

## **Инструкция**

### **Сведение-разведение Tuff Stuff АХТ-TOS (для АХТ-3 и АХТ-5) (опция)**

Полезные ссылки:

[Сведение-разведение Tuff Stuff АХТ-TOS \(для АХТ-3 и АХТ-5\) \(опция\) - смотреть на сайте](#)

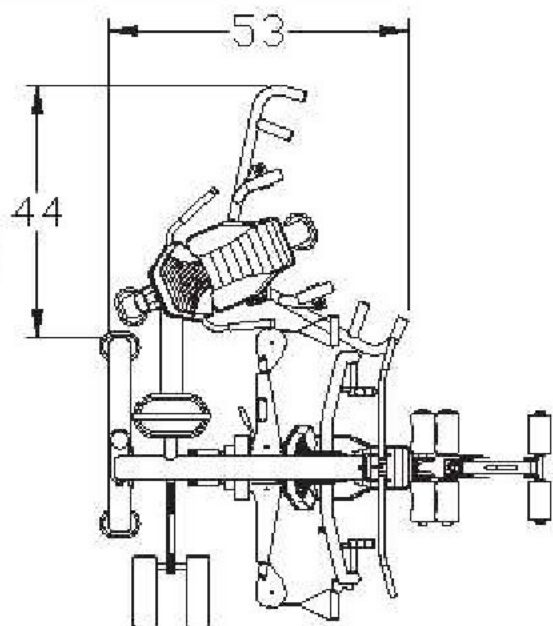
[Сведение-разведение Tuff Stuff АХТ-TOS \(для АХТ-3 и АХТ-5\) \(опция\) - читать отзывы](#)

# OWNER'S MANUAL



**AXT-TOS**  
*Inner Outer Thigh Option W/Nylon Pulleys (Standard)*

**AXT-TOD**  
*Inner Outer Thigh Option W/Aluminum Pulleys (Deluxe)*



# TUFFSTUFF

AMERICA'S PREMIER EXERCISE EQUIPMENT

AXT-TO  
L 53" W 44"

AXT-TO Rev1  
Revision Date 10-1-07

## Introduction

About the AXT-TOS\_AXT-TOD Inner Outer Thigh Option  
Congratulations on your new purchase of the AXT-TOS\_AXT-TOD. We hope you are completely satisfied with this product and wish you many years of enjoyment.

### Tuff Stuff 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 Home Lifetime 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 - 200 lbs.
2. Total Machine Weight - 128 lbs.

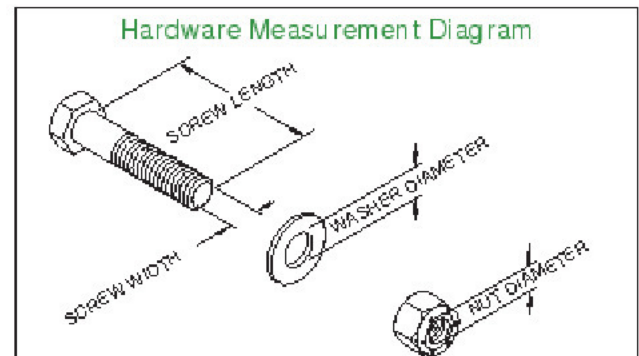
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the AXT-TOS\_AXT-TOD

1. We advise you to consult your local Tuff Stuff retailer if you should have a question or problem regarding the proper assembly of this unit.

### Tool Requirements

1. One 7/8" combination wrench
2. One 3/4" combination wrench
3. One 9/16" combination wrench
4. One 1/2" combination wrench
5. One 7/16" combination wrench
6. One ratchet
7. One 9/16" socket
8. External Retaining-ring pliers
9. One hammer
10. One rubber mallet
11. Windex or household glass cleaner
12. Measuring tape
13. Utility knife



## Safety Precautions

### Safety First

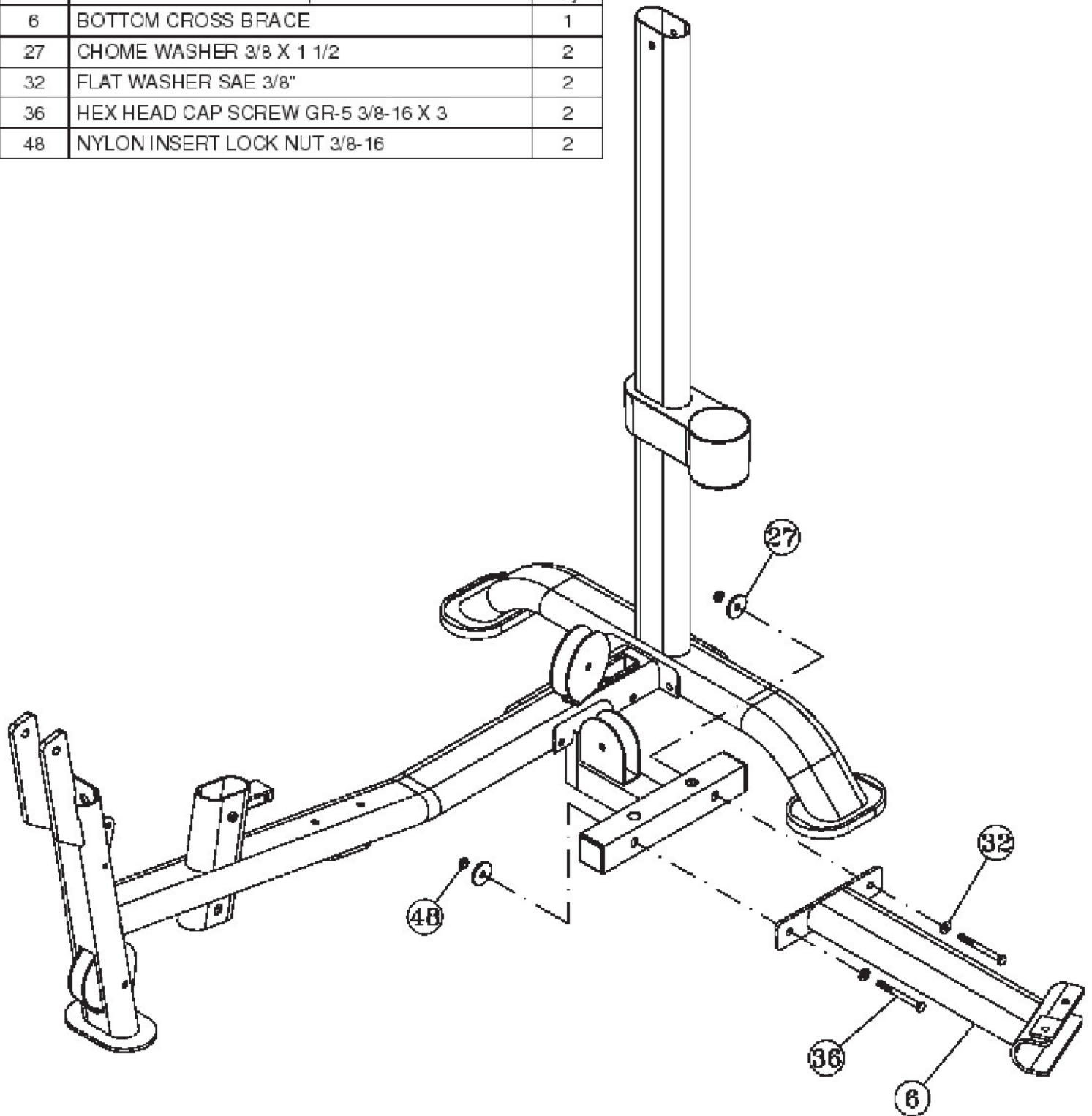
Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Read, study and understand the Assembly Instructions and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use.
2. It is imperative that you retain this Assembly Instructions and be sure all warning labels are legible and intact. Replacement Assembly Instructions and labels are available from your local Tuff Stuff retailer.
3. Consult with your physician before beginning any exercise program.

4. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
5. Use proper discretion when children are present.
6. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
7. Do not attempt to lift more weight than you can control safely.
8. Inspect the Unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.

### Assembly List

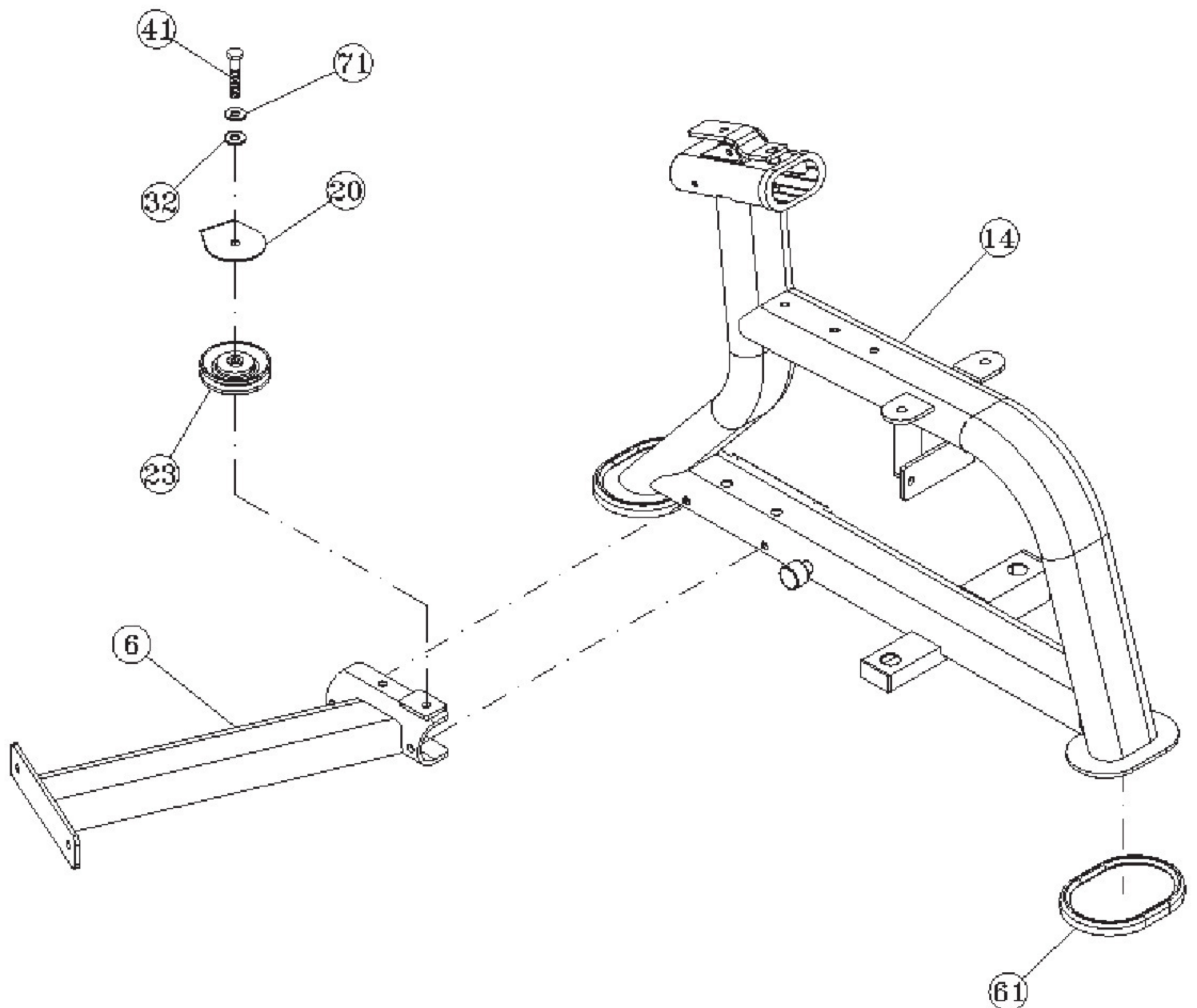
Item #	Description	Qty.
6	BOTTOM CROSS BRACE	1
27	CHROME WASHER 3/8 X 1 1/2	2
32	FLAT WASHER SAE 3/8"	2
36	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	2
48	NYLON INSERT LOCK NUT 3/8-16	2



## Step 2

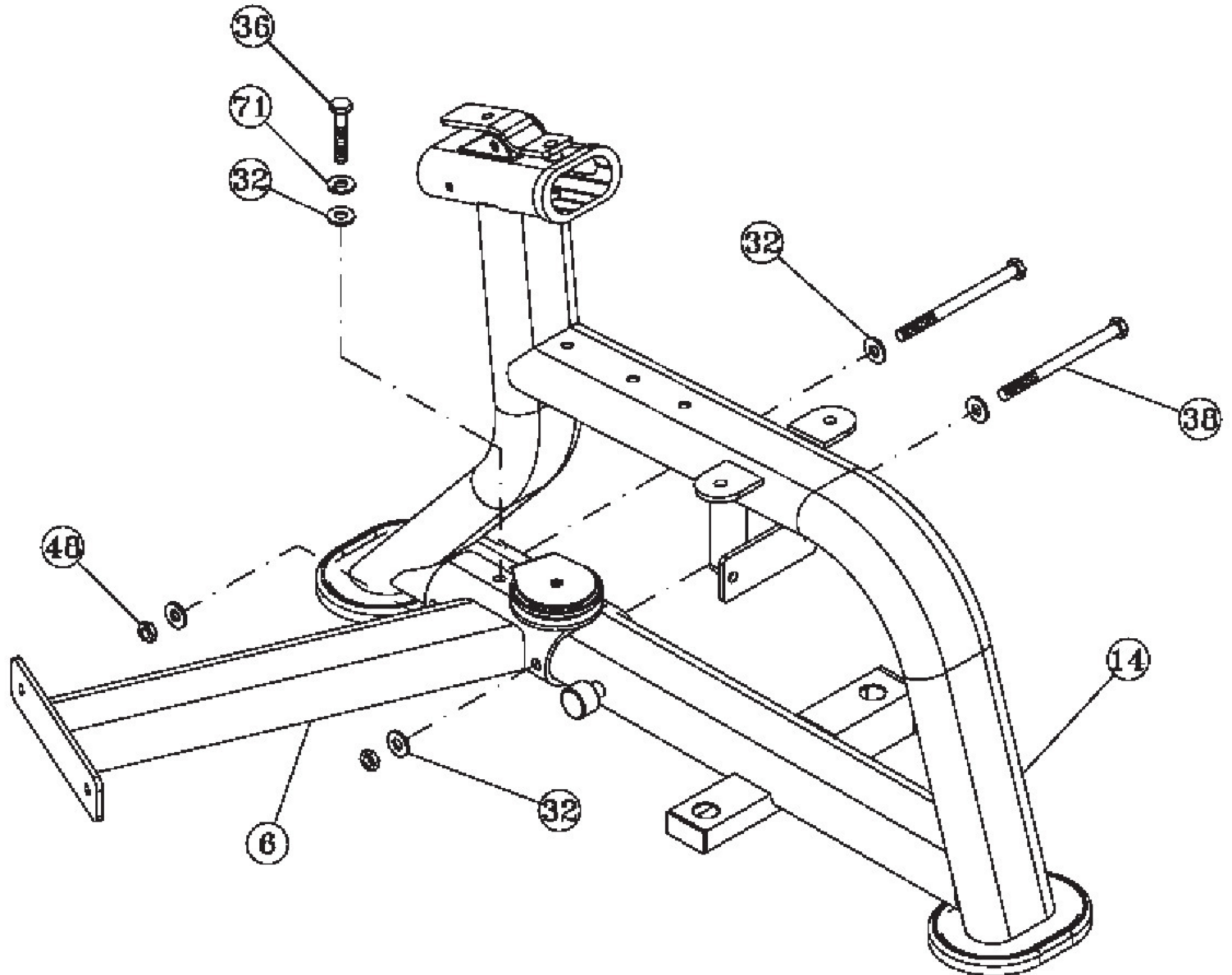
### Assembly List

Item #	Description	Qty.
14	MAIN FRAME	1
20	SMALL COVER PLATE 3 1/2 PULLEY	1
23	ALUMINUM PULLEY 3/8 X 1 X 3 1/2	1
32	FLAT WASHER SAE 3/8"	1
41	HEX HEAD CAP SCREW GR-5 3/8-16 X 2	1
61	RUBBER FOOT FOR 6 X 4 1/4 PLATE	1
71	SPLIT LOCK WASHER 3/8"	1



