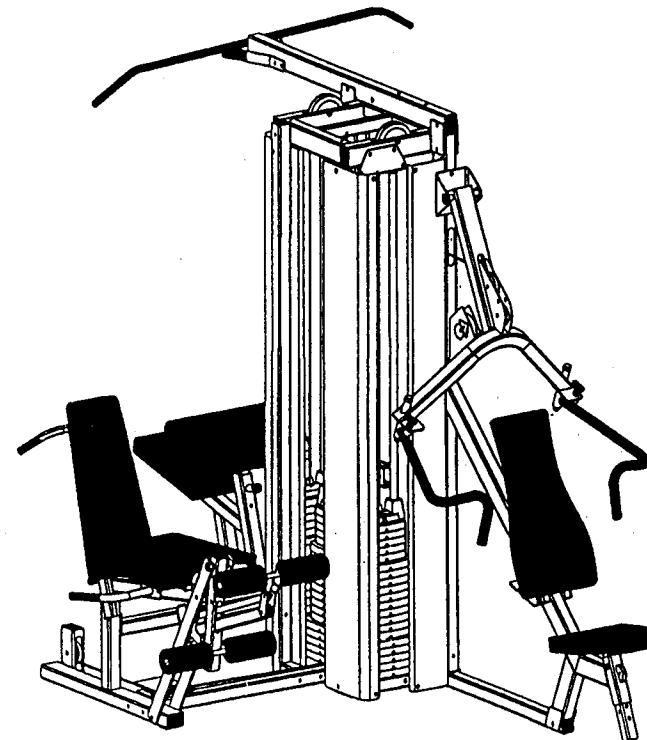


PACIFIC FITNESS

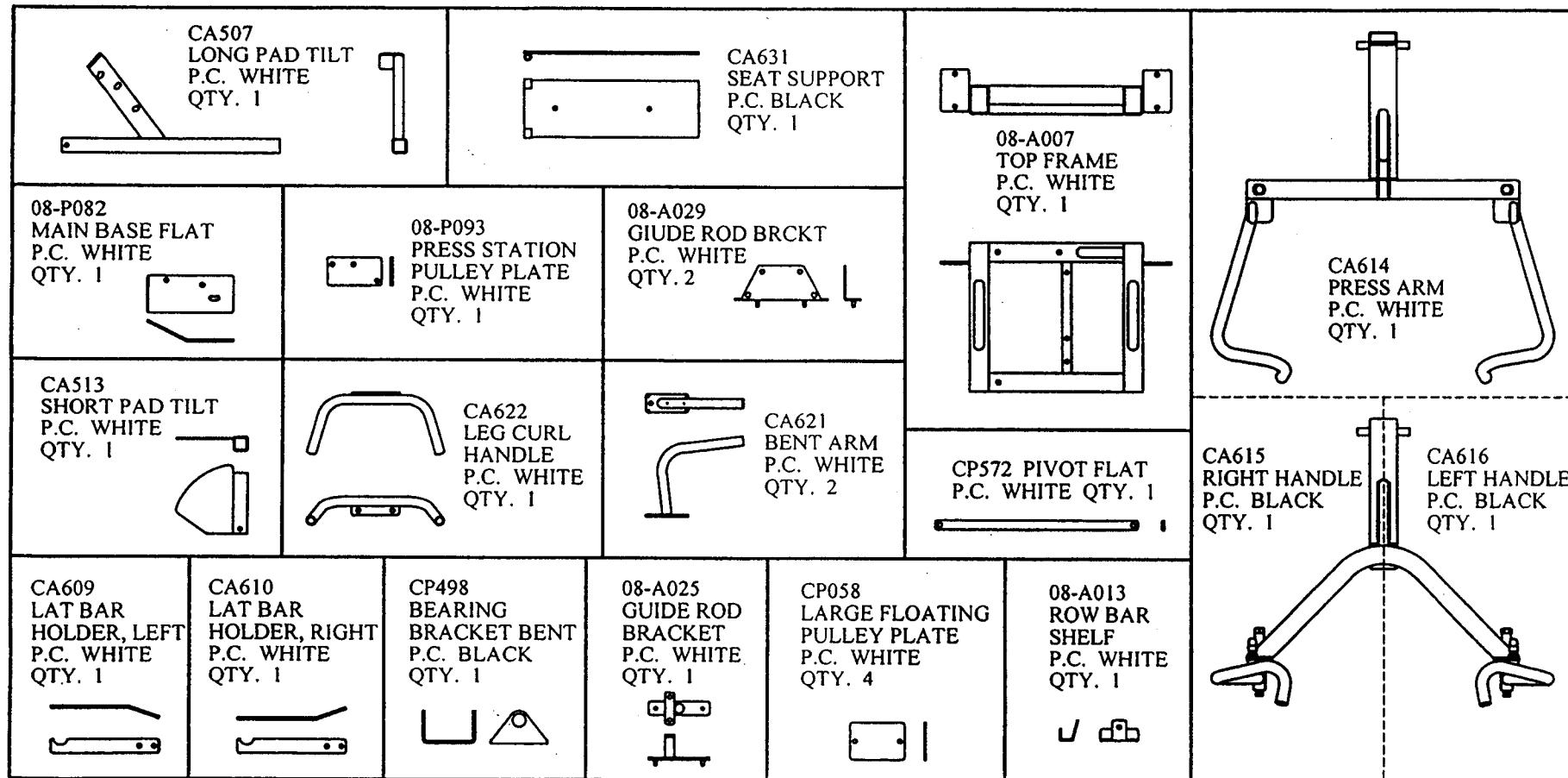
Catalina



FOR SERVICE CALL:
1-888-665-4404

KAT CATALINA (08) BOX# 1

REV. D

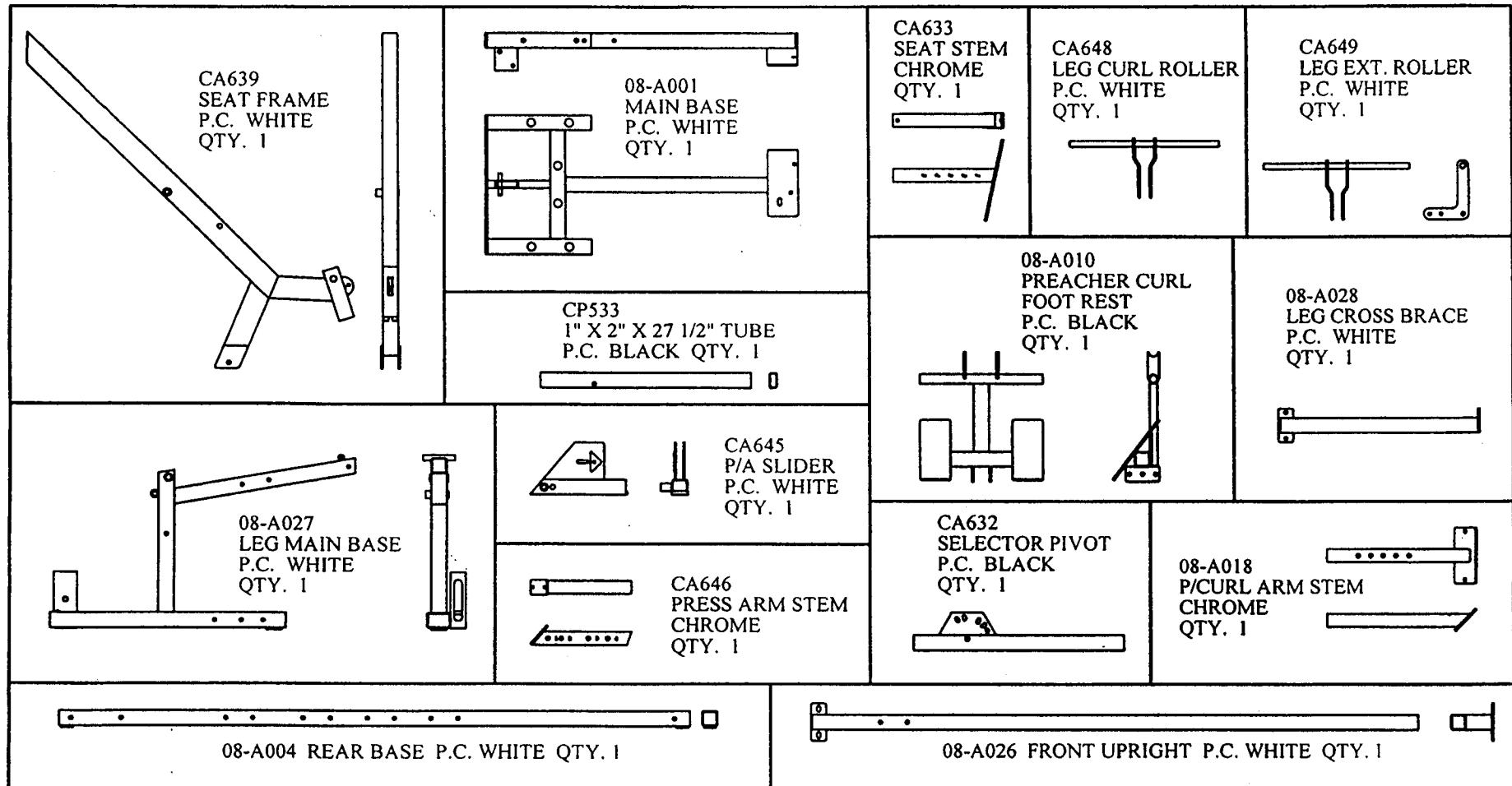


08-A007-1 (2-ENDCAP200, 1-LABEL580)
 08-A029-1 (2-NUT095)
 CA507-1 (1-BUMP110, 2-ENDCAP140)
 CA513-1 (2-ENDCAP140, 1-LABEL630)
 CA609-1 (1-LABEL100)
 CA610-1 (1-LABEL100)
 CA614-KAT (2-BOLT109, 2-BOLT395, 1-CP499, 2-CP553, 2-ENDCAP095, 1-LABEL1026,
 2-NUT109, 1-ENDCAP200, 2-NUT190, 1-LABEL160, 1-LABEL1013)
 CA615-1 (2-BUSH112, 1-GRIP165)
 CA616-1 (2-BUSH112, 1-GRIP165)
 CA621-1 (1-GRIP160)
 CA622-1 (2-GRIP120)
 CP498-1 (.50-GRIPTAPE140)
 CP572-1 (2-BUSH142, 4-SPACER251)

BELT110	(ANKLE STRAP)	QTY. 1
BELT120	(NYLON AB STRAP)	QTY. 1
CHART-KAT	(CATALINA '98 WALL CHART)	QTY. 1
CP399	(PLATE, WT PIN SUPPORT)	QTY. 3
HANDLE100	(18" STRAIGHT REVOLVING)	QTY. 1
HANDLE150	(PARALLEL ROW HANDLE)	QTY. 1
STEM20-NEW	(FLAT 20 HOLE SELECTOR)	QTY. 3
WAX300	(SUPER LUBE 1/2" OZ. TUBE)	QTY. 3
KAT-CABLES	('98 CATALINA CABLE SET)	QTY. 1
KAT-HWD-BAG1	(CATALINA HARDWARE BAG #1)	QTY. 1
KAT-HWD-BAG2	(CATALINA HARDWARE BAG #2)	QTY. 1
KAT-PULLEY-BAG1	('98 CATALINA PULLEY BAG #1)	QTY. 1
KAT-PULLEY-BAG2	('98 CATALINA PULLEY BAG #2)	QTY. 1
BOX08-600	(KAT 98 PRESS ARM)	QTY. 1
BOX08-6001	(KAT 98 PRESS ARM INSERT)	QTY. 1
BOXCP-150	(Premire G)	QTY. 1
BOXCP-240	(PXEV H. INSERT)	QTY. 2
LABEL170	(Weight Stack # W & B)	QTY. 3
BOLT109	(1/4-28 X 1/4" Set Screw)	QTY. 3

KAT CATALINA (08) BOX# 2

REV. D

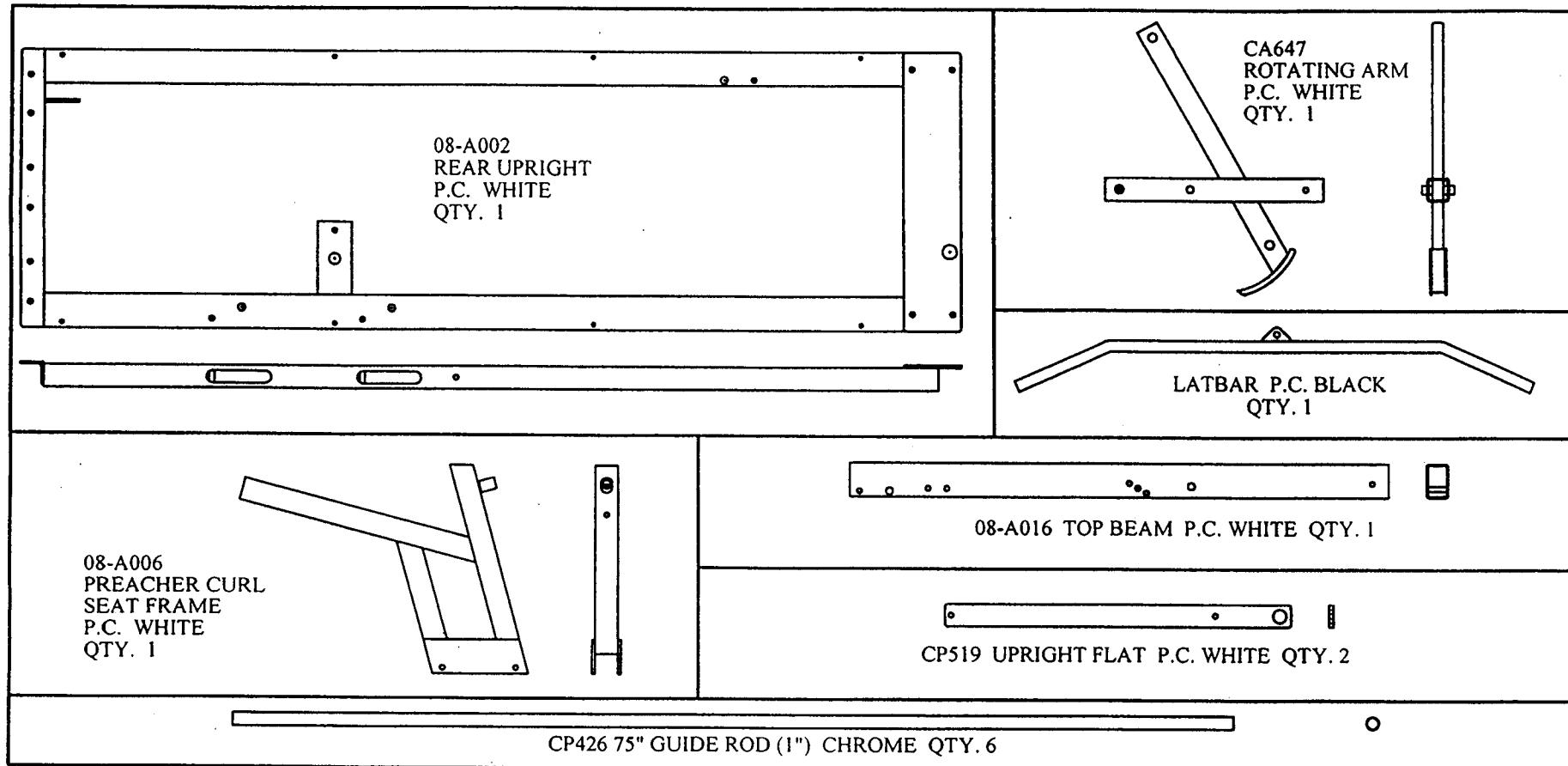


08-A001-1 (2-ENDCAP170, 1-ENDCAP215, 1-LABEL106, 4-NUT095)
 08-A004-1 (2-ENDCAP170, 2-LABEL106)
 08-A010-1 (2-ENDCAP170, 2-GRIP100)
 08-A026-1 (1-ENDCAP170, 1-LABEL180, 3-TAPE201, 1-LABEL1018)
 08-A027-1 (2-BUSH100, 1-CP595, 1-ENDCAP170, 1-ENDCAP180, 3-ENDCAP200)
 08-A028-1 (1-ENDCAP170)
 CA632-1 (2-ENDCAP210)
 CA633-KAT (1-BOLT099, 1-ENDCAP150, 1-NUT090)
 CA639-1 (1-BOLT160, 1-CP283, 1-NUT150, 1-SPRING120, 1-CP233, 1-LABEL200, 1-LABEL180)
 CA645-1 (1-BOLT130, 1-CP234, 1-LABEL680)
 CA646-1 (1-ENDCAP150)
 CP533-1 (2-ENDCAP210)

BOX08-500B (KAT 98 BOX 2 BOTTOM) QTY. 1
 BOX08-500T (KAT 98 BOX 2 TOP) QTY. 1
 BOXCP-120 (1 & 2 ENDCAP) QTY. 1
 BOXCP-150 (Premire G) QTY. 3

KAT CATALINA (08) BOX# 3

REV. D



08-A002-1 { 1-ENDCAP200, 1-LABEL109, 1-LABEL615, 12"-TAPE306)
 08-A006-1 { 1-CP235, 1-ENDCAP170)
 08-A016-1 { 2-ENDCAP200)
 CA647-1 { 4-BUSH100, 1-ENDCAP210, 2-ENDCAP170, 1-CP629)
 CP426-1 { 2-PLUG300)
 CP519-1 { 1-BEAR-100)
 LATBAR-1 { 1-LATBARPAD, 2-GRIP160)

TOP-WT300 (IRON TOP WEIGHT W/BUSHING.) QTY. 3

BOX08-200B (CAT '98 BOX 3 BOTTOM) QTY. 1
 BOX08-200T (CAT '98 BOX 3 TOP) QTY. 1
 BOXCP-150 (Premire G) QTY. 2

Parts List

Catalina

2/24/99

Box	QTY	Verification	Description	Part #
Box1				
			Powder Coated (White)	
1	1		Top Frame	08-A007
	1		Long Support Tube (Back Pad)	CA507
	1		Short Support Tube (Back Pad)	CA513
	1		Chest Press Pulley Plate	08-P093
	1		Leg Curl Handle	CA622
	2		Upper Guide Rod Bracket (Side)	08-A029
	1		Center Guide Rod Bracket (Leg Ext./Leg Curl)	08-A025
	4		Large Floating Pulley Plate	CP058
	1		Row Bar Shelf	08-A013
	2		Leg Ext. Handle	CA621
	1		Bent Pulley Bracket	08-P082
	1		Lat Bar Holder (Right)	CA610
	1		Lat Bar Holder (Left)	CA609
	1		Pivot Flat	CP572
			Powder Coated (Black)	
	1		Press Arm Bracket	CP498
	1		Press Arm	CA614/CA615/CA616
	1		Seat Support Plate (Leg Ext./Leg Curl)	CA631
			Cables	
	1		KU - 133 - 375	KU-133-375
	1		KK - 88 - 250	KK-88-250
	1		IK - 245 - 3125	IK-245-3125
	1		MU - 87 - 000	MU-87-000
	1		KU - 173 - 750	KU-173-750
			Miscellaneous	
	3		Weight Support Plate	CP399
	1		18" Straight Revolving Handle	HANDLE100
	1		Row (V) Handle	HANDLE150
	1		Ankle Strap	BELT110
	1		Ab Crunch Strap	BELT120
	1		Instructions	
	3		1/4" - 28 X 1/4" Set Screw	BOLT109
	1		Wall Chart	CHART-KAT
	1		Instructional Placard	LABEL1022/1023/1024
	3		20 Hole Flat Selector Stem	STEM20-NEW
	3		Lanyard (Optional)	LANYARD
	1		Hardware Bag (1 and 2)	08-BAG1/08-BAG2
	1		Pulley Bag (1 and 2)	08-PULLEYBAG /08-PULLEY-BAG2
	1		"D" Handle (Optional)	HANDLE110

Parts List

Catalina

2/24/99

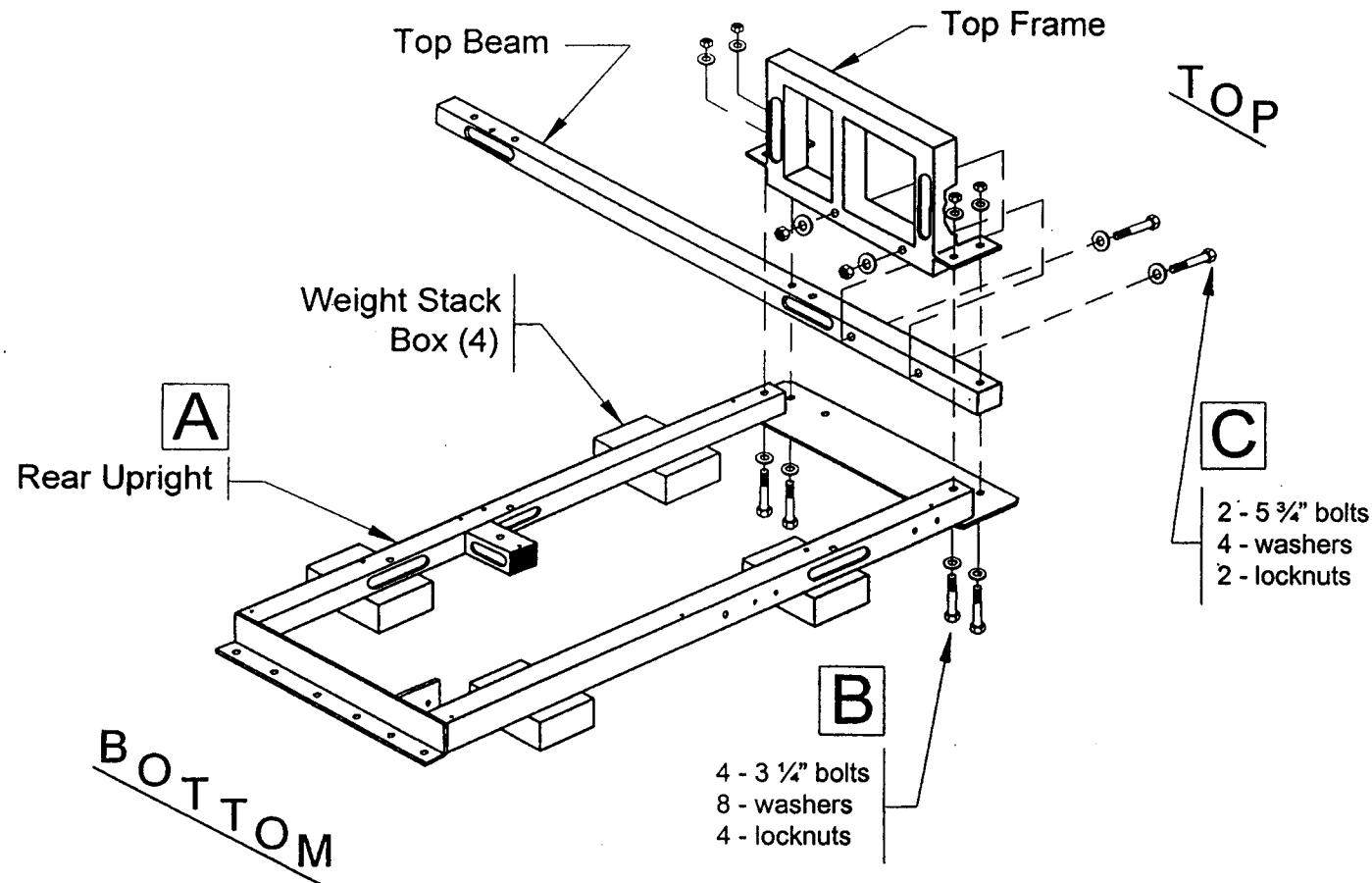
Box 2	QTY	Verification	Powder Coated (White)	Part #
	1		Front Upright	08-A026
	1		Rear Base	08-A004
	1		Main Base	08-A001
	1		Seat Upright (Leg Ext./Leg Curl)	08-A027
	2		Roller Lever (Leg Extension)	CA649
	1		Roller Lever (Leg Curl)	CA648
	1		Leg Ext. Cross Brace	08-A028
	1		Chest Press Upright (W/Seat Stem)	CA639,CA633
Chrome Parts				
	1		P/Curl Arm Stem	08-A018
	1		Pre-Stretch Tube (W/Outer Slider PC White)	CA646,CA645
Powder Coated (Black)				
	1		Back Pad Support Tube W/Selector Pivot	CA632
	1		Back Pad Support Tube	CP533
	1		Preacher Curl Foot Rest	08-A010
Powder Coated (White)				
	1		Rotating Arm	CA647
	1		Preacher Curl Seat Frame	08-A006
	1		Top Beam	08-A016
	2		Leg Ext. Flat	CP519
	1		Rear Upright	08-A002
Powder Coated (Black)				
	1		Lat Bar	LATBAR
Chrome Parts				
	6		Guide Rod (75")	CP426
Miscellaneous				
	3		Cap Plate	TOP-WT300
Upholstery				
	2		Back Pad	UPH-FB-BACK
	1		9" x 16" Seat Pad (Lat Station)	UPH-FB-9X16
	1		Contoured Seat Pad (Leg Ext./Leg Curl)	UPH-FB-LELC
	1		Six Sided Seat Pad (Press Arm Station)	UPH-FB-SEAT
	4		Roller Pads (Foam)	ROLLER118
	1		Preacher Curl Arm Pad	UPH-FB-PREACHER

Required Tools

- 7/16" Box Wrench
- 9/16" Socket Wrench
- 9/16" Box Wrench
- 3/4" Socket Wrench
- 3/4" Box Wrench
- 1/8" Hex Key (Allen Wrench)
- 5/32" Hex Key (Allen Wrench)
- 7/32" Hex Key (Allen Wrench)
- 3/16" Hex Key (Allen Wrench)
- 5/16" Hex Key (Allen Wrench)
- Pliers or Crescent Wrench

1. Assembling Main Structure

- A. Lay **REAR UPRIGHT** across four weight stack boxes, with flange side down.
- B. Place **TOP BEAM** on **REAR UPRIGHT** with windows facing down. Ensure beam extends out on left side. Place **TOP FRAME** on top of **REAR UPRIGHT** and **TOP BEAM**. Attach with 4 - 3 1/4" bolts, 8 - washers, and 4 - locknuts, from underneath. Do not tighten.
- C. Then attach with 2 - 5 3/4" bolts, 4 - washers, and 2 - locknuts from the top. Tighten all bolts, starting with shorter bolts.

