

Инструкция

Грузоблочный тренажер для прессы Tuff Stuff CalGym CG-5519

Полезные ссылки:

[Грузоблочный тренажер для прессы Tuff Stuff CalGym CG-5519 - смотреть на сайте](#)

DO NOT DISCARD THIS MANUAL



TUFFSTUFF LIMITED WARRANTY

TuffStuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. All warranty periods begin to run from the date of delivery to the original purchaser. The warranty and remedies set forth herein are conditioned upon proper storage, installation, use and maintenance and conformance with any recommendations of TuffStuff. This warranty does not cover products not manufactured by TuffStuff or products which are altered without the express written consent of TuffStuff. This warranty as specified:

WARRANTY: a) Frames, welds, cams and weight plates -- Lifetime, b) Pivot bearings, pulleys, bushings, gas shocks and guide rods -- Five (5) years, c) Belts, linear bearings and pull-pin components -- One (1) year, and d) Upholstery, cables, finish and rubber grips -- Six (6) months, and all other parts not mentioned elsewhere in this warranty will expire one (1) year from the date of delivery to the original purchaser. The obligation of TuffStuff under this warranty is limited to repairing or replacing warranted defective parts, as TuffStuff may elect, at TuffStuff's facility in Pomona, California, without charge to purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

THE FOREGOING SHALL CONSTITUTE THE SOLE REMEDY OF THE PURCHASER AND THE SOLE LIABILITY OF TUFFSTUFF WITH REGARD TO WARRANTY. NO IMPLIED STATUTORY WARRANTY OR IMPLIED STATUTORY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE SHALL APPLY. IN NO EVENT, WHETHER AS A RESULT OF BREACH OF CONTRACT, WARRANTY, NEGLIGENCE OR OTHERWISE, SHALL TUFFSTUFF BE LIABLE FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES INCLUDING, BUT NOT LIMITED TO, LOSS OF PROFITS OR REVENUE, LOSS OF USE OF EQUIPMENT, COST OF CAPITAL, COST OF SUBSTITUTION EQUIPMENT, DOWNTIME COST, OR CLAIMS OF CUSTOMERS OR PURCHASER FROM SUCH DAMAGE.

This written warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff Fitness Equipment, Inc. at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

TuffStuff Fitness Equipment, Inc.

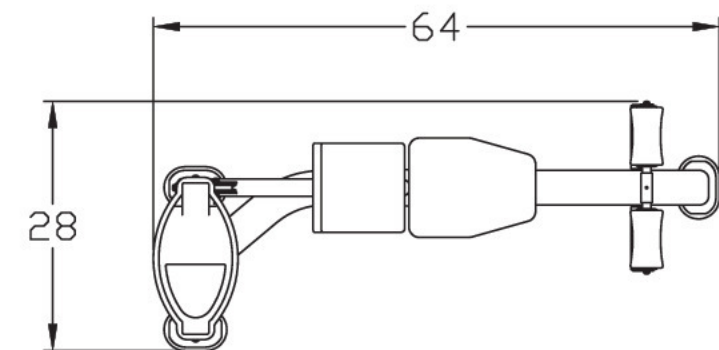
1325 E. Franklin Avenue
Pomona, CA 91766, USA
Ph: 909-629-1600 Fax: 909-629-4967
E-mail: service@tuffstuff.net Net: www.tuffstuff.net

ASSEMBLY INSTRUCTIONS



CG-5519

CalGym - Ab Crunch #150



L 64" W 28" H 59"

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AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the CG-5519 CalGym - Ab Crunch #150

Congratulations on your new purchase of the **CalGym - Ab Crunch #150**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

TuffStuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The TuffStuff Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

Specifications

- 1. Maximum Wt. Capacity - 150 lbs. fixed
- 2. Total Machine Weight - 365 lbs.
- 3. Footprint (LWH) - See Front Cover.

Note: Due to continuing product improvements, specifications and designs are subject to change without notice.



Maintenance

TuffStuff Basic Strength Equipment Safety and General Maintenance

All TUFFSTUFF strength equipment is designed and manufactured to offer maximum, long-life service with minimal maintenance. However, safety inspection and routine maintenance in your facility should be the utmost importance in your daily operation. Information presented in these pages will serve as a basic guideline to design your own inspection procedures.

