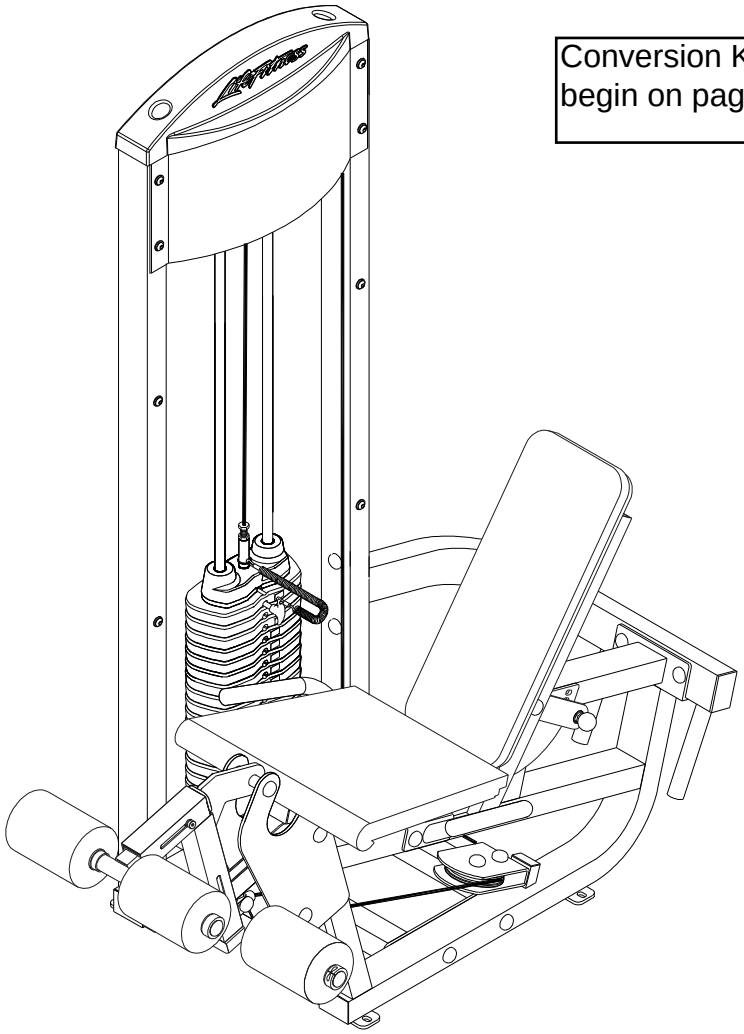
FIT SERIES
LEG CURL/EXTENSION



Conversion Kit components begin on page 14

ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	ACU04-1651	TOWER	1
2	ACU02-1329	ADJUST PLATE	1
3	ACU04-1372	PEDESTAL	1
4	ACU04-1374	HANDLE	1
5	ACU04-1373	LEG CURL/EXT BACK	1
6	ACU04-1375	LEG CURL/EXT SEAT	1
7	ACU04-1648	FRAME	1
8	ACU04-1650	BASE	1
9	ACU04-1649	UPPER SUPPORT	1
10	ACU07-0159	BACK PAD	1
11	ACU07-0160	SEAT PAD	1
12	ACU04-1371	LEG CURL ROLLER PAD SUPPORT	1
13	ACU04-1370	LEG EXT ROLLER PAD SUPPORT	1
14	ACU04-1639	GUIDE ROD SUPPORT	1
15	ACU06-0024	3-1/2" PULLEY	1
16	ACU06-0025	4-1/2" PULLEY	4
17	ACU05-0381	3/8 X 1" SPACER	2
18	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	2
19	ACU01-2387	GUIDE ROD	2
20	ACU79352	WEIGHT PLATE	20
21	ACU06-0382	2-3/8" OD PLASTIC WASHER	8
22	ACU10-0204ASY	HEAD PLATE-ASSY	1
23	ACUP11-0048	WEIGHT STACK PIN	1
24	ACU05-0212	13/16" SHAFT COLLAR	2
25	ACU06-0388	1-1/4" SHAFT COLLAR	4
26	ACUDB2E03807200B	3/8" BLACK LOW HT LOCK NUT	1
27	ACU10-0215	ROLLER PAD	4
28	ACU08-0085	3/8 X 1/2" FLANGE SPACER	4

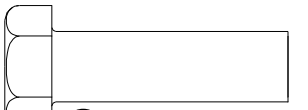
KEY	PART #	DESCRIPTION	QTY
29	ACU06-0375	3/8 X 3" NYLON SPACER	1
30	ACU06-0396	3/8 X 4" NYLON SPACER	1
31	ACU05-0312	5/16 X 1/2" SHOULDER BOLT	2
32	ACUDA1C03803216NU	3/8 X 32mm BOLT	4
33	ACUDA1C03804316NU	3/8 X 43mm BOLT	4
34	ACUDA1C03806716NU	3/8 X 67mm BOLT	8
35	ACUDA1C03808216NU	3/8 X 82mm BOLT	1
36	ACUDA1C03809016NU	3/8 X 90mm BOLT	6
37	ACUDA1C03809716NU	3/8 X 97mm BOLT	6
38	ACUDA1C03820416NU	3/8 X 204mm BOLT	1
39	ACUDAEC03802516YB	3/8 X 25mm BUTTON HEAD BOLT	2
40	ACUDAEC03820316NB	3/8X203mm BUTTONHEAD BOLT	1
41	ACUDC1250100020B	3/8" BLACK FLAT WASHER	22
42	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	23
43	ACUDC120010510U	3/8" SAE WASHER	45
44	ACU05-0310	3/8" RH WASHER	45
45	ACU06-0357	BLACK RH CAP	9
46	ACU06-0357	WHITE RH CAP	36
OR	ACU06-0357	PLATINUM RH CAP	36
47	ACUP13-0125	LEG CURL/EXT CABLE	1
48	ACUMD000132	WEIGHT STACK LABEL	1
49	ACUAP06-0257	TOWER CAP	1
50	ACU10-0227	FRONT SHROUD	1
51	ACUA10-0230	REAR SHROUD	1
52	ACUDAEC03809016NB	3/8 X 90mm BUTTONHEAD BOLT	10
53	ACUDB9E03813016B	3/8" ACORN NUT	10
54	ACUDC125010002U	3/8" FLAT WASHER	4

Tools Required for Assembly

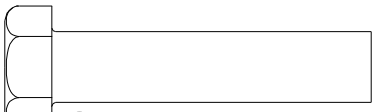
* 9/16" wrench
* Ratchet with 9/16" socket
* Metric Allen wrench set

Hardware Bag
ACUHB-FSLCEPLT -or- ACUHB-FSLCEWHT

Weight Stack Sticker
ACUMD000059



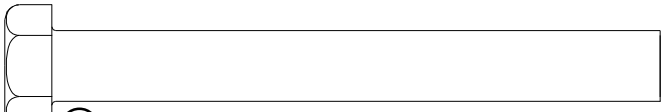
(32) 3/8 X 32mm BOLT



(33) 3/8 X 43mm BOLT



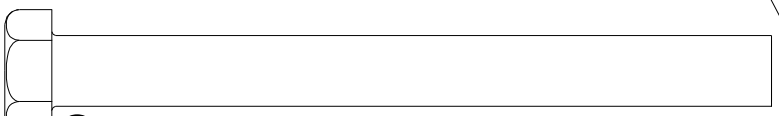
(34) 3/8 X 67mm BOLT



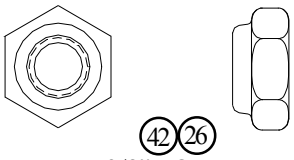
(35) 3/8 X 82mm BOLT



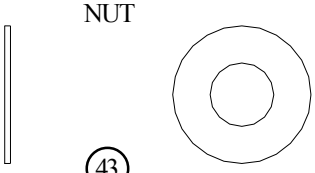
(36) 3/8 X 90mm BOLT



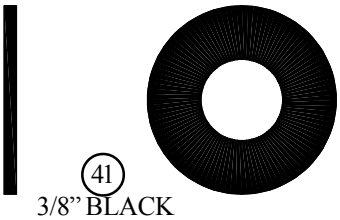
(37) 3/8 X 97mm BOLT



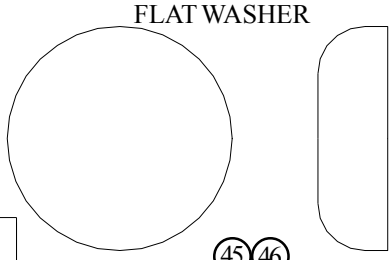
(42) (26)
3/8" LOW
HEIGHT LOCK
NUT



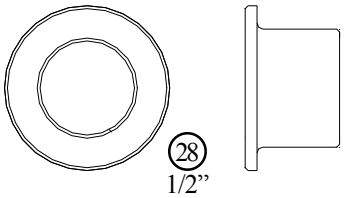
(43)
3/8" SAE
WASHER



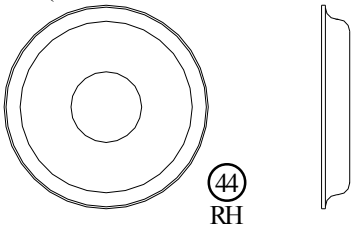
(41)
3/8" BLACK
FLAT WASHER



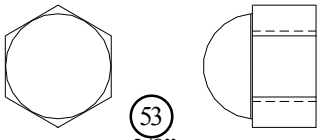
(45) (46)
RH CAP
(WHITE/PLATINUM/BLACK)



