

XFW7900 Power Rack



OWNER'S MANUAL

Model # XFW7900
Revision 091418

A MESSAGE TO OUR CUSTOMERS

Thank you for purchasing products from the Paramount XFW line. Because of the many unique features included in these machines, this manual was created to provide you with information on how to properly install and maintain your equipment. Proper maintenance will ensure that your new equipment will last for years.

*For your convenience, product questions can be answered by an Authorized Paramount Dealer or by contacting a TRUE Fitness Customer Service Representative at:
1-800-883-8783 or 1-800-721-2121*

*Office hours are Monday-Friday, 8:00 am - 5:00 pm CST
Or email us at service@truefitness.com or paramountservice@truefitness.com*

Thank You for your patronage.

*TRUE Fitness
865 Hoff Road
O'Fallon, MO 63366*



WARNING

SERIOUS INJURIES TO USERS, BYSTANDERS OR INSTALLERS CAN OCCUR IF THE INSTRUCTIONS AND WARNINGS CONTAINED IN THIS MANUAL ARE NOT FOLLOWED. TO MINIMIZE THIS RISK, READ THE MANUAL BEFORE BEGINNING THE INSTALLATION TO FAMILIARIZE YOURSELF WITH ITS CONTENTS AND THEN BE CERTAIN TO FOLLOW EACH OF THE STEPS AND PRACTICES DESCRIBED. IN ADDITION, REVIEW THE GENERAL MAINTENANCE MANUAL, FACILITY SIGN AND OTHER DOCUMENTS THAT MAY ACCOMPANY EACH MACHINE, FOR IMPORTANT SAFETY AND MAINTENANCE TIPS. THE MANUAL HAS BEEN INCLUDED WITH YOUR MACHINE ORDER AND CAN ALSO BE DOWNLOADED FROM OUR WEBSITE AT: <http://www.truefitness.com>

PLEASE RETAIN THIS MANUAL FOR FUTURE REFERENCE.

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SAFETY



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.
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 Paramount 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. Paramount 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.

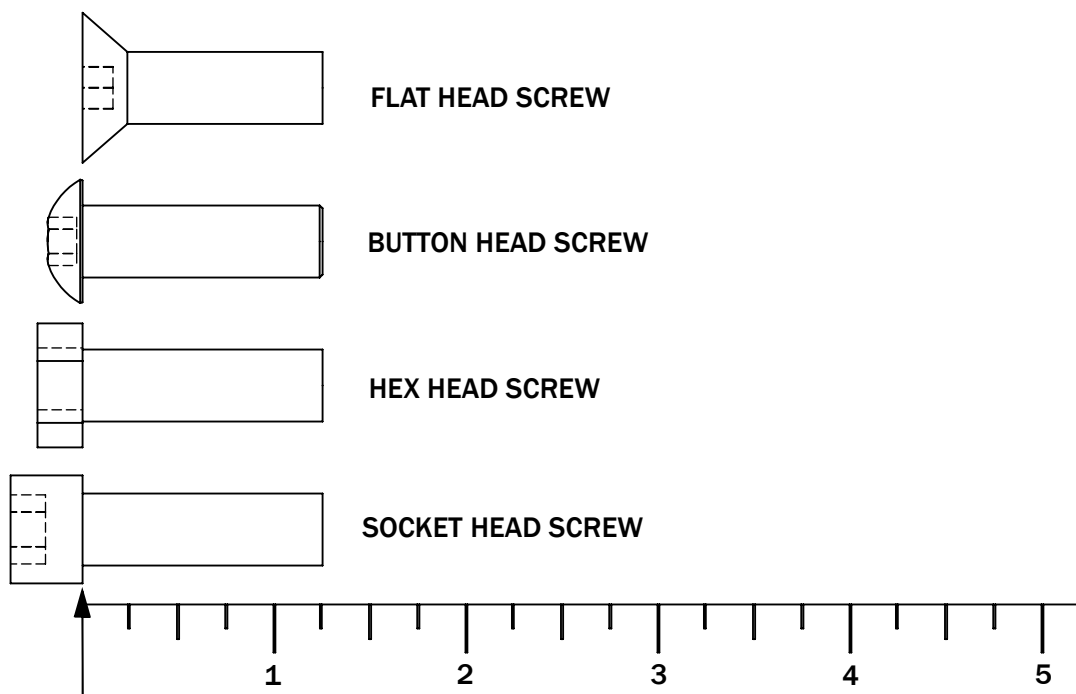
SAFETY



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



GENERAL CARE AND MAINTENANCE



IMPORTANT

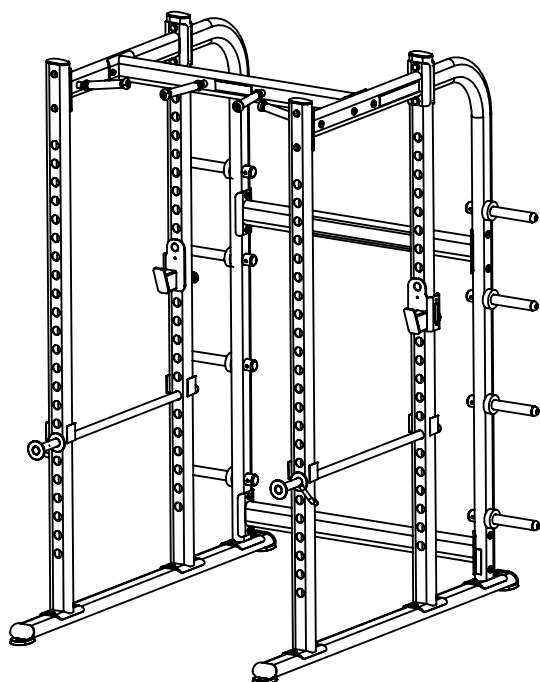
Preventative maintenance is crucial to maintaining the function and safety of this equipment. Your facility must establish written guidelines for preventative maintenance and keep written or online records of the maintenance performed on these products. As a minimum, the items presented in the SAFETY 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 TRUE Fitness at (800) 883-8783 or (800)721-2121 or service@truefitness.com or paramountservice@truefitness.com

DIMENSIONS AND WEIGHTS



Carton 1 dimensions:

93.5" X 23" X 5.5"

238 cm x 59 cm x 14 cm

Carton Weight (as shipped) = 205 lbs (93 kg.)

Carton 2 dimensions:

91" X 23" X 10-1/4"

232 cm x 58 cm x 26 cm

Carton Weight (as shipped) = 202 lbs (92 kg.)

