

OWNER'S MANUAL

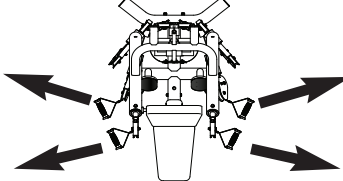
Maintenance & Assembly Instructions

IMPORTANT: KEEP THIS MANUAL FOR FUTURE REFERENCE



! DANGER

DO NOT
pull or perform any
exercises to the
sides of the machine.



Excessive pulling or force
can cause the machine to
tip over, and may result in
serious injuries or death.

BNH3112

NOTICE

It is the Purchaser's/Owner's obligation:

1. To disclose and post all Rules & Regulations, Alert Sign, Wall Chart, Danger, Warning and Caution labels affixed on the machine to their users.
2. Equipment to be installed by TuffStuff Authorized Dealer or a service company approved by TuffStuff.
3. Provide scheduled inspection, maintenance & repairs and must be performed by TuffStuff Authorized Dealer or a service company approved by TuffStuff.
4. Must use only genuine TuffStuff replacement parts.



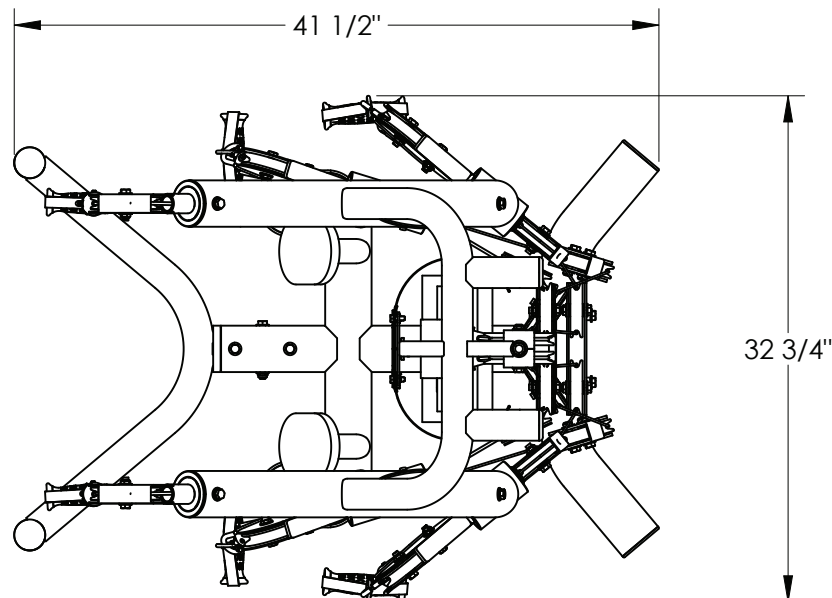
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TuffStuff Fitness Equipment Inc. continually engages in research related to product improvements. Please take the time to carefully read through this manual thoroughly. Instructions contained in this manual are not intended to cover all details or variations possible with this equipment, or to cover every contingency that may be met in conjunction with assembly, installation, operation, maintenance or troubleshooting of the equipment. Eventhough we have prepared this manual with extreme care, neither the manufacturer nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to Customer Service at TuffStuff Fitness Equipment Inc. in Chino, California.

Overhead Specifications



L 41 1/2" x W 32 3/4" x H 80"
TOTAL UNIT WEIGHT: 433 LBS

Important Safety Instructions



It is the responsibility of the owner and users of the equipment to review the Owner's Manual, Exercise Chart and understand all Danger, Warning and Caution labels affixed on the machine.

⚠ WARNING SERIOUS INJURY OR DEATH CAN OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED:

1. Obtain a medical exam before beginning any exercise program.
2. Read and understand Owner's Manual, Exercise Chart and all **Danger, Warning and Caution** labels before using this equipment. If you still need help, seek assistance from floor personnel or call TuffStuff Fitness at 888-884-8275.
3. **Inspect the equipment** before each use for wear and tear, loose fittings, worn or frayed cables and frame welds. **DO NOT USE** if it appears to be inoperable or damaged.
4. Stop exercising if you feel faint or dizzy. Consult a physician if you are experiencing pain.
5. Keep body, clothing and hair clear from all moving parts. Do not attempt to free any jammed parts by yourself.
6. Always warm-up before and cool-down after weight training. Warm-up for 10-15 minutes with stretching and cardiovascular exercises. Cool-down should include light stretching exercises for 5-15 minutes.
7. Never hold your breath – will limit the flow of oxygen to your brain and may cause dizziness. The most often used breathing is inhaling during least resistance and exhaling during maximum resistance.
8. Do not use accessories or accessory attachments that are not recommended by TuffStuff.
9. Make sure adjustment pull-pins are completely inserted and fully engaged before each use.
10. Never pin the weights in an elevated position. Do not use the machine if found in this condition.
5. Post and disclose all safety, rules and regulations on a bulletin board easily accessible to users.
6. Perform regular maintenance (see Inspection Label). Pay special attention to areas most susceptible to wear and tear, including but not limited to cables, pulleys and rubber grips.
7. **Do not** lean against or pull on the framework, weight stack or any component at all times.
8. **Children must not** be allowed near the equipment. Teenager must be supervised.
9. Replace immediately all parts at first sign of wear or damage. If unable to replace worn or damaged components/parts, remove machine from service until the repair is made.
10. Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death to the users.
11. **Do not remove** any LABELS affixed to the machine. Replace if damaged.
12. **Do not alter or modify** the original manufacturer's weight stack with any add-on incremental weights, weight plates or dumbbells except those with standard factory installed option.
13. Maintain a service contract with a TuffStuff Authorized Dealer or a Professional Service Company approved by TuffStuff. Keep a service log of all maintenance and repair activities. **NOTICE:** It is the sole responsibility of the owner or facility operator to ensure that regular maintenance is performed.

Facility Safety Guidelines and Practices

1. Read and understand the Owner's Manual before assembling, servicing or using the equipment.
2. Equipment to be installed by TuffStuff Authorized Dealer or by a Professional Service Company approved by TuffStuff.
3. Make sure each machine is set up and operated on a solid level surface. Do not install equipment on an uneven surface.
4. Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has proper clearance for usage and training.



DANGER: indicates an imminently hazardous situation which, if not avoided, will result in death or serious injury.



WARNING: indicates a potentially hazardous situation which, if not avoided, will result in death or serious injury.



CAUTION: indicates a hazardous situation which, if not avoided, could result in minor or moderate injury.

Registration, Service & Assembly



Thank you for purchasing the SPT-6B Base Six-Pak Trainer. This machine is part of the TuffStuff line of quality strength training equipment. To maximize your use of the equipment, please study the Owner's Manual thoroughly.

Registration

To avoid unnecessary delays on warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to register online at:

<http://www.tuffstufffitness.com/productregistration.jsp>
within 10 days of purchase.

Obtaining Service

Please use this Owner's Manual as your guide to all parts included in your shipment. When ordering parts, you must specify the part number and description from this manual. **Use only genuine TuffStuff replacement parts when servicing the equipment.** Failure to do so will void warranty and could result in serious injury or death.

For information about product operation or service:

Phone: 909-629-1600 Toll Free 888-884-8275
Fax: 909-629-4967
E-mail: service@tuffstuff.net or service1@tuffstuff.net
Hours: M–F 8:00 – 4:30 PST
Or write to: TuffStuff Fitness Equipment Inc.
Customer Service
13971 Norton Avenue, Chino, CA 91710

Retain this Owner's Manual for future reference when ordering service or parts. To assist you better, please be prepared to provide the following information:

- | | |
|------------------|---------------------------|
| 1. Model Number | 2. Place of Purchase |
| 3. Serial Number | 4. Part # and Description |

Required Tools

The basic tools that you will need to assemble the SPT-6B but are not limited to:

- 1/2", 9/16", 3/4" Combination Wrenches
- Ratchet Wrench with 1/2", 9/16", 3/4" sockets
- Crescent Adjustable Wrench
- External retaining ring pliers
- Super Lube® spray lubricant and grease
- Rubber mallet, measuring tape & utility knife
- Windex or household glass cleaner

Assembly Requirements

- A minimum of two strong persons are required for this assembly.
- Follow these installation requirements when assembling the SPT-6B.
- Layout your floor plan before assembling.
- Set up the SPT-6B on a clean, solid, flat surface. A smooth, flat surface under the machine helps keep it level.

- Allow ample space around the machine for safe unrestricted use and easier access.
- Insert all bolts in the same direction. For aesthetic appearance, insert all bolts in the same direction unless specified (in text or illustration) to do otherwise.
- Leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so (to prevent any difficulty with alignment of parts during the assembly process). When not instructed, tighten fasteners such as bolts, nuts and screws so the unit is stable, but leave room for adjustments.

Assembly Tips

Read all "Notes" on each page before beginning each step.

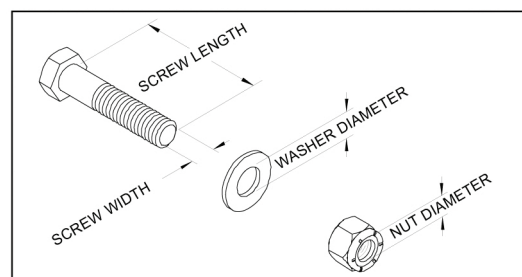
While you may be able to assemble the SPT-6B using the illustrations only, **IMPORTANT** safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustration.

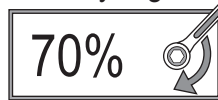
NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for final adjustments.

CAUTION: Obtain assistance from TuffStuff if you have difficulty assembling the SPT-6B. Please do not attempt to complete the assembly as this could result in equipment failure and serious injuries to the users.

Symbols & Description



Loosely Tighten



Loosely Tighten

Loosely tighten all hardware in this step. **DO NOT** Fully Tighten. Some component(s) may need pre-assembly and or alignment during the assembly process.

Fully Tighten



Fully Tighten

Wrench tighten all hardware in this step.

Step 1

Assembly List

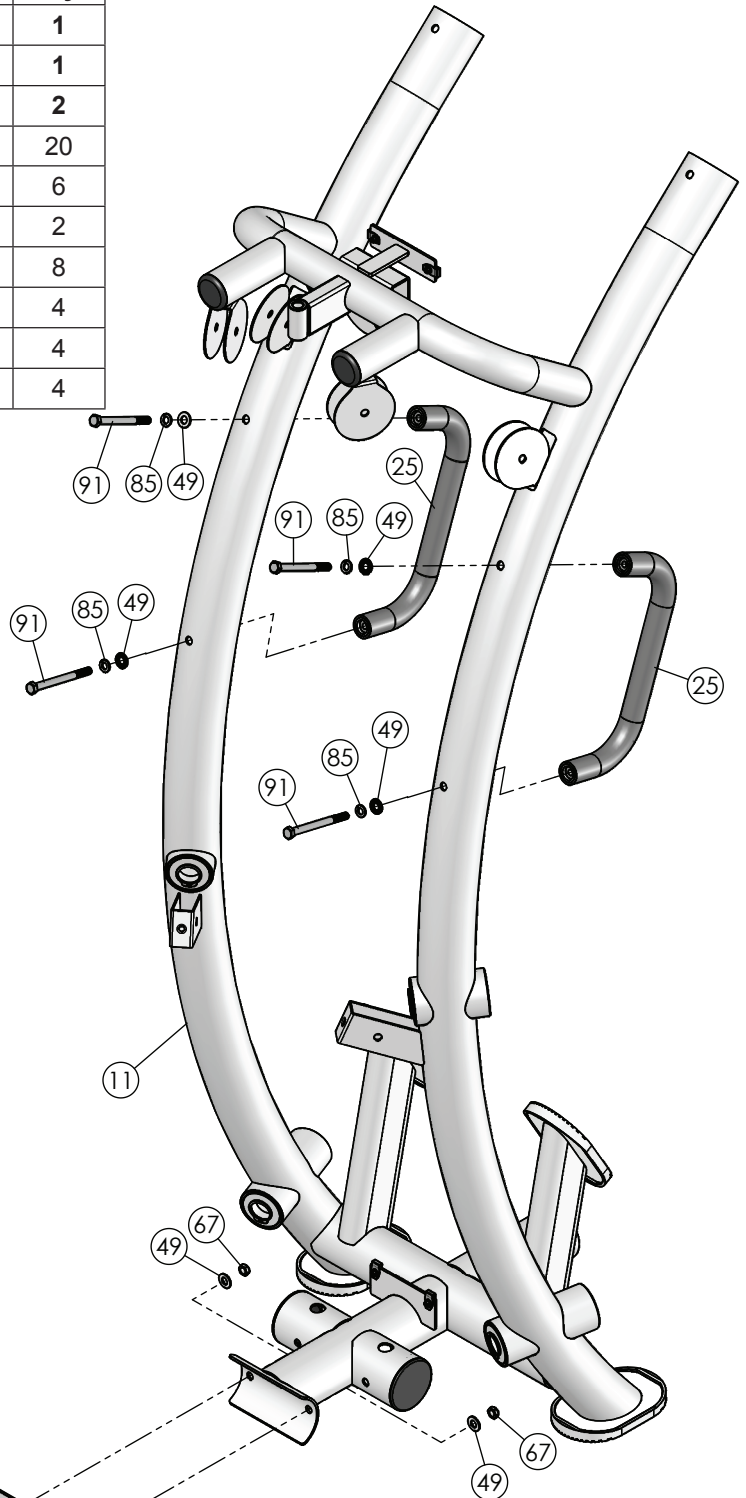
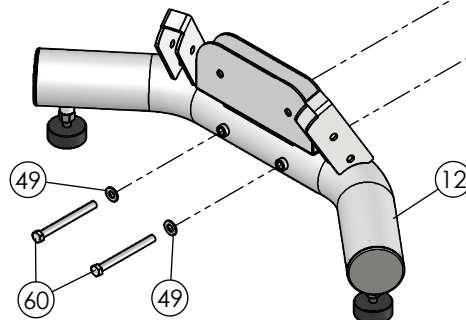
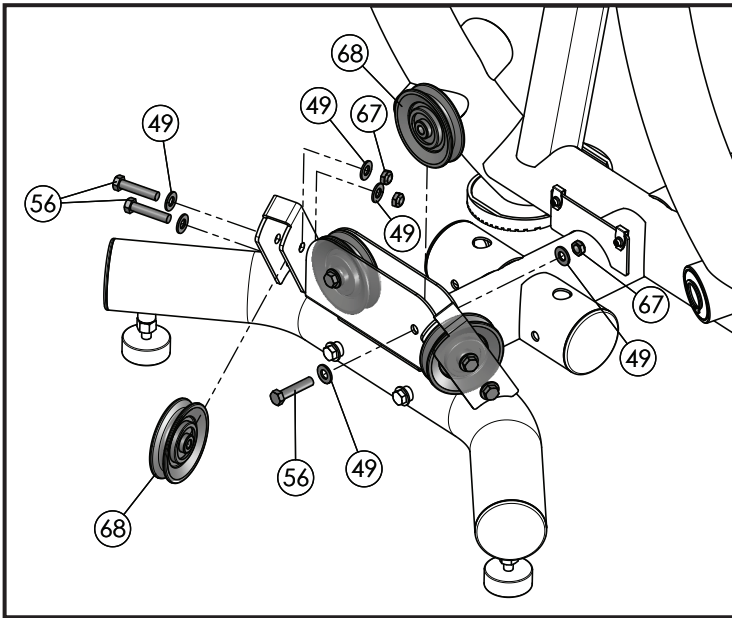
Item #	Description	Qty.
11	MAIN FRAME	1
12	REAR STABILIZER	1
25	HANDLE	2
49	FLAT WASHER SAE B/O 3/8"	20
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	2
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	8
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
85	SPLIT LOCK WASHER B/O 3/8"	4
91	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	4