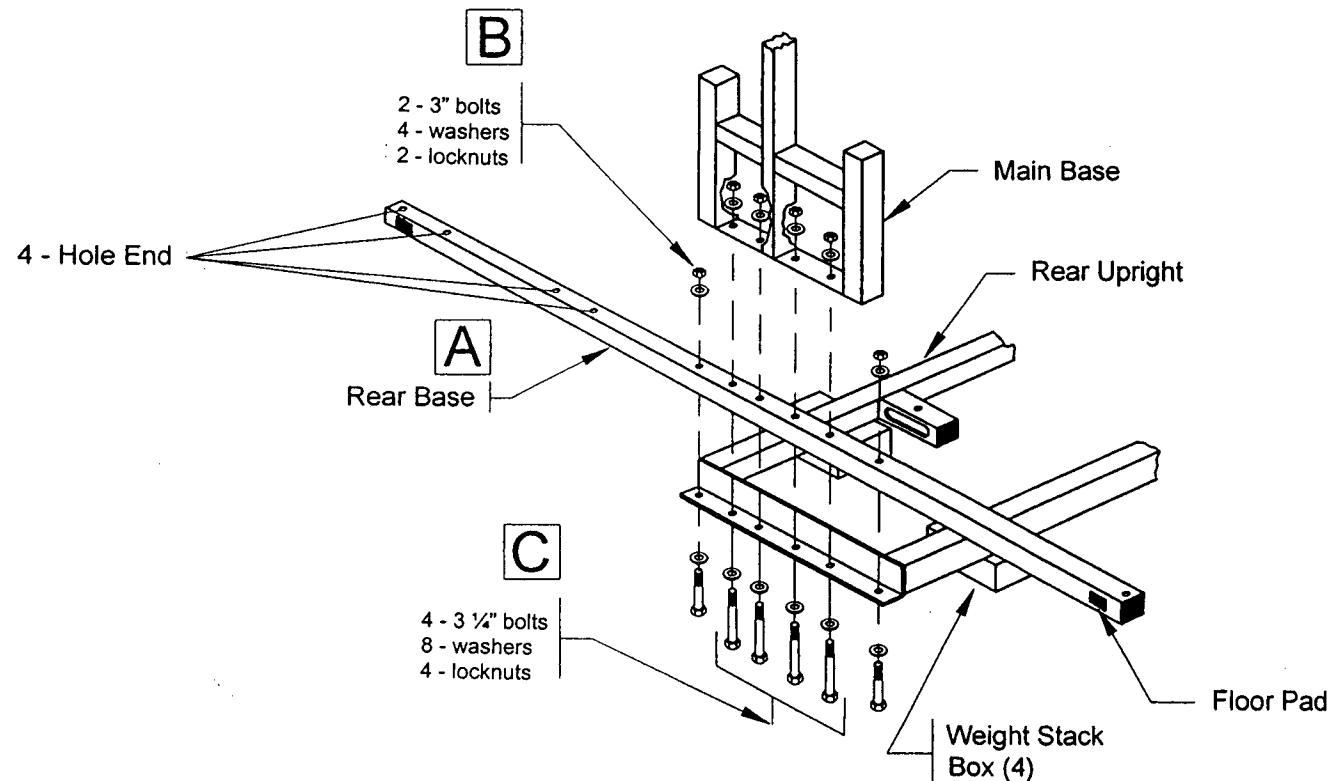


NOTE: The following step should be performed by two individuals, one holding parts in place and one installing hardware, to avoid injury.

2. Attaching Rear Upright to Rear Base

- A. Place **REAR BASE** across bottom or **REAR UPRIGHT** making sure the four hole end of **REAR BASE** is to the left of the **REAR UPRIGHT** and floor pads are facing down.
- B. Using 2 - 3" bolts, 4 - washers and 2 - locknuts, attach **REAR BASE** to **REAR UPRIGHT**, inserting bolts from underneath. Finger tighten bolts.
- C. In 4 holes at center of **MAIN BASE** insert 4 - 3 1/4" bolts, 8 - washers, and 4 - locknuts from underneath. Tighten all bolts.

3. Lift frame to upright position. *It is advisable at this time to position frame in location where it will reside when completed.*

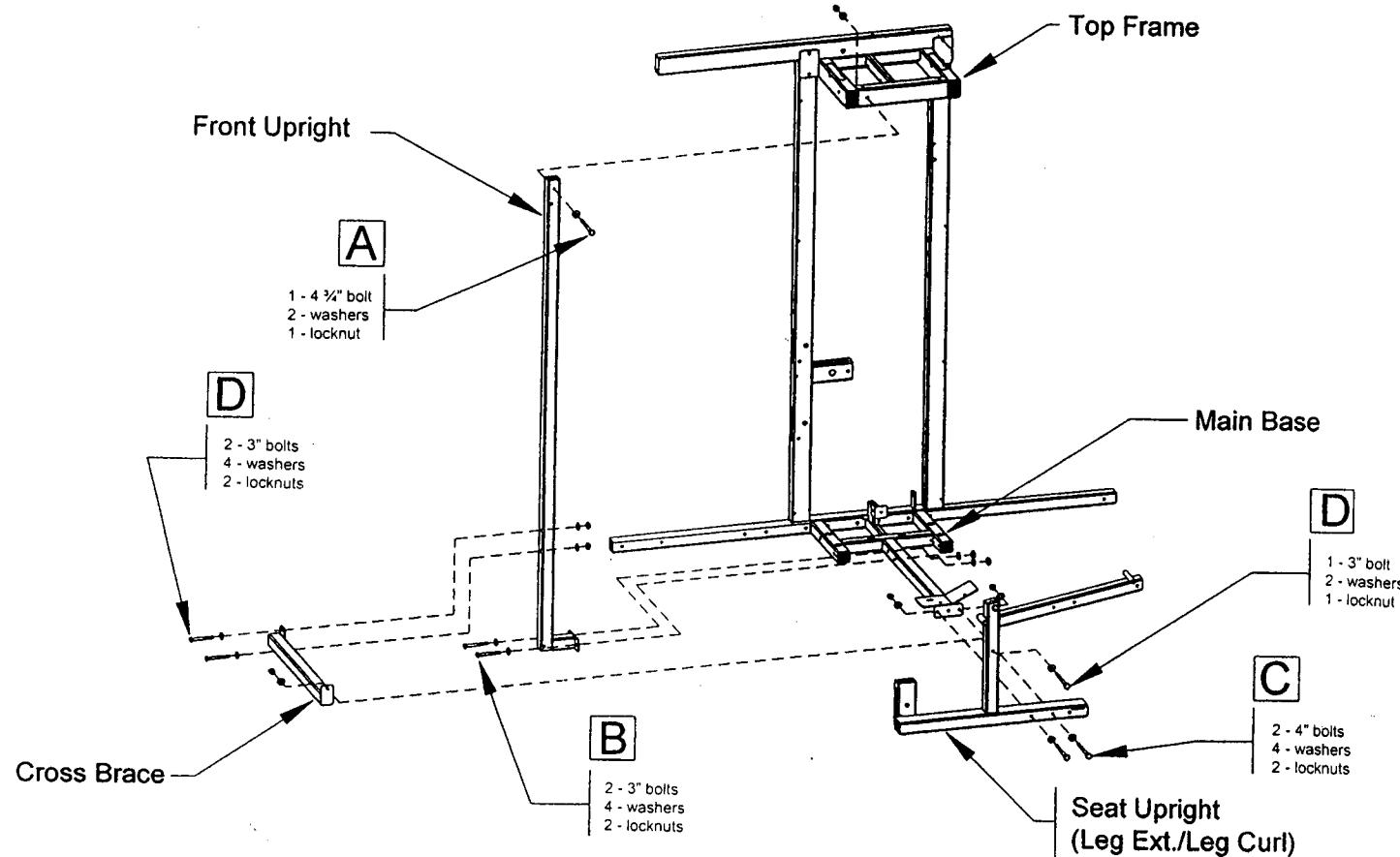


Assembly Instructions

Catalina

4. Attaching Front Upright to Top Frame and Main Base

- A. Attach **FRONT UPRIGHT** to **TOP FRAME** using 1 - 4 3/4" bolt, 2 - washers and 1 - locknut. Finger tighten bolts.
- B. Attach **FRONT UPRIGHT** to **MAIN BASE** using 2 - 3" bolts, 4 - washers and 2 - locknuts. Finger tighten bolts.
- C. Attach **SEAT UPRIGHT (LEG EXT./LEG CURL)** to **MAIN BASE** using 2 - 4" bolts, 4 - washers and 2 - locknuts. Finger tighten bolts.
- D. Attach **CROSS BRACE** to **SEAT UPRIGHT (LEG EXT./LET CURL)** and **FRONT UPRIGHT** using 3 - 3" bolts, 6 - washers and 3 - locknuts. Tighten all bolts from steps 4A thru 4D.

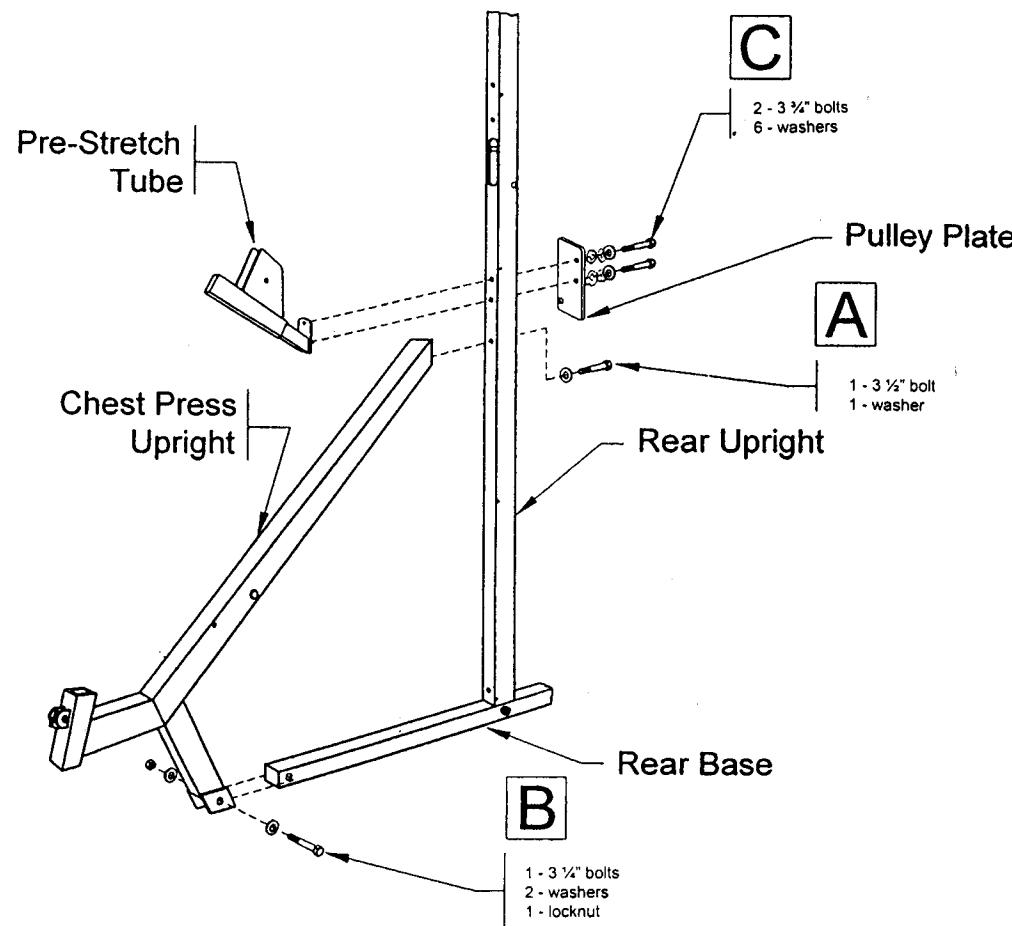


5. Attaching Chest Press Upright to Rear Base and Rear Upright

- A. Attach lower hole at top of CHEST PRESS UPRIGHT to REAR UPRIGHT using 1 - 3 1/2" bolt and 1 - washer. Upper hole is not used on this machine. Finger tighten bolt.
- B. Attach CHEST PRESS UPRIGHT to REAR BASE using 1 - 3 1/4" bolt, 2 - washers and 1 - locknut. Tighten all bolts in steps A and B.

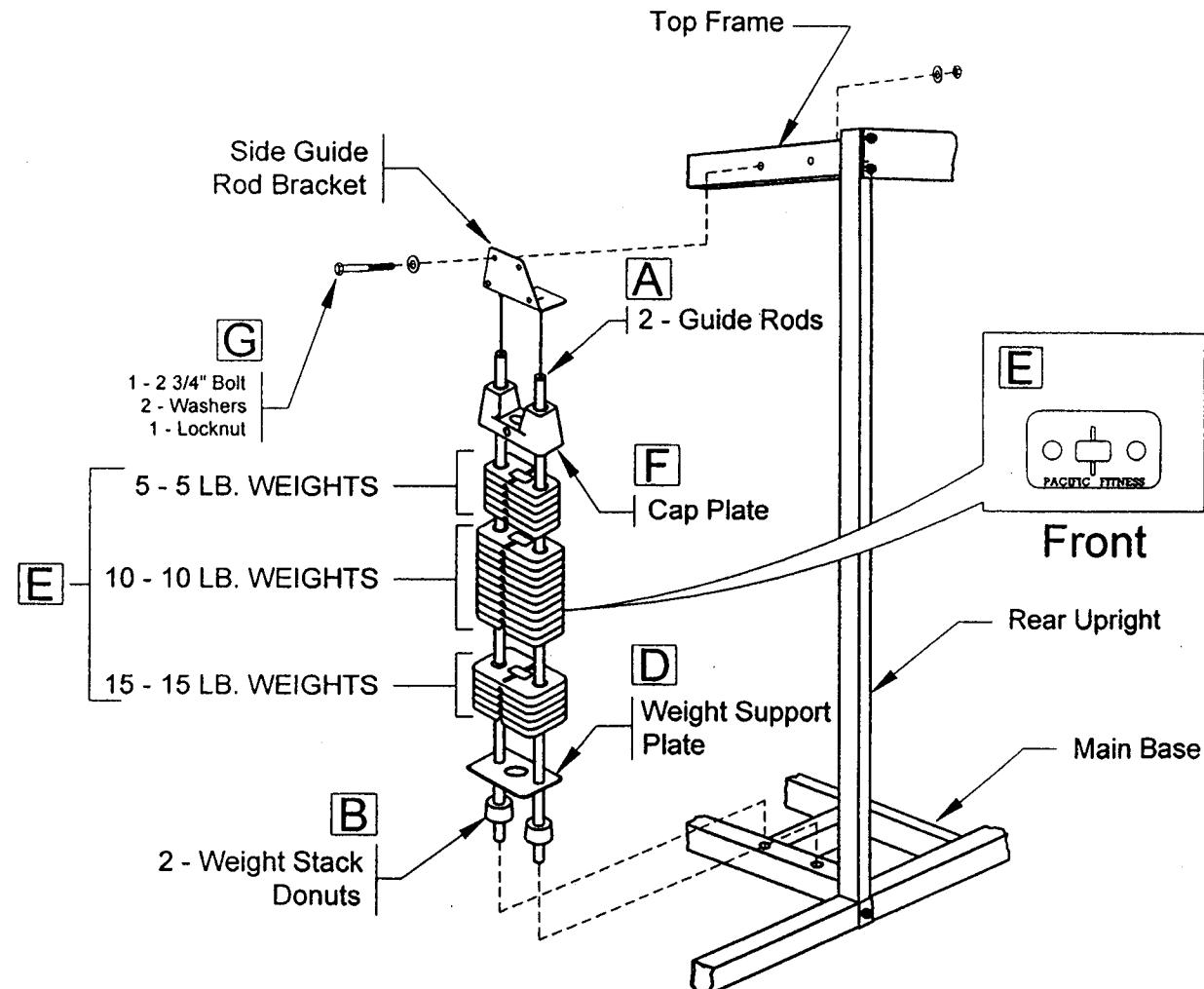
NOTE: If Leg Press option was chosen, see Leg Press instructions for Pre-Stretch Tube installation.

- C. Install PRE-STRETCH TUBE and PULLEY PLATE to REAR UPRIGHT using 2 - 3 3/4" bolts and 6 - washers. Tighten bolts.



6. Assembly of CHEST PRESS WEIGHT STACK.

- A. Place **2 – GUIDE RODS (75”)** into large holes on **CHEST PRESS** side of **MAIN BASE**.
- B. Place **1 – weight stack donut** on each **GUIDE ROD** and allow to slide down to top of **MAIN BASE**.
- C. Apply lubricant to the **GUIDE RODS** from the **WEIGHT STACK DONUTS** to the tops of the **GUIDE RODS**.
- D. Place **WEIGHT SUPPORT PLATE** over **GUIDE RODS** and allow to slide down and rest on top of **DONUTS**.
- E. Making sure that the **PACIFIC FITNESS** logo is facing out towards the **CHEST PRESS UPRIGHT**, install **5 – 15 LB. WEIGHTS**, then **10 - 10 LB. WEIGHTS**, then **5 - 5 LB. WEIGHTS**.
- F. Place **CAP PLATE** onto the **GUIDE RODS** with cross drill hole facing out towards **CHEST PRESS UPRIGHT** and allow to slide down to the weight stack.
- G. Place **SIDE GUIDE ROD BRACKET**, onto top of **GUIDE RODS**. Attach to **TOP FRAME** using **1 - 2 3/4" bolt**, **2 - washers**, and **1 - locknut**. Tighten bolt.

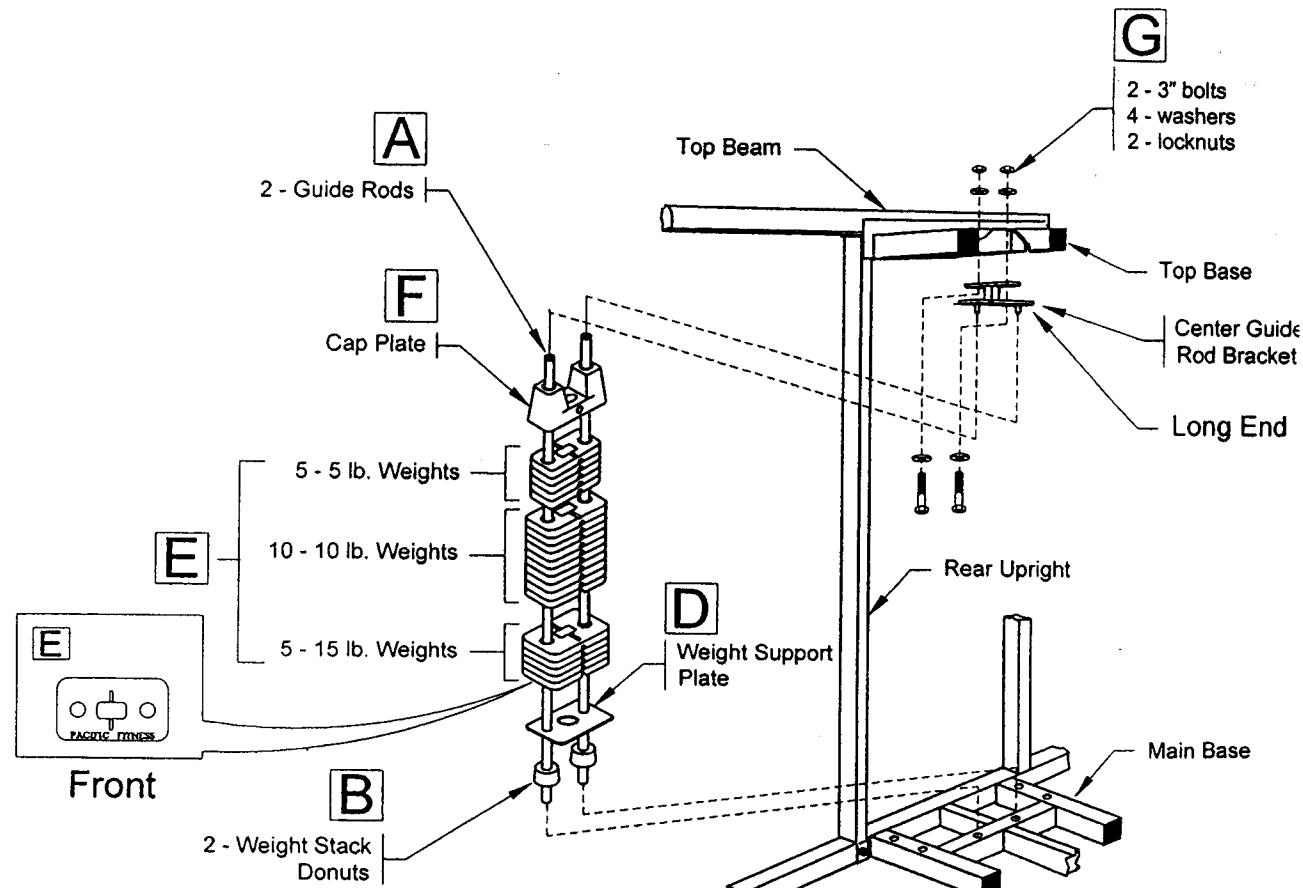


Assembly Instructions

Catalina

7. Assembly of Leg Extension/Leg Curl Weight Stack

- A. Place **2 - GUIDE RODS (75")** into large holes in middle of **MAIN BASE**.
- B. Place **1 - weight stack donut** on each **GUIDE ROD** and allow to slide down to top of **MAIN BASE**.
- C. Apply lubricant to the **GUIDE RODES** from the **WEIGHT STACK DONUTS** to the tops of the **GUIDE RODS**.
- D. Place **WEIGHT SUPPORT PLATE** over **GUIDE RODS** and allow to slide down and rest on top of **DONUTS**.
- E. Making sure that the **PACIFIC FITNESS** logo is facing towards the **LEG EXTENSION/LEG CURL**, **INSTALL 5 - 15 LB. WEIGHTS**, then **10 - 10 LB. WEIGHTS**, then **5 - 5 LB. WEIGHTS**.
- F. Place **CAP PLATE** onto **GUIDE RODS** with cross drill hole facing out toward the **LEG EXT./LEG CURL** and allow to slide down to the weight stack.
- G. Place **CENTER GUIDE ROD BRACKET** onto top of **GUIDE RODS**, making sure that the longest end of the bracket points in the direction of the chst staion. Attach to **TOP FRAME** using **2 - 3" bolts, 4 - washers and 2 - locknuts**. Tighten bolts securely.

