

# MODEL 70092

# CJXT3

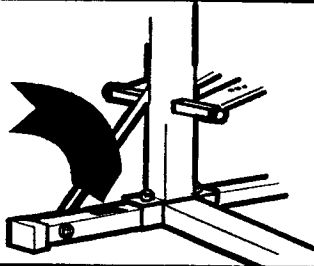
## Master Trainer

MODEL NO. 70092

SERIAL NO.

Write serial number in the space above for reference.

SERIAL  
NUMBER  
DECAL



### WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL

MODEL NUMBER of this UNIT

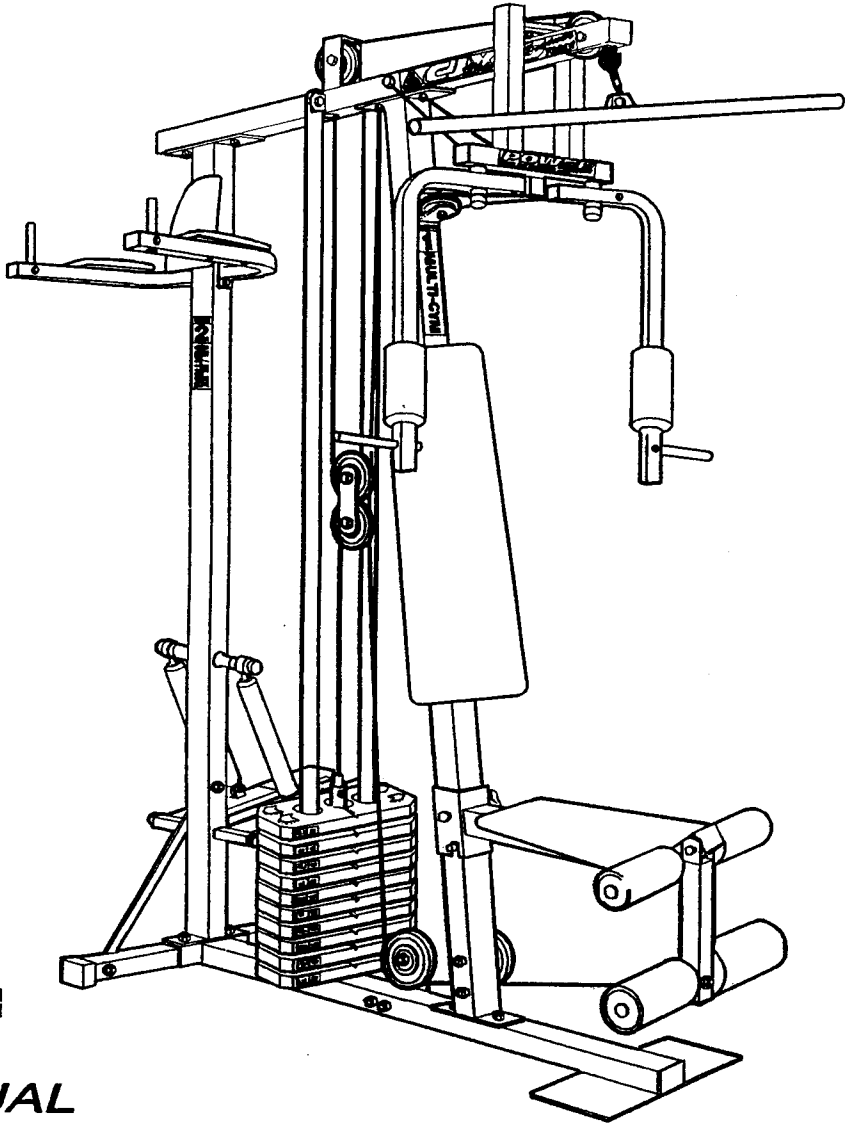
PART NAME or DESCRIPTION

ORDERING NUMBER

THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceded by TWO LETTERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.



# weider

## OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon.-Fri., 9am-5pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

Printed in Canada

**WEIDER SPORTING GOODS, INC.**  
21100 Erwin Street, Woodland Hills, CA. 91367 USA

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

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

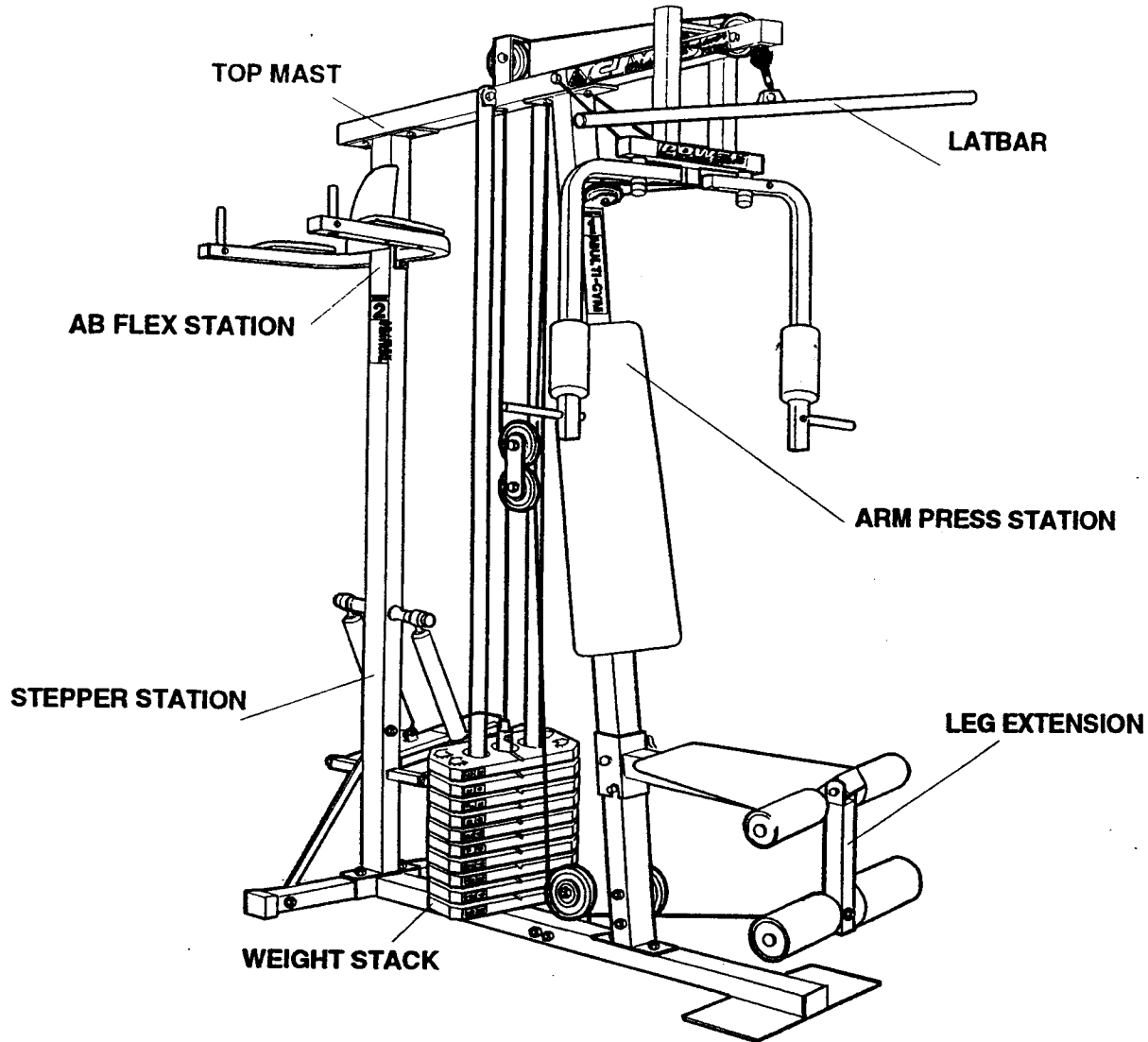
**SAVE THESE INSTRUCTIONS**

## INTRODUCTION

Thank you for choosing the **WEIDER CJXT3 MASTER TRAINER**. Your home gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



## MAINTENANCE TIPS

Keeping your **CJXT3 MASTER TRAINER** in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check fasteners, nuts, bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

# 70092 PART LIST

| DIAGRAM NO. | PART NAME                                   | QTY | ORDERING NO   |
|-------------|---|-----|---------------|
| 1           | BASE FRAME                                  | 1   | C4154-F68*F68 |
| 2           | ARM PRESS UPRIGHT                           | 1   | C1254-F68*F68 |
| 3           | REAR BASE TUBE                              | 1   | C4155-F68*F68 |
| 4           | STEPPER UPRIGHT                             | 1   | C1255-F68*F68 |
| 5           | STRAP BRACE                                 | 1   | C4156-F68*F68 |
| 6           | STEPPER PEDAL                               | 2   | C3220-F29*F68 |
| 7           | BASE PULLEY BRACKET                         | 1   | C6280-F68*F68 |
| 8           | SUPPORT BRACE                               | 1   | C6281-F68*F68 |
| 9           | GUIDE ROD                                   | 2   | C6841-F67*F68 |
| 10          | WEIGHT PLATE - 12.5 LB.                     | 10  | BB-0325*F68   |
| 11          | SELECTOR TUBE                               | 1   | C6384-F29*F68 |
| 12          | TOP FRAME                                   | 1   | C4157-F68*F68 |
| 13          | BACKREST                                    | 1   | C1405-F67*F68 |
| 14          | SEAT FRAME                                  | 1   | C4158-F68*F68 |
| 15          | SEAT MOUNTING BRACKET                       | 1   | C6779-F29*F68 |
| 16          | SEAT  | 1   | C1406-F67*F68 |
| 17          | PAD BAR - 3/4" X 13 1/2"                    | 1   | C7310-F68*F68 |
| 18          | FOAM ROLLER - 2 1/4" X 6"                   | 2   | C0449-E08*F68 |
| 19          | LEG EXTENSION                               | 1   | C4159-F68*F68 |
| 20          | FOAM ROLLER - 3" X 5 1/2"                   | 2   | C0411-C04*F68 |
| 21          | PLASTIC PEDAL TREADS                        | 2   | AA-8195*F68   |
| 22          | PAD BAR - 3/4" X 12 1/2"                    | 1   | C6371-F20*F68 |
| 23          | 4" LONG HALF ROUND PLASTIC PIVOT BUSHING    | 2   | AA-8242*F68   |
| 24          | ARM PRESS PIVOT FRAME                       | 1   | C4160-F68*F68 |
| 25          | FLAT PLATE - 1 1/8" X 3 1/2"                | 1   | C6282-F68*F68 |
| 26          | ARM PRESS ARM                               | 2   | C4161-F68*F68 |
| 27          | FOAM ROLLER - 3 3/4" X 7 3/4" X 1 3/4" I.D. | 2   | C0477-F67*F68 |
| 28          | ARM PRESS HANDLE - 1" X 7"                  | 2   | C6385-F29*F68 |
| 30          | RESISTANCE CYLINDER                         | 2   | ZZ-0004*F68   |
| 31          | CYLINDER MOUNTING BRACKET                   | 2   | C6805-F41*F68 |
| 32          | LAT CABLE - 172"                            | 1   | C6658-F67*F68 |
| 33          | PULLEY - 4 1/2"                             | 4   | AA-8122*F68   |
| 34          | PULLEY - 3 1/2"                             | 6   | AA-8133*F68   |
| 35          | 2" X 3 1/2" LONG PULLEY PIVOT BRACKET       | 1   | C7723-F68*F68 |
| 36          | 3" "L" CABLE TRAP BRACKET                   | 4   | C7724-F68*F68 |
| 37          | 3 1/2" LONG "U" BRACKET                     | 2   | C7725-F68*F68 |
| 38          | 4" LONG ARM PRESS PIVOT BRACKET             | 2   | C7726-F68*F68 |
| 39          | 3" LONG "U" PULLEY BRACKET                  | 1   | C7727-F68*F68 |

# 70092 PART LIST

| DIAGRAM NO. | PART NAME                                  | QTY | ORDERING NO   |
|-------------|--|-----|---------------|
| 40          | WEIGHT STACK CABLE - 88"                   | 1   | C6659-F67*F68 |
| 41          | PLASTIC GUIDE BRACKET                      | 1   | AA-8241*F68   |
| 42          | 5 3/4" LONG FLAT DUAL CABLE CONNECTOR BRKT | 2   | C7728-F68*F68 |
| 43          | DIP ARM                                    | 2   | C4162-F68*F68 |
| 44          | DIP HANDLE                                 | 2   | C7311-F68*F68 |
| 45          | SMALL ARM PAD                              | 2   | C1407-F67*F68 |
| 46          | DIP STATION BACKREST                       | 1   | C1408-F67*F68 |
| 47          | ARM PRESS CAP                              | 1   | C6283-F68*F68 |
| 48          | 5/16" X 1 3/4" HEX HEAD BOLT               | 1   | HH-5301*F68   |
| 50          | 5/16" FLAT WASHER                          | 27  | HH-5127*F68   |
| 51          | 5/16" NYLON LOCK NUT                       | 37  | HH-5012*F68   |
| 52          | 5/16" X 2 1/4" HEX HEAD BOLT               | 5   | HH-5199*F68   |
| 53          | 5/16" X 2 3/4" HEX HEAD BOLT               | 13  | HH-5058*F68   |
| 54          | 5/16" X 2 1/2" HEX HEAD BOLT               | 4   | HH-5053*F68   |
| 55          | 5/16" X 1 1/2" HEX HEAD BOLT               | 6   | HH-5312*F68   |
| 56          | 5/16" X 2 1/2" CARRIAGE BOLT               | 1   | HH-5324*F68   |
| 57          | 5/16" X 3" HEX HEAD BOLT                   | 2   | HH-5167*F68   |
| 58          | 5/16" X 2" HEX HEAD BOLT                   | 4   | HH-5054*F68   |
| 60          | 5/16" X 3 1/4" HEX HEAD BOLT               | 1   | HH-5297*F68   |
| 61          | 5/16" X 3 1/2" HEX HEAD BOLT               | 1   | HH-5294*F68   |
| 62          | 3/8" FLAT WASHER                           | 3   | HH-5265*F68   |
| 63          | 3/8" NYLON LOCK NUT                        | 10  | HH-5088*F68   |
| 65          | 3/8" X 1 3/4" HEX HEAD BOLT                | 8   | HH-5308*F68   |
| 68          | 3/8" X 2 3/4" HEX HEAD BOLT                | 1   | HH-5238*F68   |
| 69          | 3/8" X 3 1/2" HEX HEAD BOLT                | 1   | HH-5062*F68   |
| 70          | 1/4" FLAT WASHER                           | 10  | HH-5048*F68   |
| 71          | 1/4" NYLON LOCK NUT                        | 6   | HH-5011*F68   |
| 72          | 1/4" X 2 1/2" ROUND HEAD SCREW             | 4   | HH-5044*F68   |
| 73          | 1/4" X 2" CARRIAGE BOLT                    | 2   | HH-5338*F68   |
| 74          | 1/4" X 3/4" ROUND HEAD SCREW               | 8   | HH-5022*F68   |
| 75          | 1/4" X 2" ROUND HEAD SCREW                 | 4   | HH-5256*F68   |
| 78          | "L" LOCKING PIN                            | 3   | WW-7075*F68   |
| 79          | 1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW | 2   | HH-5448*F68   |
| 80          | 2" SQUARE PLASTIC INSERT CAP               | 3   | AA-8002*F68   |
| 81          | 2" SQUARE RUBBER COVER CAP                 | 2   | AA-8221*F68   |
| 82          | 1" ROUND PLASTIC COVER CAP                 | 4   | HH-5348*F68   |
| 83          | 1 1/4" SQUARE PLASTIC INSERT CAP           | 1   | AA-8069*F68   |
| 84          | 1 1/2" SQUARE PLASTIC INSERT CAP           | 4   | AA-8001*F68   |
| 85          | 3/4" ROUND PLASTIC INSERT CAP              | 4   | AA-8004*F67   |

# 70092 PART LIST

| DIAGRAM NO. | PART NAME                                     | QTY   | ORDERING NO   |
|-------------|---|-------|---------------|
| 86          | 1 3/4" SQUARE PLASTIC INSERT CAP              | 6     | AA-8006*F68   |
| 87          | 1" ROUND PLASTIC INSERT CAP                   | 10    | AA-8005*F68   |
| 88          | 5/8" ROUND PLASTIC COVER CAP                  | 2     | HH-5357*F68   |
| 91          | 1" LONG METAL BUSHING - 5/16" I.D.            | 1     | HH-5343*F68   |
| 92          | 1/2" LONG METAL SPACER - 5/16" I.D.           | 1     | HH-5387*F68   |
| 93          | 3/8" I.D. X 9/16" LONG METAL SPACER           | 2     | HH-5390*F68   |
| 94          | 5/16" I.D. X 5/16" LONG METAL SPACER          | 4     | HH-5505*F68   |
| 95          | 1 1/2" SQUARE PIVOT BUSHING                   | 4     | AA-8203*F68   |
| 96          | 1" SPRING RETAINER RING                       | 6     | HH-5423*F68   |
| 97          | 1" LONG PLASTIC SLEEVE - 5/16" I.D.           | 1     | AA-8243*F68   |
| 98          | LARGE ROUND RUBBER WASHER                     | 2     | AA-8124*F68   |
| 99          | RUBBER SELECTOR TUBE END PLUG                 | 1     | AA-8123*F68   |
| 100         | WEIGHT SELECTOR PIN                           | 1     | WW-7013*F68   |
| 101         | THREADED PLASTIC KNOB                         | 3     | HH-5400*F68   |
| 102         | 5/8" SPRING RETAINER RING                     | 2     | HH-5422*F68   |
| 103         | 5/16" I.D. X 1 1/4" FLAIR END PLASTIC BUSHING | 2     | AA-8229*F68   |
| 104         | 5/8" I.D. X 1/4" LONG PLASTIC SPACER          | 2     | AA-8139*F68   |
| 105         | SMALL "S" HOOK                                | 1     | WW-7055*F68   |
| 106         | LAT BAR                                       | 1     | C6269-F29*F68 |
| 107         | LEG STRAP / ARM CURL HANDLE                   | 1     | EE-0075*F68   |
| 108         | LINKING CHAIN - 12"                           | 1     | WW-7072*F68   |
| 109         | LARGE "S" HOOK                                | 1     | WW-7075*F68   |
| 120         | CJXT3 MASTER TRAINER TOP MAST DECAL           | 1 SET | DE-4353*F68   |
| 121         | STATION 1 DECAL                               | 1 SET | DE-4353*F68   |
| 122         | STATION 3 DECAL                               | 1 SET | DE-4353*F68   |
| 123         | WEIGHT PLATE DECAL                            | 1 SET | DE-4353*F68   |
| 124         | RESISTANCE SCALE DECAL                        | 1 SET | DE-4353*F68   |
| 125         | POWER STACK DECAL                             | 1 SET | DE-4353*F68   |
| 126         | STATION 2 DECAL                               | 1 SET | DE-4353*F68   |
|             | ASSEMBLY MANUAL                               | 1     | CNN-1240*F68  |
|             | TRAINING GUIDE                                | 1     | CNN-1241*F68  |
|             | HARDWARE BAG STEP 1-2-3-4                     | 1     | C8771-F67*F68 |
|             | HARDWARE BAG STEP 5-6-7                       | 1     | C8772-F67*F68 |
|             | HARDWARE BAG STEP 8-9-10                      | 1     | C8773-F67*F68 |
|             |   |       |               |
|             |   |       |               |
|             |   |       |               |
|             |   |       |               |
|             |   |       |               |

