

**MP2.0  
2 WEIGHT STACK  
3 STATION GYM**

**TRUE FITNESS**



**SCAN FOR UP-TO-DATE  
OWNER'S MANUAL**

**MODEL MP2.0-35  
(MAN-MP2.0 REV00)**

**OWNER'S  
MANUAL**



## **IMPORTANT—PLEASE READ**

All products shown are prototype. Actual product delivered may vary. Product specifications, features, and software are subject to change without notice.

**For the most up-to-date version of this manual, please see our website:**

**<https://truefitness.com/services-support/user-manuals/>**

## **CONTACTING OUR SUPPORT TEAM**

To contact TRUE for any of your pre or post installation questions, please call our toll-free numbers Monday - Friday during normal business hours:

- Commercial Direct Customers and Corporate Accounts | 800.868.8783
- Retail Customers and Distributors | 800.883.8783

Or email us:

- Commercial Direct Customers and Corporate Accounts | [service.direct@truefitness.com](mailto:service.direct@truefitness.com)
- Retail Customers and Distributors | [service@truefitness.com](mailto:service@truefitness.com)
- Service International | [int.service@truefitness.com](mailto:int.service@truefitness.com)

When contacting TRUE, please have the following information ready:

- Serial Number of Unit
- Contact Information—Full Name, Email, and Phone Number
- Address of Facility or Residence
- Detailed Description Regarding Symptom of the Unit (along with pictures or video if applicable)

**NOTE:** Authorized service providers, dealers, and distributors may also use TRUE's online resource | [portal.truefitness.com](http://portal.truefitness.com).

## **CONTACTING OUR SALES TEAM**

Interested in owning more TRUE products? Please contact us with any product inquiries so that we may direct you to the appropriate sales representative to help answer your questions.

- Phone | 800.426.6570
- Email | [sales@truefitness.com](mailto:sales@truefitness.com)

## **REPORTING FREIGHT CLAIMS OR PARTS DAMAGE**

Unfortunately, sometimes materials can be damaged during shipment. If materials are damaged during shipment, please follow the guidelines below to determine the appropriate process for you to follow.

### **Severe Damage—Obvious damage to external packaging and internal product.**

Please refuse the shipment and it will be returned to TRUE by the carrier. Contact TRUE product support by calling 800.883.8783 or sales support by calling 800.426.6570 Monday-Friday during normal business hours to notify us that the shipment has been refused. Once we have received the damaged shipment, a replacement shipment will be sent to you. If the shipment comes in multiple boxes, only refuse boxes with damage.

### **Slight Damage—Minimal damage to external packaging with unknown internal damage to product.**

If the shipment has minimal damages and you are not sure if the actual product is damaged, you must sign the bill of lading as damaged when accepting the shipment. Once you have opened the box and you have determined something is indeed damaged, please gather the serial number, model number, description of damage, and photos of damage. Please make sure the photos include the damaged product as well as the damaged box the product arrived in. Contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) | 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto:sales@truefitness.com) | 800.426.6570) Monday-Friday during normal business hours.

### **Concealed Damage—No damage to external packaging but internal damage to product.**

You may receive a shipment that looks intact and discover once the box has been opened that there are hidden damages. Please notify the carrier immediately. TRUE will not be able to file a claim if the carrier is not notified in a timely manner. Once you have called the carrier you will need to gather the serial number, model number, description of damage, and photos of damage. Contact TRUE product support ([service@truefitness.com](mailto:service@truefitness.com) | 800.883.8783) or TRUE sales support ([sales@truefitness.com](mailto:sales@truefitness.com) | 800.426.6570) Monday-Friday during normal business hours.



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## **SAFETY INSTRUCTIONS**

### **IMPORTANT SAFETY INSTRUCTIONS—SAVE THESE INSTRUCTIONS**

#### **⚠ FACILITY AND USER SAFETY PRECAUTIONS**

- Review and understand all of the warning labels affixed to this machine and on the facility safety sign.
- Be certain that the machine operation is understood before it is used. Refer to the instructional procedure label affixed to the machine.
- 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.
- 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.
- Do not modify the machine.
- 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.
- Keep children away from this equipment. Adults should closely supervise use by teenagers.
- 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.
- 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 TRUE supplied replacement components to service this machine.
- Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.
- Do not attempt to free any jammed assemblies by yourself as this may cause injury.
- On Plate Loaded and Free Weight machines:
  - 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.
  - Instruct users to load weight plates evenly and carefully to avoid tipping equipment and crushing injuries.
  - 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.
  - This equipment is designed for standard olympic size weight plates with a 50mm bore (1.9").
  - Do not exceed the maximum weight capacity of the machine. Maximum plate size is 45 lbs / 20 kg.
- On Selectorized and cable equipped machines:
  - 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.
  - 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.
  - 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

- Read this installation manual entirely before assembling this equipment.
- Verify that there is adequate space surrounding this piece of equipment for safe access and operation. Installation must meet ADA requirements for accessibility.
- 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).
- **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.
- **Be sure all hardware is tight before using this equipment.**
- Some assembly materials may come preassembled in the carton. Refer to the Assembly Instructions for more information on disassembling any assembly materials before beginning assembly.

## EQUIPMENT INSTALLATION AND STABILITY

- TRUE Fitness designs its products to be stable when used as intended.
- Training environments vary, and TRUE Fitness cannot predict the specific conditions under which users will set up or operate our products.
- To ensure safety and optimal performance, TRUE Fitness requires that all flexibility and strength training equipment be securely anchored to a solid, level surface.
- Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor. Proper anchoring prevents instability, rocking, or tipping during use.
- Regardless of the fastener type or method used, each anchoring fastener must withstand a minimum pull-out force of 3.3 kN (750 lbs) from the floor to ensure proper stability and safety compliance.
- It is the facility's responsibility to ensure installation complies with all applicable local and regional building codes and that equipment is installed according to manufacturer guidelines.
- A licensed contractor or structural engineer should be consulted to verify that installation methods meet local building regulations and are appropriate for the specific type of flooring used.
- TRUE Fitness shall not be held liable for any injuries, damages, or equipment malfunctions resulting from failure to properly secure or bolt equipment to the floor or from improper installation practices.
- If two assembled units are linked together, both units must be anchored to the floor.

## MAINTENANCE SAFETY PRECAUTIONS

- Refer to the maintenance schedule table in this manual for when to perform maintenance.
- Check the function of your machine DAILY by verifying the following:
  - 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.
- 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 it, use Loctite® Threadlocker 242, or both.
  - Frames and Lifting Arms: Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TRUE supplied components.
- Replace any warning label at the first sign of wear. Labels and the facility safety sign may be obtained from TRUE.

## 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.

- Cables (if equipped)—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.
- 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.
- Safety catches—inspect catches, stop rods and their associated fasteners. Tighten any loose hardware and replace any components at first signs of wear.
- Frames—sweat, disinfecting sprays and spills can lead to corrosion which may lead to premature failure of components. Wipe all machines down with a damp cloth and dry completely each day. This includes painted parts, chrome parts and upholstered pads.
- Painted and chrome plated parts—use Simple Green with a dilution of 32:1 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.
- Weight stack enclosures (shrouds) (if equipped)—wipe down with a damp cloth as needed.
- Exercise instruction labels—clean with soap and water as needed.
- Guide rods (if equipped)—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.

- Bronze bushings—check monthly for signs of wear and replace as needed.
- 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. TRUE recommends Magnalube® brand.
- When replacing any component, use only TRUE supplied parts.
- 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 TRUE dealer or TRUE product support (service@truefitness.com | 800.883.8783).



## COMMERCIAL MAINTENANCE SCHEDULE

Commercial Maintenance Schedule					
	Daily	Weekly	Monthly	6 Months	Annually
Inspect cables for wear, tension, and proper connection if equipped. Replace at the first sign of wear.	X				
Inspect cable length and cable end fittings. Replace at the first sign of wear.		X			
Inspect all nuts and bolts and tighten if needed.		X			
Inspect safety catches, stop rods, and their fasteners. Replace at the first sign of wear.	X				
Inspect all anti-slip surfaces and replace as needed.		X			
Inspect all adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.	X				
Inspect all accessory bars and handles.		X			
Inspect all safety and instructional decals.	X				
Inspect all weight stack shields if equipped.	X				
Clean guide rods and lubricate with a teflon lubricant if equipped.		X			
Clean and condition upholstery.	X				
Clean and polish frame.	X				
Clean and polish chrome.	X				
Lubricate pivot bearings and linear bearings.				X	
Replace cables if equipped.					X

## COMPLIANCES

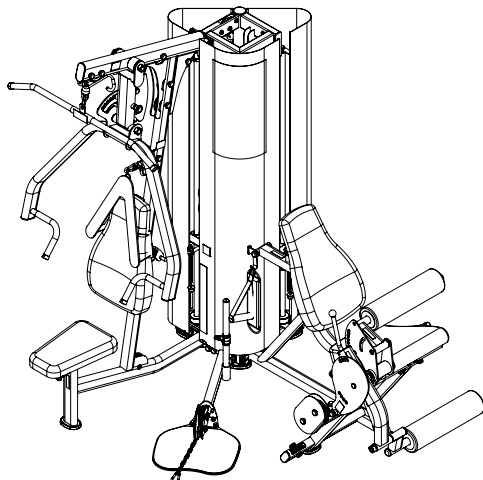
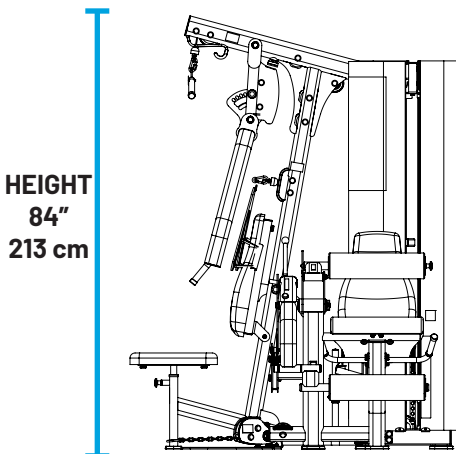
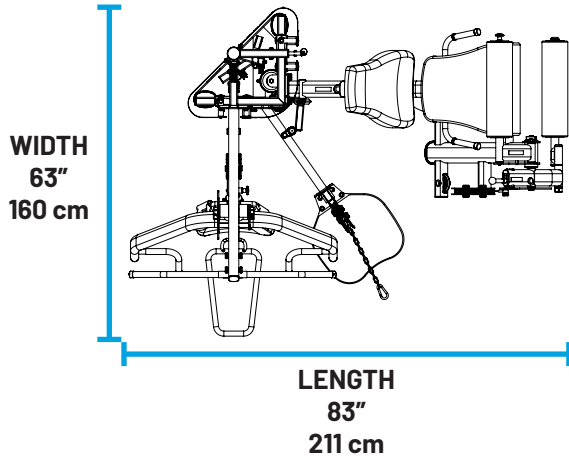
This equipment complies with all applicable codes and regulations. For a complete list of compliances, please visit [www.truefitness.com](http://www.truefitness.com).

## DIMENSIONS AND WEIGHTS

- ASSEMBLED DIMENSIONS (L X W X H)**

**Physical:** 83" x 63" x 84" / 211 cm x 160 cm x 213 cm

**In use:** 96" x 73" x 84" / 244 cm x 185 cm x 213 cm



- PRODUCT WEIGHT**

1010 lbs / 458 kg (with 250 lbs weight stacks)

850 lbs / 386 kg (with 170 lbs weight stacks)

- MAXIMUM USER WEIGHT**

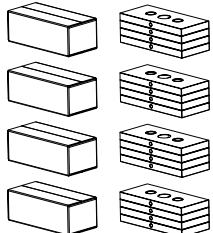
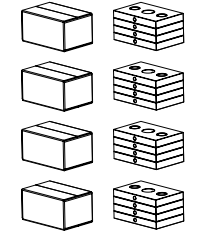
300 lbs / 136 kg

- WEIGHT STACK OPTIONS (PER SIDE)\***

250 lbs / 113 kg or 170 lbs / 77 kg

\*Weight stacks vary by region; 250 lbs is standard.

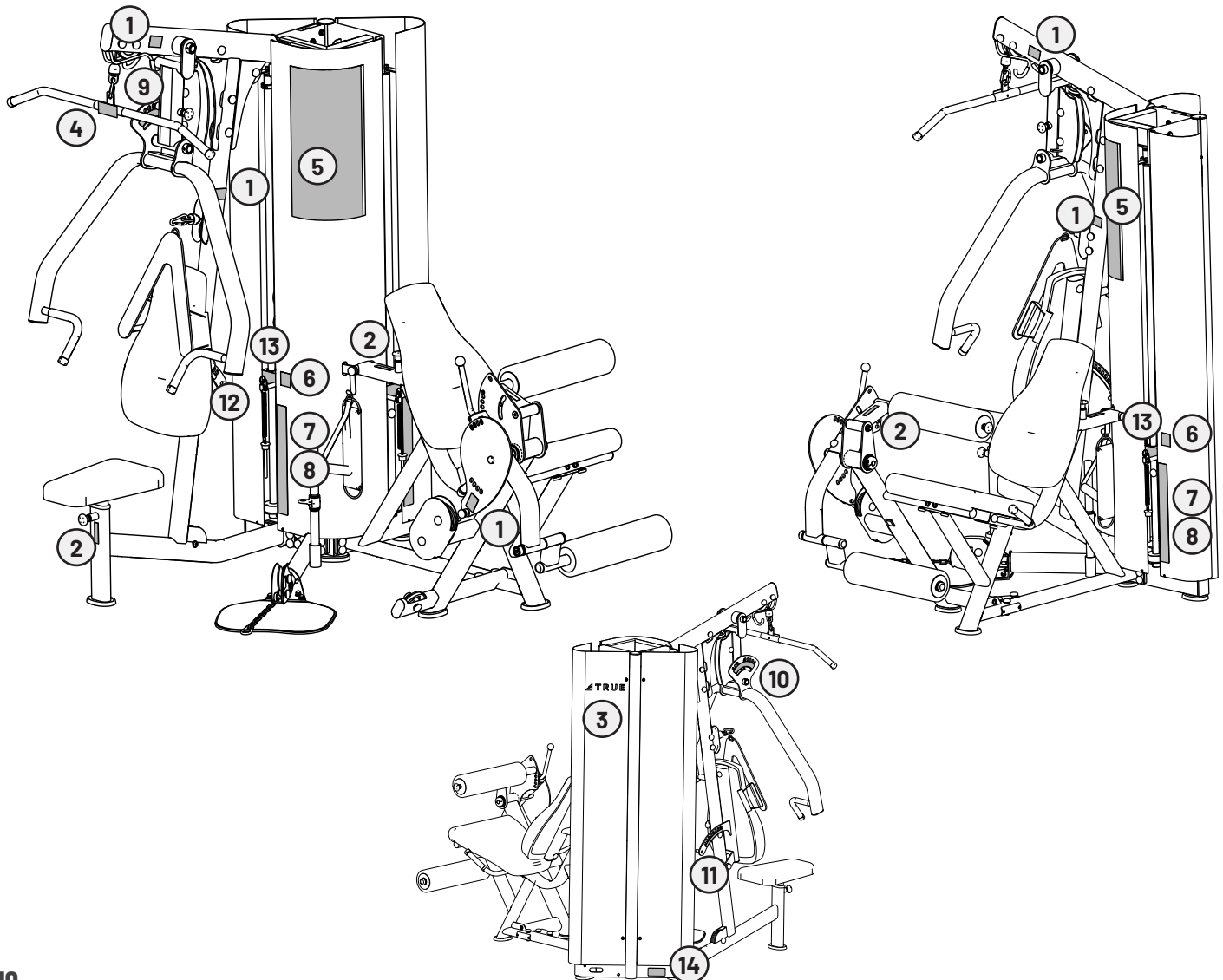
## WEIGHT STACK CONFIGURATIONS

Weight Stack Configurations*		
Model	Description	Number of Weight Plates (per side)
MP2.0	Multipurpose	16 x 15 lbs / 6.8 kg weights total weight stack = 250 lbs / 113 kg  each box contains 4 weight plates
MP2.0	Multipurpose	16 x 10 lbs / 4.5 kg weights total weight stack = 170 lbs / 77 kg  each box contains 4 weight plates

\*Weight stacks vary by region; 250 lbs is standard.

## LABEL LOCATIONS

Item	Part#	Description	Qty
1	B2051	LABEL, WARNING, CABLE END INSPECTION	4
2	B2065	LABEL, WARNING, COMPLETELY INSERT PIN	6
3	LBL-LOG-0085WH	LOGO, TRUE, WHITE	1
4	LBL-WRN-0003	LABEL WARNING LAT BAR 250 LB	1
5	MC00007BK	LABEL MP2/3/4 EXERCISE PROCEDURE BLACK	1
6	MD000180	WARNING LABEL ON MP	2
7	MD000181	MP WEIGHT STACK LABEL 20- 170 LBS (LBL-WGT-170)	2
8	MD000182	MP WEIGHT STACK LABEL 25- 250 LBS (LBL-WGT-250)	2
9	MD000204	ADJ LBL, CHEST PRESS ARM,LEFT	1
10	MD000205	ADJ LBL, CHEST PRESS ARM,RIGHT	1
11	MD000206	ADJ LBL, SEAT BACK, RIGHT	1
12	MD000207	ADJ LBL, SEAT BACK, LEFT	1
13	MG000055	CAP PLATE/SELECTOR BAR LABEL	2
14	SERIAL-LABEL-MP2.0-35	MP2.0-35 SERIAL LABEL	1



## WARNING AND INTENDED USE LABELS

**⚠ WARNING:** Replace all labels that may be worn, damaged, or missing.

To replace any worn or missing decals contact TRUE product support (service@truefitness.com | 800.883.8783).

Part# and Description	Image	Part# and Description	Image
B2051 (Cable Warning)		MD000182 (250 lbs Weight Stack Label)	
B2065 (Pin Warning)		MD000204 (Left Chest Press Adjustment)	
LBL-LOG-0085WH (Logo)		MD000205 (Right Chest Press Adjustment)	
LBL-WRN-0003 (Lat Bar Warning)		MD000206 (Right Seat Back Adjustment)	
MC00007BK (Procedure)		MD000207 (Left Seat Back Adjustment)	
MD000180 (Shared Weight Stack Warning)		MG000055 (Selector Pin Warning)	
MD000181 (170 lbs Weight Stack Label)		SERIAL-LABEL-MP2.0-35 (Serial Number)	

## ASSEMBLY INSTRUCTIONS



**NOTE:** Supplemental video available on YouTube: <https://www.youtube.com/@TRUEFitnessservicevids>

### PREASSEMBLY CHECKLIST

#### ⚠ CAUTION:



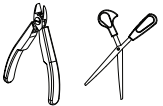





Use caution when assembling this product. Unpacking and assembling this product requires two or more people.



Use caution when unpacking this product. Avoid damage to the product and product pads. **DO NOT** use a box cutter. **DO NOT** slice into the packaging.

#### VERIFY BOX CONTENTS

**IMPORTANT!** Please verify all box contents. If you have questions, or if there are any missing parts, contact product support ([service@truefitness.com](mailto:service@truefitness.com) | 800.883.8783).

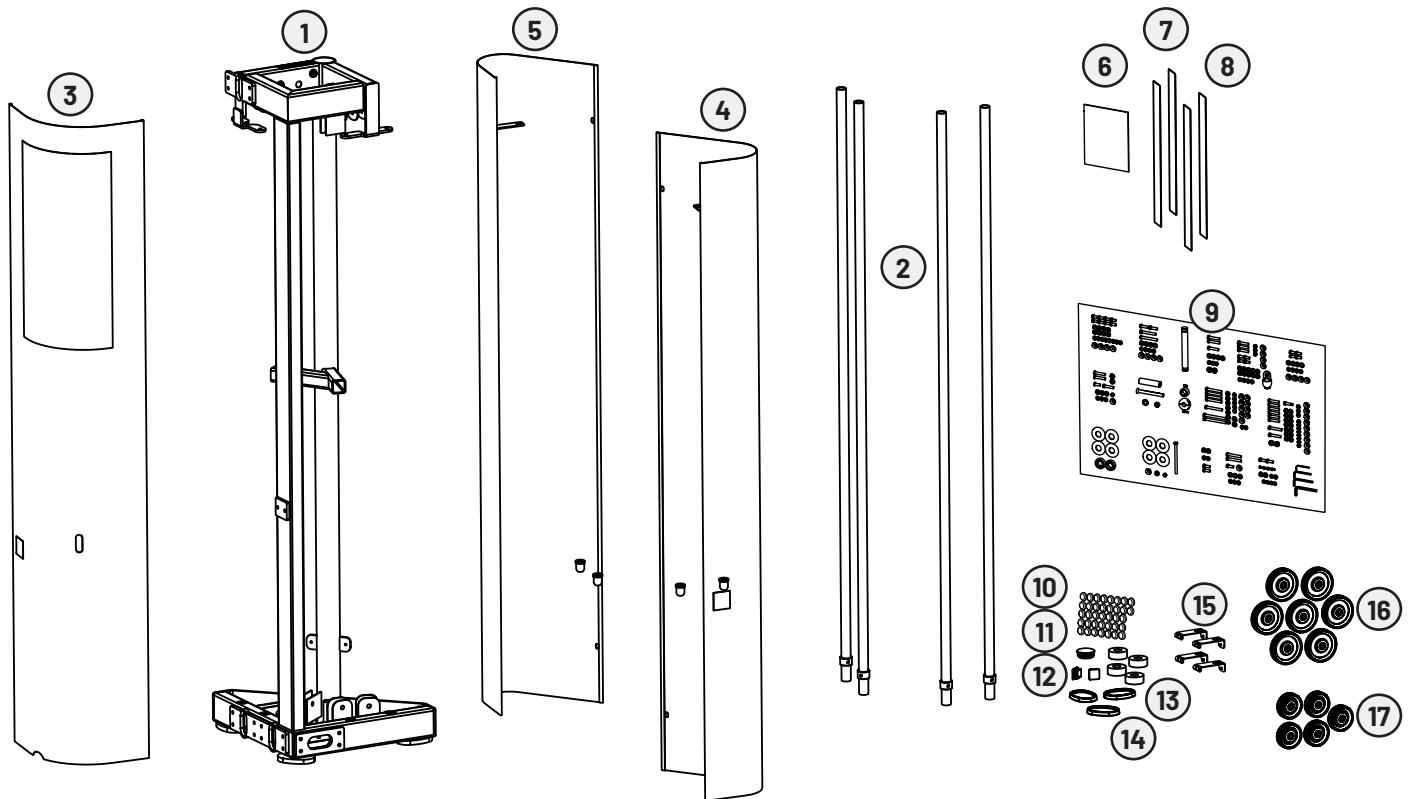
TOOLS NEEDED FOR ASSEMBLY	
Wire Cutters or Scissors (used in unboxing the machine)	
#2 Phillips Screwdriver or Electric Screwdriver (both are optional in unboxing the machine)	
1/2", 9/16", 3/4", 7/8", 15/16" Ratchet Wrench with Sockets and/ or Adjustable Crescent Wrench	
3mm, 5mm, 6mm, 8mm Allen Wrenches and/or Hex Bits	
Rubber Mallet	
Magnalube® Grease and Cloth (recommended)	



