



DELUXE HOME GYM FM-CSH1006

Assembly Manual

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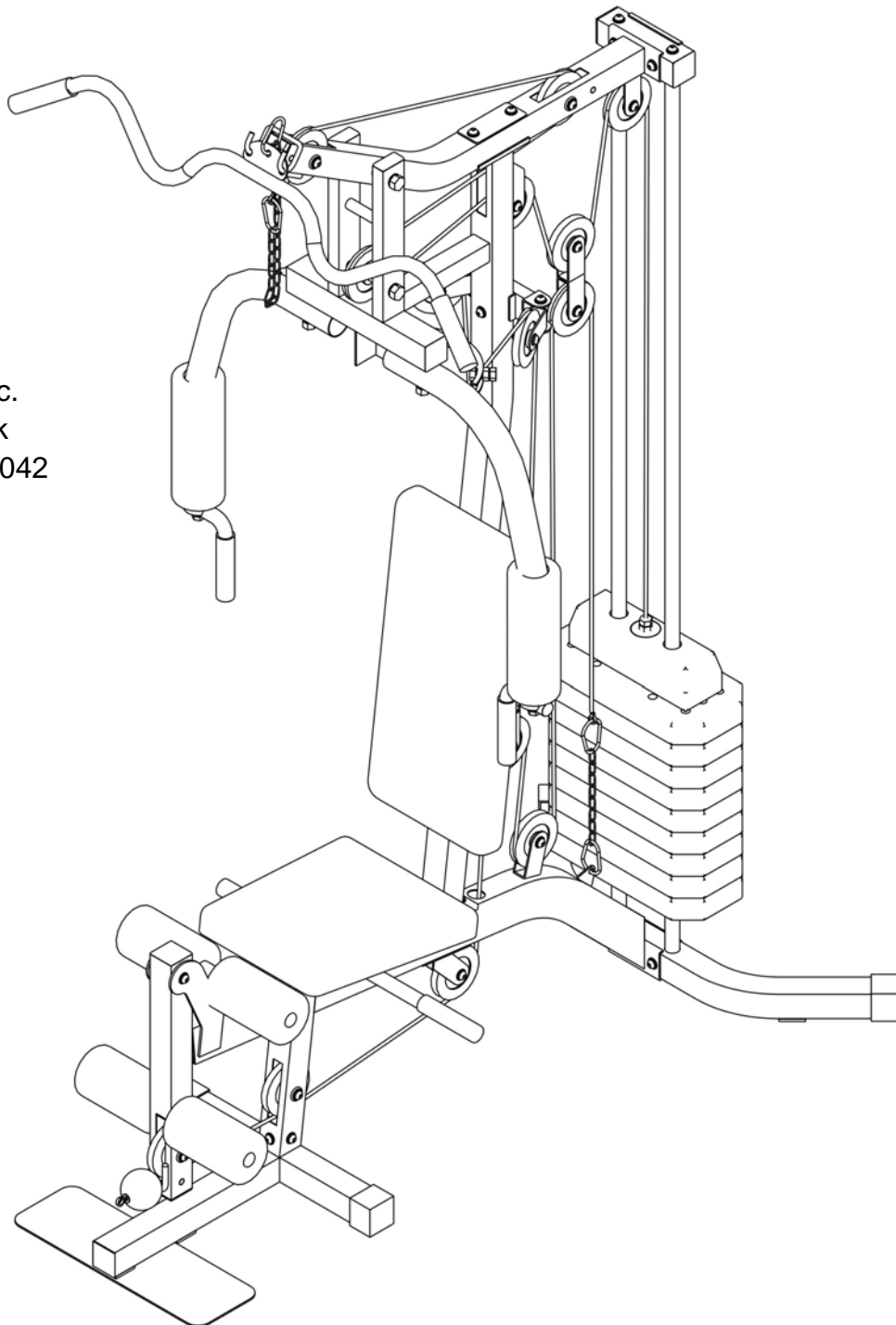


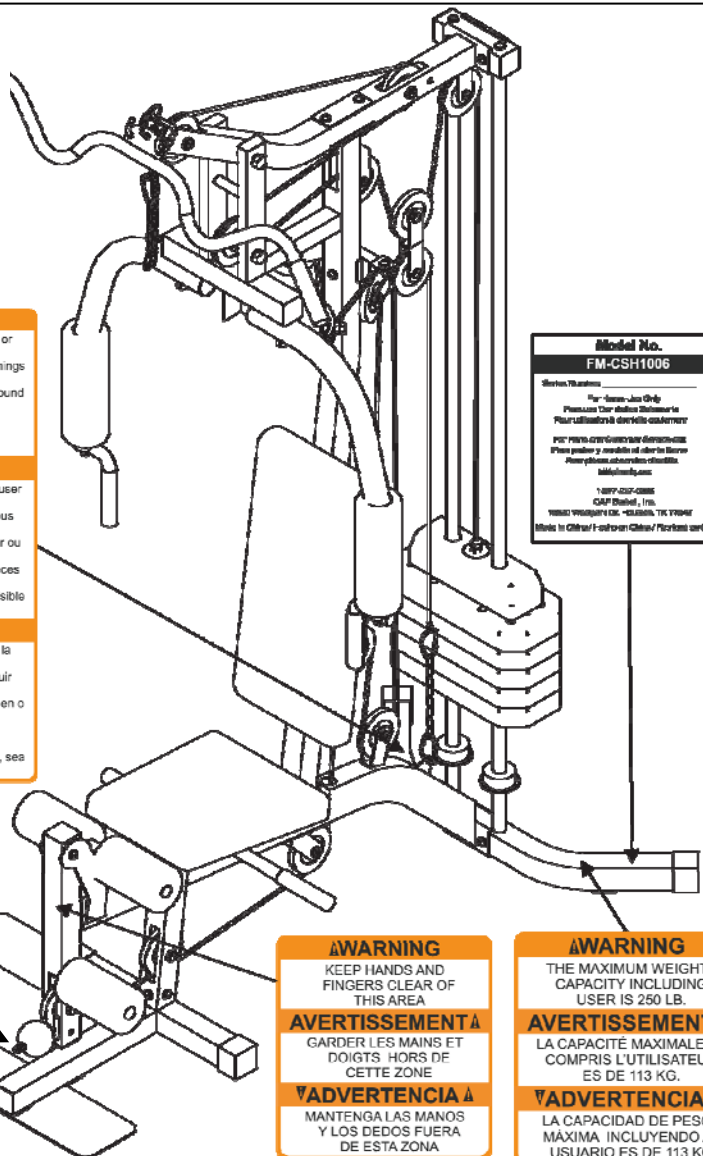
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decals shown here have been placed on the home gym. If the decal is missing or illegible, please call toll-free 877-227-0955 Monday through Friday 9 a.m. until 4 p.m. Central Time, and order a free replacement decal. Apply the decal in the location



⚠WARNING

- Misuse of this machine may result in serious injury or death.
- Read user's manual prior to use and follow all warnings and instructions.
- Keep children away. Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

⚠AVERTISSEMENT

- Une mauvaise utilisation de cette machine peut causer des blessures graves ou la mort.
- Lisez le mode d'emploi avant utilisation et suivre tous les avertissements et les instructions.
- Éloignez les enfants. Ne laissez pas les enfants sur ou autour de la machine.
- Gardez le corps, cheveux et vêtements loin des pièces mobiles.
- Remplacer cette balise si elle est endommagée, illisible ou a été supprimée.

⚠ADVERTENCIA

- El uso inapropiado de esta máquina puede causar la muerte o heridas graves.
- Leer el manual de usuario antes de utilizarla y seguir todas las advertencias e instrucciones.
- Mantener a los niños alejados. No permita a niños en o alrededor de la máquina.
- Mantener el cuerpo, ropa y cabello alejados de cualquier parte móvil.
- Reemplazar esta etiqueta en caso de que se dañe, sea ilegible o haya sido removida.

Model No.
FM-CSH1006

Series Number

For Home Use Only
Pour usage domestique seulement
Pour utilisation domestique seulement

For more information contact us at:
Please refer to website at www.fitness.com
Please phone our service center:
1-877-227-0955

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⚠WARNING

Step 9 BOTTOM CABLE: Please assemble ring (A), washer (B) and ball (C) at exactly the positions as shown in the picture.

⚠WARNING

KEEP HANDS AND FINGERS CLEAR OF THIS AREA

⚠AVERTISSEMENT

GARDER LES MAINS ET DOIGTS HORS DE CETTE ZONE

⚠ADVERTENCIA

MANTENGA LAS MANOS Y LOS DEDOS FUERA DE ESTA ZONA

⚠WARNING

THE MAXIMUM WEIGHT CAPACITY INCLUDING USER IS 250 LB.

