

MP 3.0 - MP 3.5 - MP 4.0 ***ASSEMBLY MANUAL***

AM-MP-3-0
022520

IMPORTANT:

All products shown are prototype. Actual product delivered may vary.
Product specifications, features & software are subject to change without notice.
For the most up-to-date owner's manual please visit www.truefitness.com.
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IMPORTANTE:

Todos los productos mostrados son prototipos. La realidad el producto suministrado puede diferir.
Especificaciones de productos, características y software están sujetas a cambios sin previo aviso.
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IMPORTANT: Tous les produits présentés sont prototype. Le produit réel livré peut varier. Spécifications du produit, caractéristiques et logiciels sont sujettes à modification sans préavis. Pour la plus à jour le manuel du propriétaire s'il vous plaît visitez www.truefitness.com. Pour documents dans des langues supplémentaires, veuillez www.truefitness.com/resources/document-library/ de visite

重要提示: 显示所有产品的原型。实际交付的产品可能有所不同产品规格,功能和软件如有更改,恕不另行通知迄今为止对于大多数的使用说明书,请访问www.truefitness.com 对于其他语言的文档,请访问www.truefitness.com/resources/document-library/

ماہم:
اہم یل سٹیل عفل ا جت نمل ا فل ت خت دق . ج ذوم نل ا ی ہ ضرور عمل ا تاجت نمل ا ع می ج .
راعش! نود ری ی غتل ل فل باق ج ماربل او تازی مل او ، جت نمل ا تافص او م .
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WICHTIG: Alle hier gezeigten Produkte sind Prototypen. Das tatsächliche Produkt ausgeliefert wird, kann variieren. Produkt-Spezifikationen, Funktionen und Software können sich ohne vorherige Ankündigung ändern. In den meisten Fällen bis zu Bedienungsanleitung Bisher besuchen Sie bitte www.truefitness.com. Für Dokumente in weiteren Sprachen finden Sie unter www.truefitness.com/resources/document-library/

BELANGRIJK: Alle getoonde producten zijn prototype. Daadwerkelijke product geleverd kan verschillen. Product specificaties, eigenschappen & software zijn onderhevig aan verandering zonder kennisgeving. Voor de meest actuele handleiding van de eigenaar kunt u terecht www.truefitness.com. Voor documenten in andere talen kunt u terecht op www.truefitness.com/resources/document-library/

ВАЖНО: Все товары указаны прототипа. Фактический продукт, поставляемый могут отличаться. Технические характеристики, особенности и программного обеспечения могут быть изменены без предварительного уведомления. Для получения самой последней на сегодняшний день руководство по эксплуатации пожалуйста, посетите www.truefitness.com
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A MESSAGE TO OUR CUSTOMERS

Frank Trulaske began TRUE Fitness® over thirty-five year ago with the simple philosophy of delivering superior fitness products, service, and support. Today, TRUE is the global leader in premium fitness equipment for the commercial and residential markets. Our goal is to be the leader in technology, innovation, performance, safety and style. TRUE has received many awards for its product over the years and remains the benchmark for the industry. Fitness facilities and consumers invest in TRUE products for their durable commercial platforms used in all its products, both commercial and residential alike.

The proud manufacturing tradition of quality and the culture of innovation at TRUE have given rise to a full line of extraordinary cardio and strength equipment. As a result, people all over the world are benefiting from the TRUE experience. Innovation across the full product line has made TRUE successful and is a trademark of the TRUE heritage. TRUE's patented Heart Rate Control technology is just one of the remarkable ways we deliver simple and superior performance every user can enjoy, and most importantly, use to achieve personal health and fitness goals.

At the heart of our success is the relentless and systematic life testing of both our products and their components. We have dedicated employees who understand our philosophy is to deliver the best products in the world.

Our goal is to deliver the world's best premium equipment for our customers' health and fitness solutions.

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**FACILITY AND USER SAFETY PRECAUTIONS**

1. Review and understand all of the warning labels affixed to this machine and on the facility safety sign.
2. Be certain that the machine operation is understood before it is used. Refer to the instructional Procedure Label affixed to the machine.
3. Make sure all users are properly trained on how to use this equipment. If this machine is being used in a commercial setting, end users may not have access to this Owners Manual. It is the responsibility of the facility to instruct users as to the proper usage of the equipment as well as making them aware of potential hazards. Maximum user weight is 300 lbs (136 kg).
4. Use each machine only for the intended exercise. Do not allow anyone to invent exercises not included on the Instructional Procedure Label or the Intended Use Label.
5. Do not modify the machine.
6. This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this machine to perform stretching or body weight exercises. This can result in machine instability and lead to serious crushing injuries.
7. Keep children away from this equipment. Adults should closely supervise use by teenagers.
8. It is recommended that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate pre-existing medical conditions.
9. If the machine appears damaged or inoperable, contact a facility staff member to place an "OUT OF ORDER, DO NOT USE" sign on the machine until it is repaired. Only use Paramount supplied replacement components to service this machine.
10. Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
11. Do not attempt to free any jammed assemblies by yourself as this may cause injury.
12. On Plate Loaded and Free Weight machines:
 - 12a. Use of spotter(s). Instruct users to seek the advice of the facility staff as to the appropriate use of spotters when lifting. More than one spotter may be required depending upon the amount of weight being lifted.
 - 12b. Instruct users to load weight plates evenly and carefully (one side and then the other) to avoid tipping equipment and crushing injuries.
 - 12c. If the machine is equipped with safety stops or catches, inspect them and verify their proper operation before use and make sure they are securely in place before using or exiting the machine. Be certain members are instructed on how to operate and adjust all safety mechanisms.

- 12d. This equipment is designed for standard olympic size weight plates with a 50mm bore (1.9").
- 12e. Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs. (25 kg.).
13. On Selectorized and Cable equipped machines:
- 13a. Do not allow users to perform any exercise by holding the end of the cable and/or the cable end fitting. Use only appropriate handles or attachments properly connected to the cable end.
- 13b. Do not high-pin or double-pin the weight stack. Do not allow the machine to be used if the top plate or weight stack is pinned in a raised position. Use an assistant and carefully return the machine to the proper position with the cap plate resting on the top weight. Inspect the entire length of the cable to ensure that it is properly seated in all of the pulley grooves.
- 13c. Do not allow the use of weight plates or dumbbells to be used as a means to add additional weight to the weight stacks. Use only the TRUE adder weight system specifically designed for the machine.



INSTALLATION SAFETY PRECAUTIONS

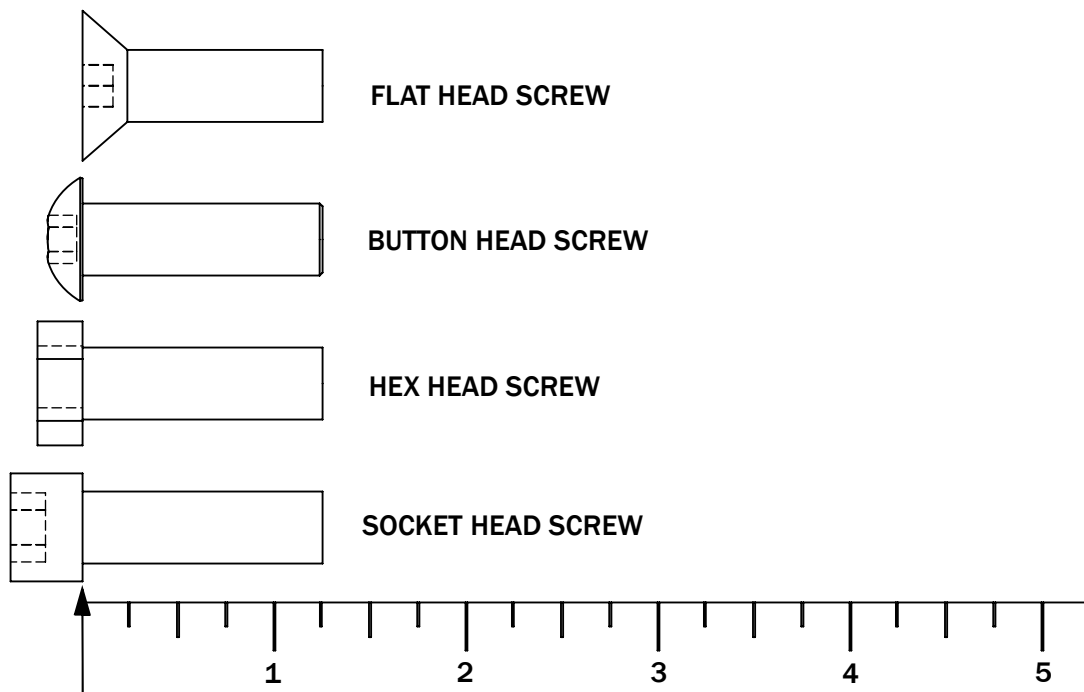
1. Read this Installation Manual entirely before assembling this equipment.
2. Verify that there is adequate space surrounding this piece of equipment for safe access and operation. Installation must meet ADA requirements for accessibility.
3. Install this piece of equipment on a solid level surface that does not deviate more than 1/8" over a 10' distance (or as defined and required by local building and architectural codes).
4. TRUE strongly recommends that all equipment be anchored to the floor to prevent movement and increase stability.
 - Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.
 - Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.
 - When attaching the machine to the floor, if there is a gap between the machine foot and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.
 - Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.
5. DO NOT install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.
6. Be sure all hardware is tight before using this machine.



MAINTENANCE SAFETY PRECAUTIONS

1. Refer to Maintenance Schedule label on the machine as well as this manual for when to perform maintenance.
2. Check the function of your machine **DAILY** by verifying the following:
 - Inspect cables and end fittings for any signs of wear. Replace if worn, frayed or damaged with original Paramount replacement components.
 - Verify that all adjustments are possible and carried out with ease. Make sure that each adjustment pin inserts completely into each position without binding.
 - Verify that safety catches and stops are in proper working order and engaged.
 - Verify that the exercise is performed smoothly, free of noise and/or binding.
 - If equipped with a weight stack, verify that the proper weight selector pin is in place.
3. Check the function of your machine **WEEKLY** by verifying the following:
 - **Nuts, Bolts, and Fasteners:** Check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ Threadlocker 242.
 - **Frames and Lifting Arms:** Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only Paramount supplied components.
4. Replace any warning label at first sign of wear. Labels and the Facility Safety Sign may be obtained from Paramount free of charge.

BOLT LENGTH MEASURING GUIDE



**IMPORTANT**

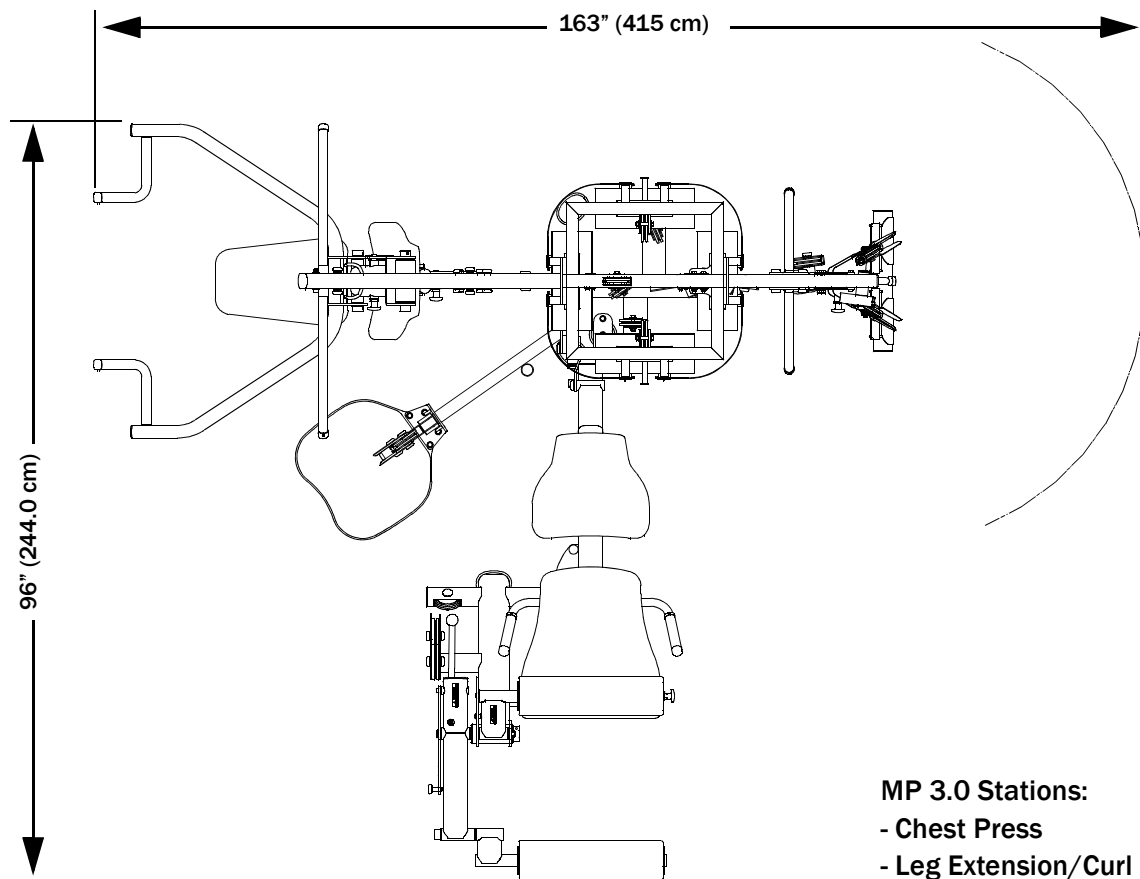
Preventative maintenance is crucial to maintaining the function and safety of this equipment. Your facility must establish written guidelines for preventative maintenance and keep written or online records of the maintenance performed on these products. As a minimum, the items presented in the SAFETY section of this document and the items that follow here, should be included in your maintenance program.

1. **Cables:** Inspect end fittings daily for wear. Inspect the entire length of the cable weekly. Replace cables at the first sign of wear and on an annual basis. If the cable tension has been adjusted, be certain that the cable nut is tight.
2. **Nuts, Bolts, and Fasteners:** Check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™ brand Threadlocker 242. Be sure all hardware is tight before using the machine.
3. **Safety Catches:** Inspect catches, stop rods and their associated fasteners weekly. Tighten any loose hardware and replace any components at first signs of wear.
4. **Frames:** Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts, chrome parts and upholstered pads.
5. **Painted and chrome plated parts:** Use Simple Green or similar cleaner for light dirt and grime. Use Turtle Wax Polishing Compound or a good car polish to remove heavier dirt and grease as well as for polishing. DO NOT use solvents, lacquer thinner, acetone or finger nail polish remover. For scuffs and marks that are not removed by the above methods use a soft scrub cleanser. Make sure all parts are dry upon completion.
6. **Weight stack enclosures (shrouds):** Wipe down with a damp cloth as needed.
7. **Exercise instruction labels:** Clean with soap and water as needed.
8. **Guide rods:** Wipe all dirt and dust from the guide rods before applying a light application of Tri-Flow™ or other teflon spray lubricant. Spray the Tri-Flow™ on a rag and then wipe the guide rods with the rag. DO NOT use oil lubricants such as WD-40. Caution: Tri-Flow™ will stain carpet and clothing.
9. **Bronze bushings:** Check monthly for signs of wear and replace as needed.
10. **Linear Bearing Shafts:** Wipe any accumulation of dust or other contaminants from the shafts on a weekly basis. Apply a thin layer of a Teflon® (PTFE) grease on a weekly basis. Paramount recommends Magnalube® brand.
11. When replacing any component, use only Paramount supplied parts.
12. Please refer to the General Maintenance Manual (part number: AM-GMM) for other important safety and maintenance information.
13. Be sure all hardware is tight before using the machine.

Retain these instructions for future reference.

If you have any questions, do not hesitate to contact your Paramount dealer or Paramount Fitness Corp. at (800)721-2121 or nasales@paramountfitness.com.

MP 3.0 “In Use” MACHINE DIMENSIONS



Machine Height: 83.75" (212.7 cm)

- MP 3.0 Stations:**
- Chest Press
 - Leg Extension/Curl
 - Low Pulley
 - Cable Column

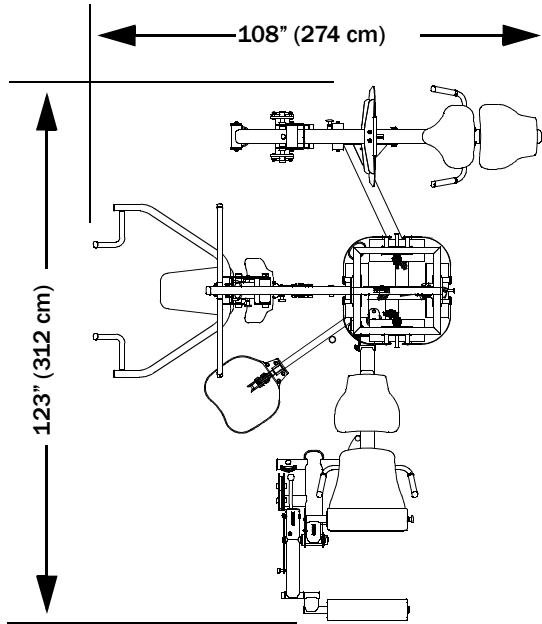
MP 3.0 MACHINE WEIGHT AND FLOOR LOADING

WEIGHT STACK CONFIGURATION	MACHINE WEIGHT	APPROXIMATE FLOOR LOADING
3 X 170 lbs.	1104 LBS [500 KG]	106 LBS/FT ² [518 KG/M ²]
2 X 170 lbs. and 1 X 250 lbs.	1184 LBS [537 KG]	114 LBS/FT ² [557 KG/M ²]
1 X 170 lbs. and 2 X 250 lbs.	1264 LBS [573 KG]	122 LBS/FT ² [595 KG/M ²]
3 X 250 lbs.	1344 LBS [610 KG]	129 LBS/FT ² [630 KG/M ²]

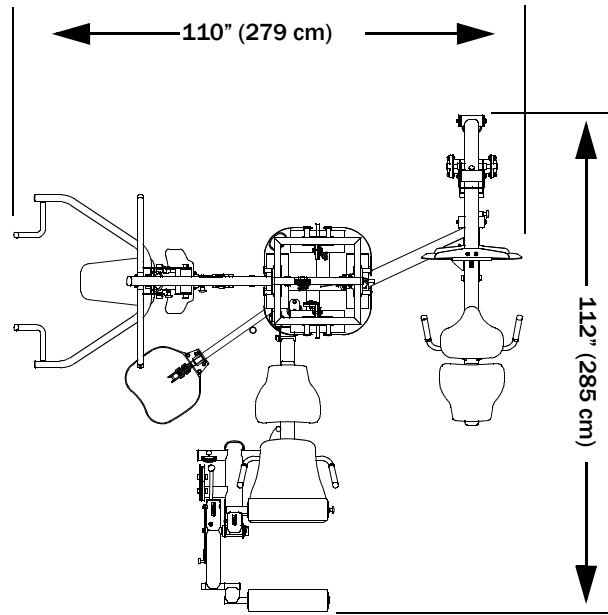
MAXIMUM USER WEIGHT IS 300 LBS. (136 KG.)

MP 3.5 "In Use" MACHINE DIMENSIONS

CONFIGURATION 1



CONFIGURATION 2



Machine Height: 83.75" (212.7 cm)

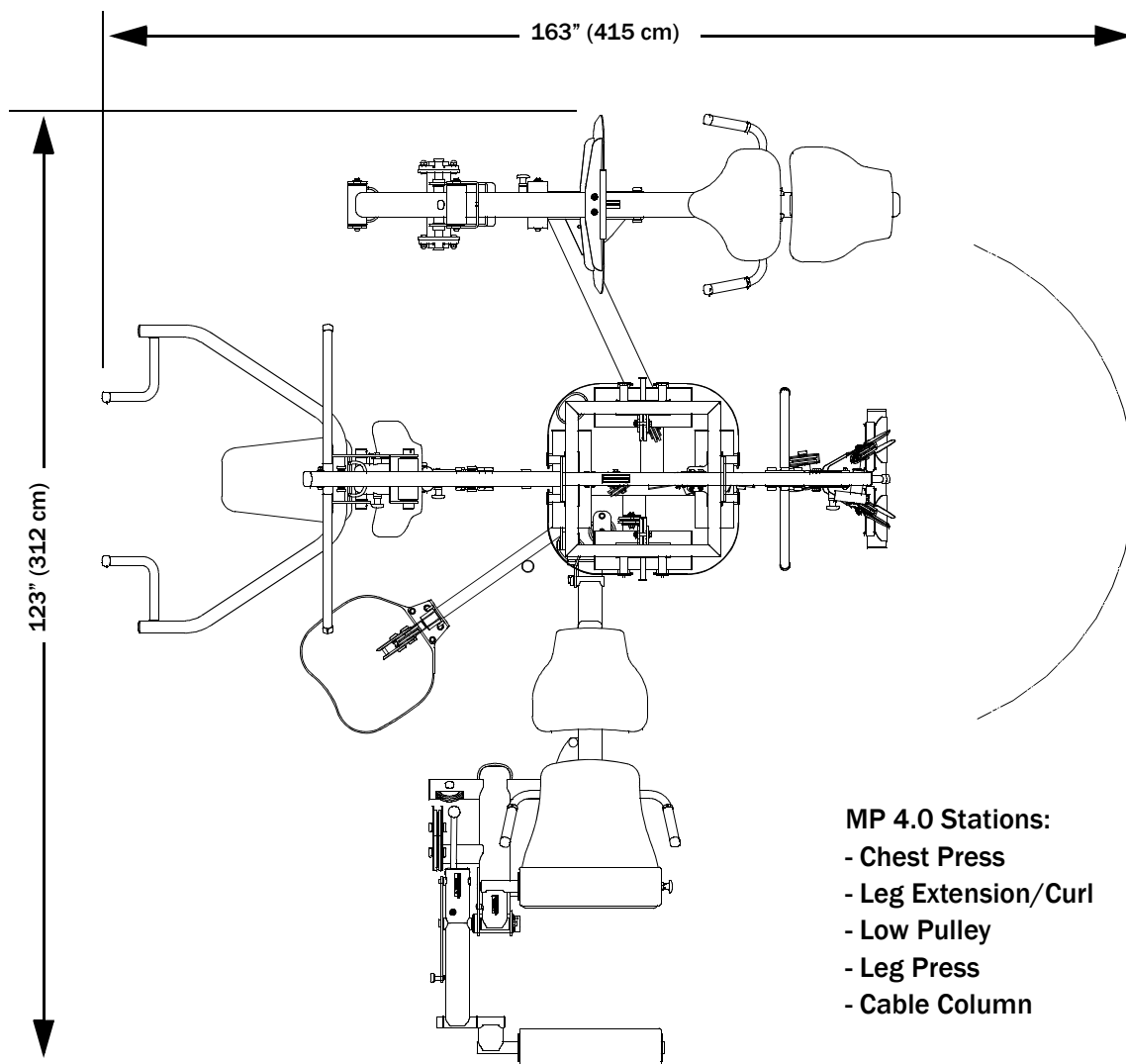
MP 3.5 Stations:

- Chest Press
- Leg Extension/Curl
- Low Pulley
- Leg Press

MP 3.5 MACHINE WEIGHT AND FLOOR LOADING

WEIGHT STACK CONFIGURATION	MACHINE WEIGHT	APPROXIMATE FLOOR LOADING
3 X 170 lbs.	1190 LBS [540 KG]	64 LBS/FT ² [313 KG/M ²]
2 X 170 lbs. and 1 X 250 lbs.	1270 LBS [576 KG]	68 LBS/FT ² [332KG/M ²]
1 X 170 lbs. and 2 X 250 lbs.	1350 LBS [612 KG]	73 LBS/FT ² [357 KG/M ²]
3 X 250 lbs.	1430 LBS [649 KG]	77 LBS/FT ² [356 KG/M ²]

MP 4.0 “IN USE” MACHINE DIMENSIONS

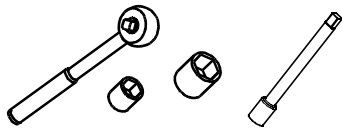


Machine Height: 83.75" (212.7 cm)

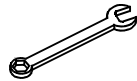
MP 4.0 MACHINE WEIGHT AND FLOOR LOADING

<u>WEIGHT STACK CONFIGURATION</u>	<u>MACHINE WEIGHT</u>	<u>APPROXIMATE FLOOR LOADING</u>
4 X 170 lbs.	1424 LBS [646 KG]	78 LBS/FT ² [381 KG/M ²]
3 X 170 lbs. and 1 X 250 lbs.	1504 LBS [682 KG]	82 LBS/FT ² [400 KG/M ²]
2 X 170 lbs. and 2 X 250 lbs.	1584 LBS [718 KG]	87 LBS/FT ² [425 KG/M ²]
1 X 170 lbs. and 3 X 250 lbs.	1664 LBS [755 KG]	91 LBS/FT ² [444 KG/M ²]
4 X 250 lbs.	1744 LBS [791 KG]	95 LBS/FT ² [464 KG/M ²]

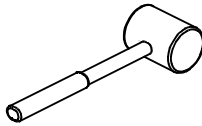
REQUIRED TOOLS



Ratchet Wrench and Sockets:
1/2" , 9/16" , 6" ratchet extension



Wrenches: 1/2" , 9/16" , 7/8" and 15/16"
(or an adjustable crescent wrench).

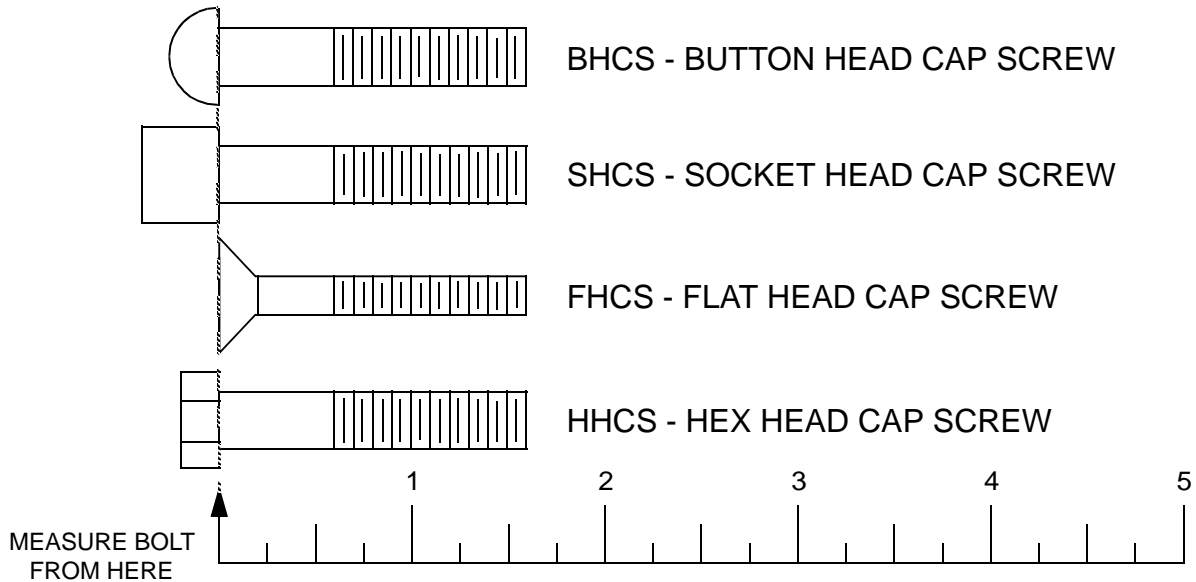


Rubber mallet.