**THIS PRODUCT SHIPS IN MULTIPLE CARTONS. ENSURE YOU HAVE ALL PARTS SHOWN BEFORE ASSEMBLING THE EQUIPMENT.**

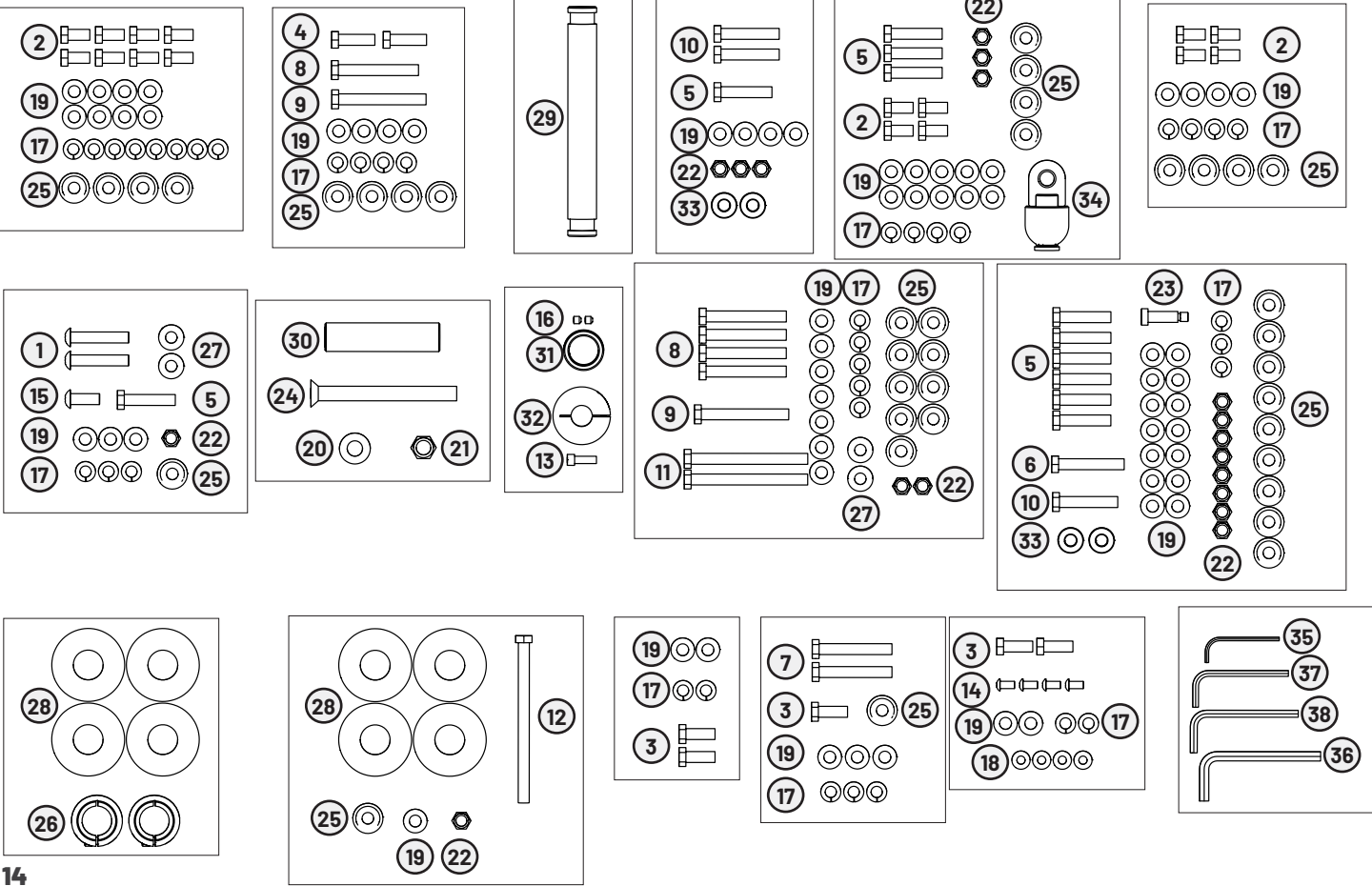
### MAIN FRAME CARTON CONTENTS (MP2CTN1-35)

MP2CTN1-35 – MAIN FRAME SUB-ASSEMBLY			
ITEM	PART	DESCRIPTION	QTY
1	P04-1341-35	ASSY, UPRIGHT FRAME	1
2	P01-1816	ASSY, GUIDE ROD	4
3	P04-1363-35	WELDMNT, FRONT SHROUD	1
4	P04-1364-35	WELDMNT, SHROUD, LEG PRESS	1
5	P04-1362-35	WELDMNT, SHROUD CHEST PRESS	1
6	MAN-MP2.0	MANUAL, MP2.0	1
7	MD000181	MP WEIGHT STACK LABEL 20- 170 LBS (LBL-WGT-170)	2
8	MD000182	MP WEIGHT STACK LABEL 25- 250 LBS (LBL-WGT-250)	2
9	HW-BOX-MP2	MP2.0 HARDWARE BOX	1
10	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	37
11	FUS-03EP001	END CAP	1
12	P06-0226	END CAP	2
13	P06-0073	1.0" HIGH BUMPER	4
14	S 550	FOOT, MOLDED	4
15	P04-1361-35	ASSY, SHROUD HOLDER	4
16	B 900A	4-1/2 PULLEY W/ 3/16 GROOVE	7
17	B 901	3-1/2 PULLEY W/ 1/4 GROOVE	5



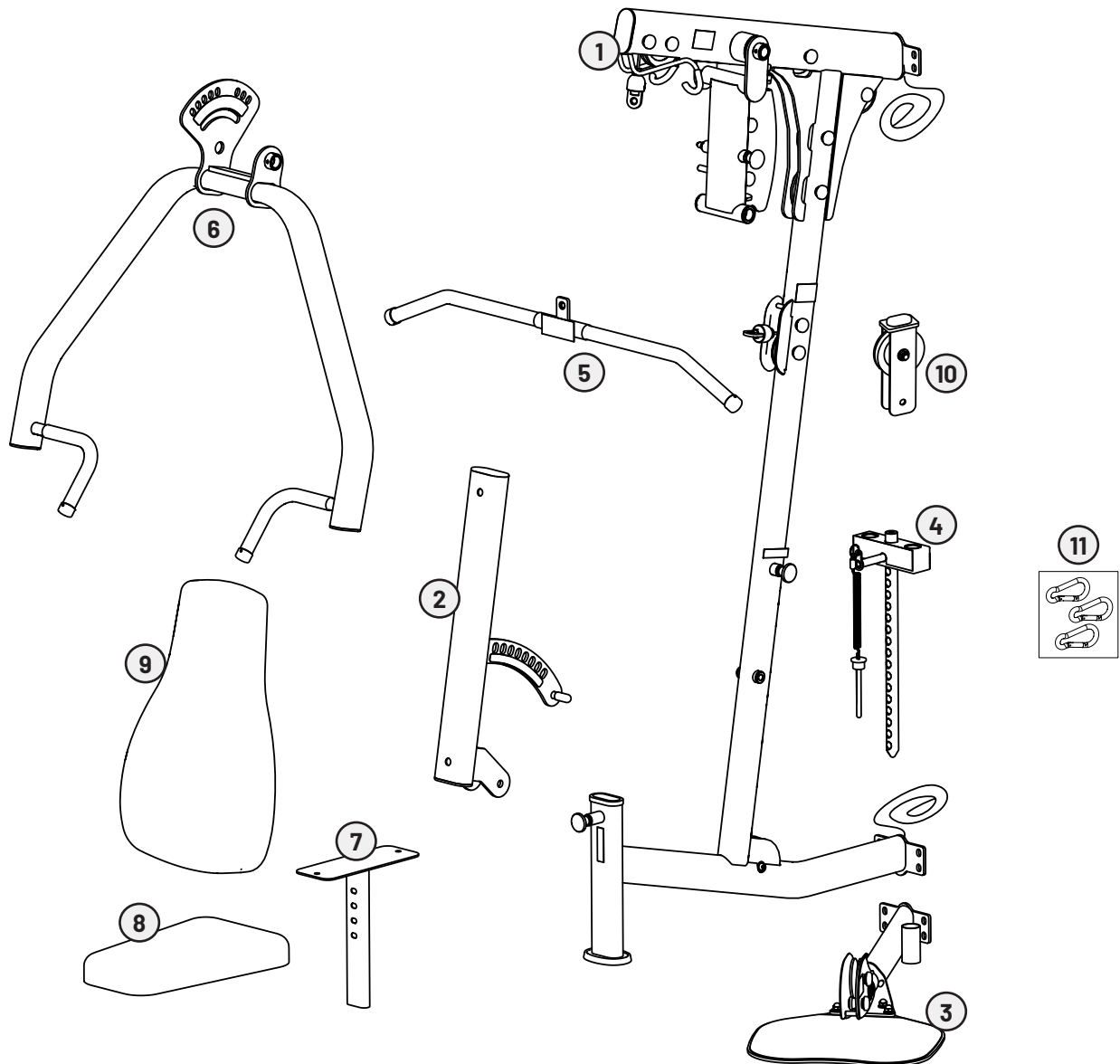
HW-BOX-MP2 – MP2.0 HARDWARE BOX			
ITEM	PART	DESCRIPTION	QTY
1	BHCS-3EX2	BHCS, 3/8"-16 X 2"	2
2	C 444	HHS, 3/8"-16 X 3/4"	16
3	C 445	HH SCREW, 3/8"-16, 1"	5
4	C 446	HHS, 3/8"-16, 1-1/4"	2
5	C 448	HH SCREW, 3/8"-16, 1-3/4"	11
6	C 449	HH SCREW, 3/8"-16, 2-1/4"	1
7	C 450	HHS, 3/8"-16 X 2-1/2", GR5 ZINC	2
8	C 451	HHS, 3/8"-16 X 2-3/4"	5
9	C 452	HH SCREW, 3/8"-16 X 3"	2
10	C 453	HH SCREW, 3/8"-16, 2"	3
11	C 455	HHS, 3/8"-16 X 4", GR5, ZP	2
12	C 461	HH SCREW, 3/8"-16, 5-1/2"	1
13	C 608	SHCS, 1/4"-20 X 3/4", ZP	1
14	C 675D	BHCS, 1/4"-20 X 1/2", ZP	4
15	C 678	BH SCREW, 3/8"-16, 1"	1
16	C 700	CPSS, 1/4"-20 X 1/4"	2
17	C 749	WASHER, LOCK, 3/8", ZP	38
18	C 752	WASHER, FLAT, 1/4" SAE	4
19	C 754C	WASHER, FLAT, 3/8" SAE, ZP	62

HW-BOX-MP2 – MP2.0 HARDWARE BOX			
ITEM	PART	DESCRIPTION	QTY
20	C 755C	WASHER, FLAT, 1/2", BLK ZP	1
21	C 766	LOCK NUT, 1/2"-13, NYL, JAM, ZP	1
22	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYLON	18
23	C 777	3/8 X 1-1/4 STRIPPER BOLT	1
24	C 915	FHCS, 1/2"-13 X 5"	1
25	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	37
26	D 840	COLLAR, SINGLE SPLIT, BLACK	2
27	P01-0010	CURVED WASHER, 3/8"	4
28	P02-1827	WASHER, WEIGHT STACK	8
29	P03-0889	PIVOT SHAFT	1
30	P03-0890	AXLE	1
31	P05-0360	ROUND	1
32	P05-0400	TUBE, AXLE HOUSING, W/ SET SCREW	1
33	P08-0067	BUSHING	4
34	P20-0672	ASSY, CABLE END PIECE, MP	1
35	SD0121	ALLEN WRENCH S 3MM	1
36	SM0031	HEX KEY S5	1
37	W0044	ALLEN WRENCH S 6MM	1
38	SD0122	ALLEN WRENCH S 8MM	1



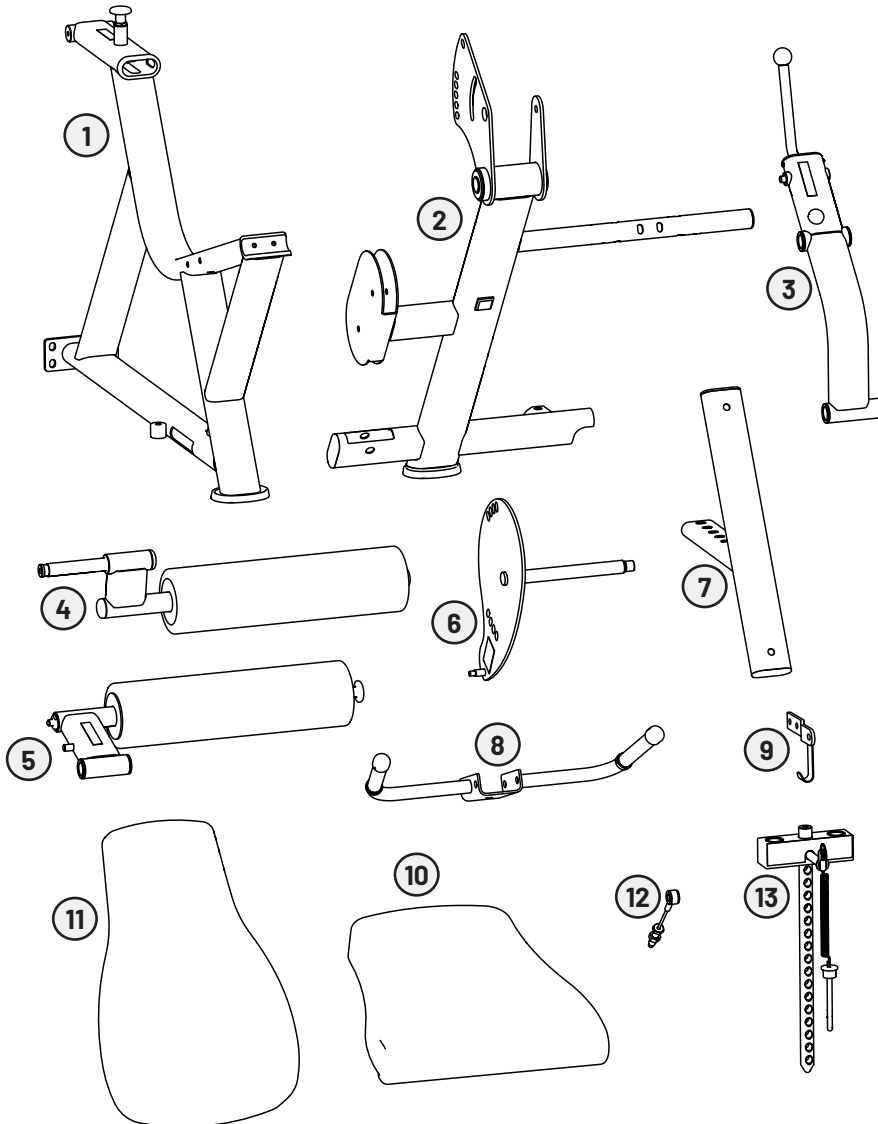
### CHEST PRESS CARTON CONTENTS (MPCPCTN-35)

MPCPCTN-35 – CHEST PRESS MULTI STATION			
ITEM	PART	DESCRIPTION	QTY
1	P20-0515-35	ASSY, CHEST PRESS FRAME WITH PULLEY HOUSING	1
2	P04-1346-35	ASSY, BACK PAD FRAME	1
3	P04-1348-35	ASSY, LOW PULLEY, MP	1
4	MSC05050X	CAP PLATE / SEL BAR, MP P20-0541	1
5	P01-1796-35	ASSEMBLY, LAT BAR	1
6	P04-1343-35	ASSY, PRESS ARM, MP, CHEST	1
7	P04-1347	WELDMNT, SEAT FRAME, MP CHEST	1
8	P07-0143B	SEAT PAD, MP CHEST BLACK	1
9	P07-0150B	BACK PAD, MP MOLDED BLACK	1
10	P04-1365-35	ASSY, FLOATING PULLEY, MP	1
11	B1005	#2450-8 5/16" SNAP HOOK,ZINC	3



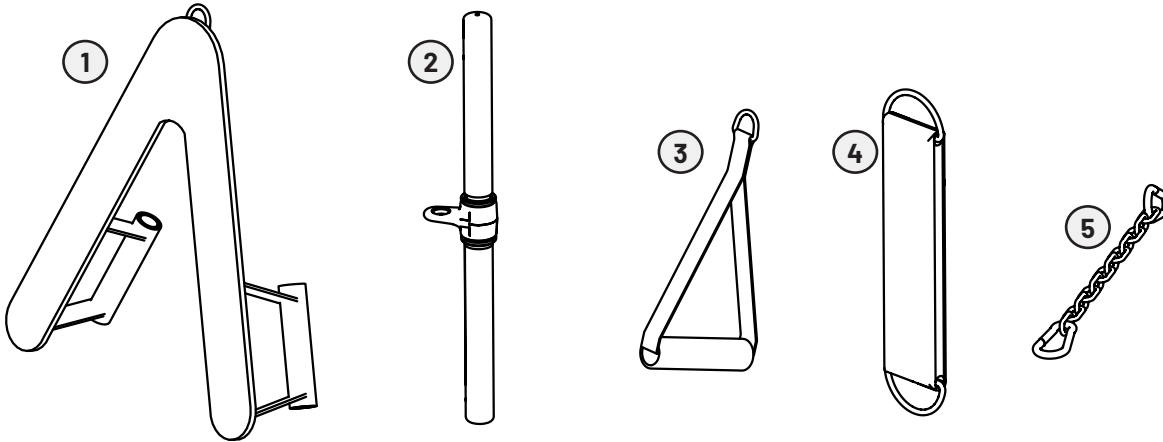
### LEG EXTENSION CARTON CONTENTS (MPLECTN-35)

MPLECTN-35 – LEG EXTENSION MULTI STATION			
ITEM	PART	DESCRIPTION	QTY
1	P04-1351-35	ASSY, SEAT FRAME	1
2	P04-1352-35	ASSY, FRONT FRAME, MP LELC	1
3	P04-1353-35	ASSY, ADJ ARM	1
4	P04-1354-35	ASSY, ANKLE PAD, MP LELC	1
5	P04-1355-35	ASSY, THIGH PAD FRAME MP LELC	1
6	P04-1356	ASSY, ADJ CAM AXLE, MP LELC	1
7	P04-1358	ASSY, BACK PAD FRAME, MP LELC	1
8	P04-1360-35	ASSY, HANDLE, MP LELC	1
9	P04-1379-35	ASSY, STORAGE HOOK WELDMENT, MP LELC	1
10	P07-0145B	SEAT PAD, MP LELC BLACK	1
11	P07-0150B	BACK PAD, MP MOLDED BLACK	1
12	P13-0170	MP2.0 CABLE, LE/LC, 5140MM LONG	1
13	MSC05050X	CAP PLATE / SEL BAR, MP P20-0541	1



### ACCESSORIES (INCLUDED IN CHEST PRESS CARTON)

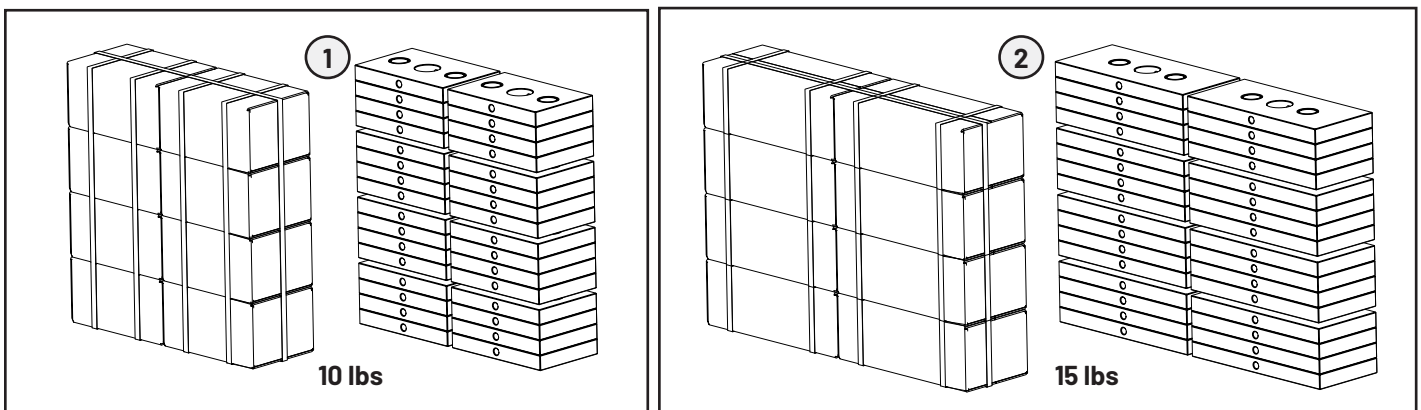
ITEM	PART	DESCRIPTION	QTY
1	P12-0005	AB STRAP	1
2	P20-2782-35	ASSY, LOW PULLEY STRAIGHT BAR	1
3	A12-0044	ASSY, HANDLE STRAP	1
4	LAS	LINED ANKLE STRAP	1
5	P01-0002	CHAIN EXTENSION	1



### WEIGHT PLATE CARTONS


ITEM	PART	DESCRIPTION	QTY
1	B1602A	SUBASSEMBLY, WEIGHT PLATES 4X10LB	8
2	B1603A	PKG (4) 15# 1" STEEL WEIGHT PLATES W/BUSHING	8

Weight plates are packaged 4 per box. You should have 8 boxes of weights. This will give you a total of 32 weight plates, 16 weight plates per stack.



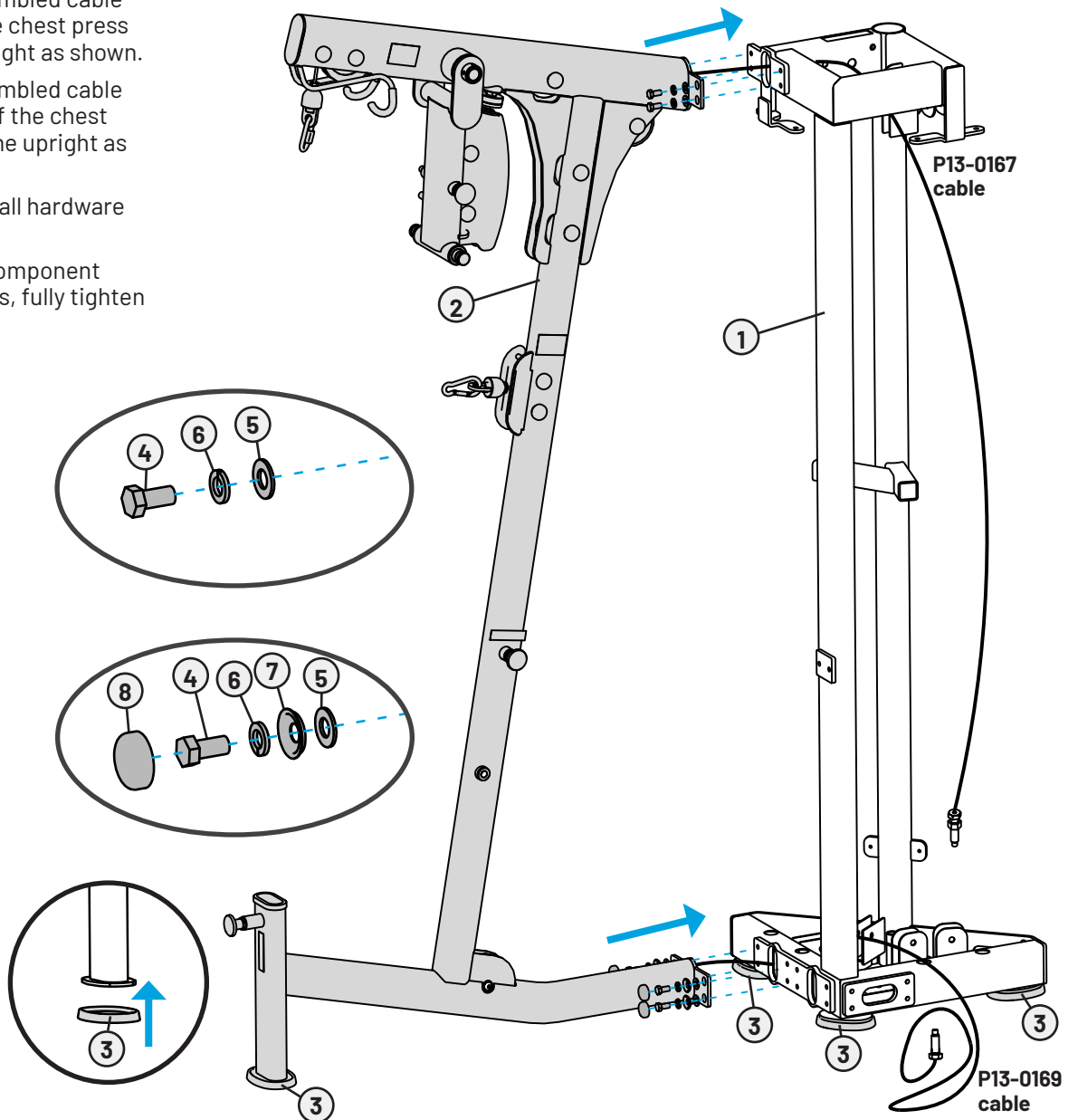
## ASSEMBLY STEPS

### STEP 1—ATTACH CHEST FRAME TO UPRIGHT

Tools Used in this Step	
9/16" Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1341-35	ASSY, UPRIGHT FRAME	1
2	P20-0515-35	ASSY, CHEST PRESS FRAME WITH PULLEY HOUSING	1
3	S 550	FOOT, MOLDED	4
4	C 444	HHS, 3/8"-16 X 3/4"	8
5	C 754C	WASHER, FLAT, 3/8" SAE, ZP	8
6	C 749	WASHER, LOCK, 3/8", ZP	8
7	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	4
8	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	4

- Ensure the foot pads are secured to the frame pieces.
- Insert the preassembled cable from the top of the chest press frame into the upright as shown.
- Insert the preassembled cable from the bottom of the chest press frame into the upright as shown.
- Loosely assemble all hardware shown in this step.
- After aligning all component edges and surfaces, fully tighten the hardware.