Assembled Weight (as shown) = 363 lbs (165 kg)

Maximum Load Capacity:

(user + lifted weight) = 765 LBS. (348 KG.)

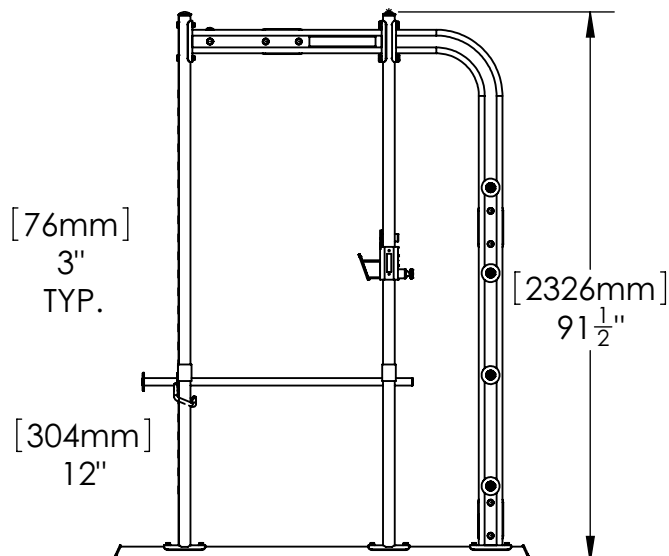
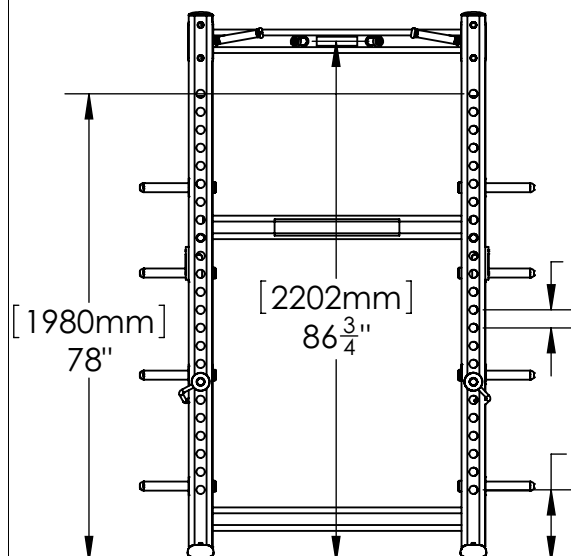
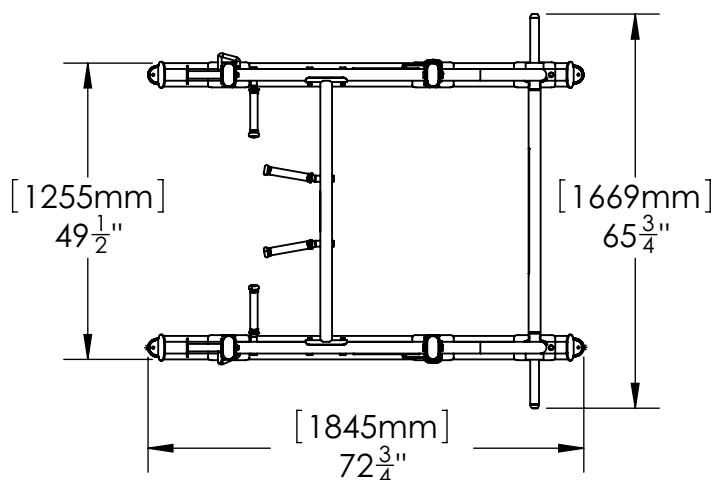
Tools Required:

14mm (9/16") socket wrench

Ratchet Handle

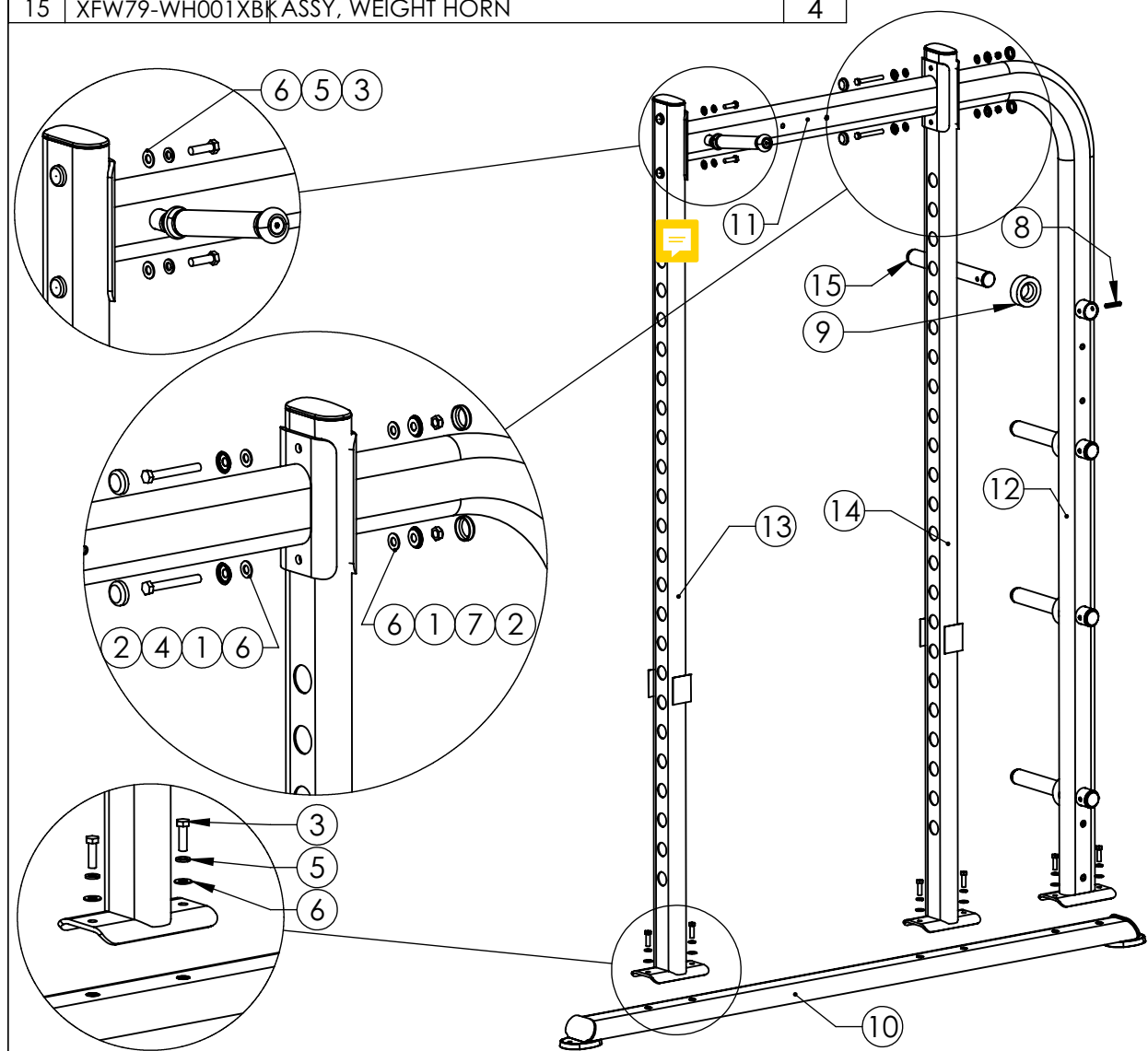
14mm (9/16") box/open end wrench

Hammer



STEP 1. LEFT SIDE FRAME ASSEMBLY

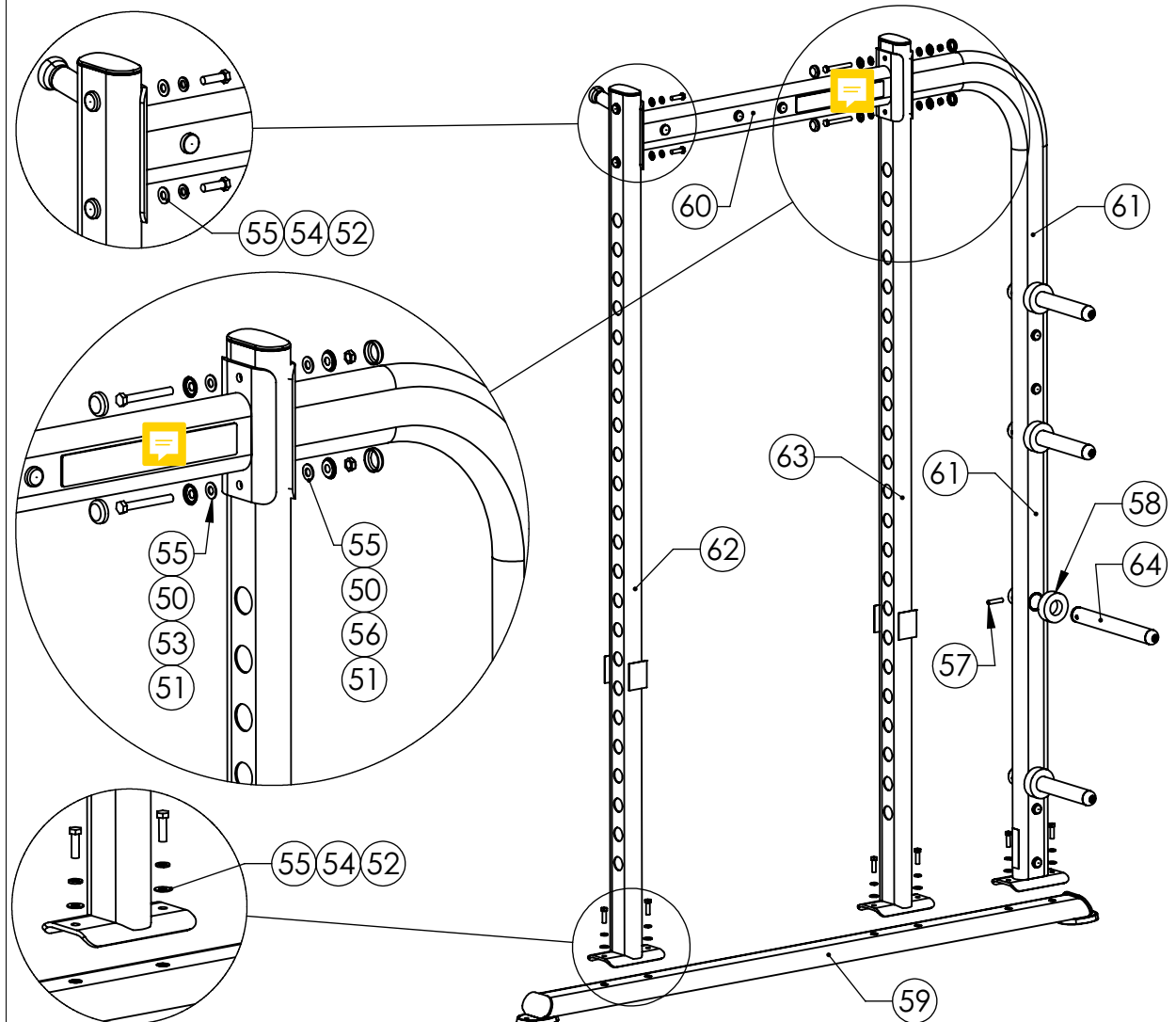
ITEM	PART NUMBER	DESCRIPTION	QTY
1	C 955A	BASE WASHER FOR PLASTIC CAP, 3/8" BOLT	4
2	C 955BK	CAP, BOLT, PLASTIC, BLACK	4
3	C-446LP	HH SCREW, 3/8"-16, 1-1/4", LOCKING PATCH	8
4	C-452	HH SCREW, 3/8"-16, 3"	2
5	C-749	WASHER, LOCK, 3/8", ZP	8
6	C-754C	WASHER, FLAT, 3/8" SAE, ZP	12
7	C-766A	LOCK NUT, 3/8"-16, NYL INS JAM NUT	2
8	D-871A	PIN, 3/8" X 1-3/4" ROLL PIN, SLOTTED	4
9	RPL54034700	BUMPER, ROUND, 1-1/2" ID X 3" OD X 1"	4
10	XFW79-BF000XBK	BASE FRAME ASSEMBLY	1
11	XFW79-CBR020XBK	UPPER FRAME ASSEMBLY, LEFT	1
12	XFW79-RF025BK	WELDMENT, PLATE HOLDER COLUMN, LEFT	1
13	XFW79-SF020XBK	FRONT ADJUSTMENT COLUMN ASSEMBLY	1
14	XFW79-SF025XBK	REAR ADJUSTMENT COLUMN ASSEMBLY	1
15	XFW79-WH001XBK	ASSY, WEIGHT HORN	4