⚠AVERTISSEMENT

LA CAPACITÉ MAXIMALE Y COMPRIS L'UTILISATEUR ES DE 113 KG.

⚠ADVERTENCIA

LA CAPACIDAD DE PESO MÁXIMA INCLUYENDO AL USUARIO ES DE 113 KG.

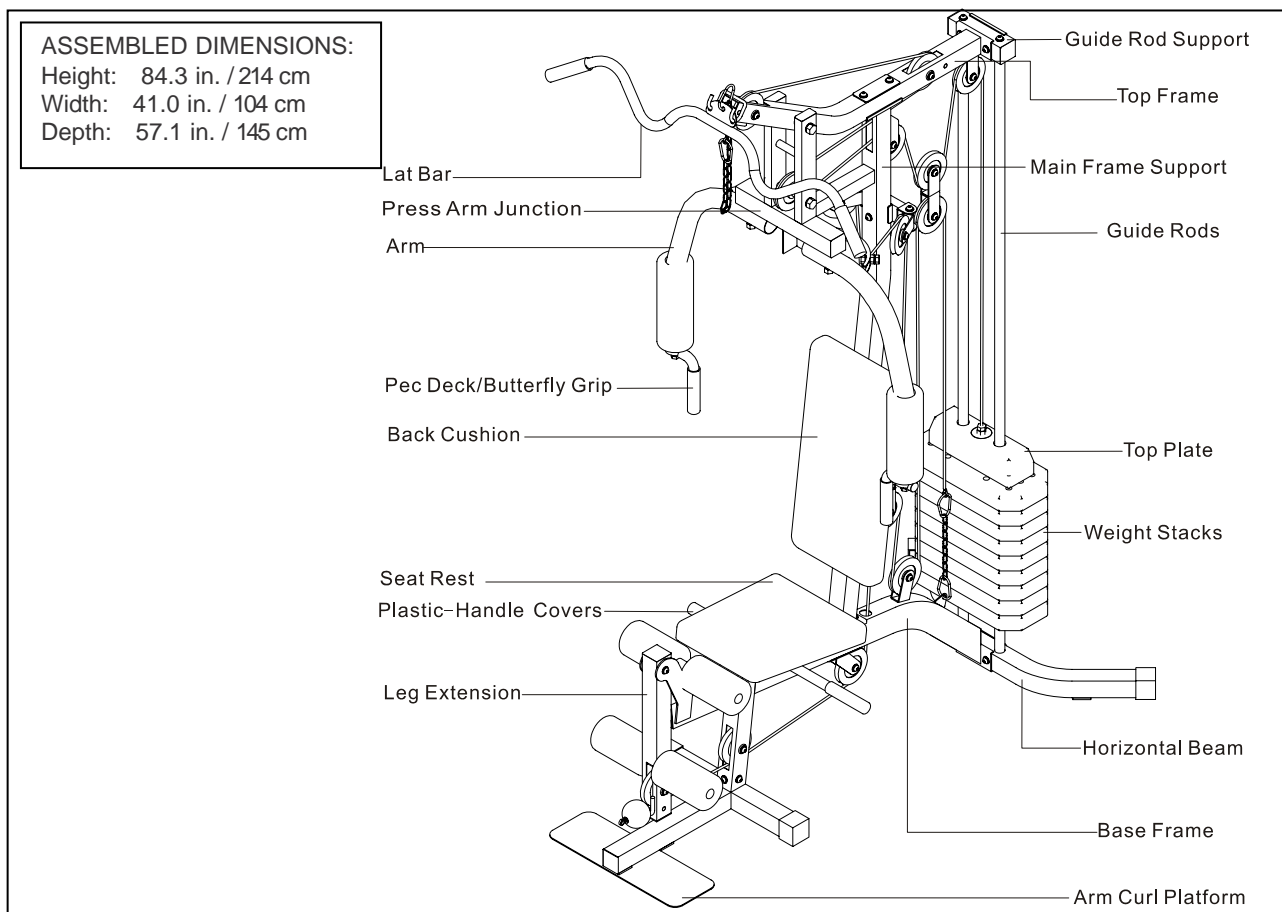
Thank you for selecting your CAP Strength Gym. This gym will help you build and tone major muscle groups.

Please read this manual carefully before using your gym. Please look at the diagram below to get familiar with your new gym.

To help assist you, please note the product model number before calling. The model number is FM-CSH1006

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.

For your benefit, read this manual carefully before using the gym. If you have questions after reading this manual call 877-227-0955



TOOLS NEEDED

Make Things Easier for Yourself

This manual is designed to ensure that the gym can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- **Assembly** requires two people.
- **For** help identifying small parts, see the **PART IDENTIFICATION CHART**.
- **Tighten** all parts as you assemble them, unless instructed to do otherwise.
- **As** you assemble the gym, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Grease and the following tools (not included) may be required for assembly:

- **Two adjustable wrenches**
- **One hammer**
- **One standard screwdriver**
- **One Phillips screwdriver**



Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using the gym.

1. Read all instructions in this manual and all warnings on the gym before using the gym. Use the gym only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the gym are adequately informed of all precautions.
3. The gym is intended for home use only. Do not use the gym in any commercial, rental, or institutional settings.
4. Keep the gym indoors, away from moisture and dust. Place the gym on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the gym to mount, dismount, and use the gym.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately prior to use.
6. Keep children under the age of 12 and pets away from the gym at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The Home Gym is designed to support a maximum user weight of 250 lbs pounds.
10. When you are using the leg developer, seated row make sure to check that all moving parts are unhindered and connected properly
11. When adjusting the height of the seat make sure that pop-pin is securely screwed in
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. Always have someone present to ensure your safety when using this gym.

















⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. CAP Barbell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

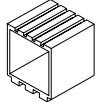















No.	Part No.	Description	Qty.	Pre.-assembled
1	PFMH1005-01	Main Frame Support	1	No
2	PFMH1005-02	Top Frame	1	No
3	PFMH1005-03	Horizontal Beam	1	No
4	PFMH1005-04	Arm Curl Platform	1	No
5	PFMH1005-05	Press Arm Junction	1	No
6	PFMH1005-06	Guide Rod Support	1	No
7	PFMH1005-07	Base Frame	1	No
8	PFMH1005-08	Leg Extension	1	No
9	PFMH1005-09	Seat Support	1	No
10	PFMH1005-10	Lat Bar	1	No
11	PFMH1005-11	Pulley Housing	1	No
12	PFMH1005-12	Left Arm	1	No
13	PFMH1005-13	Right Arm	1	No
14	PFMH1001-29	Selector Shaft	1	No
15	PFMH1005-14	Guide Rods	2	No
16	PFMH1006-01	Handle Rod	1	No
17	PFMH1005-16	Foam Roller Tubes	2	No
19	PFMH1005-18	Rubber Grip Peck Deck/Butterfly	2	No
20	PRK13-04	Rubber End Caps	4	Yes

No.	Part No.	Description	Qty.	Pre.-assembled
40	PFMH1005-31	M10 x 90mm Bolt	1	No
41	PFMH1005-32	M8 x 65mm Bolts	2	No
42	PFMH1005-33	M8 x 20mm Bolts	5	No
43	PFMH1005-34	M8 x 40mm Carriage Bolts	2	No
44	PRK3E-04	M12 Nylon Locknuts	3	No
45	PRK1-05	M10 Nylon Locknuts	29	No
46	PFMS80-16	M8 Nylon Locknuts	2	No
47	PFMH1001-37	M10 Nuts	2	No
48	PFMH1005-35	M10 Regular Washers	2	No
49	PFMH1005-36	Washers #16	4	No
50	PRK3E-05	Washers #12	4	No
51	PRK1-06	Washers #10	61	No
52	PFM2006-27	Washers #8	8	No
53	PFMH1005-37	Inner Washers #16.5	4	No
54	PFMH1001-46	Inner Washers #12.5	6	No
55	PFM4004-23	Inner Washers #10.5	2	No
56	PRK3-05	Square Plastic Caps 50*50	6	Yes
57	PFMH1005-38	Square Plastic Caps 44*44	2	Yes
58	PFMH1005-39	Square Plastic Caps 25*50	4	Yes
59	PRK1-03	25mm Round Inner Caps	6	Yes