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

**1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.**

**2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.**

**3. Before ordering parts by phone have ready the following information to expedite your order:**

- a. Name of the product (CJXT3 MASTER TRAINER)
- b. Model number of product (70092)
- c. Serial number of the product located on a decal on the frame  
( See front cover for location of decal)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Sporting Goods  
Parts Service Department  
900 West St. John Street  
Olney, Illinois 62450

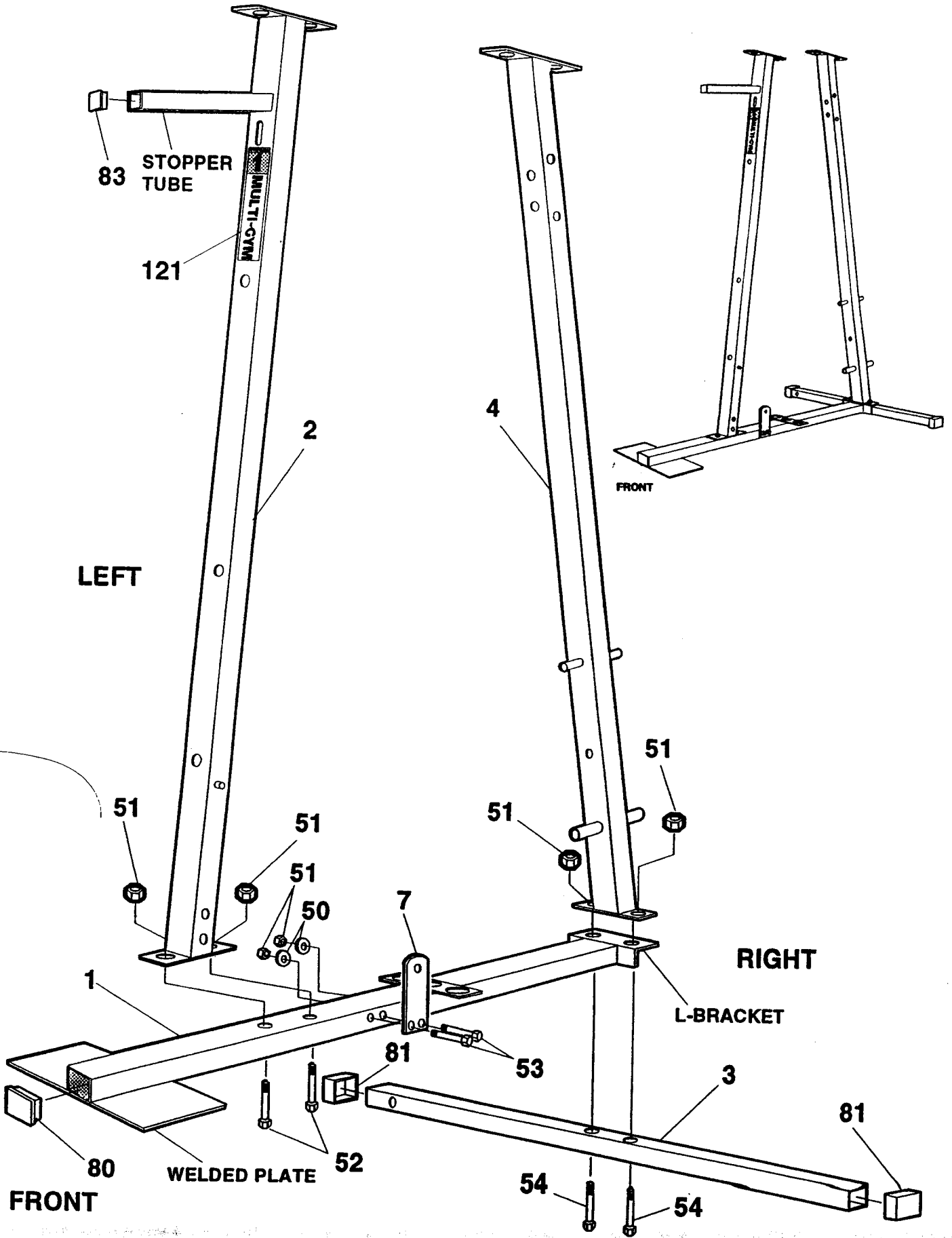
**DIRECTIONS FOR ASSEMBLY ARE GIVEN AS THOUGH YOU ARE STANDING IN FRONT OF THE GYM FACING THE ARM PRESS STATION. THE ARM PRESS STATION BEING THE FRONT OF THE GYM. FROM THIS VIEW, THE STEPPER WILL BE ASSEMBLED TO THE RIGHT SIDE OF THE GYM AND THE V.A.F. STATION TO THE LEFT.**

## STEP 1 FRAME ASSEMBLY

| PART NAME                           | QTY |
|-------------------------------------|-----|
| 48 5/16" X 1 3/4" HEX HEAD BOLT     | 1   |
| 50 5/16" FLAT WASHER                | 3   |
| 51 5/16" NYLON LOCK NUT             | 8   |
| 52 5/16" X 2 1/4" HEX HEAD BOLT     | 2   |
| 53 5/16" X 2 3/4" HEX HEAD BOLT     | 2   |
| 54 5/16" X 2 1/2" HEX HEAD BOLT     | 2   |
| 55 5/16" X 1 1/2" HEX HEAD BOLT     | 1   |
| 80 2" SQUARE PLASTIC INSERT CAP     | 1   |
| 81 2" SQUARE RUBBER COVER CAP       | 2   |
| 83 1 1/4" SQUARE PLASTIC INSERT CAP | 1   |
| 97 1" LONG PLASTIC SLEEVE           | 1   |

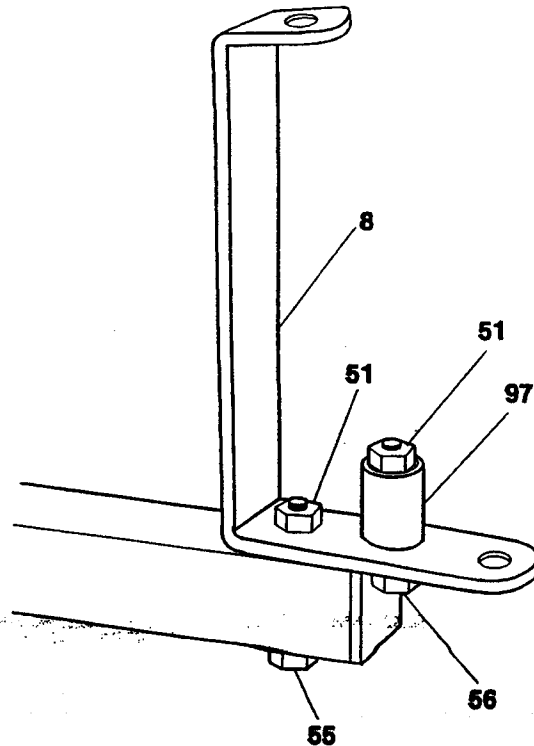
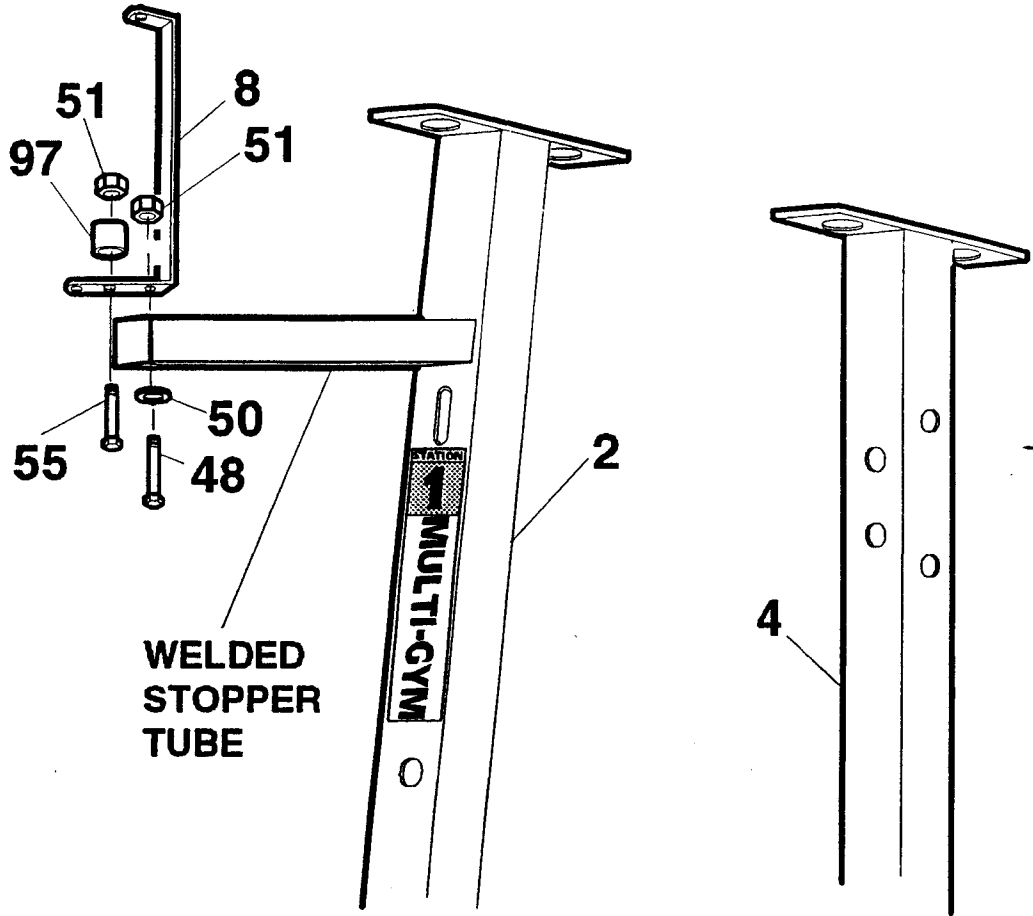
- Cap the front end of the BASE FRAME (1) with a 2" SQUARE PLASTIC INSERT CAP (80).
- With the BASE FRAME (1) oriented so the welded plate at the front of the Base will be to the ground when assembled, fasten the ARM PRESS UPRIGHT (2) to the front section of the Base with two 5/16" X 2 1/4" HEX HEAD BOLTS (52) and 5/16" NYLON LOCK NUTS (51). Note that the UPRIGHT (2) should tilt back toward the rear of the Base when assembled.
- Select the 2" SQUARE X 38" LONG REAR BASE TUBE (3). Note that the holes are indented on one side. This side sits against the floor when assembled.
- Cap each end of the REAR BASE TUBE (3) with a 2" SQUARE RUBBER COVER CAP (81).
- Position the REAR BASE TUBE (3) into the "L" bracket of the BASE FRAME (1) so the longest section of the REAR BASE TUBE (3) is to the right. Bolt up through the Rear Base Tube and Bracket with 5/16" X 2 1/2" HEX HEAD BOLTS (54).
- Sit the STEPPER UPRIGHT (4) over the Bolts so the Plate at the top of the Upright slants upward from the back to the front.
- Bolt the BASE FRAME (1) and UPRIGHT (4) securely with 5/16" NYLON LOCK NUTS (51).
- Locate the BASE PULLEY BRACKET (7). (This is a flat plate 2" X 6" with two holes at one end and a single hole at the other.) Assemble this Bracket to the right side of the BASE FRAME (1) with two 5/16" X 2 3/4" HEX HEAD BOLTS (53). Secure with 5/16" FLAT WASHERS (50) and 5/16" NYLON LOCK NUTS (51).
- Cap the end of the Stopper Tube on the ARM PRESS UPRIGHT (2) with a 1 1/4" SQUARE PLASTIC INSERT CAP (83).
- Remove the STATION 1 DECAL (121) from the backing sheet and position the Decal to the front of the ARM PRESS UPRIGHT (2) below the Stopper Tube.





To the Welded Stopper Tube on the front of the ARM PRESS UPRIGHT (2), bolt the SUPPORT BRACE (8) by assembling a 5/16" FLAT WASHER (50) onto a 5/16" X 1 3/4" HEX HEAD BOLT (48) and bolting up through the Stopper Tube and then into the hole in the back of the Support. Secure with a 5/16" NYLON LOCK NUT (51).

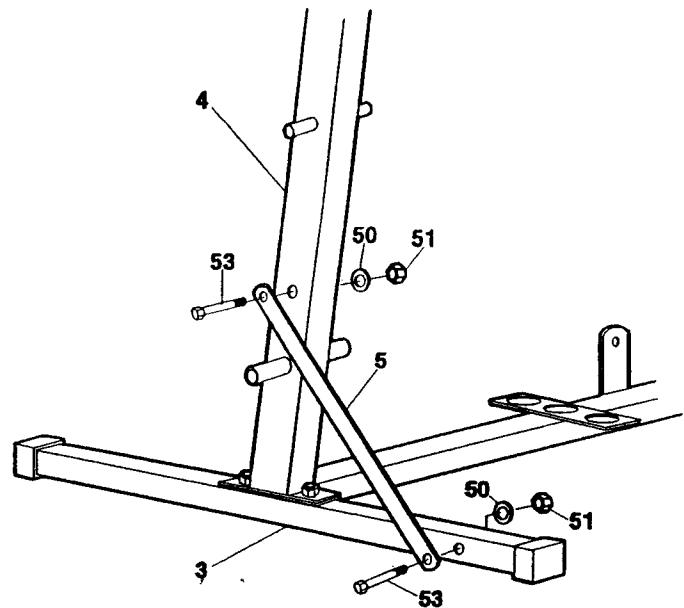
Insert a 5/16" X 1 1/2" HEX HEAD BOLT (55) up through the center hole in the SUPPORT BRACE (8). Slip a 1" LONG PLASTIC SLEEVE (97) over the Bolt and secure with a 5/16" NYLON LOCK NUT (51).



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**STEP 2 STEPPER ASSEMBLY**

| PART NAME                                | QTY |
|--|-----|
| 50 5/16" FLAT WASHER                     | 4   |
| 51 5/16" NYLON LOCK NUT                  | 4   |
| 53 5/16" X 2 3/4" HEX HEAD BOLT          | 2   |
| 55 5/16" X 1 1/2" HEX HEAD BOLT          | 2   |
| 79 1/2" LONG SELF TAPPING SCREW          | 2   |
| 82 1" ROUND PLASTIC COVER CAP            | 2   |
| 88 5/8" ROUND PLASTIC COVER CAP          | 2   |
| 95 1 1/2" SQUARE PIVOT BUSHING           | 4   |
| 96 1" SPRING RETAINER RING               | 2   |
| 101 THREADED KNOB                        | 2   |
| 102 5/8" SPRING RETAINER RING            | 2   |
| 103 5/8" I.D. X 1 1/4" FLAIR END BUSHING | 2   |
| 104 5/8" I.D. X 1/4" LONG PLASTIC SPACER | 2   |



- Attach the diagonal STRAP BRACE (5) to the side of the REAR BASE TUBE (3) by bolting with a 5/16" X 2 3/4" HEX HEAD BOLT (53) through the Strap Brace then through the Base Tube. Fasten with 5/16" FLAT WASHER (50) and 5/16" NYLON LOCK NUT (51).

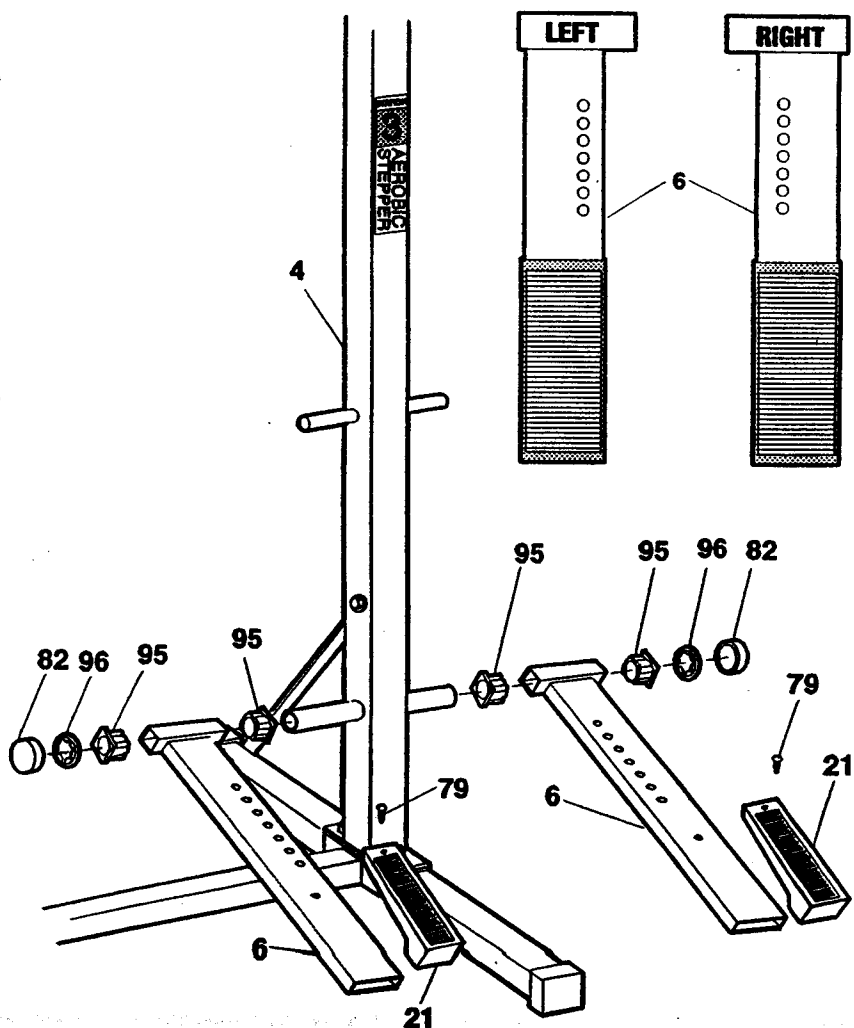
- Attach the top end of the STRAP BRACE (5) to the STEPPER UPRIGHT (4) using a 5/16" X 2 3/4" HEX HEAD BOLT (53) to bolt through the Brace and then through the Stepper Upright. Secure with a 5/16" FLAT WASHER (50), and 5/16" NYLON LOCK NUT (51).

