

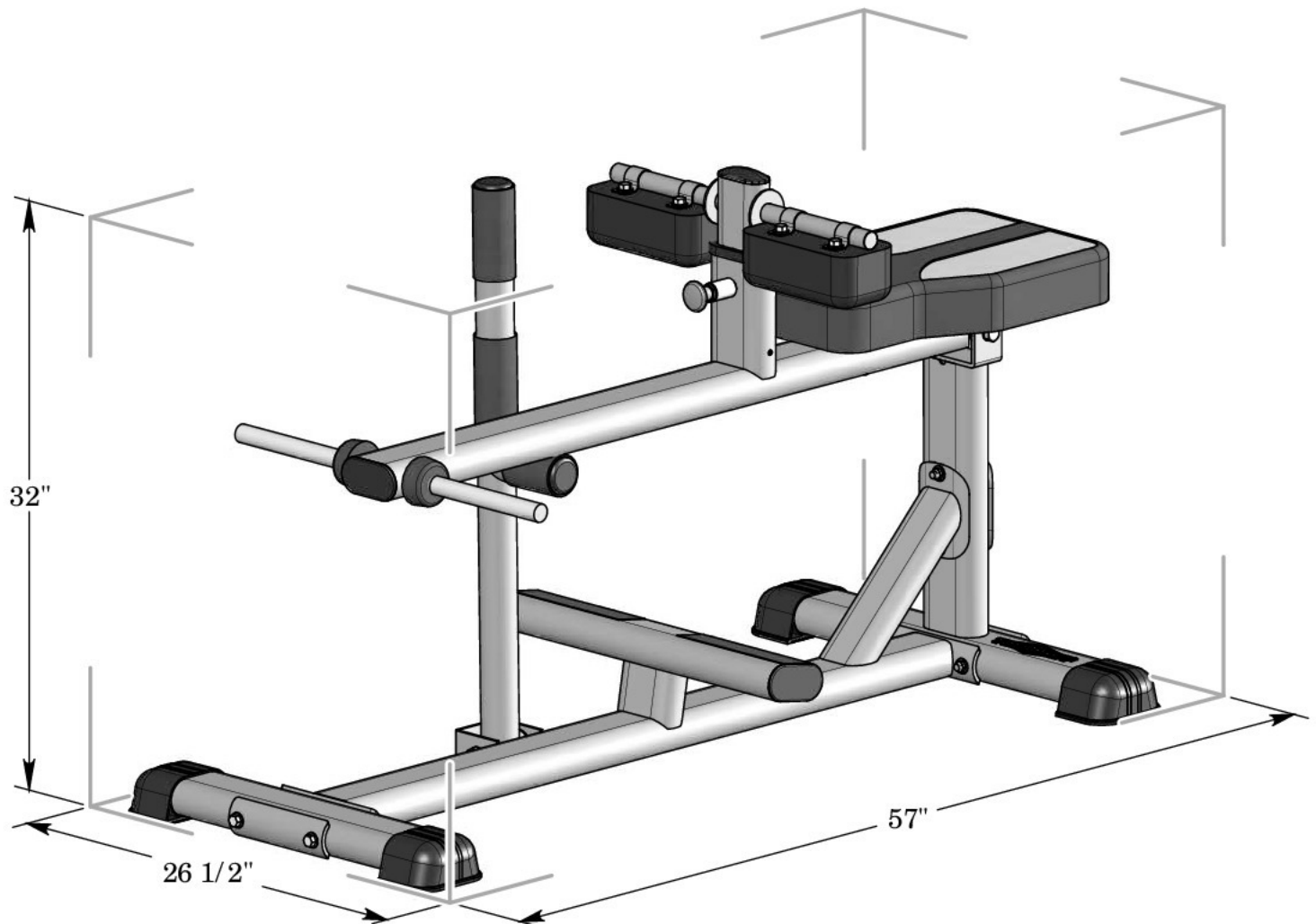
Инструкция

Тренажер для проработки икроножных мышц сидя Tuff Stuff RCB-355

Полезные ссылки:

[Тренажер для проработки икроножных мышц сидя Tuff Stuff RCB-355 - смотреть на сайте](#)

ASSEMBLY INSTRUCTIONS



RCB-355

Seated Calf Bench



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

AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RCB-355 Seated Calf Bench

Congratulations on your new purchase of the **Seated Calf Bench**. 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 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.