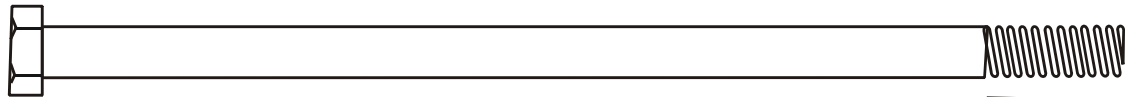
21	PFMH1005-20	Foam Rollers	4	No
22	PFMH1005-21	Foam Arm Rests	2	No
23	PFMH1005-22	Seat Rest	1	No
24	PFMH1005-23	Back Cushion	1	No
25	PFMH1005-24	Enforcements	3	No
26	PFMH1001-15	Pulley Bracket A	1	No
27	PFMH1001-16	Pulley Brackets B	2	No
28	PFMH1001-14	Pulley Brackets C	2	No
29	PFMH1005-25	Seat Enforcements	2	No
30	PFMH1005-26	Pulley Bracket D	1	No
31	PFMH1005-27	M12 x 150mm Bolt	1	No
32	PFMH1005-28	M10 x 70mm Bolt	1	No
33	PFMH1005-29	M10 x 145mm Bolt	1	No
34	PFM3008-17	M10 x 95mm Bolts	4	No
35	PFM2240-21	M10 x 70mm Bolts	10	No
36	PFM404-18	M10 x 20mm Bolts	7	No
37	PFM2005-29	M10 x 45mm Bolts	10	No
38	PFMH1005-30	M10 x 35mm Bolts	2	No
39	PFM2240-22	M10 x 65mm Bolts	2	No

60	PFM2007-08	Plastic Handle Covers	6	Yes
61	PFM2004-09	50mm Round Inner Caps	2	Yes
62	PFMH1005-40	Cushion	1	Yes
64	PFMS80-13	Plastic Bushings	8	No
65	PFM4004-22	Pop Pin	1	No
66	PFMH1001-45	Plastic Cap	1	No
67	PFMH1001-44	Top Plate Pin	1	No
68	PFMH1001-25	Selector Key	1	No
69	PFMH1001-35	Rubber Rings	2	No
70	PFM2241-07	4" Pulleys	15	No
71	PFMH1005-41	Bottom Cable	1	No
72	PFMH1005-42	Top Cable	1	No
73	PFMH1005-43	Peck Dec Cable	1	No
74	PFM3008-19	Chains	2	No
75	PFMH1001-43	Washer	1	No
76	PFM2241-12	Carabineers	4	No
77	PFMH1001-27	Top Plate	1	No
78	PFMH1001-28	Weight Stacks	9	No

NO.	DRAWING	Q`TY
14	Selector Shaft 	1
21	Foam Rollers 	4
22	Foam Arm Rests 	2
25	Enforcements 	3
26	Pulley Bracket 	1
27	Pulley Brackets 	2
28	Pulley Brackets 	2
29	Seat Enforcements 	2
30	Pulley Bracket 	1
56	Square Plastic Caps 50*50 	6
57	Square Plastic Caps 44*44 	2
58	Square Plastic Caps 25*50 	4
59	25mm Round Inner Caps 	6
60	Plastic Handle Covers 	6
61	50mm Round Inner Caps 	2
62	Cushion 	1

NO.	DRAWING	Q`TY
20	Round End Caps 	4
64	Plastic Bushings 	8
65	Pop Pin 	1
66	Plastic Cap 	1
67	Top Plate Pin 	1
68	Selector Key 	1
69	Rubber Rings 	2
70	4" Pulleys 	15
71	Bottom Cable 	1
72	Top Cable 	1
73	Peck Dec Cable 	1
74	Chains 	2
75	Washer 	1
76	Spring Clips 	4
77	Top Plate 	1
78	Weight Stacks 	9