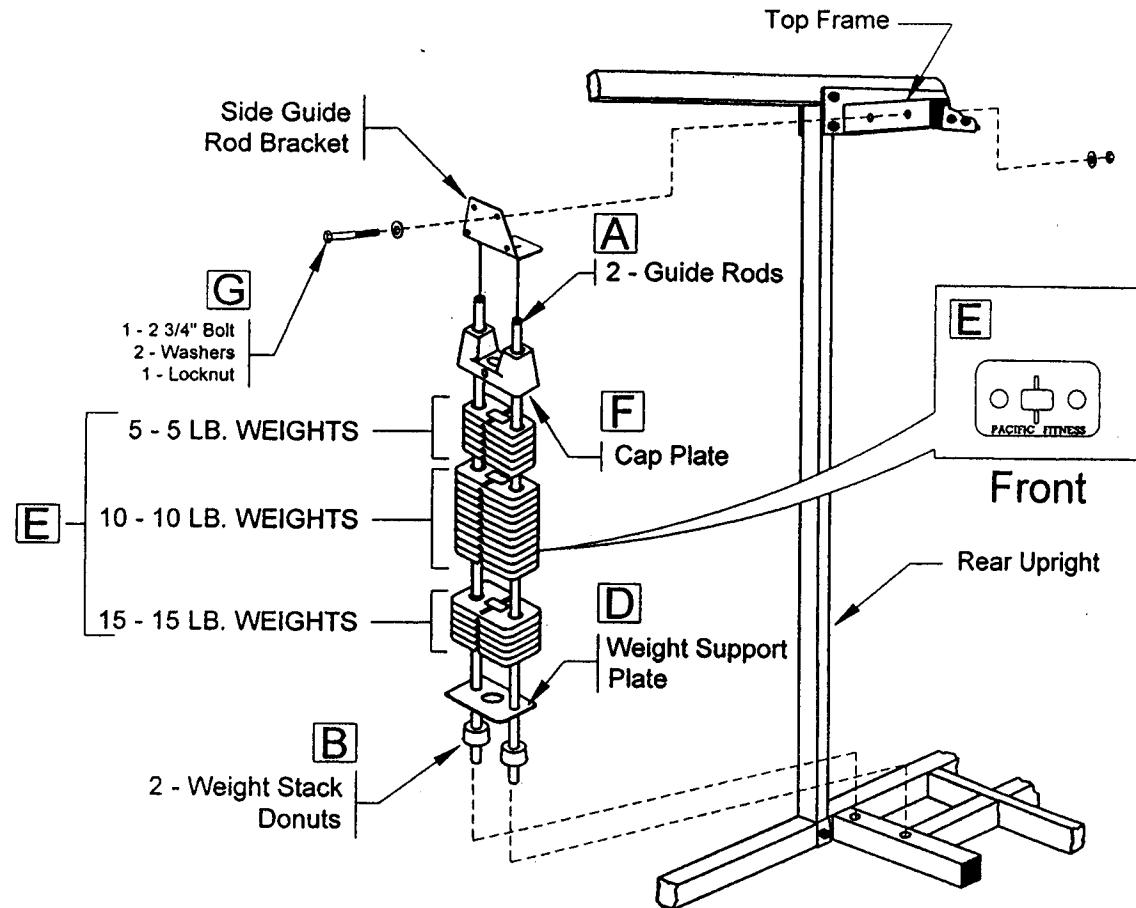


Assembly Instructions

Catalina

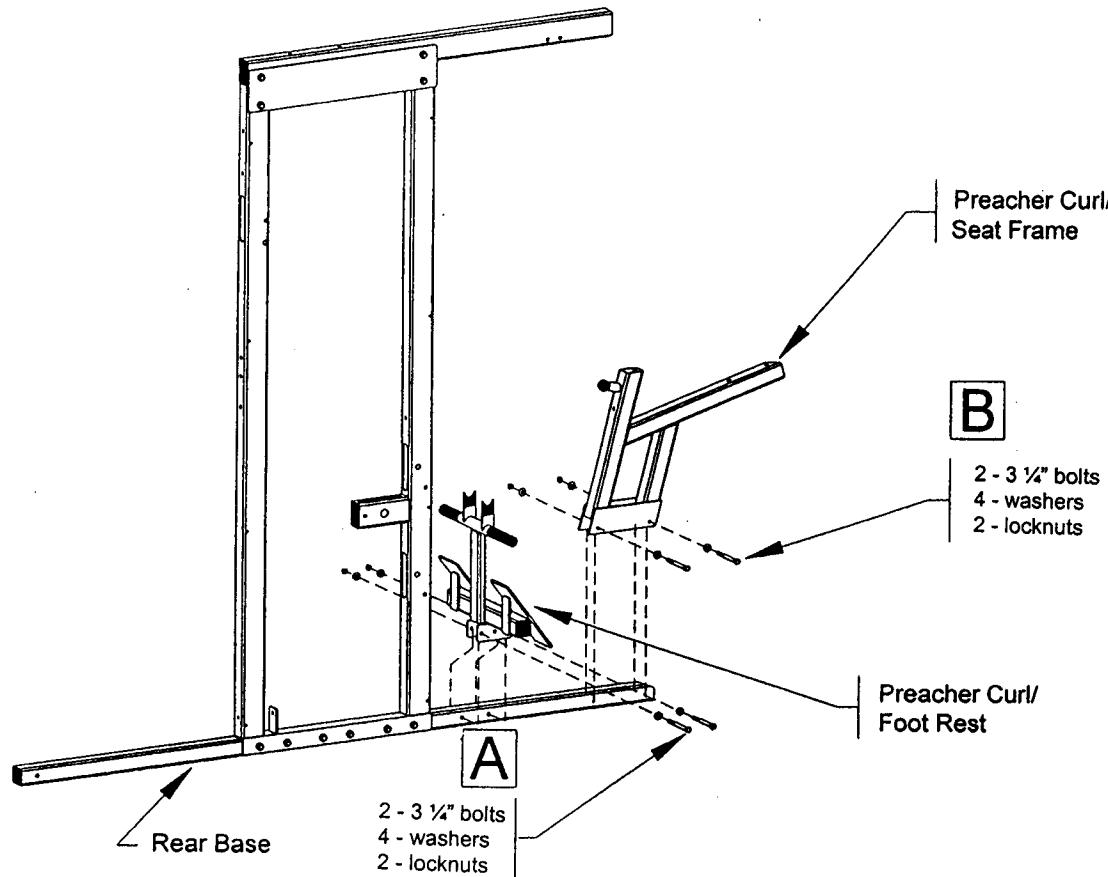
8. Assembly of LAT WEIGHT STACK.

- A. Place 2 – GUIDE RODS (75") into large holes on **MAIN BASE**.
- B. Place 1 – weight stack donut on each **GUIDE ROD** and allow to slide down to top of **MAIN BASE**.
- C. Apply lubricant to the **GUIDE RODS** from the **WEIGHT STACK DONUTS** to the tops of the **GUIDE RODS**.
- D. Place **WEIGHT SUPPORT PLATE** over **GUIDE RODS** and allow to slide down and rest on top of **DONUTS**.
- E. Making sure that the **PACIFIC FITNESS** logo is facing out towards the **LAT STATION**, install **5 – 15 LB. WEIGHTS**, then **10 - 10 LB. WEIGHTS**, then **5 - 5 LB. WEIGHTS**.
- F. Place **CAP PLATE** onto the **GUIDE RODS** with cross drill hole facing out towards **LAT STATION** and allow to slide down to the weight stack.
- G. Place **SIDE GUIDE ROD BRACKET**, onto top of **GUIDE RODS**. Attach to **TOP FRAME** using 1 - 2 3/4" bolt, 2 - washers, and 1 - locknut. Tighten bolts securely.



9. Attaching Preacher Curl Seat Frame & Foot Rest to Rear Base

- A. Attach PREACHER CURL FOOTREST to REAR BASE using 2 - 3 1/4" bolts, 4 - washers, and 2 - locknuts. Tighten bolts.
- B. Attach PREACHER CURL SEAT FRAME to REAR BASE using 2 - 3 1/4" bolts, 4 - washers and 2 - locknuts. Tighten securely.



10. Assembling Main Structure

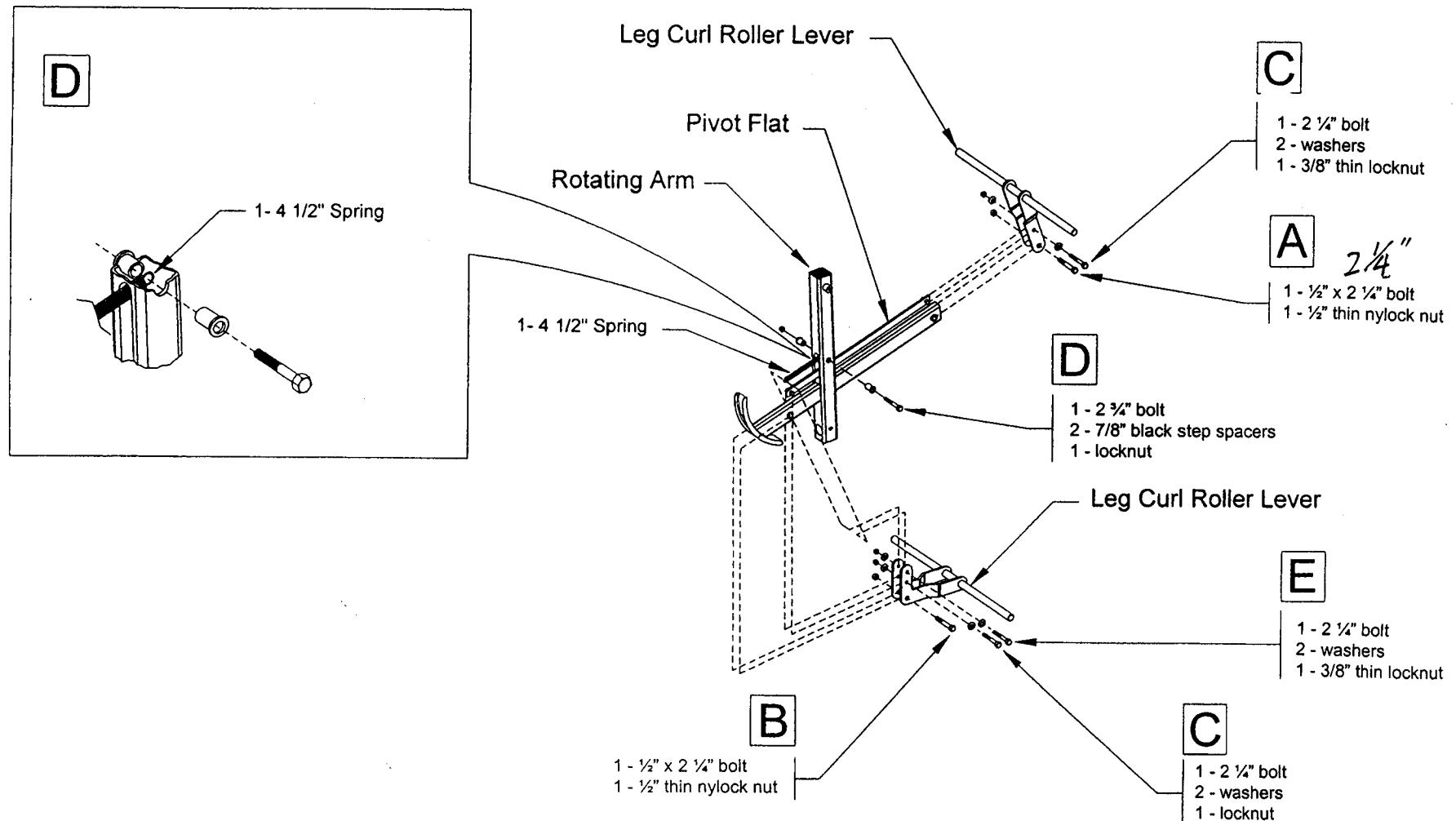
NOTE: Illustration for the following instructions are on the following page.

- A. Attach **LEG CURL ROLLER LEVER** to **ROTATING ARM** using 1 - 1/2" x 2 1/4" bolt and 1 - 1/2" thin nylock nut. Tighten bolt so that the **ROLLER LEVER** is able to pivot with a slight resistance.
- B. Attach **LEG EXTENSION ROLLER LEVER** to **ROTATING ARM** using 1 - 1/2" x 2 1/4" bolt and 1 - 1/2" thin nylock nut. Tighten bolt so that the **ROLLER LEVER** is able to pivot with a slight resistance.
- C. Maneuver **PIVOT FLAT** through window in **ROTATING ARM** and allow it to rest on top of the **ANGLES TUBE**. Attach **PIVOT FLAT** to **LEG CURL ROLLER LEVER** and **LEG EXTENSION ROLLER LEVER** using 2 - 2 1/4" bolts, 4 - washers and 2 - 3/8" thin locknuts (allowing bolts to pass through nylon inserts in **PIVOT FLAT**.) *Carefully tighten bolts.* Do not over-tighten, causing the **ROLLER LEVER FLATS** to compress.
- D. Place one end of the 1 - 4 1/2" spring up through window in **ROTATING ARM** and attach using 1 - 2 3/4" bolt, 2 - 7/8" black step spacers and 1 - locknut. Tighten bolt.
- E. Install opposite end of 1 - 4 1/2" spring between **FLATS** of **LEG EXTENSION ROLLER LEVER** using 1 - 2 1/4" bolt, 2 - washers and 1 - 3/8" thin locknut. *Carefully tighten bolt.* Do not over-tighten, causing the **ROLLER LEVER FLATS** to compress.

Assembly Instructions

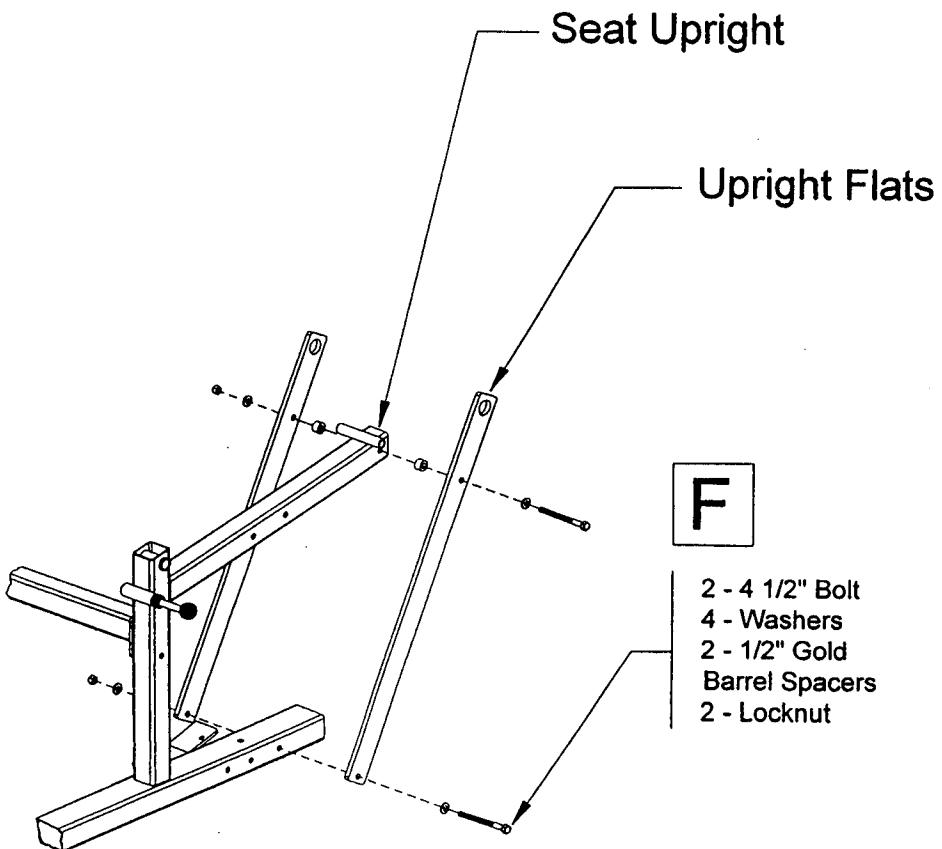
Catalina

10. Assembling Main Structure (Cont.).



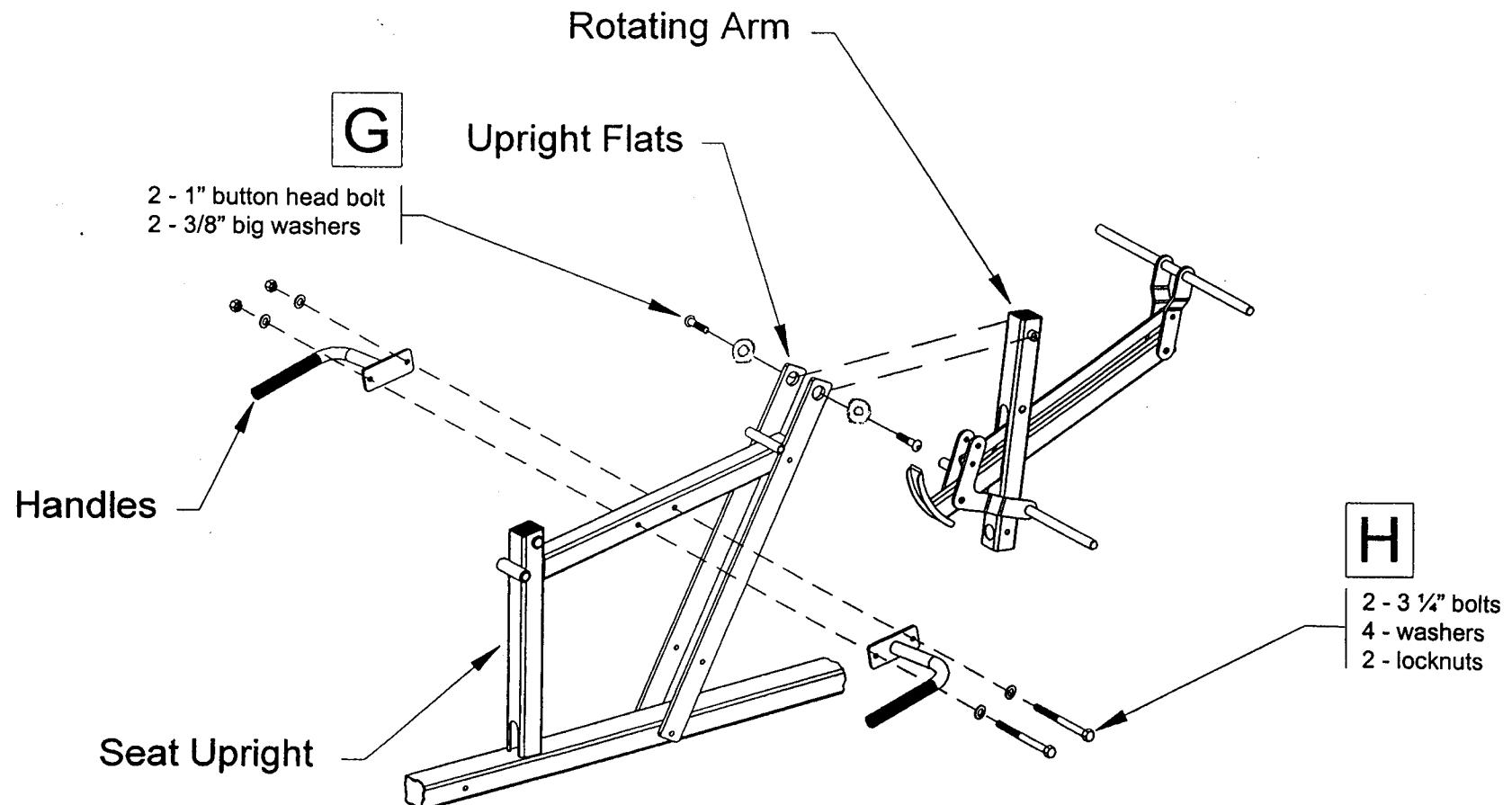
10. Main Structure (Cont.).

F. Attach **UPRIGHT FLATS** to **SEAT UPRIGHT** using 2 – 4 1/2" bolts, 4 – washers, 2 – 1/2" gold barrel spacers and 2 – locknuts. Do not tighten.



