OWNER’S MANUAL
Model No. 79130

Serial Number: ____________
Date of Purchase: ____________
Place of Purchase: ____________

Revised 2.8.04
Congratulations on purchasing your
Universal® Gym Equipment PowerPak® 3000

With this product in your home, you have everything you need to start your own workout program to tone and firm the muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift, and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this owner’s manual carefully.
It is the authoritative source of information about your Universal® Gym Equipment PowerPak® 3000.

Universal® Gym Equipment assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Retain this manual for future reference.

Table of Contents:

- Important Safety Instructions and General Maintenance .................. 3
- Comments or Questions; Before You Begin ......................................... 4
- Parts List .................................................................................................... 5 - 6
- Assembly Instructions ........................................................................... 8 - 33
- Warranty .................................................................................................. 35
- Warranty Registration ........................................................................ Back Cover
IMPORTANT SAFETY INSTRUCTIONS
Read all instructions before using this machine.

**CAUTION:** Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program, especially if you are over 35 years of age or suffer from heart or respiratory problems.
3. Warm up before any exercise program with 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes with good support and nonslip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Perform exercises consistently with proper technique and pass through a full range of motion.
8. Avoid over training. You should be able to carry on a conversation while exercising.
9. After an exercise session, cool down with slow stretching, cycling or walking.
10. This machine should not be used by or near children.
11. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
12. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
13. Only one person at a time should use this machine.
14. Do not put hands, feet or any foreign objects on or near this machine when in use by others.
15. Always use this machine on a level surface.
16. Never operate the machine if the machine is not functioning properly.
17. Start exercise slowly and gradually increase the amount of resistance.
18. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, stop exercising at once and consult a physician immediately.
19. Use caution not to pinch fingers or hands in moving parts when using this unit.

General Maintenance

1. Keep cables, pulleys and guide rods free of dirt, dust or any build-up to prevent drag or binding.
2. Wipe cushions clean after each workout.
3. Tighten hardware once every six months.

KEEP THESE INSTRUCTIONS
Comments or Questions?
Dear customer,

Congratulations on your purchase of the Universal® Gym Equipment PowerPak® 3000.

We’re sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call at the address or phone numbers listed below, with any comments or questions you may have.

Service and Parts - Toll free number: 1-800-472-9856 Monday through Friday-8:00 am to 5:00 PM CST
E-mail: customerservice@universalgymequipment.com
E-mail: customerservice@universalgymequipment.com

Website: www.universalgymequipment.com
Universal® Gym Equipment
A Division of FFA Corp.
Customer Service Department
100 Tubb Ave.
West Point, MS  39773

Ordering Missing or Defective Parts
When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT WAS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (79130)
5. PART ORDER NUMBER AND DESCRIPTION

All details depicted in this owner’s manual, and of the product itself, are subject to change without notice.

Before you begin
1. FIND YOUR TOOLS: You need two adjustable crescent wrenchs, one set of allen wrenches and one rubber mallet. These tools are NOT included in the carton.
2. LOCATE YOUR WORK OUT AREA: For your safety and convenience, you must assemble the unit exactly where it is to be used so that you will not have to move it once the assembly is complete. Allow ample space for the unit and space for the spotter to stand. The area must have adequate lighting and ventilation. If the area is within living quarters, protect the carpet or floor with a large mat prior to assembly.
3. GET A HELPER: It is recommended that two adults assemble the product. All persons involved in the assembly should be in good health and exercise great caution while manipulating heavy metal objects. Keep children away during assembly.
4. IDENTIFY YOUR HARDWARE: To identify a piece of hardware by physical size, use the rule provided on page 6.
5. TIGHTEN ALL BOLTS BY HAND FIRST: Do not tighten any bolts until the entire unit is assembled. Initially, all bolts should only be hand-tightened. Once all parts are in place, begin tightening the bolts at the top of the unit first, and work your way down to the floor.
6. INSTALLING FOAM ROLLS: Liquid soap applied to inside of foam rolls and outside of tubes will help foam pads slide on easier. When soap dries, the foam pads will stay in place.
### PARTS LIST