HARDWARE LIST



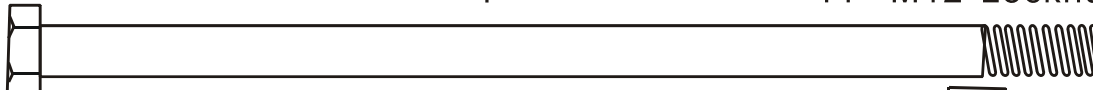
31 M12X150MM Bolt 1pc



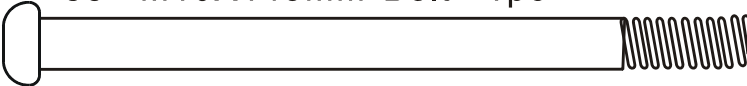
32 M10X70MM Bolt 1pc



44 M12 Locknuts 3pcs

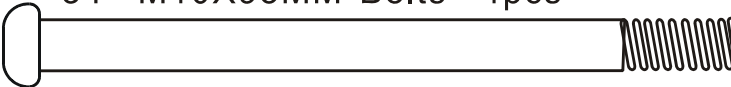


33 M10X145MM Bolt 1pc



34 M10X95MM Bolts 4pcs

45 M10 Locknuts 29pcs



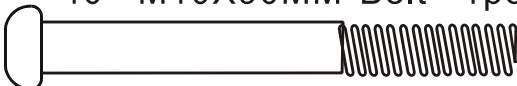
40 M10X90MM Bolt 1pc



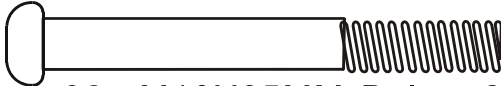
46 M8 Locknuts 2pcs



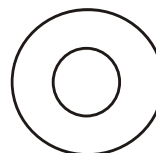
47 M10 Nuts 2pcs



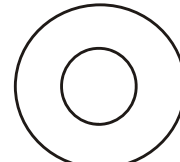
35 M10X70MM Bolts 10pcs



39 M10X65MM Bolts 2pcs



48 M10 Tegner Washers 2pcs



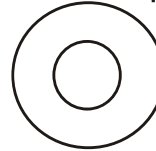
49 M16 Washers 4pcs



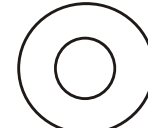
37 M10X45MM Bolts 10pcs



38 M10X35MM Bolts 2pcs



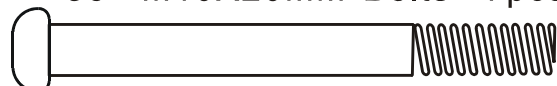
50 M12 Washers 4pcs



51 M10 Washers 61pcs



36 M10X20MM Bolts 7pcs



41 M8X65MM Bolts 2pcs



52 M8 Washers 8pcs



53 Inner Washers #16.5 4pcs



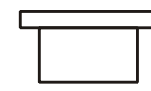
42 M8X20MM Bolts 5pcs



43 M8X40MM Carriage Bolts 2pcs

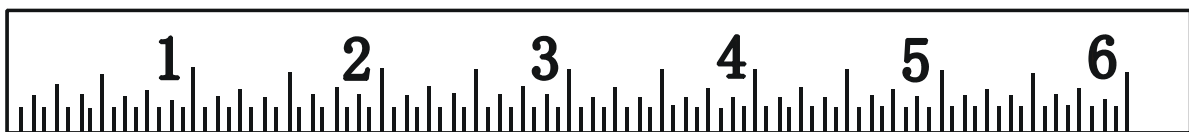


54 Inner Washers #12.5 6pcs



55 Inner Washers #10.5 2pcs

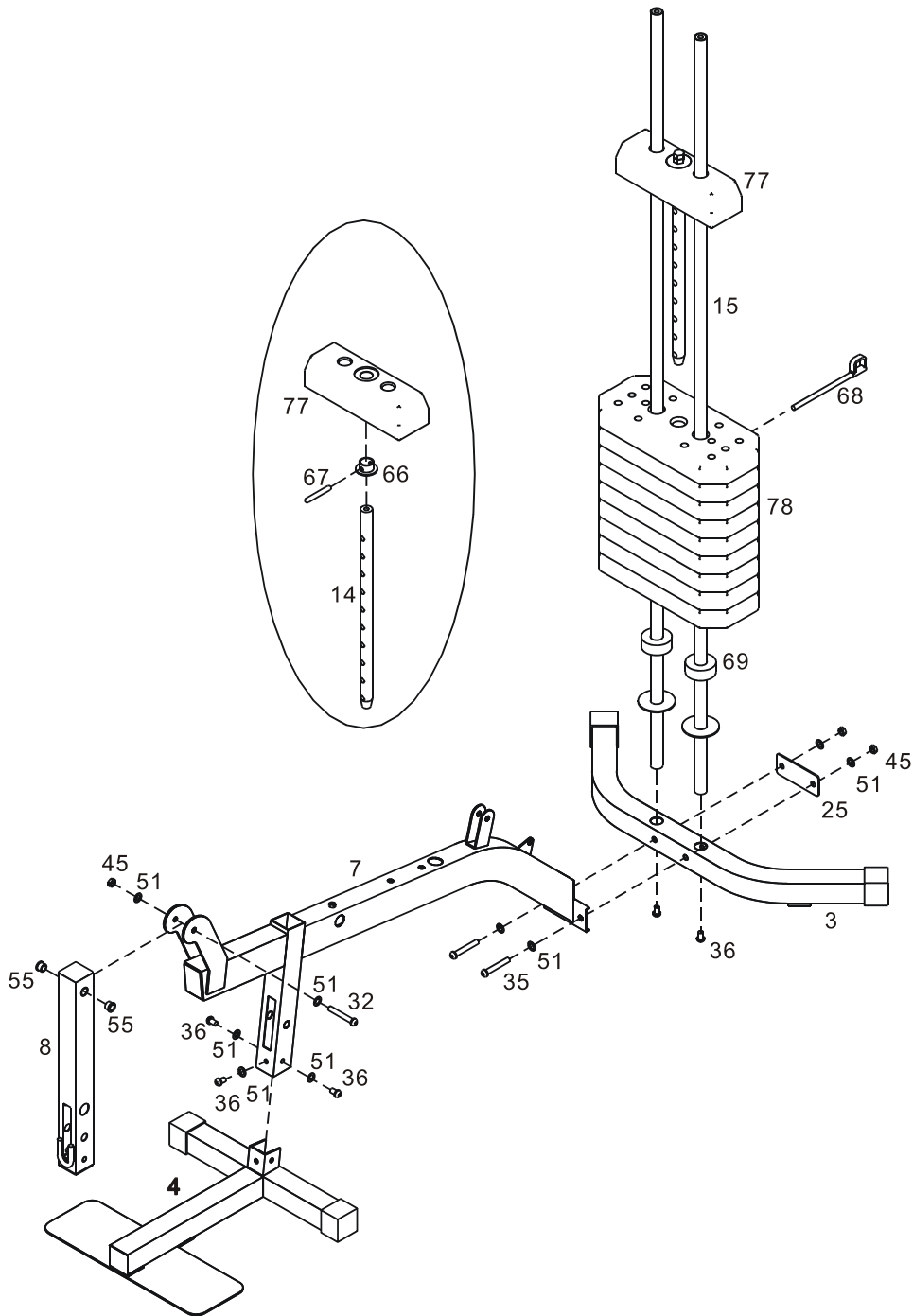
INCHES



CENTIMETERS

ASSEMBLY INSTRUCTION:

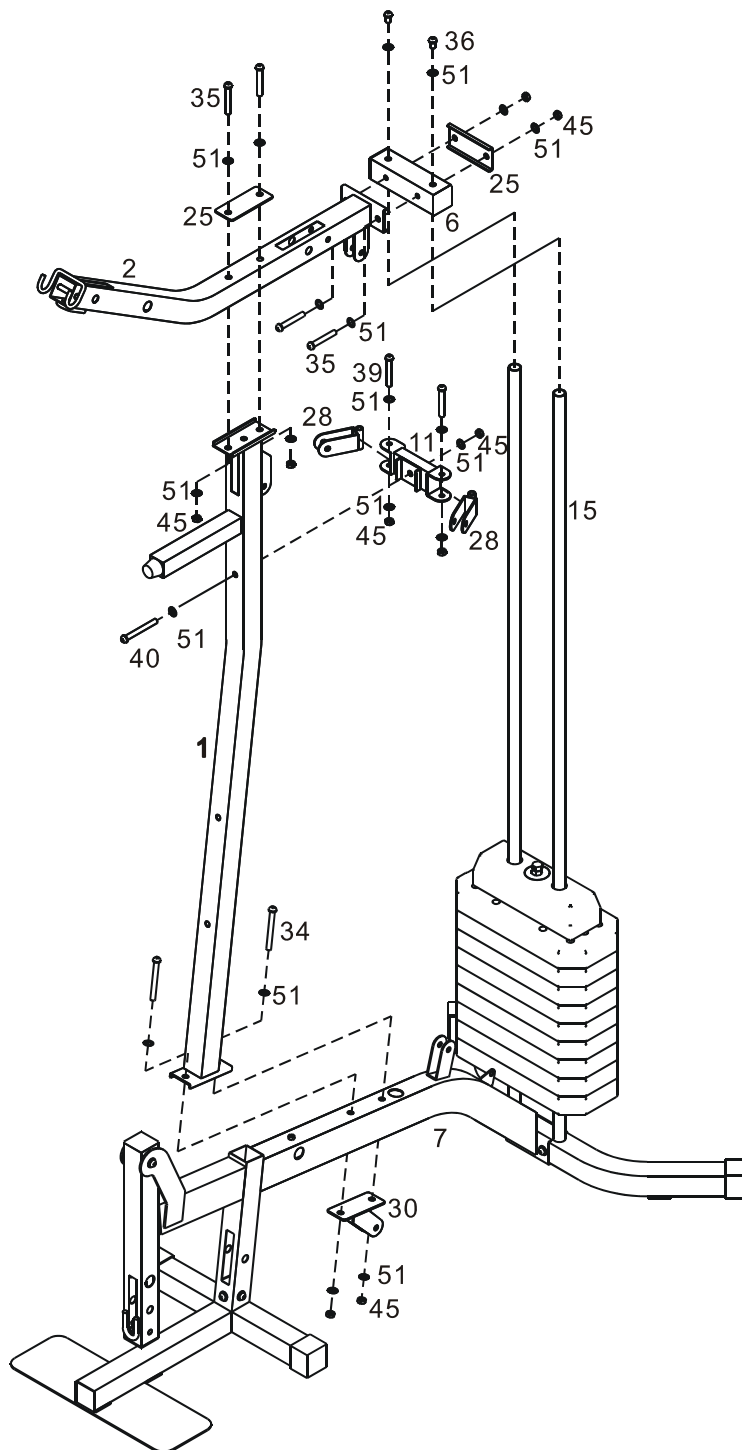
Illustration 1:



Assembly of the base unit frame:

- Step 1: Connect the base frame (7) to the horizontal beam (3) by using bolts (35), washers (51), enforcement (25) and locknuts (45).
- Step 2: Connect the other end of the base frame (7) to the Arm Curl Platform (4) by using bolts (36) and washers (51)
- Step 3: Insert inner washers (55) into the leg extension (8). Once assembled, insert the leg extension into the arms coming off the base frame (7). Use bolt (32), washers (51) and nut (45).
- Step 4: Slide both guide rods (15) into the rubber rings (69) and through the horizontal beam (3), tighten with bolts (36).
- Step 5: Now stack the weight stacks onto the guide rods (15). Once done, connect the selector shaft (14) with the top plate (77). Then slide the entire piece onto the guide rods (15). Finally use selector key (68) to secure shaft into weight plates

Illustration 2:



Mounting the base unit frame:

Step 1: Vertically place the main frame support (1) onto the base frame (7). Secure them with bolts (34), pulley bracket-D (30), washers (51) and nuts (45)

Step 2: Connect the Guide Rod Support (6) to the top frame (2) by using bolts (35), washers (51), enforcements (25), and nuts (45).