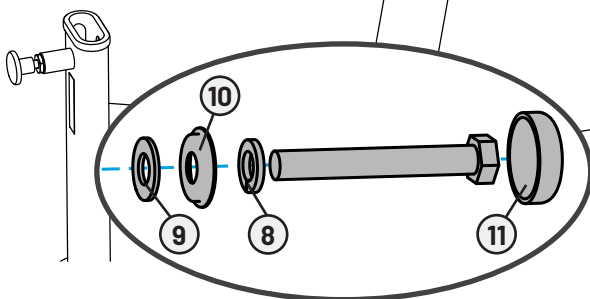
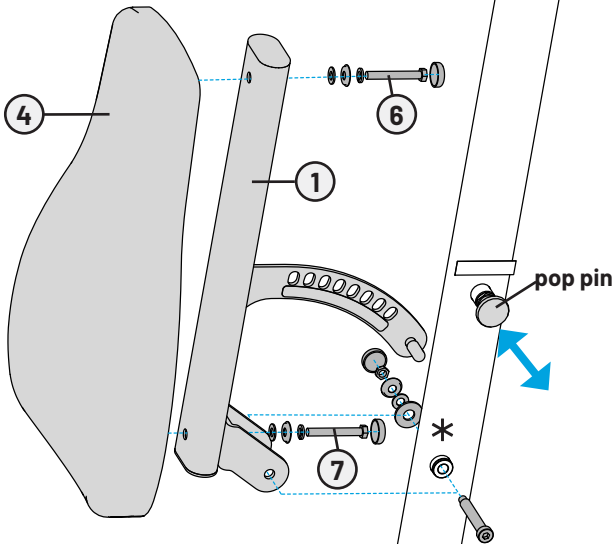
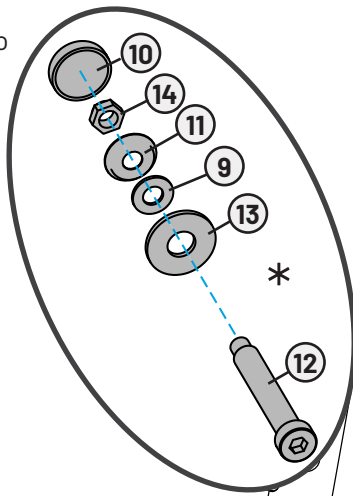


## STEP 2—ASSEMBLE SEAT AND BACK TO CHEST FRAME

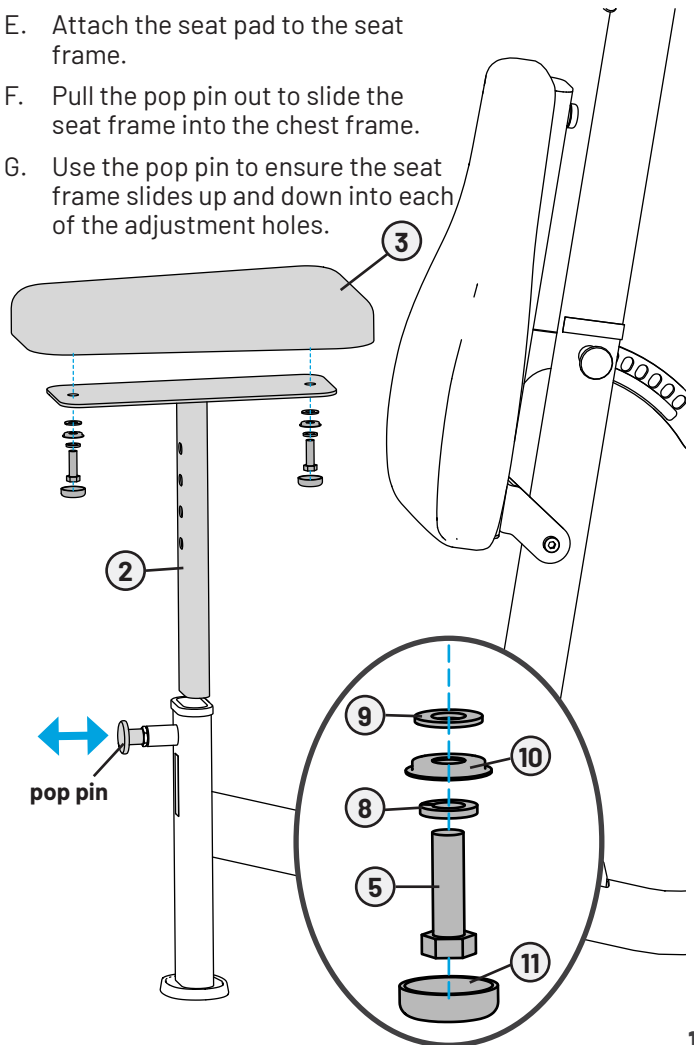
Tools Used in this Step	
8mm Allen Wrench	
9/16" Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1346-35	ASSY, BACK PAD FRAME	1
2	P04-1347	WELDMENT, SEAT FRAME, MP CHEST	1
3	P07-0143B	SEAT PAD, MP CHEST BLACK	1
4	P07-0150B	BACK PAD, MP MOLDED BLACK	1
5	C 446	HHS, 3/8"-16, 1-1/4"	2
6	C 451	HHS, 3/8"-16 X 2-3/4"	1
7	C 452	HH SCREW, 3/8"-16 X 3"	1
8	C 749	WASHER, LOCK, 3/8", ZP	4
9	C 754C	WASHER, FLAT, 3/8" SAE, ZP	5
10	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	5
11	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	5
12	P05-0375	SCREW, SHOULD, 1/2" x 3" LG	1
13	C 755	WASHER, FLAT, 1/2" USS	1
14	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	1



- A. Attach the back pad to the back pad frame.
- B. Remove the preassembled hardware\* from the chest press frame.
- C. Attach the back pad frame to the chest press frame using the previously removed hardware.
- D. Use the pop pin to secure the back pad frame into one of the adjustment holes.



- E. Attach the seat pad to the seat frame.
- F. Pull the pop pin out to slide the seat frame into the chest frame.
- G. Use the pop pin to ensure the seat frame slides up and down into each of the adjustment holes.

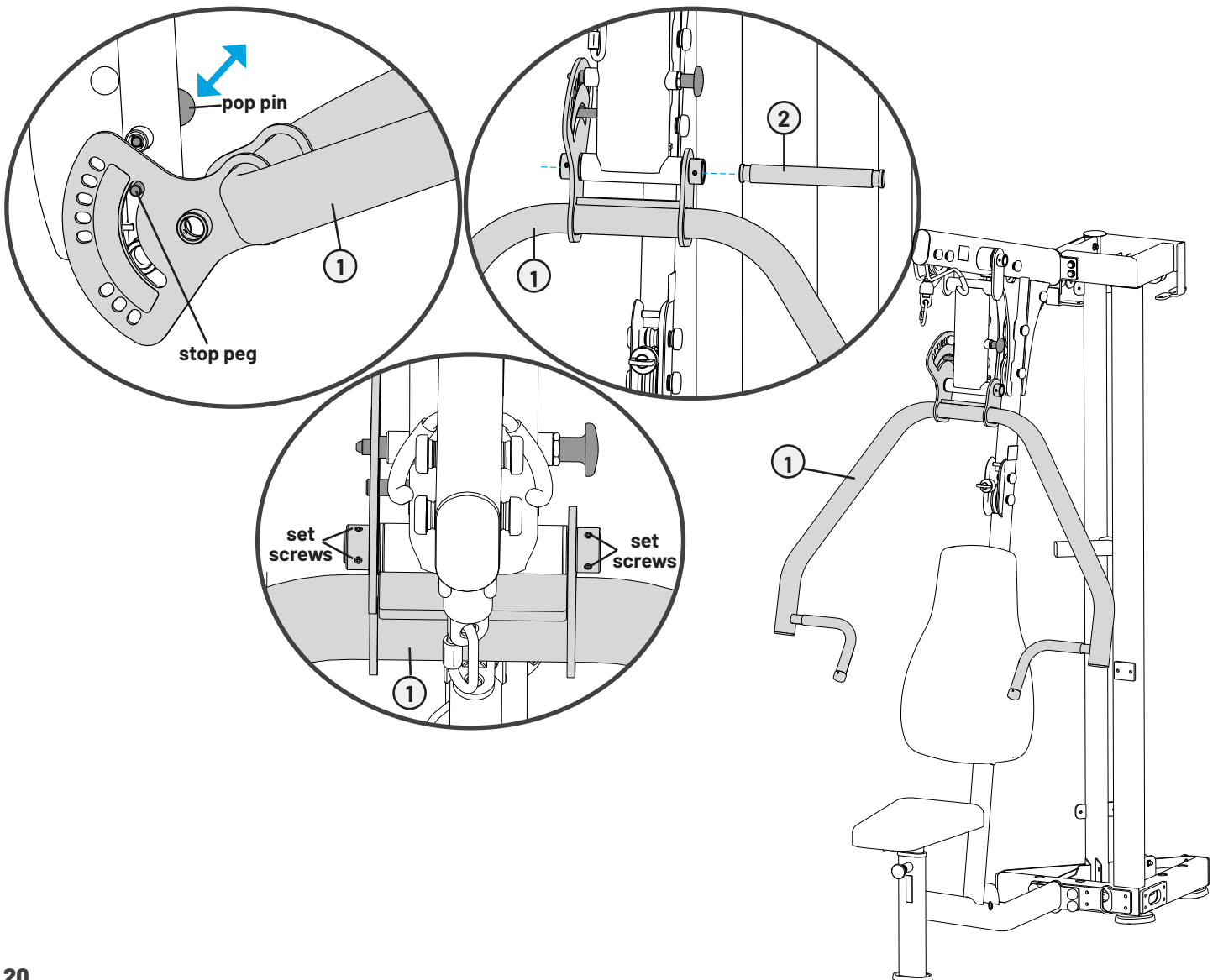


## STEP 3—ATTACH PRESS ARM

Tools Used in this Step	
3mm Allen Wrench	
Rubber Mallet	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1343-35	ASSY, PRESS ARM, MP, CHEST	1
2	P03-0889	PIVOT SHAFT	1

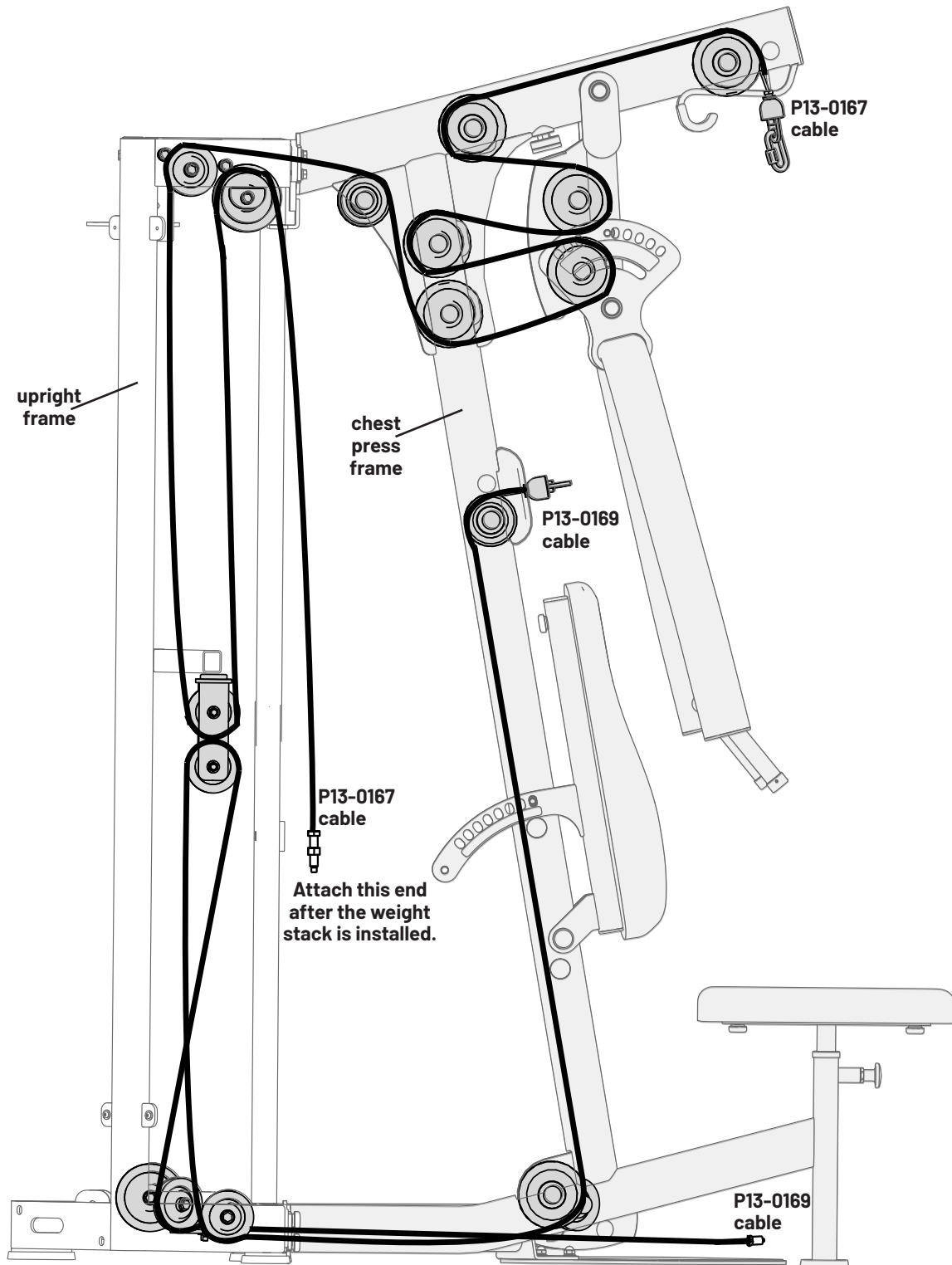
- Using two people, lift the press up arm so that the stop peg fits into the slot in the adjustment plate (as shown). Pull the pop pin out and then rotate the arm down to line up the axle housings.
- Insert the axle from either side of the machine. You may need a rubber mallet to install the axle.
- After the axle is installed, tighten the four set screws on the press arm assembly.
- Use the pop pin to make sure arm can adjust easily.



## STEP 4—ROUTE AND ATTACH CHEST PRESS UPPER CABLE THROUGH UPRIGHT FRAME

Below is the general routing of the chest press cable (P13-0167) and low swivel pulley cable (P13-0169). The following pages show how to route the cables and attach the pulleys in the upright frame in greater detail.

**NOTE:** The sections of cable inside the chest press frame, come preassembled and routed around the pulley's.



## STEP 4—ROUTE AND ATTACH CHEST PRESS UPPER CABLE THROUGH UPRIGHT FRAME CONTINUED

### Tools Used in this Step

9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



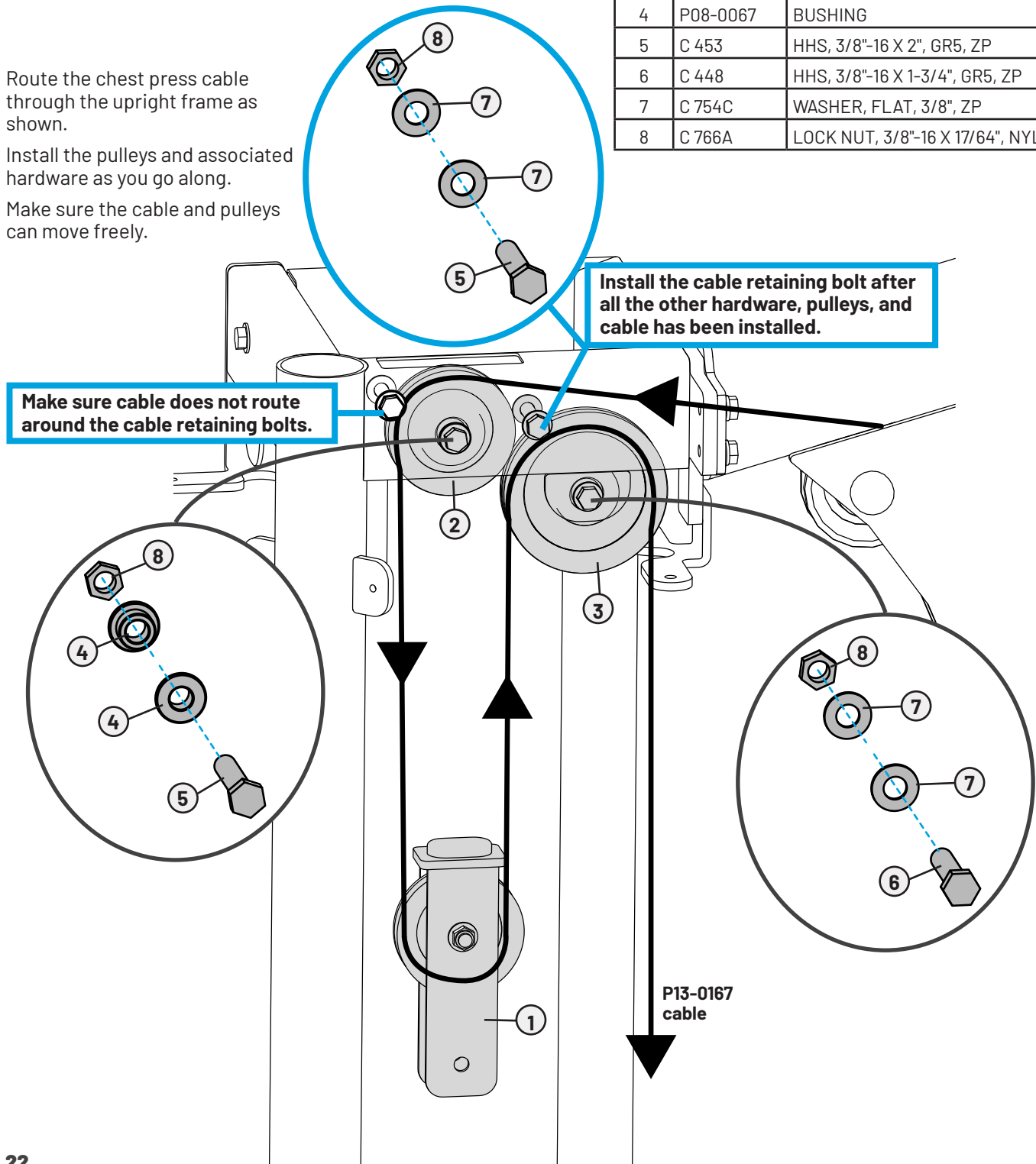
### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P04-1365-35	ASSY, FLOATING PULLEY, MP	1
2	B 901	3-1/2 PULLEY W/ 1/4 GROOVE	1
3	B 900A	4-1/2 PULLEY W/ 3/16 GROOVE	1
4	P08-0067	BUSHING	2
5	C 453	HHS, 3/8"-16 X 2", GR5, ZP	2
6	C 448	HHS, 3/8"-16 X 1-3/4", GR5, ZP	1
7	C 754C	WASHER, FLAT, 3/8", ZP	4
8	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	3

Route the chest press cable through the upright frame as shown.

Install the pulleys and associated hardware as you go along.

Make sure the cable and pulleys can move freely.



## STEP 5—ROUTE AND ATTACH LOW SWIVEL PULLEY CABLE THROUGH UPRIGHT FRAME

### Tools Used in this Step

9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



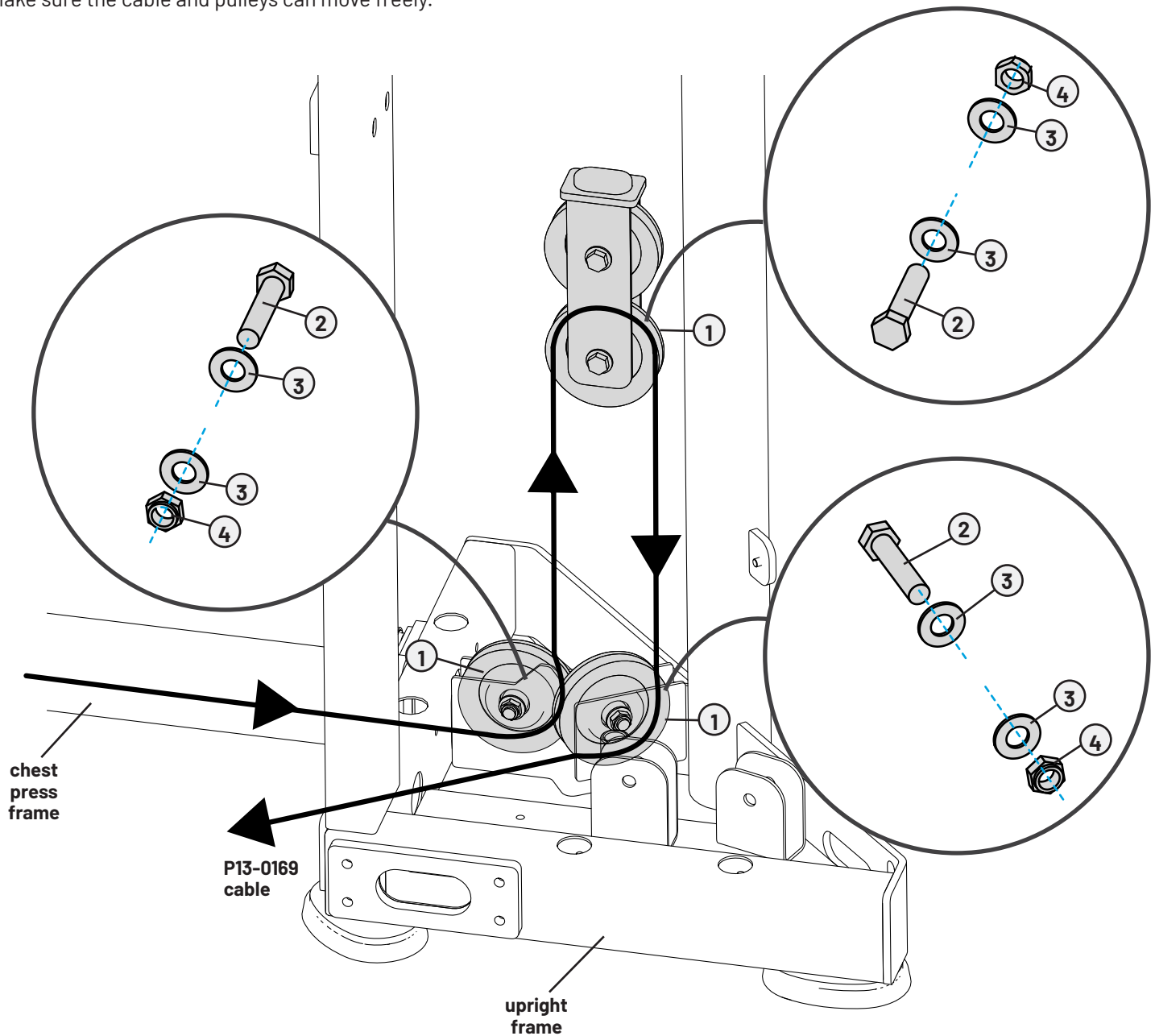
### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	B 901	3-1/2 PULLEY W/ 1/4 GROOVE	3
2	C 448	HHS, 3/8"-16 X 1-3/4", GR5, ZP	3
3	C 754C	WASHER, FLAT, 3/8", ZP	6
4	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	3

Route the low swivel pulley cable from the chest press frame through the upright frame as shown.