- Insert 1 1/2" SQUARE PIVOT BUSHINGS (95) into the end of the STEPPER PEDALS (6).

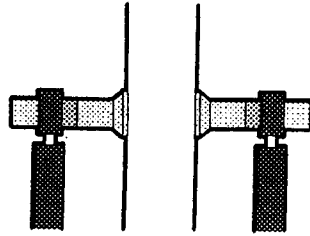
- Slide the STEPPER PEDALS (6) onto the 1" Stepper Pivot Tube at the base of the STEPPER UPRIGHT (4). Note that the Pedals should be assembled to the right side of the UPRIGHT (4) and the series of holes in the PEDALS (6) should be to the inside.

- Using a 1" ROUND PLASTIC COVER CAPS (82) as an aid, drive a 1" SPRING RETAINER RING (96) onto the Pivot Tube to secure the PEDALS (6) in place. Note that the teeth in the Spring Retainers are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on. Tap in place with a hammer.

- Attach the molded PLASTIC PEDAL TREADS (21) to the top of the STEPPER PEDALS (6) with 1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS (79).

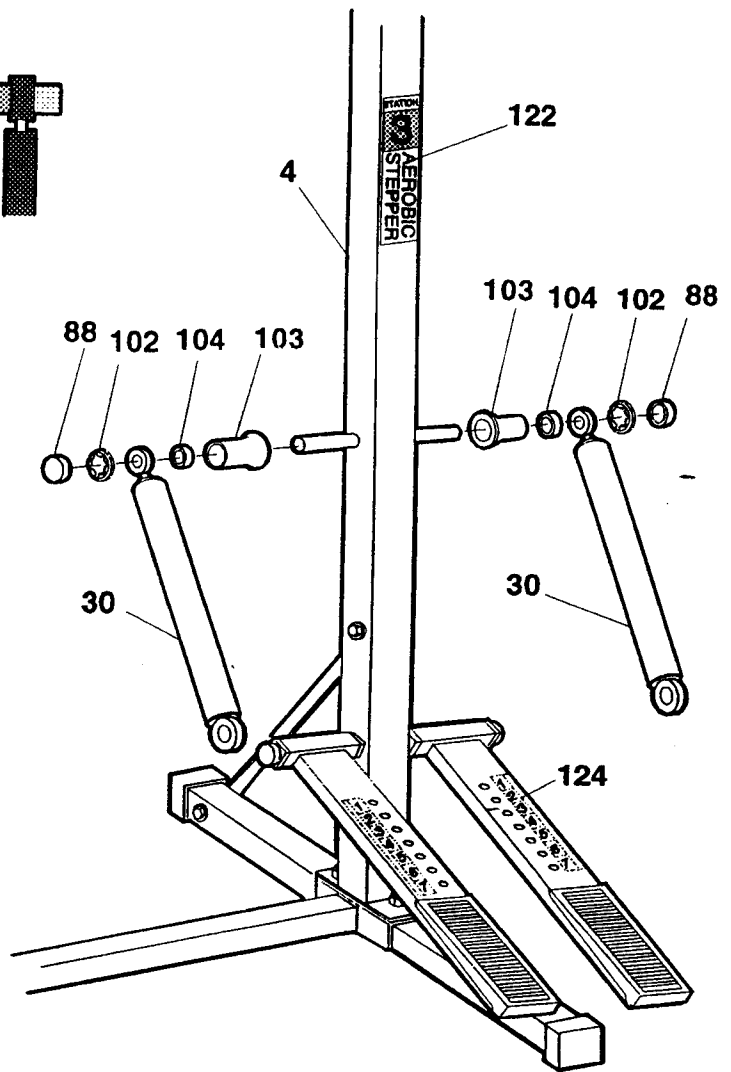


- Fit a 5/8" I.D. X 1 1/4" FLAIR END PLASTIC BUSHING (103) and a 5/8" I.D. X 1/4" LONG PLASTIC SPACER (104) onto the 5/8" Shock Pivot Tube on the Stepper Upright.

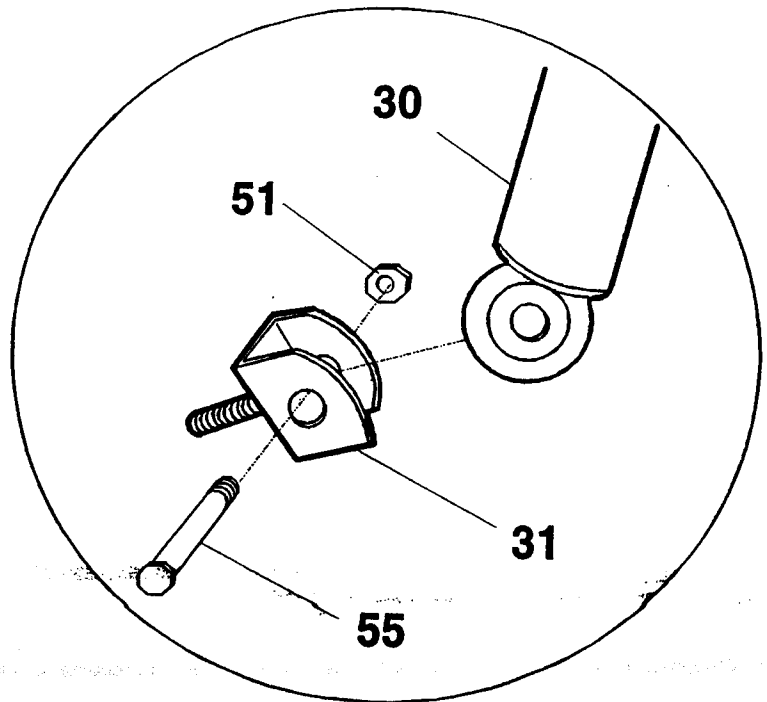


DETAIL A

- Slide a RESISTANCE CYLINDER (30) over the Shock Pivot Tube and secure in place with a 5/8" SPRING RETAINER RING (102). Again the teeth of the Retainer Ring should be positioned outward and use the 5/8" ROUND PLASTIC COVER CAP (88) as an aid to help secure the Retainer Ring in place. Tap this Cap & Retainer Ring on using a hammer. (SEE DETAIL A)



- To the bottom end of the RESISTANCE CYLINDERS (30), attach the CYLINDER MOUNTING BRACKET (31) with a 5/16" X 1 1/2" HEX HEAD BOLT (55) and 5/16" NYLON LOCK NUT (51).

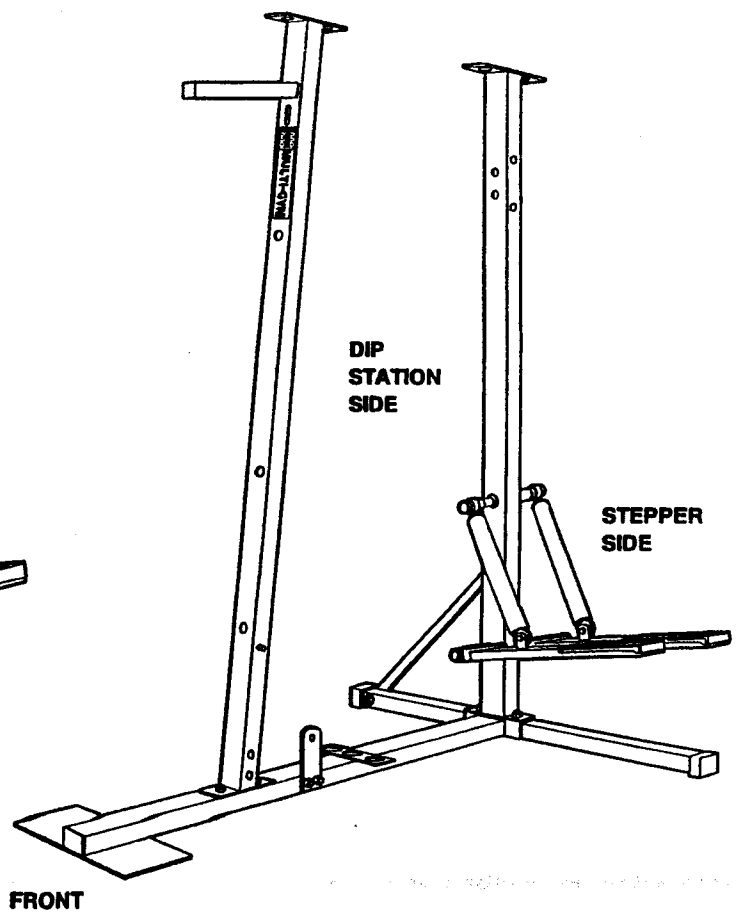
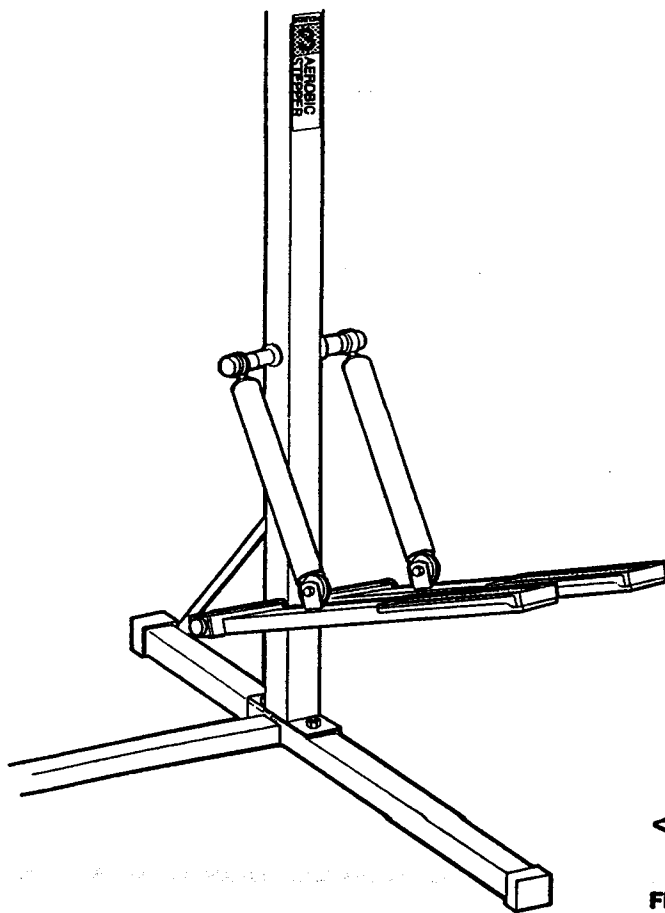
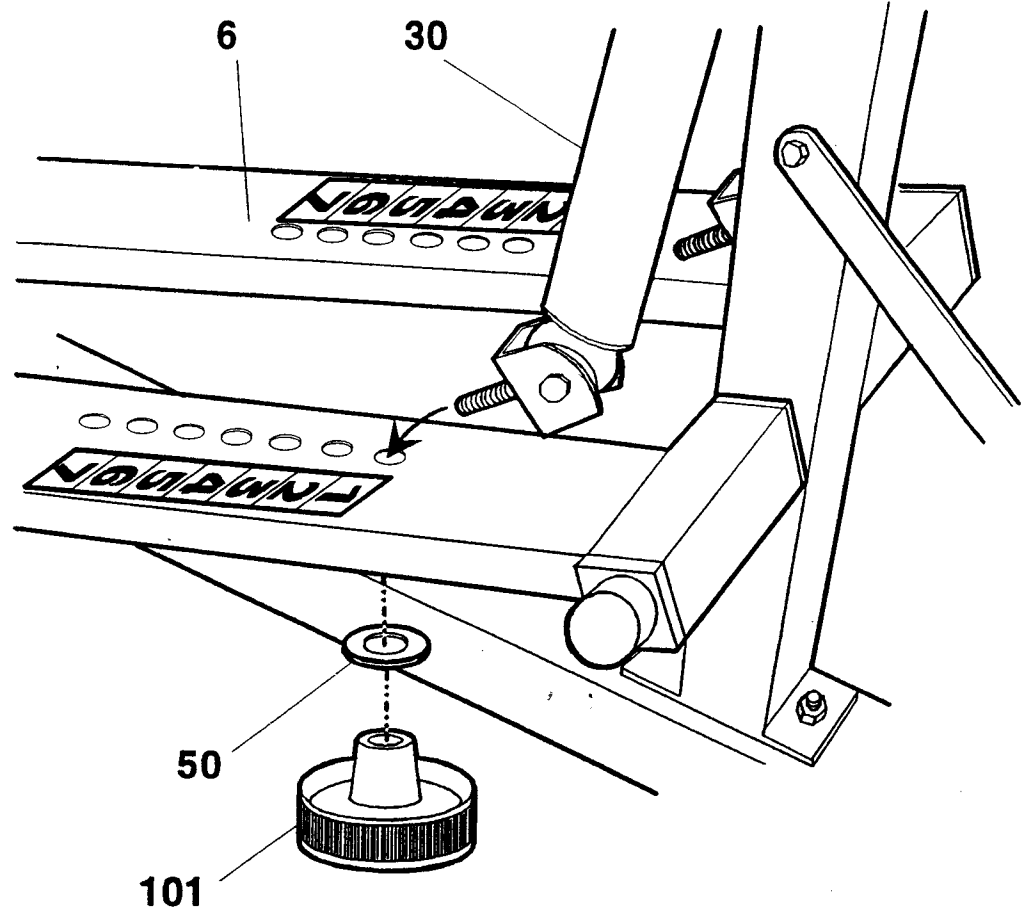


- Remove the STEPPER STATION DECAL (122) from the backing sheet and apply to the STEPPER UPRIGHT (4) on the Stepper side of the Upright Frame.

- Remove the RESISTANCE SCALE DECALS (124) from the backing sheet and attach the Decals to the STEPPER PEDALS (6) along side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from front to back.

- Insert the bolt on the **CYLINDER MOUNTING BRACKET (31)** into one of the holes in the **STEPPER PEDALS (6)** and secure in place with a **5/16" FLAT WASHER (50)** and a **THREADED KNOB (101)**.

» **NOTE:** There are seven hole locations in the **STEPPER PEDALS (6)**. The Stepper resistance increases as the Cylinder is moved toward the end of the Pedal.



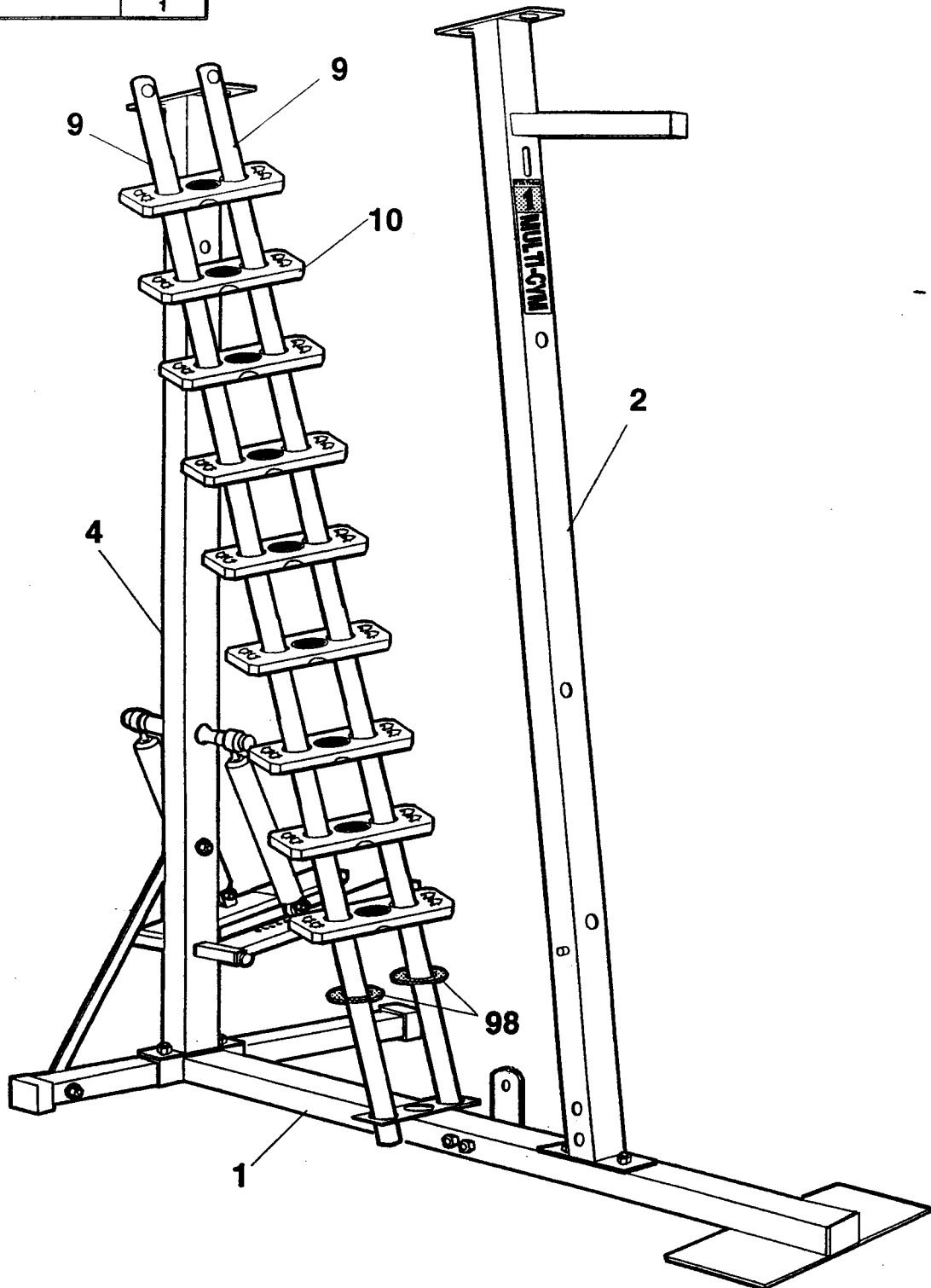
**STEP 3 WEIGHT STACK ASSEMBLY**

| PART NAME                        | QTY |
|----------------------------------|-----|
| 98 LARGE ROUND RUBBER WASHER     | 2   |
| 99 RUBBER SELECTOR TUBE END PLUG | 1   |
| 100 WEIGHT SELECTOR PIN          | 1   |

Orient the **GUIDE RODS (9)** so that the bolt hole at the end of each Guide Rod is to the top. Insert the Guide Rods into the Guide Rod Plate welded atop the **BASE FRAME (1)**.