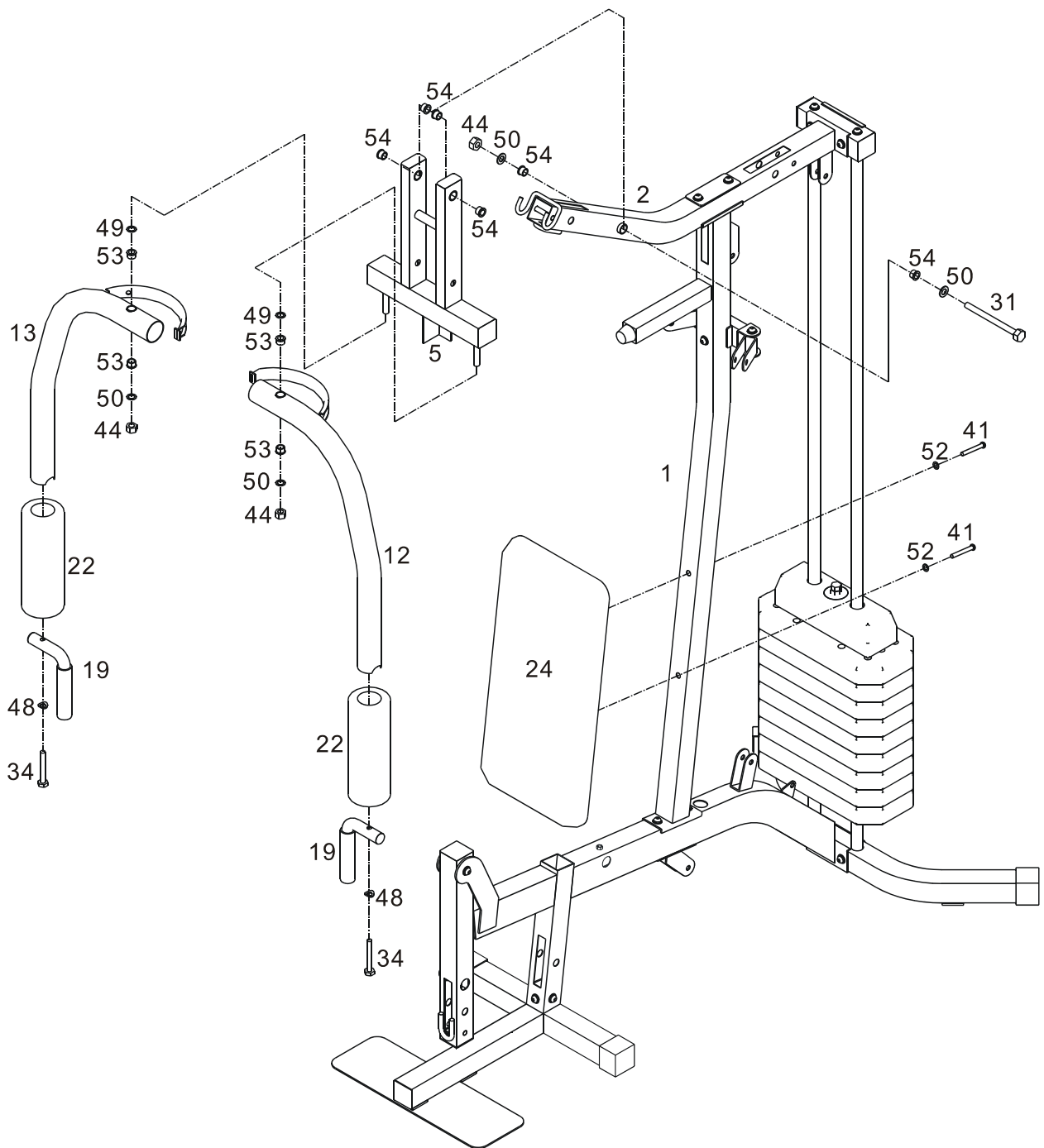
Step 3: Attach the entire piece making sure that it is aligned correctly to the guide rods (15) and the main frame support (1), Then secure by using bolts (35, 36), washers (51), enforcement (25) and nuts (45).

Step 5: Attach the Pulley Housing (11) to the main frame support (1) with bolt (40) washers (51), and nut (45).

Step 6: Attach pulley brackets C (28) to either side of Pulley Housing (11) with bolts (39), washers (51), and nuts (45).

Note: Do not overtighten, allow brackets to move freely.

Illustration 3:



Mounting the butterfly and the chest press:

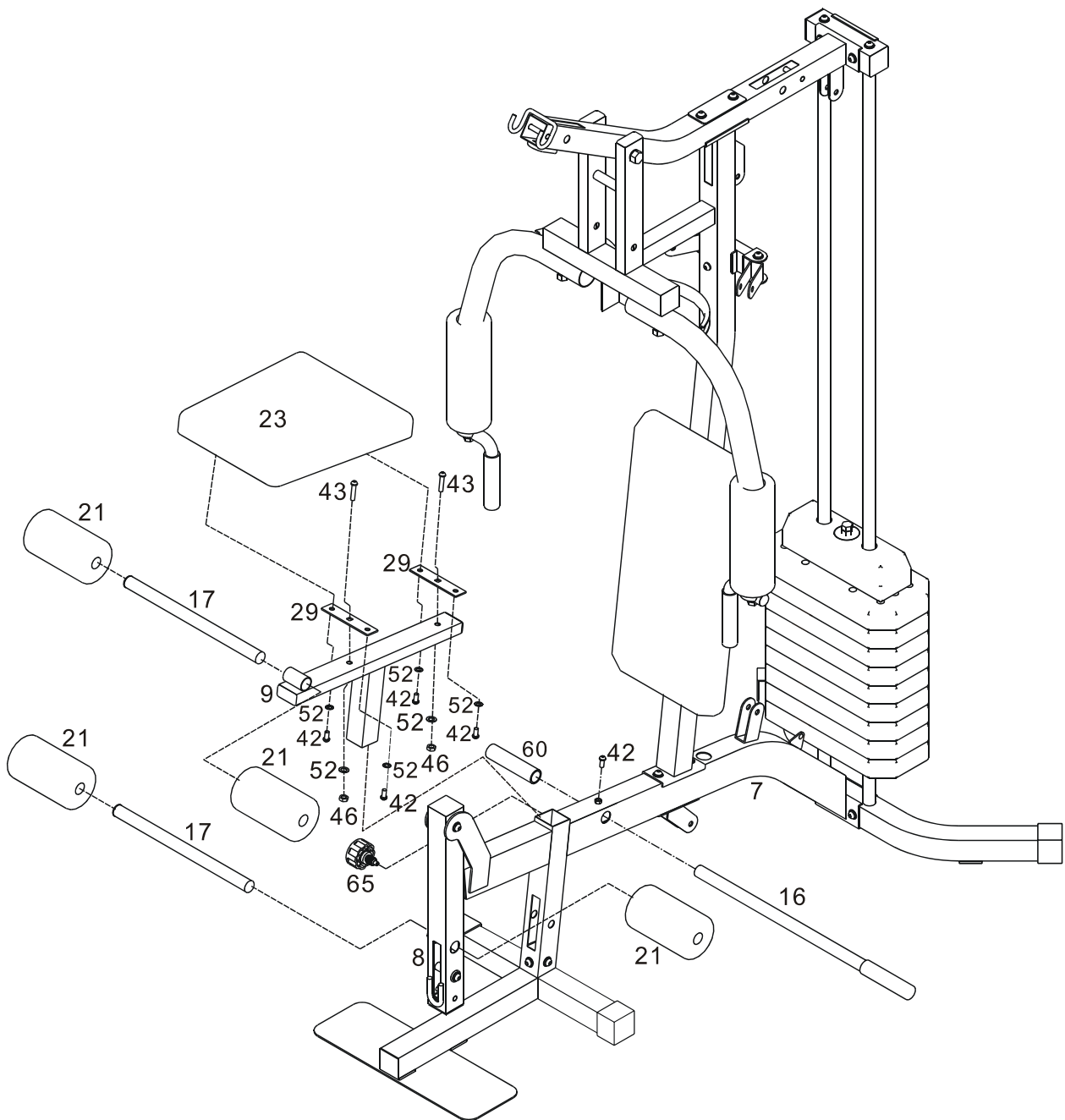
Step 1: Assemble four inner washers (54) into the press arm junction (5). Once done, insert two inner washer (54) into the top frame (2) then slide the press arm junction onto the top frame (2) and attach by using bolt (31) washers (50) and nut (44).

Step 2: Slide the foam arm rests (22) onto both arms (12, 13) then attach the Peck Deck /Butterfly Grip (19) to both arm (12, 13) , using bolts (34) and washers (48).

Step 3: Connect both arms (12, 13) to the press arm junction (5) using nuts (44), washers (50), and inner washers (53).

Step 4: Attach the back cushion (24) by using bolts (41) and washers (52).

Illustration 4:



Mounting the Leg Curl and the Peck Deck/Butterfly Station:

Step 1: Place the Handle Rod (16) through the Base Frame (7), then attach the Plastic Handle Covers (60) on either end, once inserted, use bolt (42) to secure its placement as shown.

Step 2: Attach the seat enforcements (29) onto the seat support (9) by using the bolts (43), washers (52), and nuts (46).

Step 3: Attach seat rest (23) to seat enforcements (29) by using bolts (42), washers (52).

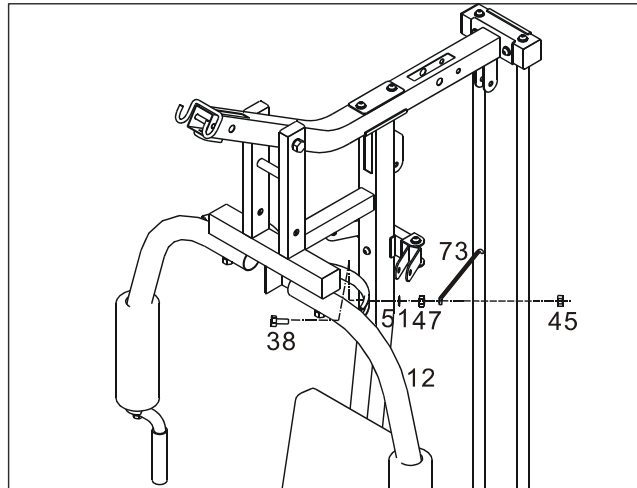
Step 4: Insert the seat support (9) into the base frame (7) and secure together with pop-pin (65)

Step 5: Insert foam roller tubes (17) into the leg extension (8) and the seat support (9). Then slide foam rollers (21) onto the tube.