Allen wrenches: (included with the machine)
3 mm, 5 mm, 6 mm, 8 mm,

Hardware Measurement Guide:



⚠ Before you Begin

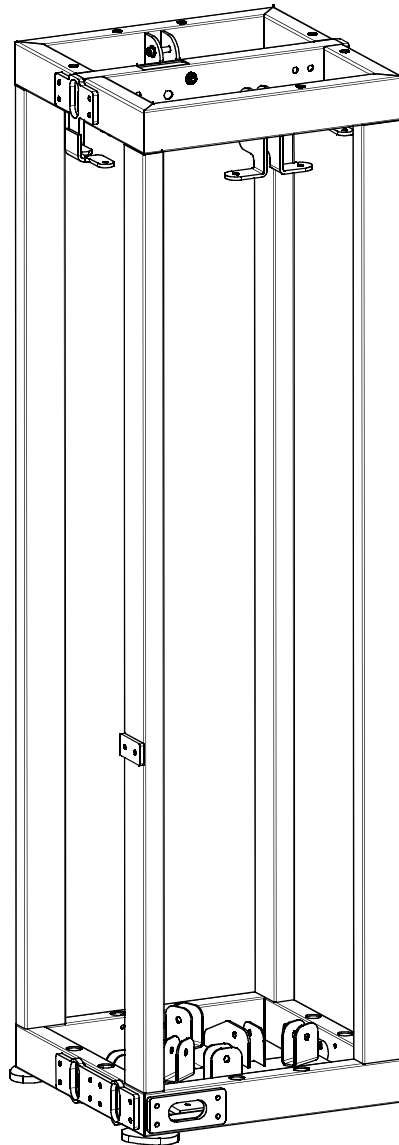
Hardware and components are indicated with a balloon. Refer to the hardware tables that accompany each step for corresponding size and type.

Be sure all hardware is tight before using the machine.

UPRIGHT CARTON CONTENTS 1

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	P04-1438	WELDMENT, 3-4 STACK UPRIGHT	1

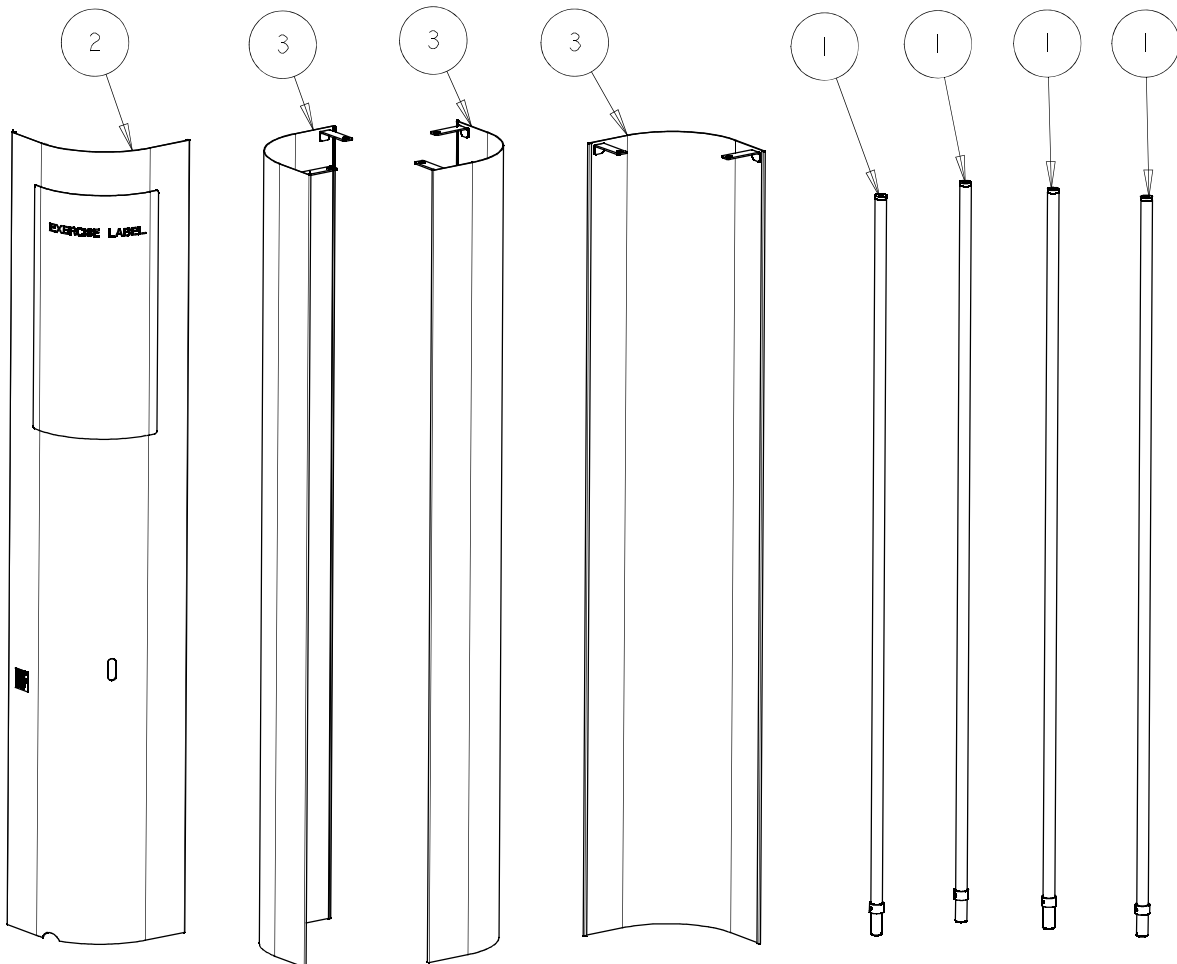
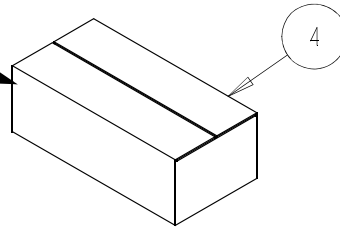


UPRIGHT CARTON CONTENTS 2

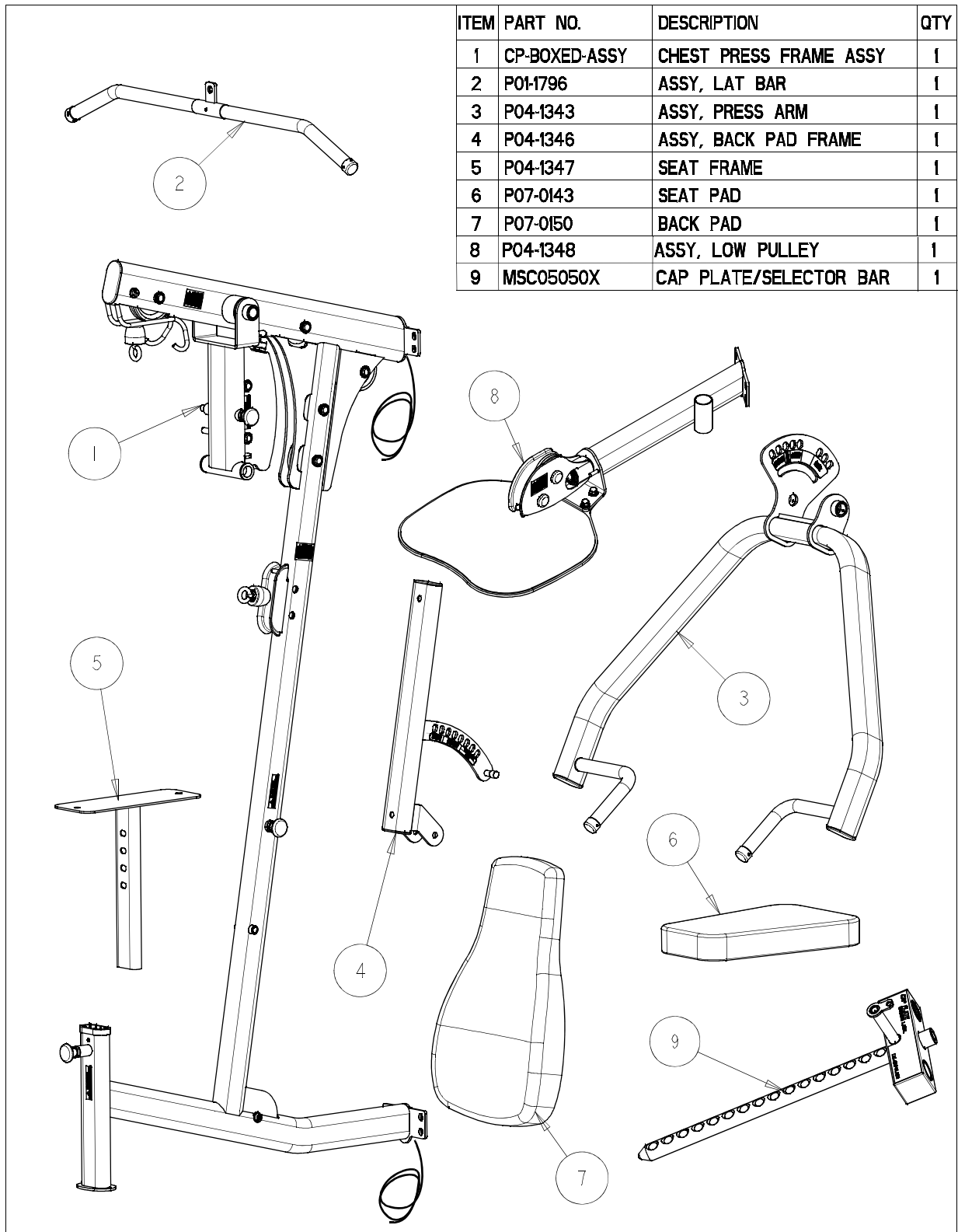
COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	P01-1816	ASSY, GUIDE ROD	4
2	P04-1363	SHROUD, FRONT	1
3	P04-1439	SHROUD, REAR	3
4	HW-BOX-MP3/4	MP3/4 HARDWARE BOX	1

Included in this box:
-All Hardware
-Assembly Manual
-Weight Stack Labels



CHEST PRESS CARTON CONTENTS 1



LEG EXT/CURL CARTON CONTENTS

ITEM	PART NO.	DESCRIPTION	QTY
1	P04-1351	ASSY, SEAT FRAME	1
2	P04-1352	ASSY, FRONT FRAME	1
3	P04-1353	ASSY, ADJUSTMENT ARM	1
4	P04-1354	ASSY, ANKLE PAD FRAME	1
5	P04-1355	ASSY, THIGH PAD FRAME	1
6	P04-1356	ADJUSTMENT CAM, AXLE ASSY	1
7	P04-1358	ASSY, BACK PAD FRAME	1
8	P04-1360	ASSY, HANDLE	1
9	P04-1379	STORAGE HOOK	1
10	P07-0145	SEAT PAD	1
11	P07-0150	BACK PAD	1
12	MSC05050X	CAP PLATE/SELECTOR BAR	1
13	PI3-0170	CABLE, LEG EXT/CURL	1

CABLE COLUMN CARTON CONTENTS

COMPONENTS REQUIRED

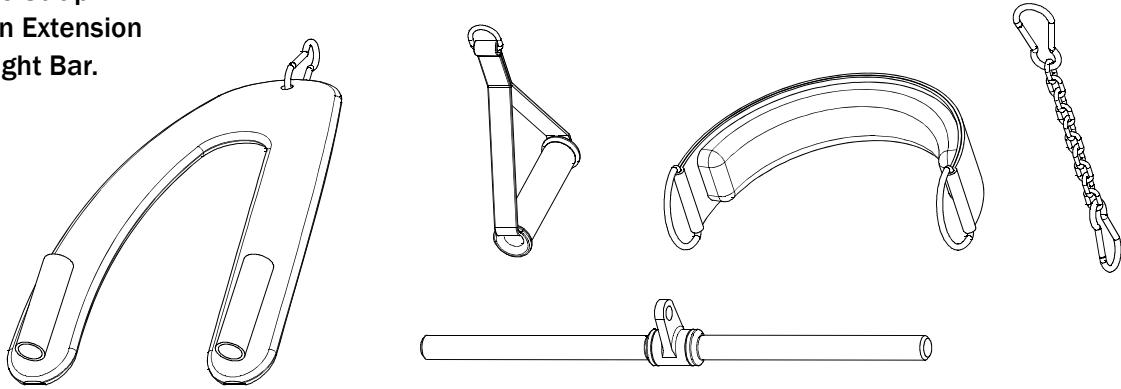
ITEM	PART NO.	DESCRIPTION	QTY
1	B.1110	HANDLE, NYLON STRAP	2
2	MCPG-570B	LABEL, CBL CLMN EXERCISE	1
3	MSC05050X	ASSY, CAP PLATE/SELECTOR BAR	1
4	P00-0243	ASSY, PULLEY HOUSING	1
5	P01-1816	ASSY, GUIDE ROD	2
6	P01-1930	ASSY, FOOT BRACE	1
7	P04-1442	ASSY, TOP CBL CLMN FRM	1
8	P04-1443	ASSY, BTM CBL CLMN FRM	1
9	P04-1445	WELDMENT, COLUMN	1
10	P04-1471	ASSY, HANDLE RIGHT	1
11	P04-1472	ASSY, HANDLE LEFT	1
12	P04-1597	WELDMENT, PULLEY HOUSING	1
13	P04-1598	WELDMENT, DUAL PULLEY HOUSING	1
14	P13-0217	CABLE, CABLE COLUMN	1
15	CC-HW-BOX	CABLE COLUMN HW BOX	1

ACCESSORIES AND WEIGHTS

Accessories

The following pieces are included in the Chest Station Box.

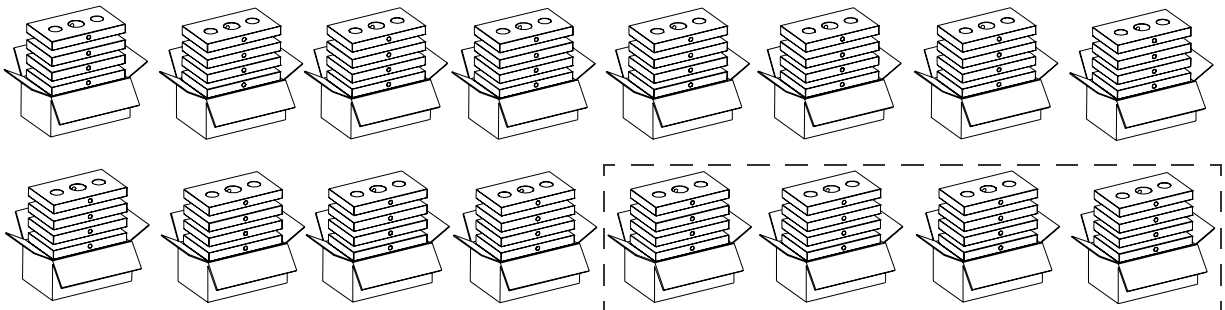
- Ab Strap
- Handle Strap
- Ankle Strap
- Chain Extension
- Straight Bar.



Weight Plate Cartons

Weight plates are packaged (4) per box. You should have (12) boxes of weights for the MP3.0 and MP3.5, OR (16) boxes of weights for the MP4.0. This will give you a total of (48 or 64) weight plates, (16) weight plates per stack.

The weight plates are available in two different sizes, 10 lbs. and 15 lbs. You may receive a combination of the two weight plate sizes depending on your order.



10 LB. Weight Plate Box
Part Number: B1602
Comprised of
(4) x 10 lb. Weight Plates

OR

15 LB. Weight Plate Box
Part Number: B1603
Comprised of
(4) x 15lb. Weight Plates

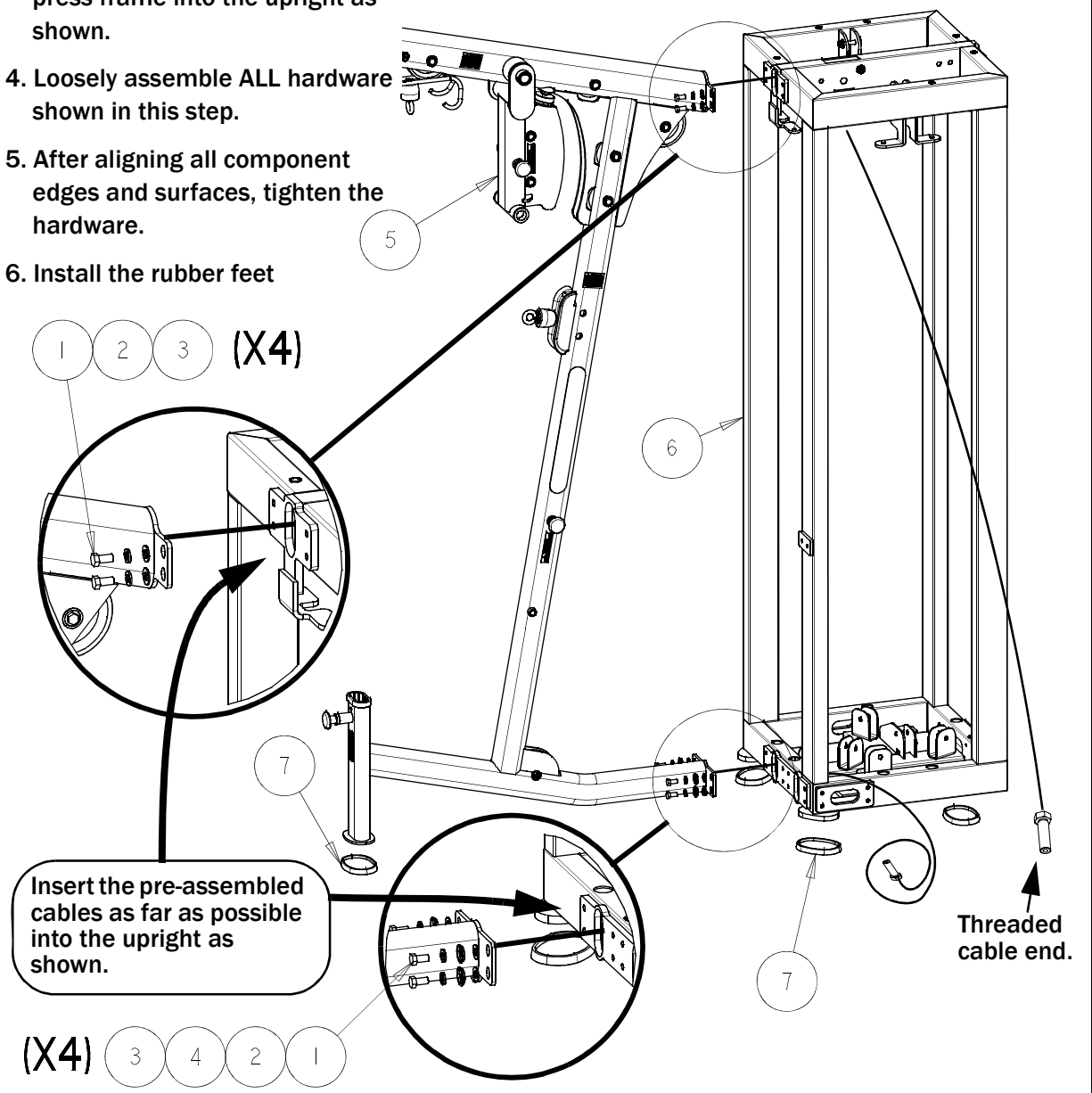
STEP 1: ASSEMBLE THE CHEST PRESS

1. Place upright frame and chest press frame squarely on the floor. Note orientation of upright frame.
2. Insert the pre-assembled cable from the top of the chest press frame into the upright as shown.
3. Insert the pre-assembled cable from the bottom of the chest press frame into the upright as shown.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-444	SCREW, HEX, 3/8-16 X 3/4, GR 5, ZP	8
2	C-749	WASHER, LOCK, 3/8, ZINC	8
3	C-754C	WASHER, FLAT, 3/8 SAE, ZP	8
4	C_955A	BASE, BOLT COVER, 3/8	4
5	CP-BOXED-ASSY	CHEST PRESS FRAME ASSY	1
6	P04-1438	WELDMENT, 3-4 STACK UPRIGHT	1
7	P06-0508	FOOT, MOLDED	4

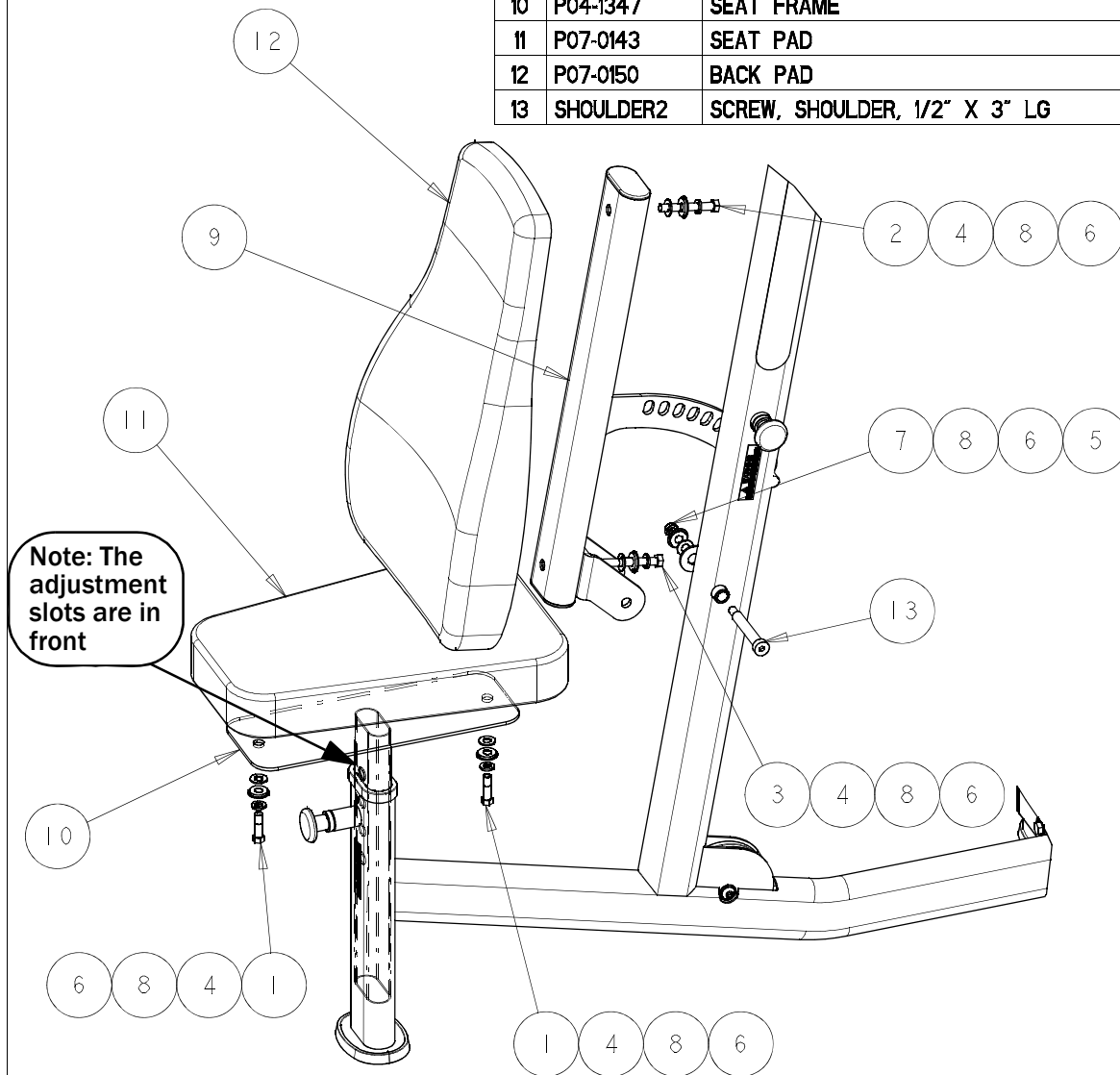
4. Loosely assemble ALL hardware shown in this step.
5. After aligning all component edges and surfaces, tighten the hardware.
6. Install the rubber feet



STEP 2: ASSEMBLE THE PADS

1. Loosely assemble ALL hardware shown in this step.
2. After aligning all component edges and surfaces, tighten the hardware.
3. Be sure that both the Seat pad and Back pad can adjust easily.

ITEM	PART NO.	DESCRIPTION	QTY
1	C-446	SCREW, HEX, 3/8-16 X 1-1/4, GR 5, ZP	2
2	C-451	SCREW, HEX, 3/8-16 X 2-3/4, GR 5, ZP	1
3	C-452	SCREW, HEX, 3/8-16 X 3, GR 5, ZP	1
4	C-749	WASHER, LOCK, 3/8, ZINC	4
5	C-755	WASHER, FLAT, 1/2 USS, ZP	1
6	C-754C	WASHER, FLAT, 3/8 SAE, ZP	5
7	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	1
8	C_955A	BASE, BOLT COVER, 3/8	5
9	P04-1346	ASSY, BACK PAD FRAME	1
10	P04-1347	SEAT FRAME	1
11	P07-0143	SEAT PAD	1
12	P07-0150	BACK PAD	1
13	SHOULDER2	SCREW, SHOULDER, 1/2" X 3" LG	1

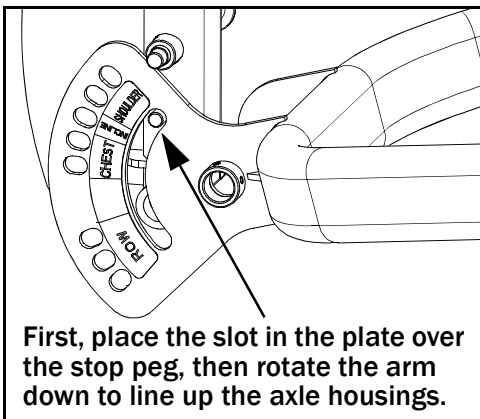
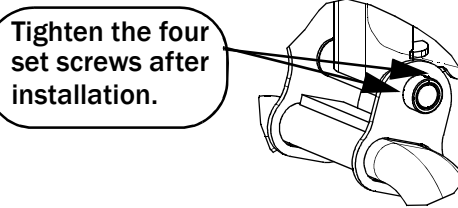


STEP 3: ASSEMBLE THE PRESS ARM

1. To assemble the press arm, lift the arm so that the stop peg fits into the slot in the adjustment plate (as shown). Then rotate the arm down to line up the axle housings.
2. Insert the axle from either side of the machine. You may need a rubber mallet to install the axle.
3. After the axle is installed, tighten the four set screws on the press arm assembly.
4. Make sure arm can adjust easily.

COMPONENTS REQUIRED

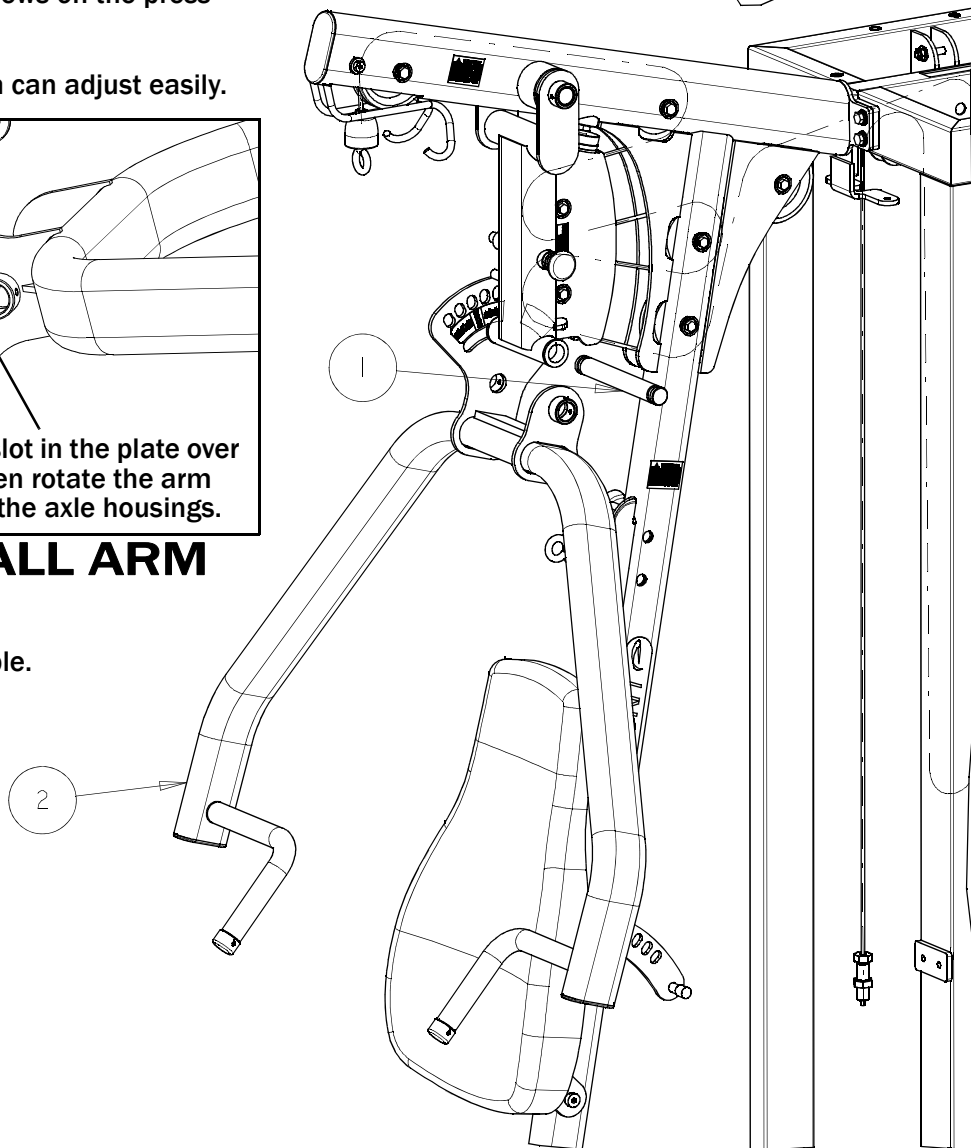
ITEM	PART NO.	DESCRIPTION	QTY
1	P03-0889	AXLE, PRESS ARM	1
2	P04-1343	ASSY, PRESS ARM	1



First, place the slot in the plate over the stop peg, then rotate the arm down to line up the axle housings.