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 - 300 lbs.
2. Total Machine Weight - 112 lbs.
3. Footprint (LWH) - See Front Cover.

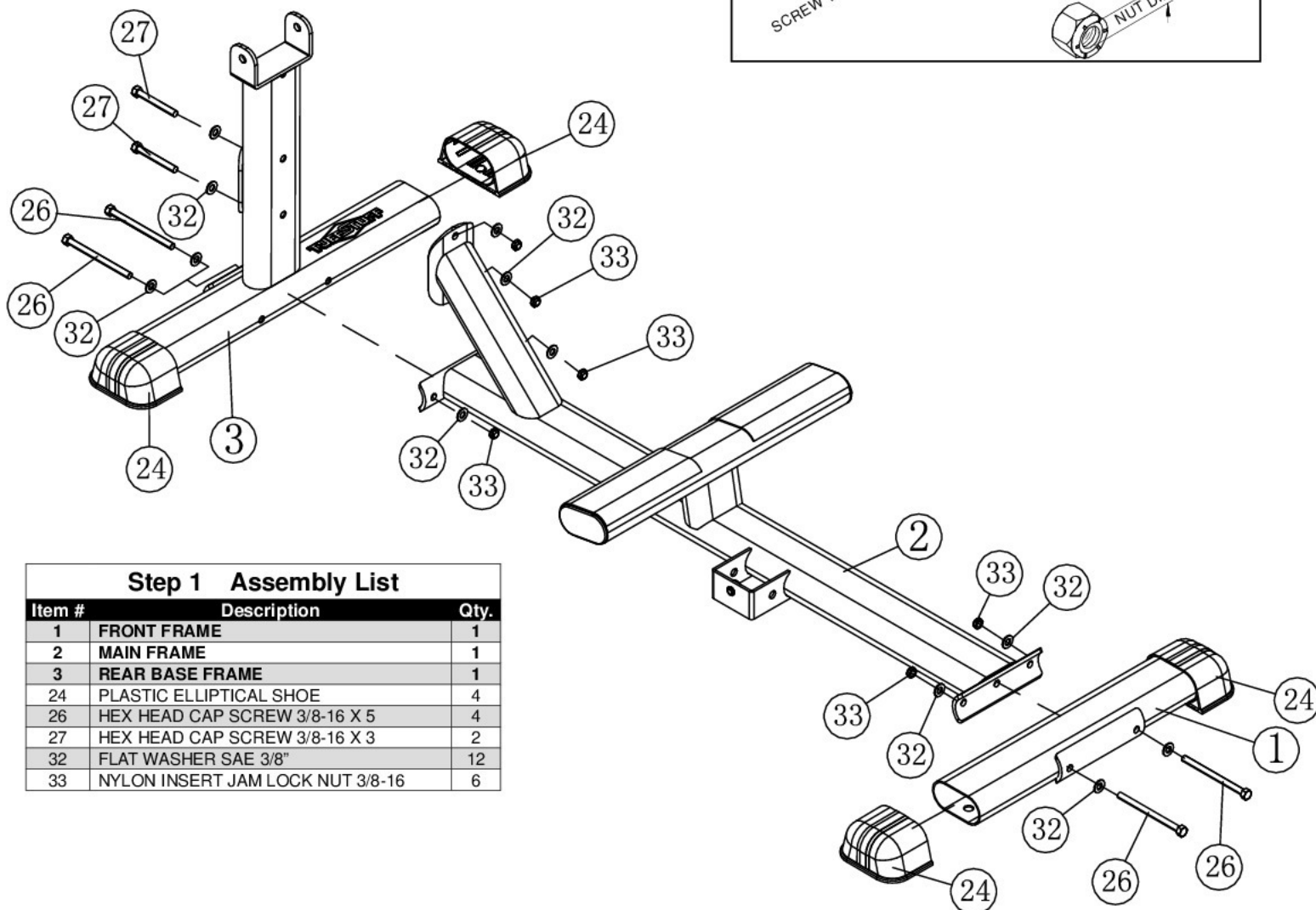
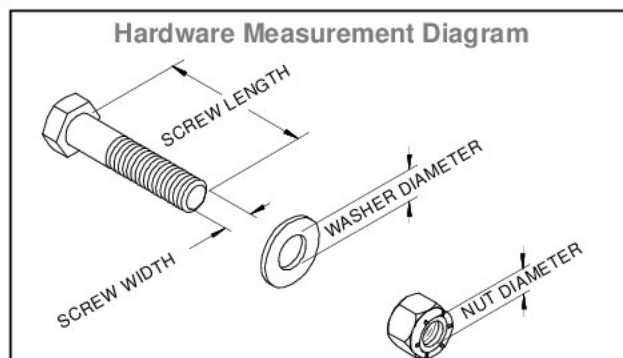
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Seated Calf Bench