Fully Tighten

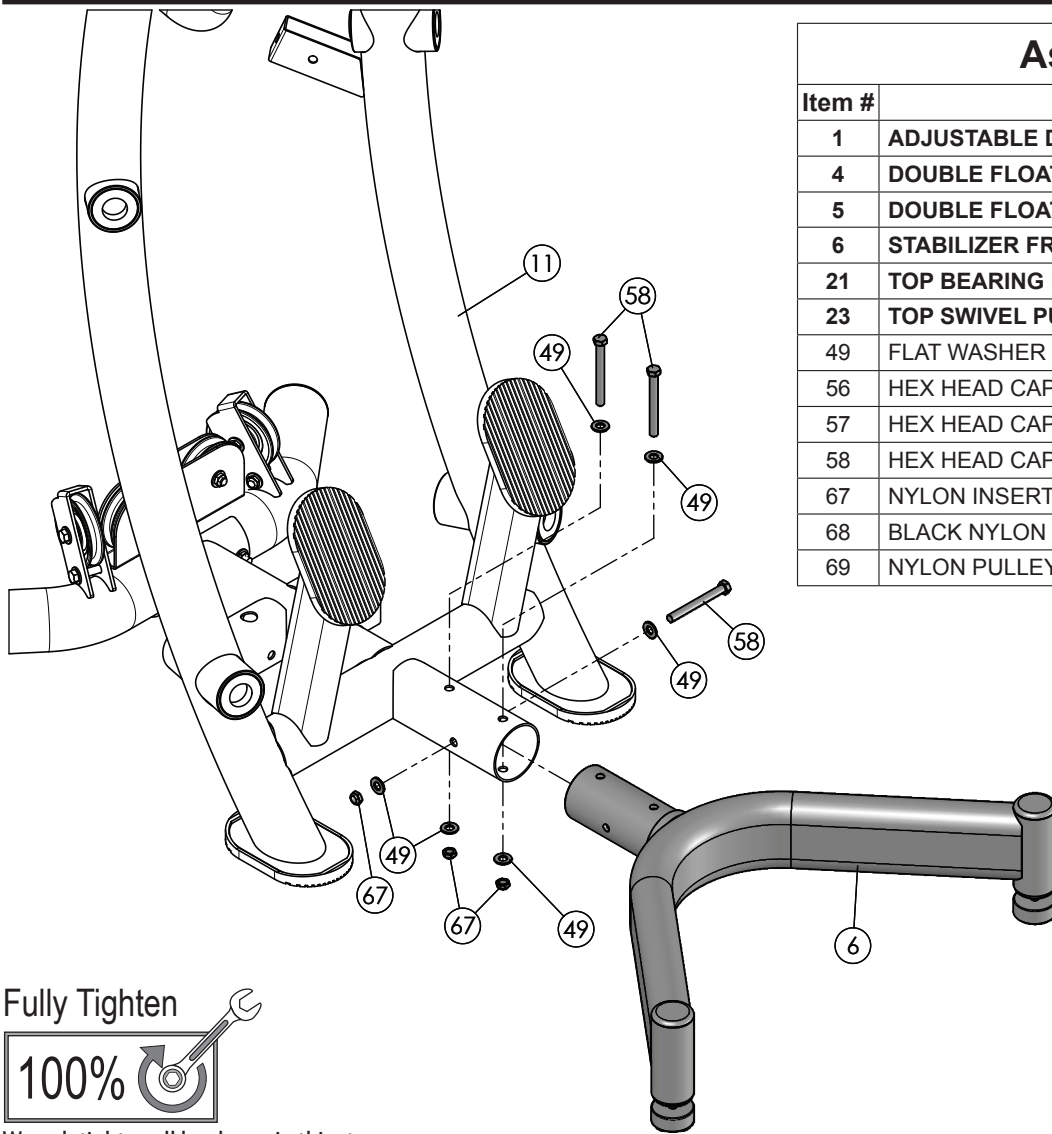
100%



Wrench tighten all hardware in this step.



Step 2



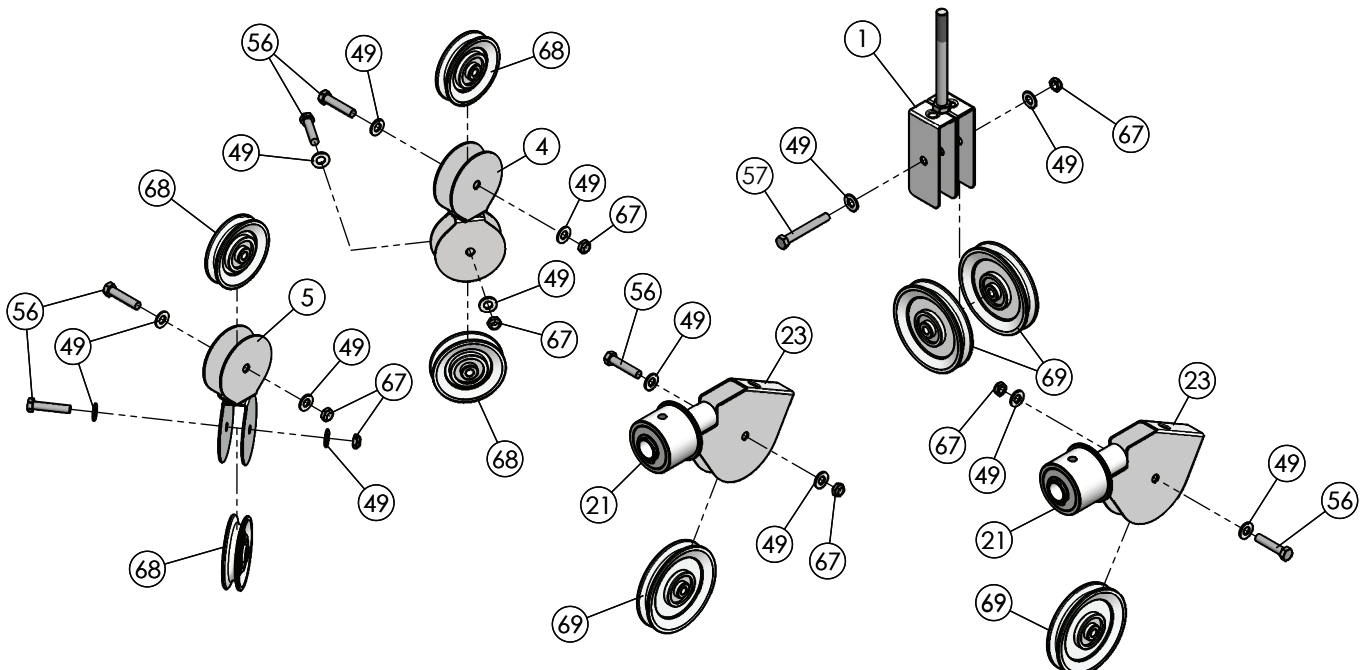
Assembly List

Item #	Description	Qty.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	1
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
6	STABILIZER FRAME U SHAPE	1
21	TOP BEARING HOUSING	2
23	TOP SWIVEL PULLEY BRACKET	2
49	FLAT WASHER SAE B/O 3/8"	20
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	1
58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	3
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	10
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
69	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	4

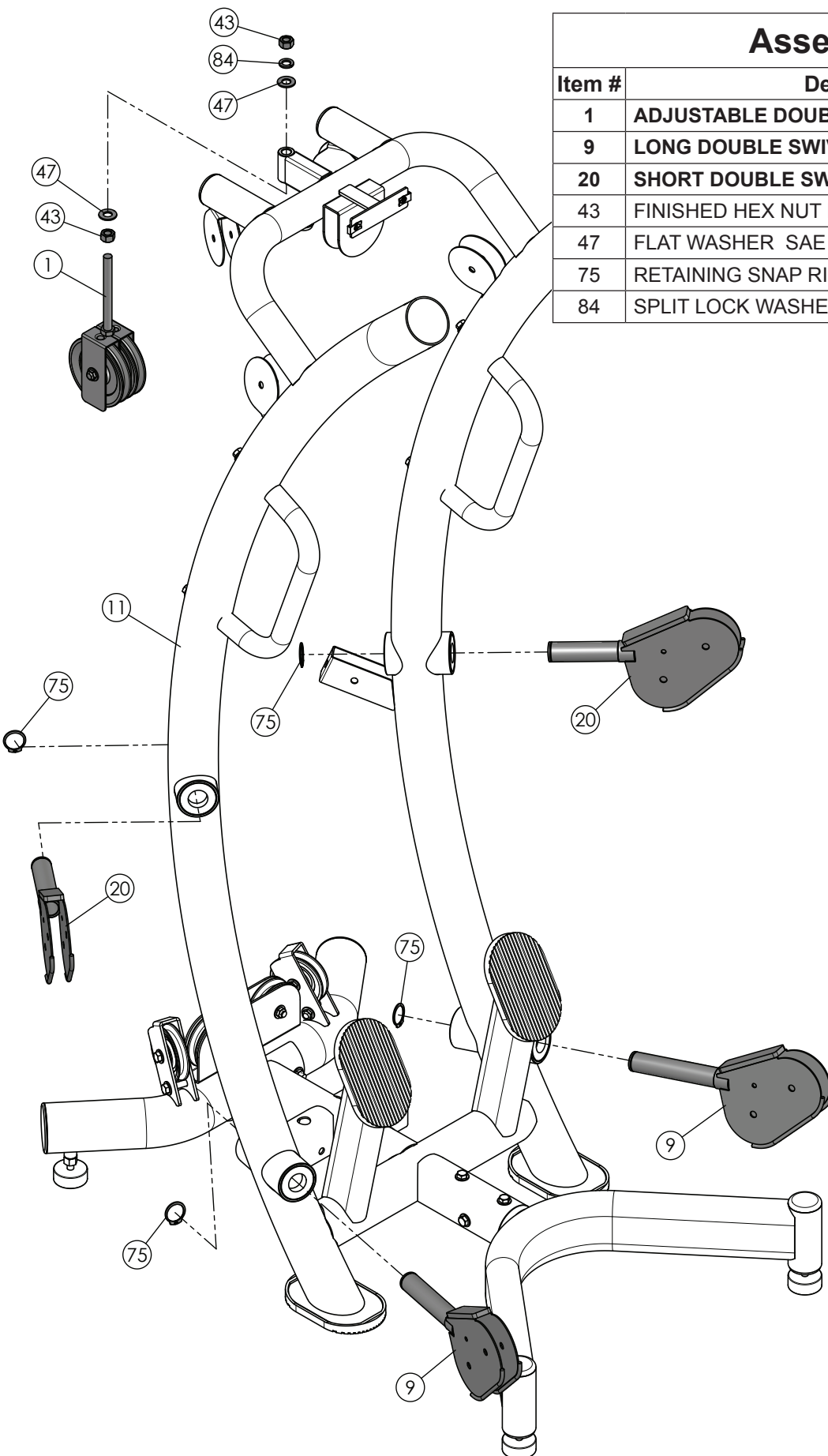
Fully Tighten



Wrench tighten all hardware in this step.