Illustration 5

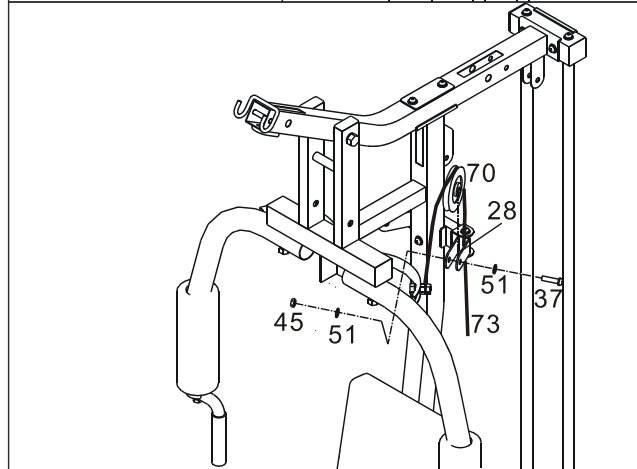
Step 1: Stick bolt (38) through the bent part of the left arm (12) then place washer (51), nut (47), Pec Deck cable (73) around the bolt (38) and tighten with nut (45).

(PEC DEC CABLE has a metal ring on each end)

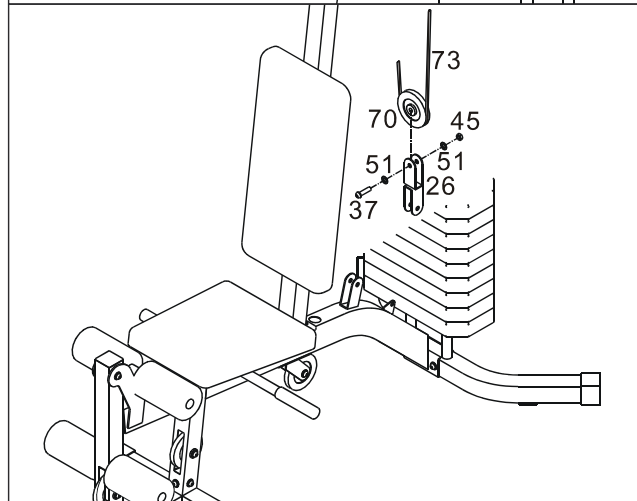


Step 2: Place the Pec Deck cable (73) within the grooves of the 4" pulley (70).

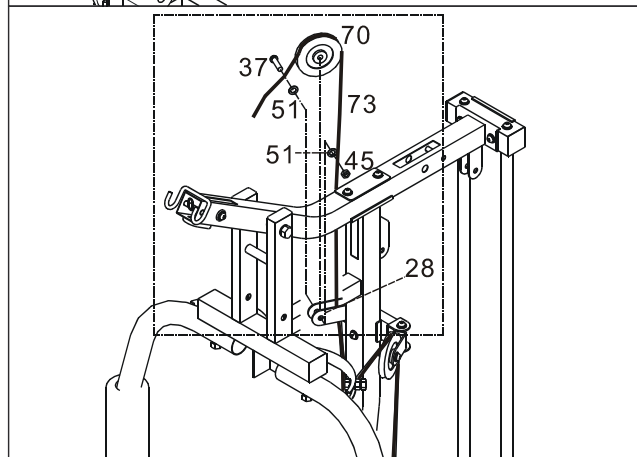
Then align the 4" pulley (70) between the teeth of the pulley brackets C (28) and secure by using bolt (37), washers (51) and nut (45).



Step 3: Find another 4" pulley (70) and place the Pec Deck cable (73) within the grooves and then attach the other pulley bracket A (26) to the wheel and secure by using bolt (37), washers (51) and nut (45).



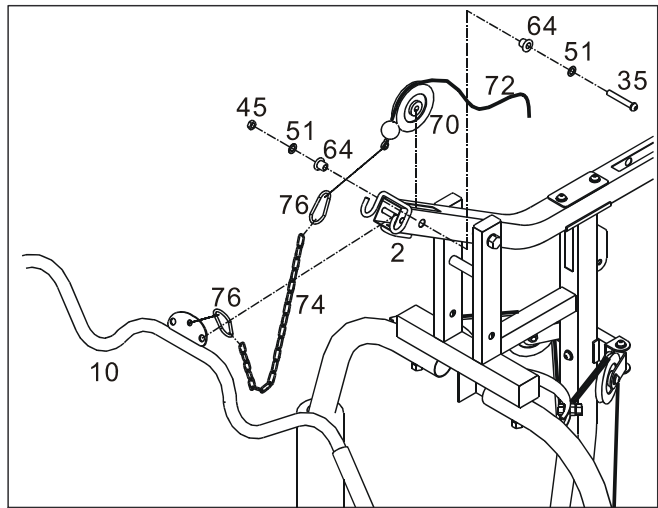
Step 4: Using the same Pec Deck cable (73) bring it back and fit it around another 4" pulley (70) then secure the pulley by attaching it to the pulley bracket C (28) by using bolt (37), washers (51) and nut (45). Finally, attach the end of the cable to the right arm (13) using the same methods in STEP 1.



Step 5: Attach the top cable (72) with the 4" pulley (70). Then attach pulley to the Top frame (2) use bolt (25), washers (51), plastic bushings (64) and nut (45).

Attach carabineers (76) to either end of the chain (74). Then open carabineers to fit lat bar attachment and attach the other end to the ball end of the top cable (72), as shown.

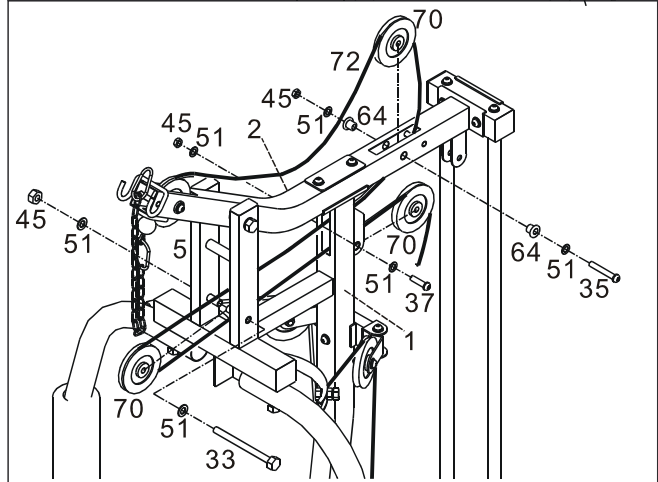
(**TOP CABLE** has a screw connected at one end and a ball on the other end)



Step 6: Pull the top cable (72) and align it with the top of the 4" pulley (70). Insert the pulley into space at the top frame (2) and then tighten with parts (35, 51, 64, 45)

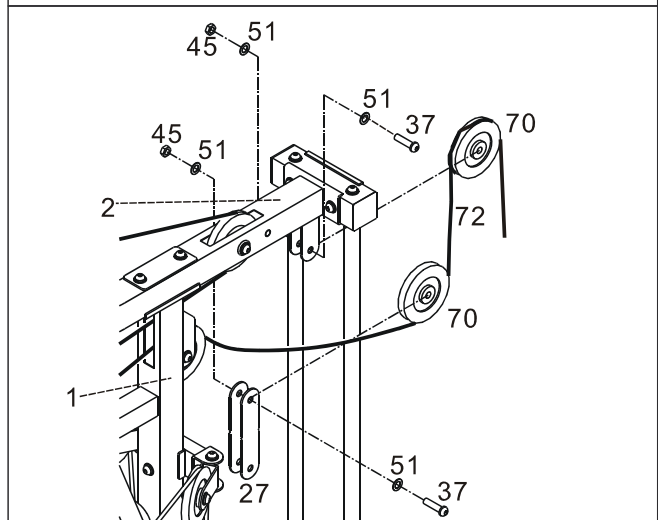
Bring the top cable (72) through again and align it inside press arm junction (5) and tighten, as shown.

Continue these steps to assemble the next pulley which is attached to the main frame support (1).