Install the pulleys and associated hardware as you go along.

Make sure the cable and pulleys can move freely.



## STEP 6—ATTACH LOW SWIVEL PULLEY AND ROUTE CABLE

### Tools Used in this Step

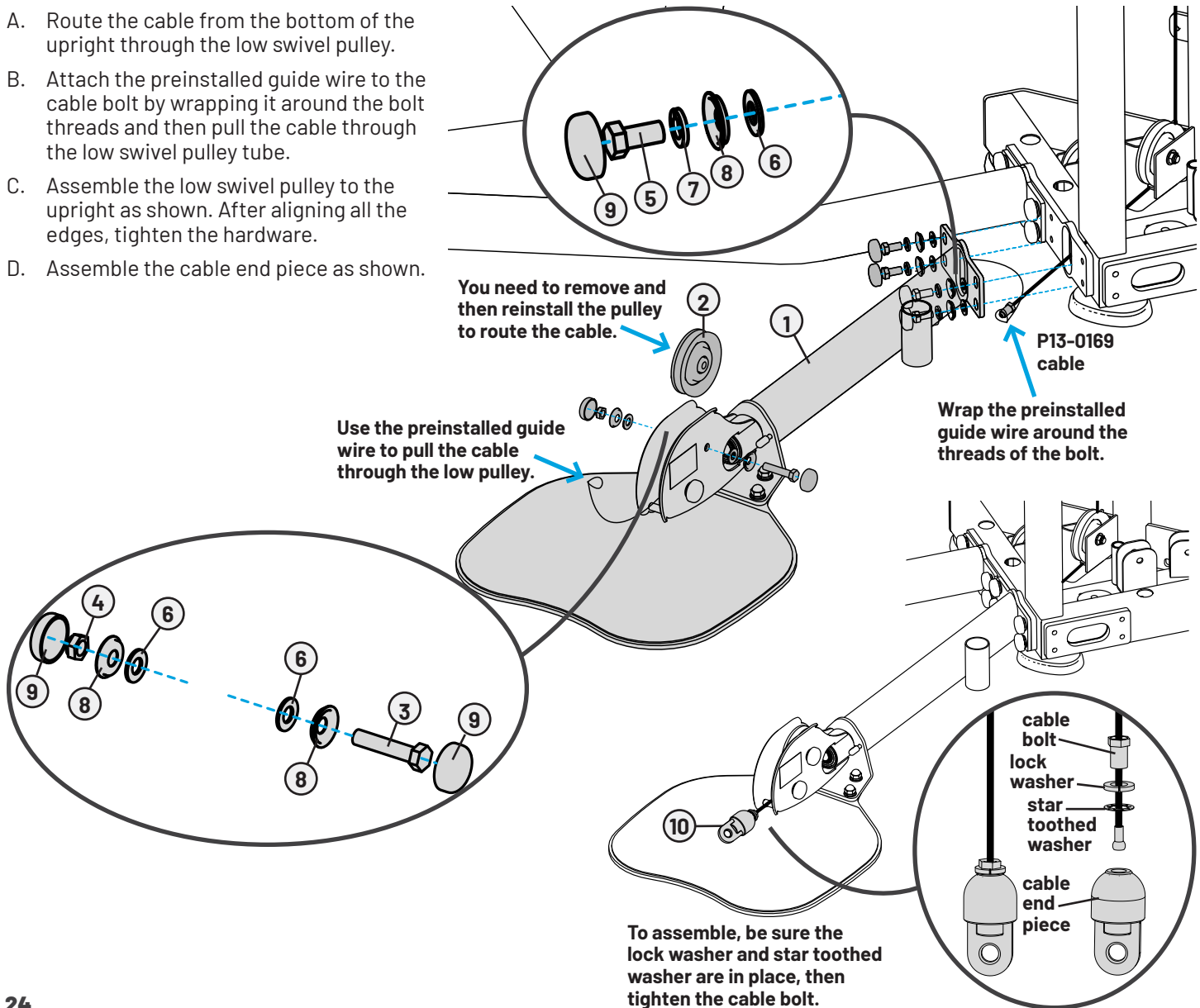
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P04-1348-35	ASSY, LOW PULLEY, MP	1
2	B 901	3-1/2 PULLEY W/ 1/4 GROOVE	1
3	C 448	HHS, 3/8"-16 X 1-3/4", GR5, ZP	1
4	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	1
5	C 444	HHS, 3/8"-16 X 3/4"	4
6	C 754C	WASHER, FLAT, 3/8" SAE, ZP	6
7	C 749	WASHER, LOCK, 3/8", ZP	4
8	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	6
9	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	6
10	P20-0672	ASSY, CABLE END PIECE, MP	1

- Route the cable from the bottom of the upright through the low swivel pulley.
- Attach the preinstalled guide wire to the cable bolt by wrapping it around the bolt threads and then pull the cable through the low swivel pulley tube.
- Assemble the low swivel pulley to the upright as shown. After aligning all the edges, tighten the hardware.
- Assemble the cable end piece as shown.



## STEP 7—ATTACH LEG EXTENSION SEAT FRAME TO UPRIGHT

### Tools Used in this Step

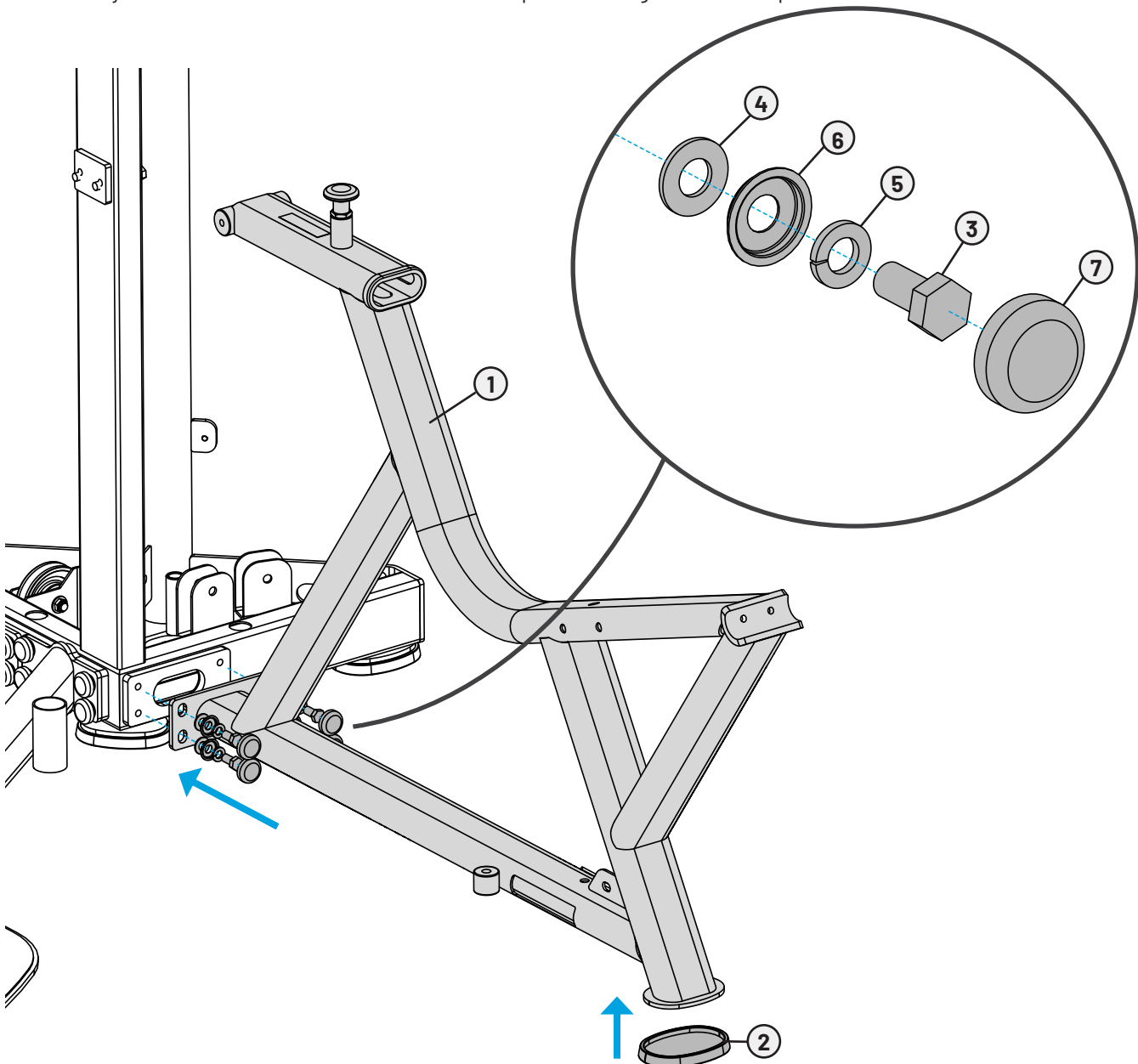
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P04-1351-35	ASSY, SEAT FRAME	1
2	S 550	FOOT, MOLDED	1
3	C 444	HHS, 3/8"-16 X 3/4"	4
4	C 754C	WASHER, FLAT, 3/8" SAE, ZP	4
5	C 749	WASHER, LOCK, 3/8", ZP	4
6	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	4
7	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	4

- Ensure the foot pad is secured to the frame piece.
- Loosely assemble the hardware shown in this step. **DO NOT** tighten until step 8.

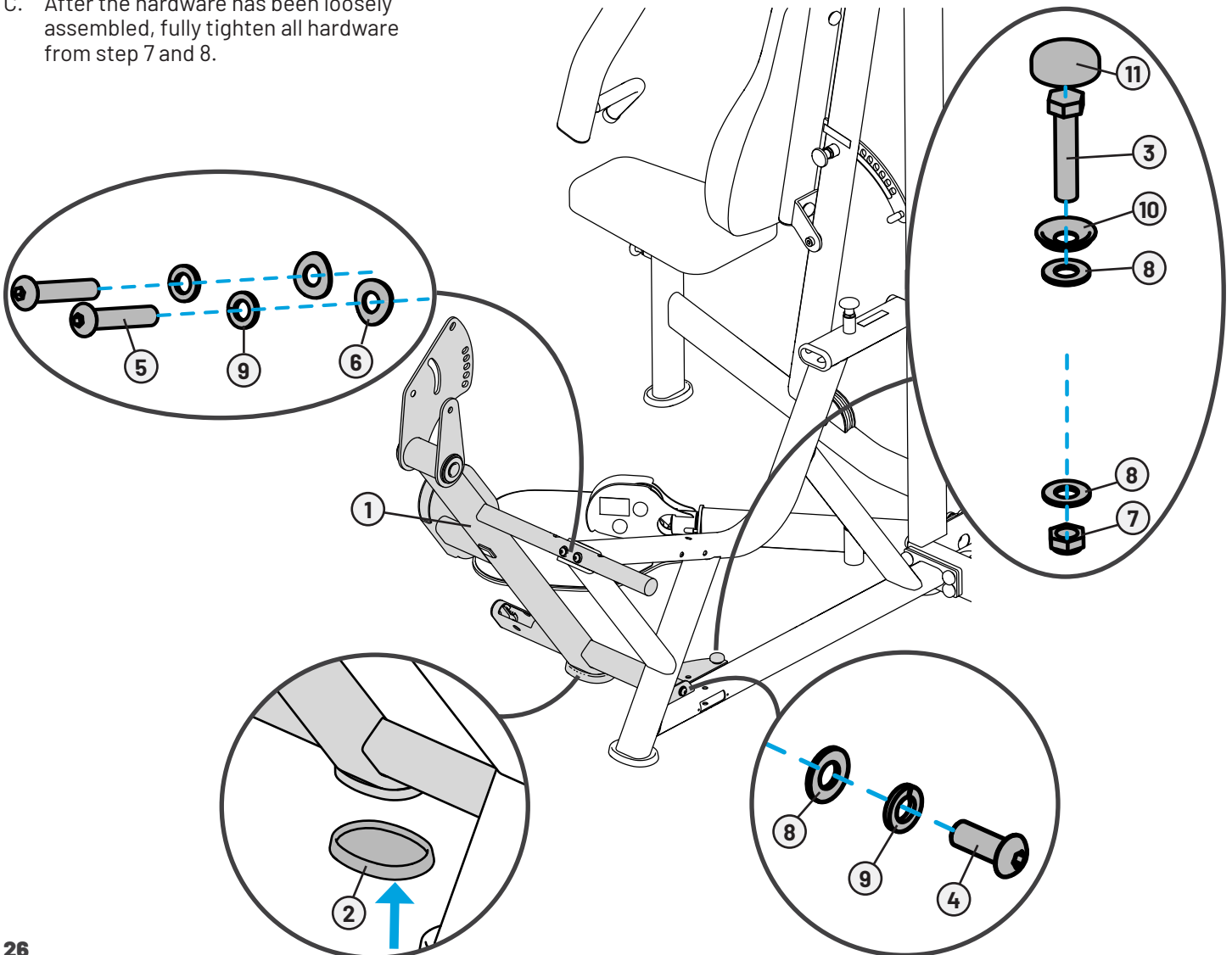


## STEP 8—ATTACH LEG EXTENSION FRONT FRAME TO SEAT FRAME

Tools Used in this Step	
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench	
6mm Allen Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1352-35	ASSY, FRONT FRAME, MP LELC	1
2	S 550	FOOT, MOLDED	1
3	C 448	HHS, 3/8"-16 X 1-3/4", GR5, ZP	1
4	C 678	BHCS, 3/8"-16 X 1"	1
5	BHCS-3EX2	BHCS, 3/8"-16 X 2"	2
6	P01-0010	CURVED WASHER, 3/8"	2
7	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	1
8	C 754C	WASHER, FLAT, 3/8" SAE, ZP	3
9	C 749	WASHER, LOCK, 3/8", ZP	3
10	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	2
11	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	2

- Ensure the foot pad is secured to the frame piece.
- Loosely assemble the hardware securing the front frame to the seat frame.
- After the hardware has been loosely assembled, fully tighten all hardware from step 7 and 8.



## STEP 9—ATTACH THIGH PAD

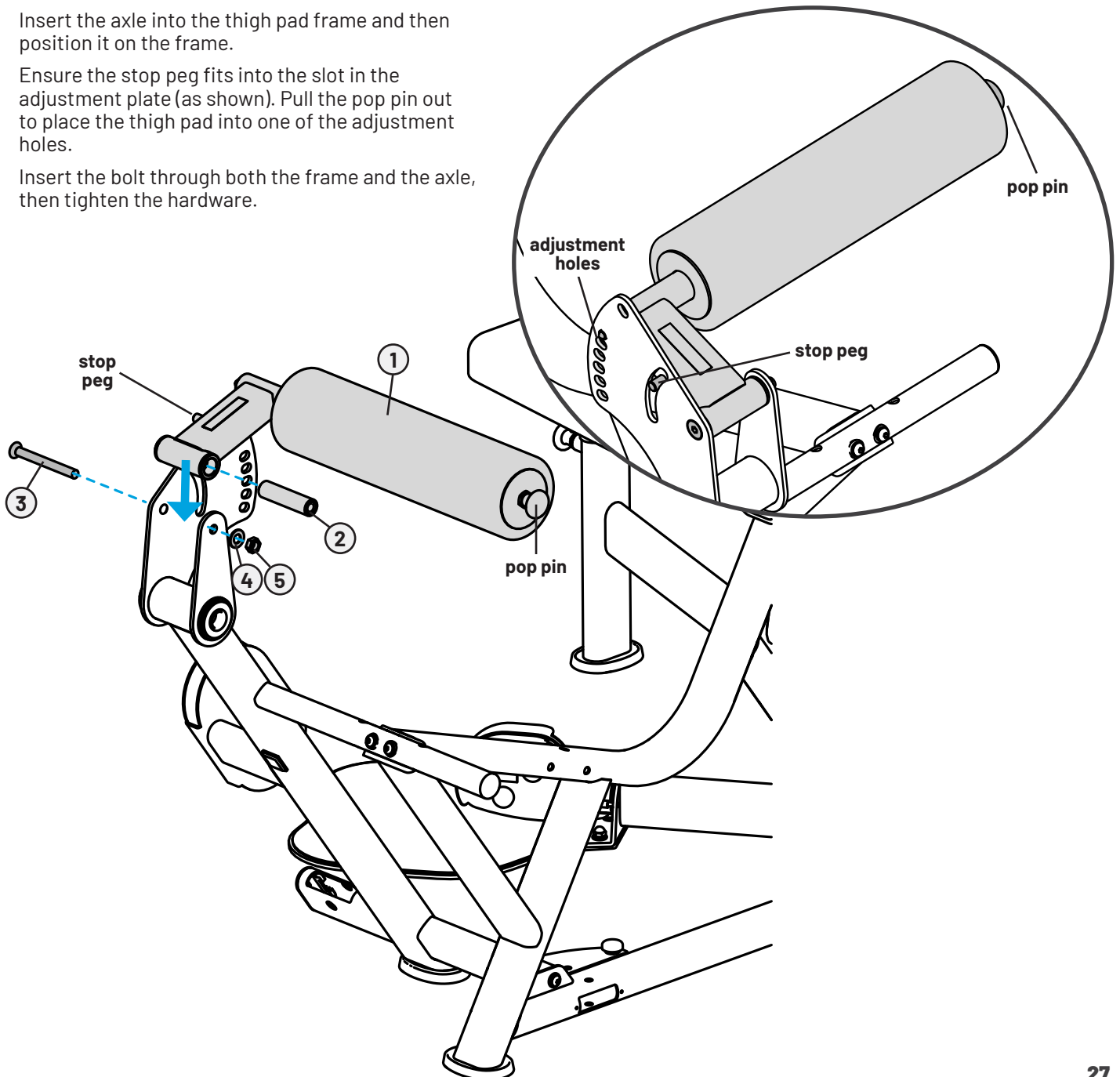
Tools Used in this Step	
3/4" Ratchet Wrench and/or Adjustable Crescent Wrench	
8mm Allen Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1355-35	ASSY, THIGH PAD FRAME MP LELC	1
2	P03-0890	AXLE	1
3	C 915	FHCS, 1/2"-13 X 5"	1
4	C 755C	WASHER, FLAT, 1/2", BLK ZP	1
5	C 766	LOCK NUT, 1/2"-13, NYL, JAM, ZP	1


- A. Insert the axle into the thigh pad frame and then position it on the frame.

Ensure the stop peg fits into the slot in the adjustment plate (as shown). Pull the pop pin out to place the thigh pad into one of the adjustment holes.

- B. Insert the bolt through both the frame and the axle, then tighten the hardware.

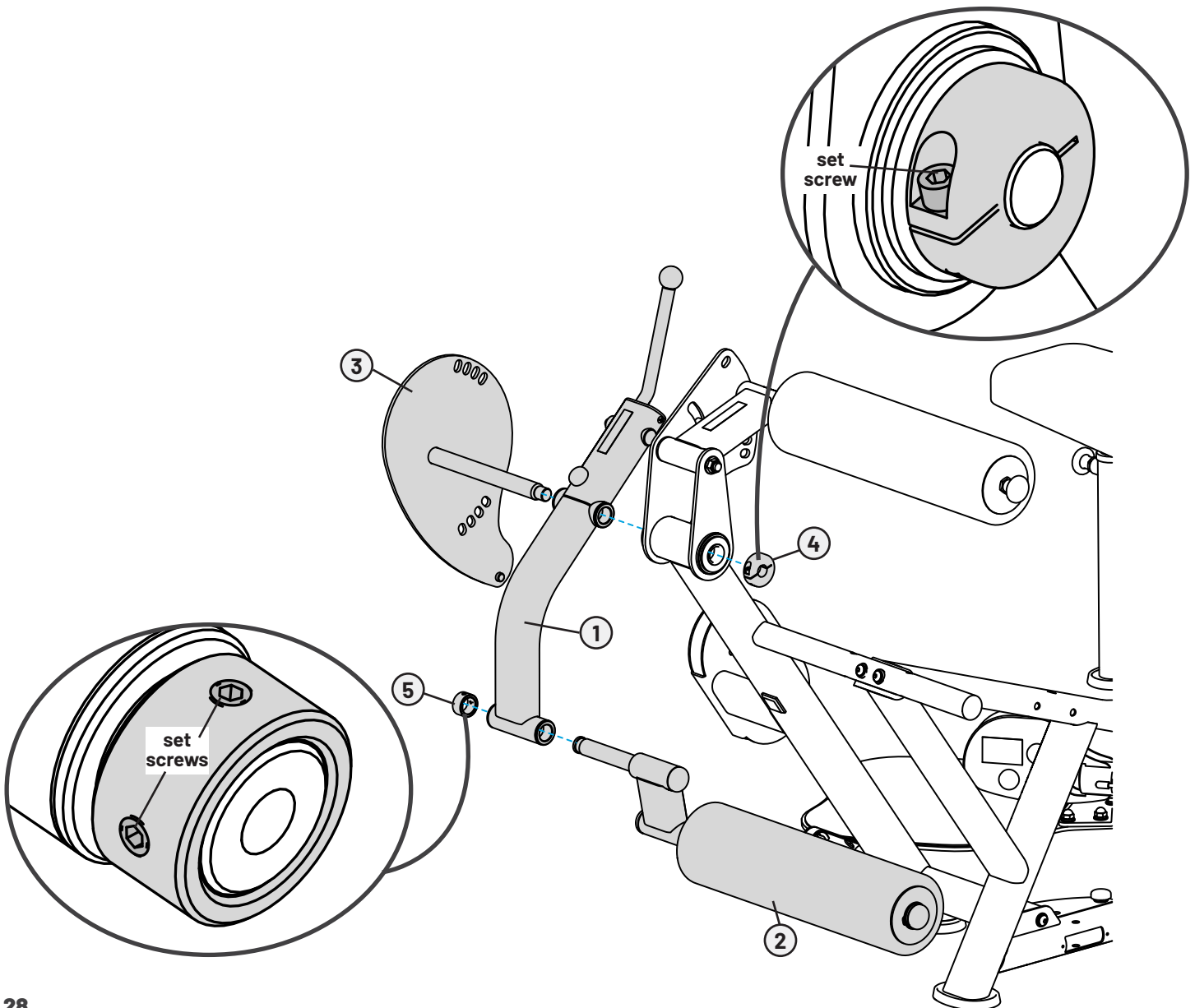


## STEP 10—ATTACH THE ADJUSTMENT ARM AND ANKLE PAD

Tools Used in this Step	
3mm and 5mm Allen Wrenches	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1353-35	ASSY, ADJ ARM	1
2	P04-1354-35	ASSY, ANKLE PAD, MP LELC	1
3	P04-1356	ASSY, ADJ CAM AXLE, MP LELC	1
4	P05-0400	TUBE, AXLE HOUSING, W/ SET SCREW	1
5	P05-0360	ROUND	1

- Assemble the adjustment cam and the adjustment arm as shown.
- 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.
- Assemble the ankle pad as shown. Be sure the pad frame can rotate freely, then tighten the set screws in the collar.

