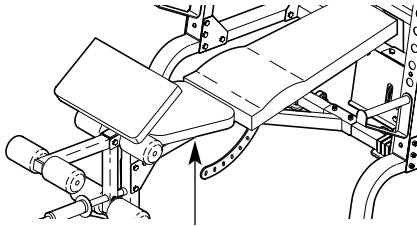




550 DELUXE HALF CAGE

Model No. GLSY07521



Model Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

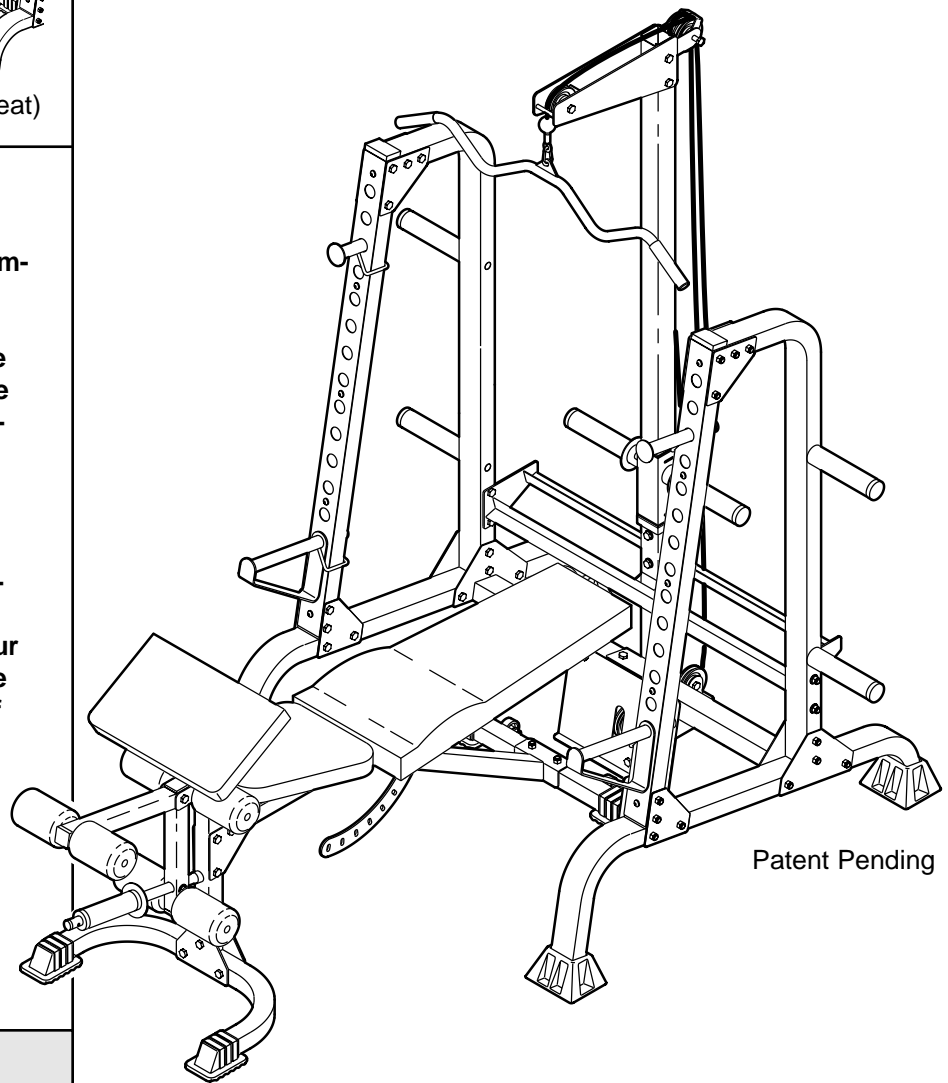


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENTS	14
EXERCISE GUIDELINES	17
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

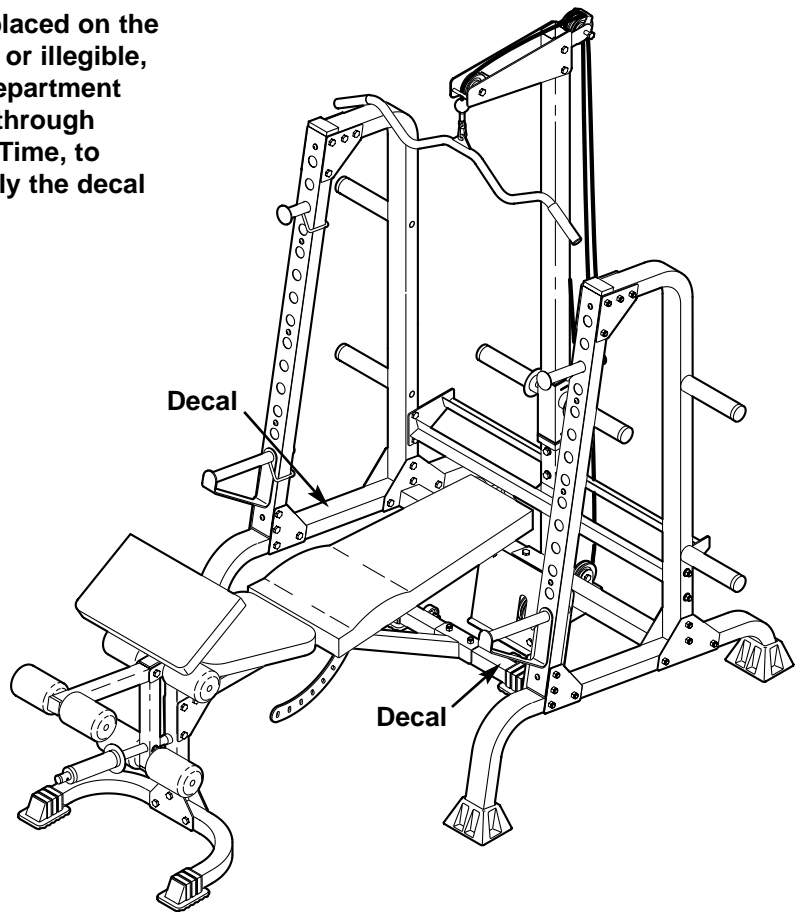
WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

Decal



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
10. Always set both weight rests and both weight spotters at the same height.
11. The weight system is designed to support a maximum user weight of 300 pounds, and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 200 pounds on the weight carriage or more than 150 pounds on the leg lever. Note: The weight system is designed to be used with an Olympic barbell. The weight system does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always move the bench out of the way when performing squat exercises. Always disconnect the lat bar from the cable when performing an exercise that does not require it.
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

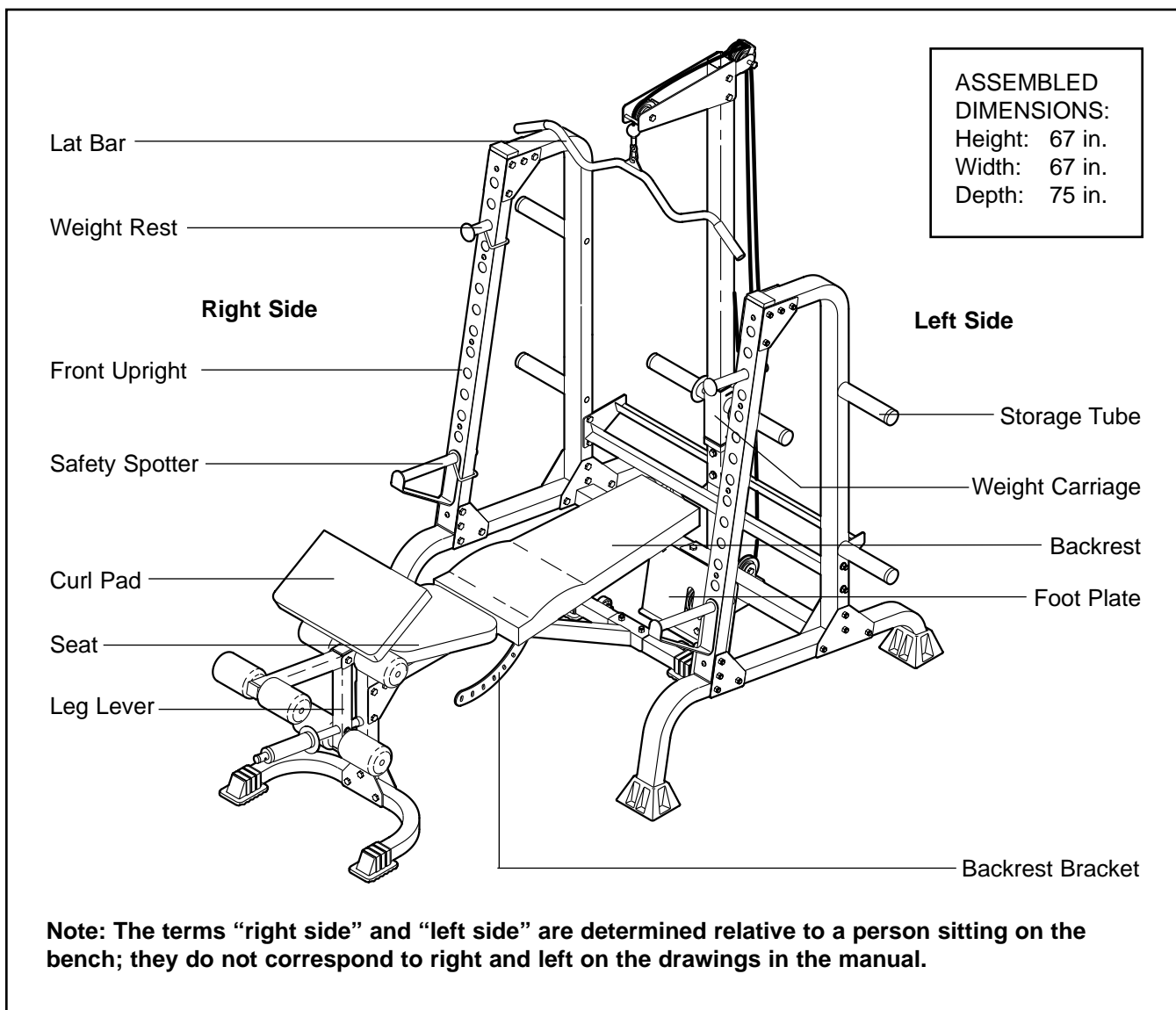
BEFORE YOU BEGIN

Thank you for selecting the versatile TRACKER® 550 DELUXE HALF CAGE weight system. The weight system is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the 550 DELUXE HALF CAGE weight system will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have additional ques-

tions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number before calling. The model number is GLSY07521.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.



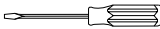
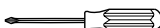
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.

- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above.**

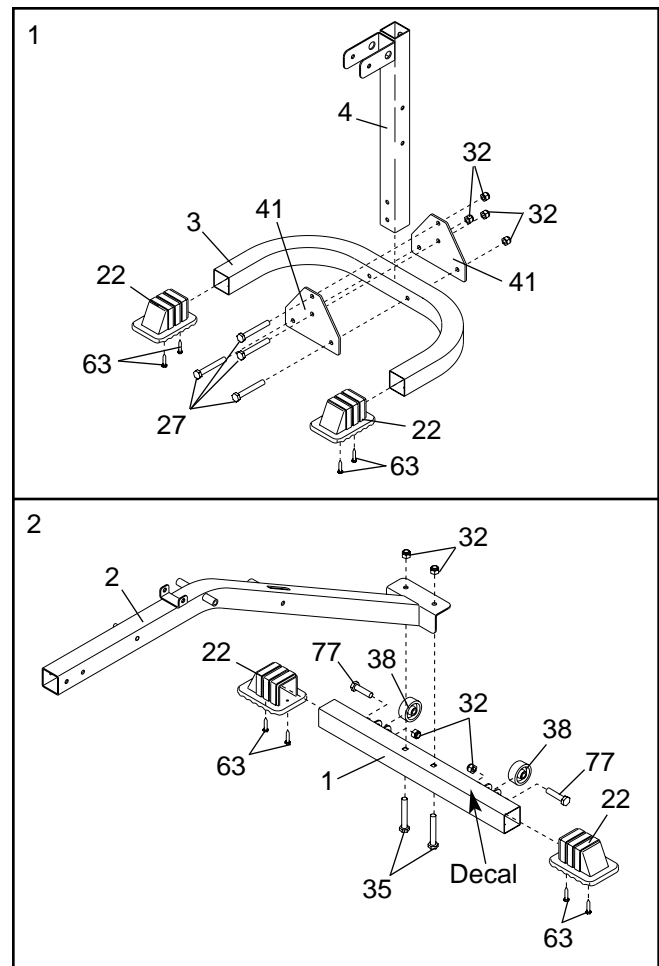
Attach two Base Caps (22) to the Front Stabilizer (3) with four M4 x 16mm Self-tapping Screws (63).

Attach the Front Leg (4) to the Front Stabilizer (3) with four M10 x 68mm Bolts (27), two Front Stabilizer Plates (41), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

2. Attach two Base Caps (22) to the Rear Stabilizer (1) with for M4 x 16mm Self-tapping Screws (63).

Attach the two Wheels (38) to the Rear Stabilizer (1) with two M10 x 45mm Bolts (77) and two M10 Nylon Locknuts (32). **Do not overtighten the Locknuts; the Wheels must be able to roll freely.**

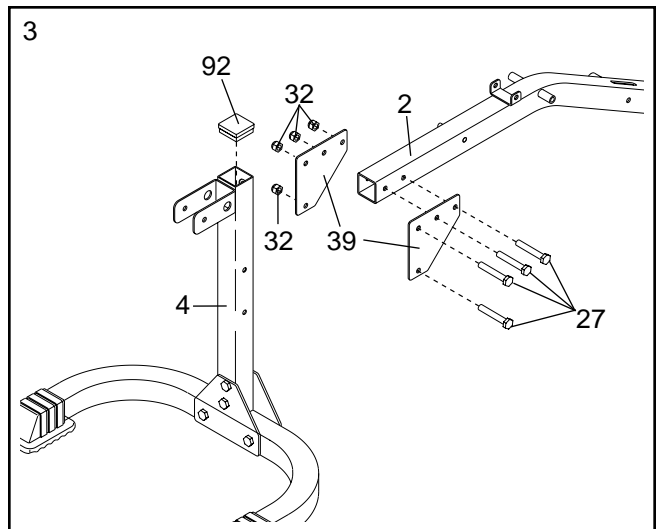
Attach the Bench Frame (2) to the Rear Stabilizer (1) with two M10 x 60mm Carriage Bolts (35) and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**



- Press the 50mm Square Inner Cap (92) into the Front Leg (4).

Attach the Bench Frame (2) to the Front Leg (4) with four M10 x 68mm Bolts (27), two Bench Frame Plates (39), and four M10 Nylon Locknuts (32).

Tighten the M10 Nylon Locknuts (32) used in steps 1–3.

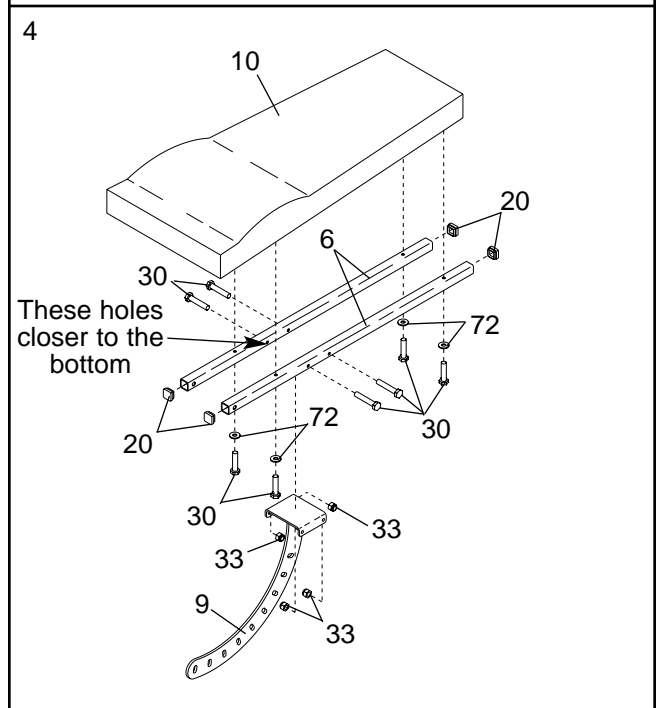


- Press four 25mm Square Inner Caps (20) into the ends of the two Backrest Frames (6).

Attach the Backrest Frames (6) to the Backrest Bracket (9) with four M6 x 38mm Bolts (30) and four M6 Nylon Locknuts (33). **Make sure the Backrest Frames are oriented as shown.**

Attach the Backrest (10) to the Backrest Frames (6) with four M6 x 38mm Bolts (30) and four M6 Washers (72).

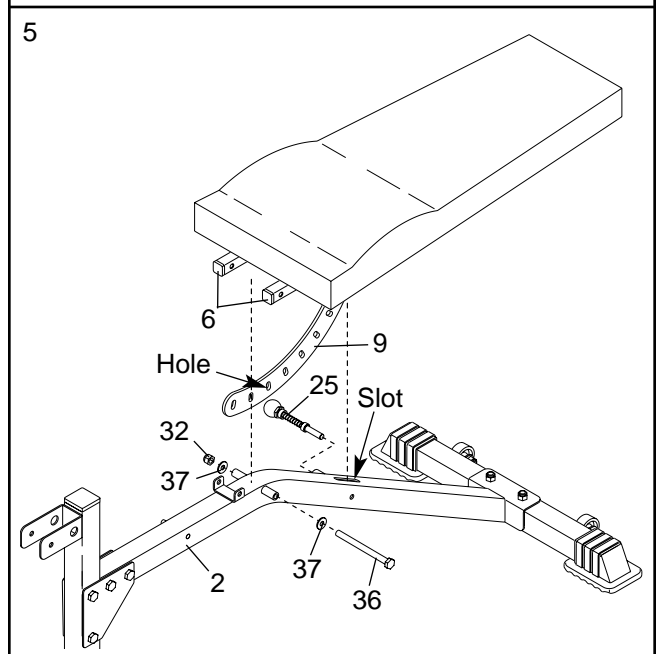
Do not tighten the M6 x 38mm Bolts (30) yet.



- Secure the Backrest Knob (25) to the Bench Frame (2). Pull the Knob out as far as it will go. Slide the Backrest Bracket (9) into the slot in the Bench Frame, and engage the Knob into a hole in the Bracket.

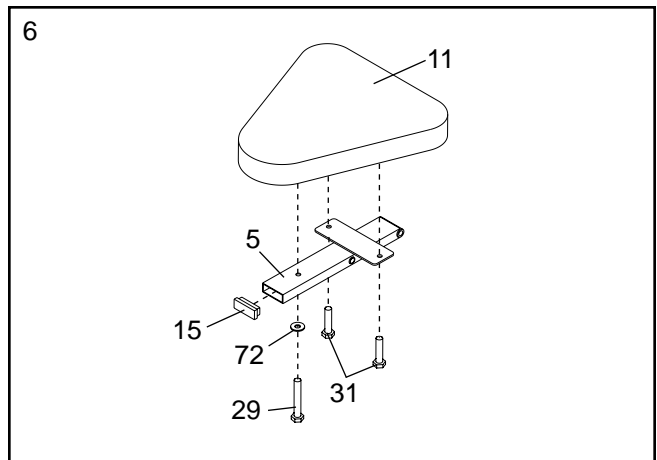
Lubricate an M10 x 180mm Bolt (36) with grease. Attach the Backrest Frames (6) to the Bench Frame (2) with the Bolt, two M10 Washers (37), and an M10 Nylon Locknut (32).

Tighten the eight M6 x 38mm Bolts (30) used in step 4.



6. Press a 20mm x 40mm Inner Cap (15) into the indicated end of the Seat Frame (5).

Attach the Seat (11) to the Seat Frame (5) with two M6 x 16mm Bolts (31), an M6 x 35mm Bolt (29), and an M6 Washer (72).

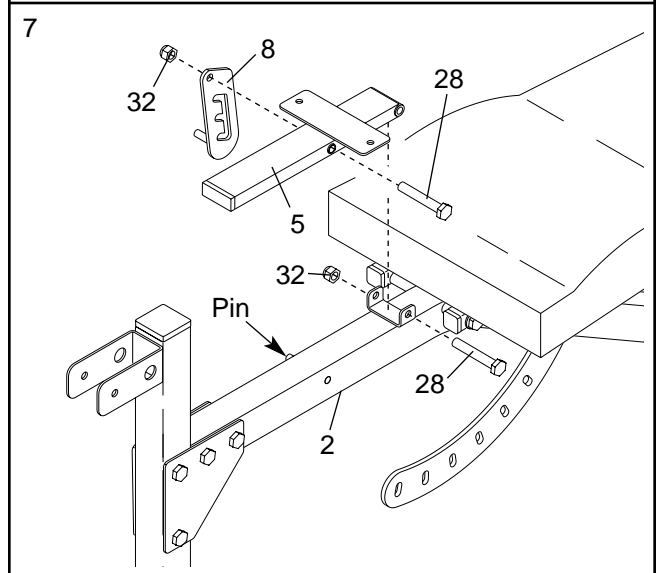


7. **Note: This step is drawn with the Seat (11) removed for clarity.**

Attach the Seat Adjustment Bracket (8) to the Seat Frame (5) with an M10 x 72mm Bolt (28) and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Seat Adjustment Bracket must be able to pivot easily.**

Slide the Seat Adjustment Bracket (8) over the pin on the Bench Frame (2).

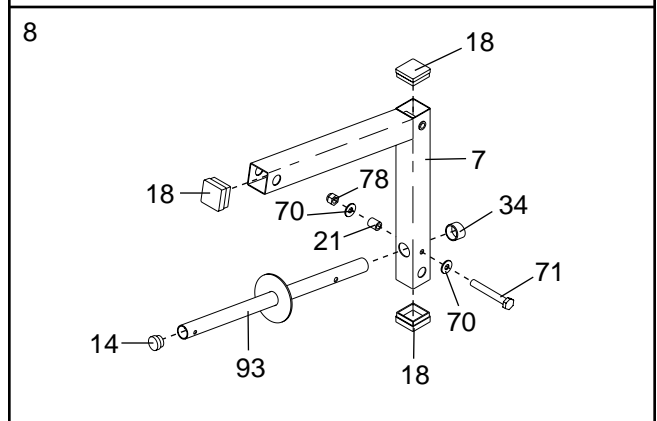
Lubricate an M10 x 72mm Bolt (28) with grease. Attach the Seat Frame (5) to the Bench Frame (2) with the Bolt and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Seat Frame must be able to pivot easily.**



8. Press three 45mm Square Inner Caps (18) into the Leg Lever (7). Press a 25mm Round Inner Cap (14) into the indicated end of the Weight Tube (93).

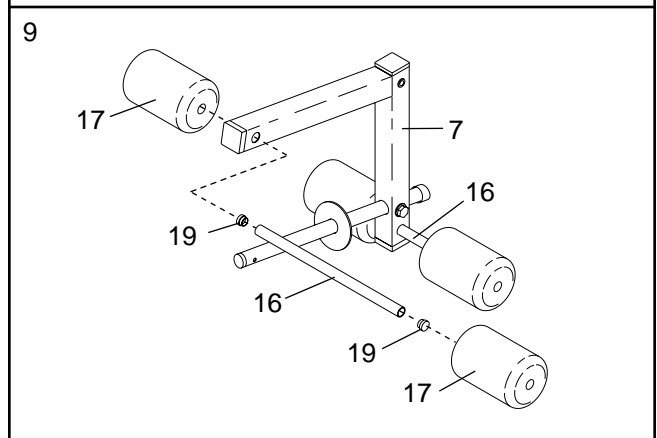
Attach the Weight Tube (93) inside the Leg Lever (7) with an M8 x 58mm Bolt (71), two M8 Washers (70), the 10mm Spacer (21), and an M8 Nylon Locknut (78).

Press a 25mm Round Angled Cap (34) onto the end of the Weight Tube (93).



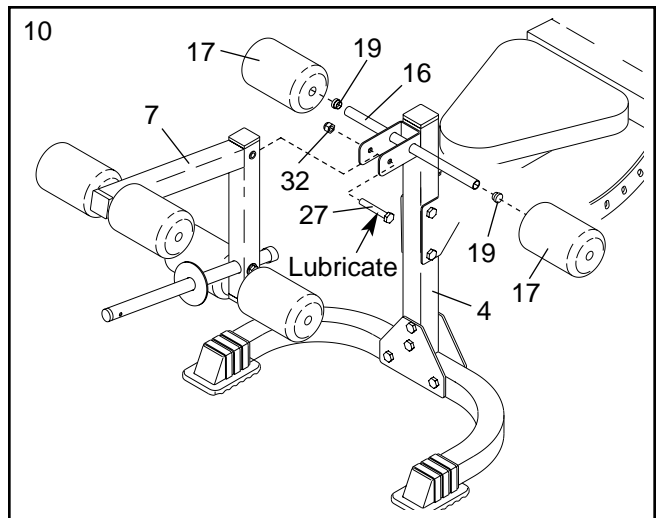
9. Slide a Pad Tube (16) into a hole in the Leg Lever (7). Slide two Round Pads (17) onto the Pad Tube. Press two 19mm Round Inner Caps (19) into the Pad Tubes.

Assemble another Pad Tube (16) to the Leg Lever (7) in the same manner.

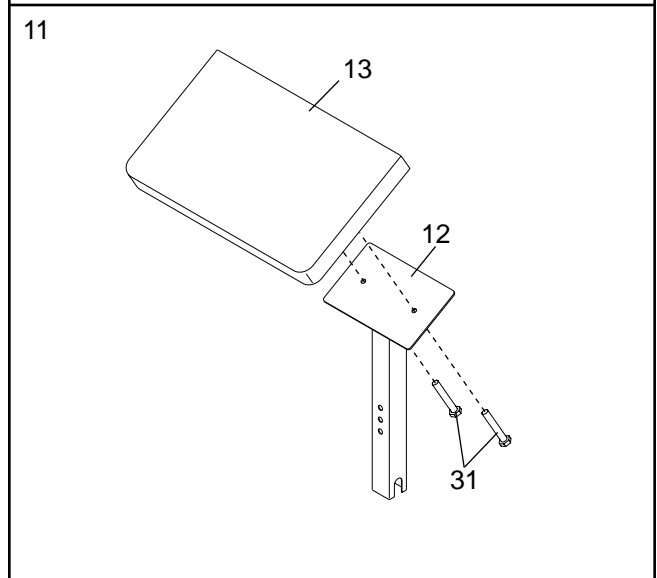


10. Slide a Pad Tube (16) into the Front Leg (4). Slide two Round Pads (17) onto the ends of the Pad Tube. Press two 19mm Round Inner Caps (19) into the ends of the Pad Tube.

Lubricate an M10 x 68mm Bolt (27) with grease. Attach the Leg Lever (7) to the Front Leg (4) with the Bolt and an M10 Nylon Locknut (32). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



11. Attach the Curl Pad (13) to the Curl Post (12) with two M6 x 16mm Bolts (31).

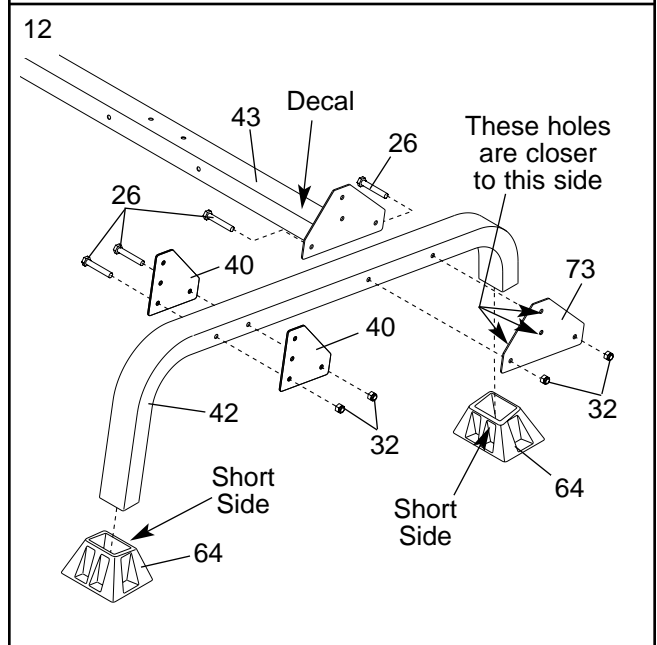


12. Press two Plastic Feet (64) onto a Base (42), with the short sides facing towards each other.

Attach two Upright Plates (40) to the Base (42) with two M10 x 94mm Bolts (26) and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

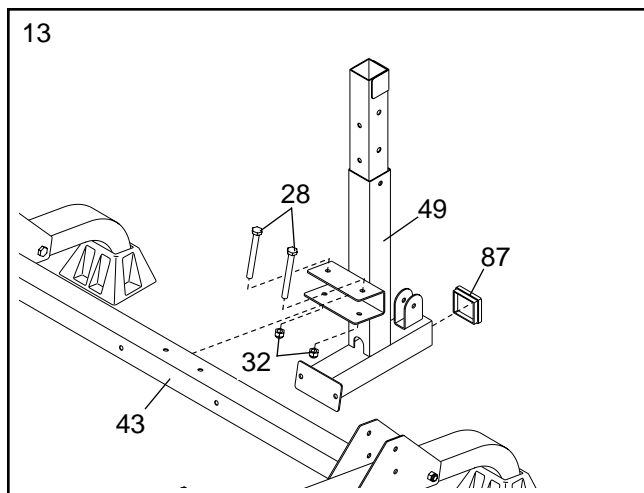
Attach the Crossbar (43) to the Base (42) with two M10 x 94mm Bolts (26), a Large Joint Plate (73), and two M10 Nylon Locknuts (32). **Make sure the warning decal is in the location shown. Do not tighten the Locknuts yet.**

Repeat this step with the other Base (42). Make sure all part are oriented as shown.

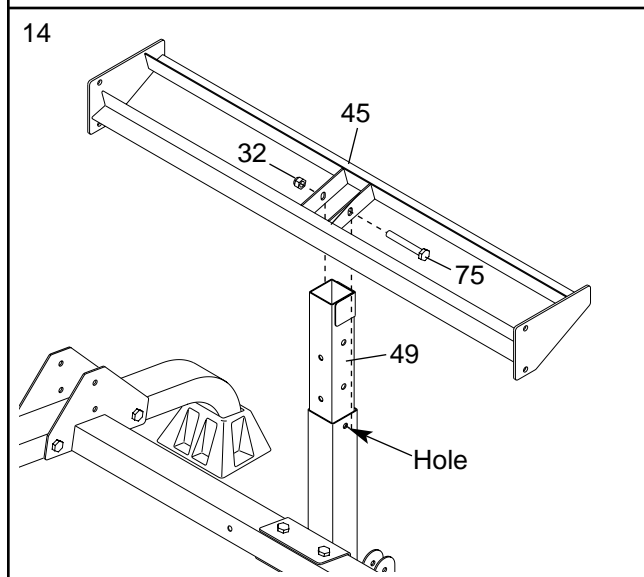


13. Press a 60mm Square Inner Cap (87) into the end of the Lat Tower Base (49).

Attach the Lat Tower Base (49) to the Crossbar (43) with two M10 x 72mm Bolts (28) and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**



14. Slide the Dumbbell Rack (45) onto the Lat Tower Base (49) and attach it at the indicated hole with an M10 x 78mm Bolt (75) and an M10 Nylon Locknut (32). **Make sure the Dumbbell Rack is oriented as shown.**

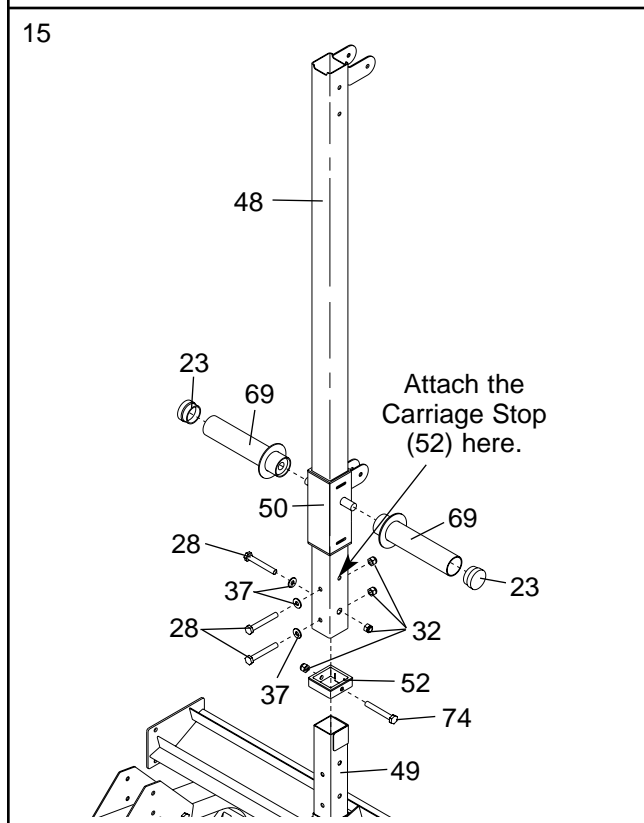


15. Press two 48mm Round Inner Caps (23) into the two Carriage Tubes (69). Screw the Carriage Tubes onto the Weight Carriage (50). **Make sure the Carriage Tubes are fully tightened.**

Orient the Weight Carriage (50) as shown and slide it onto the Lat Tower (48). Orient the Carriage Stop (52) as shown and slide it onto the Lat Tower below the Weight Carriage.

Slide the Lat Tower (48) onto the Lat Tower Base (49). Attach the Carriage Stop (52) at the indicated hole with an M10 x 86mm Bolt (74) and an M10 Nylon Locknut (32).

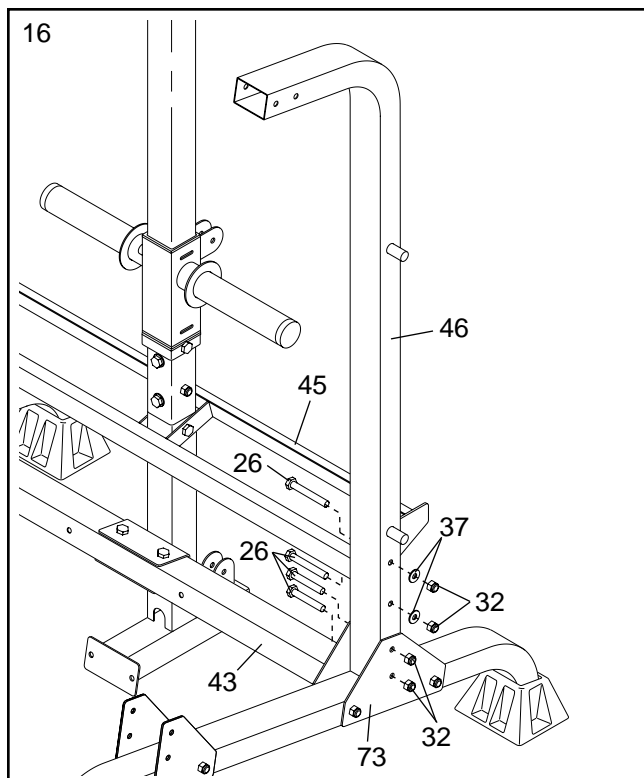
Secure the Lat Tower (48) to the Lat Tower Base (49) with three M10 x 72mm Bolts (28), three M10 Washers (37), and three M10 Nylon Locknuts (32). **Make sure the Locknuts fit inside the holes in the Lat Tower. Do not tighten the Bolts yet.**



16. Attach the Left Rear Upright (46) to the Crossbar (43) with two M10 x 94mm Bolts (26), the Large Joint Plate (73), and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

Attach the Dumbbell Rack (45) to the Left Rear Upright (46) with two M10 x 94mm Bolts (26), two M10 Washers (37), and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

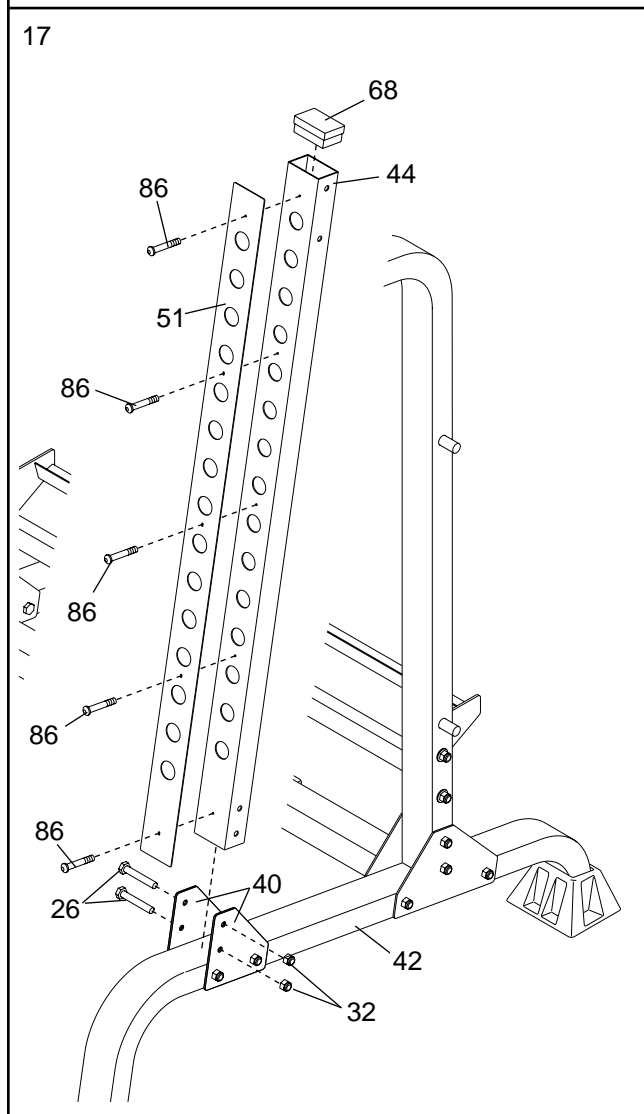
Repeat this step with the Right Rear Upright (47).



17. Press a 51mm x 76mm Inner Cap (68) into the top of a Front Upright (44). Attach an Upright Cover (51) to the Front Upright with five M4 x 16mm Self-tapping Screws (86).

Attach the Front Upright (44) to a Base (42) with two M10 x 94mm Bolts (26), two Upright Plates (40), and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

Repeat this step with the other Front Upright (44) and the other Base (42).



18. Attach the Left Rear Upright (46) to the left Front Upright (44) with four M10 x 94mm Bolts (26), two Upright Plates (40), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

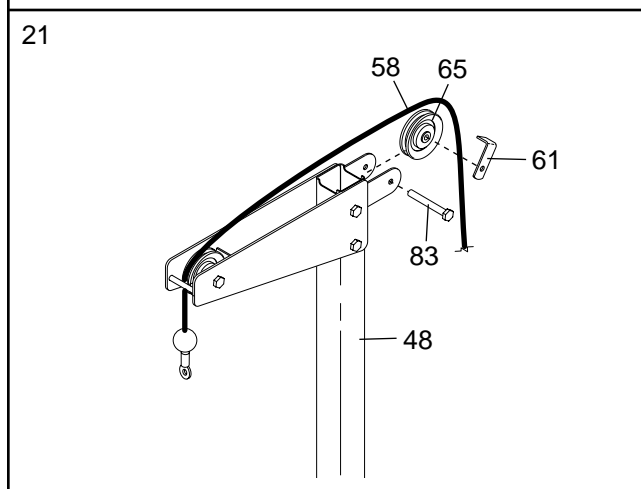
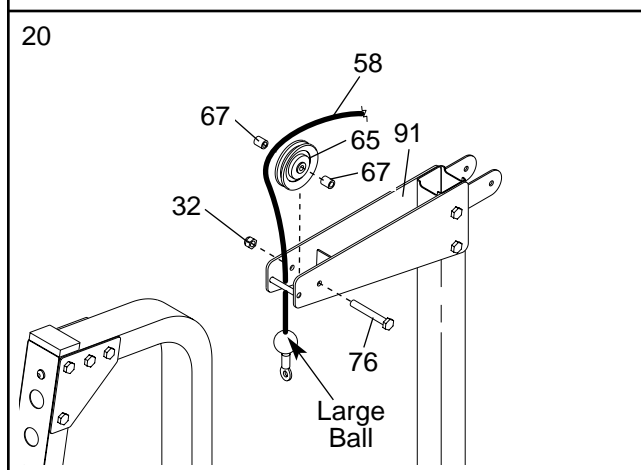
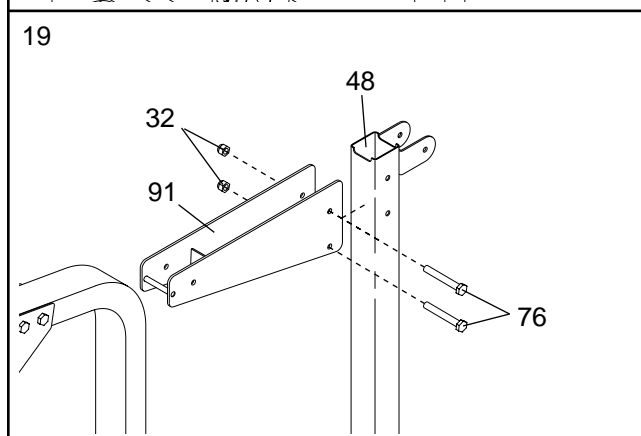
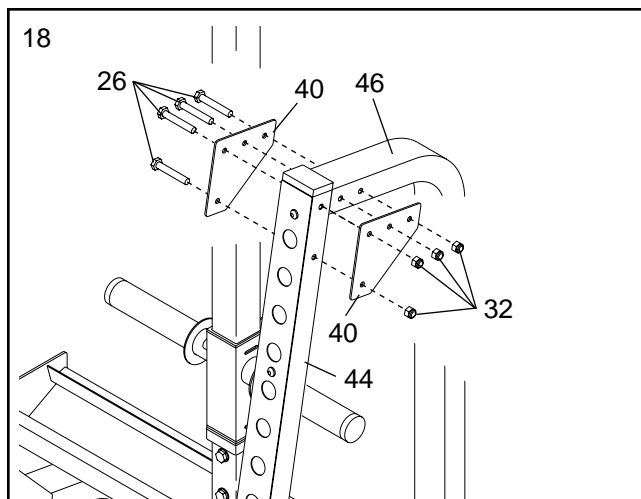
Repeat this step with the Right Rear Upright (not shown).

19. Attach the Top Frame (91) to the Lat Tower (48) with two M10 x 82mm Bolts (76) and two M10 Nylon Locknuts (32).

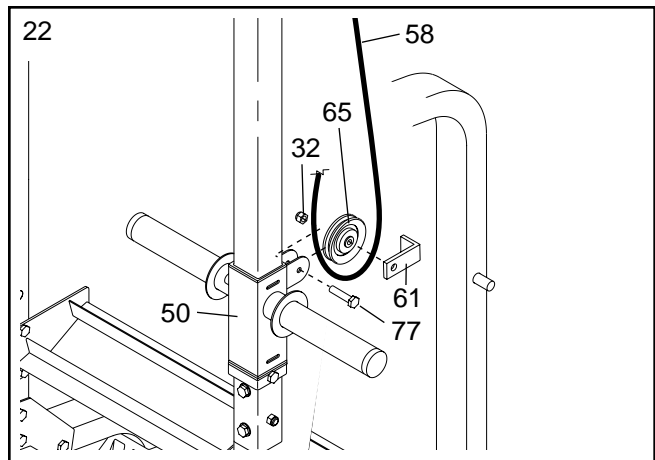
20. Route the Cable (58) up through the Top Frame (91) and around an 89mm Pulley (65). Attach the Pulley inside of the Top Frame with an M10 x 82mm Bolt (76), two 17mm Spacers (67), and an M10 Nylon Locknut (32). **Make sure the large ball on the Cable is in the indicated position.**

21. Wrap the Cable (58) around an 89mm Pulley (65). Attach the Pulley and a Cable Trap (61) to the bracket on the Lat Tower (48) with an M10 x 75mm Bolt (83). **Make sure the Cable Trap is inside the bracket and oriented to hold the Cable in the groove of the Pulley.**

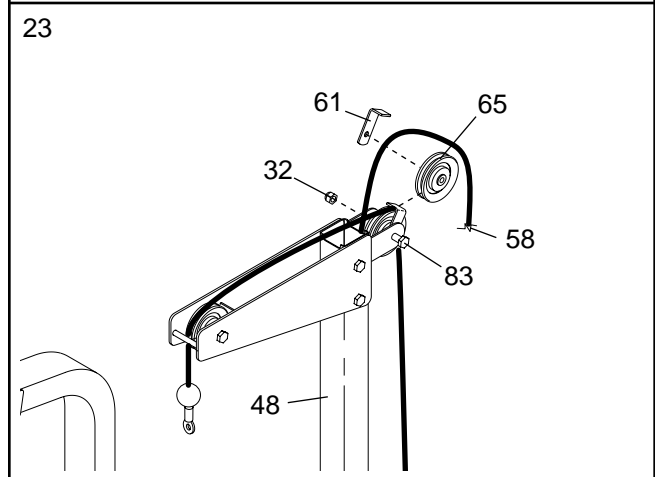
Note: Do not put an M10 Nylon Locknut (not shown) on the M10 x 75mm Bolt (83) yet.



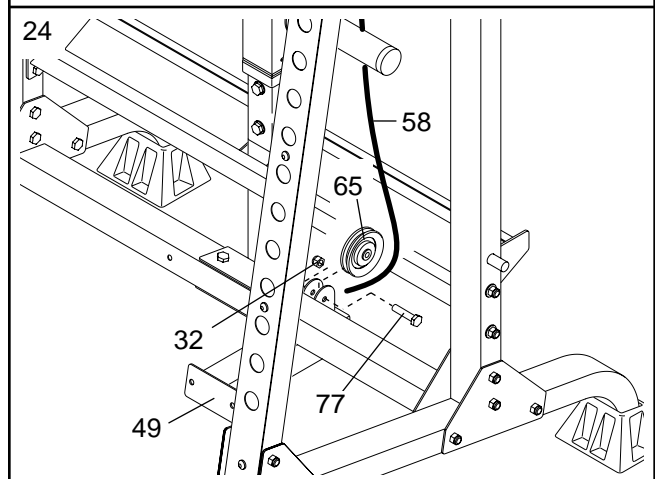
22. Wrap the Cable (58) around an 89mm Pulley (65). Attach the Pulley and a Cable Trap (61) to the bracket on the Weight Carriage (50) with an M10 x 45mm Bolt (77) and an M10 Nylon Locknut (32). **Make sure the Cable Trap is outside the bracket and oriented to hold the Cable in the groove of the Pulley.**



23. Wrap the Cable (58) around an 89mm Pulley (65). Attach the Pulley and a Cable Trap (61) to the bracket on the Lat Tower (48) with the M10 x 75mm Bolt (83) used in step 21 and an M10 Nylon Locknut (32). **Make sure the Cable Trap is inside the bracket and oriented to hold the Cable in the groove of the Pulley.**



24. Route the Cable (58) through the Lat Tower Base (49) and around an 89mm Pulley (65). Attach the Pulley to the bracket on the Lat Tower Base with an M10 x 45mm Bolt (77) and an M10 Nylon Locknut (32).

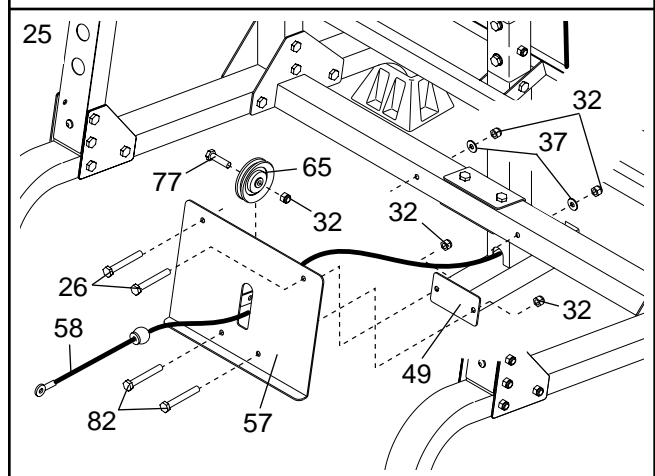


25. Route the Cable (58) under an 89mm Pulley (65) and through the Foot Plate (57) as shown. Attach the Pulley to the Foot Plate with an M10 x 45mm Bolt (77) and an M10 Nylon Locknut (32).

Attach the Foot Plate (57) to the Lat Tower Base (49) with two M10 x 19mm Bolts (82) and two M10 Nylon Locknuts (32).

Attach the Foot Plate (57) to the Crossbar (43) with two M10 x 94mm Bolts (26), two M10 Washers (37), and two M10 Nylon Locknuts (32).

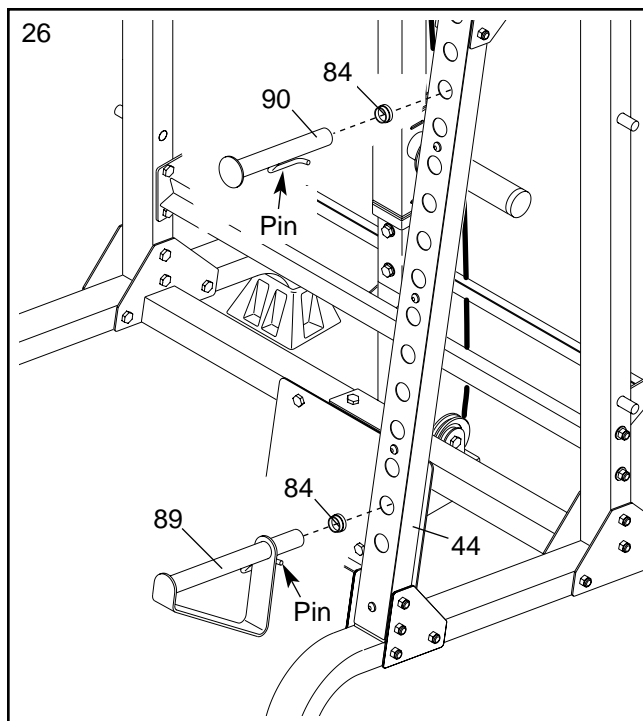
Tighten all of the M10 Nylon Locknuts (32) used in steps 12–18, and 25.



26. Press two 32mm Round Inner Caps (84) into the end of the Left Weight Rest (90) and the Left Safety Spotter (89).

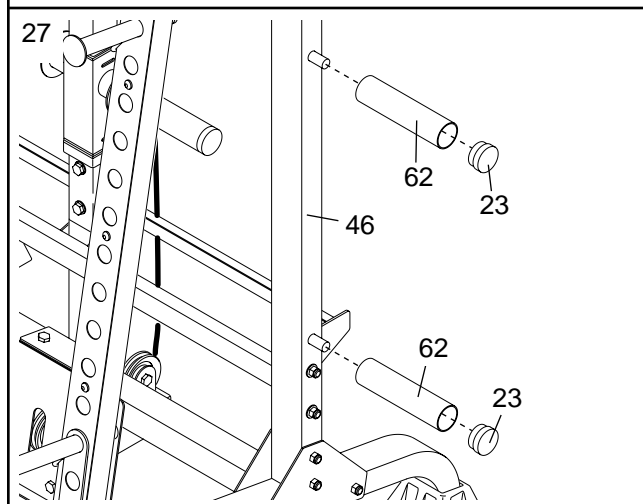
Insert the Left Weight Rest (90) and the Left Safety Spotter (89) into holes in the left Front Upright (44) and engage the locking pins around the Upright.

Repeat this step with the Right Weight Rest (not shown), the Right Safety Spotter (not shown), and the right Front Upright (not shown).

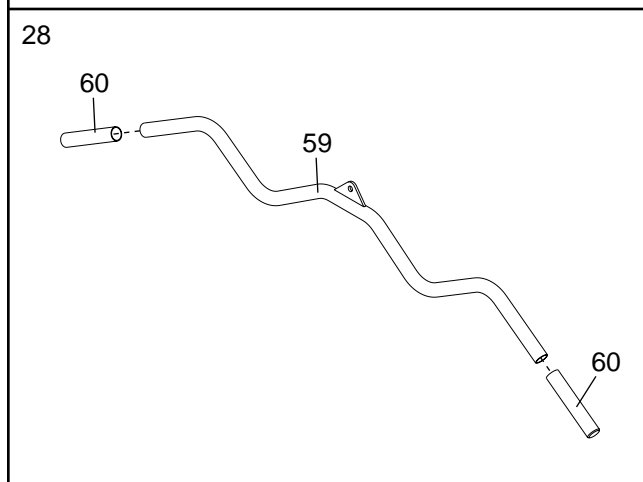


27. Press two 48mm Round Inner Caps (23) into two Storage Tubes (62). Screw the Storage Tubes onto the Left Rear Upright (46). **Make sure the Storage Tubes are fully tightened.**

Repeat this step with the other two Storage Tubes (62) and the Right Rear Upright (not shown).



28. Wet the ends of the Lat Bar (59) with soapy water. Slide four Handgrips (60) onto the ends of the Lat Bar.



29. **Make sure that all parts are properly tightened before you use the weight system. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**

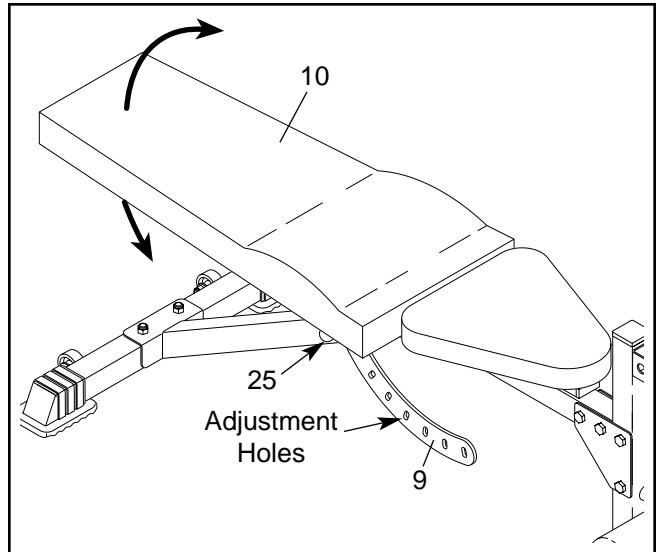
ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 17 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

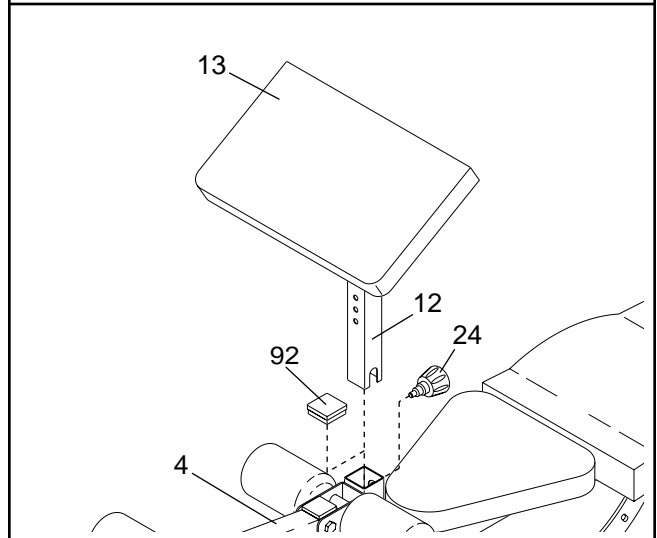
To adjust the position of the Backrest (10), pull the Backrest Knob (25) out as far as it will go. Move the Backrest to the desired position, and engage the Knob into a hole in the Backrest Bracket (9).



ATTACHING THE CURL PAD

To use the Curl Pad (13), remove the 50mm Square Inner Cap (92) from the Front Leg (4). Insert the Curl Post (12) into the Front Leg and secure it with the Adjustment Knob (24).

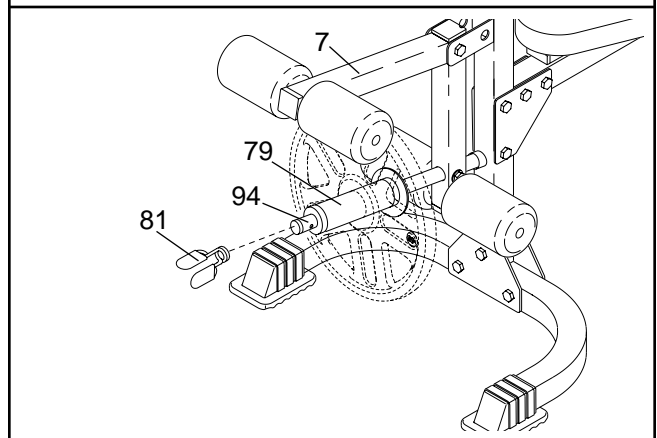
When performing an exercise that does not require the Curl Pad (13), remove it from the Front Leg (4) and replace the 50mm Square Inner Cap (92).



ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (7), slide the desired amount of weight (not included) onto the Weight Tube (94).

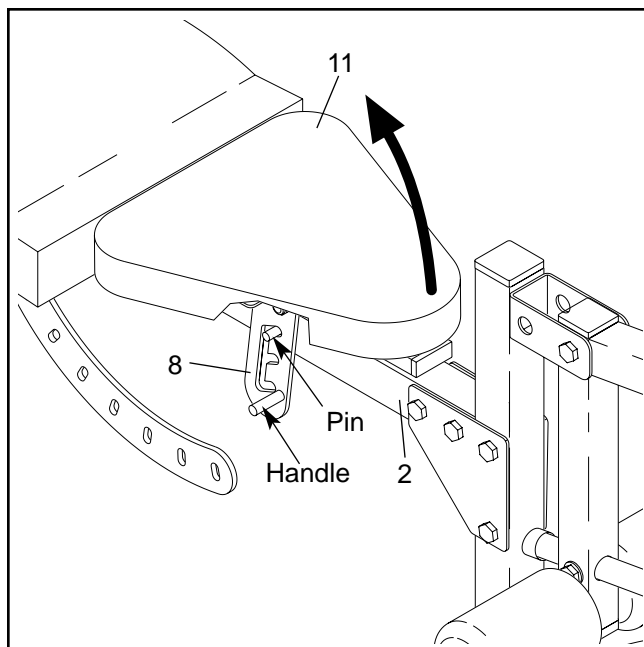
To use Olympic weights, slide the Weight Adapter (79) onto the Weight Tube (94) and secure it with the Small Weight Clip (81).



WARNING: Do not place more than 150 pounds on the Weight Tube (94).

ADJUSTING THE SEAT

The Seat (11) can be adjusted to three positions. To move the Seat, use the handle on the Seat Adjustment Bracket (8) to disengage the pin on the Bench Frame (2). Lift or lower the Seat to the desired position and re-engage the pin into a slot in the Seat Adjustment Bracket.



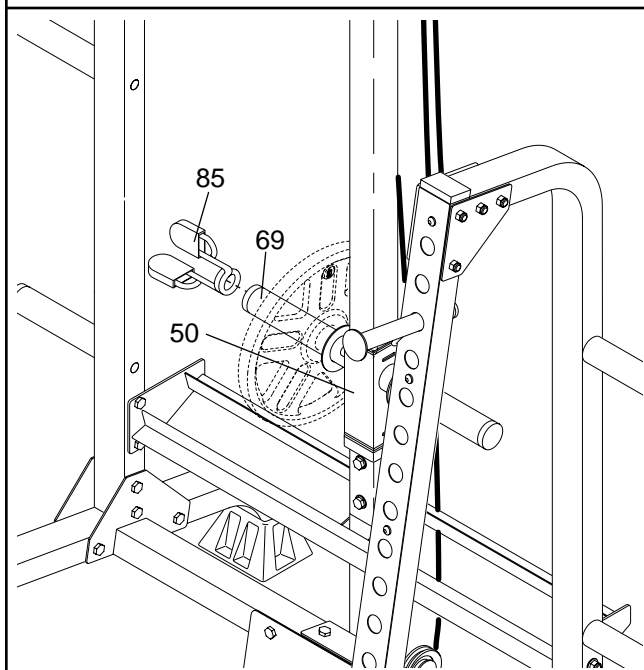
ADDING WEIGHT TO THE WEIGHT RACK

To use the Weight Carriage (50), slide the desired amount of weight (not included) onto the Carriage Tubes (69). Secure the weight with two Large Weight Clips (85).

Unused weights can be stored on the Storage Tubes (62) on the weight rack.

⚠ WARNING: Always place the same amount of weight on each Carriage Tube (69) and secure the weight with the two Large Weight Clips (85).

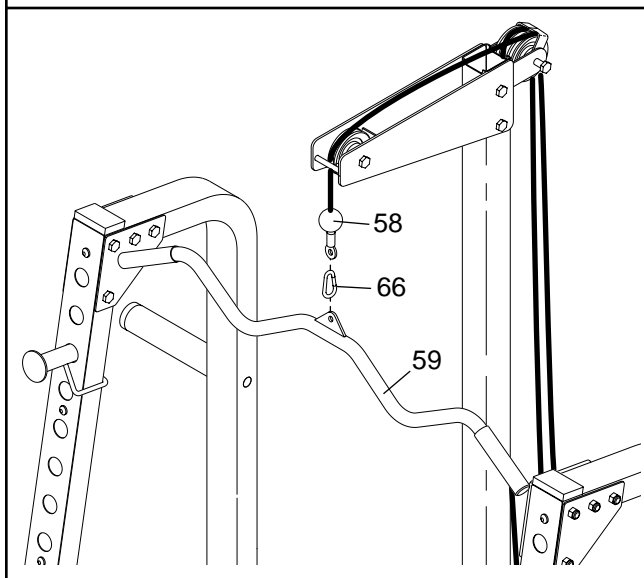
Always store an equal amount of weight on each side of the weight rack.



ATTACHING THE LAT BAR

Attach the Lat Bar (59) to the Cable (58) with a Cable Clip (66).

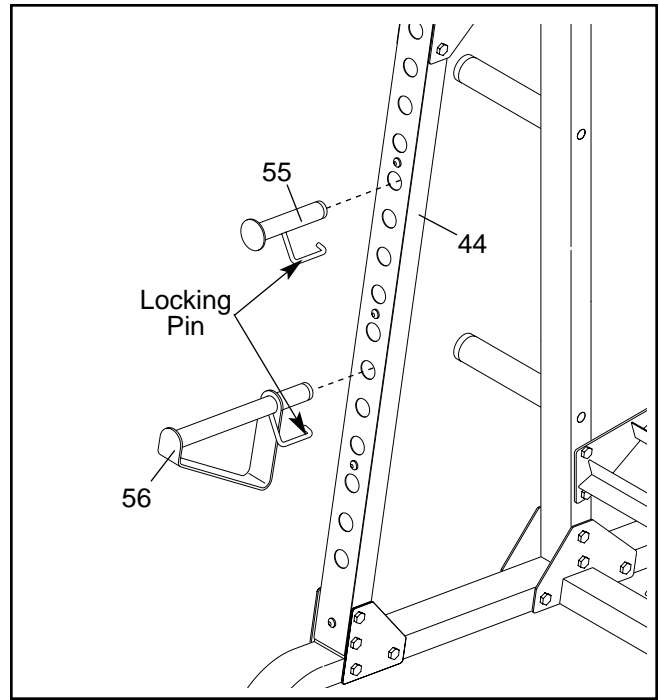
The Handle Strap (not shown) can be attached in the same manner.



WEIGHT RESTS AND SAFETY SPOTTERS

To use a barbell (not included) with the weight rack, first move the Weight Rests (55, 90) and the Safety Spotters (56, 89) to the correct heights for the exercise to be performed. Engage the locking pins around the Front Uprights (44).

⚠ WARNING: Always place both Weight Rests (55, 90) and both Safety Spotters (56, 89) at the same height. Make sure the locking pins are securely wrapped around the Front Uprights (44) before setting a barbell (not included) on them.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 18 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

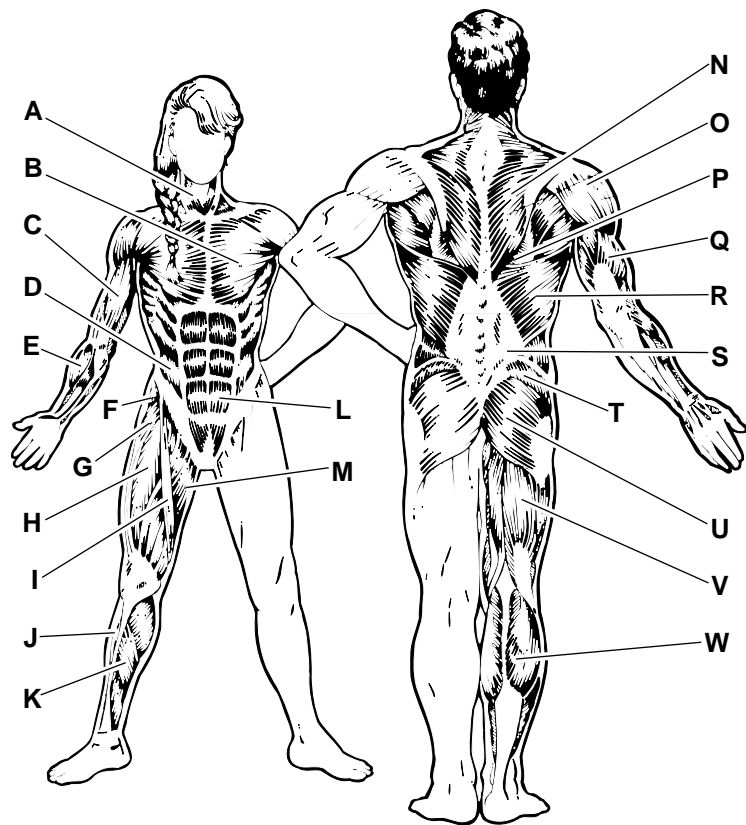
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

TUESDAY AEROBIC EXERCISE

Date:
_ / _ / _

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

THURSDAY AEROBIC EXERCISE

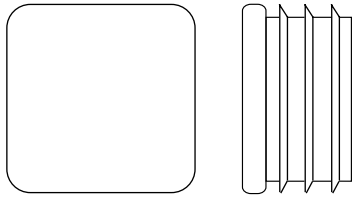
Date:
_ / _ / _

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: _ / _ / _				

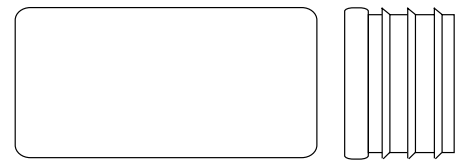
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART—Model No. GLSY07521

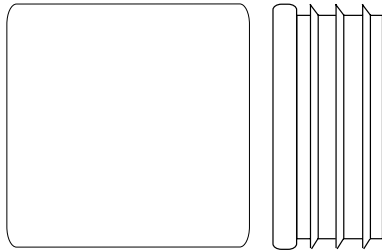
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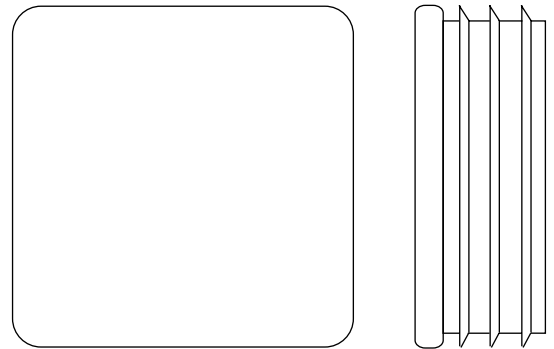
25mm Square Inner Cap (20)



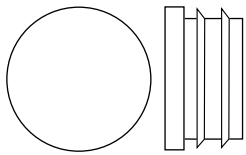
20mm x 40mm Inner Cap (15)



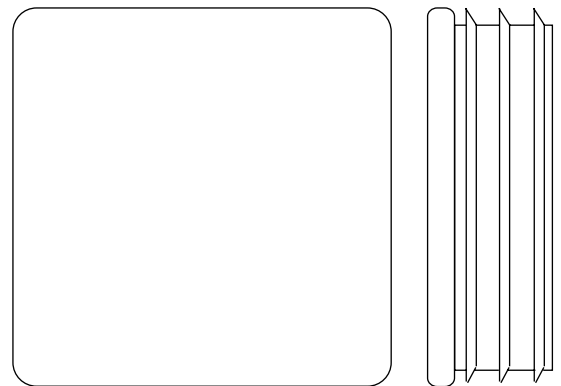
32mm Inner Cap (84)



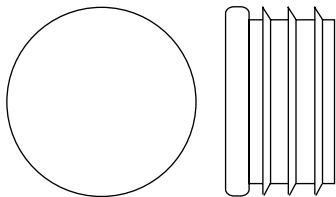
45mm Square Inner Cap (18)



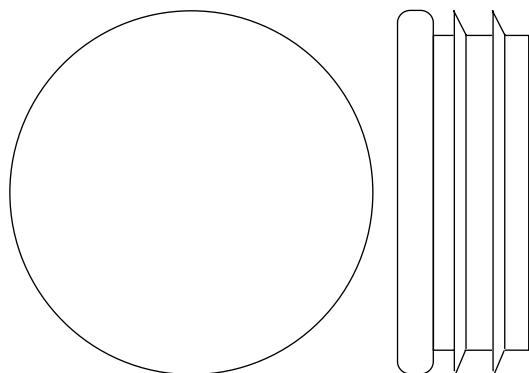
19mm Round Inner Cap (19)



50mm Square Inner Cap (27)



25mm Round Inner Cap (14)



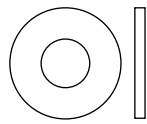
48mm Round Inner Cap (23)



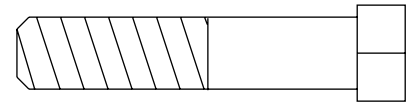
51mm x 76mm Inner Cap (68)



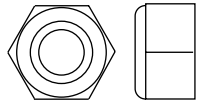
M6 Nylon Locknut (33)



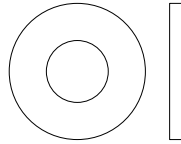
M6 Washer (72)



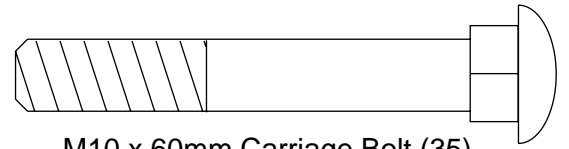
M10 x 45mm Bolt (77)



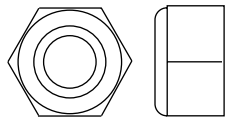
M8 Nylon Locknut (78)



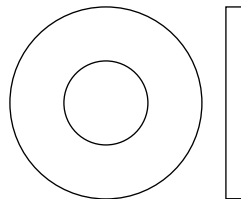
M8 Washer (70)



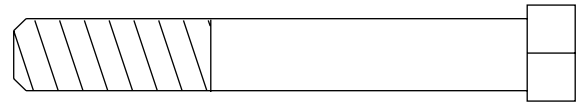
M10 x 60mm Carriage Bolt (35)



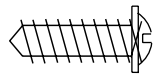
M10 Nylon Locknut (32)



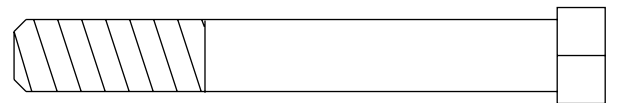
M10 Washer (37)



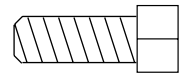
M10 x 68mm Bolt (27)



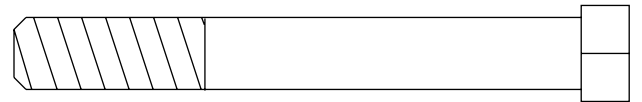
M4 x 16mm
Screw (63, 95)



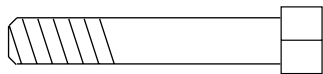
M10 x 72mm Bolt (28)



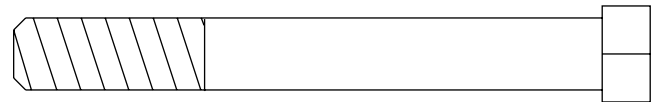
M6 x 16mm Bolt (31)



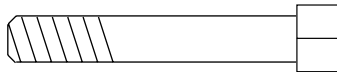
M10 x 75mm Bolt (83)



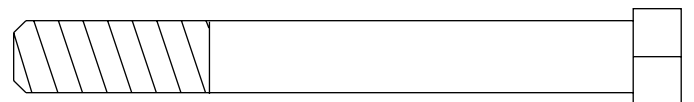
M6 x 35mm Bolt (29)



M10 x 78mm Bolt (75)



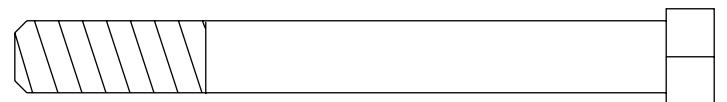
M6 x 38mm Bolt (30)



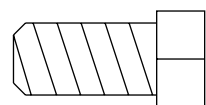
M10 x 82mm Bolt (76)



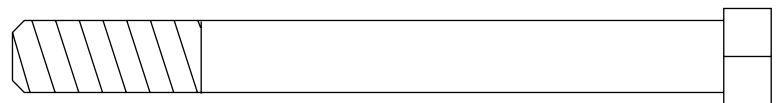
M8 x 58mm Bolt (71)



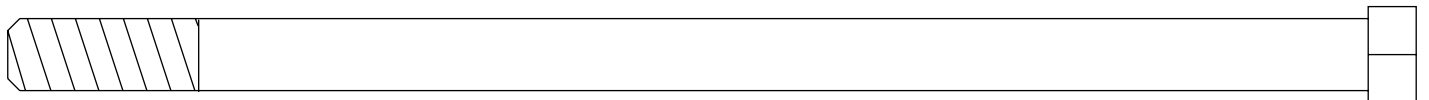
M10 x 86mm Bolt (74)



M10 x 19mm Bolt (82)



M10 x 94mm Bolt (26)



M10 x 180mm Bolt (36)

PART LIST—Model No. GLSY07521

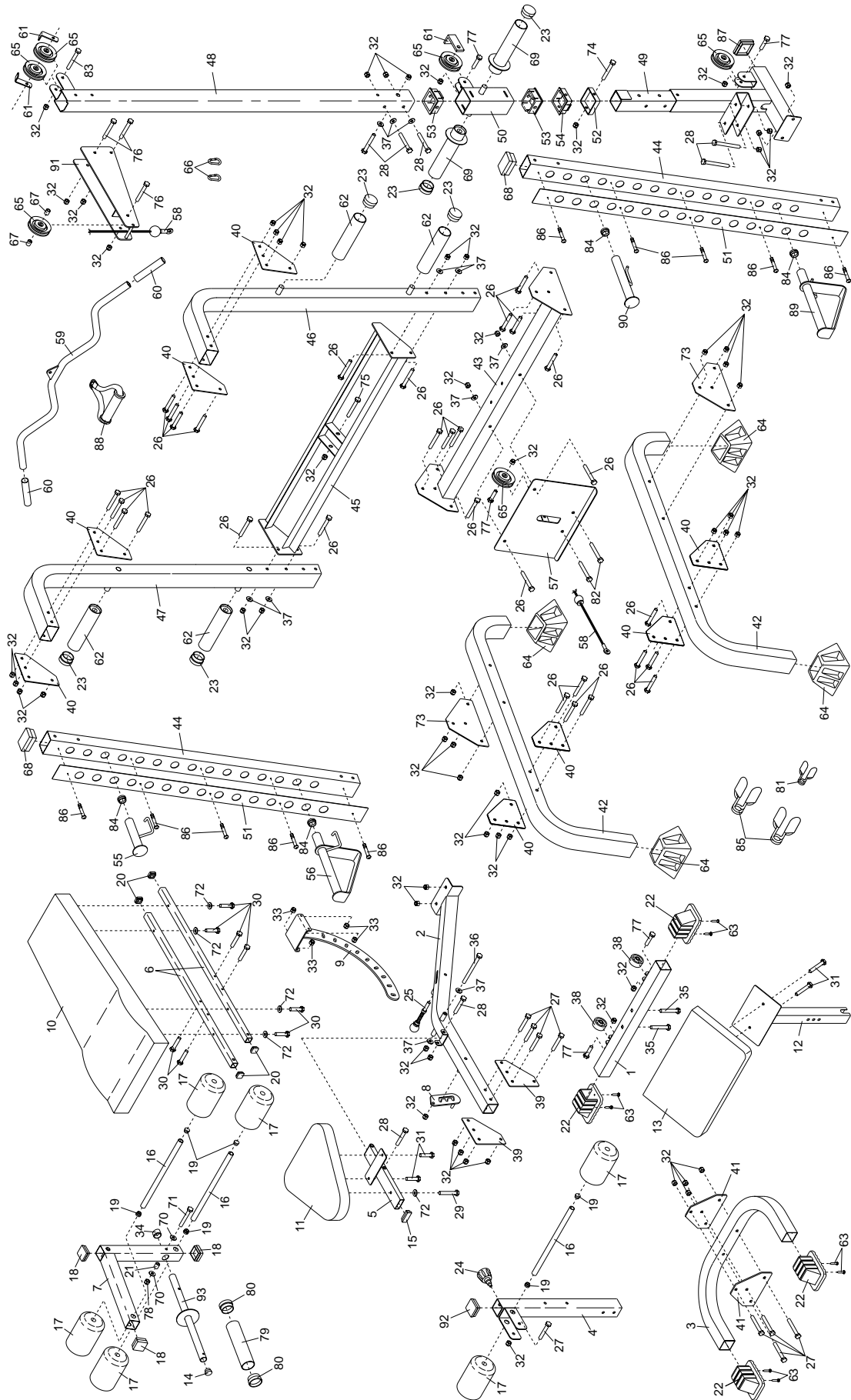
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Rear Stabilizer	49	1	Lat Tower Base
2	1	Bench Frame	50	1	Weight Carriage
3	1	Front Stabilizer	51	2	Upright Cover
4	1	Front Leg	52	1	Carriage Stop
5	1	Seat Frame	53	2	Weight Carriage Bushing
6	2	Backrest Frame	54	1	Carriage Stop Bushing
7	1	Leg Lever	55	1	Right Weight Rest
8	1	Seat Adjustment Bracket	56	1	Right Safety Spotter
9	1	Backrest Bracket	57	1	Foot Plate
10	1	Backrest	58	1	Cable
11	1	Seat	59	1	Lat Bar
12	1	Curl Post	60	2	Handgrip
13	1	Curl Pad	61	3	Cable Trap
14	1	25mm Round Inner Cap	62	4	Storage Tube
15	1	20mm x 40mm Inner Cap	63	8	M4 x 16mm Black Screw
16	3	Pad Tube	64	4	Plastic Foot
17	6	Round Pad	65	6	89mm Pulley
18	3	45mm Square Inner Cap	66	2	Cable Clip
19	6	19mm Round Inner Cap	67	2	17mm Spacer
20	4	25mm Square Inner Cap	68	2	51mm x 76mm Inner Cap
21	1	10mm Spacer	69	2	Carriage Tube
22	4	Base Cap	70	2	M8 Washer
23	6	48mm Round Inner Cap	71	1	M8 x 58mm Bolt
24	1	Adjustment Knob	72	5	M6 Washer
25	1	Backrest Knob	73	2	Large Joint Plate
26	30	M10 x 94mm Bolt	74	1	M10 x 86mm Bolt
27	9	M10 x 68mm Bolt	75	1	M10 x 78mm Bolt
28	7	M10 x 72mm Bolt	76	3	M10 x 82mm Bolt
29	1	M6 x 35mm Bolt	77	5	M10 x 45mm Bolt
30	8	M6 x 38mm Bolt	78	1	M8 Nylon Locknut
31	4	M6 x 16mm Bolt	79	1	Weight Adapter
32	62	M10 Nylon Locknut	80	2	Adapter Bushing
33	4	M6 Nylon Locknut	81	1	Small Weight Clip
34	1	25mm Angle Cap	82	2	M10 x 19mm Bolt
35	2	M10 x 60mm Carriage Bolt	83	1	M10 x 75mm Bolt
36	1	M10 x 180mm Bolt	84	4	32mm Inner Cap
37	11	M10 Washer	85	2	Large Weight Clip
38	2	Wheel	86	10	M4 x 16mm White Screw
39	2	Bench Frame Plate	87	1	60mm Square Inner Cap
40	8	Upright Plate	88	1	Handle Strap
41	2	Front Stabilizer Plate	89	1	Left Safety Spotter
42	2	Base	90	1	Left Weight Rest
43	1	Crossbar	91	1	Top Frame
44	2	Front Upright	92	1	50mm Square Inner Cap
45	1	Dumbbell Rack	93	1	Weight Tube
46	1	Left Rear Upright	#	1	User's Manual
47	1	Right Rear Upright	#	1	Exercise Guide
48	1	Lat Tower			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. GLSY07521

R0903A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (GLSY07521)
- The NAME of the product (TRACKER® 550 DELUXE HALF CAGE weight system)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813