ASSEMBLY

STEP 2. RIGHT SIDE FRAME ASSEMBLY

ITEM	PART NUMBER	DESCRIPTION	QTY
50	C 955A	BASE WASHER FOR PLASTIC CAP, 3/8" BOLT	4
51	C 955BK	CAP, BOLT, PLASTIC, BLACK	4
52	C-446LP	HH SCREW, 3/8"-16, 1-1/4", LOCKING PATCH	8
53	C-452	HH SCREW, 3/8"-16, 3"	2
54	C-749	WASHER, LOCK, 3/8", ZP	8
55	C-754C	WASHER, FLAT, 3/8" SAE, ZP	12
56	C-766A	LOCK NUT, 3/8"-16, NYL INS JAM NUT	2
57	D-871A	PIN, 3/8" X 1-3/4" ROLL PIN, SLOTTED	4
58	RPL54034700	BUMPER, ROUND, 1-1/2" ID X 3" OD X 1"	4
59	XFW79-BF000XBK	BASE FRAME ASSEMBLY	1
60	XFW79-CBR010XBK	UPPER FRAME ASSEMBLY, RIGHT	1
61	XFW79-RF020XBK	PLATE HOLDER COLUMN ASSEMBLY, RIGHT	1
62	XFW79-SF020XBK	FRONT ADJUSTMENT COLUMN ASSEMBLY	1
63	XFW79-SF025XBK	REAR ADJUSTMENT COLUMN ASSEMBLY	1
64	XFW79-WH001X	ASSY, WEIGHT HORN	4



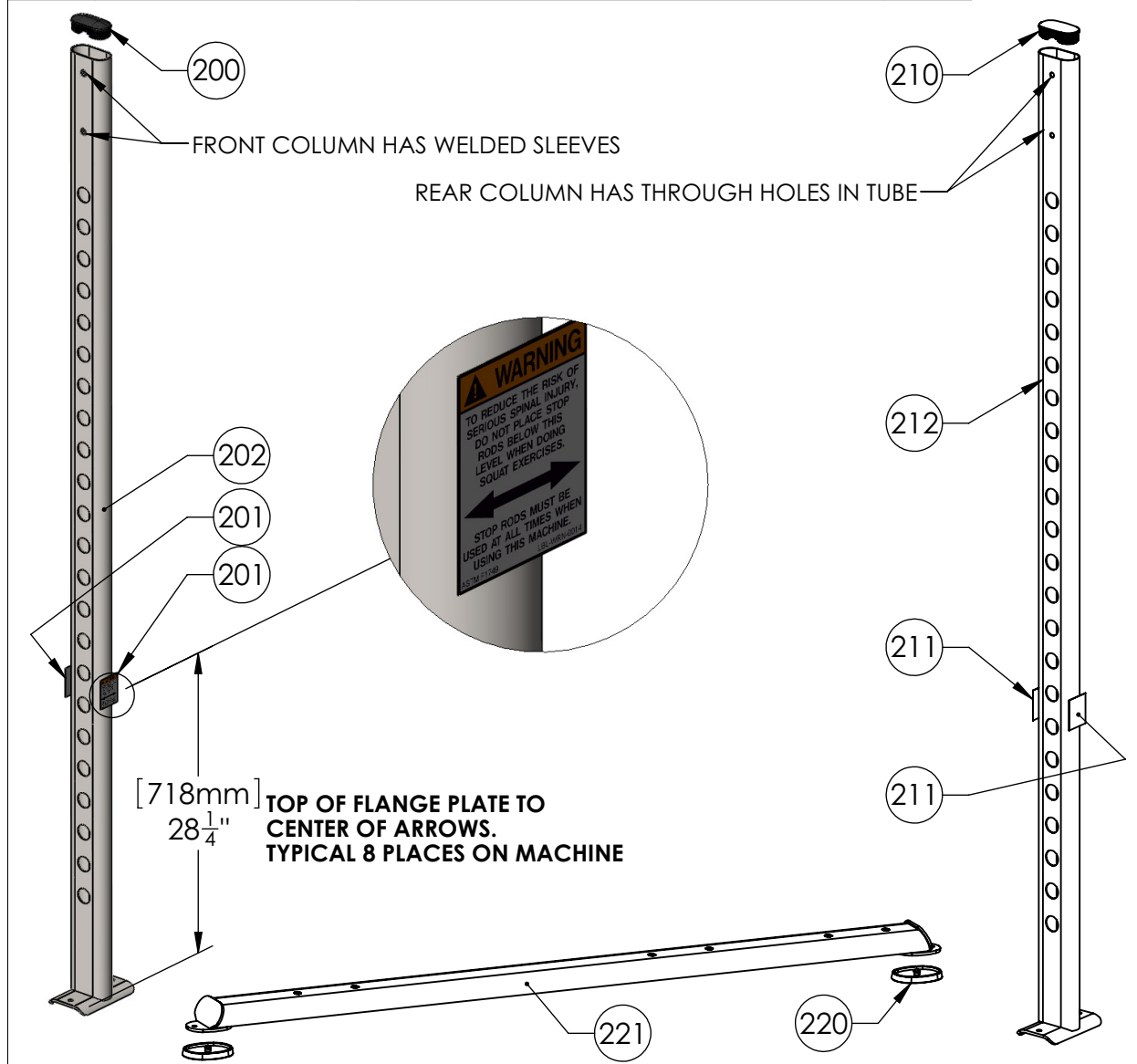
ASSEMBLY

STEP 3. FINAL ASSEMBLY				
ITEM	PART NUMBER	DESCRIPTION	Machine QTY	STEP QTY.
102	C-446LP	HH SCREW, 3/8"-16, 1-1/4", LOCKING PATCH	28	12
104	C-749	WASHER, LOCK, 3/8", ZP	28	12
105	C-754C	WASHER, FLAT, 3/8" SAE, ZP	36	12
111	XFW79-CBR015XBK	CROSS BRACE FRAME ASSEMBLY, UPPER	1	
113	XFW79-CBR030BK	WELDMENT, CROSS BRACE FRAME	1	
114	XFW79-CBR030XBK	CROSS BRACE FRAME ASSEMBLY, MIDDLE	1	
115	XFW79-CR000X	STOP ROD ASSEMBLY, LEFT	1	
116	XFW79-CR010X	STOP ROD ASSEMBLY, RIGHT	1	
117	XFW79-HK000XBK	CATCH HOOK ASSEMBLY, LEFT	1	
118	XFW79-HK010XBK	CATCH HOOK ASSEMBLY, RIGHT	1	
3	XFW79-WH001X	ASSY, WEIGHT HORN	8	

The diagram illustrates the final assembly of a weight rack. The main structure consists of two vertical uprights and a horizontal bar. The cross brace frame assembly (111, 113, 114) is being attached to the uprights. The assembly process involves securing the cross brace frame to the uprights using screws (102), lock washers (104), and flat washers (105). The diagram also shows the installation of the stop rod assembly (115, 116) and the catch hook assembly (117, 118) on the uprights. The weight horn assembly (3) is shown at the bottom of the uprights.