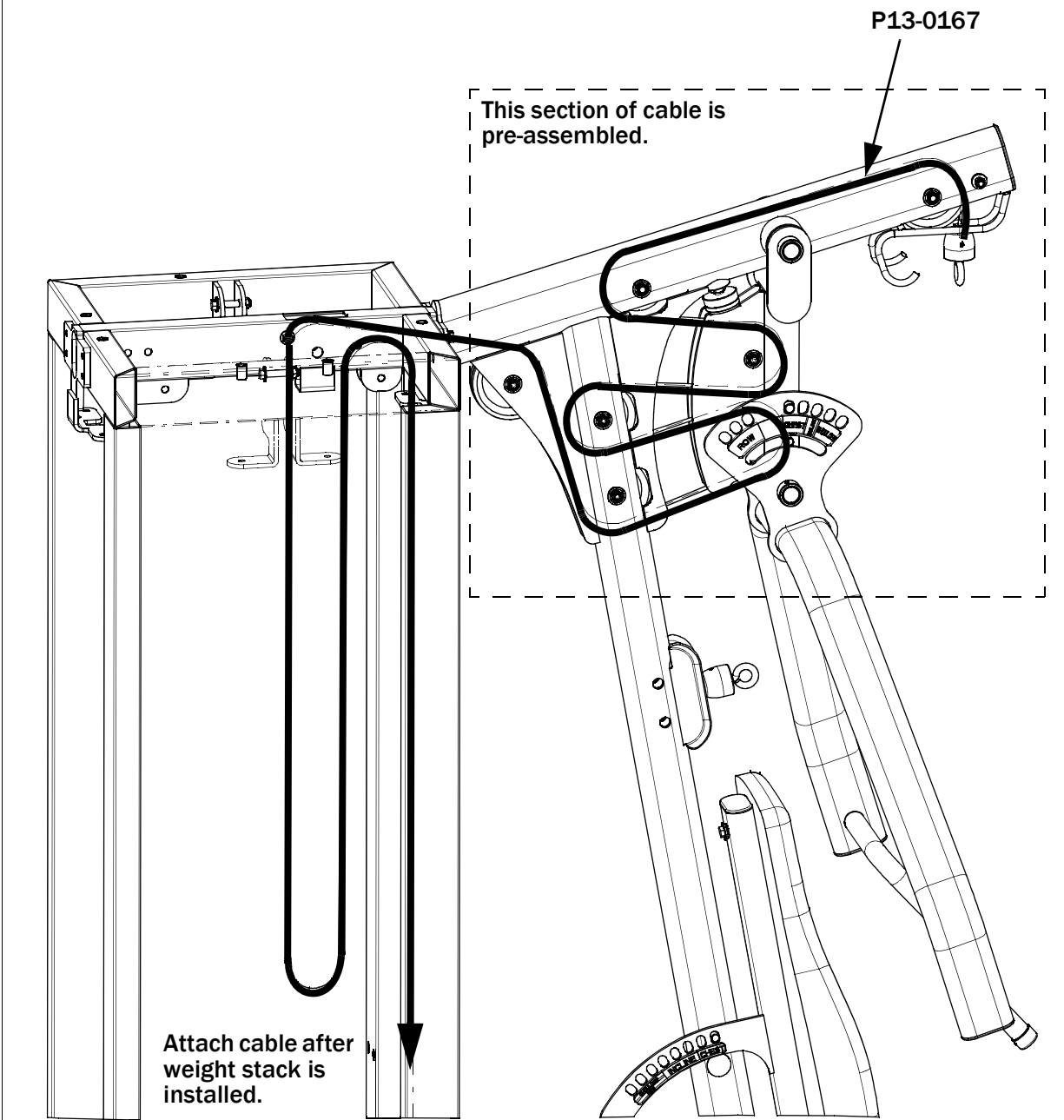
TO INSTALL ARM

Installation may require two people.



STEP 4: INSTALL CHEST PRESS CABLE

1. Shown on this page is the general routing of the Chest Press cable (P13-0167). The following pages show sections in greater detail.



STEP 4: INSTALL CHEST PRESS CABLE

1. Route the Chest Press cable as shown.
2. Install the pulleys and associated hardware as you go along.
3. Make sure the cable and pulleys can move freely. The cables must not get routed around the cable retaining bolts.

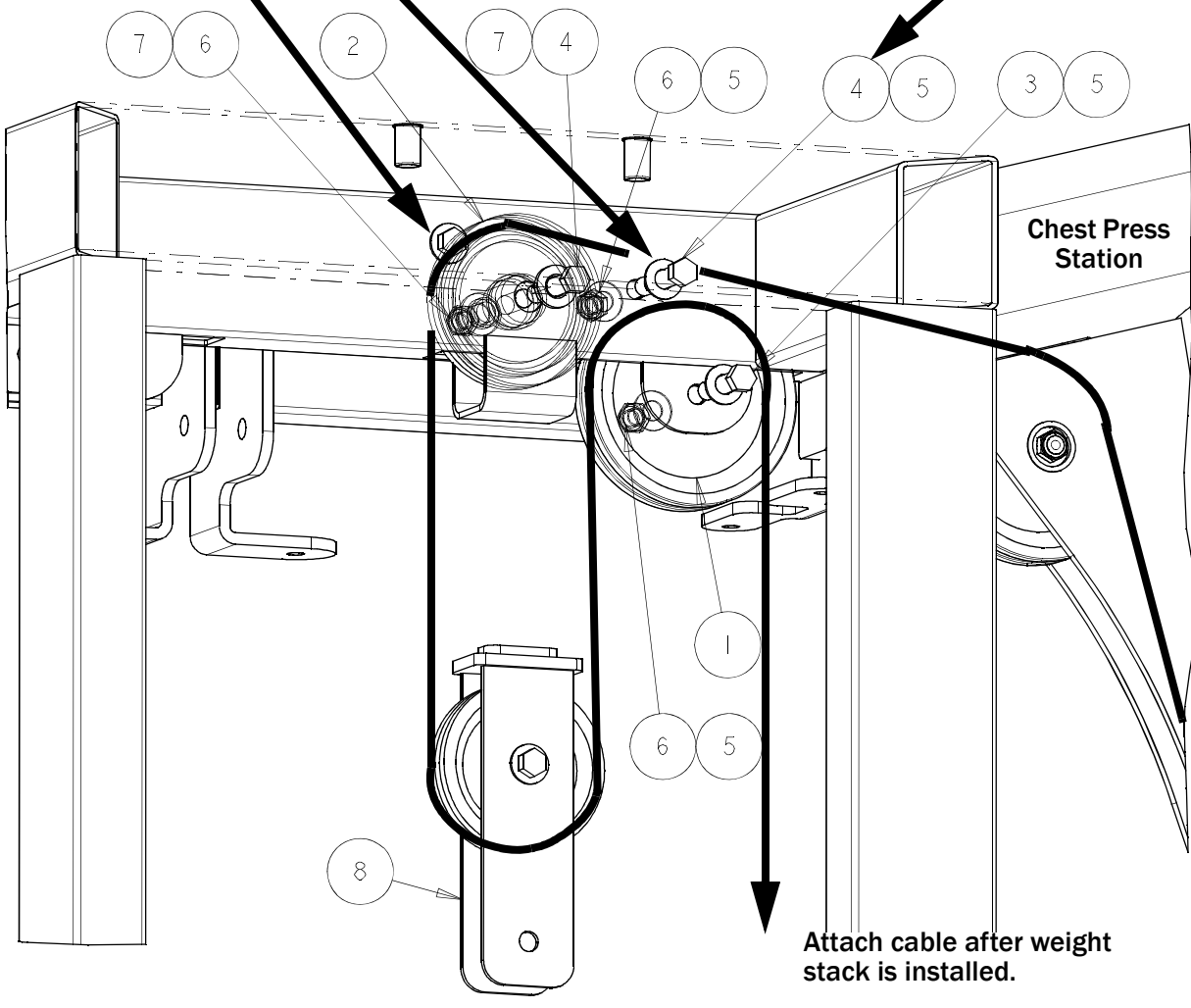
COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B.900A	PULLEY, 4-1/2", 3/16" CABLE	1
2	B.901	PULLEY, 3-1/2"	1
3	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	1
4	C-453	SCREW, HEX, 3/8-16 X 2, GR 5, ZP	2
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	3
7	MCP05005	BUSHING, PULLEY 2	2
8	P04-1365	ASSY, FLOATING PULLEY	1

Make sure cable does not route around the cable retaining bolts.

IMPORTANT !

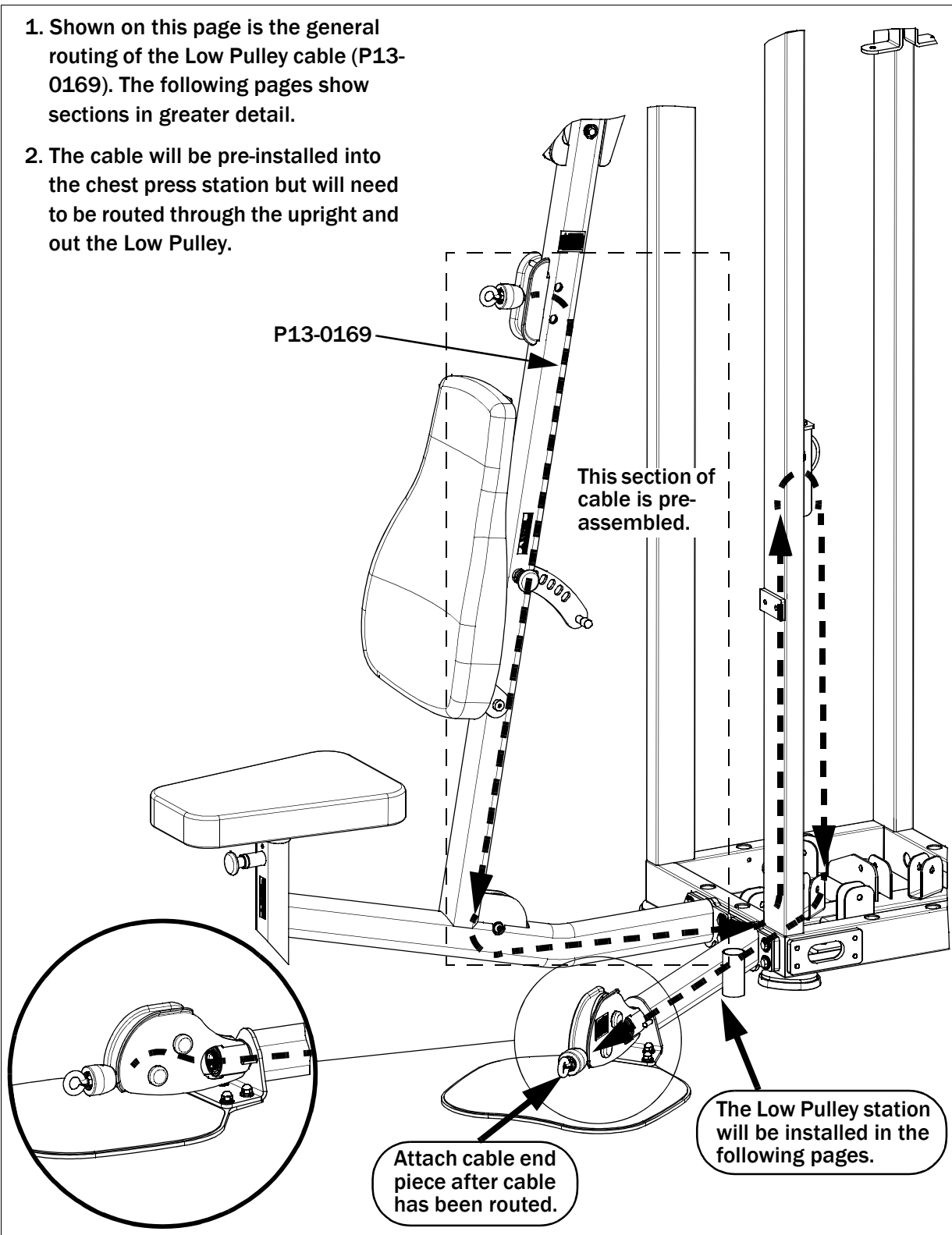
Install this bolt after all the other hardware and cable has been installed.



Attach cable after weight stack is installed.

STEP 5: INSTALL THE LOW PULLEY CABLE

1. Shown on this page is the general routing of the Low Pulley cable (P13-0169). The following pages show sections in greater detail.
2. The cable will be pre-installed into the chest press station but will need to be routed through the upright and out the Low Pulley.

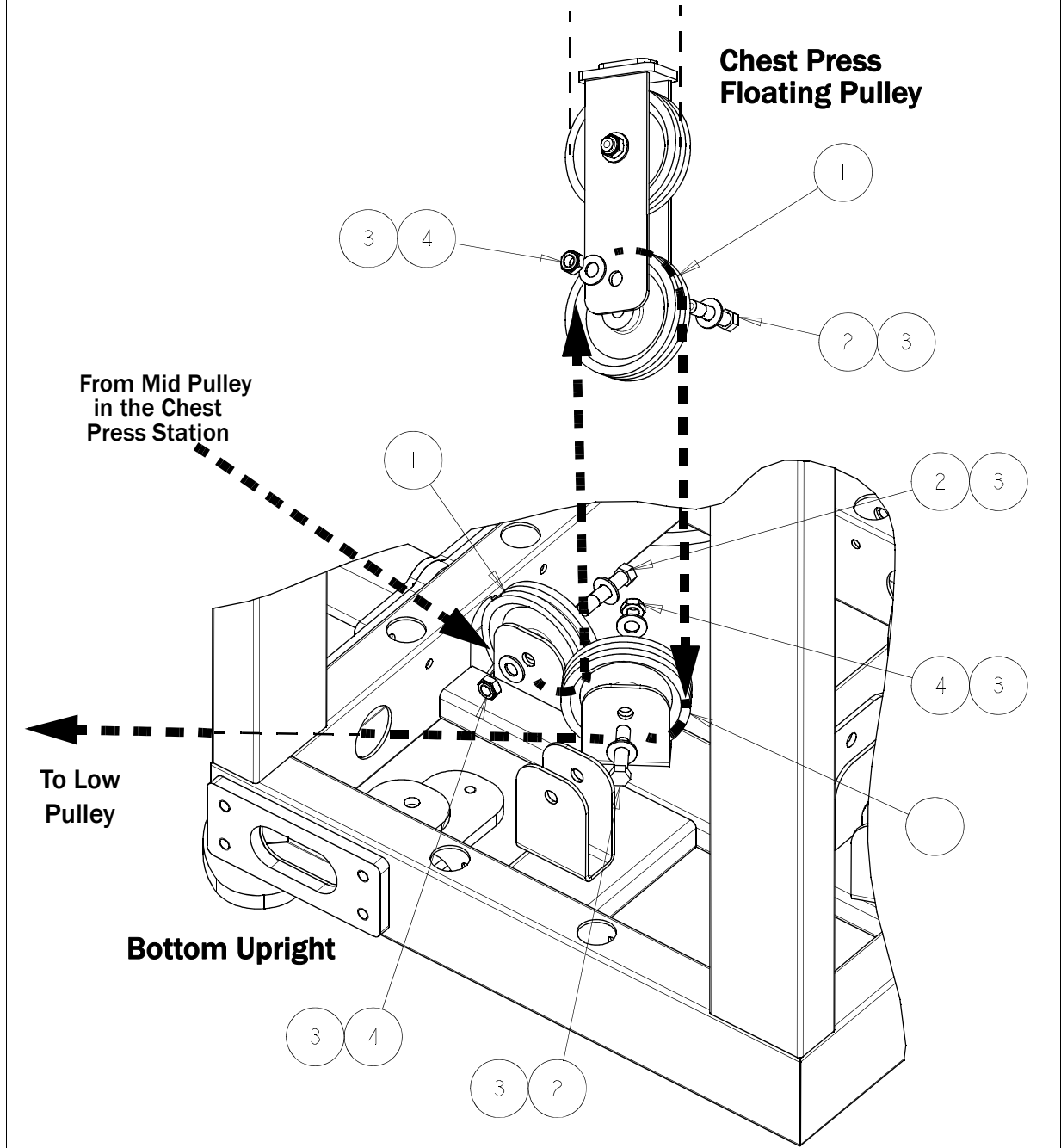


STEP 5: INSTALL THE LOW PULLEY CABLE

1. Route the Low Pulley cable as shown.
2. Install the pulleys and associated hardware as you go along.
3. Make sure the cable and pulleys can move freely.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B_901	PULLEY, 3-1/2"	3
2	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	3
3	C-754C	WASHER, FLAT, 3/8 SAE, ZP	6
4	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	3



STEP 5: INSTALL THE LOW PULLEY CABLE

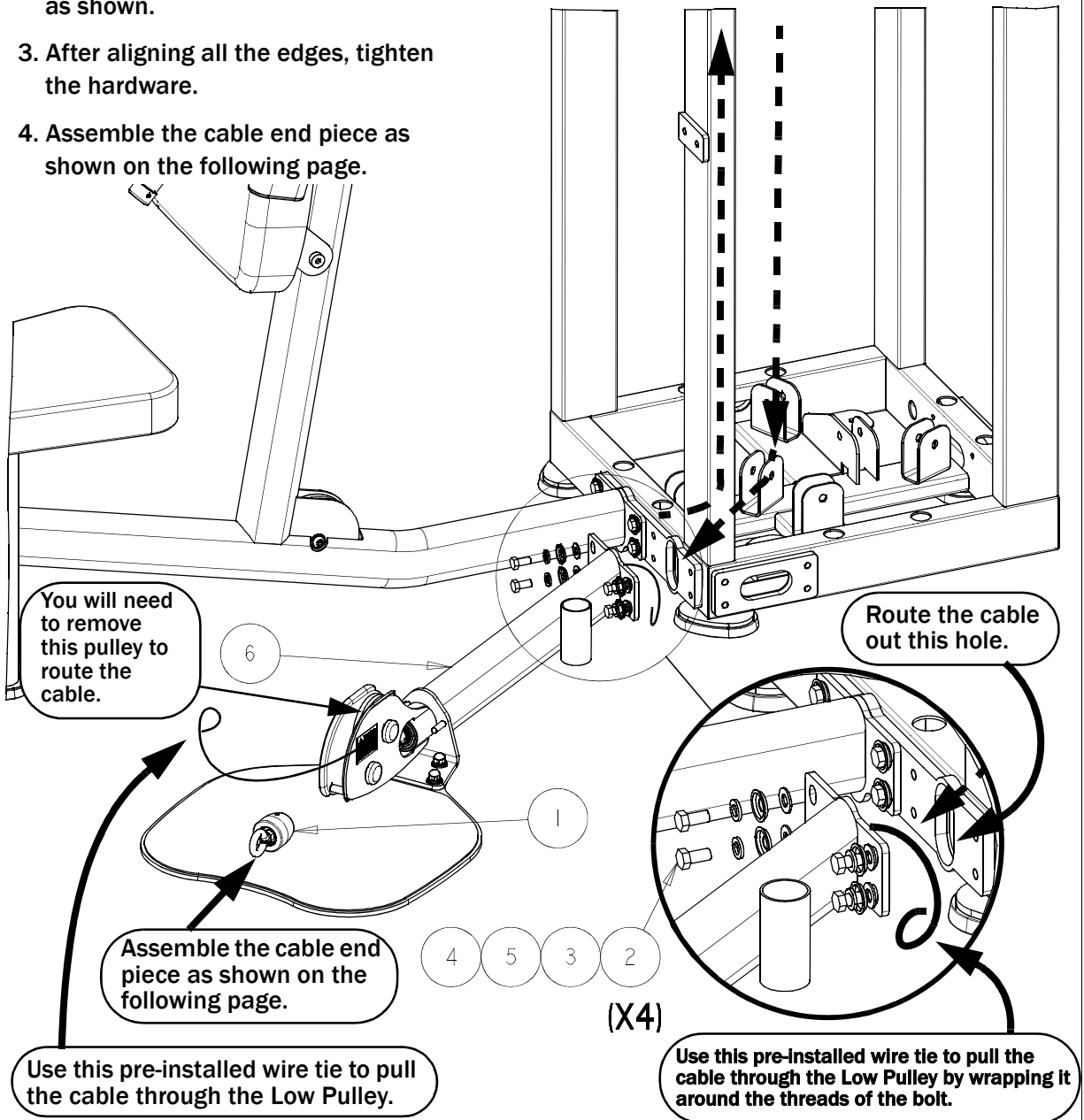
1. Route the cable out the bottom of the upright. Attach the pre-installed wire tie to the cable bolt by wrapping it around the bolt threads, and pull the cable through the Low Pulley tube.

2. Assemble the Low Pulley weldment as shown.

3. After aligning all the edges, tighten the hardware.

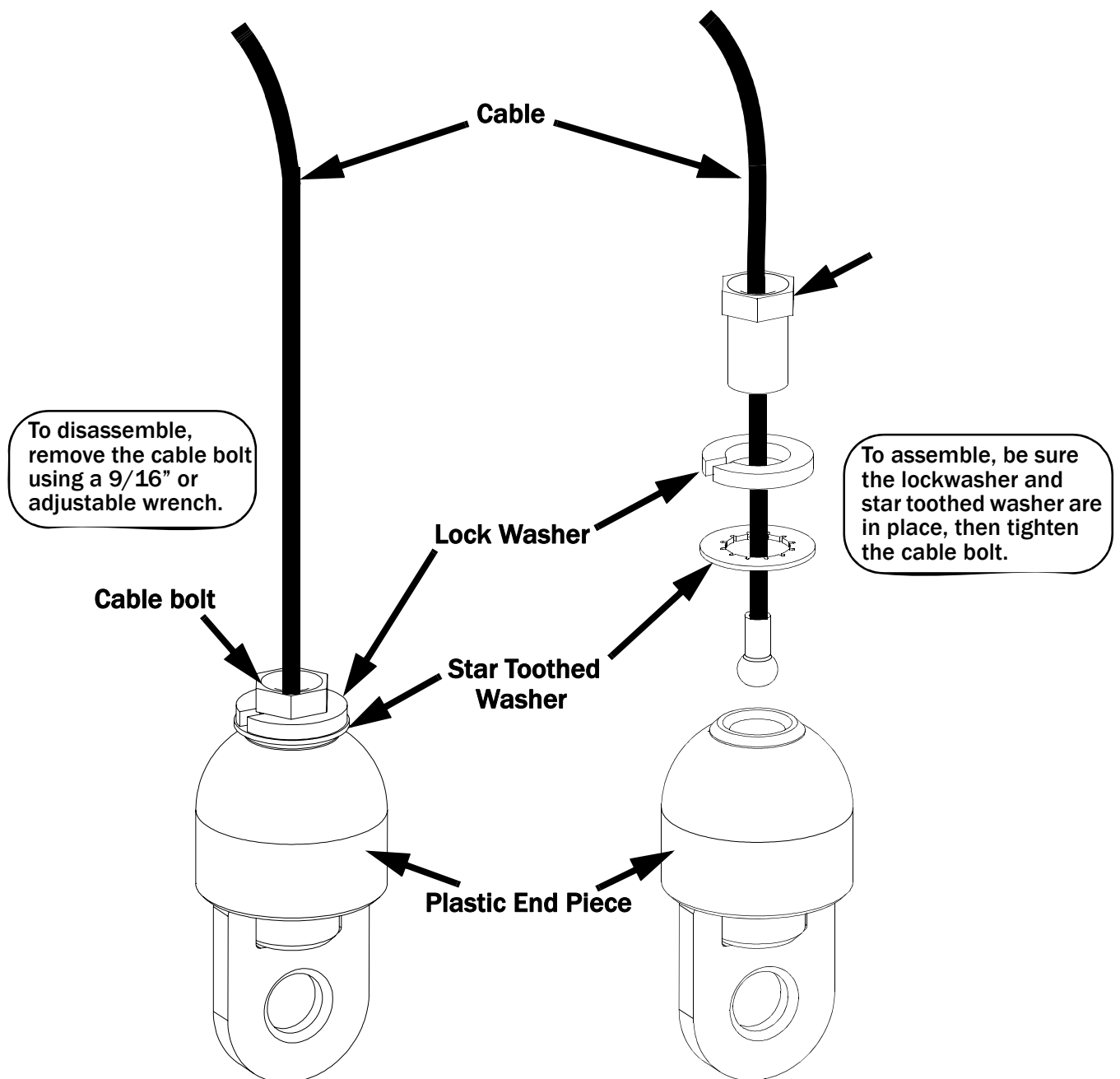
4. Assemble the cable end piece as shown on the following page.

COMPONENT		REQUIRED	
ITEM	PART NO.	DESCRIPTION	QTY
1	9003016-ASSY	CABLE END ASSY	1
2	C-444	SCREW, HEX, 3/8-16 X 3/4, GR 5, ZP	4
3	C-749	WASHER, LOCK, 3/8, ZINC	4
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
5	C_955A	BASE, BOLT COVER, 3/8	4
6	P04-1348	ASSY, LOW PULLEY	1



STEP 5: INSTALL THE LOW PULLEY CABLE

1. Disassemble the cable end piece as shown below.
2. Route the Low Pulley cable as shown on page 17 through 19.
3. Assemble the cable end piece as shown below.
4. After routing the cable through the machine, add the lock washer and star toothed washer then thread the cable bolt into the plastic end piece and tighten it.



