



4 Stack Multi Station

Model 7031-B

+ Owner's Manual

V 1.0 - 06.2024

www.tkostrength.com

+ Safety

Read this owner's manual carefully before assembling or using TKO equipment.

WARNING: Serious injury could occur if these safety precautions are not observed

Safety Precautions

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness or breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make sure that the equipment(s) are set up and operated on a solid level surface. DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Use a spotter.
- Back support cushion may drop when knob is pulled. Hold the back support cushion when adjusting it.
- Make sure the pull pin is fully engaged before use.
- Lower the back support cushion to the lowest position when not in use.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. DO NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

e mail: sales@tkostrength.com

Hours: Monday-Friday 8:30am to 4:30pm CT

© Copyright 2017, TKO Strength & Performance Inc. All rights reserved.
TKO Strength & Performance Inc. 6387 Windfern Road, Houston, TX 77040
Phone + 713-895-9270 Fax + 713-934-8495
www.tkostrength.com

+ Product Diagram



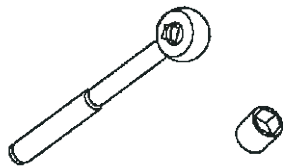
Maximum Weight Limit: 95KG / 210 lbs.

+ Instructions

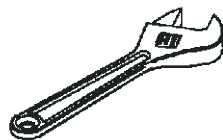
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