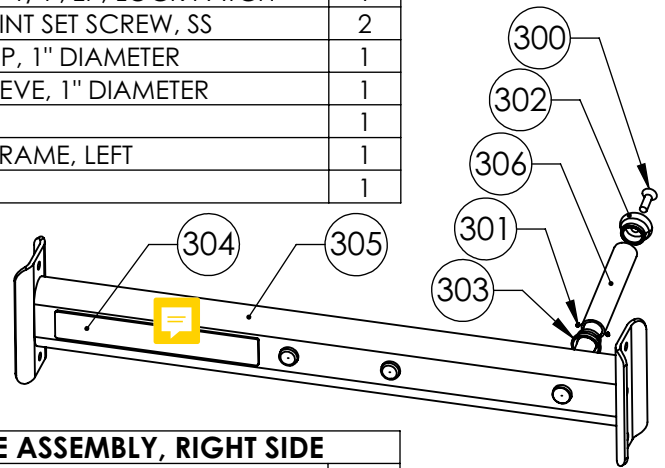
PARTS DIAGRAM

XFW79-SF020XBK, FRONT ADJUSTMENT COLUMN ASSEMBLY			
ITEM	PART NUMBER	DESCRIPTION	QTY.
200	IT90013800	END PLUG, 50X100 RACETRACK OVAL	1
201	LBL-WRN-0014	LABEL, SQUAT STOP ROD HEIGHT	2
202	XFW79-SF020BK	WELDMENT, FRONT ADJUSTMENT COLUMN	1
XFW79-SF025XBK, REAR ADJUSTMENT COLUMN ASSEMBLY			
ITEM	PART NUMBER	DESCRIPTION	QTY.
210	IT90013800	END PLUG, 50X100 RACETRACK OVAL	1
211	LBL-WRN-0014	LABEL, SQUAT STOP ROD HEIGHT	2
212	XFW79-SF025BK	WELDMENT, REAR ADJUSTMENT COLUMN	1
XFW79-BF000XBK, BASE FRAME ASSEMBLY			
ITEM	PART NUMBER	DESCRIPTION	QTY.
220	S 550B	RUBBER FOOT, WITH CENTER NIPPLE	2
221	XFW79-BF000BK	WELDMENT, BASE FRAME	1

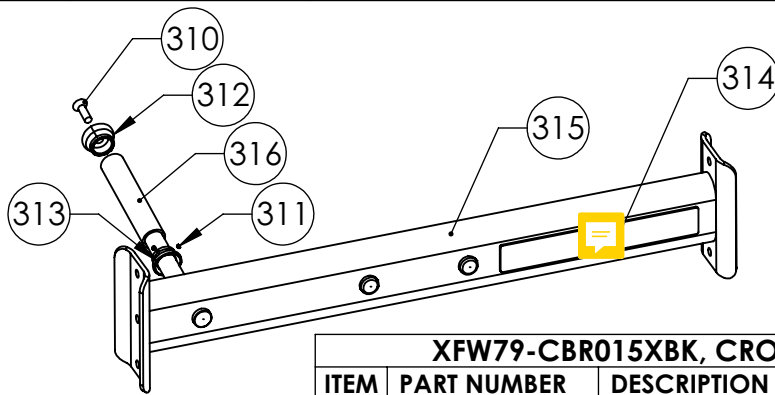


PARTS DIAGRAM

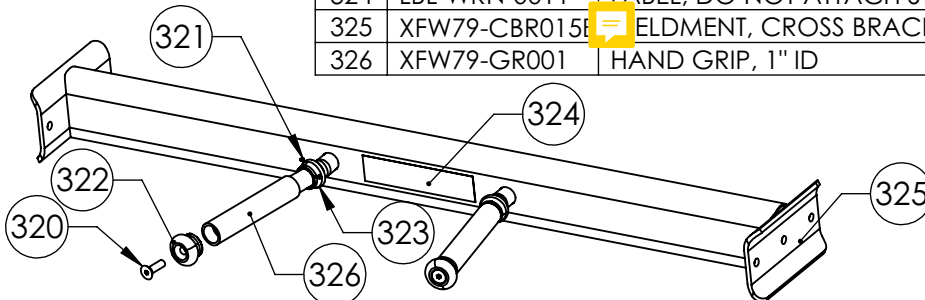
XFW79-CBR020XBK, UPPER FRAME ASSEMBLY, LEFT SIDE			
ITEM	PART NUMBER	DESCRIPTION	QTY.
300	C-659ZP	FH SCREW, 3/8"-16, 1-1/4", ZP, LOCK PATCH	1
301	C-715C	10-32 X 1/8" CUP POINT SET SCREW, SS	2
302	IT90102100	ALUMINUM GRIP CAP, 1" DIAMETER	1
303	IT90102200	ALUMINUM GRIP SLEEVE, 1" DIAMETER	1
304	LBL-LOG-010BK	LOGO, "TRUE"	1
305	XFW79-CBR020BK	WELDMENT, UPPER FRAME, LEFT	1
306	XFW79-GR001	HAND GRIP, 1" ID	1



XFW79-CBR010XBK, UPPER FRAME ASSEMBLY, RIGHT SIDE			
ITEM	PART NUMBER	DESCRIPTION	QTY.
310	C-659ZP	FH SCREW, 3/8"-16, 1-1/4", ZP, LOCK PATCH	1
311	C-715C	10-32 X 1/8" CUP POINT SET SCREW, SS	2
312	IT90102100	ALUMINUM GRIP CAP, 1" DIAMETER	1
313	IT90102200	ALUMINUM GRIP SLEEVE, 1" DIAMETER	1
314	LBL-LOG-010BK	LOGO, "TRUE"	1
315	XFW79-CBR010BK	WELDMENT, UPPER FRAME, RIGHT	1
316	XFW79-GR001	HAND GRIP, 1" ID	1

