

## ASSEMBLY INSTRUCTIONS - CENTURION 10 STATION

These assembly instructions are to be used in conjunction with the Parts and Service Manual, **887425**. Review and understand these instructions completely before beginning assembly.

### PREPARATION

Remove all packs that are banded to the main frame of the unit. Open all packs (except the weight stack crates) and separate and identify the hardware, especially screws, washers and hex nuts which may differ only slightly. When opening packs containing upholstery, be sure to keep this hardware with the upholstery.

**NEVER ATTEMPT TO INSTALL WEIGHT STACKS ALONE!** All weight stack installation procedures require at least two people.

### ASSEMBLY



1. Remove the top frame weldment (**Item 9**) from the main frame. Retain all of the hardware for reassembly.
2. Locate the weight stack crates. Each weight stack can be identified either by the outside of the crate, or by the contents of the green envelope inside the crate. **With an assistant**, uncrate each stack and position them on their appropriate sides of the main frame. Refer to the manual to determine which sides are correct.

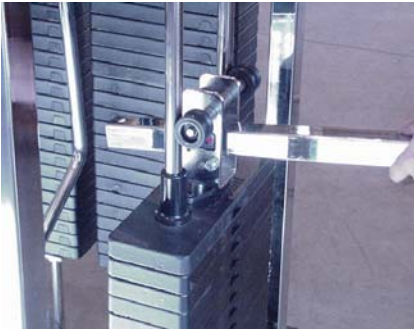
**Suggestion:** Remove the selector key from each stack before removing them from their crates. Position each stack with its selector key side down, facing the floor. Be sure that the ends of the runner guides are close to the bottom frame weldment (**Item 84**) and the ends are over the holes in the base.



3. Begin with the **Chest Press** station weight stack. With the bottom ends of the runner guides (**Item 47**) positioned over the holes in the bottom frame, have your assistant grasp the top ends of the runner guides and begin lifting up. As the assistant lifts, be sure that the bottom ends line up with the holes. The weight stack will drop down into the holes and stand by itself in the frame, tilting slightly outward.



4. Move around the frame to the right and install the **Shoulder Press** station weight stack. Repeat the procedure as described in **Step 3**.
5. Install the **Leg Press** station weight stack next to the Shoulder Press stack.  
**Note: This is the heaviest of the weight stacks. Acquire more help if necessary.** Repeat **Step 3** for this installation procedure with one exception. As the weight stack is being lifted into position, guide the end of the bellcrank weldment (**Item 124**) through the DVR bracket (**Item 34**) at the top of the weight stack. The tube of the bellcrank must pass under the center roller and rest on top of the screw that is inside the bracket. This weight stack will also stand by itself, tilting slightly outward.
6. Move around the frame to the right and install the **Low Pulley** station and **High Pulley** station weight stacks. Use the same procedure as described in **Step 3**. All of the weight stacks should now be standing in the bottom frame weldment.
7. Return to the **Chest Press** station weight stack. Install the top runner guide bracket (**Item 12**) over the top of the runner guides. Loosely assemble the bracket between the two uprights using screws (**Item 5**), flat washers (**Item 13**) and locking nuts (**Item 4**).
8. **With an assistant**, lift the top frame weldment (**Item 9**), previously removed, and set it down over the top ends of the weight stack runner guides. This must be done slowly and carefully, as four sets of runner guides must be aligned at the same time. When all guides are in alignment the top frame will rest on the four corner uprights. Use the hardware previously removed to reassembly the top frame to the uprights.



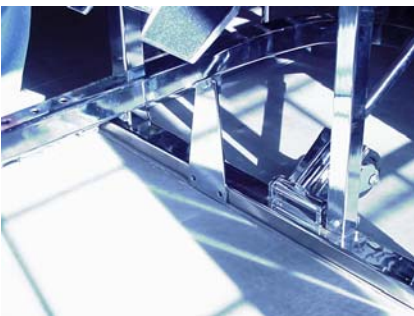
9. Locate and install the **Chest Press** arm assembly (**Item 17**). The chest arm and shoulder arm assemblies are similar, but the chest arm is slightly shorter and has a more severe downward angle. With the handle angle towards the floor, slide the tube portion of the assembly through the DVR bracket at the top of the weight stack and into the pivot tube (**Item 55**) tabs at the opposite end of the main frame. Secure the chest arm to the pivot tube using screws (**Item 59**) and locking nuts (**Item 4**).