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Part No.</th>
<th>Qty.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Base Frame</td>
<td>03166</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Press Base Frame</td>
<td>05494</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Rear Upright</td>
<td>05495</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>Press Upright</td>
<td>05496</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Pec Dec Upright</td>
<td>05497</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>Press Top Frame</td>
<td>05498</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>Leg Press</td>
<td>05499</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>Weight Base</td>
<td>05500</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>Weight Top Frame</td>
<td>05501</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>Pec Dec Top Frame</td>
<td>05502</td>
<td>1</td>
</tr>
<tr>
<td>11</td>
<td>Pec Dec Support</td>
<td>05503</td>
<td>1</td>
</tr>
<tr>
<td>12</td>
<td>Extension Base</td>
<td>05504</td>
<td>1</td>
</tr>
<tr>
<td>13</td>
<td>Press Support</td>
<td>05355</td>
<td>1</td>
</tr>
<tr>
<td>14</td>
<td>Pec Dec Arm</td>
<td>05505</td>
<td>2</td>
</tr>
<tr>
<td>15</td>
<td>Left Pec Dec Cam</td>
<td>05506</td>
<td>1</td>
</tr>
<tr>
<td>16</td>
<td>Right Pec Dec Cam</td>
<td>05507</td>
<td>1</td>
</tr>
<tr>
<td>17</td>
<td>Adjustable Tube</td>
<td>05359</td>
<td>1</td>
</tr>
<tr>
<td>18</td>
<td>Leg Extension</td>
<td>05360</td>
<td>1</td>
</tr>
<tr>
<td>19</td>
<td>Roller Handle Bar</td>
<td>05362</td>
<td>2</td>
</tr>
<tr>
<td>19A</td>
<td>Right Angle Roller Handle Bar</td>
<td>05361</td>
<td>2</td>
</tr>
<tr>
<td>20</td>
<td>Adjustable Back Arm</td>
<td>05363</td>
<td>2</td>
</tr>
<tr>
<td>21</td>
<td>Seat Arm</td>
<td>05363</td>
<td>2</td>
</tr>
<tr>
<td>22</td>
<td>Press Arm</td>
<td>05356</td>
<td>1</td>
</tr>
<tr>
<td>23</td>
<td>Adjustable Seat Tube</td>
<td>05364</td>
<td>2</td>
</tr>
<tr>
<td>24</td>
<td>Floating Pulley Block</td>
<td>05365</td>
<td>1</td>
</tr>
<tr>
<td>25</td>
<td>Floating Pulley Block w/Hook</td>
<td>05508</td>
<td>1</td>
</tr>
<tr>
<td>26</td>
<td>Back Support</td>
<td>05366</td>
<td>2</td>
</tr>
<tr>
<td>27</td>
<td>Roller Bracket</td>
<td>05367</td>
<td>1</td>
</tr>
<tr>
<td>28</td>
<td>Pec Dec Pulley Block</td>
<td>05509</td>
<td>1</td>
</tr>
<tr>
<td>29</td>
<td>Lower Pulley Bracket</td>
<td>05447</td>
<td>1</td>
</tr>
<tr>
<td>30</td>
<td>Double Pulley Bracket</td>
<td>05510</td>
<td>1</td>
</tr>
<tr>
<td>31</td>
<td>Single Pulley Bracket</td>
<td>05463</td>
<td>1</td>
</tr>
<tr>
<td>32</td>
<td>Link Plate</td>
<td>05511</td>
<td>3</td>
</tr>
<tr>
<td>33</td>
<td>Bolster</td>
<td>05368</td>
<td>2</td>
</tr>
<tr>
<td>34</td>
<td>1&quot; Press Axle</td>
<td>05357</td>
<td>1</td>
</tr>
<tr>
<td>35</td>
<td>Lat Bar</td>
<td>05512</td>
<td>1</td>
</tr>
<tr>
<td>36</td>
<td>Curl Bar</td>
<td>05513</td>
<td>1</td>
</tr>
<tr>
<td>37</td>
<td>Selector Rod</td>
<td>05370</td>
<td>2</td>
</tr>
<tr>
<td>38</td>
<td>Ab Strap</td>
<td>05372</td>
<td>1</td>
</tr>
<tr>
<td>39</td>
<td>Handle</td>
<td>05482</td>
<td>1</td>
</tr>
<tr>
<td>40</td>
<td>Ankle Strap</td>
<td>05374</td>
<td>1</td>
</tr>
<tr>
<td>41</td>
<td>Bearing Housing</td>
<td>05377</td>
<td>8</td>
</tr>
<tr>
<td>42</td>
<td>Link Chain</td>
<td>05382</td>
<td>1</td>
</tr>
<tr>
<td>43</td>
<td>Guide Rod</td>
<td>05375</td>
<td>4</td>
</tr>
<tr>
<td>44</td>
<td>Rear Weight Shroud</td>
<td>05514</td>
<td>1</td>
</tr>
<tr>
<td>45</td>
<td>Weight Shroud</td>
<td>05807</td>
<td>2</td>
</tr>
<tr>
<td>46</td>
<td>Weight Plate</td>
<td>05378</td>
<td>-</td>
</tr>
<tr>
<td>47</td>
<td>Box of (4) 10lb Weights</td>
<td>79004</td>
<td>2</td>
</tr>
<tr>
<td>48</td>
<td>Top Weight</td>
<td>05379</td>
<td>2</td>
</tr>
<tr>
<td>49</td>
<td>Box of (5) 10lb Weights</td>
<td>79005</td>
<td>5</td>
</tr>
<tr>
<td>50</td>
<td>Marque Universal</td>
<td>05452</td>
<td>3</td>
</tr>
</tbody>
</table>

Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.**

Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 38773.

**Website** www.universalgymequipment.com
## PARTS LIST

<table>
<thead>
<tr>
<th>No.</th>
<th>Description</th>
<th>Part No.</th>
<th>Qty.</th>
<th>No.</th>
<th>Description</th>
<th>Part No.</th>
<th>Qty.</th>
</tr>
</thead>
<tbody>
<tr>
<td>51</td>
<td>Top Cable</td>
<td>03167</td>
<td>1</td>
<td>99</td>
<td>1/2 Washer</td>
<td>13001290</td>
<td>86</td>
</tr>
<tr>
<td>52</td>
<td>Lower Cable</td>
<td>05483</td>
<td>1</td>
<td>100</td>
<td>3/8 Washer</td>
<td>05448</td>
<td>62</td>
</tr>
<tr>
<td>53</td>
<td>Leg Press Cable</td>
<td>05484</td>
<td>1</td>
<td>101</td>
<td>5/16 Washer (Small)</td>
<td>05449</td>
<td>8</td>
</tr>
<tr>
<td>54</td>
<td>Weight Cable</td>
<td>05485</td>
<td>1</td>
<td>102</td>
<td>5/16 Spring Washer</td>
<td>05446</td>
<td>2</td>
</tr>
<tr>
<td>55</td>
<td>Pec Dec Cable</td>
<td>05466</td>
<td>1</td>
<td>103</td>
<td>1/2 Nylon Nut</td>
<td>05450</td>
<td>51</td>
</tr>
<tr>
<td>56</td>
<td>Ab Cable</td>
<td>03169</td>
<td>1</td>
<td>104</td>
<td>3/8 Nylon Nut</td>
<td>02270</td>
<td>38</td>
</tr>
<tr>
<td>57</td>
<td>Back Pad</td>
<td>05383</td>
<td>2</td>
<td>105</td>
<td>5/16 Nut</td>
<td>05445</td>
<td>4</td>
</tr>
<tr>
<td>58</td>
<td>Seat Pad</td>
<td>05384</td>
<td>2</td>
<td>106</td>
<td>Bracing Plate (for Weight Guard)</td>
<td>05493</td>
<td>2</td>
</tr>
<tr>
<td>59</td>
<td>Foam Pad</td>
<td>05385</td>
<td>4</td>
<td>107</td>
<td>5/16 Washer (Large)</td>
<td>05612</td>
<td>4</td>
</tr>
<tr>
<td>60</td>
<td>1/2&quot; Axle</td>
<td>05392</td>
<td>1</td>
<td>-</td>
<td>Weight Label Set</td>
<td>05244</td>
<td>1</td>
</tr>
<tr>
<td>61</td>
<td>Leg Press Stopper</td>
<td>05486</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62</td>
<td>1&quot; x 150L Handgrip</td>
<td>05389</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>63</td>
<td>Foam Tube 1&quot; x 300L</td>
<td>05468</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>64</td>
<td>Leg Extension Stopper</td>
<td>05397</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65</td>
<td>Rubber Donut</td>
<td>05396</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>66</td>
<td>Pulley</td>
<td>05398</td>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>67</td>
<td>50mm X 75mm End Cap</td>
<td>05487</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>68</td>
<td>50mm X 75mm End Plug</td>
<td>05399</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>69</td>
<td>25mm X 50mm End Plug</td>
<td>05415</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70</td>
<td>50 Sq. Plug</td>
<td>05488</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>71</td>
<td>45 Sq. Plug</td>
<td>05416</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>72</td>
<td>2&quot; Round End Plug</td>
<td>05417</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>73</td>
<td>1/2&quot; Cap for Nut</td>
<td>05418</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>74</td>
<td>Cap for Bolster</td>
<td>05419</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75</td>
<td>Plastic Guide Rod Holder</td>
<td>05420</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>76</td>
<td>3/8&quot; Bushing</td>
<td>05422</td>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>77</td>
<td>1/2&quot; Steel Bushing</td>
<td>05423</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>78</td>
<td>Spring Knob</td>
<td>05424</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>79</td>
<td>Short Pop Pin</td>
<td>05425</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>79A</td>
<td>Long Pop Pin</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>Adjustable Stopper</td>
<td>05426</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>81</td>
<td>Top Plate Bolt</td>
<td>05427</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>82</td>
<td>5/16 x 1 Inner Hex Head Bolt</td>
<td>05428</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>83</td>
<td>Binding of Weight Shroud</td>
<td>05386</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>84</td>
<td>1/2 x 4-1/4 Hex Head Bolt</td>
<td>05481</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85</td>
<td>1/2 x 3-1/2 Hex Head Bolt</td>
<td>05432</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85A</td>
<td>1/2 x 3-1/4 Hex Head Bolt</td>
<td>05432</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>86</td>
<td>1/2 x 3 Hex Head Bolt</td>
<td>05489</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>87</td>
<td>1/2 x 1-3/4 Hex Head Bolt</td>
<td>05434</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>88</td>
<td>3/8 x 3 Hex Head Bolt</td>
<td>02262</td>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90</td>
<td>3/8 x 2-1/2 Hex Head Bolt</td>
<td>05436</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>91</td>
<td>3/8 x 1-3/4 Hex Head Bolt</td>
<td>05490</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>92</td>
<td>3/8 x 1-3/4 Hex Head Bolt</td>
<td>05472</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>93</td>
<td>3/8 x 1 Hex Head Bolt</td>
<td>05439</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>94</td>
<td>5/16 x 1/2 Hex Head Bolt</td>
<td>05440</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95</td>
<td>3/8 x 5/8 Inner Hex Head Bolt</td>
<td>05441</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>96</td>
<td>5/16 x 5/8 Inner Hex Head Bolt</td>
<td>05443</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>97</td>
<td>5/16 x 1/4 Inner Hex Head Bolt</td>
<td>05491</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>98</td>
<td>1&quot; Spacer</td>
<td>05492</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.**

Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.

**Website** www.universalgymequipment.com
**IMPORTANT**

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING

**FIGURE 1**

Step 1. Push 50mm x 75mm END PLUGS (68) into ends of WEIGHT BASE (8), REAR UPRIGHT (3) and PRESS BASE FRAME (2).

Step 2. Push 50mm x 75mm END CAPS (67) onto REAR UPRIGHT (3).

