


# OWNER'S MANUAL

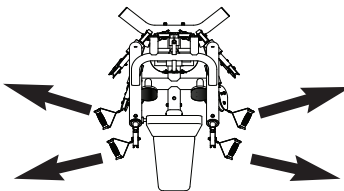
## Maintenance & Assembly Instructions

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



**DANGER**

**DO NOT**  
pull or perform any  
exercises to the  
sides of the machine.



Excessive pulling or force  
can cause the machine to  
tip over, and may results in  
serious injuries or death.

BNH3112

## NOTICE

### It is the Purchaser's/Owner's obligation:

1. To disclose and post all Rules & Regulations, Alert Sign, Wall Chart, Danger, Warning and Caution labels affixed on the machine to their users.
2. Equipment to be installed by TuffStuff Fitness Authorized Dealer or a service company approved by TuffStuff Fitness.
3. Provide scheduled inspection, maintenance & repairs and must be performed by TuffStuff Fitness Authorized Dealer or a service company approved by TuffStuff Fitness.
4. Must use only genuine TuffStuff Fitness replacement parts.

SPT-6X\_Rev3

Revision Date 10-29-2013

[www.tuffstufffitness.com](http://www.tuffstufffitness.com)

**TUFFSTUFF**  
FITNESS

**SPT-6X**  
**Six-Pak Trainer**

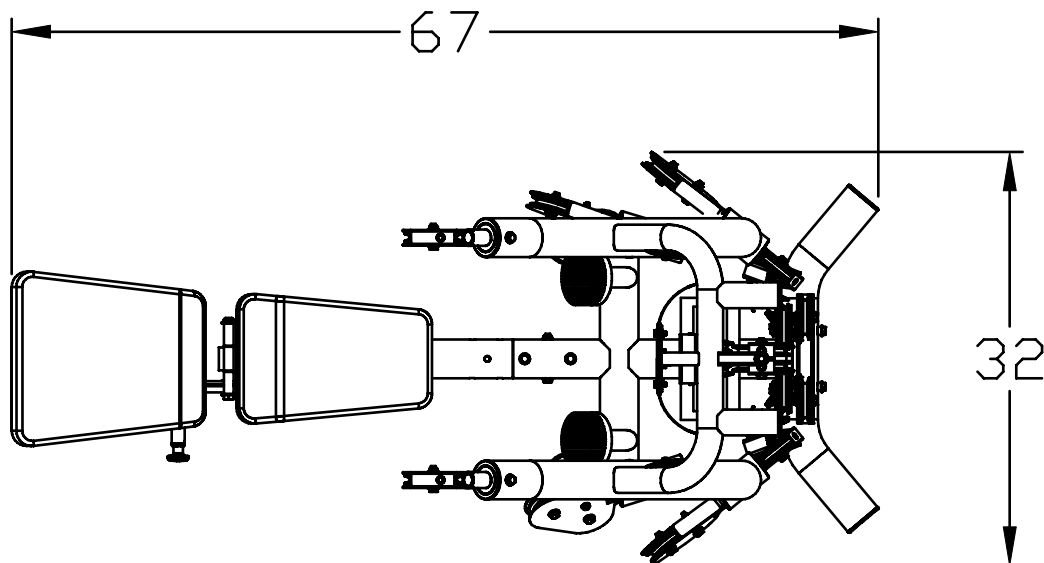
# Table of Contents



Important Safety Instructions.....	Page 3
Registration, Service & Assembly .....	Page 4
Assembly Steps .....	Pages 5 - 20
Lat Cable Routing.....	Pages 11 - 12
Lat Cable Mapping Diagram .....	Page 13
Low Row Cable Routing.....	Pages 14 - 15
SPT-6X Exploded View .....	Pages 21 - 22
SPT-6X Parts List.....	Page 23
Inspection / Maintenance .....	Page 24
Cable Inspection.....	Page 25
DANGER, WARNING, & CAUTION Labels Information.....	Pages 26 - 27
SPT-6X Label Placement .....	Pages 28 - 29

TuffStuff Fitness Equipment Inc. continually engages in research related to product improvements. Please take the time to carefully read through this manual thoroughly. Instructions contained in this manual are not intended to cover all details or variations possible with this equipment, or to cover every contingency that may be met in conjunction with assembly, installation, operation, maintenance or troubleshooting of the equipment. Eventhough we have prepared this 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 manual, the matter should be directed to Customer Service at TuffStuff Fitness Equipment Inc. in Chino, California.

## Overhead Specifications



**L 67" x W 32" x H 80"**  
**TOTAL UNIT WEIGHT: 500 LBS**

# Important Safety Instructions



*It is the responsibility of the owner and users of the equipment to review the Owner's Manual, Exercise Chart and understand all Danger, Warning and Caution labels affixed on the machine.*

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

1. Obtain a medical exam before beginning any exercise program.
2. Read and understand Owner's Manual, Exercise Chart and all **Danger, Warning and Caution** labels before using this equipment. If you still need help, seek assistance from floor personnel or call TuffStuff Fitness at 888-884-8275.
3. **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.
4. Stop exercising if you feel faint or dizzy. Consult a physician if you are experiencing pain.
5. Keep body, clothing and hair clear from all moving parts. Do not attempt to free any jammed parts by yourself.
6. 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.
7. Never hold your breath – will limit the flow of oxygen to your brain and may cause dizziness. The most often used breathing is inhaling during least resistance and exhaling during maximum resistance.
8. Do not use accessories or accessory attachments that are not recommended by TuffStuff Fitness.
9. Make sure adjustment pull-pins are completely inserted and fully engaged before each use.
10. Never pin the weights in an elevated position. Do not use the machine if found in this condition.
5. Post and disclose all safety, rules and regulations on a bulletin board easily accessible to users.
6. 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.
7. **Do not** lean against or pull on the framework, weight stack or any component at all times.
8. **Children must not** be allowed near the equipment. Teenager must be supervised.
9. Replace immediately all parts at first sign of wear or damage. If unable to replace worn or damaged components/parts, remove machine from service until the repair is made.
10. Use only genuine TuffStuff Fitness replacement parts. Failure to do so will void warranty and could result in serious injury or death to the users.
11. **Do not remove** any LABELS affixed to the machine. Replace if damaged.
12. **Do not alter or modify** the original manufacturer's weight stack with any add-on incremental weights, weight plates or dumbbells except those with standard factory installed option.
13. Maintain a service contract with a TuffStuff Fitness Authorized Dealer or a Professional Service Company approved by TuffStuff Fitness. Keep a service log of all maintenance and repair activities. **NOTICE:** It is the sole responsibility of the owner or facility operator to ensure that regular maintenance is performed.

## Facility Safety Guidelines and Practices

1. Read and understand the Owner's Manual before assembling, servicing or using the equipment.
2. Equipment to be installed by TuffStuff Fitness Authorized Dealer or by a Professional Service Company approved by TuffStuff Fitness.
3. Make sure each machine is set up and operated on a solid level surface. Do not install equipment on an uneven surface.
4. Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has proper clearance for usage and training.



**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 SPT-6X Six-Pak Trainer.*

*This machine is part of the TuffStuff Fitness 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.tuffstufffitness.com/productregistration.jsp>  
within 10 days of purchase.

## Obtaining Service

Please use this Owner's Manual as your guide to all parts included in your shipment. When ordering parts, you must specify the part number and description from this manual. **Use only genuine TuffStuff Fitness 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:

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

Fax: 909-629-4967

E-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net) or [service1@tuffstuff.net](mailto:service1@tuffstuff.net)

Hours: M–F 8:00 – 4:30 PST

Or write to: TuffStuff Fitness Equipment 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 SPT-6X but are not limited to:

- 1/2", 9/16", 3/4", 7/8" Combination Wrenches
- Ratchet Wrench with 1/2", 9/16", 3/4" sockets
- Crescent Adjustable Wrench
- External retaining ring pliers
- Super Lube® spray lubricant and grease
- Rubber mallet, measuring tape & utility knife
- Windex or household glass cleaner

## Assembly Requirements

- A minimum of two strong persons are required for this assembly.
- Follow these installation requirements when assembling the SPT-6X.
- Layout your floor plan before assembling.
- Set up the SPT-6X 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.

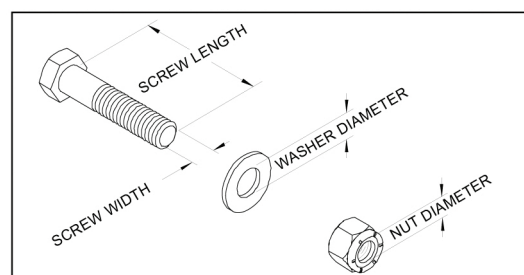
While you may be able to assemble the SPT-6X using the illustrations only, IMPORTANT safety notes and other tips are included in the text.

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

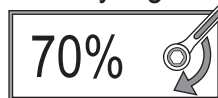
**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for final adjustments.

**CAUTION:** Obtain assistance from TuffStuff Fitness if you have difficulty assembling the SPT-6X. Please do not attempt to complete the assembly as this could result in equipment failure and serious injuries to the users.

## Symbols & Description



### Loosely Tighten



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.

### Fully Tighten



### Fully Tighten

Wrench tighten all hardware in this step.



# Step 1

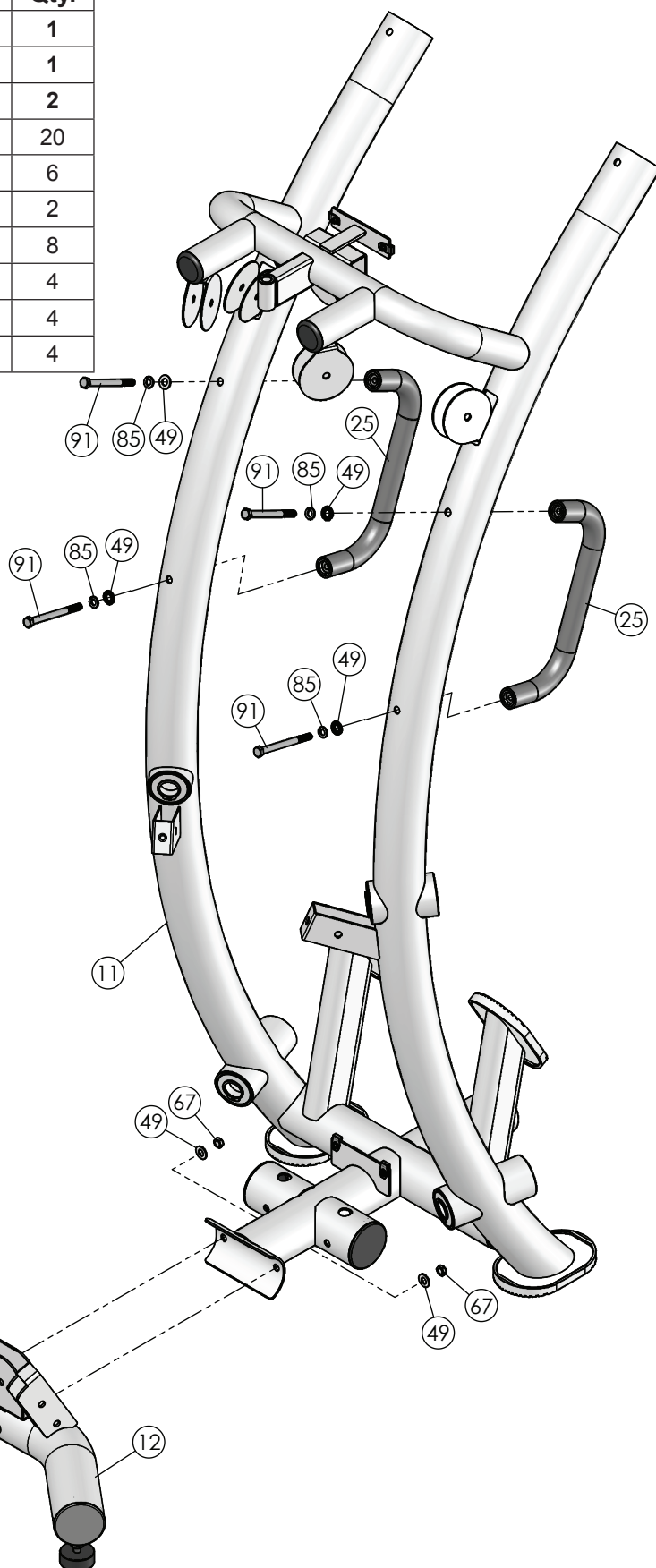
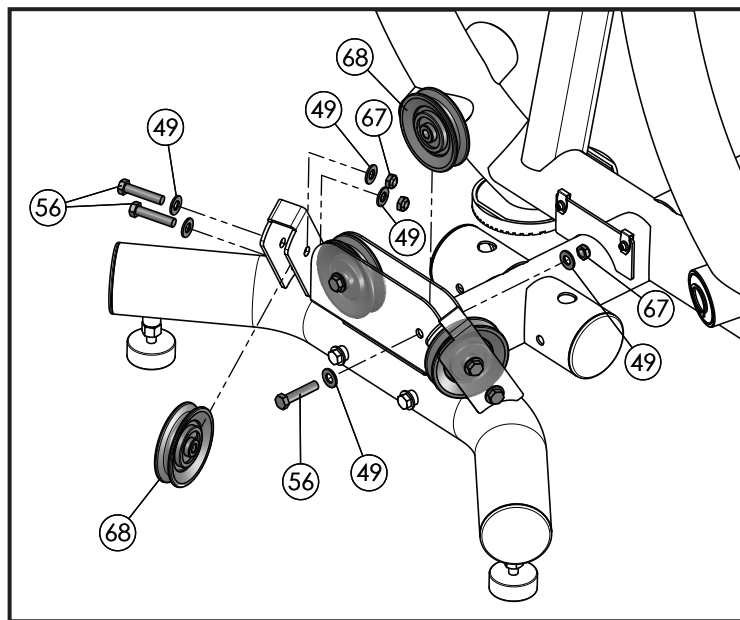
## Assembly List

Item #	Description	Qty.
11	MAIN FRAME	1
12	REAR STABILIZER	1
25	HANDLE	2
49	FLAT WASHER SAE B/O 3/8"	20
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	2
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	8
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
85	SPLIT LOCK WASHER B/O 3/8"	4
91	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	4

Fully Tighten



Wrench tighten all hardware in this step.