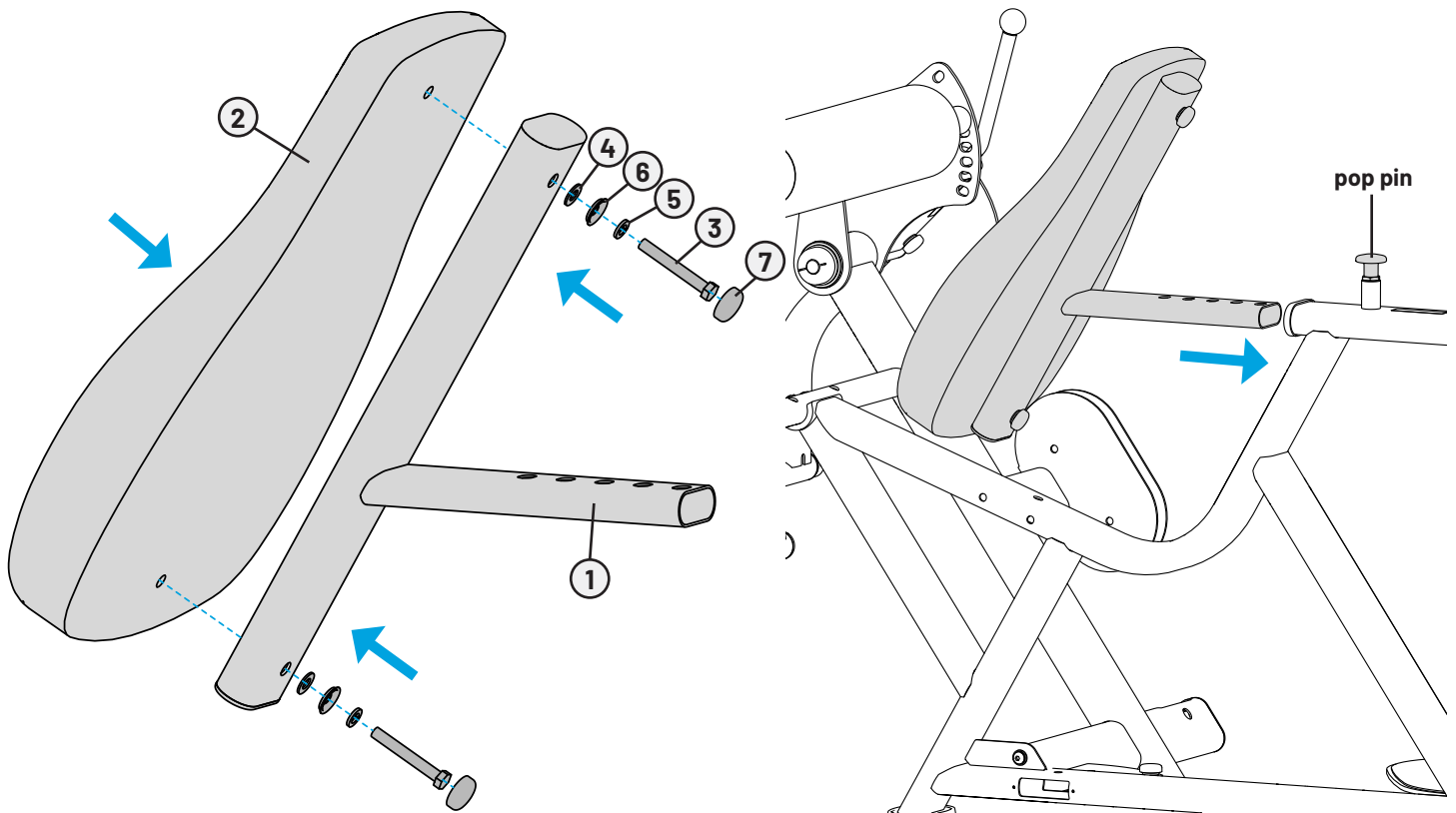


## STEP 11—ATTACH THE BACK PAD AND FRAME

Tools Used in this Step	
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1358	ASSY, BACK PAD FRAME, MP LELC	1
2	P07-0150B	BACK PAD, MP MOLDED BLACK	1
3	C 451	HHS, 3/8"-16 X 2-3/4"	2
4	C 754C	WASHER, FLAT, 3/8" SAE, ZP	2
5	C 749	WASHER, LOCK, 3/8", ZP	2
6	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	2
7	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	2

- A. Assemble the back pad frame and back pad as shown.
- B. Pull the pop pin out to place the back pad frame into one of the adjustment holes.



## STEP 12—ATTACH THE SEAT HANDLE AND SEAT PAD

### Tools Used in this Step

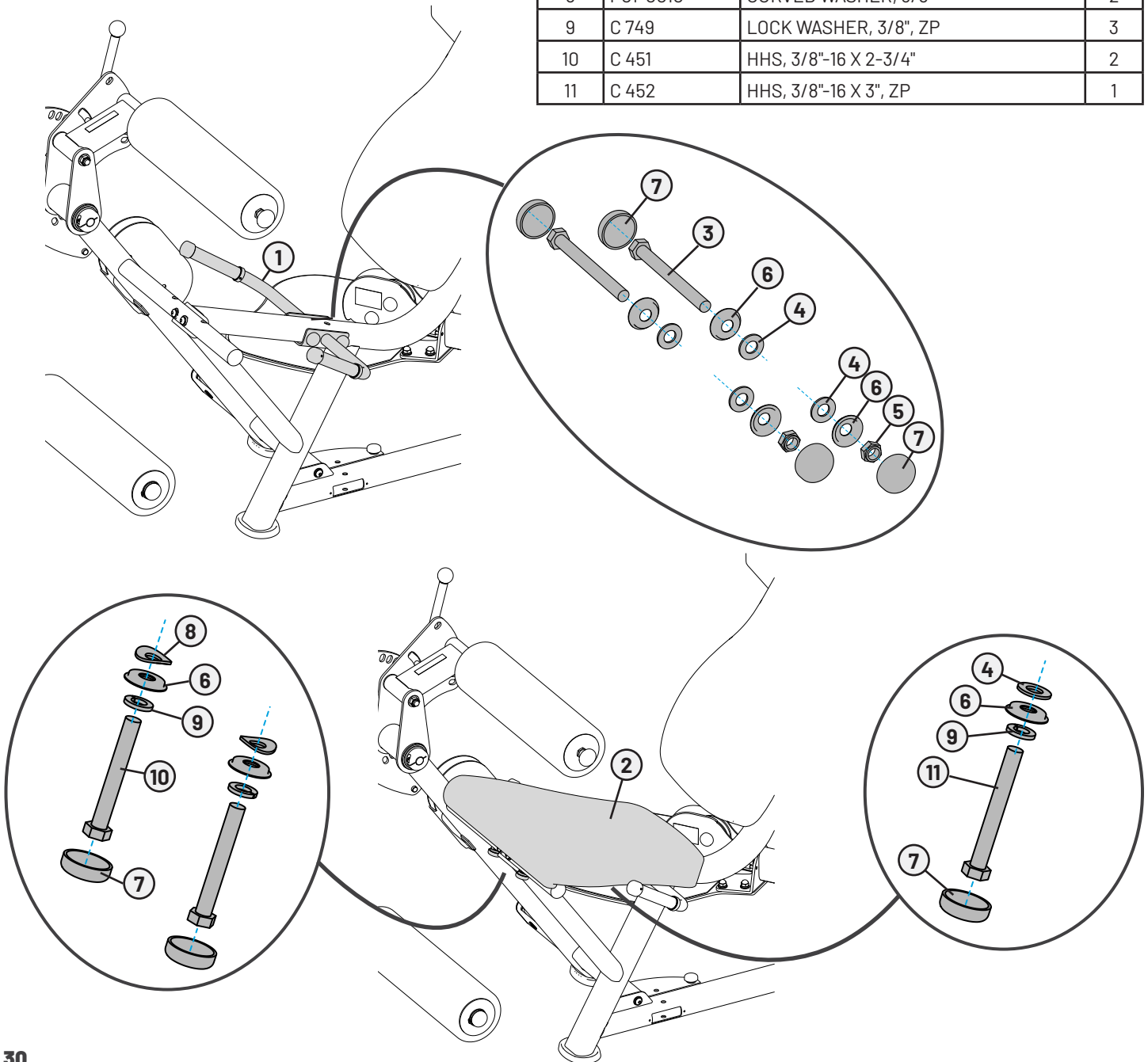
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P04-1360-35	ASSY, HANDLE, MP LELC	1
2	P07-0145B	SEAT PAD, MP LELC BLACK	1
3	C 455	HHS, 3/8"-16 X 4", GR5, ZP	2
4	C 754C	WASHER, FLAT, 3/8" SAE, ZP	5
5	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	2
6	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	7
7	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	7
8	P01-0010	CURVED WASHER, 3/8"	2
9	C 749	LOCK WASHER, 3/8", ZP	3
10	C 451	HHS, 3/8"-16 X 2-3/4"	2
11	C 452	HHS, 3/8"-16 X 3", ZP	1

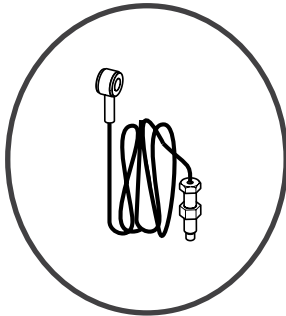
- Loosely assemble the handle to the frame using the hardware shown.
- Assemble the seat pad to the frame and then tighten all the hardware.



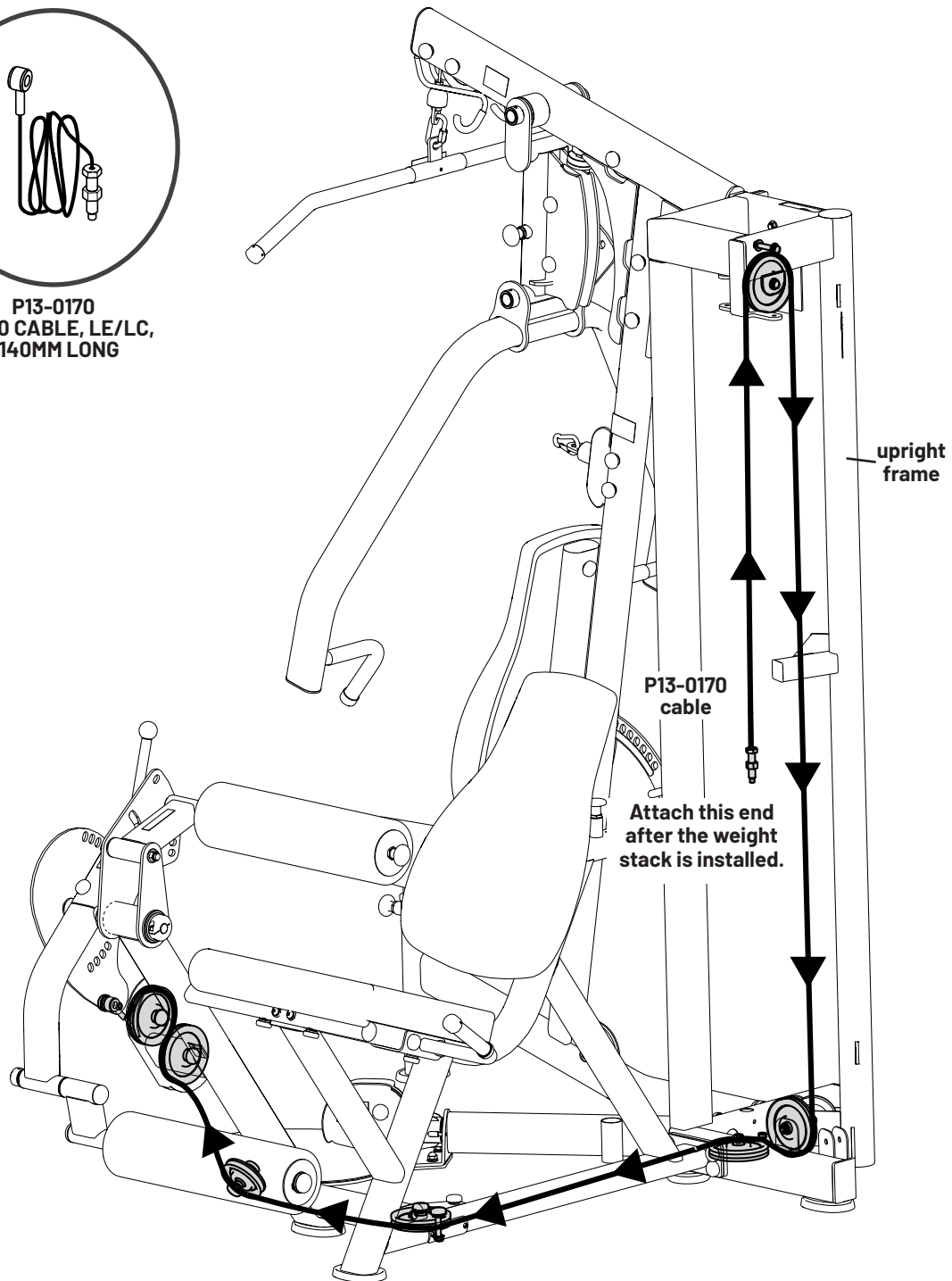
### STEP 13—ROUTE AND ATTACH LEG EXTENSION/LEG CURL CABLE

Below is the general routing of the leg extension/leg curl cable (P13-0170). The following pages show how to route the cable and attach the pulleys in greater detail.

Feed the cable starting from the upright frame then out to the leg extension/leg curl station.



**P13-0170  
MP2.0 CABLE, LE/LC,  
5140MM LONG**



## STEP 13—ROUTE AND ATTACH LEG EXTENSION/LEG CURL CABLE CONTINUED

### Tools Used in this Step

9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



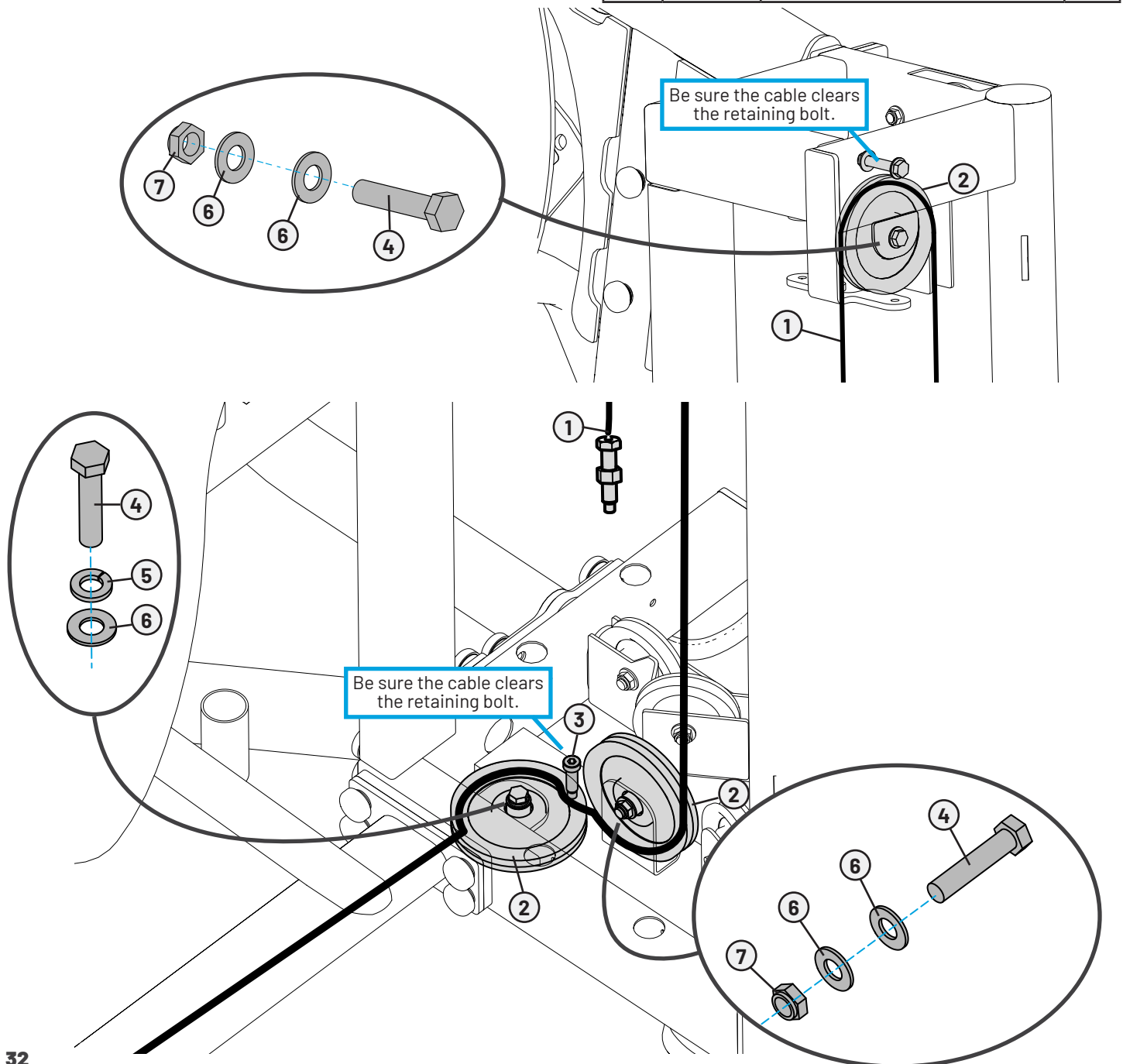
### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P13-0170	MP2.0 CABLE, LE/LC, 5140MM LONG	1
2	B 900A	4-1/2 PULLEY W/ 3/16 GROOVE	3
3	C 777	3/8 X 1-1/4 STRIPPER BOLT	1
4	C 448	HHS, 3/8"-16 X 1-3/4", GR5, ZP	3
5	C 749	LOCK WASHER, 3/8", ZP	1
6	C 754C	WASHER, FLAT, 3/8", ZP	5
7	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	2

Route the leg extension/leg curl cable through the upright frame as shown.

Install the pulleys and associated hardware as you go along.

Make sure the cable and pulleys can move freely.



## STEP 13—ROUTE AND ATTACH LEG EXTENSION/LEG CURL CABLE CONTINUED

### Tools Used in this Step

9/16" Ratchet Wrench and/or Adjustable Crescent Wrench



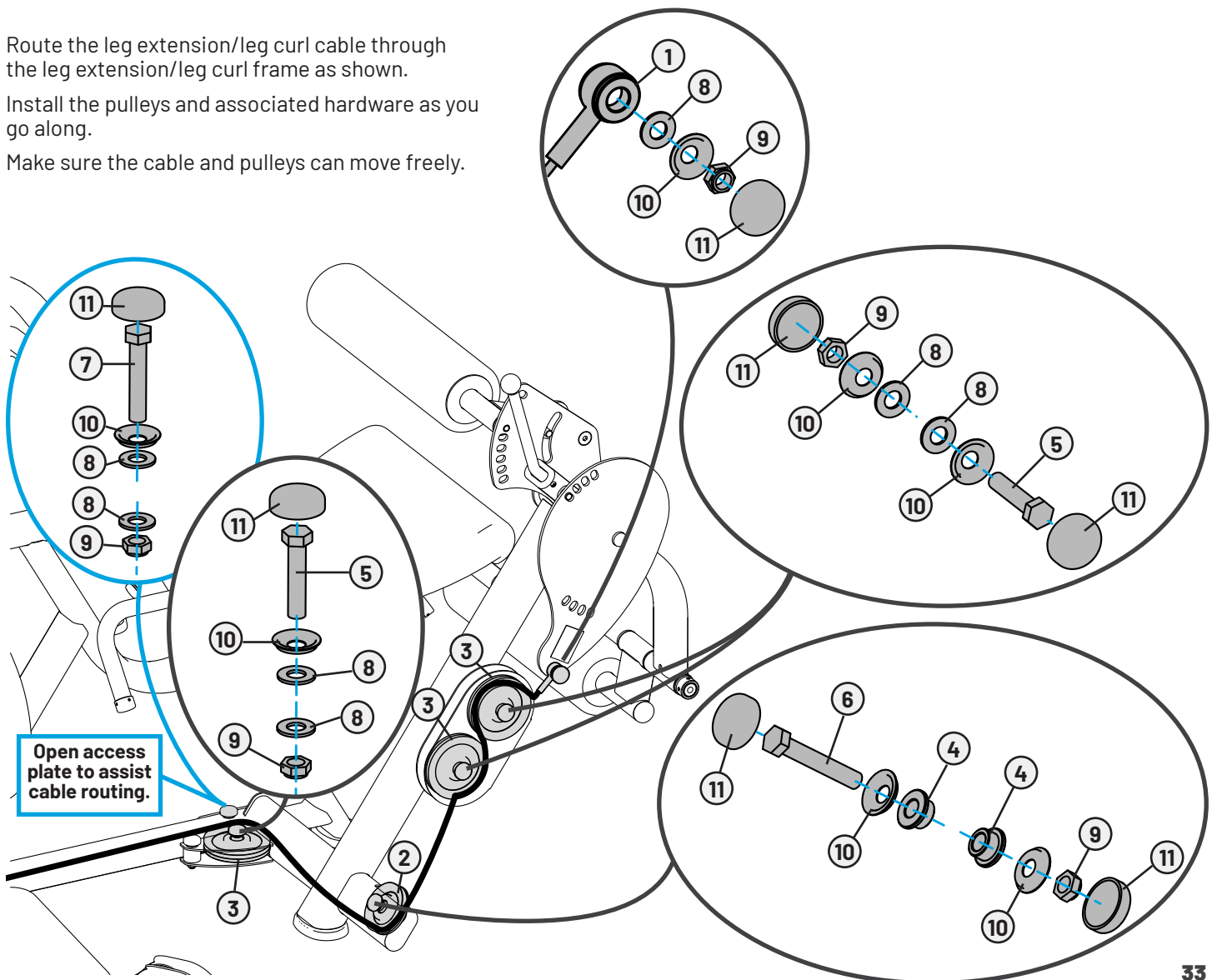
### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P13-0170	MP2.0 CABLE, LE/LC, 5140MM LONG	1
2	B 901	3-1/2 PULLEY W/ 1/4 GROOVE	1
3	B 900A	4-1/2 PULLEY W/ 3/16 GROOVE	3
4	P08-0067	BUSHING	2
5	C 448	HHS, 3/8"-16 X 1-3/4", GR5, ZP	3
6	C 449	HHS, 3/8"-16 X 2-1/4", GR5, ZP	1
7	C 453	HHS, 3/8"-16 X 2", GR5, ZP	1
8	C 754C	WASHER, FLAT, 3/8", ZP	9
9	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	6
10	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	9
11	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	9



Route the leg extension/leg curl cable through the leg extension/leg curl frame as shown.

Install the pulleys and associated hardware as you go along.

Make sure the cable and pulleys can move freely.