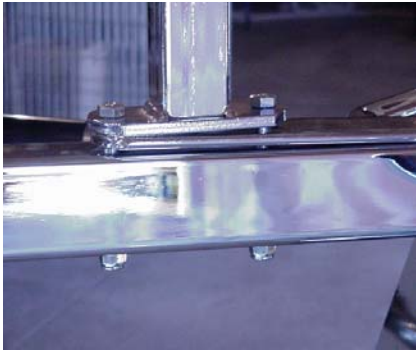
10. Install the **Shoulder Press** arm assembly (**Item 102**). With the handle angle towards the floor, slide the tube portion through the DVR bracket at the top of the weight stack and attach it to the pivot tube (**Item 103**) tabs at the opposite end of the main frame. Secure using screws (**Item 59**) and locking nuts (**Item 4**).



11. Attach the chair extension assembly (**Item 97**) to the bottom frame. Insert the chair extension from the side opposite the **Leg Press** weight stack. Use a screw (**Item 121**) and locking nut (**Item 4**) to make the attachment to the short tube located just below the weight stack on the inside of the bottom frame. On the side opposite the weight stack, attach the extension to the bottom frame using the mounting plate (**Item 147**). Secure the top of the plate to the extension using a screw (**Item 3**) and locking nut (**Item 4**). Secure the bottom of the plate to the frame using screws (**Item 98**) and locking nuts (**Item 4**). Assemble the dipping station assembly (**Item 112**) to the end of the chair extension. Use a bracket plate (**Item 62**), screws (**Item 53**) and locking nuts (**Item 4**).



12. Locate the diagonal bar weldment (**Item 6**) and pulley bracket weldment (**Item 146**). Set the bar across the top of the top frame and line up the attachment holes. At the flat plate attachment point, use screws (**Item 5**) and locking nuts (**Item 4**). Do not tighten these screws until the other end of the bar has been secured. At the third attachment point, insert the screw (**Item 168**) through the bracket weldment and up through the hole in the top frame and diagonal bar. Secure the screw using a locking nut (**Item 4**). Tighten all three screws and nuts.
13. Attach the hip flexor extension weldment (**Item 52**) to the top frame and diagonal bar. ***Although the description says "hip flexor", this extension is used to mount the chinning bar.*** At the diagonal bar, use a screw (**Item 10**) and locking nut (**Item 4**) to attach. At the top frame, use a single screw (**Item 5**), down through the plate and frame, and secured with a locking nut (**Item 4**).
14. Locate the hip flexor weldment (**Item 160**) and determine which upright of the main frame it is to attach to. When standing facing the chest press weight stack, the hip flexor will be assembled to your right. Remove the two screws, washers and nuts holding the top runner guide bracket to the upright, and attach the weldment using two new screws (**Item 53**) and the nuts previously removed. **NOTE:** The washers are no longer necessary, as there is now a plate on each side of the upright.
15. Attach the two upholstery pads (**Item 156**) to the mounting plate weldment (**Item 162**) using screws (**Item 61**), lockwashers (**Item 60**) and flat washers (**Item 159**).



16. Connect the hip flexor weldment to the diagonal bar **(Item 6)** directly above. Sandwich the mounting plate weldment from Step 15 between the plate end of the side mounted hip flexor weldment **(Item 166)** and the hip flexor weldment, using screws **(Item 53)** and nuts **(Item 4)** to make the attachment. Use screws **(Item 59)** and nuts **(Item 4)** for the upper connection to the diagonal bar.



17. Locate the chinning handle weldment **(Item 2)** and attach it to the end of the hip flexor extension weldment **(Item 52)** using screws **(Item 3)** and nuts **(Item 4)**. Be sure that the handle is angled upward.



18. Move to the side of the main frame that houses the low pulley and high pulley weight stacks. Attach the swiveling pulley bracket **(Item 136)** to the tab on the bottom frame that is between the low pulley runner guides. Use a shoulder bolt **(Item 153)** for this connection.

19. Attach the upper fixed pulley bracket **(Item 144)** to the top of the top frame between the low pulley runner guides. Use two screws **(Item 53)** and locking nuts **(Item 4)**.

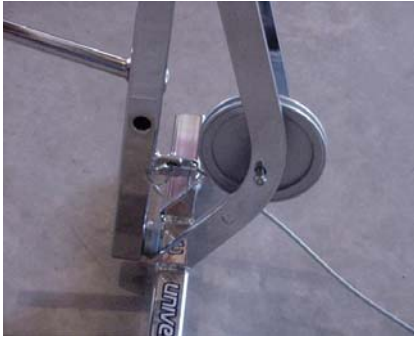
20. Install the cable assembly **(Item 132)** and pulley wheels **(Item 143)** for the low pulley station. Begin at the swiveling pulley bracket at the bottom frame. Follow the cable routing on page 12 of the Parts and Service Manual. Use a screw **(Item 145)** and locking nut **(Item 67)** to secure each pulley wheel. With a jam nut **(Item 133)** threaded on the fastener of the cable, thread the fastener into the center of the top weight of the low pulley weight stack.

21. Locate the lat bar assembly (**Item 130**), which includes the cable assembly (**Item 169**) for the high pulley. With a jam nut (**Item 133**) threaded on the fastener of the cable, thread the fastener into the center of the top weight of the high pulley weight stack. Route the cable up to the pulley bracket weldment (**Item 146**) directly above the top weight and secure a pulley wheel (**Item 143**) using a screw (**Item 145**) and locking nut (**Item 67**). Route the cable out to the swivel pulley bracket (**Item 126**) at the end of the diagonal bar and secure another pulley wheel as previously described.

**NOTE:** Check all pulley wheels that have been assembled. Be sure that they are tightened so that they do not rattle, yet can turn freely during exercise.

22. Assemble the seat bottom upholstery (**Item 106**) and seat back upholstery (**Item 107**) to the chair weldment (**Item 111**). Use the screws (**Item 42**) and washers (**Items 123 and 159**) provided with the upholstery pack.
23. Remove the shoulder bolt (**Item 93**) and nut (**Item 67**) from the underside of the chair weldment. Set the chair onto the chair extension (**Item 97**), guiding the two under channels of the chair onto the roller bearings (**Item 155**) on the ends of the support pegs. Secure the chair using the shoulder bolt and nut previously removed.
24. Install the two hip flexor arm pads (**Item 167**) using screws (**Item 42**), locking washers (**Item 123**) and flat washers (**Item 164**) provided in the upholstery pack.
25. Assemble the tall stool using the diagram and parts list on pages 18 and 19 of the Parts and Service Manual.
26. Assemble the prone bench using the diagram and parts list on pages 18 and 19 of the Parts and Service Manual.

27. Assemble the T/K extension weldment (**Item 174**) to the T/K arm assembly (**Item 175**) using two screws (**Item 5**) and locking nuts (**Item 4**). Stand the assembly up and attach the extension weldment to the main frame upright (**Item 186**) using a screw (**Item 83**) and locking nut (**Item 71**). **NOTE:** Be sure that the extension is to the **outside** of the upright.



28. Locate the T/K short cable assembly (**Item 183**). Lay the cable assembly in the T/K leg (**Item 178**) with the hook toward the main frame. The cable will lie across a pin welded near the bottom of the leg. Assemble a pulley wheel (**Item 143**) into the T/K leg using a screw (**Item 170**) and locking nut (**Item 67**). Be sure that the cable is in the groove of the pulley wheel.