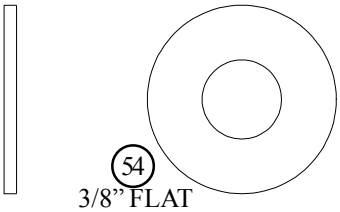
(28)
1/2"
FLANGE SPACER



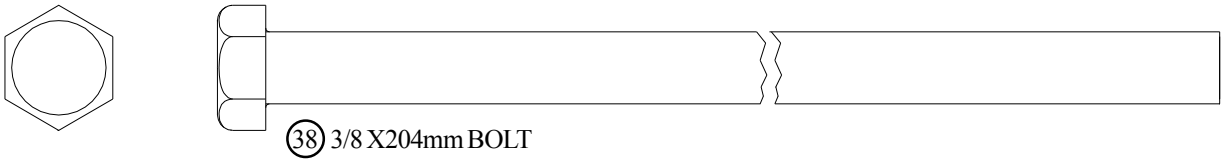
(44)
RH
WASHER



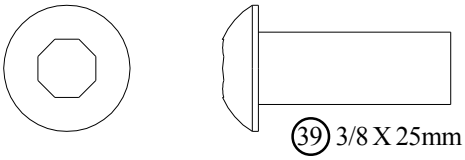
(53)
3/8"
ACORN NUT



(54)
3/8" FLAT
WASHER



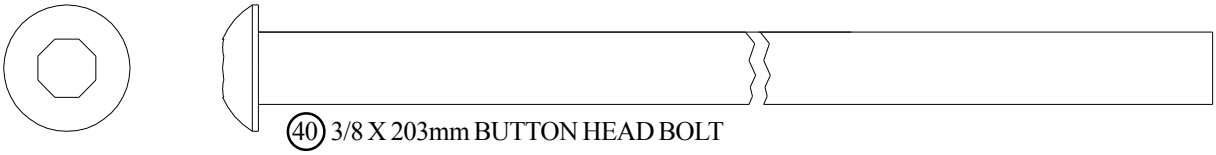
(38) 3/8 X204mm BOLT



(39) 3/8 X 25mm BUTTON HEAD BOLT



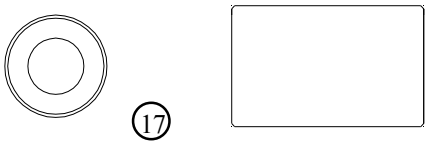
(52) 3/8 X 90mm BUTTON HEAD BOLT



(40) 3/8 X 203mm BUTTON HEAD BOLT



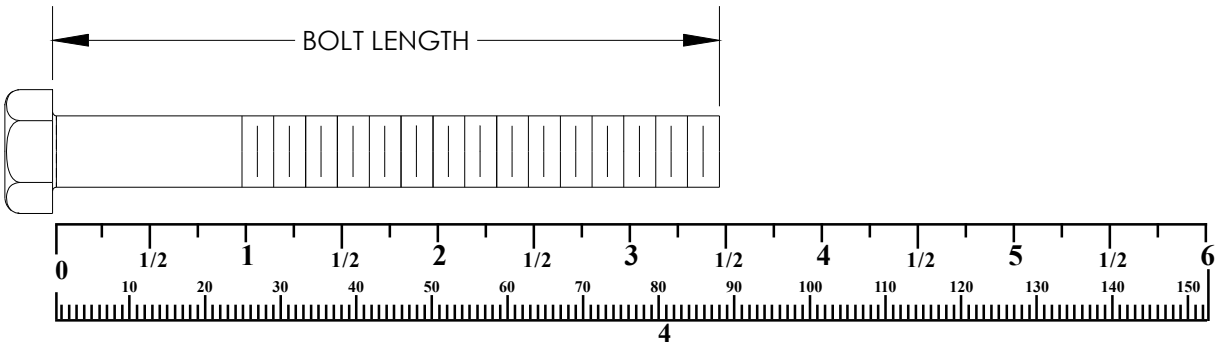
(31) 5/16 X1/2" SHOULDER BOLT



(17)
3/8 X 1"
SPACER

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



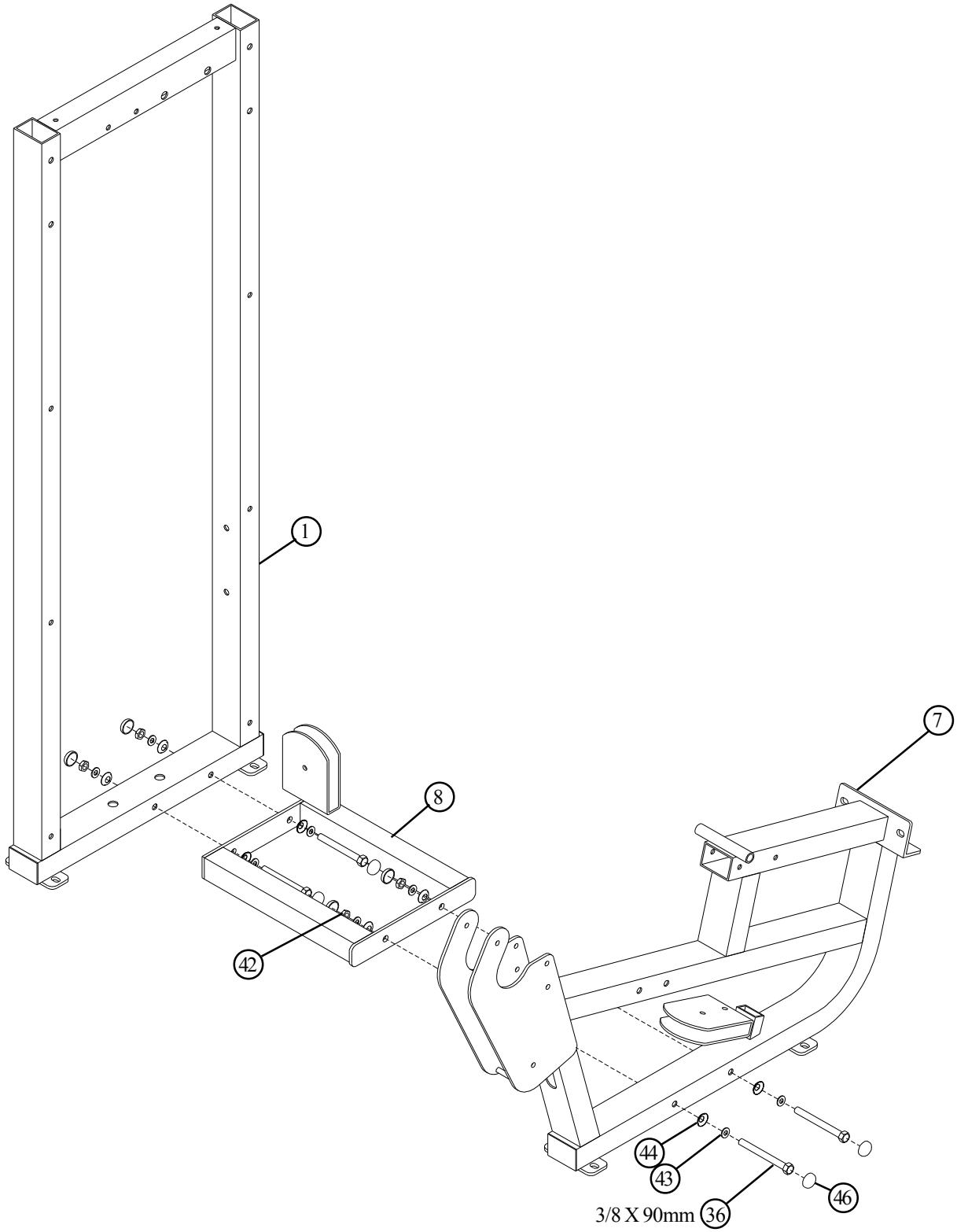


FIGURE 1

STEP 1:

- **LOOSELY** assemble the BASE (8) to the FRAME (7) and TOWER (1) using eight RH CAPS (46), four 3/8 X 90mm BOLTS (36), eight 3/8" SAE WASHERS (43), eight 3/8" RH WASHERS (44) and four 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 1.