### Assembly List

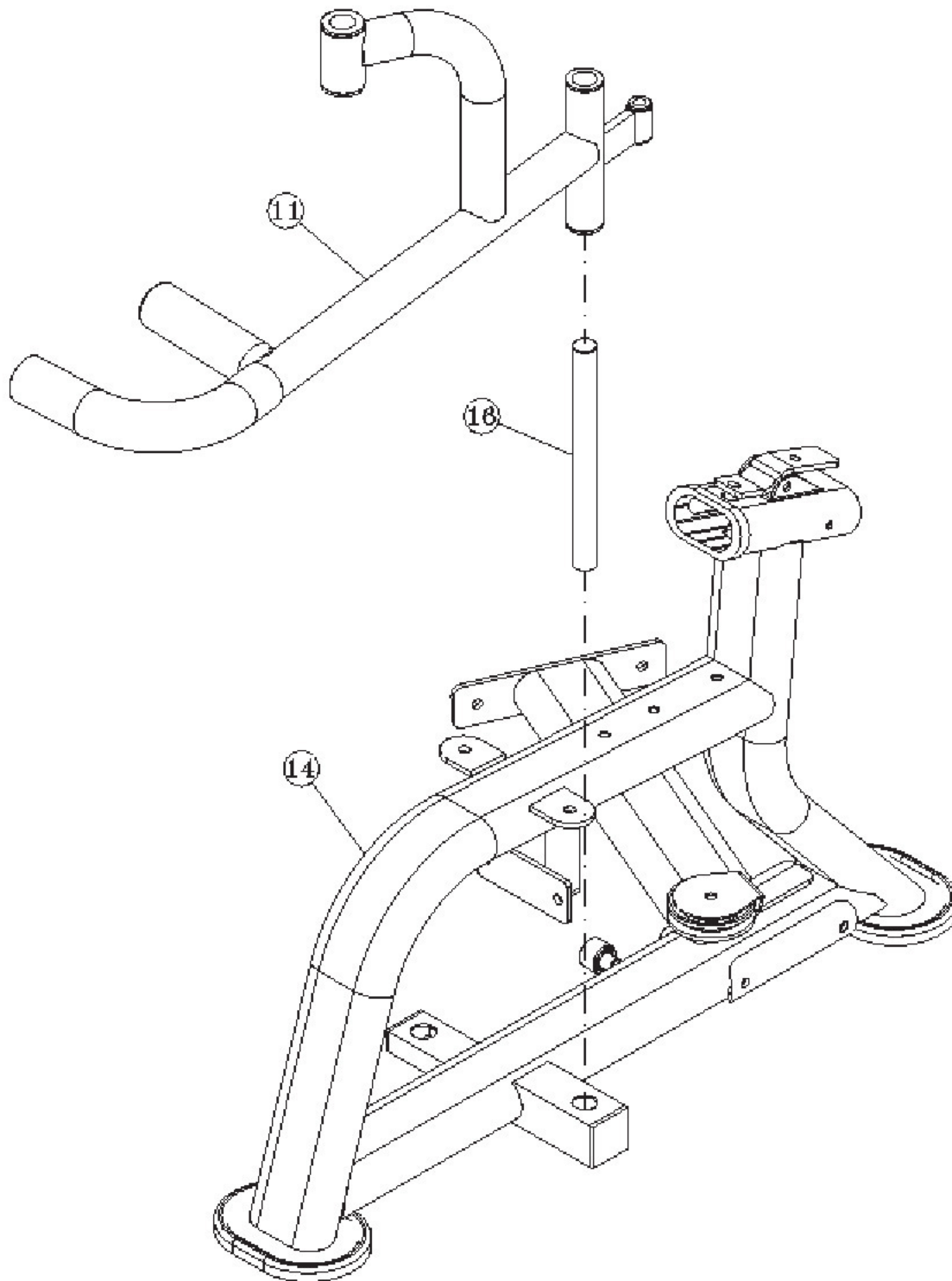
Item #	Description	Qty.
32	FLAT WASHER SAE 3/8"	5
36	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	1
38	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	2
48	NYLON INSERT LOCK NUT 3/8-16	2
71	SPLIT LOCK WASHER 3/8"	1



## Step 4

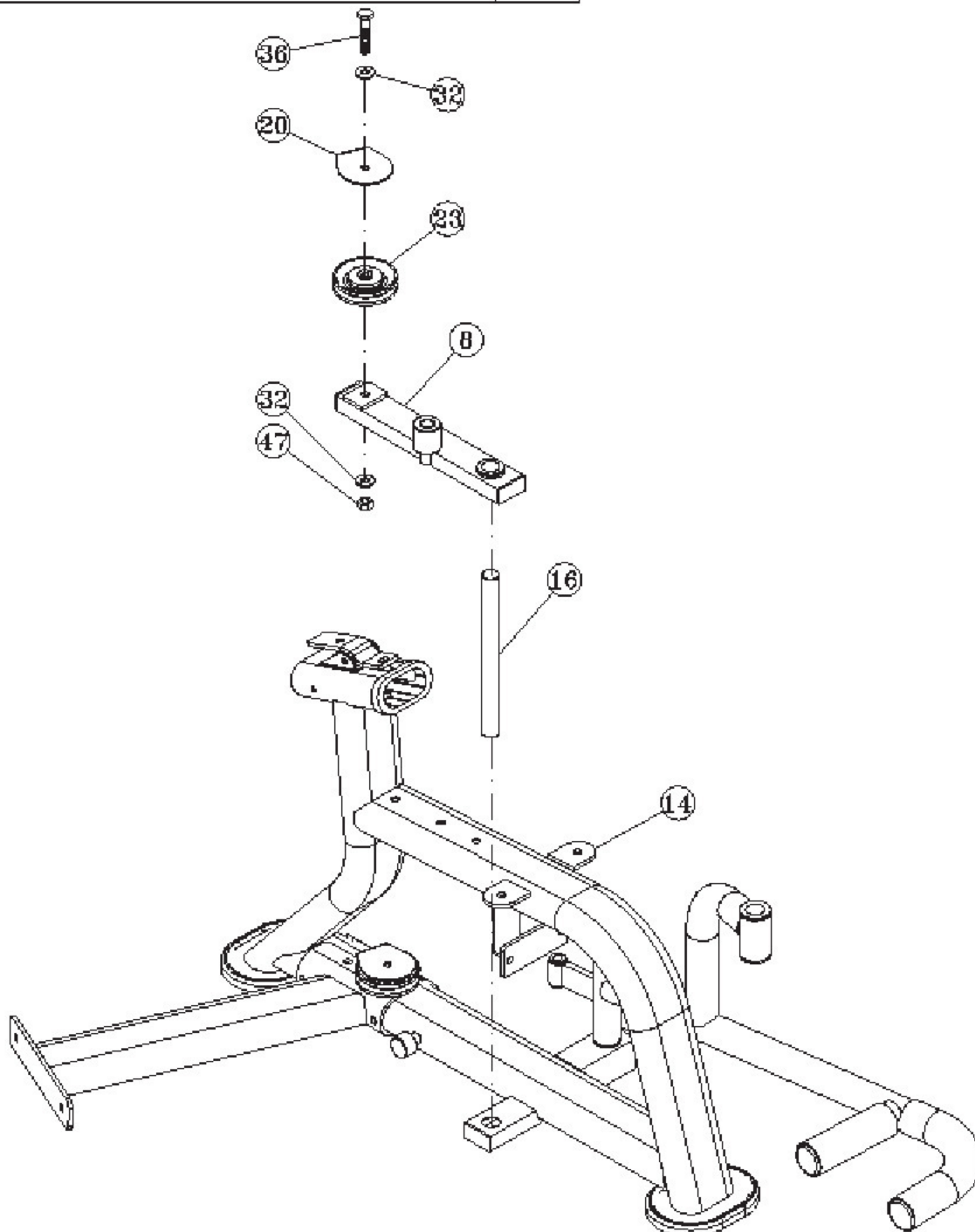
### Assembly List

Item #	Description	Qty.
11	LEFT LEG ARM	1
16	PIVOT AXLE 1 X 10 5/8	1



### Assembly List

Item #	Description	Qty.
8	CAM SUPPORT TUBE	1
16	PIVOT AXLE 1 X 10 5/8	1
20	SMALL COVER PLATE 3 1/2 PULLEY	1
23	PULLEY 3/8 X 1 X 3 1/2	1
32	FLAT WASHER SAE 3/8"	2
36	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	1
47	NYLON INSERT LOCK NUT 3/8-16	1