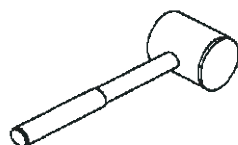
+ Tools Required



Ratchet Wrench and Socket



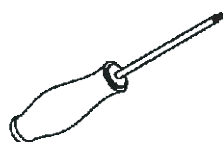
Adjustable Wrench



Rubber Mallet

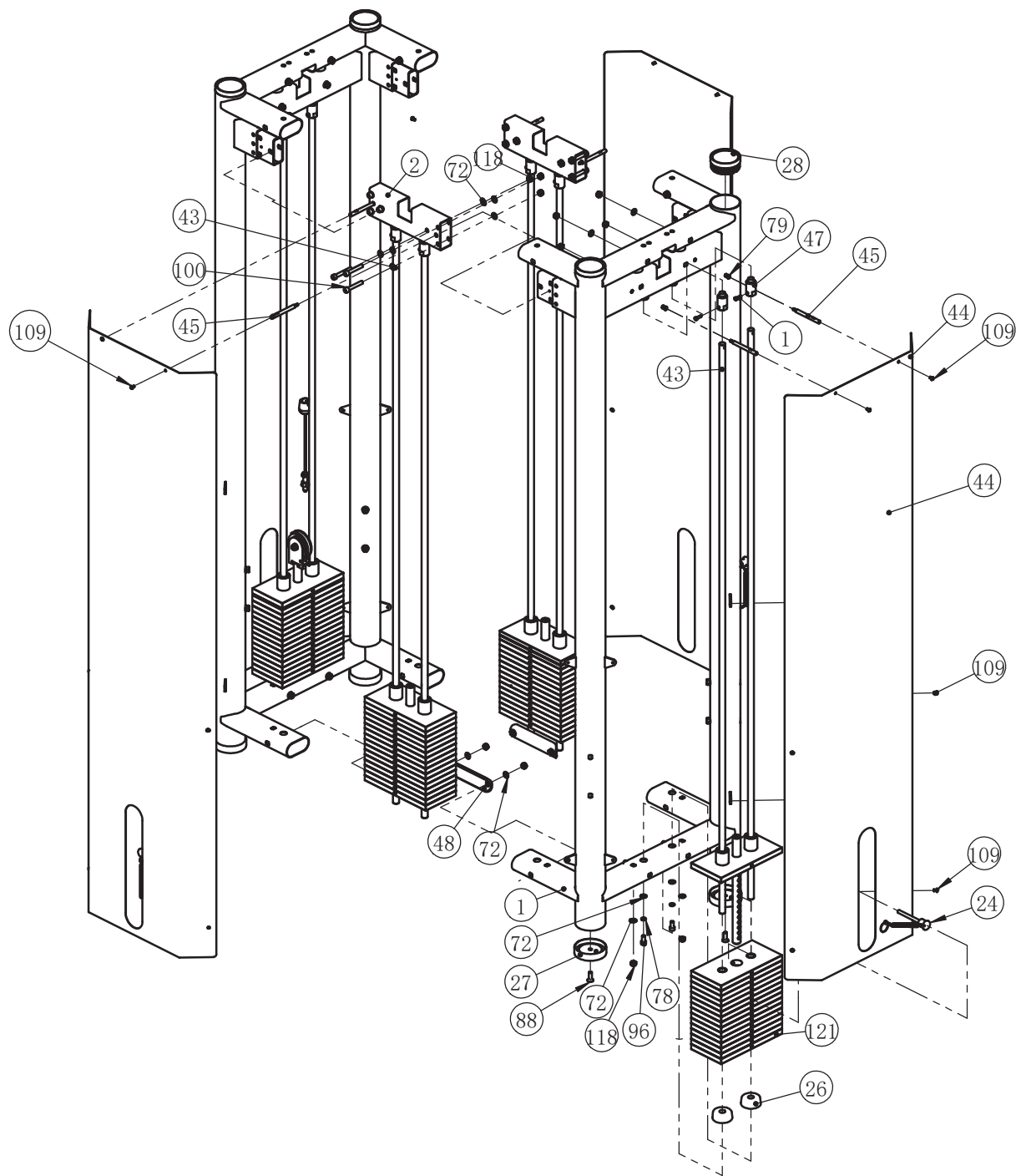


Hex Key Wrench Set

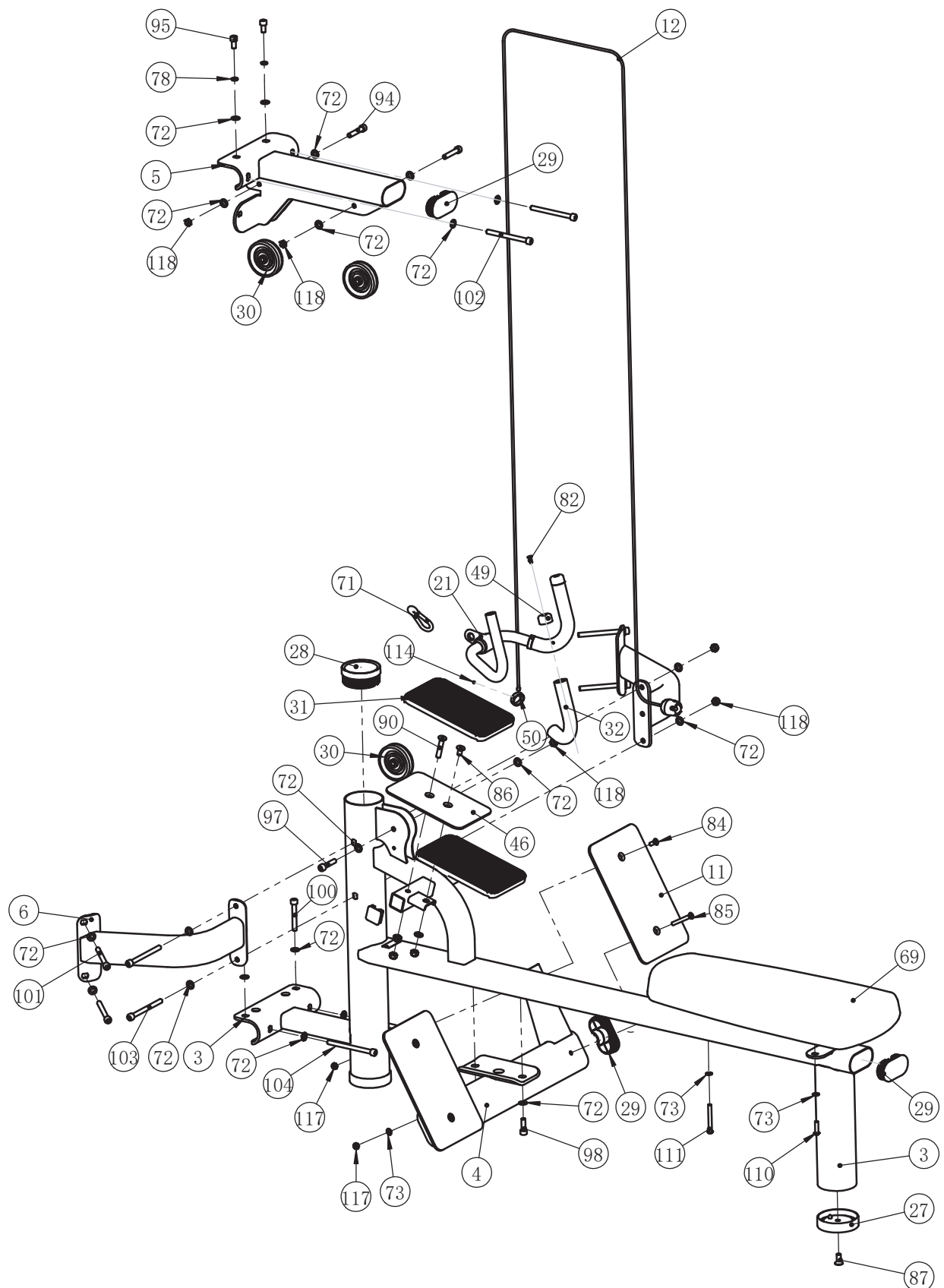


Phillips Screwdriver

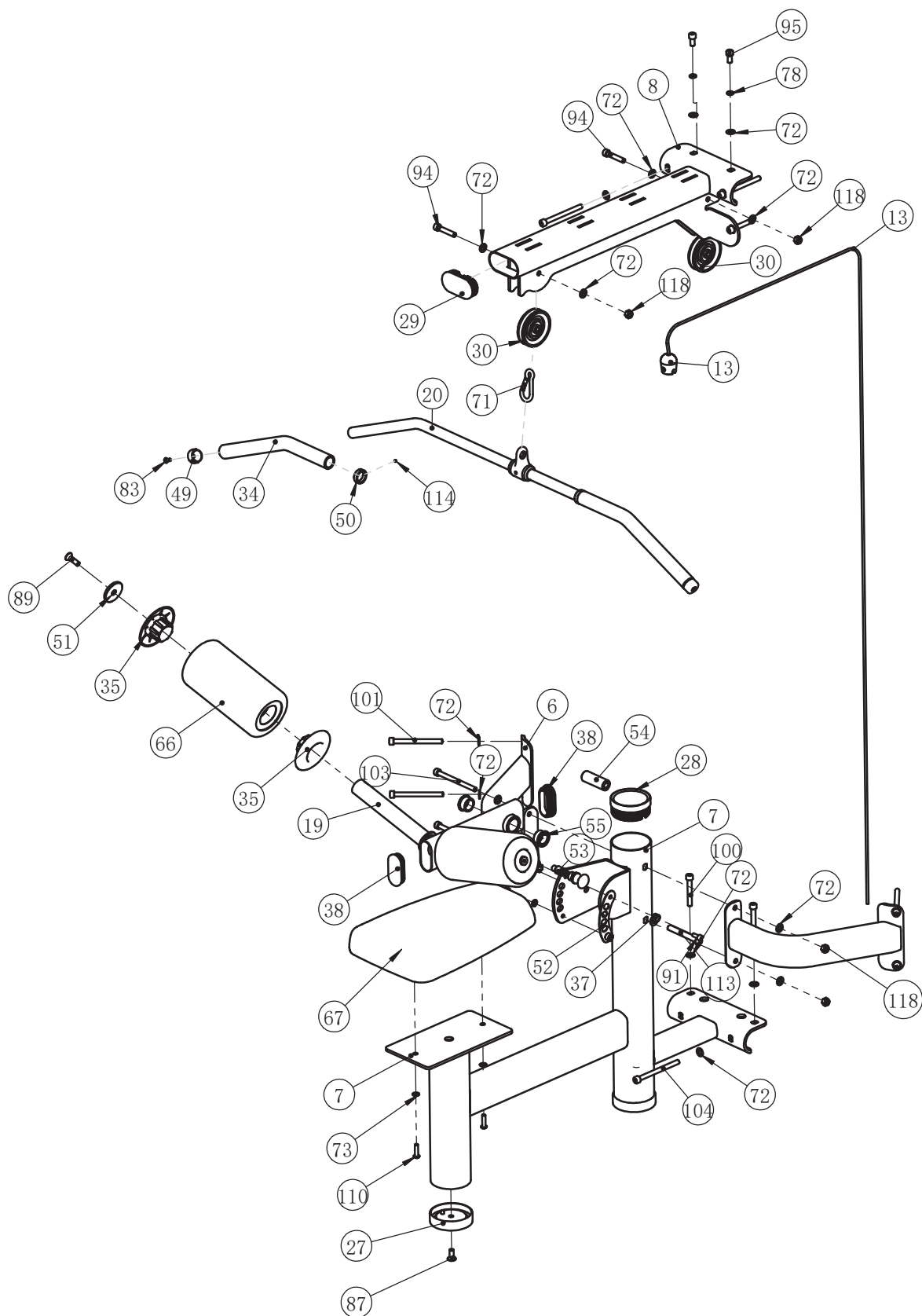
+ Exploded Diagram



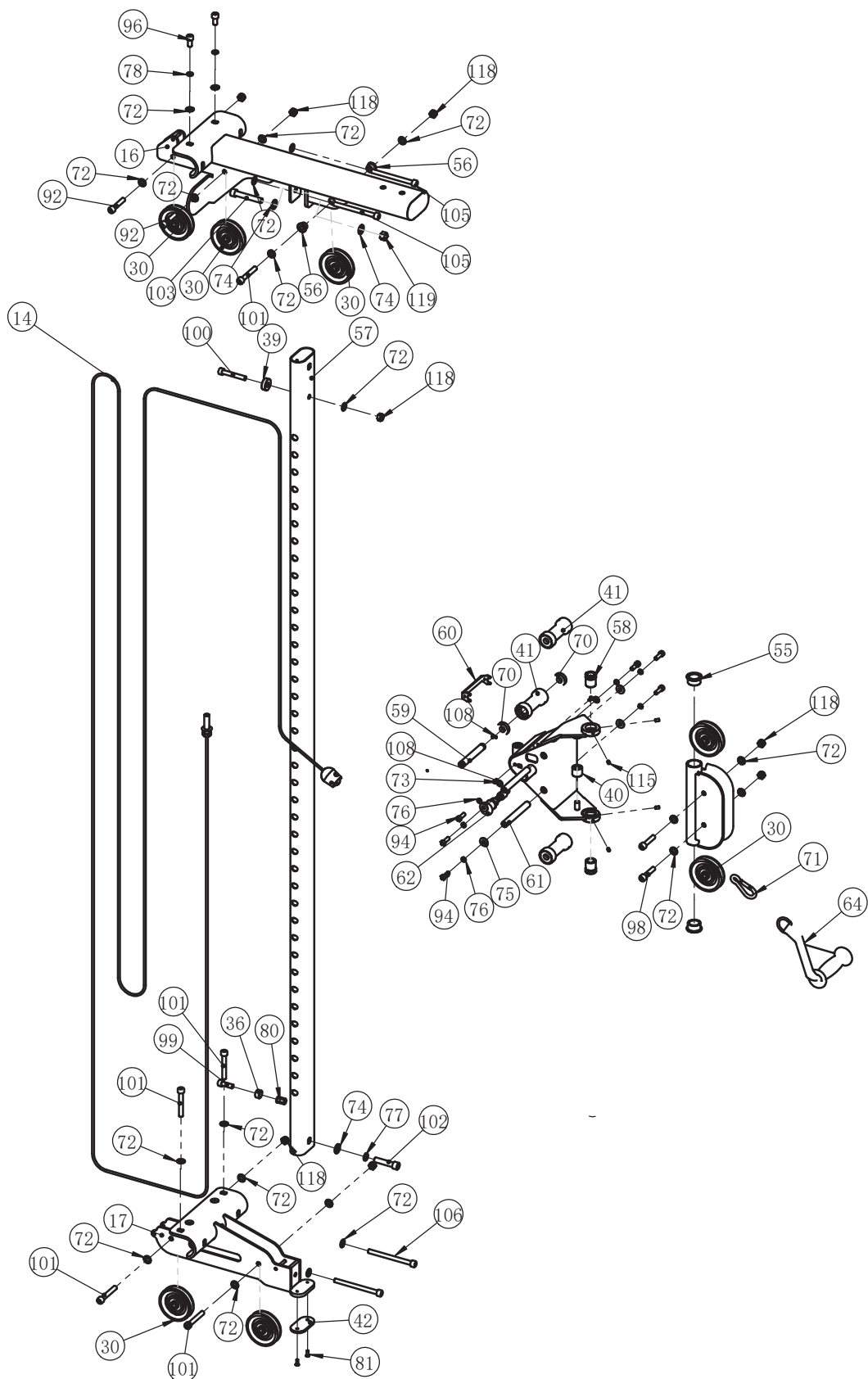
✚ Exploded Diagram



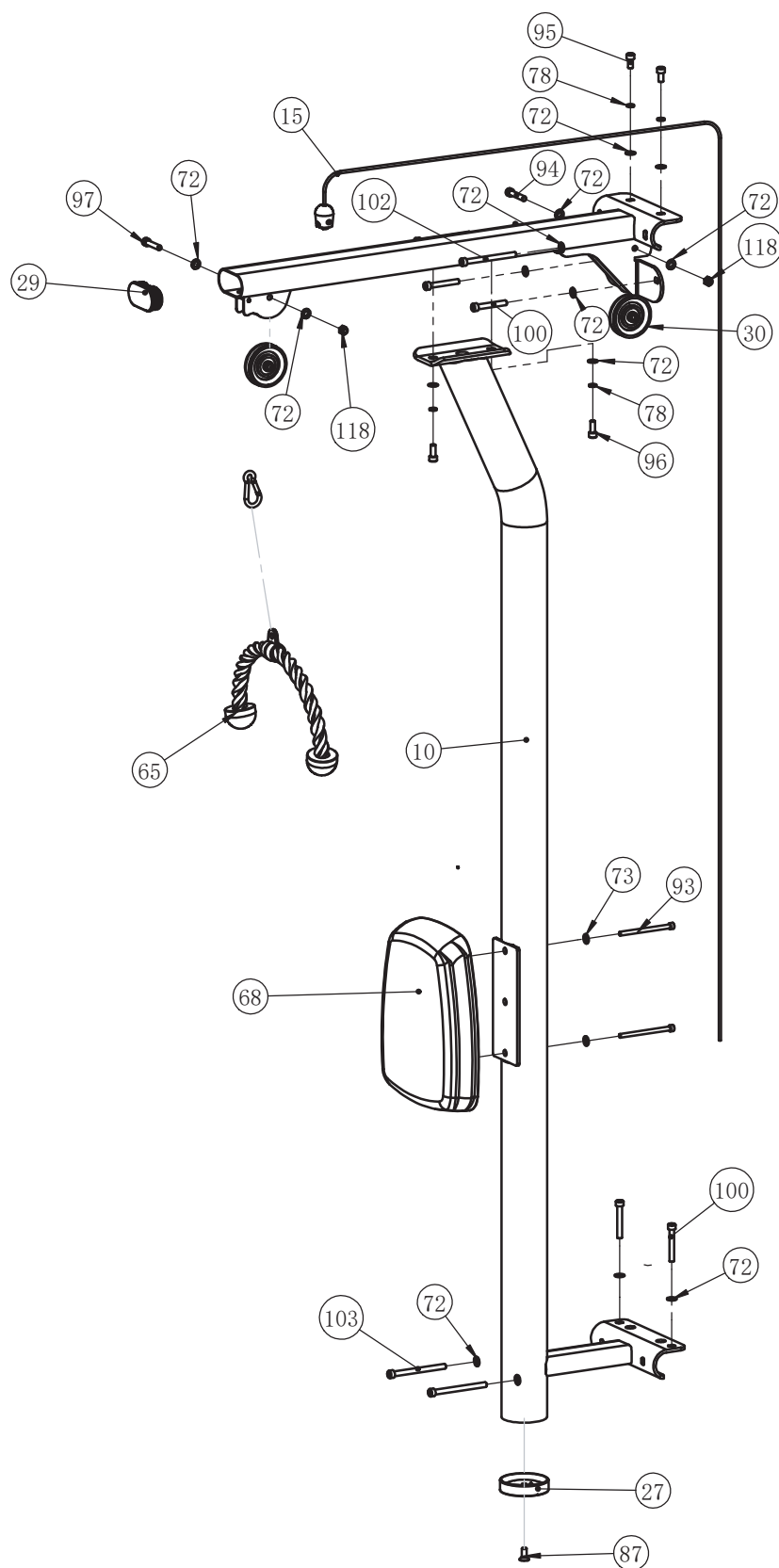
✚ Exploded Diagram



+ Exploded Diagram



+ Exploded Diagram



+ Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

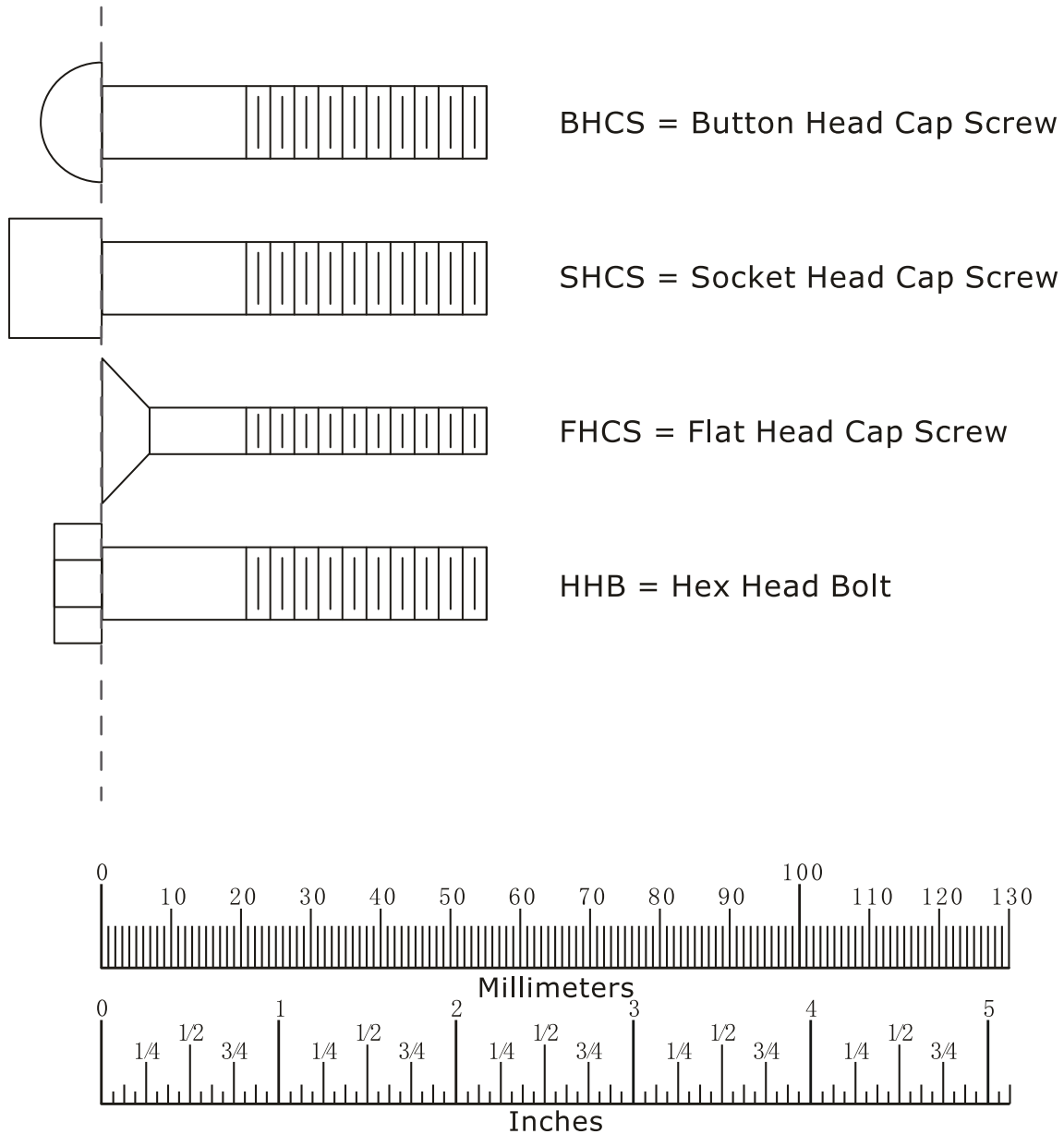
Item No	Description	QTY	Item No	Description	QTY
1	Door Frame	2	31	Foot Pad	2
2	Connecting Frame1	2	32	Put The Gloves On ST $\phi 30 \times \phi 22 \times 240$	2
3	Connecting Frame2	1	33	PlugF38	2
4	Foot Pedal Fixing Frame	1	34	Put The Gloves On $\phi 30 \times \phi 22 \times 415$	2
5	Upper Fixing Frame	1	35	FOAM End Cap	4
6	Connecting Frame2	4	36	Spacer Sleeve $\phi 20 \times \phi 10.5 \times 10$	1
7	Main Frame	1	37	Spacer $\phi 17 \times 10.5$	2
8	High Pull Upper Fixing Frame	1	38	Plug RT40 $\times 80$	2
9	Upper Fixing Frame	1	39	Nylon Limit Sleeve $\phi 30 \times \phi 10.5 \times 10$	1
10	Support Frame	1	40	Nylon Limit Sleeve $\phi 25 \times \phi 10.5 \times 22$	2
11	Pedal	2	41	Sliding Wheel $\phi 40 \times \phi 32 \times \phi 18 \times 95.5$	3
12	Steel Cable Assembly	1	42	Plastic Board Attached To The Ground	1
13	Steel Cable Assembly	1	43	Guide Rod	8
14	Steel Cable Assembly	1	44	Front Cover	4
15	Steel Cable Assembly	1	45	Shield Top Pillar	8
16	Upper Connecting Frame	1	46	Handle Placement Board	2
17	Sliding Wheel Frame	1	47	Guide Rod Positioning Shaft	8
18	Rotating Pulley Frame1	1	48	Vertical Curved External FixingPlate	2
19	FOAM Frame	1	49	Aluminum Head $\phi 25$	4
20	High Pull Handle	1	50	Aluminium Ring $\phi 25$	4
21	Low Pull Handle	1	51	End Cap $\phi 54$	2
22	Rotating Pulley Frame2	1	52	Lining Plate	1
23	Left Sliding Frame	1	53	Elastic Pin Assembly	1
24	Select Iron Pin Combination	4	54	FOAM Frame Pivot	1
25	Counterweight Iron Components	4	55	Copper Bearing	4
26	Rubber Pad $\phi 63.5 \times \phi 19 \times 25.4$	8	56	Pulley Spacer Sleeve	2