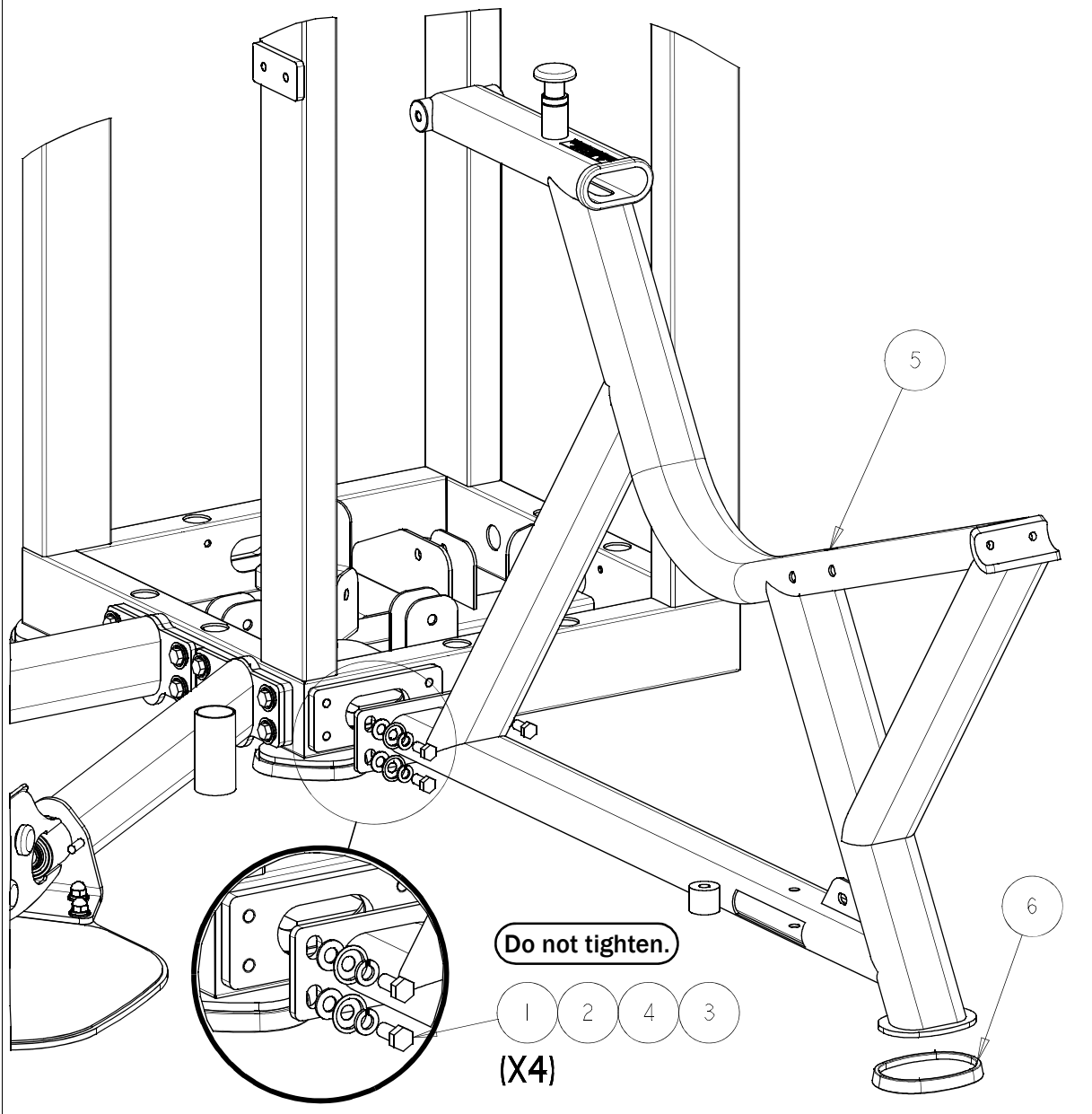
STEP 6: ASSEMBLE THE LEG EXT/CURL MAIN FRAME

1. Loosely assemble ALL hardware shown in this step. **DO NOT TIGHTEN THE HARDWARE.**

2. Assemble rubber foot.

COMPONENTS REQUIRED

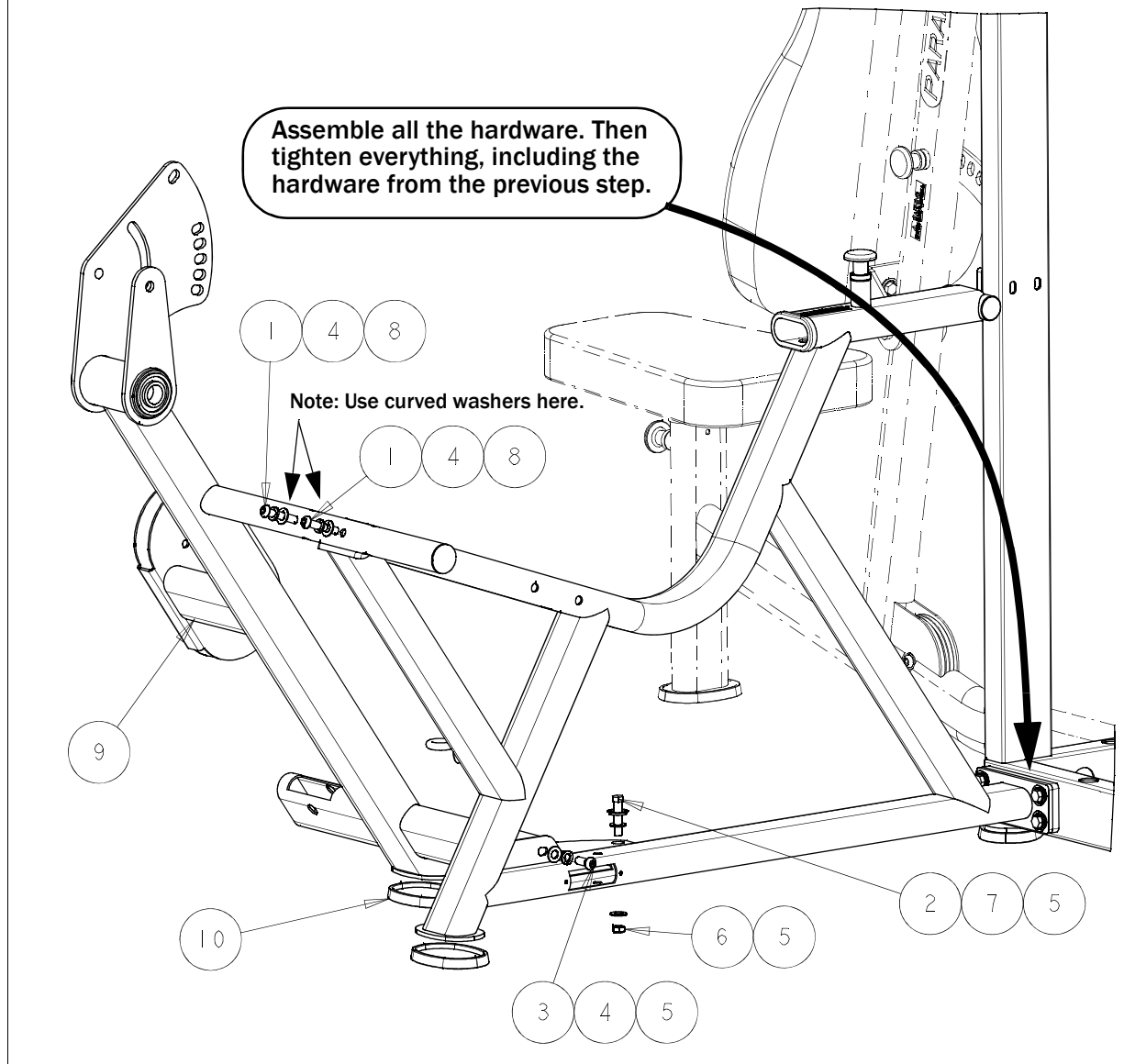
ITEM	PART NO.	DESCRIPTION	QTY
1	C-444	SCREW, HEX, 3/8-16 X 3/4, GR 5, ZP	4
2	C-749	WASHER, LOCK, 3/8, ZINC	4
3	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
4	C.955A	BASE, BOLT COVER, 3/8	4
5	P04-1351	ASSY, SEAT FRAME	1
6	S.550	FOOT, MOLDED	1



STEP 7: ASSEMBLE THE LEG EXT/CURL FRONT FRAME

1. Loosely assemble ALL hardware shown in this step.
2. After aligning all component edges and surfaces, tighten the hardware. Also tighten the hardware from the previous step.
3. Assemble the rubber foot.

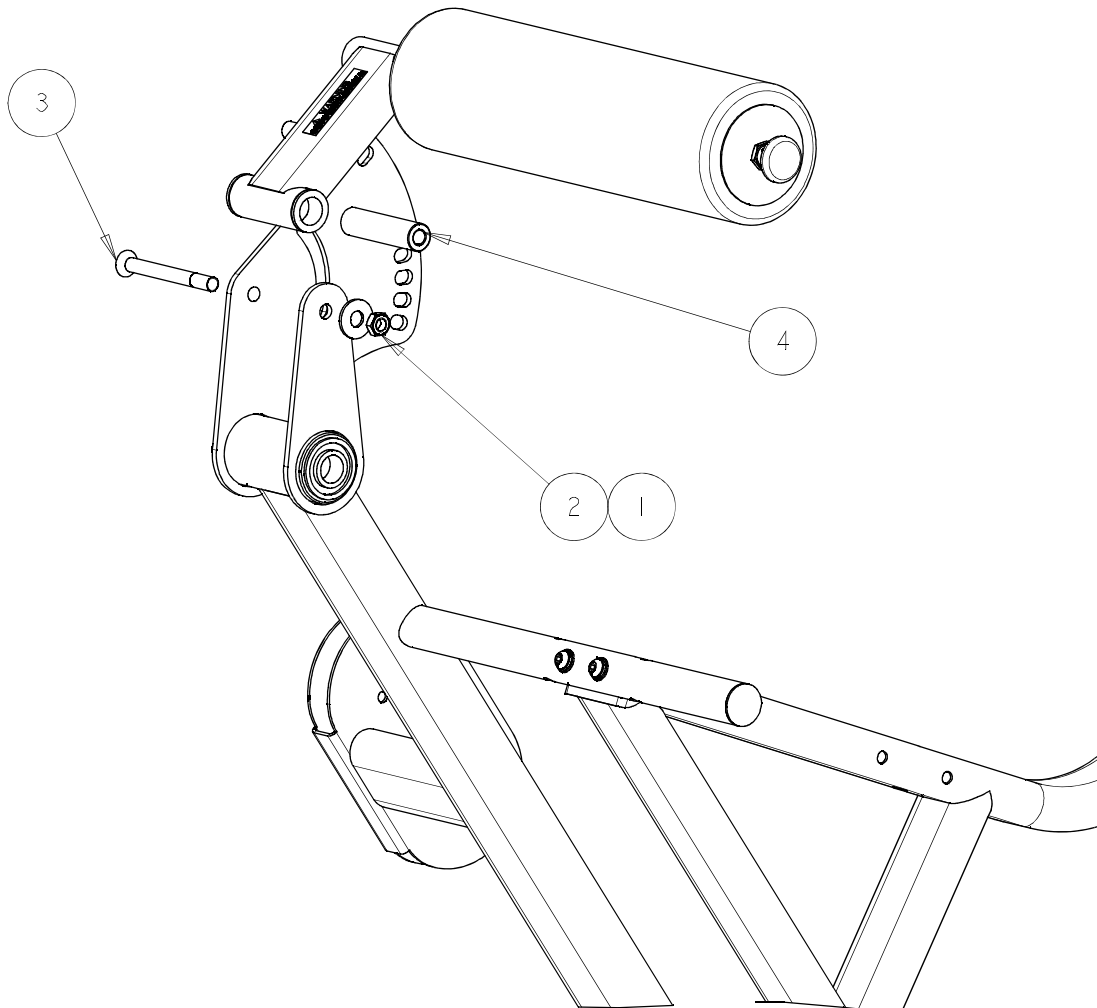
ITEM	PART NO.	DESCRIPTION	QTY
1	BHCS-3EX2	SCREW, BHCS, 3/8-16 X 2	2
2	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	1
3	C-678	SCREW, BHCS, 3/8-16 X 1	1
4	C-749	WASHER, LOCK, 3/8, ZINC	3
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	3
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	1
7	C.955A	BASE, BOLT COVER, 3/8	1
8	CRVD-WSHR	WASHER, CURVED, 3/8	2
9	P04-1352	ASSY, FRONT FRAME	1
10	S.550	FOOT, MOLDED	1



STEP 8: ASSEMBLE THIGH PAD

1. Insert the Axle into the Thigh Pad Frame and then position it on the frame.
2. Insert the bolt through both the frame and the axle, then assemble and tighten the hardware.

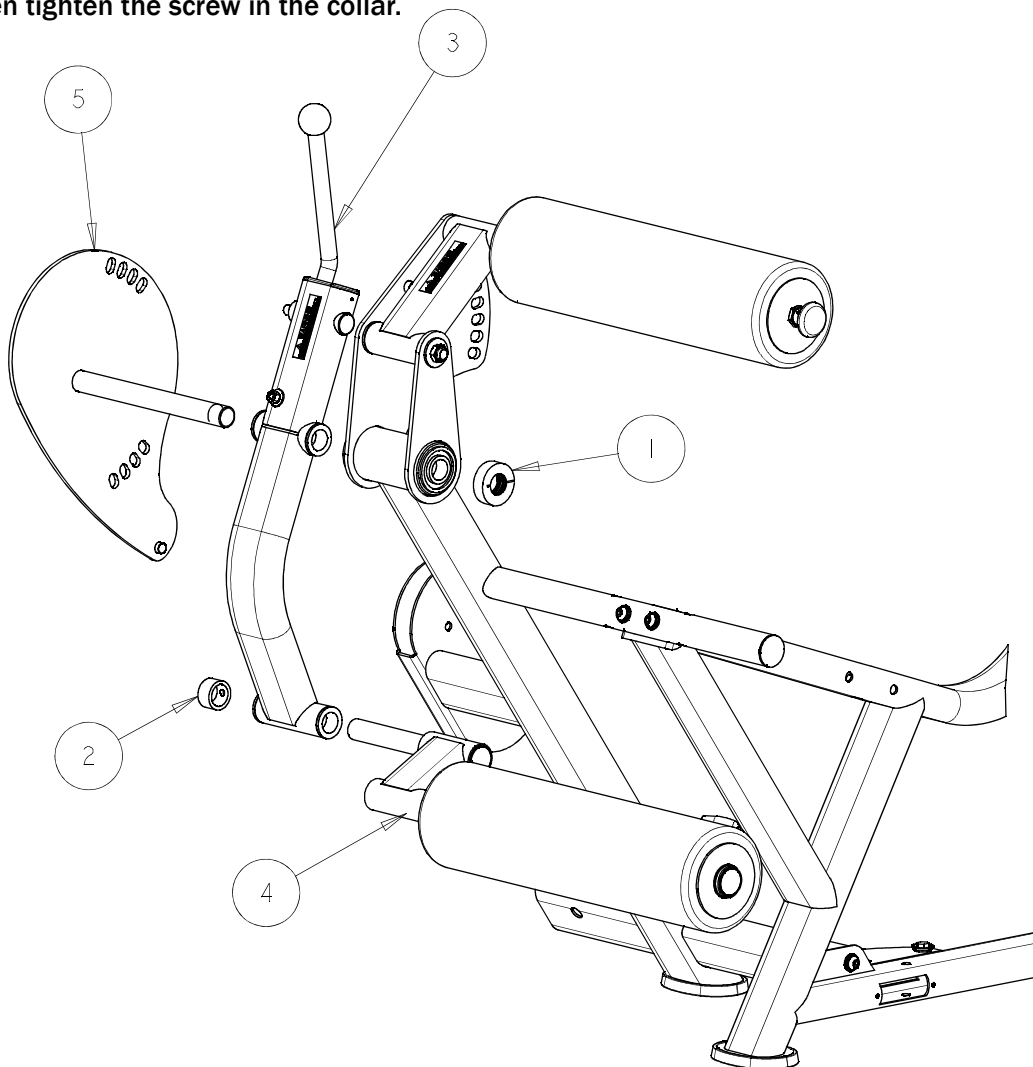
ITEM	PART NO.	DESCRIPTION	QTY
1	C-755	WASHER, FLAT, 1/2 USS, ZP	1
2	C-766	NUT, NYLOCK, 1/2-13, JAM, ZINC	1
3	C-669B	SCREW, FLAT HD, 1/2-13 X 5	1
4	P03-0890	AXLE	1
5	P04-1355	ASSY, THIGH PAD FRAME	1



STEP 9: ASSEMBLE THE ADJUSTMENT ARM

1. Assemble the Adjustment Cam and the Adjustment Arm as shown.
2. Secure the components in place using the 1" threaded collar. Tighten the collar enough so that the Cam and Arm can move freely and independently from each other. Then tighten the screw in the collar.
3. Assemble the Ankle Pad frame as shown. Be sure the Pad Frame can rotate freely. Then tighten the screw in the collar.

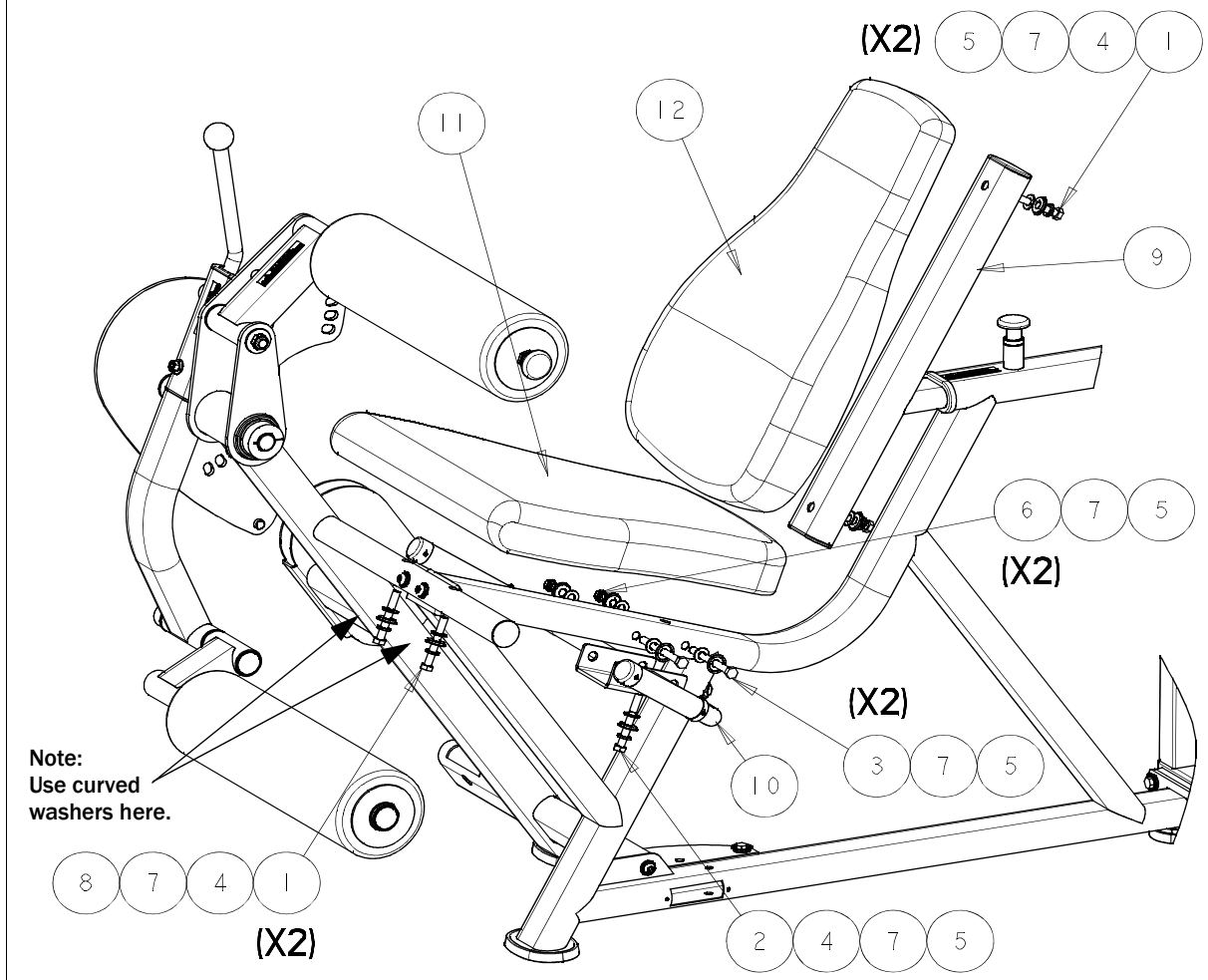
ITEM	PART NO.	DESCRIPTION	QTY
1	CLLR1	1" THREADED COLLAR	1
2	CLLR2	COLLAR, CLAMPING, 1" I.D.	1
3	P04-1353	ASSY, ADJUSTMENT ARM	1
4	P04-1354	ASSY, ANKLE PAD FRAME	1
5	P04-1356	ADJUSTMENT CAM, AXLE ASSY	1



STEP 10: ASSEMBLE THE PADS AND HANDLES

1. Assemble the Back Pad Frame and Back Pad as shown.
2. Loosely assemble the Handle to the frame using the 4" bolts.
3. Assemble the Seat Pad and then tighten all the hardware.

ITEM	PART NO.	DESCRIPTION	QTY
1	C-451	SCREW, HEX, 3/8-16 X 2-3/4, GR 5, ZP	4
2	C-452	SCREW, HEX, 3/8-16 X 3, GR 5, ZP	1
3	C-455	SCREW, HEX, 3/8-16 X 4, GR 5, ZP	2
4	C-749	WASHER, LOCK, 3/8, ZINC	5
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	7
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
7	C.955A	BASE, BOLT COVER, 3/8	9
8	CRVD-WSHR	WASHER, CURVED, 3/8	2
9	P04-1358	ASSY, BACK PAD FRAME	1
10	P04-1360	ASSY, HANDLE	1
11	P07-0145	SEAT PAD	1
12	P07-0150	BACK PAD	1



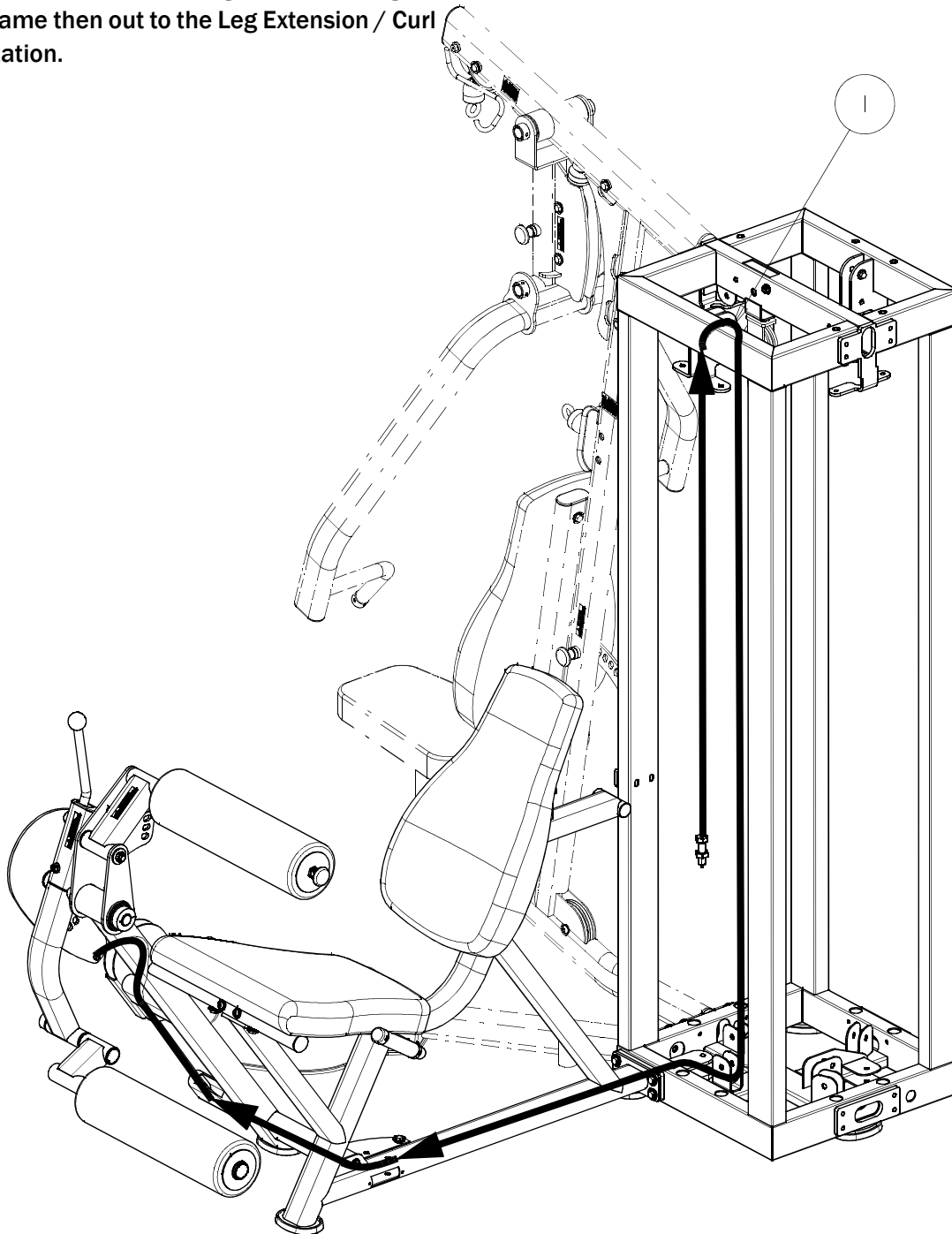
STEP 11: INSTALL LEG EXT/CURL CABLE

1. Shown on this page is the general routing of the Leg Ext/Curl cable. The following pages show sections in greater detail.