Slide a **LARGE ROUND RUBBER WASHER (98)** down over each Guide Rod and position atop the Plate.

Working with one **WEIGHT PLATE (10)** at a time, stack nine Weight Plates onto the **GUIDE RODS (9)** so the pinning access slot in the Weight Plate is down and to the front. Once the stack is complete, check again to make sure all Plates are positioned properly.

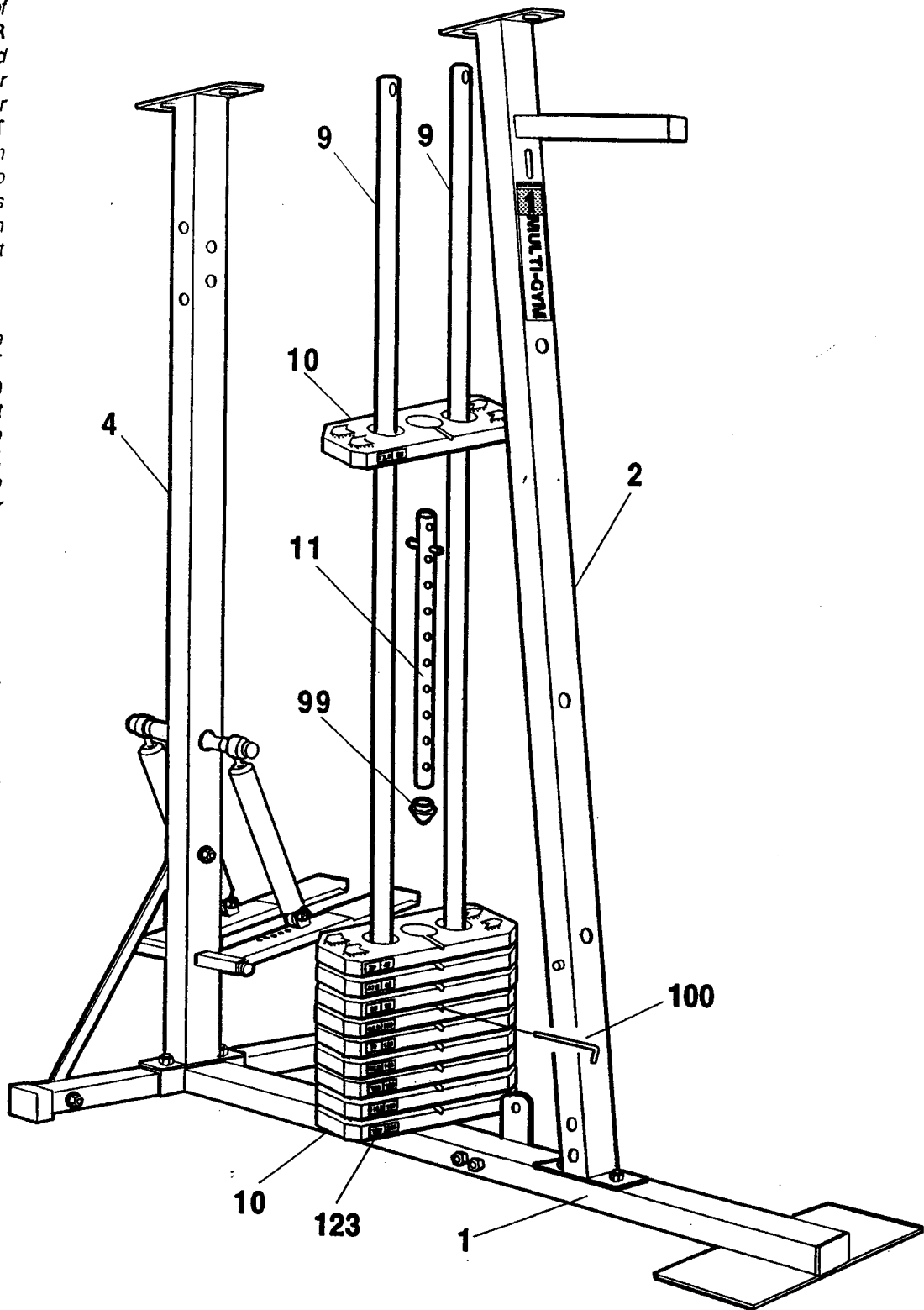


- Press the pointed **RUBBER SELECTOR TUBE END PLUG (99)** into the bottom end of the **SELECTOR TUBE (11)** and insert the Selector Tube into the center hole of the **WEIGHT PLATES (10)**. Turn the Selector Tube so that the Roll Pin sits into the groove in the top Weight Plate.

- Finally, assemble the last **WEIGHT PLATE (10)** down onto the Weight stack so the **SELECTOR TUBE (11)** comes up through the center hole.

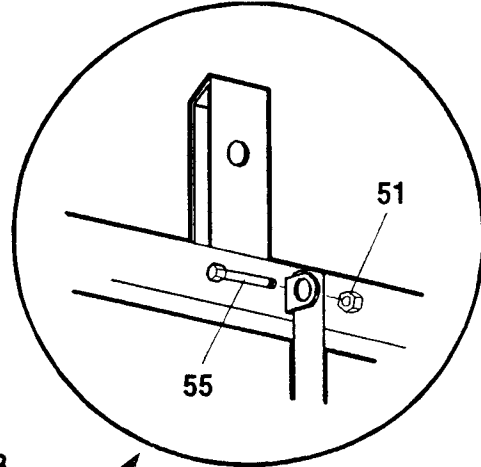
- Insert the **WEIGHT SELECTOR PIN (100)** into the Weight stack at the bottom Plate until assembly is complete and the Cable system has been adjusted for proper tensioning.

- Remove the **WEIGHT PLATE DECALS (123)** from the backing sheet and affix to the edge of the **WEIGHT PLATES (10)** just to the side of the **WEIGHT SELECTOR PIN (100)** hole. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.



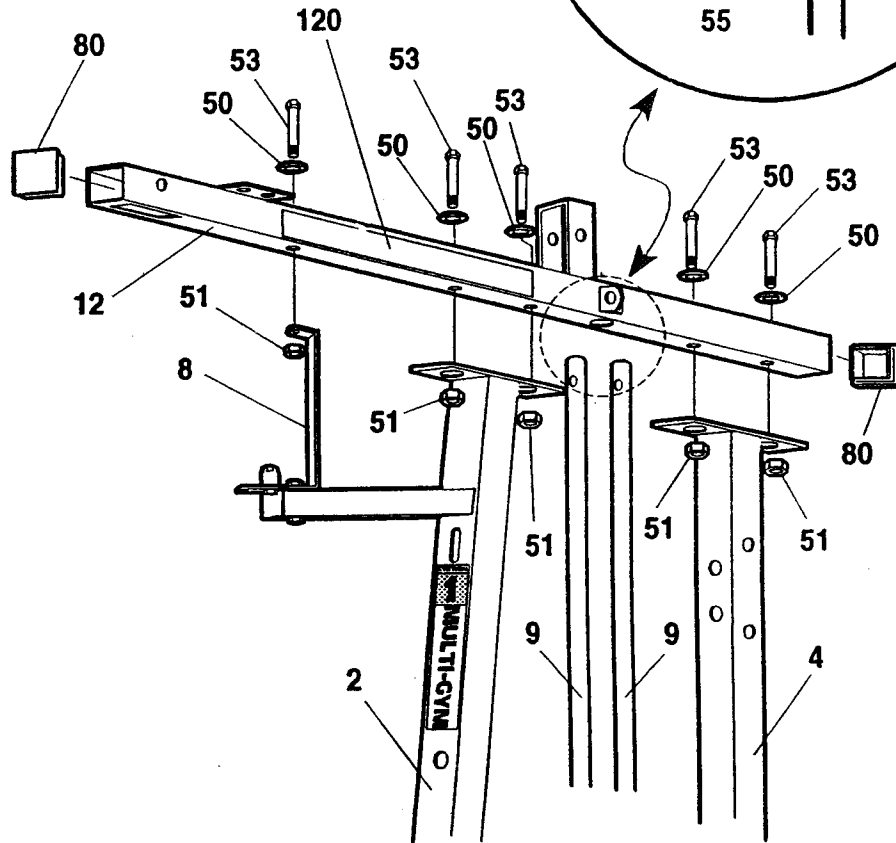
## STEP 4 TOP FRAME ASSEMBLY

| PART NAME                       | QTY |
|---------------------------------|-----|
| 50 5/16" FLAT WASHER            | 5   |
| 51 5/16" NYLON LOCK NUT         | 7   |
| 53 5/16" X 2 3/4" HEX HEAD BOLT | 5   |
| 55 5/16" X 1 1/2" HEX HEAD BOLT | 2   |
| 80 2" SQUARE PLASTIC INSERT CAP | 2   |



Position the TOP FRAME (12) atop the UPRIGHTS (2) & (4) so the welded Pulley Bracket is up and the slotted end of the Frame is forward.

Bolt down through the hole in the rear of the TOP FRAME (12) and into the bracket atop the STEPPER UPRIGHT (4) with 5/16" X 2 3/4" HEX HEAD BOLTS (53) and 5/16" FLAT WASHERS (50). Fasten with 5/16" NYLON LOCK NUTS. (51) (Do not tighten completely at this time.)



Again bolt down through the TOP FRAME (12) and into the Plate at the top of the ARM PRESS UPRIGHT (2) with two more 5/16" X 2 3/4" HEX HEAD BOLTS (53) and 5/16" FLAT WASHERS (50). Secure with 5/16" NYLON LOCK NUTS (51) but do not tighten.

Next bolt down through the TOP FRAME (12) again and into the SUPPORT BRACE (8) at the front of the ARM PRESS UPRIGHT (2) with another 5/16" X 2 3/4" HEX HEAD BOLT (53) and 5/16" FLAT WASHER (50). Assemble a 5/16" NYLON LOCK NUT (51) and tighten this and the other Upright assembly bolts tightly.

Position the GUIDE RODS (9) behind the brackets at the sides of the TOP FRAME (12) and fasten with 5/16" X 1 1/2" HEX HEAD BOLTS (55) and 5/16" NYLON LOCK NUTS (51).

Cap each end of the TOP FRAME (12) with 2" SQUARE PLASTIC INSERT CAPS (80).

Remove the CJXT3 MASTER TRAINER MAST DECAL (120) from the backing sheet and position the Decal to the side of the TOP FRAME (12) in front of the welded bracket.



**STEP 5 BACKREST & SEAT ASSEMBLY**

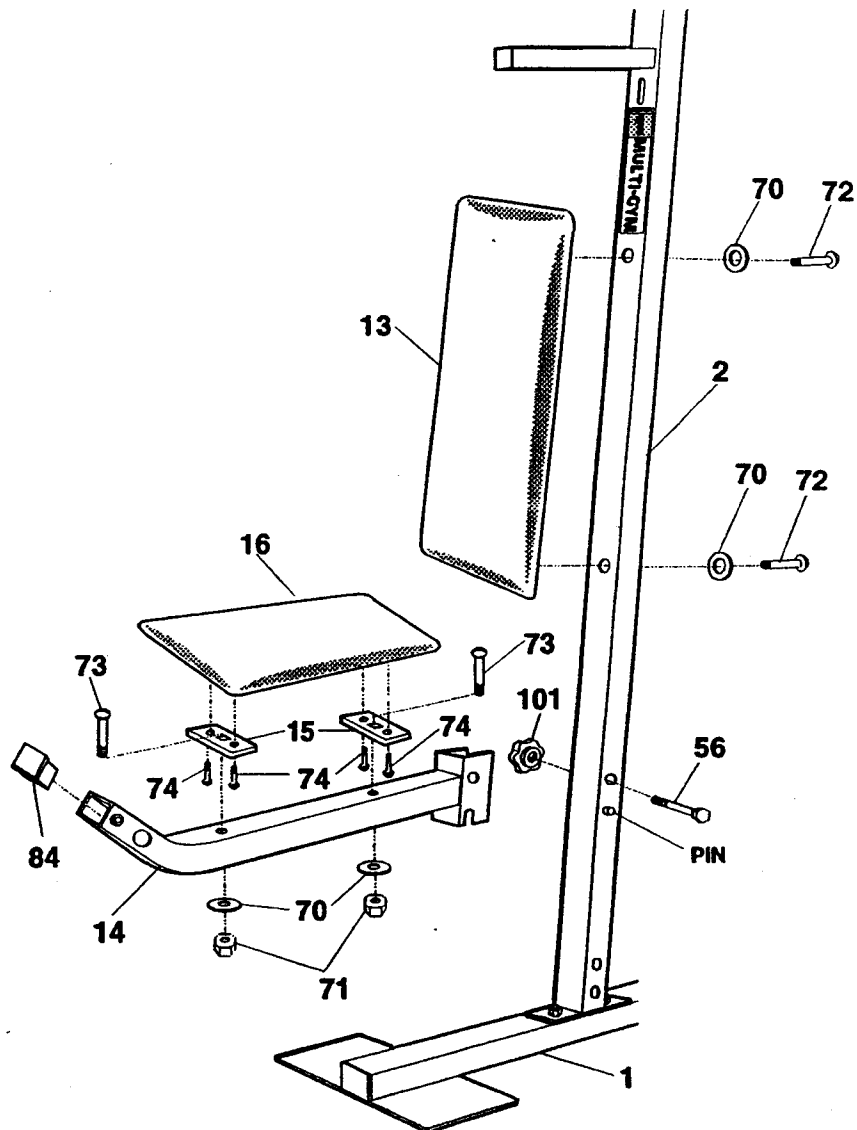
| PART NAME                           | QTY |
|-------------------------------------|-----|
| 56 5/16" X 2 1/2" CARRIAGE BOLT     | 1   |
| 70 1/4" FLAT WASHER                 | 4   |
| 71 1/4" NYLON LOCK NUT              | 2   |
| 72 1/4" X 2 1/2" ROUND HEAD SCREW   | 2   |
| 73 1/4" X 2" CARRIAGE BOLT          | 2   |
| 74 1/4" X 3/4" ROUND HEAD SCREW     | 4   |
| 84 1 1/2" SQUARE PLASTIC INSERT CAP | 1   |
| 101 THREADED PLASTIC KNOB           | 1   |

Orient the **BACKREST (13)** so that "WEIDER" reads from top to bottom. Bolt through from the back side of the **ARM PRESS UPRIGHT (2)** and into the Backrest with 1/4" X 2 1/2" **ROUND HEAD SCREWS (72)** and 1/4" **FLAT WASHERS (70)**.

Orient the **SEAT FRAME (14)** so that the end of the tube turns upward. Fit the bracket of the Seat Frame around the **ARM PRESS UPRIGHT (2)** and set the slot in the Seat Frame over the pin in the Upright. Insert a 5/16" X 2 1/2" **CARRIAGE BOLT (56)** through the Seat Bracket and Upright and secure with a **THREADED PLASTIC KNOB (101)**. Cap the end of the **SEAT FRAME (14)** with a 1 1/2" **SQUARE PLASTIC INSERT CAP (84)**.

Attach the **SEAT MOUNTING BRACKETS (15)** (These are flat brackets 2" X 6" with two round holes and a square hole in the center) to the top side of the **SEAT FRAME (14)** by bolting down through the Mounting Brackets and through the Seat Frame with 1/4" X 2" **CARRIAGE BOLTS (73)**. Fasten in place with 1/4" **FLAT WASHERS (70)** and 1/4" **NYLON LOCK NUTS (71)**. Do not tighten at this time.

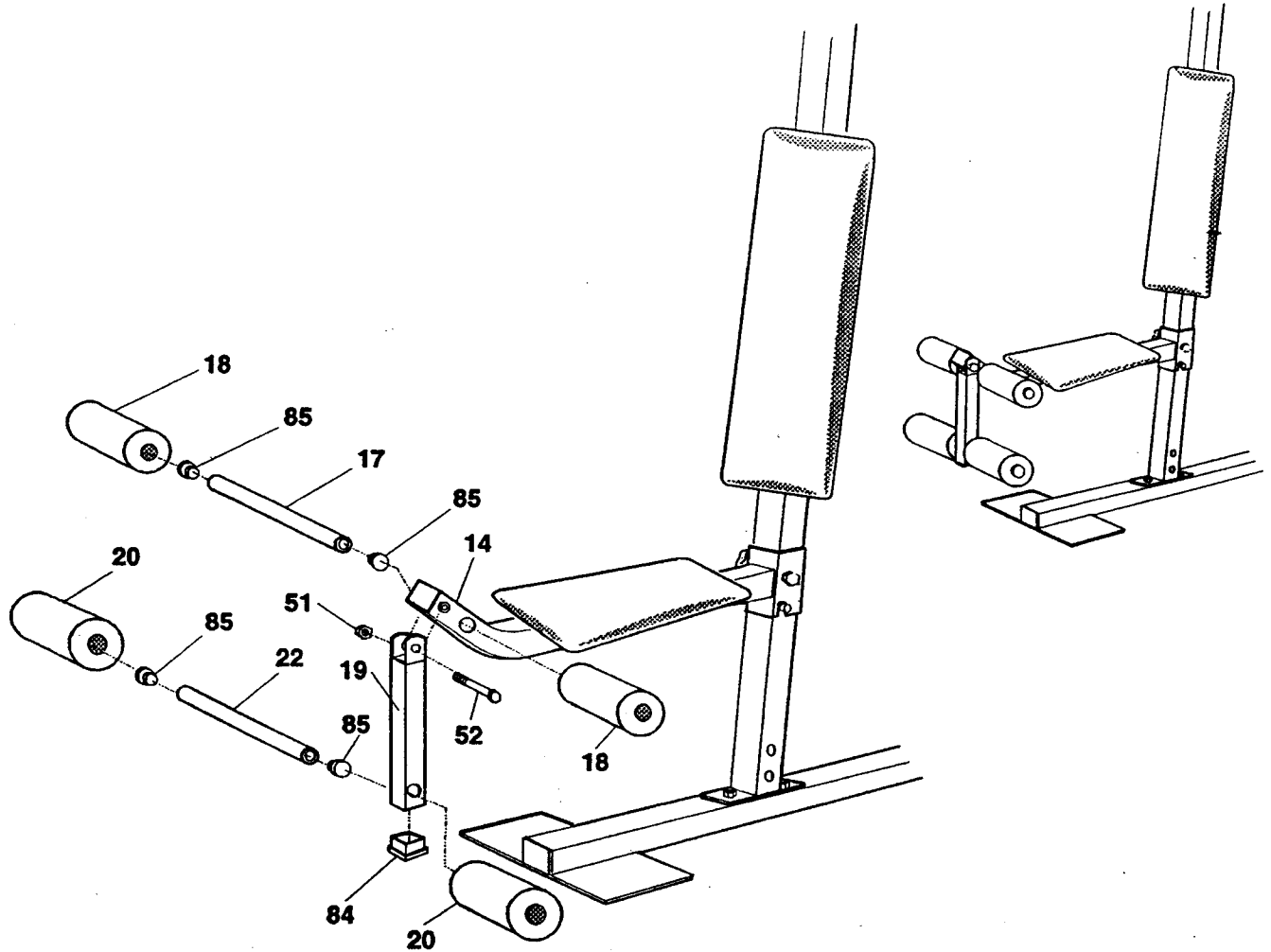
Locate the **SEAT (16)** over the **SEAT MOUNTING BRACKETS (15)** so the wide end of the Seat is to the front of the unit. Assemble up through the Brackets and into the bottom of the Seat with 1/4" X 3/4" **ROUND HEAD SCREWS (74)**. Now tighten the Carriage Bolts holding the Brackets.