27	Rubber Pad $\phi 101 \times 23.6$	9	57	Regulating Tube	1
28	Plug $\phi 94.5 \times 41$	6	58	Rotating Sleeve	2
29	Plug RT50 $\times 100$	7	59	Rotation Shaft2	1
30	Small Pulley	15	60	U-shaped Tensioning Plate	1

+ Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No	Description	QTY	Item No	Description	QTY
61	Rotation Shaft1	2	92	Soket Head Cap Screw M8×25	6
62	Long Elastic Pin	1	93	Soket Head Cap Screw M8×120	2
64	Tension Sleeve Set	1	94	Socket Head Cap Screw M10×55	7
65	Pull Rope	1	95	Socket Head Cap Screw M10×20	16
66	FOAM	2	96	Socket Head Cap Screw M10×25	2
67	Cushion	1	97	Socket Head Cap Screw M10×50	5
68	Cushion	1	98	Socket Head Cap Screw M10×30	3
69	Cushion	1	99	Socket Head Cap Screw M10×65	9
70	Bearing6002-2Z	6	100	Socket Head Cap Screw M10×70	19
71	Gourd Hook	4	101	Socket Head Cap Screw M10×115	8
72	Flat Washer φ11×φ20×2	160	102	Socket Head Cap Screw M10×120	8
73	Flat Washer φ9×φ16×1.6	15	103	Socket Head Cap Screw M10×125	8
74	Flat Washer φ13.5×φ24×2.5	6	104	Socket Head Cap Screw M10×130	4
75	Flat Washer φ9×φ22×1.6	4	105	Socket Head Cap ScrewM6×20	8
76	Spring Washer φ8	6	106	Socket Head Cap Screw M12×55	1
77	Spring Washer φ12	2	107	Socket Head Cap Screw M12×75	1
78	Spring Washer φ10	18	108	Button Head Cap Screw M5×10	4
79	Flat Headed Hexagonal Rivet NutM6×13.5	4	109	Button Head Cap Screw M6×10	24
80	Rivet Nut M10×19.5	1	110	Button Head Cap Screw M8×30	4
81	Flat Cap Screw M5×15	2	111	Button Head Cap Screw M8×70	1
82	Flat Head Cap Screw M6×16	2	112	Button Head Cap Screw M12×25	1
83	Flat Head Cap Screw M6×16	2	113	Button Head Cap Screw M12×100	1
84	Flat Head Cap Screw M8×20	2	114	Socket Set Screw M5×3	8
85	Flat Head Cap Screw M8×65	2	115	Socket Set Screw M6×10	4
86	Flat Head Cap Screw M10×20	2	116	Rivetsφ4×8	2
87	Flat Head Cap Screw M10×25	5	117	Nylon Lock Nut M8	6
88	Flat Head Cap Screw M10×30	4	118	Nylon Lock Nut M10	72
89	Flat Head Cap Screw M10×35	2	119	Nylon Lock Nut M12	2
90	Flat Head Cap Screw M10×55	2	120	LSHMP	1
91	Soket Head Cap Screw M8×20	2	121	Choose Iron	60

+ Measurement Guide



+ Assembly Instruction

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

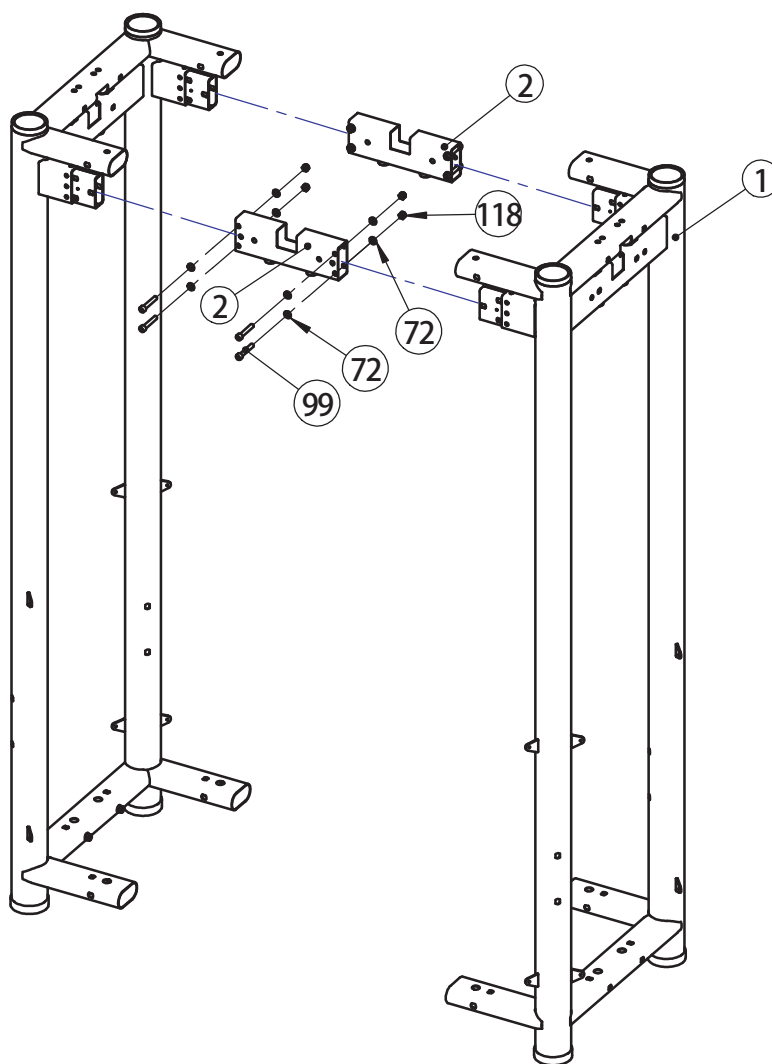
NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