# Step 2

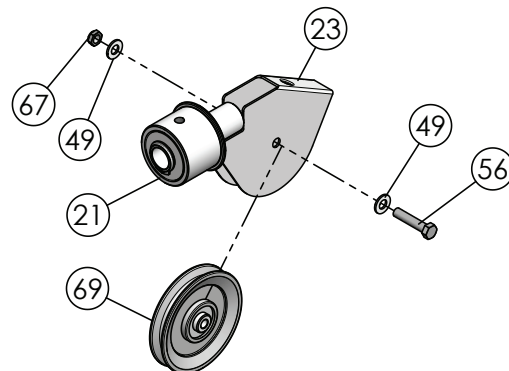
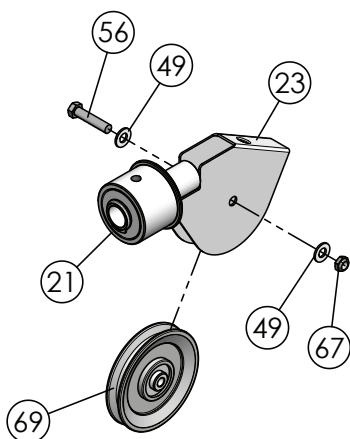
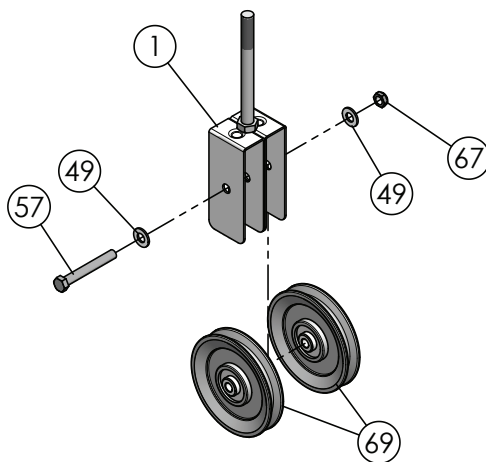
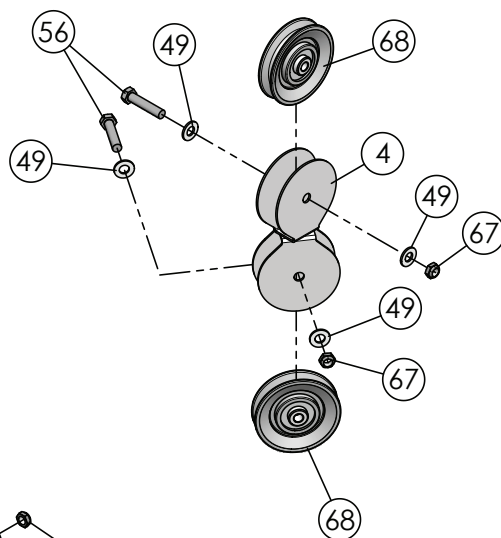
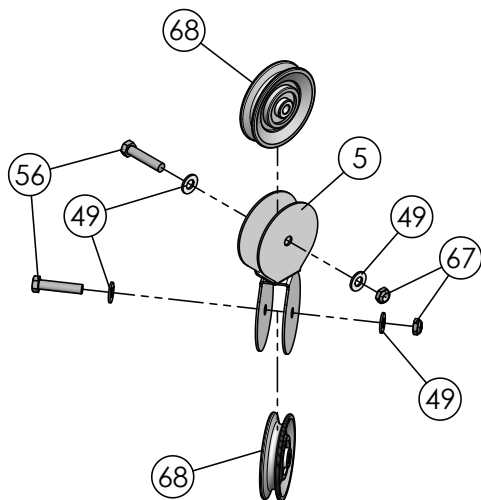
Fully Tighten



Wrench tighten all hardware in this step.

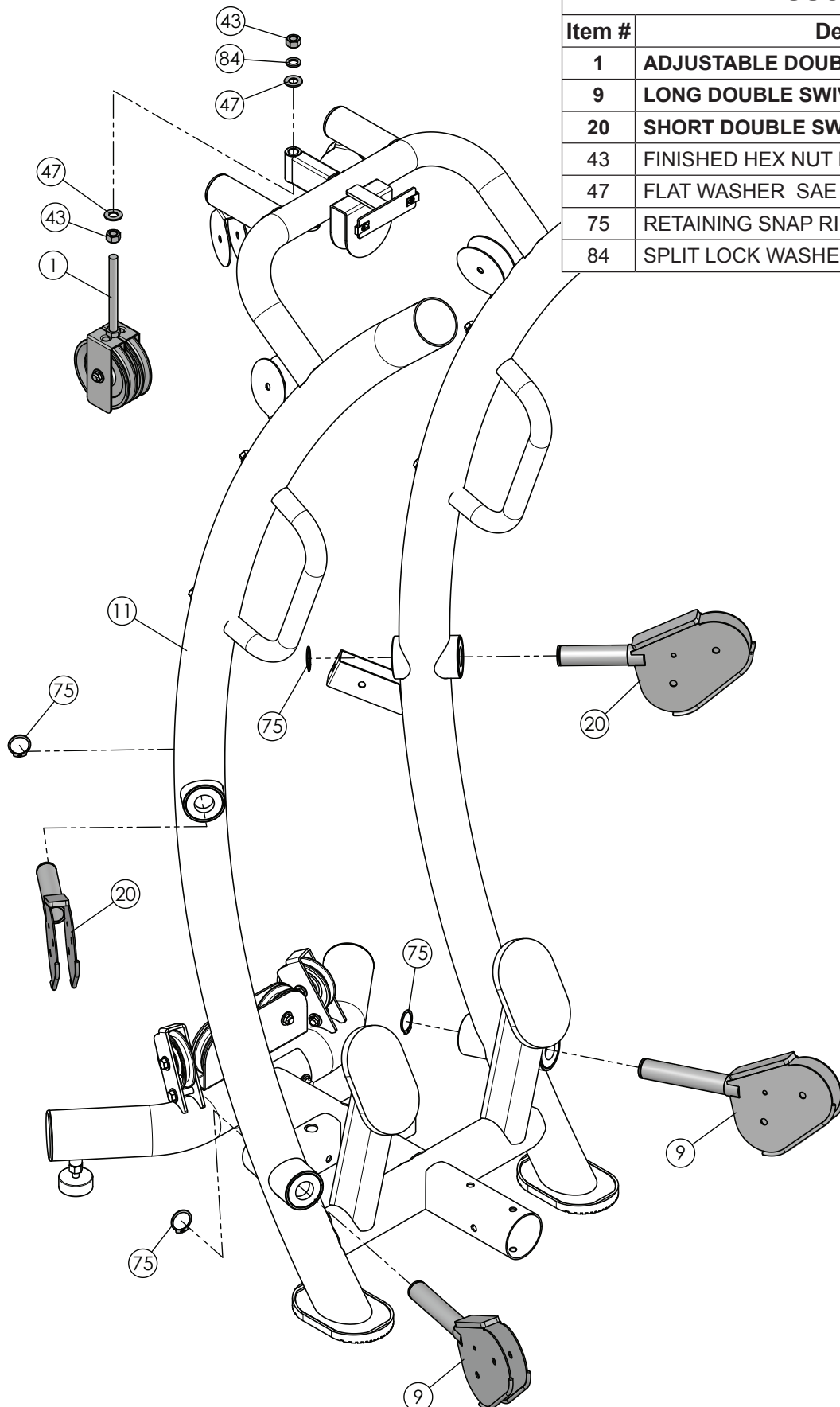
## Assembly List

Item #	Description	Qty.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	1
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
21	TOP BEARING HOUSING	2
23	TOP SWIVEL PULLEY BRACKET	2
49	FLAT WASHER SAE B/O 3/8"	14
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	6
57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	1
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	7
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	4
69	NYLON PULLEY 3/8 X 1 X 4 1/2 BLACK	4



# Step 3

Assembly List		
Item #	Description	Qty.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	1
9	LONG DOUBLE SWIVEL PULLEY BRKT	2
20	SHORT DOUBLE SWIVEL PULLEY BRKT	2
43	FINISHED HEX NUT B/O 1/2-13	2
47	FLAT WASHER SAE B/O 1/2"	2
75	RETAINING SNAP RING EXT. PLAIN 1 1/4"	4
84	SPLIT LOCK WASHER B/O 1/2"	1

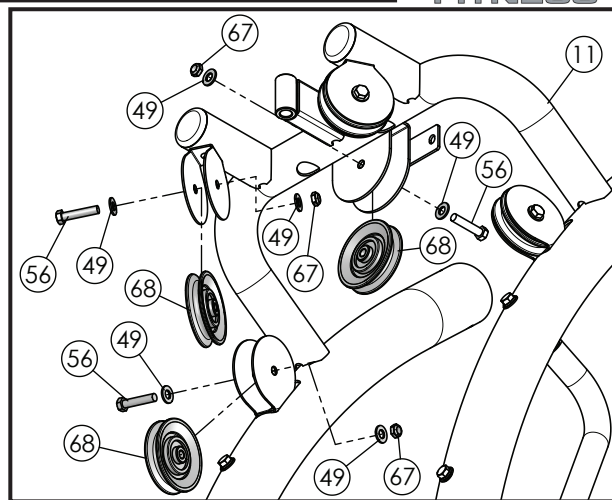
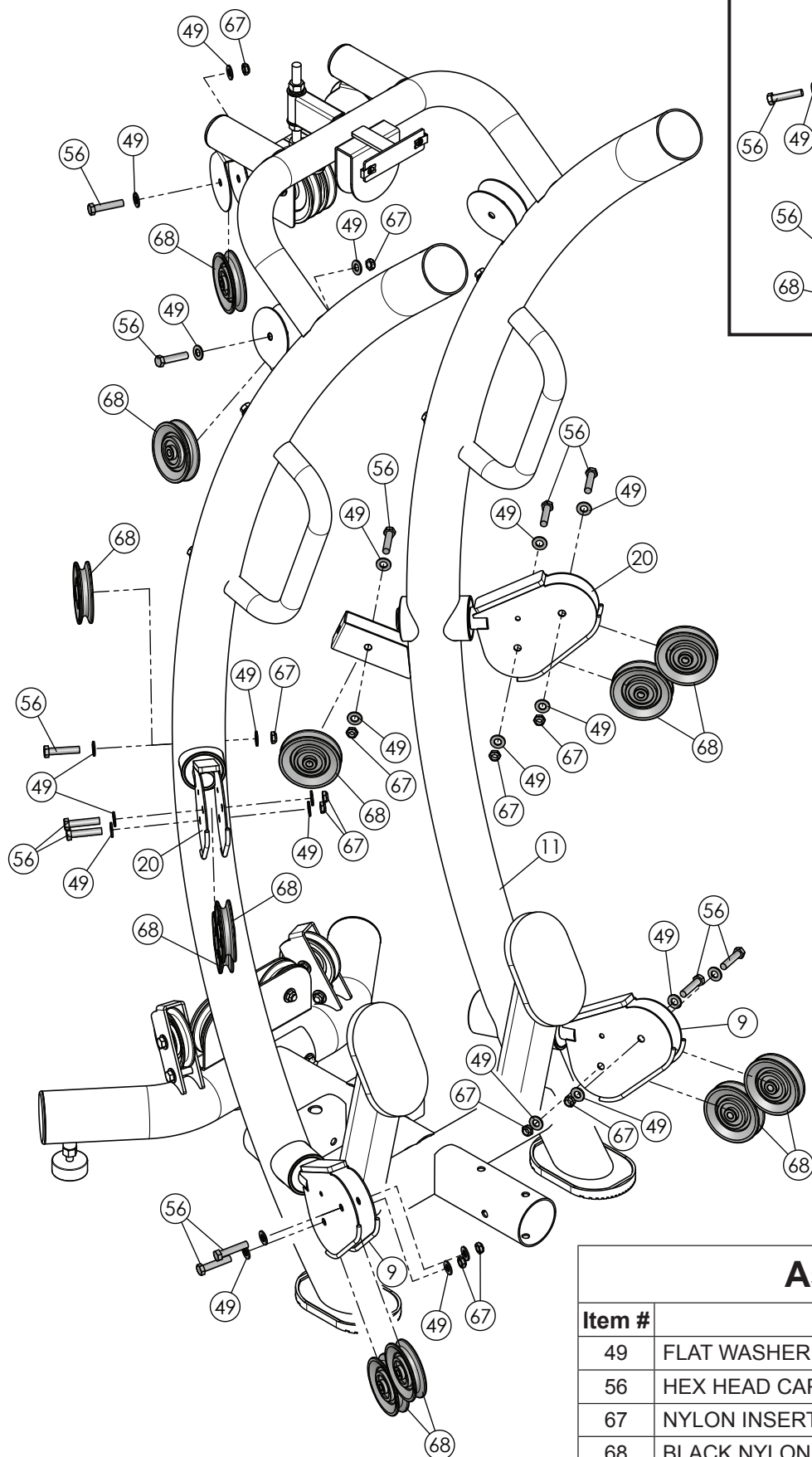


Loosely Tighten

70%

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.

# Step 4



Fully Tighten

100%

Wrench tighten all hardware in this step.

## Assembly List

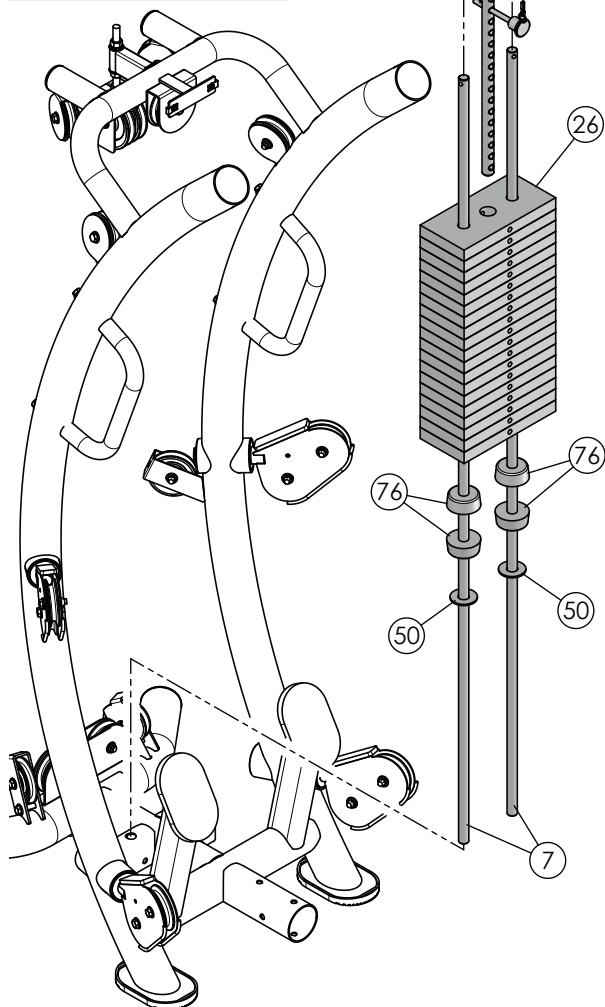
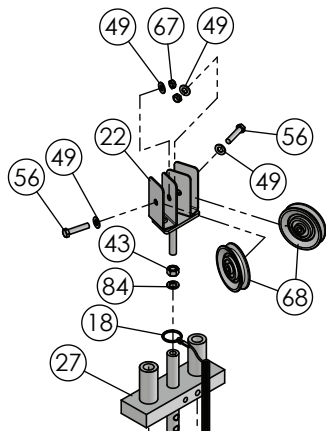
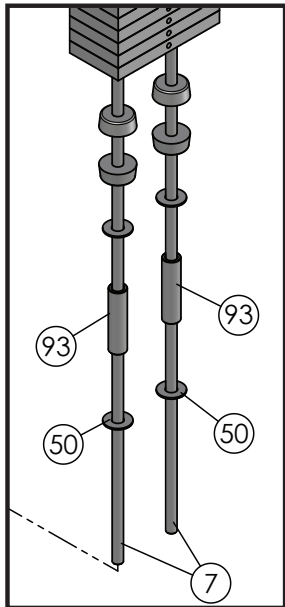
Item #	Description	Qty.
49	FLAT WASHER SAE B/O 3/8"	30
56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	15
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	15
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	15

# Step 5

**NOTE:** If Downgrading to 150 lbs.Weight Stack, you'll need to assemble:

Item #	Description	Qty.
50	FLAT WASHER B/O 3/4 X 2"	2
93	WEIGHT STACK SPACER 5" (USED ONLY WITH 150 lbs)	2

as illustrated below.