2. Feed the cable starting from the Upright frame then out to the Leg Extension / Curl station.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	P13-0170	CABLE, LE/LC	1

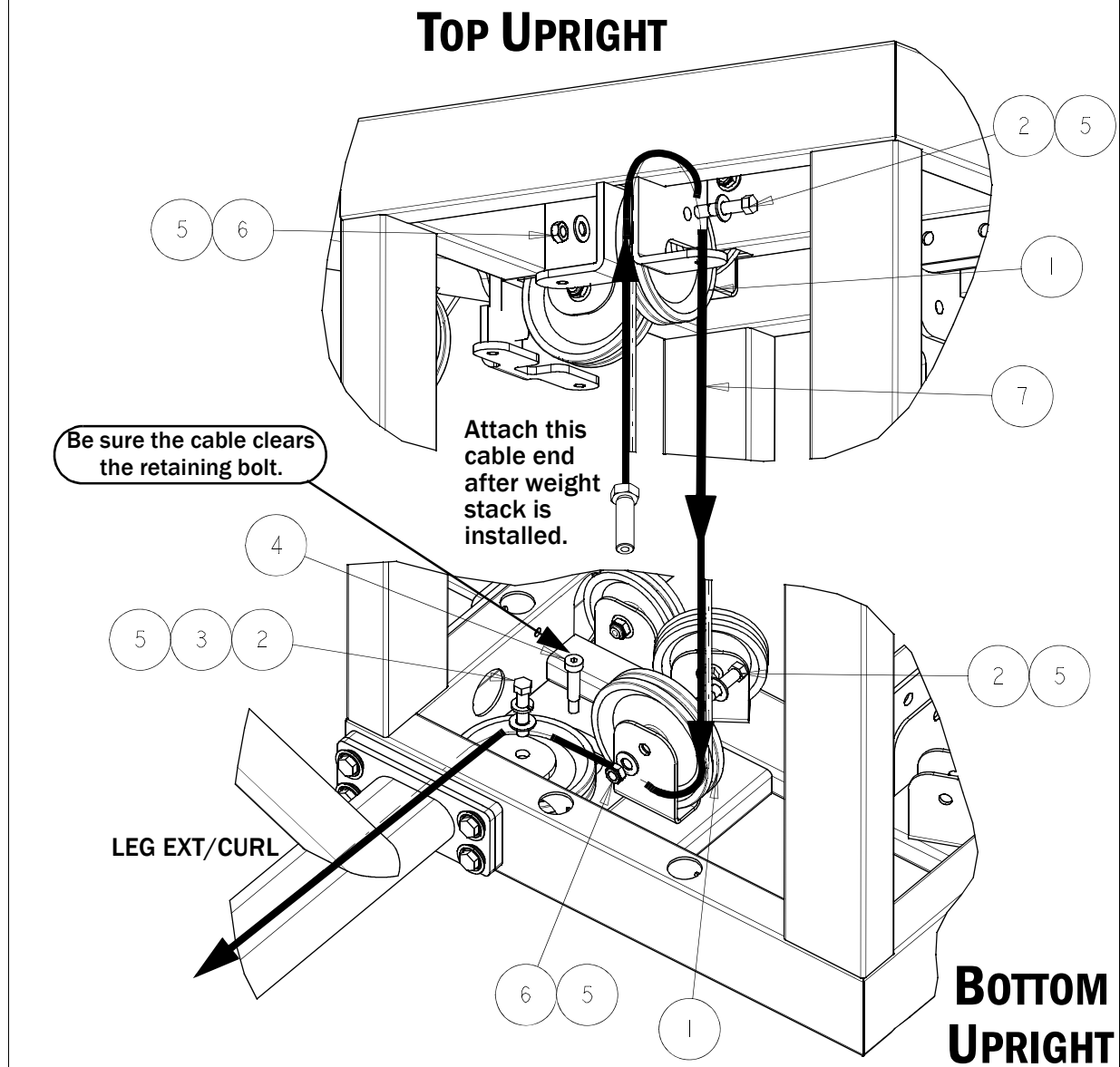


STEP 11: INSTALL THE LEG EXT/CURL CABLE

1. Assemble the Pulleys, Hardware, and Cable as shown.
2. Install the pulleys and associated hardware as you go along.
3. Be sure the cable clears the retaining bolts and that the pulleys can rotate freely.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B.900A	PULLEY, 4-1/2", 3/16" CABLE	3
2	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	3
3	C-749	WASHER, LOCK, 3/8, ZINC	1
4	C-777	SCREW, SHOULDER, 3/8" X 1-1/4" LG.	1
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	5
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
7	P13-0170	CABLE, LE/LC	1

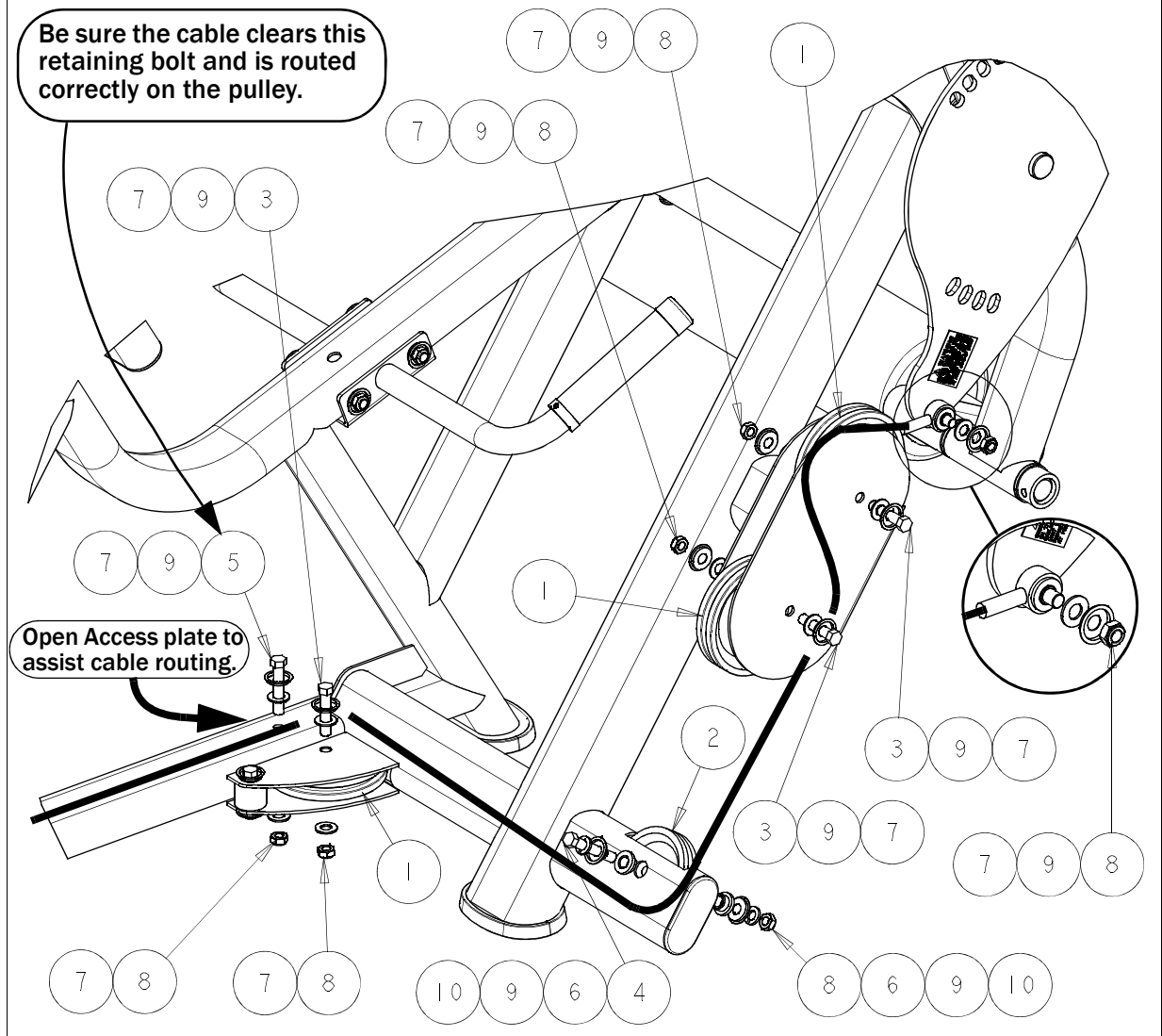


STEP 11: INSTALL THE LEG EXT/CURL CABLE

1. Route the Leg Extension/Curl cable as shown.
2. Install the pulleys and associated hardware as you go along.
3. Be sure the cable clears the retaining bolts and that the pulleys can rotate freely.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B.900A	PULLEY, 4-1/2', 3/16" CABLE	3
2	B.901	PULLEY, 3-1/2"	1
3	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	3
4	C-449	HEX, 3/8-16 X 2-1/4, GR 5, ZP	1
5	C-453	SCREW, HEX, 3/8-16 X 2, GR 5, ZP	1
6	C-749	WASHER, LOCK, 3/8, ZINC	2
7	C-754C	WASHER, FLAT, 3/8 SAE, ZP	9
8	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	6
9	C.955A	BASE, BOLT COVER, 3/8	9
10	MCPO5005	BUSHING, PULLEY 2	2





If you have purchased the **MP 3.0** which includes the Cable Column station, please continue with the installation process on the next page.

If you have purchased the **MP 3.5** which includes the Leg Press station, please refer to the **MP3.5 & MP4.0 Leg Press Manual** to continue the installation.

If you have purchased the **MP 4.0** which includes both the Cable Column and Leg Press stations, please continue with the installation process on the next page. Also refer to the **MP3.5 & MP4.0 Leg Press Manual**.



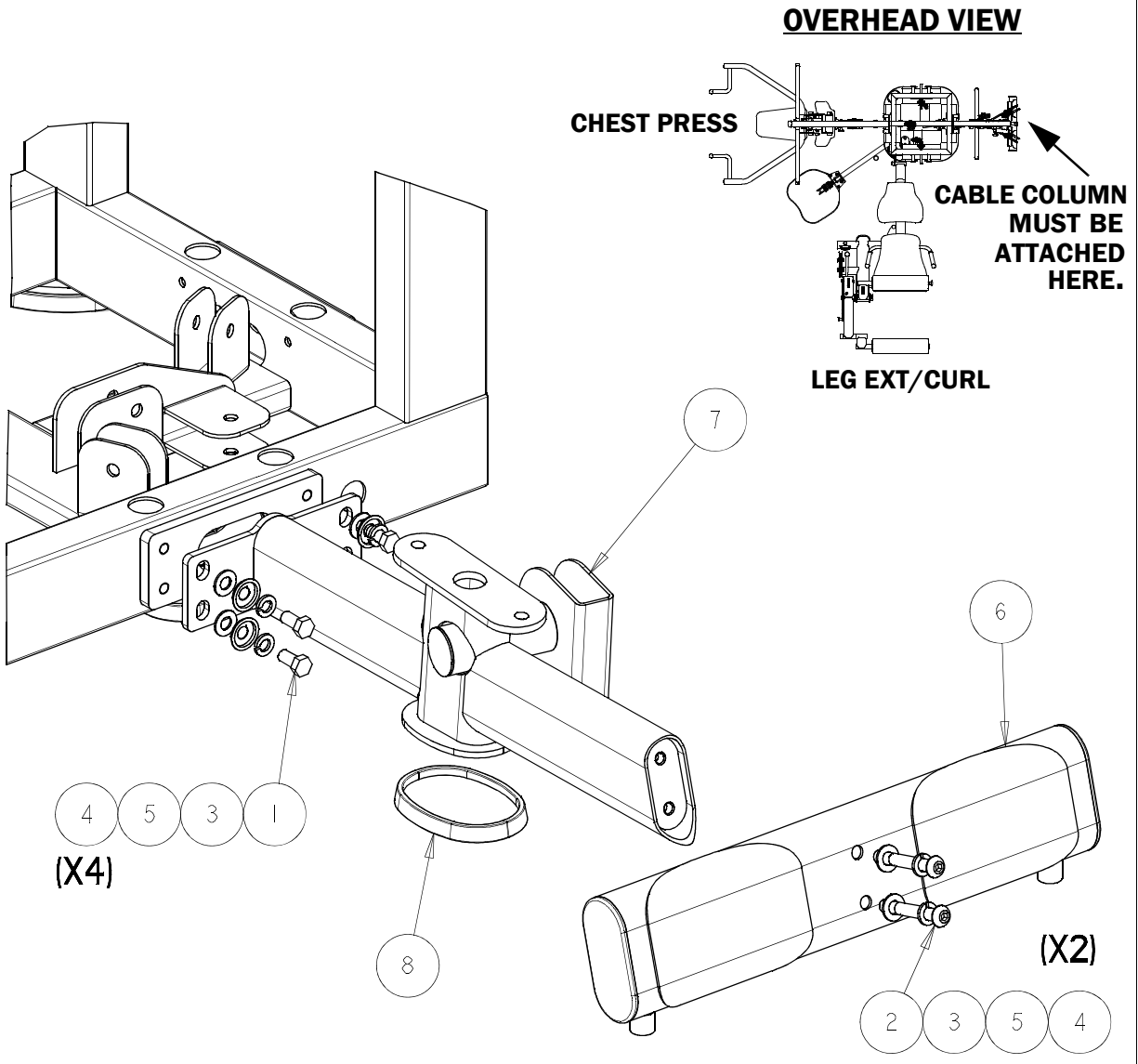
Note: Be sure to check which weight stack is assigned to each station. Each weight stack consists of either (Qty. 16) - 10 lb. weight plates **OR** (Qty. 16) - 15 lb. weight plates.

STEP 12: CABLE COLUMN ASSEMBLY

1. The cable column will attach only on the opposite side of the upright frame to the chest press, as shown in the overhead view.
2. Loosely assemble ALL hardware shown in this step.
3. After aligning all component edges and surfaces, tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-444	SCREW, HEX, 3/8-16 X 3/4, GR 5, ZP	4
2	C-681	SCREW, BHCS, 3/8-16 X 2-3/4	2
3	C-749	WASHER, LOCK, 3/8, ZINC	6
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	6
5	C.955A	BASE, BOLT COVER, 3/8	4
6	P01-1930	ASSY, FOOT BRACE	1
7	P04-1443	ASSY, BTM CBL CLMN FRM	1
8	S_550	FOOT, MOLDED	1

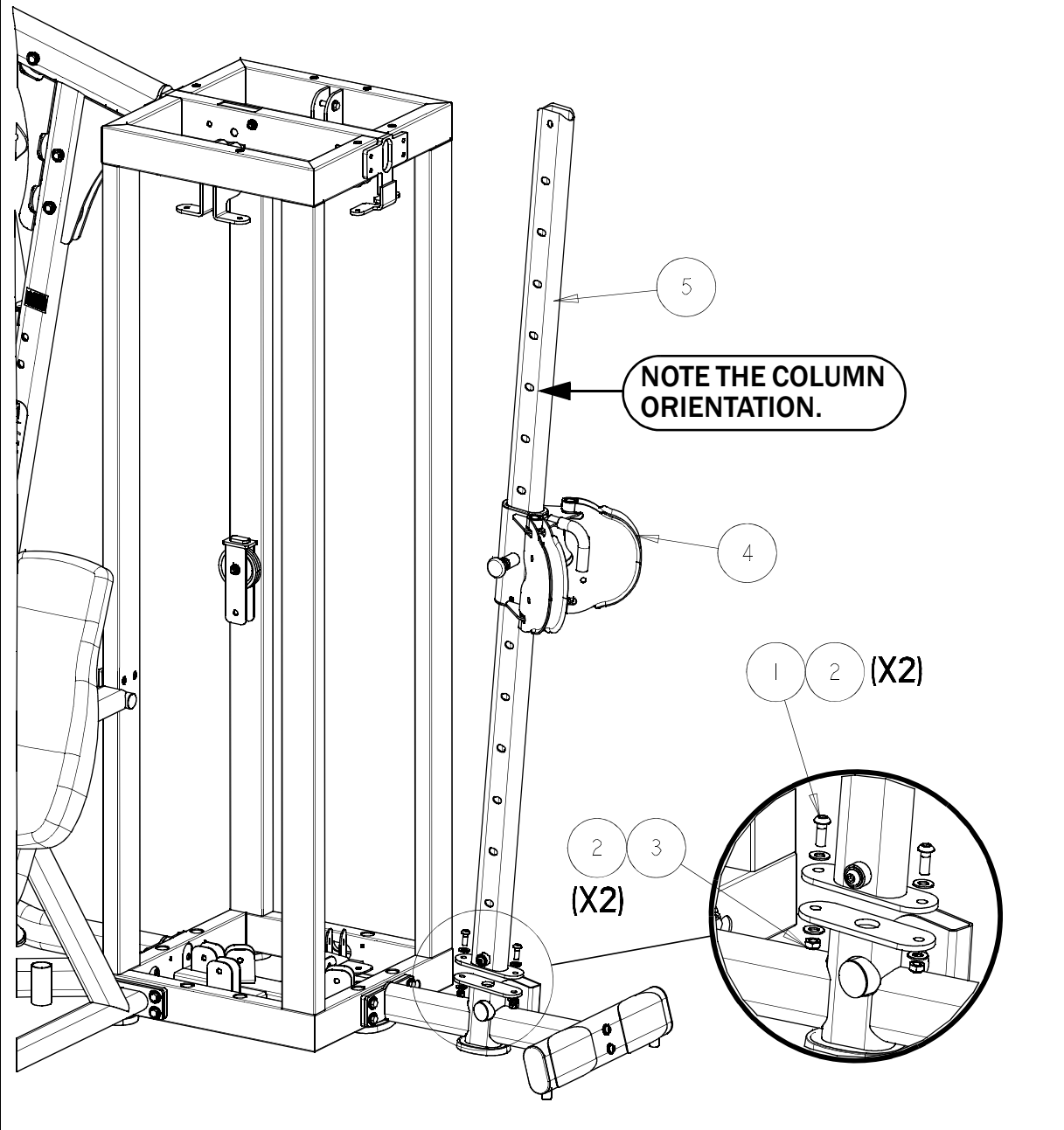


STEP 12: CABLE COLUMN ASSEMBLY

1. Loosely assemble ALL hardware shown in this step.
2. After aligning all component edges and surfaces, tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-678	SCREW, BHCS, 3/8-16 X 1	2
2	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
3	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
4	P00-0243	ASSY, PULLEY HOUSING	1
5	P04-1445	WELDMNT, COLUMN	1

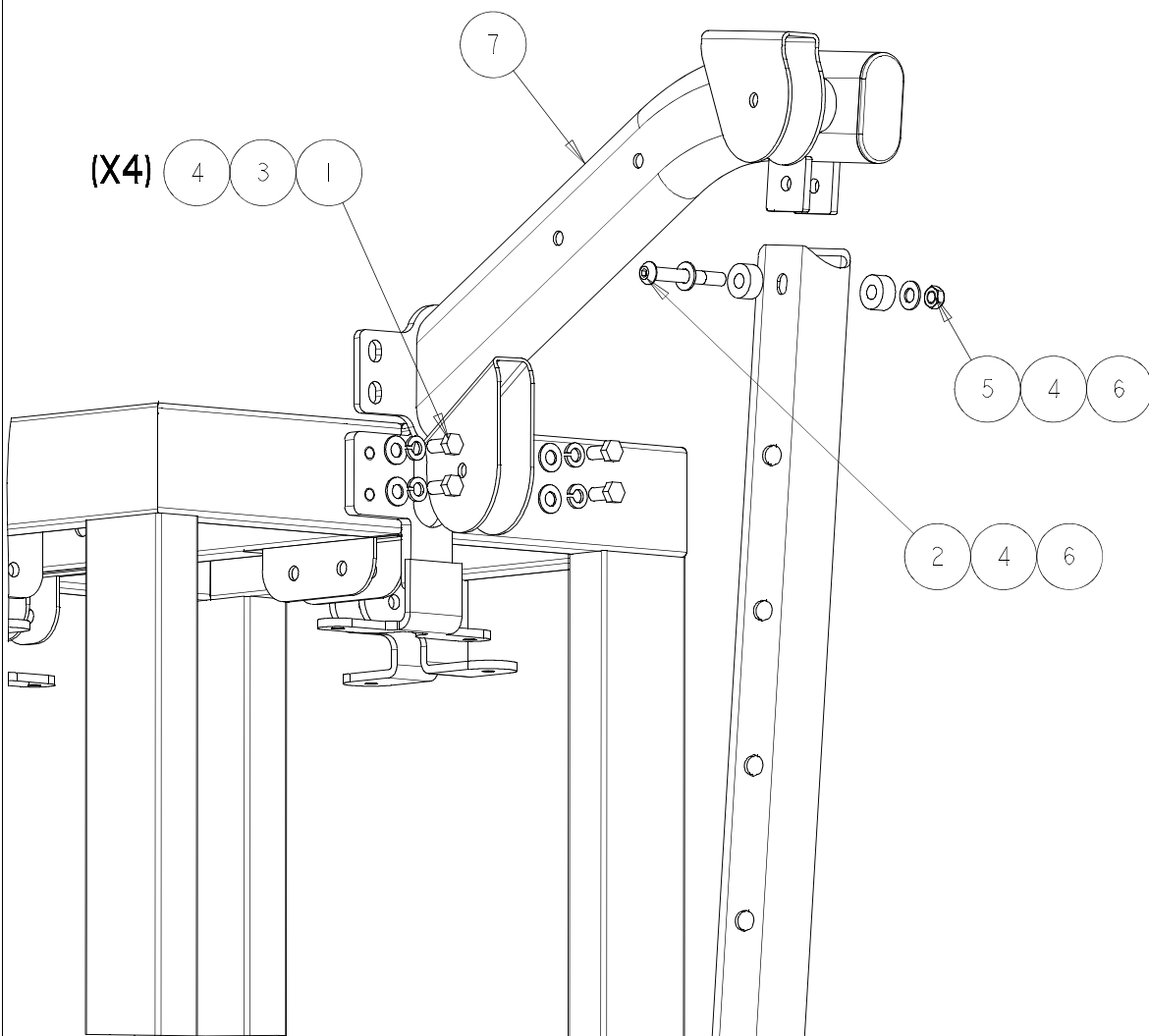


STEP 12: CABLE COLUMN ASSEMBLY

1. Loosely assemble ALL hardware shown in this step.
2. After aligning all component edges and surfaces, tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-444	SCREW, HEX, 3/8-16 X 3/4, GR 5, ZP	4
2	C-681	SCREW, BHCS, 3/8-16 X 2-3/4	1
3	C-749	WASHER, LOCK, 3/8, ZINC	4
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	6
5	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	1
6	CLM06003	STOP, COLUMN	2
7	P04-1442	ASSY, TOP CBL CLMN FRM	1

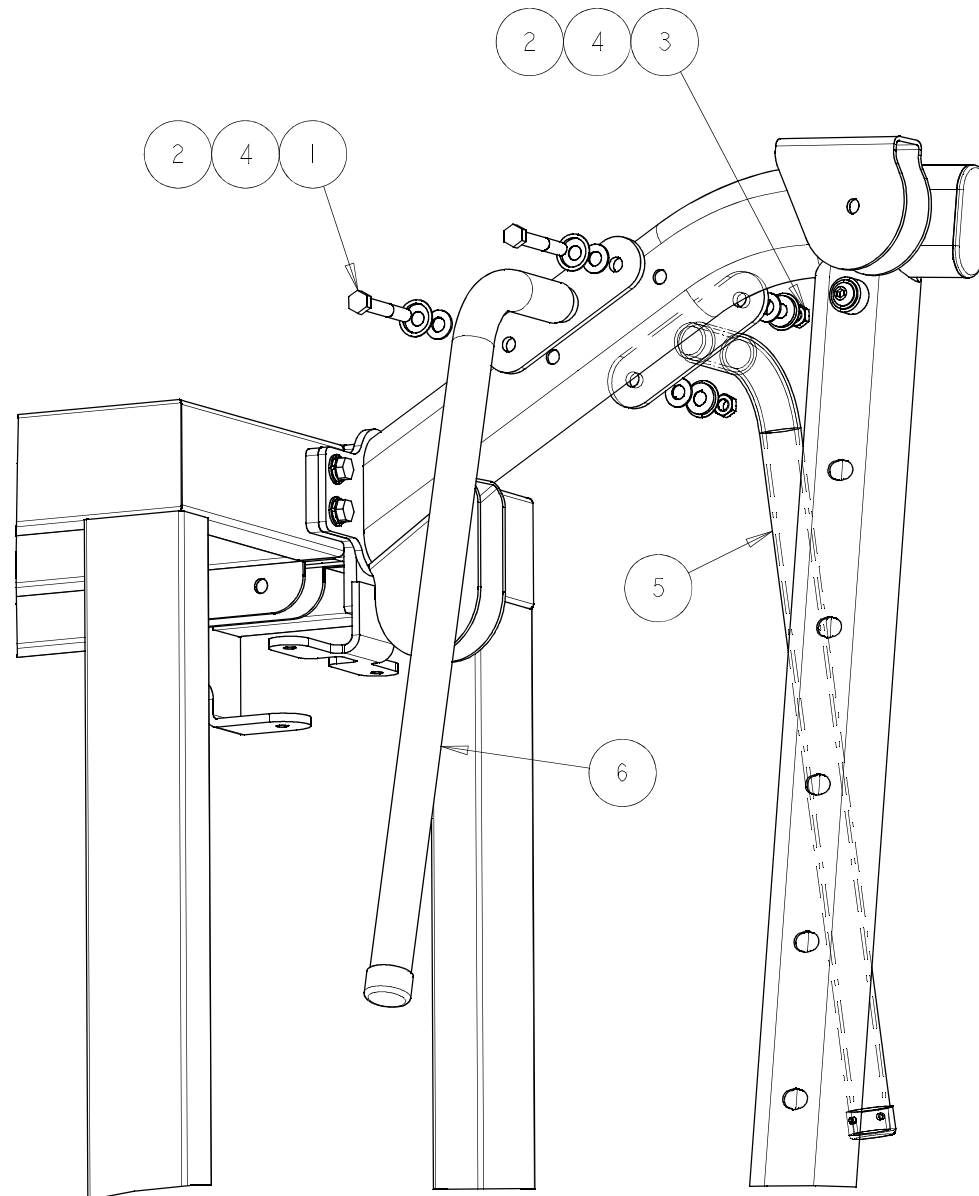


STEP 12: CABLE COLUMN ASSEMBLY

1. Loosely assemble ALL hardware shown in this step.
2. After aligning all component edges and surfaces, tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-450	SCREW, HEX, 3/8-16 X 2-1/2, GR 5, ZP	2
2	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
3	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
4	C-955A	BASE, BOLT COVER, 3/8	4
5	P04-1471	ASSY, HANDLE RIGHT	1
6	P04-1472	ASSY, HANDLE LEFT	1

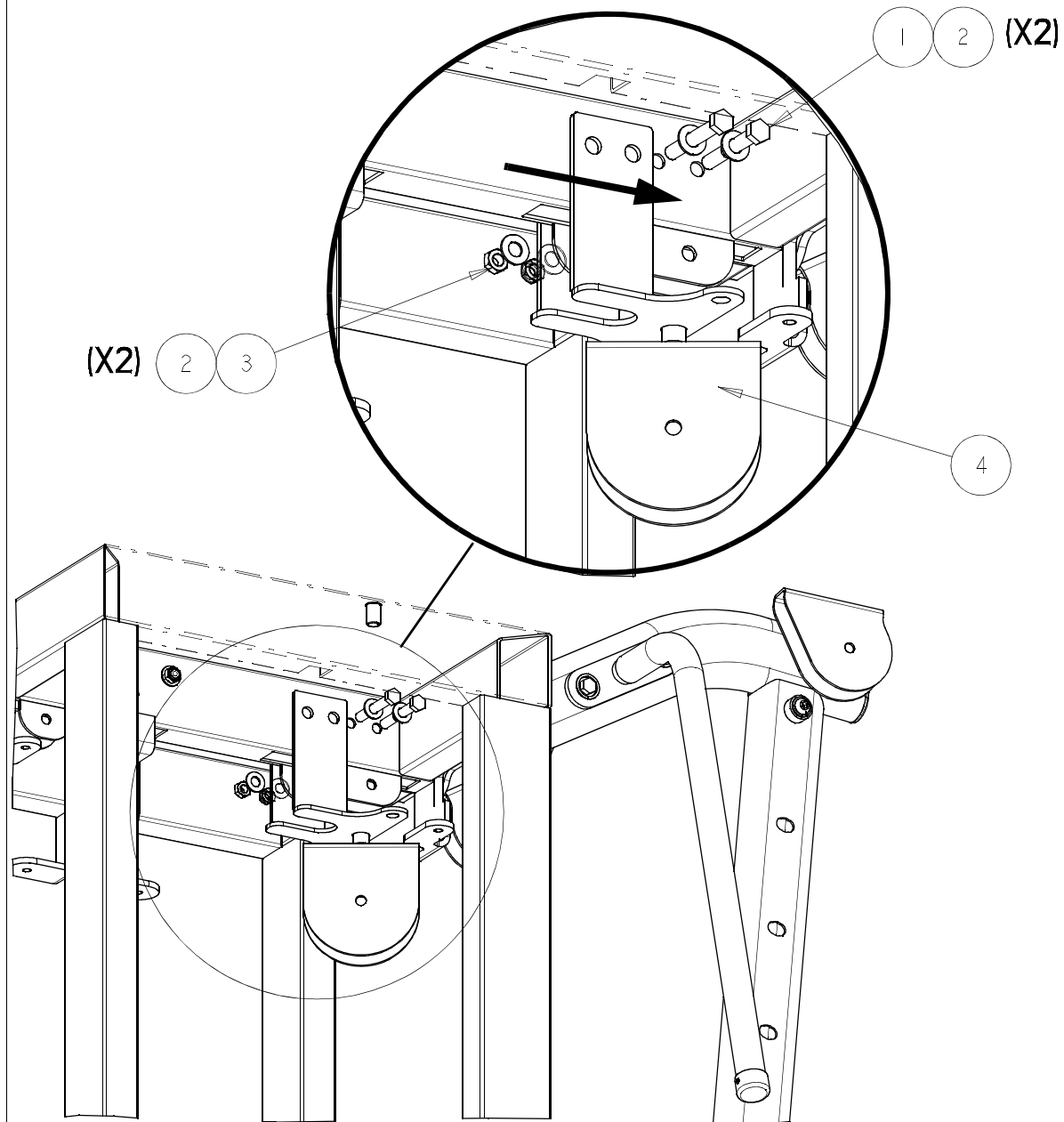


STEP 12: CABLE COLUMN ASSEMBLY

1. Loosely assemble ALL hardware shown in this step.
2. After aligning all component edges and surfaces, tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-450	SCREW, HEX, 3/8-16 X 2-1/2, GR 5, ZP	2
2	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
3	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
4	P04-1597	WELDMENT, PULLEY HOUSING	1

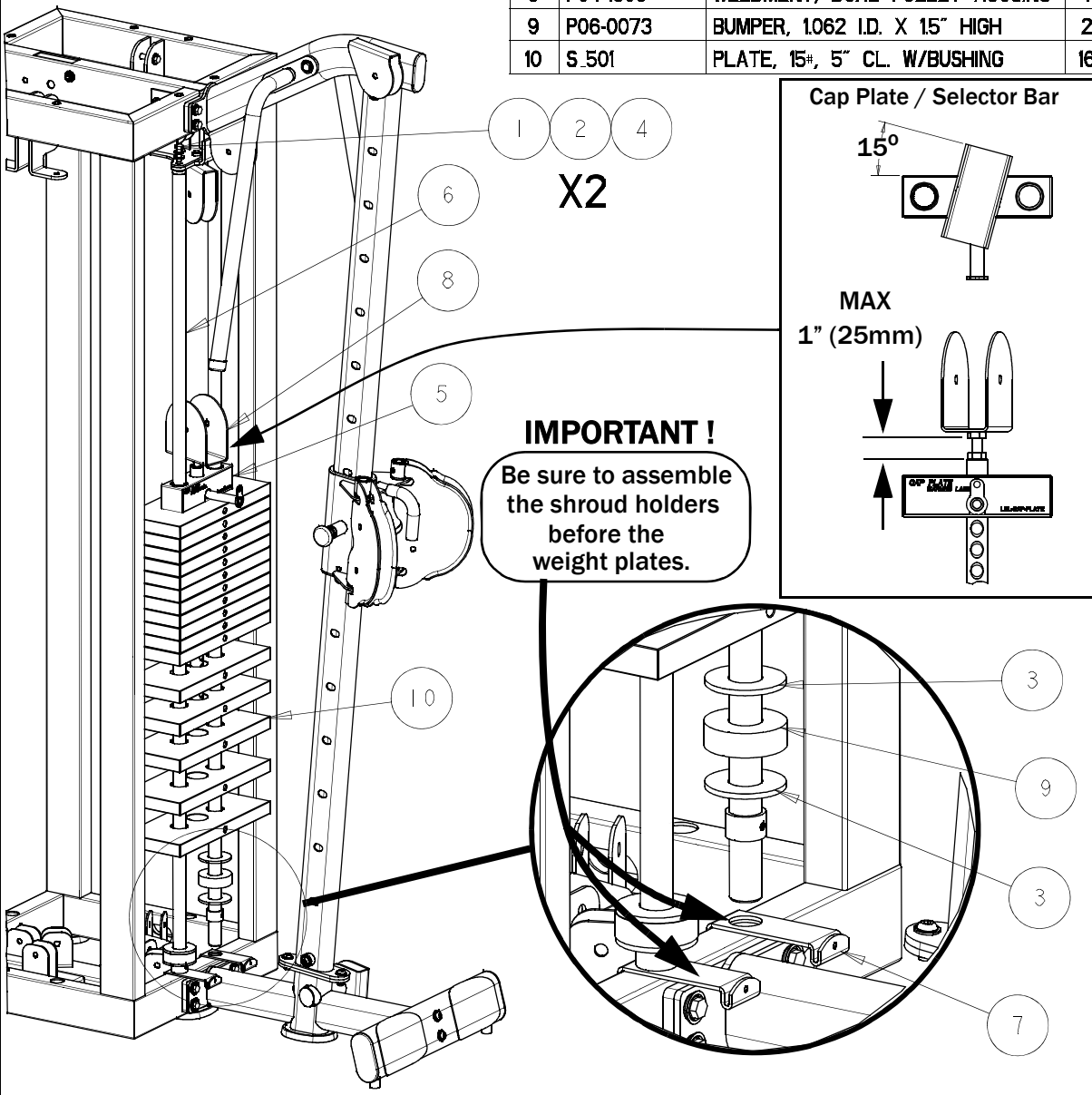


STEP 12: CABLE COLUMN ASSEMBLY

1. Be sure to assemble the shroud holders, washers and bumpers before adding weights.
2. The cap plate / selector bar will have the pulley housing pre-assembled from the factory. Please make sure it is assembled as shown.