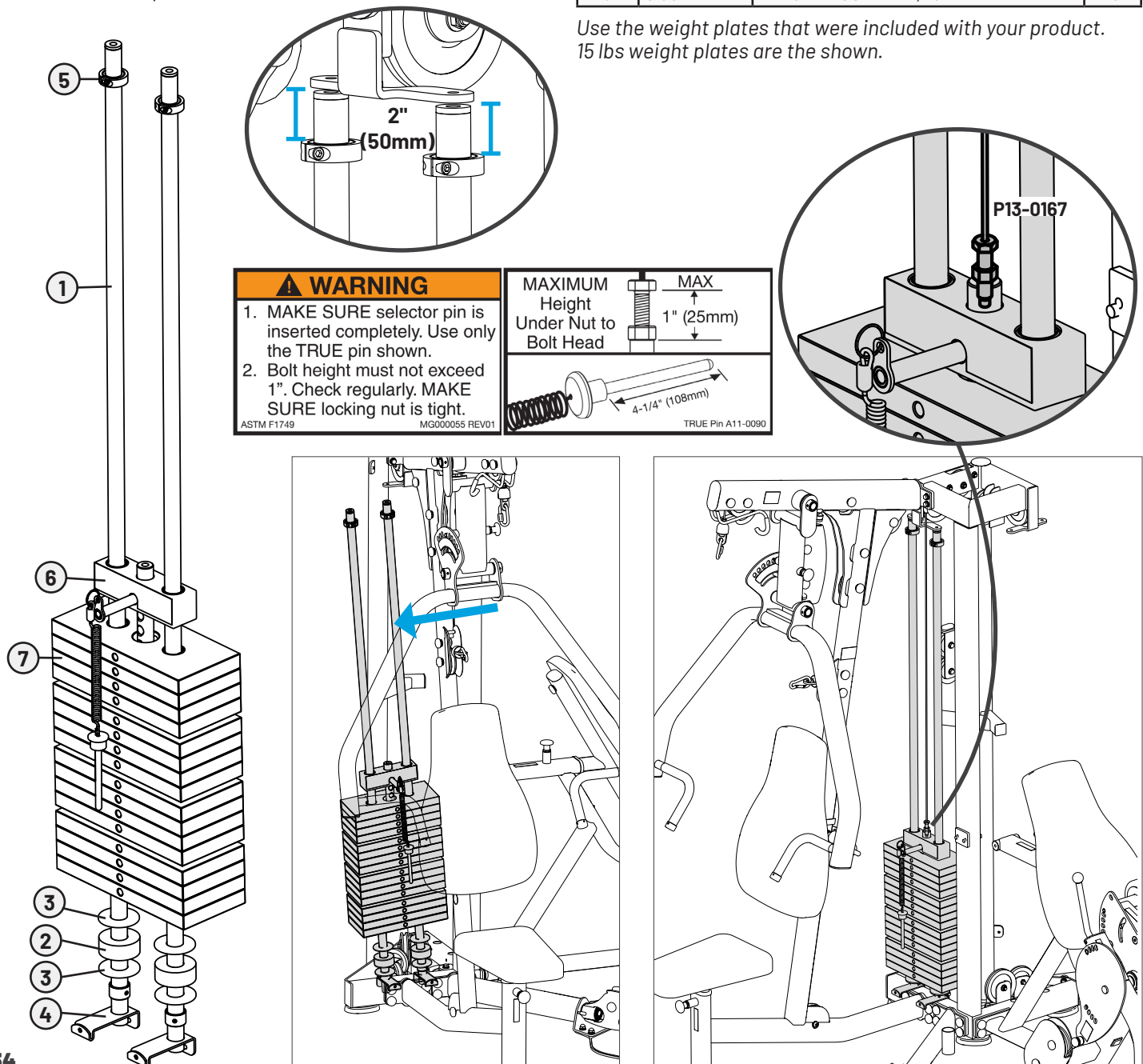
## STEP 14—INSTALL THE CHEST PRESS WEIGHT STACK

Tools Used in this Step		Tools Used in this Step	
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench		5mm Allen Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P01-1816	ASSY, GUIDE ROD	2
2	P06-0073	1.0" HIGH BUMPER	2
3	P02-1827	WASHER, WEIGHT STACK	4
4	P04-1361-35	ASSY, SHROUD HOLDER	2
5	D 840	COLLAR, SINGLE SPLIT, BLACK	2
6	MSC05050X	CAP PLATE / SEL BAR, MP P20-0541	1
7	S 501	WEIGHT ASSEMBLY, 15 LB	16
8	S 502	WEIGHT ASSEMBLY, 10 LB	16

- Assemble the shroud holders, washers, and bumpers before adding weights.
- Install the correct weight plate size for this station.
- To install the weights, lean the guide rods out as shown.
- Attach chest press cable (P13-0167).

Use the weight plates that were included with your product. 15 lbs weight plates are the shown.



## STEP 15—ADJUST CHEST PRESS ARM STOP POSITION IF NEEDED

### Tools Used in this Step

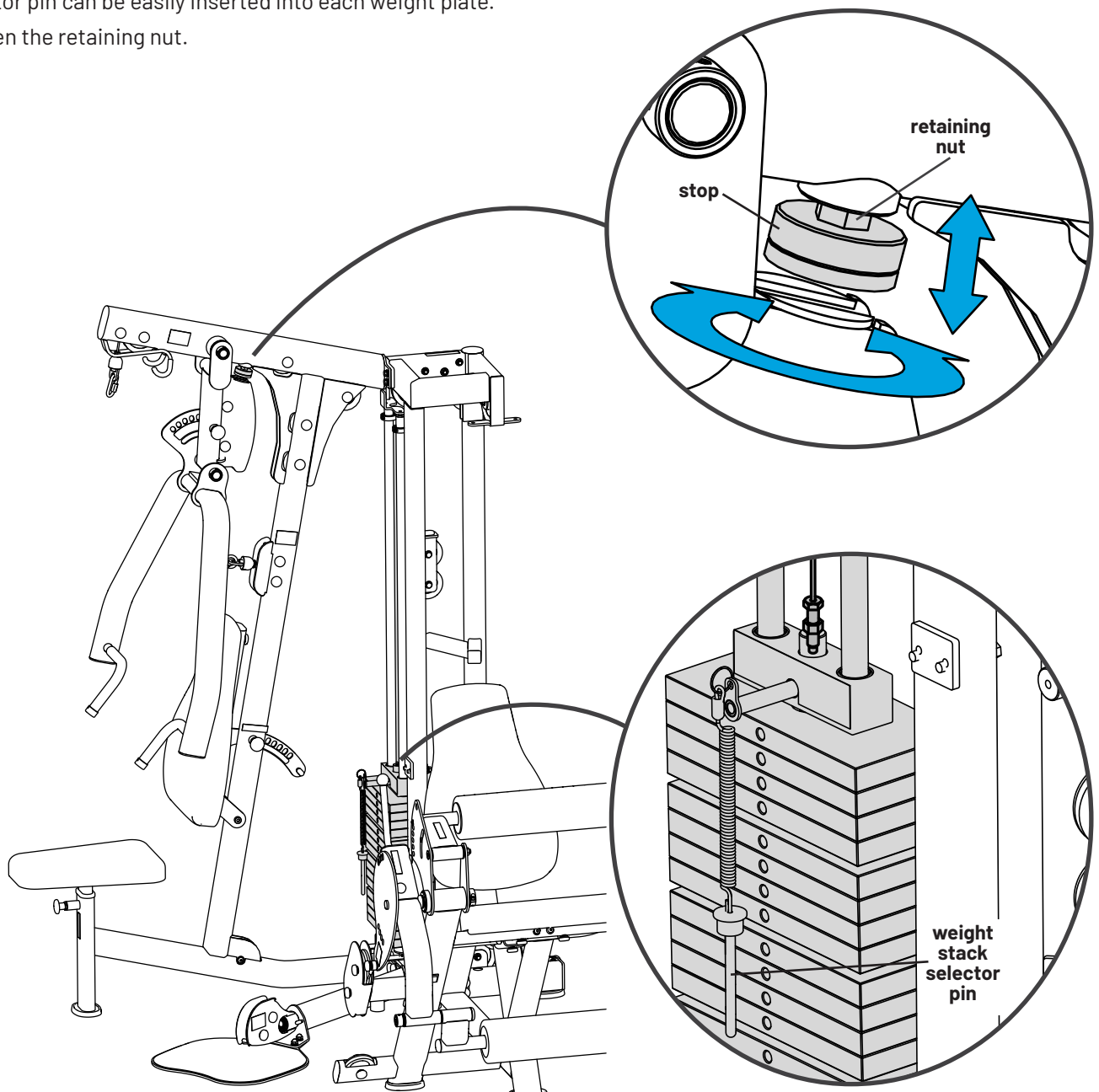
3/4" Wrench



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.

### To adjust the press arm stop position:

- Loosen the retaining nut.
- 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.
- Tighten the retaining nut.



## STEP 16—INSTALL THE LEG EXTENSION/LEG CURL WEIGHT STACK

### Tools Used in this Step

9/16" Ratchet Wrench and/or Adjustable Crescent Wrench

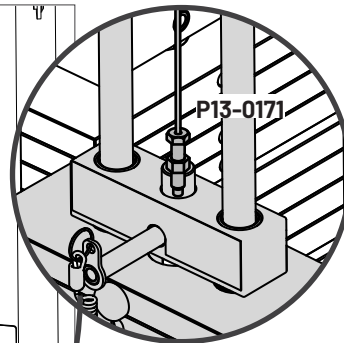
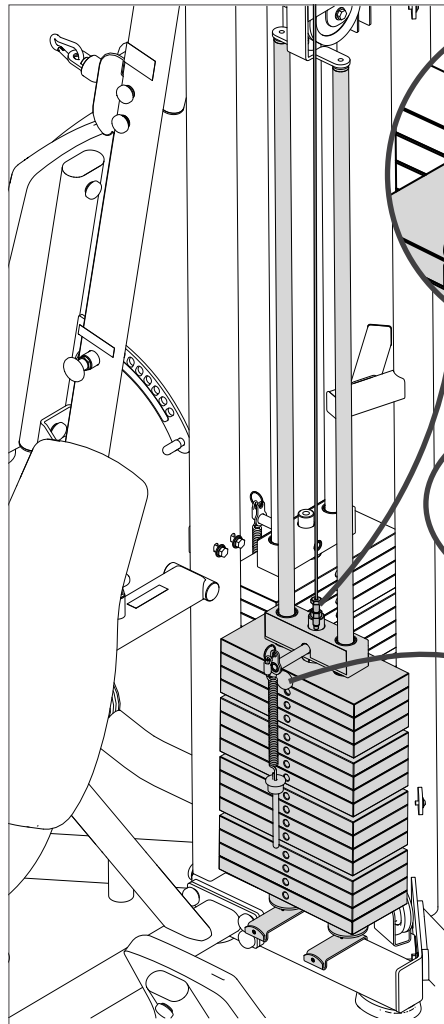
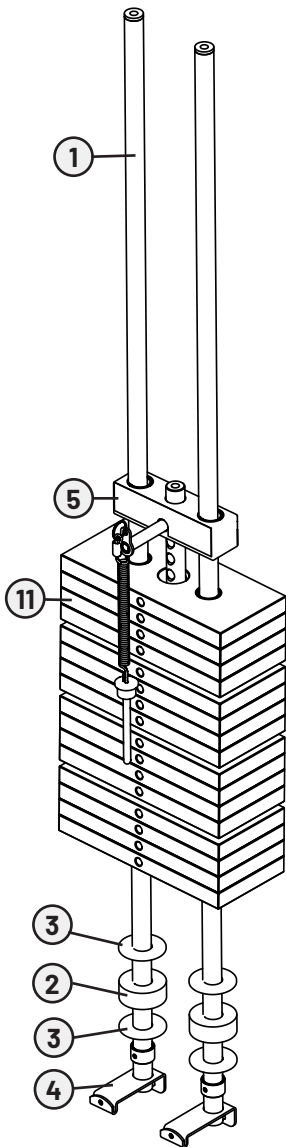


- Assemble the shroud holders, washers, and bumpers before adding weights.
- Install the correct weight plate size for this station.
- If you are using 10 lbs plates on this weight stack, pin two plates for counter weight.  
If you are using 15 lbs plates on this stack, pin only one plate.
- Attach leg extension/leg curl cable (P13-0170).

### Parts Used in this Step

ITEM	PART#	DESCRIPTION	QTY
1	P01-1816	ASSY, GUIDE ROD	2
2	P06-0073	1.0" HIGH BUMPER	2
3	P02-1827	WASHER, WEIGHT STACK	4
4	P04-1361-35	ASSY, SHROUD HOLDER	2
5	MSC05050X	CAP PLATE / SEL BAR, MP P20-0541	1
6	C 461	HHS, 3/8"-16 X 5-1/2", GR5, ZP	1
7	C 754C	WASHER, FLAT, 3/8", ZP	1
8	C 766A	LOCK NUT, 3/8"-16 X 17/64", NYL	1
9	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	1
10	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	1
11	S 501	WEIGHT ASSEMBLY, 15 LB	16
12	S 502	WEIGHT ASSEMBLY, 10 LB	16

Use the weight plates that were included with your product. 15 lbs weight plates are shown.

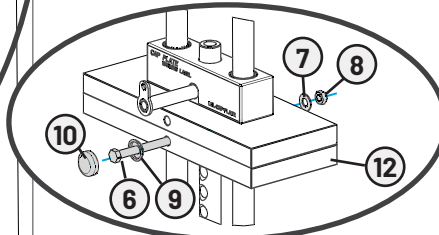


**⚠ WARNING**

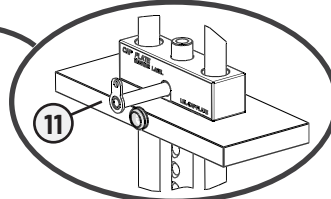
1. MAKE SURE selector pin is inserted completely. Use only the TRUE pin shown.
2. Bolt height must not exceed 1". Check regularly. MAKE SURE locking nut is tight.

ASTM F1749      MG000055 REV01

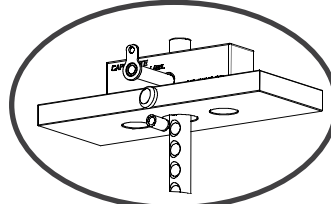
MAXIMUM Height Under Nut to Bolt Head	
	1" (25mm)



If you are using 10 lbs plates on this weight stack, pin two plates for counter weight.



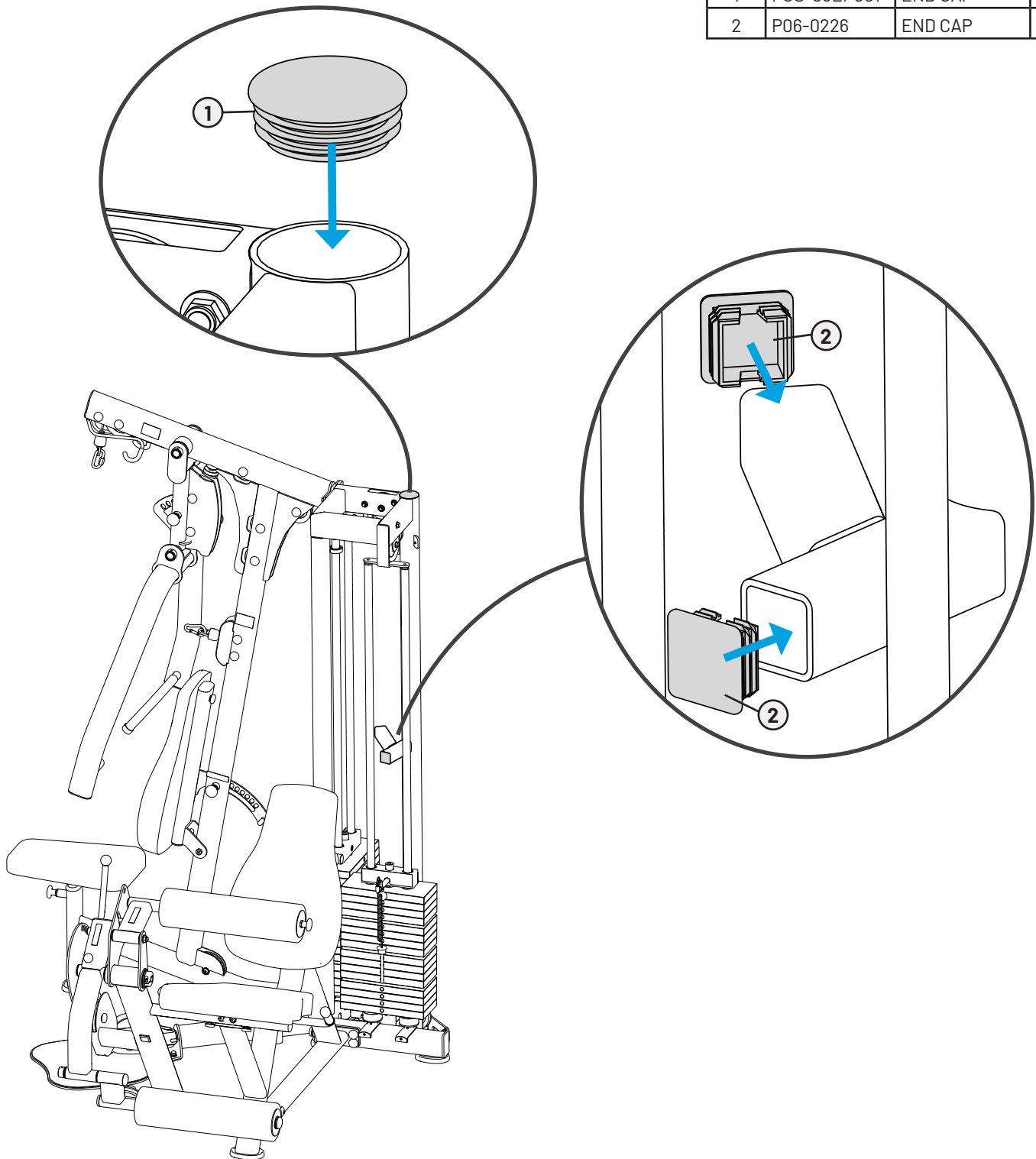
If you are using 15 lbs plates on this stack, pin only one plate.





When using one 15 lbs plate, remove the unused sleeve from the selector bar using a hammer and punch.

### STEP 17—ATTACH END CAPS

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	FUS-03EP001	END CAP	1
2	P06-0226	END CAP	2

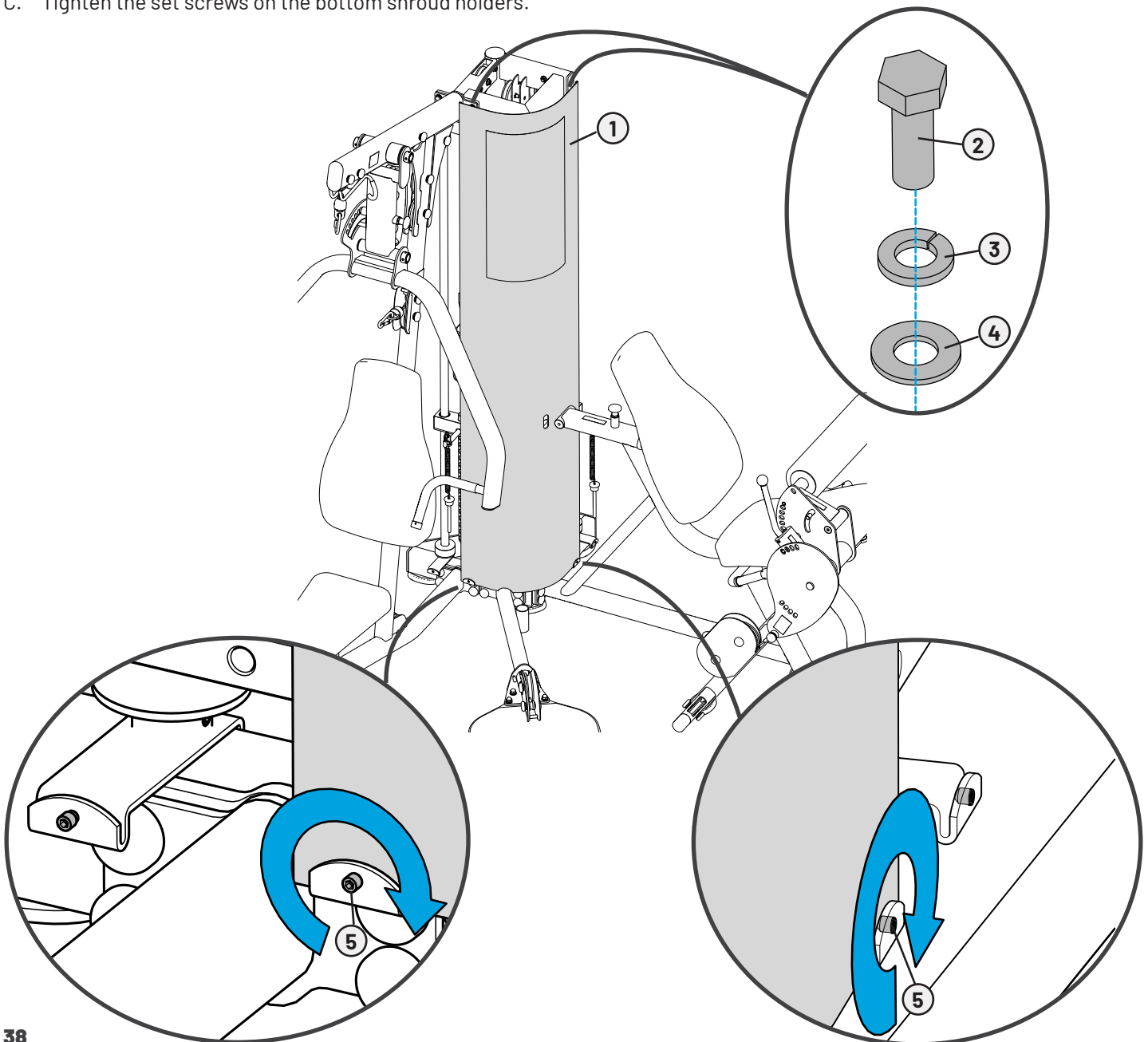


## STEP 18—ATTACH THE FRONT SHROUD

Tools Used in this Step		Tools Used in this Step	
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench		3mm Allen Wrench	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1363-35	WELDMENT, FRONT SHROUD	1
2	C 445	HHS, 3/8"-16 X 1", GR5, ZP	2
3	C 749	LOCK WASHER, 3/8", ZP	2
4	C 754C	WASHER, FLAT, 3/8", ZP	2
5	C 700	CPSS, 1/4"-20 X 1/4"	2

- Place the front shroud into the shroud holders at the base of the upright as shown.
- Attach the bolts that retain both the shroud and the guide rod.
- Tighten the set screws on the bottom shroud holders.



