## **TUFFSTUFF FITNESS INTERNATIONAL**

# OWNER'S MANUAL Maintenance & Assembly Instructions

**IMPORTANT:** KEEP THIS MANUAL FOR FUTURE REFERENCE





Read and understand the Owner's Manual, all danger, warning and caution labels before using this equipment.

\*Shown with AXT-RIG Cable Outrigger Arms (Sold separately)

**AXT-225 Deluxe Home Gym** 

> AXT-225 Rev1 Revision Date 12-17-2015

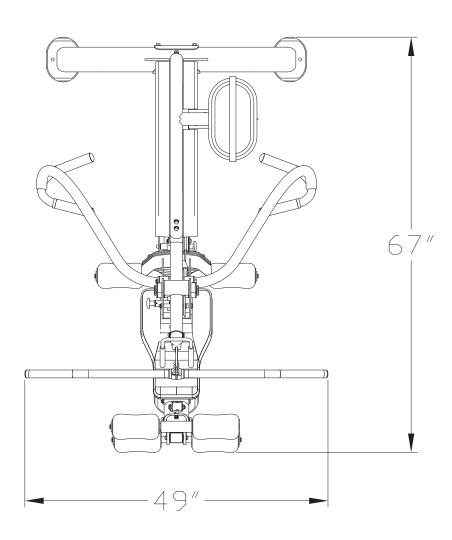
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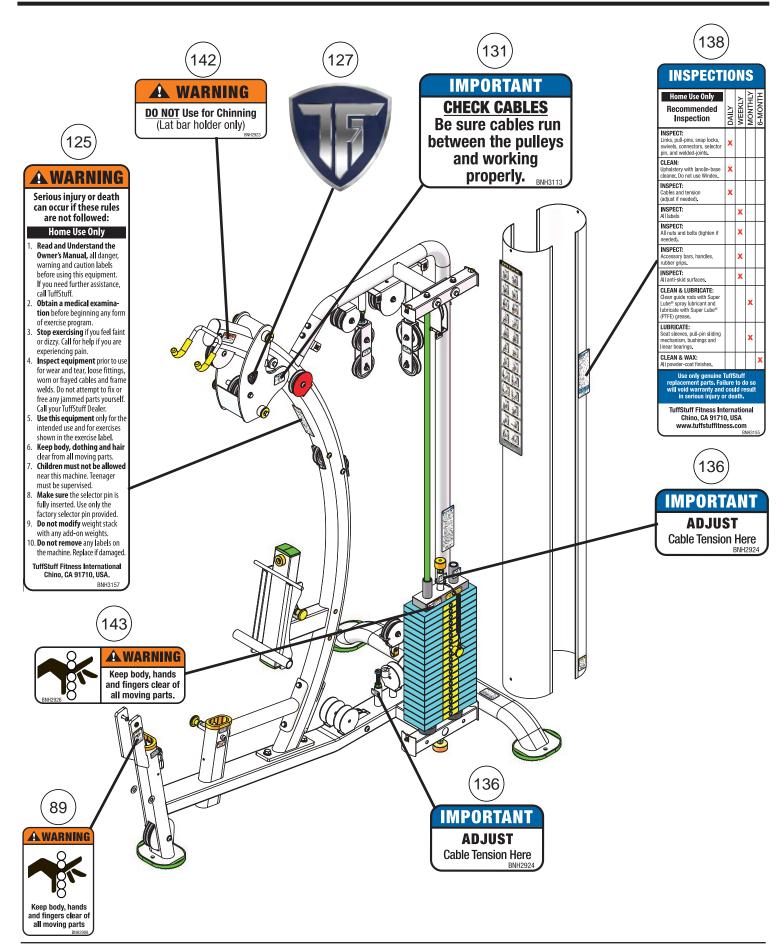
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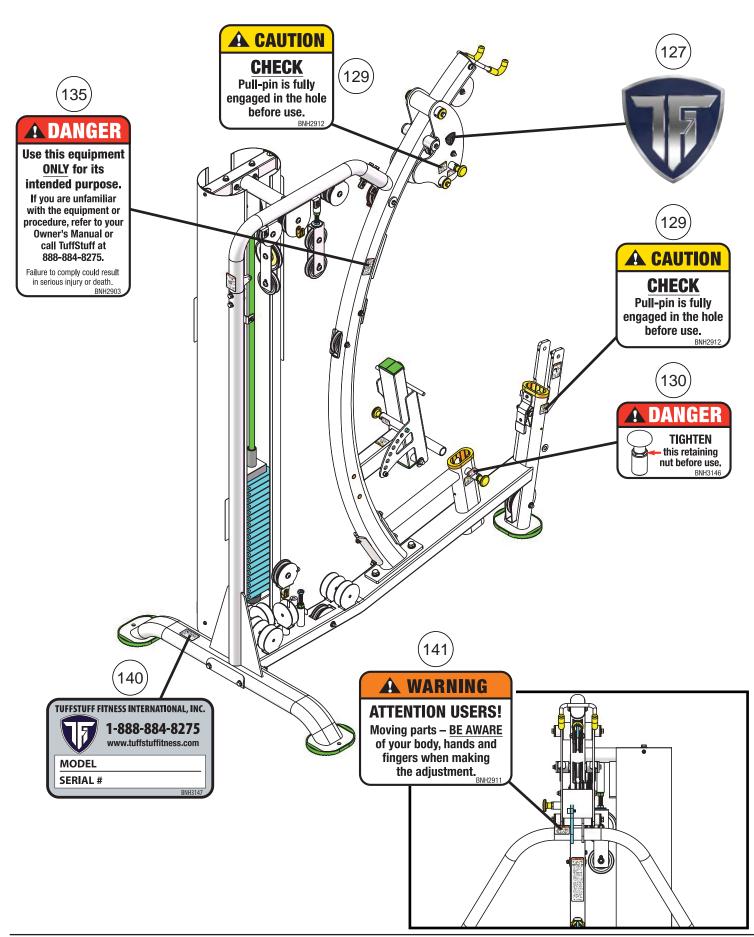
TuffStuff Fitness International Inc. continually engages in research related to product improvements. Please take the time to carefully read through this owner's manual thoroughly. Instructions contained in this owner's manual are not intended to cover all details or variations possible with equipment, or to cover every contingency that may be met in conjunction with assembly, installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this owner's manual with extreme care, neither the manufacturer nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this owner's manual, the matter should be directed to Customer Service at TuffStuff Fitness International Inc. in Chino, California.

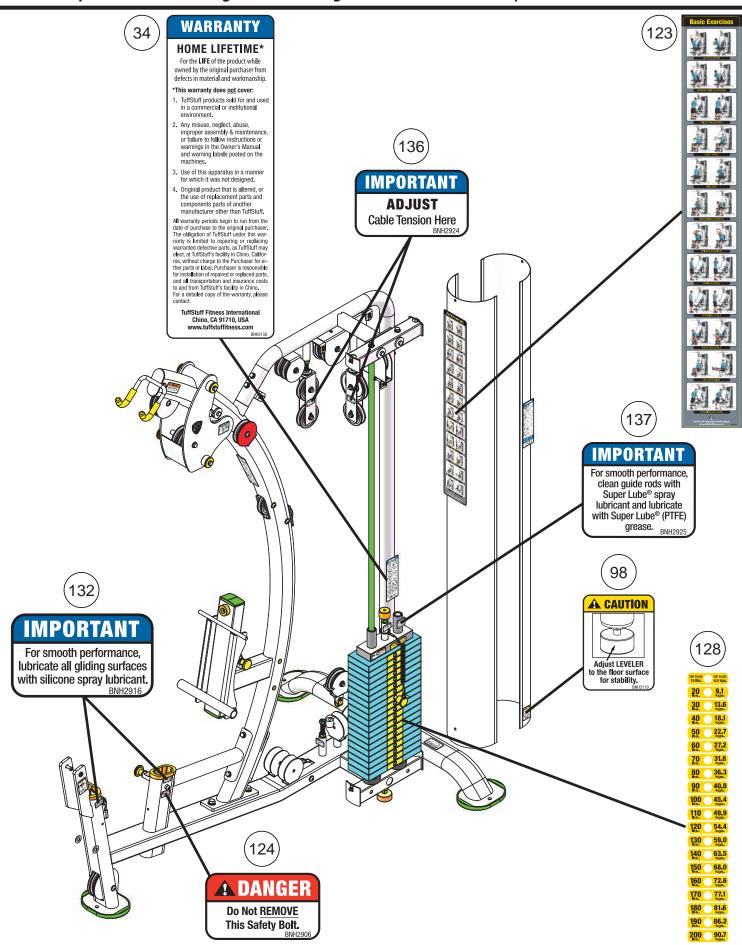


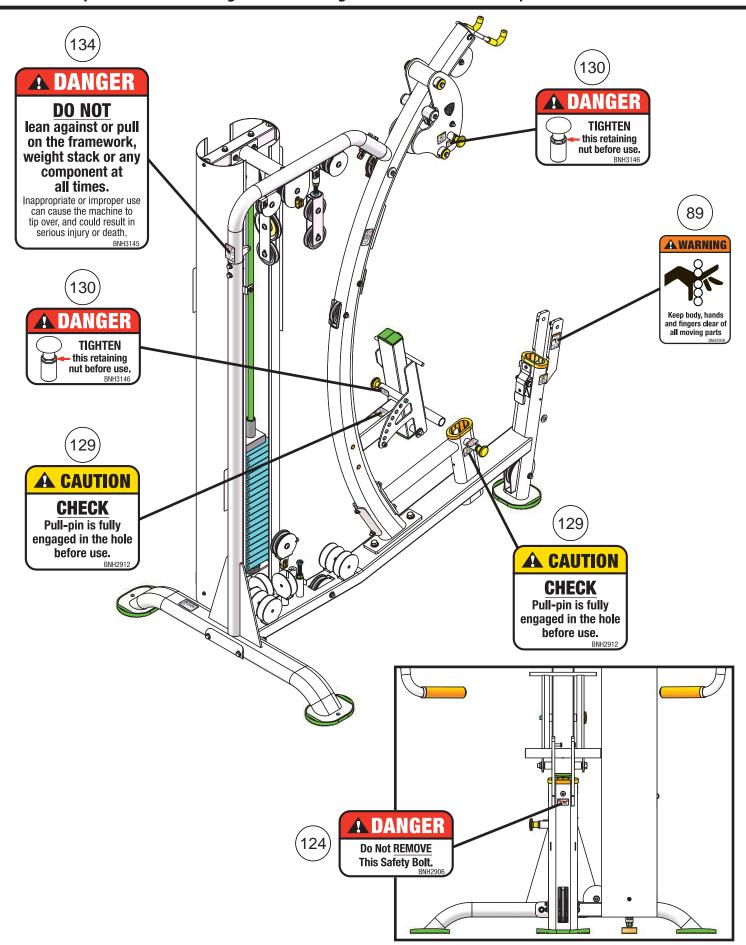


L 67" X W 49" X H 84" PRODUCT WEIGHT 480 lbs. MAX-LOAD WEIGHT LIMIT - 200 lbs.