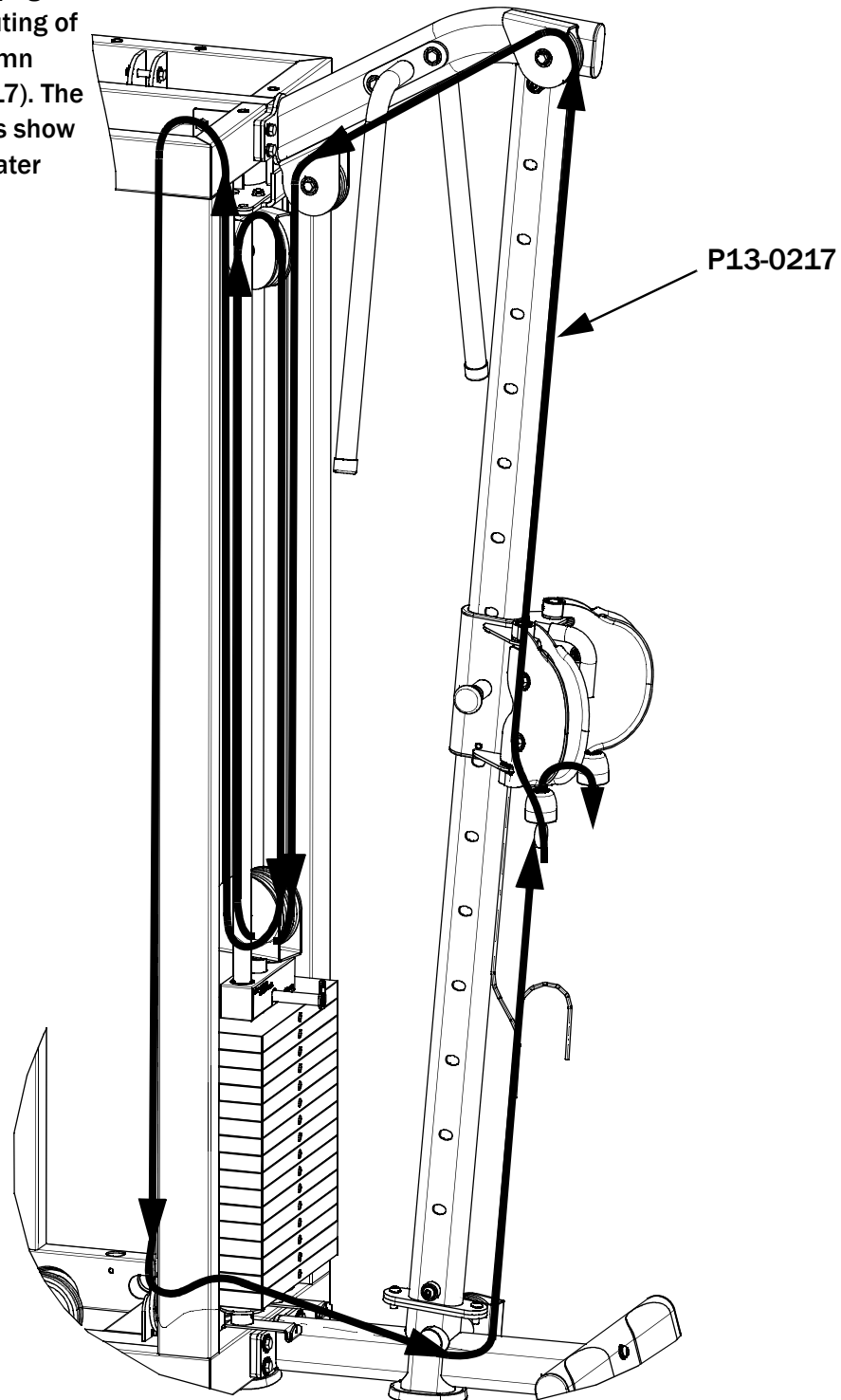
COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-445	SCREW, HEX, 3/8-16 X 1, GR 5, ZP	2
2	C-749	WASHER, LOCK, 3/8, ZINC	2
3	C-757	WASHER, FLAT, 1 USS, ZINC	4
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	2
5	MSC05050X	ASSY, CAP PLATE/SELECTOR BAR	1
6	P01-1816	ASSY, GUIDE ROD	2
7	P04-1361	SHROUD HOLDER	2
8	P04-1598	WELDMENT, DUAL PULLEY HOUSING	1
9	P06-0073	BUMPER, 1.062 I.D. X 15" HIGH	2
10	S.501	PLATE, 15#, 5" CL. W/BUSHING	16



STEP 12: CABLE COLUMN ASSEMBLY

1. Shown on this page is the general routing of the Cable Column cable (P13-0217). The following pages show sections in greater detail.



STEP 12: CABLE COLUMN ASSEMBLY

1. Route the Cable Column cable as shown.

2. Install the associated pulleys and hardware as you go along.

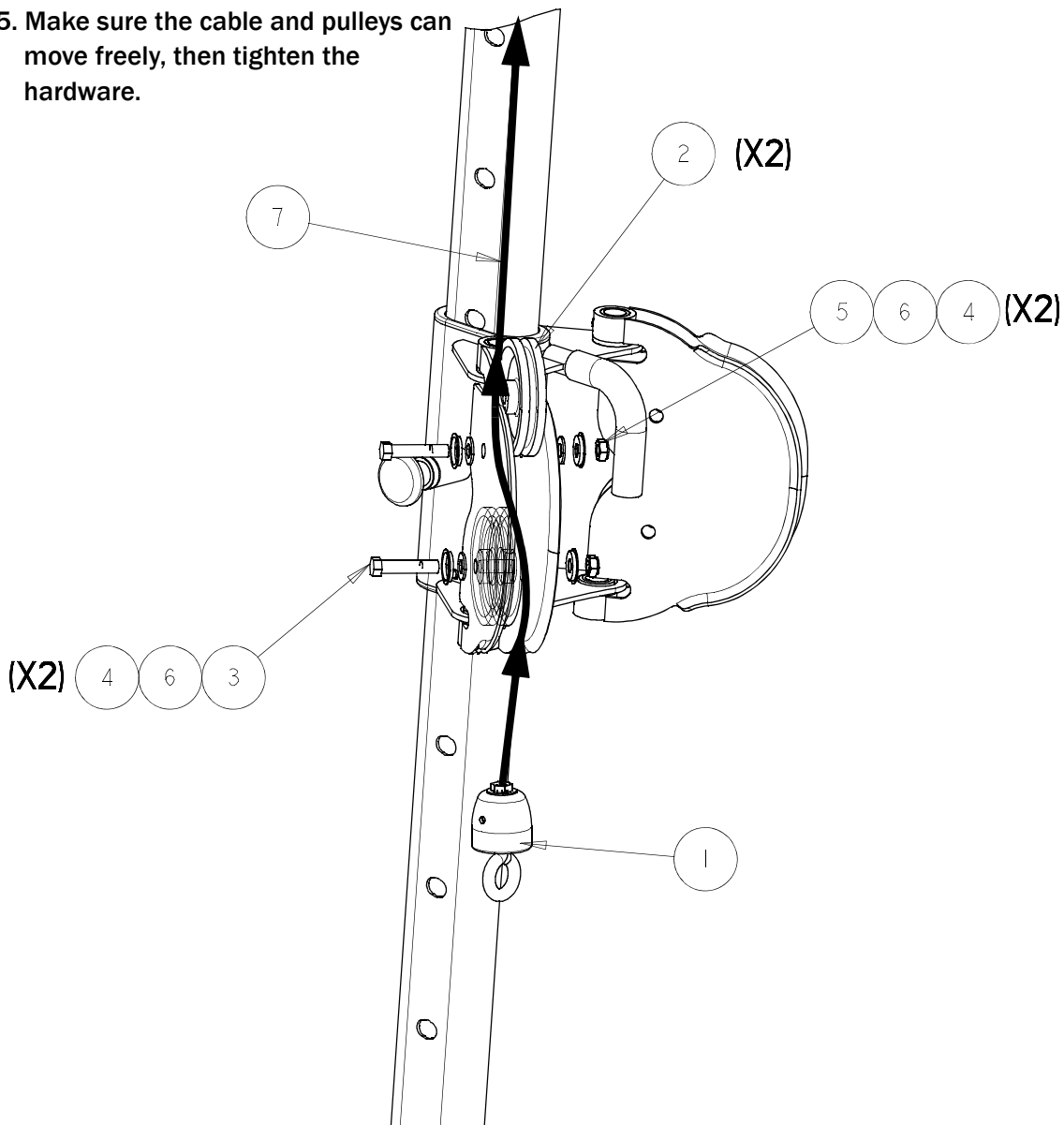
3. Loosely assemble ALL hardware shown in this step.

4. After the cable is routed, attach the Cable End Assy as shown on page 24.

5. Make sure the cable and pulleys can move freely, then tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	9003016-ASSY	CABLE END ASSY	1
2	B.901	PULLEY, 3-1/2"	2
3	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	2
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
5	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
6	C.955A	BASE, BOLT COVER, 3/8	4
7	PI3-0217	CABLE, DUAL PULLEY	1

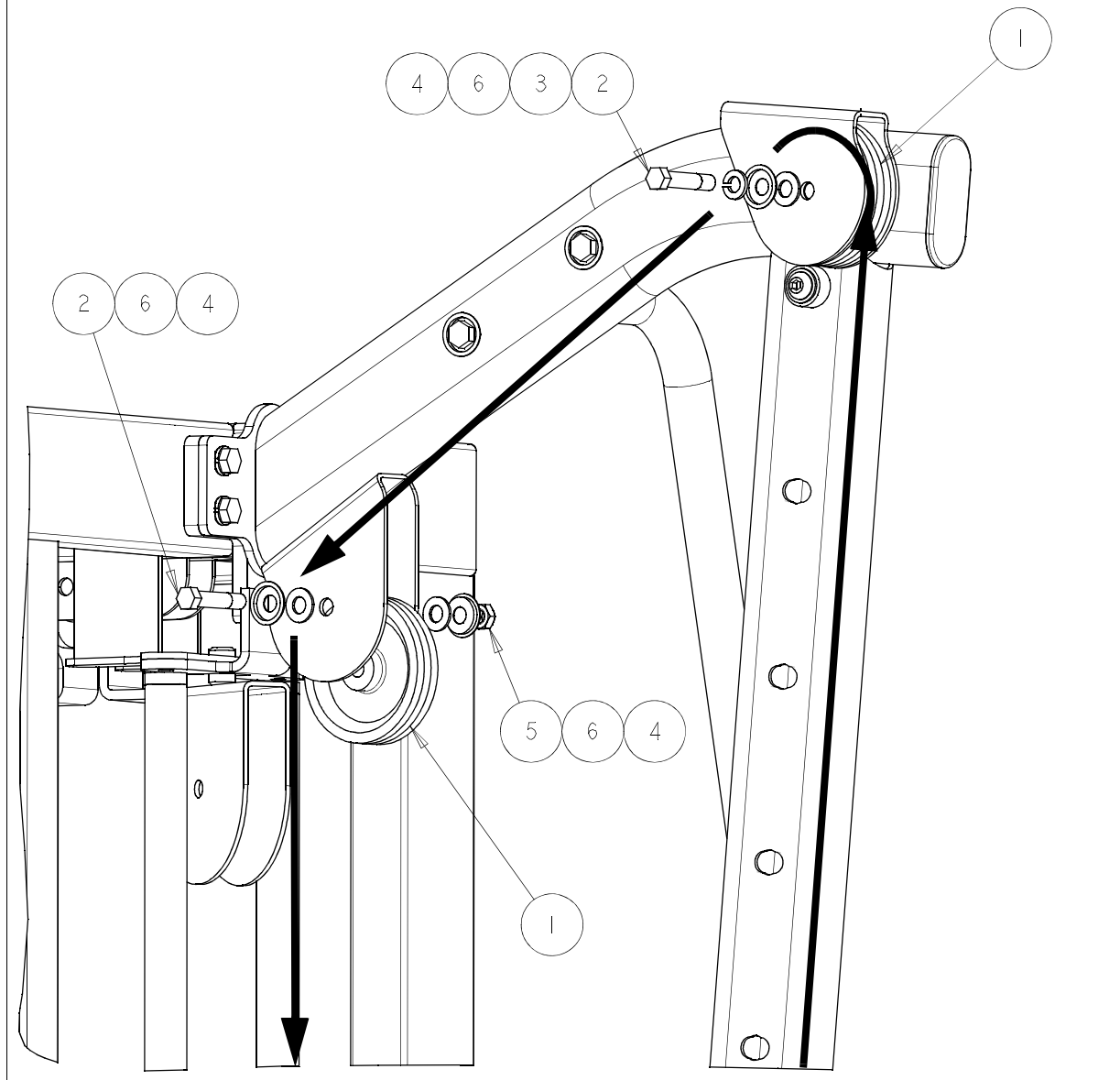


STEP 12: CABLE COLUMN ASSEMBLY

1. Route the Cable Column cable as shown.
2. Install the associated pulleys and hardware as you go along.
3. Loosely assemble ALL hardware shown in this step.
4. Make sure the cable and pulleys can move freely, then tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B_901	PULLEY, 3-1/2"	2
2	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	2
3	C-749	WASHER, LOCK, 3/8, ZINC	1
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	3
5	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	1
6	C.955A	BASE, BOLT COVER, 3/8	3



STEP 12: CABLE COLUMN ASSEMBLY

1. Route the Cable Column cable as shown.

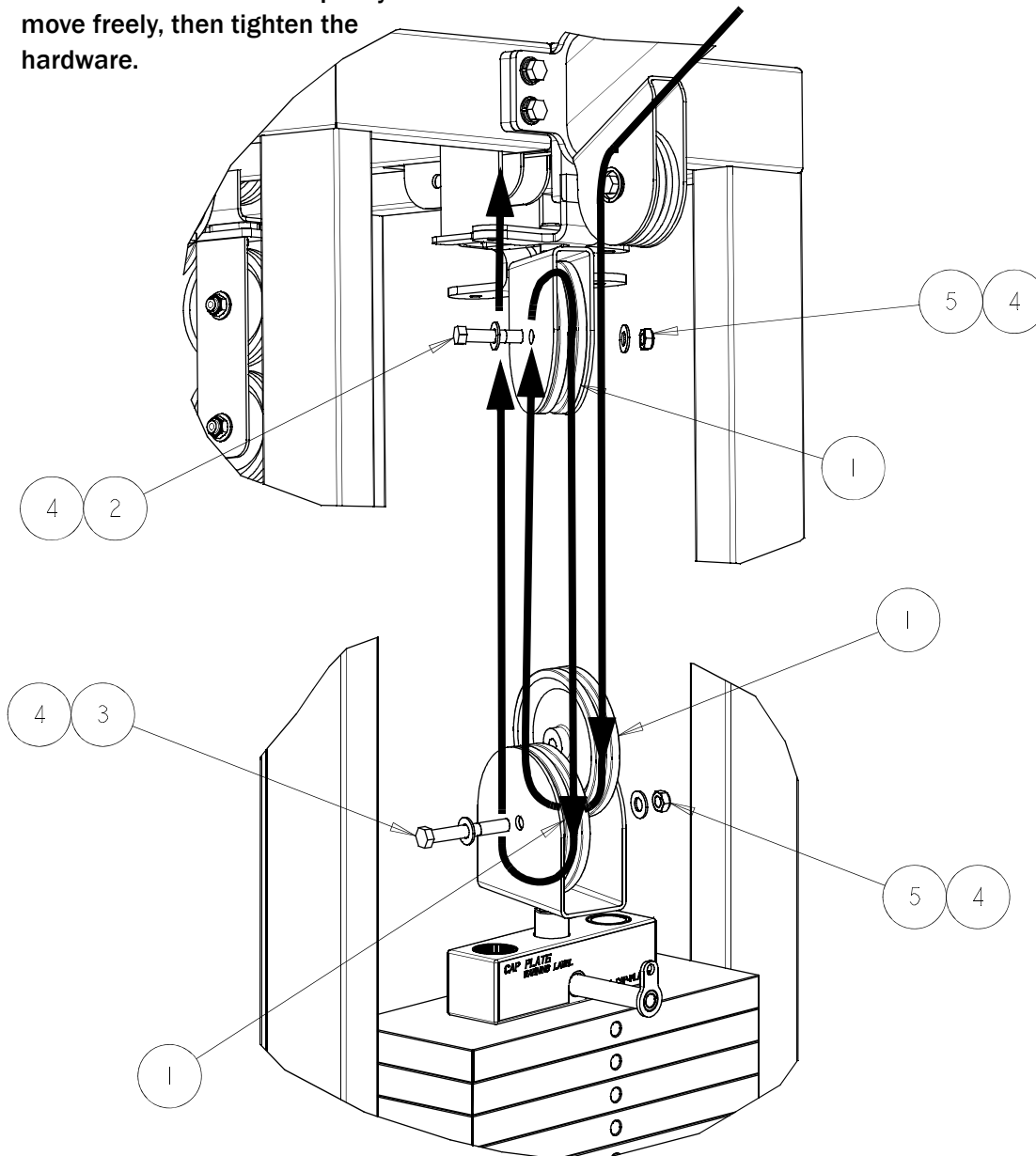
2. Install the associated pulleys and hardware as you go along.

3. Loosely assemble ALL hardware shown in this step.

4. Make sure the cable and pulleys can move freely, then tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B_900A	PULLEY, 4-1/2", 3/16" CABLE	3
2	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	1
3	C-451	SCREW, HEX, 3/8-16 X 2-3/4, GR 5, ZP	1
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	4
5	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2

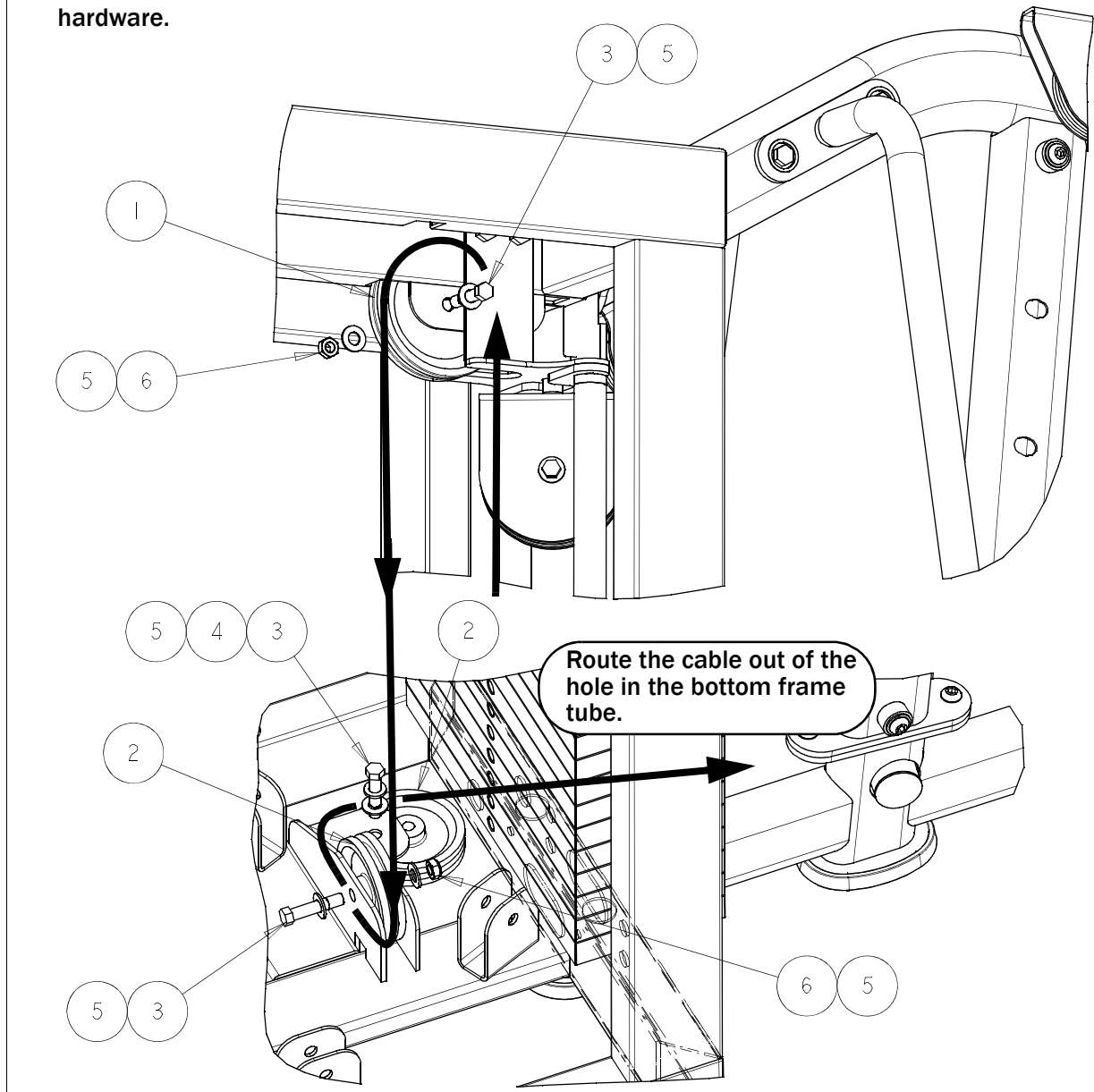


STEP 12: CABLE COLUMN ASSEMBLY

1. Route the Cable Column cable as shown.
2. Install the pulleys and associated hardware as you go along.
3. Loosely assemble ALL hardware shown in this step.
4. Make sure the cable and pulleys can move freely, then tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	B.900A	PULLEY, 4-1/2", 3/16" CABLE	1
2	B.901	PULLEY, 3-1/2"	2
3	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	3
4	C-749	WASHER, LOCK, 3/8, ZINC	1
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	5
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2

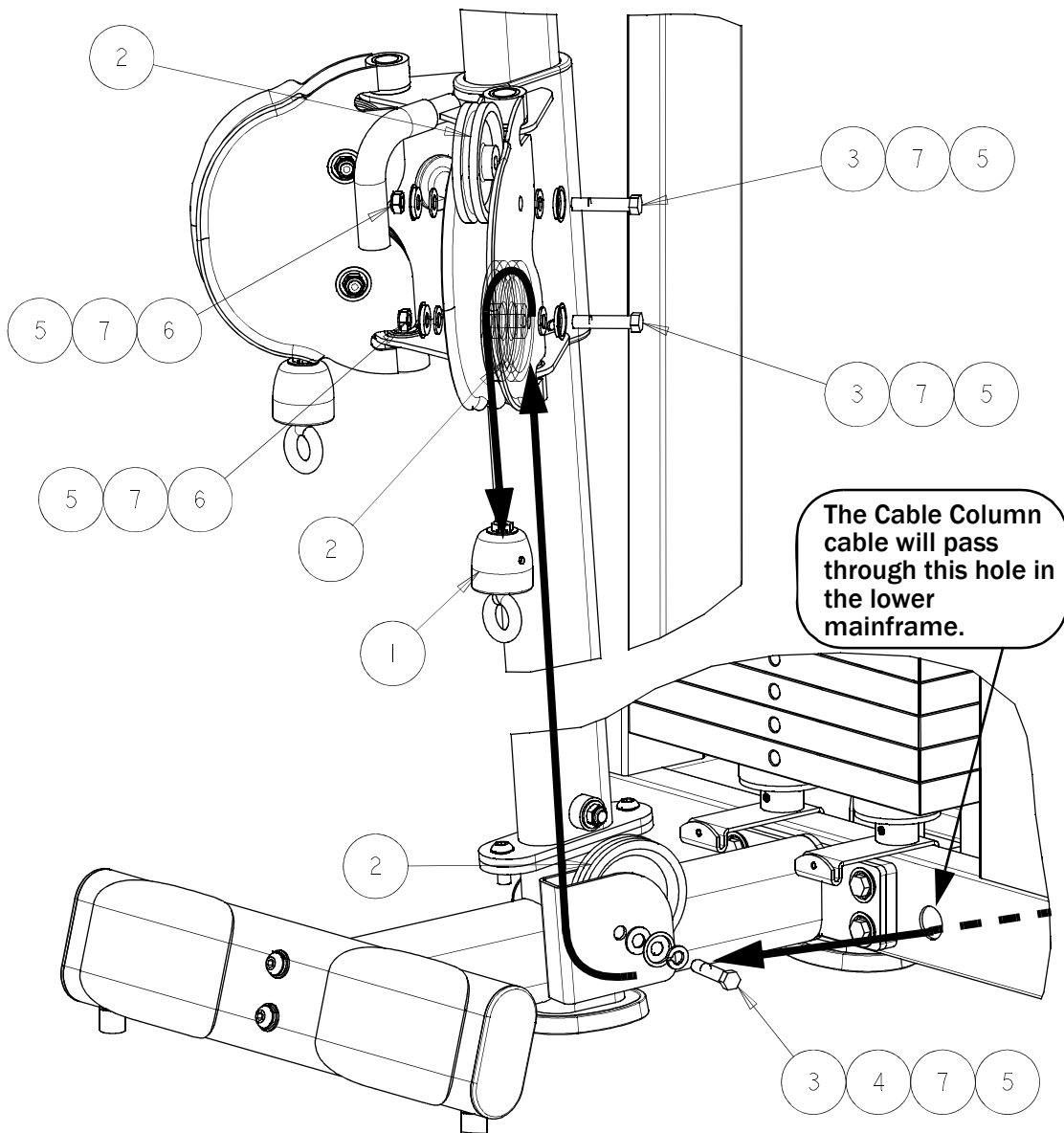


STEP 12: CABLE COLUMN ASSEMBLY

1. Route the cable as shown.
2. Install the pulleys and associated hardware as you go along.
3. After the cable is routed, attach the cable end assy as shown on page 24.
4. Make sure the cable and pulleys can move freely, then tighten the hardware.