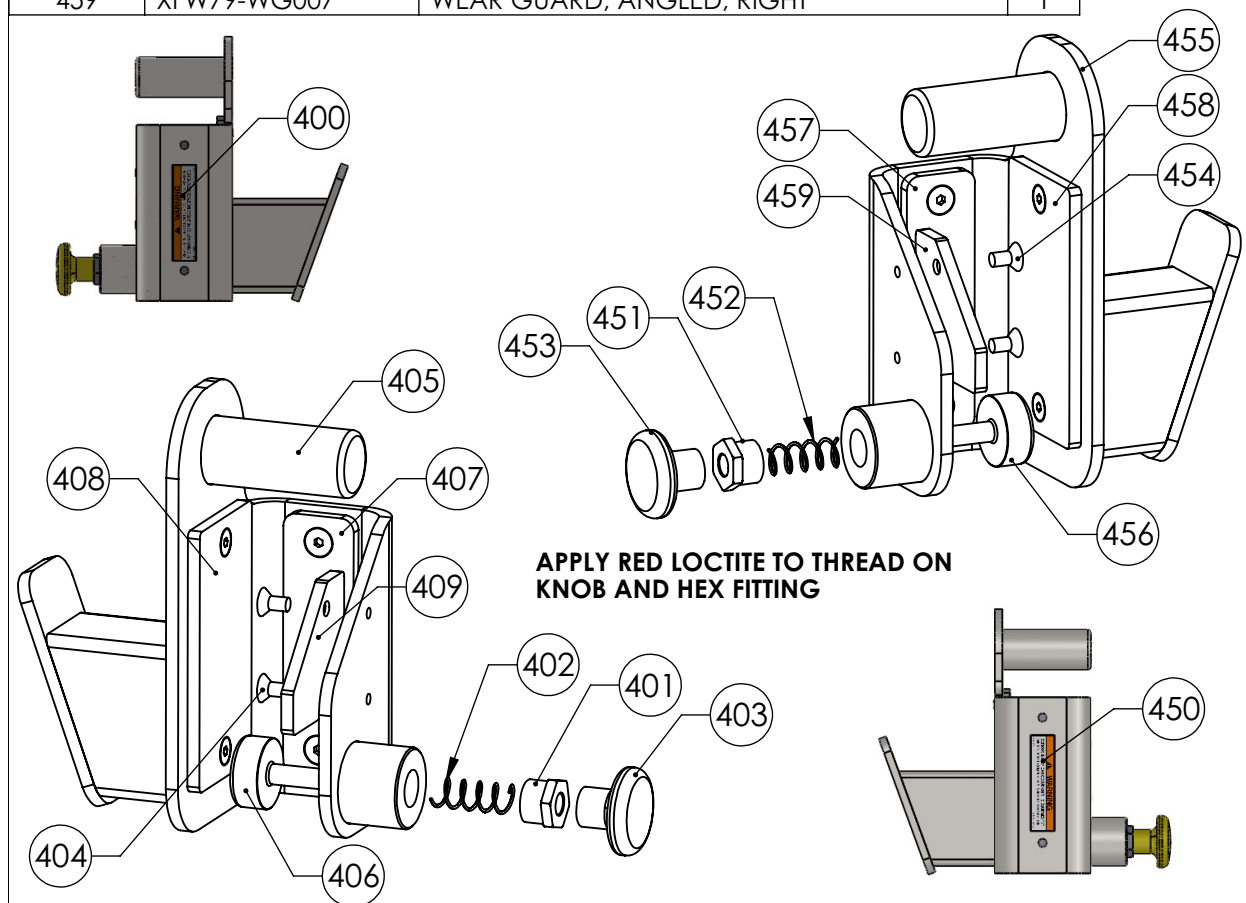


XFW79-CBR015XBK, CROSS BRACE FRAME ASSEMBLY			
ITEM	PART NUMBER	DESCRIPTION	QTY.
320	C-659ZP	FH SCREW, 3/8"-16, 1-1/4", ZP, LOCK PATCH	2
321	C-715C	10-32 X 1/8" CUP POINT SET SCREW, SS	4
322	IT90102100	ALUMINUM GRIP CAP, 1" DIAMETER	2
323	IT90102200	ALUMINUM GRIP SLEEVE, 1" DIAMETER	2
324	LBL-WRN-0011	LABEL, DO NOT ATTACH STRAPS	1
325	XFW79-CBR015BK	WELDMENT, CROSS BRACE FRAME, UPPER	1
326	XFW79-GR001	HAND GRIP, 1" ID	2