Step 3. Attach BASE FRAME (1) to WEIGHT BASE (8) with 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 4. Attach REAR UPRIGHT (3) to WEIGHT BASE (8) with 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 5. Attach PRESS BASE FRAME (2) to WEIGHT BASE (8) with 1/2" x 3-1/2" HEX HEAD BOLTS (85), 1/2" WASHERS (99), LINK PLATE (32), BRACING PLATE (106) and 1/2" NYLON NUTS (103).

Step 6. Thread ADJUSTABLE STOPPERS (80) into PRESS BASE FRAME (2).
Step 7. Attach PRESS UPRIGHT (4) to PRESS BASE FRAME (2), at upper location, with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 8. Attach PRESS UPRIGHT (4) to PRESS BASE FRAME (2), at lower location, with 3/8" x 3" HEX HEAD BOLTS (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).

Step 9. Attach PEC DEC UPRIGHT (5) to BASE FRAME (1), at upper location, with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 10. Attach PEC DEC UPRIGHT (5) to BASE FRAME (1), at lower location, with 3/8" x 3" HEX HEAD BOLTS (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).
**FIGURE 3**

Step 11. Push 50mm x 75mm END PLUGS (68) into end of PEC DEC TOP FRAME (10) and PRESS TOP FRAME (6).

Step 12. Push four PLASTIC GUIDE ROD HOLDERS (75) into holes in WEIGHT BASE (8) and WEIGHT TOP FRAME (9).

Step 13. Slide a RUBBER DOUGHNUT (65) about 3” onto one end of each GUIDE ROD (43) and insert into WEIGHT BASE (8).

**IMPORTANT:** Loading the WEIGHT PLATES (46) will require two people. One to hold the GUIDE RODS (43) steady while the other person slides the WEIGHT PLATES down the GUIDE RODS.

Step 14. Slide the WEIGHTS (46), one at a time, down the GUIDE RODS (43).

Step 15. Insert the SELECTOR ROD (37) through the center hole of the TOP WEIGHT (47) and fasten through top hole of SELECTOR ROD with TOP PLATE BOLT (81).

Step 16. Slide TOP WEIGHT (47) down GUIDE RODS (43) and insert SELECTOR PIN (48) through desired WEIGHT (46) and SELECTOR ROD (37).

Step 17. Slide WEIGHT TOP FRAME (9) down onto GUIDE RODS (43) and attach to REAR UPRIGHT (3) with 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 18. Attach PEC DEC TOP FRAME (10) to WEIGHT TOP FRAME (9) with 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 19. Attach PEC DEC TOP FRAME (10) to PEC DEC UPRIGHT (5) with 1/2” x 4-1/4” HEX HEAD BOLTS (84), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 20. Attach PRESS TOP FRAME (6) to WEIGHT TOP FRAME (9) with 1/2” x 3-1/2” HEX HEAD BOLTS (85), 1/2” WASHERS (99), LINK PLATE (32), BRACING PLATE (106) and 1/2” NYLON NUTS (103).

Step 21. Attach PRESS TOP FRAME (6) to PRESS UPRIGHT (4) with 1/2” x 4-1/4” HEX HEAD BOLTS (84), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 22. Peal backing from WEIGHT LABEL No. “2” and apply to first WEIGHT (46), in each stack, 1/2” to left of hole as shown.

Step 23. Peal backing from WEIGHT LABEL No. “1” and apply to TOP PLATE (47), in each stack, directly above WEIGHT LABEL No. “2” as shown.

Step 24. Continue applying WEIGHT LABELS No. “3” through “19” to WEIGHT PLATES (46), in both stacks, 1/2” to left of hole as shown.
Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following:

Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.

Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.

Website www.universalgymequipment.com

FIGURE 3
FIGURE 4

Step 25. Push 45mm SQUARE PLUG (71) into end of ADJUSTABLE BACK ARM (20).

Step 26. Thread SPRING KNOB (78) and SHORT POP PIN (79) into BASE FRAME (1) as shown.

Step 27. Slide one FOAM PAD (59) onto end of each BOLSTER (33) and lock in place with 5/16" WASHER (LARGER) (107), CAP FOR BOLSTER (74) and 5/16" x 1/2" INNER HEX HEAD BOLT (82).

Step 28. Insert one BOLSTER (33) through ADJUSTABLE TUBE (17) and slide on other FOAM PAD (59) and lock in place with 5/16" WASHER (LARGER) (107), CAP FOR BOLSTER (74) and 5/16" x 1/2" INNER HEX HEAD BOLT (82).

Step 29. Pull out on SHORT POP PIN (79) and insert ADJUSTABLE TUBE (17) into BASE FRAME (1) and release POP PIN at desired position to lock in place.

Step 30. Attach LEG EXTENSION (18) to BASE FRAME (1) with 5/16" x 5/8" INNER HEX BOLTS (96), 5/16" SPRING WASHERS (102), 5/16" WASHERS (SMALL) (101) and 1/2" AXLE (60).

Step 31. Attach ROLLER BRACKET (27) to LEG EXTENSION (18) with 1/2" x 3-1/2" HEX HEAD BOLT (85), 1/2" WASHER (99) and 1/2" NYLON NUT (103).

Step 32. Insert BOLSTER (33) through ROLLER BRACKET (27) and slide on other FOAM PAD (59) and lock in place with 5/16" WASHER (LARGE) (107), CAP FOR BOLSTER (74) and 5/16" x 1/2" INNER HEX HEAD BOLT (82).

Step 33. Push 25mm x 50mm END PLUG (69) into SEAT ARM (21).

Step 34. Attach SEAT PAD (58) to SEAT ARM (21) with 3/8" x 1-3/4" HEX HEAD BOLT (92) and 3/8" WASHERS (100).

Step 35. Attach ADJUSTABLE SEAT TUBE (23) to SEAT ARM (21) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).

Step 36. Pull out on SPRING KNOB (78), insert ADJUSTABLE SEAT TUBE (23) and release SPRING KNOB at desired height to lock in place.

Step 37. Attach BACK SUPPORT (26) to PEC DEC UPRIGHT (5) with 1/2" x 3" HEX HEAD BOLTS (86), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 38. Thread SPRING KNOB (78) into BACK SUPPORT (26) as shown.

Step 39. Attach BACK PAD (57) to ADJUSTABLE BACK ARM (20) with 3/8" x 1" HEX HEAD BOLTS (93) and 3/8" WASHERS (100).

Step 40. Pull out on SPRING KNOB (78) in BACK SUPPORT (26) and insert ADJUSTABLE BACK ARM (20) into BACK SUPPORT and release SPRING KNOB at desired position to lock in place.
Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com. Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773. Website www.universalgymequipment.com
FIGURE 5

**IMPORTANT:** The BEARING HOUSINGS (41) have SET SCREWS on one side. The BEARING HOUSINGS **must** be mounted with the SET SCREWS on **top** as shown in DETAIL.

Step 41. Attach four BEARING HOUSINGS (41) to PEC DEC SUPPORT (11) with 1/2” x 1-3/4” HEX HEAD BOLTS (87), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 42. Attach PEC DEC SUPPORT (11) and PEC DEC PULLEY BLOCK (28) to PEC DEC UPRIGHT (5) with 1/2” x 4-1/4” HEX HEAD BOLTS (84), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 43. Push 50mm SQUARE PLUGS (70) into end of PEC DEC CAM (15 LEFT & 16 RIGHT).

Step 44. Slide 1” SPACERS (98) onto shaft of PEC DEC CAM (15 LEFT & 16 RIGHT) and insert PEC DEC CAMS into BEARING HOUSINGS (41).

Step 45. Using an allen wrench, tighten SET SCREWS in all four BEARING HOUSINGS (41).

Step 46. Attach PEC DEC ARMS (14) to PEC DEC CAM (15 LEFT & 16 RIGHT) with 1/2” x 3-1/4” HEX HEAD BOLTS (85A), 1/2” WASHERS (99), 1/2” NYLON NUTS (103) and 1/2” CAP for NUT (73).

Step 47. Insert RIGHT ANGLE ROLLER HANDLE BARS (19A) into PEC DEC ARMS (14) and fasten with 1/2” WASHERS (99), 1/2” NYLON NUTS (103) and 1/2” CAP for NUTS (73).
FIGURE 6

Step 48. Push 50mm x 75mm END CAPS (67) over ends of EXTENSION BASE (12).

Step 49. Attach LOWER PULLEY BRACKET (29) to EXTENSION BASE (12) with 3/8” x 3” HEX HEAD BOLTS (88), 3/8” WASHERS (100) and 3/8” NYLON NUTS (104).

Step 50. Attach EXTENSION BASE (12) to PRESS BASE FRAME (2) with 1/2” x 3-1/2” HEX HEAD BOLTS (85), 1/2” WASHERS (99), LINK PLATE (32) and 1/2” NYLON NUTS (103).

Step 51. Push 50mm x 75mm END PLUGS (68) into ends of LEG PRESS (7).

**IMPORTANT:** The BEARING HOUSINGS (41) have SET SCREWS on one side. The BEARING HOUSINGS must be mounted with the SET SCREWS on the **outside** as shown in DETAIL.

Step 52. Attach one BEARING HOUSING (41) to PRESS BASE FRAME (2) with 1/2” x 1-3/4” HEX HEAD BOLTS (87), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103). See DETAIL.

Step 53. Insert axle of LEG PRESS (7) into mounted BEARING HOUSING (41). Slide other BEARING HOUSING onto axle and attach to PRESS BASE FRAME (2) with 1/2” x 1-3/4” HEX HEAD BOLTS (87), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 54. Using an allen wrench, tighten SET SCREWS in both BEARING HOUSINGS (41).

Step 55. Push 25mm x 50mm END PLUG (69) into SEAT ARM (21).

Step 56. Attach SEAT PAD (58) to SEAT ARM (21) with 3/8” x 1-3/4” HEX HEAD BOLT (92) and 3/8” WASHERS (100).

Step 57. Attach ADJUSTABLE SEAT TUBE (23) to SEAT ARM (21) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHERS (100) and 3/8” NYLON NUTS (104).

Step 58. Pull out on SPRING KNOB (78), insert ADJUSTABLE SEAT TUBE (23) and release SPRING KNOB at desired height to lock in place.

Step 59. Attach BACK SUPPORT (26) to PRESS UPRIGHT (4) with 1/2” x 3” HEX HEAD BOLTS (86), 1/2” WASHERS (99) and 1/2” NYLON NUTS (103).

Step 60. Push 45mm SQUARE PLUG (71) into end of ADJUSTABLE BACK ARM (20).

Step 61. Thread SPRING KNOB (78) into PRESS BASE FRAME (1) and BACK SUPPORT (26).

Step 62. Attach BACK PAD (57) to ADJUSTABLE BACK ARM (20) with 3/8” x 1” HEX HEAD BOLTS (93) and 3/8” WASHERS (100).

Step 63. Pull out on SPRING KNOB (78) in BACK SUPPORT (26) and insert ADJUSTABLE BACK ARM (20) into BACK SUPPORT and release SPRING KNOB at desired position to lock in place.
FIGURE 7

Step 64. Thread LONG POP PIN (79A) into PRESS ARM (22).

Step 65. Push 2" ROUND END PLUGS (72) into ends of PRESS ARM (22).

Step 66. Insert ROLLER HANDLE BARS (19) into PRESS ARM (22) and fasten with 1/2" NYLON NUT (103), 1/2" WASHER (99) and 1/2" CAP FOR NUT (73).

**IMPORTANT:** The BEARING HOUSINGS (41) have SET SCREWS on one side. The BEARING HOUSINGS must be mounted with the SET SCREWS to the **outside** as shown in DETAIL.

Step 67. Attach one BEARING HOUSING (41) to PRESS TOP FRAME (6) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103). See DETAIL.

Step 68. With PINS to rear insert axle of PRESS SUPPORT (13) into mounted BEARING HOUSING (41). Slide other BEARING HOUSING onto axle and attach to PRESS TOP FRAME (6) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 69. Using an Allen wrench, tighten SET SCREWS in both BEARING HOUSINGS (41).

Step 70. Attach PRESS ARM (22) to PRESS SUPPORT (13) with 1" PRESS ARM AXLE (34) and 1" SPACERS (98).

Step 71. Pull out on LONG POP PIN (79A), swing PRESS ARM (22) to desired position and release POP PIN to lock in place.
NOTE: The TOP CABLE (51) has an adjustment bolt at one end.

T1
Step 72. Place TOP CABLE (51) in groove of PULLEY (66), with HOOK end facing front, insert into bottom of PRESS TOP FRAME (6) and fasten with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

Step 73. Insert adjustment bolt of TOP CABLE (51) through slot in PRESS SUPPORT (13) and slot in PRESS UPRIGHT (4).

T2
Step 74. Place TOP CABLE (51) in groove of PULLEY (66) and attach at top hole in PRESS SUPPORT (13) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

T3
Step 75. Place TOP CABLE (51) in groove of PULLEY (66) and attach at top hole in PRESS UPRIGHT (4) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

T4
Step 76. Place TOP CABLE (51) in groove of PULLEY (66) and attach at center hole in PRESS SUPPORT (13) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

T5
Step 77. Place TOP CABLE (51) in groove of PULLEY (66) and attach at center hole in PRESS UPRIGHT (4) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

T6
Step 78. Place TOP CABLE (51) in groove of PULLEY (66) and attach at bottom hole in PRESS SUPPORT (13) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

T7
Step 79. Place TOP CABLE (51) in groove of PULLEY (66) and attach at bottom hole in PRESS UPRIGHT (4) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

T8
Step 80. Place TOP CABLE (51) in groove of PULLEY (66) and attach to FLOATING PULLEY BLOCK (24) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

T9
Step 81. Place TOP CABLE (51) in groove of PULLEY (66) and attach at bracket on PRESS TOP FRAME (6) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

T10
Step 82. Insert adjustment bolt of TOP CABLE (51) through RING of SELECTOR PIN (48) and thread into SELECTOR ROD.
ADJUSTMENT BOLT

FIGURE 8

Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.

Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.

Website www.universalgymequipment.com
FIGURE 9

L1
Step 83. Place LOWER CABLE (52) in groove of PULLEY (66), with HOOK end facing out, insert into LOWER PULLEY BRACKET (29) and fasten with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

L2
Step 84. Place LOWER CABLE (52) in groove of PULLEY (66) and attach to FLOATING PULLEY BLOCK (24) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

L3
Step 85. Place LOWER CABLE (52) in groove of PULLEY (66) and attach to SINGLE PULLEY BRACKET (31) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

L4
Step 86. Place BALL end of LOWER CABLE (52) in SLOT of bracket on the PRESS UPRIGHT (4).
FIGURE 9

Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.
Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.
Website www.universalgymequipment.com
FIGURE 10

P1
Step 87. Attach EYE end of LEG PRESS CABLE (53) to bottom hole in LEG PRESS (7) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

P2
Step 88. Place LEG PRESS CABLE (53) in groove of PULLEY (66), insert into FRONT SLOT of PRESS BASE FRAME (2) and fasten with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

P3
Step 89. Place LEG PRESS CABLE (53) in groove of PULLEY (66), insert into LEG PRESS (7) and fasten with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

Step 90. Insert BALL end of LEG PRESS CABLE (53) into SECOND SLOT in PRESS BASE FRAME (2), then push through PRESS BASE FRAME and pull up through REAR SLOT.

P4
Step 91. Insert BALL end of LEG PRESS CABLE (53) into SLOT of SINGLE PULLEY BRACKET (31).

