

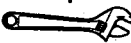
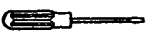


Model No. RBSA10080

Weight Expansion Set

QUESTIONS? If you have questions, or if there are missing or damaged parts, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE: 1-800-999-3756, Mon.-Fri., 6 a.m.-6 p.m. MST

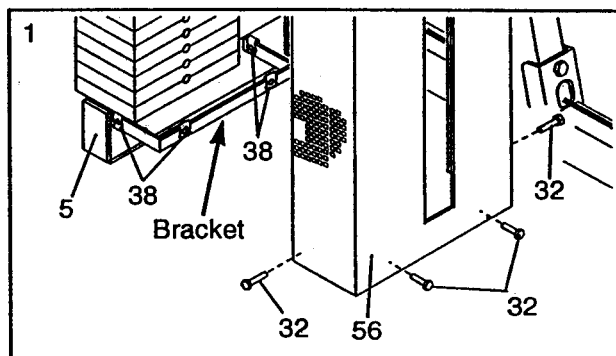
Assembly Instructions

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench**  as well as two adjustable wrenches  and a standard screwdriver .

1. Detach the lower end of the Shroud (56) from the bracket on the Stabilizer (5) by unscrewing the four #8 x 3/4" Screws (32). Leave the four Tinnerman Clips (38) on the bracket.

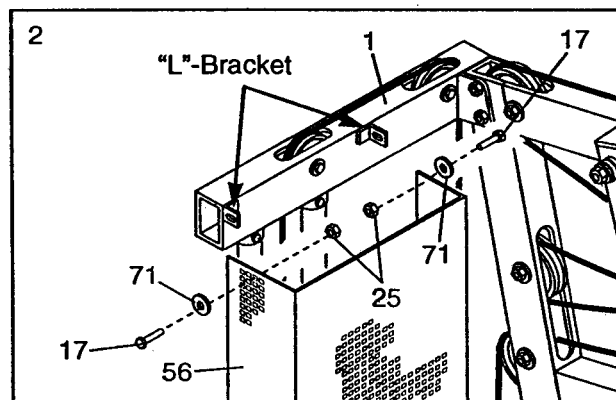
Put the four #8 x 3/4" Screws (32) in a separate pile so you can easily find them later.

Note: For clarity, this step shows the Shroud as if the following step had already been performed.



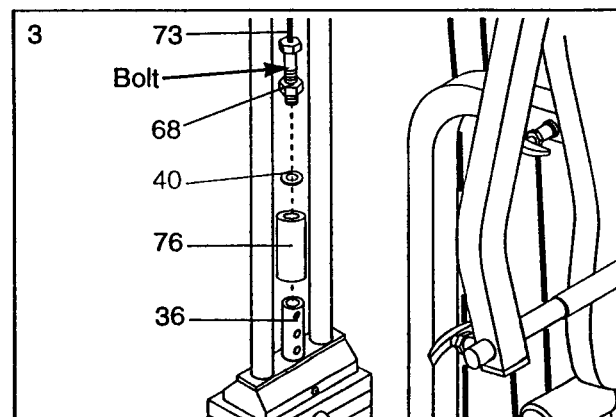
2. Detach the upper end of the Shroud (56) from the two "L"-brackets on the Top Frame (1) by removing the two 1/4" x 3/4" Bolts (17), two 1/4" Flat Washers (71) and two 1/4" Nylon Locknuts (25).

Set the Shroud aside and put the smaller parts in a separate pile, so you can easily find them later.



3. Loosen the 1/2" Plain Nut (68), but do not remove it from the bolt. Unscrew the bolt at the end of the High Cable (73) from the Weight Tube (36). Remove the bolt, the 1 1/2" Washer (40) and the 5 7/8" Long Bushing (76).

Put the detached parts in a separate pile so you can easily find them later.



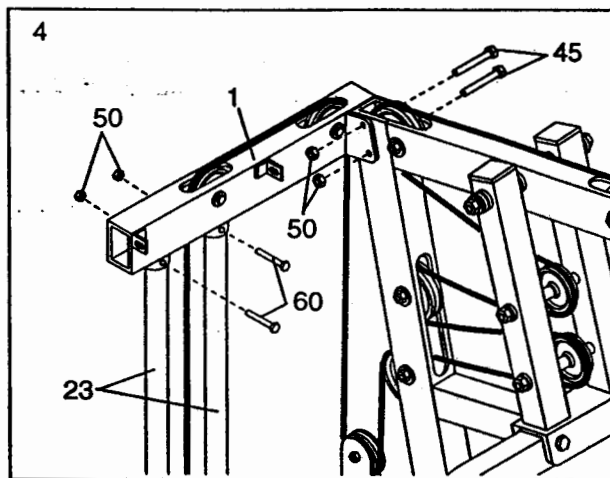
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4. Remove the two 3/8" x 1 3/4" Bolts (60) and the two 3/8" Nylon Locknuts (50) attaching the Weight Guides (23) to the Top Frame (1).

Remove the two 3/8" x 3" Bolts (45) and the two 3/8" Nylon Locknuts (50) from the bracket on the Top Frame (1).

Put the detached parts in a separate pile, so you can easily find them later.

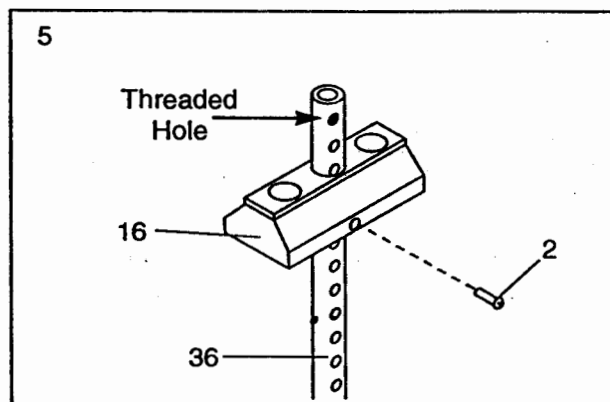
Place a chair or low table near the weight system. Lift the Top Frame (1) off the two Weight Guides (23) and set it on the chair or table. **Note: Do not leave the Top Frame hanging from the Cable.**



5. Remove the Top Weight assembly (16) with the attached Weight Tube from the two Weight Guides (23, not shown).

Use the included allen wrench to loosen the Button Cap Screw (2) in the Top Weight (16). The Screw is shown removed, but it does not have to be taken out.

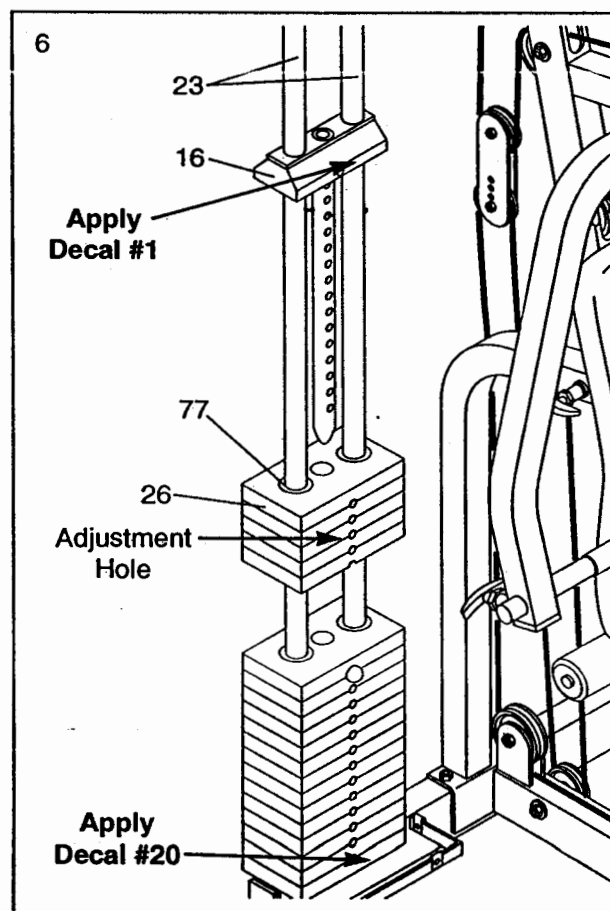
Slide the Top Weight assembly (16) towards the top of the Weight Tube (36). Tighten the Button Cap Screw (2) through the Top Weight assembly and into the threaded hole near the top edge of the Weight Tube.



6. Slide the five extra Weights (26) onto the two Weight Guides (23). **Note: Make sure the new Weights are oriented the same way as the existing Weights. The adjustment holes must be facing the front of the unit. Make sure there are two Weight Inserts (77) in each Weight.**

Slide the Top Weight assembly (16) onto the two Weight Guides (23).

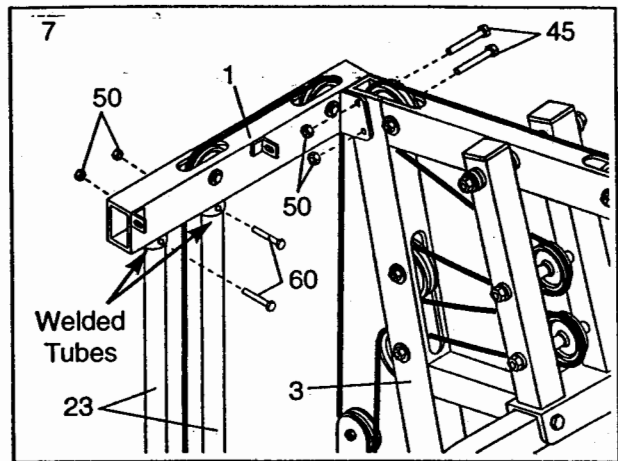
Locate the decal sheet included with your Weight Expansion Set. Apply a decal to each of the Weights, starting with the Top Weight (16). **Note: The Top Weight will be number 1 and the bottom Weight number 20 as shown in the drawing.**



7. Place the Top Frame (1) over the Weight Guides (23), so the Weight Guides fit into the welded tubes on the Top Frame.

Align the bracket on the Top Frame (1) with the holes in the Main Upright (3). Insert two 3/8" x 3" Bolts (45) through the holes. Tighten a 3/8" Nylon Locknut (50) onto each Bolt.

Attach the Weight Guides (23) to the Top Frame (1) with two 3/8" x 1 3/4" Bolts (60) and two 3/8" Nylon Locknuts (50).



8. **Important: Follow both Cables from end to end and make sure they rest in the grooves of all Pulleys and that both the Cables and the Pulleys move smoothly.**

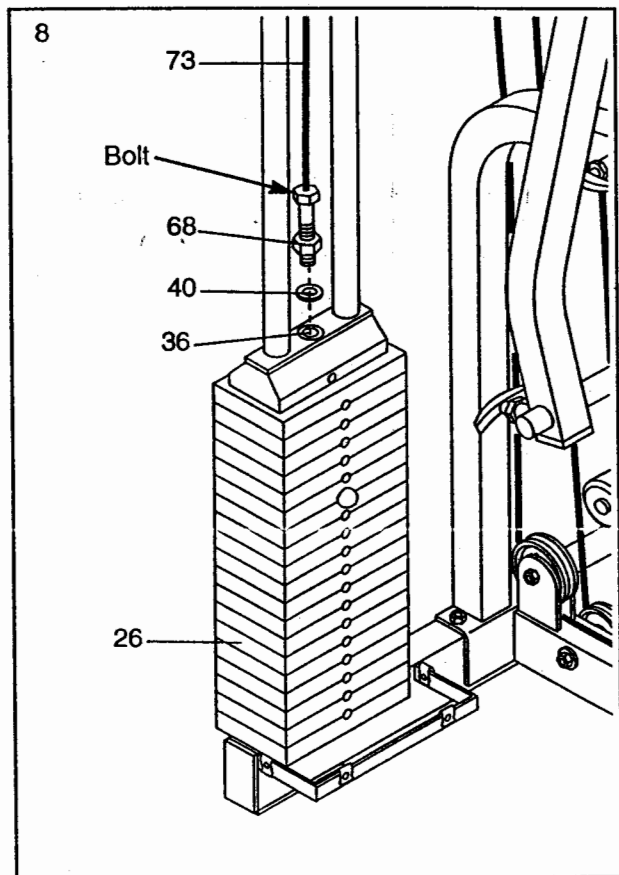
NOTE: The Long Bushing (76) that was removed in step 3 is no longer needed.

Place the 1 1/2" Washer (40) on top of the Weight Tube (36).

Tighten the bolt at the end of the High Cable (73) into the threaded hole in the Weight Tube (36).

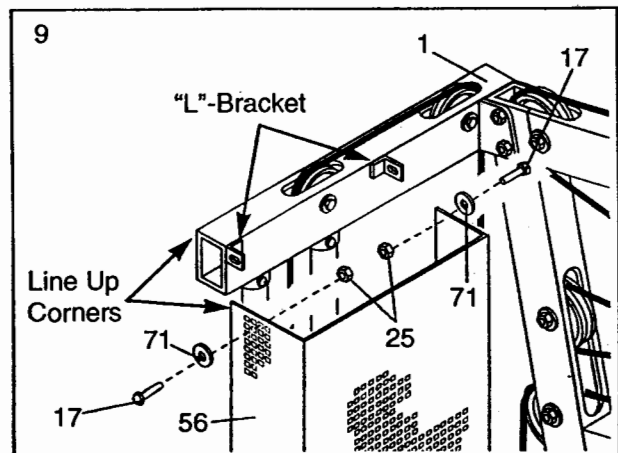
Note: The bolt at the end of the High Cable is the primary means for tightening both Cables (73 and 72, not shown). Thread the bolt into the Weight Tube until both Cables are tight and rest firmly in the grooves of all Pulleys.

When both Cables are tight, tighten the 1/2" Plain Nut (68) onto the 1 1/2" Washer (40).



9. Attach the upper end of the Shroud (56) to the two "L"-brackets on the Top Frame (1) with two 1/4" x 3/4" Bolts (17), two 1/4" Flat Washers (71) and two 1/4" Nylon Locknuts (25).

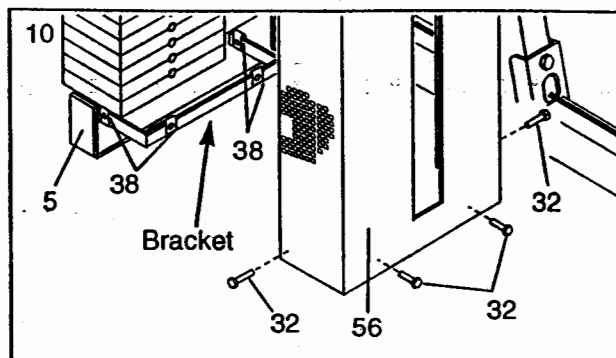
Note: Line up the indicated corner of the Shroud (56) with the indicated corner of the Top Frame (1). The Bolts (17) go through the square holes in the Shroud. Do not tighten the Bolts yet.



10. Attach the lower end of the Shroud (56) to the bracket on the Stabilizer (5) with four #8 x 3/4" Screws (32). The Screws go through the square holes in the Shroud and into the Tinnerman Clips (38).

Note: For clarity, this step shows the Shroud as if step 9 had not yet been performed:

Note: The Weight Resistance Chart below shows the resistance with the five new weights and can replace the Resistance Chart in the manual.



Weight Resistance Chart

The chart below shows the approximate weight resistance at each exercise station. "Top" refers to the 10 lb. top weight; the other numbers refer to the 10 lb. weight plates. **Note:** The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.

Weight Plates	Arm Press (lbs.)	Lower Pulley (lbs.)	Upper Pulley (lbs.)	Ab Pulley (lbs.)	Leg Lever (lbs.)
Top—1	24	17	13	11	17
2	36	25	26	22	25
3	45	37	39	33	37
4	55	48	49	45	48
5	67	58	61	58	58
6	87	77	81	73	77
7	93	89	91	82	89
8	105	96	99	92	96
9	114	103	107	104	103
10	130	114	123	113	114
11	137	126	138	125	126
12	151	137	150	139	137
13	157	149	165	143	149
14	179	162	179	163	162
15	186	175	182	175	175
16	191	185	186	184	185
17	211	197	191	188	197
18	216	210	219	195	210
19	231	222	221	226	222
20	241	231	236	229	231