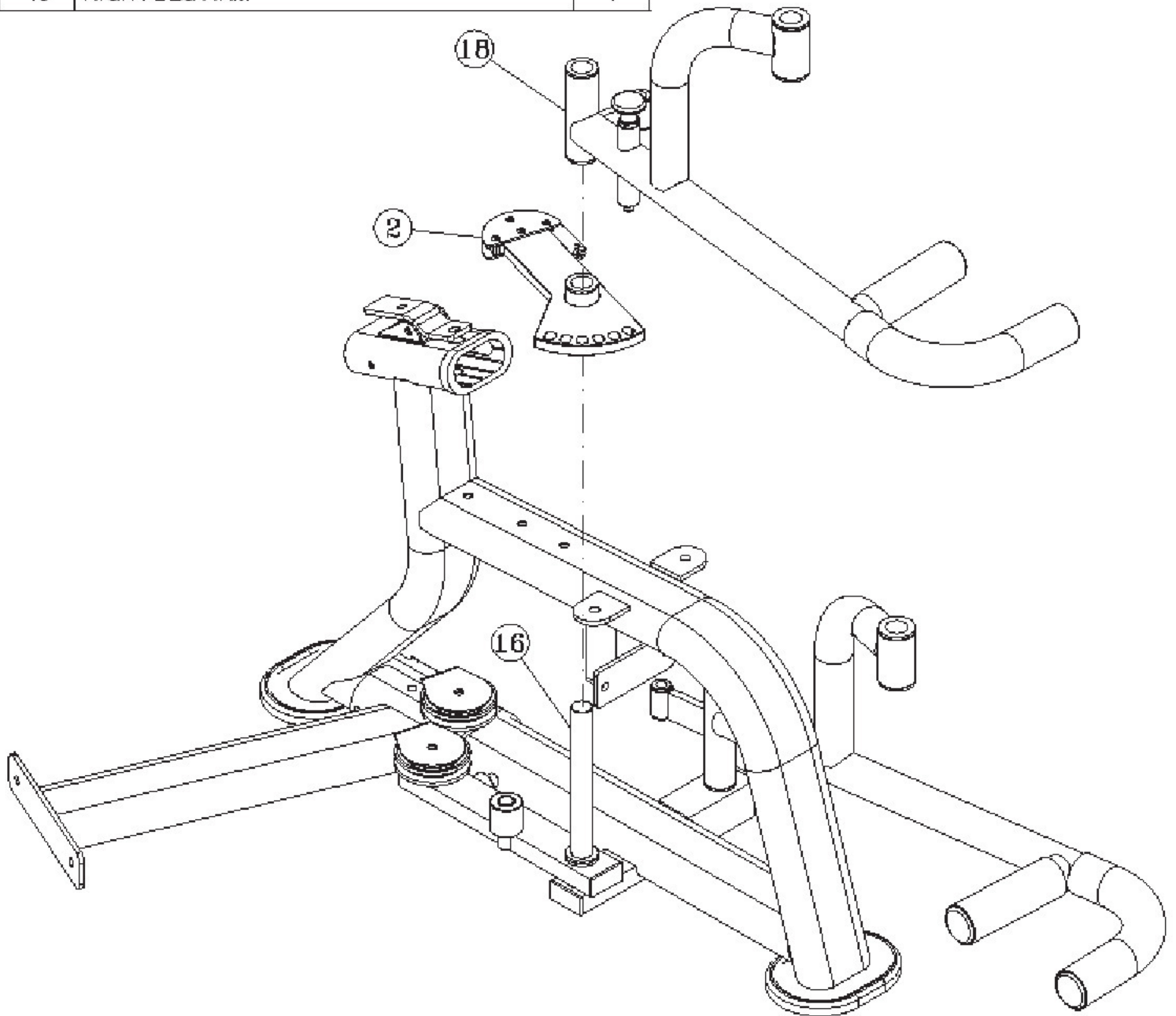




## Step 6

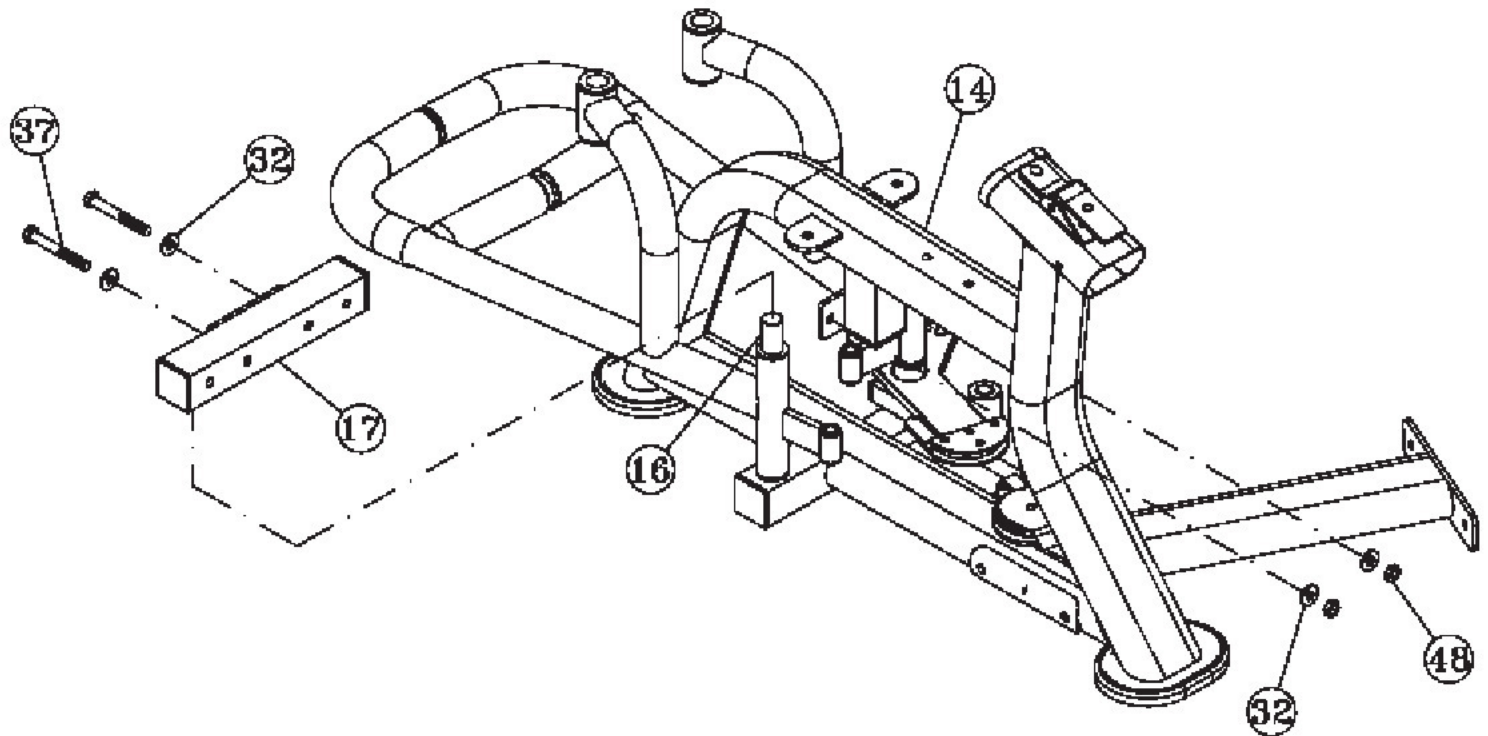
### Assembly List

Item #	Description	Qty.
2	ADJUSTABLE CAM PLATE	1
18	RIGHT LEG ARM	1



### Assembly List

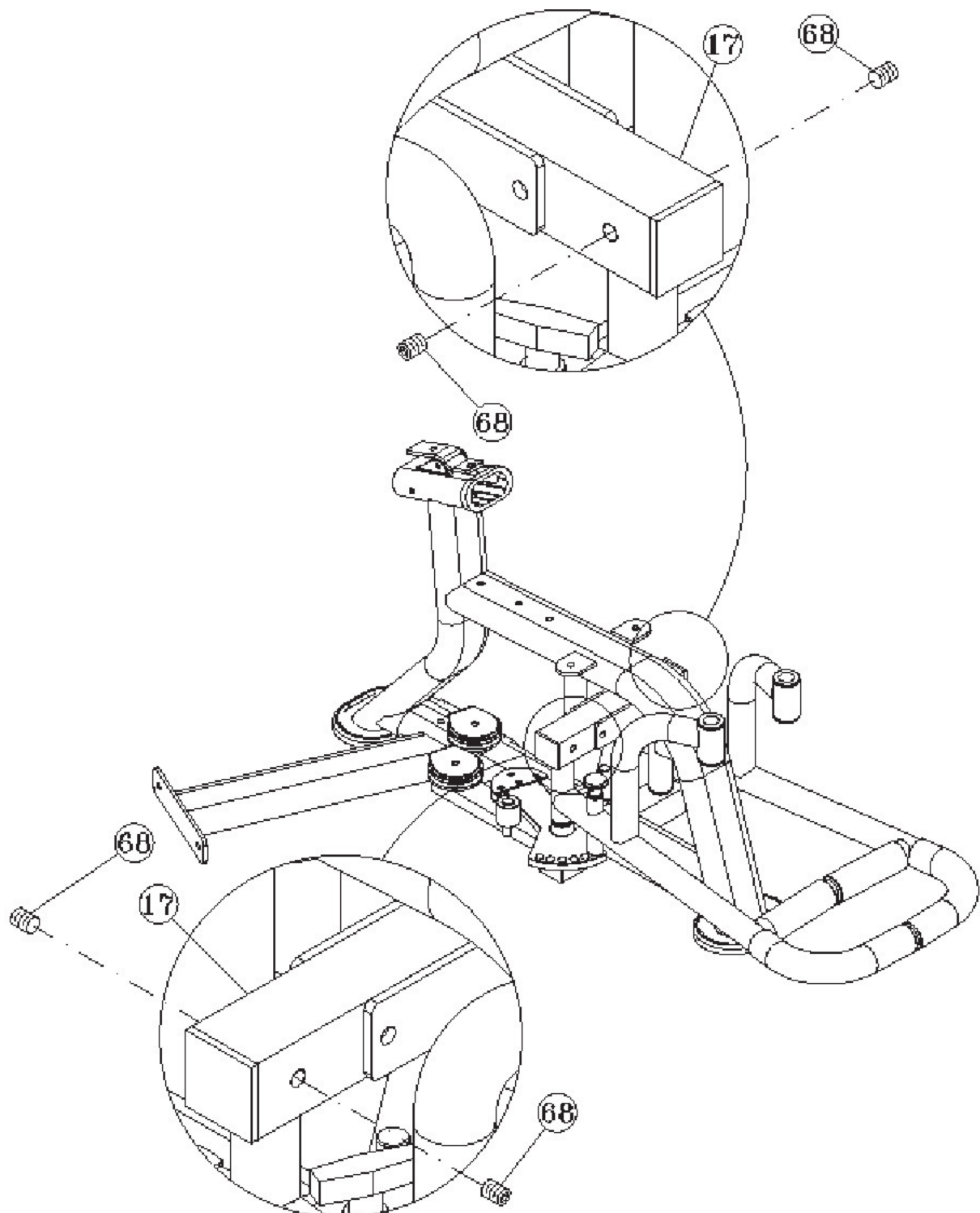
Item #	Description	Qty.
17	PIVOT AXLE SUPPORT TUBE	1
32	FLAT WASHER SAE 3/8"	4
37	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4	2
48	NYLON INSERT LOCK NUT 3/8-16	2



## Step 8

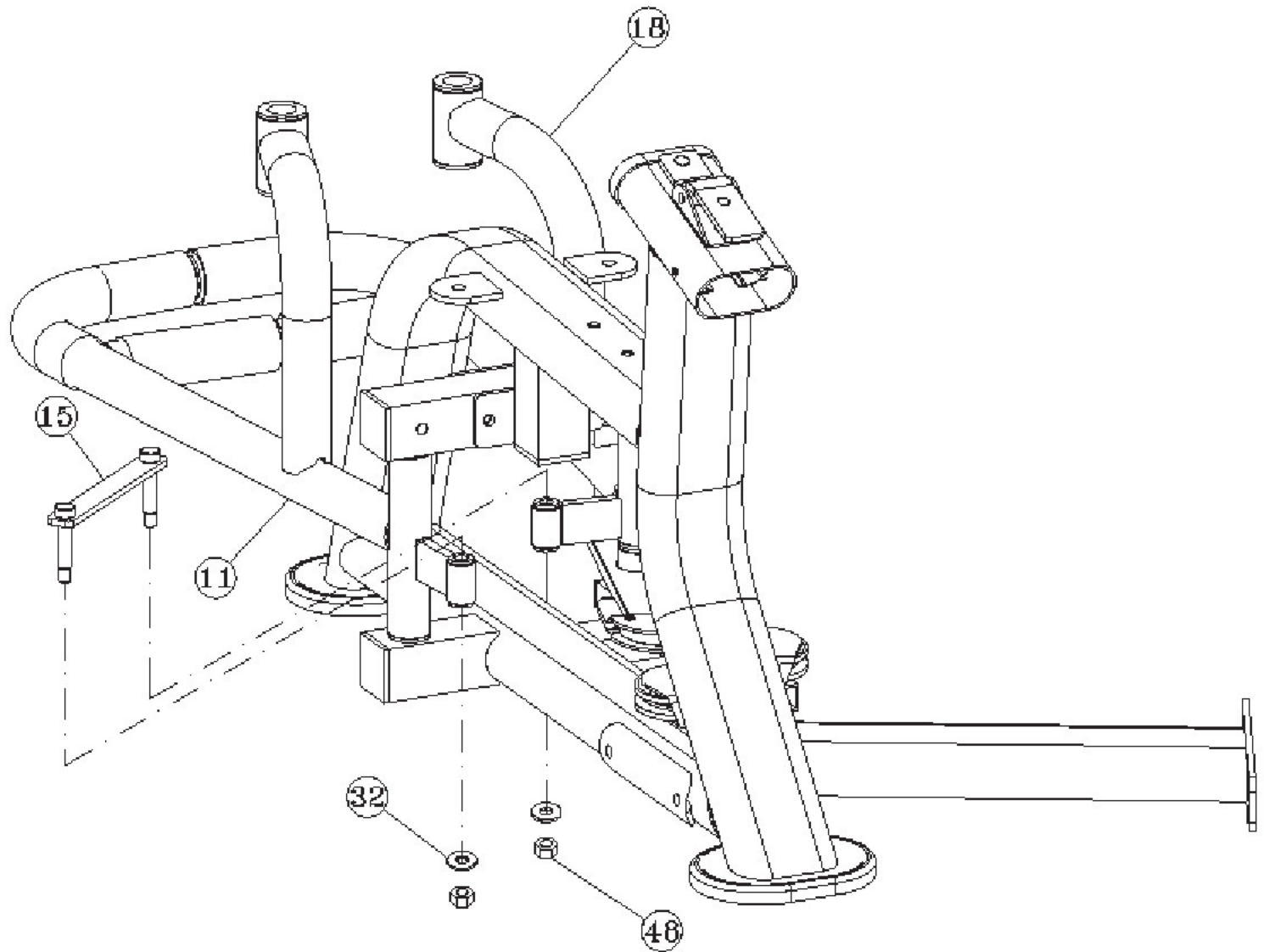
### Assembly List

Item #	Description	Qty.
68	SOCKET SET SCREW 3/8-16 X 1/2	4



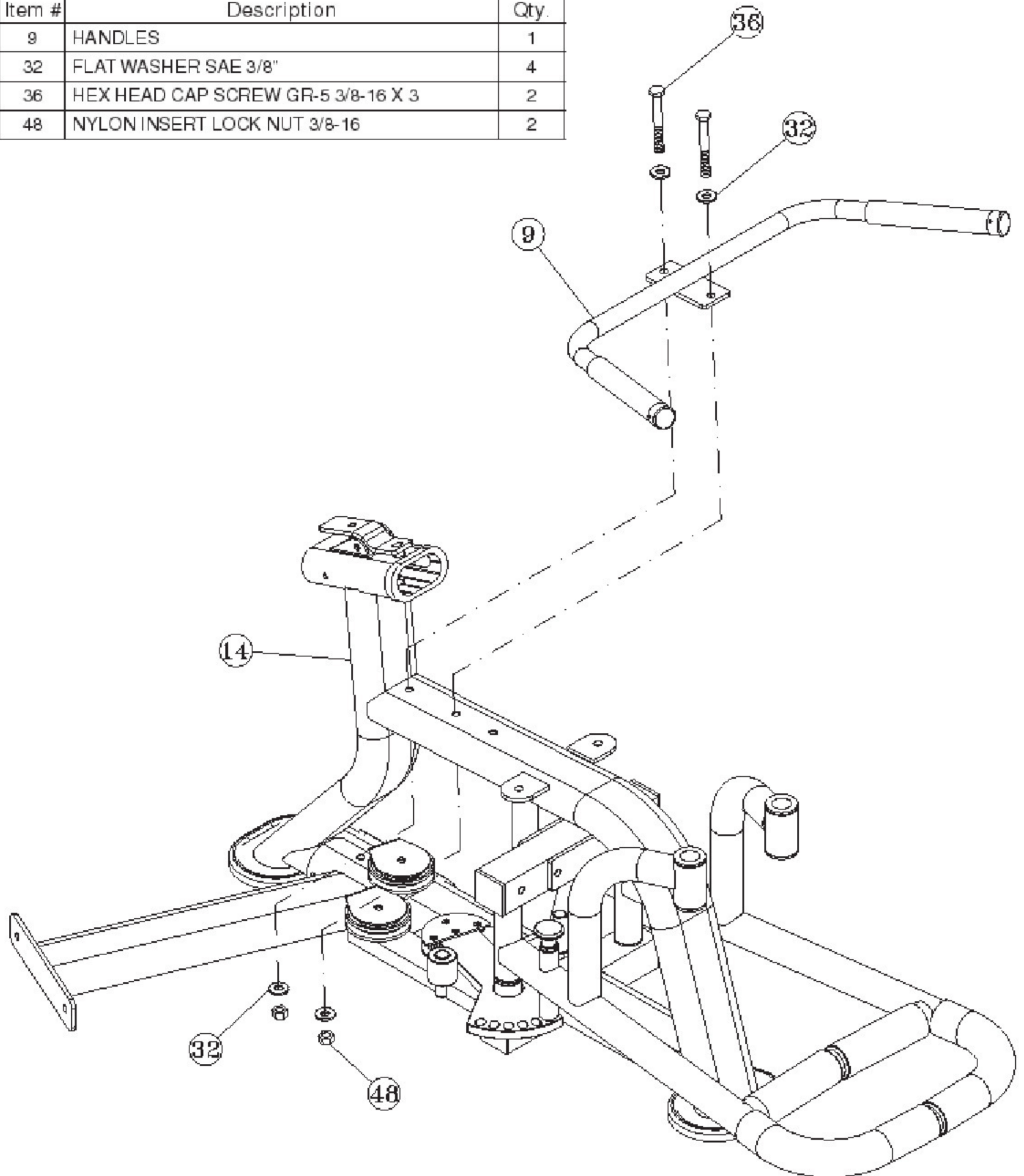
### Assembly List

Item #	Description	Qty.
15	PIVOT ACTUATOR PLATE	1
32	FLAT WASHER SAE 3/8"	2
48	NYLON INSERT LOCK NUT 3/8-16	2