**STEP 6 LEG EXTENSION ASSEMBLY**

| PART NAME                           | QTY |
|-------------------------------------|-----|
| 51 5/16" NYLON LOCK NUT             | 1   |
| 52 5/16" X 2 1/4" HEX HEAD BOLT     | 1   |
| 84 1 1/2" SQUARE PLASTIC INSERT CAP | 1   |
| 85 3/4" ROUND PLASTIC INSERT CAP    | 4   |

- Press a 3/4" ROUND INSERT CAP (85) into the ends of a 3/4" X 13 1/2" LONG PAD BAR (17). Wipe a small amount of liquid dish detergent along the length of the Pad Bar. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert the Pad Bar into a 2 1/4" X 6" FOAM ROLLER (18).

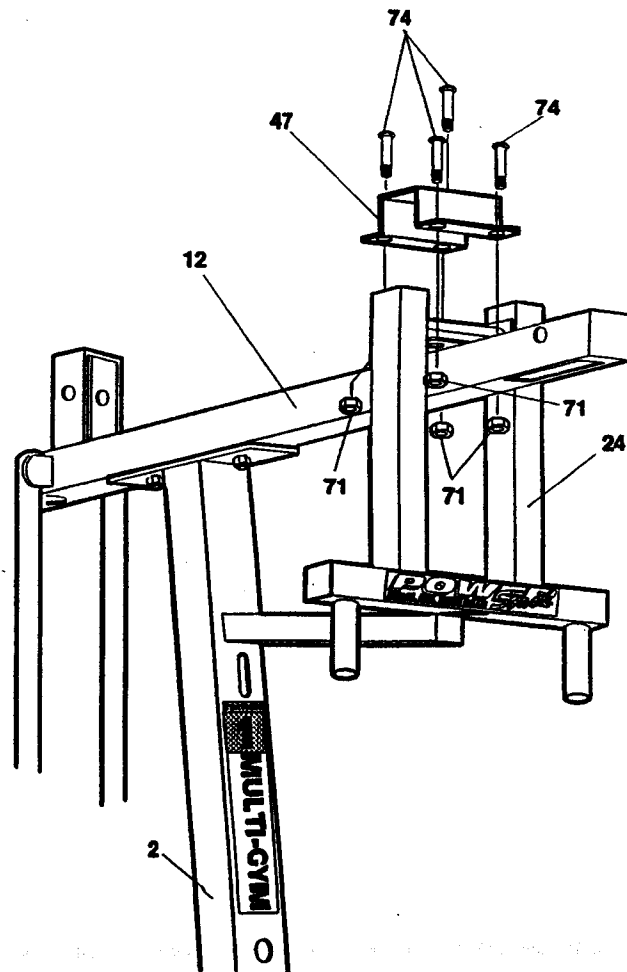
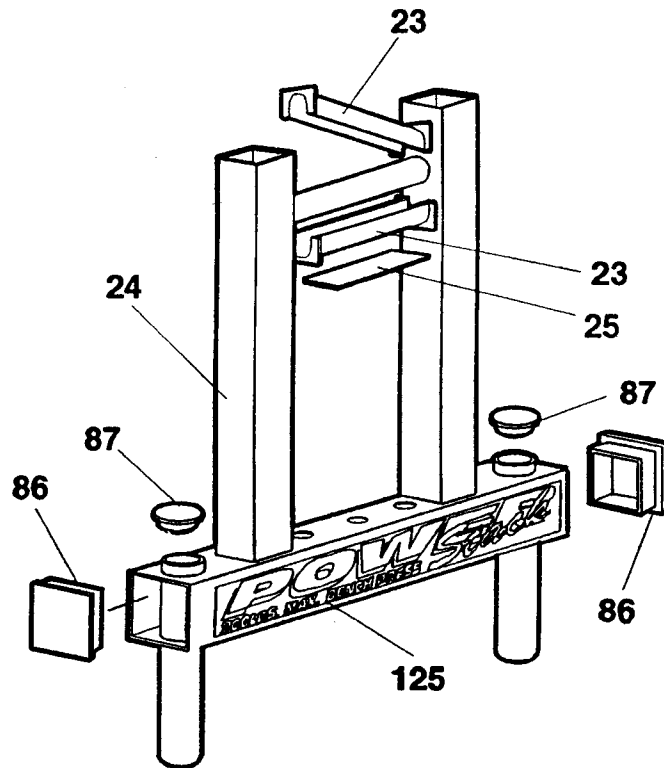


- Insert the Pad Bar assembly into the access hole at the front of the SEAT FRAME (14) and slide on a second 2 1/4" X 6" FOAM ROLLER (18).
- Cap the bottom end of the LEG EXTENSION (19) with a 1 1/2" SQUARE PLASTIC CAP (84) and bolt the LEG EXTENSION (19) to the front of the SEAT FRAME (14) with a 5/16" X 2 1/4" HEX HEAD BOLT (52) and 5/16" NYLON LOCK NUT (51).
- Insert a 3/4" ROUND PLASTIC INSERT CAP (85) into each end of a 3/4" X 12 1/2" ROUND PAD BAR (22). Wipe a small amount of liquid dish detergent along the length of the Pad Bar and push into a 3" X 5 1/2" FOAM ROLLER (20).
- Insert the Pad Bar assembly into the bottom section of the LEG EXTENSION (19) and slide on another 3" X 5 1/2" FOAM ROLLER (20).

**STEP 7 ARM PRESS ASSEMBLY**

| PART NAME                               | QTY |
|---|-----|
| 50 5/16" FLAT WASHER                    | 4   |
| 51 5/16" NYLON LOCK NUT                 | 2   |
| 52 5/16" X 2 1/4" HEX HEAD BOLT         | 2   |
| 71 1/4" NYLON LOCK NUT                  | 4   |
| 74 1/4" X 3/4" ROUND HEAD SCREW         | 4   |
| 78 "L" LOCKING PIN                      | 3   |
| 82 1" ROUND PLASTIC COVER CAP           | 2   |
| 86 1 3/4" SQUARE PLASTIC INSERT CAP     | 6   |
| 87 1" ROUND PLASTIC INSERT CAP          | 4   |
| 94 5/16" I.D. X 5/16" LONG METAL SPACER | 2   |
| 96 1" I.D. SPRING RETAINER RING         | 4   |

- Fit a 4" LONG HALF ROUND PLASTIC PIVOT BUSHING (23) into the ARM PRESS PIVOT FRAME (24). Assemble this around the round tube welded between the Arm Press Frame. Position a second PIVOT BUSHING (23) around the tube.
- Fit a 1 1/8" X 3 1/2" FLAT PLATE (25) under the PIVOT BUSHING (23) and locate this assembly over the TOP FRAME (12) and align with the plate welded to the top side of the TOP FRAME (12).
- Place the ARM PRESS CAP (47) on top of the ARM PRESS PIVOT FRAME (24). Align the bolt holes in the Arm Press Cap with the bolt holes in the plate welded to the top side of the TOP FRAME (12).
- Bolt the assembly to the TOP FRAME (12) with four 1/4" X 3/4" ROUND HEAD SCREWS (74) by bolting down through the top of the ARM PRESS CAP (47) and then through the bolt holes in the welded plate on the Top Frame. Secure with 1/4" NYLON LOCK NUTS (71).
- Cap each end of the bottom Cross Tube of the ARM PRESS PIVOT BRACKET (24) with 1 3/4" SQUARE PLASTIC INSERT CAPS (86).
- Cap the top of the Pivot Tubes with a 1" ROUND PLASTIC INSERT CAP (87).
- Remove the POWER STACK DECAL (125) from the backing sheet and position the Decal to the front of the Cross Tube on the ARM PRESS PIVOT FRAME (125).



- Press the **ARM PRESS ARMS (26)** onto the 1" Pivot Tubes welded in the **ARM PRESS PIVOT FRAME (24)**.
- Secure the **ARM PRESS ARMS (26)** onto the Pivot Tube with two 1" I.D. **SPRING RETAINER RINGS (96)** and cap the tube end with a 1" **ROUND PLASTIC COVER CAP (82)**.

» **NOTE:** The Spring Clips are made so that the teeth tilt to one side. Align the clips so the teeth are pointed down. The 1" Cover Cap can be used to help drive the clips onto the Pivot Tube. Align the clips and cap with the tube end and lightly drive the assembly in place with the aid of a hammer.

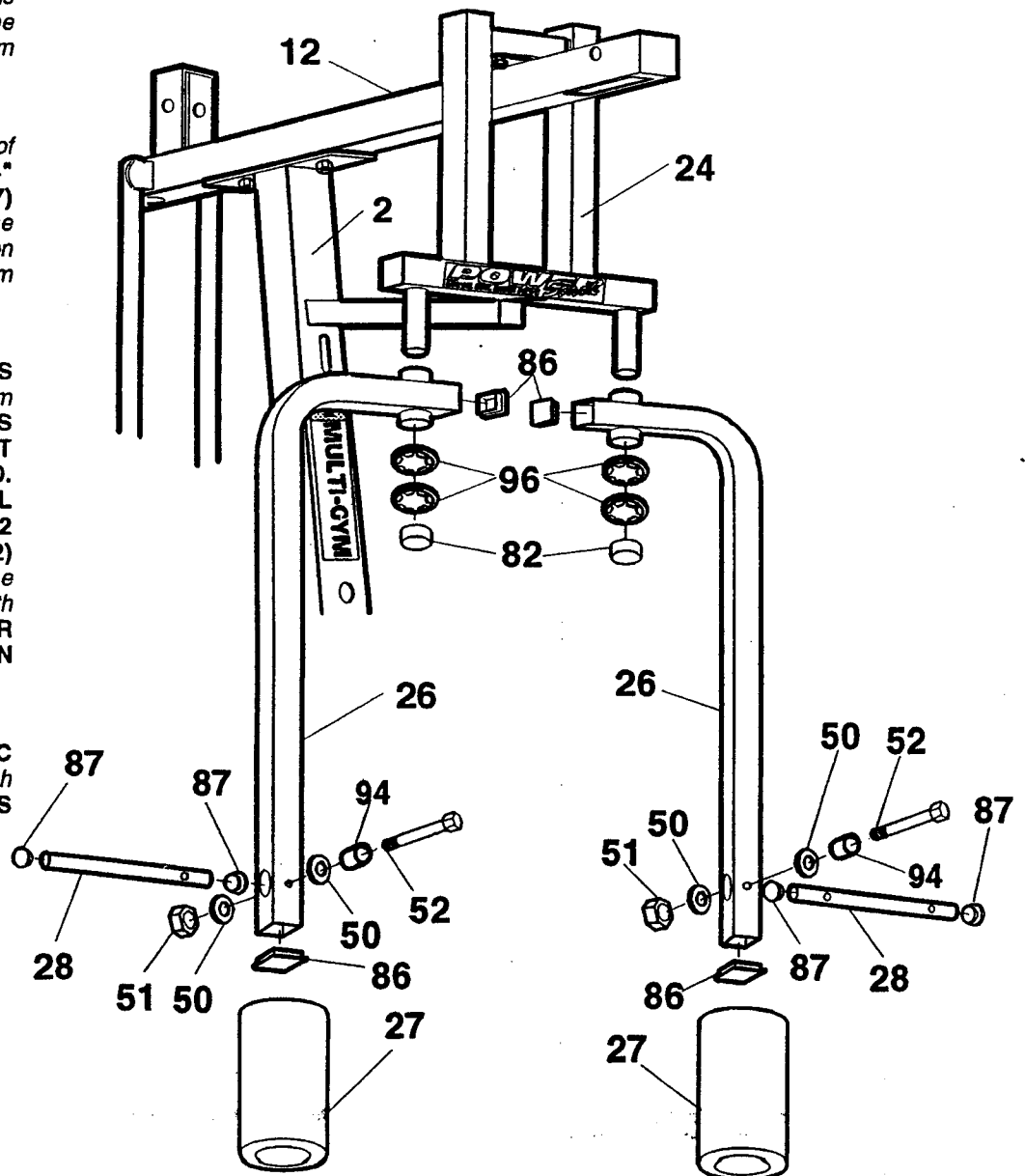
- Cap each end of the **ARM PRESS ARMS (26)** with 1 3/4" **SQUARE PLASTIC INSERT CAPS (86)**.

- Pin down through the **ARM PRESS PIVOT BRACKET (24)** and into the **ARM PRESS ARMS (26)** with "L" **LOCKING PINS (78)** to lock the Arms from rotating. (This is the pinning position for doing Arm Press exercises.)

- Squeeze a small amount of liquid detergent into the 3 3/4" X 7 3/4" **FOAM ROLLERS (27)** and slide the Rollers onto the Arm Press Arms and position them about 5" up from the Arm Press end.

- Insert the 1" X 7" **ARM PRESS HANDLES (28)** into the bottom section of the **ARM PRESS ARMS (26)**. Fit a 5/16" **FLAT WASHER (50)** and a 5/16" I.D. X 5/16" **LONG METAL SPACER (94)** onto a 5/16" X 2 1/4" **HEX HEAD BOLT (52)** and attach the Handle into the Arm Press Arm. Fasten with another 5/16" **FLAT WASHER (50)** and a 5/16" **NYLON LOCK NUT (51)**.

- Insert a 1" **ROUND PLASTIC INSERT CAP (87)** into each end of the **ARM PRESS HANDLES (28)**.