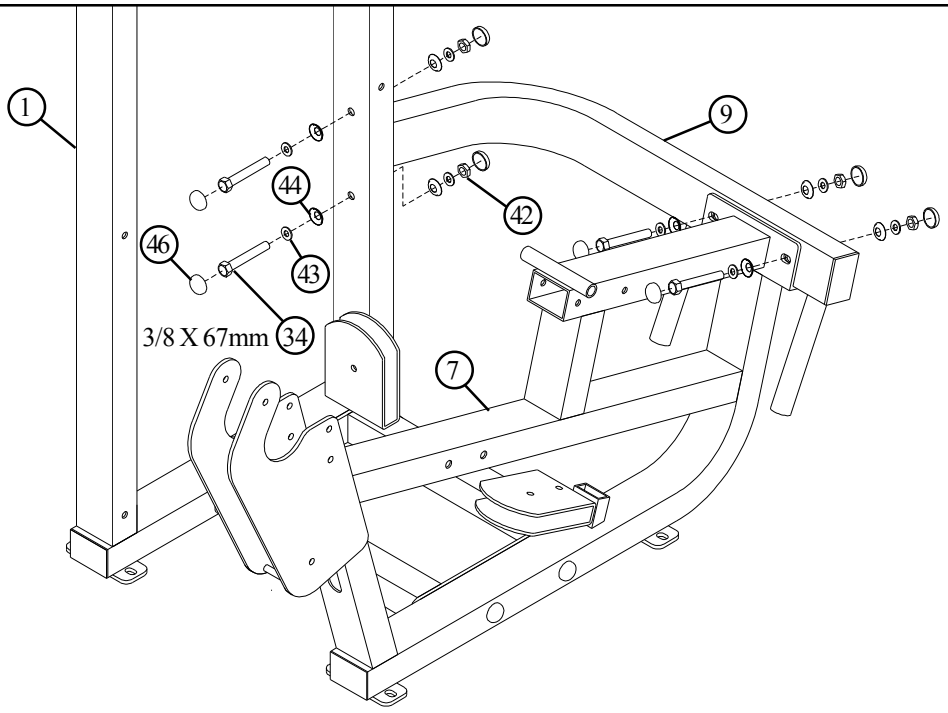


FIGURE 2

STEP 2:

- **LOOSELY** assemble the UPPER SUPPORT (9) to the FRAME (7) and the TOWER (1) using eight RH CAPS (46), four 3/8 X 67mm BOLTS (34), eight 3/8" SAE WASHERS (43), eight 3/8" RH WASHERS (44) and four 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 2.

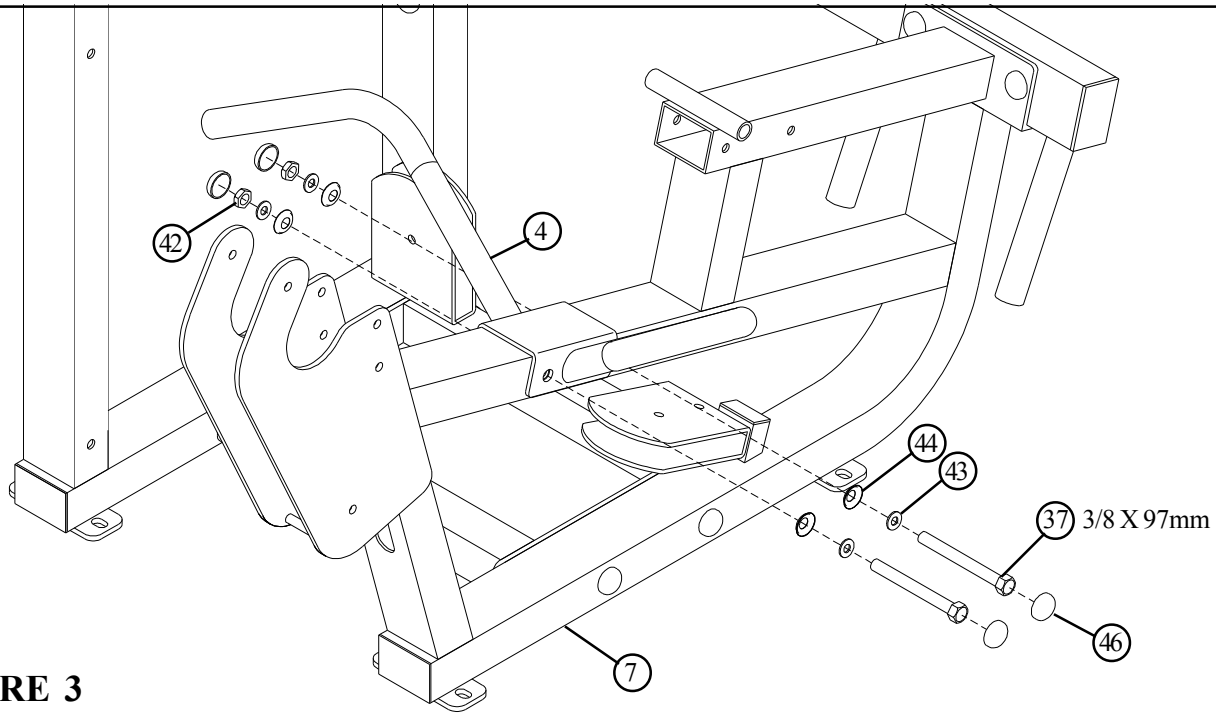


FIGURE 3

STEP 3:

- **SECURELY** assemble the HANDLE (4) to the FRAME (7) using four RH CAPS (46), two 3/8 X 97mm BOLTS (37), four 3/8" SAE WASHERS (43), four 3/8" RH WASHERS (44) and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 3.

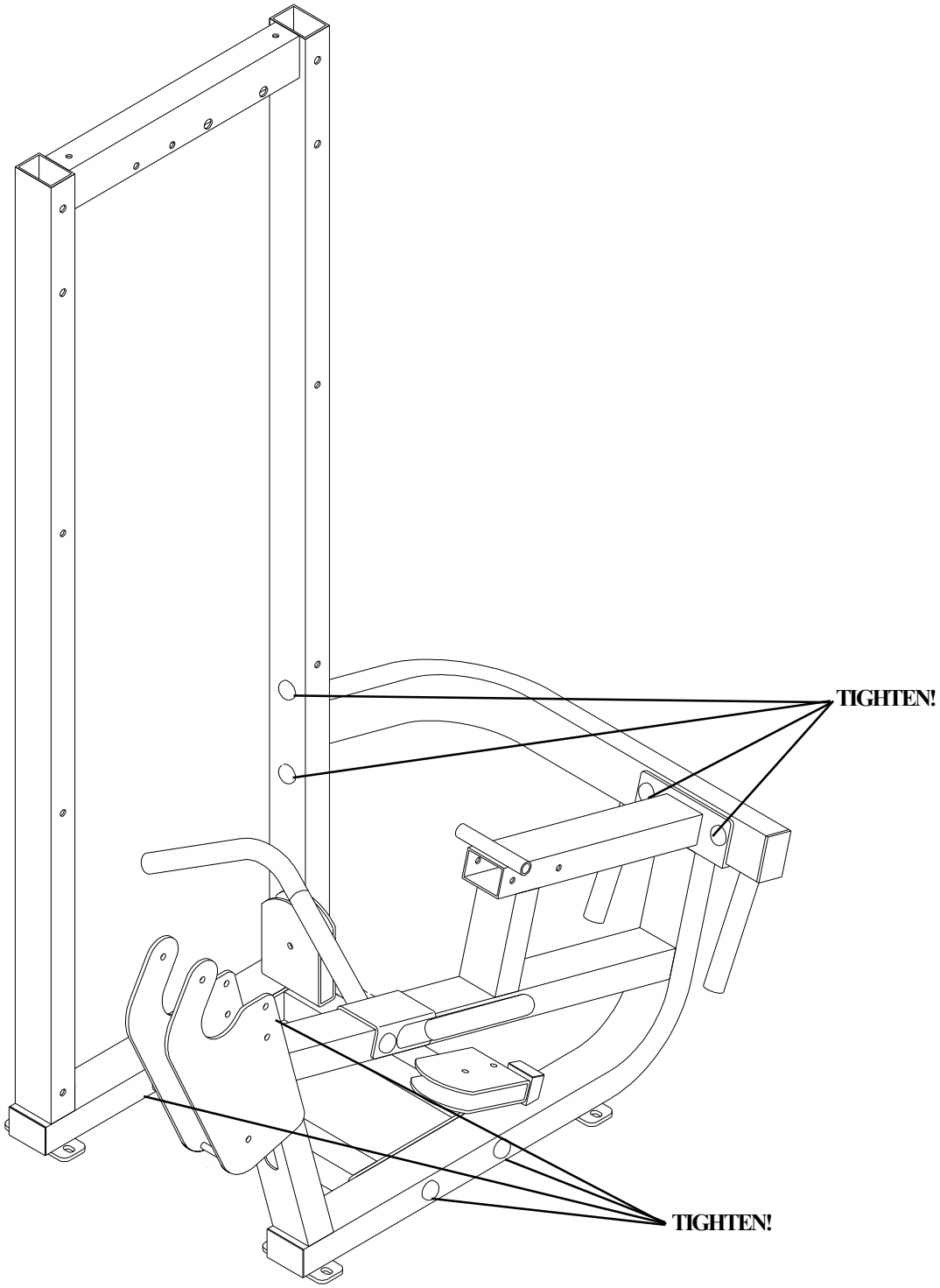


FIGURE 4

STEP 4:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (46) over the RH WASHERS (44) on all tightened connections.**

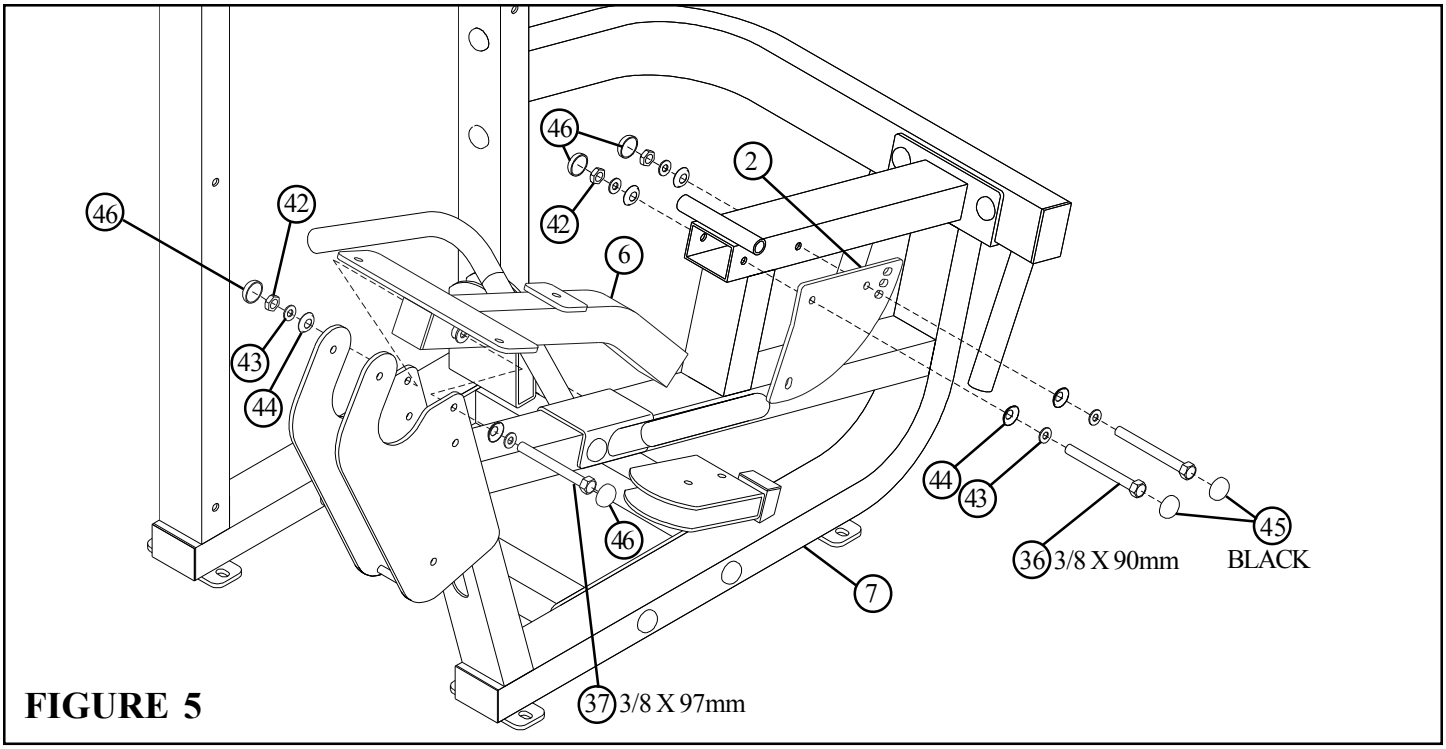


FIGURE 5

STEP 5:

- **SECURELY** assemble the LEG CURL/EXT SEAT (6) to the FRAME (7) using two RH CAPS (46), one 3/8 X 97mm BOLT (37), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44), and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 5. **(NOTE: Tighten connections enough to remove play, yet allowing the part to rotate freely.)**
- **SECURELY** assemble the ADJUST PLATE (2) to the FRAME (7) using two BLACK RH CAPS (45), two RH CAPS (46), two 3/8 X 90mm BOLTS (36), four 3/8" SAE WASHERS (43), four 3/8" RH WASHERS (44), and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 5.

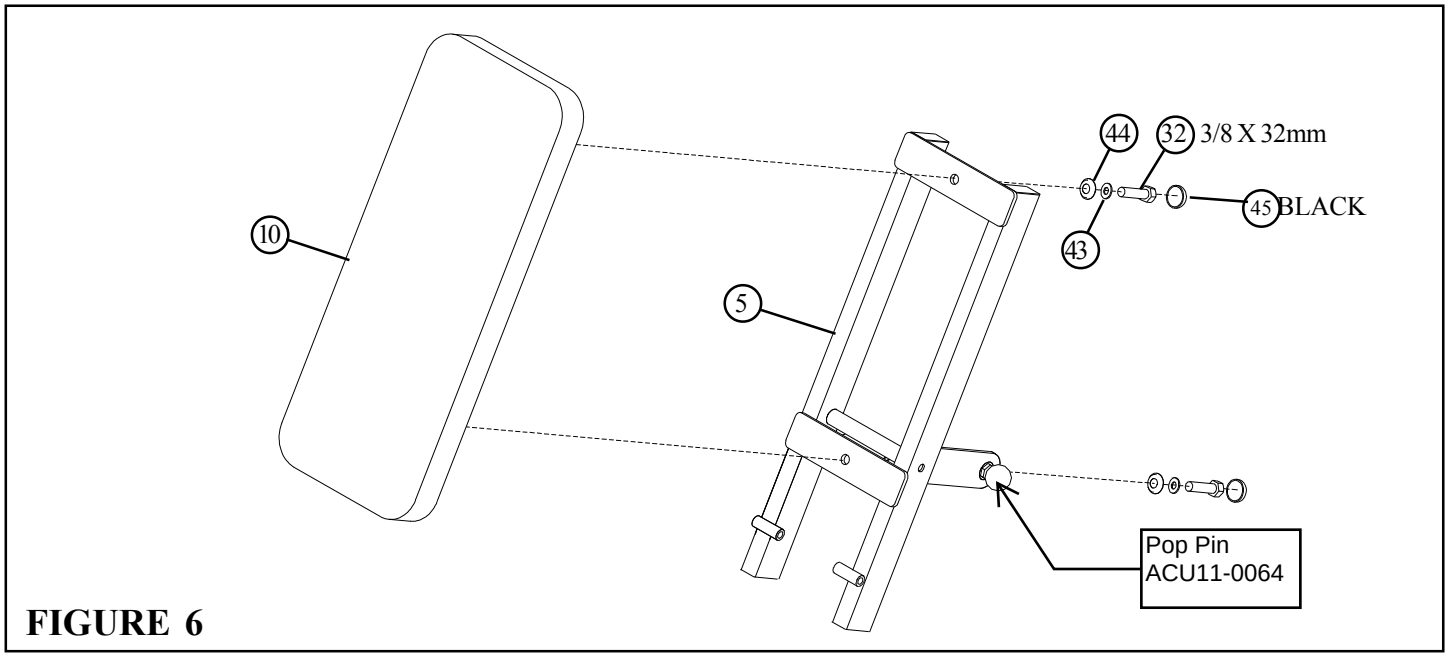


FIGURE 6

STEP 6:

- **SECURELY** assemble the BACK PAD (10) to the LEG CURL/EXT BACK (5) using two BLACK RH CAPS (45), two 3/8 X 32mm BOLTS (32), two 3/8" SAE WASHERS (43) and two 3/8" RH WASHERS (44) as shown in FIGURE 6.

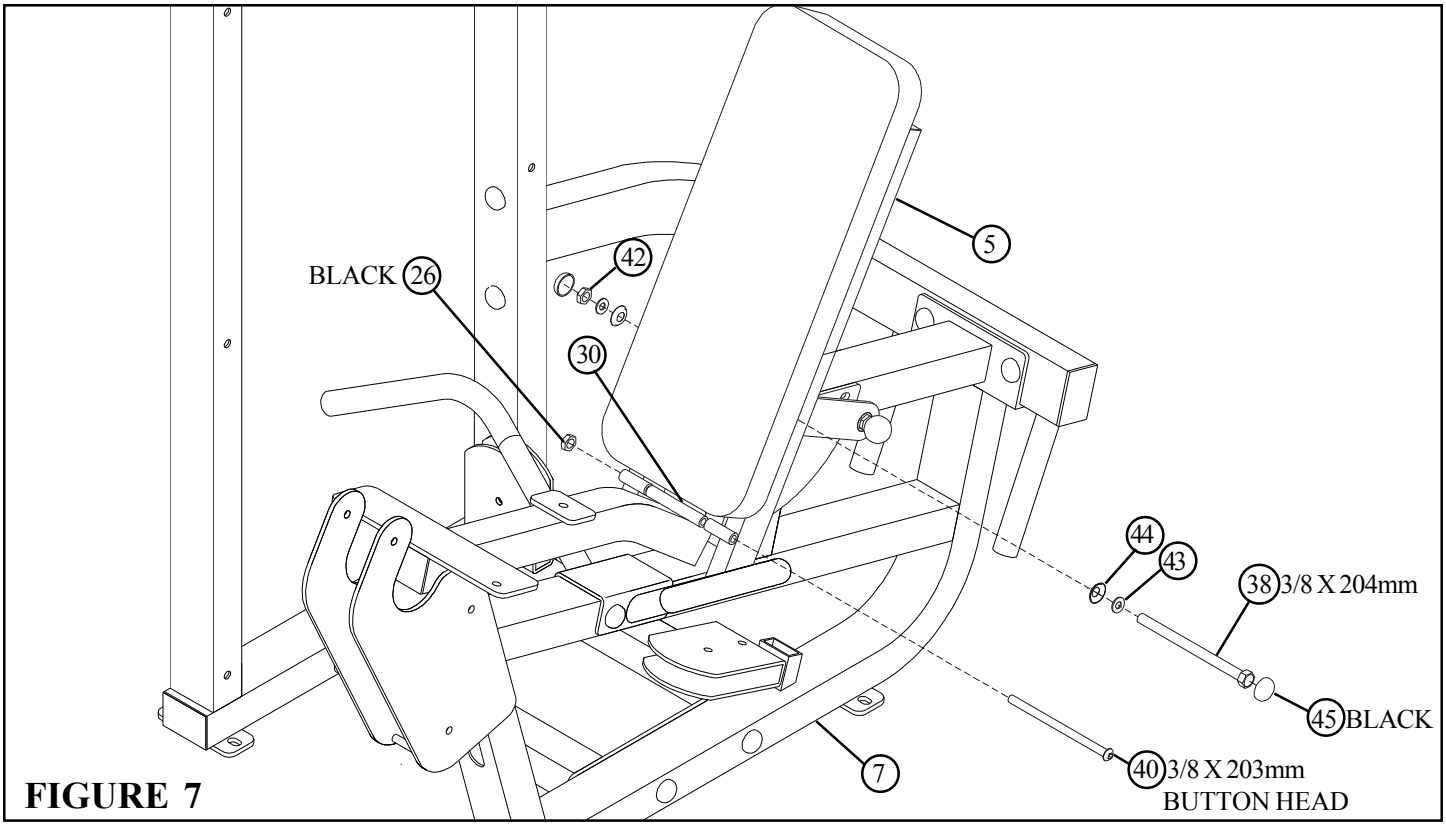


FIGURE 7

STEP 7:

- **SECURELY** assemble one 3/8 X 4" NYLON SPACER (30) between the bushings on the LEG CURL/EXT BACK (5) using one 3/8 X 203mm BUTTON HEAD BOLT (40) and one 3/8" BLACK LOW HEIGHT LOCK NUT (26) as shown in FIGURE 7.
- **SECURELY** assemble the LEG CURL/EXT BACK (5) to the FRAME (7) using two BLACK RH CAPS (45), one 3/8 X 204mm BOLT (38), two 3/8" SAE WASHERS (43), two 3/8" RH WASHERS (44), and one 3/8" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 7.

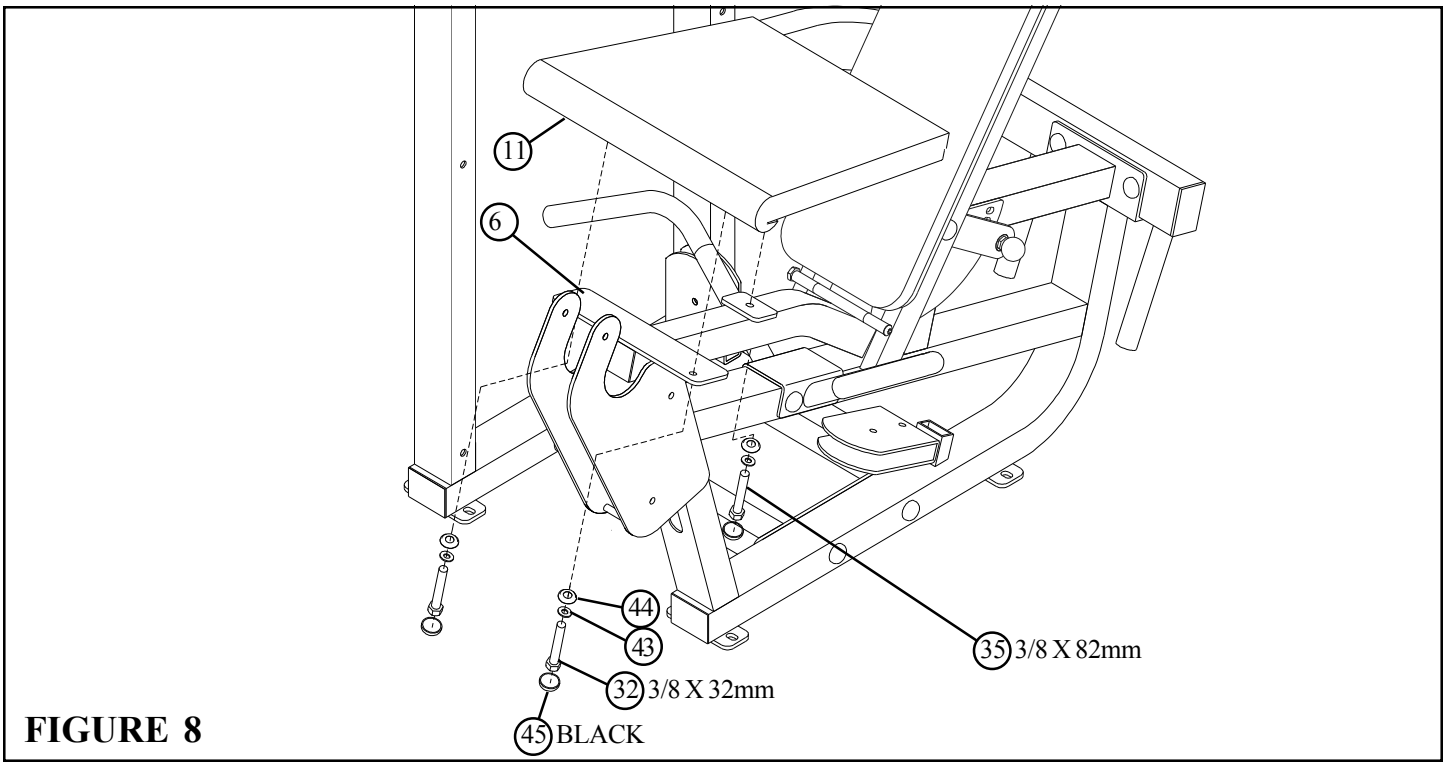


FIGURE 8

STEP 8:

- **SECURELY** assemble the SEAT PAD (11) to the LEG CURL/EXT SEAT (6) using three BLACK RH CAPS (45), two 3/8 X 32mm BOLTS (32), one 3/8 X 82mm BOLT (35), three 3/8" SAE WASHERS (43) and three 3/8" RH WASHERS (44) as shown in FIGURE 8.

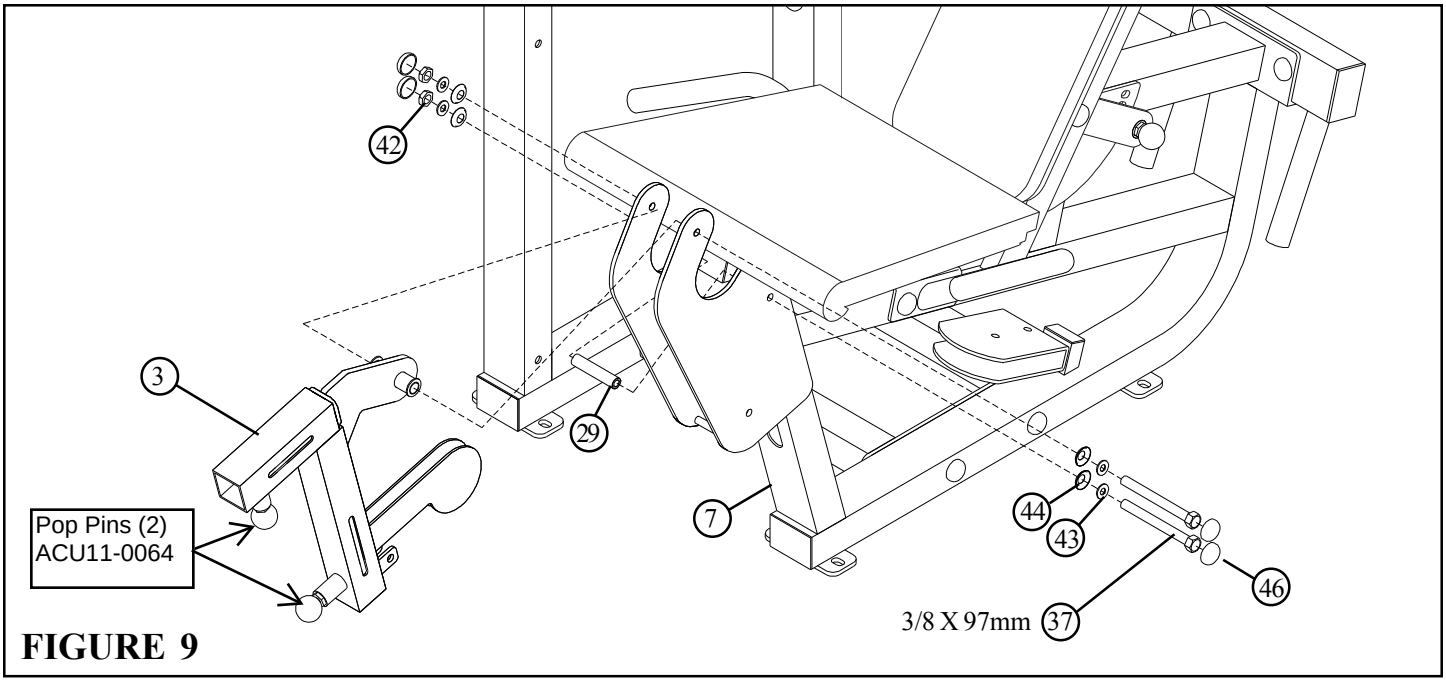


FIGURE 9

STEP 9:

- **SECURELY** assemble the PEDESTAL (3) to the FRAME (7) using four RH CAPS (46), two 3/8 X 97mm BOLTS (37), one 3/8 X 3" NYLON SPACER (29), four 3/8" SAE WASHERS (43), four 3/8" RH WASHERS (44) and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 9. **(NOTE: Tighten PEDESTAL enough to remove slop yet allow PEDESTAL to rotate freely.)**

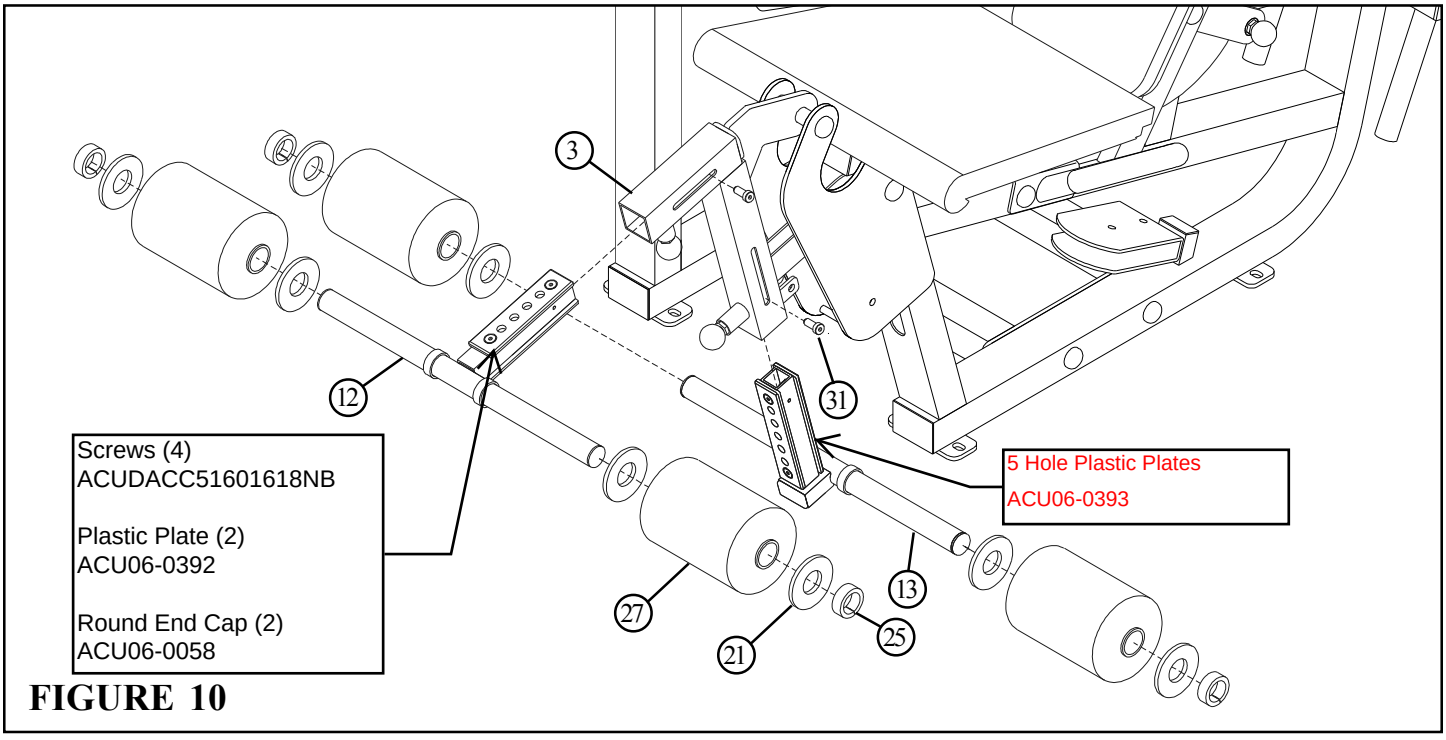


FIGURE 10

STEP 10:

- Pull back SPRING PINS on the PEDETAL (3) and insert the LEG CURL ROLLER PAD SUPPORT (12) and the LEG EXTENSION ROLLER PAD SUPPORT (13). Assemble in place using two 5/16" X 1/2" SHOULDER BOLTS (31) to the LEG CURL ROLLER PAD SUPPORT (12) and the LEG EXTENSION ROLLER PAD SUPPORT (13) as shown in FIGURE 10.

- Assemble four ROLLER PADS (27) and eight 2-3/8" OD PLASTIC WASHERS (21) to the LEG CURL and LEG EXTENSION ROLLER PAD SUPPORTS (12 & 13) using four 1-1/4" SHAFT COLLARS (25) as shown in FIGURE 10.

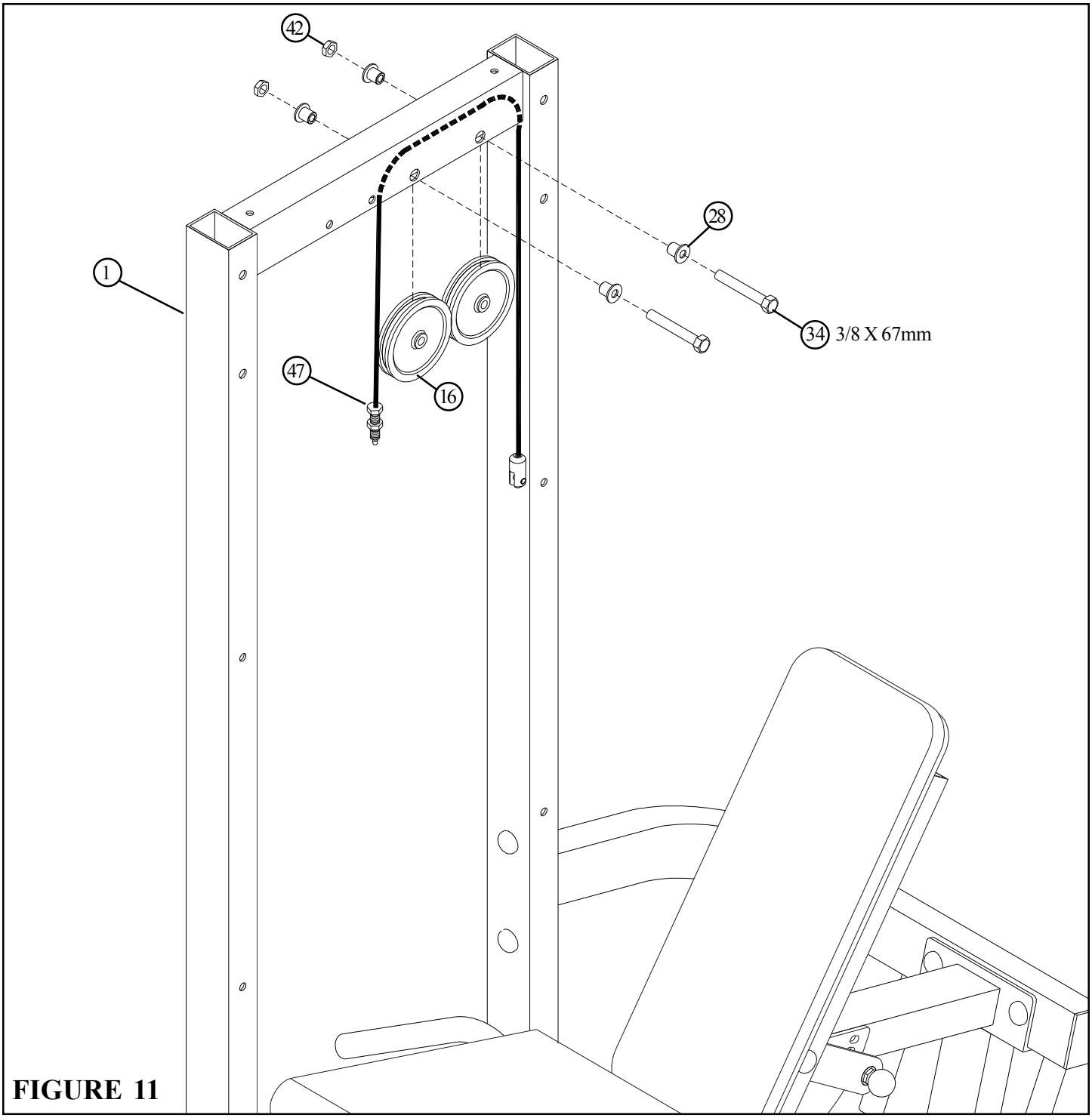
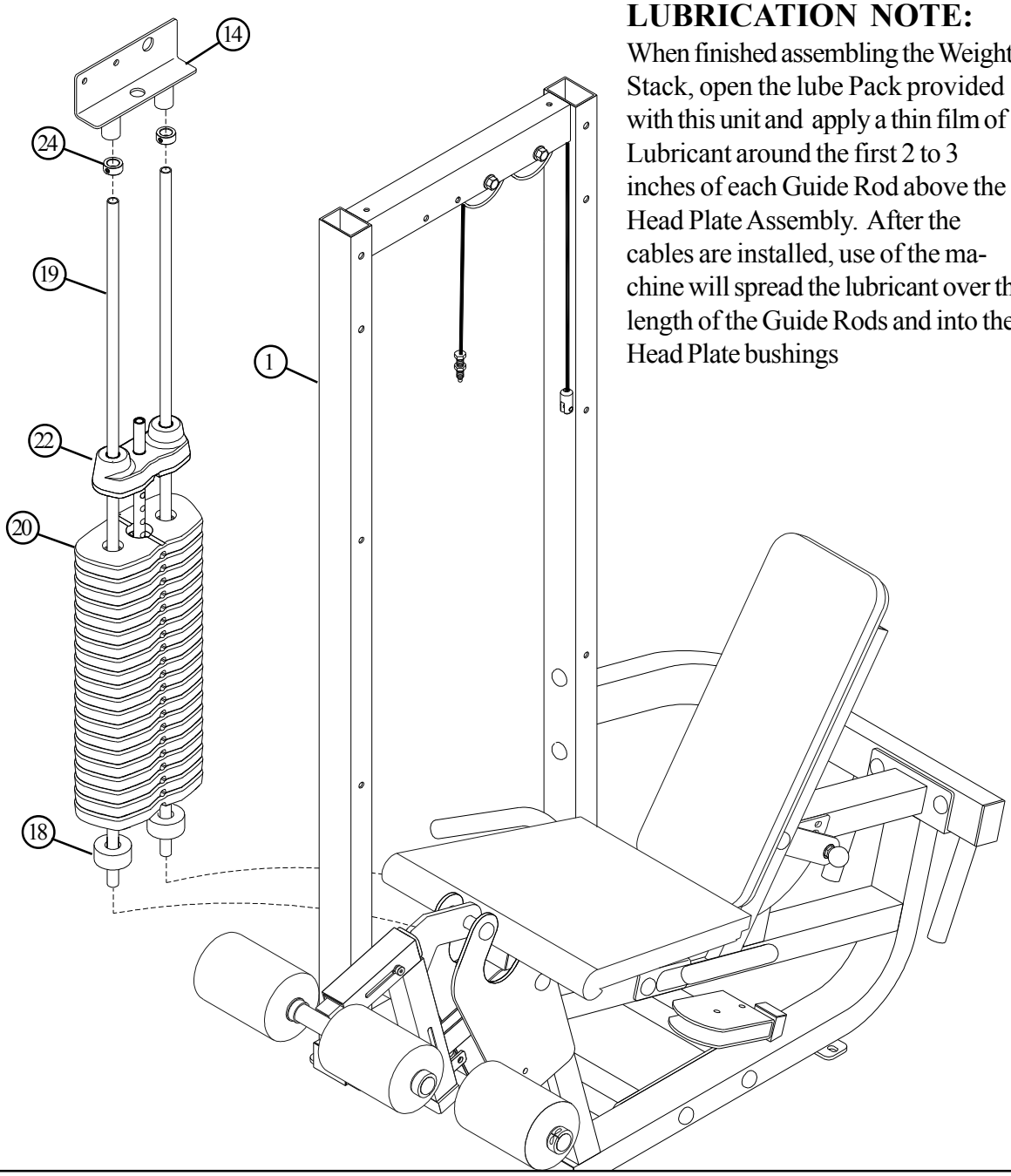


FIGURE 11

STEP 11:

- Route the LEG CURL/EXT CABLE (47) through the TOWER (1) as shown, and **SECURELY** assemble two 4-1/2" PULLEYS (16) to the TOWER (1) using two 3/8 X 67mm BOLTS (34), four 3/8 X 1/2" FLANGE SPACERS (28) and two 3/8" LOW HEIGHT LOCK NUTS (42). See FIGURE 11.



LUBRICATION NOTE:
When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate bushings

FIGURE 12

STEP 12:

- Insert two GUIDE RODS (19) into the TOWER (1) as shown on FIGURE 12.
- Slide two 3/4 X 1" WEIGHT STACK CUSHIONS (18) down over the GUIDE RODS (19) as shown in FIGURE 12.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (20) down over the GUIDE RODS (19) on to the WEIGHT STACK CUSHIONS (18). Make sure that the WEIGHT PLATES (20) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (22) down over the GUIDE RODS (19) onto the weight stack as shown in FIGURE 12.
- Slide two 13/16" SHAFT COLLARS (24) and the GUIDE ROD SUPPORT (14) over the GUIDE RODS (19) as shown in FIGURE 12.

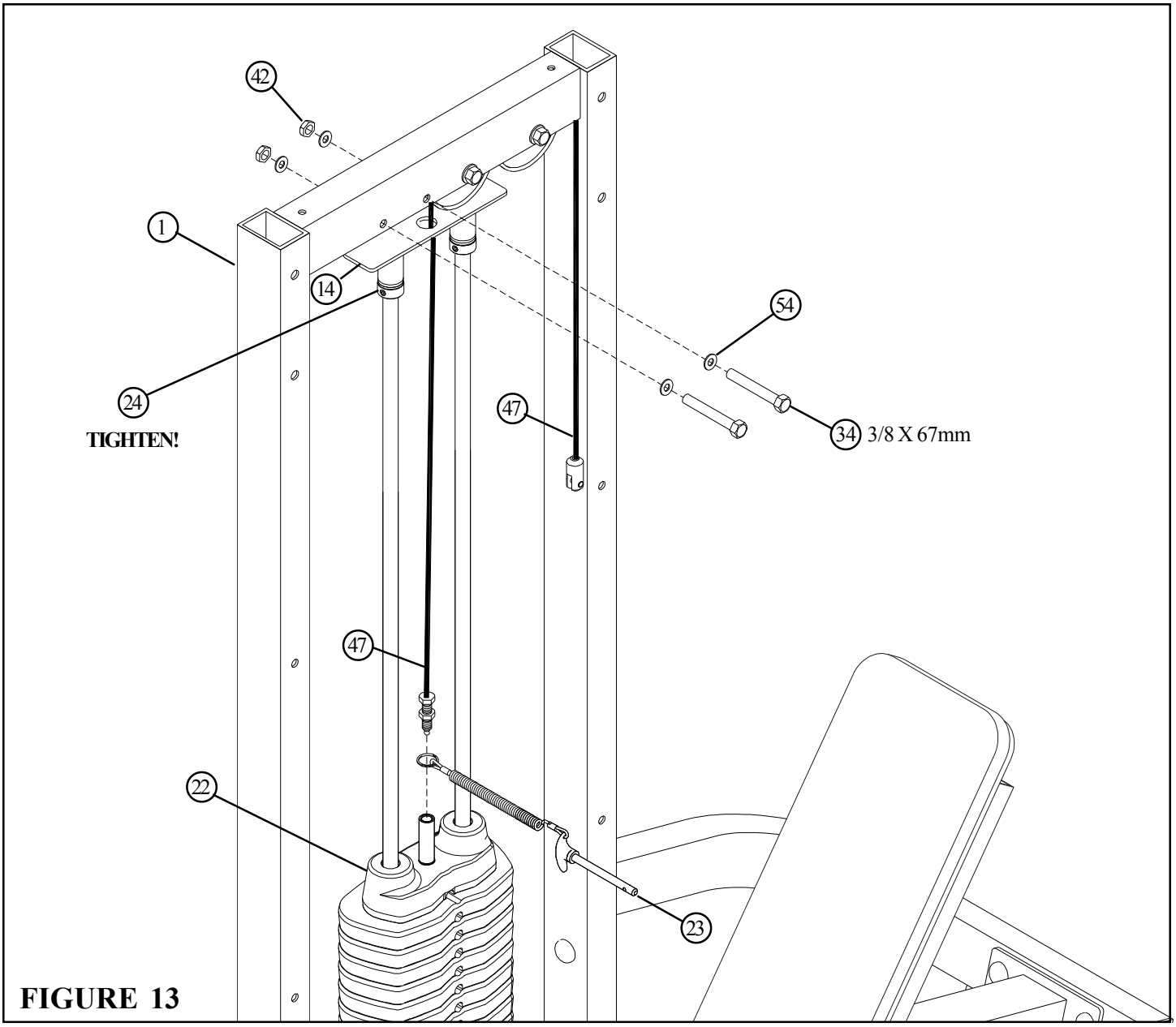
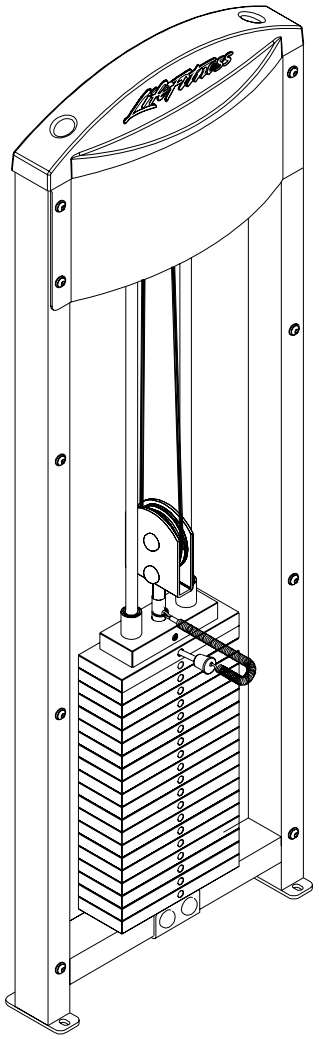


FIGURE 13

STEP 13:

- Route the threaded end of the LEG CURL/EXT CABLE (47) through the GUIDE ROD SUPPORT (14) and **SECURELY** assemble the GUIDE ROD SUPPORT (14) to the TOWER (1) using two 3/8 X 67mm BOLTS (34), four 3/8" FLAT WASHERS (54) and two 3/8" LOW HEIGHT LOCK NUTS (42) as shown in FIGURE 13.
- Slide the 13/16" SHAFT COLLARS (24) up against the GUIDE ROD SUPPORT (14) and **SECURELY** tighten the set screws on the SHAFT COLLARS (24). See FIGURE 13.
- Slide one WEIGHT STACK PIN (23) over the stem on the HEAD PLATE (22) as shown in FIGURE 13.
- **LOOSELY** thread end of the LEG CURL/EXT CABLE (47) into the end of the stem on the HEAD PLATE (22). See FIGURE 13. **(NOTE: Cable adjustment will be made in a later step.)**

FIT SERIES
CONVERSION KIT



ASSEMBLY INSTRUCTIONS

PARTS LIST

ITEM	QTY.	DESCRIPTION	PART NO.
1	1	TOWER CAP ASSY	ACU06-0257
		OR	
		TOWER CAP ASSY WITH CUT	ACU06-0333
2	1	LABLE SHROUD 8" BUG	ACUMD000128
3	1	LABLE WEIGHT STACK	ACUMD000059
4	1	CABLE ASSY, FSBT	SEE CABLE LIST
5	1	PTD ASSY,LF HEAD WGT PLATE,	ACU10-0053
6	1	SELECTOR PIN	ACU11-0048
7	20	WEIGHT PLATES	ACU79352
8	2	SPACERS	ACU06-0534

FIT SERIES MACHINE DESCRIPTION	CABLE #
MULTI PRESS	ACU13-0124
BICEPS / TRICEPS	ACUP13-0123
LEG CURL / EXTENSION	ACU13-0125
LEG PRESS / CALF	ACUP13-0122
LAT/ ROW	ACUP13-0121

Tools Required for Assembly

* 9/16” wrench
* Ratchet with 9/16” socket
* Metric Allen wrench set

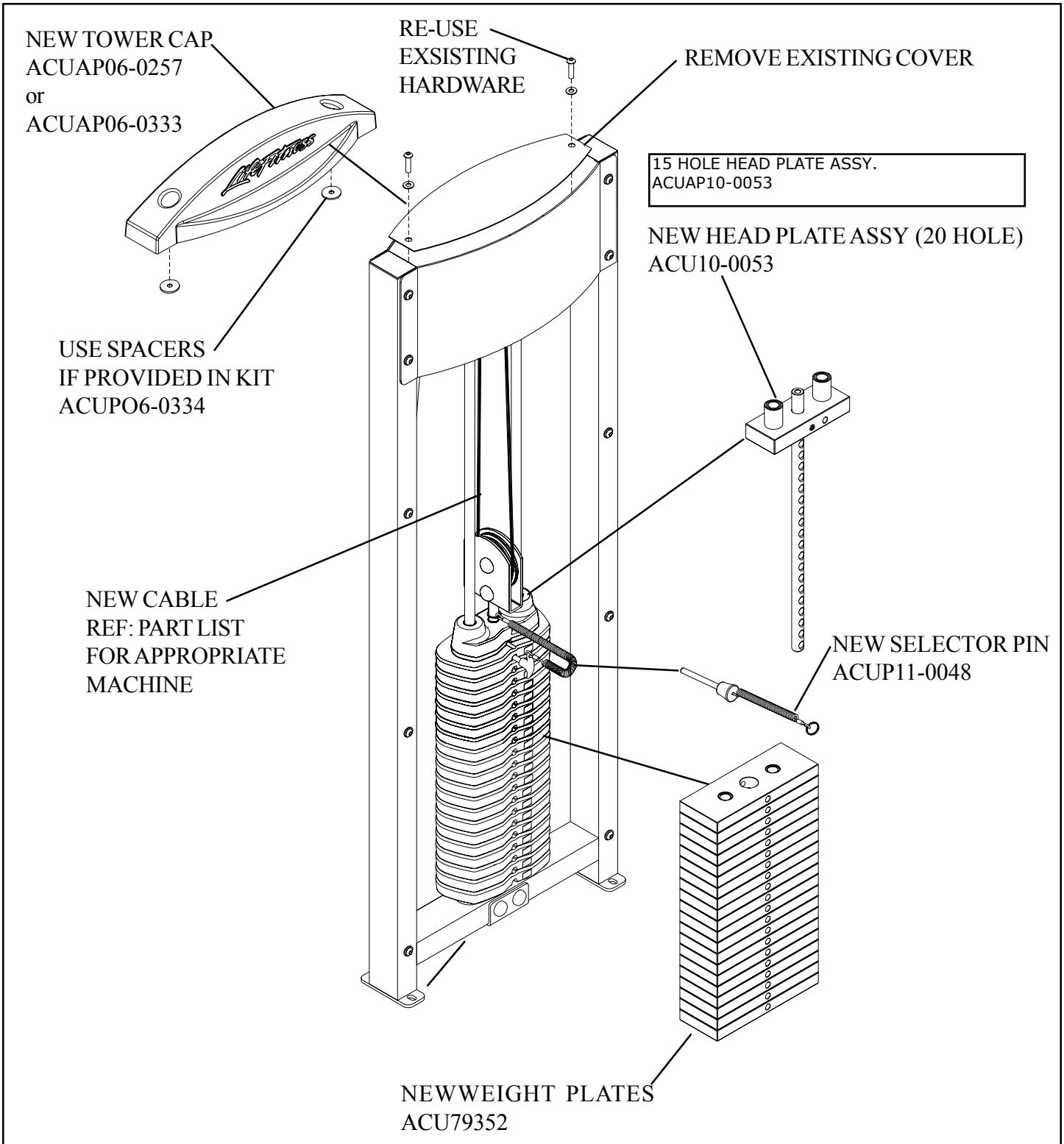


FIGURE 1

STEP 1:

- Using kit components replace all existing parts with new parts as shown in figure 1.
- Not all new components are shown

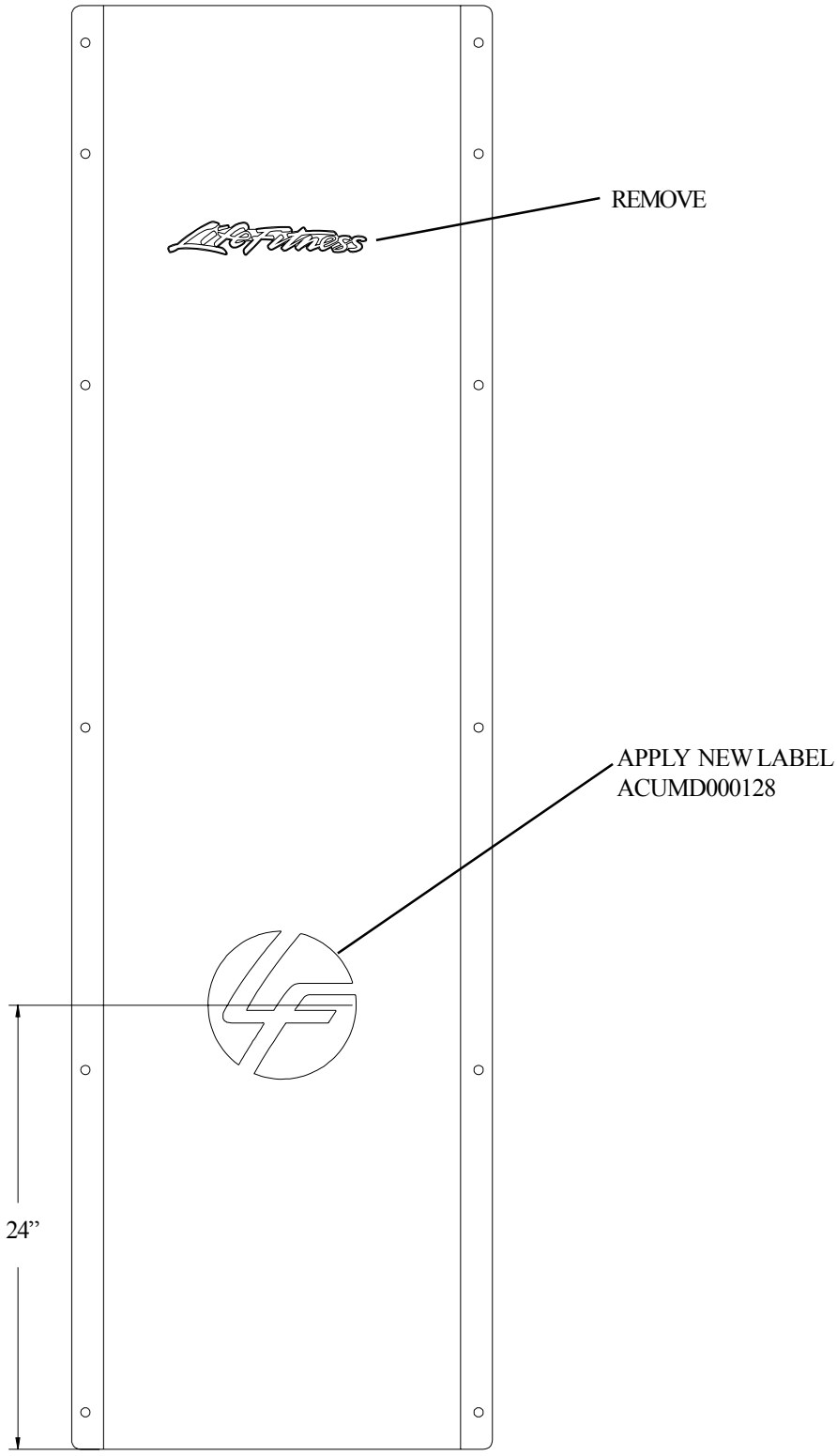


FIGURE 2

STEP 2:

- Remove existing label from shroud and apply new label MD000128 at distance shown.