## STEP 19—ATTACH THE STORAGE HOOK

### Tools Used in this Step

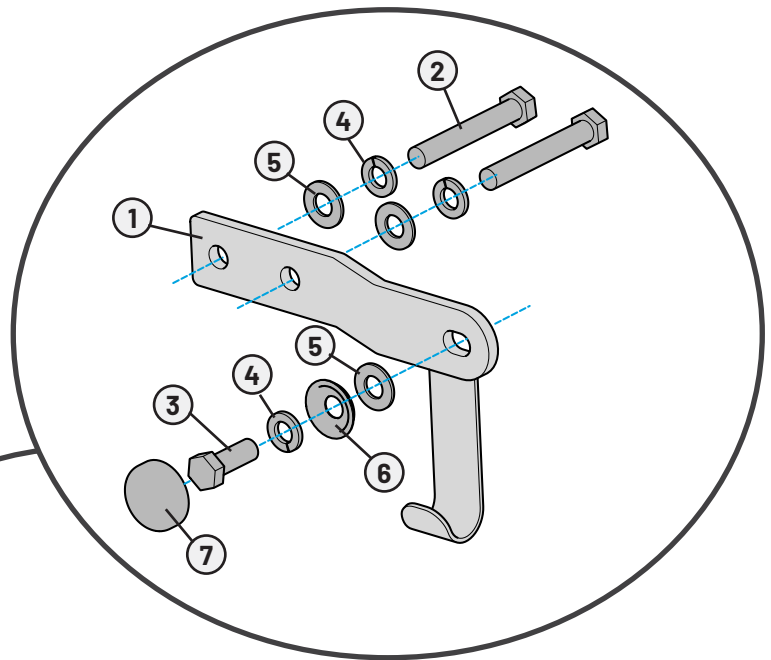
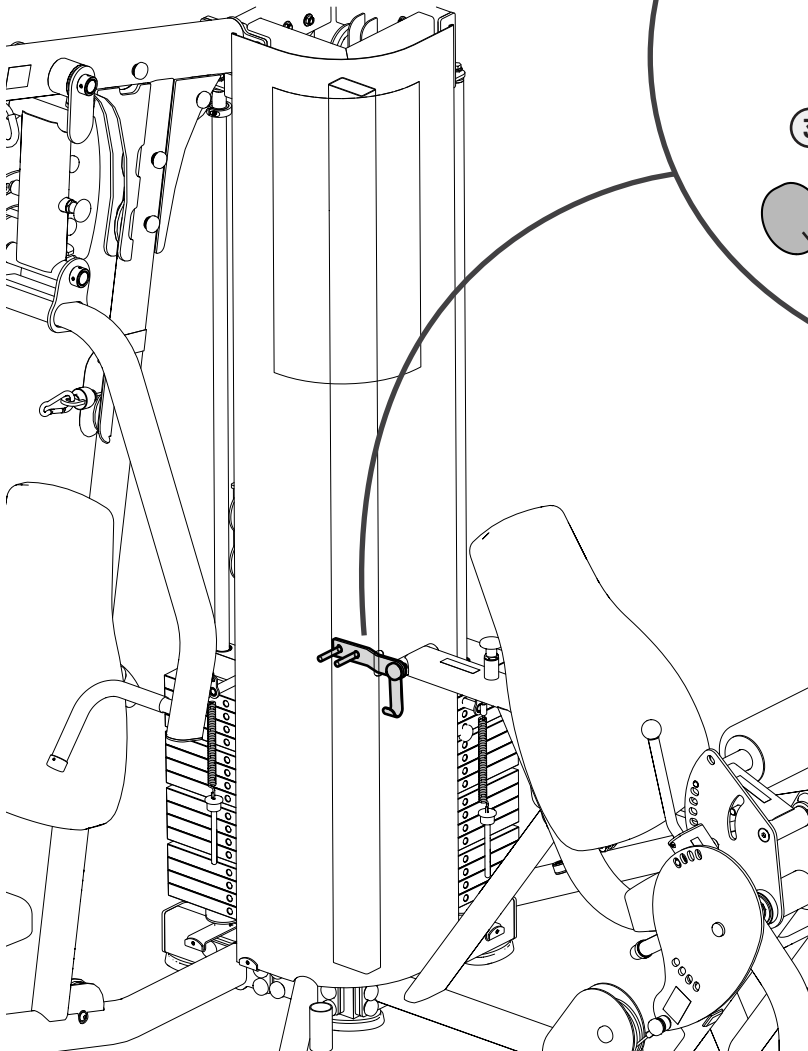
9/16" Ratchet Wrench and/or Adjustable Crescent Wrench




### Parts Used in this Step


ITEM	PART#	DESCRIPTION	QTY
1	P04-1379-35	ASSY, STORAGE HOOK WELDMENT, MP LELC	1
2	C 450	HHS, 3/8"-16 X 2-1/2", GR5 ZP	2
3	C 445	HHS, 3/8"-16 X 1", GR5, ZP	1
4	C 749	LOCK WASHER, 3/8", ZP	3
5	C 754C	WASHER, FLAT, 3/8", ZP	3
6	C 955A	BASE WASHER, PLASTIC CAP, 3/8" BOLT	1
7	C 955SBK	CAP, PLASTIC, BOLT CAP, BLACK	1

- After the front shroud is assembled, the storage hook will attach to both the leg extension/leg curl frame and upright frame.
- Slide the storage hook through the cut-out in the front shroud as shown.
- Loosely assemble all the hardware shown in this step.
- After aligning all component edges and surfaces, tighten the hardware.



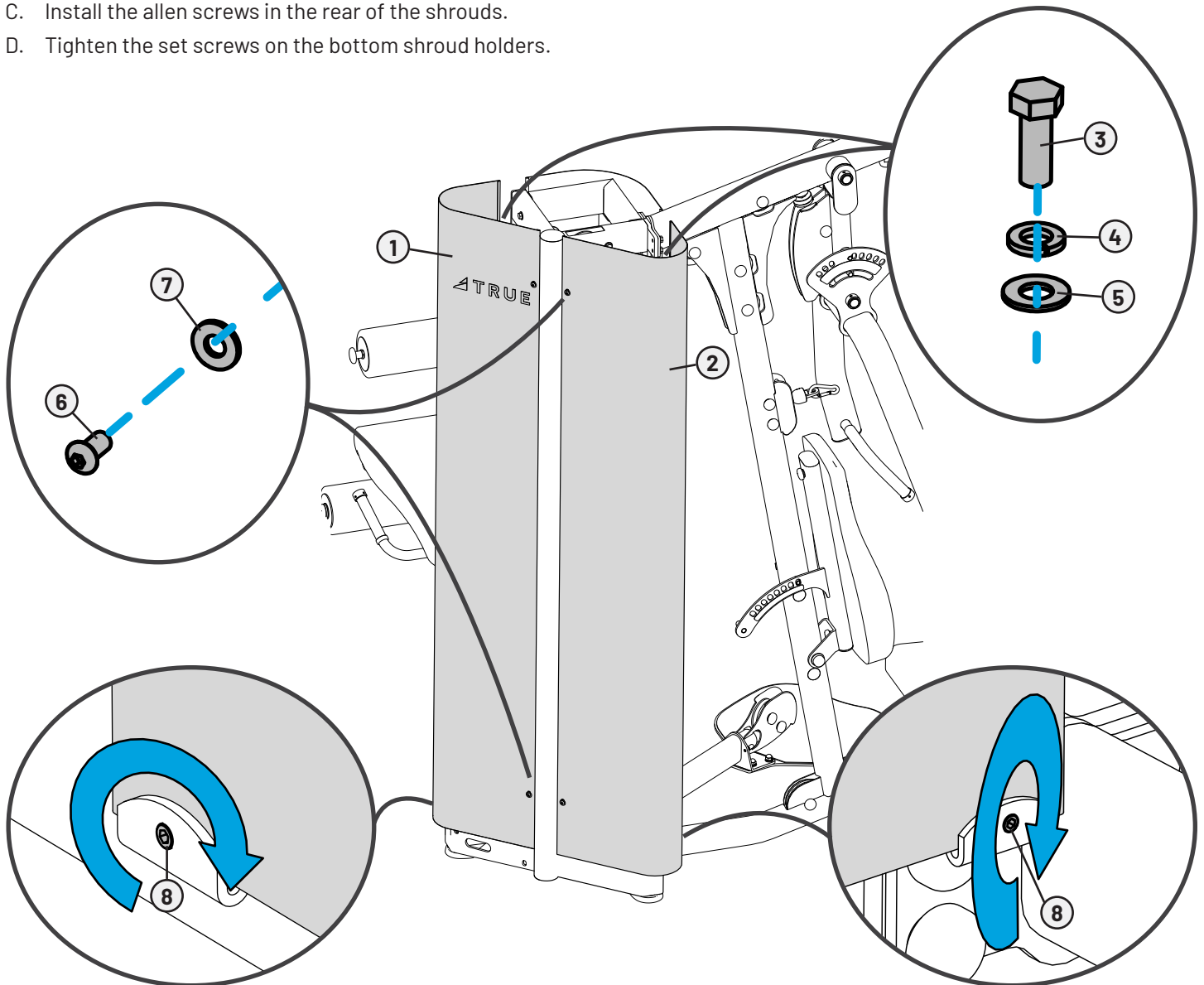
## STEP 20—ATTACH THE REAR SHROUDS

Tools Used in this Step	
9/16" Ratchet Wrench with Extension	

Tools Used in this Step	
3mm and 4mm Allen Wrenches	

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P04-1364-35	WELDMENT, SHROUD, LEG PRESS	1
2	P04-1362-35	WELDMENT, SHROUD CHEST PRESS	1
3	C 445	HHS, 3/8"-16 X 1", GR5, ZP	2
4	C 749	LOCK WASHER, 3/8", ZP	2
5	C 754C	WASHER, FLAT, 3/8", ZP	2
6	C 675D	BHCS, 1/4"-20 X 1/2", ZP	4
7	C 752	WASHER, FLAT, 1/4" SAE	4
8	C 700	CPSS, 1/4"-20 X 1/4"	2

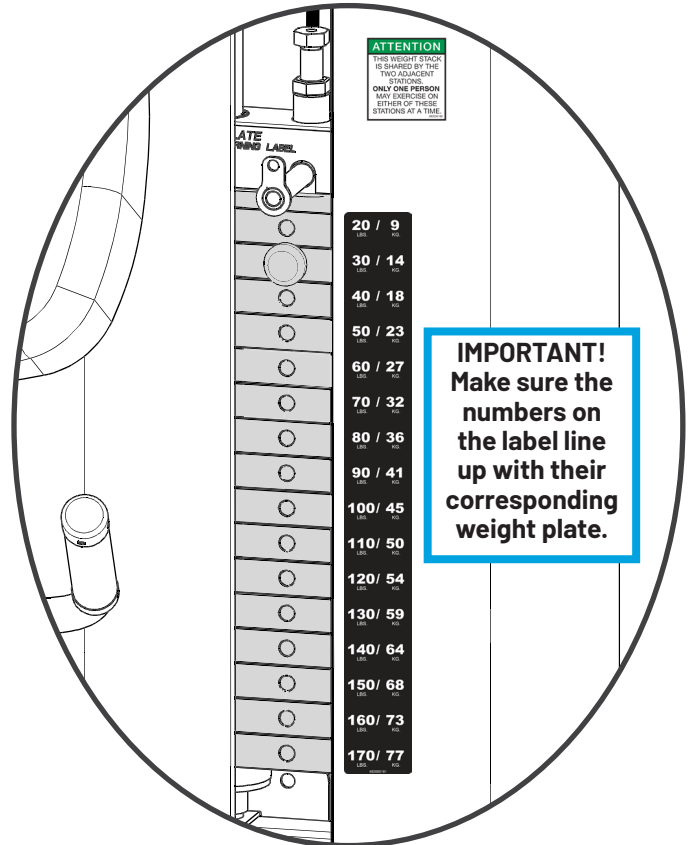
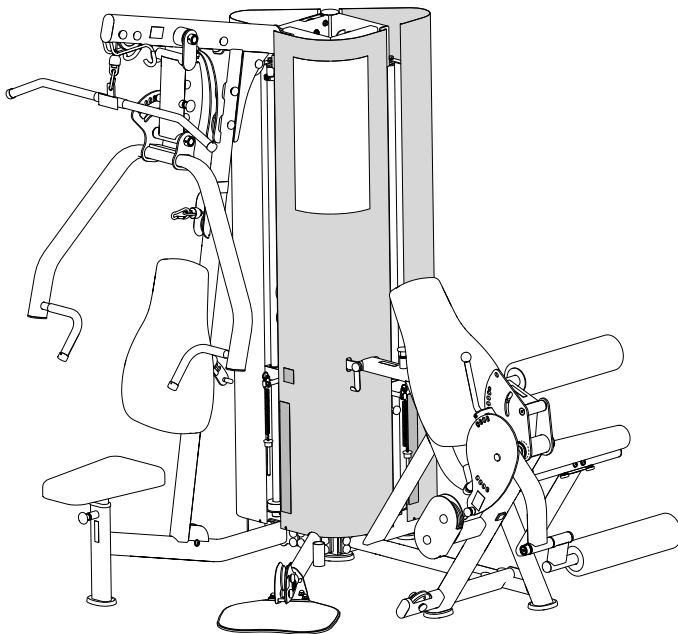
- Assemble the rear shrouds as shown.
- Attach the bolts that retain both the shroud and the guide rod. It helps to use a 6" socket extension to install these.
- Install the allen screws in the rear of the shrouds.
- Tighten the set screws on the bottom shroud holders.



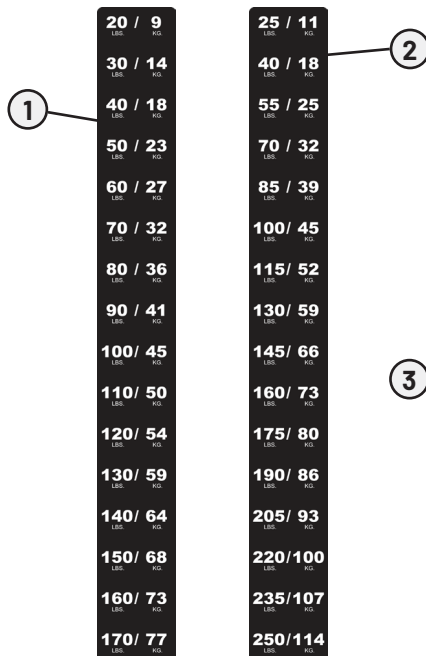
## STEP 21—APPLY WEIGHT STACK LABELS

- Apply the appropriate weight stack label to the shroud next to each weight stack.
- Locate the weight stack label on the shroud so that it is about 1/4" from the edge and the numbers line up with their corresponding weight plate.
- Apply the dual user label to the shroud as shown.

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	MD000181	MP WEIGHT STACK LABEL 20- 170 LBS (LBL-WGT-170)	2
2	MD000182	MP WEIGHT STACK LABEL 25- 250 LBS (LBL-WGT-250)	2
3	MD000180	WARNING LABEL ON MP	2



**IMPORTANT!** Use the correct weight label for each stack. It may be 170 lbs (10 lbs plates) or 250 lbs (15 lbs plates) depending on your order.

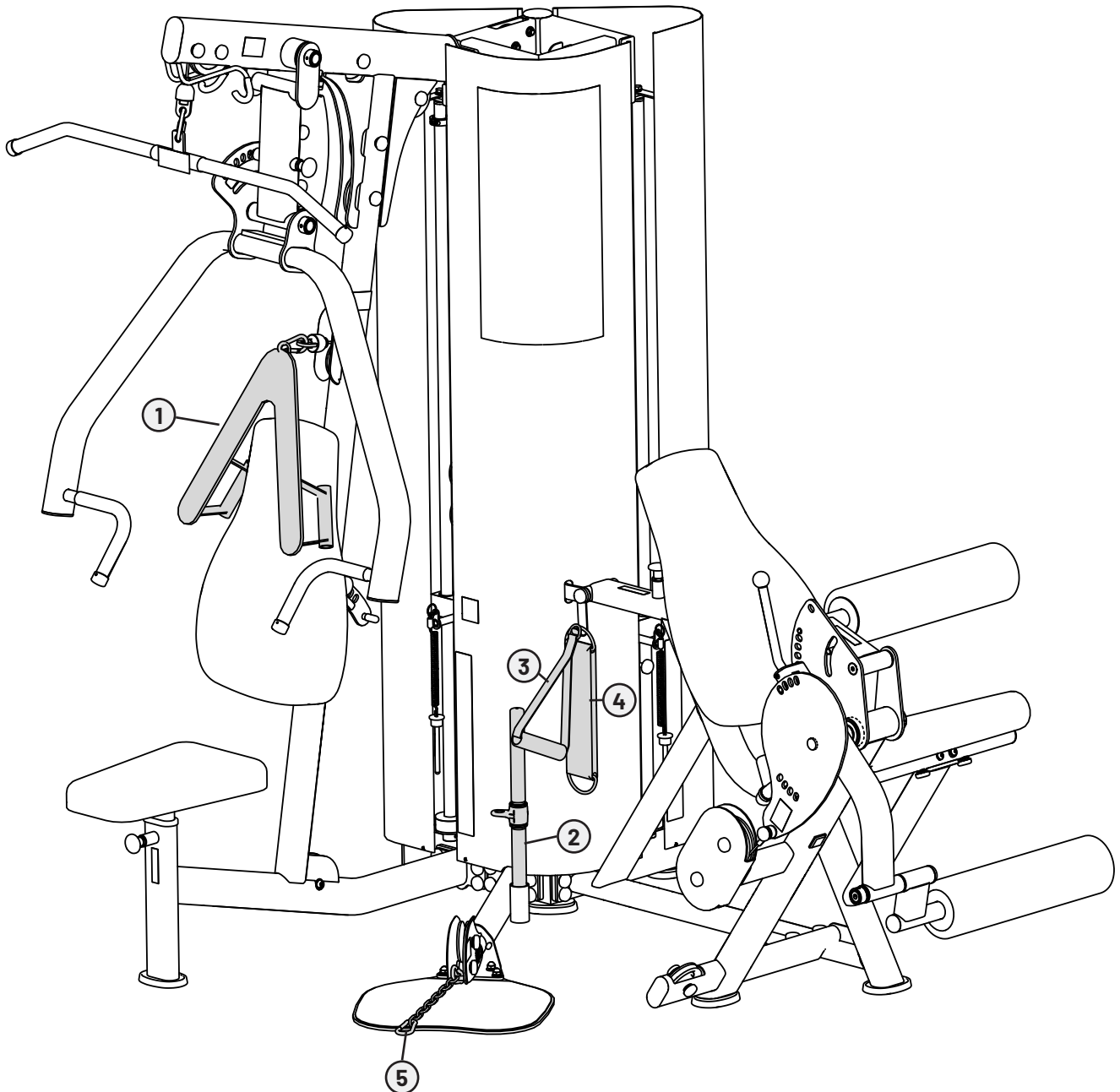


**NOTE:** Upper Body station and Low Pulley share a weight stack.

**ATTENTION**  
THIS WEIGHT STACK IS SHARED BY THE TWO ADJACENT STATIONS.  
**ONLY ONE PERSON** MAY EXERCISE ON EITHER OF THESE STATIONS AT A TIME.  
MD000180

## STEP 22—ATTACH ACCESSORIES

Parts Used in this Step			
ITEM	PART#	DESCRIPTION	QTY
1	P12-0005	AB STRAP	1
2	P20-2782-35	ASSY, LOW PULLEY STRAIGHT BAR	1
3	A12-0044	ASSY, HANDLE STRAP	1
4	LAS	LINED ANKLE STRAP	1
5	P01-0002	CHAIN EXTENSION	1



## STEP 23—VERIFY ADJUSTMENTS FUNCTION AS INTENDED AND DO A FINAL CHECK

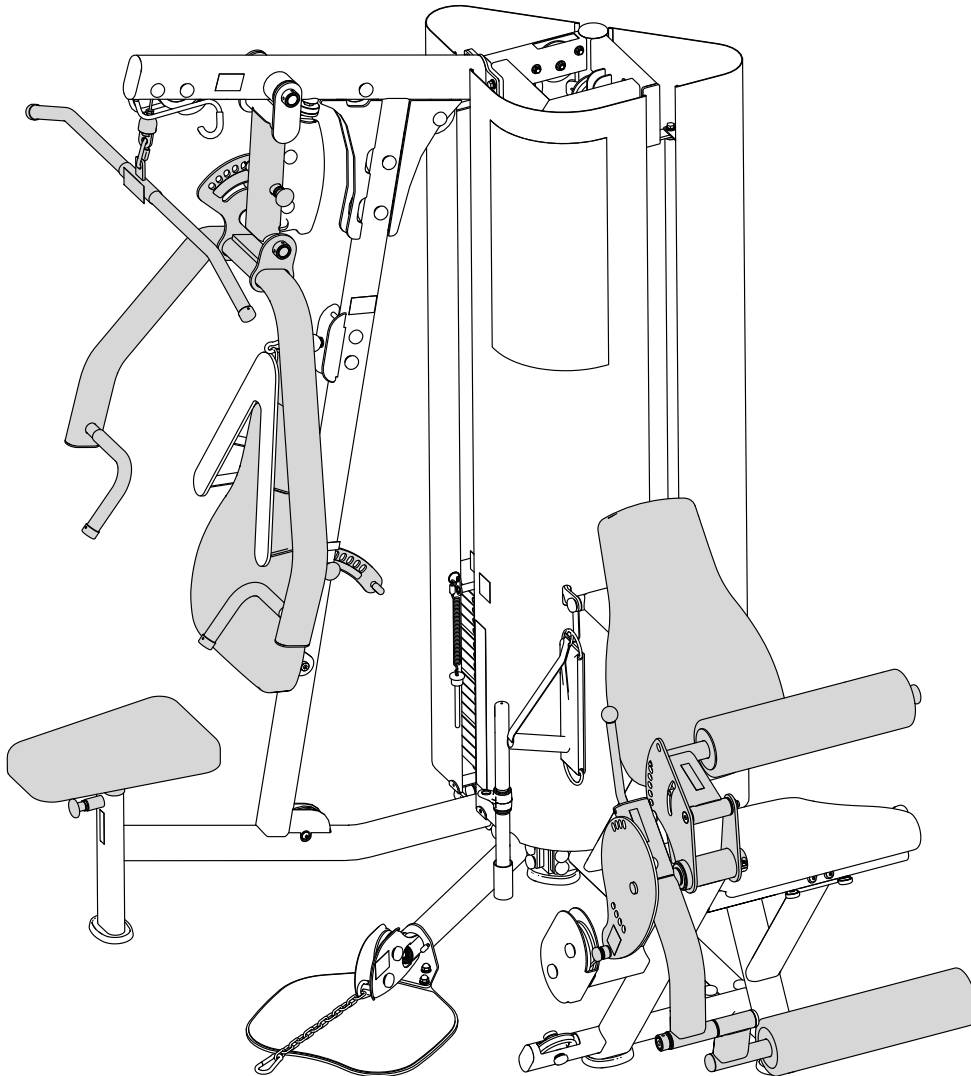
If you haven't already done so, lubricate the guide rods and seat adjustment tubes with a teflon spray lubricant. TRUE recommends using Tri-Flow™ brand.

Pull the pop pin out and place it into each of the adjustment holes:

- 5-position back pad and leg curl thigh pad
- 8-position press arm and adjustable back pad
- 5-position seat

### IMPORTANT!

- **Verify the adjustment pin inserts in and out of each hole completely.**
- **Verify that the selector pin can be inserted into each weight plate.**
- **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.**
- **Perform the exercise on each station to verify the cable routes smoothly and the machine operates correctly.**



If any of the adjustments are not functioning as intended, contact TRUE product support:

- [service@truefitness.com](mailto:service@truefitness.com)
- 800.883.8783



## PREVENTATIVE MAINTENANCE

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 Instructions section of this document and the items that follow here, should be included in your maintenance program.

**IMPORTANT!** Always purchase replacement parts from TRUE. Many parts are tested and manufactured specifically for TRUE equipment. Use of unapproved parts may cause serious injury and/or void the limited warranty.

## DAILY INSPECTION AND MAINTENANCE

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use. TRUE is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect for cleanliness. Wipe and dry the upholstery, frame, and chrome. (See cleaning the equipment.)
- Inspect all adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.
- Inspect all safety and instructional decals.
- Inspect all weight stack shields if equipped.
- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure.

## WEEKLY INSPECTION AND MAINTENANCE

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each week. TRUE is not responsible for performing or scheduling regular maintenance or inspections.