10. Main Structure (Cont.)

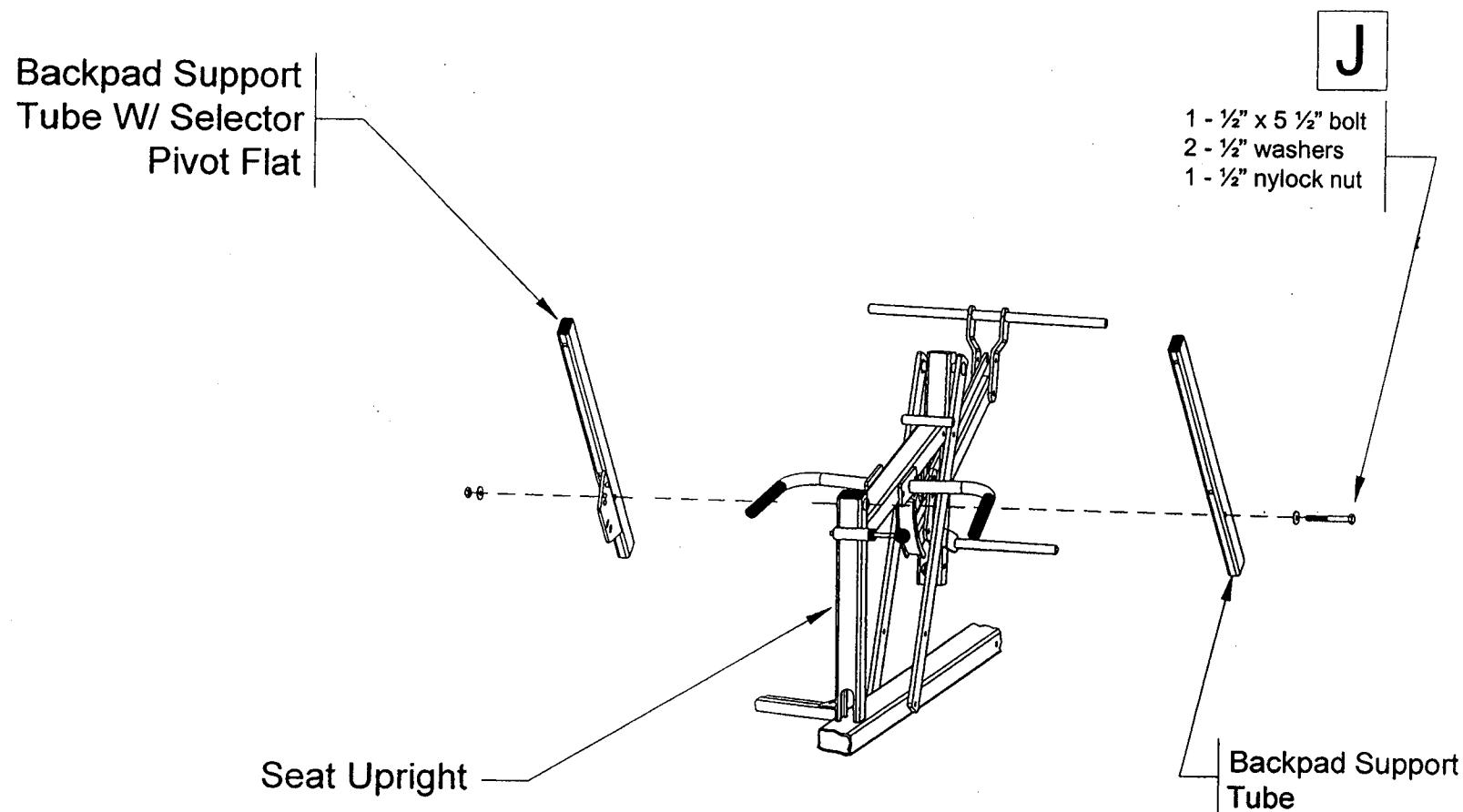
- G. Attach **ROTATING ARM** to **UPRIGHT FLATS** using 2 - 1" button head bolts and 2 - 3/8" big washers. Do not tighten.
- H. Attach **HANDLES** to **SEAT UPRIGHT** using 2 - 3 1/4" bolts, 4 - washers and 2 - locknuts. Do not tighten.
- I. Tighten all bolts in steps E and G at this time.



10. Main Structure (Cont.)

NOTE: Insure that the $\frac{1}{2}$ " hole on the outside face of the support tubes are toward the pop-pin when starting step J.

J. Attach BACKPAD SUPPORT TUBES to SEAT UPRIGHT making sure that BACKPAD SUPPORT TUBE with SELECTOR PIVOT FLAT is nearest the WEIGHT STACK using 1 - $\frac{1}{2}$ " x $5\frac{1}{2}$ " bolt, 2 - $\frac{1}{2}$ " washers and 1 - $\frac{1}{2}$ " nylock nut.



11. Main Structure (Press Arm Assembly)

NOTE: Illustration for the following instructions are on the following page.

- A. Attach PRESS ARM BRACKET to REAR UPRIGHT using 2 - 4" bolts, 4 - washers and 2 - locknuts. Tighten bolts.

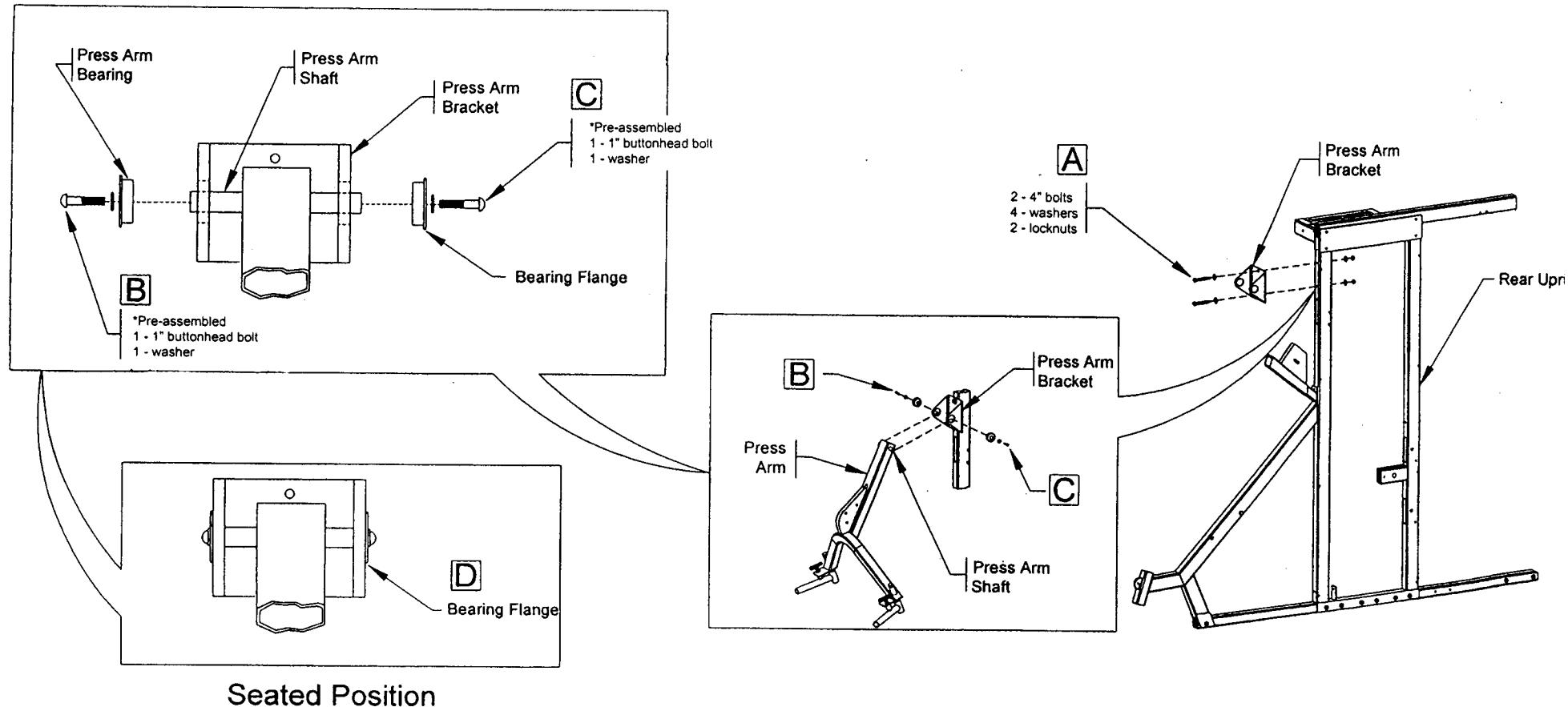
NOTE: The following steps should be done with care and require two people to perform safely.

- B. Carefully place PRESS ARM SHAFT thru hole on left side of PRESS ARM BRACKET and install 1 - PRESS ARM BEARING with bearing flange to the outside onto left end of PRESS ARM SHAFT using 1 - 1" buttonhead bolt and 1 - washer, threading bolt halfway in. Then slide right side of PRESS ARM SHAFT thru hole on right side of PRESS ARM BRACKET and carefully let PRESS ARM rest.
- C. Install 1 - PRESS ARM BEARING with its flange to the outside onto the right end of PRESS ARM SHAFT using 1 - 1" buttonhead bolt and 1 - washer.
- D. Firmly tighten both buttonhead bolts and washers to the ends of PRESS ARM SHAFT making sure BEARINGS are properly seated into the holes with their flanges against the PRESS ARM BRACKET.

Assembly Instructions

Catalina

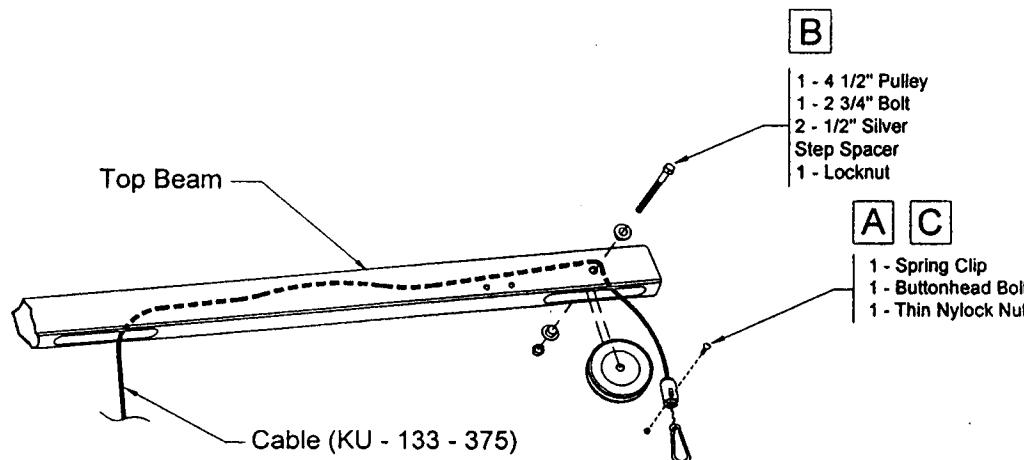
11. Main Structure (Press Arm Assembly)(Cont.).



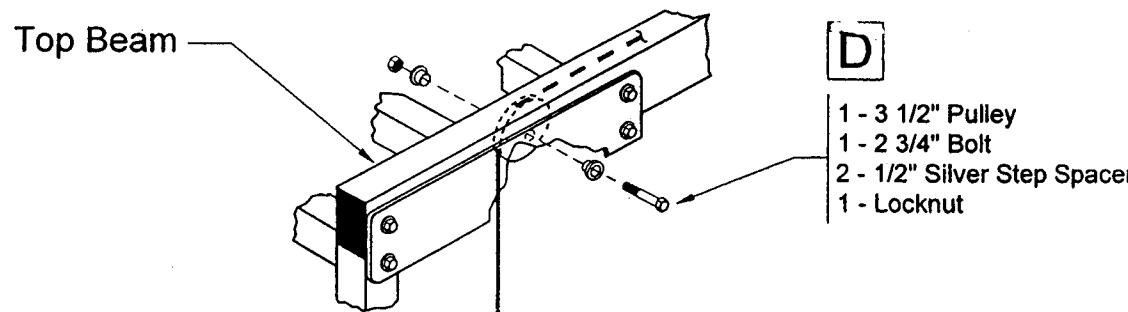
Seated Position

12. Routing Lat Cable and Pulley Installation.

- A. Temporarily install 1 - 1" Buttonhead bolt and 1 - thin nylock nut to clevis end of **Upper Lat Cable (KU-133-375)**. Thread cable up through window in **TOP FRAME** and into **TOP BEAM**, along beam and out of window in end.
- B. Wrap cable, clevis end, over 1 - 4 1/2" pulley. Install pulley in window at end of **TOP BEAM** using 1 - 2 3/4" bolt, 2 - 1/2" silver step spacers, and 1 - locknut. Tighten bolt.
- C. Install 1 - spring clip in cable end using previously installed 1 - 1" buttonhead bolt, and 1 - thin nylock nut.

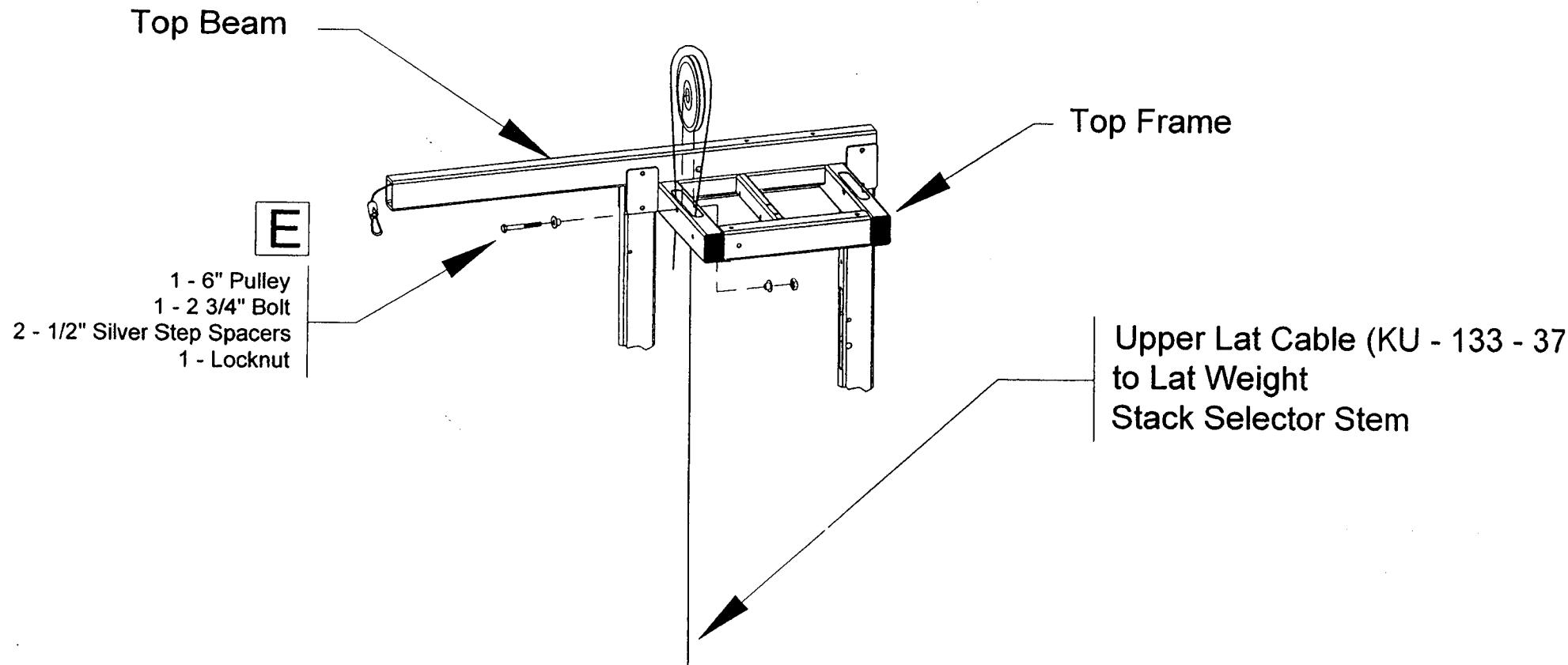


- D. At inner window in **TOP BEAM**, wrap cable over and install 1 - 3 1/2" pulley using 1 - 2 3/4" bolt, 2 - 1/2" silver step spacers and 1 - locknut.



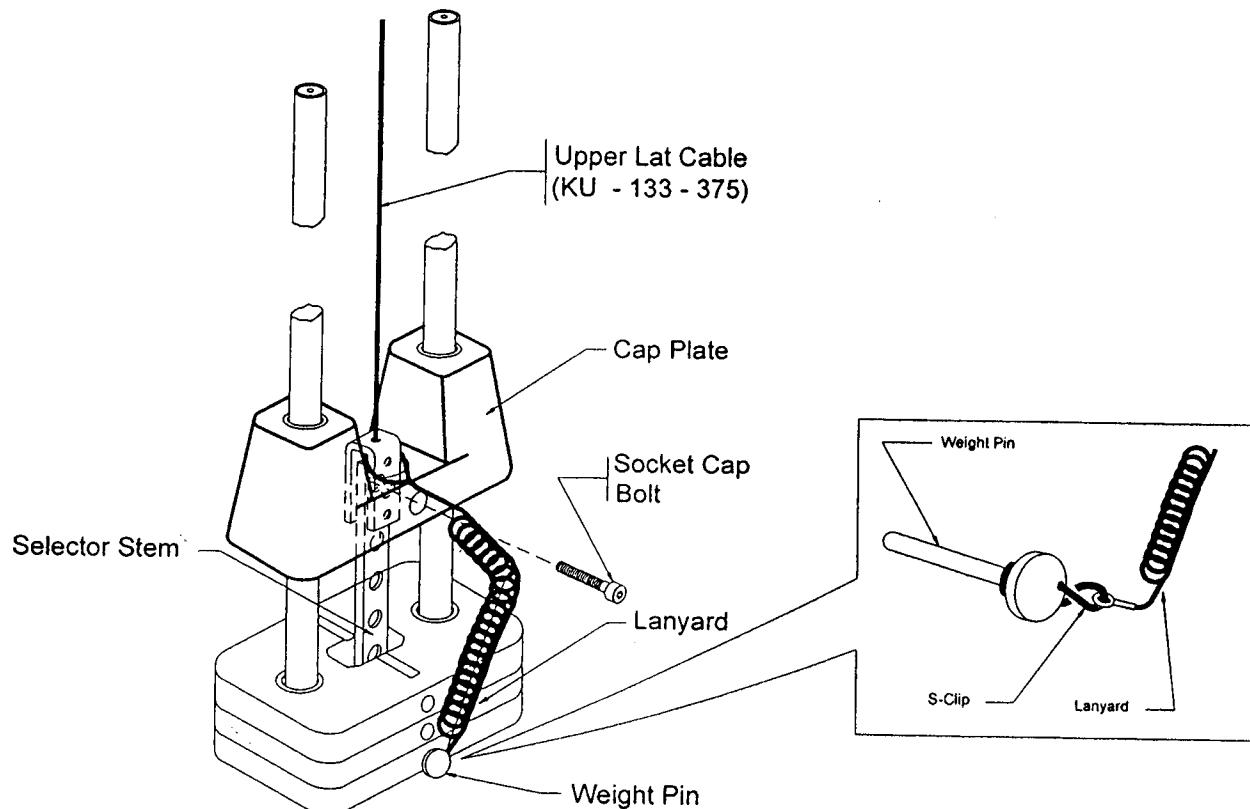
12. Routing Lat Cable and Pulley Installation (Cont.).

E. Loop **UPPER LAT CABLE (KU-133-375)** up thru window in **Top Frame** & over 1 – 6" pulley. Lower pulley and cable down into window & secure pulley with 1 – 2 3/4" bolt, 2 – 1/2" silver step spacers, and 1 – locknut.



12. Routing Lat Cable and Pulley Installation (Selector Stem).

F. Insert **SELECTOR STEM** into **WEIGHT STACK** and, while holding **SELECTOR STEM** with several holes above **CAP PLATE**, insert **WEIGHT PIN** to suspend the **SELECTOR STEM**. If **LANYARD** option was chosen, place open end of **S-clip** at end of **LANYARD** thru small hole on end of **WEIGHT PIN** and clamp together with pliers. Place the loop end of the **WEIGHT PIN LANYARD** into the "U" end of **CABLE (KU - 133 - 375)**. Place " U " end of cable onto the top of the **SELECTOR STEM** and raise the **CAP PLATE** so that the holes in the top of the **SELECTOR STEM**, " U " and **CAP PLATE** are aligned. Insert 1 - 3/8" x 1 1/2" **socket cap bolt** into the hole in the **CAP PLATE** and tighten firmly. Remove **WEIGHT PIN** and lower **CAP PLATE**.



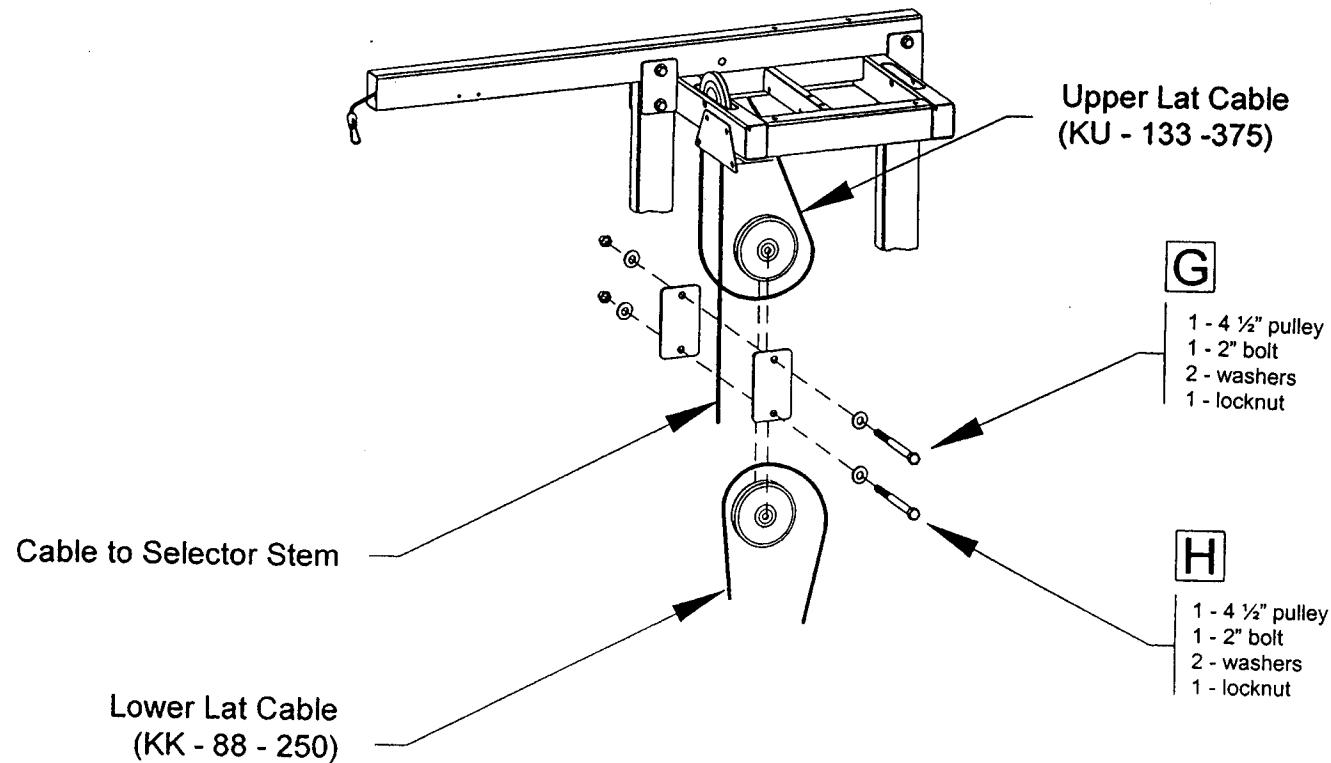
Assembly Instructions

Catalina

12. Routing Lat Cable and Pulley Installation (Cont.)

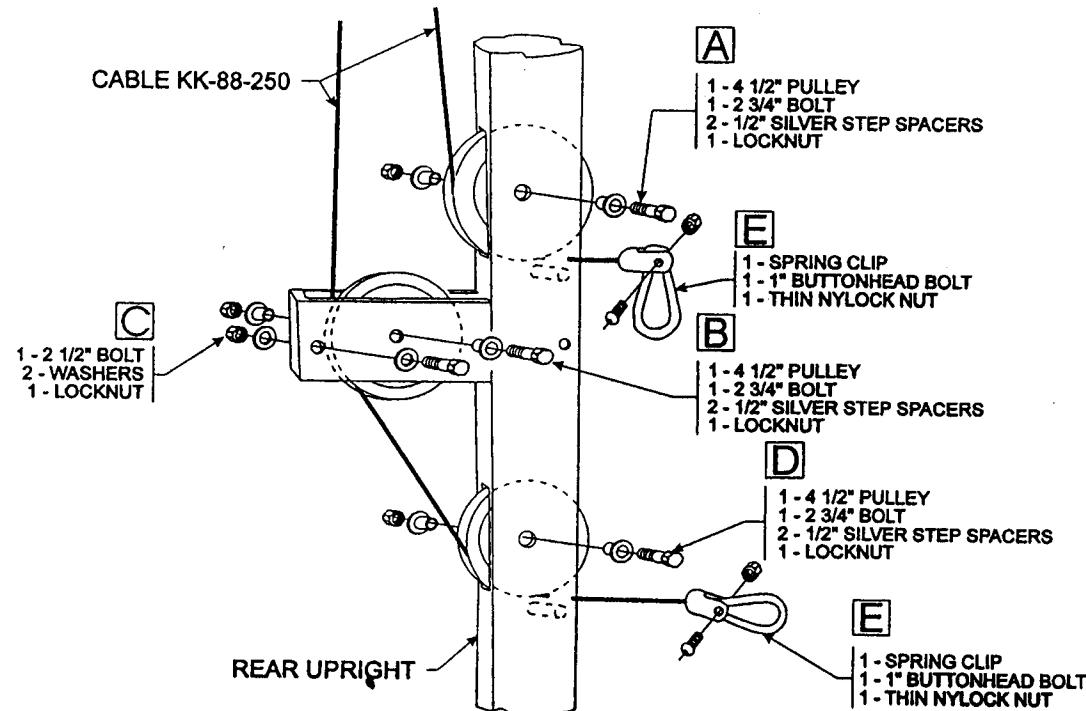
G. Place 1 - 4 1/2" pulley into previously created cable loop from **UPPER LAT CABLE**. Sandwich pulley between **2 - LARGE FLOATING PULLEY PLATES**. Secure using 1 - 2" bolt, 2 - washers and 1 - locknut. Do not tighten.

H. Wrap 1 - 4 1/2" pulley around the center of **LOWER LAT CABLE (KK-88-250)** and mount in remaining hole in **2 - LARGE FLOATING PULLEY PLATES** using 1 - 2" bolt, 2 - washers and 1 - locknut.



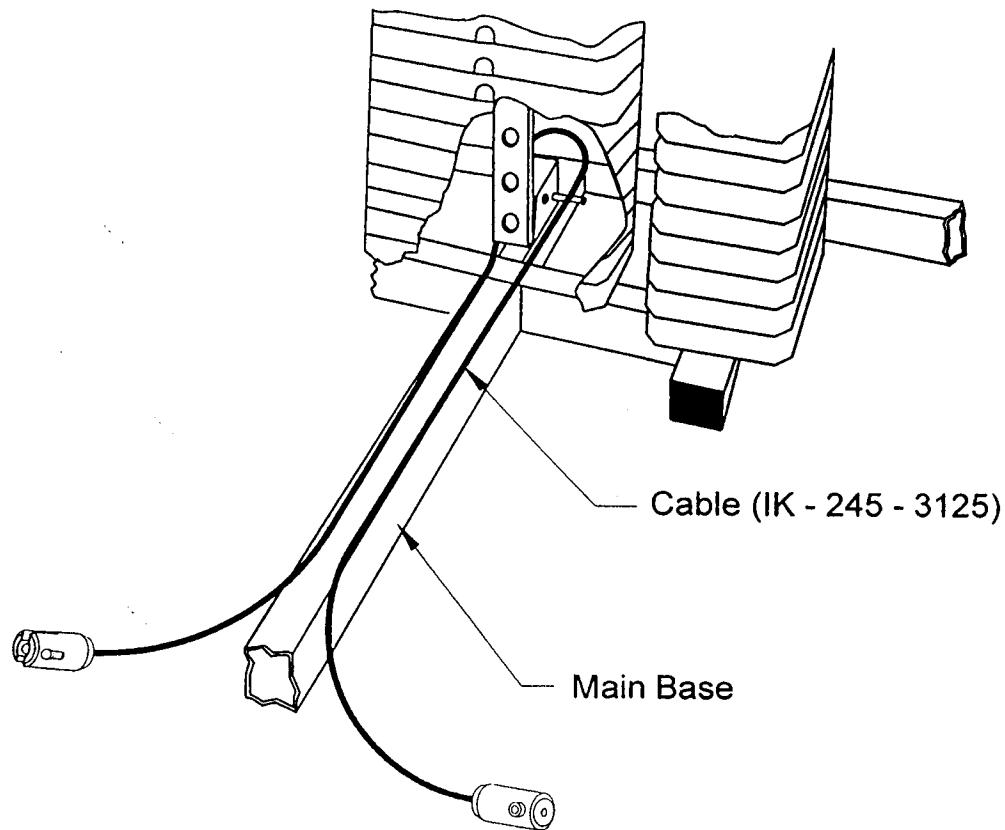
13. Routing Lower Lat Cable and Pulley Installation (Cont.).

- Making sure cables are not crossed, draw down right end of cable (KK-88-250) and feed through upper window, above extension in **REAR UPRIGHT**. Mount 1 - 4 1/2" pulley in window using 1 - 2 3/4" bolt, 2 - 1/2" silver step spacers and 1 - locknut. Ensure cable passes between pulley and retainer pin. Tighten bolt securely.
- Pass other cable end through **REAR UPRIGHT** extension window. Install 1 - 4 1/2" pulley into window using 1 - 2 3/4" bolt, 2 - 1/2" silver step spacers and 1 - locknut.
- In remaining hole in extension install 1 - 2 1/2" bolt, 2 - washers, and 1 - locknut to act as cable retainer. Ensure cable passes between bolt and pulley.
- Draw cable down and through remaining window in the **REAR UPRIGHT**, lat side. Install 1 - 4 1/2" pulley, 1 - 2 3/4" bolt, 2 - 1/2" silver step spacers and 1 - locknut in window. Ensure cable passes between pulley and retainer pin. Tighten bolts.
- Attach 2 - spring clips to cable ends using 2 - 1" Buttonhead bolts and 2 - thin nylock nuts. Tighten bolts till snug but not so tight as to inhibit swivel of Spring Clips.



14. Cable and Pulley Installation (Leg Ext./Leg Curl)

- A. Grasp **cable (IK - 245 - 3125)** at center and create a tight loop. Push cable loop under Leg Extension/Leg Curl weight stack, in between two rubber donuts, and pull halfway through.



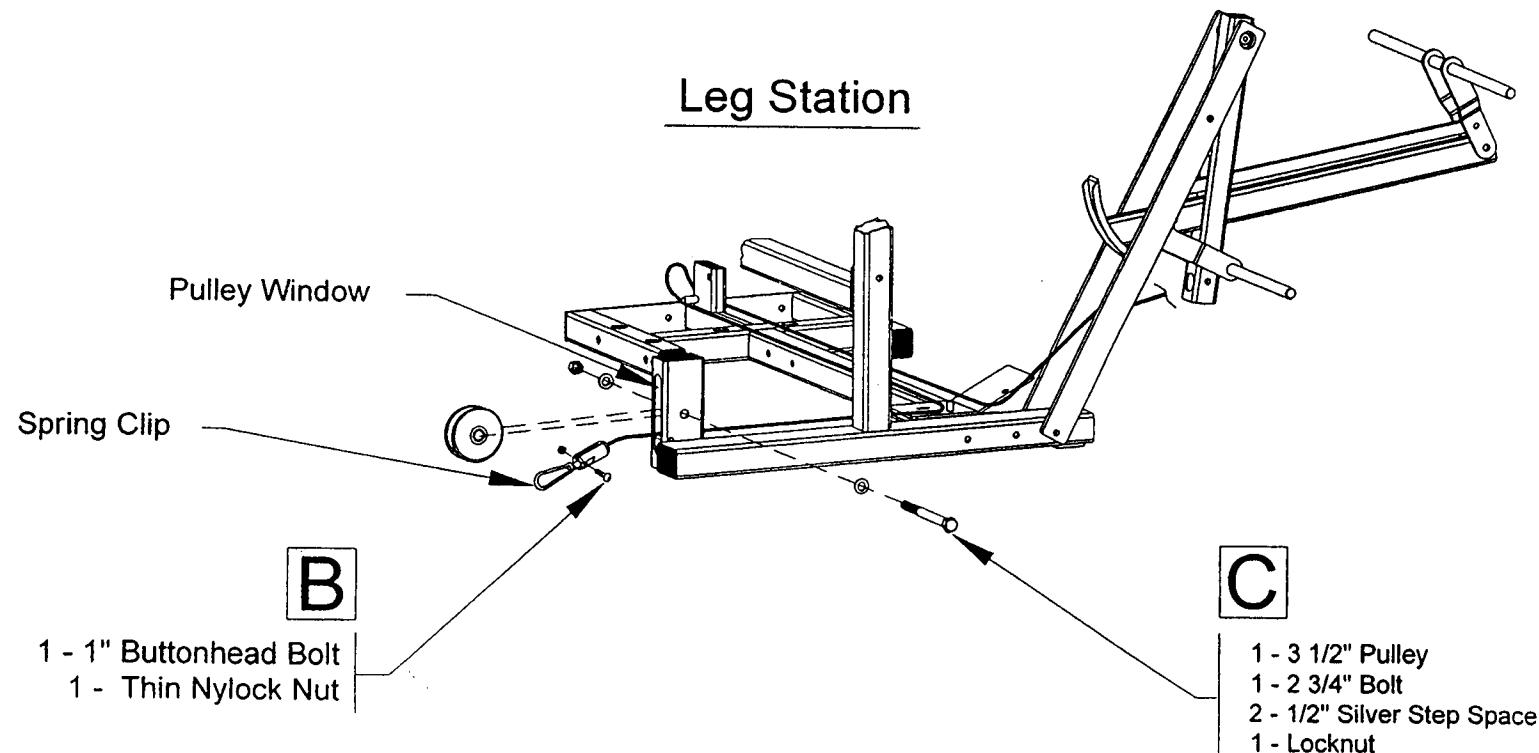
Assembly Instructions

Catalina

14. Cable and Pulley Installation (Leg Ext./Leg Curl) (Cont.)

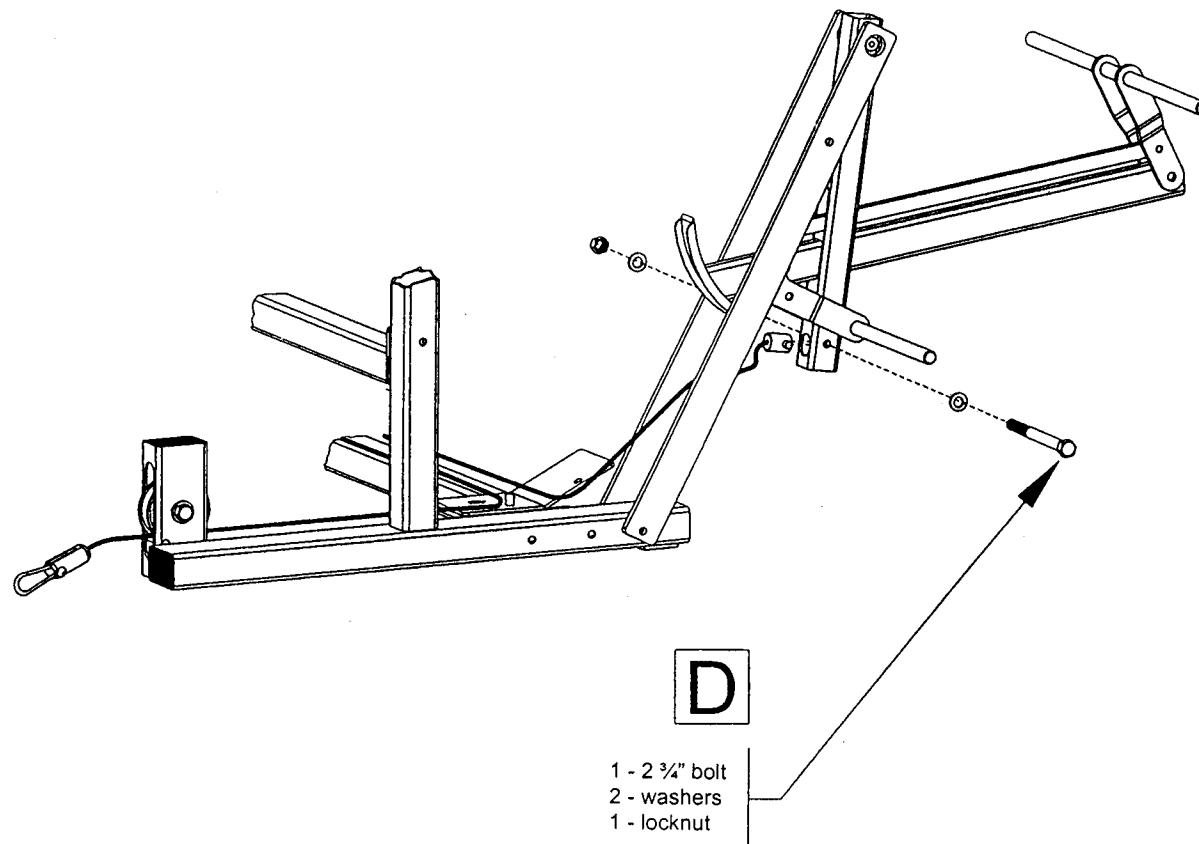
B. Place clevis end of cable (IK-245-3125) thru PULLEY WINDOW of LEG STATION and attach 1 – spring clip to cable end using 1 – 1" buttonhead bolt and 1 – thin nylock nut. Tighten bolt till snug but not so as to inhibit swivel of spring clip.

C. Attach 1 – 3 1/2" Pulley inside PULLEY WINDOW using 1 – 2 3/4" bolt, 2 – 1/2" silver step spacers and 1 - locknut. Ensure cable passes between pulley and retainer pin.



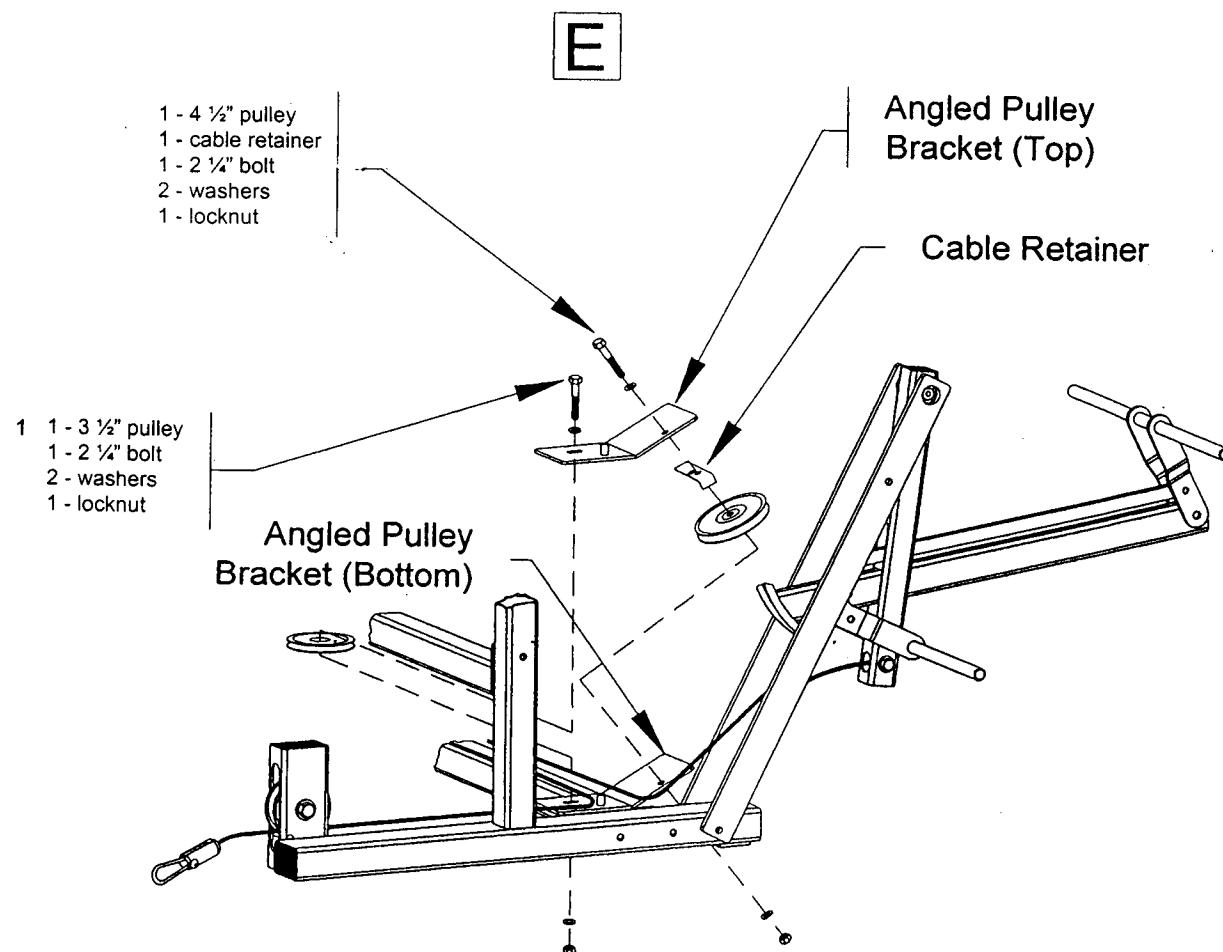
14. Cable and Pulley Installation (Leg Ext./Leg Curl) (Cont.)

D. Attach barrel end of cable (IK-245-3125) to lower end of **ROTATING ARM** using 1 - 2 3/4" bolt, 2 - washers and 1 - locknut.



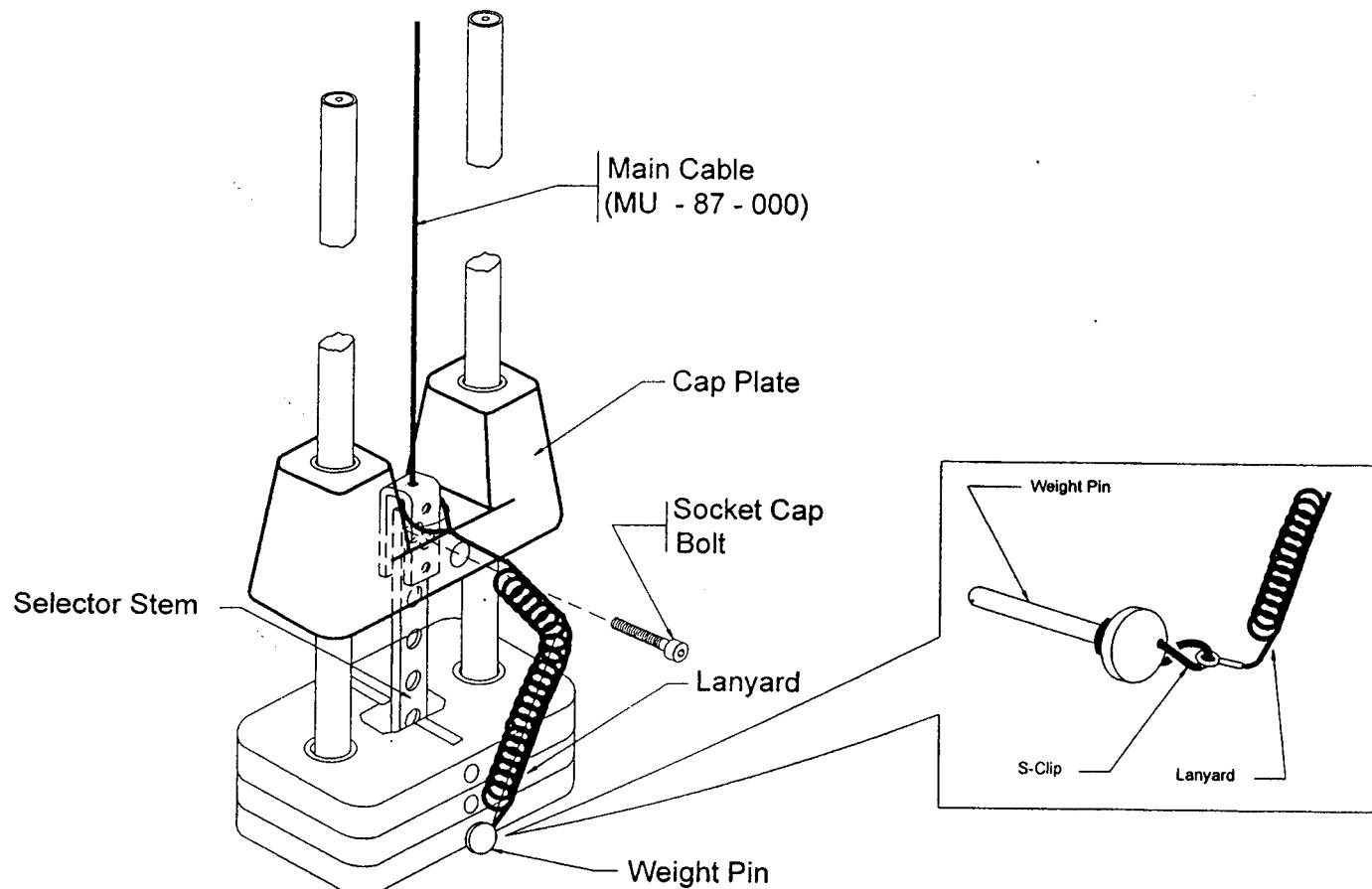
14. Cable Pulley Installation (Leg Ext./Leg Cur) (Cont.)

E. Place 1 - 4 1/2" pulley and 1 - 3 1/2" pulley on top of **ANGLED PULLEY BRACKET (BOTTOM)**. Then place 1 - cable retainer between 4 1/2" pulley and **ANGLED PULLEY BRACKET (TOP)** and secure both pulleys using 2 - 2 1/4" bolts, 4 - washers and 2 - locknuts. Tighten bolts from steps 14C thru E.



15. Upper Leg Ext./Leg Curl cable and Pulley Installation (Selector Stem Assembly)

A. Insert **SELECTOR STEM** into **WEIGHT STACK** and, while holding **SELECTOR STEM** with several holes above **CAP PLATE**, insert **WEIGHT PIN** to suspend the **SELECTOR STEM**. If **LANYARD** option was chosen, place open end of **S-clip** at end of **LANYARD** thru small hole on end of **WEIGHT PIN** and clamp together with pliers. Place the loop end of the **WEIGHT PIN LANYARD** into the "U" end of **CABLE (MU - 87 - 000)**. Place " U " end of cable onto the top of the **SELECTOR STEM** and raise the **CAP PLATE** so that the holes in the top of the **SELECTOR STEM**, " U " and **CAP PLATE** are aligned. Insert 1 - 3/8" x 1 1/2" **socket cap bolt** into the hole in the **CAP PLATE** and tighten firmly. Remove **WEIGHT PIN** and lower **CAP PLATE**.

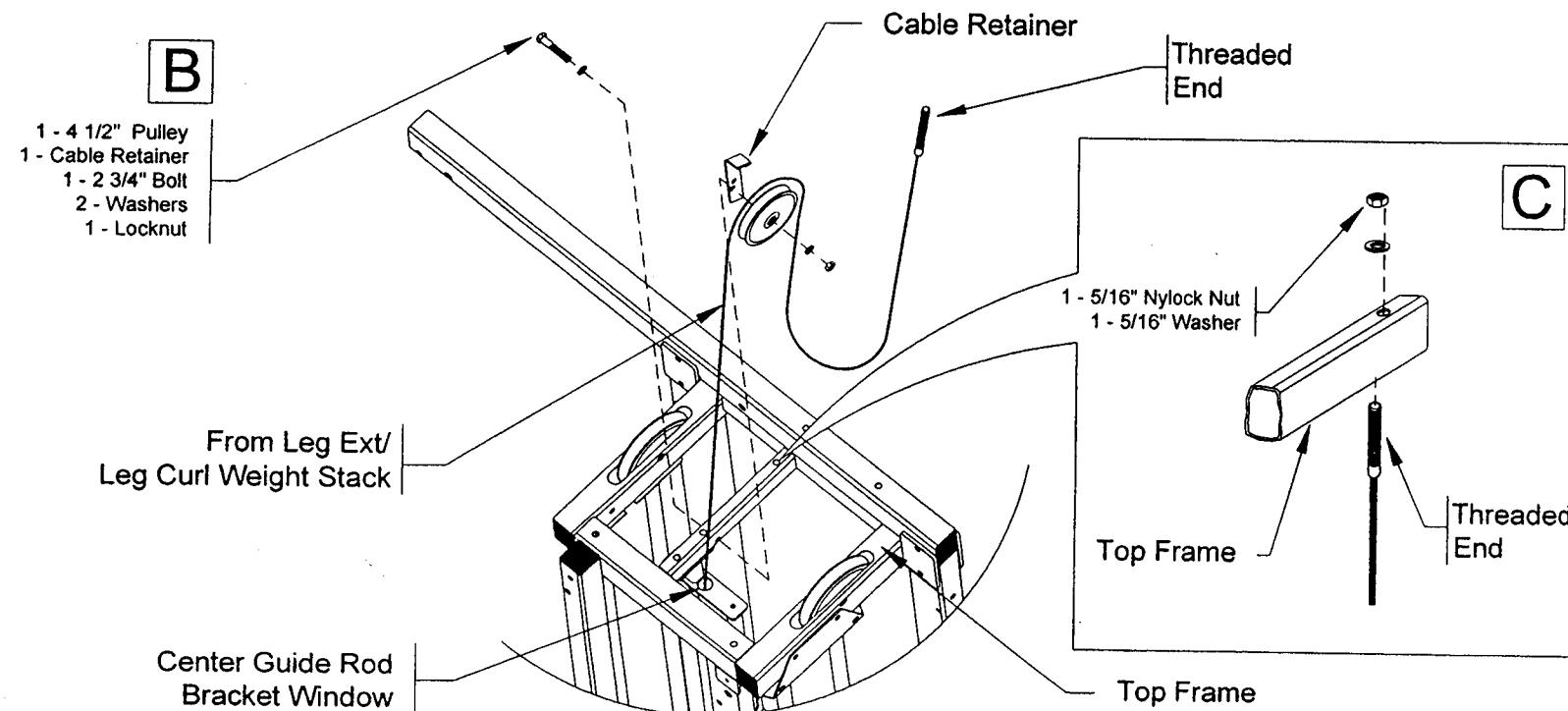


15. Upper Leg Ext./Leg Curl cable and Pulley Installation. (Cont.)

B. Draw threaded end of cable (MU – 87 – 000) up and thru center hole on **CENTER GUIDE ROD BRACKET**. Then place cable between **CABLE RETAINER** and **1 – 4 1/2" pulley**. Attach pulley and cable retainer to **TOP FRAME** using **1 – 2 3/4" bolt, 2 – washers and 1 – locknut**. Tighten bolt.

C. Attach threaded end of cable to **TOP FRAME** using **1 – 5/16" nylock nut, and 1 – 5/16" washer**. Tighten nut so at least 2 threads stick out past top of nut.

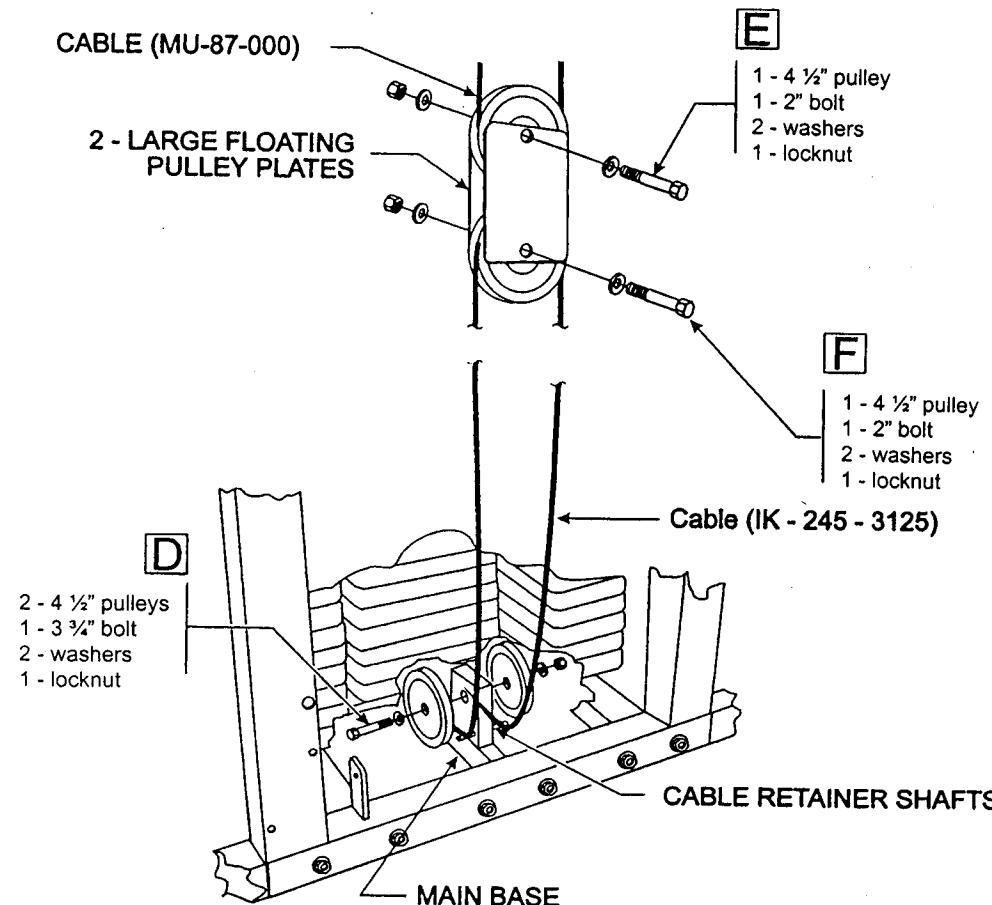
Note: Nut in step 15C may need to be tightened more in the “Cable Adjustment” section to remove cable slack.



15. Leg Ext./Leg Curl Cable and Pulley Installation (Lower Pulleys Main Base) (Cont.)

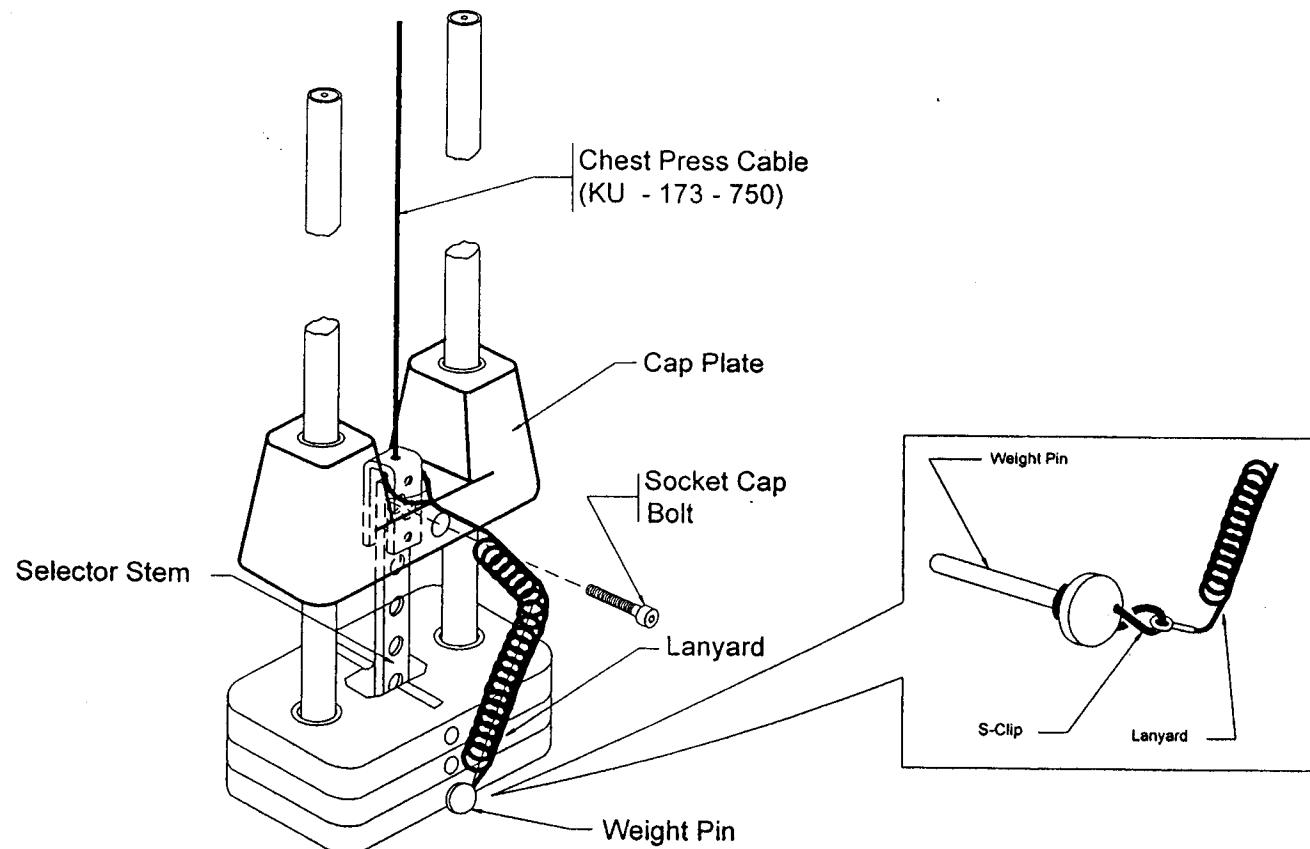
NOTE: Before starting step E, ensure cable (IK-245-3125) is not crossed.

- D. Install 2 - 4 ½" pulleys to **MAIN BASE**, behind weight stack, using 1 - 3 ¾" bolt, 2 - washers and 1 - locknut. Ensure cables pass between pulleys and cable retainer shafts.
- E. Attach two **LARGE FLOATING PULLEY PLATES** to 1 - 4 ½" pulley using 1 - 2" bolt, 2 - washers and 1 - locknut. Do not tighten. Place onto cable loop left hanging in previous step.
- F. Loop cable from **MAIN BASE** around 1 - 4 ½" pulley and attach to remaining holes in **FLOATING PULLEY PLATES** using 1 - 2" bolt, 2 - washers and 1 - locknut. Ensure all pulley bolts are tightened at this time.



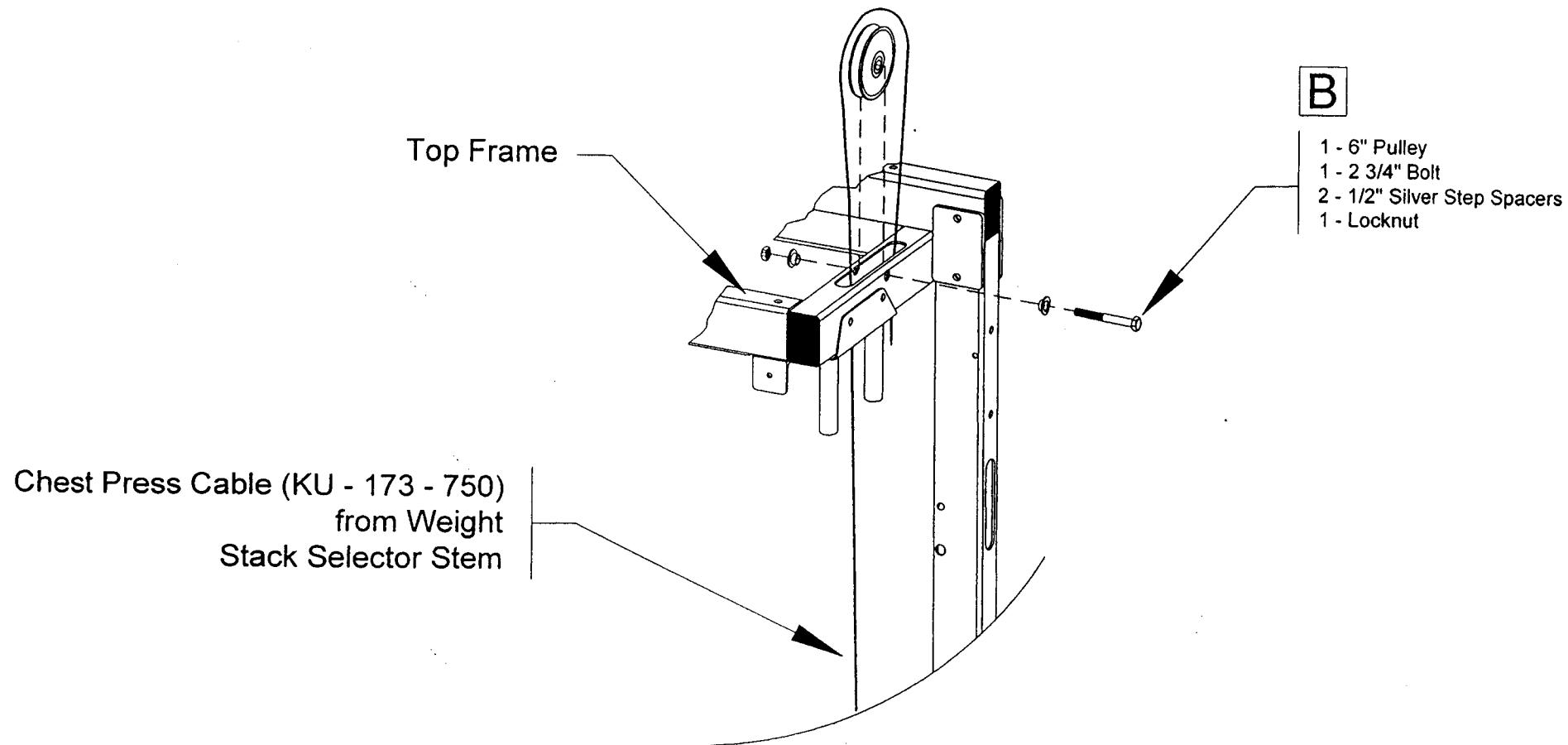
16. Routing Chest Press cable and pulley installation (Selector Stem).

A. Insert **SELECTOR STEM** into **WEIGHT STACK** and, while holding **SELECTOR STEM** with several holes above **CAP PLATE**, insert **WEIGHT PIN** to suspend the **SELECTOR STEM**. If **LANYARD** option was chosen, place open end of **S-clip** at end of **LANYARD** thru small hole on end of **WEIGHT PIN** and clamp together with pliers. Place the loop end of the **WEIGHT PIN LANYARD** into the "U" end of **CABLE (KU - 173 - 750)**. Place " U " end of cable onto the top of the **SELECTOR STEM** and raise the **CAP PLATE** so that the holes in the top of the **SELECTOR STEM**, " U " and **CAP PLATE** are aligned. Insert 1 – 3/8" x 1 1/2" **socket cap bolt** into the hole in the **CAP PLATE** and tighten firmly. Remove **WEIGHT PIN** and lower **CAP PLATE**.



16. Routing Chest Press cable and pulley installation (Cont.).

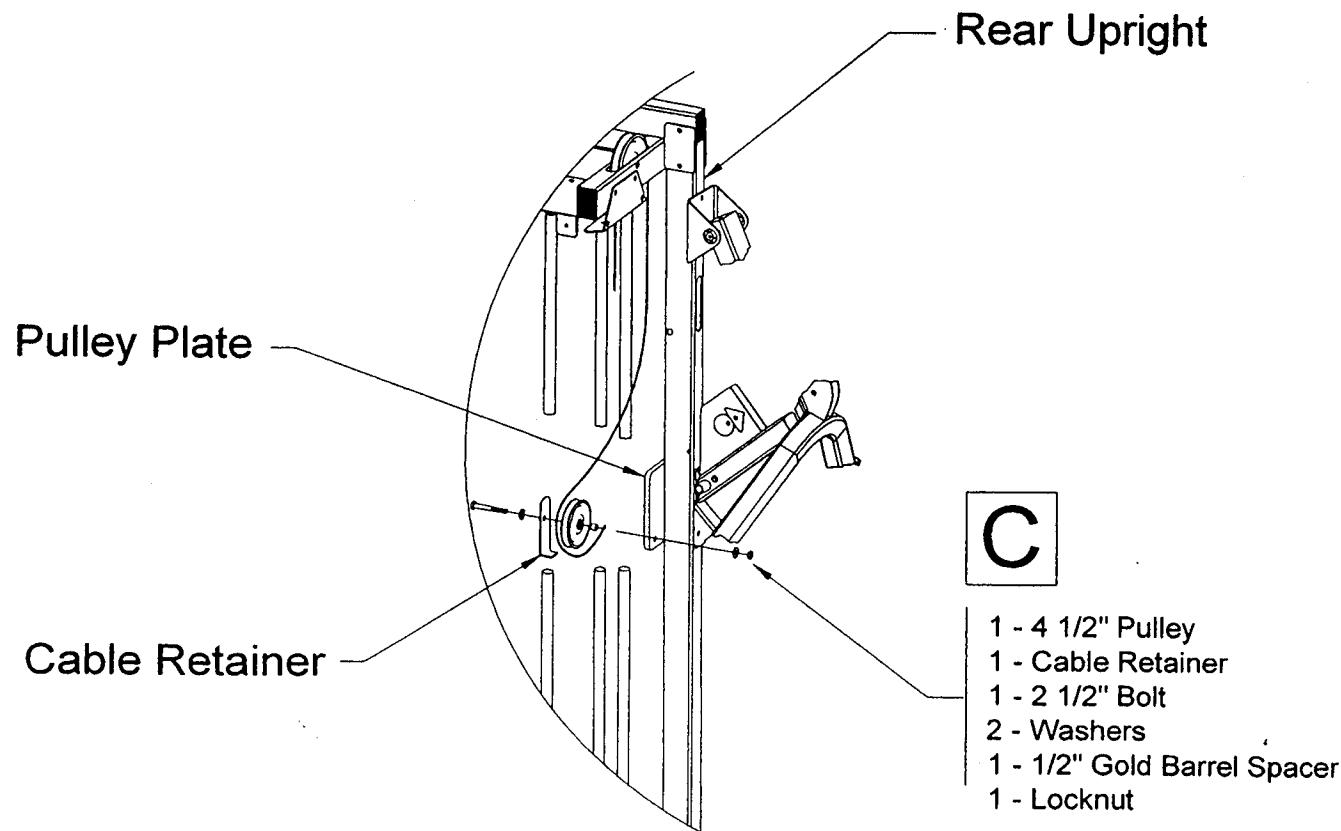
B. Loop Chest Press Cable (KU-173-750) up thru window in **Top Frame** & over 1 – 6" pulley. Lower pulley and cable down into window & secure pulley with 1 – 2 3/4" bolt, 2 – 1/2" silver step spacers, and 1 – locknut.



16. Routing Chest Press cable and pulley installation (Cont.).

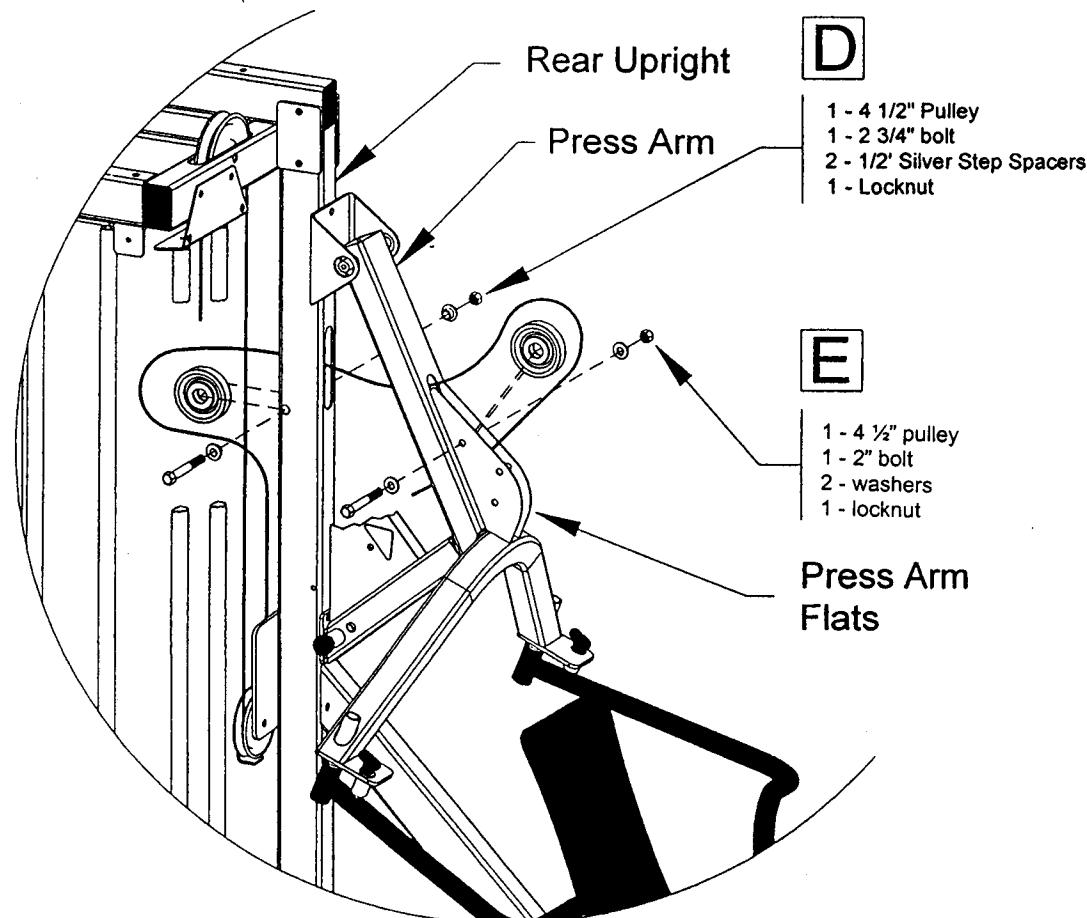
Note: If Leg Press Option was chosen, see Leg Press assembly instructions for alternate cable & pulley installation step.

C. Place cable between **CABLE RETAINER** and **1 – 4 1/2" pulley** and attach to **PULLEY PLATE** using **1 – 2 1/2" bolt**, **2 – washers**, **1 – 1/2" gold barrel spacer** and **1 – locknut**. Tighten bolt.



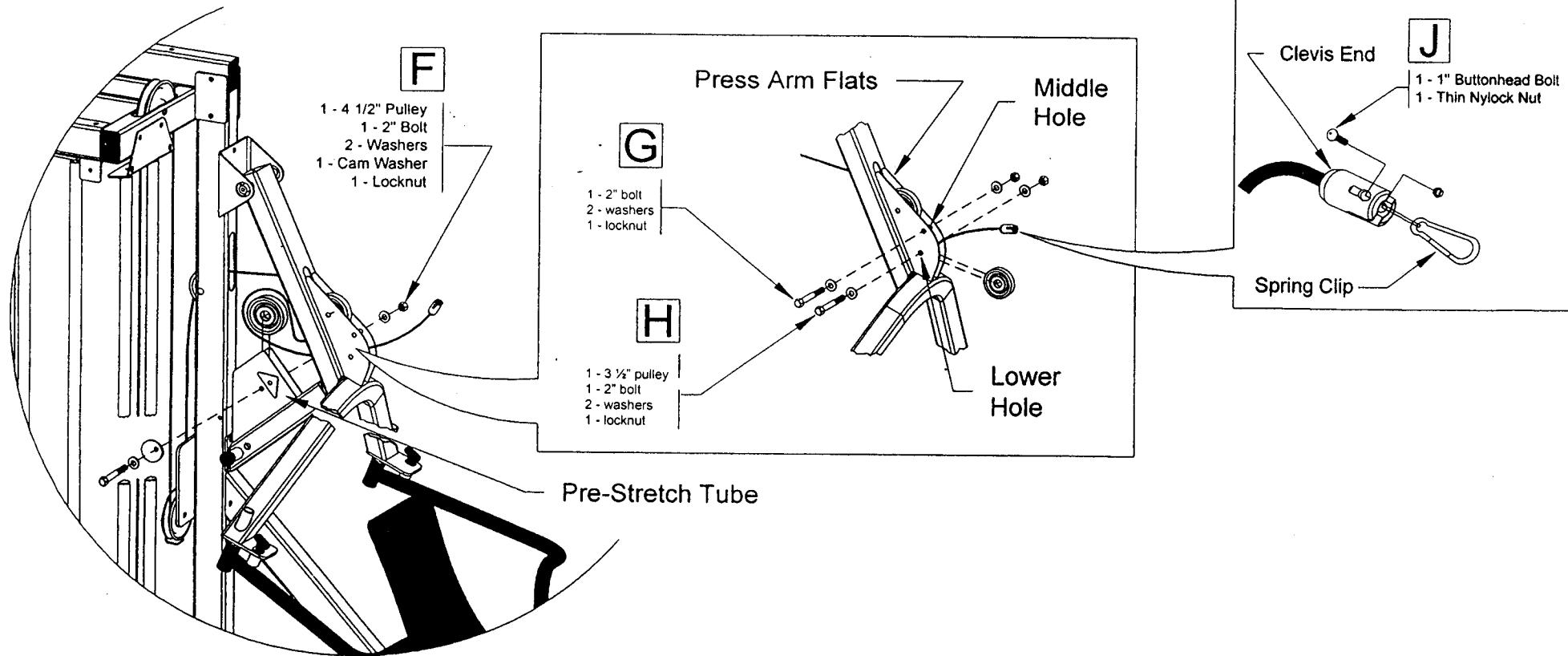
16. Routing Chest Press Cable and Pulley Installation (Cont.)

- D. Place cable thru window in **REAR UPRIGHT** and attach 1 - 4 1/2" pulley using 1 - 2 3/4" bolt, 2 - 1/2" silver step spacers and 1 - locknut. Ensure that cable passes between pulley and retainer pin. Tighten bolt.
- E. Place cable over 1 - 4 1/2" pulley and attach to upper hole in **PRESS ARM FLATS** using 1 - 2" bolt, 2 - washer and 1 - locknut. Do not tighten.



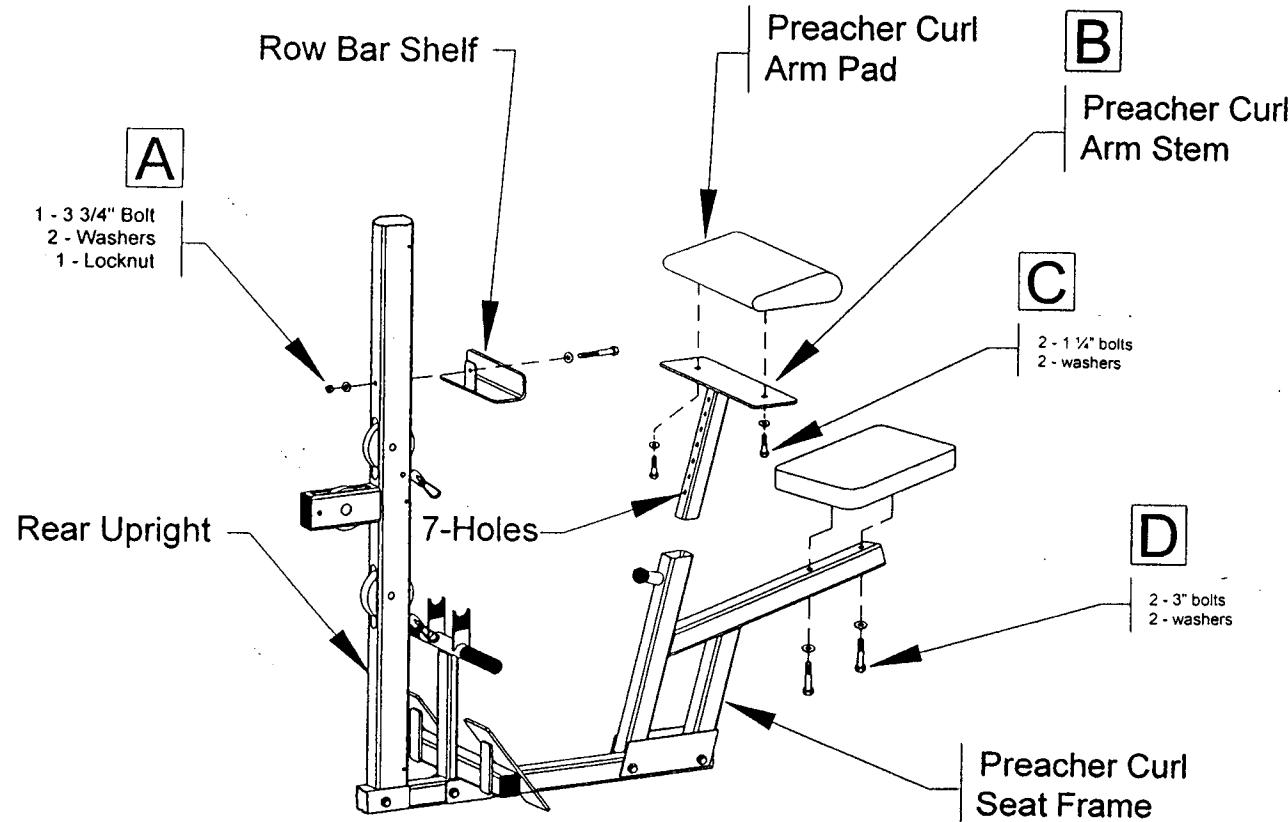
16. Routing Chest Press Cable and Pulley Installation (Cont.)

- F. Wrap cable over and around 1 - 4 1/2" pulley and attach to **PRE-STRETCH TUBE** using 1 - 2" bolt, 2 - washers, 1 - cam washer and 1 - locknut. Do not tighten for later adjustment on "Cable Adjustment" page.
- G. Attach 1 - 2" bolt, 2 - washers and 1 - locknut to middle hole on **PRESS ARM FLATS**. Do not tighten.
- H. Attach 1 - 3 1/4" pulley to bottom hole on **PRESS ARM FLATS** using 1 - 2" bolt, 2 - washers and 1 - locknut.
- I. Tighten all bolts in steps E, G, & H.
- J. Attach 1 - spring clip to clevis end of cable using 1 - 1" buttonhead bolt and 1 - thin nylock nut. Tighten bolt snug, still allowing rotation of spring clip.



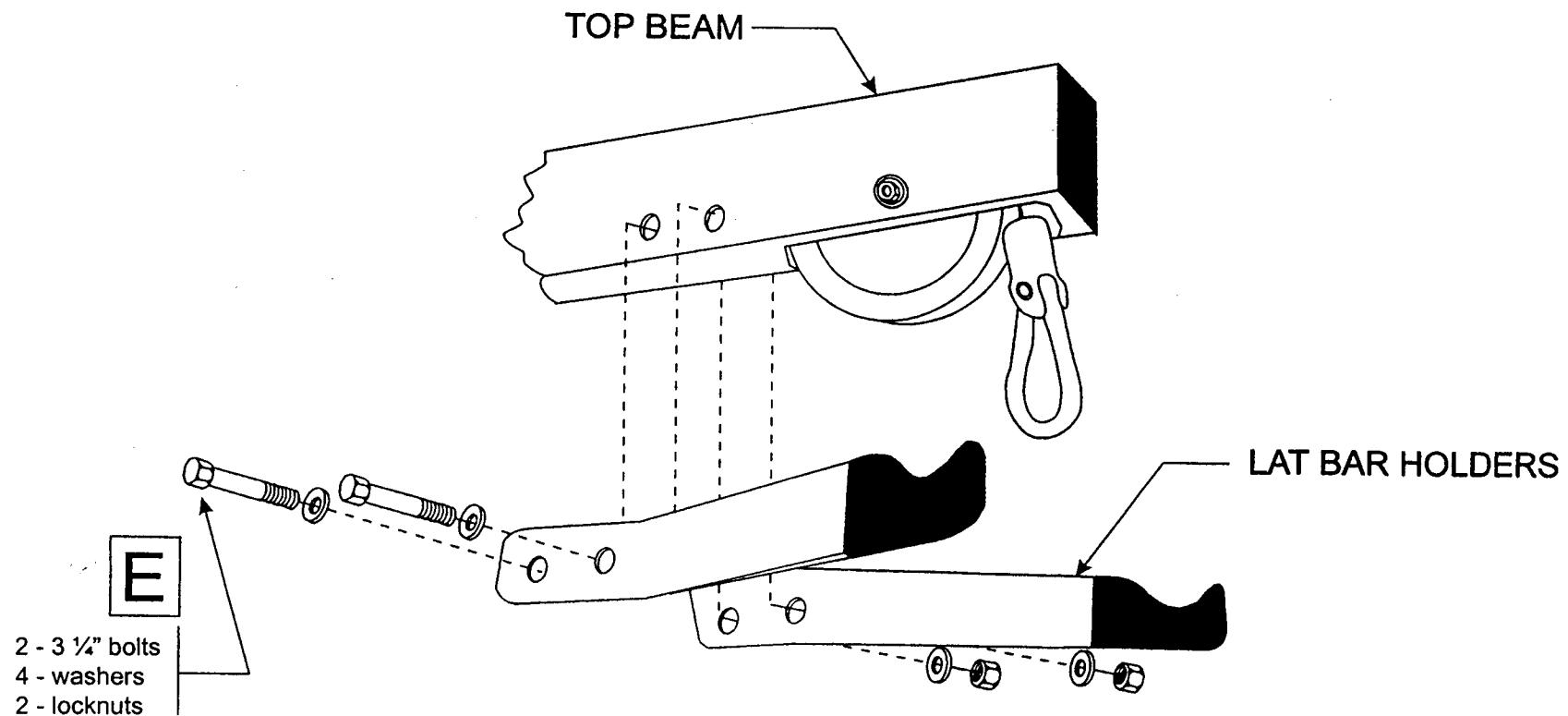
17. Installing Upholstery, Lat Station

- A. Install **ROW BAR SHELF** to **REAR UPRIGHT**, lat side, above pulley using 1 - 3 3/4" bolt, 2 - washers and 1 - locknut.
- B. Insert **PREACHER CURL ARM STEM** into **PREACHER CURL SEAT FRAME** with the 7-hole side facing the **REAR UPRIGHT**.
- C. Mount **PREACHER CURL ARM PAD**, thick portion up, to **PREACHER CURL ARM STEM** using 2 - 1 1/4" bolts and 2 - washers.
- D. Install **9" x 16" SEAT** to **PREACHER CURL SEAT FRAME** using 2 - 3" bolts and 2 - washers. Tighten all bolts.



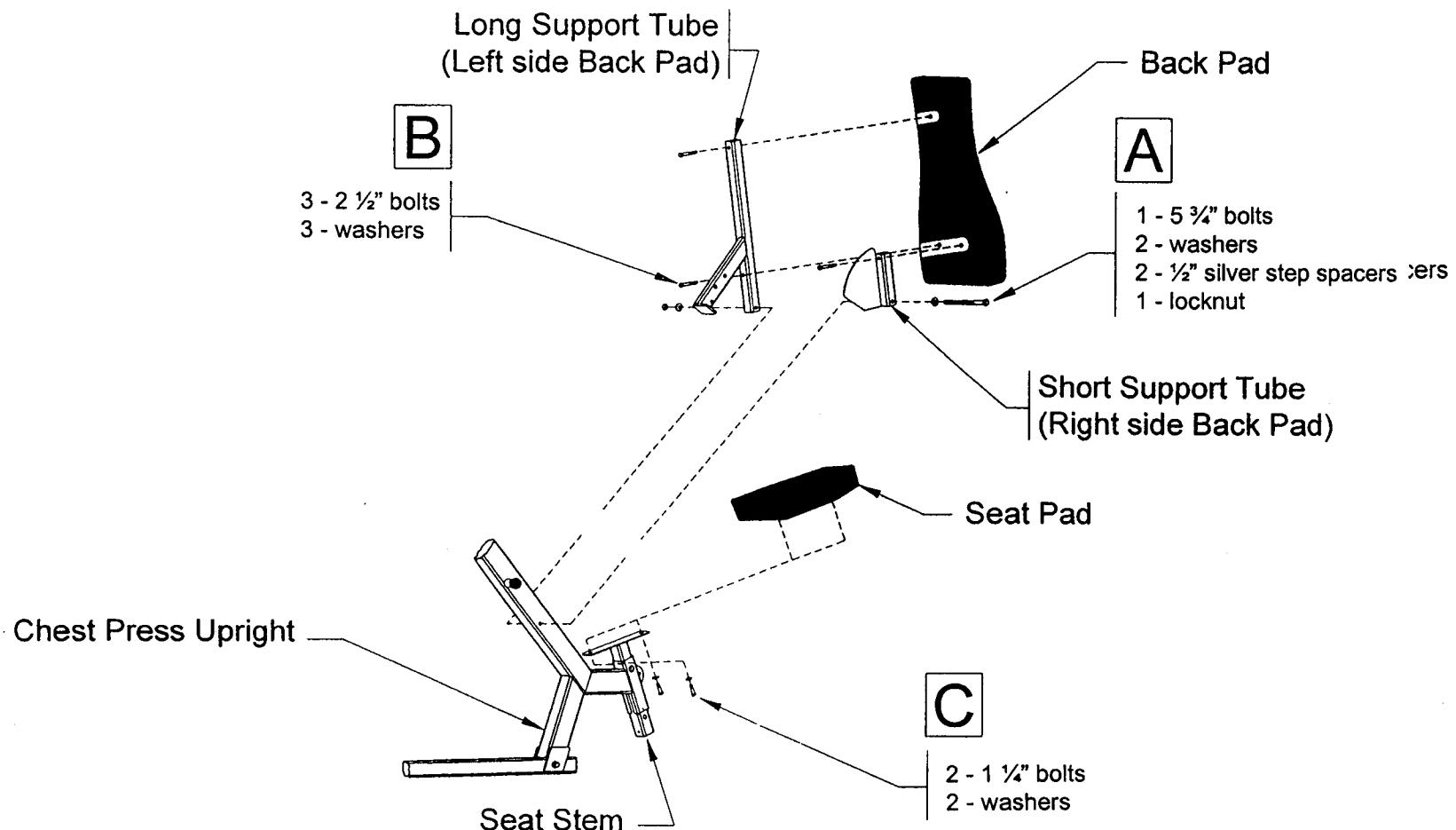
17. Installing Upholstery, Lat Station (Cont.)

E. At end of **TOP BEAM**, install **LAT BAR HOLDERS** using 2 - 3 1/4" bolts, 4 - washers and 2 - locknuts. Tighten all bolts.



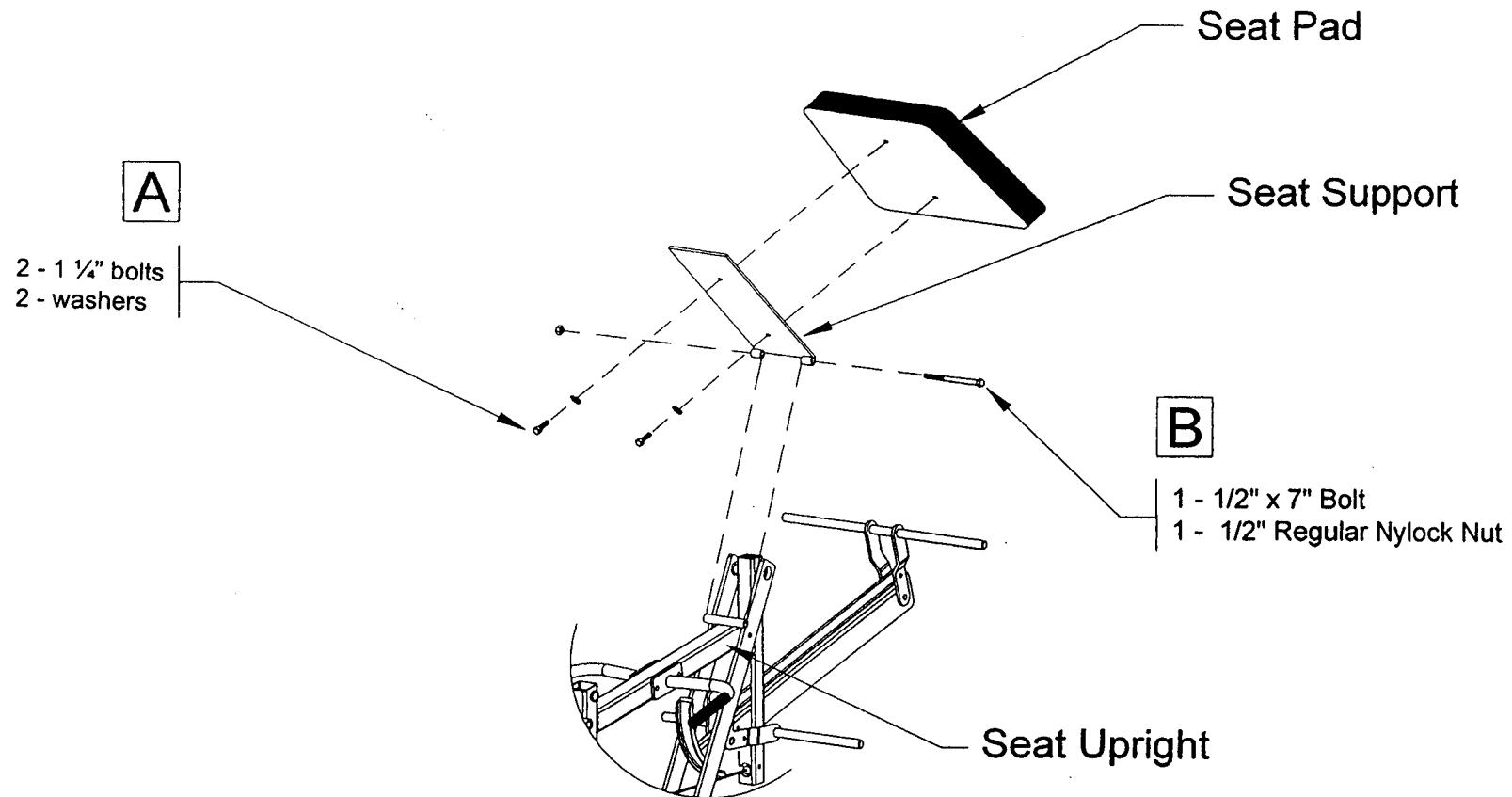
18. Installing Upholstery, Chest Press Station

- A. Attach **LONG SUPPORT TUBE** and **SHORT SUPPORT TUBE** to **CHEST PRESS UPRIGHT** using 1 - 5 3/4" bolt, 2 - washers, 2 - 1/2" silver step spacers and 1 - locknut.
- B. Attach **BACK PAD** to **LONG** and **SHORT SUPPORT TUBES** using 3 - 2 1/2" bolts and 3 - washers.
- C. Attach **SEAT PAD** to **SEAT STEM** using 2 - 1 1/4" bolts and 2 - washers.



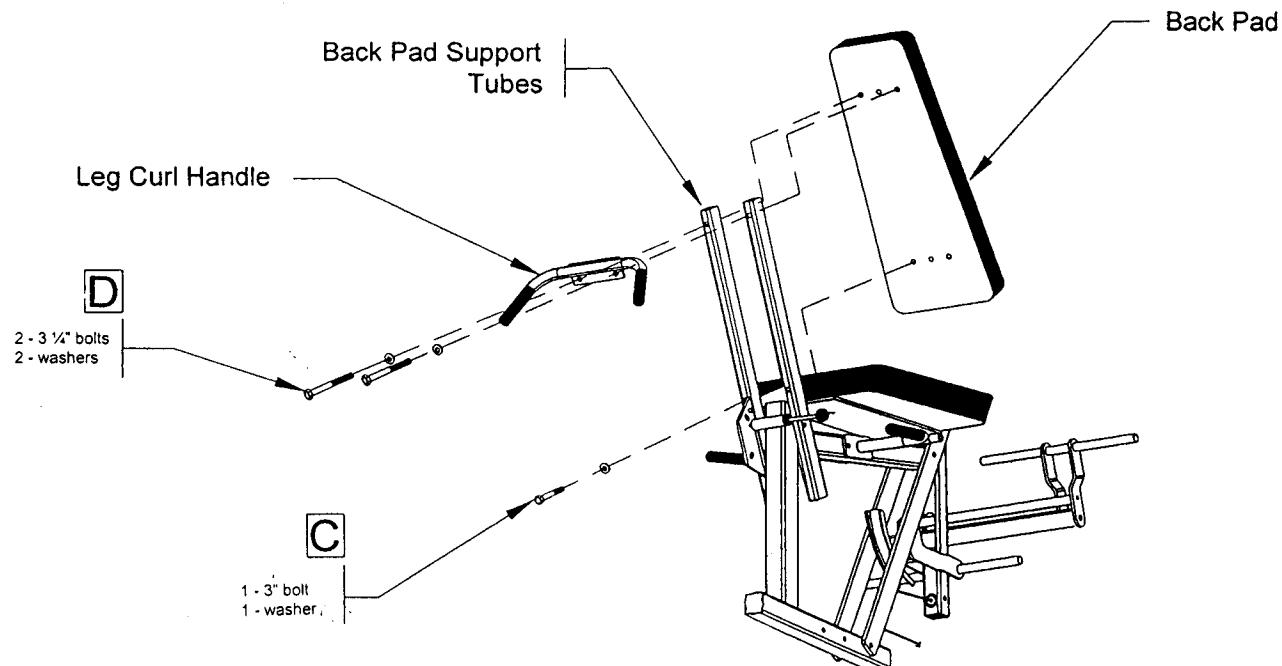
19. Installing Upholstery, Leg Ext./Leg Curl Station

- A. Attach **SEAT PAD** to **SEAT SUPPORT** using 2 - 1 1/4" bolts and 2 - washers.
- B. Attach **SEAT SUPPORT** to **SEAT UPRIGHT** using 1 - 1/2" x 7" bolt and 1 - 1/2" regular nylock nut.



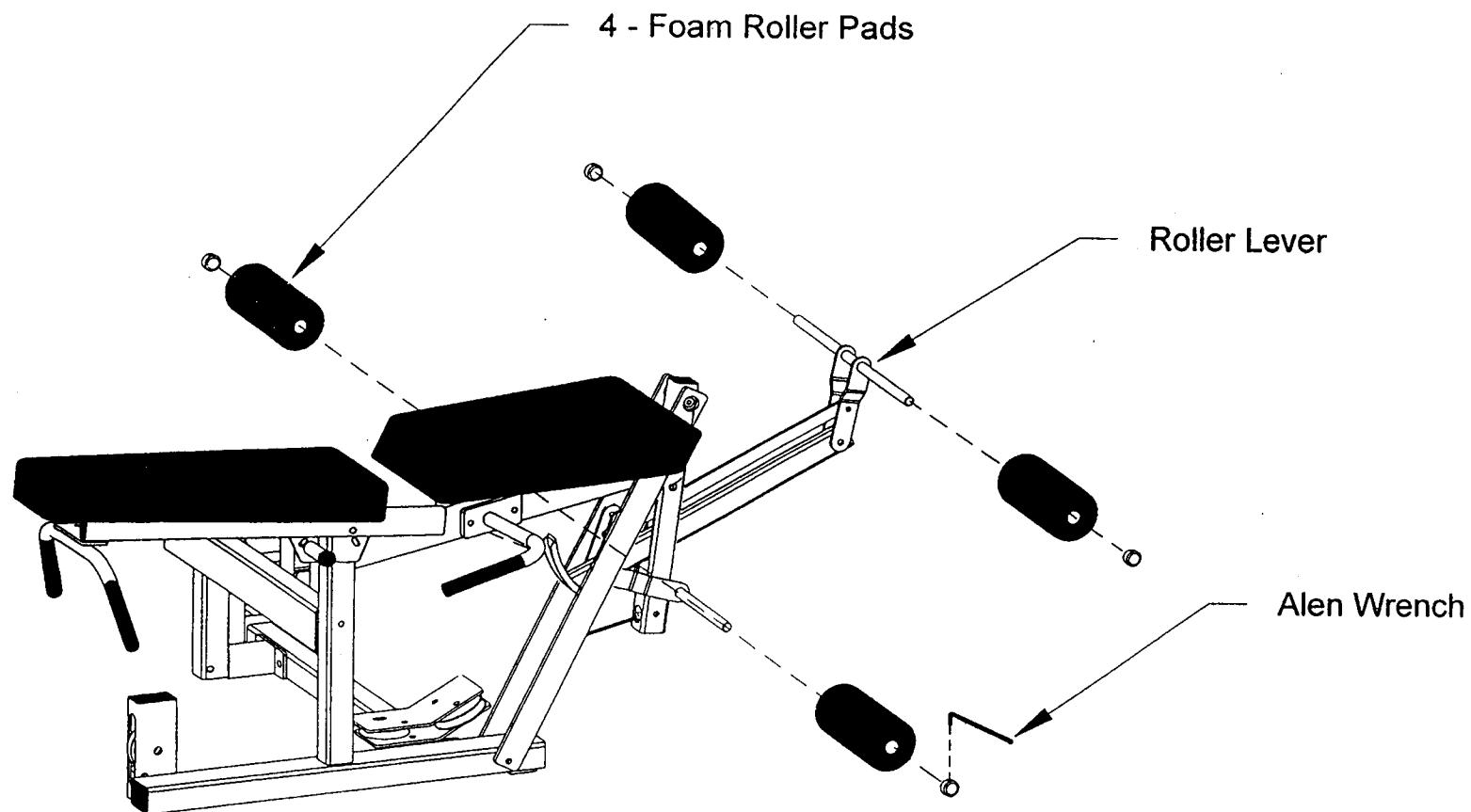
19. Installing Upholstery, Leg Ext./Leg Curl Station (Cont.)

- C. Attach lower section of **BACK PAD** to lower hole of right **BACK SUPPORT TUBE** using 1 - 3" bolt and 1 - washer.
- D. Attach **LEG CURL HANDLE** to holes at top of **BACK PAD SUPPORT TUBES** and to top of **BACKPAD** using 2 - 3 1/4" bolts and 2 - washers.



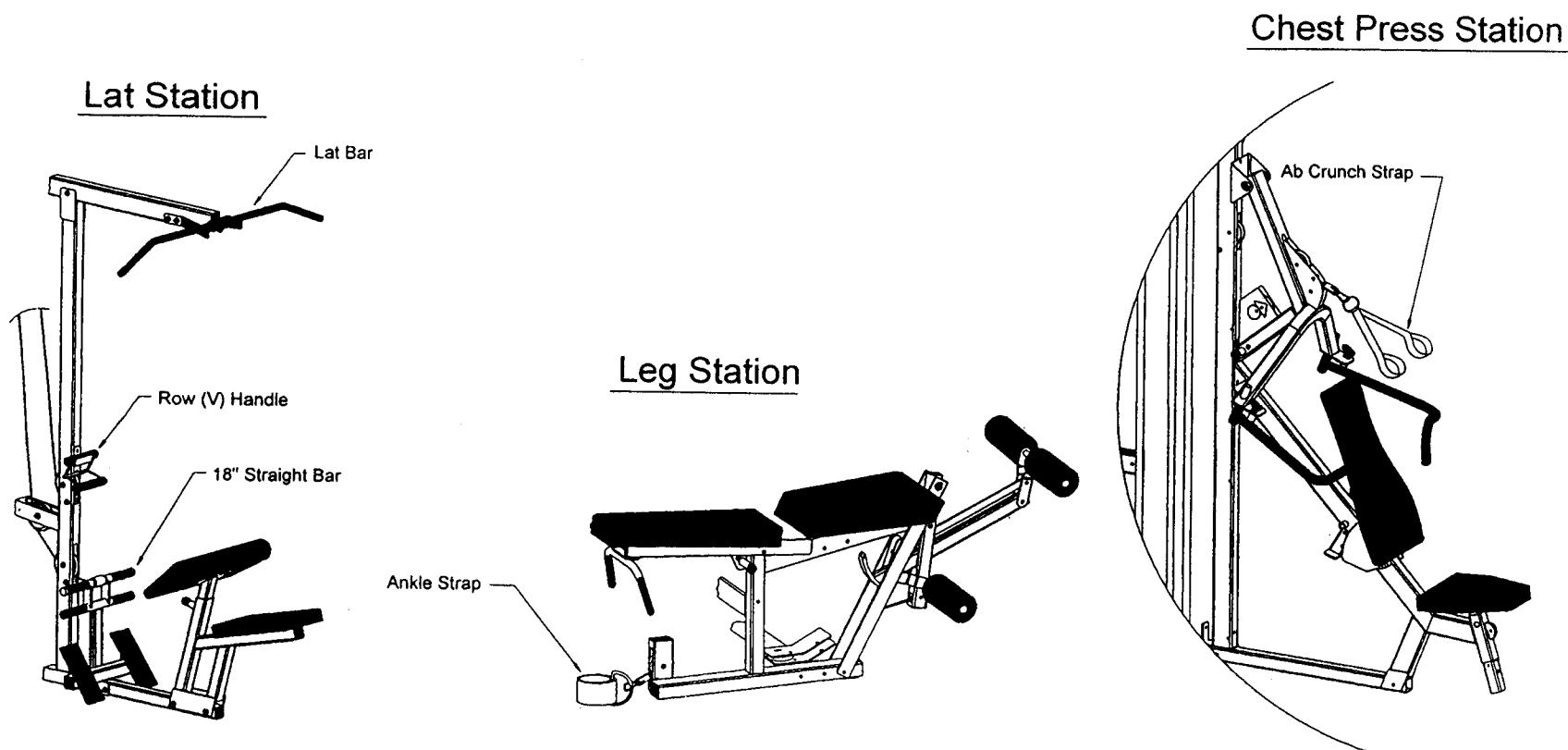
19. Installing Upholstery, Leg Ext./Leg Curl Station (Cont.)

E. Attach 4 - FOAM ROLLER PADS to ROLLER LEVERS using allen wrench.



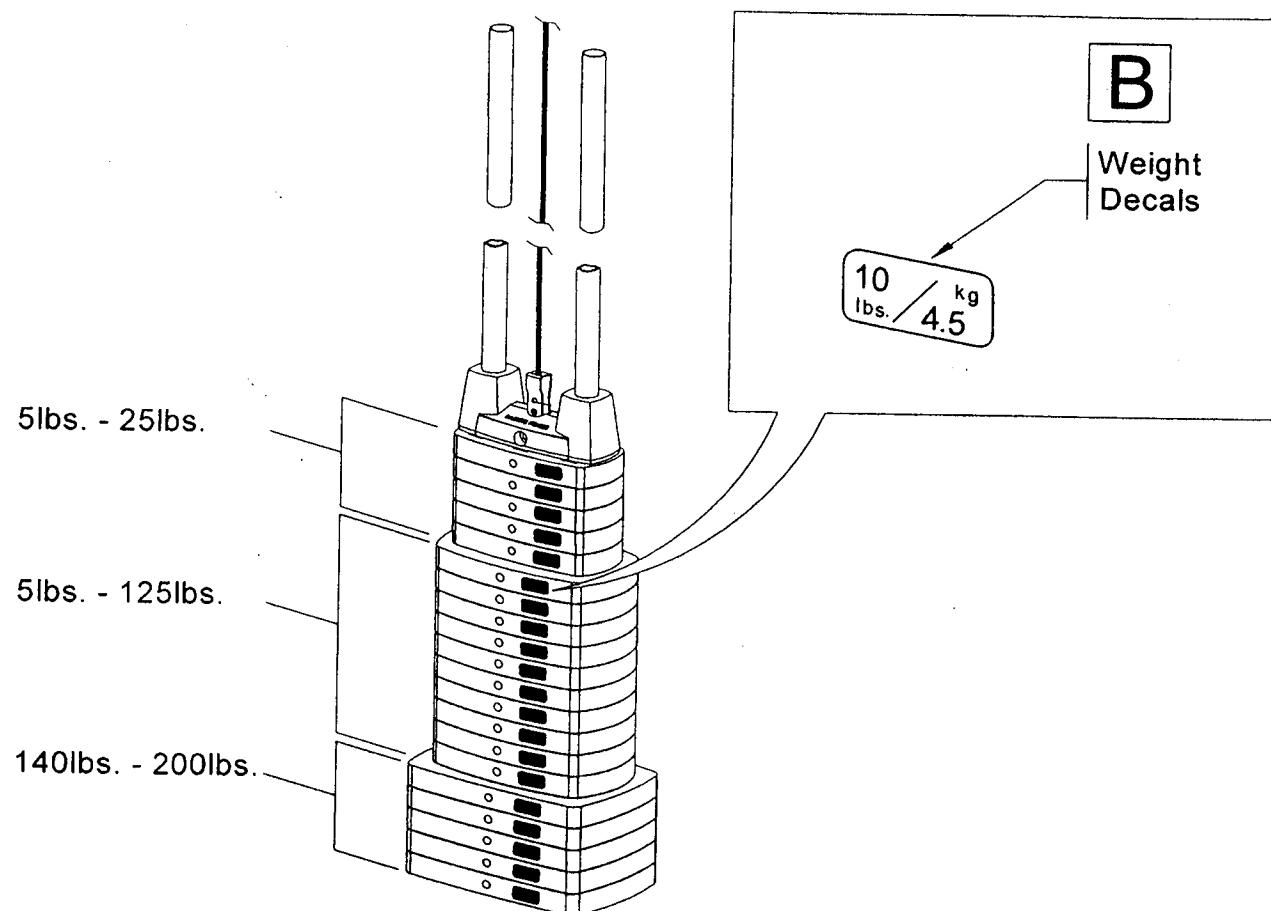
20. Accessories.

A. Attach lat bar to spring clip at end of top beam, row (v) handle to spring clip at upper window of rear upright (lat station) and place in holder above it, 18" straight bar to spring clip at lower pulley window of rear upright (lat station) and place in holder below it, ab crunch strap to spring clip on press arm, and ankle strap to spring clip on leg station.



20. Accessories.

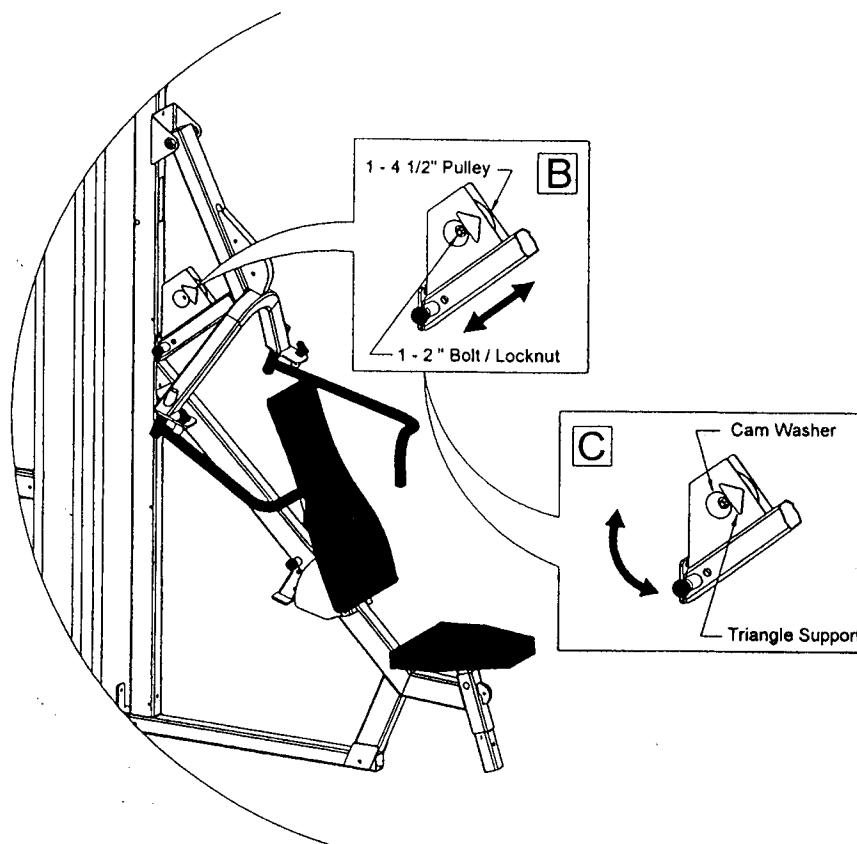
B. Adhere all **WEIGHT DECALS** labeled 5lbs. – 25lbs. to the front surface of the top five weight plates, then the **WEIGHT DECALS** labeled 35lbs. – 125lbs. to the middle ten weight plates and finally the **WEIGHT DECALS** labeled 140lbs. – 200lbs. to the bottom five weight plates. (Align **DECALS** vertically about 1 ½" from the weight pin holes.)



21. Cable Adjustment Chest Press Station.

Note: Only refer to this section if the "CAP PLATE" does not rest squarely on the top weight of the weight stack or if excess slack is encountered in the cable.

- A. Once the CATALINA is completely assembled, loosen 1 – 2" bolt located on the pre-stretch slider tube flats. Untighten bolt enough so that PULLEY in between the flats is free to slide back & forth.
- B. Move the bolt and pulley so that all slack is removed from the cable. Insure that the WEIGHT PIN is free to engage in all weight plate and selector stem locations.
- C. Once proper cable tension is established, lock pulley in place by rotating CAM WASHER so that it rests against the "Triangle Support" and retightening bolt firmly.

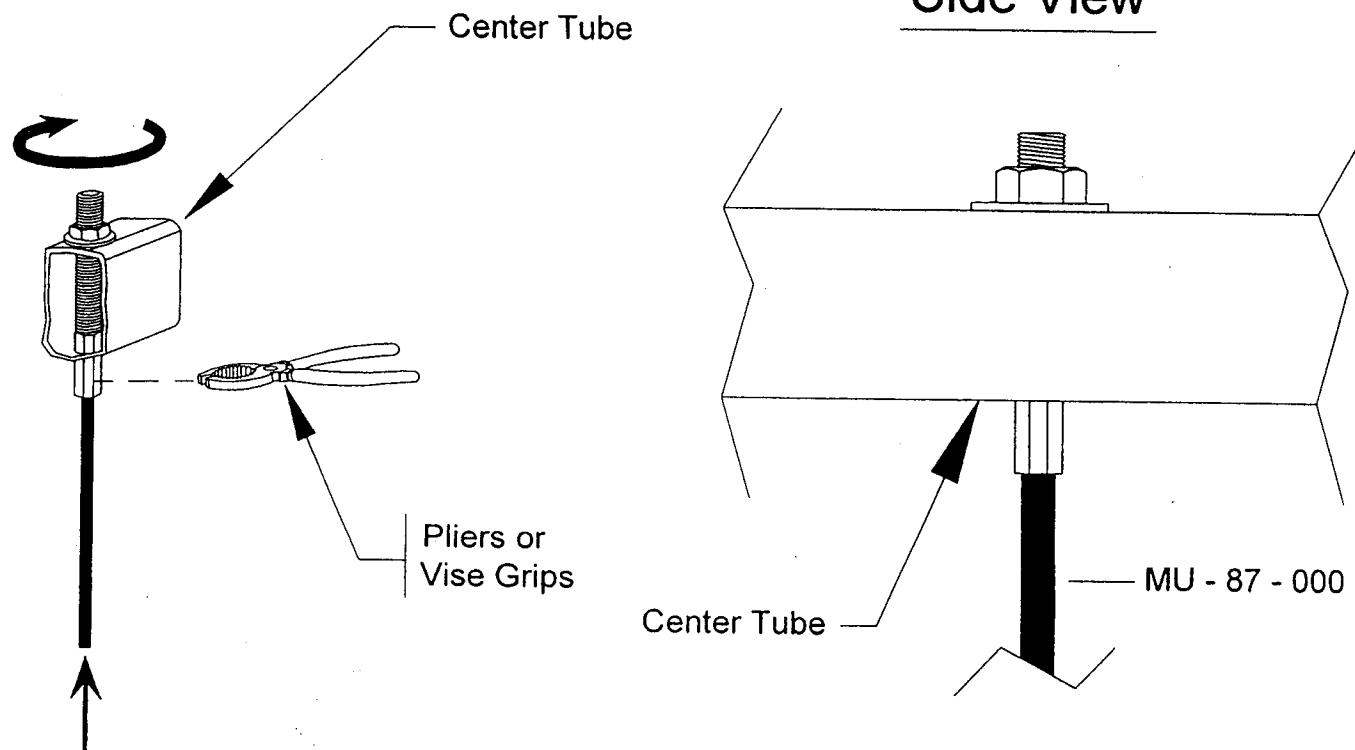


22. Cable Adjustment Leg Ext./Leg Curl Station.

Note: Only refer to this section if the "CAP PLATE" does not rest squarely on the top weight of the weight stack or if excess slack is encountered in the cable.

- A. Once the CATALINA is completely assembled, slack may be removed from the LEG EXT./LEG CURL by tightening the 5/16" nut located on top of the CENTER TUBE of the TOP FRAME. Using an appropriate set of PLIERS or VISE GRIPS to hold the cable end in place, tighten the nut to remove slack from the cable. Insure that the weight pin is free to engage in all WEIGHT PLATES and SELECTOR STEM locations.

Note: A minimum of 2 threads should always be showing above the nut.



IMPORTANT

Before testing machine -

- Check all bolts for tightness
- Check all connectors for proper function and closure.
- Check cables for alignment

For first test use **TOP WEIGHT** only,
ensuring lightest resistance.

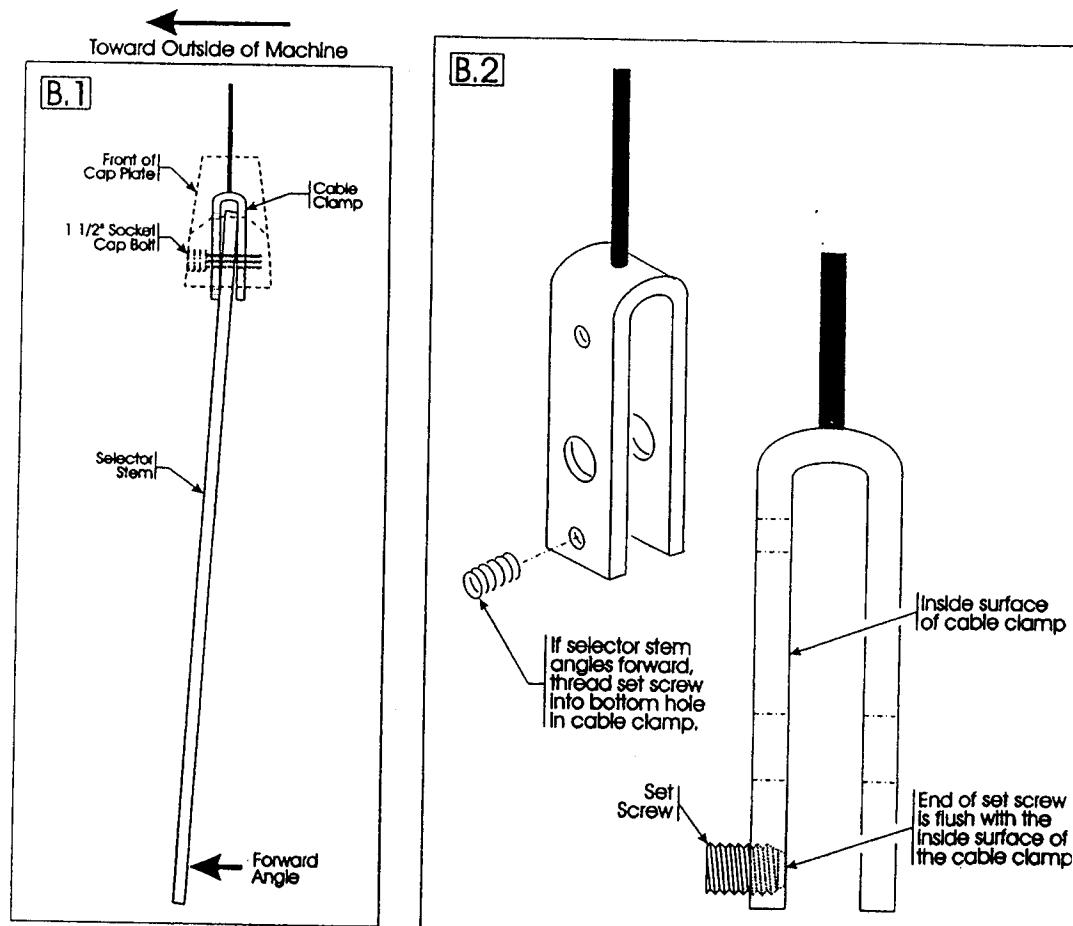
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23. Selector Stem Adjustments.

NOTE: If selector stem contacts weights during the exercise, perform the following adjustment.

- A. Remove the weight selector pin from the stack. Perform an exercise until the bottom end of the selector stem is clear of the weight stack. Observe positioning of the stem.
- B. If the selector stem is angled forward causing contact with the inside of the weight stack during use (see illustration B.1), perform the following steps:
 1. Loosen socket cap bolt in front of cap plate (do not disassemble completely).
 2. Thread set screw (set screw in instruction/warranty packet) into hole closest to the bottom of the weight stack cable clamp (CP055) and turn clockwise until the end of the screw is flush with the inside surface of clamp (see illustration B.2).
 3. Turn set screw 1/2 turn clockwise beyond the position of the screw in step B.2.
 4. Retighten socket cap bolt.
 5. Retest movement of selector stem inside weight stack to determine if selector stem continues to contact inside of weight stack.
 6. If stem continues to make contact, repeat steps B.1, B.3, B.4, and B.5, until problem is solved.



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23. Adjustments (Continued).

C. If the selector stem is angled backwards (see illustration C.1), perform the following steps:

1. Completely disassemble **CAP PLATE**, **SELECTOR STEM**, and **CABLE CLAMP**.
2. Thread allen head set screw into hole closest to top of weight stack cable clamp (CP055) and turn clockwise until the end of the screw is flush with the inside surface of the clamp (see illustration C.2).
3. Turn set screw 1/2 turn clockwise beyond the position of the screw in step C.2.
4. Reassemble cap plate, selector stem and cable clamp.
5. Retest movement of selector stem inside weight stack to determine if selector stem travels without making contact with inside of weight stack.
6. If stem continues to make contact, repeat steps C.1, C.3, C.4, and C.5 until problem is solved.