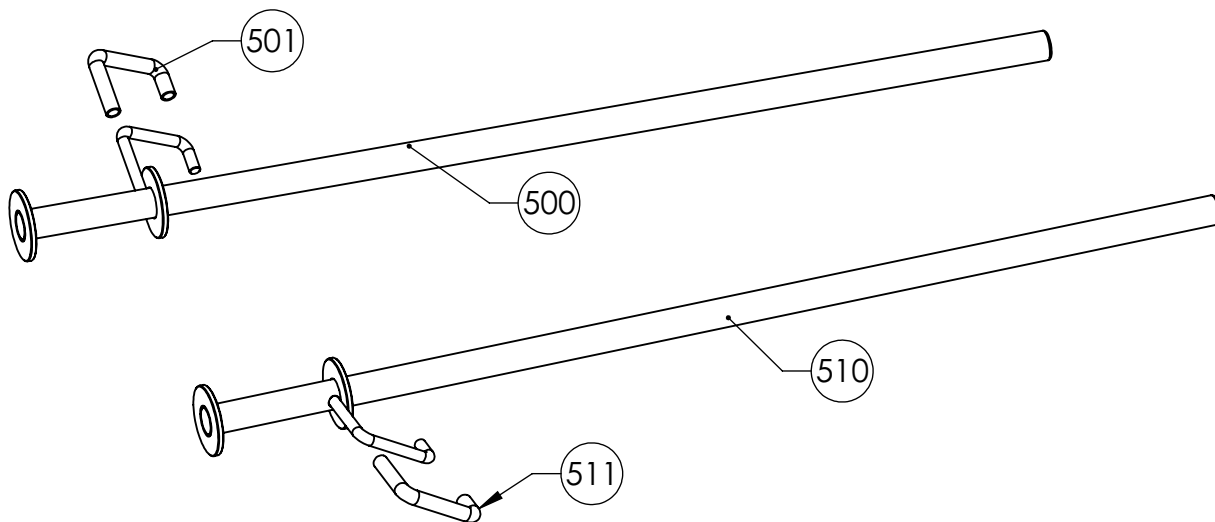
PARTS DIAGRAM

XFW79-HK000XBK, CATCH HOOK ASSEMBLY, LEFT			
ITEM	PART NUMBER	DESCRIPTION	QTY.
400	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
401	BNH05163	HEX FITTING, POP PIN	1
402	BNH05165	SPRING, POP PIN	1
403	BNH0521BK	KNOB, MUSHROOM, YELLOW	1
404	C-959	FH SCREW, 1/4"-20, 1/2"	6
405	XFW79-HK000BK	WELDMENT, CATCH HOOK, LEFT	1
406	XFW79-PN001	PIN, 1-5/16" DIAMETER	1
407	XFW79-WG001	WEAR GUARD, SIDE	1
408	XFW79-WG002	WEAR GUARD, FRONT	1
409	XFW79-WG003	WEAR GUARD, ANGLED, LEFT	1
XFW79-HK010XBK, CATCH HOOK ASSEMBLY, RIGHT			
ITEM	PART NUMBER	DESCRIPTION	QTY.
450	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	1
451	BNH05163	HEX FITTING, POP PIN	1
452	BNH05165	SPRING, POP PIN	1
453	BNH0521BK	KNOB, MUSHROOM, YELLOW	1
454	C-959	FH SCREW, 1/4"-20, 1/2"	6
455	XFW79-HK010BK	WELDMENT, CATCH HOOK, RIGHT	1
456	XFW79-PN001	PIN, 1-5/16" DIAMETER	1
457	XFW79-WG001	WEAR GUARD, SIDE	1
458	XFW79-WG002	WEAR GUARD, FRONT	1
459	XFW79-WG007	WEAR GUARD, ANGLED, RIGHT	1

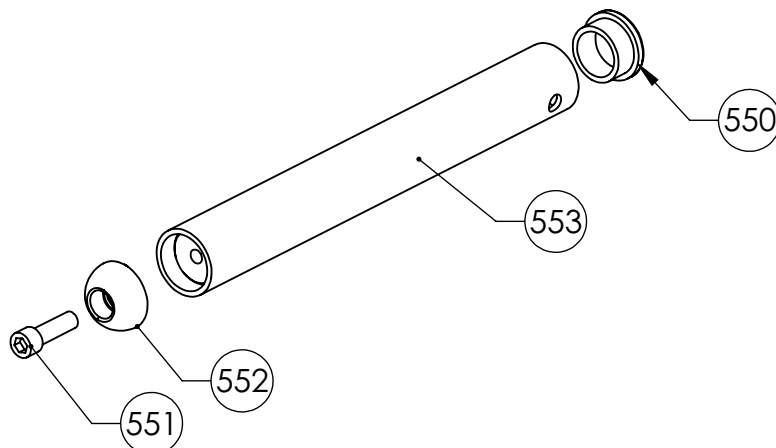


PARTS DIAGRAM

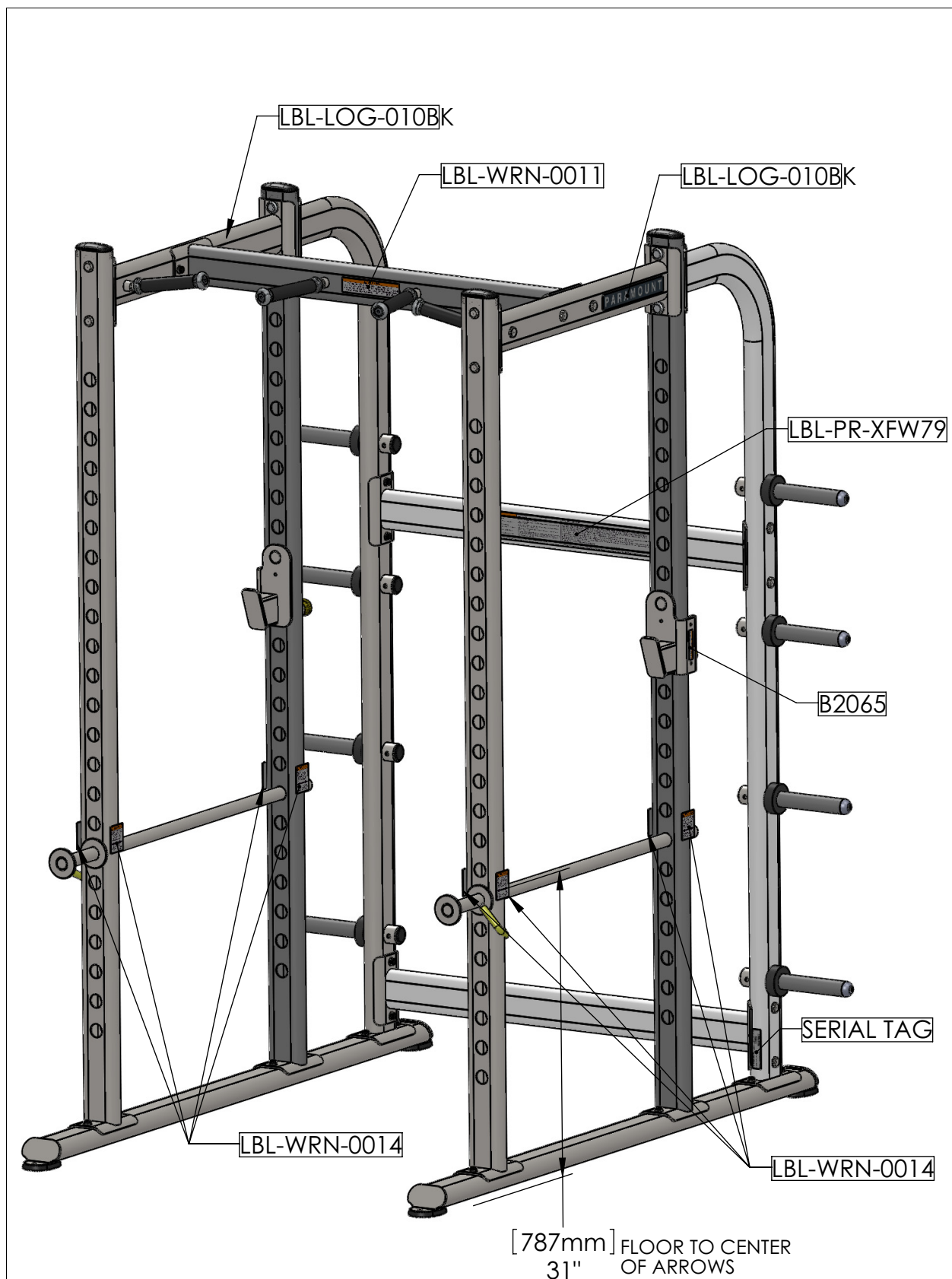
XFW79-CR000X, STOP ROD ASSEMBLY, LEFT			
ITEM	PART NUMBER	DESCRIPTION	QTY.
500	XFW79-CR000	WELDMENT, STOP ROD, LEFT	1
501	XFW79-SL001	PLASTIC SLEEVE, YELLOW	1
XFW79-CR010X, STOP ROD ASSEMBLY, RIGHT			
ITEM	PART NUMBER	DESCRIPTION	QTY.
510	XFW79-CR010	WELDMENT, STOP ROD, RIGHT	1
511	XFW79-SL001	PLASTIC SLEEVE, YELLOW	1