## Assembly List

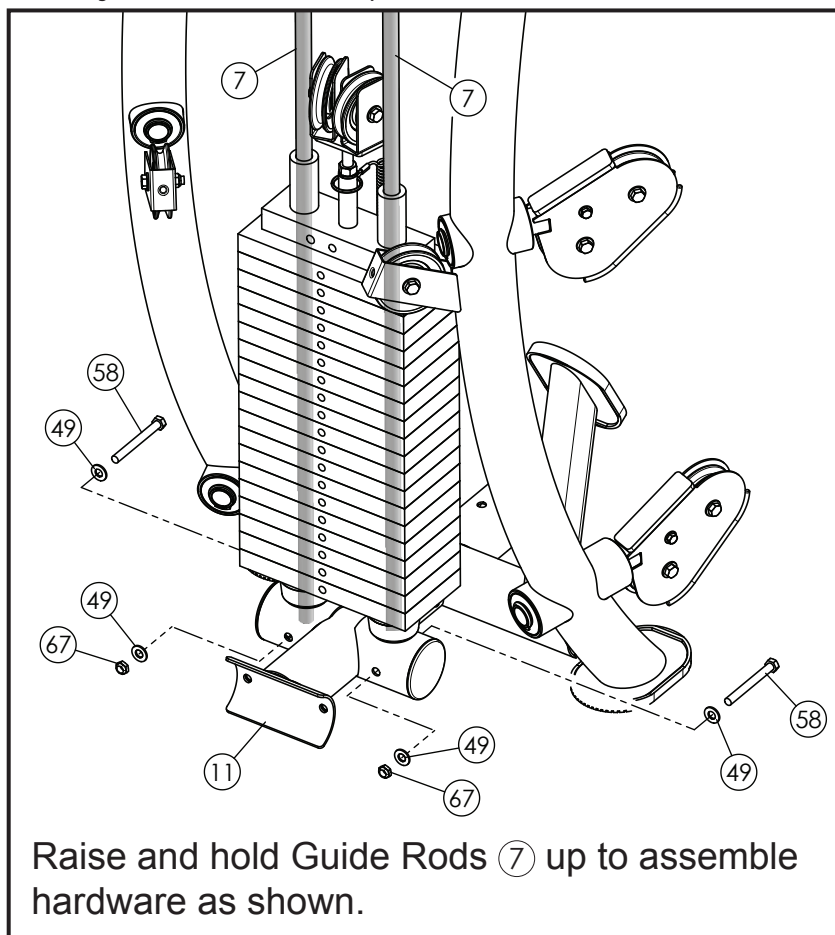
Item #	Description	Qty.
7	GUIDE ROD 3/4 RD X 67 1/2	2
18	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	1
22	TOP PLATE PULLEY BRACKETS	1
26	10 LB STEEL WEIGHT PLATE BLACK	19
27	10 LB TOP PLATE W/ADJ SLTR BAR	1
43	FINISHED HEX NUT B/O 1/2-13	1
49	FLAT WASHER SAE B/O 3/8"	8
50	FLAT WASHER B/O 3/4 X 2"	2
56	HEX HEAD CAP SCREW B/O 3/8-16 X 1 3/4	2
58	HEX HEAD CAP SCREW B/O 3/8-16 X 3 1/2	2
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	4
68	BLACK NYLON PULLEY 3/8 X 1 X 3 1/2	2
76	RUBBER DONUT 1 X 2 1/2	4
84	SPLIT LOCK WASHER B/O 1/2"	1

Fully Tighten

100%



Wrench tighten all hardware in this step.



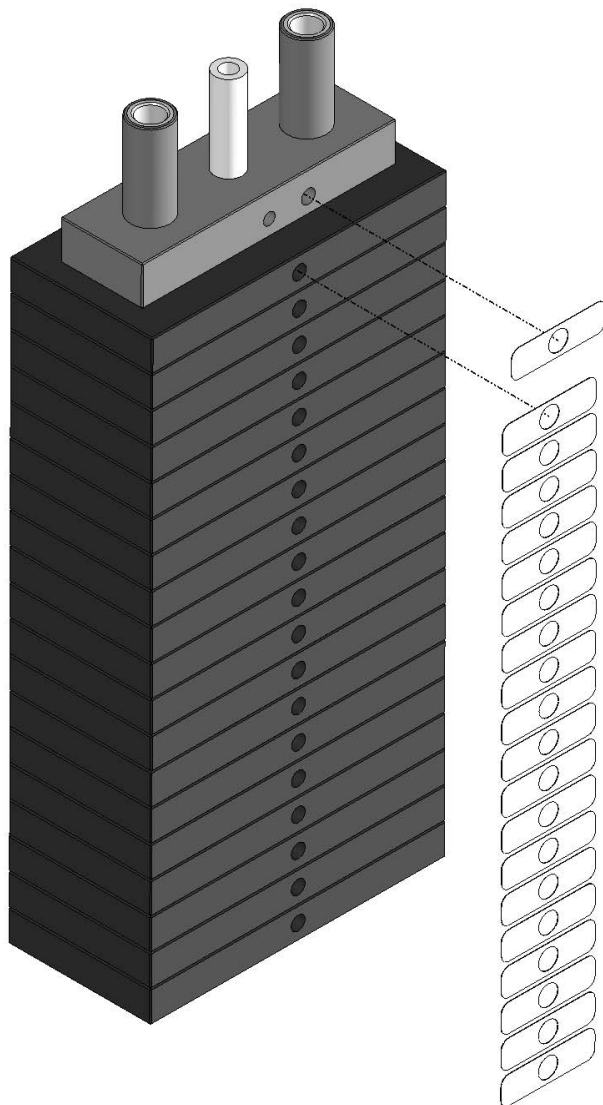
Raise and hold Guide Rods ⑦ up to assemble hardware as shown.



# Step 6

## NOTE:

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



TOP PLATE 10 lbs.	TOP PLATE 4.5 kgs.
20 lbs.	9.0 kgs.
30 lbs.	13.6 kgs.
40 lbs.	18.1 kgs.
50 lbs.	22.7 kgs.
60 lbs.	29.5 kgs.
70 lbs.	31.8 kgs.
80 lbs.	36.3 kgs.
90 lbs.	40.8 kgs.
100 lbs.	45.4 kgs.
110 lbs.	49.9 kgs.
120 lbs.	54.4 kgs.
130 lbs.	59.0 kgs.
140 lbs.	63.5 kgs.
150 lbs.	68.0 kgs.
160 lbs.	72.6 kgs.
170 lbs.	77.1 kgs.
180 lbs.	81.6 kgs.
190 lbs.	86.2 kgs.
200 lbs.	90.7 kgs.

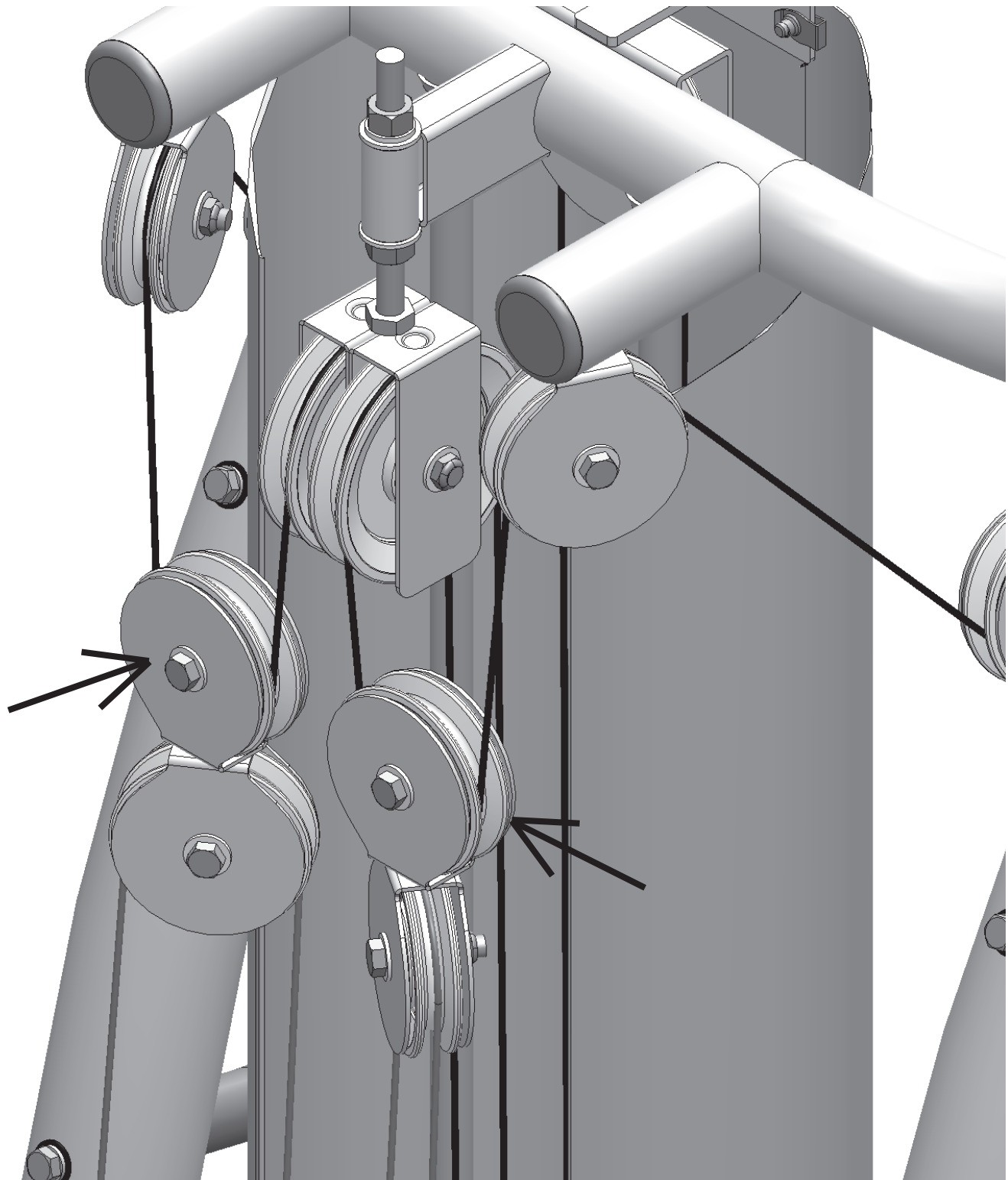
## Weight stack label and lubrication instructions

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. Peel off back sheet (adhesive side) from label #41 and make sure that the labels remain attached to the application tape.
3. Line up hole on the second label to hole on the first weight plate.
4. Make sure the hole on the last label lines up with last weight plate and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Once this is complete, repeat this procedure for top plate label.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.
7. 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.
8. After the cables are installed, do a set of reps to spread the lubricant thoroughly.

## Step 7 (Lat Cable Routing)

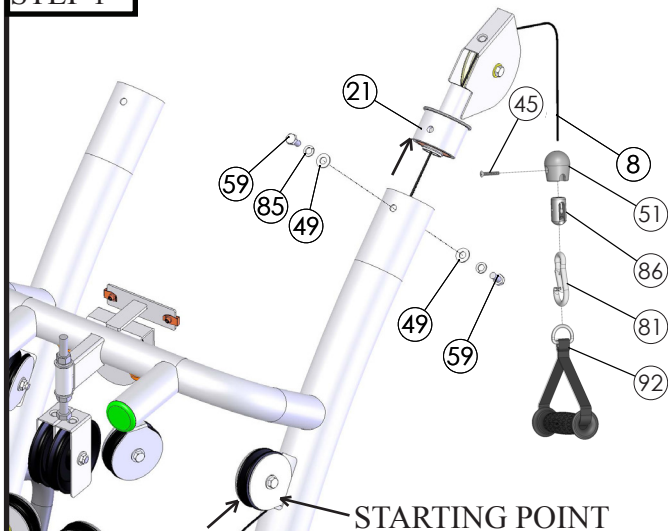
### NOTE:

1. CAREFULLY FOLLOW CABLE ROUTING INSTRUCTIONS, MAKING SURE THAT THE FLOATING DOUBLE PULLEY BRACKETS GET ASSEMBLED AS ILLUSTRATED BELOW.



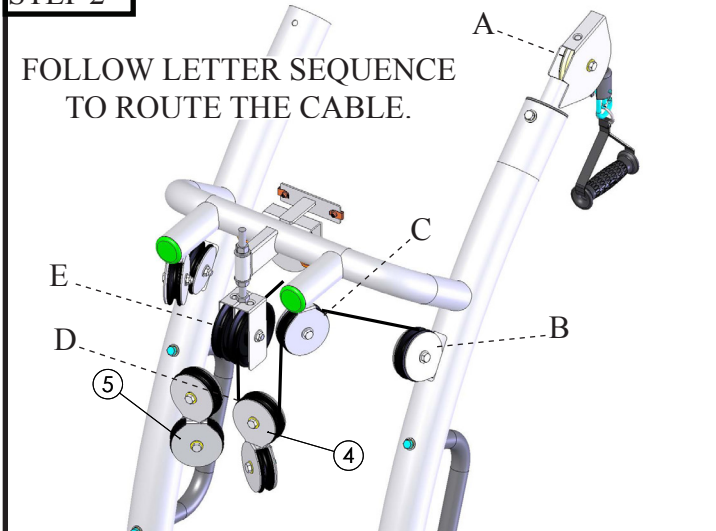
# Step 8 (Lat Cable Routing)

## STEP 1



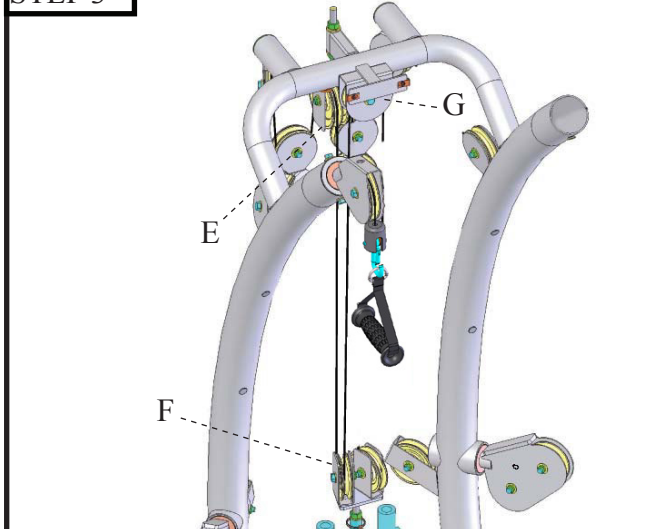
RUN CABLE THROUGH STARTING POINT INTO TOP SWIVEL PULLEY BRACKET AS SHOWN AND THEN ASSEMBLE IT TO THE UNIT.