We advise you to consult your local TuffStuff 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 ratchet
6. One 3/4" socket
7. One 9/16" socket
8. Rubber Mallet
9. Windex or household glass cleaner
10. Measuring tape
11. Utility knife

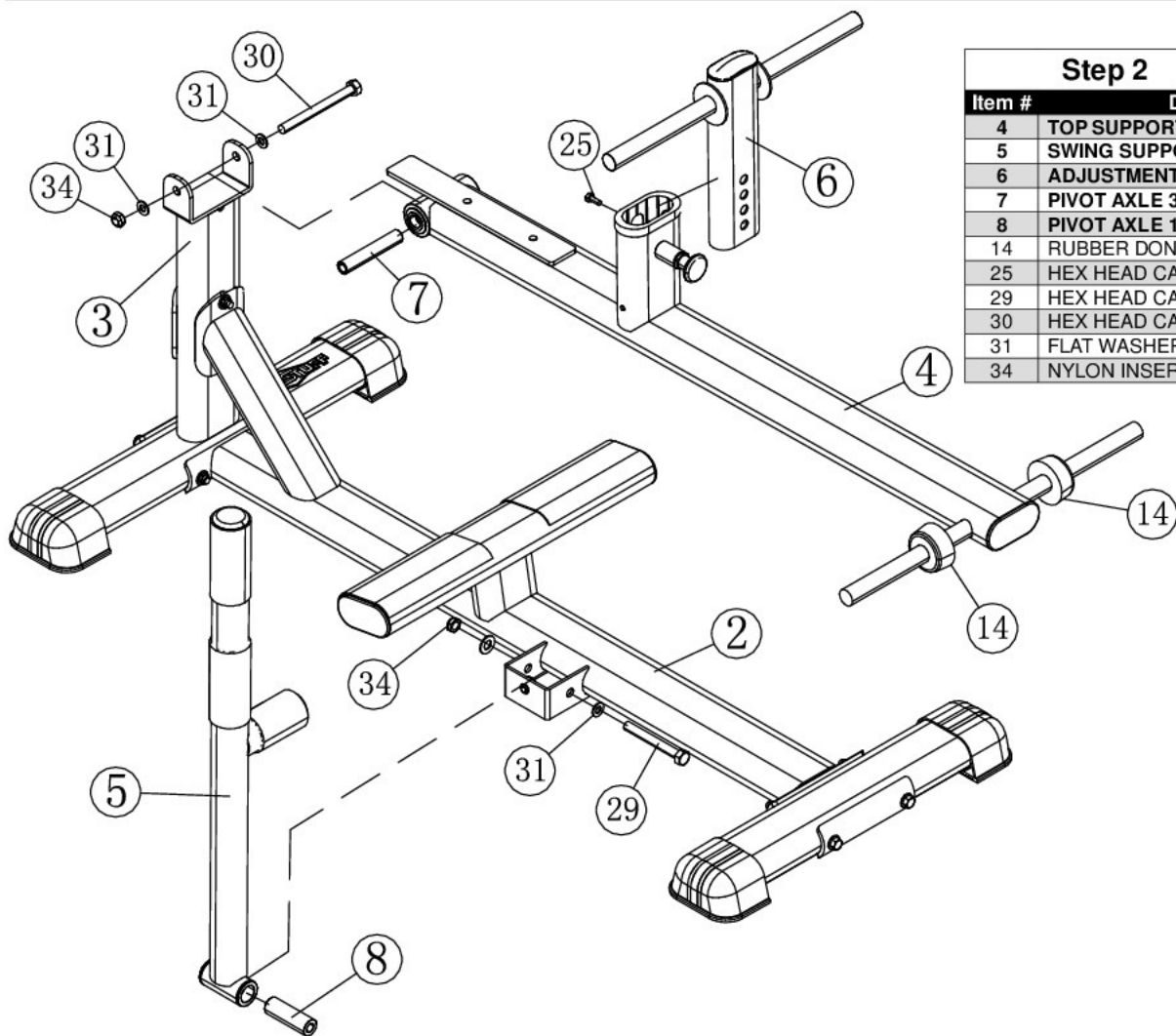


Step 1 Assembly List

Item #	Description	Qty.
1	FRONT FRAME	1
2	MAIN FRAME	1
3	REAR BASE FRAME	1
24	PLASTIC ELLIPTICAL SHOE	4
26	HEX HEAD CAP SCREW 3/8-16 X 5	4
27	HEX HEAD CAP SCREW 3/8-16 X 3	2
32	FLAT WASHER SAE 3/8"	12
33	NYLON INSERT JAM LOCK NUT 3/8-16	6

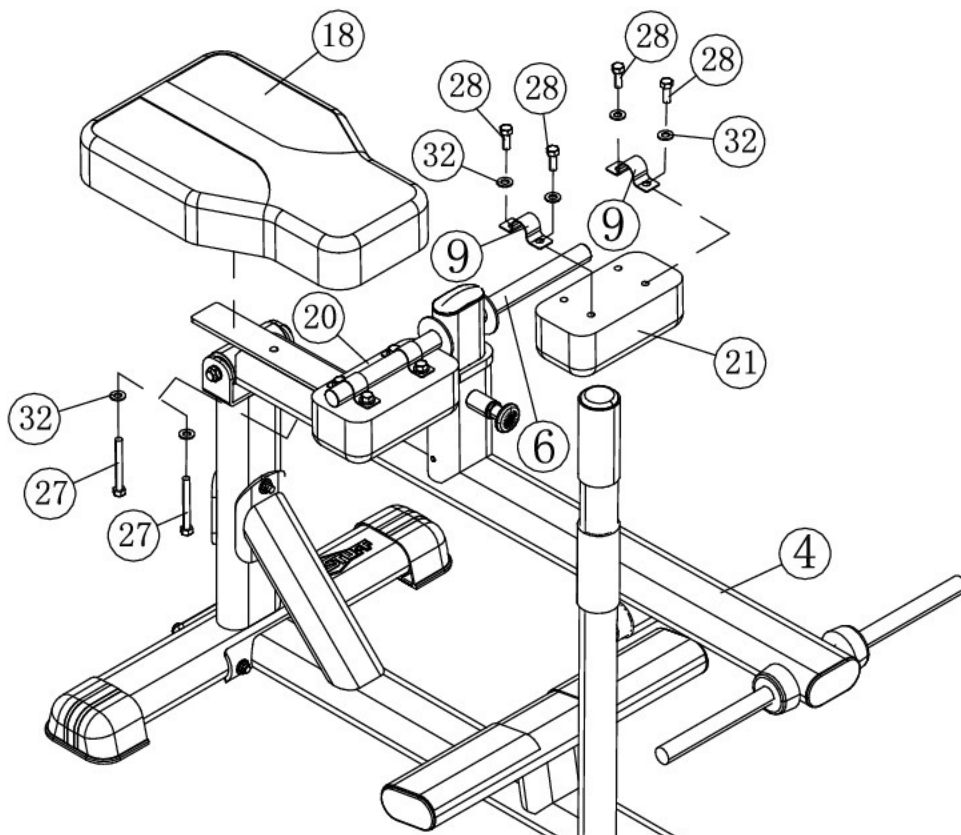
Step 2 Assembly List

Item #	Description	Qty.
4	TOP SUPPORT	1
5	SWING SUPPORT	1
6	ADJUSTMENT CHROME TUBE	1
7	PIVOT AXLE 3/4 X 4 1/4	1
8	PIVOT AXLE 1 X 3	1
14	RUBBER DONUT 1 X 2 1/2	2
25	HEX HEAD CAP SCREW 5/16-18 X 3/4	1
29	HEX HEAD CAP SCREW 1/2-13 X 4	1
30	HEX HEAD CAP SCREW 1/2-13 X 5 1/4	1
31	FLAT WASHER SAE 1/2"	4
34	NYLON INSERT JAM LOCK NUT 1/2-13	2



Step 3 Assembly List

Item #	Description	Qty.
9	PAD BRACKET	4
18	SEAT PAD	1
20	LEG PAD RIGHT SIDE	1
21	LEG PAD LEFT SIDE	1
27	HEX HEAD CAP SCREW 3/8-16 X 3	2
28	HEX HEAD CAP SCREW 3/8-16 X 1	8
32	FLAT WASHER SAE 3/8"	10



COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

**RCB-355
Parts List**

					REVO			
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	FRONT FRAME	0	UP5332	1	24	PLASTIC HORIZONTAL ELLIPTICAL SHOE	BNH1847	4
2	MAIN FRAME	0	UP5333	1	25	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 3/4	BNH2049	1
3	REAR BASE FRAME	0	UP5334	1	26	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	4
4	TOP SUPPORT	0	UP5335	1	27	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	4
5	SWING SUPPORT	0	UP5336	1	28	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1	BNH2037	8
6	ADJUSTMENT CHROME TUBE	0	UP5337	1	29	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 4	BNH2113	1
7	PIVOT AXLE 3/4 X 4 1/4	0	UP5338	1	30	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 5 1/4	BNH2114	1
8	PIVOT AXLE 1 X 3	0	UP5339	1	31	FLAT WASHER SAE Z/P 1/2"	BNH2031	4
9	PAD BRACKET	0	UP0087	4	32	FLAT WASHER SAE Z/P 3/8"	BNH2030	22
10	FLANGE BEARING 3/4 ID X 1 3/8 OD		BNH2109	2	33	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	6
12	PLASTIC INSERT CAP 2" RD 10-14 GA		BNH0004	2	34	NYLON INSERT JAM LOCK NUT Z/P 1/2-13	BNH2027	2
13	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8		BNH0527	2	35	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
14	RUBBER DONUT 1 X 2 1/2		BNH0062	2	36	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)	BNH1760	1
15	SAFETY TAPE ANTI-SLIP 2 X 8		BNH2110	2	37	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	1
16	RUBBER TUBE 1.875 ID X .125 WALL X 5		BNH2111	2	38	HEX KEY ALLOY 3/32"	BNH0372	1
17	RUBBER TUBE 1.875 ID X .125 WALL X 3 1/2		BNH2112	1	39	URETHANE BUMPER 962	BNH0244	1
18	SEAT PAD		UP3987	1	40	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
19	PULL PIN 1/2 X 2 7/8 (YELLOW)		BNH0641	1	41	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
20	LEG PAD RIGHT SIDE		UP5340	1	42	DECAL-DANGER TIGHTEN THIS RETAINING...	BNH0142	1
21	LEG PAD LEFT SIDE		UP5341	1	43	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	2
22	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	3	44	DECAL-WARNING ATTENTION USERS! MOVING...	BNH1895	1
23	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3		BNH1795	1				