+ Assembly

Step 1

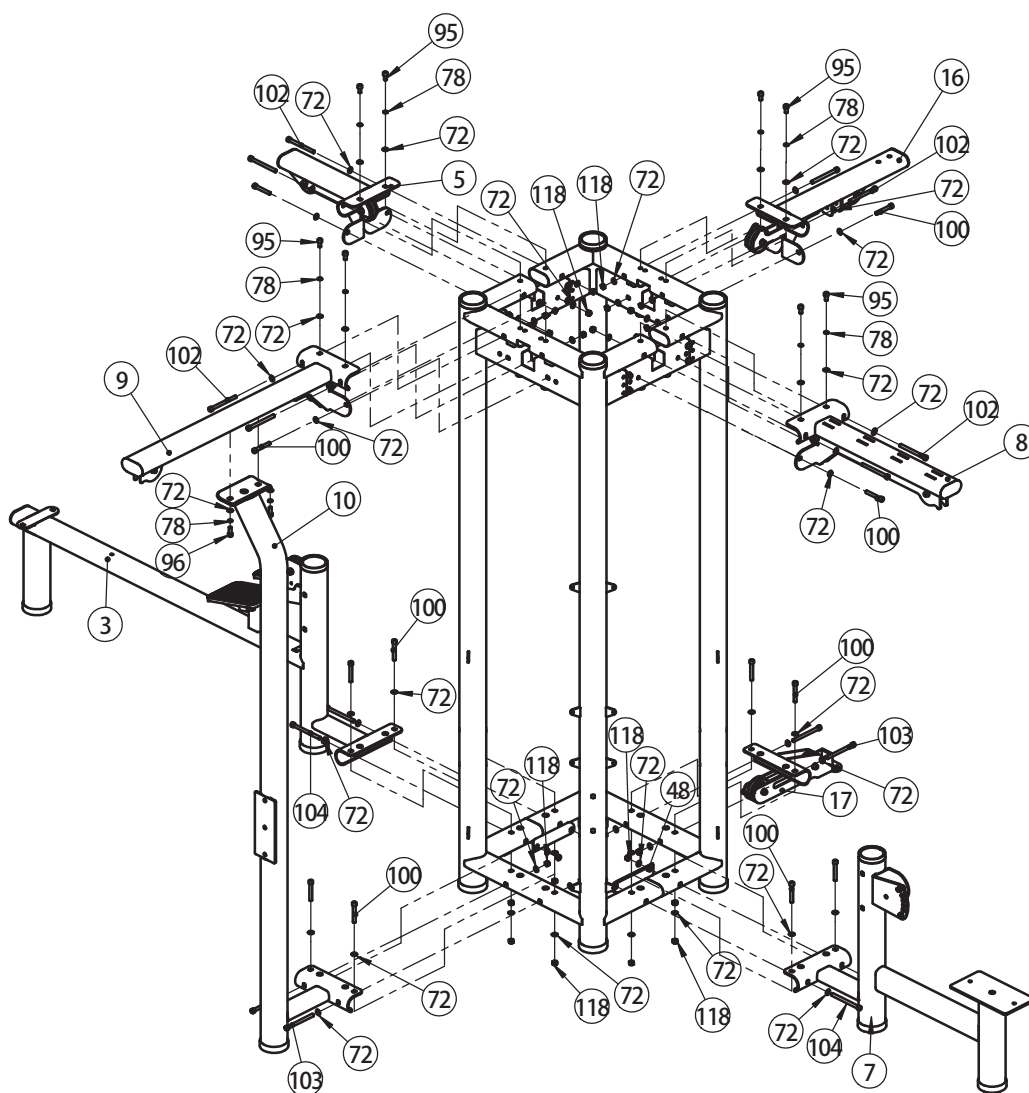
Item No	Description	QTY	Item No	Description	QTY
1	Door Frame	2	99	Socket Head Cap Screw M10×65	8
2	Connecting Frame1	2	118	Nylon Lock Nut M10	8
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	16			



✚ Assembly

Step 2

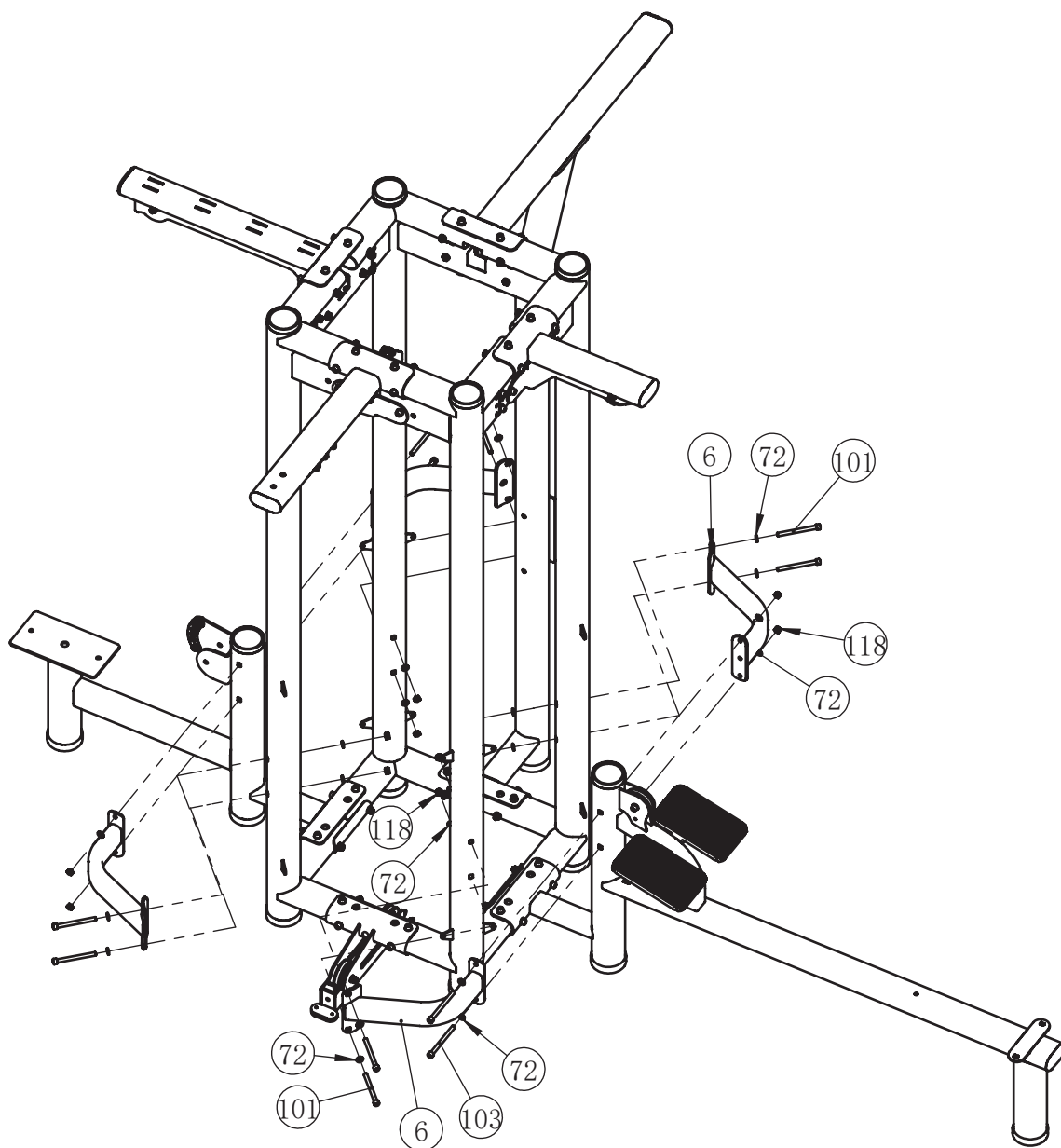
Item No	Description	QTY	Item No	Description	QTY
3	Connecting Frame2	1	78	Spring Washer $\phi 10$	10
5	Upper Fixing Frame	1	95	Socket Head Cap Screw M10 \times 20	8
7	Main Frame	1	96	Socket Head Cap Screw M10 \times 25	2
8	High Pull Upper Fixing Frame	1	100	Socket Head Cap Screw M10 \times 70	8
9	Upper Fixing Frame	1	102	Socket Head Cap Screw M10 \times 120	8
10	Support Frame	1	103	Socket Head Cap Screw M10 \times 125	4
16	Upper Connecting Frame	1	104	Socket Head Cap Screw M10 \times 130	4
17	Sliding Wheel Frame	1	118	Nylon Lock Nut M10	32
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	74			



+ Assembly

Step 3

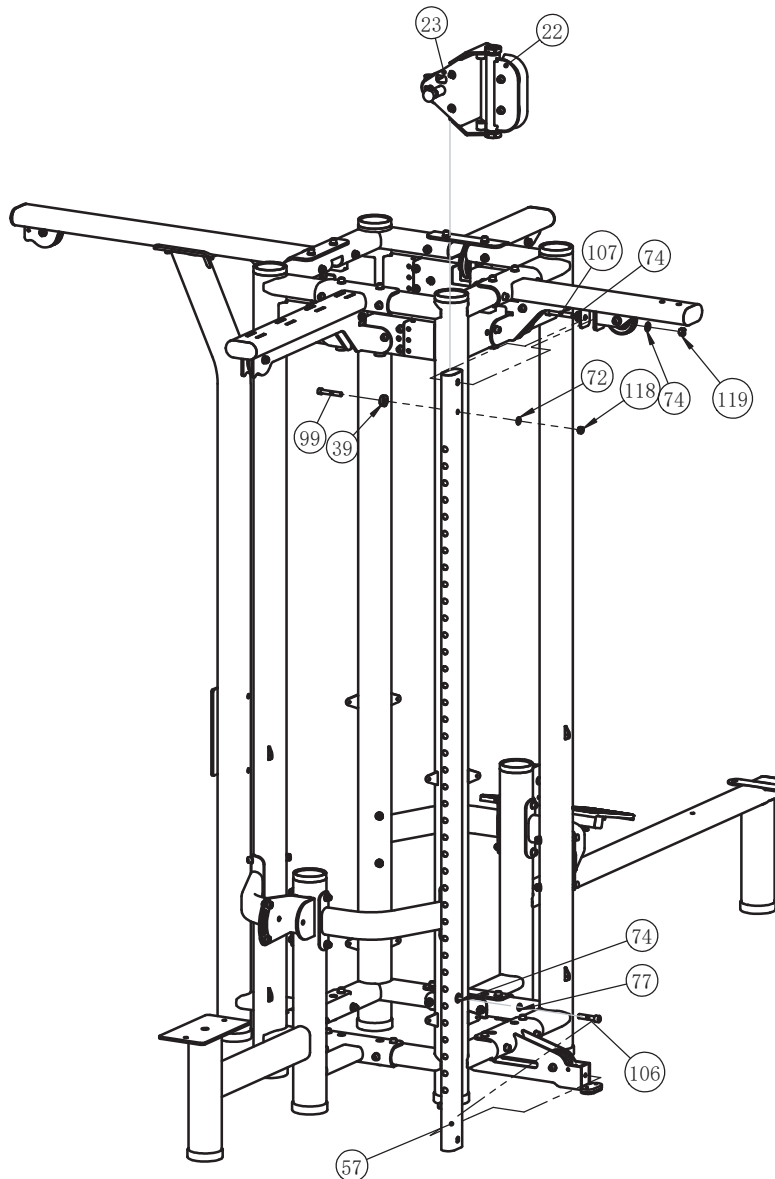
Item No	Description	QTY
6	Connecting Frame2	4
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	16
101	Socket Head Cap Screw M10 \times 115	4
103	Socket Head Cap Screw M10 \times 125	4
118	Nylon Lock Nut M10	8