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### WARRANTY

### **HOME LIFETIME\***

For the **LIFE** of the product while owned by the original purchaser from defects in material and workmanship.

### \*This warranty does not cover:

- TuffStuff products sold for and used in a commercial or institutional environment.
- Any misuse, neglect, abuse, improper assembly & maintenance, or failure to follow instructions or warnings in the Owner's Manual and warning labels posted on the machines.
- 3. Use of this apparatus in a manner for which it was not designed.
- Original product that is altered, or the use of replacement parts and components parts of another manufacturer other than TuffStuff.

All warranty periods begin to run from the date of purchase 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 Chino, California, without charge to the Purchaser for either parts or labor. Purchaser is responsible for installation of repaired or replaced parts, and all transportation and insurance costs to and from TuffStuff's facility in Chino. For a detailed copy of the warranty, please contact:

TuffStuff Fitness International Chino, CA 91710, USA www.tuffstuffitness.com

BNH315

(137)

### IMPORTANT

For smooth performance, clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.

134)

### **▲ DANGER**

### **DO NOT**

lean against or pull on the framework, weight stack or any component at all times.

Inappropriate or improper use can cause the machine to tip over, and could result in serious injury or death.

BNH3145

(125)

### **▲ WARNING**

Serious injury or death can occur if these rules are not followed:

### Home Use Only

- Read and Understand the Owner's Manual, all danger, warning and caution labels before using this equipment. If you need further assistance, call Tuffstuff.
- 2. **Obtain a medical examination** before beginning any form of exercise program.
- Stop exercising if you feel faint or dizzy. Call for help if you are experiencing pain.
- Inspect equipment prior to use for wear and tear, loose fittings, worn or frayed cables and frame welds. Do not attempt to fix or free any jammed parts yourself. Call your TuffStuff Dealer.
- Use this equipment only for the intended use and for exercises shown in the exercise label.
- Keep body, clothing and hair clear from all moving parts.
- Children must not be allowed near this machine. Teenager must be supervised.
- 8. **Make sure** the selector pin is fully inserted. Use only the factory selector pin provided.
- Do not modify weight stack with any add-on weights.
- Do not remove any labels on the machine. Replace if damaged

TuffStuff Fitness International Chino, CA 91710, USA.

RNH3157

(138

### **INSPECTIONS** MONTHLY 6-MONTH Home Use Only Recommended Inspection Links, pull-pins, snap locks, swivels, connectors, selecto pin, and welded-joints. CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex. INSPECT: Cables and tension (adjust if needed). INSPECT: All labels INSPECT: All nuts and bolts (tighten if X INSPECT: Accessory bars, handles, rubber grips. INSPECT: CLEAN & LUBRICATE Clean guide rods with Supe Lube® spray lubricant and Iubricate with Super Lube (PTFE) grease. LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings. CLEAN & WAX:

Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death.

TuffStuff Fitness International Chino, CA 91710, USA www.tuffstuffitness.com 123)



132

## **IMPORTANT**

136

**ADJUST** 

Cable Tension Here

**IMPORTANT** 

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant. BNH2916 (131

### IMPORTANT

### **CHECK CABLES**

Be sure cables run between the pulleys and working properly. BNH3113

140

(130

### 1 DANGER

135

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, refer to your Owner's Manual or call TuffStuff at 888-884-8275.

Failure to comply could result in serious injury or death.

**▲ DANGER** 

TIGHTEN
this retaining
nut before use.
BNH3146

124

A DANGER

Do Not REMOVE

Do Not REMOVE
This Safety Bolt.



## Carefully read ALL Danger, Warning & Caution labels posted on the machine

(142)

## **A** WARNING

**<u>DO NOT</u>** Use for Chinning (Lat bar holder only)

RNH2923

(141)

## **▲ WARNING**

### **ATTENTION USERS!**

Moving parts – BE AWARE of your body, hands and fingers when making the adjustment.

BNH2911

(143



128

P PLATE TOP PLATE 4.5 kgs.

30 13.6 kgs.
40 18.1

50 22.7 kgs. 60 27.2

60 27,2 kgs.

70 31.8 kgs.

80 36.3 kgs.

90 40.8 kgs.

100 45.4 kgs.

110 49.9 kgs.

130 59.0 lbs. 59.0 140 63.5

150 68.0 kgs.

160 72.6 lbs. 72.6 170 77.1

180 81.6 kgs.

190 86.2 kgs.

200 90.7 kgs.

(89)

### **WARNING**



all moving parts

BNH2908







(114

## **BE ALERT!**

THE FITNESS EQUIPMENT YOU HAVE JUST PURCHASED PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

Prior to using the equipment, READ the OWNER'S MANUAL thoroughly, all danger, warning & caution labels and instruction placards affixed to the machine.

If you are unsure on how to use the equipment, seek the assistance of a certified training instructor, TuffStuff authorized dealer or TuffStuff customer service personnel.

Immediately report any piece of equipment that is not functioning properly. DO NOT ATTEMPT to use or fix any piece of equipment yourself. Contact TuffStuff immediately.

ASTM F1749-96

TUFFSTUFF FITNESS INTERNATIONAL, CHINO, CA 91710

BNH3139

It is extremely important that the **BE ALERT! Sign** shown to the left be installed in plain view of the unit.

You should have received it along with this Owner's Manual. If you did not receive this Sign with your order, you can obtain one at no cost to you from TuffStuff Fitness by contacting our service department at:

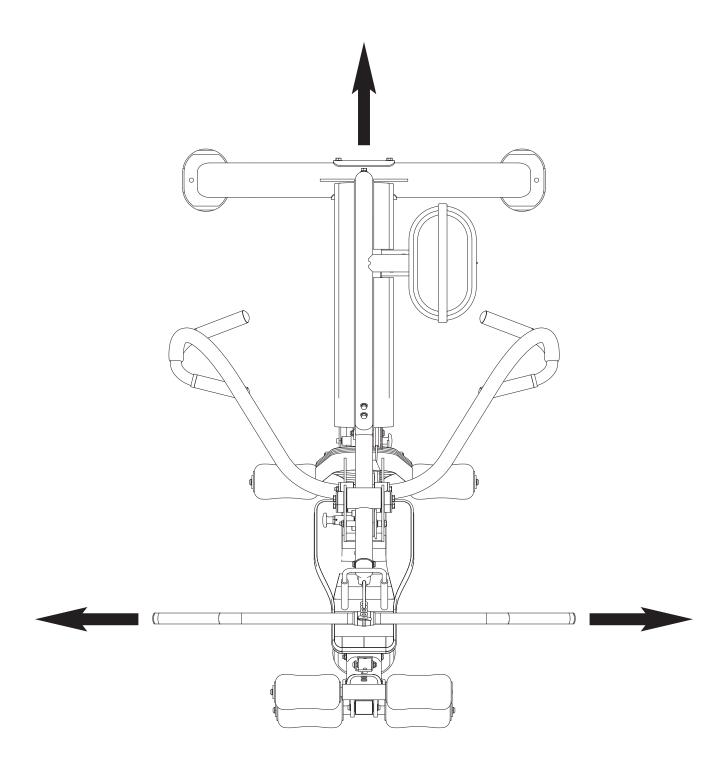
1 (888) 884-8275 service@tuffstuff.net service1@tuffstuff.net

## **Important Safety Instructions**

# W

## **DANGER**

DO NOT pull or perform any exercises to the sides or to the back of the machine. Excessive pulling or force can cause the machine to tip over, and may result in serious injuries of death



## **Important Safety Instructions**

W

If you have not participated in a regular exercise program, smoke or have signs of high blood pressure, you must obtain a medical exam or consult with your personal physician before performing any AXT-225 exercises illustrated in this manual.

## **WARNING** SERIOUS INJURY OR DEATH CAN OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED:

- Read and understand Owner's Manual and all Danger,
   Warning and Caution labels before using this equipment. If you
   still need help, call TuffStuff Fitness International.
- 2. Inspect the equipment before each use for wear and tear, loose fittings, worn or frayed cables and frame welds. DO NOT USE if it appears to be inoperable or damaged.
- 3. Stop exercising if you feel faint or dizzy. Call your doctor immediately if you are experiencing pain.
- 4. Use this equipment only for the intended use and for exercise(s) shown on pages 37-38.
- 5. Keep body, clothing and hair clear from all moving parts. Do not attempt to free any jammed parts by yourself.
- 6. Do not lean against or pull on the framework, weight stack or any component, whether the machine is in use or at rest.
- 7. Do not use accessories or accessory attachments that are not recommended by TuffStuff.
- 8. Children must not be allowed near the equipment. Teenager must be supervised.
- 9. Make sure selector pin is completely inserted and never pin the weights in an elevated position. Use only the selector pin provided by the manufacturer.
- 10. Do not remove any decals affixed to the machine. Replace if damaged.
- 11. Do not alter or modify the original manufacturer's 200 lbs. weight stack with any add-on incremental weights, weight plates or dumbbells except those with standard factory installed option.
- 12. Perform regular maintenance (see INSPECTION Label). Pay special attention to areas most susceptible to wear and tear, including but not limited to cables, pulleys and rubber grips.
- Replace immediately all parts at first sign of wear or damage.
   Use only genuine TuffStuff replacement parts. Failure to do so will void warranty and could result in serious injury or death to you.

### **Training Safety**

- Always warm-up before and cool-down after weight training.
   Warm-up for 10-15 minutes with stretching and cardiovascular
   exercises. Cool-down should include light stretching exercises
   for 5-15 minutes.
- 2. Never hold your breath will limit the flow of oxygen to your brain and may cause dizziness. The most often used breathing pattern is inhaling during least resistance and exhaling during maximum resistance.
- 3. Always choose a light resistance when using the machine the first time.
- 4. Trained at a controlled rate of speed

## **A DANGER**

**DANGER:** indicates an imminently hazardous situation which, if not avoided, will result in death or serious injury.



**WARNING:** indicates a potentially hazardous situation which, if not avoided, will result in death or serious injury.



**CAUTION:** indicates a hazardous situation which, if not avoided, could result in minor or moderate injury.

## Registration, Service & Assembly

Thank you for purchasing the AXT-225 Deluxe Home Gym. This machine is part of the TuffStuff line of quality strength training equipment. To maximize your use of the equipment, please study the Owner's Manual thoroughly.



### Registration

To avoid unnecessary delays on warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to register online at http://www.tuffstuffitness.com or mail to address shown below within 10 days of purchase.

### **Obtaining Service**

Please use this Owner's Manual as your quide to all parts included in your shipment. When ordering parts, you must specify the part number and description from this owner's manual. Use only genuine TuffStuff replacement parts when servicing the equipment. Failure to do so will void warranty and could result in serious injury or death.

For information about product operation or service:

909-629-1600 Toll Free 888-884-8275 Phone:

Fax: 909-629-4967

service@tuffstuff.net or service1@tuffstuff.net E-mail:

M-F 8:00 - 4:30 PST Hours:

Or write to: TuffStuff Fitness International Inc.

**Customer Service** 

13971 Norton Avenue, Chino, CA 91710

Retain this Owner's Manual for future reference when ordering service or parts. To assist you better, please be prepared to provide the following information:

> 1. Model Number 2. Place of Purchase 3. Serial Number 4. Part # and Description

### **Required Tools**

The basic tools that you will need to assemble the AXT-225 but are not limited to:

- 9/16", 3/4", 1/2" combination wrenches
- Adjustable wrench
- Ratchet wrench with 9/16", 3/4", 1/2" sockets
- External retaining ring pliers
- Rubber mallet, measuring tape & utility knife
- Super Lube® spray lubricant and grease
- · Windex or household glass cleaner

## **Assembly Requirements**

Follow these installation requirements when assembling the AXT-225. Use the overhead view on the Content Page to layout your floor plan before assembling.

Set up the AXT-225 on a clean, solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Allow ample space around the machine for safe unrestricted use and easier access.

Insert all bolts in the same direction. For aesthetic appearance, insert all bolts in the same direction unless specified (in text or illustration) to do otherwise.

Leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so (to prevent any difficulty with alignment of parts during the assembly process). When not instructed, tighten fasteners such as bolts, nuts and screws so the unit is stable, but leave room for adjustments.

### **Assembly Tips**

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the AXT-225 using the illustrations only, IMPORTANT safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustration.

**NOTE:** With so many assembled parts, proper alignment and

adjustment is critical. While tightening the nuts and bolts,

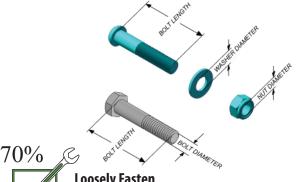
be sure to leave room for final adjustments.

**CAUTION:** Obtain assistance from TFI if you have difficulty

assembling the AXT-225. Please do not attempt to complete the assembly as this could result in equipment

failure and serious injuries to the users.

### **Symbols & Description**



**Loosely Fasten** 

Loosely tighten all hardware in this step. DO NOT fully tighten. Some component(s) may need pre-assembly and or alignment during the assembly process.

100% & **Fully Fasten** Wrench tighten all hardware in this step.

## **Inspection/Maintenance**

Perform regular maintenance (see Inspection Label). Pay special attention to areas most susceptible to wear and tear, including but not limited to cables, pulleys and rubber grip. TFI recommends you maintain a service contract with a TFI Authorized Dealer or a Professional Service Company approved by TFI. Keep a service log of all maintenance and repair activities. Extra copies can be downloaded from our website www.tuffstuffitness.com

INSPECT	10	N	S	
Home Use Only Recommended Inspection	DAILY	WEEKLY	MONTHLY	HTNOM-9
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	X			
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	X			
INSPECT: Cables and tension (adjust if needed).	X			
INSPECT: All labels		X		
INSPECT: All nuts and bolts (tighten if needed).		X		
INSPECT: Accessory bars, handles, rubber grips.		X		
INSPECT: All anti-skid surfaces.		x		
CLEAN & LUBRICATE: Clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.			x	
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			X	
CLEAN & WAX: All powder-coat finishes.				X
Use only genuine 1 replacement parts. Fail will void warranty and in serious injury o	lure cou	to d ld re	o so	
TuffStuff Fitness International Chino, CA 91710, USA				

INSPECTION / MAINTENANCE RECORDS							
DATE	REPLACEMENT	REPAIRS	INSPECTED BY				
			<u> </u>				
	WARRANT	Y REPAIRS					
DATE	REPLACEMENT	REPAIRS	INSPECTED BY				

www.tuffstuffitness.com

## **Cable Inspection**

## WARNING:

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY.



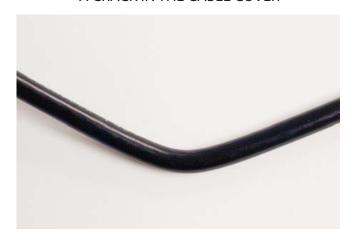
"NECKING", STRETCHED CABLE COVERING



A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



**CABLE END SLIPPING OUT** 

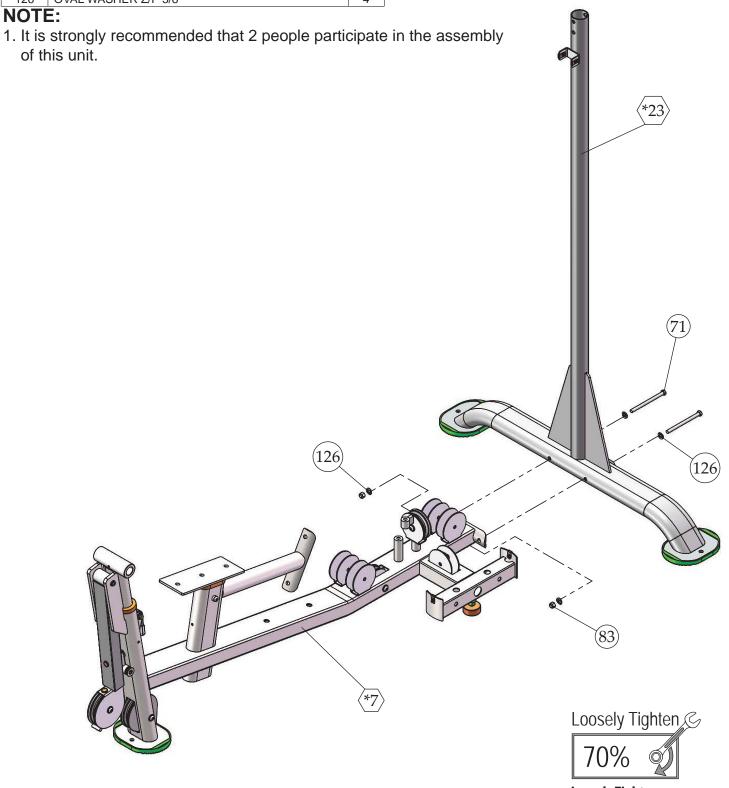
## **IMPORTANT NOTE:**

DAMAGED OR WORN CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

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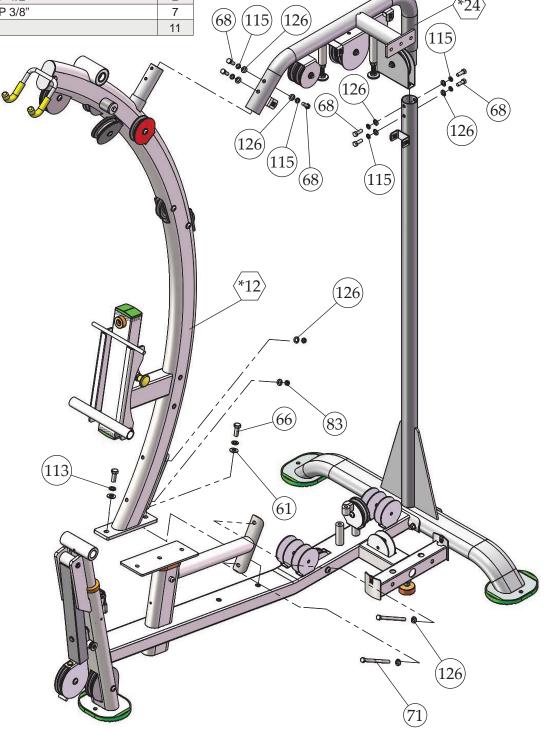
	Step 1 Assembly List	
Item #	Description	Qty.
*7	BASE FRAME	1
*23	REAR FRAME	1
71	HEX HEAD CAP SCREW Z/P 3/8-16 X 5 1/8	2
83	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2
126	OVAL WASHER Z/P 3/8"	4



**Loosely Tighten**Loosely tighten all hardware in this step.



	Step 2 Assembly List	
Item #	Description	Qty.
*12	FRONT UPRIGHT	1
*24	TOP FRAME	1
61	FLAT WASHER SAE Z/P 1/2"	2
66	HEX HEAD CAP SCREW Z/P 1/2-13 X 1 1/4	2
68	HEX HEAD CAP SCREW Z/P 3/8-16 X 1	7
71	HEX HEAD CAP SCREW Z/P 3/8-16 X 5 1/8	2
83	NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	2
113	SPLIT LOCK WASHER Z/P 1/2"	2
115	SPLIT LOCK WASHER Z/P 3/8"	7
126	OVAL WASHER Z/P 3/8"	11

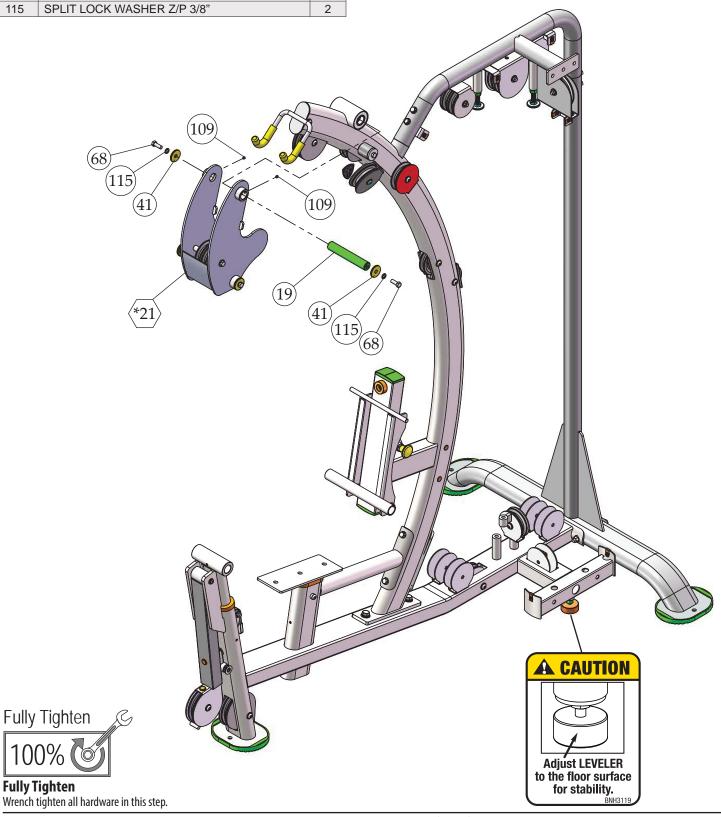




Fully Tighten
Wrench tighten all hardware in this and previous loosely tighten steps.



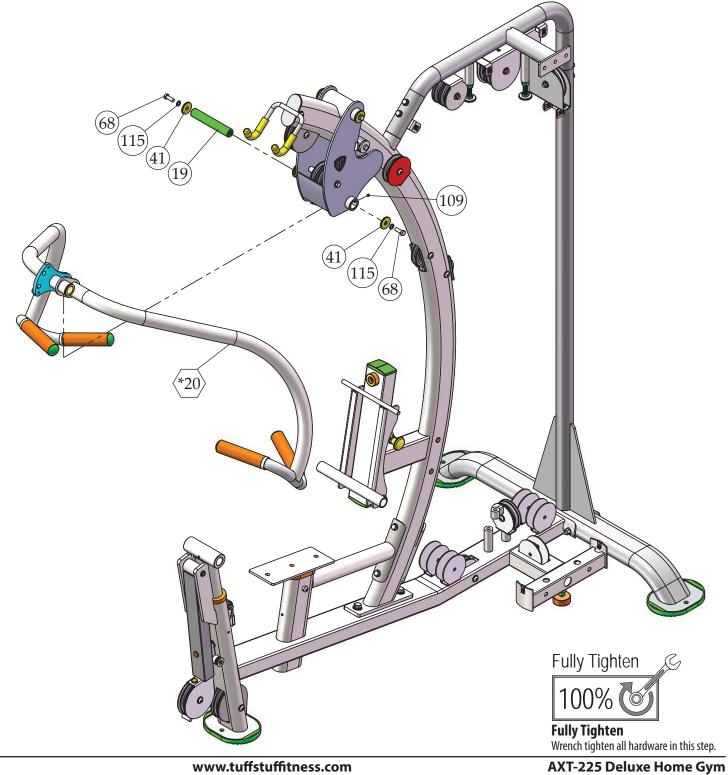
	Step 3 Assembly List	
Item #	Description	Qty.
19	PIVOT AXLE SS 1 RD CR X 6 1/32	1
*21	PRESS BAR HOUSING	1
41	SUPPORT WASHER Z/P 3/8 ID X 1 1/2 OD X 3/16	2
68	HEX HEAD CAP SCREW Z/P 3/8-16 X 1	2
109	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	2
115	SPLIT LOCK WASHER Z/P 3/8"	2

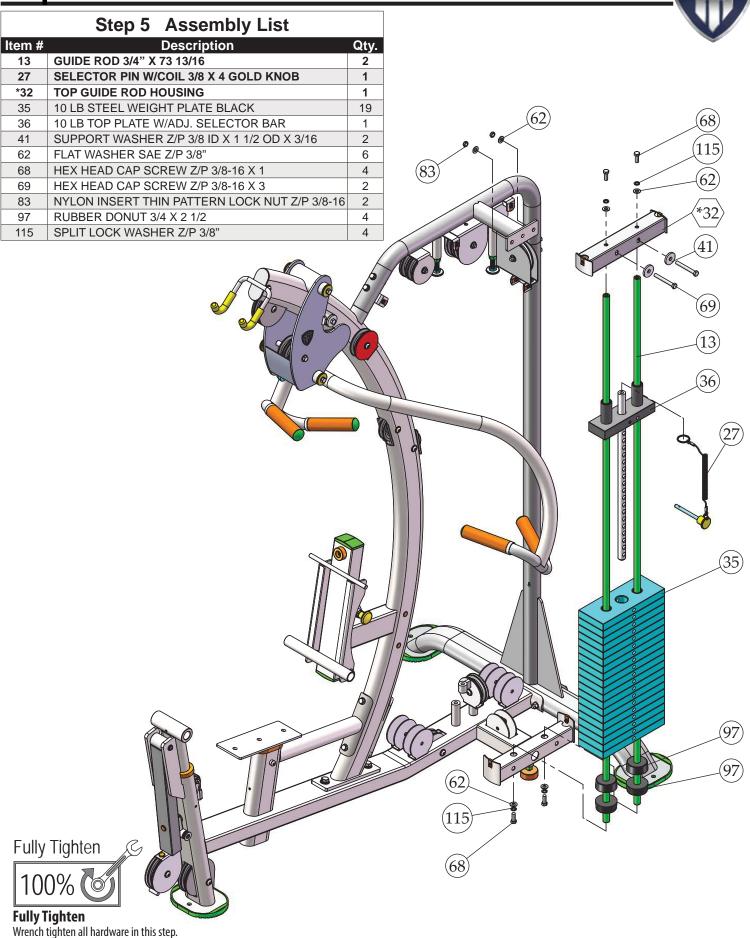


100%



	Step 4 Assembly List				
Item #	Description	Qty.			
19	PIVOT AXLE SS 1 RD CR X 6 1/32	1			
*20	PRESS BAR				
41	SUPPORT WASHER Z/P 3/8 ID X 1 1/2 OD X 3/16	2			
68	HEX HEAD CAP SCREW Z/P 3/8-16 X 1	2			
109	SOCKET SET SCREW ALLOY 1/4-20 X 1/4	2			
115	SPLIT LOCK WASHER Z/P 3/8"	2			





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Step 6-7 Assembly List					
Description	Qty.				
ADJUSTABLE DOUBLE PULLEY BRACKET	1				
LAT CABLE	1				
10 LB TOP PLATE W/ADJ. SELECTOR BAR	1				
7/8 RD X 1 5/8 LINK 3/16 CABLE	1				
CABLE STOPPER SHELL 1 1/2 X 1 3/4	1				
COIL CHAIN Z/P 3/16 X 8					
FINISHED HEX NUT Z/P 1/2-13	1				
LAT BAR 1 1/4 ALUMINUM	1				
OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-32 X 1 1/8	1				
SNAP LINK Z/P 8MM X 80MM	2				
SPLIT HEX TAP BOLT Z/P 1/2 -13 X 3 1/2	1				
SPLIT LOCK WASHER Z/P 1/2"	1				
	Description ADJUSTABLE DOUBLE PULLEY BRACKET LAT CABLE  10 LB TOP PLATE W/ADJ. SELECTOR BAR 7/8 RD X 1 5/8 LINK 3/16 CABLE CABLE STOPPER SHELL 1 1/2 X 1 3/4 COIL CHAIN Z/P 3/16 X 8 FINISHED HEX NUT Z/P 1/2-13 LAT BAR 1 1/4 ALUMINUM OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-32 X 1 1/8 SNAP LINK Z/P 8MM X 80MM SPLIT HEX TAP BOLT Z/P 1/2 -13 X 3 1/2				

### NOTE:

1. TOP PLATE LABEL GOES ON HOLE OFF CENTER AS SHOWN. LABEL WILL COVER HOLE ON CENTER.



### Weight stack label and lubrication instructions

- 1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
- 2. Peel off back sheet (adhesive side) from label (#128) and make sure that the label remains attached to the application tape.
- 3. Line up left edge of label sheet with outside edge of weight holes.
- 4. Line up the first label to hole on top plate.
- 5. Make sure label is straight and slowly press into place.
- 6. Gently remove application tape and rub each label firmly against the weight stack.
- 7. Allow labels to stand for 2 days to allow adhesive to cure fully.
- 8. Open the lube package provided and apply a thin film of lubricant around the first 3 inches of the guide rods above the top plate.
- 9. After the cables are installed, do a set of reps to spread the lubricant thoroughly.

# **Step 7 Lat Cable Routing** 1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY. 2. FOLLOW THE TRIANGLE BALLOONS TO PROPERLY ROUTE THE CABLE. 3. USE GUIDE WIRE TO RUN CABLE BETWEEN PULLEYS. (58)(104)(86)(15) (37 (104)

(15)

(112)

(113)

(80) (60)

(36)

# **Step 8 Abdominal Cable Routing** (\*151 (100)144(118)ASSEMBLE CABLE PRIOR TO ASSEMBLE PULLEY #39 (86)1 37 **\***8 (56) (104)Fully Tighten

100%



	Step 8 Assembly List					
Item #	Description	Qty.				
1	ABDOMINAL CABLE	1				
*8	FLOATING PULLEY BRACKET	1				
37	7/8 RD. X 1 5/8 LINK 3/16 CABLE	1				
38	ABDOMINAL CRUNCH HARNESS	1				
39	BLK NYLON PULLEY 12.5MM X 26.3MM X 90MM	1				
54	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 2 1/2					
56	CABLE STOPPER SHELL 1 1/2 X 1 3/4	1				
86	OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-32 X 1 1/8	1				
100	SHOULDER BOLT Z/P 3/8 X 3/4	1				
104	SNAP LINK Z/P 8MM X 80MM	1				
118	STRAP BRACKET 20 #SF20 STAINLESS STEEL	1				
144	NYLON INSERT LOCK NUT Z/P 5/16-18	1				
*151	ADJUSTABLE DOUBLE PULLEY BRACKET	1				

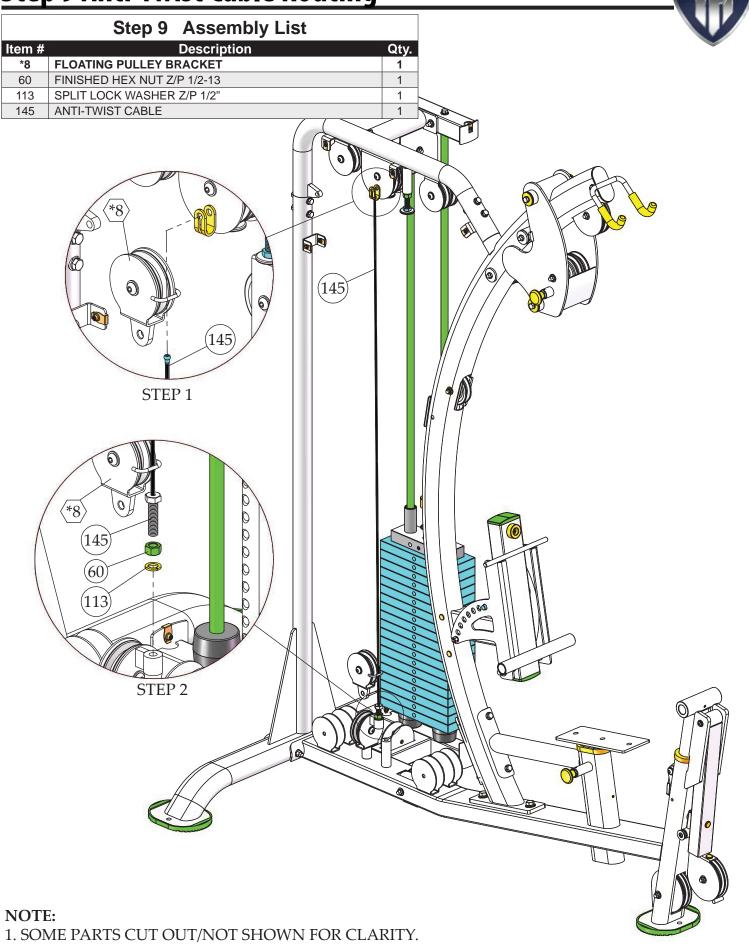
## NOTE:

- 1. SOME PARTS CUT OUT/NOT SHOWN FOR CLARITY.
- 2. FOLLOW THE TRIANGLE BALLOONS TO PROPERLY ROUTE THE CABLE.



**Fully Tighten**Wrench tighten all hardware in this step.

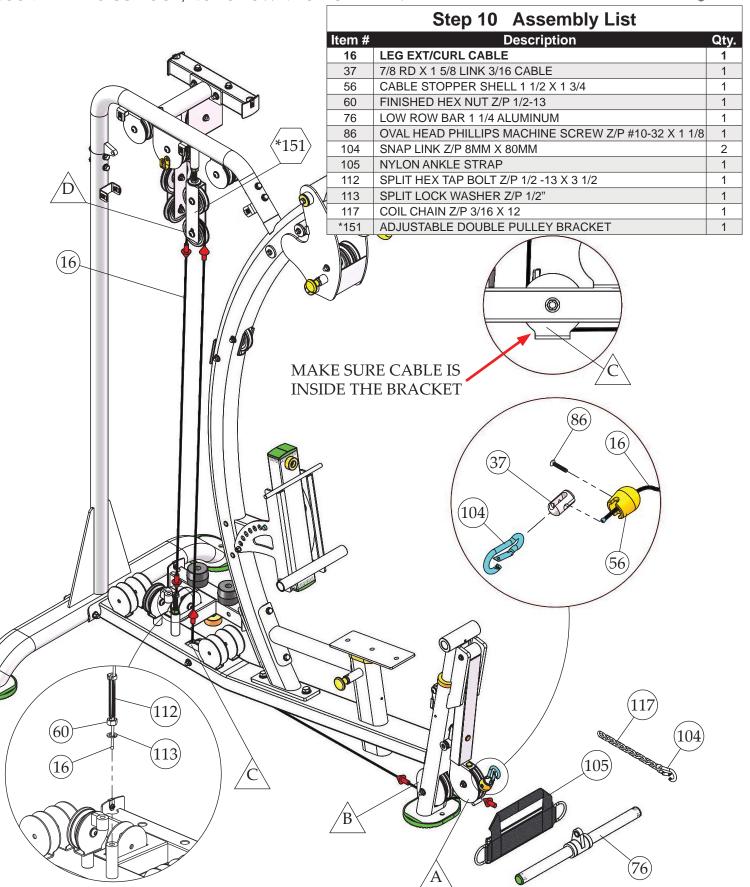
## **Step 9 Anti-Twist Cable Routing**



## **Step 10 Leg Extension/Curl Cable Routing**

### NOTE

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



## **Important Note**

## **NOTE:**

### (FOR CUSTOMERS WHO WILL BE ATTACHING AN SXT-LP UNIT ONLY)

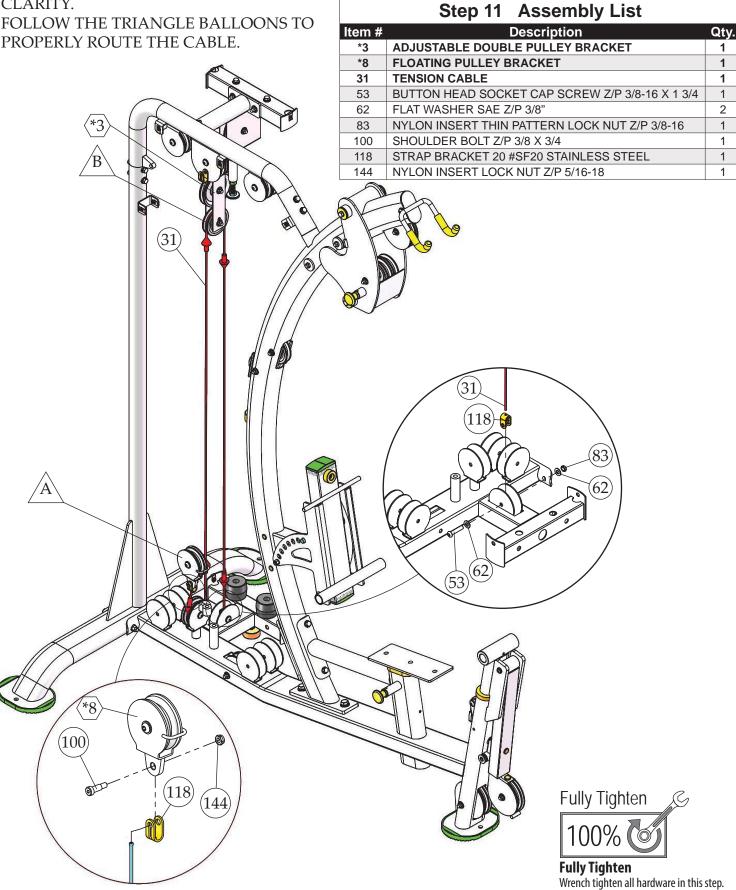
- 1. DO NOT ASSEMBLE THE TENSION CABLE #31 ON THE FOLLOWING STEP AS THE LEG PRESS CABLE WILL REPLACE IT.
- 2. SKIP TO THE SXT-LP OWNER'S MANUAL TO CONTINUE WITH ASSEMBLY.
- 3. AFTER COMPLETING SXT-LP ASSEMBLY, COME BACK TO THIS MANUAL AND CONTINUE ON STEP 12.

## **Step 11 Tensin Cable**

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

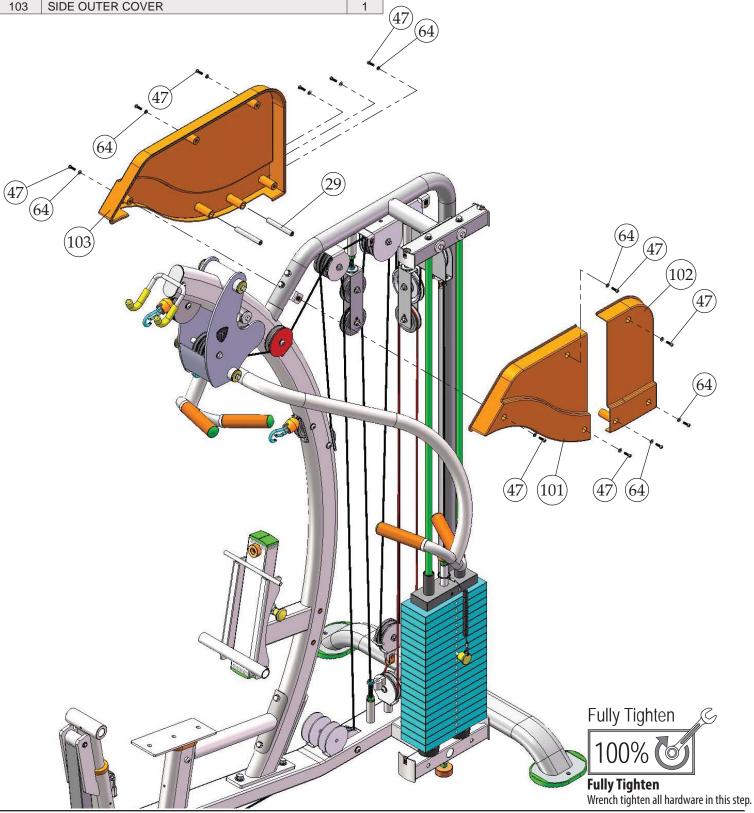


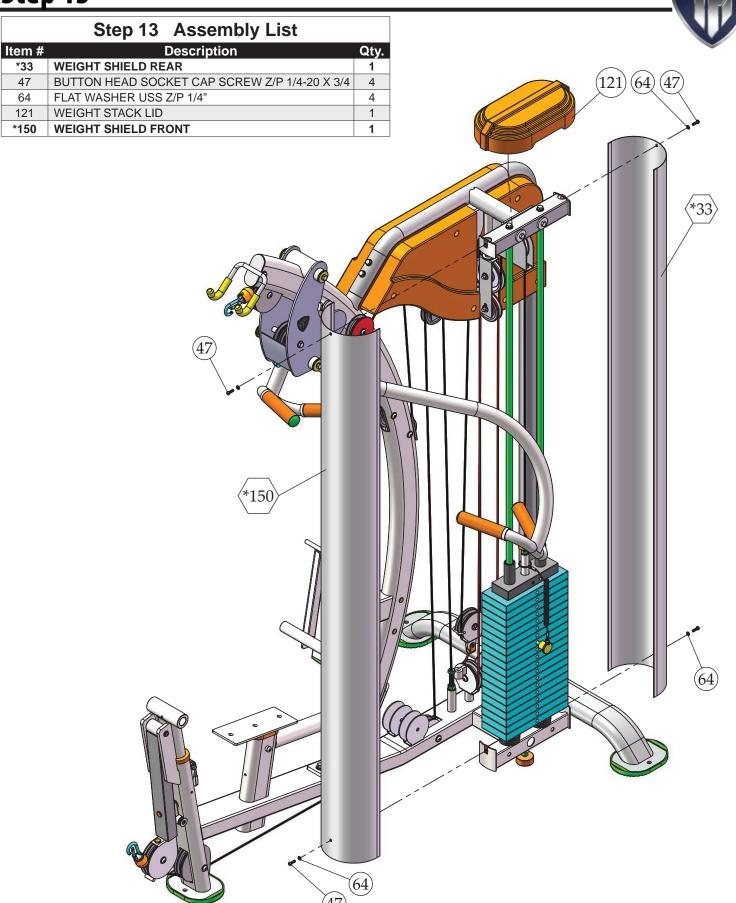


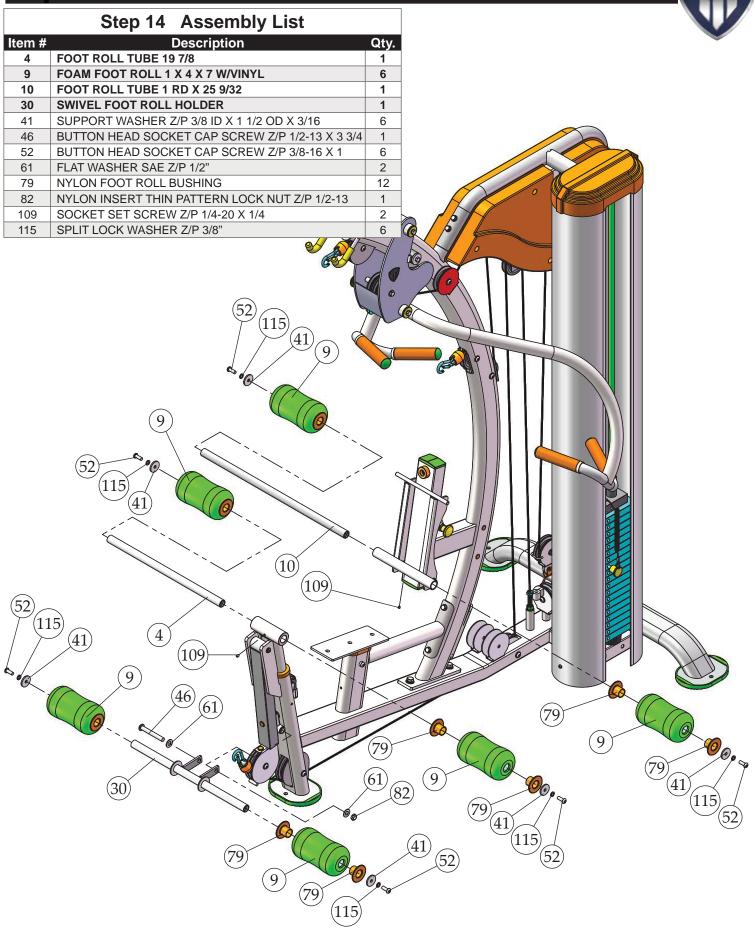




Step 12 Assembly List					
Item #	Description	Qty.			
29	SPACER 9/16 RD X 4 (2X 1/4-20 TAP HOLES)	2			
47	BUTTON HEAD SOCKET CAP SCREW Z/P 1/4-20 X 3/4	12			
64	FLAT WASHER USS Z/P 1/4"	12			
101	SIDE INNER COVER LG	1			
102	SIDE INNER COVER S	1			
103	SIDE OUTER COVER	1			

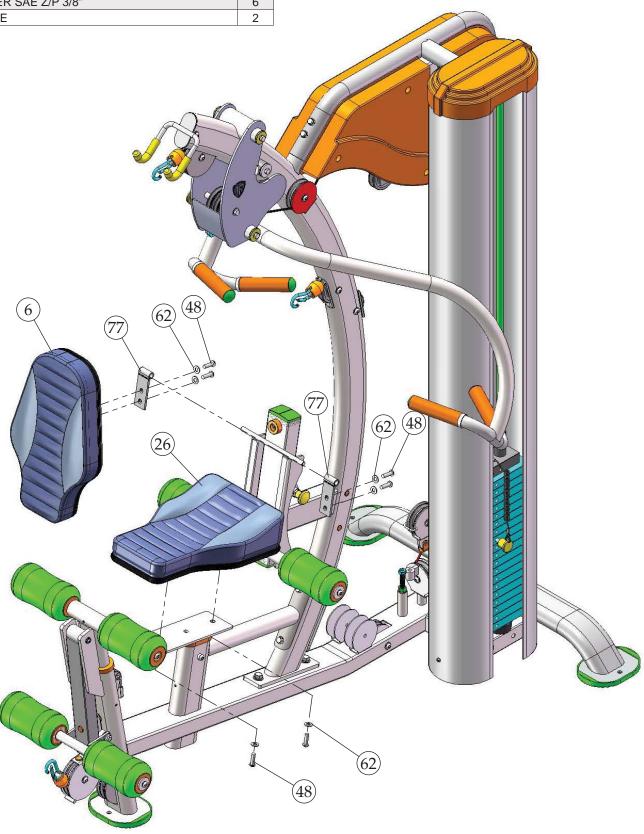








	Step 15 Assembly List	
Item #	Description	Qty.
6	BACK PAD	1
26	SEAT PAD	1
48	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1 1/4	6
62	FLAT WASHER SAE Z/P 3/8"	6
77	METAL HINGE	2



## **Parts List**

COLOR CHART GRAY= SUB-ASSEMBLY PARTS BLACK= HARDWARE

## **AXT-225**



### Parts List

Item No.	Description	Rev.	Part No.	_	Item No.	Description Rev	+	Qty
1	ABDOMINAL CABLE 3/16" X 191"	0	UP7758	1	64	FLAT WASHER USS Z/P 1/4"	BNH2105	16
	ADJUSTABLE BACK PAD BRACKET	0	UP7869	1	65	FLAT WASHER USS Z/P 5/16"	BNH2071	2
	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP7719	1	66	HEX HEAD CAP SCREW Z/P 1/2-13 X 1 1/4	BNH2167	2
4	FOOT ROLL TUBE 19 7/8	0	UP4241	1	67	HEX HEAD CAP SCREW Z/P 1/2-13 X 6 3/8	BNH3320	1
5	ADJUSTABLE RELEASE HANDLE	0	UP7676	1	68	HEX HEAD CAP SCREW Z/P 3/8-16 X 1	BNH2037	15
6	BACK PAD	0	UP7981	1	69	HEX HEAD CAP SCREW Z/P 3/8-16 X 3	BNH2046	2
7	BASE FRAME	1	UP7739	1	70	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 4 1/2	BNH2437	2
8	FLOATING PULLEY BRACKET	1	UP3733	1	71	HEX HEAD CAP SCREW Z/P 3/8-16 X 5 1/8	BNH3314	5
9	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	0	UP3785	6	72	HEX HEAD CAP SCREW Z/P 3/8-16 X 6 1/8	BNH3335	1
10	FOOT ROLL TUBE 1 RD X 25 9/32	0	UP7761	1	73	LAT BAR 1 1/4 ALUMINUM	BNH1770	1
11	ADJUSTABLE LEG HOLDER	0	UP7750	1	74	LEVER ADJUSTMENT M10	BNH3362	1
12	FRONT UPRIGHT	0	UP7740	1	75	LEVER ADJUSTMENT NUT M10	BNH3363	1
	GUIDE ROD 3/4" X 73 13/16	0	UP7765	2	76	LOW ROW BAR 1 1/4 ALUMINUM	BNH1771	1
14	LAT BAR HOLDER	0	UP7727	1	77	METAL HINGE	BNH0046	2
	LAT CABLE 3/16" X 148 1/2"	0	UP7757	1	78	NYLON BUMPER .67 DIA X .41	BNH3327	3
	LEG EXT/CURL CABLE 3/16" X 168 1/2"	0	UP7764	1	79	NYLON FOOT ROLL BUSHING	BNH1807	12
	LEG EXTENSION ARM	0	UP7982	1	80	BLACK NYLON BUMPER	BNH3308	1
	PIVOT AXLE 1/2 X 3	0	UP3741	1	81	HEX NUT M8	BNH3252	2
	PIVOT AXLE SS 1 RD CR X 6 1/32	0	UP7751	2	82	NYLON INSERT THIN PATTERN LOCK NUT Z/P 1/2-13	BNH2027	2
	PRESS BAR	0	UP7743	1	83	NYLON INSERT THIN PATTERN LOCK NUT Z/P 1/2-13 NYLON INSERT THIN PATTERN LOCK NUT Z/P 3/8-16	BNH2027	29
	PRESS BAR HOUSING	0	UP7748	1	84	NYLON SNAP-IN FINISHING PLUG 3/8"	BNH0720	4
	PULLEY COVER 3 1/2	0	UP7748 UP7663	1	85	NYLON STEM BUTTON .720" X .187"	BNH0533	2
		0		1	86		BNH2793	-
	REAR FRAME	_	UP7745	_		OVAL HEAD PHILLIPS MACHINE SCREW Z/P #10-32 X 1 1/8	+	3
	TOP FRAME	1	UP7868	1	87	PLASTIC INSERT ELLIPTICAL GUIDE	BNH1760	2
	SEAT ADJUSTMENT TUBE	0	UP7746	1	88	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
	SEAT PAD	0	UP7749	1	89	LABEL WARNING KEEP BODY, HANDS, 1 1/2 X 2 1/4	BNH2908	2
	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	90	PLASTIC INSERT CAP 1 1/4" RD V30906	BNH3407	4
	SHORT ADJUSTABLE STOPPER	0	UP0735	2	91	PLASTIC INSERT CAP 2 X 3 _ 11-14 GA	BNH0052	2
	SPACER 9/16 RD X 4 (2X 1/4-20 TAP HOLES)	0	UP7728	2	92	PULL PIN 1/2 X 3 1/2 LIGHT SPRING (YELLOW KNOB)	BNH0603	2
	SWIVEL FOOT ROLL HOLDER	0	UP7983	1	93	PULL PIN 1/2 X 5 5/8 LIGHT SPRING (YELLOW KNOB)	BNH0701	1
	TENSION CABLE 3/16" X 122 7/16"	0	UP7763	1	94	PULL PIN STIFF SPRING 17/32 X 1 1/2 K-105SS	BNH0519	1
32	TOP GUIDE ROD HOUSING	0	UP7741	1	95	RELEASE LEVER PROTECTIVE COVER (YELLOW)	BNH1940	1
33	WEIGHT SHIELD	0	UP7762	2	96	RUBBER BUMPER W/WASHER 3/8 X 1 1/2	BNH0514	1
34	LABEL-WARRANTY HOME LIFETIME		BNH3156	1	97	RUBBER DONUT 3/4 X 2 1/2	BNH0068	4
35	10 LB STEEL WEIGHT PLATE BLACK 4 9/16 X 9 7/16 ASSY		BNH1650	19	98	LABEL-CAUTION ADJUST LEVELER TO FLOOR SURFACE	BNH3119	1
36	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS ASSY		BNH1982	1	99	RUBBER GRIP 1.1875 ID X .125 X 5 7/8	BNH3367	4
37	7/8 RD X 1 5/8 LINK 3/16 CABLE		BNH4232	3	100	SHOULDER BOLT Z/P 3/8 X 3/4	BNH2392	2
38	ABDOMINAL CRUNCH HARNESS		BNH0235	1	101	SIDE INNER COVER LG	BNH3265	1
39	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2		BNH0553	16	102	SIDE INNER COVER S	BNH3266	1
40	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK		BNH0506	7	103	SIDE OUTER COVER	BNH3264	1
41	SUPPORT WASHER Z/P 3/8 ID X 1 1/2 OD X 3/16		BNH3343	15	104	SNAP LINK Z/P 8MM X 80MM	BNH0065	5
	BALL BEARING #W516, (1641-2RS-NR)		BNH0628	2	105	NYLON ANKLE STRAP	BNH3203	1
	BUTTON HEAD SOCKET CAP SCREW GR-8 Z/P 1/4-20 X 3	/4	BNH2995	1	106	HEX KEY M6	BNH3718	1
	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8	7 -	BNH0527	2	107	SOCKET HEAD CAP SCREW Z/P M8X12	BNH3332	+
	BRONZE BUSHING SAE 841 (302033) .502X.628 X 1/2 X 7/8	X 1/8		6	108	SOCKET HEAD CAP SCREW Z/P M8X20	BNH3326	_
	BUTTON HEAD SOCKET CAP SCREW Z/P 1/2-13 X 3 3/4	, 1/0	BNH2994	1	109	SOCKET SET SCREW Z/P 1/4-20 X 1/4	BNH3263	-
	BUTTON HEAD SOCKET CAP SCREW Z/P 1/2-13 X 3 3/4 BUTTON HEAD SOCKET CAP SCREW Z/P 1/4-20 X 3/4		BNH2995	16	110	SOCKET SET SCREW Z/T 1/4-20 X 1/4 SOCKET SET SCREW Z/P 1/4-20 X 3/8	BNH3262	-
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1 1/4		BNH2034	6	111	SOCKET SET SCREW Z/P 1/4-20 X 3/8 SOCKET SET SCREW Z/P 10-32 X 1/8	BNH2088	+
			BNH2996	2	111		BNH2977	-
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 2 3/4			_		SPLIT HEX TAP BOLT Z/P 1/2 -13 X 3 1/2 (RND CUT)	+	+-
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 3 3/4		BNH3336	1	113	SPLIT LOCK WASHER Z/P 1/2"	BNH0572	+
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 3/4		BNH3341	2	114	ALERT SIGN FOR HOME 8 1/2 X 11	BNH3139	+-
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1		BNH2033	8	115	SPLIT LOCK WASHER Z/P 3/8"	BNH2520	+
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1 3/4		BNH2426	12	116	SPLIT LOCK WASHER Z/P 5/16"	BNH2070	_
	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 2 1/2		BNH3316	3	117	COIL CHAIN Z/P 3/16 X 12	BNH2055	-
	BUTTON HEAD SOCKET CAP SCREW Z/P 5/16-18 X 1		BNH3261	2	118	STRAP BRACKET 20 #SF20 STAINLESS STEEL	BNH0562	+
	CABLE STOPPER SHELL 1 1/2 X 1 3/4		BNH4230	3	119	URETHANE BUMPER 962	BNH0244	+
	1" RD ID X 1 1/2 RD OD X 1 1/2 STOPPER		BNH3334	2	120	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	+-
58	COIL CHAIN Z/P 3/16 X 8		BNH1214	1	121	WEIGHT STACK LID	BNH3267	-
	RUBBER FOOT FOR 6 X 4 1/4 PLATE		BNH1647	3	122	YELLOW GRIP .50 X 4.75 DBL DIP. PUNCHED	BNH1514	1
	RUDDER FOOT FOR 0 X 4 1/4 I LATE					1 · · · · · · · · · · · · · · · · · · ·	DNII 12177	1 2
59	FINISHED HEX NUT Z/P 1/2-13		BNH0206	7	123	LABEL-AXT-225 EXERCISE CHART	BNH3166	$\perp$
59 60			BNH0206 BNH2031	7 8	123 124	LABEL-AXT-225 EXERCISE CHART LABEL-DANGER DO NOT REMOVE 7/8 X 1-1/2	BNH2906	+
59 60 61	FINISHED HEX NUT Z/P 1/2-13			$\vdash$			+	2

## **Parts List Continued**

COLOR CHART GRAY= SUB-ASSEMBLY PARTS BLACK= HARDWARE





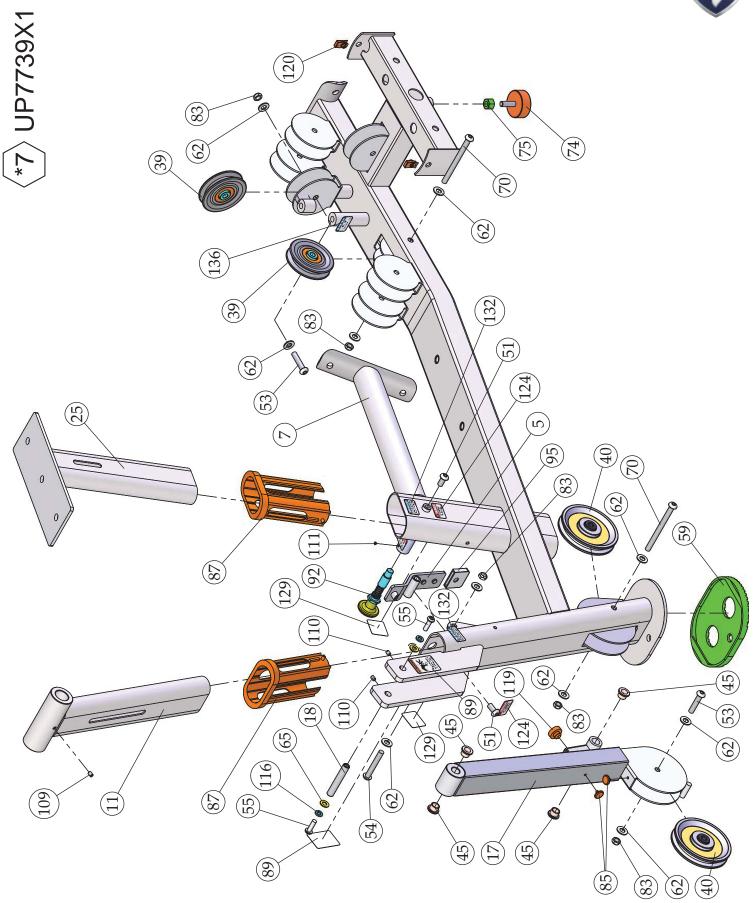


Item No.	Description Rev	. Part No.	Qty.	Item No.	Description Rev.	Part No.	Qty.
127	TFI EMBLEM 2.26 HIGH X 2.3770 WIDE BLUE AND CHROME	BNH4304	2	136	LABEL-IMPORTANT ADJUST CABLE TENSION HERE	BNH2924	4
128	LABEL-NUMBERS 10-200 LBS/KGS 7/8 X 3 YELLOW & BLACK	BNH4069	1	137	LABEL-IMPORTANT FOR SMOOTH PERFORMANCE	BNH2925	1
129	LABEL-CAUTION CHECK PULL-PIN IS FULLY	BNH2912	4	138	LABEL-INSPECTIONS RECOMMENDED INSPECTION	BNH3155	1
130	LABEL-DANGER CHECK RETAINING NUT 1.5 X 1	BNH3146	3	139	ANTI-TWIST CABLE 0	UP8528	1
131	LABEL-IMPORTANT CHECK CABLES	BNH3113	1	140	LABEL-TFI SERIAL NO. 2.5 X 1.5	BNH3147	1
132	LABEL-IMPORTANT FOR SMOOTH PERFORMANCE	BNH2916	2	141	LABEL-WARNING ATTENTION USERS! 2X1.5	BNH2911	1
133	LABEL-TFI SERIAL NO. 2.5 X 1.5	BNH3147	1	142	LABEL-WARNING DO NOT USE FOR CHINNING	BNH2923	1
134	LABEL-DANGER DO NOT LEAN AGAINST, 1.75X2.375	BNH3145	1	143	LABEL-WARNING KEEP BODY, HANDS 1X2-5/8	BNH2926	1
135	LABEL-DANGER USE THIS EQUIPMENT ONLY	BNH2903	1	144	NYLON INSERT LOCK NUT Z/P 5/16-18	BNH2056	2

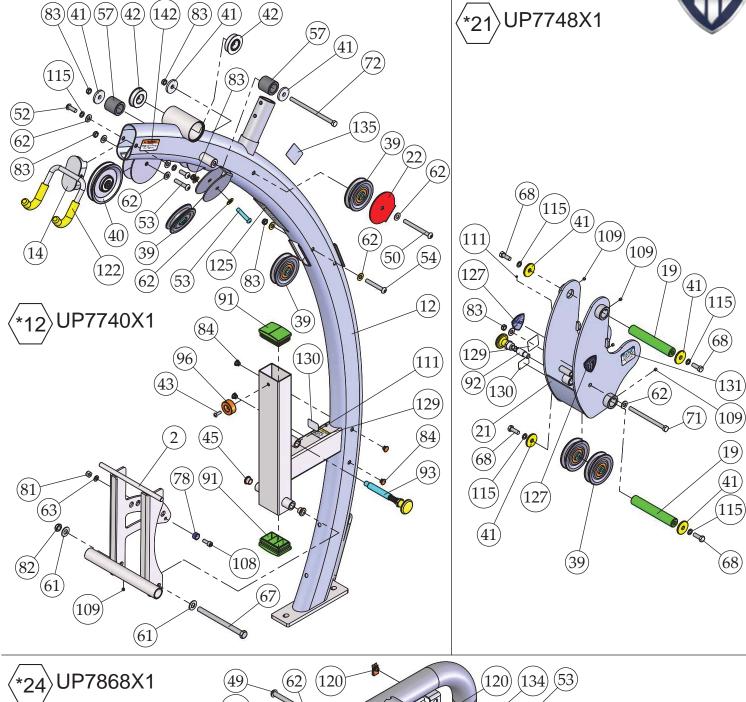
### PRE ASSEMBLED COMPONENTS

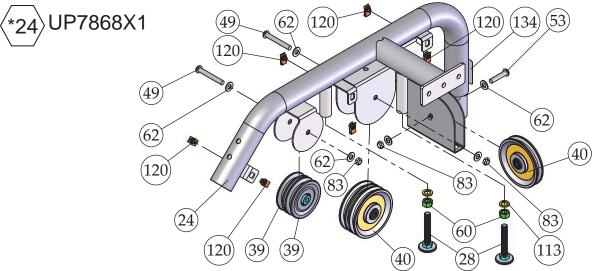
Item No.	Description	Rev.	Part No.	Qty.	Item No.	Description	Rev.	Part No.	Qty.
*3	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP7719X1	1	*23	REAR FRAME	0	UP7745X1	1
*7	BASE FRAME	1	UP7739X1	1	*24	TOP FRAME	1	UP7868X1	1
*8	FLOATING PULLEY BRACKET	1	UP3733X1	1	*32	TOP GUIDE ROD HOUSING	0	UP7741X1	1
*12	FRONT UPRIGHT	0	UP7740X1	1	*33	WEIGHT SHIELD REAR	0	UP7762X1	1
*20	PRESS BAR	0	UP7743X1	1	*150	WEIGHT SHIELD FRONT	0	UP7762X2	1
*21	PRESS BAR HOUSING	0	UP7748X1	1	*151	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP7719X2	1

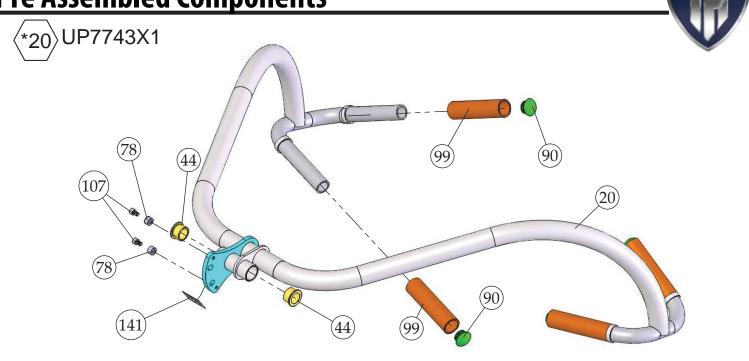


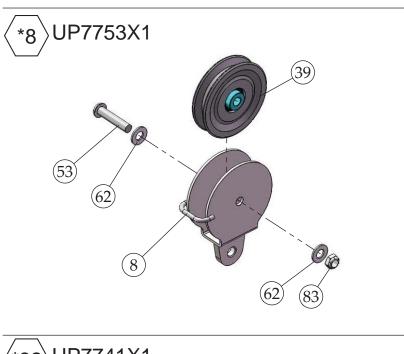


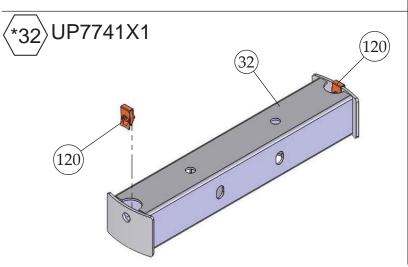


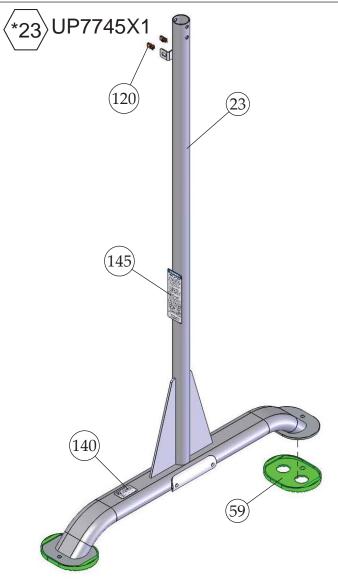


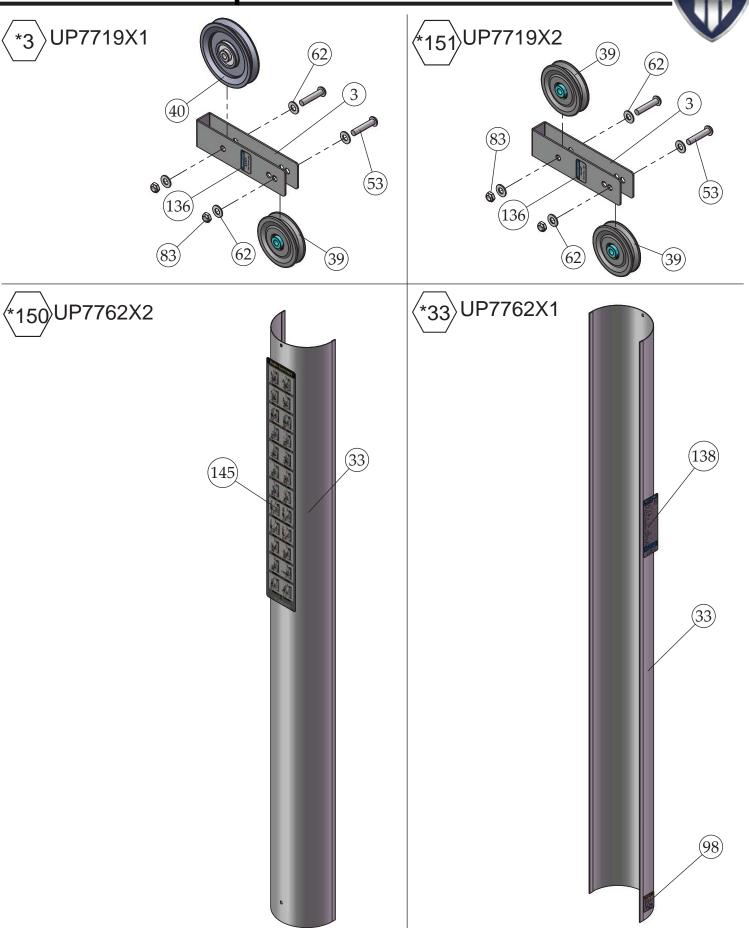








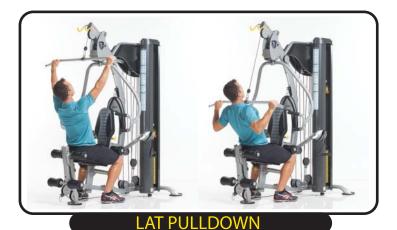




## **Basic Exercise Guide**



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath — general rule of thumb is to exhale when you exert.





REVERSE GRIP PULLDOWN

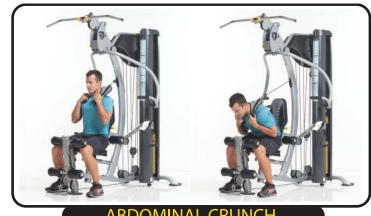


TRICEP PRESSDOWN



CHEST FILESS





## **Basic Exercise Guide**



Use this equipment only for the exercises as shown. Know your limitations. If you are new to weight training, always start with lighter weight, learn how to perform the exercise correctly and train at a controlled rate of speed. Warm up properly with stretchings, calisthenics or cardiovascular exercises. Never hold your breath — general rule of thumb is to exhale when you exert.



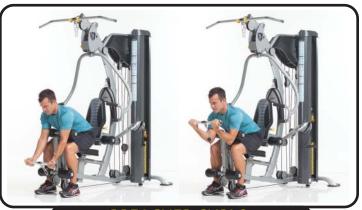
TRICEP EXTENSION



UPRIGHT ROWS



STANDING CHRIS



PREACHER CLIRIS



LEG EXTENSION



STANDING LEG CURL



## **TUFFSTUFF 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 purchase 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.

### **HOME LIFETIME WARRANTY\*:**

LIFETIME of the equipment while owned by the original purchaser (applies only to defects from manufacturer only).

### \*This warranty does not cover:

- 1. TuffStuff products sold for and used in a commercial or institutional environment.
- 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 machines.
- 3. Use of this apparatus in a manner for which it was not designed.
- 4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

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 Chino, California, without charge to the purchaser. 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 Chino.

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 CONNECTIONS WITH EXERCISE PRODUCTS. TUFFSTUFF'S LIABILITY HERE-UNDER IS EXPRESSLY LIMITED TO THE REPAIRS OR REPLACEMENTS OF WARRANTED DEFECTIVE PARTS.

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 International, Inc. at 13971 Norton Avenue, Chino, CA 91710, before returning any defective equipment.

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

SERIAL#		
	Write your Serial number here for future reference	Purchase Date



### **TuffStuff Fitness International, Inc.**