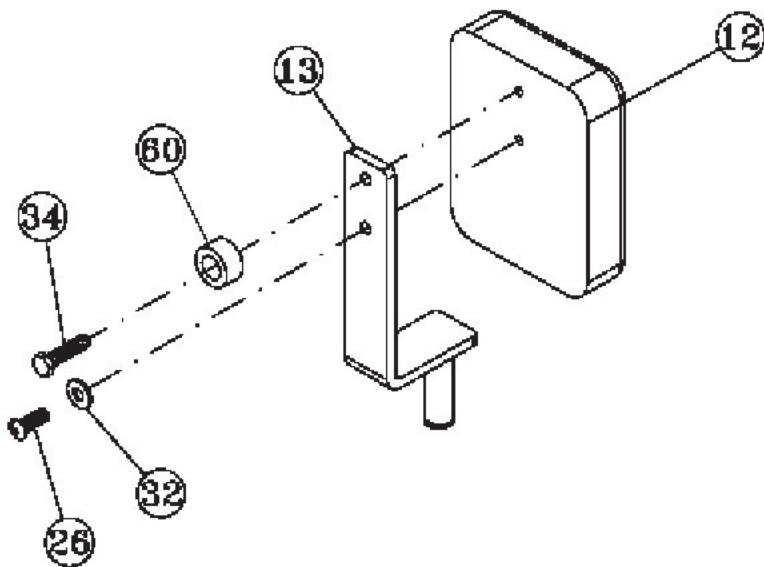
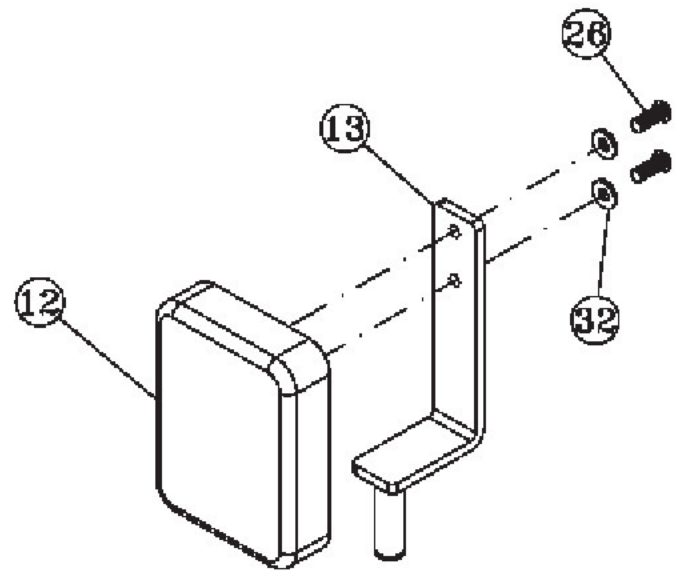
### Assembly List

Item #	Description	Qty.
9	HANDLES	1
32	FLAT WASHER SAE 3/8"	4
36	HEX HEAD CAP SCREW GR-5 3/8-16 X 3	2
48	NYLON INSERT LOCK NUT 3/8-16	2



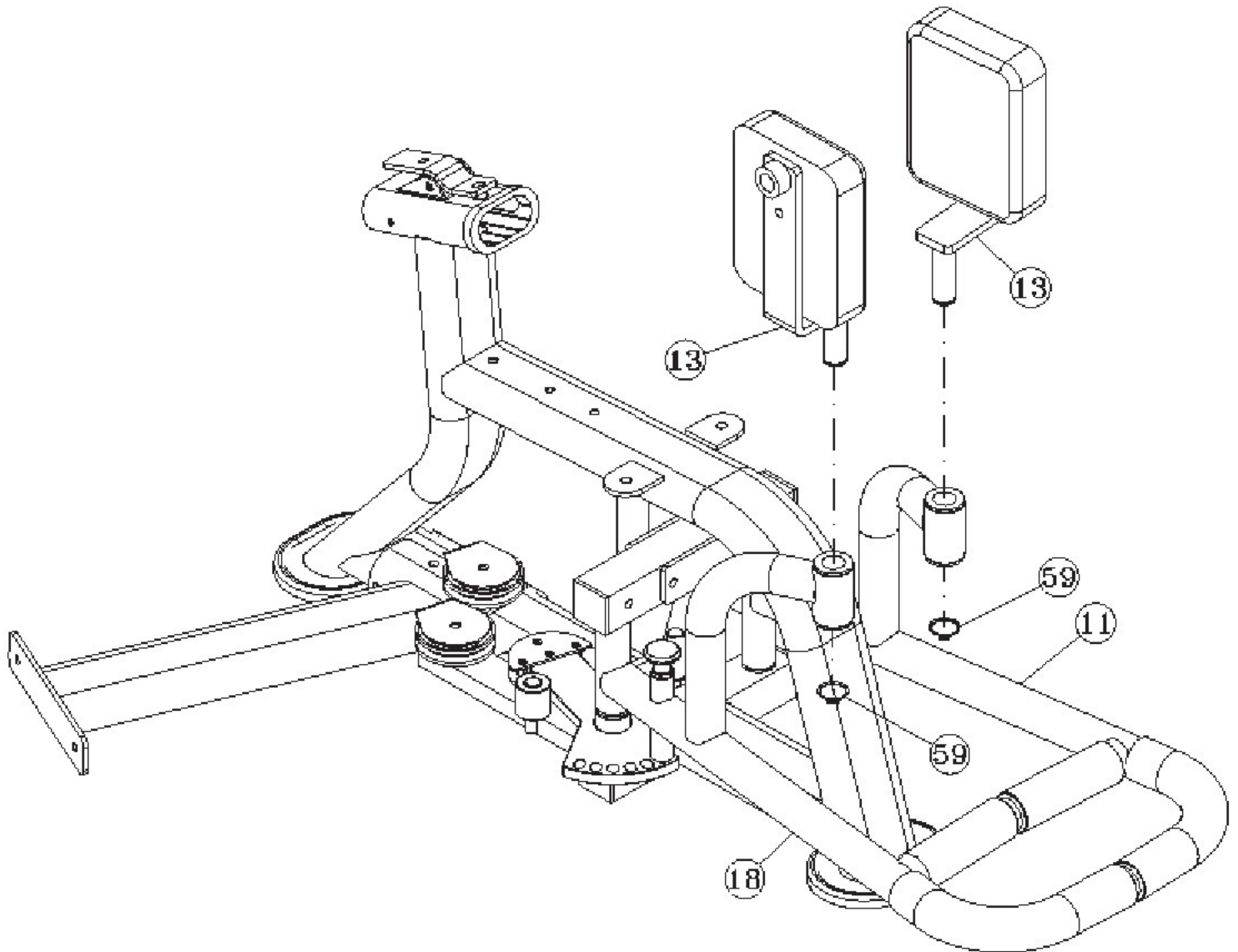
### Assembly List

Item #	Description	Qty.
12	LEG PAD	2
13	LEG PAD PIVOT BRACKET	2
26	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1 1/2	3
32	FLAT WASHER SAE 3/8"	3
34	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4	1
60	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	1



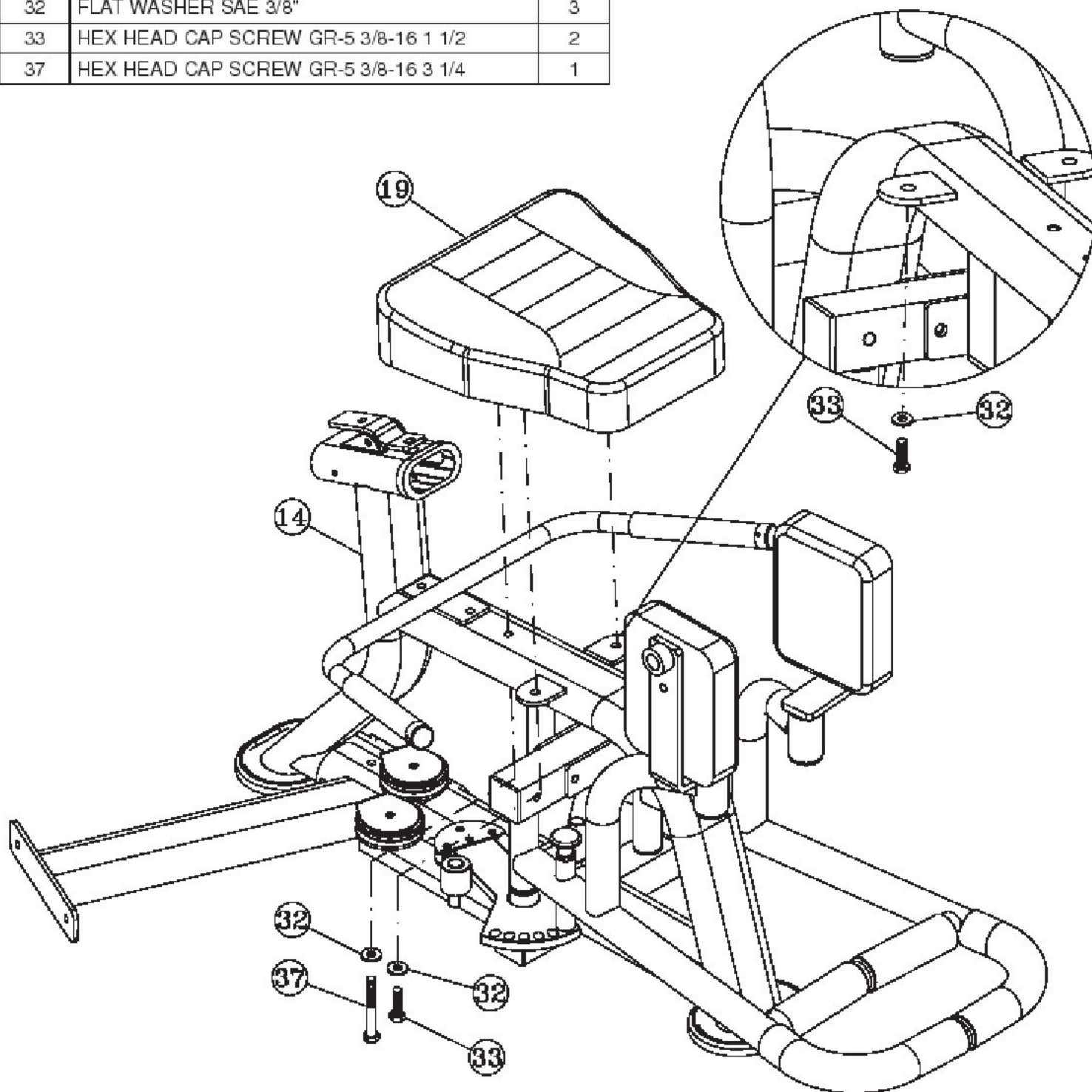
## Assembly List

Item #	Description	Qty.
59	RETAINING SNAP RING EXT .925 X 1 X .042	2



### Assembly List

Item #	Description	Qty.
19	SEAT PAD	1
32	FLAT WASHER SAE 3/8"	3
33	HEX HEAD CAP SCREW GR-5 3/8-16 1 1/2	2
37	HEX HEAD CAP SCREW GR-5 3/8-16 3 1/4	1

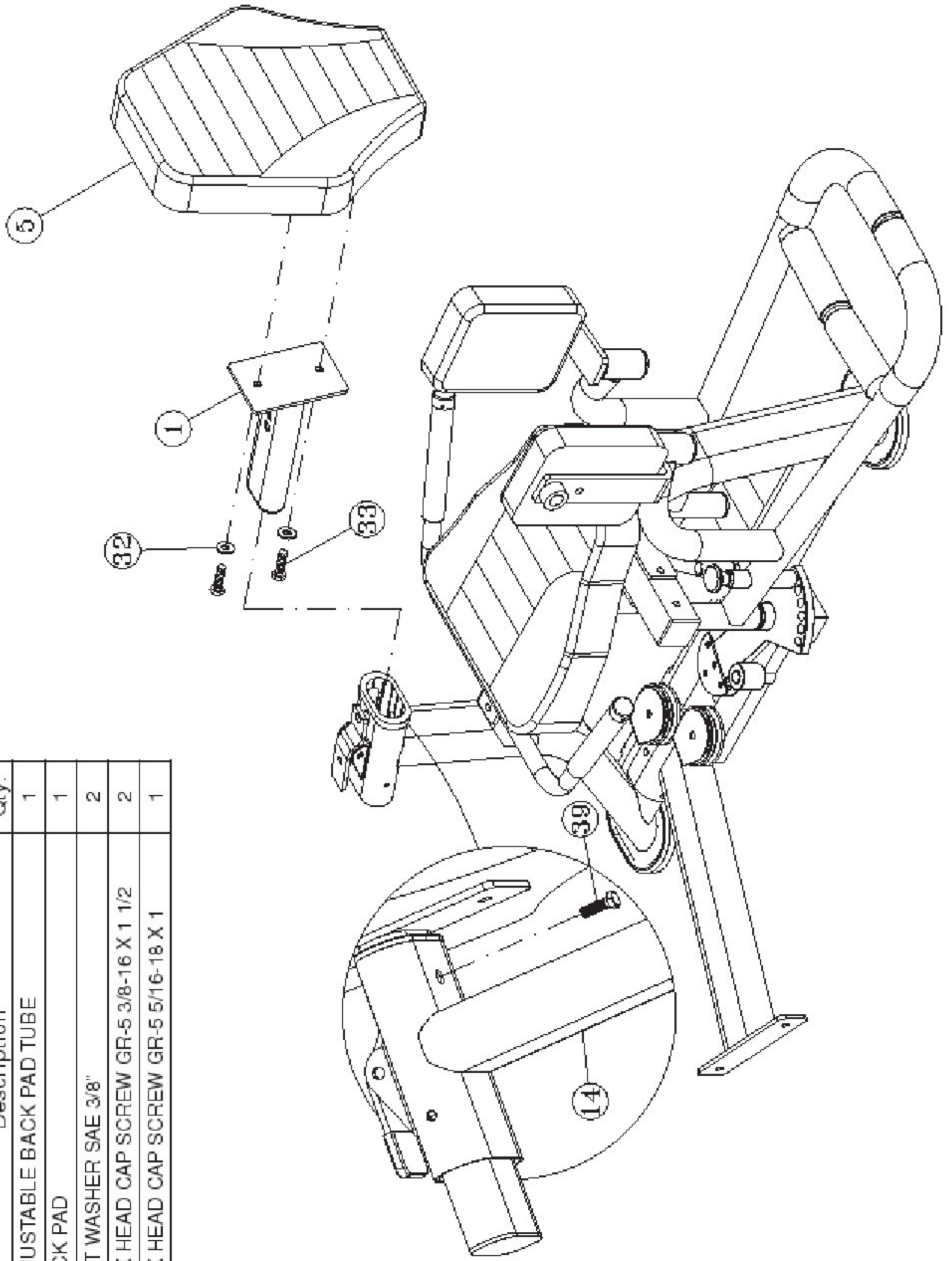


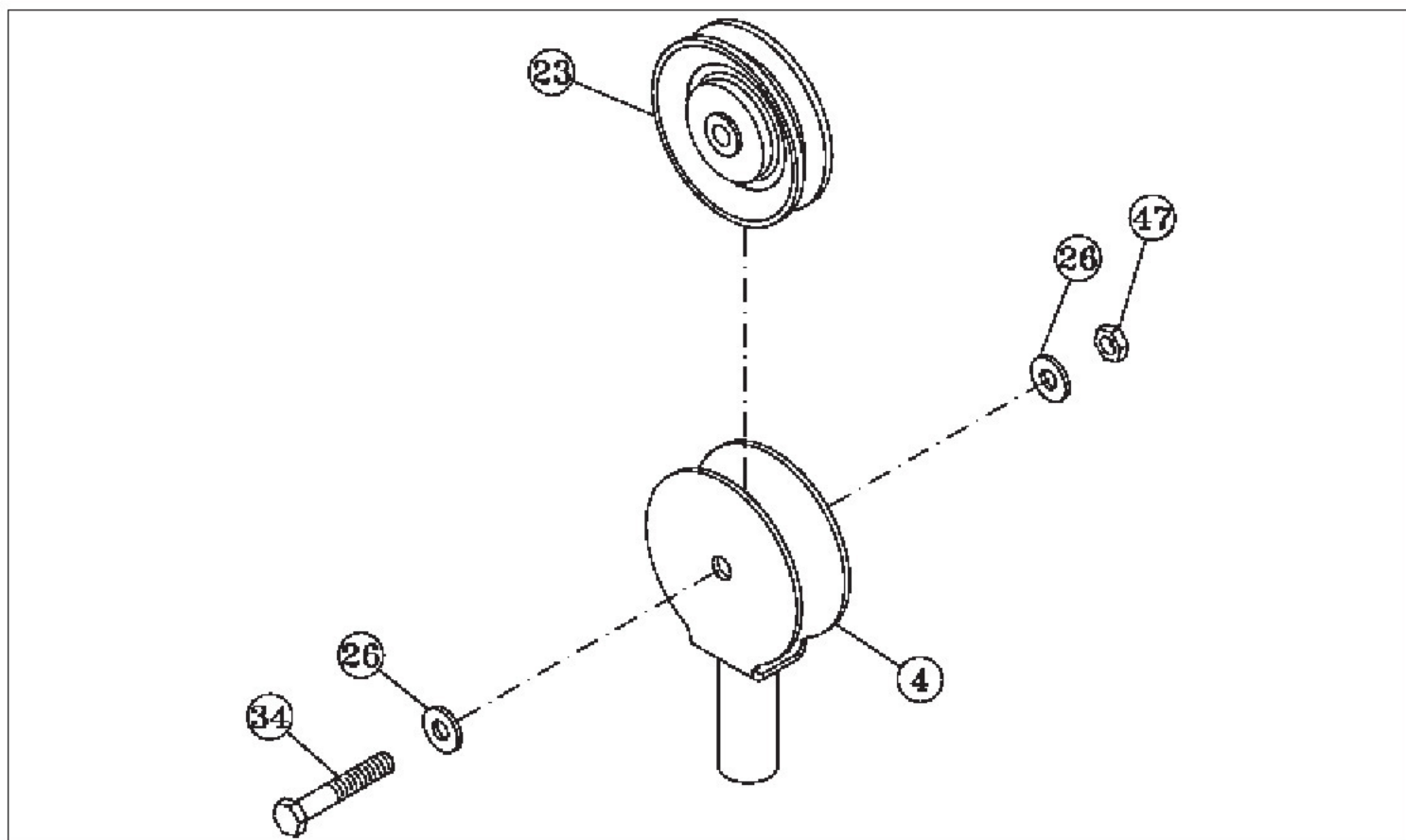
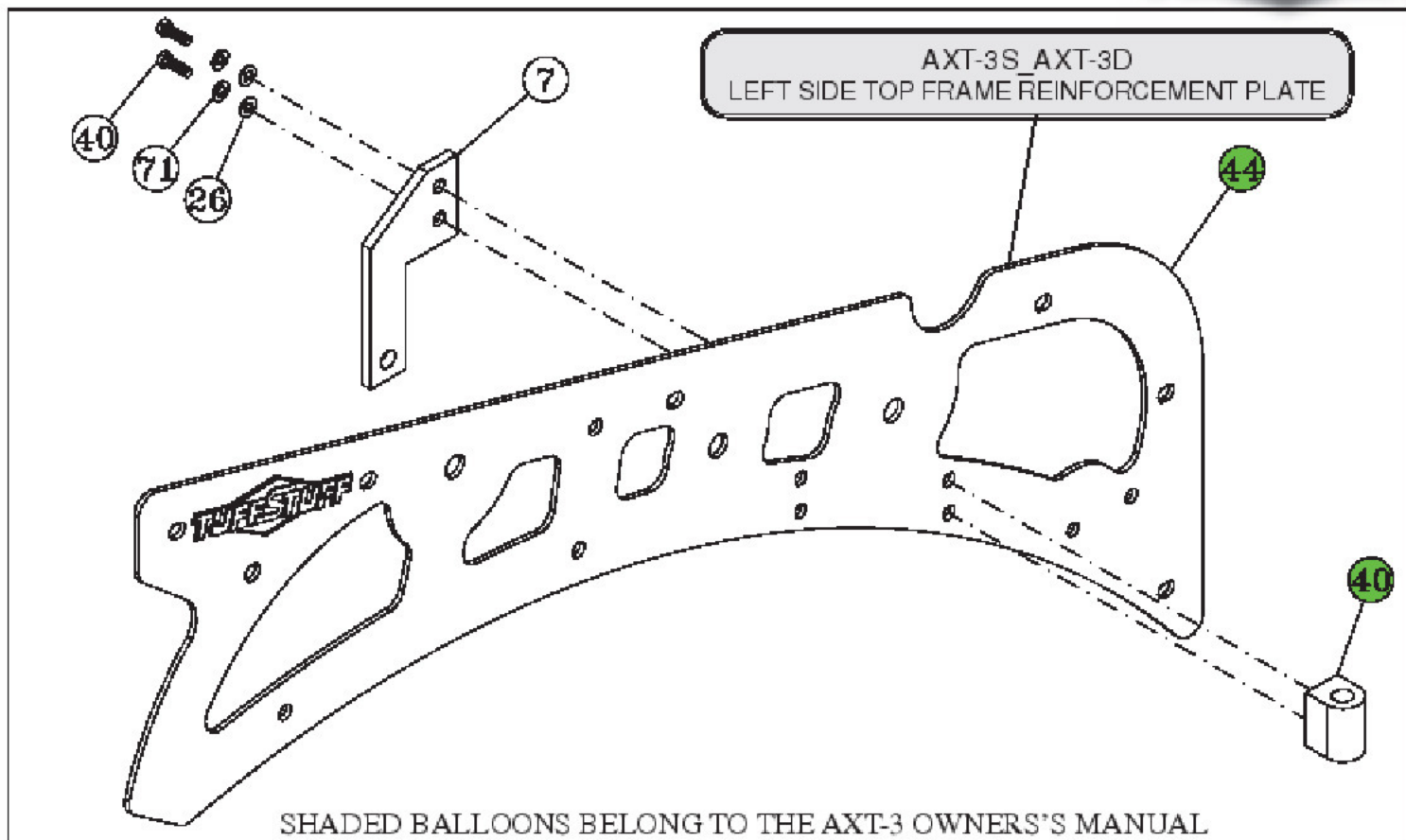


## Step 14

### Assembly List

Item #	Description	Qty.
1	ADJUSTABLE BACK PAD TUBE	1
5	BACK PAD	1
32	FLAT WASHER SAE 3/8"	2
33	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/2	2
39	HEX HEAD CAP SCREW GR-5 5/16-18 X 1	1

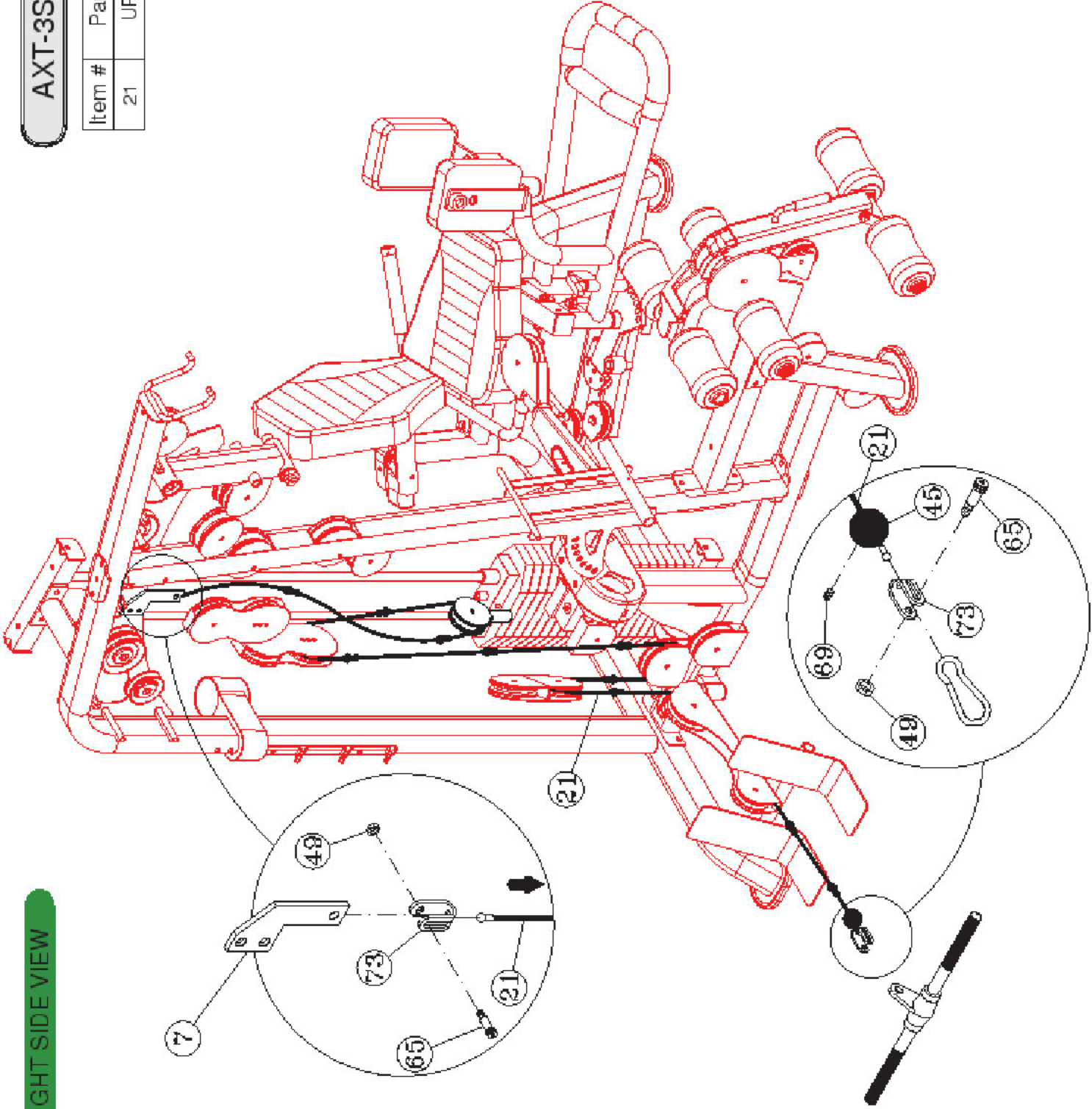




# Step 16 Assembly of Tension Cable to AXT-3

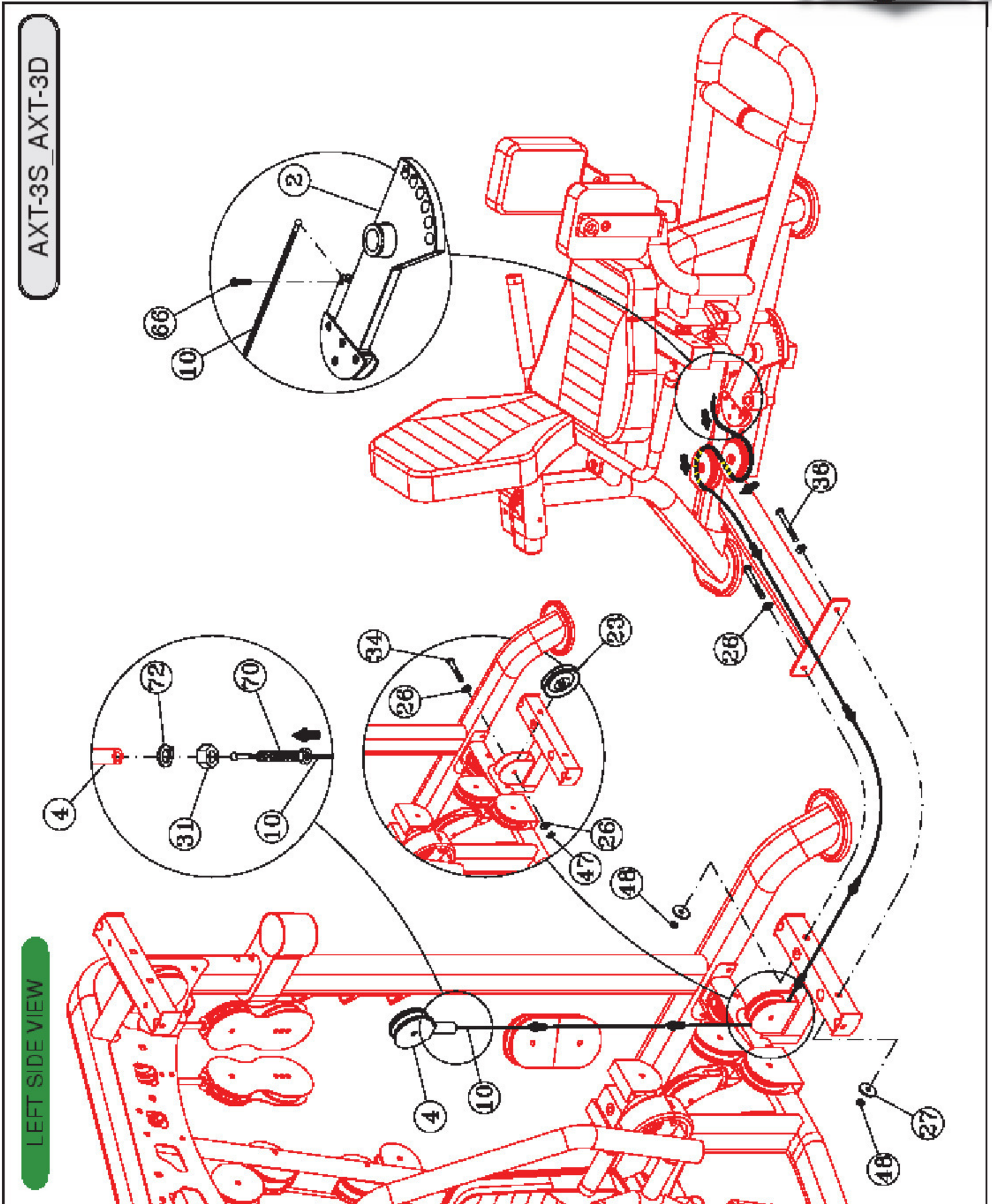
**AXT-3S AXT-3D**

Item #	Part No	Qty.
21	UP5160	1



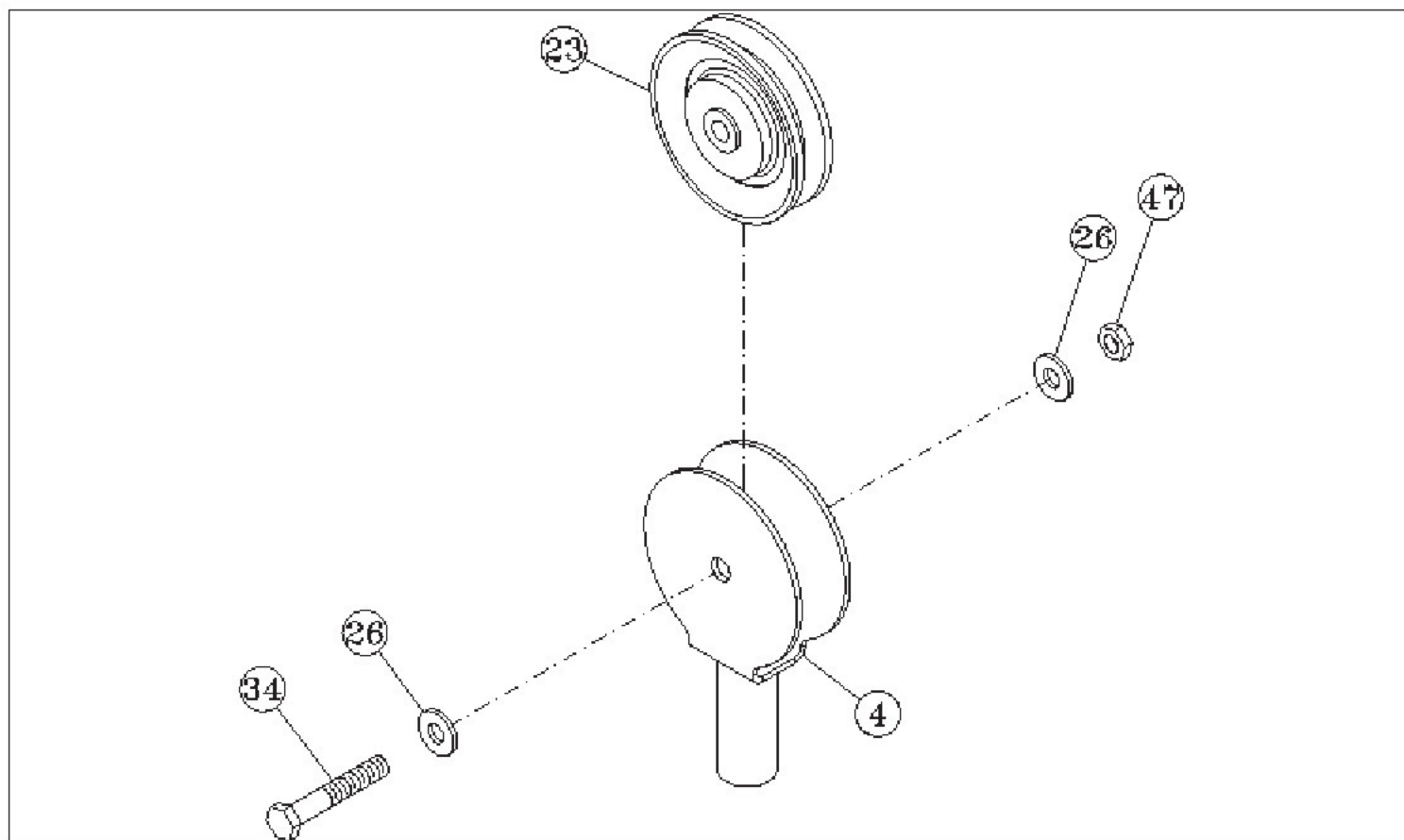
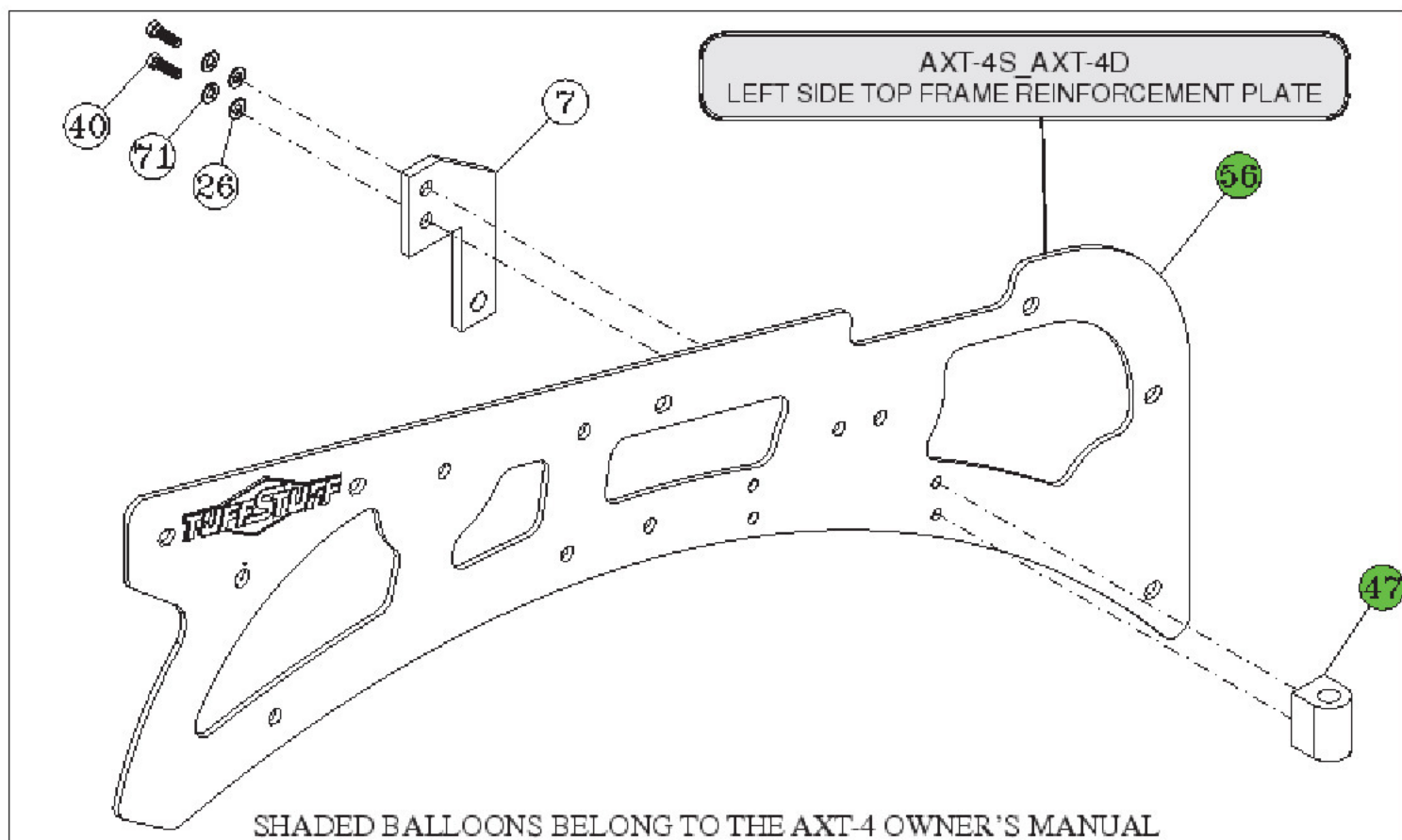
**RIGHT SIDE VIEW**

AXT-3S\_AXT-3D



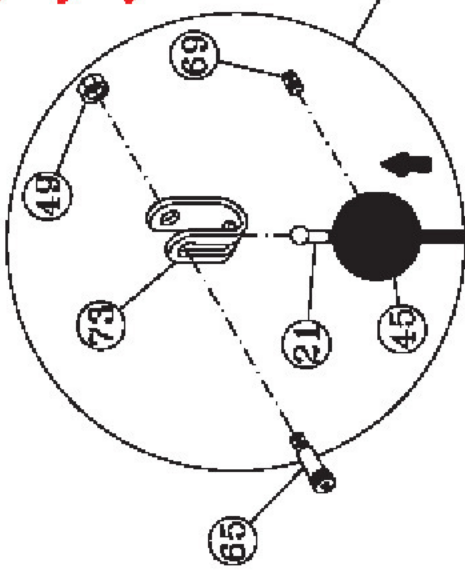
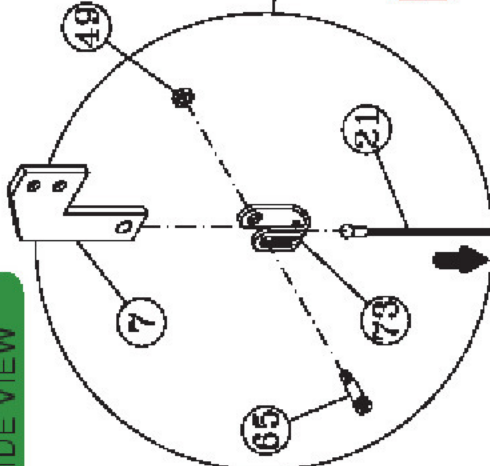
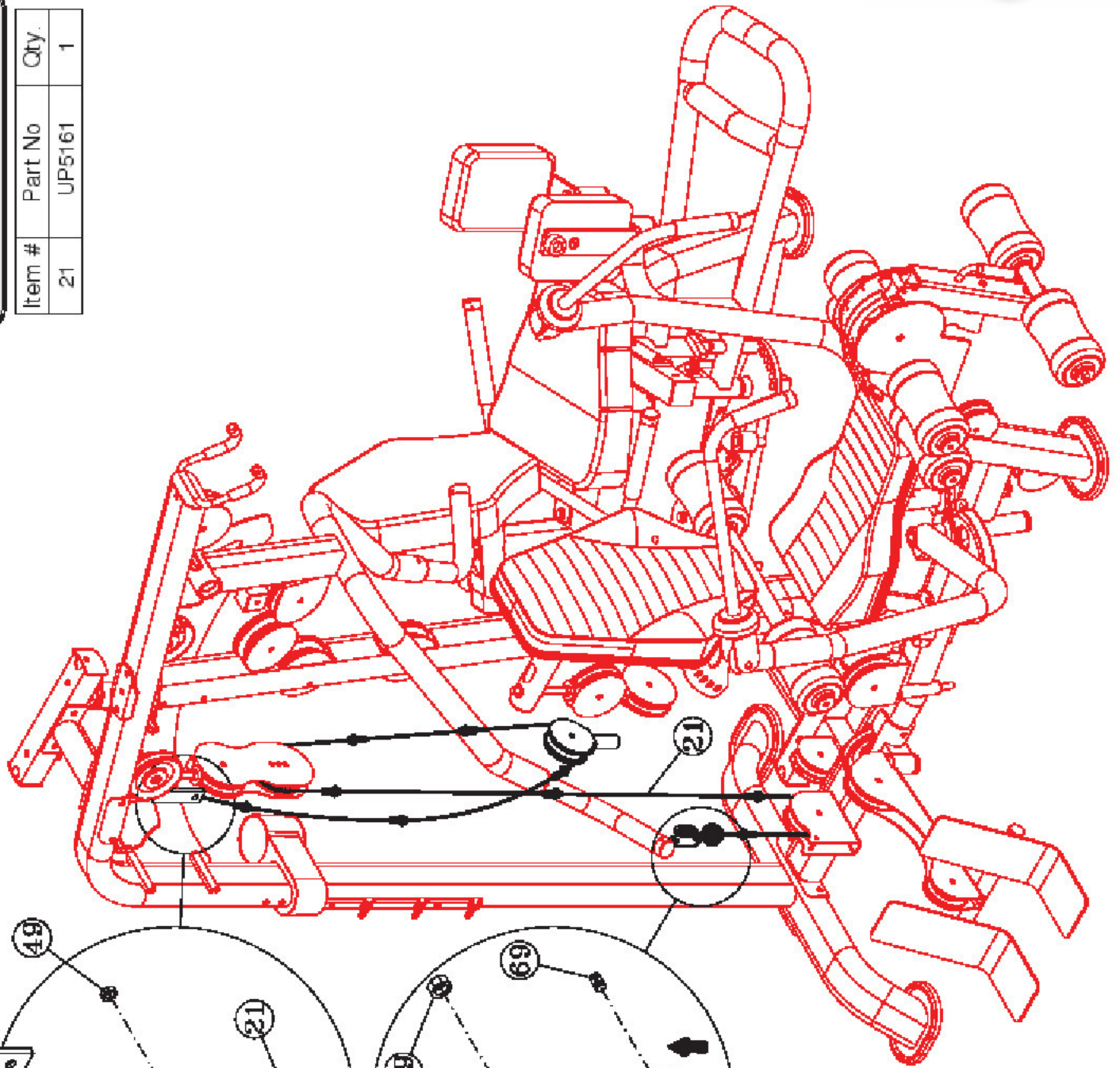
LEFT SIDE VIEW

Step 18 Assembly of the Cable Connector Plate to the AXT-4



**AXT-4S AXT-4D**

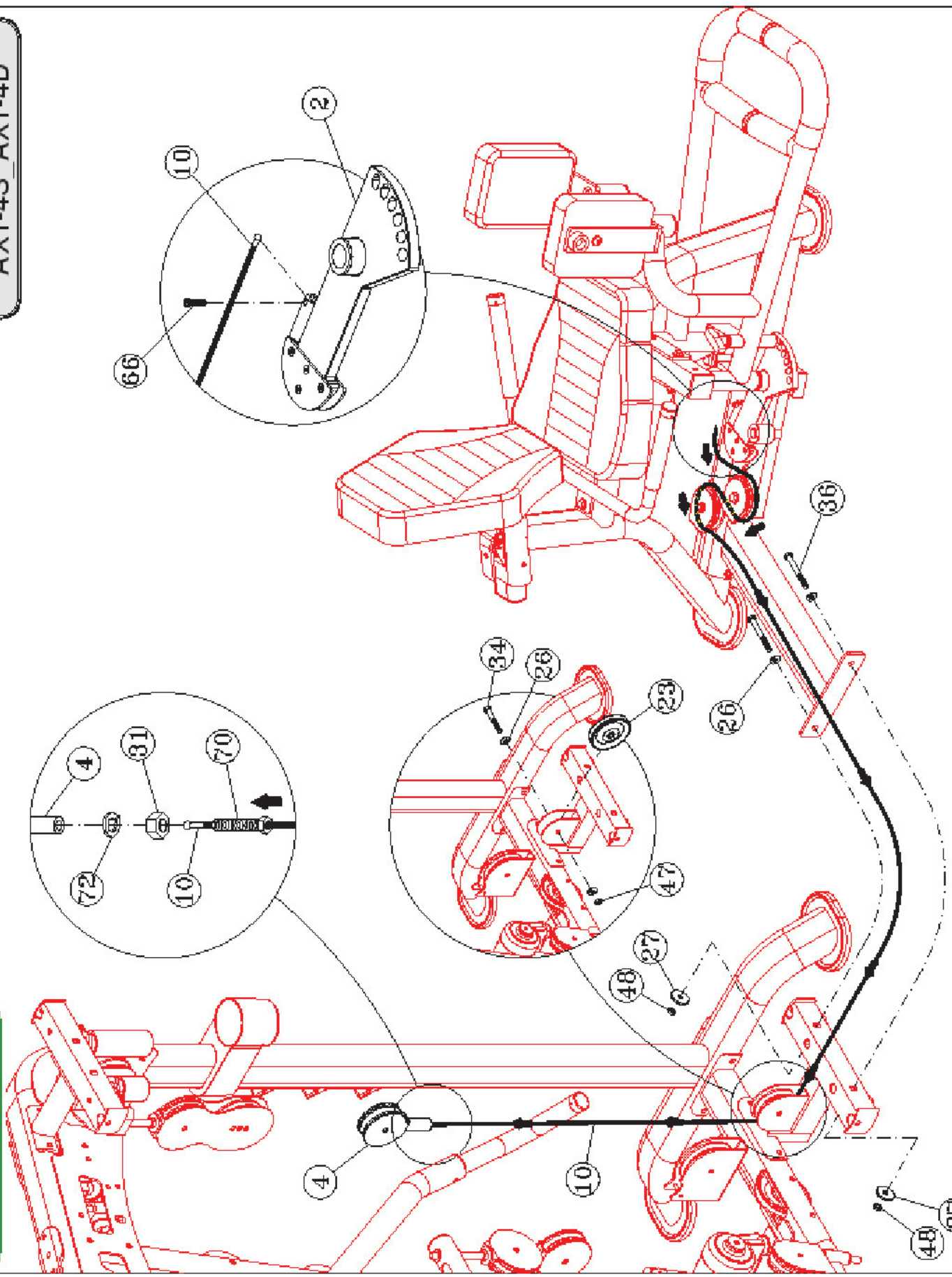
Item #	Part No	Qty.
21	UP5161	1

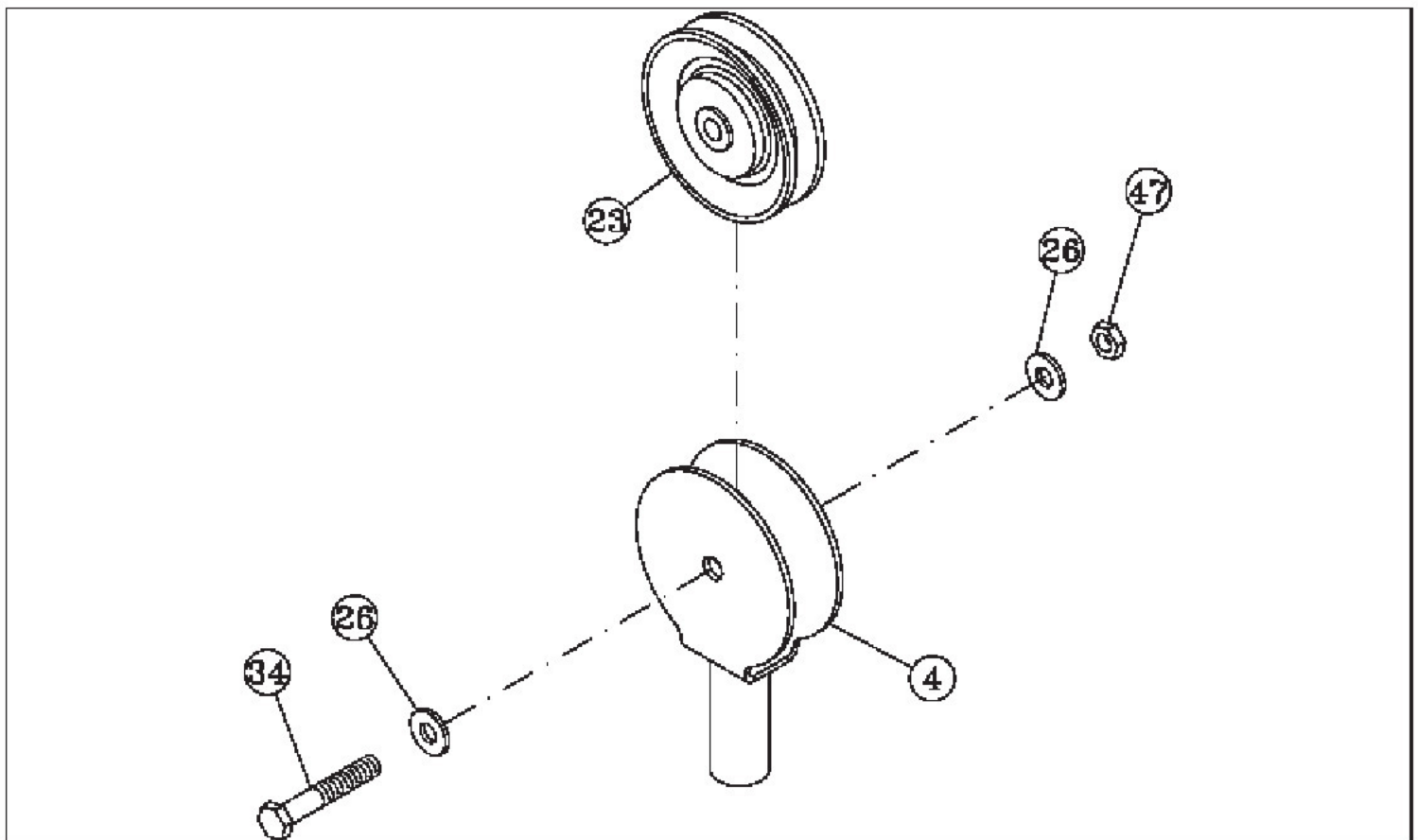
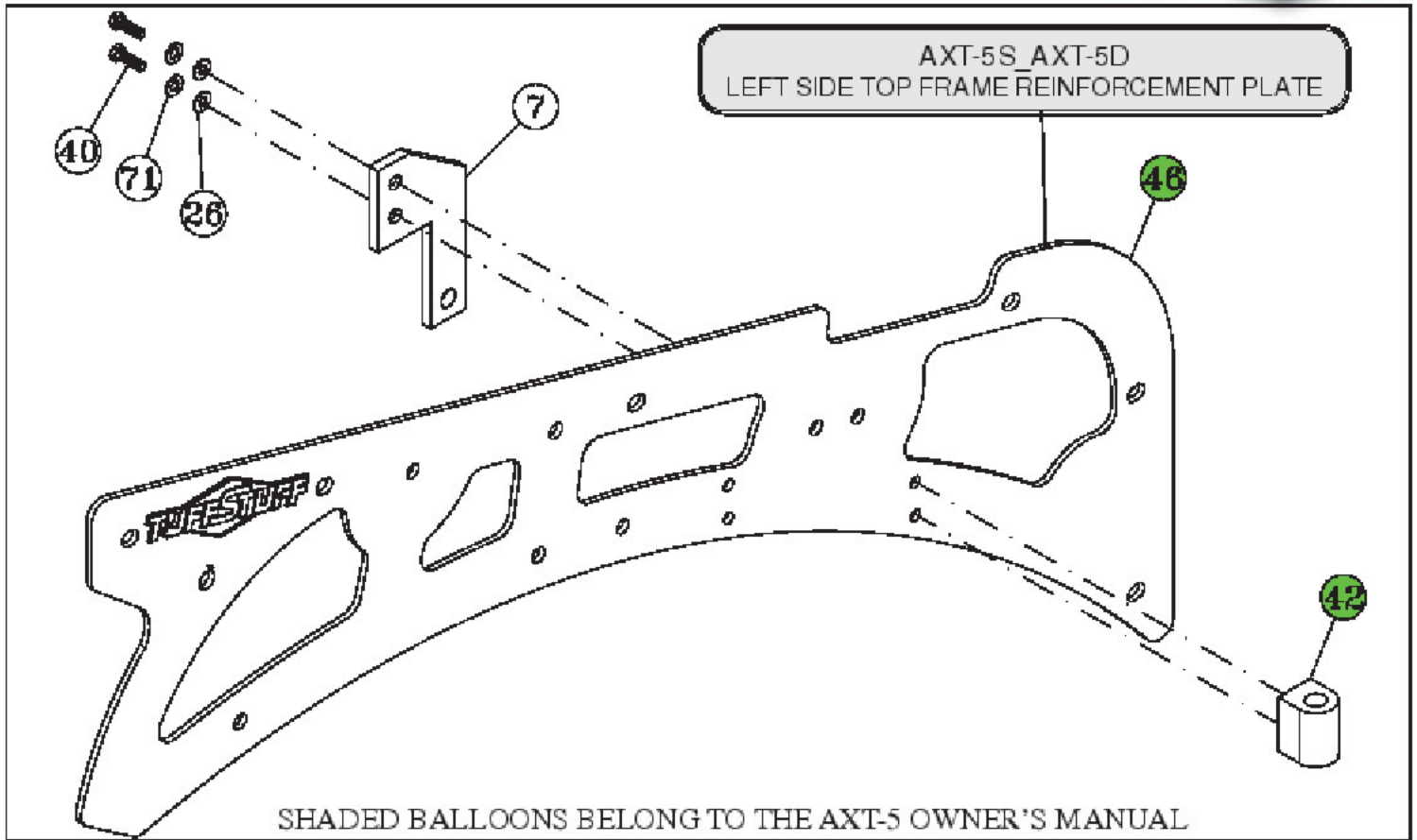