+ Assembly

Step 4

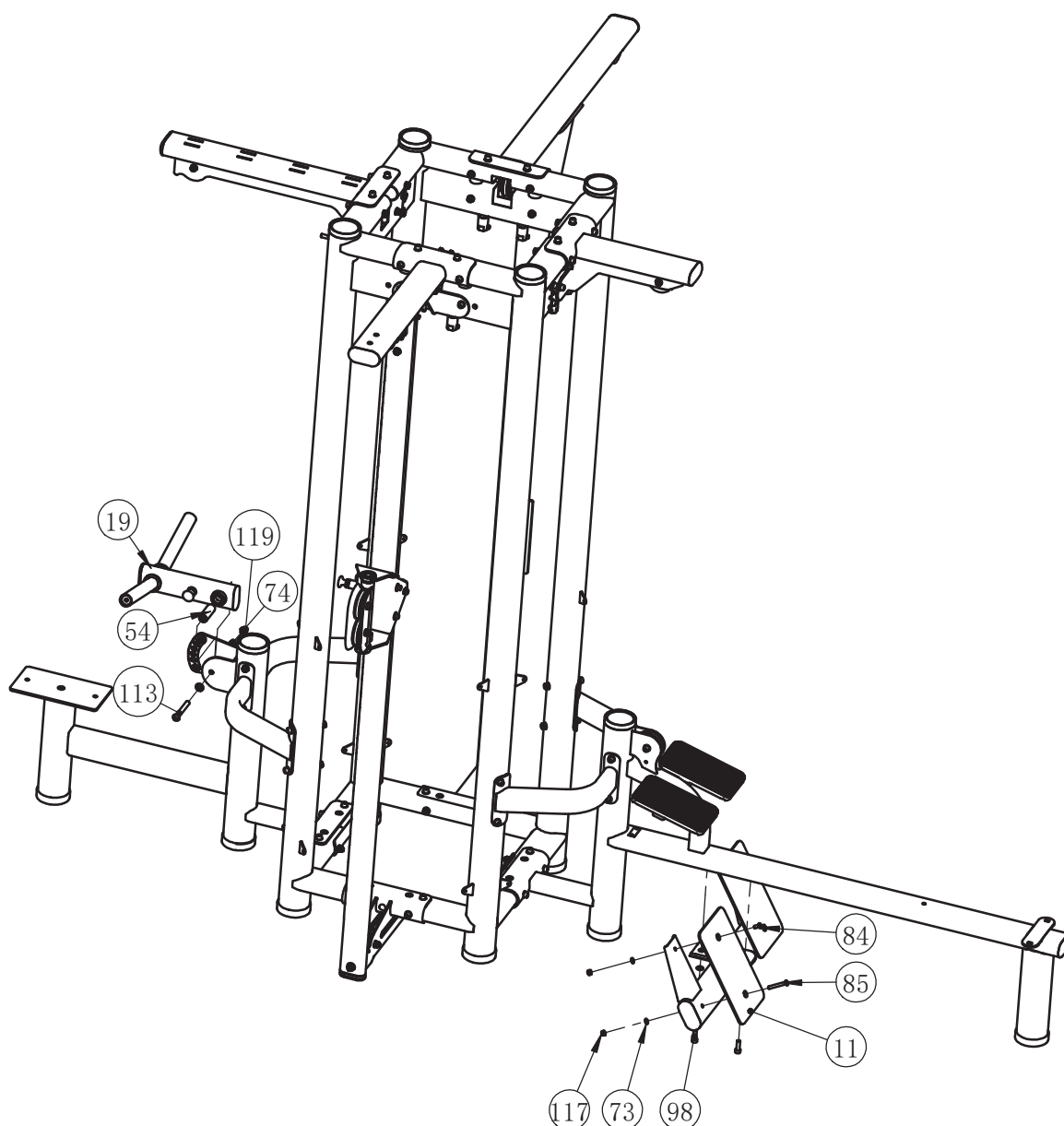
Item No	Description	QTY	Item No	Description	QTY
22	Rotating Pulley Frame2	1	77	Spring Washer $\phi 12$	1
23	Left Sliding Frame	1	99	Socket Head Cap Screw M10 \times 65	1
39	Nylon Limit Sleeve $\phi 30 \times \phi 10.5 \times 10$	1	106	Socket Head Cap Screw M12 \times 55	1
57	Regulating Tube	1	107	Socket Head Cap Screw M12 \times 75	1
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	1	118	Nylon Lock Nut M10	1
74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	3	119	Nylon Lock Nut M12	1



+ Assembly

Step 5

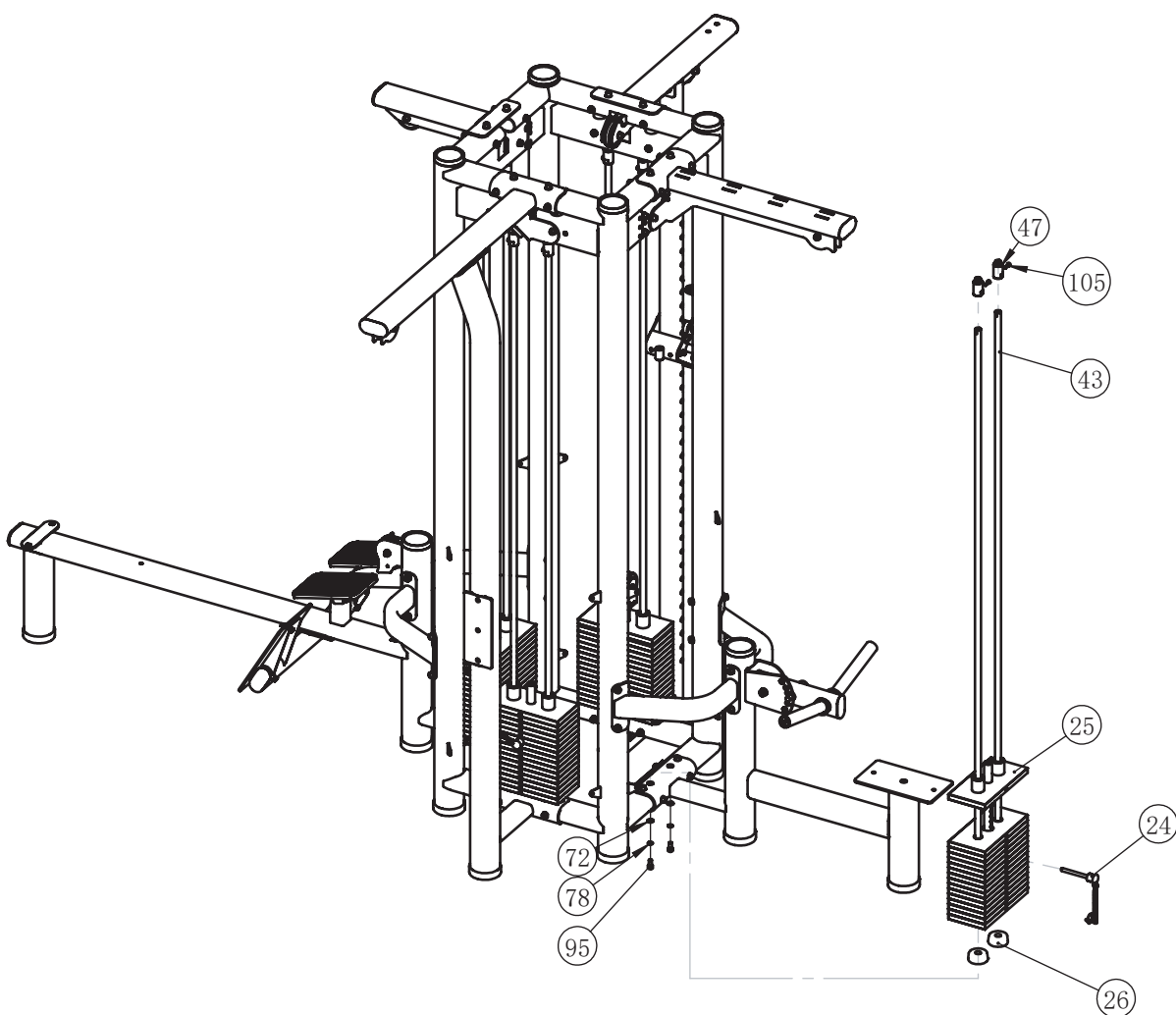
Item No	Description	QTY	Item No	Description	QTY
11	Pedal	2	84	Flat Head Cap Screw M8×20	2
19	FOAM Frame	1	85	Flat Head Cap Screw M8×65	2
54	FOAM Frame Pivot	1	98	Socket Head Cap Screw M10×30	2
57	Regulating Tube	1	113	Button Head Cap Screw M12×100	1
73	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4	117	Nylon Lock Nut M8	4
74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	2	119	Nylon Lock Nut M12	1



+ Assembly

Step 6

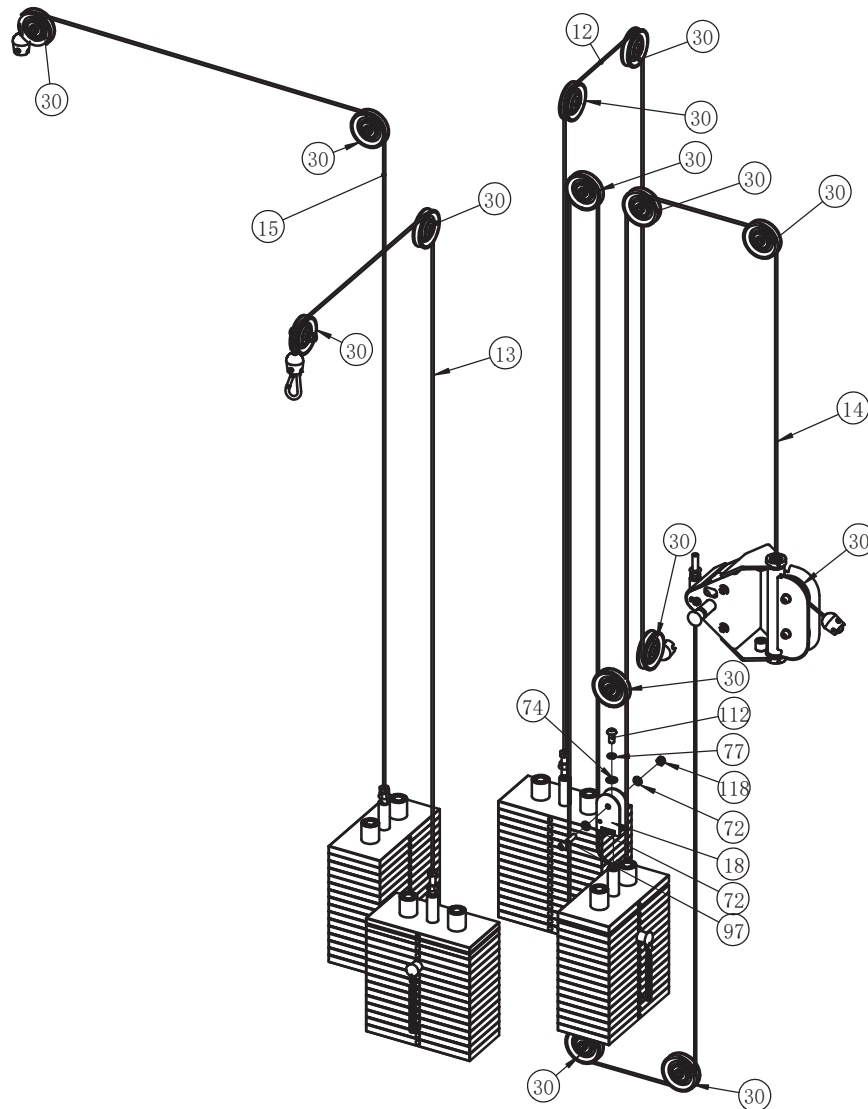
Item No	Description	QTY	Item No	Description	QTY
24	Select Iron Pin Combination	4	72	Flat Washer $\phi 11 \times \phi 20 \times 2$	8
25	Counterweight Iron Components	4	78	Spring Washer $\phi 10$	8
26	Rubber Pad $\phi 63.5 \times \phi 19 \times 25.4$	8	95	Socket Head Cap Screw M10 $\times 20$	8
43	Guide Rod	8	105	Socket Head Cap Screw M6 $\times 20$	8
47	Guide Rod Positioning Shaft	8			