# 70092 CABLE ROUTING

**LAT CABLE**  
32

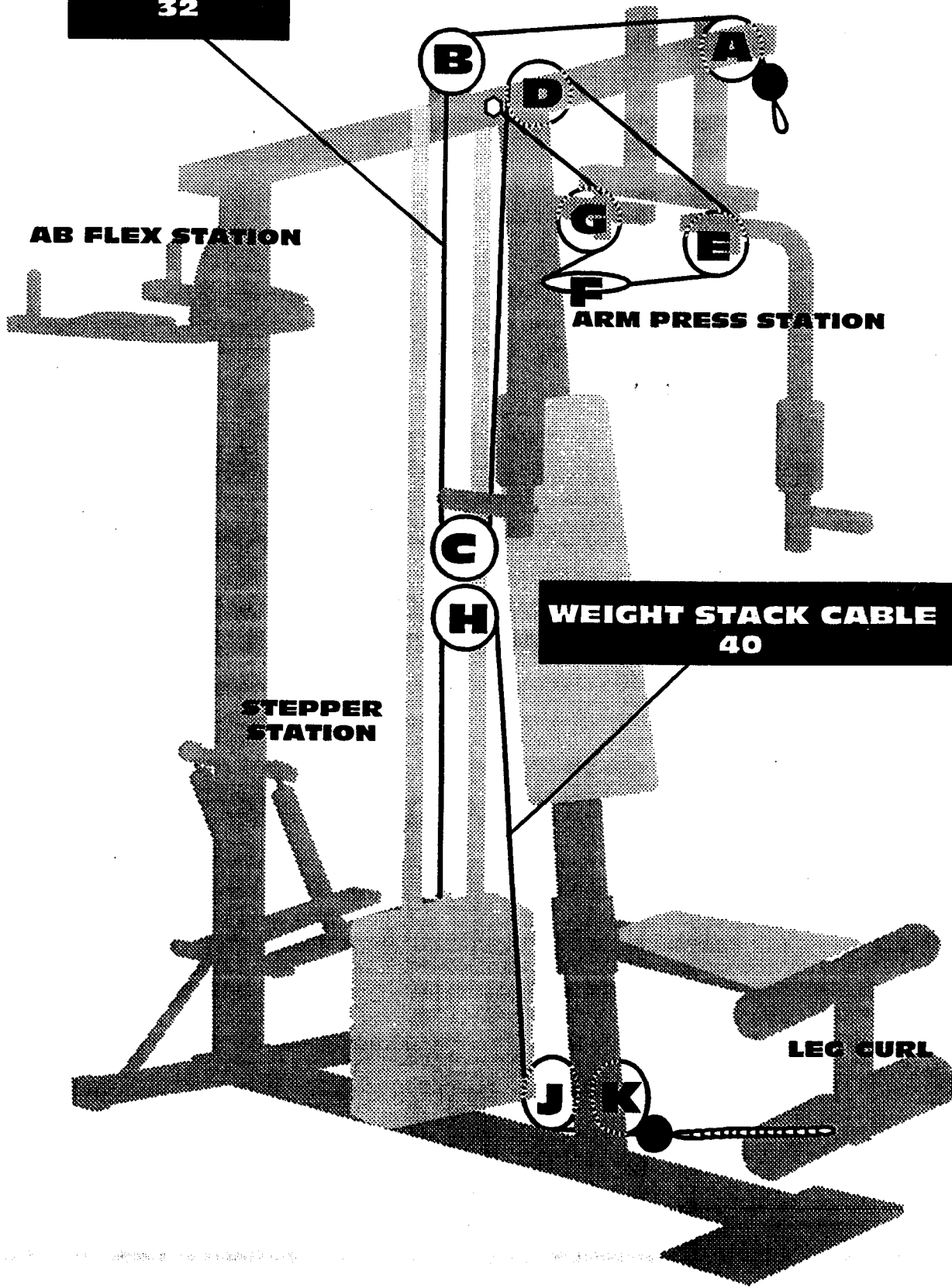
**AB FLEX STATION**

**ARM PRESS STATION**

**WEIGHT STACK CABLE**  
40

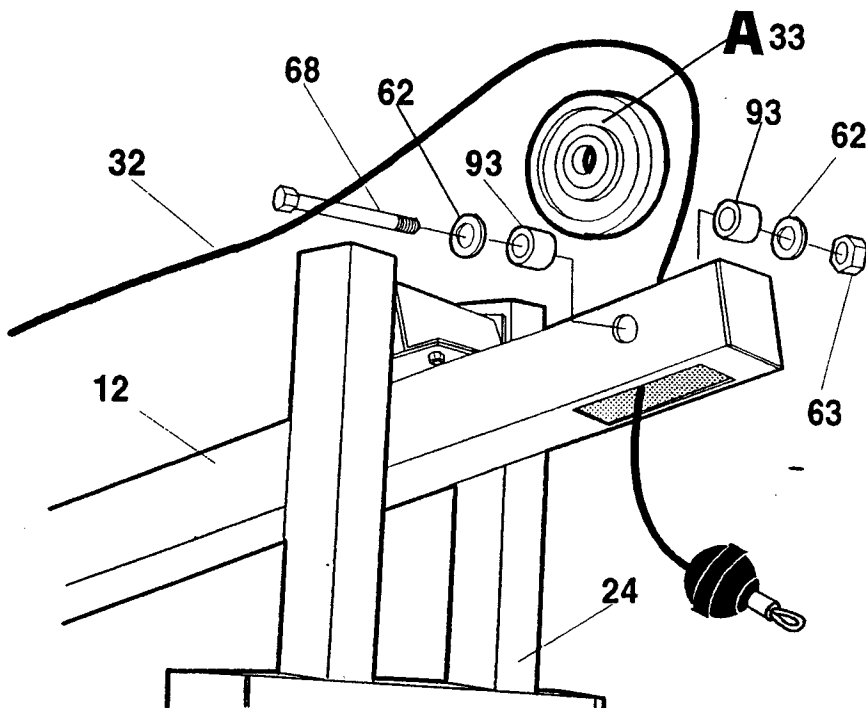
**STEPPER STATION**

**LEG CURL**



**STEP 8 CABLE ASSEMBLIES**

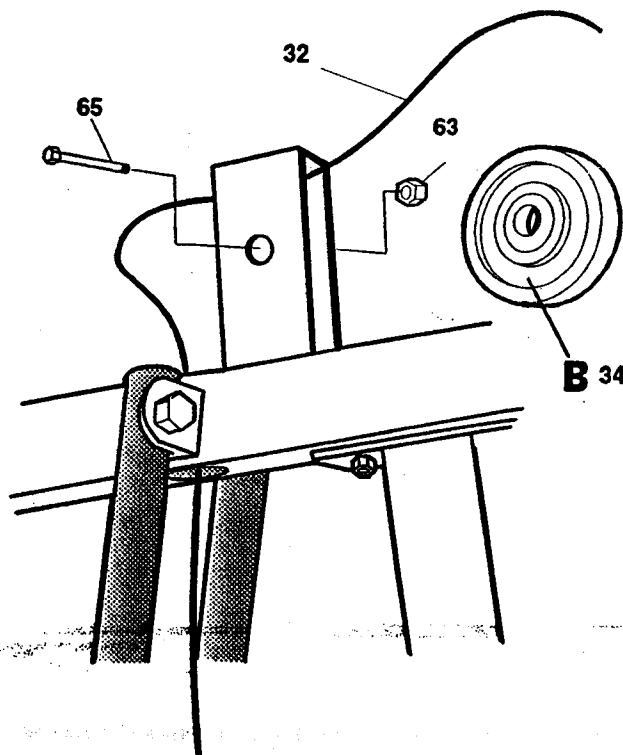
| PART NAME                              | QTY |
|--|-----|
| 33 4 1/2" PULLEY                       | 4   |
| 34 3 1/2" PULLEY                       | 6   |
| 50 5/16" FLAT WASHER                   | 7   |
| 51 5/16" NYLON LOCK NUT                | 9   |
| 54 5/16" X 2 1/2" HEX HEAD BOLT        | 2   |
| 55 5/16" X 1 1/2" HEX HEAD BOLT        | 1   |
| 57 5/16" X 3" HEX HEAD BOLT            | 2   |
| 58 5/16" X 2" HEX HEAD BOLT            | 2   |
| 60 5/16" X 3 1/4" HEX HEAD BOLT        | 1   |
| 61 5/16" X 3 1/2" HEX HEAD BOLT        | 1   |
| 62 3/8" FLAT WASHER                    | 3   |
| 63 3/8" NYLON LOCK NUT                 | 10  |
| 65 3/8" X 1 3/4" HEX HEAD BOLT         | 8   |
| 68 3/8" X 2 3/4" HEX HEAD BOLT         | 1   |
| 69 3/8" X 3 1/2" HEX HEAD BOLT         | 1   |
| 91 5/16" X 1" BUSHING                  | 1   |
| 92 5/16" X 1/2" LONG SPACER            | 1   |
| 93 3/8" I.D. X 9/16" LONG METAL SPACER | 2   |
| 105 SMALL S-HOOK                       | 1   |
| 109 LARGE S-HOOK                       | 1   |



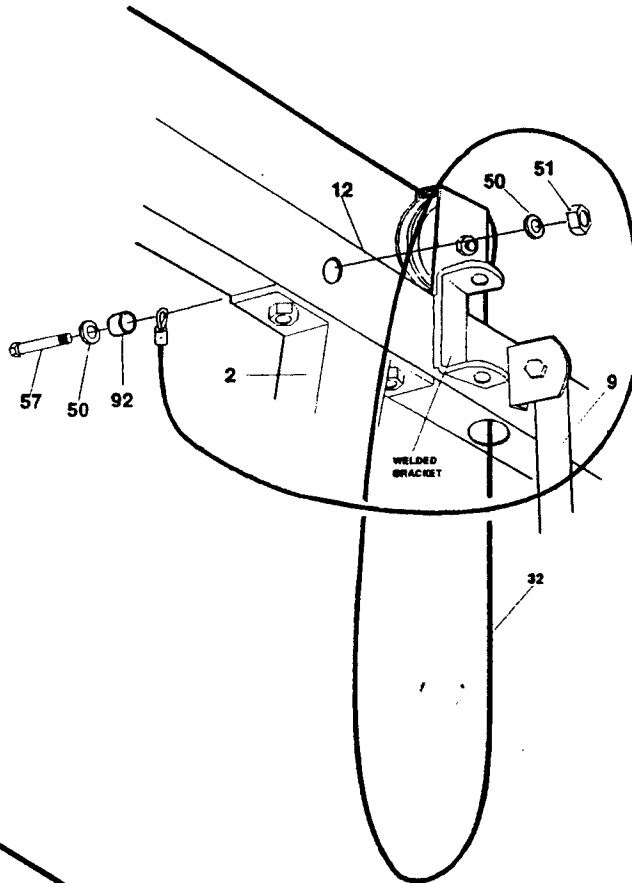
Select the 172" LONG LAT CABLE (32) and insert the Cable up through the slot at the front of the TOP FRAME (12). Bring the Cable back along the Top Frame, through the Bracket on the top of the Frame and down through the access hole in the Frame. Pull the Cable completely through until the Stopper Ball is against the under side of the Frame.

From underneath the TOP FRAME (12), fit a 4 1/2" PULLEY (A) (33) up into the slot in the front of the Top Frame and position the LAT CABLE (32) into the Pulley groove. Slide a 3/8" FLAT WASHER (62) and a 3/8" I.D. X 9/16" LONG METAL SPACER (93) onto a 3/8" X 2 3/4" HEX HEAD BOLT (68) and assemble the Bolt through the Top Frame and Pulley. Slide another 9/16" LONG SPACER (93) and 3/8" FLAT WASHER (62) over the Bolt and secure with a 3/8" NYLON LOCK NUT (63).

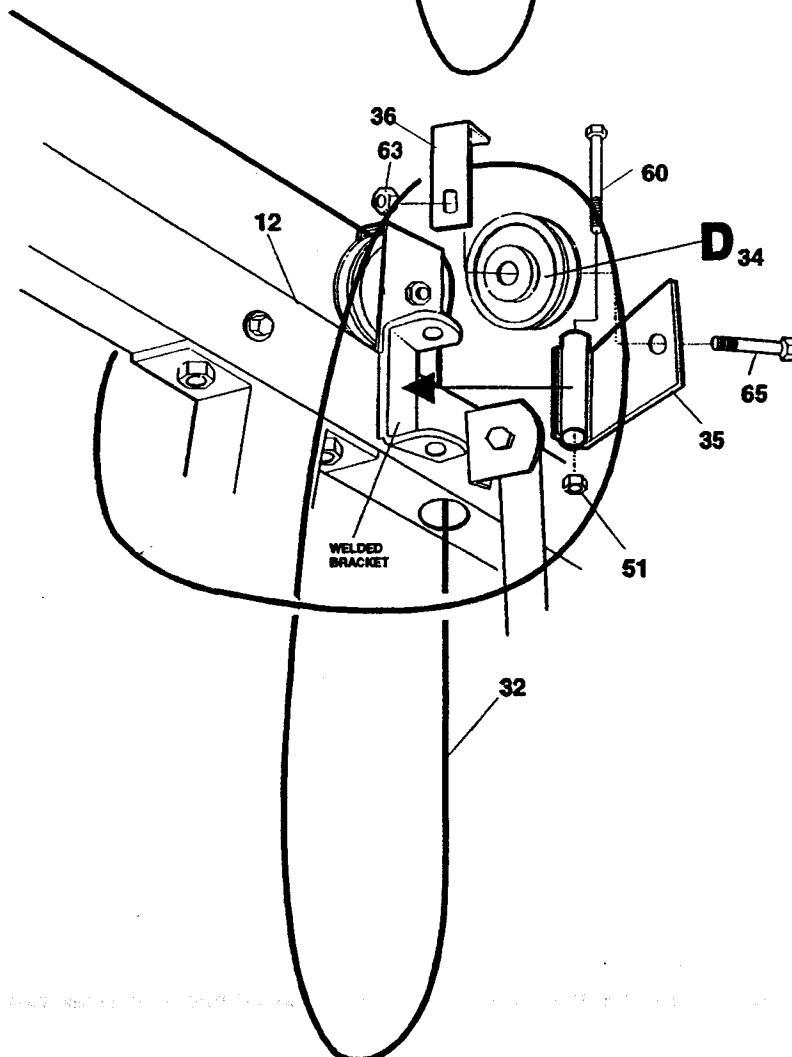
Fit a 3 1/2" PULLEY (B) (34) under the LAT CABLE (32) and position the Pulley inside the welded pulley bracket atop the TOP FRAME (12). Bolt in place with a 3/8" X 1 3/4" HEX HEAD BOLT (65) and 3/8" NYLON LOCK NUT (63).



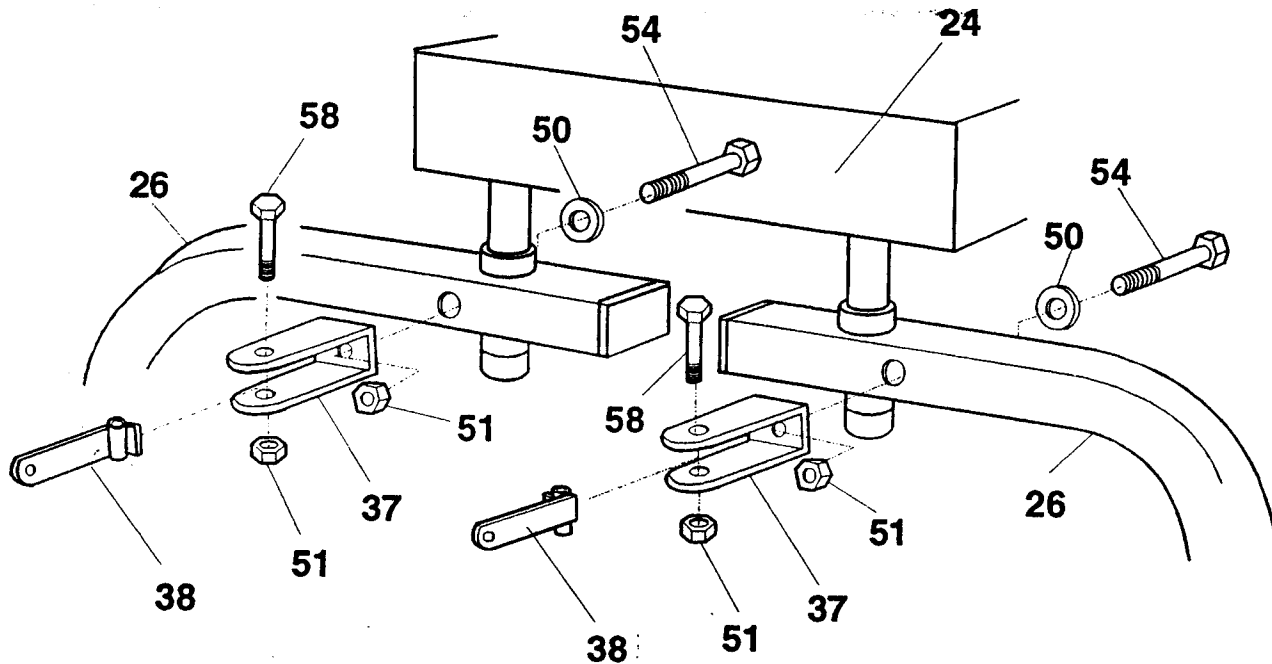
- Bring the **LAT CABLE (32)** forward between the **GUIDE RODS (9)**, and out and around the **ARM PRESS UPRIGHT (2)** from the right side and fasten the Cable end to the left side of the **TOP FRAME (12)** just above the Upright. Assemble a **5/16" FLAT WASHER (50)** and a **5/16" X 1/2" LONG BUSHING (92)** onto a **5/16" X 3" HEX HEAD BOLT (57)**, bolt through the Cable loop end and then the Mast. Fasten with another **5/16" FLAT WASHER (50)** and **5/16" NYLON LOCK NUT (51)**. Tighten securely but leave enough space so that the Cable can rotate on the Bolt.



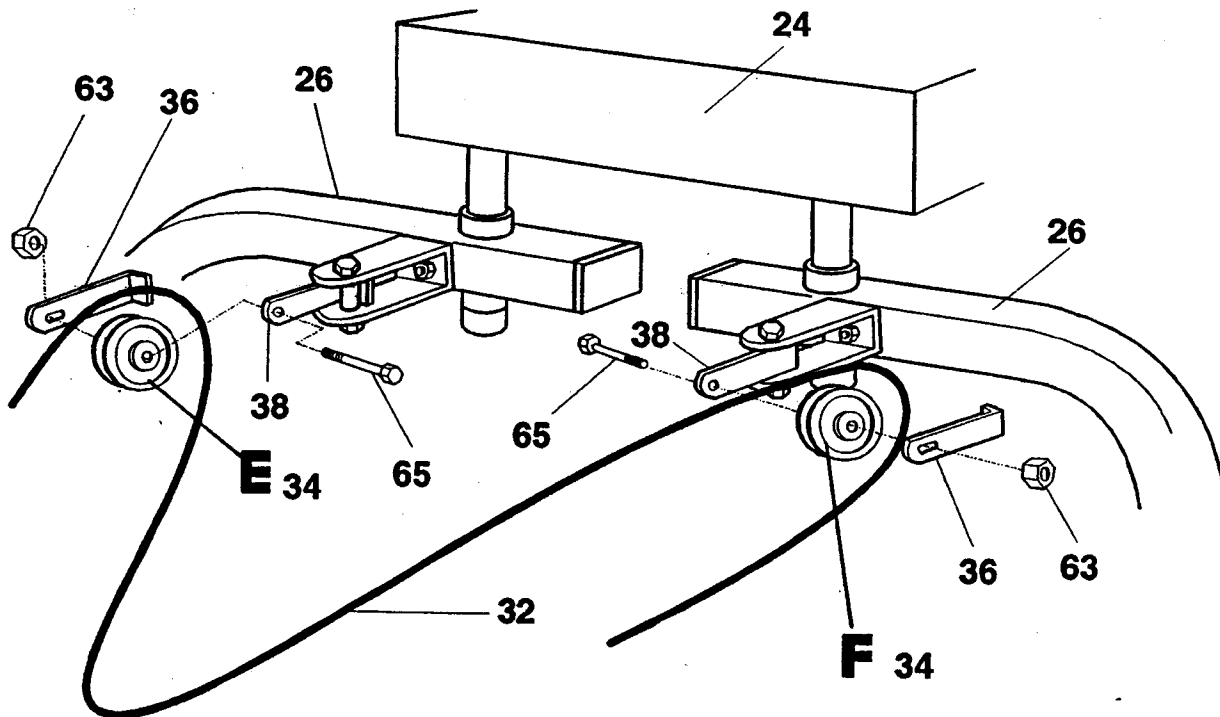
- Attach a **2" X 3 1/2" LONG PULLEY PIVOT BRACKET (35)** to the bracket welded to the right side of the **TOP FRAME (12)**. Orient the Pivot Brackets so the "elbow" of the Bracket is to the outside. Fasten with a **5/16" X 3 1/4" HEX HEAD BOLT (60)** and **5/16" NYLON LOCK NUT (51)**.



- With a **3" "L" CABLE TRAP BRACKET (36)** and a **3 1/2" PULLEY (D) (34)**, bring the **LAT CABLE (32)** up and fit it into the Pulley and trap in place from the back side with the Cable Trap. Bolt the Pulley assembly to the inside of the **PIVOT BRACKET (35)** with a **3/8" X 1 3/4" HEX HEAD BOLT (65)** and **3/8" NYLON LOCK NUT (63)**. The Cable Trap should be approximately **1/16"** from the Pulley rim and located at the twelve o'clock position.