29. Insert the two roller shafts (**Item 172**) through the T/K arm (**Item 175**) and secure each shaft using a screw (**Item 135**) and locking washer (**Item 60**). Assemble two rollers (**Item 78**) to each roller shaft. Use the following sequence for each: one aluminum disk (**Item 58**), one nylon washer (**Item 177**), a roller, one nylon washer (**Item 177**), one aluminum disk (**Item 58**), and a retaining ring (**Item 171**). Follow the instructions provided with the upholstery pack for proper assembly of the retaining rings.

30. Attach the T/K board upholstery (**Item 179**) to the extension weldment using screws (**Items 173 and 181**) and locking washers (**Item 123**).

The following steps will explain the attachment of the ab board to the Centurion. **Use the parts list provided in supplied with the compact abdominal board for this installation.**

31. The abdominal board will be located on the frame post (**Item 27 - Manual**) between the chest press station and the leg press chair side of the unit. Remove the screw and nut that hold the bottom end of the frame post to the bottom frame. Locate the bottom bracket (**Item 1**) and attach it to the post at this location. Be sure that the square tube portion of the bracket is facing out and is on the leg press chair side of the post. Use a screw (**Item 33**) and locking nut (**Item 3**) to secure.



32. Assemble the square plastic plugs (**Item 14**) to the adjustable upright tube (**Item 17**). Stand facing the side of the unit that the bottom bracket is on. Insert one end of the upright tube down into the bracket, making sure that the adjust holes of the upright are to the right side. Loosely assemble using a screw (**Item 5**) and locking nut (**Item 3**).

33. Locate the adjust tube assembly (**Item 8**). With the tabs facing toward you, pull out on the knob (**Item 7**) and lower the assembly down over the end of the adjust tube. When the assembly is down near the center of the tube, release the knob so that the internal plunger (**Item 13**) will lock into an adjust hole.



34. Attach the top of the adjust tube to the frame post. Slip the top bracket (**Item 2**) down over the top of the tube and attach using a screw (**Item 5**) and locking nut (**Item 3**). Locate the two spacer tubes (**Item 35**) and mounting tab (**Item 4**). Use two screws (**Item 34**) and locking nuts (**Item 3**), along with the spacers and tab, to attach the top bracket to the frame post. Tighten all hardware assembled to this point.

35. Assemble the foot tube (**Item 22**) to the notched end of the frame weldment (**Item 20**) using a screw (**Item 30**), locking washer (**Item 29**) and flat washer (**Item 28**).



36. Lay the abdominal upholstery board (**Item 10**) face down on the floor. Assemble the frame (**Item 20**) to the board using screws (**Item 25**), locking washers (**Item 18**) and flat washers (**Item 24**).
37. Use a rubber hammer and tap the chrome plugs (**Item 21**) into the open ends of the 2" round tubes. Insert the 1-1/2" plug into the end of the one roller mount tube. Lift the end of the frame up and attach it between the tabs of the adjust mechanism using a screw (**Item 13**) and locking nut (**Item 32**). Tighten this connection so that it does not rattle, yet can pivot.
38. Insert the two roller shafts (**Item 26**) through the remaining holes in the frame uprights. Attach each shaft using a screw (**Item 19**) and locking washer (**Item 18**). Assemble rollers to each end of the shaft using the same hardware sequence as described in **Step 29** on page 4 of these instructions.
39. Gather all of the remaining chrome and black plugs (**Items 26, 91, 116 and 161**) together for assembly into the open ends of tubing. Use a rubber hammer to carefully insert the plugs.
40. Inspect the Centurion machine to insure that all of the hardware is tight. Inspect the cable routings to be sure that the cables are in the pulley grooves. Using a light weight, operate all of the stations to insure that smooth, consistent movement is present.
41. Locate the green envelope that was shipped with each weight stack. Each envelope contains weight labels and instructions for application. Read through these instructions before beginning.
42. The **Universal Centurion** machine is now ready for use. Be sure to keep all of the printed material received for future reference.