+ Assembly

Step 7

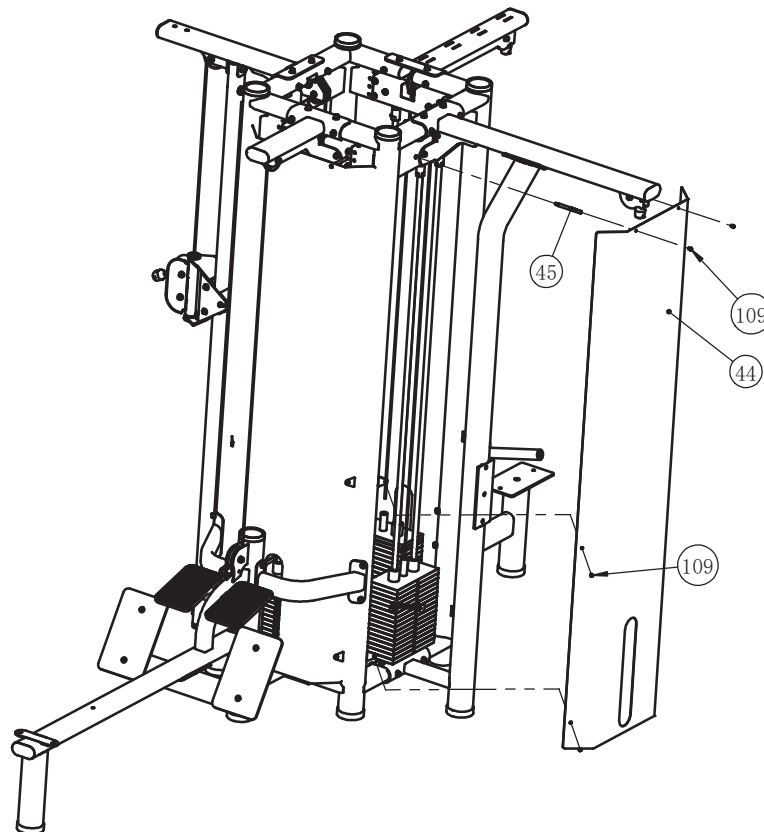
Item No	Description	QTY	Item No	Description	QTY
12	Steel Cable Assembly	1	72	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
13	Steel Cable Assembly	1	74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	1
14	Steel Cable Assembly	1	97	Socket Head Cap Screw M10 \times 50	1
15	Steel Cable Assembly	1	112	Button Head Cap Screw M12 \times 25	1
18	Rotating Pulley Frame1	1	118	Nylon Lock Nut M10	1
30	Small Pulley	15			



+ Assembly

Step 8

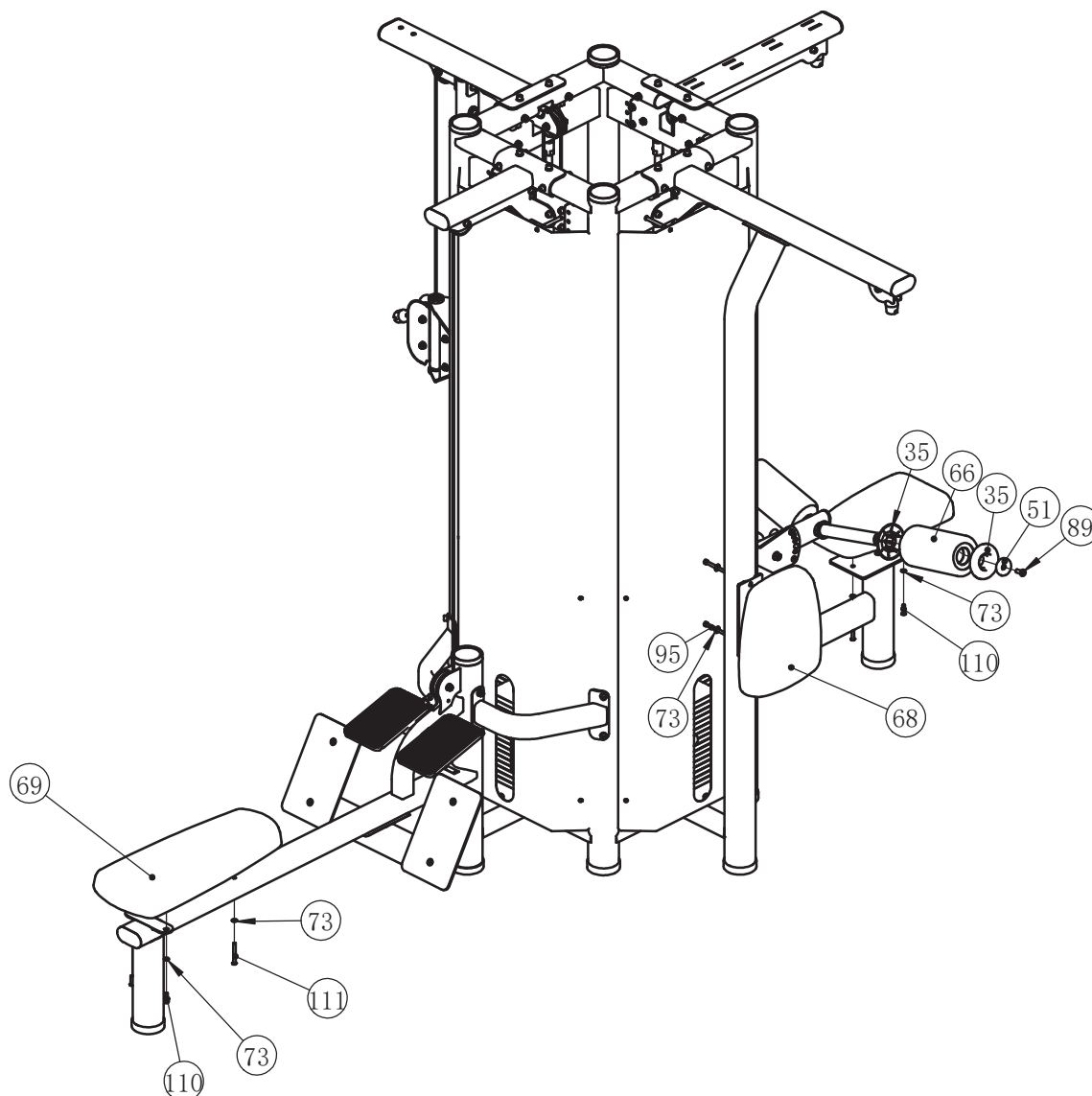
Item No	Description	QTY
44	Front Cover	4
45	Shield Top Pillar	8
109	Button Head Cap Screw M6×10	24



+ Assembly

Step 9

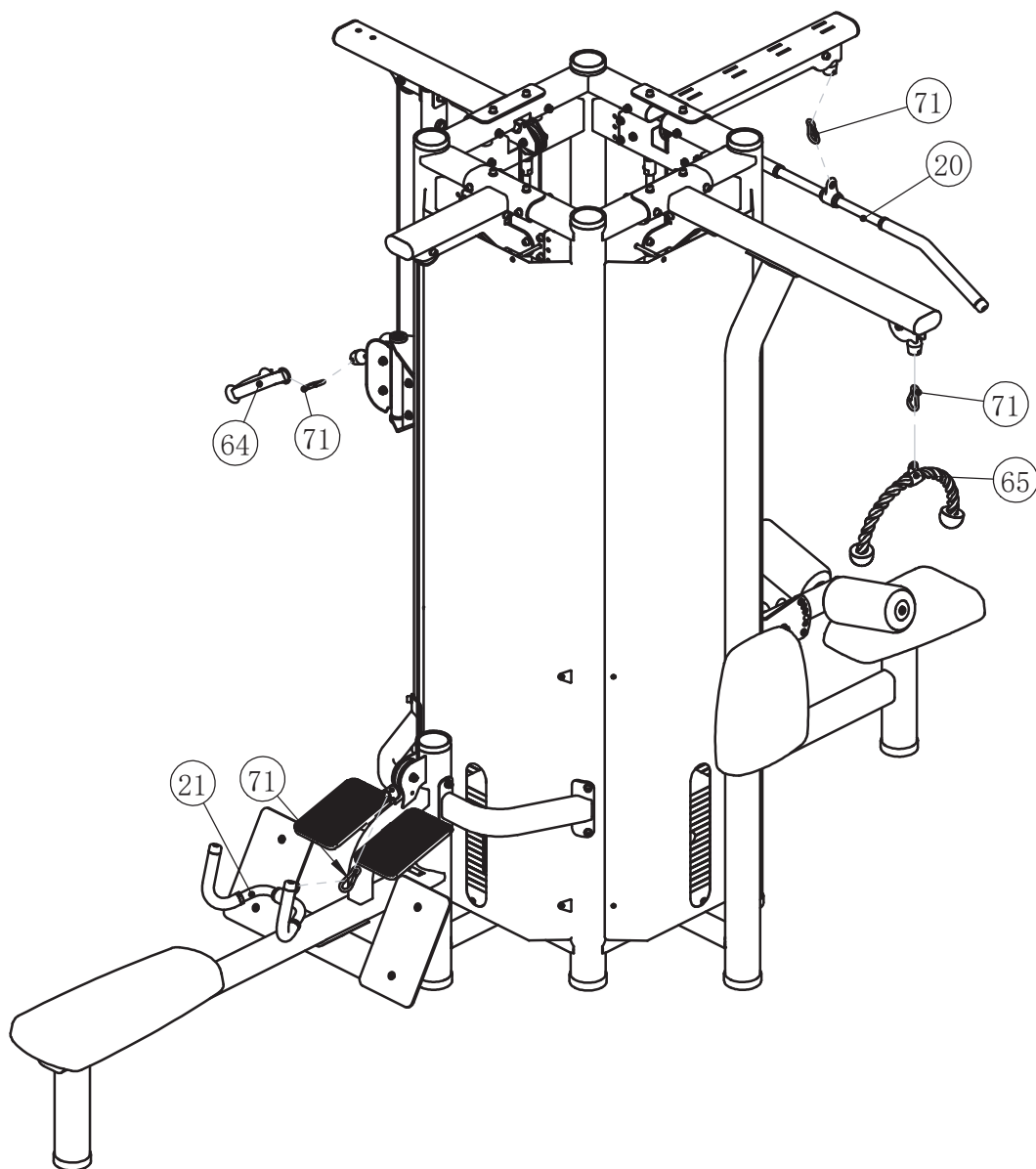
Item No	Description	QTY	Item No	Description	QTY
35	FOAM End Cap	4	73	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7
51	End Cap $\phi 54$	2	89	Flat Head Cap Screw M10 \times 35	2
66	FOAM	2	93	Soket Head Cap Screw M8 \times 120	2
67	Cushion	1	110	Button Head Cap Screw M8 \times 30	4
68	Cushion	1	111	Button Head Cap Screw M8 \times 70	1
69	Cushion	1			



+ Assembly

Step 10

Item No	Description	QTY
20	High Pull Handle	1
21	Low Pull Handle	1
64	Tension Sleeve Set	1
65	Pull Rope	1
71	Gourd Hook	4



+ Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

+ General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.