P5
Step 92. Place LEG PRESS CABLE (53) in groove of PULLEY (66) and attach at SECOND SLOT in PRESS BASE FRAME (2) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

P6
Step 93. Place LEG PRESS CABLE (53) in groove of PULLEY (66) and attach at REAR SLOT in PRESS BASE FRAME (2) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHER (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).
FIGURE 11

W1
Step 94. Insert adjustment bolt of WEIGHT CABLE (54) through RING of SELECTOR PIN (48) and thread into SELECTOR ROD (37) about 3 or 4 turns and lock by tightening nut against SELECTOR ROD.

W2
Step 95. Place WEIGHT CABLE (54) in groove of PULLEY (66), and attach to pulley bracket of PEC DEC TOP FRAME (10) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

W3
Step 96. Insert BALL end of WEIGHT CABLE (54) into SLOT in FLOATING PULLEY BLOCK WITH HOOK (25).
FIGURE 11
FIGURE 12

K1
Step 97. Insert ball end of PEC DEC CABLE (55) into SLOT of LEFT PEC DEC CAM (15).

K2
Step 98. Place PEC DEC CABLE (55) in groove of PULLEY (66), and attach to left side of PEC DEC PULLEY BLOCK (28) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

K3
Step 99. Place PEC DEC CABLE (55) in groove of PULLEY (66), and attach to DOUBLE PULLEY BRACKET (30) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

K4
Step 100. Place PEC DEC CABLE (55) in groove of PULLEY (66), and attach to right side of PEC DEC PULLEY BLOCK (28) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

K5
Step 101. Insert ball end of PEC DEC CABLE (55) into SLOT of RIGHT PEC DEC CAM (16).
Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.
Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.
Website www.universalgymequipment.com
FIGURE 13

A1
Step 102. Insert end of AB CABLE (56) through SLOT of LEG EXTENSION (18). Place AB CABLE in groove of PULLEY (66) and attach to LEG EXTENSION with 3/8” x 2-1/2” HEX HEAD BOLT (90), 3/8” WASHERS (100) and 3/8” NYLON NUT (105).

Step 103. Push AB CABLE (56) through BASE FRAME (1) and pull out at long slot.

A2
Step 104. Place AB CABLE (56) in groove of PULLEY (66), and attach at end of BASE FRAME (1) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHERS (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

A3
Step 105. Place AB CABLE (56) in groove of PULLEY (66), and attach at rear hole of long slot in BASE FRAME (1) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHERS (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

A4
Step 106. Place AB CABLE (56) in groove of PULLEY (66), and attach to FLOATING PULLEY BLOCK WITH HOOK (25) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

A5
Step 107. Place AB CABLE (56) in groove of PULLEY (66), and attach at center hole of long slot in BASE FRAME (1) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHERS (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

A6
Step 108. Place AB CABLE (56) in groove of PULLEY (66), and attach to DOUBLE PULLEY BRACKET (30) with 3/8” x 1-3/4” HEX HEAD BOLT (91) and 3/8” NYLON NUT (104).

A7
Step 109. Place AB CABLE (56) in groove of PULLEY (66), and attach at front hole of long slot in BASE FRAME (1) with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHERS (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (104).

A8
Step 110. Insert end of AB CABLE (56) through SLOT of PEC DEC UPRIGHT (5). Place AB CABLE in groove of PULLEY (66) and attach to PEC DEC UPRIGHT with 3/8” x 3” HEX HEAD BOLT (88), 3/8” WASHERS (100), 3/8” BUSHINGS (76) and 3/8” NYLON NUT (105).
FIGURE 14

Step 111. Push BINDING OF WEIGHT SHROUDS (83) completely onto edges of WEIGHT SHROUDS (44) and REAR WEIGHT SHROUD (44).

Step 112. Attach WEIGHT SHROUDS (45) to WEIGHT TOP FRAME (9) and WEIGHT BASE (8) with 5/16” x 1/2” HEX HEAD BOLTS (94) and 5/16” WASHERS (SMALL) (101).

Step 113. Attach REAR WEIGHT SHROUD (44) to REAR UPRIGHT (3) with 5/16” x 1/2” HEX HEAD BOLTS (94) and 5/16” WASHERS (SMALL) (101).

NOTE: The following accessories can be used at different locations on the unit. The locations shown are the most common. See your exercise chart for further information.

Step 114. Attach the LAT BAR (35) to the hook on the TOP CABLE (51).

Step 115. Attach the AB STRAP (38) to the hook on the upper end of the AB CABLE (56).

Step 116. Attach either the ANKLE STRAP (40), HANDLE (39) or CURL BAR (29) to the hook at the lower end of the LOWER CABLE (52) with SNAP HOOK (49) and LINK CHAIN (42).

NOTE: Over time the cables will need to be adjusted to remove excess slack. This can be done by first adjusting location of PULLEY (66) in FLOATING PULLEY BLOCK (24) or FLOATING PULLEY BLOCK WITH HOOK (25). If only a slight amount of adjustment is needed thread the cable adjustment bolt into the SELECTION ROD (37) until the slack has been removed and then tighten locking nut against SELECTION ROD.
FIGURE 14
Universal® Gym Equipment Lifetime Limited Warranty

Universal® Gym Equipment (a division of FF Acquisition Corp.) warrants to the original owner of this Universal® Gym Equipment PowerPak® 3000, the following components to be free from defects in material and workmanship for the period specified. To establish warranty rights, the purchaser must retain the bill of sale. This warranty is only valid if the equipment is purchased from an authorized Universal® Gym Equipment dealer. Defective parts will be repaired or replaced at the option of Universal® Gym Equipment. All labor is the responsibility of the owner.

