

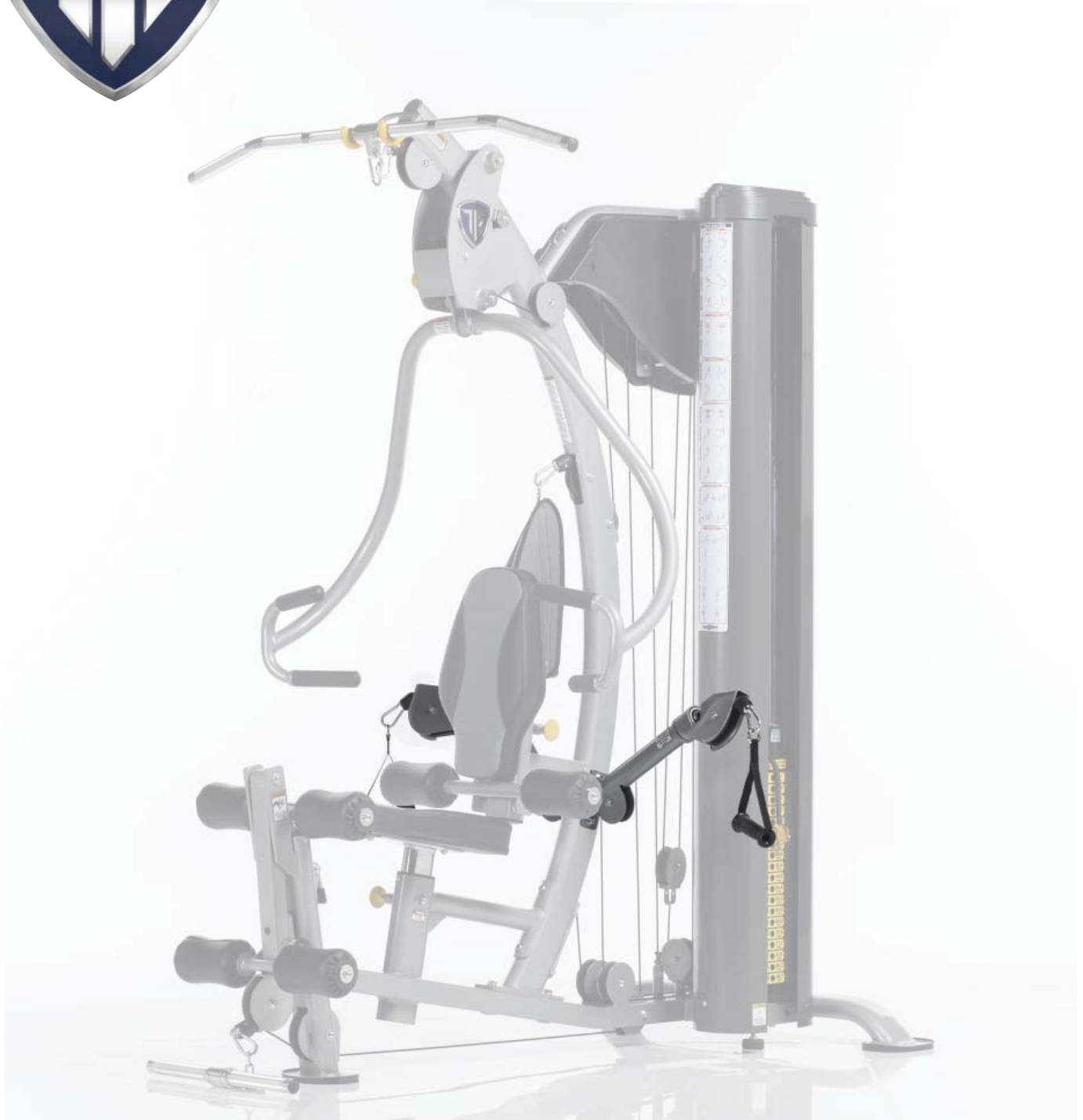


TUFFSTUFF FITNESS INTERNATIONAL

OWNER'S MANUAL

Maintenance & Assembly Instructions

IMPORTANT: KEEP THIS MANUAL FOR FUTURE REFERENCE



! WARNING

Read and understand the Owner's Manual, all danger, warning and caution labels before using this equipment.

*Shown with AXT-225 Deluxe Home Gym
(Sold separately)

AXT-RIG

Outrigger attachment for AXT-225

AXT-RIG_Rev0
Revision Date 8-17-2015

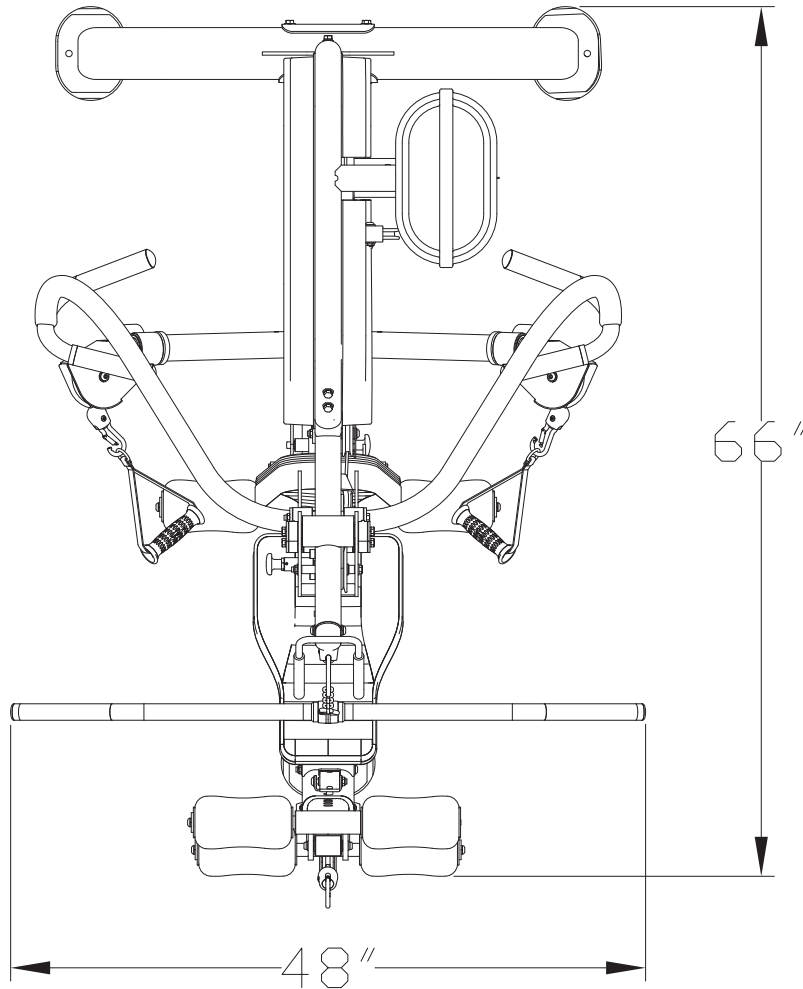
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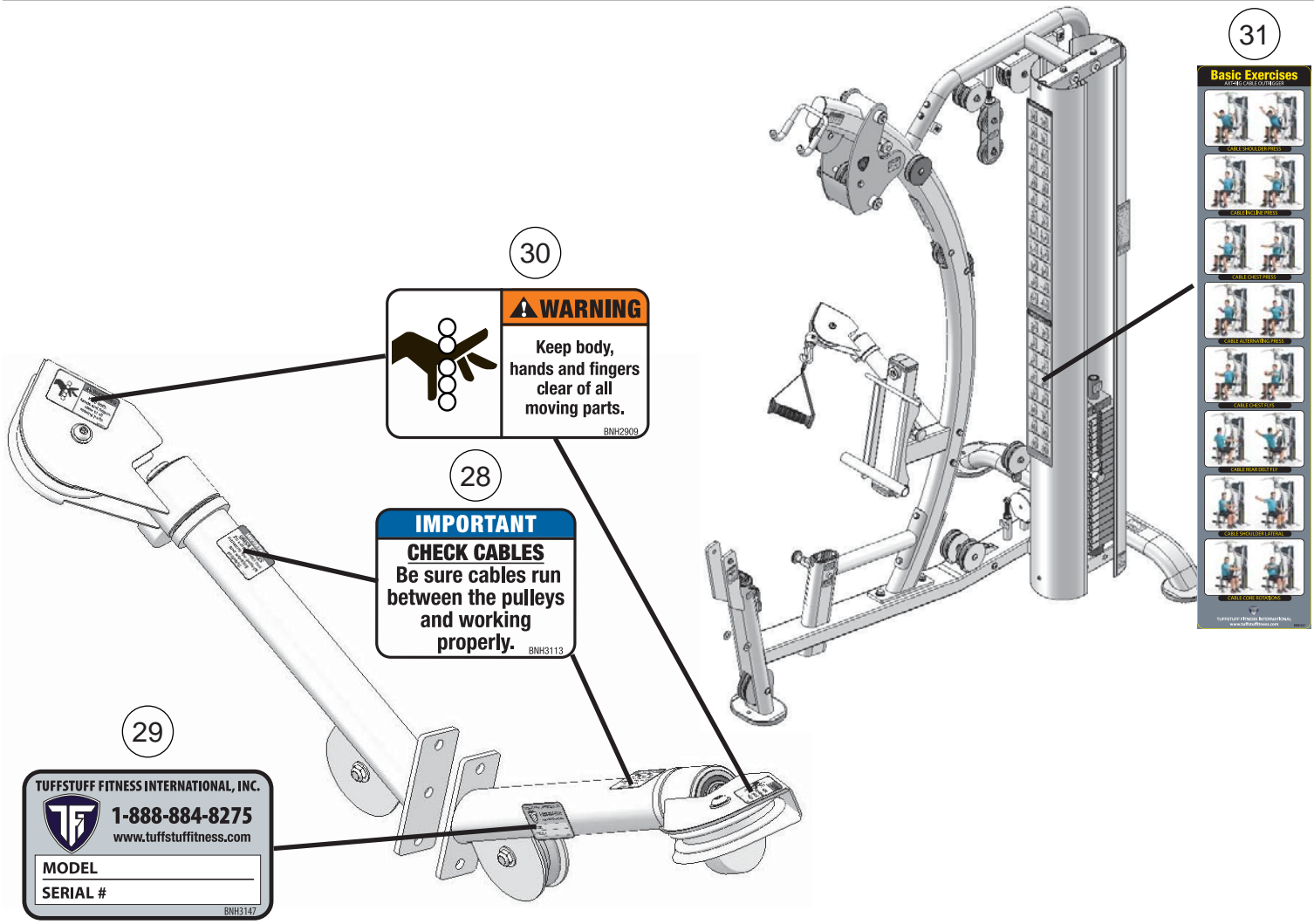
TuffStuff Fitness International Inc. continually engages in research related to product improvements. Please take the time to carefully read through this owner's manual thoroughly. Instructions contained in this owner's manual are not intended to cover all details or variations possible with equipment, or to cover every contingency that may be met in conjunction with assembly, installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this owner's 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 owner's manual, the matter should be directed to Customer Service at TuffStuff Fitness International Inc. in Chino, California.

OVERHEAD SPECIFICATIONS



L 66" X W 48" X H 84"
PRODUCT WEIGHT 21 lbs.
MAX-LOAD WEIGHT LIMIT - 200 lbs.

Carefully read ALL Danger, Warning & Caution labels posted on the machine



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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 Owner's 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

Important Safety Instructions



If you have not participated in a regular exercise program, smoke or have signs of high blood pressure, you must obtain a medical exam or consult with your personal physician before performing any AXT-RIG exercises illustrated in this manual.

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

1. **Read and understand Owner's Manual** and all Danger, Warning and Caution labels before using this equipment. If you still need help, call TuffStuff Fitness International.
2. 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.
3. Stop exercising if you feel faint or dizzy. Call your doctor immediately if you are experiencing pain.
4. Use this equipment only for the intended use and for exercise(s) shown on page 16-19.
5. Keep body, clothing and hair clear from all moving parts. Do not attempt to free any jammed parts by yourself.
6. Do not lean against or pull on the framework, weight stack or any component, whether the machine is in use or at rest.
7. Do not use accessories or accessory attachments that are not recommended by TuffStuff.
8. Children must not be allowed near the equipment. Teenager must be supervised.
9. Make sure selector pin is completely inserted and never pin the weights in an elevated position. Use only the selector pin provided by the manufacturer.
10. Do not remove any decals affixed to the machine. Replace if damaged.
11. Do not alter or modify the original manufacturer's 200 lbs. weight stack with any add-on incremental weights, weight plates or dumbbells except those with standard factory installed option.
12. 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.
13. Replace immediately all parts at first sign of wear or damage. Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death to you.

Training Safety

1. 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.
2. Never hold your breath – will limit the flow of oxygen to your brain and may cause dizziness. The most often used breathing pattern is inhaling during least resistance and exhaling during maximum resistance.
3. Always choose a light resistance when using the machine the first time.
4. Trained at a controlled rate of speed



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 AXT-RIG Outrigger attachment for AXT-225. 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> or mail to address shown below 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 owner's 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 International 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 AXT-RIG but are not limited to:

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

Assembly Requirements

Follow these installation requirements when assembling the AXT-RIG. Use the overhead view on the Content Page to layout your floor plan before assembling.

Set up the AXT-RIG 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 AXT-RIG 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 TFI if you have difficulty assembling the AXT-RIG. Please do not attempt to complete the assembly as this could result in equipment failure and serious injuries to the users.

Symbols & Description

70% **Loosely Fasten**
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.

100% **Fully Fasten**
Wrench tighten all hardware in this step.



WARNING:

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



"NECKING", STRETCHED 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.

Step 1

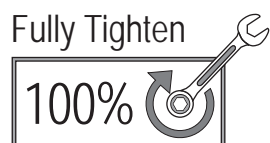
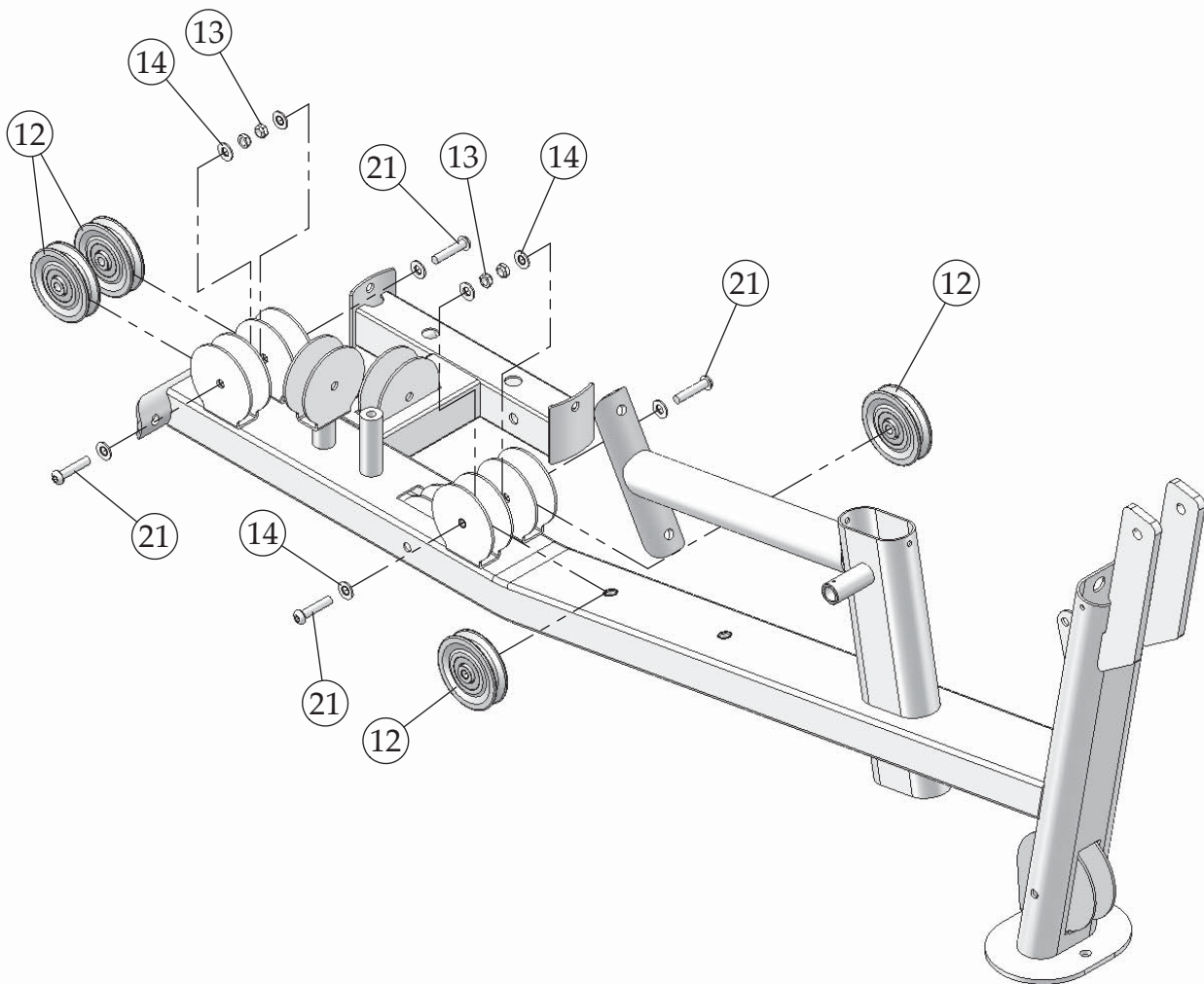


NOTE:

1. Some parts not shown for clarity.

Step 1 Assembly List

Item #	Description	Qty.
12	BLK NYLON PULLEY 12.5MM X 26.3MM X 90MM	4
13	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	4
14	FLAT WASHER SAE Z/P 3/8"	8
21	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 1 3/4	4



Fully Tighten

Wrench tighten all hardware in this step.

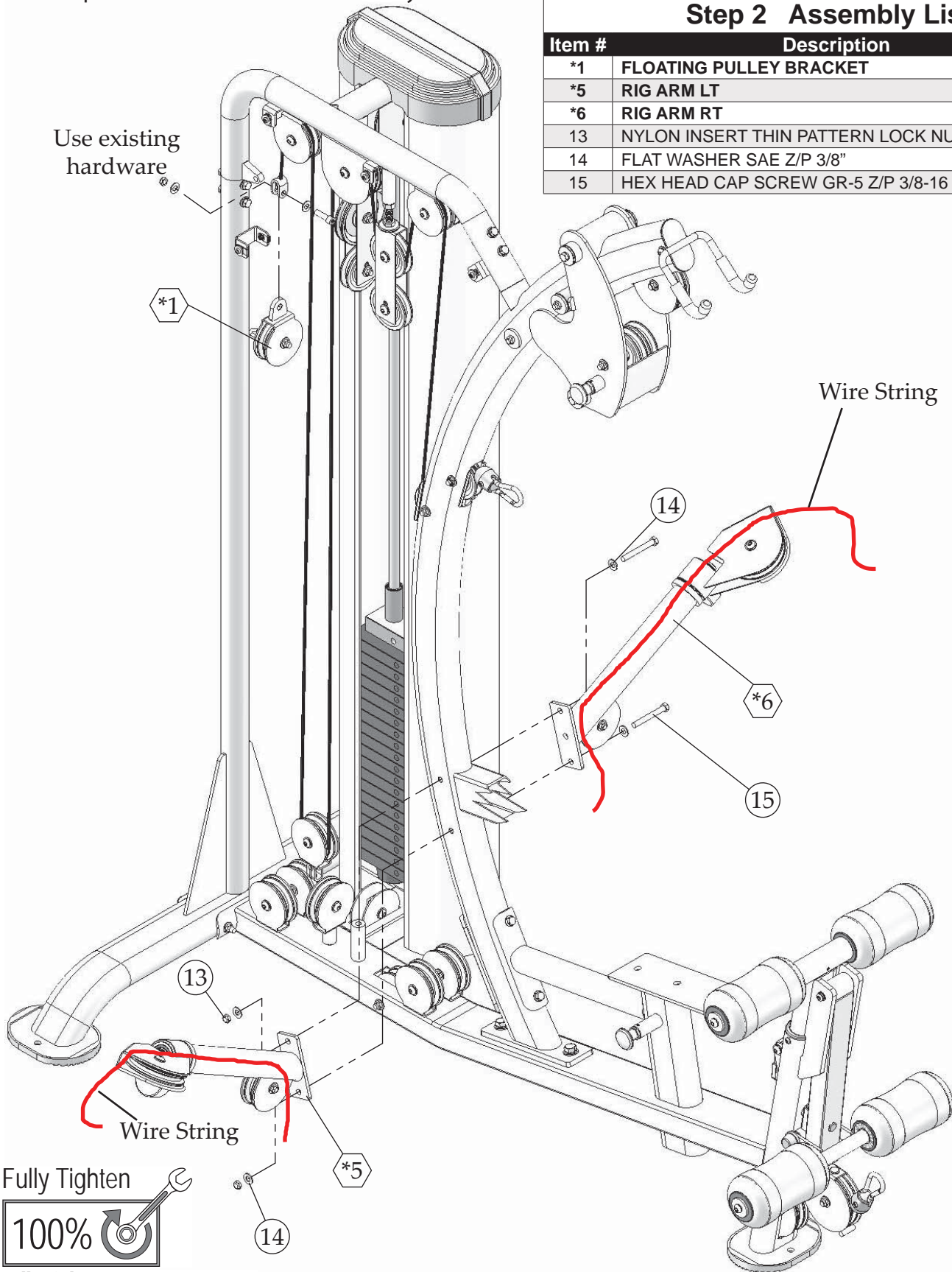
Step 2



NOTE:

1. Some parts cut out/not shown for clarity.

Step 2 Assembly List		
Item #	Description	Qty.
*1	FLOATING PULLEY BRACKET	1
*5	RIG ARM LT	1
*6	RIG ARM RT	1
13	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2
14	FLAT WASHER SAE Z/P 3/8"	4
15	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	2



Fully Tighten
 100%

Fully Tighten
 Wrench tighten all hardware in this step.

Step 3 Cable Routing

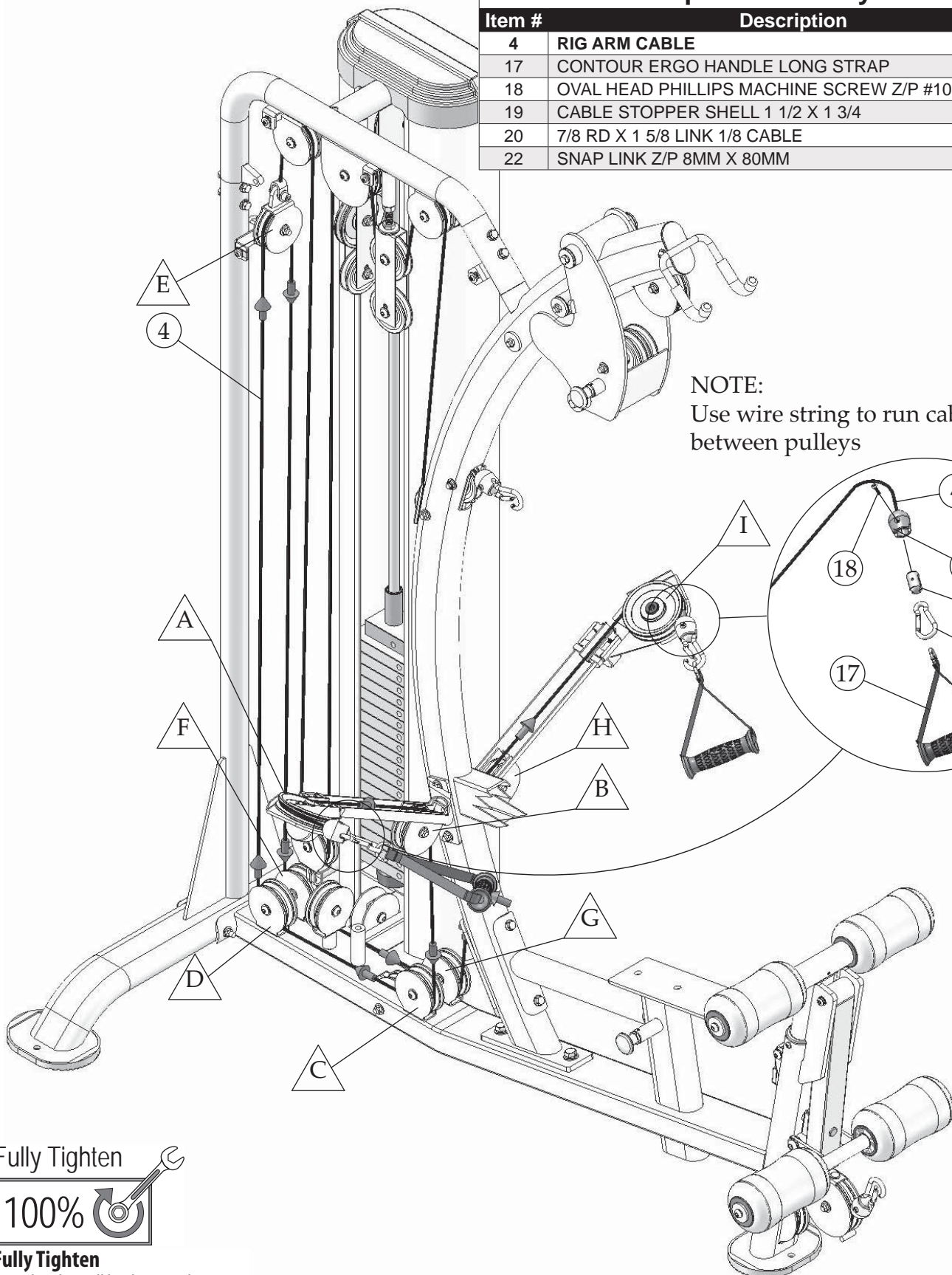


NOTE:

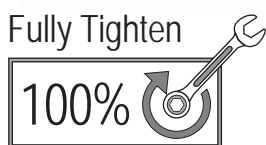
1. Some parts cut out/not shown for clarity.

Step 3 Assembly List

Item #	Description	Qty.
4	RIG ARM CABLE	1
17	CONTOUR ERGO HANDLE LONG STRAP	2
18	OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-32 X 1 1/8	2
19	CABLE STOPPER SHELL 1 1/2 X 1 3/4	2
20	7/8 RD X 1 5/8 LINK 1/8 CABLE	2
22	SNAP LINK Z/P 8MM X 80MM	2



NOTE:
Use wire string to run cable between pulleys



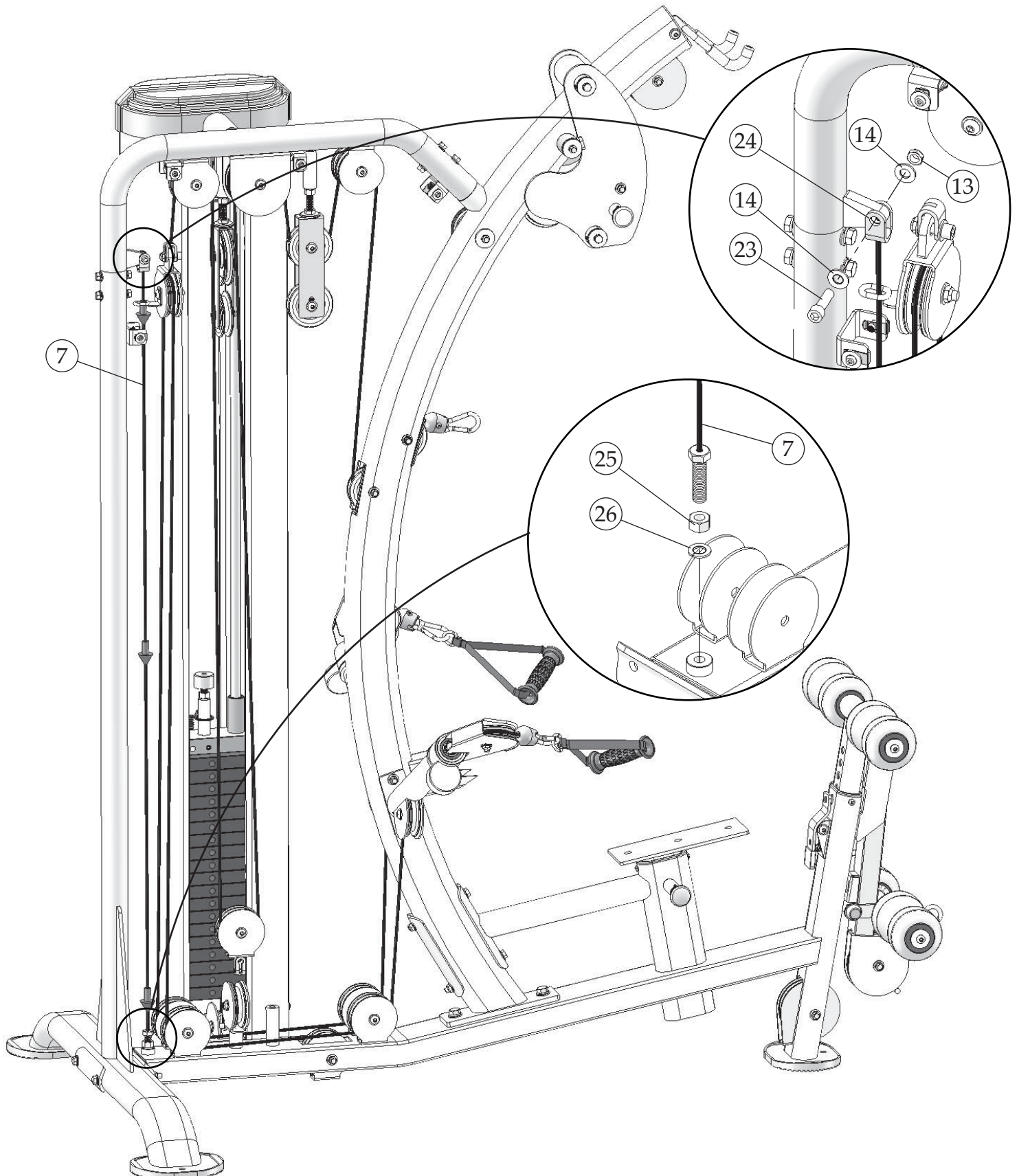
Fully Tighten
Wrench tighten all hardware in this step.

Step 4



NOTE:

1. Some parts cut out/not shown for clarity.





Step 4 Assembly List

Item #	Description	Qty.
7	ANTI TWIST CABLE	1
13	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	1
14	FLAT WASHER SAE Z/P 3/8"	2
23	SOCKET CAP SCREW Z/P 3/8-16 X 1 1/4	1
24	STRAP BRACKET 20 #SF20 STAINLESS STEEL	1
25	FINISHED HEX NUT Z/P 1/2-13	1
26	SPLIT LOCK WASHER Z/P 1/2"	1

Parts List



COLOR CHART
 GRAY= SUB-ASSEMBLY PARTS
 BLACK= HARDWARE

AXT-RIG_REV0

AXT-RIG

Parts List

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
1	FLOATING PULLEY BRACKET	0	UP3733	1	17	CONTOUR ERGO HANDLE LONG STRAP		BNH2738	2
2	PEC FLY SWIVEL PULLEY BRACKET LT	0	UP5882	1	18	OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-32 X 1 1/8		BNH2793	2
3	PEC FLY SWIVEL PULLEY BRACKET RT	0	UP5883	1	19	CABLE STOPPER SHELL 1 1/2 X 1 3/4		BNH4230	2
4	RIG ARM CABLE 1/8" X 231 1/4"	0	UP7867	1	20	7/8 RD X 1 5/8 LINK 1/8 CABLE		BNH4231	2
5	RIG ARM LT	0	UP7754	1	21	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 1 3/4		BNH2426	8
6	RIG ARM RT	0	UP7755	1	22	SNAP LINK Z/P 8MM X 80MM		BNH0065	2
7	ANTI TWIST CABLE 3/16" X 62 1/4"	0	UP7984	1	23	SOCKET CAP SCREW Z/P 3/8-16 X 1 1/4		BNH2362	1
8	GUIDE BRACKET	0	UP7985	1	24	STRAP BRACKET 20 #SF20 STAINLESS STEEL		BNH0562	1
9	BLK NYLON PULLEY 12.5MM X 26.3MM X 114MM		BNH3352	2	25	FINISHED HEX NUT Z/P 1/2-13		BNH0206	1
10	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042		BNH0419	2	26	SPLIT LOCK WASHER Z/P 1/2"		BNH0572	1
11	BALL BEARING #W 516, (1641-2RS-NR(SP))		BNH0628	4	27	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 3/8-16 X 2		BNH3390	1
12	BLK NYLON PULLEY 12.5MM X 26.3MM X 90MM		BNH3355	7	28	LABEL-IMPORTANT CHECK CABLES		BNH3113	2
13	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16		BNH2026	12	29	LABEL-TFI SERIAL NO. 2.5 X 1.5		BNH3147	1
14	FLAT WASHER SAE Z/P 3/8"		BNH2030	24	30	LABEL-WARNING KEEP BODY, HANDS... 1 1/2 X 2 5/8		BNH2909	2
15	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3		BNH2046	2	31	LABEL-AXT-RIG CABLE OUTRIGGER EXERCISE CHART		BNH3167	1
16	ALERT SIGN FOR HOME 8 1/2 X 11		BNH3139	1					

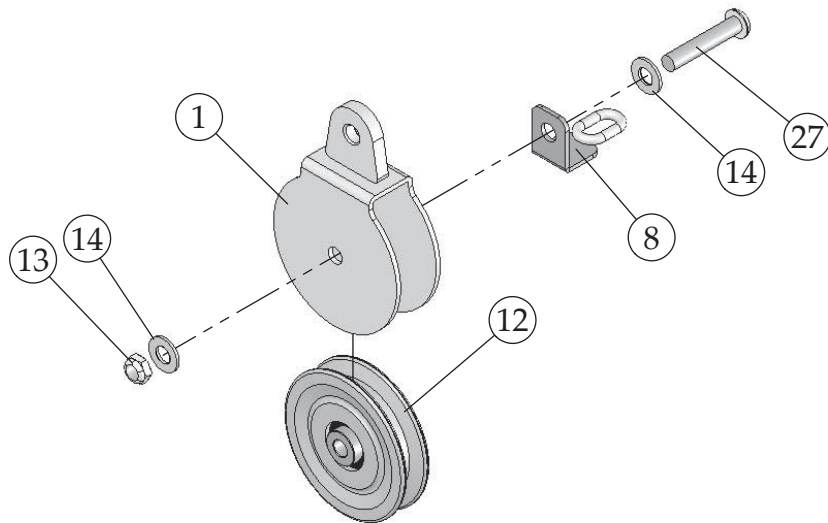
PRE ASSEMBLED COMPONENTS

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
*1	FLOATING PULLEY BRACKET	0	UP3733X1	1	*6	RIG ARM RT	0	UP7755X1	1
*5	RIG ARM LT	0	UP7754X1	1					

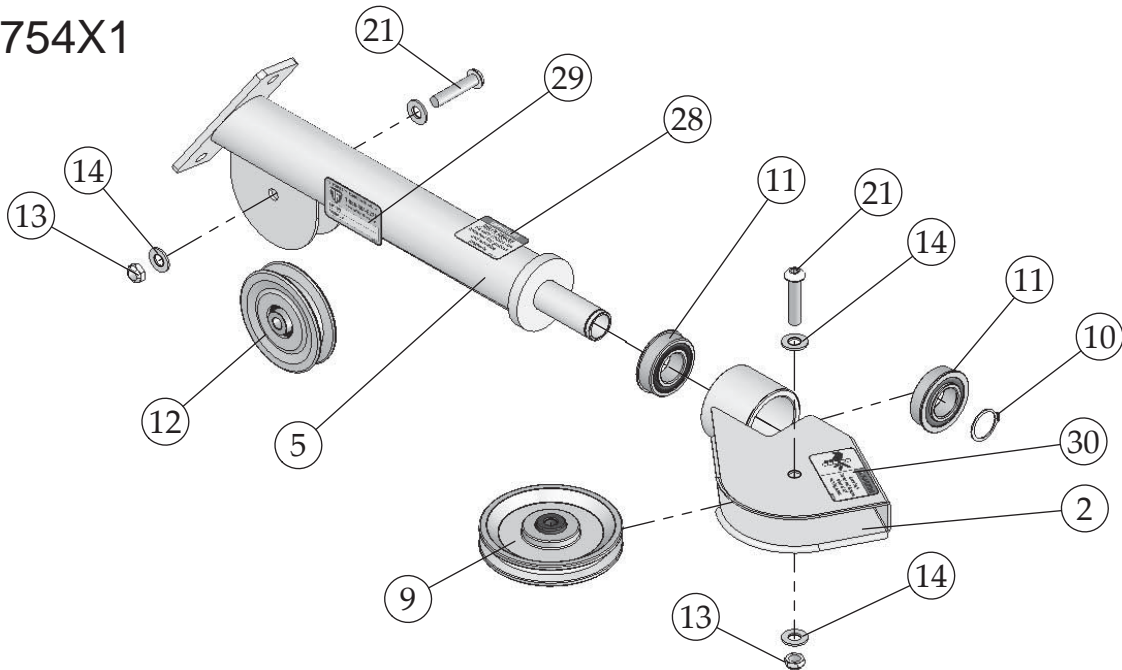
Pre Assembled Components



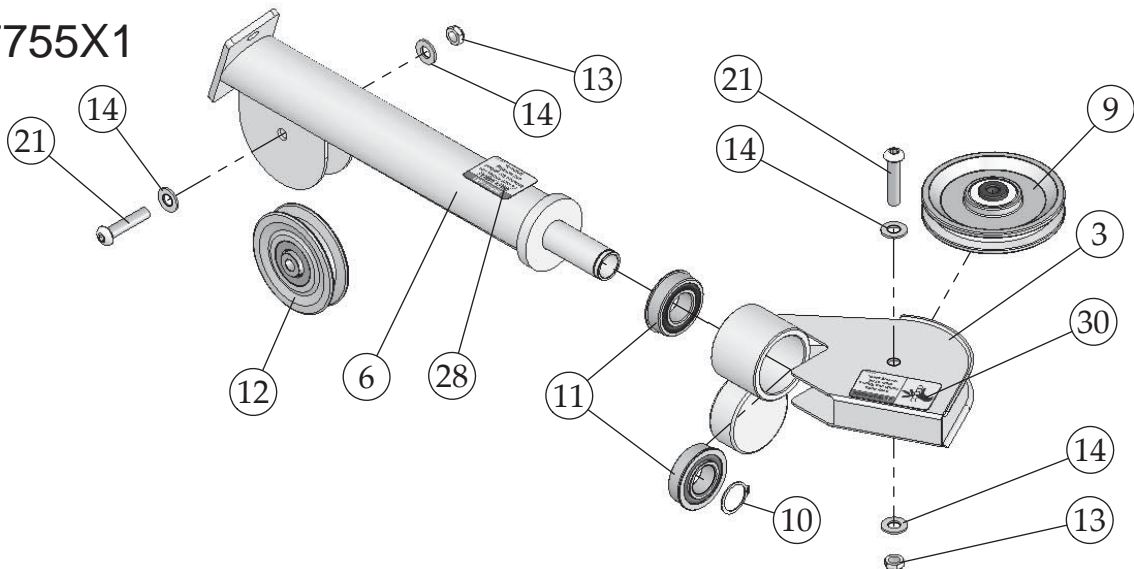
*1 UP3733X1



*5 UP7754X1



*6 UP7755X1



Basic Exercise Guide



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert.



CABLE SHOULDER PRESS



CABLE INCLINE PRESS

Basic Exercise Guide



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert.



CABLE CHEST PRESS



CABLE ALTERNATING PRESS

Basic Exercise Guide



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert.



CABLE CHEST FLYS



CABLE REAR DELT FLY

Basic Exercise Guide



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath – general rule of thumb is to exhale when you exert.



CABLE SHOULDER LATERAL



CABLE CORE ROTATIONS



TUFFSTUFF WARRANTY

TuffStuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. All warranty periods begin to run from the date of purchase to the original purchaser. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use and maintenance and conformance with any recommendations of TuffStuff. This warranty does not cover products not manufactured by TuffStuff or products which are altered without the express written consent of TuffStuff.

HOME LIFETIME WARRANTY*:

LIFETIME of the equipment while owned by the original purchaser (applies only to defects from manufacturer only).

***This warranty does not cover:**

1. TuffStuff products sold for and used in a commercial or institutional environment.
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 machines.
3. Use of this apparatus in a manner for which it was not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

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 International, 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 International, Inc.

13971 Norton Avenue, Chino, CA 91710, USA. Ph 909-629-1600 Fx 909-629-4967
www.tuffstufffitness.com service@tuffstuff.net or service1@tuffstuff.net