Step 3



Assembly List

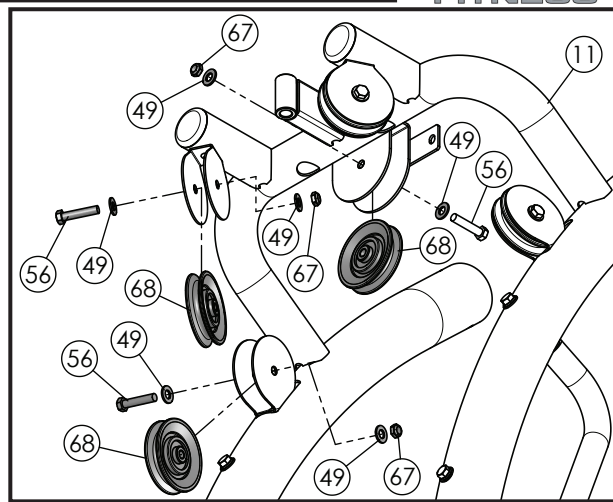
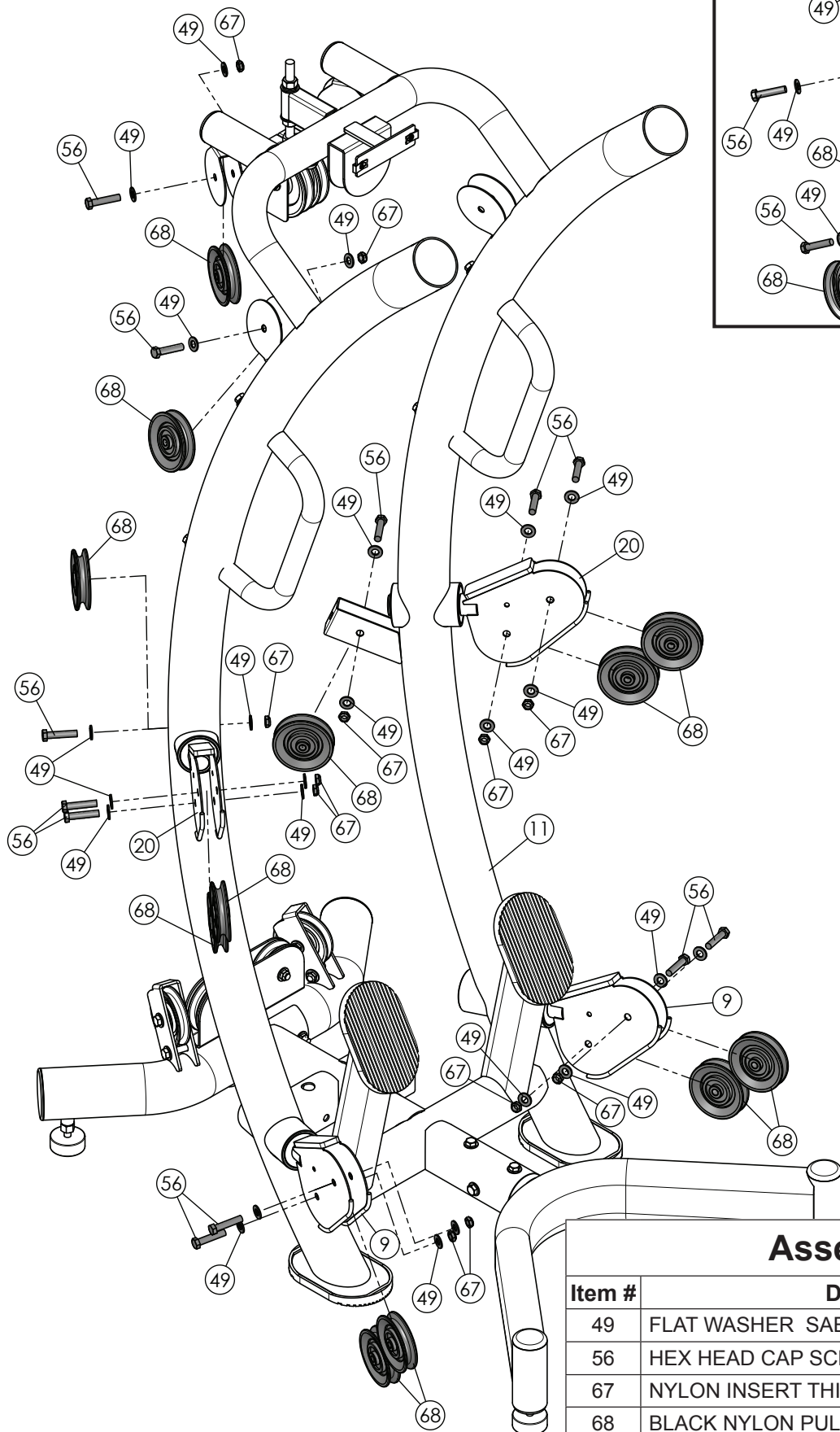
Item #	Description	Qty.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	1
9	LONG DOUBLE SWIVEL PULLEY BRKT	2
20	SHORT DOUBLE SWIVEL PULLEY BRKT	2
43	FINISHED HEX NUT B/O 1/2-13	2
47	FLAT WASHER SAE B/O 1/2"	2
75	RETAINING SNAP RING EXT. PLAIN 1 1/4"	4
84	SPLIT LOCK WASHER B/O 1/2"	1

Loosely Tighten 

70% 

Loosely tighten all hardware in this step. DO NOT Fully Tighten. Some component(s) may need pre-assembly and or alignment during the assembly process.

Step 4



Fully Tighten



Wrench tighten all hardware in this step.

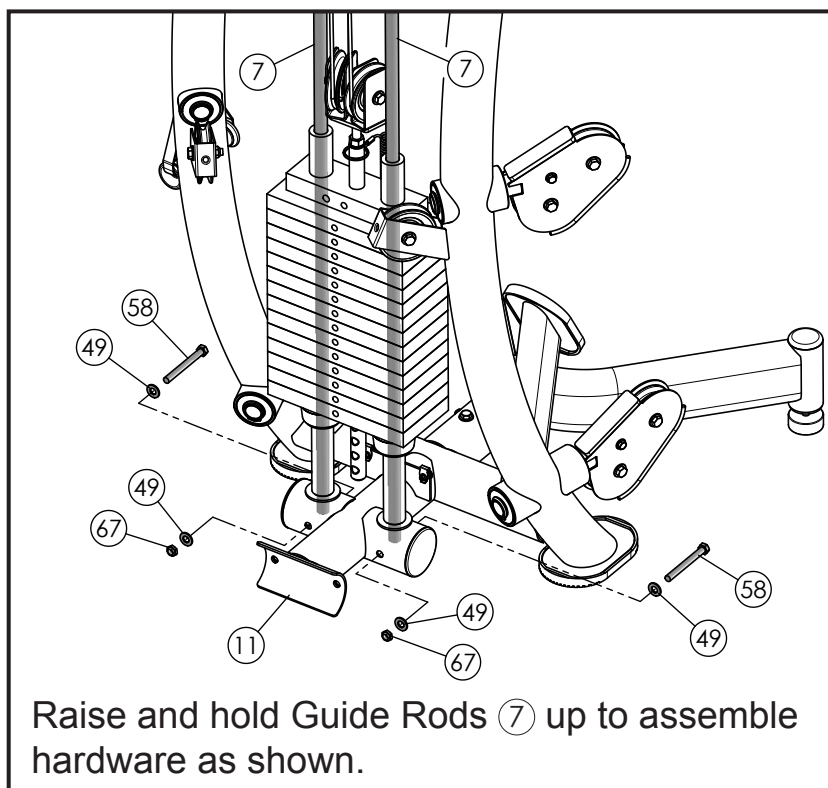
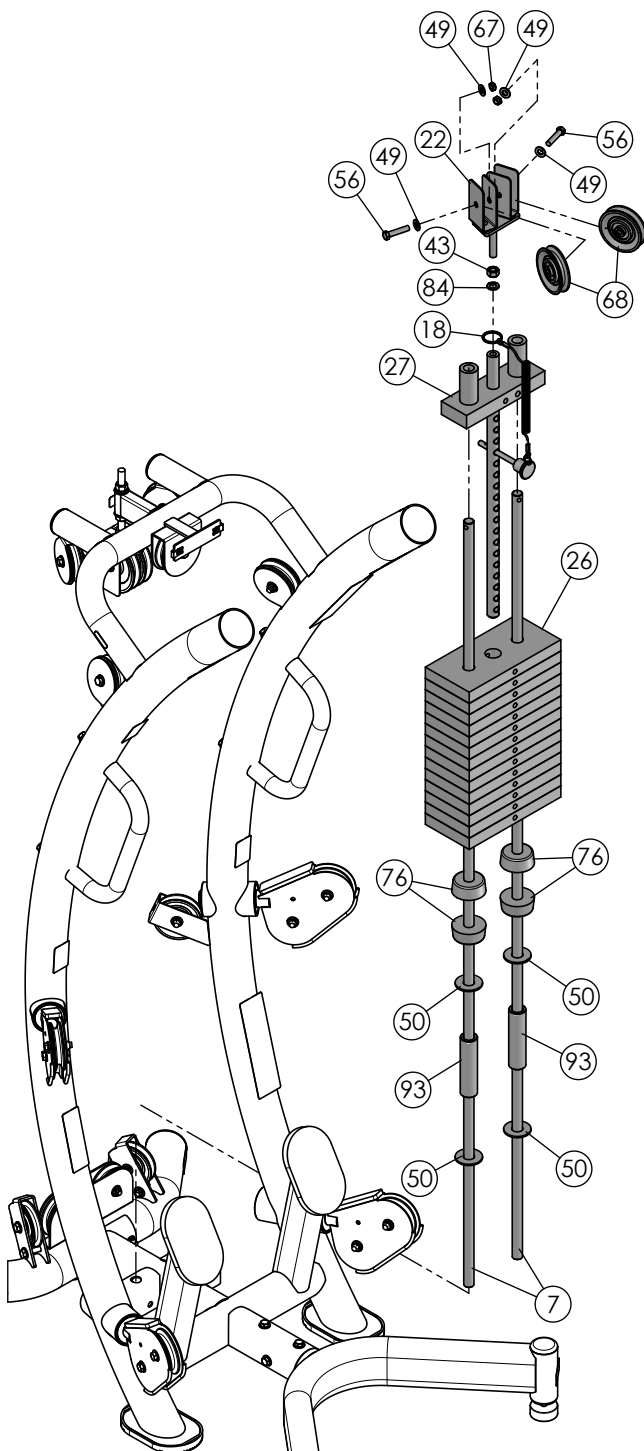
Assembly List

Item #	Description	Qty.
49	FLAT WASHER SAE B/O 3/8"	30
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	15
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	15
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	15

Step 5

Assembly List

Item #	Description	Qty.
7	GUIDE ROD 3/4 RD X 67 1/2	2
18	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	1
22	TOP PLATE PULLEY BRACKETS	1
26	10 LB STEEL WEIGHT PLATE BLACK	14
27	10 LB TOP PLATE W/ADJ SLTR BAR	1
43	FINISHED HEX NUT B/O 1/2-13	1
49	FLAT WASHER SAE B/O 3/8"	8
50	FLAT WASHER B/O 3/4 X 2"	4
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	2
58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	2
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	4
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	2
76	RUBBER DONUT 1 X 2 1/2	4
84	SPLIT LOCK WASHER B/O 1/2"	1
93	WEIGHT STACK SPACER 5" (USED ONLY WITH 150 LB)	2



Fully Tighten

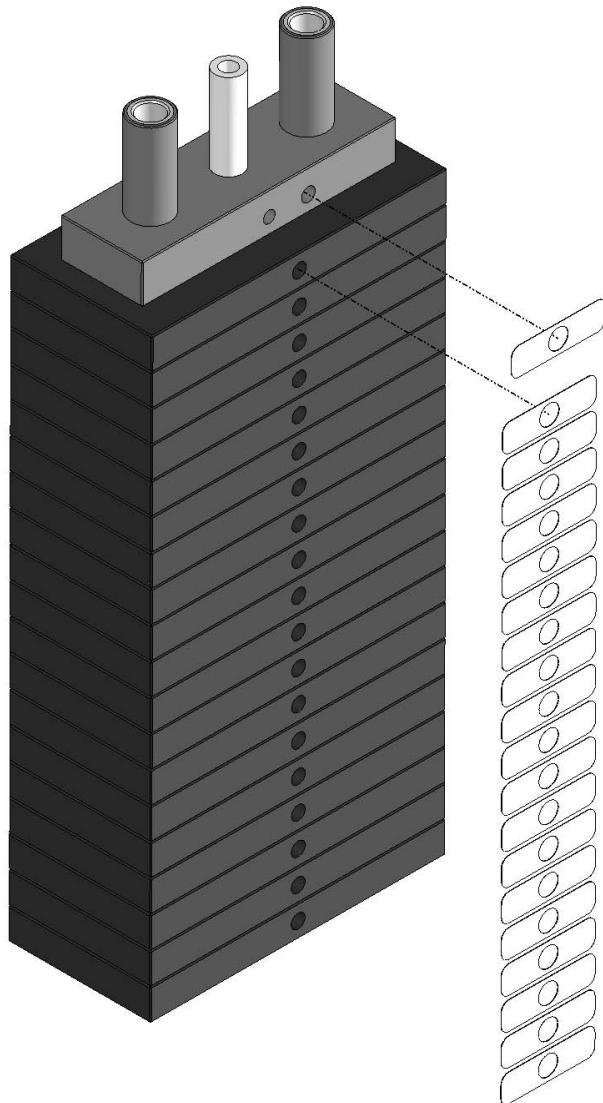


Wrench tighten all hardware in this step.

Step 6

NOTE:

1. TOP PLATE LABEL GOES ON HOLE OFF CENTER AS SHOWN. LABEL WILL COVER HOLE ON CENTER.



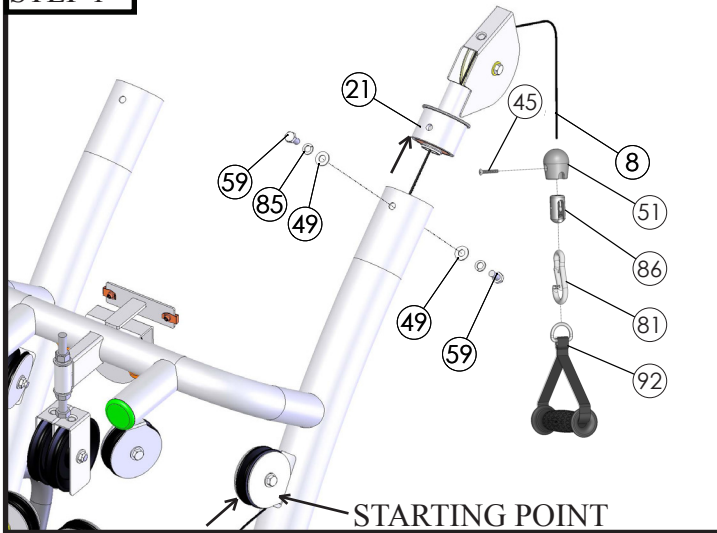
TOP PLATE 10 lbs.	○	TOP PLATE 4,5 kgs.
20 lbs.	○	9.0 kgs.
30 lbs.	○	13.6 kgs.
40 lbs.	○	18.1 kgs.
50 lbs.	○	22.7 kgs.
60 lbs.	○	29.5 kgs.
70 lbs.	○	31.8 kgs.
80 lbs.	○	36.3 kgs.
90 lbs.	○	40.8 kgs.
100 lbs.	○	45.4 kgs.
110 lbs.	○	49.9 kgs.
120 lbs.	○	54.4 kgs.
130 lbs.	○	59.0 kgs.
140 lbs.	○	63.5 kgs.
150 lbs.	○	68.0 kgs.