XFW79-WH000X, WEIGHT HORN ASSEMBLY			
ITEM	PART NUMBER	DESCRIPTION	QTY.
550	B-685	END PLUG, 1-1/2" OD TUBE	1
551	C-624	SH SCREW, 3/8"-16, 1-1/4"	1
552	IT70140900	END CAP, 1-1/2" DIAMETER HORN	1
553	XFW79-WH000	WELDMENT, WEIGHT HORN	1



LABEL LOCATIONS



INTENDED USE & WARNING LABELS

INTENDED USE

1. This unit is intended to support Olympic bars in multiple positions facilitating press, squat, row or dead lift exercises.
2. Stop rods must be used when performing squat or pressing movements. Adjust their position based on the exercise, user size and range desired. When doing squats DO NOT allow thighs to drop below parallel with the floor - adjust stop rods accordingly. DO NOT place stop rods lower than the position indicated on the machine when doing squats. ONLY perform squat and pressing exercises from inside the framework of the cage. BE CERTAIN that the stop rods are fully engaged.
3. Adjust the catch assemblies into a comfortable position for the exercise. BE CERTAIN that the retention pin is fully engaged.
4. Load and unload plates evenly onto the bar placing or removing one plate from one side and then the other.
5. Spotters must be used when using this rack. More than one spotter may be required depending upon the amount of weight being lifted.
6. Return the bar to the catch assembly in a controlled manner. Be certain that the bar is fully engaged in the catch assembly before releasing the load and exiting the machine.
7. DO NOT stand on this rack when doing exercises.
8. DO NOT use bands or chains with the rack. DO NOT use loose weights when doing chin ups.
9. DO NOT attach straps or bands to the frame of this rack.
10. DO NOT exceed the load limit of 765 pounds (348 kg). Maximum user weight of 300 pounds (136 kg) for the chin up station.

WARNING LABELS

The following are the warning labels required for this product. If any of these labels are missing or become damaged contact Paramount. Note: these labels are not to scale.

<p>WARNING</p> <p>SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE PIN IS NOT COMPLETELY INSERTED BEFORE USE.</p> <p>P/N B2065 ASTM F1749</p> <p>B 2065</p>	<p>8. Keep body and clothing clear of all moving parts. DO NOT wear anything loose or dangling.</p> <p>9. Inspect the machine before use. DO NOT use if it appears damaged. DO NOT try to fix. Notify staff immediately.</p> <p>10. Use spotters. More than one may be needed depending on the amount of weight being lifted.</p> <p>11. Load weight plates on to and off of bars or lifting arms evenly, alternating from left to right side of the machine.</p> <p>12. DO NOT exceed maximum lifting weight for the machine. Maximum plate size is 45 lb or 25 kg.</p> <p>13. Inspect machine daily for loose, worn or damaged parts. Inspect stops and catch assemblies. 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. Use only Paramount supplied parts.</p> <p>14. Inspect all cables and connections before using this machine. DO NOT use this machine if any part appears worn or damaged.</p> <p>15. DO NOT remove this label. Replace if damaged.</p> <p>ASTM F1749</p>	<p>XFW-7900 Power Rack</p> <p>1. This unit is intended to support Olympic bars in multiple positions facilitating press, squat, row or dead lift exercises.</p> <p>2. Stop rods must be used when performing squat or pressing movements. Adjust their position based on the exercise, user size and range desired. When doing squats DO NOT allow thighs to drop below parallel with the floor - adjust stop rods accordingly. DO NOT place stop rods lower than indicated position on the machine when doing squats. ONLY perform squat and pressing exercises from inside the framework of the cage. BE CERTAIN that the stop rods are fully engaged.</p> <p>3. Adjust adjustable catch assemblies into a position comfortable for the exercise. BE CERTAIN that the retention pin is fully engaged.</p> <p>4. Load and unload plates evenly onto the bar placing or removing one plate from one side and then the other.</p> <p>5. Spotters must be used when using this rack. More than one spotter may be required depending on the amount of weight being lifted.</p> <p>6. Return the bar to the catch assembly in a controlled manner. Be certain that the bar is fully engaged in the catch assembly before releasing the load and exiting the machine.</p> <p>7. DO NOT stand on this rack when doing exercises.</p> <p>8. DO NOT use bands or chains with this rack. DO NOT use loose weights when doing chin ups.</p> <p>9. DO NOT attach straps or bands to the frame of this rack.</p> <p>10. DO NOT exceed the load limit of 765 pounds [348 kg]. Maximum user weight of 300 pounds [136 kg] for chin up station.</p> <p>ASTM F1749 LBL-PR-XFW79 LBL-VRN-0014</p>
<p>WARNING</p> <p>TO PREVENT TIPPING AND SERIOUS CRUSHING INJURIES, DO NOT ATTACH ANYTHING TO THE FRAMEWORK OF THIS MACHINE. THIS MACHINE IS NOT TO BE USED AS A GROUND-BASED FRAME FOR ATTACHING BANDS, STRAPS, ROPES OR OTHER DEVICES.</p> <p>ASTM F1749 P/N LBL-VRN-0011</p> <p>LBL-VRN-0011</p>		<p>WARNING</p> <p>TO REDUCE THE RISK OF SERIOUS SPINAL INJURY, DO NOT PLACE STOP RODS BELOW THIS LEVEL WHEN DOING SQUAT EXERCISES.</p> <p>STOP RODS MUST BE USED AT ALL TIMES WHEN USING THIS MACHINE.</p> <p>ASTM F1749 LBL-VRN-0014</p> <p>LBL-VRN-0014</p>

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 XFW Strength Line's 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 XFW Strength Line's 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

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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.

COMPOSITE STRENGTH LINE SERIAL NUMBER:

The XFW 7900 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 ly 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: