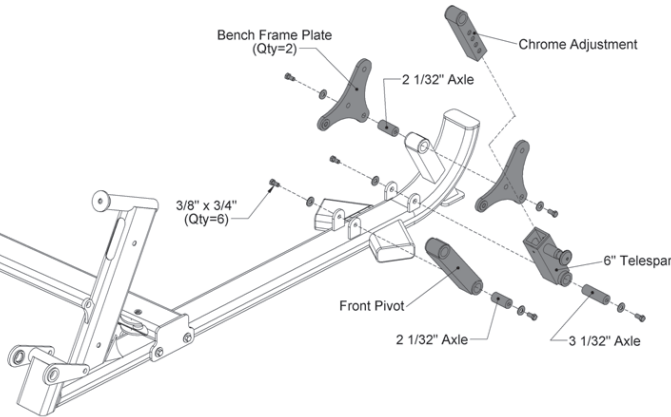


Figure 13

Item #	Description	Qty
77	Bench Frame Plate	2
82	Chrome Adjustment	1
83	6\" Telespar	1
90	2 1/32\" Axle	2
91	3 1/32\" Axle	1
92	Front Pivot	1
97	HCS 3/8\"-16 X 3/4\" P5	6
102	3/8\" Flat Washer (Black)	6

All Flat Washers and Nylocks are 3/8\" unless otherwise noted.

Step 6:

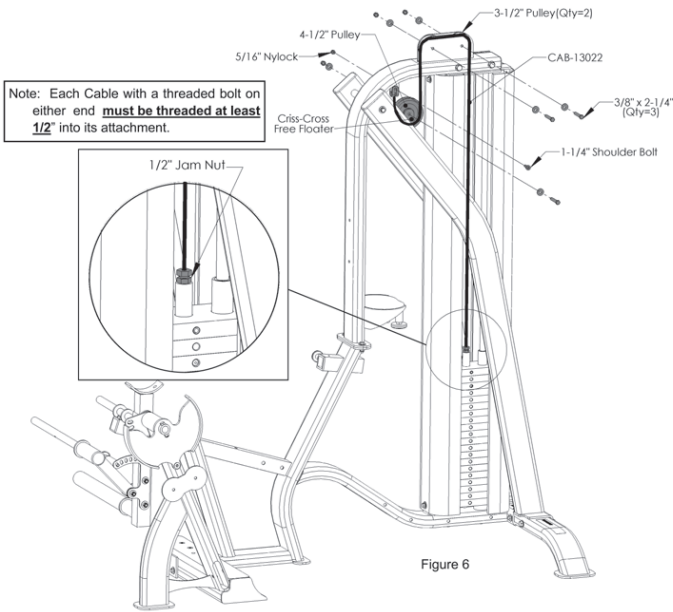
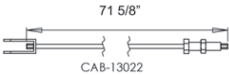


Figure 6



Item #	Description	Qty
21	Criss-Cross Free Floater	1
41	Weight Stack to Cable Tie Out	1
59	4 1/2\" Pulley	1
60	3 1/2\" Pulley	2
61	5/16\" Nylock	1
62	HCS 3/8\"-16 x 2 1/4	3
63	1-1/4\" Shoulder Bolt	1
73	3/8\" Flat Washer	6
74	3/8\" Nylock	3

All Flat Washers and Nylocks are 3/8\" unless otherwise noted.

Step 7:

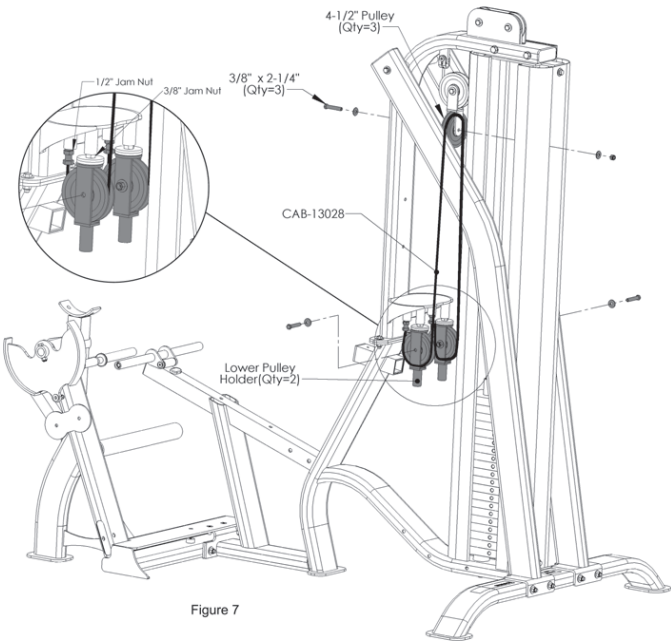
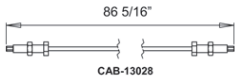


Figure 7



All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Platinum by Tunturi

16

4 in 1 Strength Station Lower Body Owner's Manual

Item #	Description	Qty
22	Lower Pulley Holder	2
42	Platinum Free Floater Cable	1
59	4 1/2" Pulley	3
62	HCS 3/8"-16 x 2 1/4"	3
73	3/8" Flat Washer	6
74	3/8" Nylock	3

Leg Press Option

Step 12:

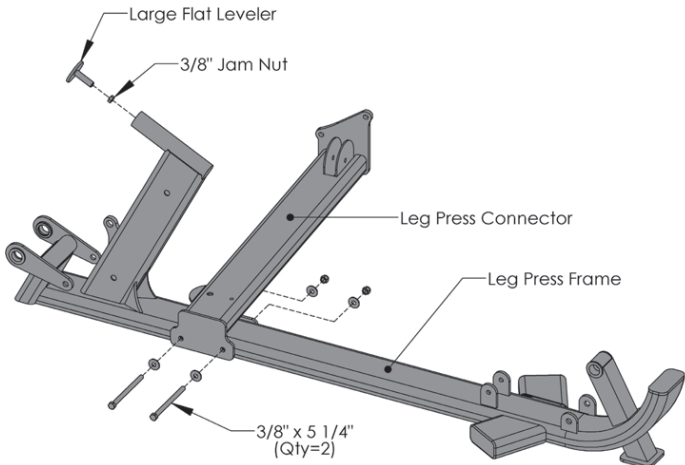


Figure 12

Item #	Description	Qty
79	Leg Press Connector Assembly	1
86	Leg Press Frame	1
102	3/8" Flat Washer (Black)	4
104	3/8"-16 Jam Nut (Zinc)	1
105	3/8"-16 Nylock (Black)	2
115	HCS 3/8"-16 X 5 1/4" P5	2
120	Large Flat Leveler	1

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

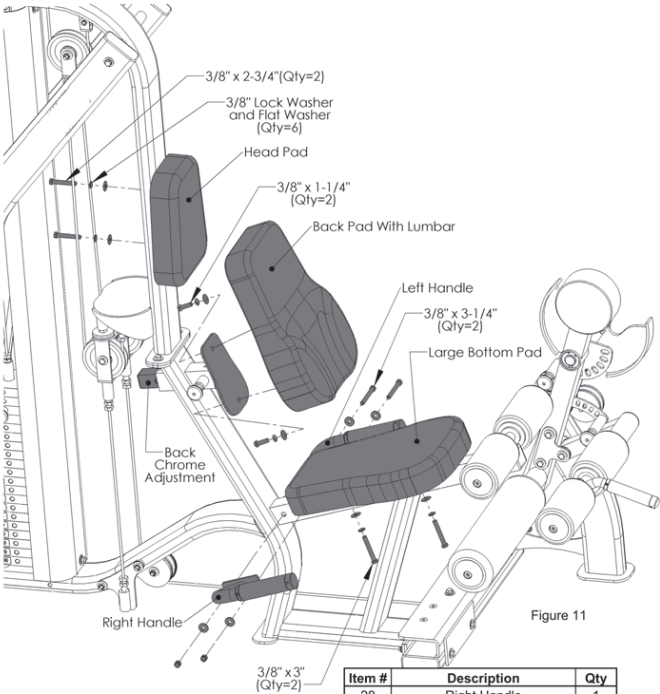
www.tunturi.com

21

4 in 1 Strength Station Lower Body Unit Owner's Manual



Step 11:

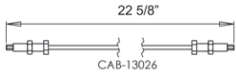
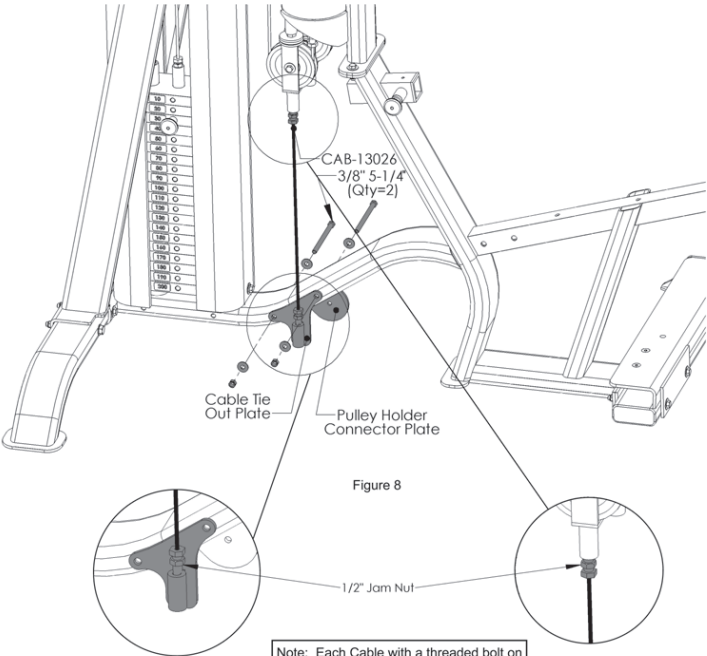


Item #	Description	Qty
28	Right Handle	1
29	Left Handle	1
30	Back Chrome Adjustment	1
36	Large Bottom Pad	1
37	Head Pad	1
38	Back Pad With Lumbar	1
46	HCS 3/8"-16 X 1 1/4"	2
58	HCS 3/8"-16 x 3"	2
71	HCS 3/8"-16 X 2 3/4"	2
72	HCS 3/8"-16 X 3 1/4"	2
73	3/8" Flat Washer	10
74	3/8" Nylock	2
75	3/8" Lock Washer	6

Step 8:



Note: If Leg Press Option is purchased skip this step and continue to step 9.



All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Description	Qty
23	Cable Tie Out Plate	1
33	Pulley Holder Connector Plate	1
43	Platinum Cable Tie Out	1
48	HCS 3/8"-16 x 5 1/4"	2
73	3/8" Flat Washer	4
74	3/8" Nylock	2

Step 9:

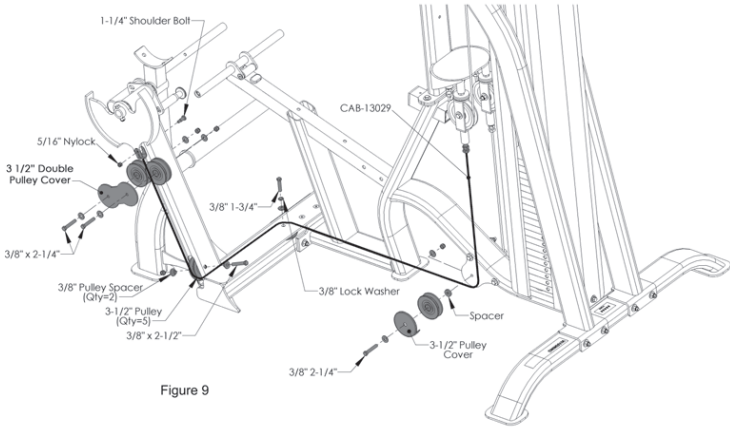
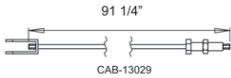


Figure 9



Item #	Description	Qty
24	3 1/2" Pulley Cover	1
25	Spacer	1
34	3 1/2" Double Pulley Cover	1
44	Platinum Leg Extension Cable	1
45	HCS 3/8"-16 x 2 1/2"	1
60	3 1/2" Pulley	5
61	5/16" Nylock	1
62	HCS 3/8"-16 x 2 1/4"	3
63	1 1/4" Shoulder Bolt	1
64	HCS 3/8"-16 x 1 3/4"	1
65	3/8" Pulley Spacer	2
73	3/8" Flat Washer	7
74	3/8" Nylock	5
75	3/8" Lock Washer	4

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 10:

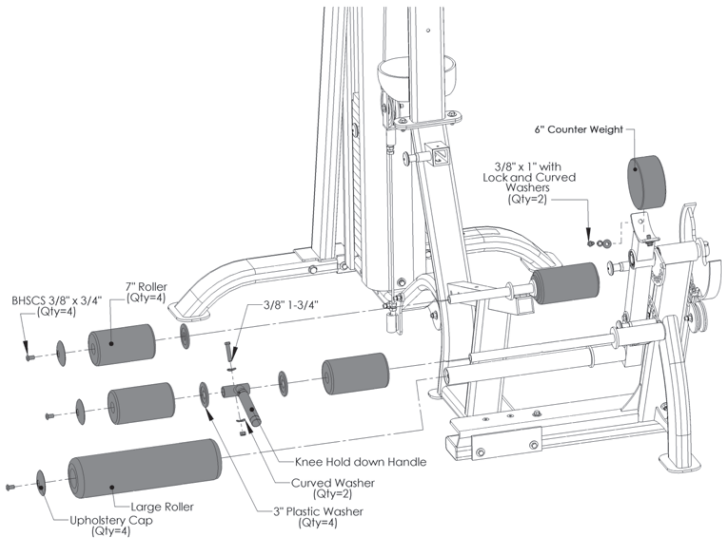


Figure 10

Item #	Description	Qty
26	Knee Hold Down Handle	1
27	6" Counter Weight	1
40	7" Roller	4
39	Large Upholstery Roller	1
64	HCS 3/8"-16 x 1-3/4"	1
66	Upholstery Cap	4
67	3" Plastic Washer	4
68	BHSCS 3/8"-16 x 3/4"	4
69	Curved Washer	4
70	HCS 3/8"-16 x 1"	2
74	3/8" Nylock	1
75	3/8" Lock Washer	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.