Cross Bar Connector

Model 7036-B

+ Owner's Manual

V 1.0 - 06.2024

www.tkostrength.com

+ Safety

Read this owner's manual carefully before assembling or using TKO equipment.

WARNING: Serious injury could occur if these safety precautions are not observed

Safety Precautions

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness or breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make sure that the equipment(s) are set up and operated on a solid level surface. DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Use a spotter.
- Back support cushion may drop when knob is pulled. Hold the back support cushion when adjusting it.
- Make sure the pull pin is fully engaged before use.
- Lower the back support cushion to the lowest position when not in use.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. DO NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

e mail: sales@tkostrength.com

Hours: Monday-Friday 8:30am to 4:30pm CT

© Copyright 2017, TKO Strength & Performance Inc. All rights reserved.
TKO Strength & Performance Inc. 6387 Windfern Road, Houston, TX 77040
Phone + 713-895-9270 Fax + 713-934-8495
www.tkostrength.com

+ Product Diagram

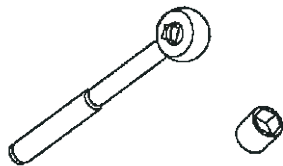


+ Instructions

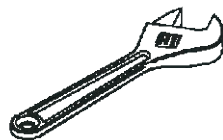
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

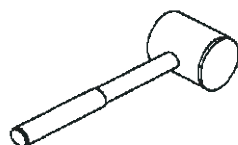
+ Tools Required



Ratchet Wrench and Socket



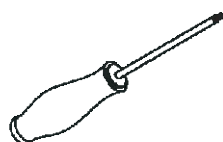
Adjustable Wrench



Rubber Mallet

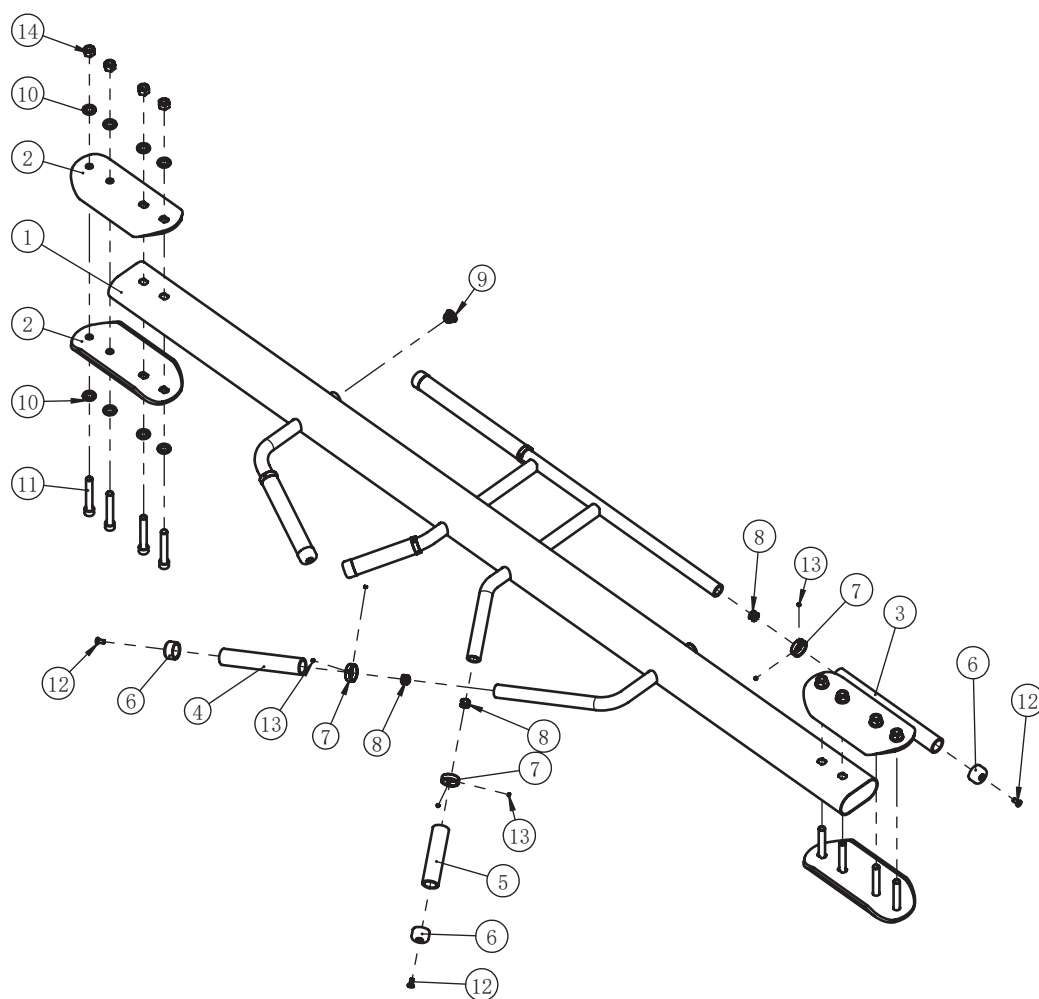


Hex Key Wrench Set



Phillips Screwdriver

+ Exploded Diagram

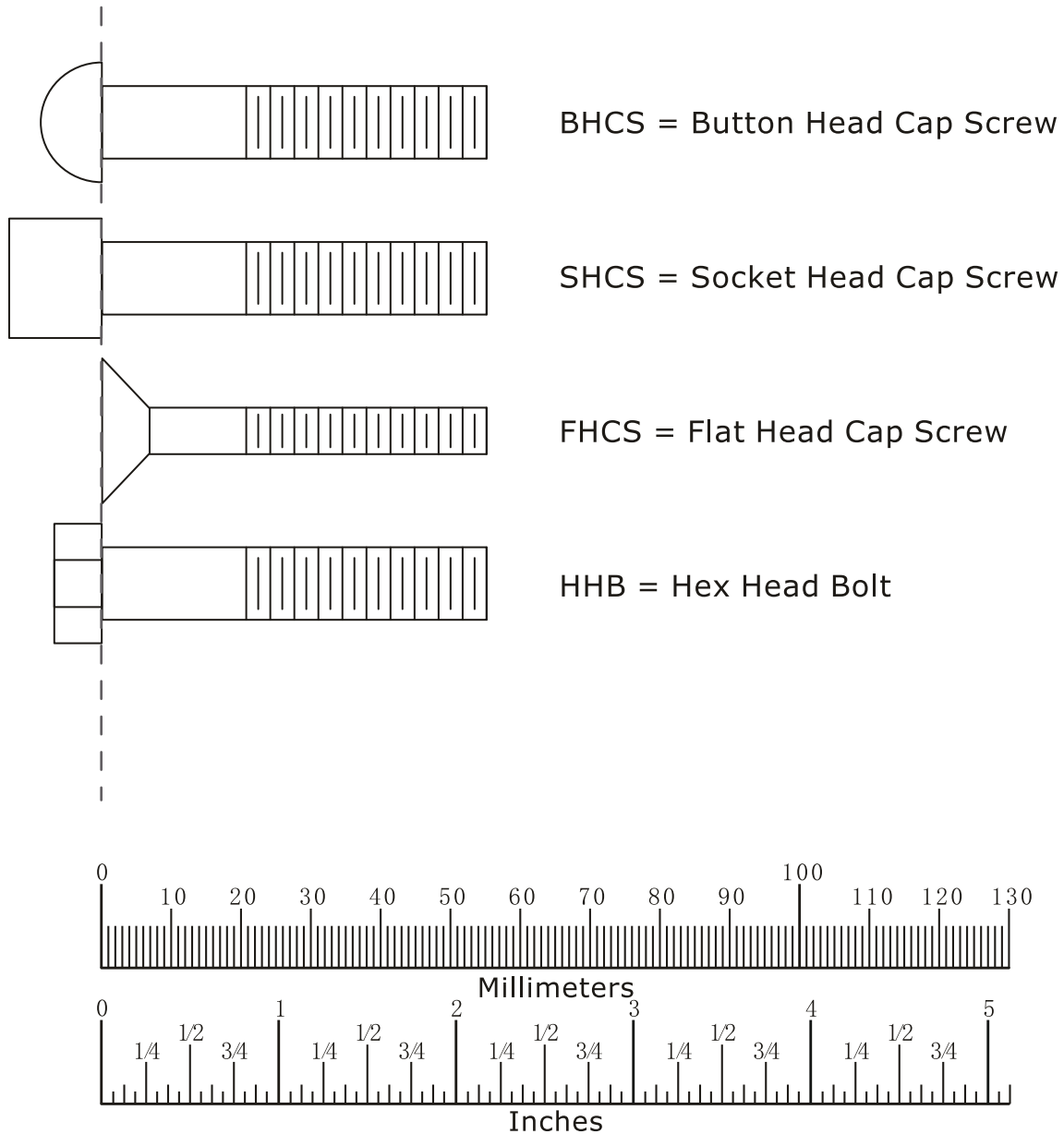


+ Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
3	Put the gloves onST $\phi 24 \times \phi 31 \times 265$	2
4	Put the gloves onST $\phi 24 \times \phi 31 \times 170$	2
5	Put the gloves onST $\phi 24 \times \phi 31 \times 120$	2
6	Put the gloves on	6
7	Aluminium Ring $\phi 25$	6
8	Plum shrapnel $\phi 17.6 \times M6$	6
9	Pipe plugs $\phi 25 \times 4.0$	2
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 $\times 80$	8
12	Flat Head Cap Screw M6 $\times 15$	6
13	Socket Set Screw M5 $\times 3$	12
14	Nylon Lock Nut M12	8

+ Measurement Guide



+ Assembly Instruction

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

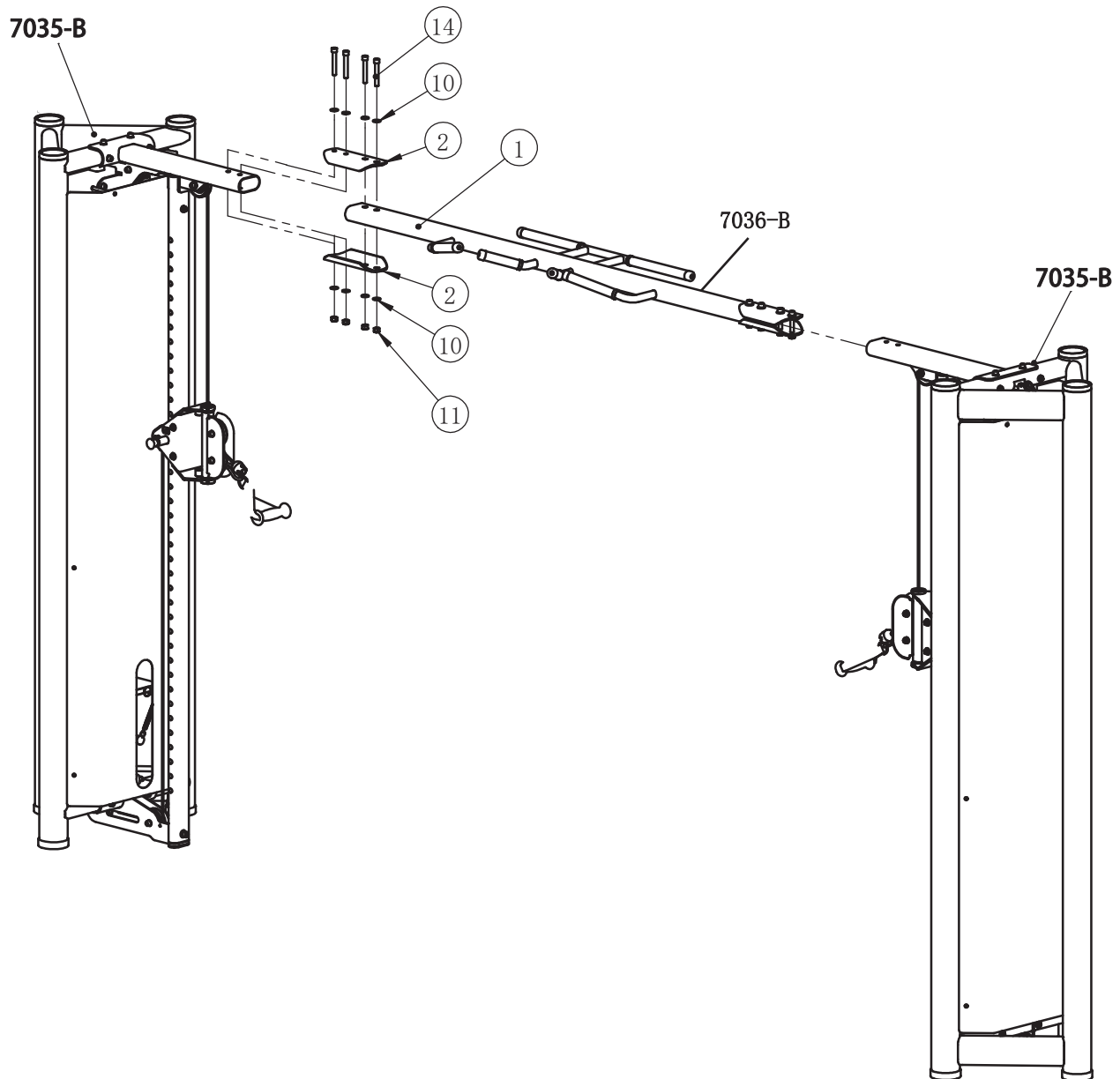
NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

+ Assembly

7035-B+7036-B+7035-B

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 \times 80	8
14	Nylon Lock Nut M12	8

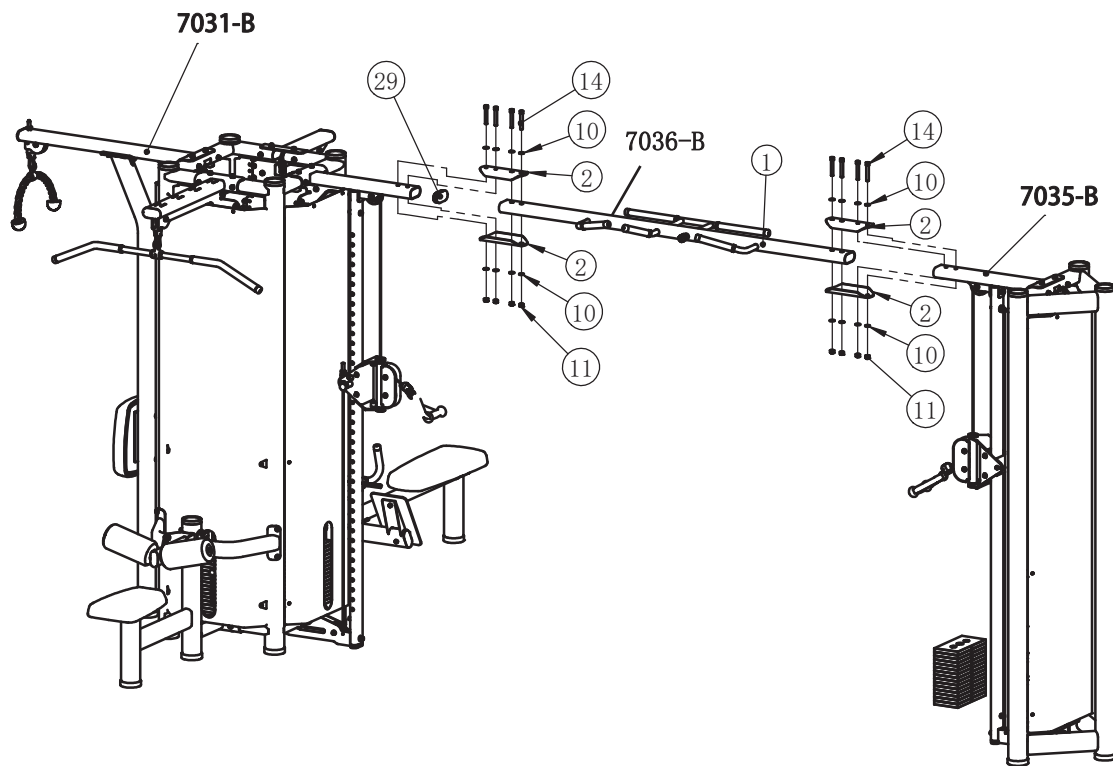


+ Assembly

7031-B+7036-B+7035-B

When combined, it needs to be removed 29#

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 \times 80	8
14	Nylon Lock Nut M12	8
29	Plug RT50 \times 100	1

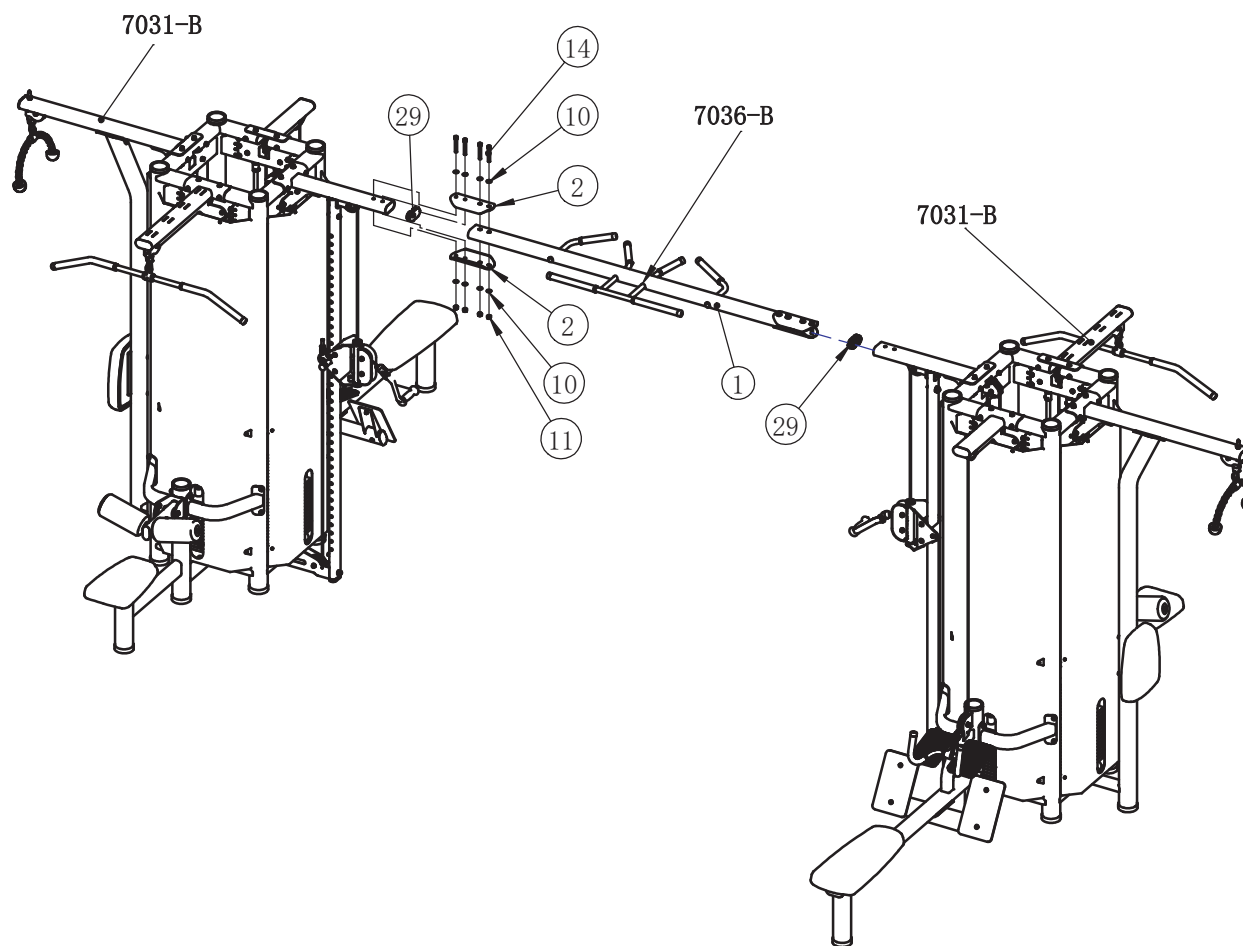


+ Assembly

7031-B+7036-B+7031-B

When combined, it needs to be removed 29#

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 \times 80	8
14	Nylon Lock Nut M12	8
29	Plug RT50 \times 100	2



+ Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

+ General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.