RIGHT SIDE VIEW

AXT-4S AXT-4D

LEFT SIDE VIEW





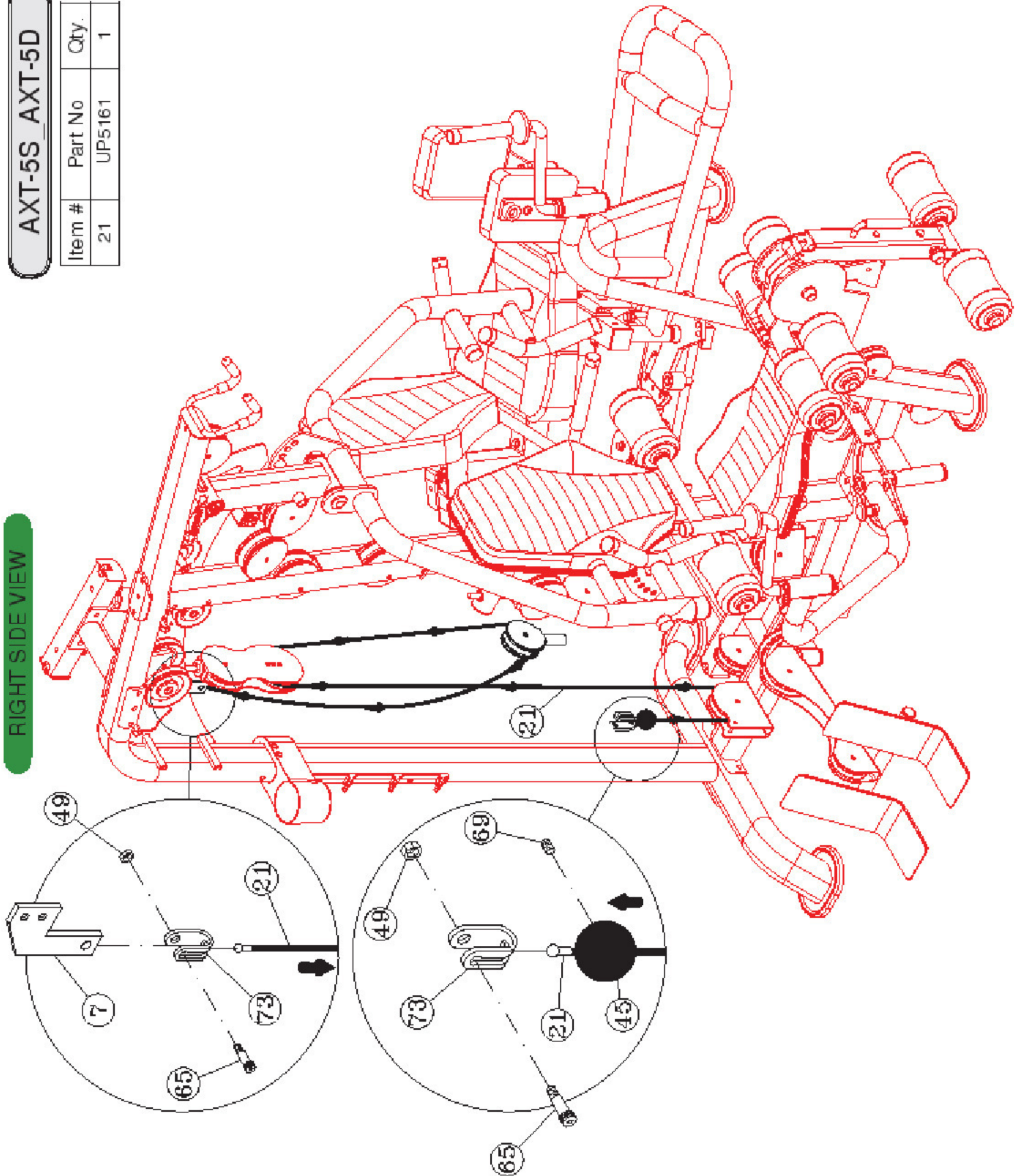


# Step 22 Assembly of Tension Cable to AXT-5

## AXT-5S AXT-5D

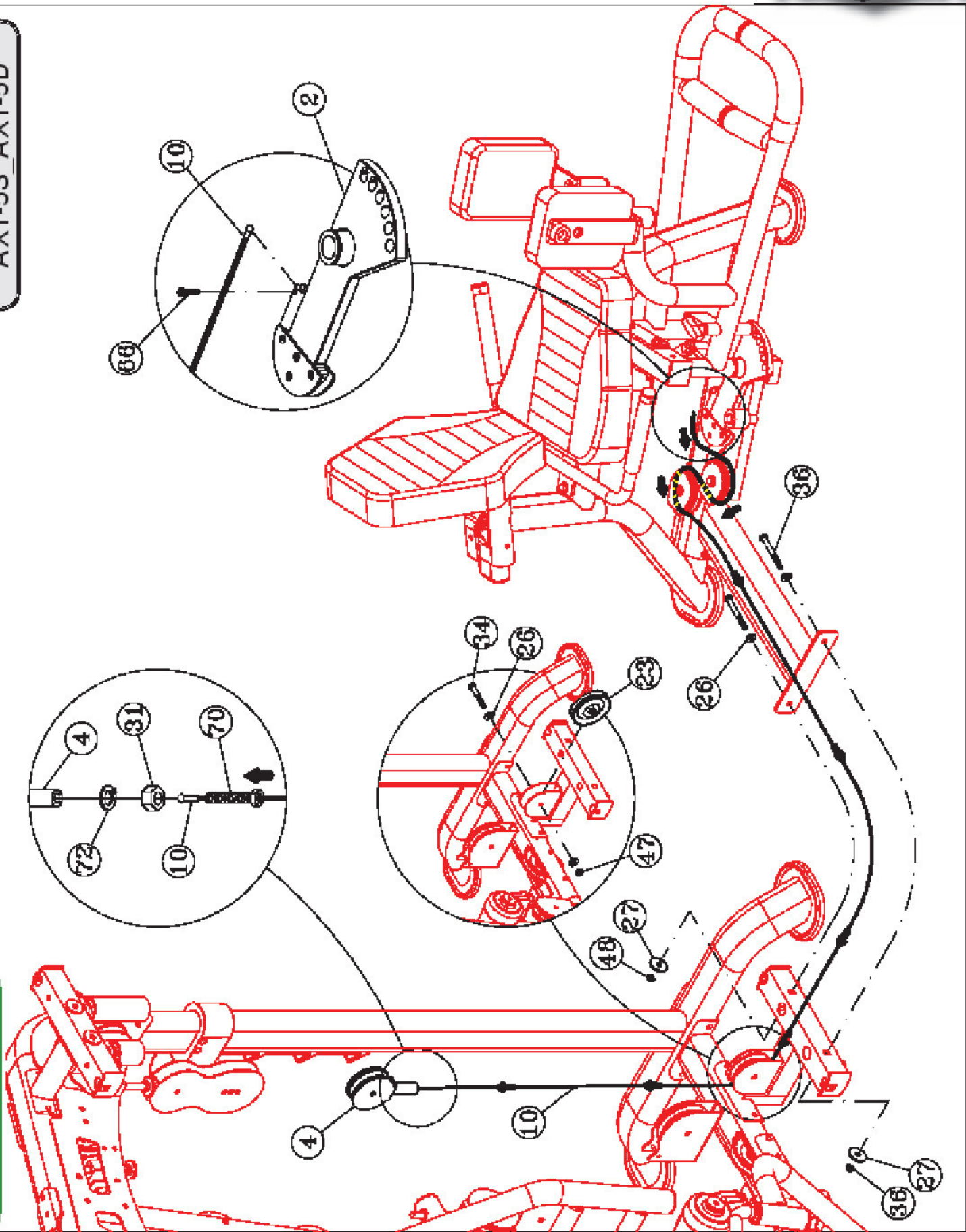
Item #	Part No	Qty
21	UP5161	1

RIGHT SIDE VIEW



AXT-5S AXT-5D

LEFT SIDE VIEW



COLOR CHART  
 GRAY= SUB-ASSEMBLY PARTS  
 BLACK=HARDWARE

# AXT-TOD Parts List

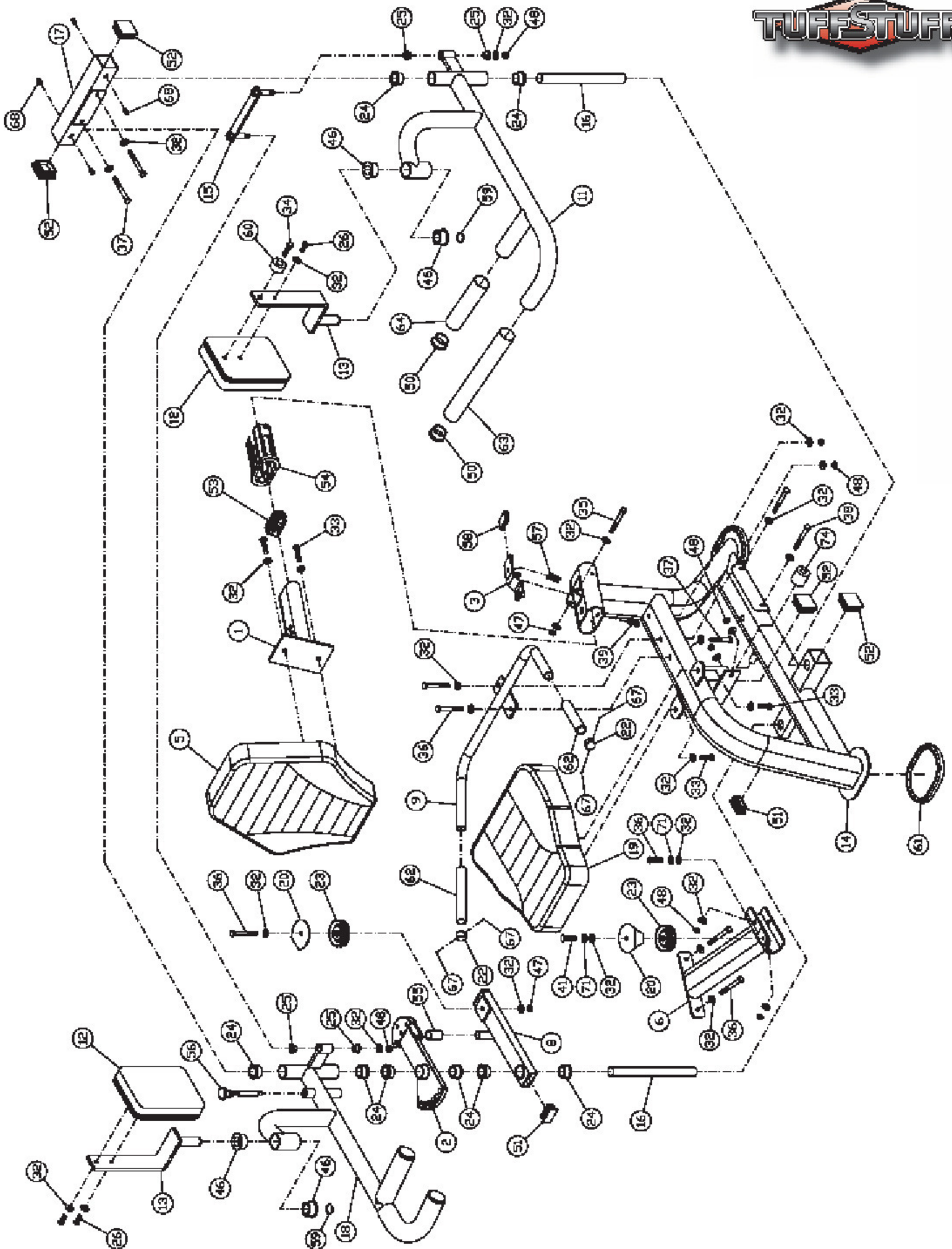
AXT-TOD

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
1	ADJUSTABLE BACK PAD TUBE	0	UP4996	1	38	HEX HEAD CAP SCREW GR-5 3/8-16 X 5 1/4	BNFH0690	2
2	ADJUSTABLE CAM PLATE	0	UP0846	1	39	HEX HEAD CAP SCREW GR-5 5/16-18 X 1	BNFH0290	1
3	ADJUSTABLE RELEASE BACKPAD	0	UP3739	1	40	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNFH0275	2
4	ADJUSTABLE SINGLE PULLEY BRACKET	0	UP4953	1	41	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNFH0279	1
5	BACK PAD	0	UP4997	1	42	HEX KEY 3/32"	BNFH0372	1
6	BOTTOM CROSS BRACE	1	UP4998	1	43	HEX KEY 7/32"	BNFH0575	1
7	CABLE CONNECTOR PLATE	0	UP5014	1	44	HEX KEY ARM 3/16"	BNFH0371	1
8	CAM SUPPORT TUBE	0	UP4999	1	45	NYLON BALL W/THREADED SOCKET 1 3/4 X 5/16	BNFH0022	1
9	HANDLES	0	UP5000	1	46	NYLON BUSHING 1 X 1 1/2 X 7/8 X 1 3/4 X 1/8	BNFH0531	4
10	INNER/OUTER CABLE	0	UP5015	1	47	NYLON INSERT JAM LOCK NUT 3/8-16	BNFH0365	3
11	LEFT LEG ARM	0	UP0352	1	48	NYLON INSERT LOCK NUT 3/8-16	BNFH0214	11
12	LEG PAD	0	UP5001	2	49	NYLON INSERT LOCK NUT B/O 5/16-18	BNFH0215	2
13	LEG PAD PIVOT BRACKET	0	UP0364	2	50	PLASTIC INSERT CAP 1 3/4" RD 10-14 GA	BNFH0011	4
14	MAIN FRAME	1	UP5002	1	51	PLASTIC INSERT CAP 1" X 2" 10-14 GA	BNFH0005	3
15	PIVOT ACTUATOR PLATE	0	UP0357	1	52	PLASTIC INSERT CAP 2" SQ 10-14 GA	BNFH0012	4
16	PIVOT AXLE 1 X 10 5/8	0	UP5013	2	53	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3	BNFH1795	1
17	PIVOT AXLE SUPPORT TUBE	0	UP0848	1	54	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)	BNFH1760	1
18	RIGHT LEG ARM	0	UP0852	1	55	PLASTIC STOPPER 5/8 ID X 1 1/4 OD X 0.8595	BNFH1799	1
19	SEAT PAD	0	UP5003	1	56	PULL PIN 1/2 X 5 5/8 (YELLOW KNOB)	BNFH0701	1
20	SMALL COVER PLATE 3 1/2 PULLEY	0	UP1000	2	57	PULL PIN STIFF SPRING 17/32 X 1 1/2 K-10565	BNFH0519	1
21	TENSION CABLE FOR AXT-3	0	UP5160	1	58	RELEASE HANDLE PROTECTIVE CAP	BNFH1816	1
21	TENSION CABLE FOR AXT-4, AXT-5	0	UP5161	1	59	RETAINING SNAP RING EXT. PLAIN .925 X 1 X .042	BNFH0419	2
22	ALUMINUM CAP 1.020" RD (CAP-100)		BNFH0537	2	60	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	BNFH0514	1
23	ALUMINUM PULLEY 3/8 X 1 X 3 1/2		BNFH1266	4	61	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNFH1647	2
24	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8		BNFH0527	8	62	RUBBER GRIP 1 ID X .125 X 7 3/4	BNFH1416	2
25	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNFH0528	4	63	RUBBER TUBE 1.625 ID X .125 WALL X 11 3/4	BNFH0980	2
26	BUTTON HEAD SOCKET CAP SCREW 3/8-16 X 1 1/2		BNFH0109	3	64	RUBBER TUBE 1.625 ID X .125 WALL X 6	BNFH0978	2
27	CHROME WASHER 3/8 X 1 1/2		BNFH0105	2	65	SHOULDER BOLT ALLOY 3/8 X 3/4	BNFH0718	2
28	DECAL-ADJUST CABLE HERE		BNFH1751	1	66	SOCKET HEAD CAP SCREW 1/4-20 X 3/4	BNFH0452	1
29	DECAL-DANGER TIGHTEN THIS RET... 3/4 X 1 1/2		BNFH1745	1	67	SOCKET SET SCREW 10-32 X 1/8	BNFH0473	4
30	DECAL-WARNING KEEP HANDS AND FINGERS...		BNFH1744	1	68	SOCKET SET SCREW 3/8-16 X 1/2	BNFH0474	4
31	FINISHED HEX NUT B/O 1/2-13		BNFH0201	1	69	SOCKET SET SCREW ALLOY 3/8-16 X 3/4	BNFH0476	1
32	FLAT WASHER SAE 3/8"		BNFH0239	40	70	SPLIT HEX TAP BOLT GR-5 B/O 1/2-13 X 3 1/2	BNFH1131	1
33	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 1/2		BNFH0303	4	71	SPLIT LOCK WASHER 3/8"	BNFH0658	4
34	HEX HEAD CAP SCREW GR-5 3/8-16 X 1 3/4		BNFH0274	3	72	SPLIT LOCK WASHER ZIP 1/2"	BNFH0572	1
35	HEX HEAD CAP SCREW GR-5 3/8-16 X 2 1/2		BNFH0276	1	73	STRAP BRACKET 20 #SF20 STAINLESS	BNFH1332	2
36	HEX HEAD CAP SCREW GR-5 3/8-16 X 3		BNFH0282	6	74	UHMW PLASTIC 3/4" ID X 1 1/2" OD X 1 1/2" H	BNFH1272	1
37	HEX HEAD CAP SCREW GR-5 3/8-16 X 3 1/4		BNFH0312	3				

# AXT-TOS

ALL PARTS SAME AS AXT-TOD, EXCEPT FOR THE PARTS LISTED BELOW

Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Part No.	Qty.
23	NYLON PULLEY 3/8 X 1 X 3 1/2		BNH0553	4				



**DO NOT DISCARD THIS MANUAL**



## HOME LIFETIME WARRANTY

TuffStuff products are warranted to the retail purchaser to be free from defects in materials and workmanship. TuffStuff exclusive Home Lifetime Warranty coverage extends for the life of the product while owned by the original retail purchaser, and used only in a home or residential setting unless otherwise noted in the owner's manual.

This warranty does not cover:

1. TuffStuff products sold for and used in a commercial or institutional setting.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the owner's manual and warning labels posted on the machine.
3. Use of products in a manner for which they were not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

Limitations:

The foregoing shall constitute the sole remedy of the purchaser and the sole liability of TuffStuff with regard to warranty, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. TuffStuff shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. TuffStuff's liability hereunder is expressly limited to the repairs or replacements of warranted defective parts.

Procedures:

Warranty service will be performed at TuffStuff's facility in Pomona, California. TuffStuff will have the option of either repair or replacement at no charge for any defective product. 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.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state. Effective July 1, 2004.

This 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 at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

Note: Retain your sales receipt and be sure to mail in the warranty registration card to insure that a permanent record of your purchase is on file with the factory and to avoid unnecessary delays in warranty service.

### **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](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)