- Verify that the adjustment pop pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Verify that all hardware is tight and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite® on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only TRUE supplied parts.

## OTHER SCHEDULED PREVENTATIVE MAINTENANCE

TRUE recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit [www.truefitness.com](http://www.truefitness.com) to contact a local TRUE authorized service technician.

### Monthly

Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

### Every 6 Months

Lubricate pivot bearing and linear bearings with lithium grease.

## CLEANING THE EQUIPMENT

### Daily Cleaning

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

**⚠ CAUTION:** Certain anti-bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the upholstery.

### Heavy Duty Cleaning

- Guide Rods (if equipped)—Clean and lubricate with a Teflon Spray. Be sure to coat the entire guide rod. Spraying lubricant into the cap plate bushings is also recommended.
- Chromed Adjustment Tubes—Wipe away dust and dirt before applying a Teflon spray lubricant. TRUE recommends using Tri-Flow™ or a similar brand.
- Linear Bearings—Clean the linear shaft and lubricate (as required) with Teflon based grease. Keeping linear bearings clean and lubricated is critical to long life and good performance.
- Painted Frames—If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilution of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. **DO NOT** use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound.
- Upholstery—For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5-10% household bleach diluted with water. Be sure to test an inconspicuous area first. **DO NOT** use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry.
- Plastic Parts—Use a mild soap solution to clean dirt and grease marks.
- Labels—Use a mild soap solution to clean dirt and grease marks.
- Shrouds—Use a mild soap solution to clean dirt and grease marks.

**⚠ CAUTION:** Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the TRUE Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

**⚠ CAUTION:** If you determine that the equipment needs service, make sure that the equipment cannot be used inadvertently and ensure other users know that the machine needs service.

To order parts or to contact a TRUE authorized service representative, please visit [www.truefitness.com](http://www.truefitness.com).


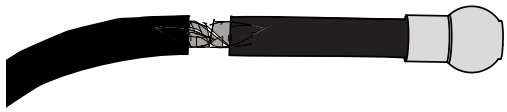



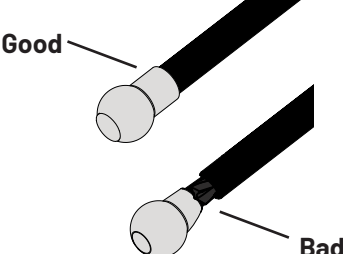
## CABLE INSPECTION AND MAINTENANCE

One of the most critical areas that require frequent inspection on any weight machine is the cable or belt system that lifts the weight stack if the machine is equipped with those items. Sudden failure of a worn cable can, in some instances, result in injury to the user. It is the responsibility of the facility to inspect the cables frequently. Cables are components that wear over time. This means that the more often a piece of equipment is used, the greater the likelihood that cable wear will occur. This holds true for equipment made by any manufacturer and applies to urethane belts as well as wire rope cables. Listed below are the areas of the cable that require inspection.

**IMPORTANT! TRUE recommends that all cables be replaced on an annual basis to maintain the safety of all users.**

### CABLE WEAR

Inspect all cables for any signs of wear. Pay close attention to the cable in the area of the end fittings and attachment points. Inspect the areas around the pulleys and/or cams. Shown below are examples of cables that exhibit signs of potential failure. If any of these conditions are apparent, the machine should immediately be taken out of service and repaired. Be sure to use only cables supplied by TRUE. **DO NOT** use cables that have fittings attached with hand-crimp tools.

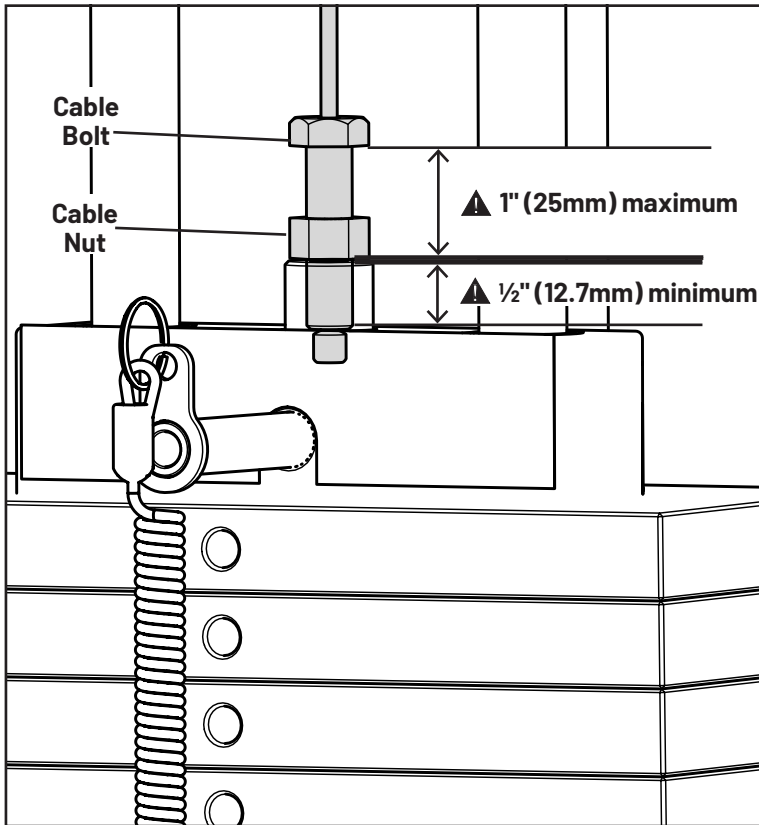
Examples of Cable Wear	
<p><b>Twisted Cable (Zig-Zag Pattern)</b></p> 	<p><b>Break in the Cable Cover</b></p> 
<p><b>Break or Bend in the Cable</b></p> 	<p><b>Tear in the Cable Cover</b></p> 
<p><b>Stretched Cable Covering</b></p> 	<p><b>Crimp Connector Dislodged</b></p> 

## CABLE TENSION (IF APPLICABLE)

Ensure that the cables are adjusted to remove any slack using the threaded end fittings. These are normally located at the weight stack connection. Depending upon the machine, there may be multiple threaded fitting on multiple cables. You can determine if there is too much slack by performing the exercise. As you start to move a load arm or handle, the weight stack should lift immediately. If not, the cable tension needs to be adjusted.

To adjust the cable tension, loosen the cable nut that is located on the cable bolt connected to the top plate. Tighten the cable bolt until the top plate is barely lifted off of the first weight plate and then re-tighten the cable nut.

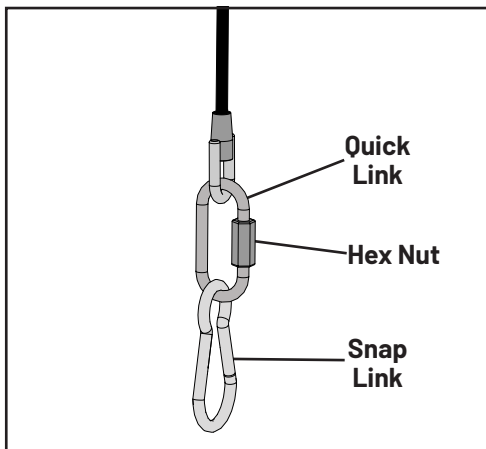
**⚠ CAUTION:** A minimum of ½" (12.7mm) of the threaded portion of the cable bolt must be threaded into the top plate. Maximum height from bottom of nut to bolt head is 1" (25mm). Make sure locking nut is tight.



<b>⚠ WARNING</b>	
<ol style="list-style-type: none"> <li>1. MAKE SURE selector pin is inserted completely. Use only the TRUE pin shown.</li> <li>2. Bolt height must not exceed 1". Check regularly. MAKE SURE locking nut is tight.</li> </ol>	
ASTM F1749	MG000055 REV01
<b>MAXIMUM</b> Height Under Nut to Bolt Head	

## HANDLE FITTINGS (IF APPLICABLE)

Inspect the cable and fittings where handles are attached to the end of the cable. The fittings originally supplied with your machine are load rated snap-links and quick-links. Be sure the hex nut on the quick link is fully tightened. Be sure that the snap-link opens and closes easily and is fully engaged when closed. Replace if either are damaged.

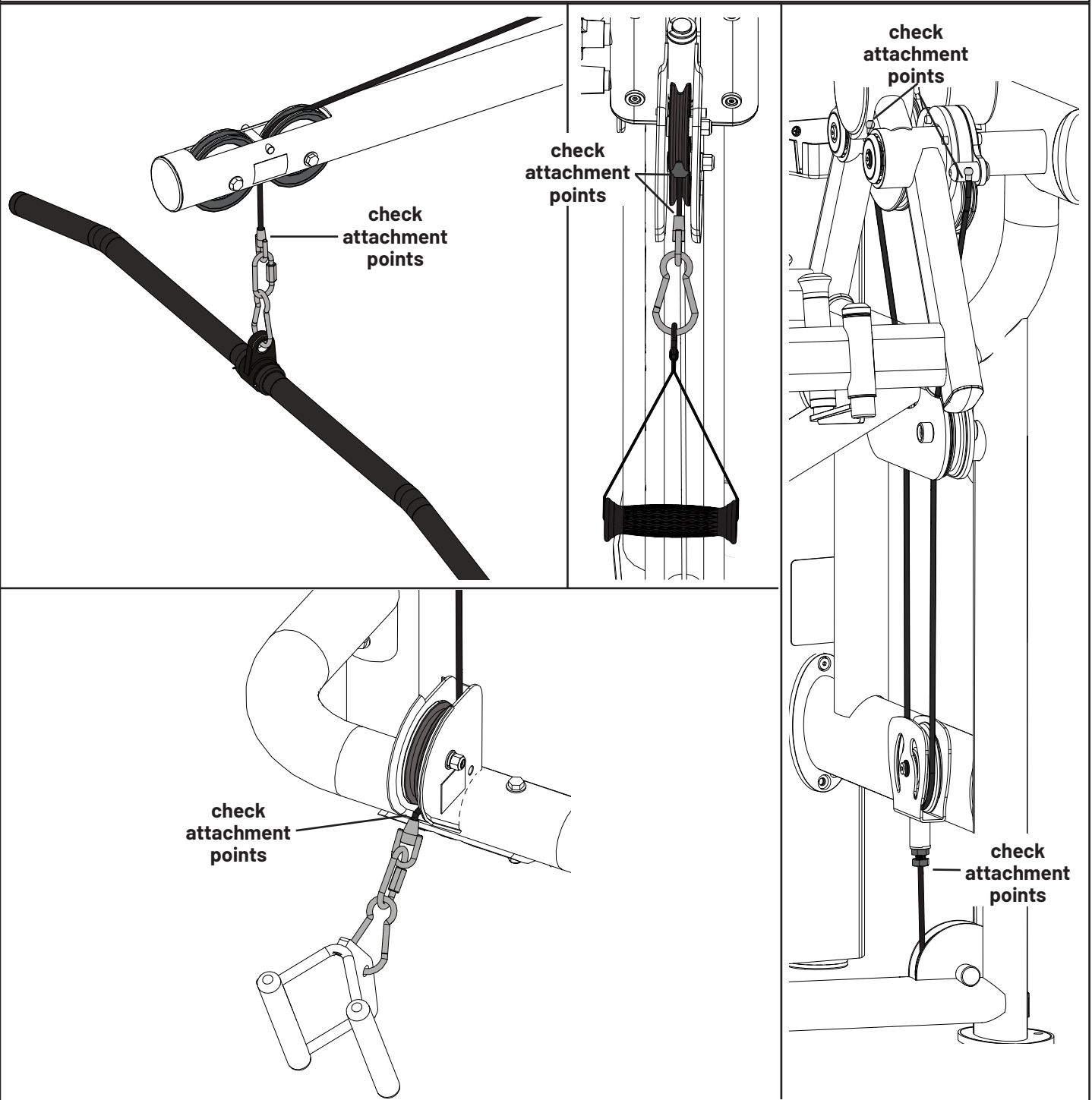


## CABLE FITTING ATTACHMENTS (IF APPLICABLE)

Depending upon the machine, cable end fittings can either be securely fixed, rotate about a single axis, or can be free floating. On machines where the cable fitting is designed to rotate about a single axis, verify that the fitting rotates freely and that the hardware used to secure the cable pivot axle (most likely a pin or a bolt) is correctly fastened.

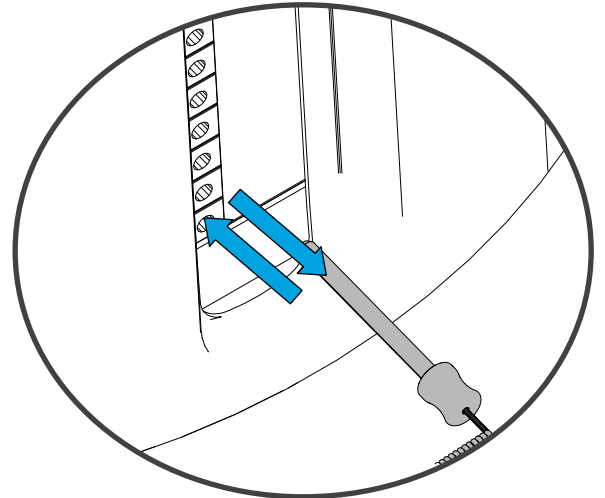
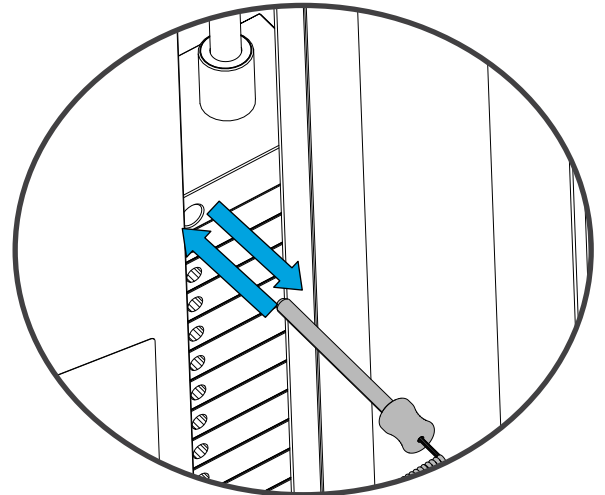
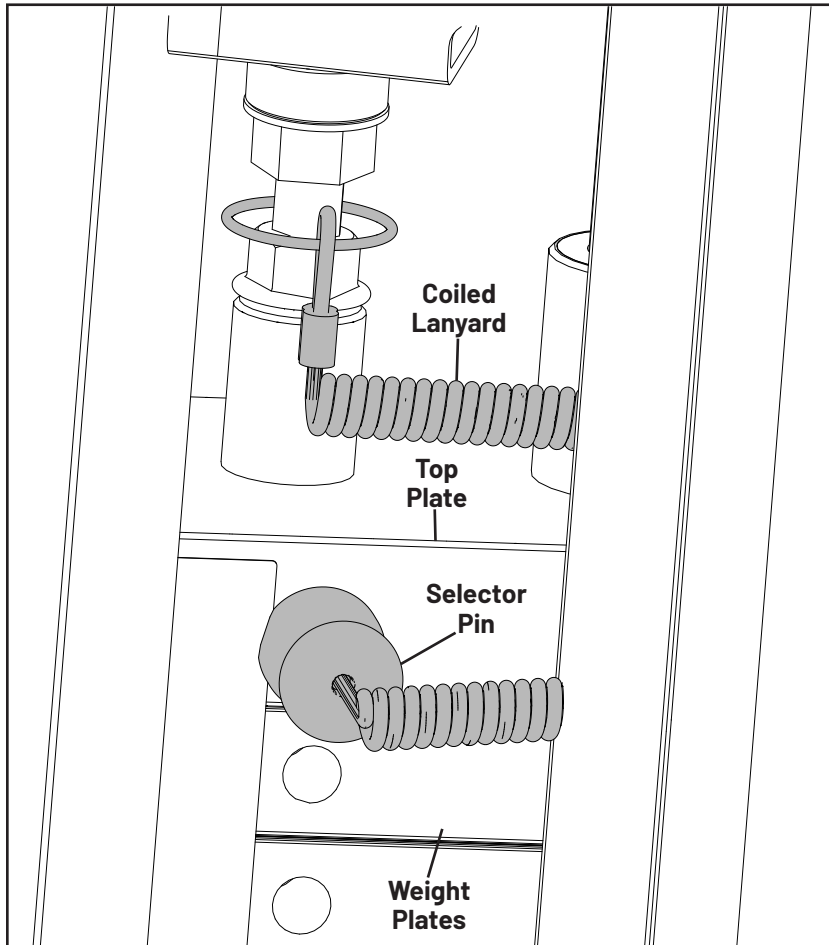
**⚠CAUTION:** When tightening hardware for cable fittings that are designed to rotate, make sure not to over tighten as to cause the cable fitting to bind. An occasional application of synthetic grease can be applied to the cable fitting pivot axle.

### Examples of Cable Fitting Attachments



## WEIGHT STACK SELECTOR PIN INSPECTION

Verify that the weight stack selector pin is attached with the coiled lanyard to the top plate (if equipped). Verify the selector pin slides in and out of each weight plate. Place the selector pin in the top plate. Cycle the machine through the intended motion. Verify that the machine operates smoothly without binding.





## WARRANTY INFORMATION

**ATTENTION OWNER'S:** To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

### COMMERCIAL WARRANTY

<b>CARDIO</b>				
WARRANTY ITEM	VAPOR, APEX	GRAVITY PLUS	GRAVITY	ADX, RO, SURGE
Frame*	10 Years (with registration)	10 Years (with registration)	10 Years (with registration)	5 Years (with registration)
Parts	3 Years	3 Years	3 Years	3 Years
Consoles	3 Years	3 Years	3 Years	2 Years
Labor**	2 Years (with registration)	2 Years (with registration)	1 Year (with registration)	1 Year (with registration)
Wear Items***	180 Days	180 Days	180 Days	90 Days

<b>STRENGTH</b>	
WARRANTY ITEM	PALLADIUM, FUSE XL, FORCE, FITNESS LINE, ATLAS, XFT, XFW, MP, SM, FT, FS
Frame*	10 Years (with registration)
Parts	5 Years
Cables and Linear Bearings	1 Year
Labor**	1 Year (with registration)
Wear Items***	90 Days (6 months for FORCE only)

<b>FLEXIBILITY</b>	
WARRANTY ITEM	STRETCH
Parts	1 Year
Wear Items***	90 Days

**Warranty does not cover damage or equipment failure resulting from or caused by improper assembly/installation, accident, misuse, abuse, unauthorized modification, or failure to provide reasonable and necessary maintenance.**

\*Frame is the serialized base of the unit and does not include paint or coatings. Frame warranty will equal that of parts warranty unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.

\*\*Labor warranty is available for equipment located within United States. TRUE Fitness equipment is automatically covered under a 6-month Limited Labor Warranty. This 6-month Limited Labor Warranty begins from the date of purchase shown by a valid receipt. If a valid receipt is not available, the 6-month Limited Labor Warranty period begins from the date of manufacture on the originally purchased equipment.

\*\*\*Wear Items include: batteries, covers, caps, badges, paint, pedal straps, toe clips, elliptical pedal inserts, foot pads, Coax/TV, HDMI, USB, mirroring or Ethernet connections, and safety key.

See *Warranty Details for product registration requirements, terms, conditions, and complete coverage details.*

**ATTENTION OWNER'S:** To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

## WARRANTY DETAILS

All TRUE Fitness products are distributed by TRUE and are warranted to the original product purchaser and the parts of the TRUE product (the "Product") listed below. During the applicable Warranty Period, the Product, under normal use and service, shall be free of manufacturing defects in workmanship and materials.

### NOTE:

- Standard shipping is included with warranty part replacement.
- Shipping for warranty frame or replacement is included for the period of three years from the original date of purchase.

### All Warranty Items are "LIMITED"

- 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, failure to provide reasonable and necessary maintenance, software version upgrades, compatibility with third party/aftermarket hardware, software, applications, or websites.
- 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 or countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
- TRUE will neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall TRUE be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental, or consequential damages arising out of the use of or inability to use this Product.
- This limited warranty, which is given expressly and in lieu of all other express warranties, constitutes the only warranty made by TRUE.
- The remedies described herein are your sole and exclusive remedies and TRUE's entire liability for any breach of this limited warranty.
- No one is authorized to change, modify, or extend the terms of this limited warranty.
- This limited warranty is in lieu of all other warranties of any kind either expressed or including but not limited to implied warranties of merchant.
- This limited warranty applies to the product only while the product remains in the possession of the original purchaser and is not transferable.
- 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).
- The "Warranty Period" for this limited warranty shall be for the duration forth in the applicable charts, beginning from the date of original purchase; provided, however, except to the extent prohibited by applicable law, the "Warranty Period" shall only be six months for labor (from the date of original purchase) unless, within 45 days of purchaser's receipt of this Product (A) the warranty is registered on-line or (B) if the form provided with equipment is filled in, signed by the original purchaser, and mailed to TRUE.
- All serial numbers must be intact on the Product for this limited warranty to be valid.
- Installation or download of any 3rd party or after-market products will result in voided warranty. This includes, but is not limited to, electrical and mechanical parts, software, or applications.
- TRUE will ship to an authorized service provider any new or rebuilt replacement part or component, or at our option, replace or refund the Product.
- Replacement parts are warranted for the remaining portion of the original warranty period.
- Proof/receipts of necessary maintenance may be required within 30 days of requested warranty part or service.
- This limited warranty does not apply to the performance of the heart rate accuracy will not be warranted as performance varies, based on user's physiology, age, method of use, and other external factors.

**ATTENTION OWNER'S:** To ensure you get the most out of your purchase and receive the full benefits of our warranty, you must register your product within 45 days of purchaser's receipt of this product.

## WARRANTY REGISTRATION

Thank you for purchasing a TRUE product!

To ensure you get the most out of your purchase and receive the full benefits of our warranty, **you must register your product within 45 days of purchaser's receipt of this product.**

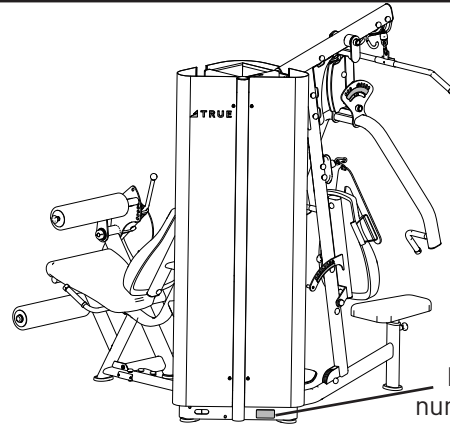
How to register your product:

- **Online:**  
Simply visit our website at [truefitness.com](http://truefitness.com) and register your product warranty in one simple step.
- **QR Code:**  
Scan the QR code below with your smartphone to be taken directly to the registration page.

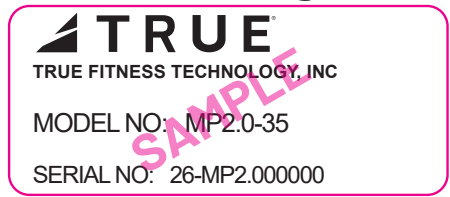


- **By Mail:**  
Complete the information below and mail to:  
TRUE Product Support  
1 GLAZER WAY  
ST. CHARLES, MO 63301

PLEASE RETAIN THIS PORTION FOR YOUR RECORDS  
BASE SERIAL NUMBER:



base serial number location



### Warranty Registration

Base Serial Number

Purchase Date

Company (if applicable)

Customer Name (First and Last)

Email Address

Phone Number

Street Address

City

State

Postal Code

Country





CONTACT US  
service@truefitness.com  
1.800.883.8783

1 GLAZER WAY  
ST. CHARLES, MO 63301

TRUEFITNESS.COM