Warranty Period (begins at date of purchase)

<table>
<thead>
<tr>
<th>COMPONENT</th>
<th>PERIOD</th>
<th>COMPONENT</th>
<th>PERIOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frame</td>
<td>Lifetime</td>
<td>Bushing/Bearings</td>
<td>Lifetime</td>
</tr>
<tr>
<td>Weight Plates</td>
<td>Lifetime</td>
<td>Cable/Pulleys</td>
<td>Lifetime</td>
</tr>
<tr>
<td>Foam Rolls</td>
<td>Lifetime</td>
<td>Seats and Back Cushions</td>
<td>Lifetime</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All other</td>
<td>Lifetime</td>
</tr>
</tbody>
</table>

EXCEPTIONS AND CONDITIONS

Failures due to improper assembly, neglect, alteration or modification, damage, misuse, repairs other than by an Universal Authorized Service Center or lack of maintenance (see Owners Manual) are not covered by this warranty. This warranty does not cover damages sustained during shipment or transportation of equipment. Any damage in transit should be filed with the carrier.

Please note that it is our policy to replace components and not entire machines or assemblies. We may also first attempt to repair structural components to make them functional as designed, the result of which may be visible. Repair of the products as provided under this warranty is the exclusive remedy of the customer.

The coated steel frame is rust-resistant in most settings. However, rusting/corrosion is outside the scope of the warranty. We recommend that if this machine is to be installed in high humidity areas (like outdoors, near a pool or by a hot tub, etc.), the owner apply an automotive wax to delay the onset of corrosion. Sweat, cleaner, body lotions and sunlight can be corrosive and are the responsibility of the owner.

Universal® Gym Equipment shall not be responsible for injury, loss of use of the Universal® Gym Equipment product, or any inconvenience, loss of damage to personal property, whether direct or indirect, and incidental or consequential damages. This warranty and all warranties that may be implied under state law, including but not limited to warranties of merchantability and warranties of fitness for any purpose, expire with transfer of ownership from the original owner. Any implied warranty of merchantability or fitness for any particular purpose shall be limited for one year.

Replacement and Repair Expenses

Universal® Gym Equipment will prepay for shipment of replacement/repair parts to owner by standard ground transportation as long as it falls under the “warranty of the product”. All other cost are the responsibility of the owner of the machine (for example: labor charges for service, removal, reinstallation or shipping/handling/delivery charges for returning component to Universal® Gym Equipment).

How To Make A Warranty-Covered Claim

Should your machine require warranty service, please first contact the Universal® Gym Equipment Authorized Dealer from which you purchased this machine. Your dealer may offer you assistance in making the warranty claim or may be a Universal® Gym Equipment Authorized Service Center. Before contacting either your dealer or Universal® Gym Equipment, please do the following:

1. Refer to the parts list in your owners manual to help identify the part numbers of the part/component in question.
2. Write down the serial number (located on the frame).
3. Have available a copy of your dealer’s bill of sale (with date of purchase indicated).

If your dealer is unable to help you, please use the following number to contact Universal® Gym Equipment about your warranty claim: 1-800-476-9856 (US) between the hours of 8:00 am and 5:00 pm (CST). Or write to Universal® Gym Equipment (a Division of FF Acquisition Corp.), Attn.: Customer Service-Parts P O Box 1296 West Point, MS 39773.

Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com. Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773. Website www.universalgymequipment.com
WARRANTY REGISTRATION
Congratulations on purchasing a top quality Universal Gym Equipment product. TO ACTIVATE YOUR WARRANTY PLEASE COMPLETE AND SUBMIT THIS FORM TO:
Universal Gym Equipment
Attn: Warranty Activation/Customer Service
100 Tubb Avenue
West Point, MS 39773
Your warranty registration will be kept on file, allowing us to serve you to the level of your expectations. You may also contact our customer service via email at customerservice@universalgymequipment.com or via phone at 1-800-472-9856.

Last Name ______________________________________________________
First Name ______________________________________
Phone ______________________________________
Email ______________________________________
Mailing Address ______________________________________
City ______________________________________
State ______________________________________
Zip Code ______________________________________
Model ______________________________________
Serial Number ______________________________________
Purchase Date ______________________________________
Place of Purchase ______________________________________

At Universal Gym Equipment we’re constantly striving to improve. Your feedback is important to us and is always welcome. We ask that you answer the following questions regarding your Universal Gym Equipment purchase. And as a way of saying thank you for your feedback, we will offer an exclusive Universal Gym Equipment t-shirt to you free of charge.

Why did you choose this Universal Gym Equipment product? (Check all that apply)
[ ] Design / appearance [ ] Quality [ ] Features [ ] Value [ ] Price
[ ] UGE’s Reputation [ ] Warranty [ ] Web page
[ ] Dealer assistance [ ] Other -

What other brands did you consider purchasing?

How long did you research gym equipment prior to making your purchase decision?
[ ] less than 2 weeks [ ] 2 – 4 weeks [ ] 4 – 6 weeks [ ] over 6 weeks

How did you research gym equipment prior to making your purchase? (Check all that apply)
[ ] internet [ ] in-store visits [ ] television [ ] newspapers [ ] fitness magazines

Please indicate your shirt size. Small [ ] med [ ] large [ ] x-large [ ] xx large [ ]
You may also order additional t-shirts for $20.00 each + shipping & handling.