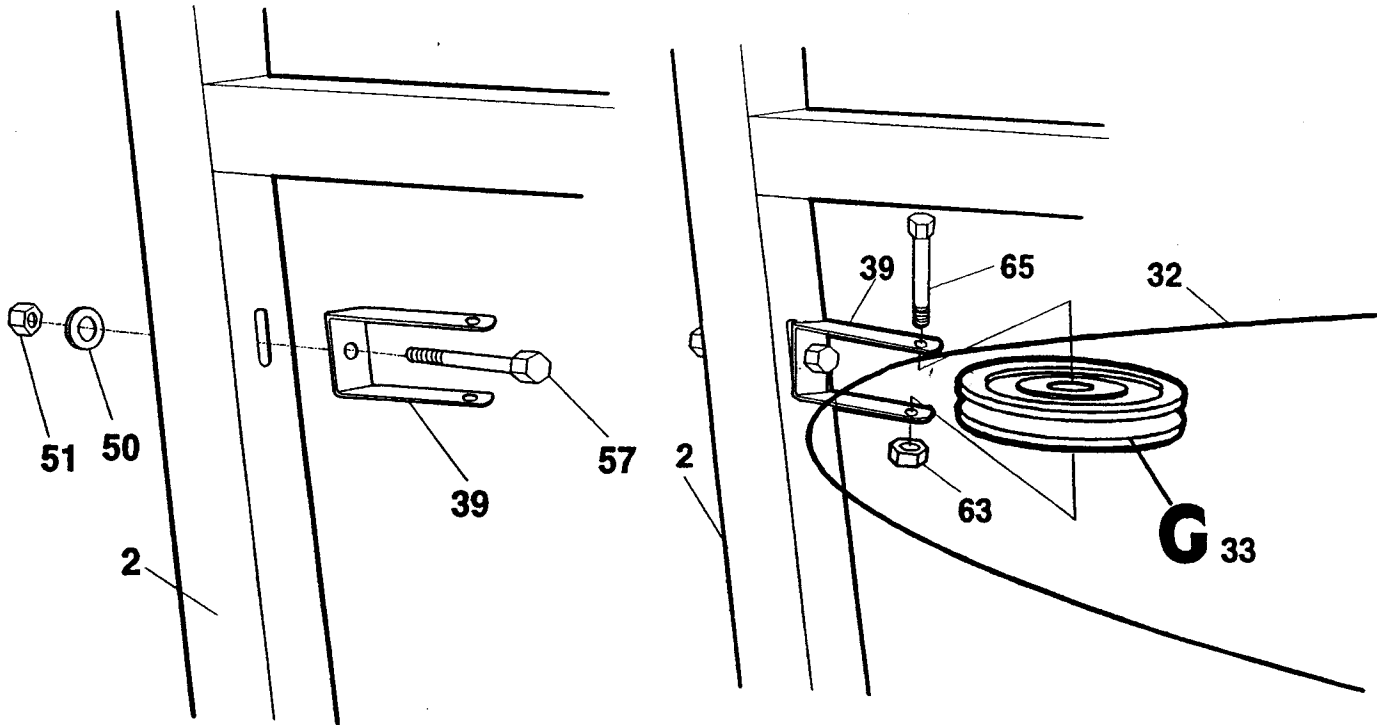
- Select two 3 1/2" LONG "U" BRACKETS (37) and attach both Brackets to the back of the ARM PRESS ARMS (26) by assembling 5/16" FLAT WASHERS (50) onto two 5/16" X 2 1/2" HEX HEAD BOLTS (54) and bolting first through the front of the Arm Press Arms and then into the inside of the U-Brackets. Secure inside the U-Brackets with 5/16" NYLON LOCK NUTS (51).
- Attach the 4" LONG ARM PRESS PIVOT BRACKET (38) into the ARM PRESS "U" BRACKET (37) so the "elbow" of the Pivot Bracket is to the OUTSIDE. Bolt in place with 5/16" X 2" HEX HEAD BOLT (58) and 5/16" NYLON LOCK NUTS (51). Make this assembly to both ARM PRESS ARMS (26).



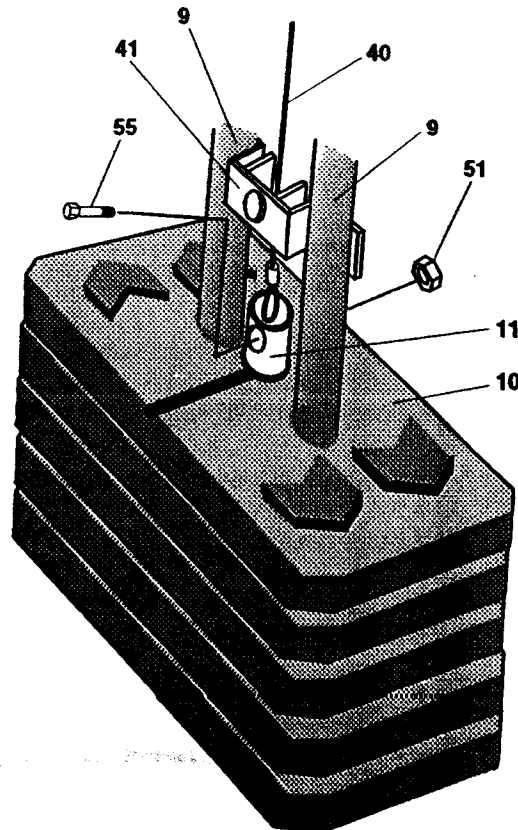
- With two 3" LONG "L" CABLE TRAP BRACKETS (36) and two 3 1/2" PULLEYS (E) & (F) (34), trap the LAT CABLE (32) into the Pulleys and bolt this assembly to the outside of the ARM PRESS PIVOT BRACKETS (38) with 3/8" X 1 3/4" HEX HEAD BOLT (65) and 3/8" NYLON LOCK NUTS (63). Before tightening, position the Cable Trap so it is about 1/16" from the rim of the Pulley and it aligns with the Pivot Bracket and fits against it when the Pulley Bolt is tightened down.



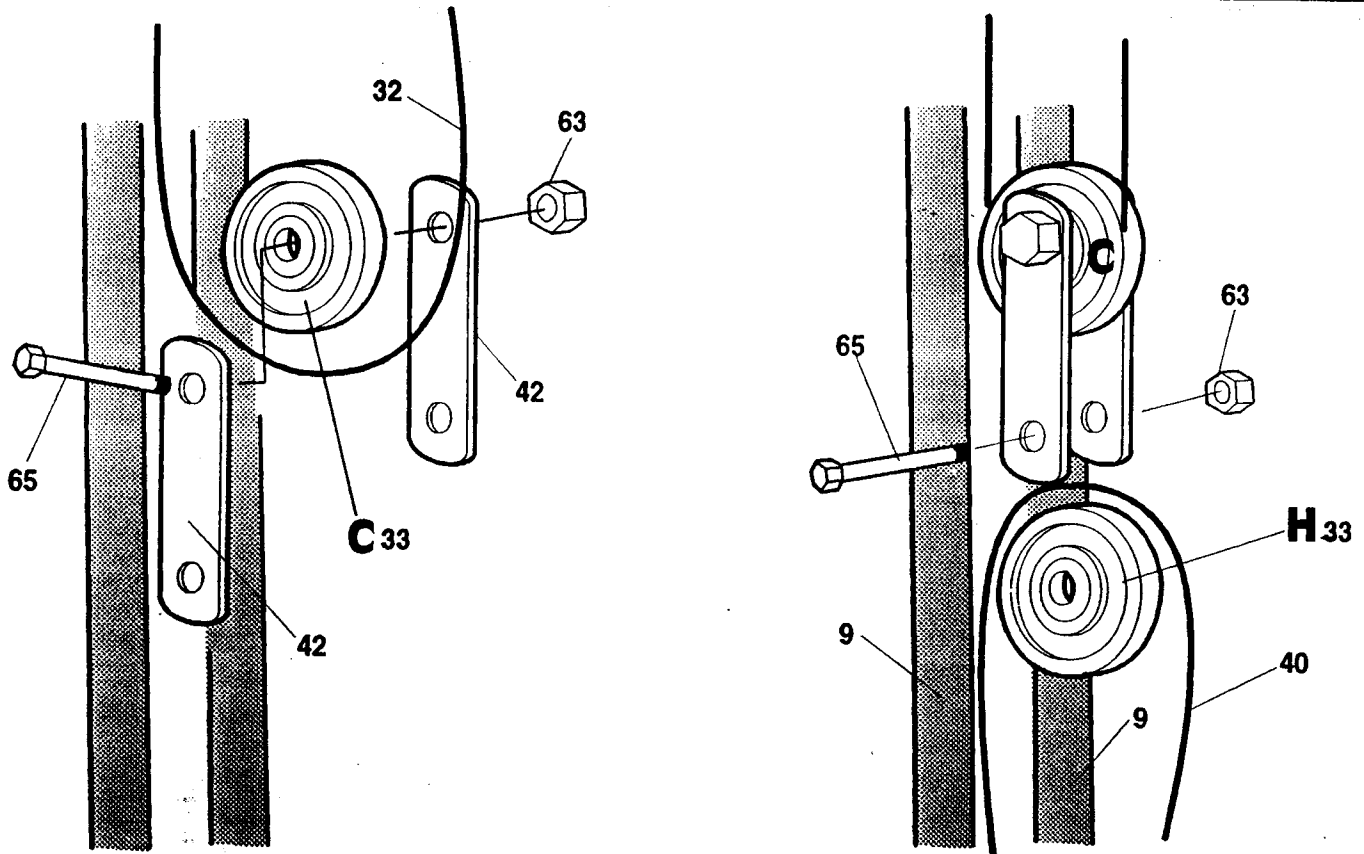
- Using a 5/16" X 3" HEX HEAD BOLT (57), insert the Bolt through a 3" LONG "U" PULLEY BRACKET (39) and fasten the Bracket to the front side of the ARM PRESS UPRIGHT (2) just above the Backrest. **"IMPORTANT":** This Bracket must NOT be tightened against the Upright. Fit a 5/16" FLAT WASHER (50) and a 5/16" NYLON LOCK NUT (51) onto the Bolt and tighten only enough that the Bolt comes through the Nut just a few threads. This will let the Bracket stand away from the Frame about 1/4" inch. The Bracket must be allowed to pivot up and down.
- With another 4 1/2" PULLEY (G) (33), trap the LAT CABLE (32) into the "U" PULLEY BRACKET (39) at the front of the ARM PRESS UPRIGHT (2). Fasten in place with a 3/8" X 1 3/4" HEX HEAD BOLT (65) and 3/8" NYLON LOCK NUT (63).



- Assemble the 88" WEIGHT STACK CABLE (40) to the SELECTOR TUBE (11). First, be sure that the Metal Adjuster Ferrule and Rubber Stopper Ball are positioned to the end of the Cable so the Adjuster Ferrule is between the Ball and the loop end of the Cable. Insert the other loop end of the Cable into the end of the Selector Tube. Position the molded PLASTIC GUIDE BRACKET (41) so it fits behind the Selector Tube and in front of the GUIDE RODS (9).

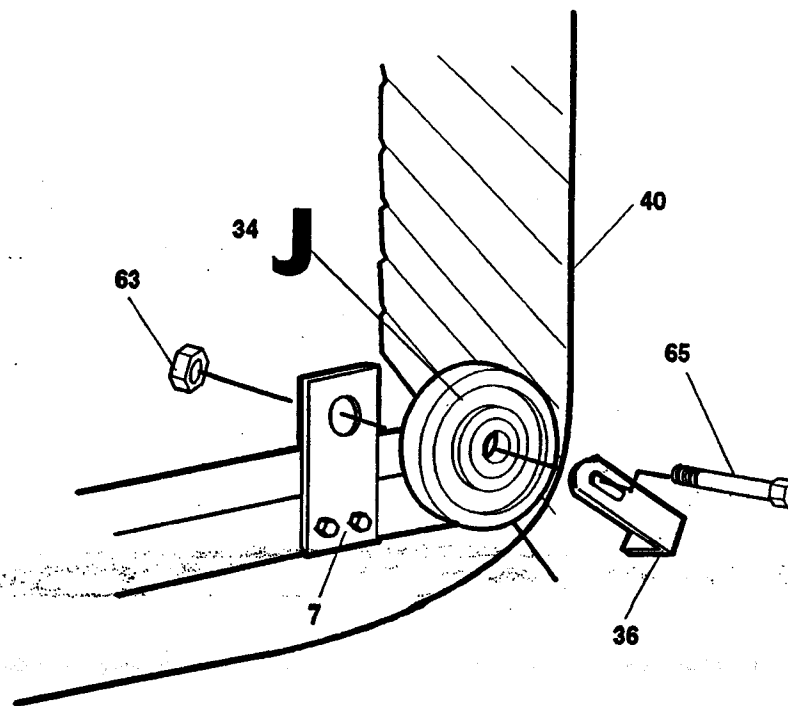


- Bolt through the SELECTOR TUBE (11), CABLE (40) end, and GUIDE BRACKET (41) with a 5/16" X 1 1/2" HEX HEAD BOLT (55) and a 5/16" NYLON LOCK NUT (51).

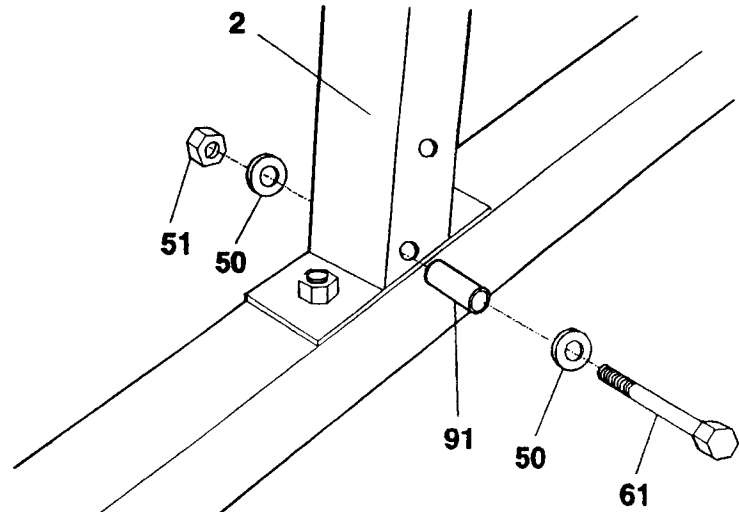


- Select a 4 1/2" PULLEY (C) (33) and two 5 3/4" LONG FLAT DUAL CABLE CONNECTOR BRACKETS (42). With a 3/8" X 1 3/4" HEX HEAD BOLT (65), bolt the Pulley between the Brackets and secure with a 3/8" NYLON LOCK NUT (63).
- Form a loop in the LAT CABLE (32) as it comes down through the TOP FRAME (12) and fit the Pulley and Bracket assembly onto the Cable.
- Using another 4 1/2" PULLEY (H) (33), sit the WEIGHT STACK CABLE (40) into the Pulley and bolt the Pulley and Cable between the DUAL CABLE BRACKETS (42) with a 3/8" X 1 3/4" HEX HEAD BOLT (65) and a 3/8" NYLON LOCK NUT (63).

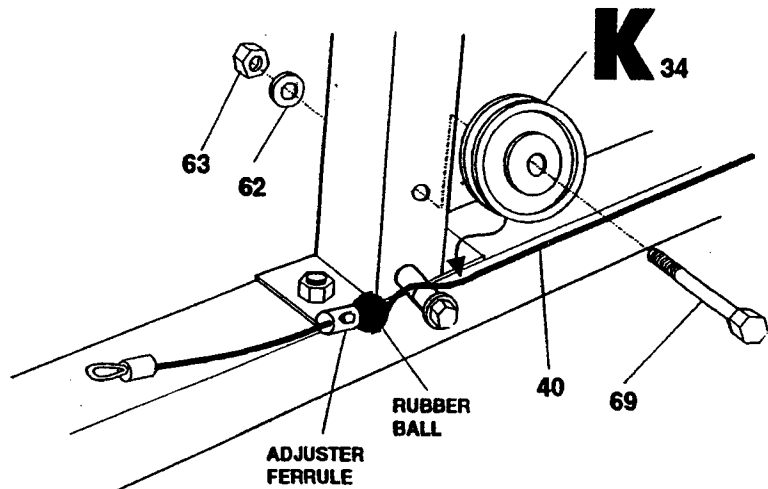
- Bring the WEIGHT STACK CABLE (40) down and select a 3" LONG "L" SHAPED CABLE TRAP BRACKET (36) and a 3 1/2" PULLEY (J) (34). Fit the Pulley over the Cable and align the Cable Trap Bracket to the Pulley so the Bracket holds the Cable into the Pulley. With a 3/8" X 1 3/4" HEX HEAD BOLT (65), bolt through the Cable Trap and Pulley and into the BASE PULLEY BRACKET (7) on the right side of the BASE FRAME (1) just to the front of the Weight stack. Align the Cable Trap Bracket at about four o'clock and fasten with a 3/8" NYLON LOCK NUT (63).



- Put a 5/16" FLAT WASHER (50) and a 5/16" X 1" LONG METAL SPACER (91) onto a 5/16" X 3 1/2" HEX HEAD BOLT (61) and assemble the Bolt through the Bolt hole at the low front position of the ARM PRESS UPRIGHT (2). Fasten with another 5/16" FLAT WASHER (50) and 5/16" NYLON LOCK NUT (51).

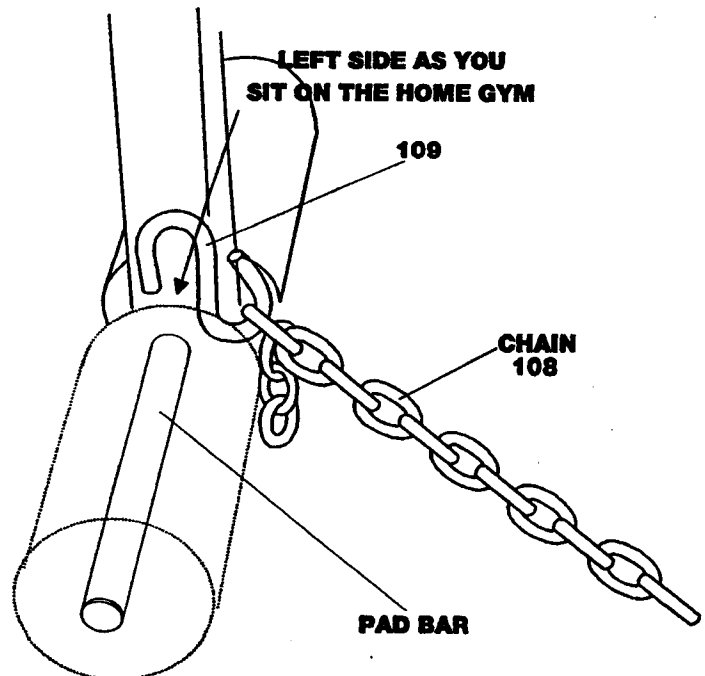
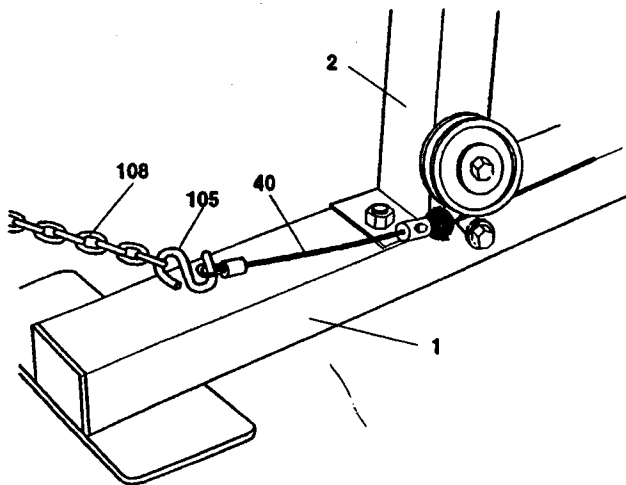


- Bring the Cable forward and using a 3/8" X 3 1/2" HEX HEAD BOLT (69), attach a 3 1/2" PULLEY (K) (34) to the base of the ARM PRESS UPRIGHT (2) so the Cable is seated in the Pulley groove. Bolt through the Pulley and Upright and secure with a 3/8" FLAT WASHER (62) and 3/8" NYLON LOCK NUT (63). The Cable should be trapped between the Pulley and the previously assembled Bolt and Spacers.