Weight stack label and lubrication instructions

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. Peel off back sheet (adhesive side) from label #41 and make sure that the labels remain attached to the application tape.
3. Line up hole on the second label to hole on the first weight plate.
4. Make sure the hole on the last label lines up with last weight plate and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Once this is complete, repeat this procedure for top plate label.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.
7. Open the lube package provided and apply a thin film of lubricant around the first 3 inches of the guide rods above the top plate.
8. After the cables are installed, do a set of reps to spread the lubricant thoroughly.

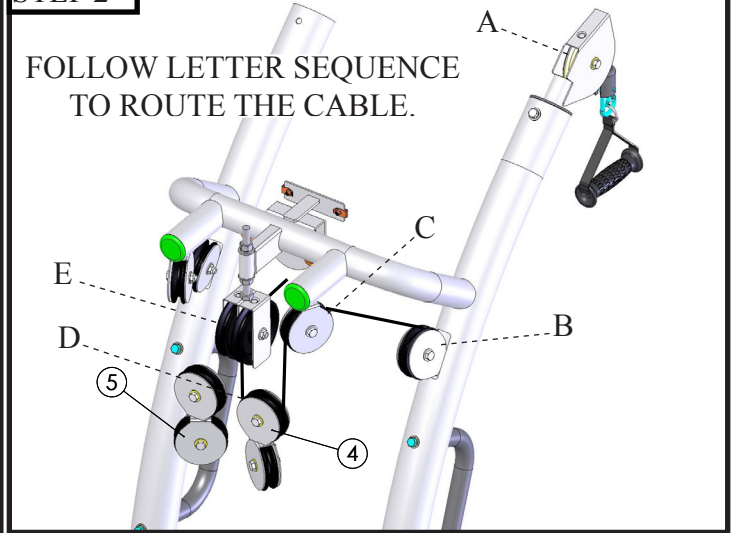
Step 7 (Lat Cable Routing)

STEP 1



RUN CABLE THROUGH STARTING POINT INTO TOP SWIVEL PULLEY BRACKET AS SHOWN AND THEN ASSEMBLE IT TO THE UNIT.

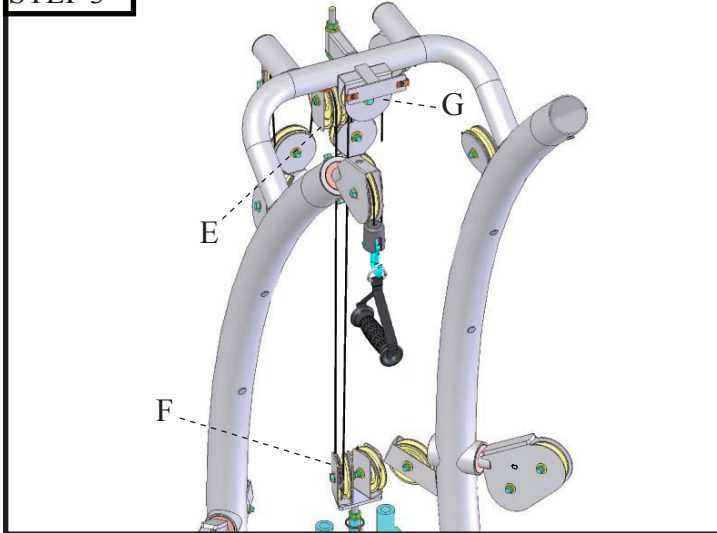
STEP 2



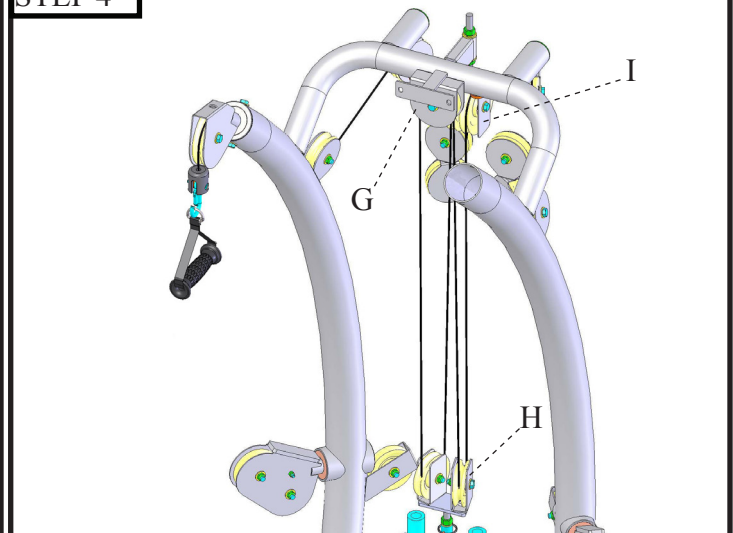
FOLLOW LETTER SEQUENCE TO ROUTE THE CABLE.

NOTE: PULLEY BRACKETS (#4, #5) HAVE BEEN SWAPED PLACES FROM PREVIOUS OWNERS MANUAL. ASSEMBLE AS SHOWN ABOVE.

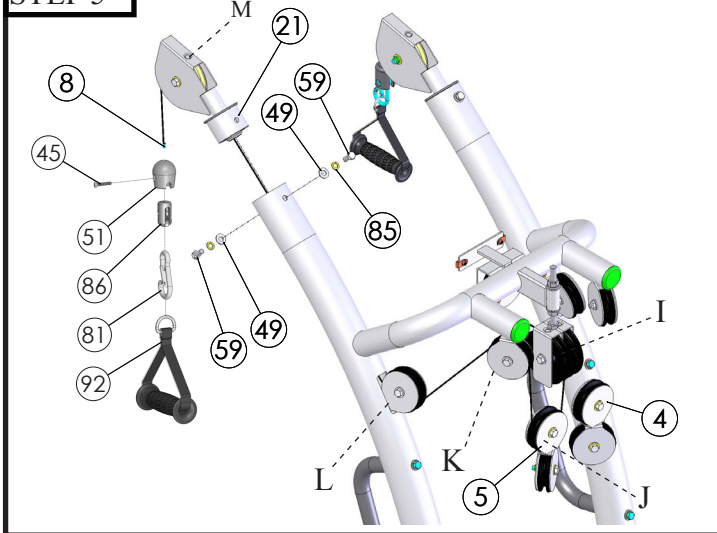
STEP 3



STEP 4



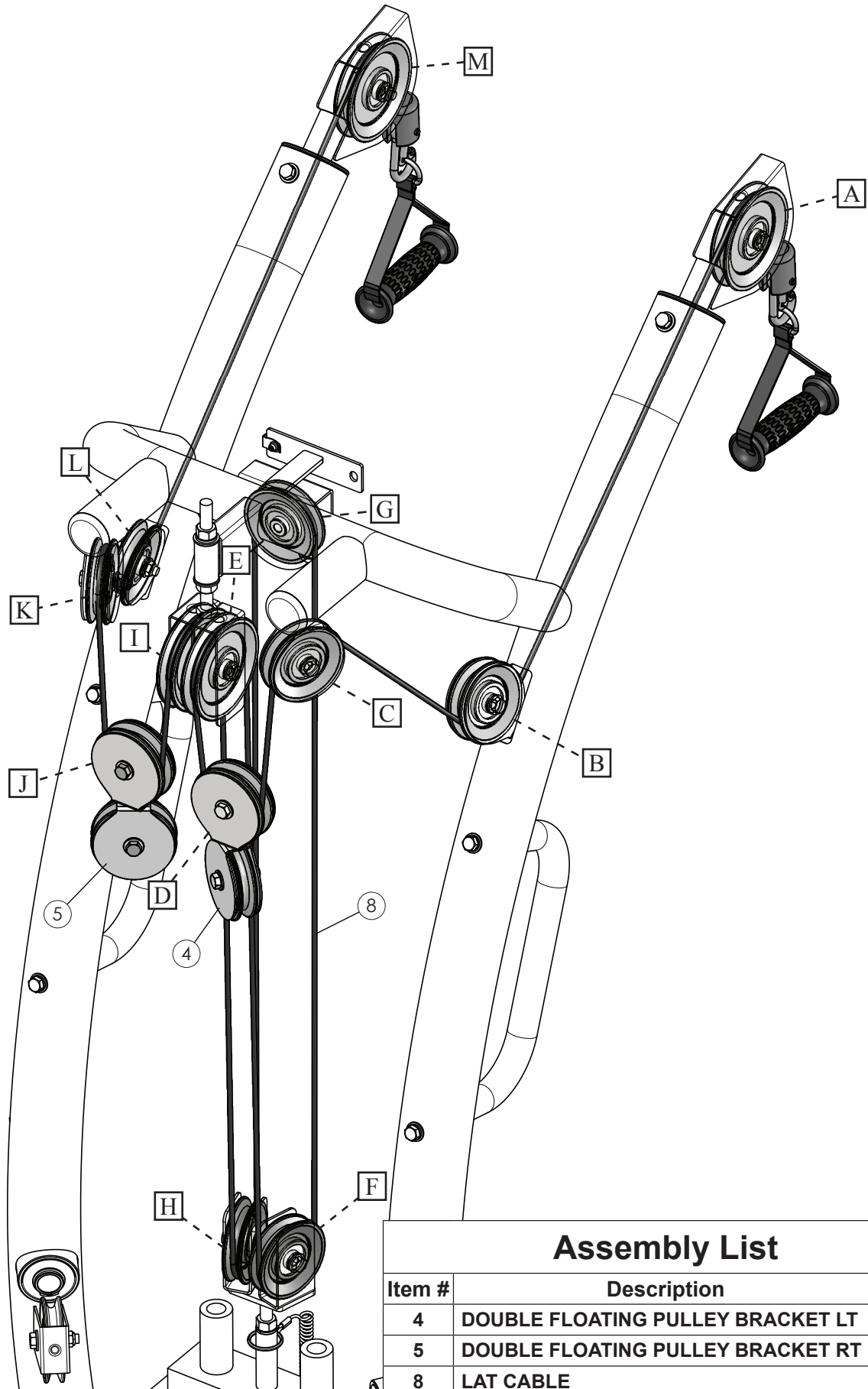
STEP 5



Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
8	LAT CABLE	1
21	TOP BEARING HOUSING	2
45	Oval Head Phillips Screw #10-32 X 1 1/8	2
49	FLAT WASHER SAE B/O 3/8"	4
51	Cable Stopper Shell 1 1/2 x 1 3/4	2
59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	4
81	SNAP LINK Z/P 8MM X 80MM	2
85	SPLIT LOCK WASHER B/O 3/8"	4
86	7/8 Rd X 1 5/8 Link 1/8 Cable	2
92	CONTOUR ERGO HANDLE SHORT STRAP	2

Step 8 (Lat Cable Mapping Diagram)