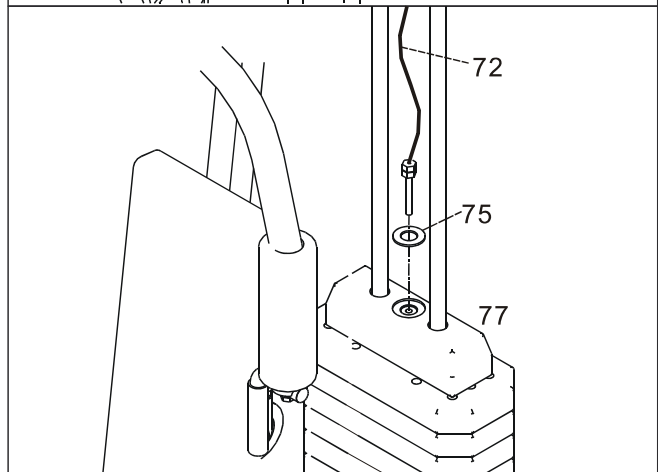


Step 7: Using the excess cable from the last step, place the cable **underneath** the 4" pulley wheel and attach and secure the pulley bracket B (27), as shown.

Continue assembly with the same cable and place it **above** the 4" pulley wheel, then attach it to the hanging teeth on the top frame (2), as shown.



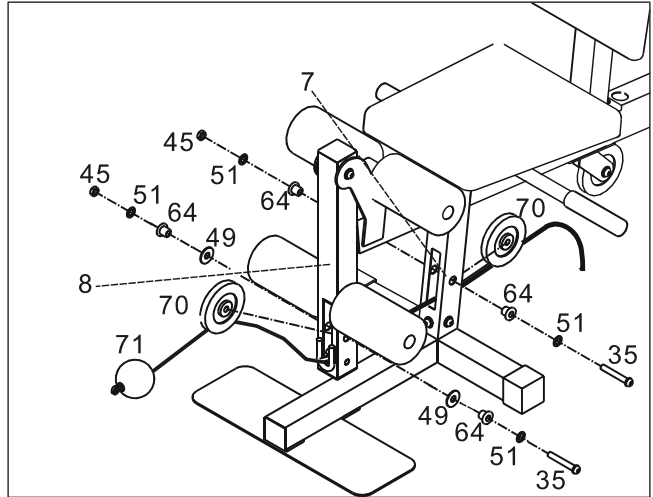
Step 8: Pull the end of the cable and screw it into the top plate (77) using the washer (75).



Step 9 : Align the bottom cable (71) **underneath** the 4" pulley (70) and insert both through the hole in the leg extension (8) and secure, as shown.

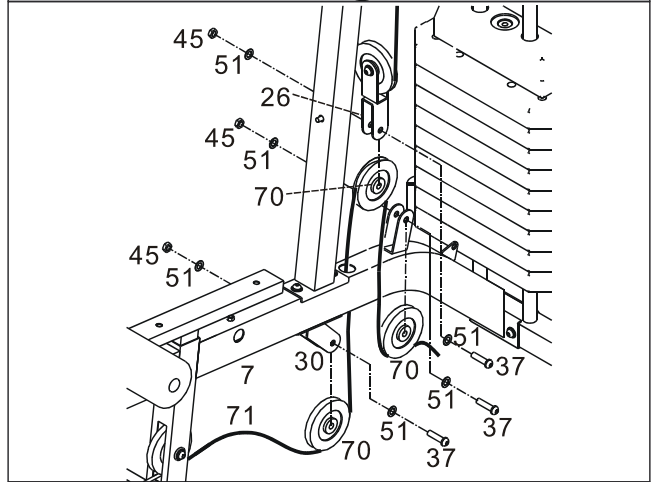
Pull the bottom cable (71) through the base frame (7) and align it **underneath** the 4" pulley (70) and secure it as shown.

(**BOTTOM CABLE** has a ball on one end and a ring on the other end) **Please reference additional instructions on page 16**



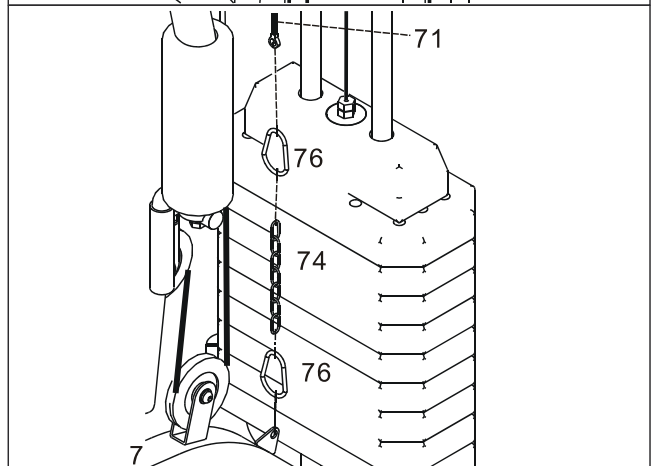
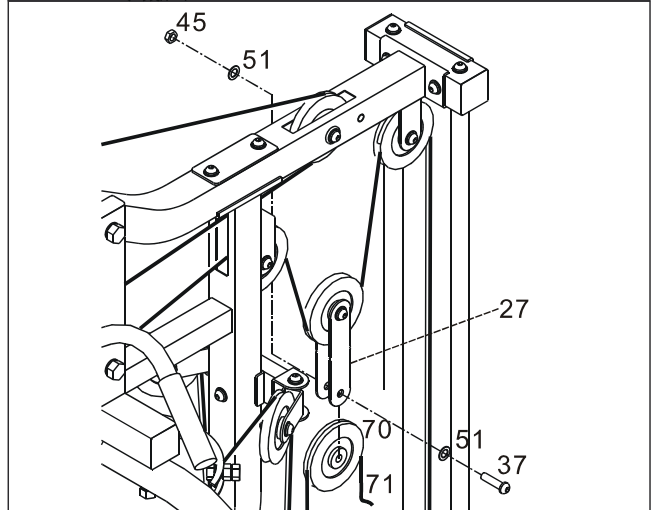
Step 10: Continue to pull the bottom cable (71) up through the hole in the base frame (7). Then fit the cable **above** the 4" pulley (70) and attach it to the partially assembled pulley bracket A (26), as shown.

Align the same cable **underneath** another 4" pulley (70) and attach it to the teeth extending upwards from the base frame (7), as shown.



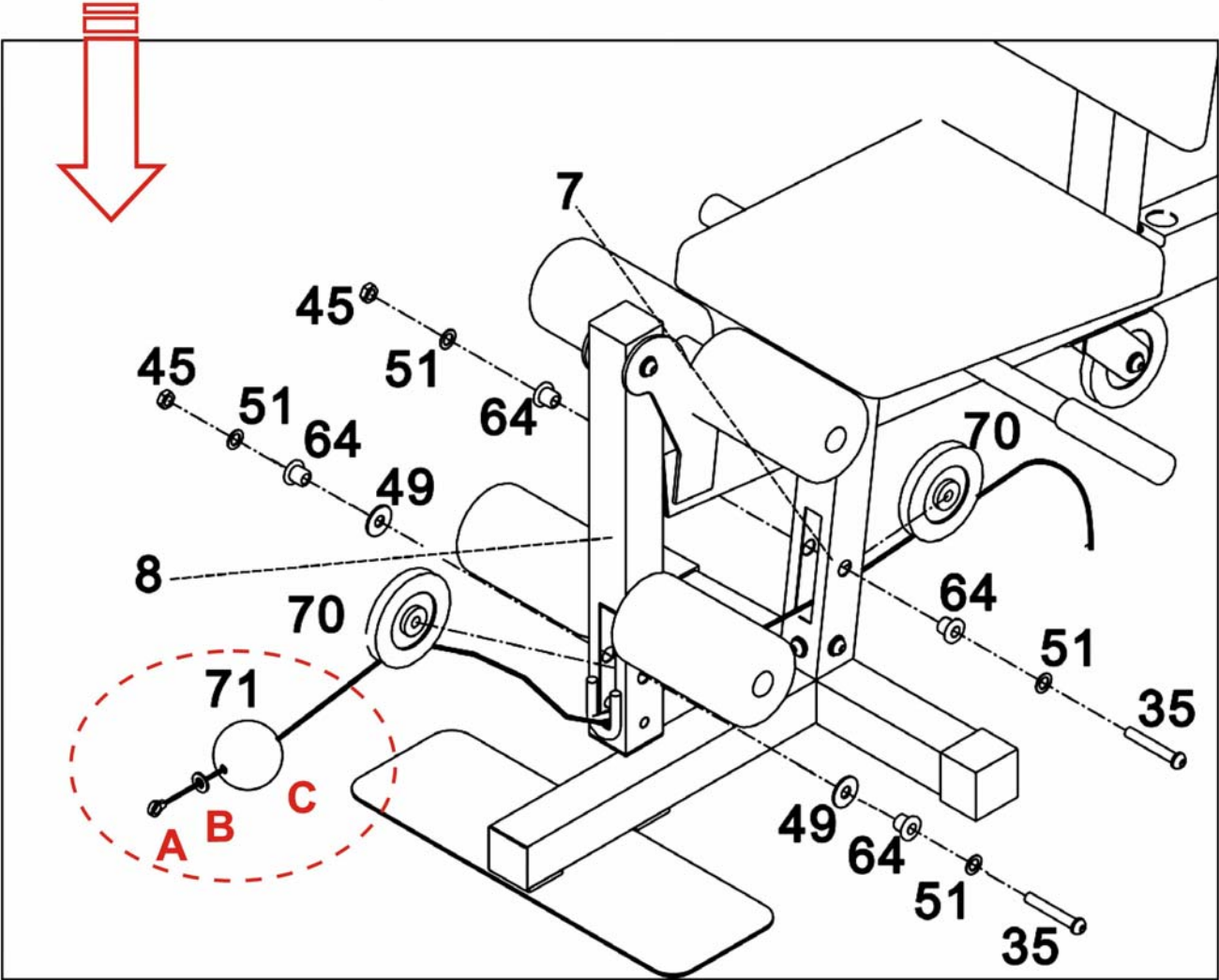
Step 11 : Align the same cable **above** another 4" pulley (70) and attach it to the partially assembled pulley bracket B (27) and secure as shown.