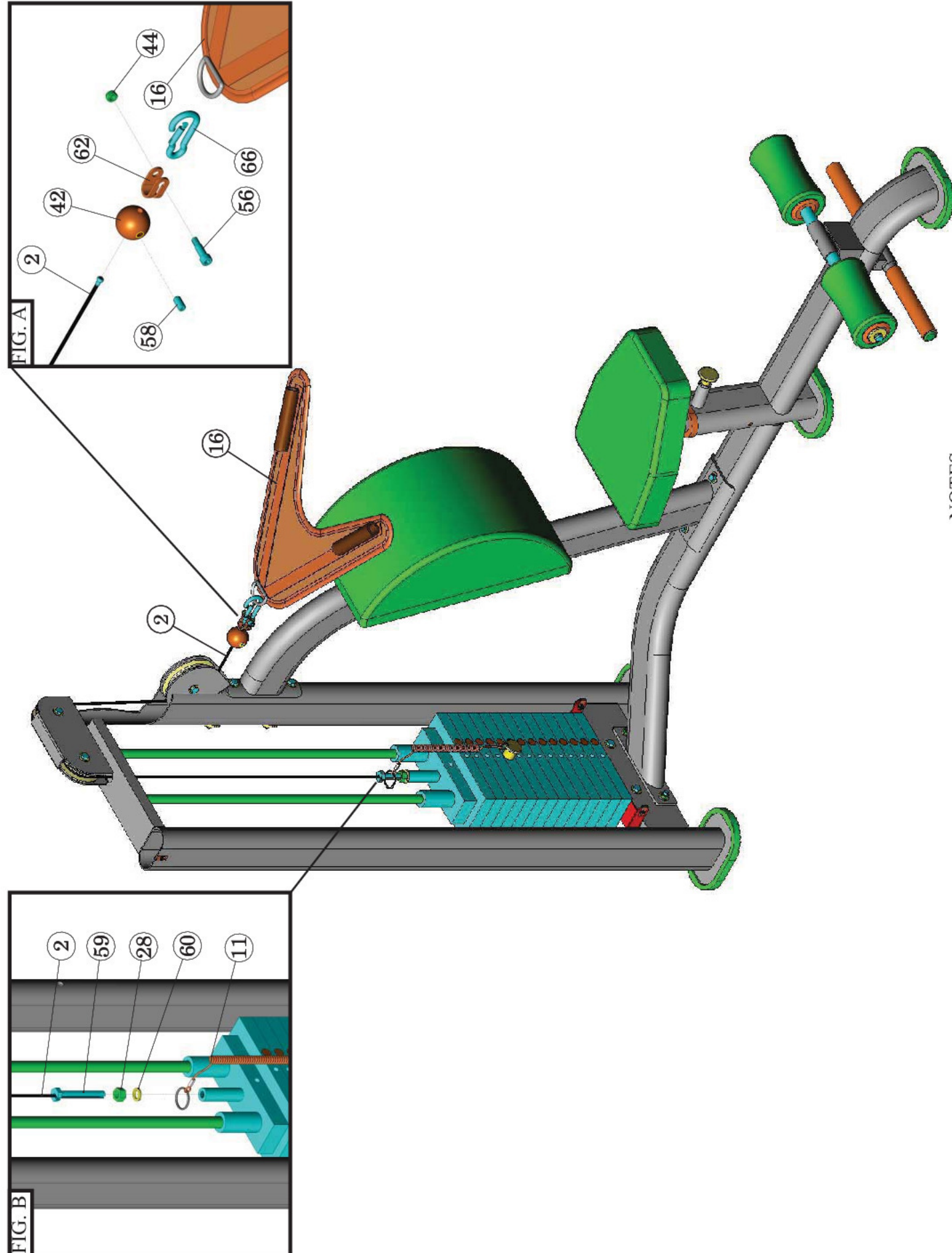
Part One: General Inspection and Cleaning

Equipment should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a monthly basis. A daily wipe down of the upholstery with a lanolin based hand cleaner or Naugahyde Cleaner. Do not use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Lanolin hand cleaner dissolves the sweat and lubricates the vinyl, maintaining its natural flexibility. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

1. Check equipment if it is operating properly.
2. Check the cable for loose fittings or frayed cable and is seating properly on the pulleys and cams.
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operation properly, place the piece out-of-service immediately.

CG-5519 Parts List

COLOR CHART										REV 1
GRAY= SUB-ASSEMBLY PARTS										
BLACK= HARDWARE										
CG-5519										
Parts List										
Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.		
1	ADJUSTABLE SEAT TUBE	0	UP6092	1	34	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	2		
2	ABDOMINAL CRUNCH CABLE	0	UP6094	1	35	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 1/4	BNH0273	2		
3	BACK PAD	0	UP6093	1	36	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	3		
4	FOAM ROLL 1 X 4 X 7	0	UP5927	2	37	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2 1/2	BNH0276	2		
5	FOOT ROLL TUBE 1 X 18 1/2	0	UP2944	1	38	HEX KEY LONG ARM ALLOY 1/8"	BNH0767	1		
6	FOOT ROLL TUBE 1 X 18 1/2 (2X NUTS)	0	UP5953	1	39	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	2		
7	FRONT FRAME	0	UP6095	1	40	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 5	BNH0320	4		
8	GUIDE ROD 3/4 RD X 48 1/4	0	UP5261	2	41	HEX KEY LONG ARM ALLOY 3/16"	BNH0371	1		
9	MAIN FRAME	0	UP6096	1	42	NYLON BALL W/THREADED SOCKET 1 3/4 X 5/16	BNH0022	1		
10	SEAT PAD	0	UP6097	1	43	NYLON INSERT JAM LOCK NUT 3/8-16	BNH0365	11		
11	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	44	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	1		
12	WEIGHT SHIELD SUPPORT BRACKET	0	UP5268	2	45	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	BNH0506	1		
13	WEIGHT STACK FRAME	1	UP6098	1	46	PLASTIC FOOT ROLL HOLDER	BNH1807	4		
14	10 LB STEEL WEIGHT PLATE BLACK		BNH1650	14	47	PLASTIC INSERT CAP 1" RD 10-12 GA	BNH0002	2		
15	10 LB TOP PLATE W/ADJ. SLTR BAR 14 WTS (EA)		BNH1097	1	48	PLASTIC INSERT ELLIPTICAL GUIDE	BNH1760	1		
16	ABDOMINAL CRUNCH HARNESS		BNH0235	1	49	PLASTIC SHROUD LID	BNH2097	1		
17	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2		BNH0553	2	50	PULL PIN 1/2 X 3 1/2 LIGHT SPRING (YELLOW KNOB)	BNH0603	1		
18	DECAL CALGYM 2/C ON CHROME 1 11/16 X 7 1/2		BNH2193	1	51	REAR PLASTIC WEIGHT SHIELD	BNH2133	1		
19	DECAL CALGYM 3/C DOMED 1 5/16 X 12 5/8		BNH2194	2	52	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2		
20	DECAL WARRANTY FULL COMMERCIAL 6 X 1.6		BNH2149	1	53	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	4		
21	DECAL WEIGHT NUMBERS 11/16 Ø 1-20 CALGYM		BNH2201	1	54	RUBBER GRIP 1 ID X .125 X 7 1/2	BNH0965	2		
22	DECAL-CAUTION WEIGHT TRAINING SAFETY... (REV 1)		BNH0126	1	55	RUBBER GROMMET 3/4" ID	BNH0401	2		
23	DECAL-EXERCISE AB CRUNCH		BNH2224	1	56	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	1		
24	DECAL-IMPORTANT ADJUST CABLE HERE		BNH1893	1	57	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	BNH0790	2		
25	DECAL-IMPORTANT FOR BEST PERFORMANCE... (REV 0)		BNH1894	2	58	SOCKET SET SCREW ALLOY 3/8-16 X 3/4	BNH0476	1		
26	DECAL-MAINTENANANCE		BNH2226	1	59	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2 (RND CUT)	BNH1814	1		
27	DECAL-WEIGHT SHIELD NUMBERS 9 X 26 (150 LB)		BNH2225	1	60	SPLIT LOCK WASHER B/O 1/2"	BNH0653	1		
28	FINISHED HEX NUT B/O 1/2-13		BNH0201	1	61	SPLIT LOCK WASHER B/O 3/8"	BNH0658	2		
29	FLAT WASHER 3/8 ID X 1 1/2 OD X 3/16 THICK		BNH1717	6	62	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0562	1		
30	FLAT WASHER SAE B/O 1/4"		BNH0233	10	63	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2		
31	FLAT WASHER SAE B/O 3/8"		BNH0239	20	64	U-STYLED TAPPED HOLE NUT 1/4-20	BNH0708	10		
32	FRONT PLASTIC WEIGHT SHIELD		BNH2132	1	65	U-SHAPE WASHER 3/8 ID X 1 1/2 OD X 3/16 THICK	BNH2245	2		
33	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4		BNH0890	10	66	SNAP LINK Z/P 8MM X 80MM	BNH0065	1		



NOTES:
1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY

Part Two: Maintenance

In this paragraph, we will discuss the inspection of the cables, pulleys and their associated components. If there exists the potential for injury to occur on a machine, it will most likely lie in the cable system. It is important to inspect the cables frequently and let it be known to all users that it is their responsibility to report any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used. In the advent of the 3/16" mill-spec cable this wear takes longer to become apparent and this is why frequent inspections are so important.

1. Check the cable termination at the weight stack. To perform any cable tension adjustment, loosen the hex jam nut and thread the hex tap bolt in or out to give cable the proper tension. Re-tightened the hex jam nut when adjustment is complete and make sure the hex tap bolt is threaded 1/2" into the socket of the selector bar top plate.
2. Check the cable as it terminates at the cam. Check the end fitting for any signs of fraying in this area. Inspect the bolt and nut and/or screw holding the fitting and be sure that it is tight.
3. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulley. This is an early warning sign to replace the cable.

Part Three: Lubrication

Bearing and linear bearings systems have advanced over the years but they must be maintained on a regular basis if you expect them to last and perform efficiently. TuffStuff uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to insure long-lasting performance.

1. Bronze and nylon bushings, we recommend on a monthly basis to spray a teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
2. Weight stack guide rods and bushings, again use teflon spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. Do not use WD-40 or other lubricants as they attract dirt and will create a mess between the weight plates and bushings.
3. Sealed bearings pivot points, as the name implies are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dried to prevent the build up of dust and sweat.
4. Linear bearing systems are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down weekly and lubricated with a light layer of teflon grease. We recommend a teflon-base (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to clogged and jammed.

If you religiously perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

Any doubts, equipment with mechanical problems should be placed "Out-of-Service" until all problems are corrected. If replacement parts are required or maintenance questions, please contact TuffStuff Service Department:

Phone: 909-629-1600 Fax: 909-629-4967 e-mail: service@tuffstuff.net