- Check to see that the entire Cable run is seated into the Pulleys and pull the slack out of the Cable system from the front low Pulley position. Slide the Stopper Ball and Adjuster Ferrule tightly against the low Pulley and tighten the set screw in the Adjuster Ferrule tightly so it can not slip.

- Using the 12" LONG LINK CHAIN (108), connect the WEIGHT STACK CABLE (40) to the Leg Extension Pad Bar with two S-Hooks (one small and one large). Connect the SMALL S-HOOK (105) into an end link in the Chain and then into the loop end of the Weight Stack Cable. Connect the LARGE S-HOOK (109) to the link in the Chain that provides the best Cable tension in the Cable System and hook the other end of Large S-Hook onto the Leg Extension Pad Bar between the Foam Pad on the left as you set on the Home Gym Seat and the Leg Extension Tube.



### STEP 9 DIP STATION ASSEMBLY

| PART NAME                               | QTY |
|---|-----|
| 50 5/16" FLAT WASHER                    | 4   |
| 51 5/16" NYLON LOCK NUT                 | 6   |
| 53 5/16" X 2 3/4" HEX HEAD BOLT         | 4   |
| 58 5/16" X 2" HEX HEAD BOLT             | 2   |
| 70 1/4" FLAT WASHER                     | 6   |
| 72 1/4" X 2 1/2" ROUND HEAD SCREW       | 2   |
| 75 1/4" X 2" ROUND HEAD SCREW           | 4   |
| 84 1 1/2" SQUARE PLASTIC INSERT CAP     | 2   |
| 87 1" ROUND PLASTIC INSERT CAP          | 4   |
| 94 5/16" I.D. X 5/16" LONG METAL SPACER | 2   |

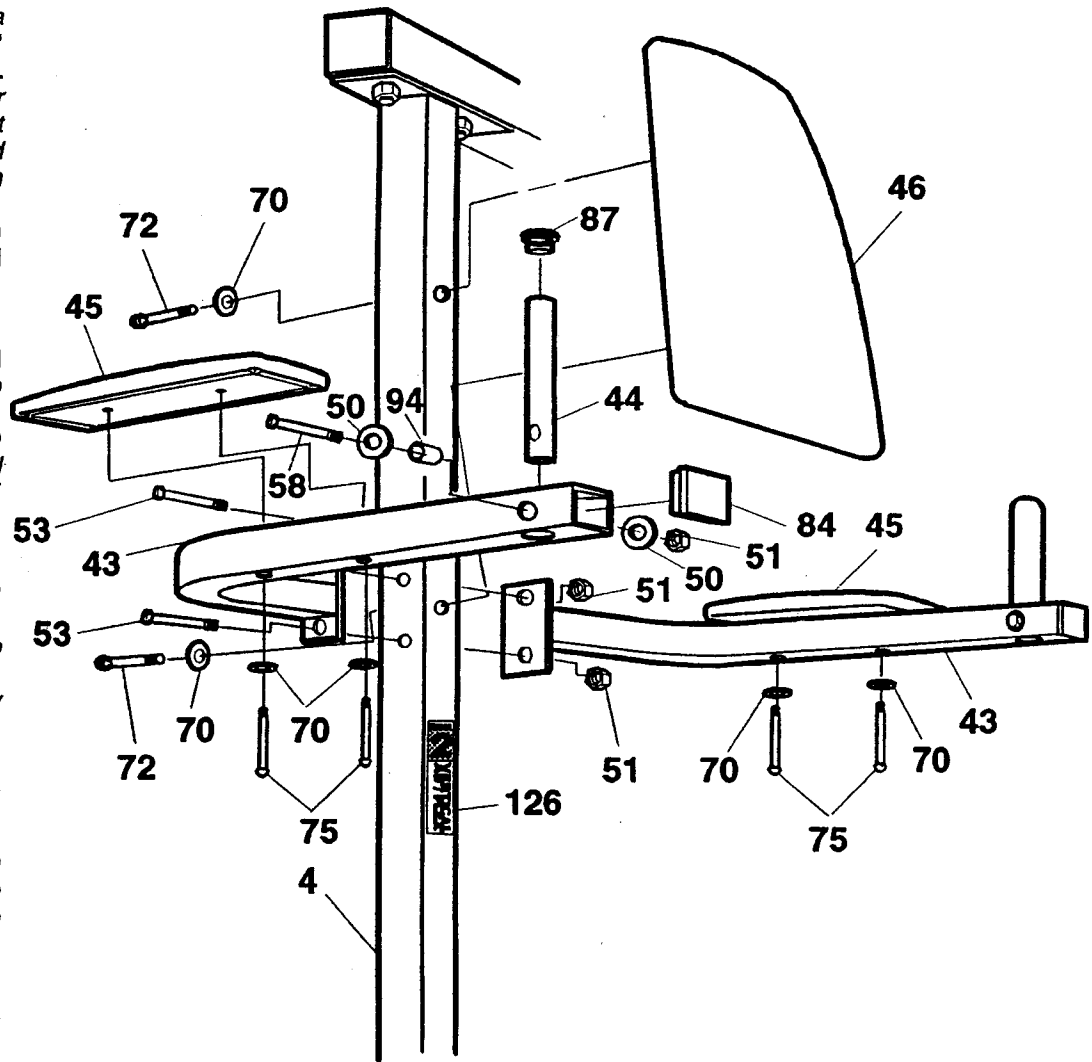
- Cap the front ends of the DIP ARMS (43) with 1 1/2" SQUARE PLASTIC INSERT CAPS (84).
- Attach the DIP ARMS (43) to the left side of the STEPPER UPRIGHT (4) with two 5/16" X 2 3/4" HEX HEAD BOLTS (53) and 5/16" NYLON LOCK NUTS (51).
- Cap the top and bottom end of the DIP HANDLES (44) with 1" ROUND PLASTIC INSERT CAPS (87).

- Bolt the DIP HANDLES (44) into the DIP ARMS (43) with 5/16" X 2" HEX HEAD BOLTS (58). First fit a 5/16" FLAT WASHER (50) and a 5/16" I.D. X 5/16" LONG METAL SPACER (94) over the Bolt and then bolt through the Arm and the Handles. Fasten with another 5/16" FLAT WASHER (50) and a 5/16" NYLON LOCK NUT (51).

- Attach SMALL ARM PADS (45) to the Dip Arms using 1/4" X 2" ROUND HEAD SCREWS (75) and 1/4" FLAT WASHERS (70).

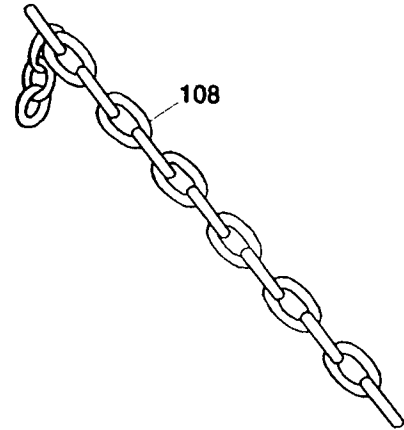
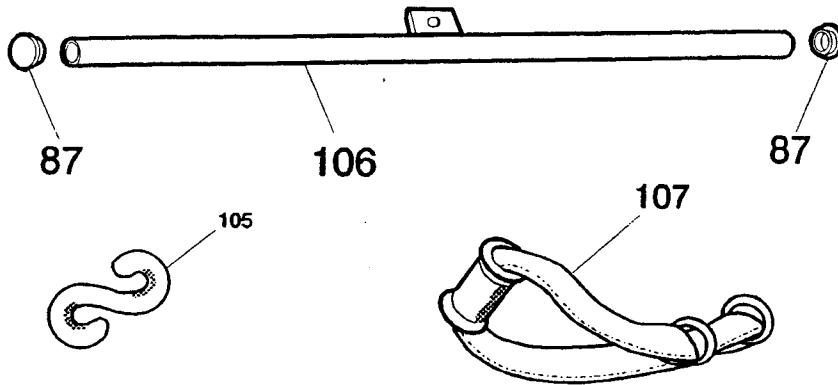
- Assemble the DIP STATION BACKREST (46) to the STEPPER UPRIGHT (4) by assembling 1/4" FLAT WASHERS (70) onto two 1/4" X 2 1/2" ROUND HEAD SCREWS (72) and bolting through the back up the Upright and into the back of the Backrest.

- Remove the STATION TWO DECAL (126) from the backing sheet and adhere to the STEPPER UPRIGHT (4) directly under the DIP ARMS (43).



**STEP 10 ACCESSORIES**

| PART NAME                      | QTY |
|--------------------------------|-----|
| 87 1" ROUND PLASTIC INSERT CAP | 2   |
| 105 "S" HOOK                   | 1   |

**LAT BAR:**

- Cap each end of the LAT BAR (106) with 1" ROUND PLASTIC INSERT CAPS (87).

There are two accessories provided with this unit, the LAT BAR (106) and a combination LEG STRAP and ARM CURL HANDLE (107). These accessories can be used for a variety of exercises at the Top Lat Pull Down Pulley at the top of the gym or the Low Pulley located at the base of the ARM PRESS UPRIGHT (2).

Connect the accessories to either location by use of an "S" HOOK (105). You can use the LINKING CHAIN (108) to extend the length of the CABLE also.

**SPECIAL FEATURE**

This Gym is designed so the Arm Press Station Seat Frame (14) can be easily removed for performing Low Pulley exercises. Simply undo the Seat Knob (101) and remove the Carriage Bolt (56). The Seat Frame (14) will then lift off the Retaining Pin. Disconnect the Linking Chain (108) and lay the Seat assembly to the side.

**USING YOUR HOME GYM****ARM PRESS EXERCISES**

The Arm Press Arms are locked in place with "L" Locking Pins. When doing Arm Press exercises, the center Locking Pin "A" must be removed and Locking Pins "B" and "C" should be pinned through the Arm Press Arms.

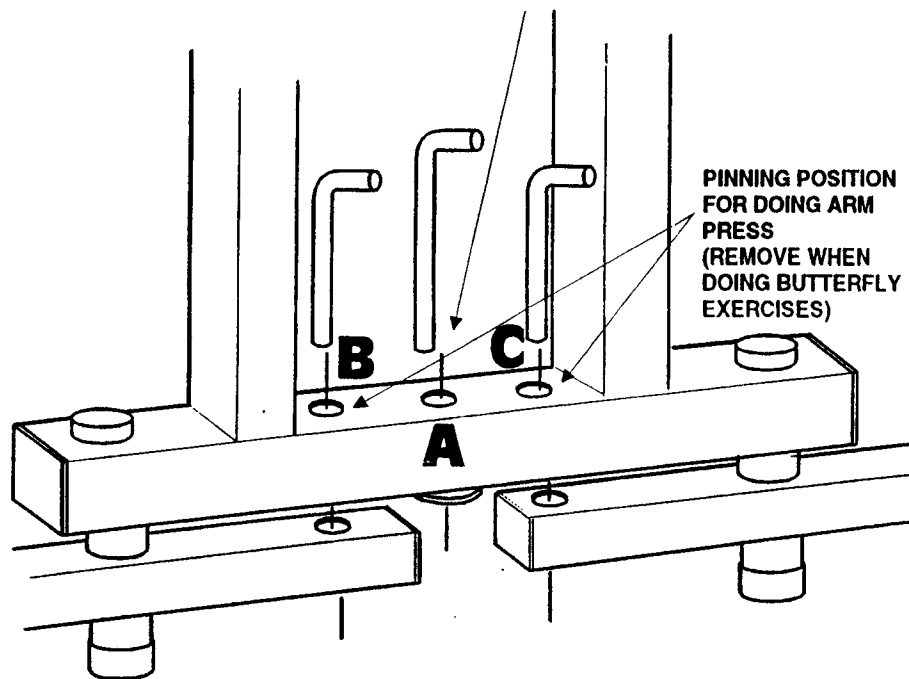
**BUTTERFLY EXERCISES**

When doing Butterfly exercises, insert Locking Pin "A" through the Arm Press Pivot Assembly and the Support Brace and remove Locking Pins "B" and "C".

**NOTE:**

Locking Pins "B" and "C" should always be in place for all exercises except Butterfly exercises to keep Cables properly tensioned.

**PINNING POSITION FOR BUTTERFLY EXERCISES**



**LEG EXTENSION EXERCISES:**

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Weight Stack Cable should be attached to the Leg Extension by using the 12" Linking Chain and "S" Hooks.

**LAT PULL DOWN EXERCISES:**

Connect the Lat Bar to the Lat Cable using a "S" Hook. When the Lat Bar is not in use, it should be removed from the Lat Cable and put aside.

**LOW PULLEY EXERCISES:**

Disconnect the Leg Extension from the Weight Stack Cable. Unscrew the Seat Frame attachment Knob and remove the Carriage Bolt holding the Seat Frame to the Arm Press Upright. Lift the Seat Frame off the set Pin and lay aside.

Connect the Leg Strap/Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other exercises.

**STEPPER:**

Bolt the Resistance Cylinders to the Stepper Pedals at your desired resistance setting. The resistance will become greater as you move the Cylinder back toward the end of the Pedal.

When doing Aerobic Stepper conditioning, the object is to take short, fast steps in order to elevate your heart rate and increase the blood flow. The resistance serves two functions, one is to accommodate a wide range of user weight, and the second is to vary the rate of speed needed to keep the Pedals from bottoming out at the end of the stroke.

**V.A.F. STATION EXERCISES:**

When using the V.A.F./Dip Station, position yourself inside the Dip Arms and grasp the Arms or Dip Handles. As an assist to get up on the Dip Arms, you can step back onto the Stepper Pedal Pivot Tubes, bring your arms atop the Arm Pads then spring up to position. The diagonal Brace at the base of the Upright is not intended to be used as a step.

# CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## EXERCISE INTENSITY

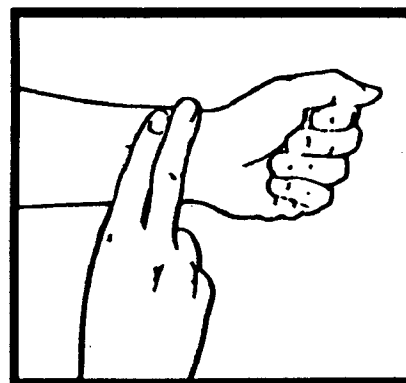
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

| AGE | UNCONDITIONED TRAINING ZONE (BEATS/MIN) | CONDITIONED TRAINING ZONE (BEATS/MIN) |
|-----|---|---------------------------------------|
| 20  | 138-167                                 | 133-162                               |
| 25  | 136-166                                 | 132-160                               |
| 30  | 135-164                                 | 130-158                               |
| 35  | 134-162                                 | 129-156                               |
| 40  | 132-161                                 | 127-155                               |
| 45  | 131-159                                 | 125-153                               |
| 50  | 129-156                                 | 124-150                               |

| AGE | UNCONDITIONED TRAINING ZONE (BEATS/MIN) | CONDITIONED TRAINING ZONE (BEATS/MIN) |
|-----|---|---------------------------------------|
| 55  | 127-155                                 | 122-149                               |
| 60  | 126-153                                 | 121-147                               |
| 65  | 125-151                                 | 119-145                               |
| 70  | 123-150                                 | 118-144                               |
| 75  | 122-147                                 | 117-142                               |
| 80  | 120-146                                 | 115-140                               |
| 85  | 118-144                                 | 114-139                               |

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



## WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

## **EXERCISE FREQUENCY**

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

## **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

### **HAM STRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

**Stretches: Hamstrings, Lower Back and Groin**

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

**Stretches: Quadriceps, Hip Muscles**

### **TOE TOUCHES**

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

**Stretches: Hamstrings, Back of Knees, Back**

### **QUADRICEPS STRETCH**

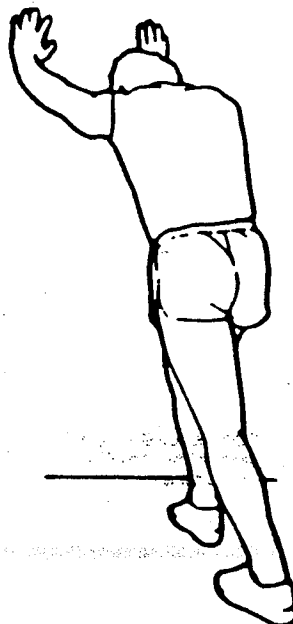
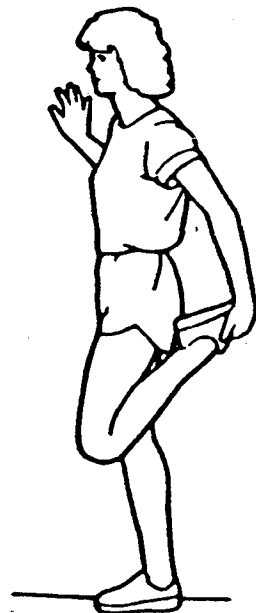
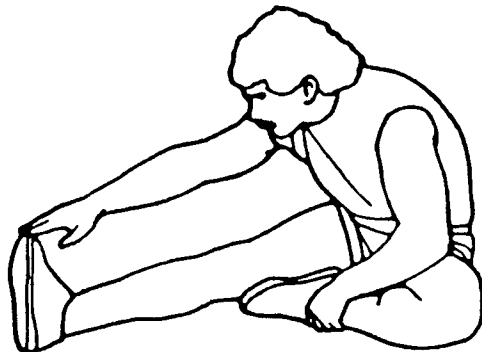
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

**Stretches: Quadriceps, Hip Muscles**

### **CALF/ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

**Stretches: Calves, Achilles Tendons, and Ankles**



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