Step 12: Using the remainder of the bottom cable (71) attach the carabineers (76) to the chain. Finally attach the second carabineer (76) the hook on the base frame (7), as shown.



! WARNING

Step 9 BOTTOM CABLE: Please assemble ring (A), washer (B) and ball (C) at exactly the positions as shown in the picture.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- By changing the amount of resistance used
- By changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. See the muscle chart below to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle-building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

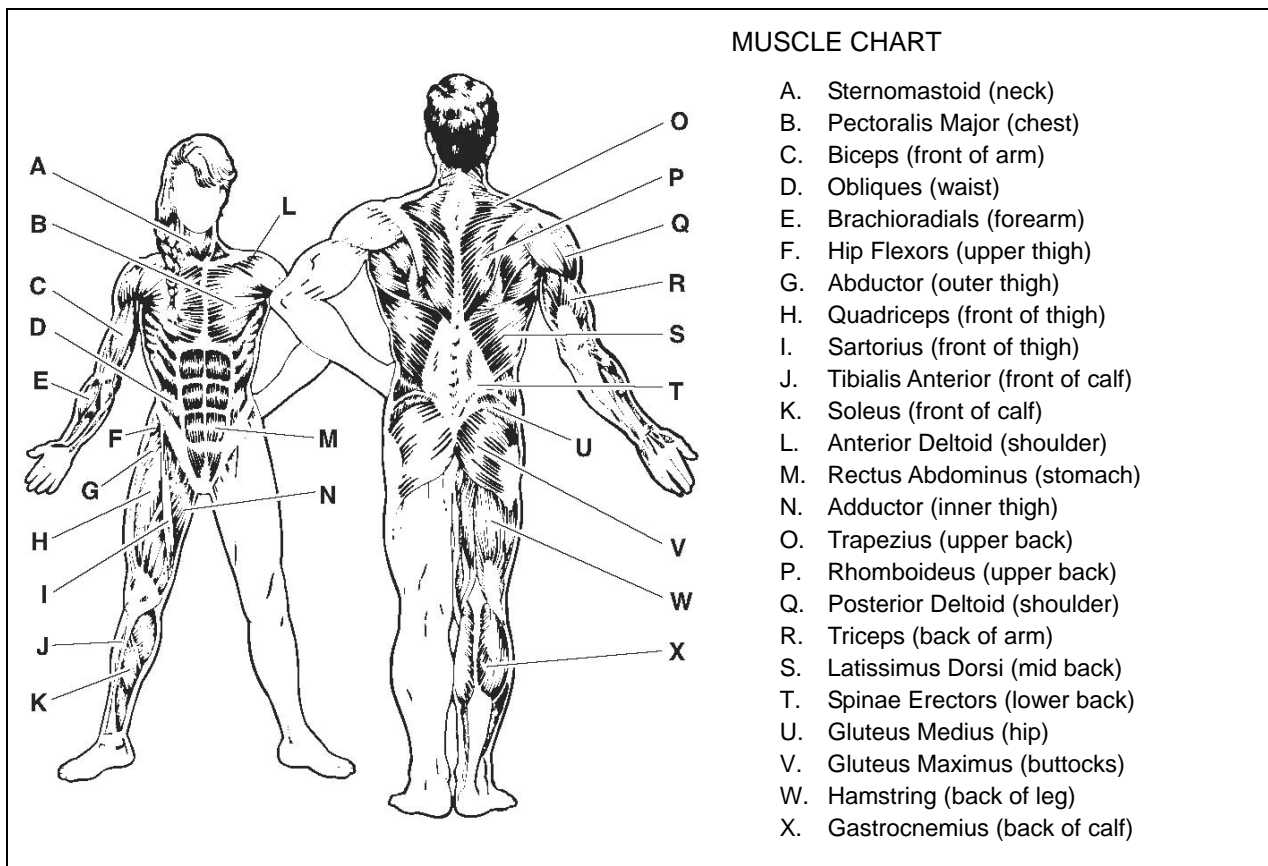
Plan to spend the first couple of weeks familiarizing you with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



Care and Maintenance of your Home Gym

1. **Cable Ends:** Inspect end fittings daily for wear. Replace cables at the first sign of wear or on an annual basis. If the cable tension has been adjusted, be certain that the cable nut is tight.
2. **Nuts, Bolts, and Fasteners:** Check tightness weekly. If any hardware has become loose, retighten.
3. **Frames:** Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts, chrome parts, and upholstered pads.
4. **Painted and chrome plated parts:** Use a damp cloth for light dirt and grime. For scuffs and marks that are not removed by the above methods use a mild cleanser. **DO NOT** use solvents, lacquer thinner, acetone, or finger nail polish remover. Make sure all parts are dry upon completion.
5. **Weight stack enclosures (shrouds):** Wipe down with a damp cloth as needed.
6. **Guide rods:** Wipe all dirt and dust from the guide rods before applying a light application of a teflon spray lubricant. Spray the lubricant on a rag and then wipe the guide rods with the rag. **DO NOT** use oil lubricants such as WD-40. *Caution: Some lubricants will stain carpet and clothing!*
7. **Bushings:** Check monthly for signs of wear and replace as needed. Lubricate monthly.
8. **Other:** Be certain to replace any components at the first signs of wear. **DO NOT** install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.

Final Check

1. Verify that all hardware is tight and that the cable weight stack bolt is adjusted properly and the locking nut is secure.
2. Review all warning labels and the safety guidelines before using this machine.
3. Verify that all adjustments can be made into each position. Verify that the adjustment pin inserts freely into each position and is fully engaged.
4. Verify that the cable moves freely, without any binding. Make sure that the cable is seated in the pulleys and that the pulleys are all freely rotating.
5. Verify that the selector pin can be inserted into each weight plate including the top plate.

MANUFACTURER'S WARRANTY

This warranty covers your CAP Strength product against defects in materials and workmanship when used for the intended purpose under normal use and conditions, provided that the product receives normal maintenance and care. This warranty lasts for: 1 year on all steel parts; 90 days on other parts; 30 days on vinyl cushions. All of these are for the original owner only. This warranty is not valid in cases where this product is used commercially.

CAP Strength will provide a replacement part at no charge for any part found defective in materials or workmanship during the specified warranty period. Under no circumstances will the manufacturer be responsible for damages or failures that occur as a result of improper assembly or failure to operate the product correctly. This warranty does not cover misuse, neglect, accident, alterations or repairs made by an unauthorized service representative.

ARBITRATION

Use of this product creates an agreement between CAP Strength, Inc. and User of Product to resolve all disputes, claims, or controversies whatsoever arising from or relating to this product, including the validity of this arbitration clause, by binding arbitration pursuant to Section 2 of the Federal Arbitration Act. Maximum judgment for all causes of action shall be limited to \$10,000. The parties agree and understand that by using this product they choose arbitration instead of litigation to resolve disputes. If Buyer(s) choose not to enter into this agreement, they may return unused product for full refund.

*Warranty does not apply outside the Continental United States.



Missing a Part or Need Assembly Assistance?
Do Not RETURN to Store.

Call our Service Line:

1-877-227-0955

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