## STEP 2

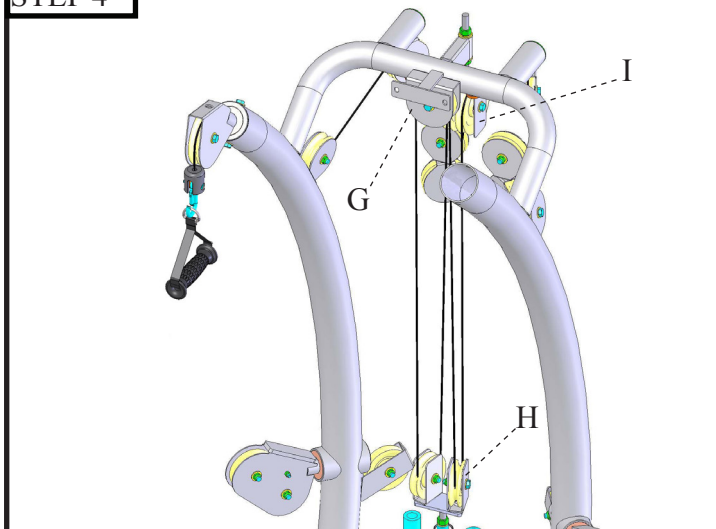


**NOTE:** PULLEY BRACKETS (#4, #5) HAVE BEEN SWAPED PLACES FROM PREVIOUS OWNERS MANUAL. ASSEMBLE AS SHOWN ABOVE.

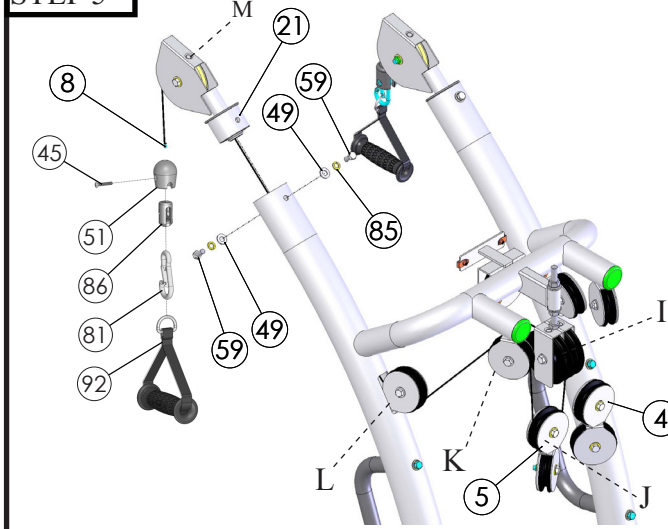
## STEP 3



## STEP 4



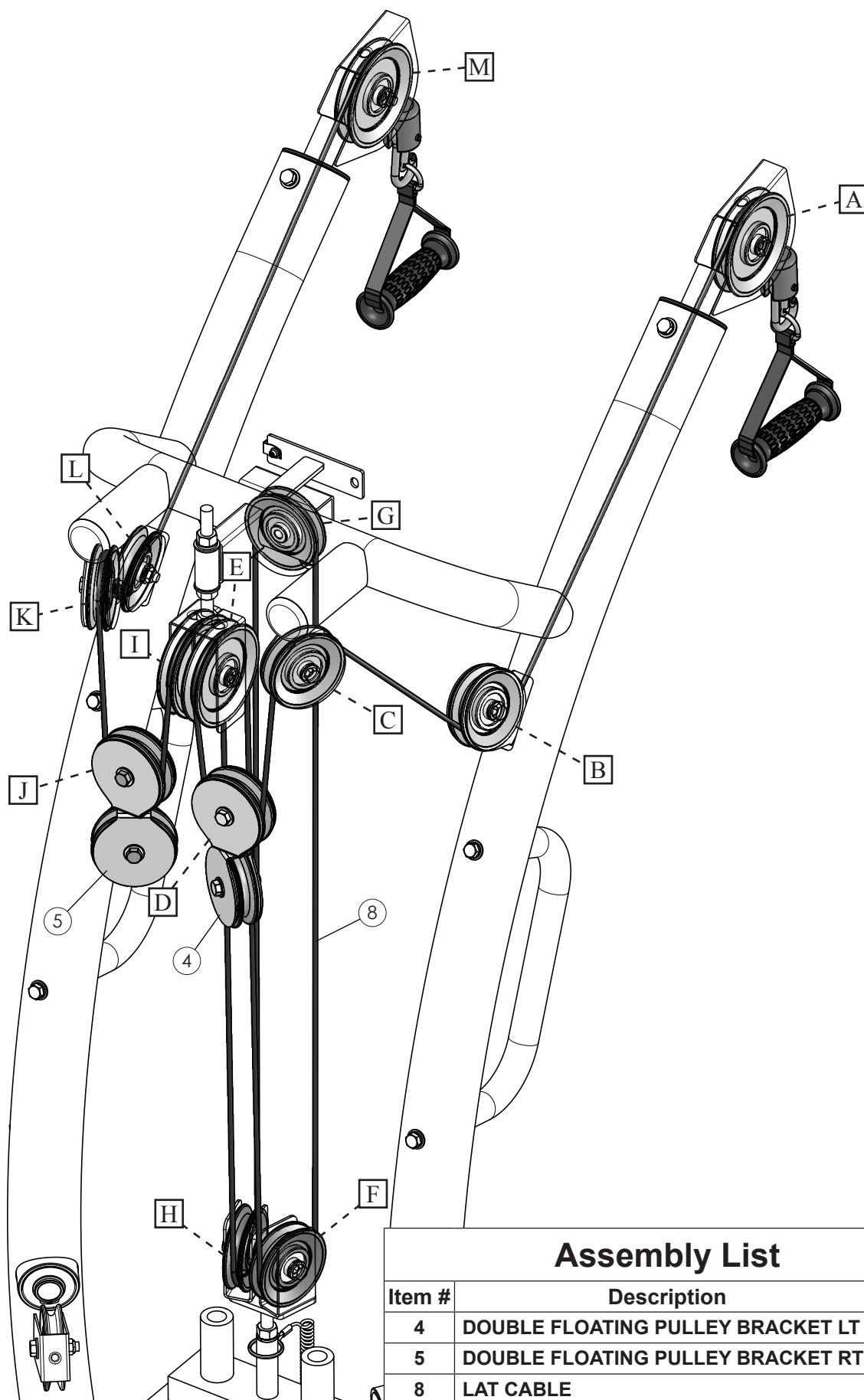
## STEP 5



## Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
8	LAT CABLE	1
21	TOP BEARING HOUSING	2
45	Oval Head Phillips Screw #10-32 X 1 1/8	2
49	FLAT WASHER SAE B/O 3/8"	4
51	Cable Stopper Shell 1 1/2 x 1 3/4	2
59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	4
81	SNAP LINK Z/P 8MM X 80MM	2
85	SPLIT LOCK WASHER B/O 3/8"	4
86	7/8 Rd X 1 5/8 Link 1/8 Cable	2
92	CONTOUR ERGO HANDLE SHORT STRAP	2

# Step 9 (Lat Cable Mapping Diagram)



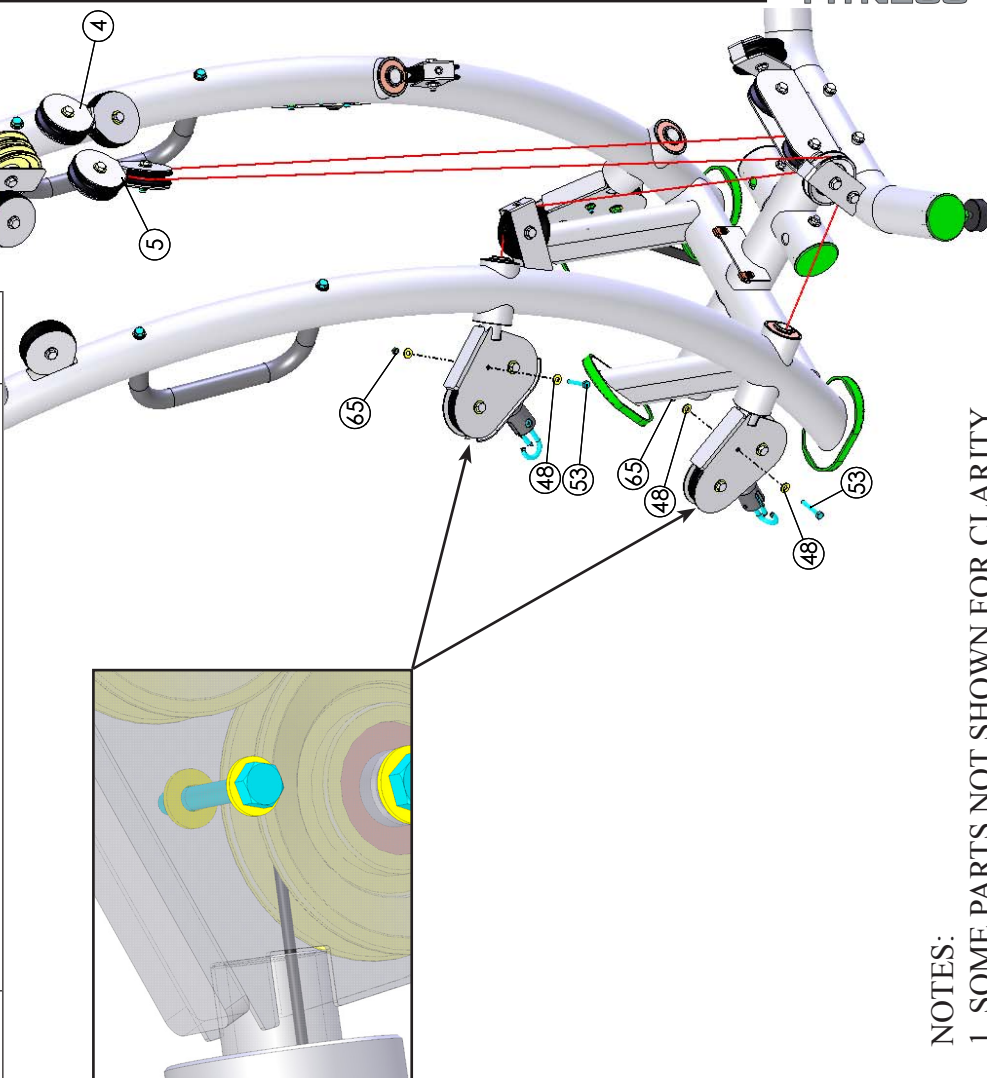
## Assembly List

Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
5	DOUBLE FLOATING PULLEY BRACKET RT	1
8	LAT CABLE	1

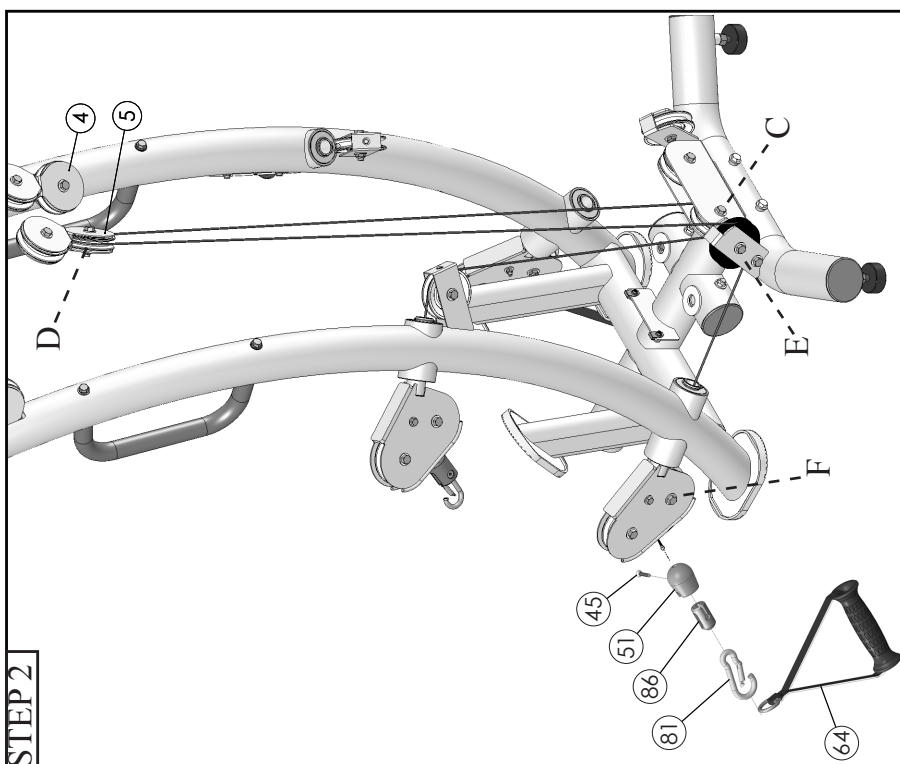
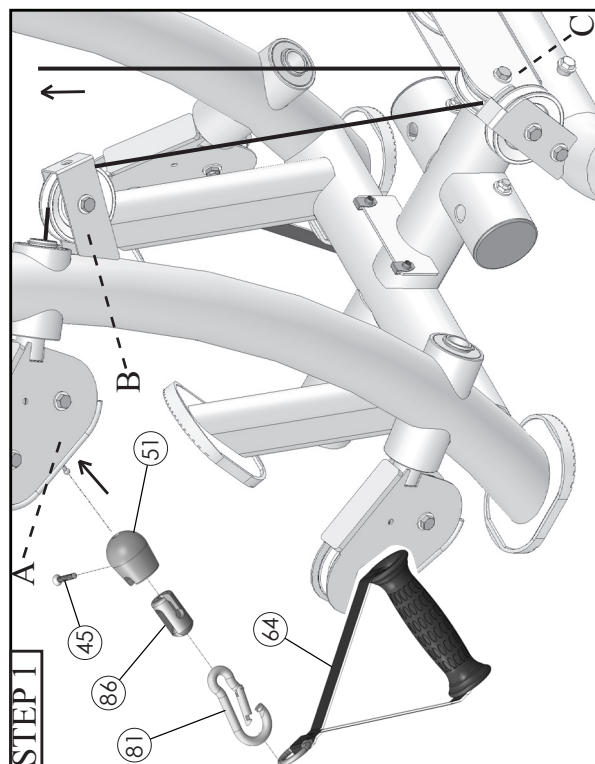


# Step 10 (Low Row Cable Routing)

Assembly List			
Item #	Description	Qty.	
5	DOUBLE FLOATING PULLEY BRACKET RT	1	
10	LOW ROW CABLE	1	
45	Oval Head Phillips Screw #10-32 X 1 1/8	2	
48	FLAT WASHER SAE B/O 1/4"	4	
51	Cable Stopper Shell 1 1/2 x 1 3/4	2	
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	2	
64	CONTOUR ERGO HANDLE LONG STRAP	2	
65	NYLON INSERT LOCK NUT B/O 1/4-20	2	
81	SNAP LINK Z/P 8MM X 80MM	2	
86	7/8 Rd X 1 5/8 Link 1/8 Cable	2	



NOTES:  
1. SOME PARTS NOT SHOWN FOR CLARITY

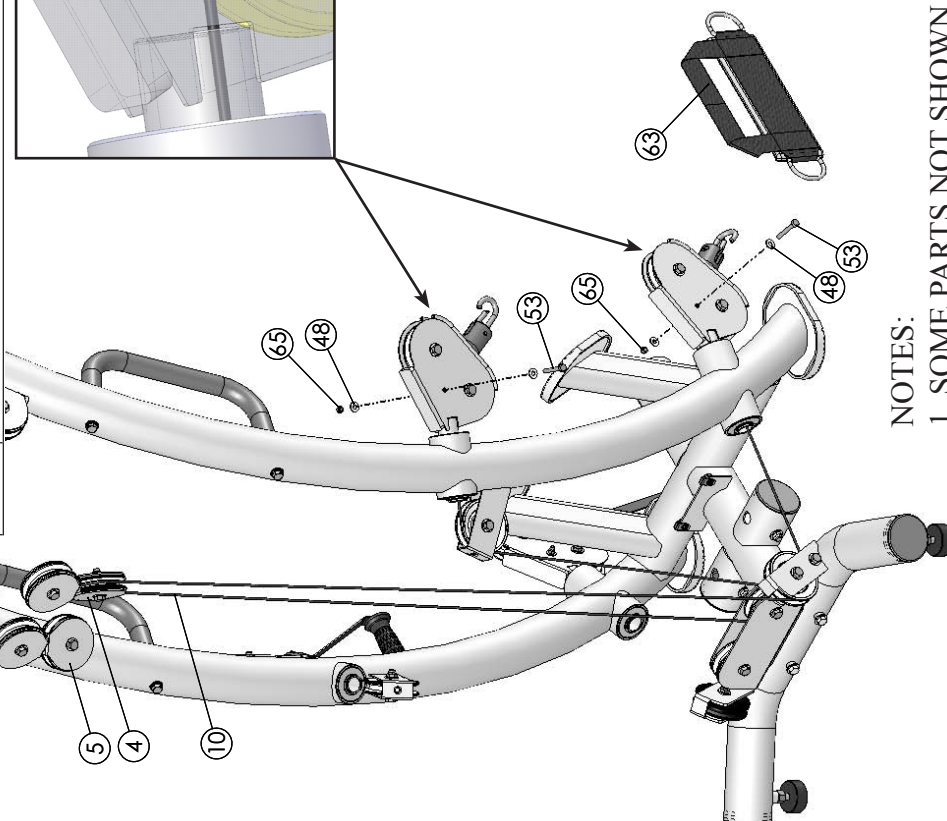
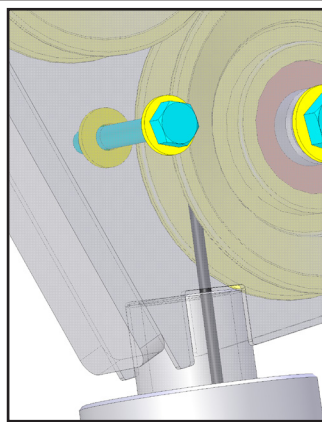




# Step 11 (Low Row Cable Routing)

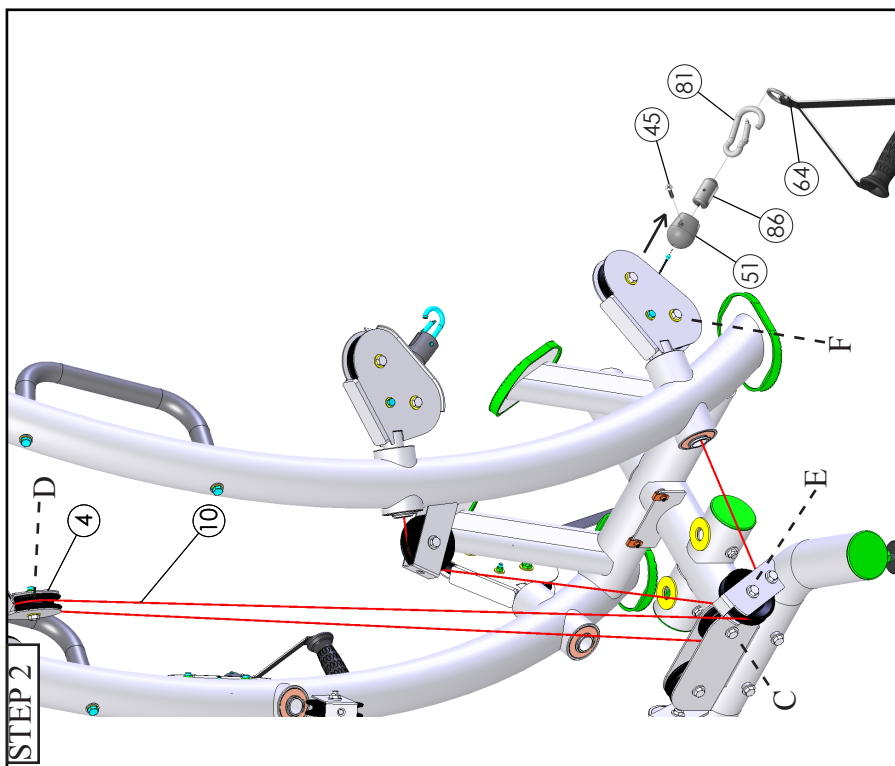
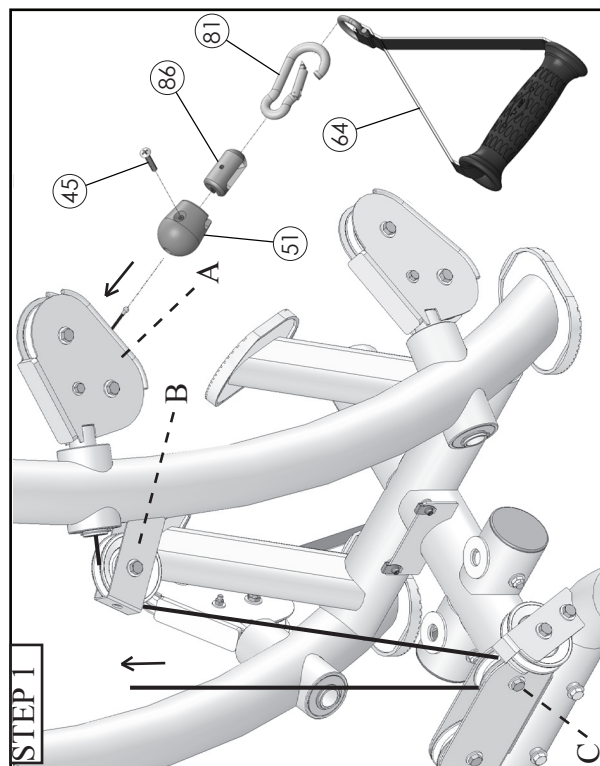
## Assembly List

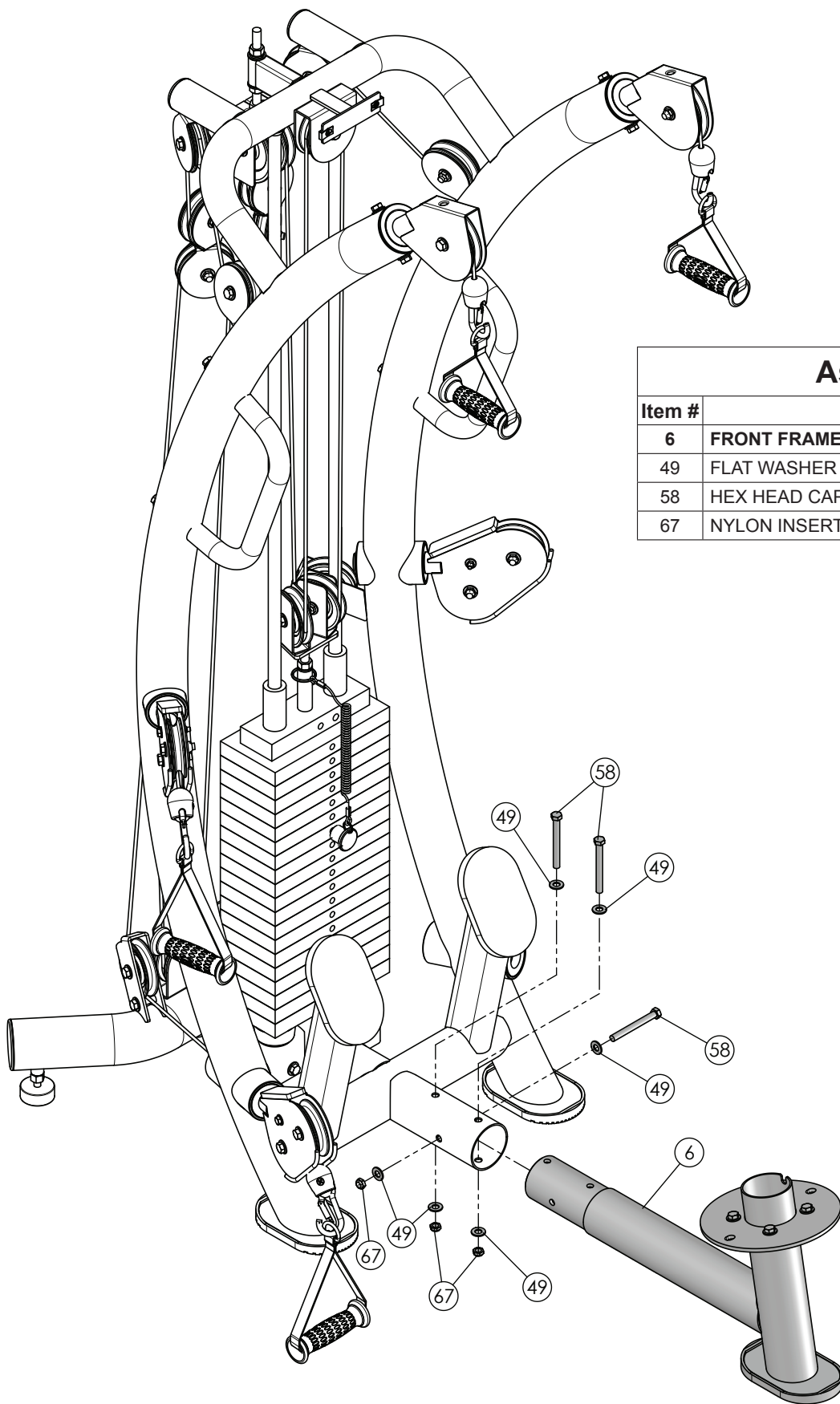
Item #	Description	Qty.
4	DOUBLE FLOATING PULLEY BRACKET LT	1
10	LOW ROW CABLE	1
45	Oval Head Phillips Screw #10-32 X 1 1/8	2
48	FLAT WASHER SAE B/O 1/4"	4
51	Cable Stopper Shell 1 1/2 x 1 3/4	2
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4	2
63	NYLON ANKLE STRAP	1
64	CONTOUR ERGO HANDLE LONG STRAP	2
65	NYLON INSERT LOCK NUT B/O 1/4-20	2
81	SNAP LINK Z/P 8MM X 80MM	2
86	7/8 Rd X 1 5/8 Link 1/8 Cable	2



NOTES:

1. SOME PARTS NOT SHOWN FOR CLARITY





## Assembly List

Item #	Description	Qty.
6	FRONT FRAME	1
49	FLAT WASHER SAE B/O 3/8"	6
58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	3
67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	3

Fully Tighten



Wrench tighten all hardware in this step.

# Step 13

## Assembly List

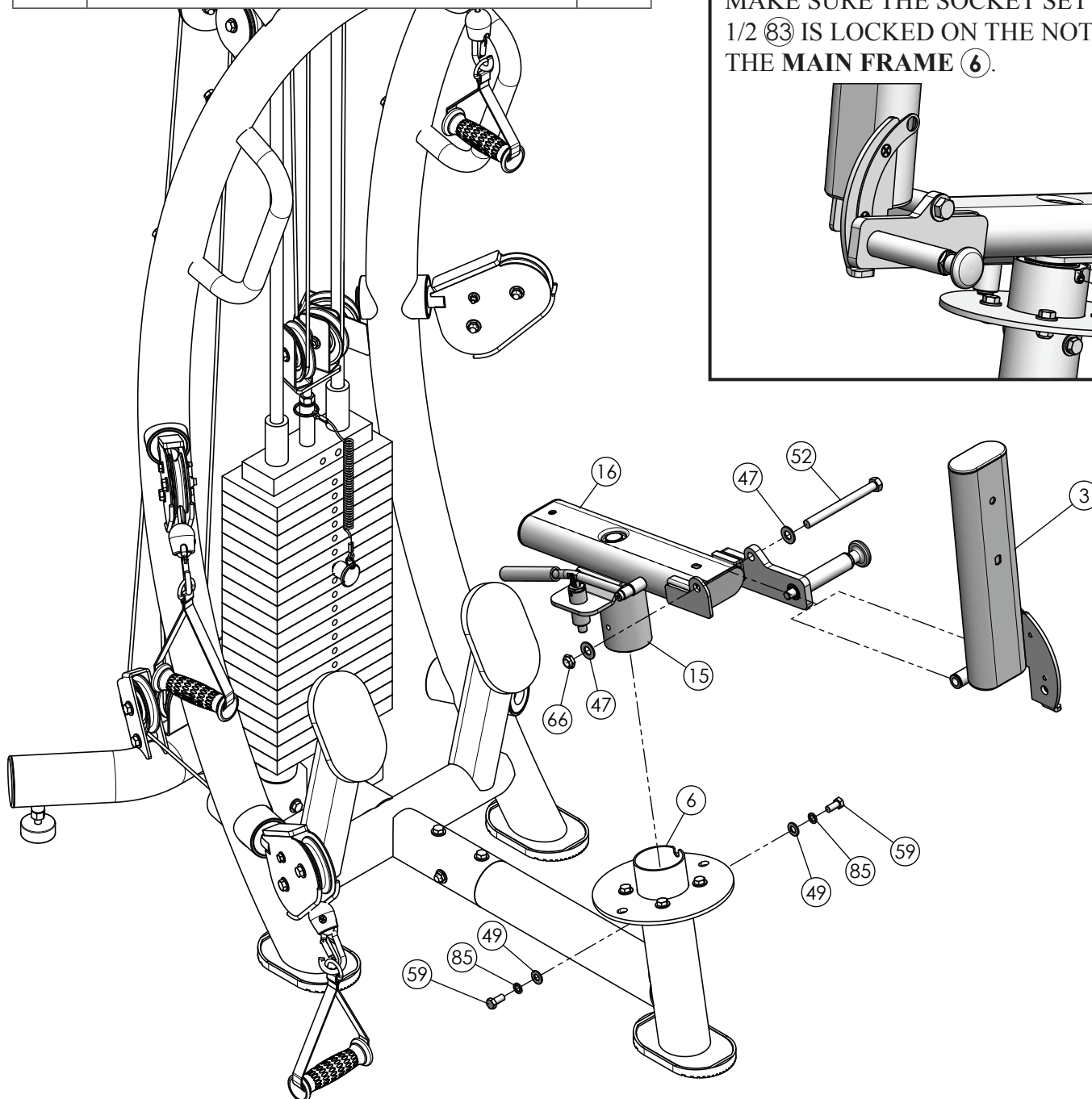
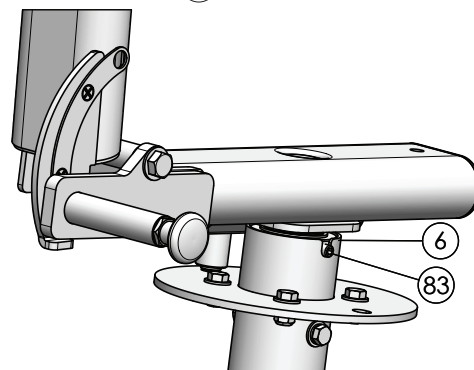
Item #	Description	Qty.
3	BACK PAD FRAME	1
15	SEAT BEARING HOUSING	1
16	SEAT FRAME	1
47	FLAT WASHER SAE B/O 1/2"	2
49	FLAT WASHER SAE B/O 3/8"	2
52	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 5 1/2	1
59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	2
66	NYLON INSERT THIN LOCK NUT B/O 1/2-13	1
83	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	1
85	SPLIT LOCK WASHER B/O 3/8"	2

Fully Tighten



Wrench tighten all hardware in this step.

MAKE SURE THE SOCKET SET 3/8-16 X 1/2 (83) IS LOCKED ON THE NOTCH OF THE MAIN FRAME (6).



# Step 14

Fully Tighten

100%

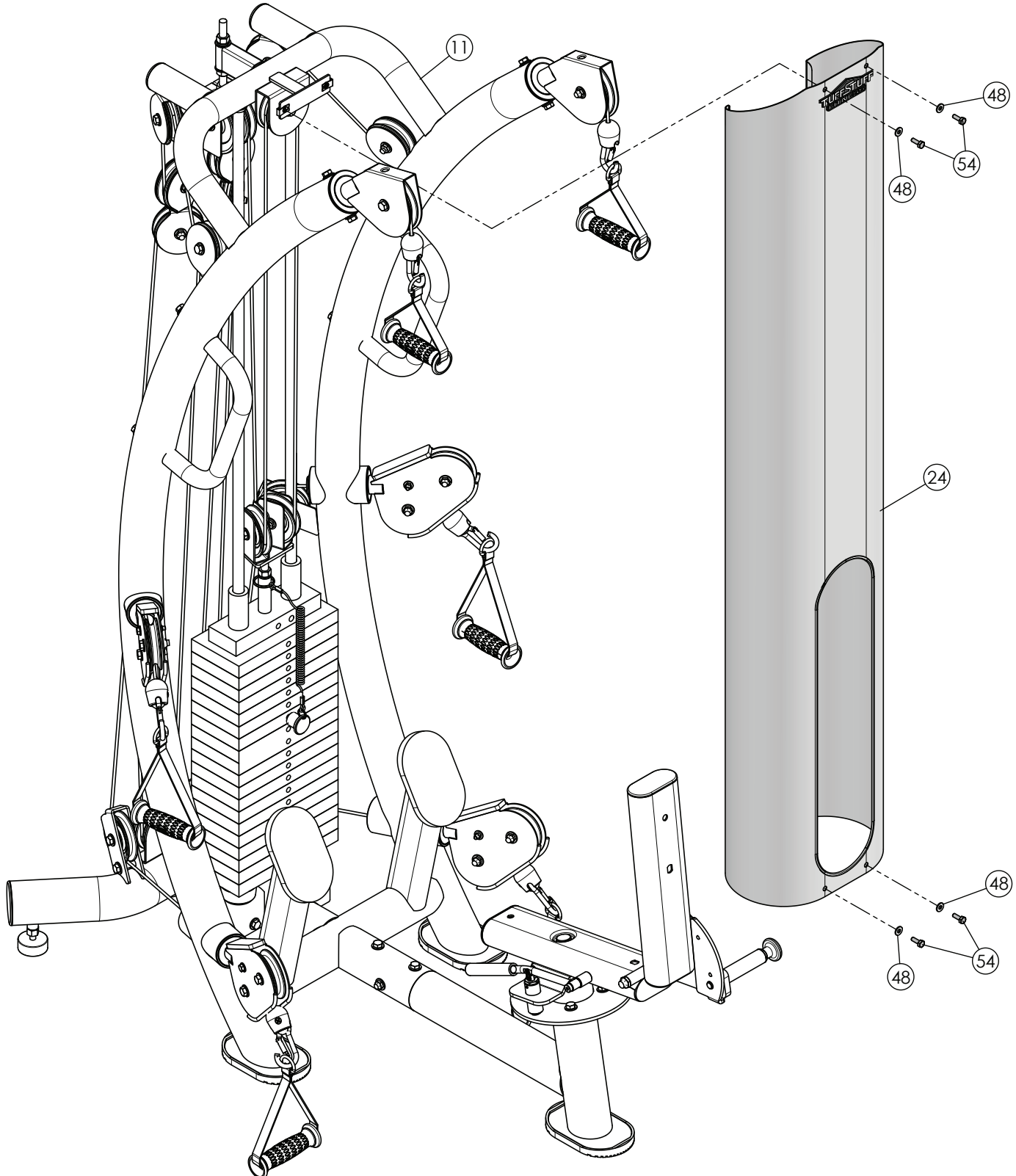


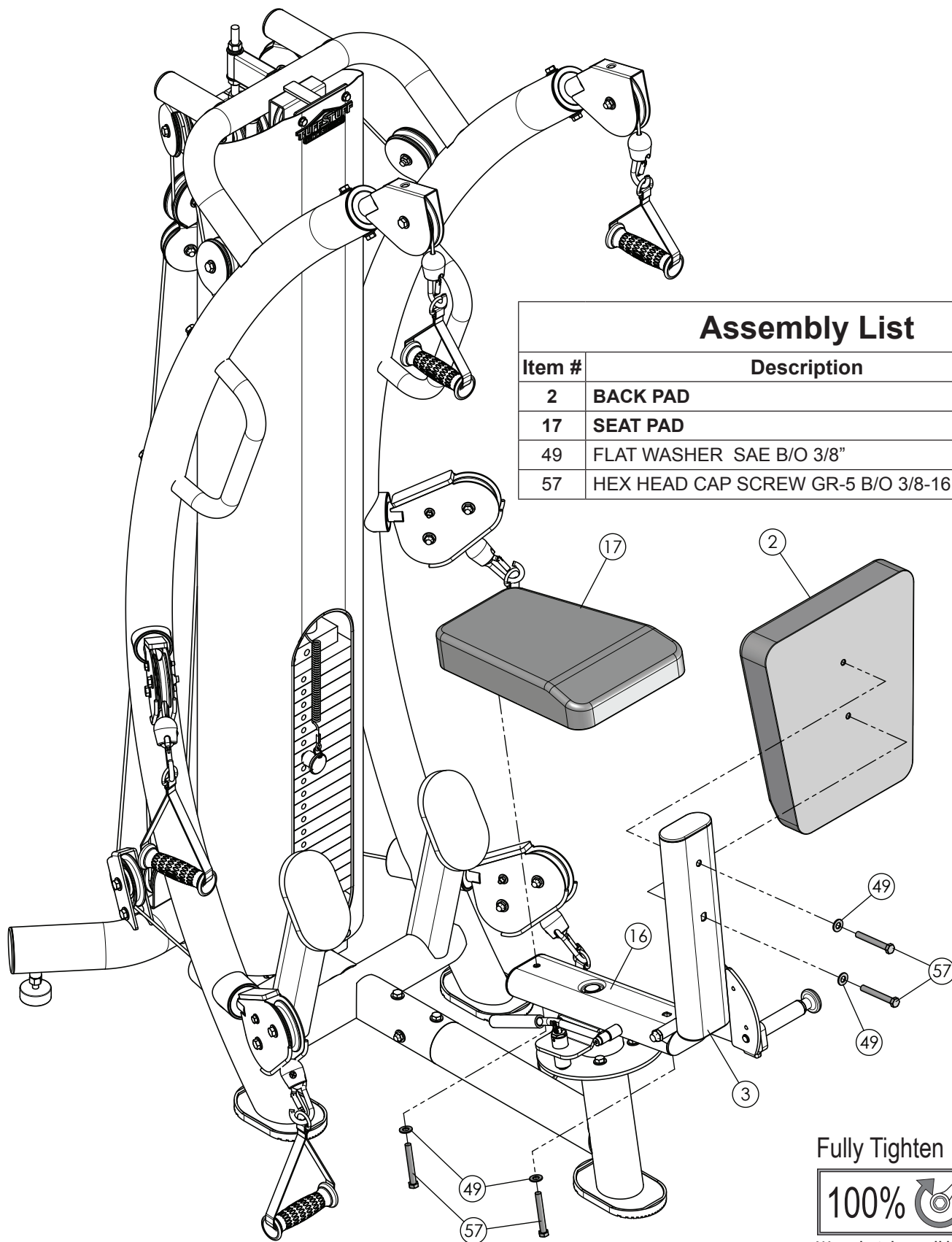
Wrench tighten all hardware in this step.

**TUFFSTUFF**  
FITNESS

## Assembly List

Item #	Description	Qty.
24	WEIGHT SHIELD	1
48	FLAT WASHER SAE B/O 1/4"	4
54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	4







## Step 16

Fully Tighten

100%

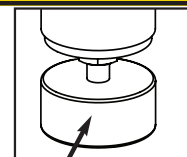


Proceed to align and Wrench Tighten these hardware assemblies and all of the previous assemblies that were left loosely fastened.



98

**CAUTION**

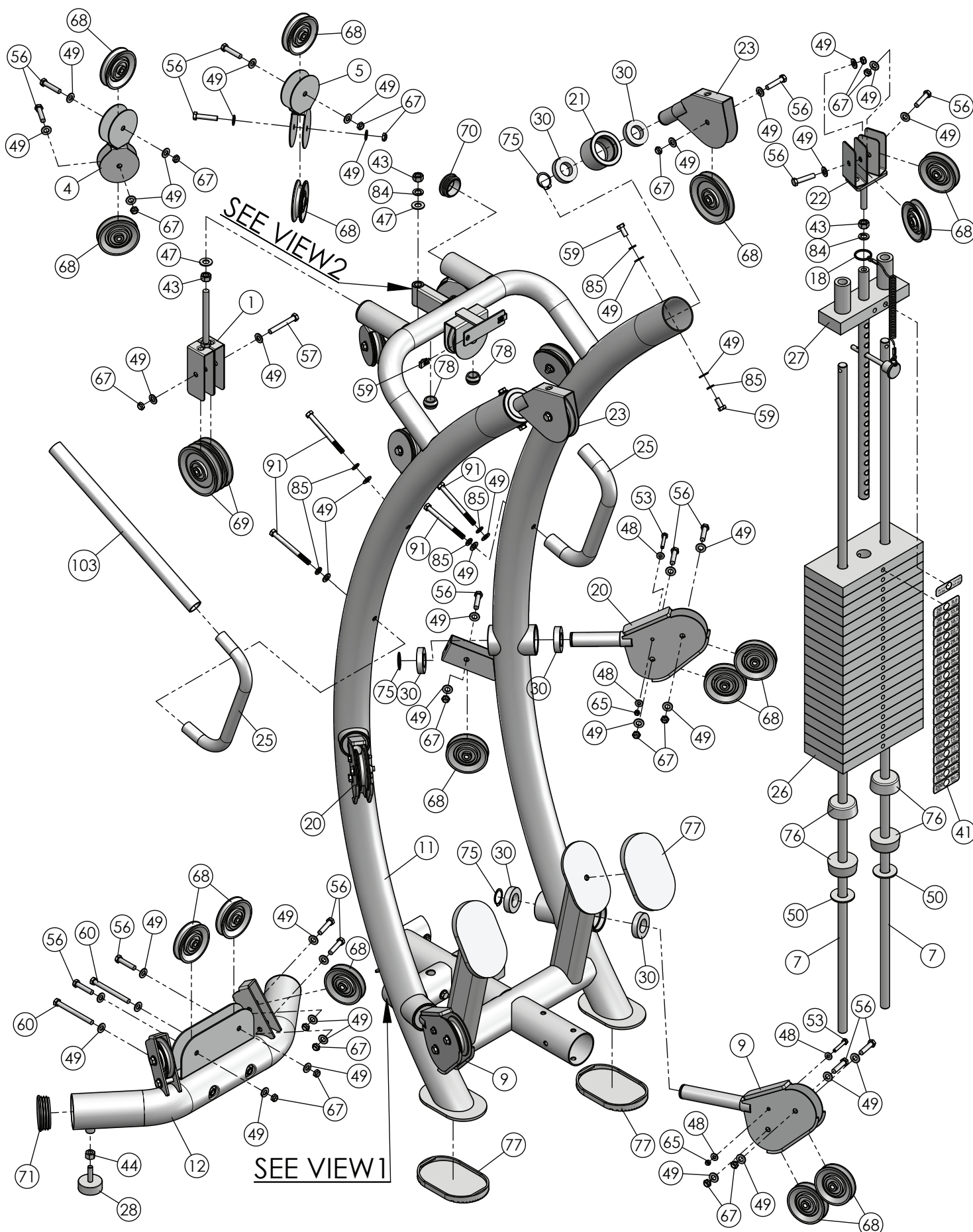


Adjust **LEVELER**  
to the floor surface  
for stability.

BNH3119

MAKE NECESSARY ADJUSTMENTS  
ON THE TWO ADJUSTABLE  
ADAPTERS

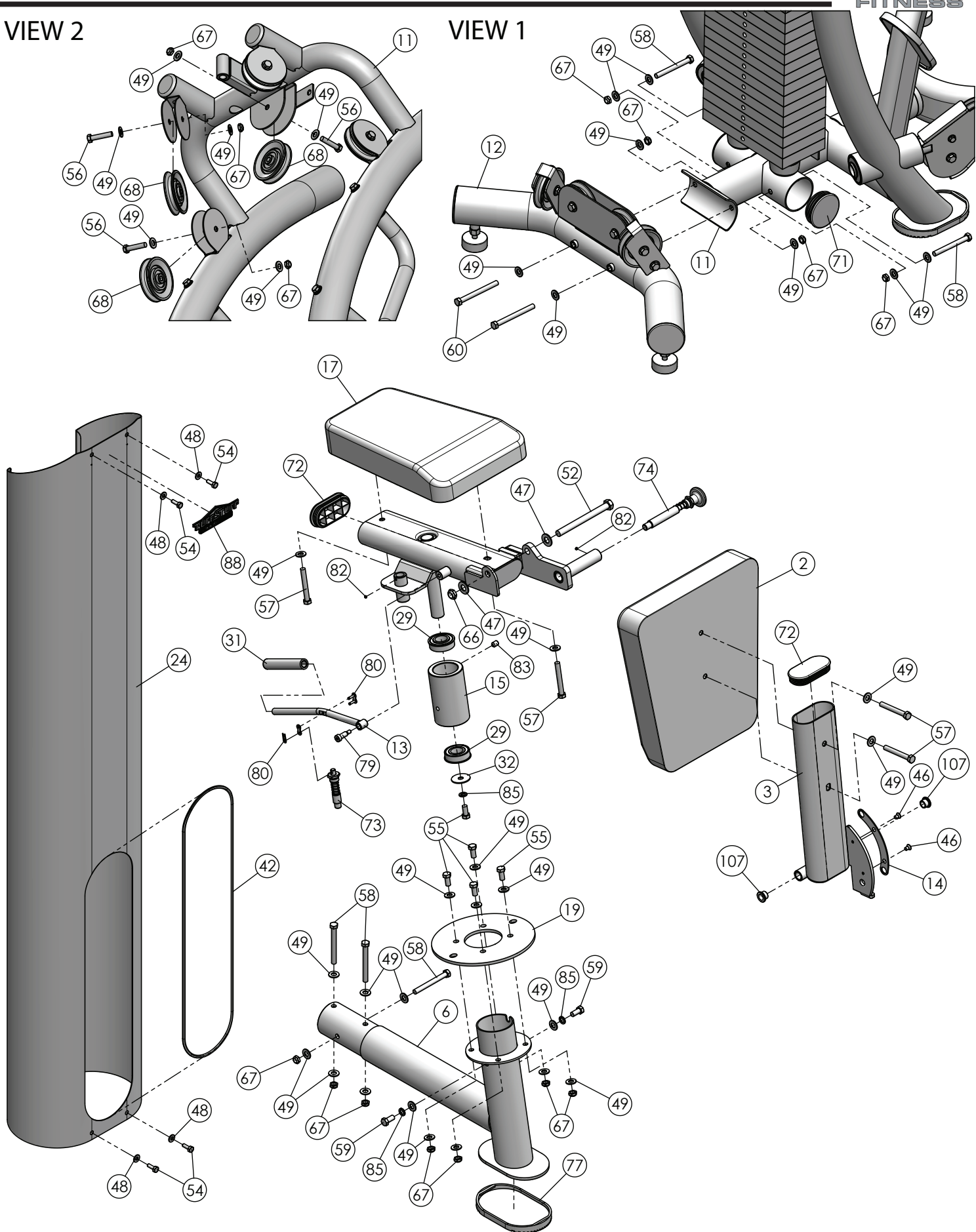
# SPT-6X Exploded View



# SPT-6X Exploded View

VIEW 2

VIEW 1



# SPT-6X Parts List



REV3

## COLOR CHART

**BOLD FONT = SUB-ASSEMBLY PARTS**

**BLACK= HARDWARE**

## SPT-6X Parts List

ITEM NO.	DESCRIPTION	REV.	PART NO.	QTY.	ITEM NO.	DESCRIPTION	PART NO.	QTY.
1	ADJUSTABLE DOUBLE PULLEY BRACKET	0	UP6165	1	54	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	4
2	BACK PAD	0	UP6167	1	55	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	5
3	BACK PAD FRAME	1	UP6168	1	56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1 3/4	BNH0274	29
4	DOUBLE FLOATING PULLEY BRACKET LT	0	UP6170	1	57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3	BNH0282	5
5	DOUBLE FLOATING PULLEY BRACKET RT	0	UP6171	1	58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	BNH0280	5
6	FRONT FRAME	0	UP6172	1	59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0283	6
7	GUIDE ROD 3/4 RD X 67 1/2	0	UP6187	2	60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	2
8	LAT CABLE	0	UP6184	1	61	HEX KEY ALLOY 3/32"	BNH0372	1
9	LONG DOUBLE SWIVEL PULLEY BRKT	0	UP6173	2	62	HEX KEY LONG ARM ALLOY 3/16"	BNH0371	1
10	LOW ROW CABLE	0	UP7594	2	63	NYLON ANKLE STRAP	BNH3203	1
11	MAIN FRAME	0	UP6175	1	64	CONTOUR ERGO HANDLE LONG STRAP	BNH2738	4
12	REAR STABILIZER	0	UP7595	1	65	NYLON INSERT LOCK NUT B/O 1/4-20	BNH0213	4
13	RELEASE HANDLE	0	UP6177	1	66	NYLON INSERT THIN LOCK NUT B/O 1/2-13	BNH0366	1
14	SCRATCH PROTECTOR	0	UP6178	1	67	NYLON INSERT THIN LOCK NUT B/O 3/8-16	BNH0365	41
15	SEAT BEARING HOUSING	0	UP6169	1	68	Black Nylon Pulley Wide Groove 3/8 X 1 X 3 1/2	BNH2832	25
16	SEAT FRAME	1	UP6179	1	69	Black Nylon Pulley Wide Groove 3/8 X 1 X 4 1/2	BNH2834	4
17	SEAT PAD	0	UP6180	1	70	PLASTIC INSERT CAP 2" RD 10-14 GA	BNH0004	2
18	SELECTOR PIN W/COIL 3/8 X 4 GOLD KNOB	0	UP3035	1	71	PLASTIC INSERT CAP 3" RD 10-14 GA	BNH1364	4
19	SELECTOR PLATE	0	UP6181	1	72	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	BNH1794	2
20	SHORT DOUBLE SWIVEL PULLEY BRKT	0	UP6182	2	73	PULL PIN ASSY 3 1/2 DRILLED	BNH1721	1
21	TOP BEARING HOUSING	0	UP6166	2	74	PUSH PULL PIN 1/2 X 5 5/8 LIGHT SPRING	BNH0586	1
22	TOP PLATE PULLEY BRACKETS	0	UP6183	1	75	RETAINING SNAP RING EXT. PLAIN 1 1/4"	BNH1718	6
23	TOP SWIVEL PULLEY BRACKET	0	UP3634	2	76	RUBBER DONUT 3/4 X 2 1/2	BNH0068	4
24	WEIGHT SHIELD	0	UP6185	1	77	RUBBER FOOT FOR 6 X 4 1/4 PLATE	BNH1647	5
25	HANDLE	0	UP7075	2	78	RUBBER GROMMET 3/4" ID	BNH0401	2
26	10 LB STEEL WEIGHT PLATE 4 9/16 X 9 7/16		BNH1650	19	79	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	1
27	10 LB TOP PLATE W/ADJ SLTR BAR 19 BLK WTS		BNH1982	1	80	SINGLE STRAND CONNECTING LINK #40	BNH0066	1
28	ADJUSTABLE ADAPTER		BNH2279	2	81	SNAP LINK Z/P 8MM X 80MM	BNH0065	6
29	BALL BEARING #W 516		BNH0628	2	82	SOCKET SET SCREW ALLOY 10-30 X 1/8	BNH0473	2
30	BALL BEARING R20-RS ( 4 I.D. X 2 1/4 X 1/2 )		BNH1712	12	83	SOCKET SET SCREW ALLOY 3/8-16 X 1/2	BNH0474	1
31	BLACK RUBBER GRIP 1/2 X 4 7/8		BNH1818	1	84	SPLIT LOCK WASHER B/O 1/2"	BNH0653	2
32	CHROME WASHER 3/8 X 1 1/2		BNH1015	1	85	SPLIT LOCK WASHER B/O 3/8"	BNH0658	11
33	Label-IMPORTANT ADJUST Cable Tension Here		BNH2924	1	86	7/8 Rd X 1 5/8 Link 1/8 Cable	BNH4231	6
34	Label WARNING_Serious Injury or Death		BNH2939	1	87	SUPER LUBE TEFLON LUBRICANT 82340	BNH0704	2
35	Label DANGER CHECK retaining nut... 1.5x1		BNH2902	2	88	TuffStuff Fitness Plaque 5 x 2	BNH4203	1
36	Label-EXERCISE CHART (SPT-6)		BNH2277	1	89	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	4
37	Label-IMPORTANT For smooth performance...		BNH2925	1	91	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4 1/4	BNH0317	4
38	Label IMPORTANT Check Cables		BNH3113	1	92	CONTOUR ERGO HANDLE SHORT STRAP	BNH2739	2
39	Label-WARNING Keep body, hands...		BNH2926	1	93	<b>WEIGHT STACK SPACER 5" (USED ONLY WITH 150 LB)</b>	<b>UP5238</b>	<b>2</b>
40	Label WARNING Keep body, hands, 1 1/2 x 2 1/4		BNH2908	2	94	Label-INSPECTIONS Recommended Inspection...	BNH2922	1
41	Label Numbers 10-200 lbs/kgs Yellow & Black		BNH4069	1	95	Label SCHEDULE Replacement Parts...	BNH2957	1
42	EDGE PROTECTOR CHROME 11 GA		BNH1724	1	96	Label-DANGER Use this equipment ONLY...	BNH2903	1
43	FINISHED HEX NUT B/O 1/2-13		BNH0201	3	97	Label-DANGER Do Not Pull or Perform...	BNH3112	2
44	FINISHED HEX NUT B/O M10-1.5		BNH0651	2	98	Label- CAUTION Adjust Leveler	BNH3119	2
45	Oval Head Phillips Screw Z/P #10-32 X 1 1/8		BNH2793	6	99	Label-Serial Number (SPT-6X)	BNH3120	1
46	FLAT PHILLIPS UNDERCUT 1/4-20 X 3/8		BNH2163	2	100	Label-Patent D626,609S	BNH3115	2
47	FLAT WASHER SAE B/O 1/2"		BNH0239	4	101	Label-Patent D606,135S	BNH3116	1
48	FLAT WASHER SAE B/O 1/4"		BNH0877	12	102	ALERT Sign for Customer 8 1/2 x 11	BNH3015	1
49	FLAT WASHER SAE B/O 3/8"		BNH0239	96	103	RUBBER FLAT TUBE .94 ID X .115 WALL X 19	BNH2485	2
50	FLAT WASHER B/O 3/4 X 2"		BNH0878	4	104	Label CAUTION CHECK Pull-pin is fully... 1 1/2 x 1 3/8	BNH2912	1
51	Cable Stopper Shell 1 1/2 x 1 3/4		BNH4230	6	105	Label WARNING ATTENTION USERS!...	BNH2911	1
52	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 5 1/2		BNH0267	1	107	BRONZE BUSHING 1/2 X 7/8 X 1/8	BNH0528	2
53	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 1 3/4		BNH1338	4				



***TuffStuff Fitness recommends you maintain a service contract with a TuffStuff Fitness Authorized Dealer or a Professional Service Company approved by TuffStuff Fitness. Keep a service log of all maintenance and repair activities. Extra copies can be downloaded from our website.***



## WARNING:

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



"NECKING", STRECHED CABLE COVERING



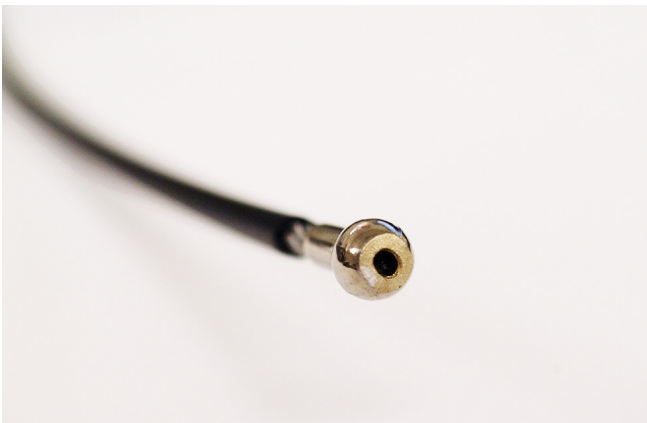
A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



CABLE END SLIPPING OUT

## IMPORTANT NOTE:

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

34

## WARNING

**Serious injury or death can occur if these rules and precautions are not observed:**

- Read and Understand** Owner's Manual (if available) and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- Use this equipment only for the intended use** and for exercise(s) 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.
- Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- Never pin the weights in an elevated position.** Do not use the machine if found in this condition. Inform floor personnel immediately.
- Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- Do not remove labels** affixed to the machine. Replace if damaged.

TuffStuff Fitness Equipment Inc.  
Chino, CA 91710, USA

BNH2939

94

## INSPECTIONS

### Recommended Inspection

Replace all parts at first signs of wear or damage.

	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
<b>INSPECT:</b> Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	X				
<b>CLEAN:</b> Upholstery with lanolin-base cleaner. Do not use Windex.	X				
<b>INSPECT:</b> Cables, Belts and tension (adjust if needed).	X				
<b>INSPECT:</b> All labels		X			
<b>INSPECT:</b> All nuts and bolts (tighten if needed).		X			
<b>INSPECT:</b> Accessory bars, handles, rubber grips.		X			
<b>INSPECT:</b> All anti-skid surfaces.		X			
<b>CLEAN &amp; LUBRICATE:</b> Clean guide rods with Super Lube® spray lubricant and lubricate with Super Lube® (PTFE) grease.			X		
<b>LUBRICATE:</b> Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			X		
<b>CLEAN &amp; WAX:</b> All powder-coat finishes.				X	
<b>REPLACE:</b> Cables & connecting parts.					X

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

TuffStuff Fitness Equipment Inc.  
Chino, CA 91710, USA  
www.tuffstufffitness.com

BNH2922

95

## SCHEDULE Replacement Parts

### Recommended TuffStuff Parts (replace or as needed)

	9-MONTH	12-MONTH	15-MONTH	18-MONTH
Upholstery	X			
Foam Rolls	X			
Cables		X		
Rubber Grips		X		
Nylon Handles			X	
Pull-Pins			X	
Plastic Guides			X	
Weight Selector Pin			X	
Abdominal Strap			X	
Adj. Release Handle				X
Black Caster Wheels				X
Buckle Seat/Belt				X
Labels (as needed)				

Use only TuffStuff replacement parts when servicing. Failure to do so will void warranty on product and could result in personal injury.

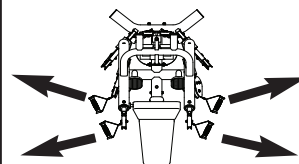
TuffStuff Fitness Equipment Inc.  
13971 Norton Avenue  
Chino, CA 91710

BNH2957

97

## DANGER

**DO NOT** pull or perform any exercises to the sides of the machine.



Excessive pulling or force can cause the machine to tip over, and may result in serious injuries or death.

BNH3112

37

## IMPORTANT

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

BNH2925

38

## IMPORTANT

**CHECK CABLES**  
Be sure cables run between the pulleys and working properly.

BNH3113

96

## DANGER

Use this equipment **ONLY** for its intended purpose.

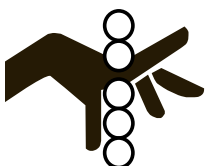
If you are unfamiliar with the equipment or procedure, refer to your Owner's Manual or call TuffStuff at 888-884-8275.

Failure to comply could result in serious injury or death.

BNH2903

40

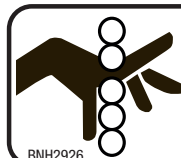
## WARNING



Keep body, hands and fingers clear of all moving parts

BNH2908

39



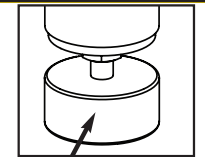
BNH2926

## WARNING

Keep body, hands and fingers clear of all moving parts.

98

## CAUTION



Adjust **LEVELER** to the floor surface for stability.

BNH3119

# Carefully read ALL DANGER, WARNING & CAUTION labels posted on the machine

36

## BASIC EXERCISES

**LAT PULLDOWN**  
1. Adjust bench to the flat position. Grasp the handles and pull down until your feet are on the floor.  
2. To do the exercise, lean back slightly and slowly pull the handles down moving your arms to the side and as far down as possible. Return to starting position and repeat as desired.

**TRICEP EXTENSION**  
1. Adjust bench to the flat position. Straddle your feet over the bench. Grasp the handles and bring to starting position at chest height.  
2. To do the exercise, slowly close to your body, slowly push down extending your arms to the chest as possible. Return to starting position and repeat as desired.  
3. For variations, reverse-grip positions.

**TRICEP PUSHDOWN**  
1. Straddle your feet over the bench. Grasp the handles and bring to starting position at chest height.  
2. To do the exercise, slowly close to your body, slowly push down extending your arms to the chest as possible. Return to starting position and repeat as desired.  
3. For variations, reverse-grip positions.

**ABDOMINAL CRUNCH**  
1. Adjust bench to the upright position and bring feet to the floor. Grasp the handles and bring knees close to chest at starting position.  
2. To do the exercise, slowly close to your body, slowly crunch forward and moving as far down as possible. Return to starting position and repeat as desired.

**PECTORAL CROSSOVER**  
1. Grasp the handles (single hands) and step away far enough with cable bar and extend extended at starting position.  
2. To do the exercise, feet apart, slowly pull the handles down crossing over your chest to the floor as far down as possible. It is normal to rotate your trunk. Return to starting position and repeat as desired.

**MID ROW**  
1. Adjust bench to the flat position. Sit down, place feet on the flat support. Grasp the handles (mid pulleys), arms extended and cables flat at starting position.  
2. To do the exercise, slowly pull the handles to your mid-section keeping your elbows moving as far back as possible. Return to starting position and repeat as desired.

**CHEST PRESS**  
1. Adjust bench to the upright position and bring feet to the floor. Grasp the handles (mid pulleys) and bring to starting position as shown.  
2. To do the exercise, slowly press arms forward until just short of a full extension. Return to starting position and repeat as desired.  
3. For variations, press upward (incline) or downward (decline) as shown.

**REAR DELT**  
1. Position yourself facing in and feet over the bench. Grasp the handles in each opposite hand (cross-over) and bring to starting position in front of you.  
2. To do the exercise, arms straight, slowly pull your arms apart keeping your arm straight and moving backward as far back as possible. Return to starting position and repeat as desired.

**LOW ROW**  
1. Adjust bench to the flat position. Sit down, place feet on the flat support. Grasp the handles, arms extended and cables flat at starting position.  
2. To do the exercise, slowly pull the handles to your mid-section keeping your elbows moving as far back as possible. Return to starting position and repeat as desired.

**UPRIGHT ROW**  
1. Straddle your feet over the bench, placing feet on the low pulley handles (single hands) and bring to starting position.  
2. To do the exercise, slowly pull the handles upward moving your elbows as far above your shoulders as possible. Return to starting position and repeat as desired.

**ARM CURL**  
1. Straddle your feet over the bench, grasp the low pulley handles under-hand grip and with arms extended at starting position.  
2. To do the exercise, slowly pull the handles upward moving your hands as close to your chin as possible. Return to starting position and repeat as desired.  
3. Can be performed sitting down.

**SHOULDER PRESS**  
1. Adjust bench to the upright position and all facing out. Grasp the low pulley handles and bring to starting position at shoulder height.  
2. To do the exercise, back firmly against the back pad, slowly press straight upward above your head just short of a full extension. Return to starting position and repeat as desired.

**DELTOID RAISE**  
1. Grasp the low pulley handles (single hands) and step away far enough to make the cables flat at starting position.  
2. To do the exercise, keep feet apart, slowly raise or separate your shoulder. Return to starting position and repeat as desired. For variations, perform exercise with both hands.

**SQUAT**  
1. Assume a standing position with your feet over the bench and your back to the machine. Grasp the low pulley handles and bring to starting position as shown.  
2. To do the exercise, keeping your trunk straight, slowly lower yourself until your thighs are parallel to the floor. From this position, slowly push up to starting position. Repeat as desired.

**INNER/OUTER THIGH**  
1. Lower attach ankle strap to your leg close to the machine and grasp the handles for support. To do the exercise, slowly cross over your leg as far as possible.  
2. Make ankle strap to your outer leg and cross your leg over at starting position. To do the exercise, slowly raise your leg to the side as high as possible. Repeat as desired.

For more exercise options, refer to the DVD recommended exercise videos. Read and understand Owner's Manual and all DANGER, WARNING & CAUTION labels. TUFFSTUFF FITNESS EQUIPMENT INC., CHINO, CALIFORNIA, USA.

41

TOP PLATE 10 lbs. TOP PLATE 4.5 kgs.

20 lbs. 9.0 kgs.

30 lbs. 13.6 kgs.

40 lbs. 18.1 kgs.

50 lbs. 22.7 kgs.

60 lbs. 29.5 kgs.

70 lbs. 31.8 kgs.

80 lbs. 36.3 kgs.

90 lbs. 40.8 kgs.

100 lbs. 45.4 kgs.

110 lbs. 49.9 kgs.

120 lbs. 54.4 kgs.

130 lbs. 59.0 kgs.

140 lbs. 63.5 kgs.

150 lbs. 68.0 kgs.

160 lbs. 72.6 kgs.

170 lbs. 77.1 kgs.

180 lbs. 81.6 kgs.

190 lbs. 86.2 kgs.

200 lbs. 90.7 kgs.

99

**TUFFSTUFF FITNESS**

TuffStuff Fitness Equipment, Inc.  
13971 Norton Avenue, Chino, CA 91710, USA  
PH: 909-629-1600 FX: 909-629-4967  
service@tuffstuff.net www.tuffstufffitness.com

**SPT-6X Six-Pak Trainer**  
Serial # 000-0000

35

**DANGER**

**TIGHTEN**  
this retaining nut before use.  
BNH2902

104

**CAUTION**

**CHECK**  
Pull-pin is fully engaged in the hole before use.  
BNH2912

102

**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 EQUIPMENT INC. CHINO, CA 91710

BNH0015

101

U.S. Pat. No.  
D606,135 S

100

U.S. Pat. No.  
D626,609 S

88

**TUFFSTUFF FITNESS**

33

**IMPORTANT**

**ADJUST**  
Cable Tension Here  
BNH2924

105

**WARNING**

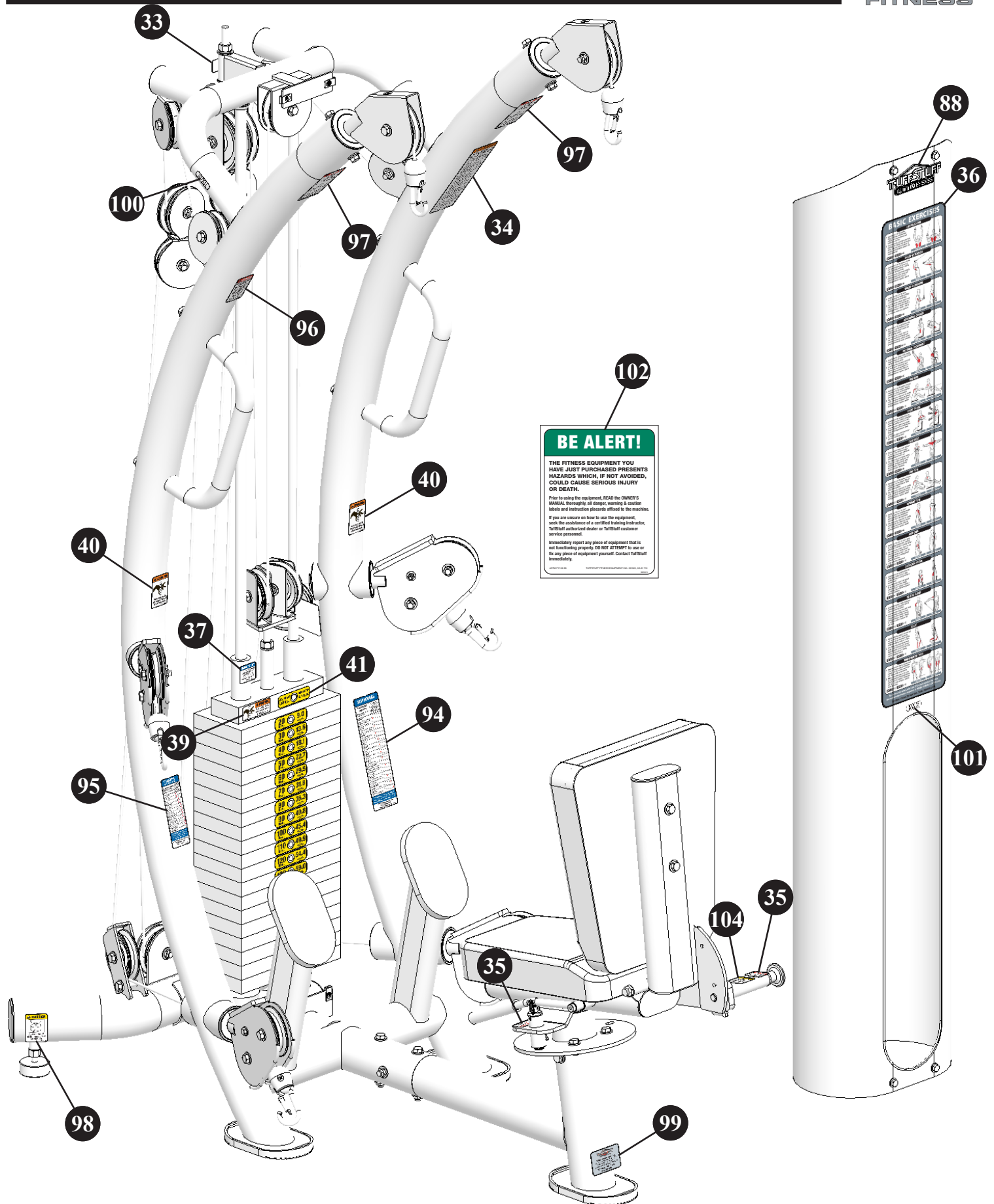
**ATTENTION USERS!**  
Moving parts – BE AWARE of your body, hands and fingers when making the adjustment.  
BNH2911

It is extremely important that the **BE ALERT! 102** Sign shown to the left be installed in plain view of the unit.

You should have received it along with this Owners 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:

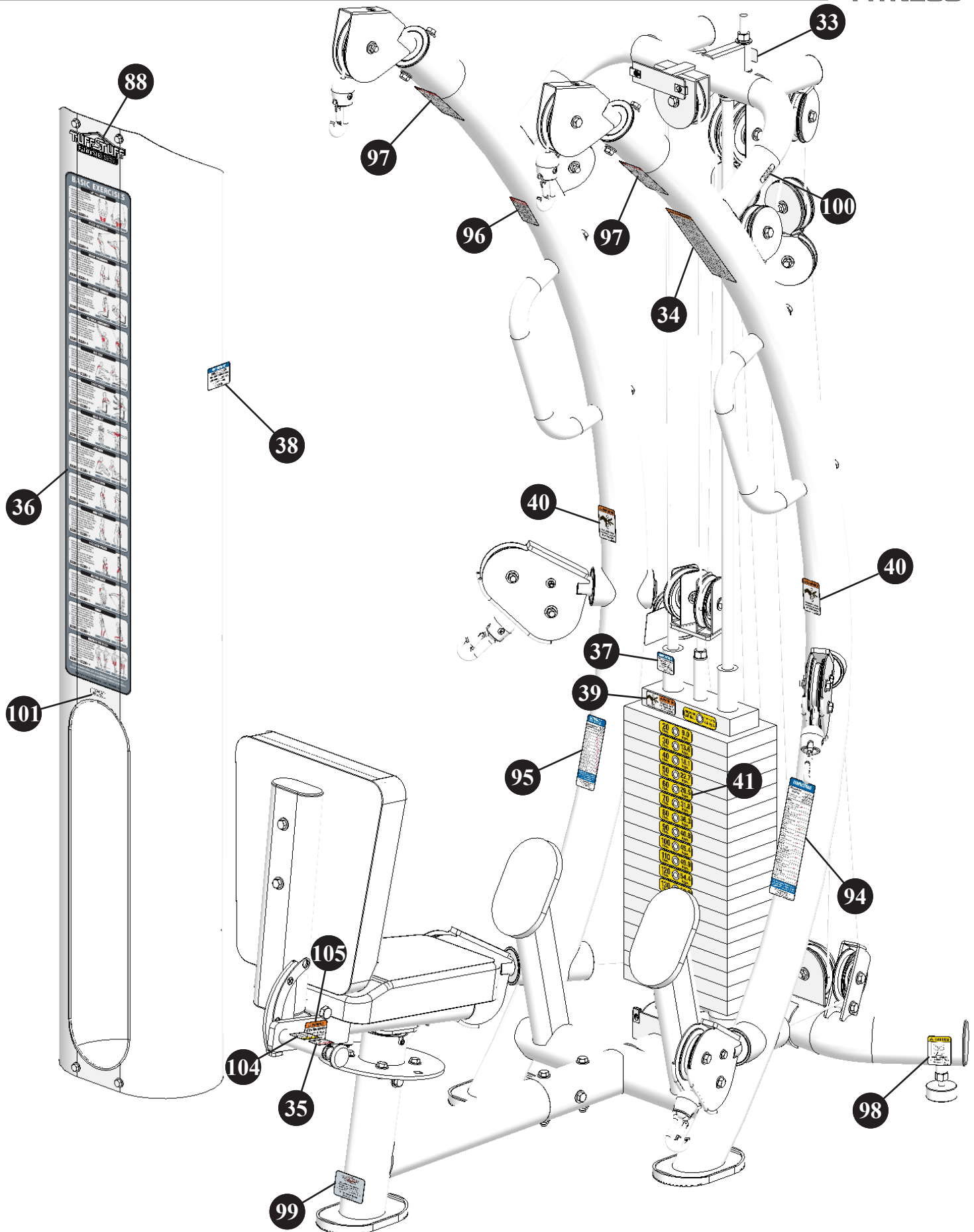
1 (888) 884-8275  
service@tuffstuff.net  
service1@tuffstuff.net

# SPT-6X Label Placement





# SPT-6X Label Placement





# N o t e s

# N o t e s

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

# HOME LIFETIME WARRANTY

Tuffstuff warrants to the original purchaser that TuffStuff equipment will be free from defects in material and workmanship. TuffStuff's exclusive HOME LIFETIME WARRANTY coverage extends for the life of the product while owned by the original purchaser, and used only in a home or residential environment.



A seal of confidence  
and quality since 1971.

## **This warranty does not cover:**

- A. TuffStuff products sold for and used in a commercial or institutional environment.**
- B. 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.**
- C. Use of the product in a manner for which it was not designed.**
- D. It excludes expendable parts such as paint and finish.**
- E. Original product that is altered, or the use of replacement parts and components of another manufacturer.**
- F. VALID ONLY if the Product is assembled and installed according to the instructions provided in the Owner's manual.**

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 HEREUNDER 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 Equipment 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 Equipment Inc.**

13971 Norton Avenue, Chino, CA 91710, USA

Phone: 909-629-1600 Fax: 909-629-4967

service@tuffstuff.net service1@tuffstuff.net

www.tuffstufffitness.com