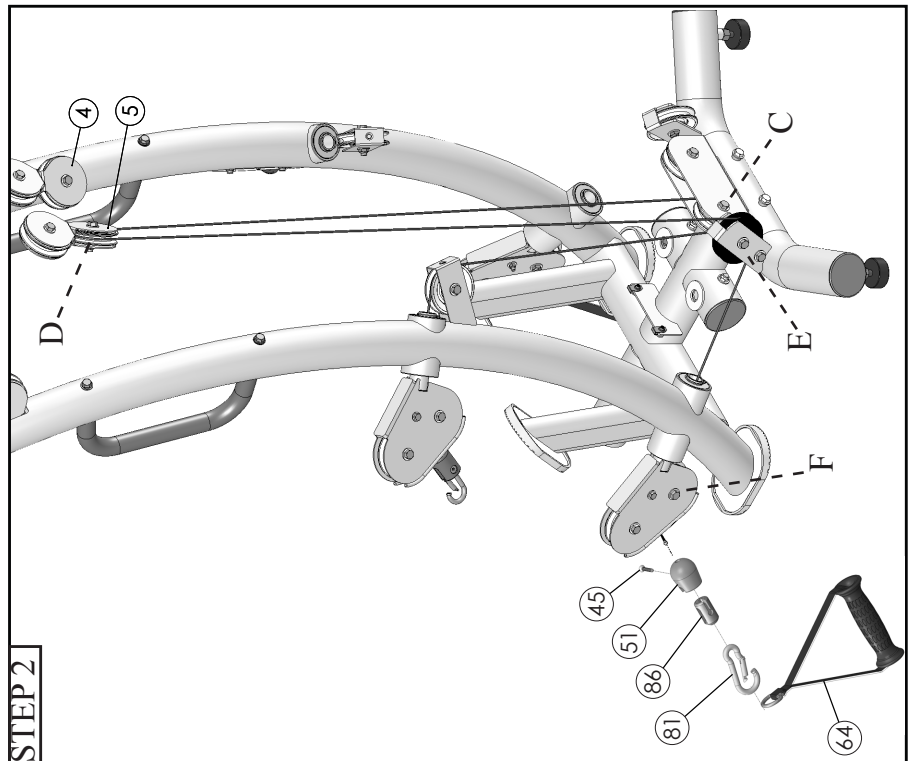
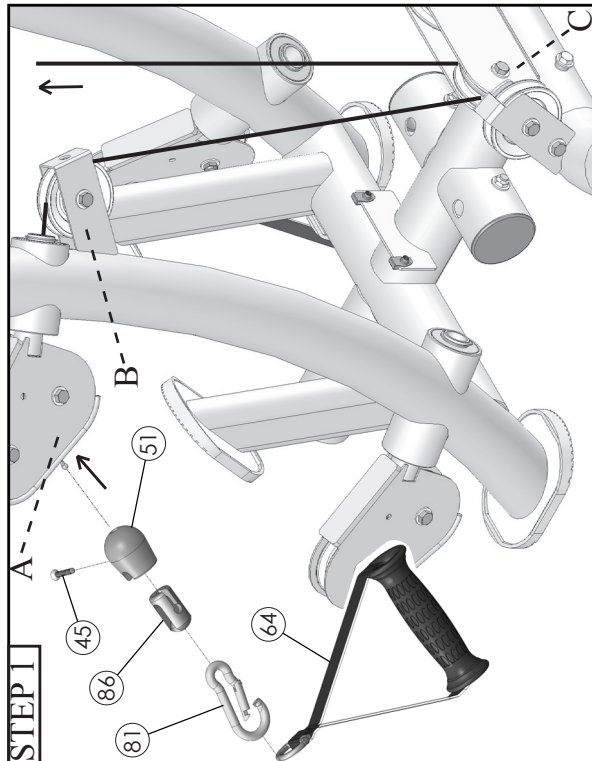
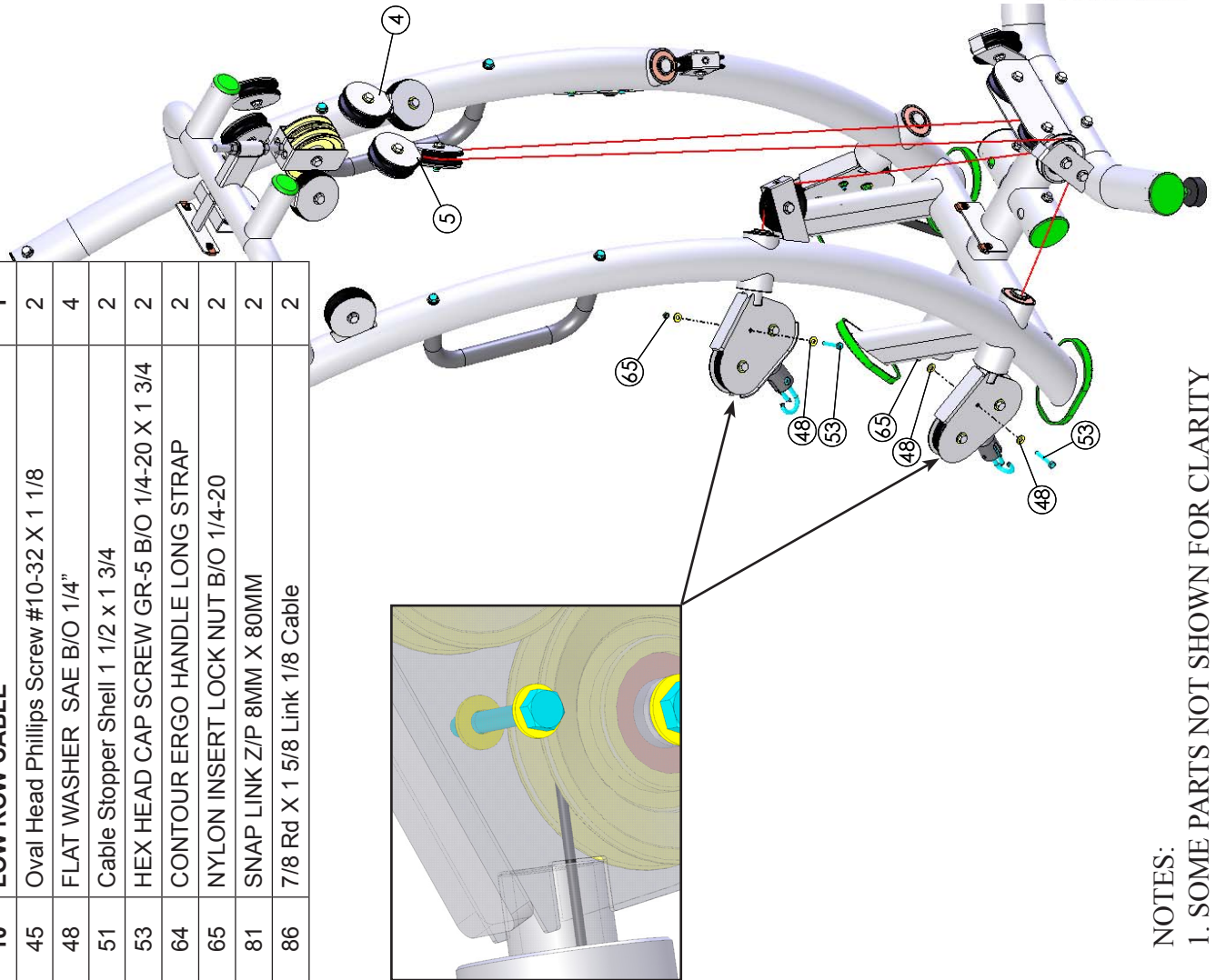


Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
8	LAT CABLE	1

Step 9 (Low Row Cable Routing)

Assembly List		
Item #	Description	Qty.
5	DOUBLE FLOATING PULLEY BRACKET RT	1
10	LOW ROW CABLE	1
45	Oval Head Phillips Screw #10-32 X 1 1/8	2
48	FLAT WASHER SAE B/O 1/4"	4
51	Cable Stopper Shell 1 1/2 x 1 3/4	2
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	2
64	CONTOUR ERGO HANDLE LONG STRAP	2
65	NYLON INSERT LOCK NUT B/O 1/4-20	2
81	SNAP LINK Z/P 8MM X 80MM	2
86	7/8 Rd X 1 5/8 Link 1/8 Cable	2

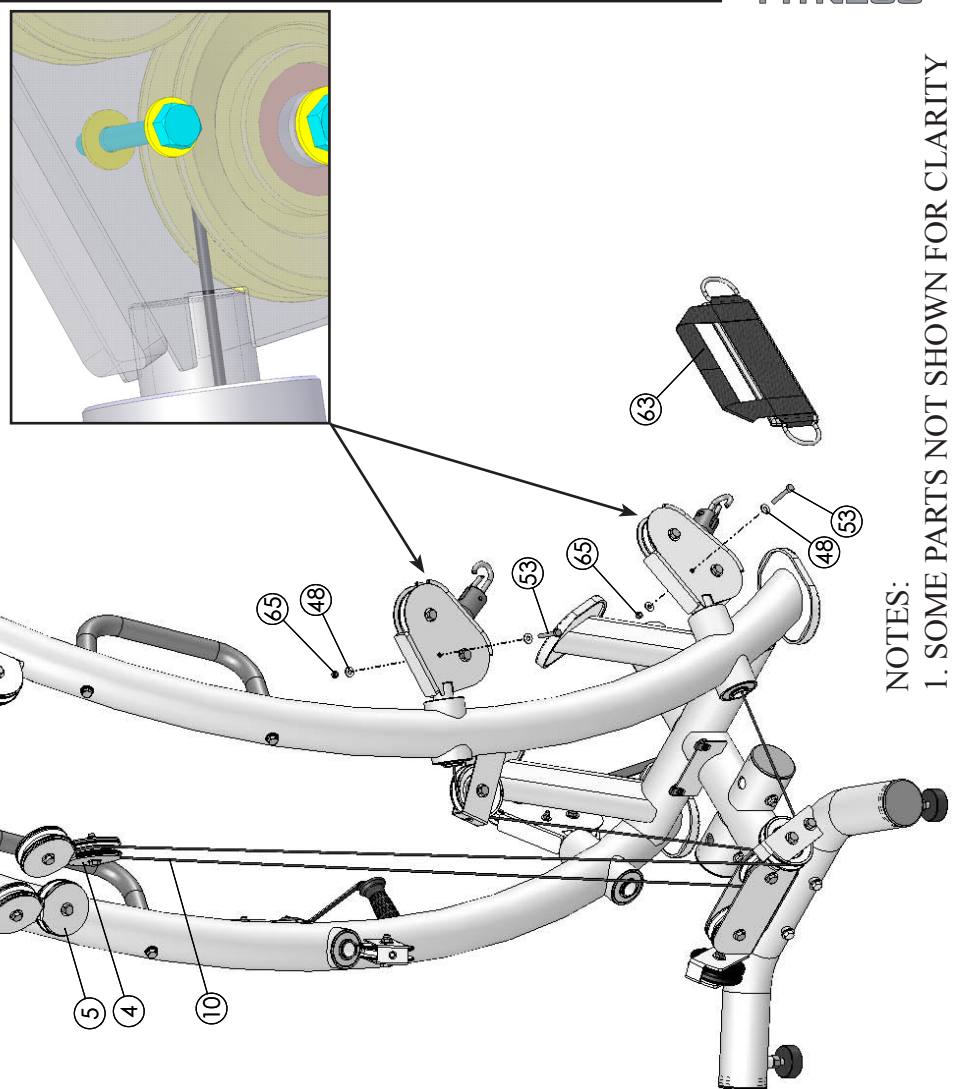


NOTES:
1. SOME PARTS NOT SHOWN FOR CLARITY

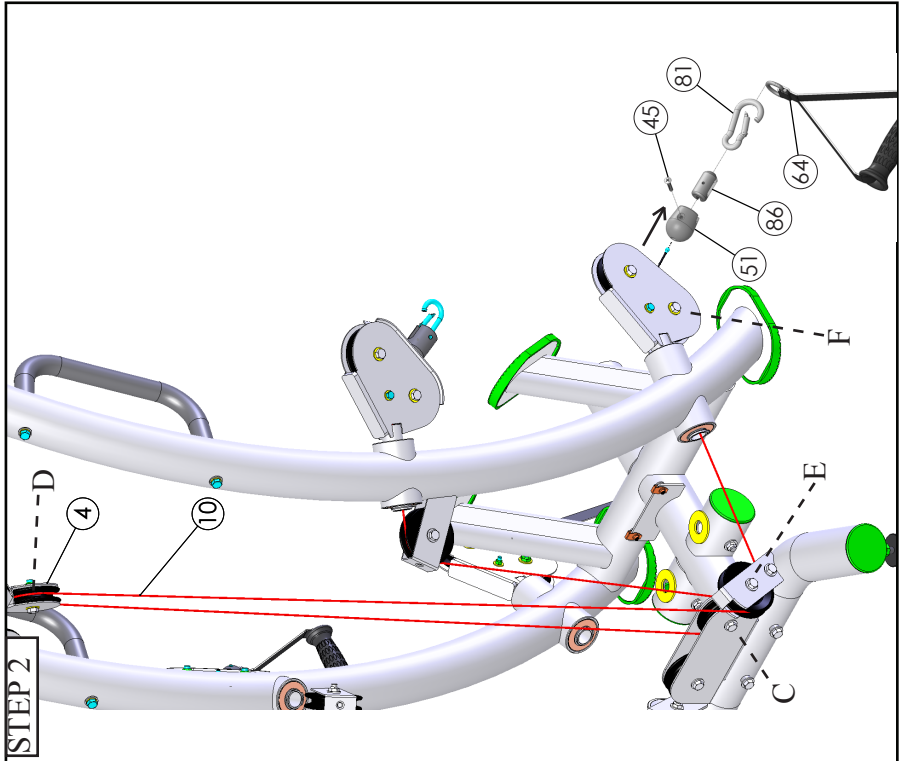
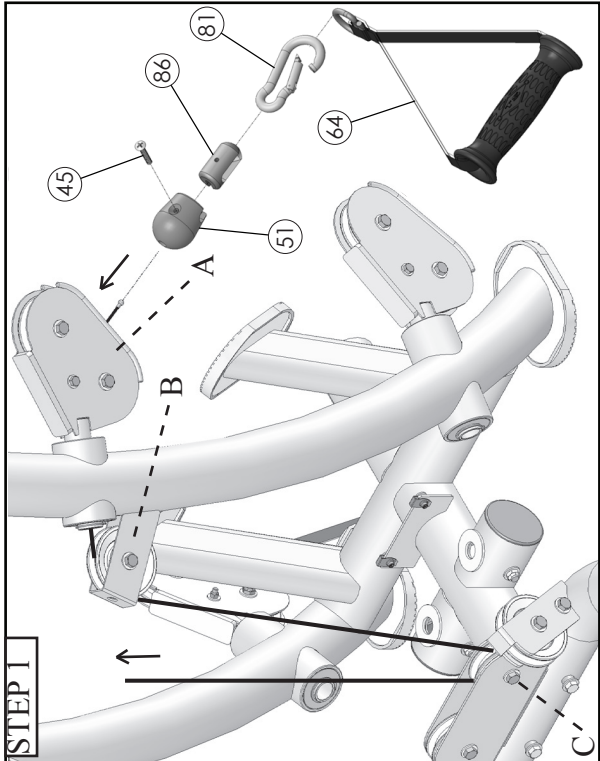
Step 10 (Low Row Cable Routing)

Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
10	LOW ROW CABLE	1
45	Oval Head Phillips Screw #10-32 X 1 1/8	2
48	FLAT WASHER SAE B/O 1/4"	4
51	Cable Stopper Shell 1 1/2 x 1 3/4	2
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	2
63	NYLON ANKLE STRAP	1
64	CONTOUR ERGO HANDLE LONG STRAP	2
65	NYLON INSERT LOCK NUT B/O 1/4-20	2
81	SNAP LINK ZIP 8MM X 80MM	2
86	7/8 Rd X 1 5/8 Link 1/8 Cable	2



NOTES:
1. SOME PARTS NOT SHOWN FOR CLARITY

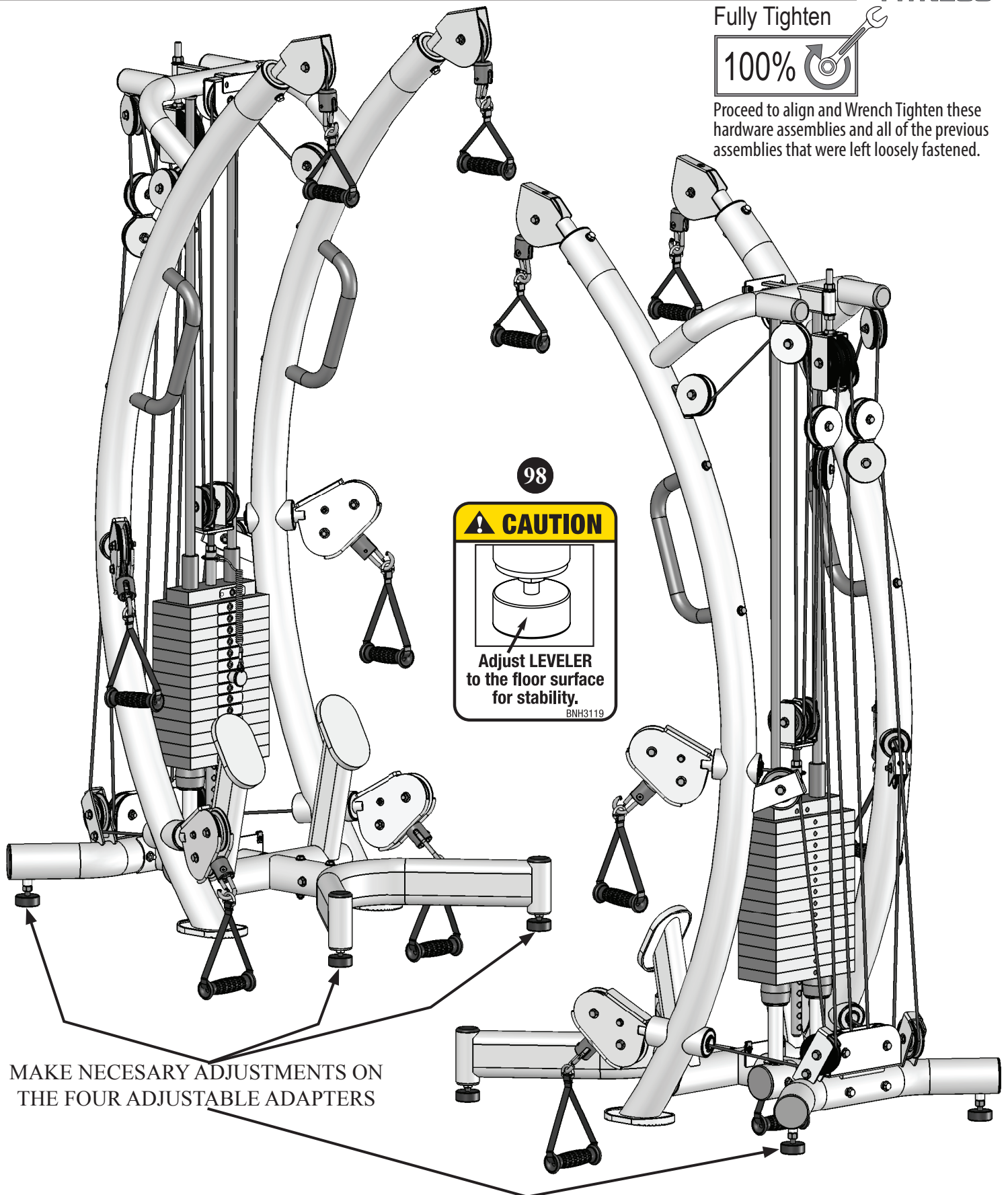


Step 11

Fully Tighten



Proceed to align and Wrench Tighten these hardware assemblies and all of the previous assemblies that were left loosely fastened.



MAKE NECESSARY ADJUSTMENTS ON THE FOUR ADJUSTABLE ADAPTERS

Step 12

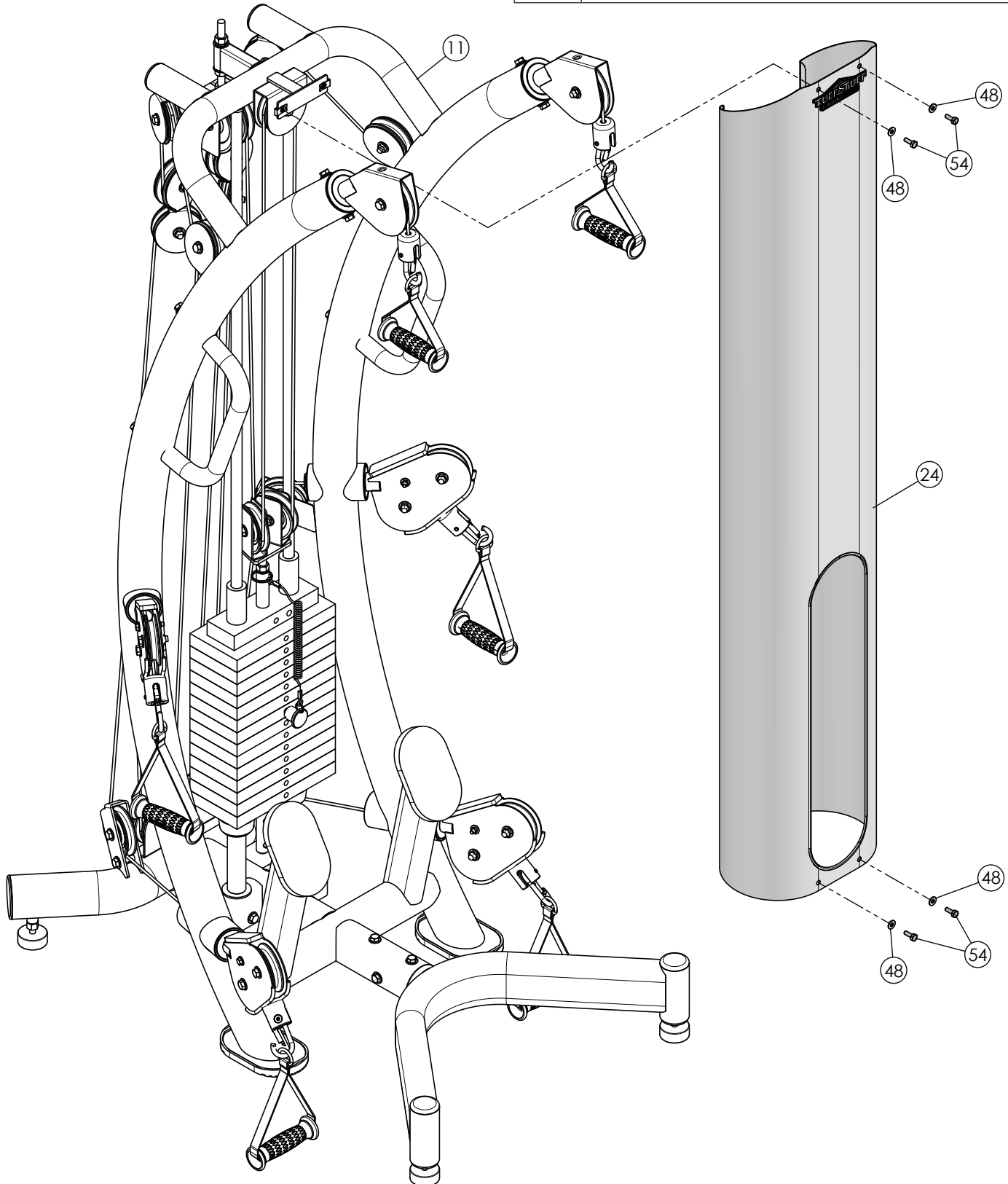
Fully Tighten



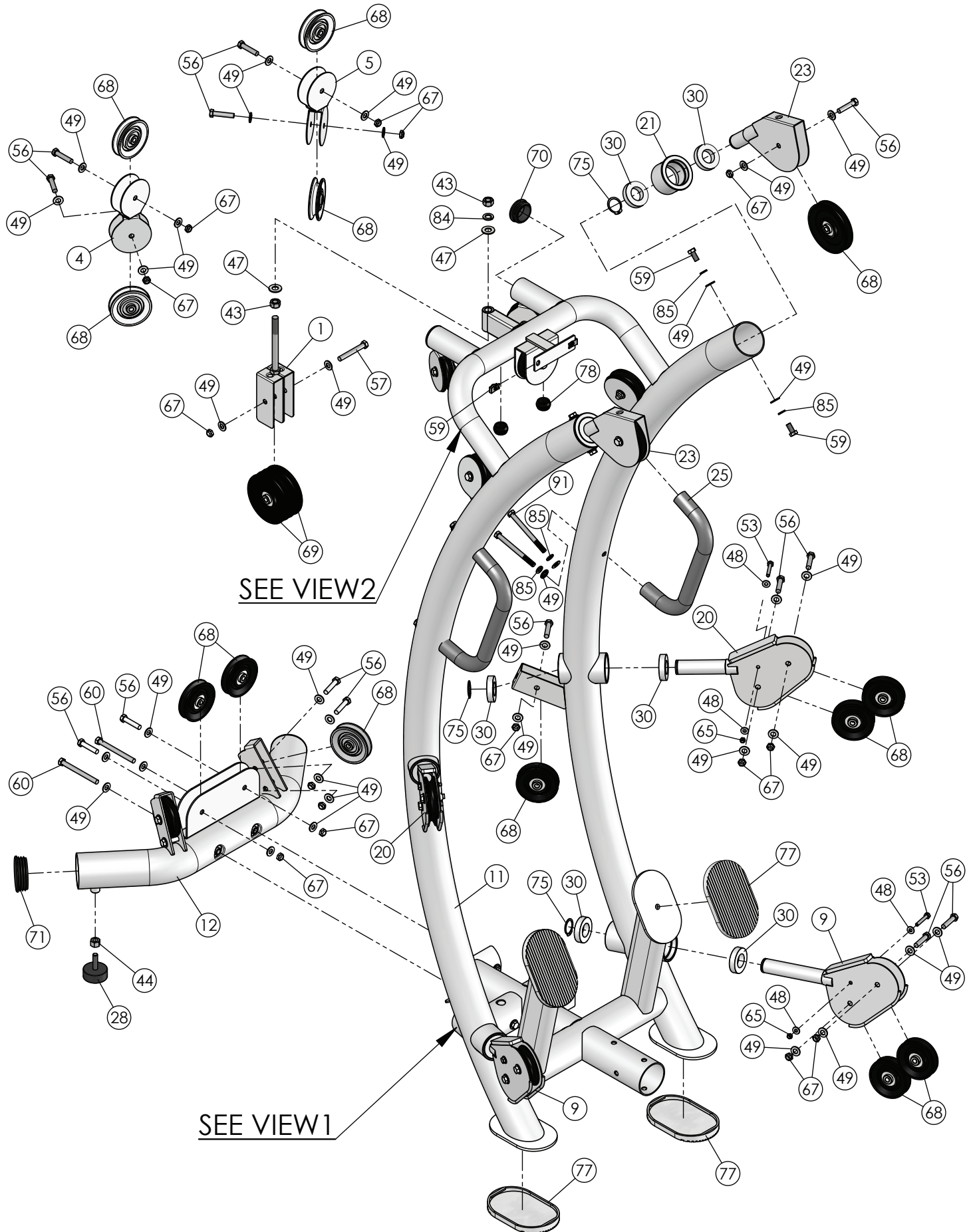
Wrench tighten all hardware in this step.

Assembly List

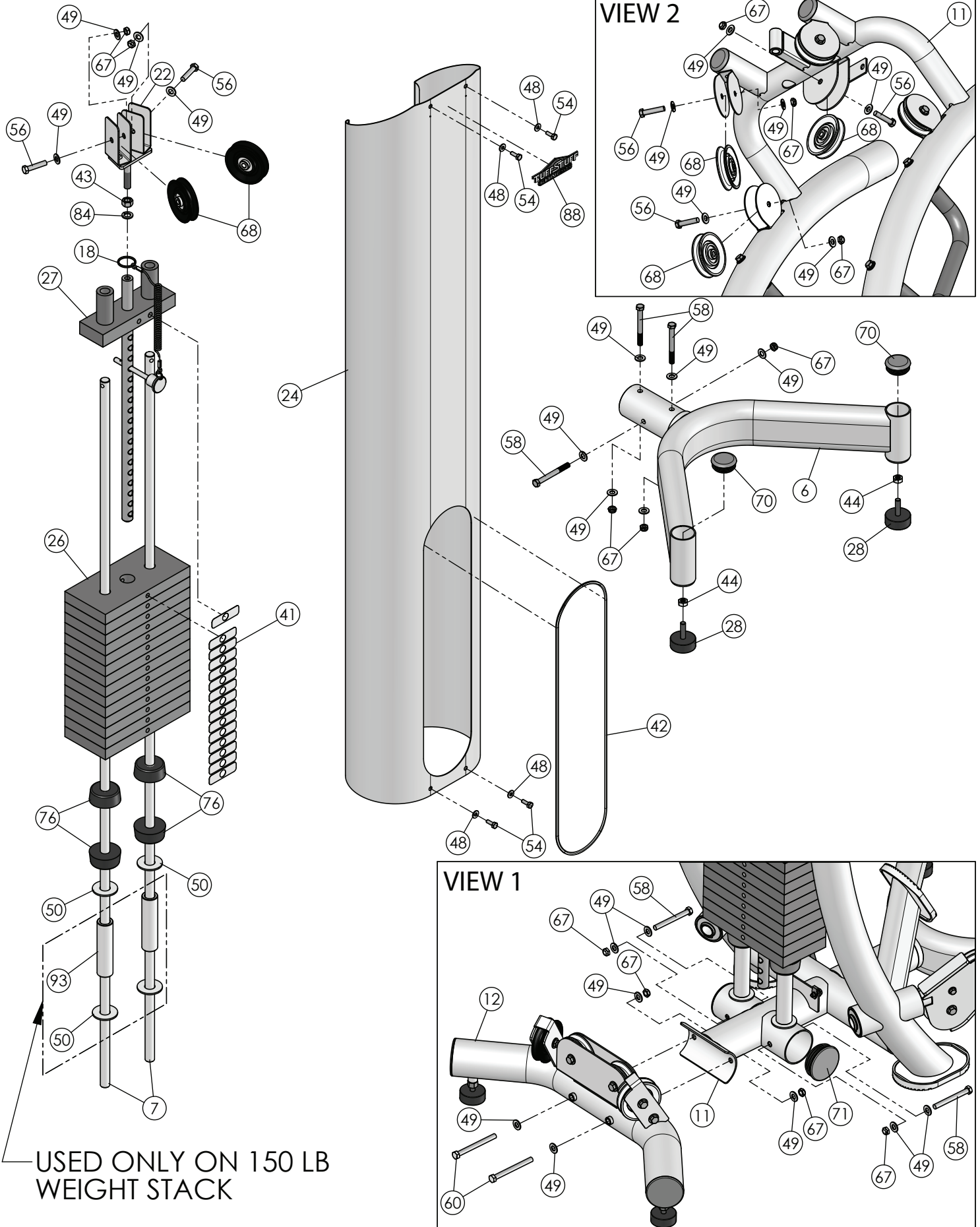
Item #	Description	Qty.
24	WEIGHT SHIELD	1
48	FLAT WASHER SAE B/O 1/4"	4
54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	4



SPT-6B Exploded View



SPT-6B Exploded View



SPT-6B Parts List



COLOR CHART

BLACK BOLD= SUB-ASSEMBLY PARTS
BLACK= HARDWARE

REVO

SPT-6B Parts List

ITEM NO.	DESCRIPTION	REV.	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP6165	1	56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	29
4	DOUBLE FLOATING PULLEY BRACKET LT	0	UP6170	1	57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	1
5	DOUBLE FLOATING PULLEY BRACKET RT	0	UP6171	1	58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	BNH0280	5
6	STABILIZER FRAME U SHAPE	0	UP8000	1	59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	4
7	GUIDE ROD 3/4 RD X 67 1/2	0	UP6187	2	60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	2
8	LAT CABLE	0	UP6184	1	61	HEX KEY ALLOY 3/32"	BNH0372	1
9	LONG DOUBLE SWIVEL PULLEY BRKT	0	UP6173	2	62	HEX KEY LONG ARM ALLOY 3/16"	BNH0371	1
10	LOW ROW CABLE	0	UP7594	2	63	NYLON ANKLE STRAP	BNH2263	1
11	MAIN FRAME	0	UP6175	1	64	CONTOUR ERGO HANDLE LONG STRAP	BNH2738	4
12	REAR STABILIZER	0	UP7595	1	65	NYLON INSERT LOCK NUT B/O 1/4-20	BNH0213	4
18	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	BNH0365	37
20	SHORT DOUBLE SWIVEL PULLEY BRKT	0	UP6182	2	68	Black Nylon Pulley Wide Groove 3/8 X 1 X 3 1/2	BNH2832	25
21	TOP BEARING HOUSING	0	UP6166	2	69	Black Nylon Pulley Wide Groove 3/8 X 1 X 4 1/2	BNH2834	4
22	TOP PLATE PULLEY BRACKETS	0	UP6183	1	70	PLASTIC INSERT CAP 2" RD 10-14 GA	BNH0004	2
23	TOP SWIVEL PULLEY BRACKET	0	UP3634	2	71	PLASTIC INSERT CAP 3" RD 10-14 GA	BNH1364	4
24	WEIGHT SHIELD	0	UP6185	1	75	RETAINING SNAP RING EXT. 1 1/4"	BNH1718	6
25	HANDLE	0	UP7075	2	76	RUBBER DONUT 3/4 X 2 1/2	BNH0068	4
26	10 LB STEEL WEIGHT PLATE 4 9/16 X 9 7/16		BNH1650	14	77	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	4
27	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS		BNH1982	1	78	RUBBER GROMMET 3/4" ID	BNH0401	2
28	ADJUSTABLE ADAPTER		BNH2279	4	81	SNAP LINK Z/P 8MM X 80MM	BNH0065	6
30	BALL BEARING R20-RS (4 I.D. X 2 1/4 X 1/2)		BNH1712	12	84	SPLIT LOCK WASHER B/O 1/2"	BNH0653	2
33	Label-IMPORTANT ADJUST Cable Tension Here		BNH2924	1	85	SPLIT LOCK WASHER B/O 3/8"	BNH0658	8
34	Label WARNING_Serious Injury or Death		BNH2939	1	86	7/8 Rd X 1 5/8 Link 1/8 Cable	BNH4231	6
36	Label-EXERCISE CHART (SPT-6)		BNH2277	1	87	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
37	Label-IMPORTANT For smooth performance...		BNH2925	1	88	TuffStuff Fitness Plaque 5 x 2	BNH4203	1
38	Label IMPORTANT Check Cables		BNH3113	1	89	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	4
39	Label-WARNING Keep body, hands...		BNH2926	1	91	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	BNH0317	4
40	Label WARNING Keep body, hands, 1 1/2 x 2 1/4		BNH2908	2	92	CONTOUR ERGO HANDLE SHORT STRAP	BNH2739	2
41	Label Numbers 10-150 lbs/kgs Yellow & Black		BNH3096	1	93	WEIGHT STACK SPACER 5" (For 150 LB)	UP5238	2
42	EDGE PROTECTOR CHROME 11 GA		BNH1724	1	94	Label-INSPECTIONS Recommended Inspection...	BNH2922	1
43	FINISHED HEX NUT B/O 1/2-13		BNH0201	3	95	Label SCHEDULE Replacement Parts...	BNH2957	1
44	FINISHED HEX NUT B/O M10-1.5		BNH0651	4	96	Label-DANGER Use this equipment ONLY...	BNH2903	1
45	Oval Head Phillips Screw Z/P #10-32 X 1 1/8		BNH2793	6	97	Label-DANGER Do Not Pull or Perform...	BNH3112	2
47	FLAT WASHER SAE B/O 1/2"		BNH0239	2	98	Label- CAUTION Adjust Leveler	BNH3119	4
48	FLAT WASHER SAE B/O 1/4"		BNH0877	12	99	Label-Serial Number (SPT-6B)	BNH3114	1
49	FLAT WASHER SAE B/O 3/8"		BNH0239	82	100	Label-Patent D626,609S	BNH3115	2
50	FLAT WASHER B/O 3/4 X 2"		BNH0878	4	101	Label-Patent D606,135S	BNH3116	1
51	Cable Stopper Shell 1 1/2 x 1 3/4		BNH4230	6	102	ALERT Sign for Customer 8 1/2 x 11	BNH3015	1
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4		BNH1338	4	103	RUBBER FLAT TUBE .94 ID X .115 WALL X 19	BNH2485	2
54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4		BNH0890	4				

Inspection / Maintenance



Perform regular maintenance (see Inspection Label). Pay special attention to areas most susceptible to wear and tear. TuffStuff recommends you maintain a service contract with a TuffStuff Authorized Dealer or a Professional Service Company approved by TuffStuff. Keep a service log of all maintenance and repair activities. Extra copies can be downloaded from our website.

INSPECTIONS					
Recommended Inspection Replace all parts at first signs of wear or damage.	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
	INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	X			
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	X				
INSPECT: Cables, Belts and tension (adjust if needed).	X				
INSPECT: All labels		X			
INSPECT: All nuts and bolts (tighten if needed).		X			
INSPECT: Accessory bars, handles, rubber grips.		X			
INSPECT: All anti-skid surfaces.		X			
CLEAN & LUBRICATE: Clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.			X		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			X		
CLEAN & WAX: All powder-coat finishes.				X	
REPLACE: Cables & connecting parts.					X
Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.					
TuffStuff Fitness Equipment Inc. Chino, CA 91710, USA www.tuffstufffitness.com BNH2922					

INSPECTION / MAINTENANCE RECORDS			
DATE	REPLACEMENT	REPAIRS	INSPECTED BY
WARRANTY REPAIRS			
DATE	REPLACEMENT	REPAIRS	INSPECTED BY

WARNING:

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY.



"NECKING", STRECHED CABLE COVERING



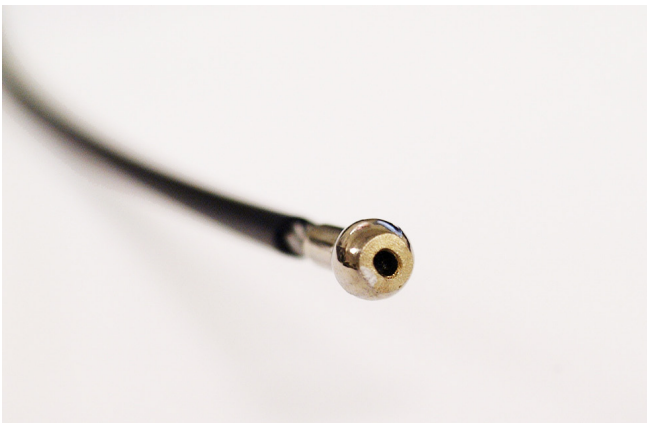
A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



CABLE END SLIPPING OUT

IMPORTANT NOTE:

DAMAGED OR WORN CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

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WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- Read and Understand** Owner's Manual (if available) and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- Use this equipment only for the intended use** and for exercise(s) shown in the exercise label.
- Keep body, clothing and hair **clear from all moving parts**.
- Children must not be allowed** near this machine. Teenager must be supervised.
- Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- Never pin the weights in an elevated position.** Do not use the machine if found in this condition. Inform floor personnel immediately.
- Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- Do not remove labels** affixed to the machine. Replace if damaged.

TuffStuff Fitness Equipment Inc.
Chino, CA 91710, USA BNH2939

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INSPECTIONS

Replace all parts at first signs of wear or damage.

Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	X				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	X				
INSPECT: Cables, Belts and tension (adjust if needed).	X				
INSPECT: All labels		X			
INSPECT: All nuts and bolts (tighten if needed).		X			
INSPECT: Accessory bars, handles, rubber grips.		X			
INSPECT: All anti-skid surfaces.		X			
CLEAN & LUBRICATE: Clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.			X		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			X		
CLEAN & WAX: All powder-coat finishes.				X	
REPLACE: Cables & connecting parts.					X

Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.

TuffStuff Fitness Equipment Inc.
Chino, CA 91710, USA
www.tuffstufffitness.com BNH2922

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SCHEDULE
Replacement Parts

Recommended TuffStuff Parts (replace or as needed)	9-MONTH	12-MONTH	15-MONTH	18-MONTH
Upholstery	X			
Foam Rolls	X			
Cables		X		
Rubber Grips		X		
Nylon Handles			X	
Pull-Pins			X	
Plastic Guides			X	
Weight Selector Pin			X	
Abdominal Strap			X	
Adj. Release Handle				X
Black Caster Wheels				X
Buckle Seat/Belt				X
Labels (as needed)				

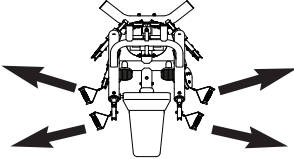
Use only TuffStuff replacement parts when servicing. Failure to do so will void warranty on product and could result in personal injury.

TuffStuff Fitness Equipment Inc.
13971 Norton Avenue
Chino, CA 91710
BNH2957

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DANGER

DO NOT pull or perform any exercises to the sides of the machine.



Excessive pulling or force can cause the machine to tip over, and may result in serious injuries or death.

BNH3112

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IMPORTANT

For smooth performance, clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.

BNH2925

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IMPORTANT

CHECK CABLES
Be sure cables run between the pulleys and working properly.

BNH3113

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DANGER

Use this equipment **ONLY** for its intended purpose. If you are unfamiliar with the equipment or procedure, refer to your Owner's Manual or call TuffStuff at 888-884-8275.

Failure to comply could result in serious injury or death.

BNH2903

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WARNING



Keep body, hands and fingers clear of all moving parts

BNH2908

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WARNING



Keep body, hands and fingers clear of all moving parts.

BNH2926

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CAUTION



Adjust LEVELER to the floor surface for stability.

BNH3119

Carefully read ALL DANGER, WARNING & CAUTION labels posted on the machine

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BASIC EXERCISES

LAT PULLDOWN

1. Adjust bench to the flat position. Grasp the handles and with hands subextended, sit down placing your feet on the floor.

2. To do the exercise, lean back slightly and slowly pull the handles down moving your elbows to the side and as far down as possible. Return to starting position and repeat as desired.

SETS: 2 REPS: 10-12

TRICEP EXTENSION

1. Adjust bench to the flat position. Straddle your feet over the bench. Grasp the handles and bring to starting position just above your head.

2. To do the exercise, lean forward slightly, slowly extend your arms forward just short of a full extension. Return to starting position and repeat as desired.

SETS: 2 REPS: 10-10

TRICEP PUSHDOWN

1. Straddle your feet over the bench going over the handles being to starting position at chest height.

2. To do the exercise, elbows close to your body, slowly push down extending your arms as far as possible. Return to starting position and repeat as desired.

3. For variations, reverse-grip positions.

SETS: 2 REPS: 10-10

ABDOMINAL CRUNCH

1. Adjust bench to the upright position and lying flat. Grasp the handles, sit down and bring handles close to behind your neck at starting position.

2. To do the exercise, elbows close to your body, slowly crunch forward and moving as far down as possible. Return to starting position and repeat as desired.

SETS: 2 REPS: 25-45

PECTORAL CROSSOVER

1. Grasp the handles (single hand) and step away far enough with cable bar to meet extended at starting position.

2. To do the exercise, feet apart, slowly pull the handle down crossing over your chest as far down as possible. It is normal to rotate your trunk. Return to starting position and repeat as desired.

SETS: 2 REPS: 10-12

MID ROW

1. Adjust bench to the flat position. Sit down, place feet on the foot support. Grasp the handles (mid pulley), arms subextended and cables flat at starting position.

2. To do the exercise, always pull the handles to your mid-section keeping your elbows moving as far back as possible. Return to starting position and repeat as desired.

SETS: 2-3 REPS: 8-12

CHEST PRESS

1. Adjust bench to the upright position and lying flat. Grasp the handles (mid pulley) and bring to starting position as shown.

2. To do the exercise, always press straight forward until just short of a full extension. Return to starting position and repeat as desired.

3. For variations, press upward (up) or downward (down) as shown.

SETS: 2-3 REPS: 8-12

REAR DELT

1. Position yourself facing in and feet over the bench. Grasp the handles in each opposite hand (cross-over) and bring to starting position in front of you.

2. To do the exercise, arms straight, slowly pull your arms apart keeping your arm straight and moving backward as far back as possible. Return to starting position and repeat as desired.

SETS: 2 REPS: 10-12

LOW ROW

1. Adjust bench to the flat position. Sit down, place feet on the foot support. Grasp the handles, arms subextended and cables flat at starting position.

2. To do the exercise, always pull the handles to your mid-section keeping your elbows moving as far back as possible. Return to starting position and repeat as desired.

SETS: 2-3 REPS: 8-12

UPRIGHT ROW

1. Straddle your feet over the bench, placing in, grasp the low pulley handles (middle grip), arms extended and keep cables flat at starting position.

2. To do the exercise, slowly pull the handles upward moving your elbows as far above your shoulders as possible. Return to starting position and repeat as desired.

SETS: 2 REPS: 10-12

ARM CURL

1. Straddle your feet over the bench, grasp the low pulley handles under-hand grip with arms extended at starting position.

2. To do the exercise, elbows close to your body, slowly curl the handles upward moving your hands as close to your chin as possible. Return to starting position and repeat as desired.

3. Can be performed sitting down.

SETS: 2-3 REPS: 8-10

SHOULDER PRESS

1. Adjust bench to the upright position and sitting up. Grasp the low pulley handles and bring to starting position at shoulder height.

2. To do the exercise, back firmly against the back and, slowly press straight upward above your head until a full extension. Return to starting position and repeat as desired.

SETS: 2-3 REPS: 8-12

DELTOID RAISE

1. Grasp the low pulley handles (single grip) and step away far enough to make the cables flat at starting position.

2. To do the exercise, keep feet apart, slowly raise your arms upward keeping your feet moving above your shoulders. Return to starting position and repeat as desired. For variations, perform exercise with both hands.

SETS: 2-3 REPS: 8-10

SQUAT

1. Assume a standing position with your feet over the bench and your back to the machine. Grasp the low pulley handles and bring to starting position as shown.

2. To do the exercise, keeping your trunk straight, slowly lower yourself until your thighs are parallel to the floor. From this position, slowly push up to starting position. Repeat as desired.

SETS: 2-3 REPS: 8-12

INNER/OUTER THIGH

1. Lower attach ankle strap to your leg close to the machine and grasp the handle for support. To do the exercise, slowly cross over your leg as far as possible.

2. Lower attach ankle strap to your outer leg and crossed your leg over at starting position. To do the exercise, slowly raise your leg to the side as high as possible. Repeat as desired.

SETS: 2-3 REPS: 8-12

For more exercise options, refer to the DVD recommended exercise videos. Read and understand Owner's Manual and all DANGER, WARNING & CAUTION labels. TUFFSTUFF FITNESS EQUIPMENT INC., CHINO, CALIFORNIA, USA.

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TOP PLATE 10 lbs.	TOP PLATE 4.5 kgs.
20 lbs.	9.0 kgs.
30 lbs.	13.6 kgs.
40 lbs.	18.1 kgs.
50 lbs.	22.7 kgs.
60 lbs.	29.5 kgs.
70 lbs.	31.8 kgs.
80 lbs.	36.3 kgs.
90 lbs.	40.8 kgs.
100 lbs.	45.4 kgs.
110 lbs.	49.9 kgs.
120 lbs.	54.4 kgs.
130 lbs.	59.0 kgs.
140 lbs.	63.5 kgs.
150 lbs.	68.0 kgs.

99

TUFFSTUFF FITNESS

TuffStuff Fitness Equipment, Inc.
13971 Norton Avenue, Chino, CA 91710, USA
PH: 909-629-1600 FX: 909-629-4967
service@tuffstuff.net www.tuffstufffitness.com

SPT-6B Six-Pak Trainer
Serial # 000-0000

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IMPORTANT

ADJUST
Cable Tension Here
BNH2924

101

U.S. Pat. No. D606,135 S

100

U.S. Pat. No. D626,609 S

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BE ALERT!

THE FITNESS EQUIPMENT YOU HAVE JUST PURCHASED PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

Prior to using the equipment, READ the OWNER'S MANUAL thoroughly, all danger, warning & caution labels and instruction placards affixed to the machine.

If you are unsure on how to use the equipment, seek the assistance of a certified training instructor, TuffStuff authorized dealer or TuffStuff customer service personnel.

Immediately report any piece of equipment that is not functioning properly. DO NOT ATTEMPT to use or fix any piece of equipment yourself. Contact TuffStuff immediately.

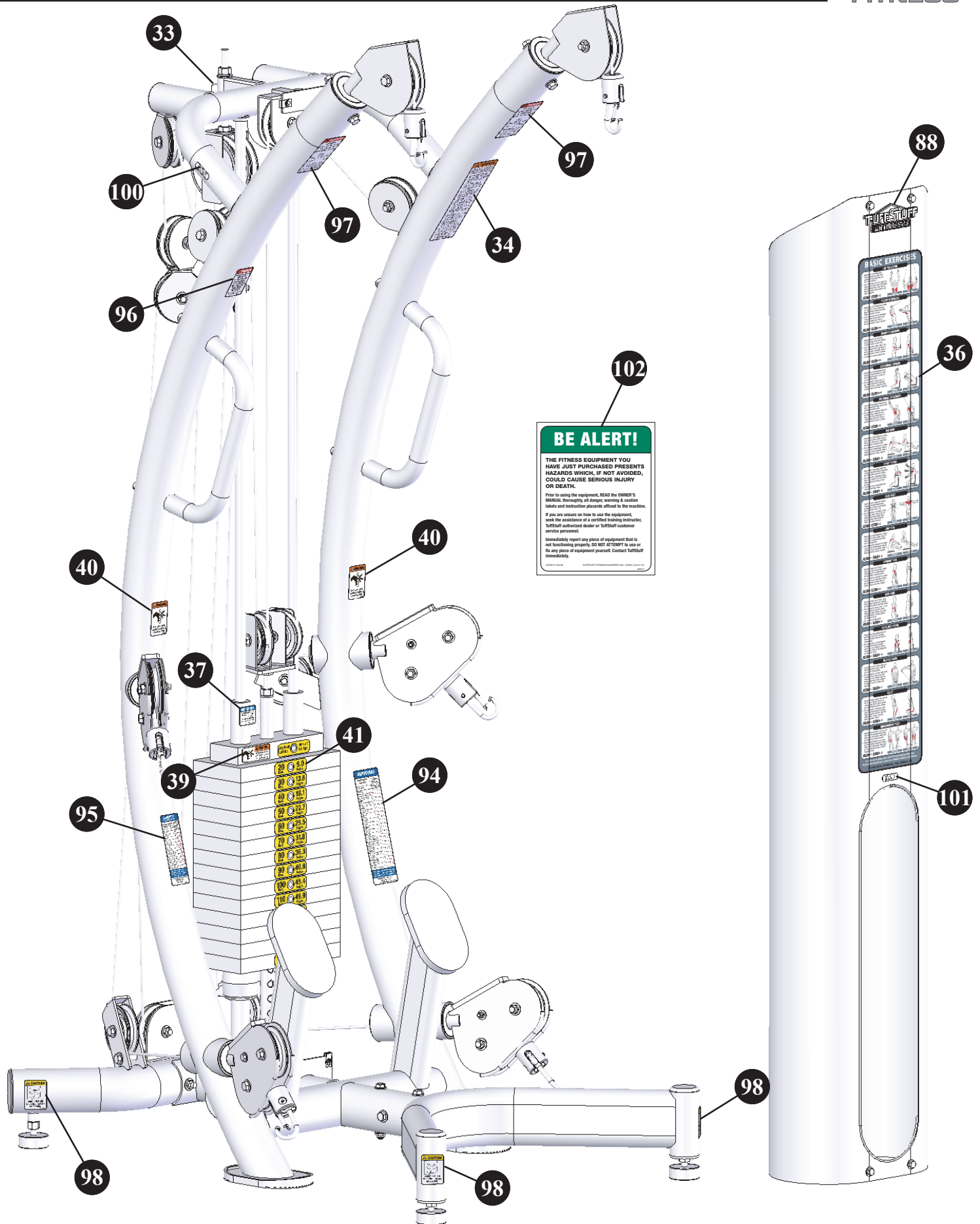
ASTM F1749-96 TUFFSTUFF FITNESS EQUIPMENT INC., CHINO, CA 91710 BNR015

It is extremely important that the **BE ALERT!** Sign shown to the left be installed in plain view of the unit.

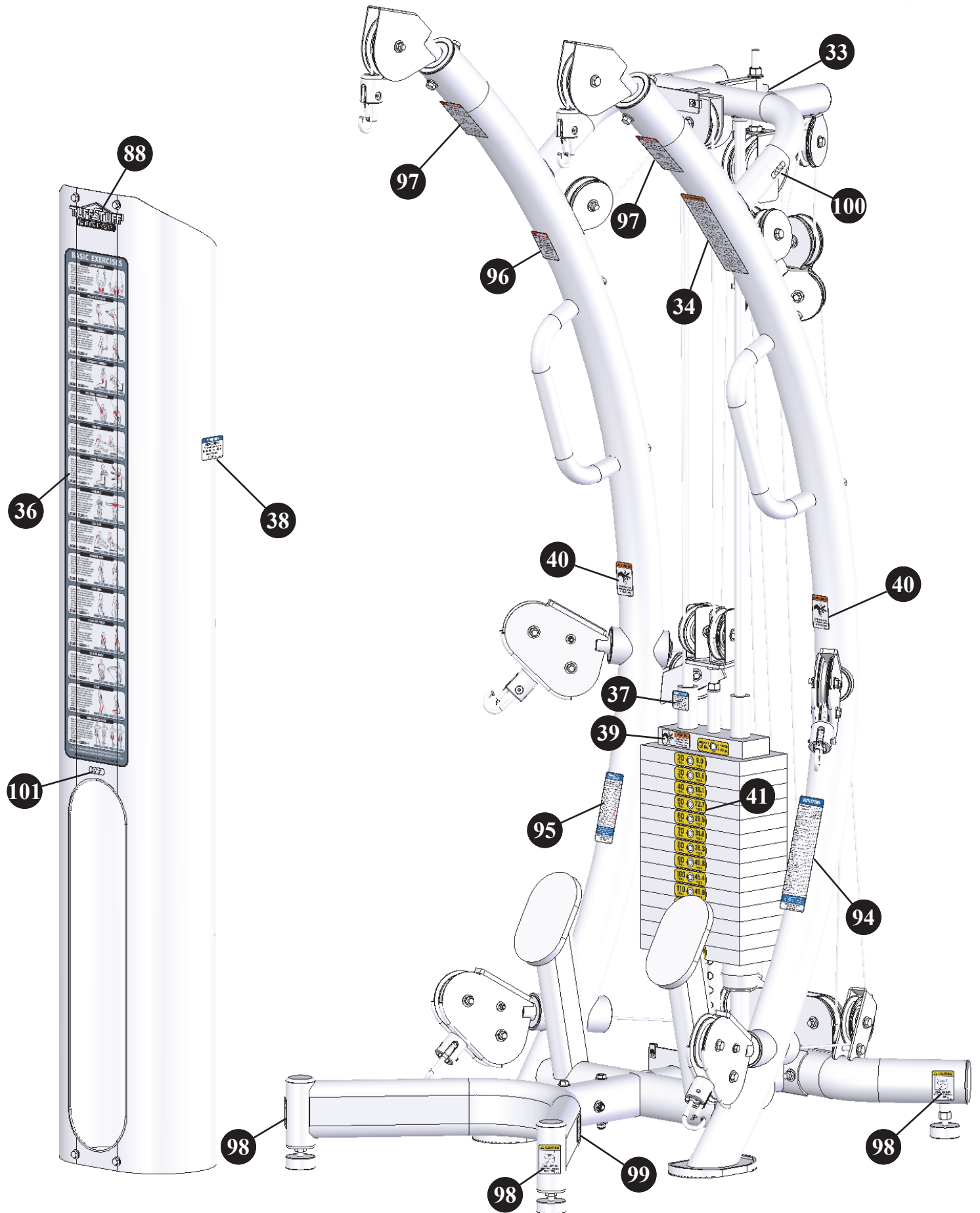
You should have received it along with this Owners Manual. If you did not receive this Sign with your order, you can obtain one at no cost to you from TuffStuff Fitness by contacting our service department at:

1 (888) 884-8275
service@tuffstuff.net
service1@tuffstuff.net

SPT-6B Label Placement



SPT-6B Label Placement



N o t e s

IMPORTANT: KEEP THIS OWNERS MANUAL FOR FUTURE REFERENCE

HOME LIFETIME WARRANTY



Tuffstuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. TuffStuff's exclusive HOME LIFETIME WARRANTY coverage extends for the life of the product while owned by the original purchaser, and used only in a home or residential environment.

A seal of confidence
and quality since 1971.

This warranty does not cover:

- A. TuffStuff products sold for and used in a commercial or institutional environment.**
- B. 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 machines.**
- C. Use of the product in a manner for which it was not designed.**
- D. It excludes expendable parts such as paint and finish.**
- E. Original product that is altered, or the use of replacement parts and components of another manufacturer.**
- F. VALID ONLY if the Product is assembled and installed according to the instructions provided in the Owner's manual.**

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 Chino, California without charge to the purchaser. 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 Chino.

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 CONNECTIONS WITH EXERCISE PRODUCTS. TUFFSTUFF'S LIABILITY HEREUNDER IS EXPRESSLY LIMITED TO THE REPAIRS OR REPLACEMENTS OF WARRANTED DEFECTIVE PARTS.

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 13971 Norton Avenue, Chino, CA 91710, before returning any defective equipment.

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

SERIAL #

Write your Serial number here for future reference

_____ Purchase Date



TuffStuff Fitness Equipment Inc.

13971 Norton Avenue, Chino, CA 91710, USA

Phone: 909-629-1600 Fax: 909-629-4967

service@tuffstuff.net service1@tuffstuff.net

www.tuffstufffitness.com