COMPONENTS REQUIRED

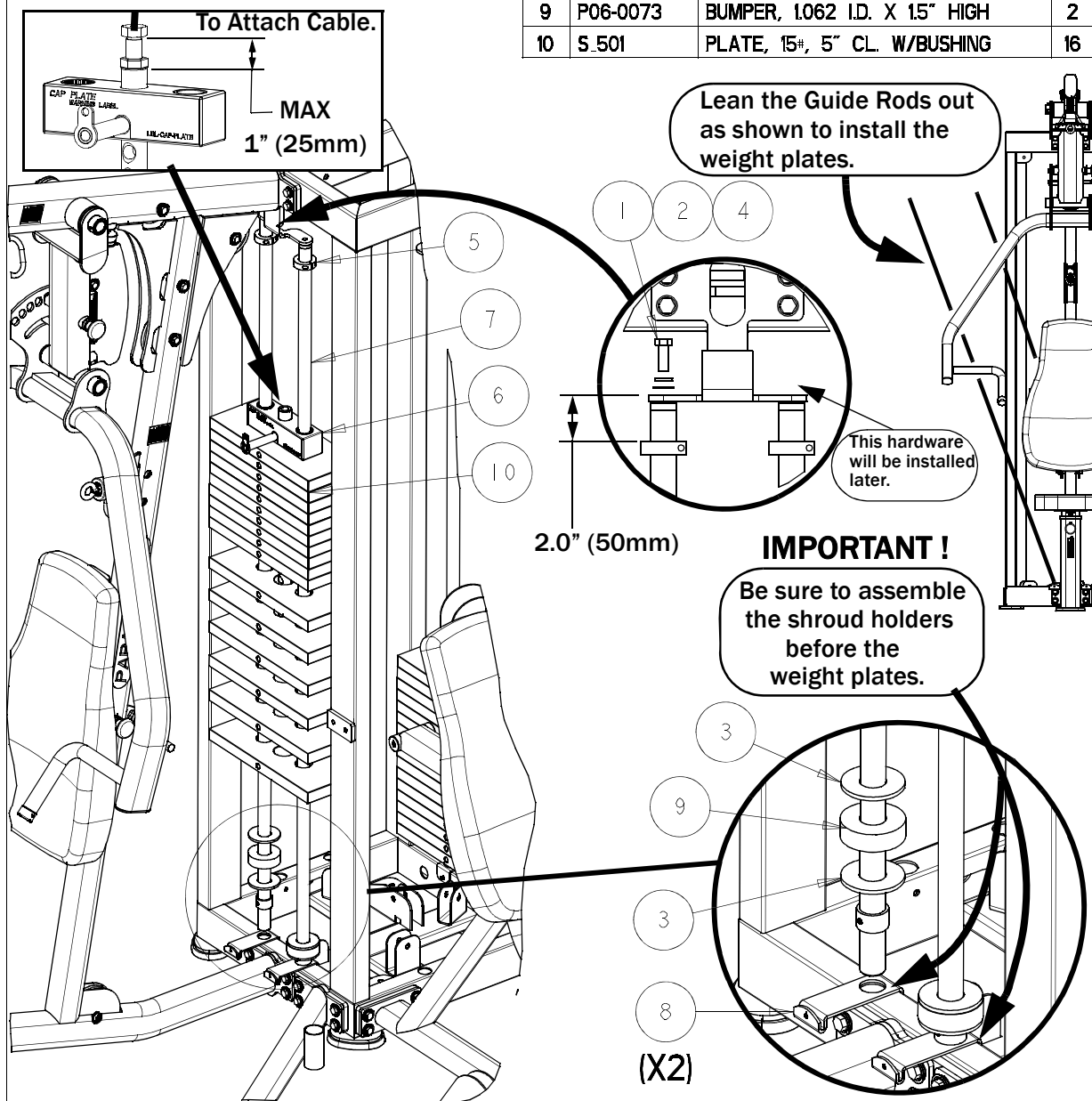
ITEM	PART NO.	DESCRIPTION	QTY
1	9003016-ASSY	CABLE END ASSY	1
2	B.901	PULLEY, 3-1/2"	3
3	C-448	HEX, 3/8-16 X 1-3/4, GR 5, ZP	3
4	C-749	WASHER, LOCK, 3/8, ZINC	1
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	5
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	2
7	C.955A	BASE, BOLT COVER, 3/8	5



STEP 13: INSTALL THE CHEST PRESS WEIGHT STACK

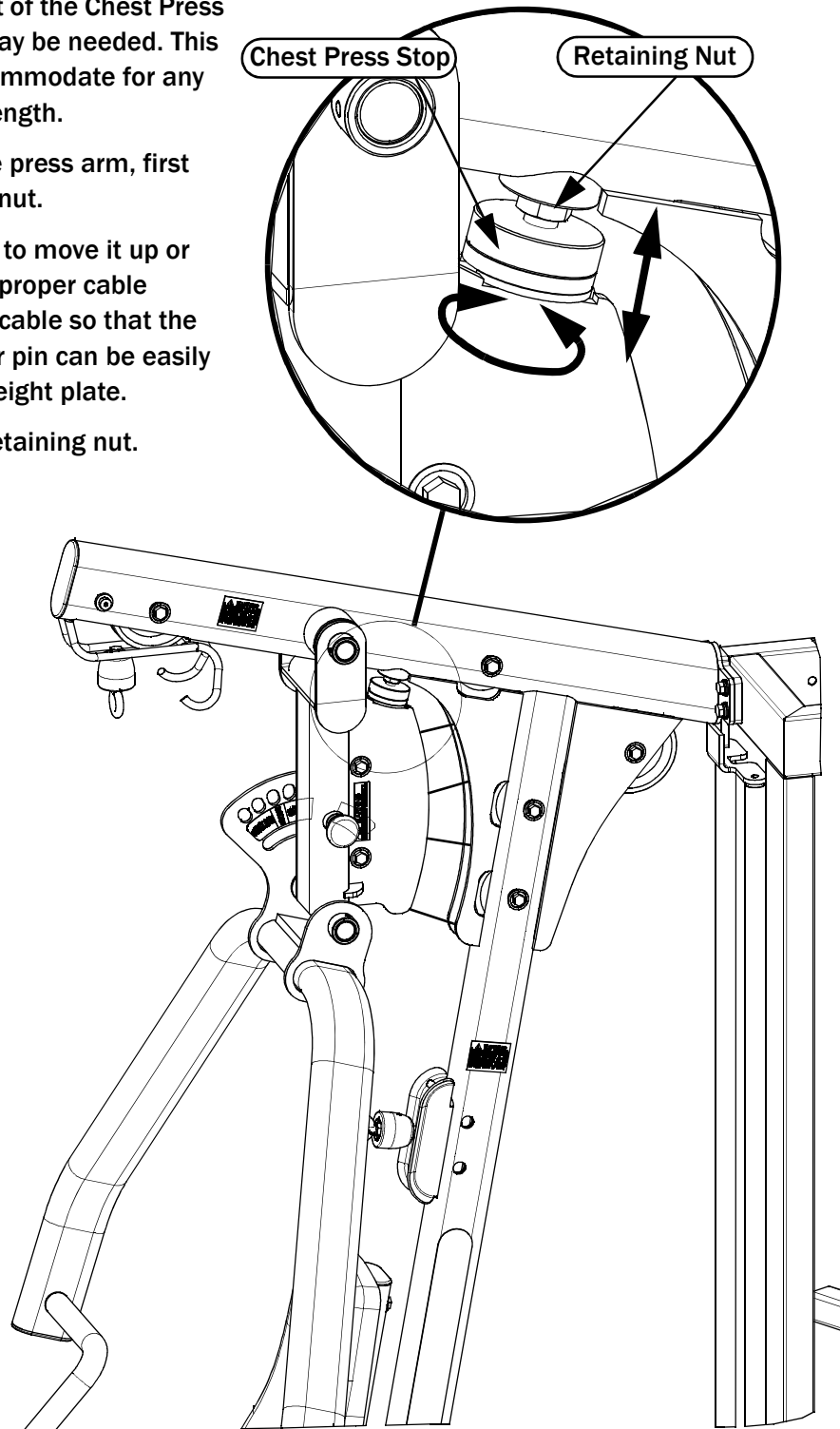
1. Be sure to assemble the shroud holders, washers and bumpers before adding weights.
2. Be sure to install the correct weight plate size for this station.
2. In order to install the weights, lean the guide rods out as shown.
3. Attach Chest Press Cable.

ITEM	PART NO.	DESCRIPTION	QTY
1	C-445	SCREW, HEX, 3/8-16 X 1, GR 5, ZP	1
2	C-749	WASHER, LOCK, 3/8, ZINC	1
3	C-757	WASHER, FLAT, 1 USS, ZINC	4
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	1
5	D.840	COLLAR, CLAMPING, 1" I.D.	2
6	MSC05050X	ASSY, CAP PLATE/SELECTOR BAR	1
7	P01-1816	ASSY, GUIDE ROD	2
8	P04-1361	SHROUD HOLDER	2
9	P06-0073	BUMPER, 1.062 I.D. X 1.5" HIGH	2
10	S.501	PLATE, 15#, 5" CL. W/BUSHING	16



STEP 13: INSTALL THE CHEST PRESS WEIGHT STACK

1. After installing the Chest Press weight stack, an adjustment of the Chest Press Arm Stop position may be needed. This adjustment will accommodate for any difference in cable length.
2. In order to adjust the press arm, first loosen the retaining nut.
3. Then rotate the Stop to move it up or down to achieve the proper cable tension. Tension the cable so that the weight stack selector pin can be easily inserted into each weight plate.
4. Finally, tighten the retaining nut.



STEP 14: INSTALL THE LEG EXT/CURL WEIGHT STACK

To Attach Cable.

MAX
1" (25mm)

ITEM	PART NO.	DESCRIPTION	QTY
1	C-445	SCREW, HEX, 3/8-16 X 1, GR 5, ZP	1
2	C-461	SCREW, HEX, 3/8-16 X 5-1/2,, GR 5, ZP	1
3	C-749	WASHER, LOCK, 3/8, ZINC	1
4	C-757	WASHER, FLAT, 1 USS, ZINC	4
5	C-754C	WASHER, FLAT, 3/8 SAE, ZP	2
6	C-766A	NUT, NYLOCK, 3/8", JAM, ZINC	1
7	C.955	CAP, BOLT COVER, 3/8	1
8	C.955A	BASE, BOLT COVER, 3/8	1
9	MSC05050X	ASSY, CAP PLATE/SELECTOR BAR	1
10	P01-1816	ASSY, GUIDE ROD	2
11	P04-1361	SHROUD HOLDER	2
12	P06-0073	BUMPER, 1.062 I.D. X 15" HIGH	2
13	PIN-SLV	SLEEVE, WGT STCK PIN	2
14	S.501	WGT PLATE, 10# OR 15#	16

This hardware will be installed later.

IMPORTANT !

If you are using 10 lb. plates on this weight stack, pin two (2) plates for counter weight. If you are using 15 lb. plates on this stack, pin only one (1) plate.

When using (1) 15 lb. plate, remove the unused sleeve from the selector bar using a hammer and punch.

Be sure to assemble the shroud holders before the weight plates.

10 lb. plates X2

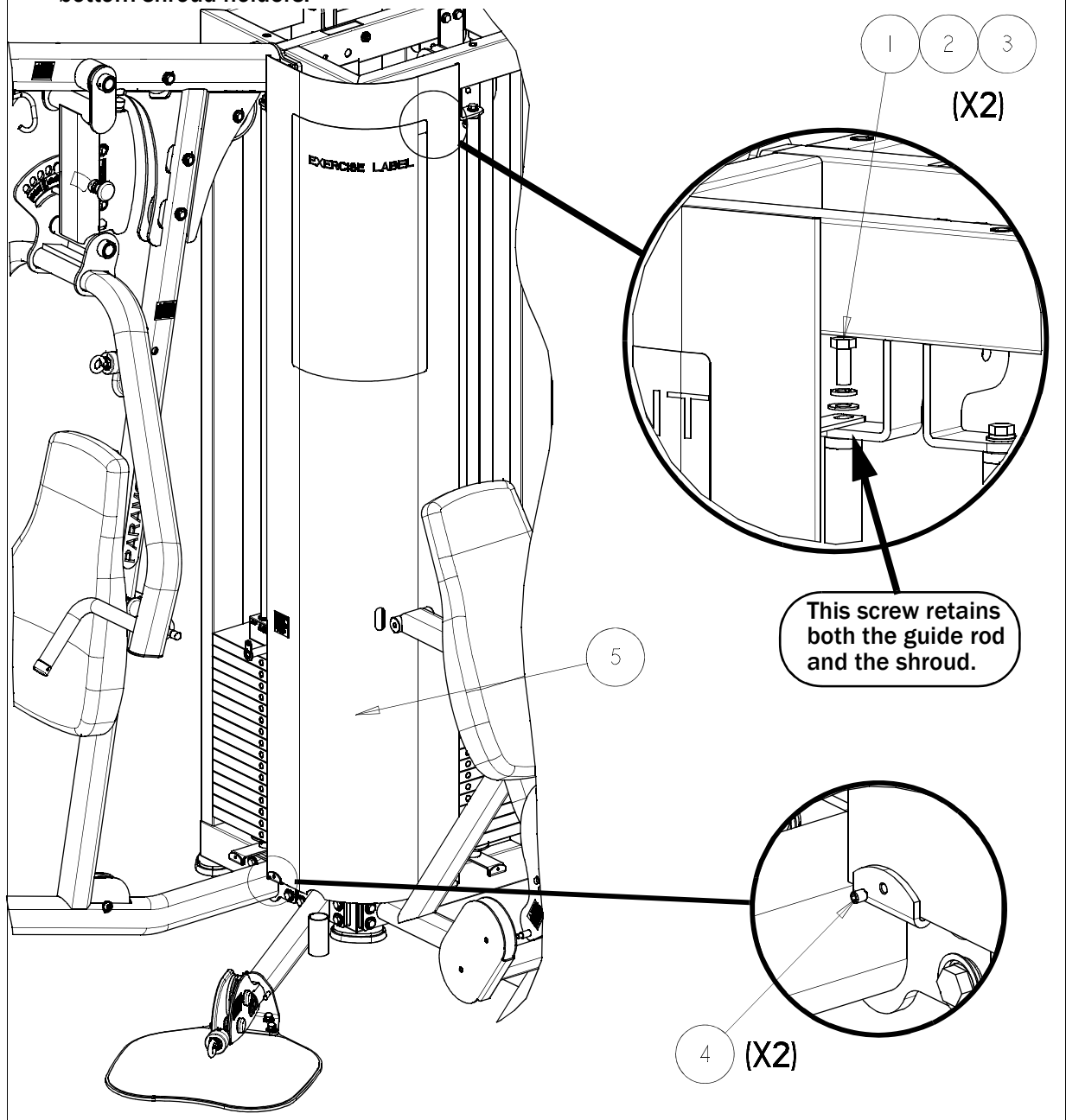
15 lb. plate X1

STEP 15: ASSEMBLE THE FRONT SHROUD

1. Place the front shroud with the Procedure Label into the shroud holders at the base of the upright as shown.
2. Assemble the bolts that retain both the shroud and the guide rod.
3. Install and tighten the set screws on the bottom shroud holders.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-445	SCREW, HEX, 3/8-16 X 1, GR 5, ZP	2
2	C-749	WASHER, LOCK, 3/8, ZINC	2
3	C-754C	WASHER, FLAT, 3/8 SAE, ZP	2
4	CP55-1032X1Q	SET SCREW, 10-32 X 1/4"	2
5	P04-1363	SHROUD, FRONT	1

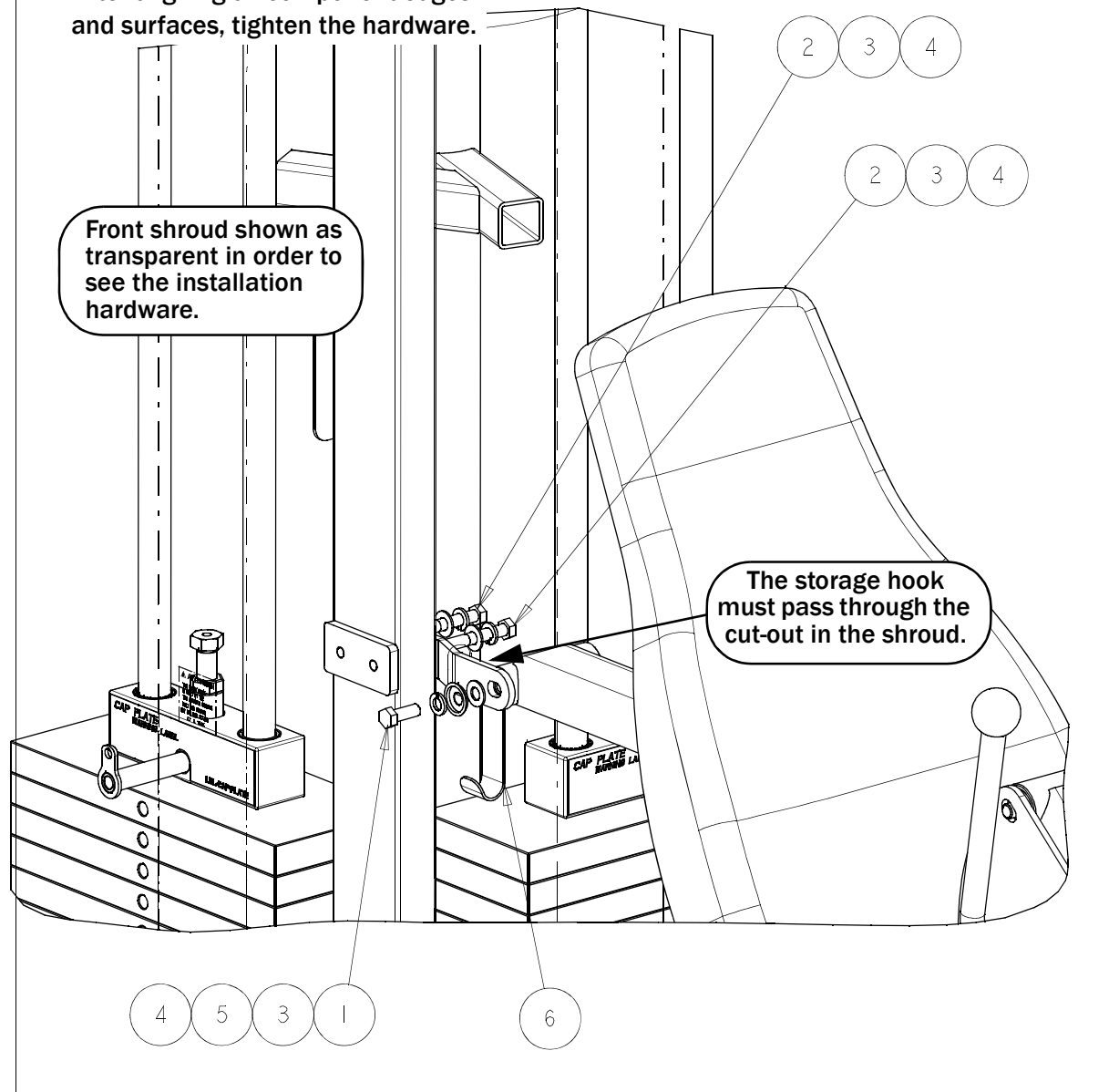


STEP 16: ASSEMBLE THE LEG EXT/CURL BRACE

1. After the front shroud is assembled, the LELC storage hook will attach to both the LELC frame and upright frame.
2. Slide the storage hook through the cut-out in the front shroud as shown.
3. Loosely assemble ALL the hardware shown in this step.
4. After aligning all component edges and surfaces, tighten the hardware.

COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	C-445	SCREW, HEX, 3/8-16 X 1, GR 5, ZP	1
2	C-450	SCREW, HEX, 3/8-16 X 2-1/2, GR 5, ZP	2
3	C-749	WASHER, LOCK, 3/8, ZINC	3
4	C-754C	WASHER, FLAT, 3/8 SAE, ZP	3
5	C-955A	BASE, BOLT COVER, 3/8	1
6	P04-1379	STORAGE HOOK	1

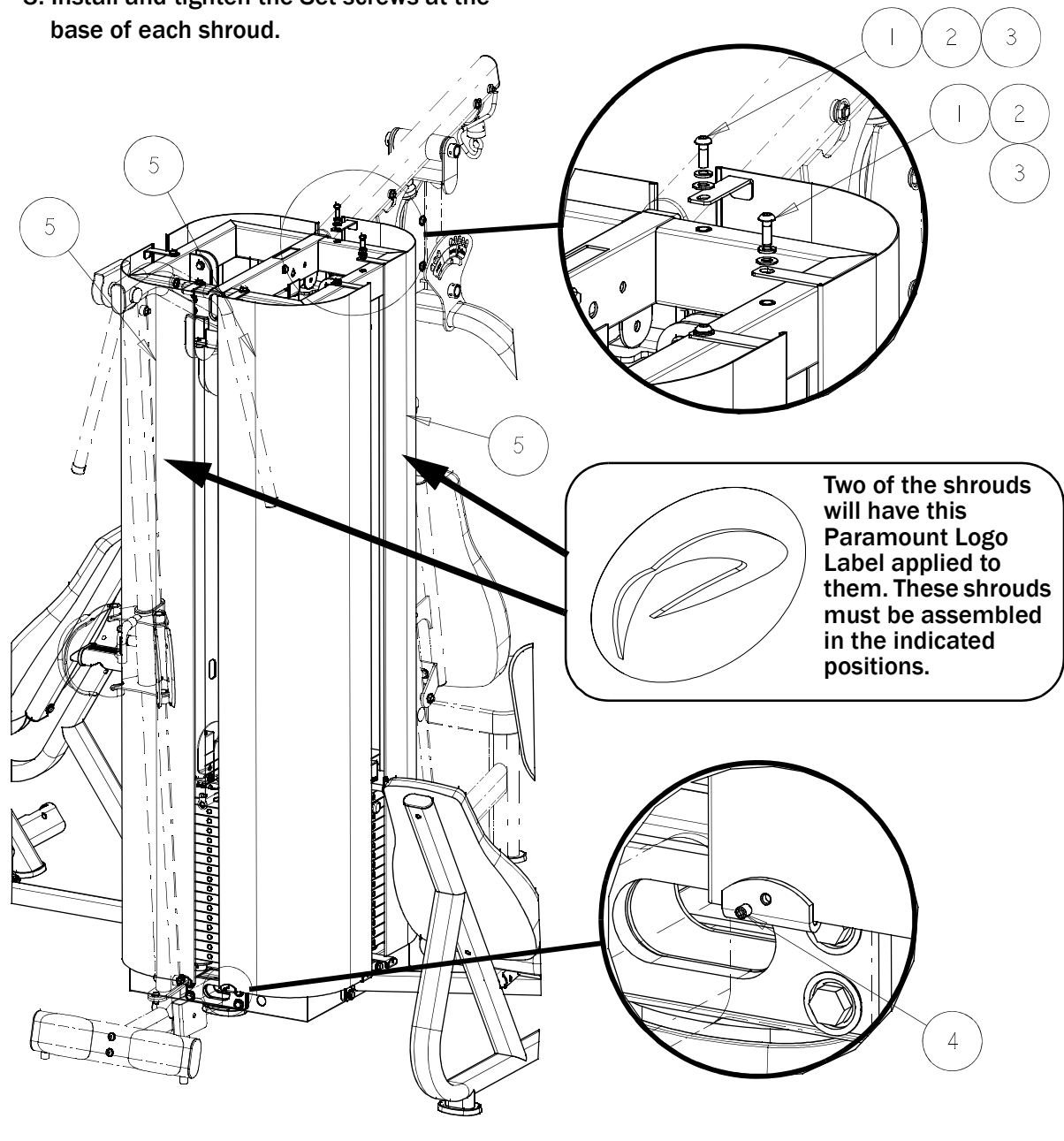


STEP 17: ASSEMBLE THE REAR SHROUDS

1. Assemble the Shrouds as shown. Be sure to assemble the shrouds with the Paramount Logo labels in the indicated positions
2. Install and tighten the button head screws and hardware.
3. Install and tighten the Set screws at the base of each shroud.

COMPONENTS REQUIRED

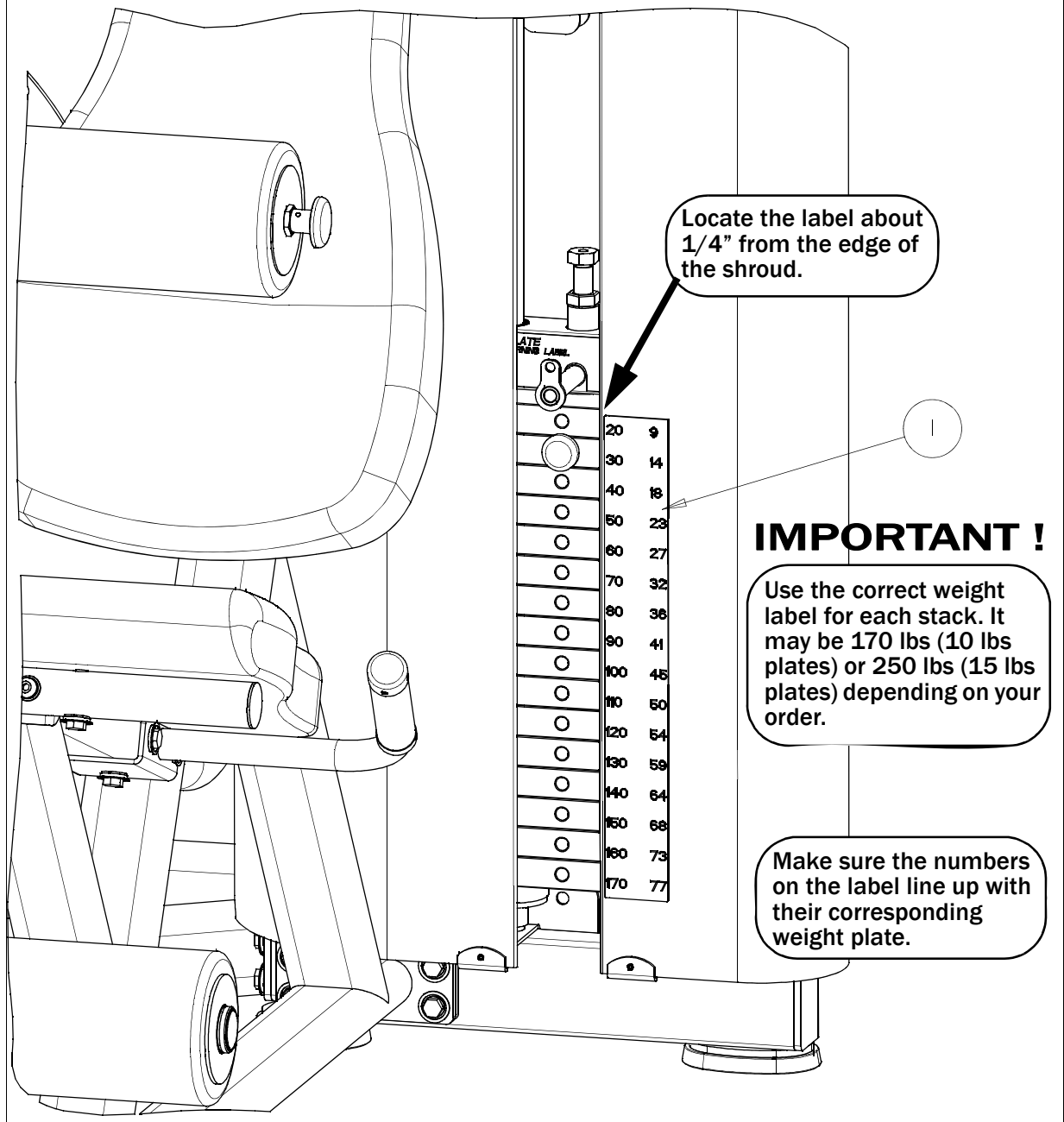
ITEM	PART NO.	DESCRIPTION	QTY
1	C-678	SCREW, BHCS, 3/8-16 X 1	6
2	C-749	WASHER, LOCK, 3/8, ZINC	6
3	C-754C	WASHER, FLAT, 3/8 SAE, ZP	6
4	CPSS-1032X1Q	SET SCREW, 10-32 X 1/4"	6
5	P04-1439	SHROUD, REAR	3



STEP 18: PLACE THE WEIGHT STACK LABELS

1. Apply the correct weight stack label to the shroud next to each weight stack.
2. Locate the sticker on the shroud so that it is about 1/4" from the edge and numbers line up with their corresponding weight plate.

ITEM	PART NO.	DESCRIPTION	QTY
1	LBL-WGT-170	LABEL, WGT STK 170 #	1
2	LBL-WGT-250	LABEL, WGT STK 250 #	1



INSTALL THE CABLE COLUMN LABEL

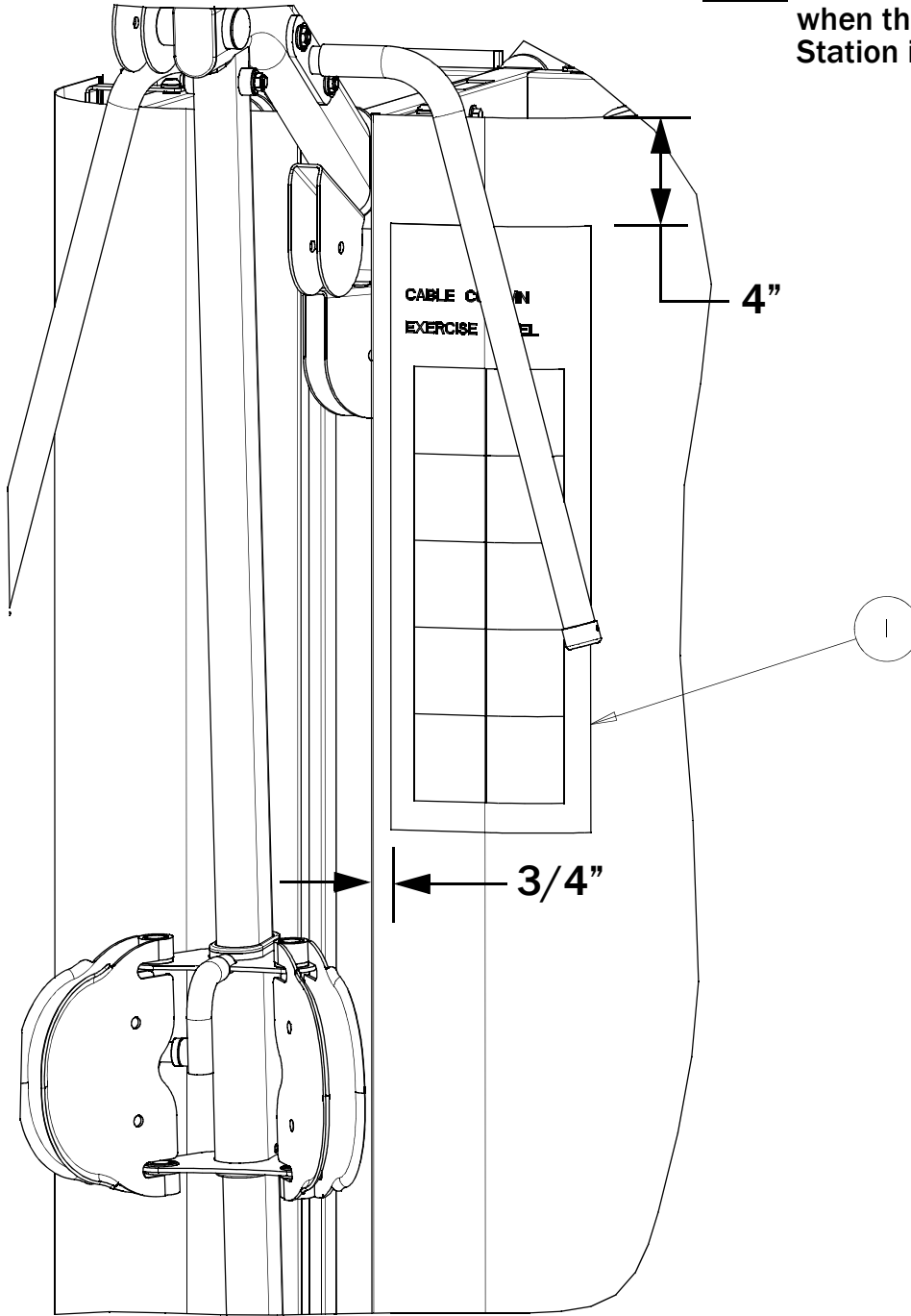
1. Apply the Cable Column Procedure label to the shroud as shown

2. Locate the sticker on the shroud so that it is about 3/4" from the edge and 4" from the top.

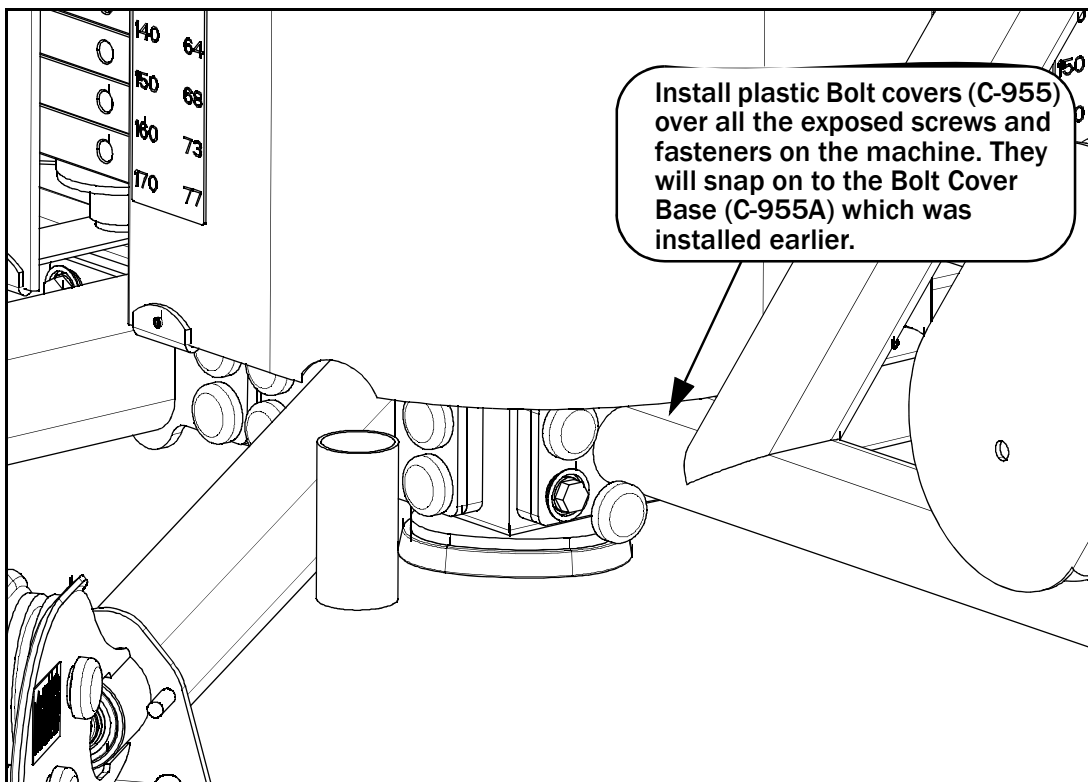
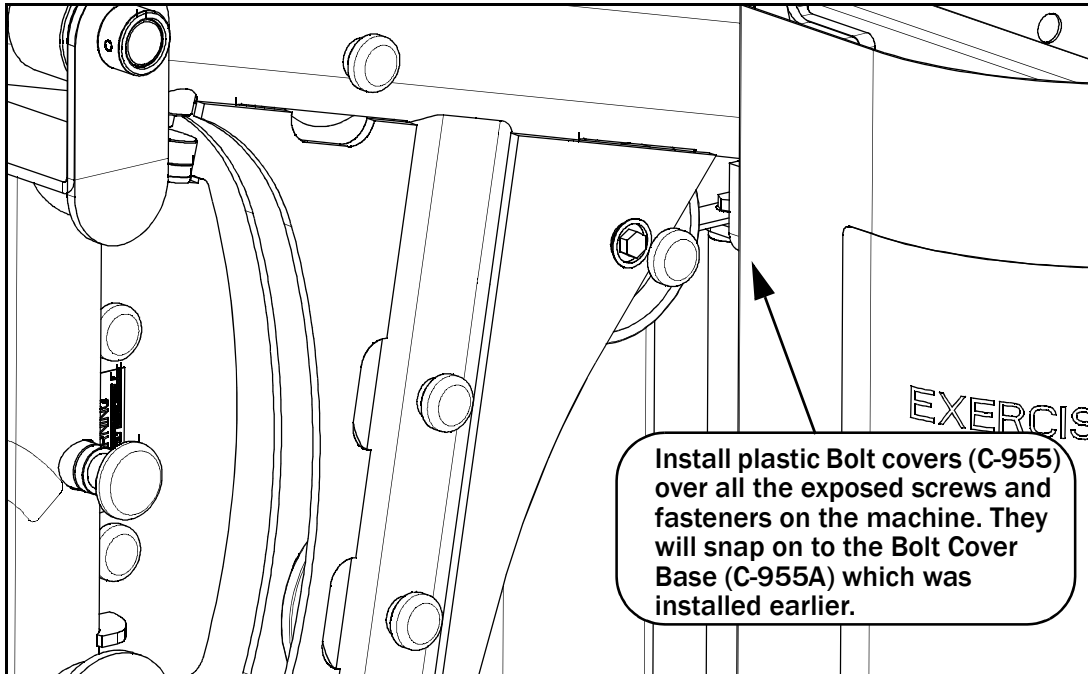
COMPONENTS REQUIRED

ITEM	PART NO.	DESCRIPTION	QTY
1	MCPG-570B	LABEL, CBL CLMN EXERCISE	1

NOTE: This Label is only used when the Cable Column Station is used.



STEP 19: INSTALL THE BOLT CAPS



GENERAL PROCEDURE LABEL

This is the Procedure Label required for all MP combinations. If this label is missing or becomes damaged, Paramount will replace it free of charge. (MC00007)

MP2.0 + MP2.5

UPPER BODY STATION	LOW PULLEY STATION	LEG STATIONS	
 <p>Supine Chest Press PECTORALIS Anterior Deltoid</p>	 <p>Incline Chest Press PECTORALIS ANTERIOR DELTOID</p>	 <p>Biceps Curl BICEPS BRACHIALIS</p>	 <p>Seated Leg Extension QUADRICEPS</p>
 <p>Shoulder Press DELTOIDS Pectoralis</p>	 <p>Seated Row LATISSIMUS DORSI RHOMBOIDS</p>	 <p>Upright Row TRAPEZIUS LATERAL DELTOIDS</p>	 <p>Seated Leg Curl HAMSTRINGS</p>
 <p>Lat Pulldown LATISSIMUS DORSI</p>	 <p>Triceps Pushdown TRICEPS</p>	 <p>Inner / Outer Thigh ADDUCTORS (Inner) ADDUCTORS (Outer)</p>	 <p>MP2.5 LEG PRESS</p>
 <p>Overhead Triceps Extension TRICEPS</p>	 <p>Ab Crunch RECTUS ABDOMINUS</p>	 <p>Lateral Raise DELTOIDS TRAPEZIUS</p>	 <p>MP2.5 LEG PRESS</p>

MAINTENANCE SCHEDULE

Check the integrity and function of the following items. Replace all worn components immediately.

Item	Frequency
Cables:	
• Check tension, and fraying, and coating.	X
• Check weight stack locking nut.	X
• Replace cables annually.	X
Upholstery:	
• Wipe down and dry.	X
• Clean and condition.	X
Frame:	
• Wipe down and dry.	X
• Polish/Wax.	X
Chrome:	
• Wipe down and dry.	X
• Polish/Wax.	X
Nuts/Bolts:	
• Tighten and/or adjust as needed.	X
Guide Rods:	
• Clean and lubricate.	X
Roll Shafts:	
• Clean and lubricate.	X
Adjustment/Locking Pins/Tightening Knobs:	X
Weight Stack Pin:	X
Warning/Instruction Labels:	X
Springs:	X
Articulate:	X
Hand Grips:	X

For recommended maintenance products please refer to the Model MP2.0 owner's manual or Paramount's Web site at www.paramountfitness.com

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www.paramountfitness.com
MC00007 Printed 2/06

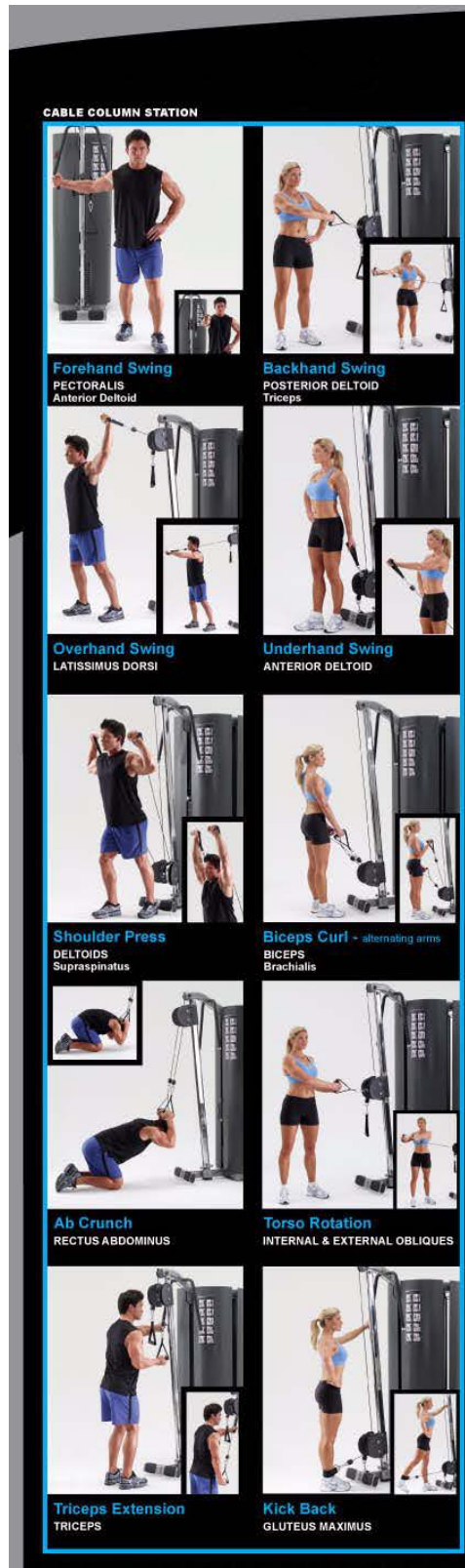
WARNING SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO HELP AVOID INJURY.

- BEFORE USING: Read and understand all of the warnings and obtain instruction on the use of this machine. Use only for the intended exercise. DO NOT modify the machine.
- Get a medical exam before beginning an exercise program.
- Keep body and clothing clear of all moving parts. DO NOT wear anything loose or dangling.
- Inspect the machine before use. DO NOT use if it appears damaged. DO NOT try to fix any machine.
- INSPECT MACHINE DAILY for loose, worn or damaged parts. Replace any part or label at first signs of wear. If you are in doubt about any part, DO NOT use the machine until the part is replaced.
- Inspect all cables and connections before using the machine. DO NOT use this machine if any cable appears worn or damaged.
- Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
- NEVER pin weights or top plate into an elevated position. DO NOT use the machine if found in this condition.
- DO NOT try to fix. Seek assistance.
- DO NOT use incremental adder weights with this machine. DO NOT use dumbbells or other means to add resistance to machine.
- NEVER allow children near the machine. Supervise teenagers.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.



CABLE COLUMN PROCEDURE LABEL

This is the Cable Column Procedure Label required for the MP3.0 and MP4.0 combinations. If this label is missing or becomes damaged, Paramount will replace it free of charge. (MCPG-570B)



Warning Labels

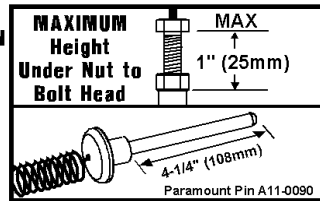
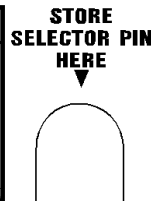
The following are the Warning labels required for the MP3.0, MP3.5 and MP4.0. If any of these tables are missing or become damaged, Paramount will replace them free of charge.

Note: these labels are not to scale.

WARNING

1. MAKE SURE selector pin is inserted completely. Use only the Paramount pin shown.
2. Bolt height must not exceed 1". Check regularly. MAKE SURE locking nut is tight.

ASTM F1749 LBL-CAP-PLATE



MG000055

WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE CABLES AND THEIR ATTACHMENT COMPONENTS ARE NOT INSPECTED OFTEN. REPLACE AT FIRST SIGNS OF WEAR.

P/N B2051 ASTM F1749

MG000057

WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE PIN IS NOT COMPLETELY INSERTED BEFORE USE.

P/N B2065 ASTM F1749

MG000058

WARNING

USE THIS LAT BAR ON PARAMOUNT LAT STATIONS WITH 250 POUNDS OR LESS. INSPECT CABLE FITTINGS AND CONNECTIONS PRIOR TO USE. BE CERTAIN THAT THE CONNECTIONS ARE SECURE. FAILURE TO FOLLOW THESE PROCEDURES MAY RESULT IN SERIOUS INJURY.

p/n B1299

ATTENTION

THIS WEIGHT STACK IS SHARED BY THE TWO ADJACENT STATIONS. ONLY ONE PERSON MAY EXERCISE ON EITHER OF THESE STATIONS AT A TIME.

LBL-DUAL

MD000180

WARNING

WHEN DOING CALF RAISES, ALWAYS ADJUST THE FOOT PLATE TO THE FURTHEST POSITION POSSIBLE.

LBL-LP01

MG000056

If this machine is to be installed in a public use facility, ASTM F1749 requirements specify that the facility sign shown to the right is to be installed in plain view.

If you did not receive the facility sign with your order, you can obtain one free of charge from Paramount by calling 1-800-721-2121.

BE ALERT!

THE FITNESS EQUIPMENT IN THIS FACILITY PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

PRIOR TO USING THE EQUIPMENT, READ THE WARNING LABELS AND INSTRUCTION PLACARDS AFFIXED TO EACH MACHINE.

IF YOU ARE UNSURE ON HOW TO USE A MACHINE, SEEK THE ASSISTANCE OF OUR FLOOR PERSONNEL. WE WILL BE HAPPY TO INSTRUCT YOU ON HOW TO USE THE EQUIPMENT PROPERLY.

IMMEDIATELY REPORT ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY TO OUR FLOOR PERSONNEL SO THAT IT MAY BE EVALUATED AND SERVICED PROMPTLY.

DO NOT ATTEMPT TO USE OR FIX ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY

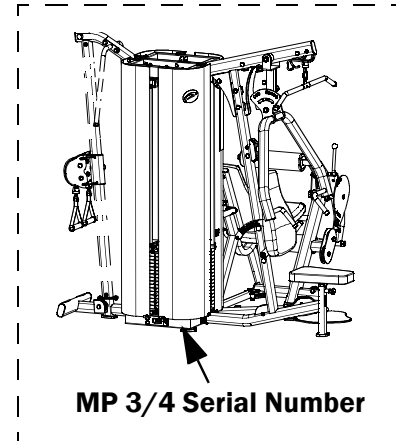
ASTM F1749-96

HOW TO OBTAIN SERVICE

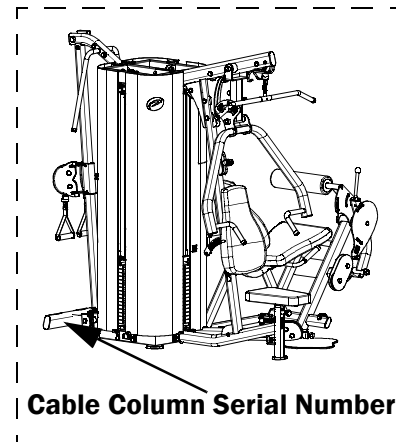
For warranty service, contact an Authorized Paramount Dealer or a Paramount Customer Service representative at 1-800-721-2121 or 1-323-721-2121. Or by E-mail at nasales@paramountfitness.com. Before you call, please have the following information ready.

- **Model Number:** MP3.0 or MP3.5 or MP4.0
- **Serial Number:** _____
- **Date of Installation:** _____
- **A brief description of the problem**

The serial number of the MP3/4 is located on the upright frame, to the left of the chest press station, at the bottom as shown.



The serial number of the Cable Column is located on the back side of the foot brace tube as shown.



FINAL CHECK

1. If you haven't already done so, lubricate the guide rods and seat adjustment tubes with a teflon spray lubricant. Paramount recommends using TriFlow™ brand.
2. Adjust the arms through each position. Verify that the adjustment pins insert freely into each position and are fully engaged.
3. Place the selector pin into the holder on the cap plate. Pull the Lat cable out slowly until the cap plate tops out against the top upright frame. Verify that the cable moves freely, without any binding.
4. Verify that the selector pin can be inserted into each weight plate.
5. Perform the exercise on each station to verify the cable routes smoothly and the machine operates correctly.

CHAPTER 5: WARRANTY INFORMATION

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

All TRUE® Fitness products are distributed by TRUE and are warranted to the original registered product purchaser and the parts of the TRUE product (the "Product") listed below, under normal use and service, shall be free of manufacturing defects in workmanship and materials only for the period of time beginning from the original date of purchase set forth below:

Frame*	10 Years
Parts	
Bearings, Bushings, and Weight Plates	5 Years
Guide Rods and Pulleys	5 Years
Cables and Belts	1 Year
Cosmetics, Coatings, Grips, and Upholstery	3 Months
Labor	
Frame	1 Year
Bearings, Bushings, Weight Plates	1 Year
Guide Rods and Pulleys	1 Year
Cables and Belts	1 Year
Cosmetics, Coatings, Grips, and Upholstery	3 Months

NOTE: Warranty valid for USA and Canada only.
NOTE: Failure to register this product will result in no servicing or authorization of parts to be shipped.
NOTE: Buying after-market products from a 3rd party will result in voided warranty.
NOTE: This product is intended for Commercial use. If this product will not be used in this particular setting, please contact TRUE as is warranty is void.

Frame: The frame is warranted for defects in material and workmanship for a 10 years. The frame is warranted for labor and freight (for parts shipped from TRUE) for one year from date of purchase. * This limited warranty on structural frame does not include paint or coatings.

Parts: The MP mechanical parts are warranted for defects in material and workmanship for five years with one year labor warranty. Cables and belts are warranted for defects in material and workmanship for one year with one year labor warranty. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.

Cosmetics: The MP cosmetic parts, coatings, grips and upholstery are warranted for defects in material and workmanship for three months with labor warranty to match the parts warranty period. This limited warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance. This limited warranty will apply to, but may not be limited to, plastic covers, shrouds, caps, badges, overlays, paint, coatings, soft step inserts, and grips.

Labor: Labor is covered for a period of one year from the date of purchase unless otherwise expressed within this limited warranty as long as a TRUE authorized service provider performs the service. Service that requires over 50 miles of travel may be subject to additional charges. Reasonable and necessary maintenance guidelines can be found in the owner's manual.

Claims Procedure: TRUE Limited Warranty service may be obtained by contacting the authorized TRUE dealer from whom the Product was purchased. If the dealer from whom the Product was purchased is no longer an authorized TRUE dealer, then TRUE Limited Warranty service may be obtained by contacting TRUE directly using the following contact information:

TRUE Fitness, Service Department
 865 Hoff Road, St. Louis, MO 63366
 1.800.883.8783
 Hours of operation 8:30am - 5:00 pm CST

CHAPTER 5: WARRANTY INFORMATION

Save Time and Register Online!
Activate Multiple Warranties at truefitness.com

The above Limited Warranty is subject to and will be in accordance with the conditions set forth below:

- 1. THIS LIMITED WARRANTY GIVES YOU SPECIAL LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.**
2. This Limited Warranty can be processed only if the Warranty Registration Form is completed online, or if the attached form is filled in, signed by the original purchaser, and mailed to TRUE within 30 days of purchaser's receipt of this Product. The serial number must be intact on the Product for this Limited Warranty to be valid.
3. This Limited Warranty applies to the product only while the Product remains in the possession of the original purchaser and is not transferable
4. This Limited Warranty becomes VALID ONLY if the Product is initially assembled/installed by a TRUE authorized dealer/ technician (if anyone other than a TRUE authorized dealer/ technician initially assembles and installs the Product, this Limited Warranty will be void unless the written authorization of TRUE is first obtained).
5. This Limited Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/ installation, failure to follow instructions and warnings in owner's manual, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance (as referenced in the owner's manual.)
6. This Limited Warranty applies only to the cost of repair or replacement of parts and does not include labor (beyond the above warranty period), transportation, service, return and freight charges associated therewith except as expressly specified herein.
7. This Limited Warranty shall not apply to: Service calls to correct installation of the equipment or instruction to owners on how to use the equipment; or any labor costs incurred beyond the applicable labor warranty period.
8. This Limited Warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
- 9. ANY IMPLIED WARRANTY, INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION AND REMEDY TO THE TIME PERIOD COVERED BY THE LIMITED WARRANTY. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.**
- 10. THE REMEDIES DESCRIBED ABOVE ARE YOUR SOLE AND EXCLUSIVE REMEDIES AND TRUE'S ENTIRE LIABILITY**

FOR ANY BREACH OF THIS LIMITED WARRANTY. TRUE'S LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE ACTUAL AMOUNT PAID BY YOU FOR THE PRODUCT, NOR SHALL TRUE UNDER ANY CIRCUMSTANCES BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, SPECIAL, OR PUNITIVE DAMAGES OR LOSSES, WHETHER DIRECT OR INDIRECT. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

NOTE TO AUTHORIZED WARRANTY LABOR PROVIDERS:
Warranty labor reimbursement or warranty parts rights may not be transferred to, reassigned to, a third party without the express written consent of TRUE. Even jobbing out warranty labor requires TRUE's written approval.

ATLAS SERIAL NUMBER:

The MP comes with one serial number on the base of the machine. Please write down your serial number below and keep for your records.

SERIAL NUMBER:

SAMPLE SERIAL NUMBER STICKER:

Keep this page for your records

CHAPTER 5: WARRANTY INFORMATION

Thank you for purchasing a TRUE product. To validate the TRUE product warranty the fast and easy way, please go on-line now to truefitness.com/support and register your product. The information you provide will never be distributed to any other individuals or agencies for any purpose. If you prefer to mail your warranty card, have the owner of the product complete the information below and return it to TRUE Fitness within 30 days from the date of equipment installation.

To mail your warranty information, please fill in the information below and mail to: Service Dept., TRUE Fitness, 865 Hoff Road, St. Louis, MO 63366 (or save postage and register online at truefitness.com)

Commercial Warranty Registration

**PLEASE PROVIDE YOUR SERIAL NUMBER BELOW.
REQUIRED FOR WARRANTY REGISTRATION:**

SERIAL NUMBER:

Model Type _____

Date of Purchase _____

Your Company Name _____

Contact First Name _____

Contact Last Name _____

Address _____

City _____ State _____ ZIP _____

Email Address _____ Website _____

Phone _____ Fax _____

1. Where did you first learn about TRUE?

- a. Dealer b. Website
 c. Advertisement d. Referral
 e. Current Customer f. Other _____

2. Why did you purchase a TRUE product?

- a. Design/Appearance b. Dealer Suggestion
 c. Price/Value d. Quality Construction
 e. Performance f. TRUE Reputation
 g. Other _____

3. Please indicate your type of facility:

- a. Apartment/Condo b. Corporate Fitness Center
 c. Municipality d. Health Club/Gym/Spa
 e. Hotel/Resort f. Military Base
 g. Student Rec Center h. Other _____

4. What other types of equipment does your company own?

- a. Treadmill Brand _____
 b. Bike Brand _____
 c. Elliptical Brand _____
 d. Free Weights/Gym Brand _____

5. How many people use your facility on a daily basis?

- a. <25 b. 25-75
 c. 76-150 d. 150+

6. Do you plan to purchase more fitness equipment in the next 6-12 months?

- Yes No

7. If you answered "yes" to question 6, what type do you plan to purchase?

- a. Treadmill b. Elliptical
 c. Stationary Bike d. Free Weights
 e. Gym f. Other _____

8. Would you recommend TRUE to other club owners?

- Yes No

9. You are a valued TRUE customer and your suggestions allow us to continually improve your experience. Is there anything else you would like us to know? Please explain: