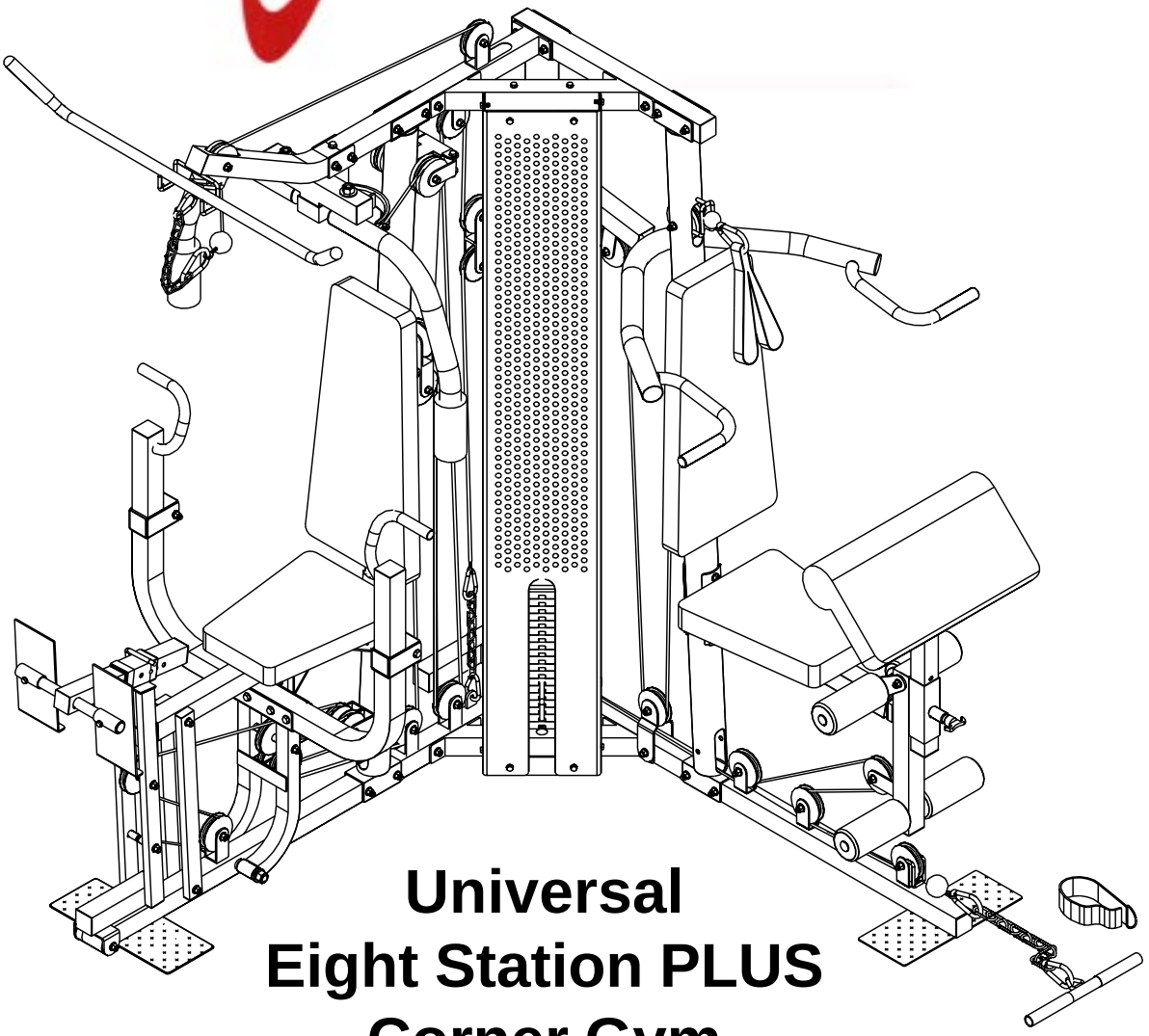
universal™
FITNESS



# Universal
# Eight Station PLUS
# Corner Gym

**MODEL NUMBER**
**75015**

# OWNER'S MANUAL

# Congratulations on purchasing your Universal Eight Station PLUS Corner Gym

With this product in your home, you have everything you need to start your own workout program to tone and firm the muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of weather your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use everyday to stand, walk, lift, and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this Owner's Manual Carefully.
**It is the authoritative source of information about your Universal Eight Station PLUS Corner Gym.**

**Universal Fitness™** assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Retain the manual for future reference.

---

## Table of Contents:


Important Safety Instructions and General Maintenance…… 3
Comments or Questions and Before You Begin …… 4
Parts List…… 5
Hardware Illustrations.....6 - 7
Parts Illustrations.....8 - 10
Assembly Instructions……11 - 32
Warranty ……..…..35
Owner's Purchase Record……Back Cover


DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

## IMPORTANT SAFETY INSTRUCTIONS

**Read all instructions before using this machine.**

***CAUTION:*** Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning and exercise program especially if you are over 35 years of age or suffer from heart respiratory problems.
3. Warm up before any exercise programs with 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with nonslip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Perform exercises consistently with proper technique and pass through a full range of motion.
8. Avoid over training. You should be able to carry on a conversation while exercising.
9. After an exercise session, cool down with slow stretching, cycling or walking.
10. This machine should not be used by or near children.
11. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
12. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
13. Only one person at a time should use this machine.
14. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
15. Always use this machine on a level surface.
16. Never operate the machine if the machine is not functioning properly.
17. Start exercise slowly and gradually increase the amount of resistance.
18. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
19. Use caution no to pinch fingers or hands in moving parts when using the unit.

---

## General Maintenance

1. Keep cables, pulleys and guide rods free of dirt, dust or any build-up to prevent drag or binding.

2. Wipe cushions clean after each workout.

3. Tighten hardware once every six months.

## KEEP THESE INSTRUCTIONS

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

## Comments or Questions?

Dear customer**,**
Congratulations on your purchase of the Universal Eight Station PLUS Corner Gym.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call at the address or phone numbers listed below, with any comments or questions you may have.

Service and Parts - Toll free number: 1-800-521-6233 Monday through Friday-8:00 am to 4:30 PM Central Time
Fax: 1-662-495-5038
E-mail: customerservice@universal-fitness.com
Website: www.universal-fitness.com
Universal Fitness™
A Division of FFA Corp.
Customer Service Department
100 Tubb Ave.
West Point, MS 39773

Ordering Missing or Defective Parts
When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT IS PURCHSED (NAME OF RETAIL STORE,CITY)
4. MODEL NUMBER (75015)
5. PART ORDER NUMBER AND DESCRIPTION

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

Before you begin

1. **FIND YOUR TOOLS:** You need two adjustable crescent wrenchs and one rubber mallet. These tools are NOT included in the carton.
2. **LOCATE YOUR WORK OUT AREA:** For your safety and convenience, you must assemble the unit exactly where it is to be used, so that you will not have to move it once the assembly is complete. Allow ample space for the unit and space for the spotter to stand. The area must have adequate lighting and ventilation. If the area is within living quarters, protect the carpet or floor with a large mat prior to assembly.
3. **GET A HELPER:** It is recommended that two adults assemble the product. All persons involved in the assembly should be in good health, and exercise great caution while manipulating heavy metal objects. Keep children away during assembly.
4. **IDENIFY YOUR HARDWARE:** To identify a piece of hardware by physical size, use the scales provided on page 5, on back of hardware or metric ruler. To remove hardware from hardware card cut boxes out of the back.
5. **TIGHTEN ALL BOLTS BY HAND FIRST:** Do not tighten any bolts until the entire unit is assembled. Initially, all bolts should only be hand-tightened. Once all parts are in place, begin tightening the bolts at the top of the unit first, and work your way down to the floor.
6. **INSTALLING FOAM ROLLS and GRIPS:** Liquid soap applied to inside of **FOAM ROLLS** and **GRIPS** then outside of **TUBES** will help **FOAM ROLLS** and **GRIPS** slide on easier. When soap dries, the **FOAM ROLLS** and **GRIPS** will stay in place**.**

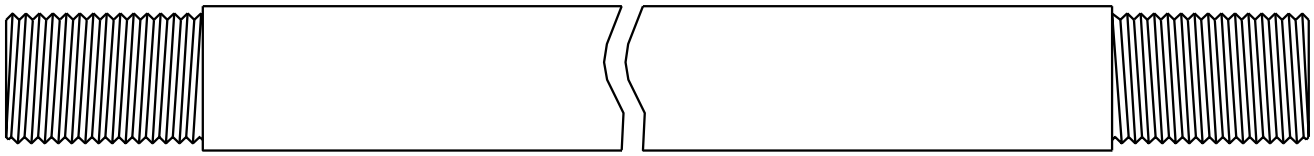
DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

# PARTS LIST

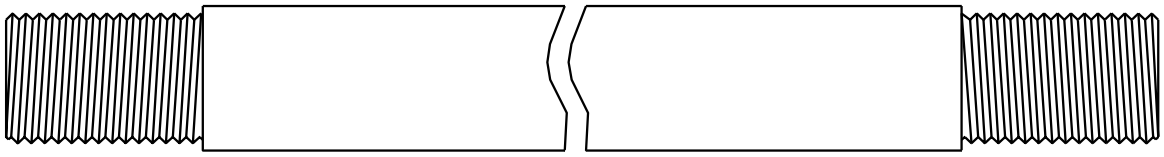
| Item | Part No. | Description | Qty. |
|---|---|---|---|
| 1 | 04477 | RIGHT BASE BEAM | 1 |
| 2 | 04478 | LEFT BASE BEAM | 1 |
| 3 | 04479 | PULLEY BRACKET PLATE | 2 |
| 4 | 04480 | FOAM ROLL (BIG) | 2 |
| 5 | 04481 | RIGHT VERTICAL FRAME | 1 |
| 6 | 04482 | CENTER VERTICAL FRAME | 1 |
| 7 | 04483 | LEFT VERTICAL FRAME | 1 |
| 8 | 04484 | GUIDE ROD | 2 |
| 9 | 04485 | SHROUD | 1 |
| 10 | 04486 | LEFT TOP CROSS FRAME | 1 |
| 11 | 04487 | RIGHT TOP CROSS FRAME | 1 |
| 12 | 04488 | LEG EXTENSION | 1 |
| 13 | 04489 | CURL FRAME | 1 |
| 14 | 04490 | PRESS BAR | 1 |
| 15 | 04491 | SEAT SUPPORT FRAME | 1 |
| 16 | 04492 | SUPPORT BEAM | 2 |
| 17 | 04493 | LEFT SEAT CUSHION FRAME | 1 |
| 18 | 04494 | CONNECT FRAME | 1 |
| 19 | 04495 | FOOT PLATE EXTENSION | 1 |
| 20 | 04496 | FOOT PLATE | 2 |
| 21 | 04497 | PRESS COLUMN | 1 |
| 22 | 04498 | PRESS ARM | 1 |
| 23 | 04499 | RIGHT PRESS HANDLE | 1 |
| 24 | 04500 | LEFT PRESS HANDLE | 1 |
| 25 | 04501 | BUTTERFLY EXTENSION | 1 |
| 26 | 04502 | RIGHT BUTTERFLY | 1 |
| 27 | 04503 | LEFT BUTTERFLY | 1 |
| 28 | 04504 | CENTER FRAME | 1 |
| 29 | 04505 | TOP CENTER FRAME | 1 |
| 30 | 04506 | LAT BAR | 1 |
| 31 | 04507 | CURL BAR | 1 |
| 32 | 04508 | FOAM ROD | 2 |
| 33 | 04509 | DOUBLE PULLEY BRACKET | 2 |
| 34 | 04510 | DOUBLE PULLEY BRACKET | 1 |
| 35 | 04511 | SINGLE PULLEY BRACKET | 2 |
| 36 | 04512 | CONNECT PLATE | 2 |
| 37 | 04513 | “U” LOCK | 1 |
| 38 | 04514 | SELECTION ROD | 1 |
| 39 | 04515 | BACK CUSHION | 2 |
| 40 | 04516 | SEAT CUSHION | 2 |
| 41 | 04517 | CURL CUSHION | 1 |
| 42 | 04518 | PULLEY | 30 |
| 43 | 04519 | 1” ROUND END PLUG | 10 |
| 44 | 04520 | 2” ROUND END PLUG | 6 |
| 45 | 04521 | 50mm SQUARE END PLUG | 18 |
| 46 | 04522 | 45mm SQUARE END PLUG | 3 |
| 47 | 04523 | RECTANGLE PLUG (20X40) | 6 |
| 48 | 04524 | 50mm x 45mm BUSHING | 2 |
| 49 | 04525 | SQUARE SPACER (50x50) | 1 |
| 50 | 04526 | 2” ROUND BUSHING | 2 |
| 51 | 04527 | HAND GRIP | 4 |
| 52 | 04528 | ROUND BUMPER | 4 |
| 53 | 04529 | SQUARE BUMPER | 3 |
| 54 | 04530 | FOAM ROLL | 4 |
| 55 | 04531 | FOAM GRIP (LONG) | 2 |
| 56 | 04532 | FOAM GRIP | 2 |
| 57 | 04533 | ANKLE STRAP | 1 |
| 58 | 04534 | DOUBLE STRAP | 1 |
| 59 | 04535 | PT-1 POP PIN | 1 |
| 60 | 04536 | HOOK | 7 |
| 61 | 04537 | CHAIN | 3 |
| 62 | 04538 | WEIGHT SELECTION PIN | 1 |
| 63 | 04539 | LOWER CABLE (SHORT) | 1 |
| 64 | 04540 | BUTTERFLY CABLE | 1 |
| 65 | 04541 | UPPER CABLE (LONG) | 1 |
| 66 | 04542 | WEIGHT CABLE | 1 |
| 67 | 04543 | f19x215 PRESS BAR SHAFT | 1 |
| 68 | 04544 | f19x150 PRESS BAR SHAFT | 1 |
| 69 | 04545 | 3/8” X 7” HEX BOLT | 1 |
| 70 | | NONE | |
| 71 | 04546 | 3/8” X 4-3/8” HEX BOLT | 1 |
| 72 | 04547 | 3/8” X 4-1/8” HEX BOLT | 4 |
| 73 | 04548 | 3/8” X 4” HEX BOLT | 4 |
| 74 | 04549 | 3/8” X 3-1/2” HEX BOLT | 2 |
| 75 | 04550 | 3/8” X 3-5/8” HEX BOLT | 1 |
| 76 | 04551 | 3/8” X 3-1/4” HEX BOLT | 5 |
| 77 | 04552 | 3/8” X 3” HEX BOLT | 17 |
| 78 | 04553 | 3/8” X 2-3/4” HEX BOLT | 7 |
| 79 | 04554 | 3/8” X 2-1/2” HEX BOLT | 2 |
| 80 | 04555 | 3/8” X 2” HEX BOLT | 22 |
| 81 | 04556 | 5/16” X 1” HEX BOLT | 2 |
| 82 | 04557 | 3/8” X 3/4” HEX BOLT | 30 |
| 83 | 04558 | M10 X 25mm SCREW | 3 |
| 84 | 04559 | 5/16” X 2-1/2” HEX BOLT | 2 |
| 85 | 04560 | 5/16” LOCKNUT | 4 |
| 86 | 04561 | 3/8” LOCKNUT | 65 |
| 87 | 04562 | 5/8” LOCKNUT | 6 |
| 88 | 04563 | 5/8” WASHER | 6 |
| 89 | 04564 | 5/16” WASHER | 8 |
| 90 | 04565 | 3/8” WASHER | 161 |
| 91 | 04566 | 3/4” OIL BUSHING | 10 |
| 92 | 04567 | 12mm BUSHING | 2 |
| 93 | 04568 | 24mm BUSHING | 2 |
| 94 | 04569 | 7/16” X 1-1/2” ALLEN SCREW | 1 |
| 95 | 04570 | STOP PLATE | 1 |
| 96 | 04571 | WEIGHT PLATE | 1 |

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

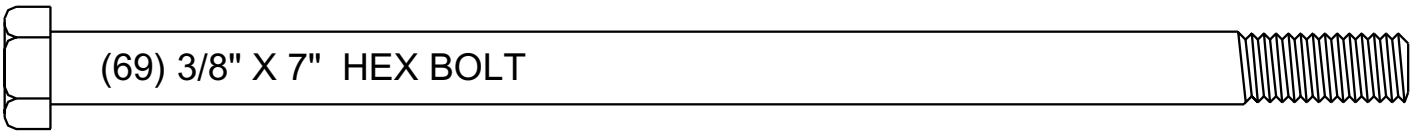
# HARDWARE - 1



(68) 19 x 215 PRESS BAR SHAFT



(67) 19 x150 PRESS BAR SHAFT



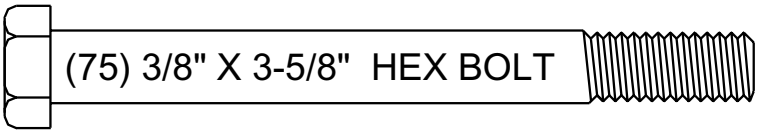
(69) 3/8" X 7" HEX BOLT

(71) 3/8" X 4-3/8" HEX BOLT

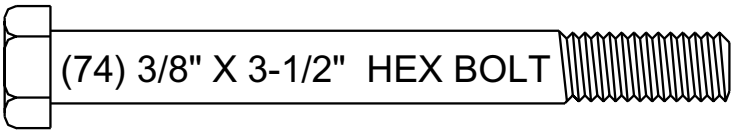
(72) 3/8" X 4-1/8" HEX BOLT

(73) 3/8" X 4" HEX BOLT

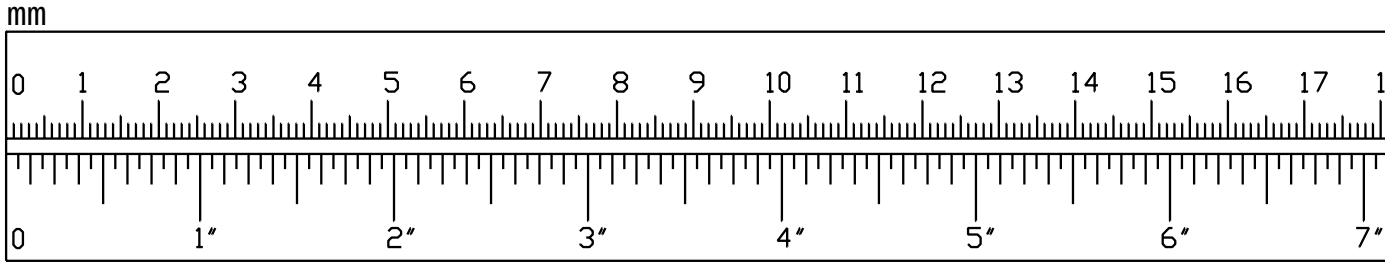
(70) NONE



(75) 3/8" X 3-5/8" HEX BOLT

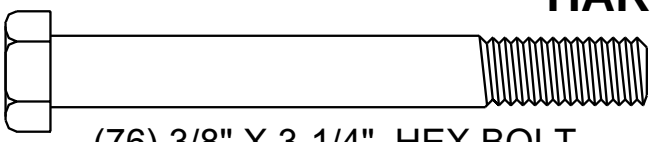


(74) 3/8" X 3-1/2" HEX BOLT

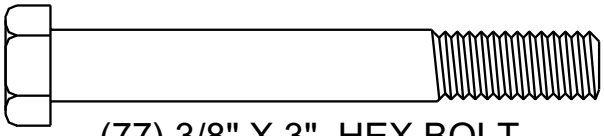



DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

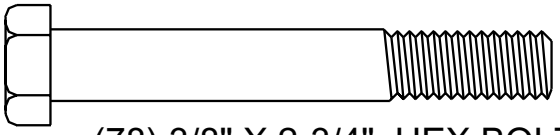
# HARDWARE - 2



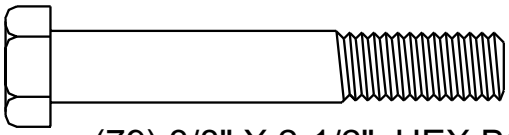
(76) 3/8" X 3-1/4" HEX BOLT



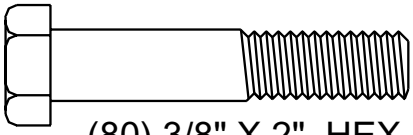
(77) 3/8" X 3" HEX BOLT



(78) 3/8" X 2-3/4" HEX BOLT

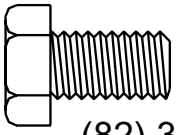


(79) 3/8" X 2-1/2" HEX BOLT

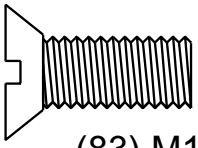


(80) 3/8" X 2" HEX BOLT

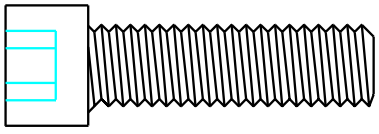
(81) 5/16" X 1" HEX BOLT



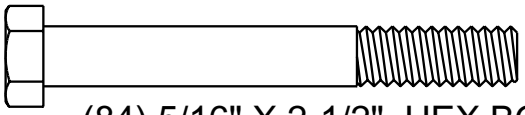
(82) 3/8" X 3/4" HEX BOLT



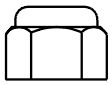
(83) M10 X 25mm SCREW



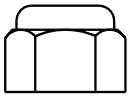
(94) 7/16" X 1-1/2" ALLEN SCREW



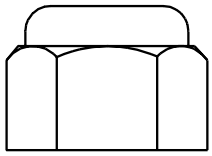
(84) 5/16" X 2-1/2" HEX BOLT



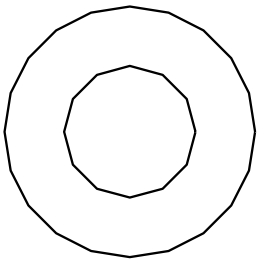
(85) 5/16 " LOCKNUT



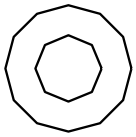
(86) 3/8" LOCKNUT



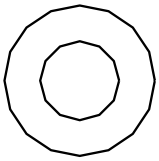
(87) 5/8" LOCKNUT



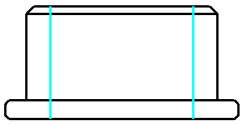
(88) 5/8" WASHER



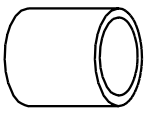
(89) 5/16" WASHER



(90) 3/8" WASHER

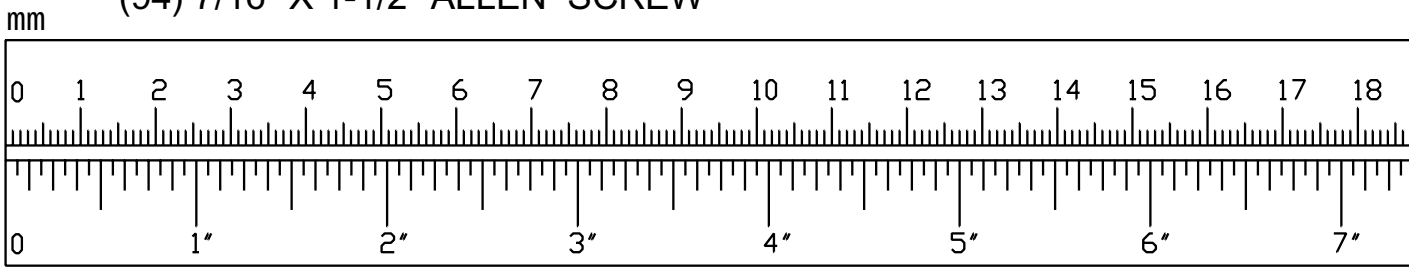


(91) 3/4" OIL BUSHING



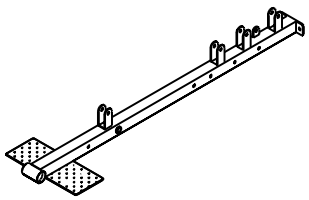
(92) 12mm BUSHING

(93) 24mm BUSHING

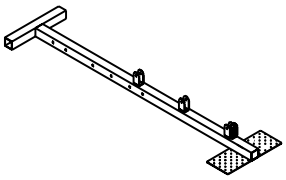



DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

# PARTS ILLUSTRATIONS - 1

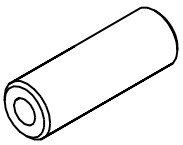


(1)RIGHT BASE BEAM



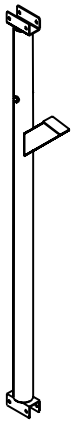
(2)LEFT BASE BEAM

(3)PULLEY BRACKET PLATE



(4)FOAM ROLL (BIG)

(5)RIGHT VERTICAL FRAME

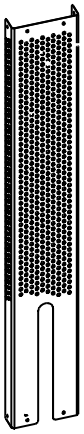


(6)CENTER VERTICAL FRAME

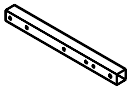
(7)LEFT VERTICAL FRAME



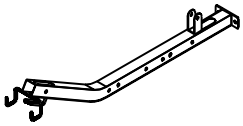
(8)GUIDE ROD



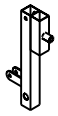
(9)SHROULD



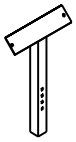
(10)LEFT TOP CROSS FRAME



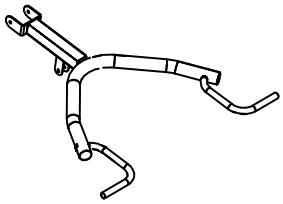
(11)RIGHT TOP CROSS FRAME



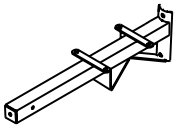
(12)LEG EXTESION



(13)CURL FRAME

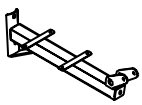


(14)PRESS BAR



(15)SEAT SUPPORT FRAME

(16)SUPPORT BEAM

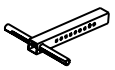


(17)LEFT SEAT CUSHION FRAME

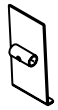
DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

# PARTS ILLUSTRATIONS - 2

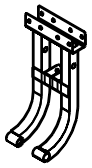
(18)CONNECT FRAME



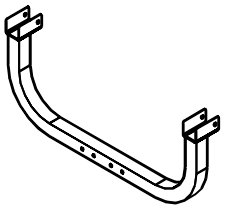
(19)FOOT PLATE EXTESION



(20)FOOT PLATE



(21)PRESS COLLUM



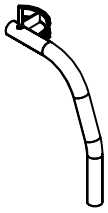
(22)PRESS ARM

(23)RIGHT PRESS HANDLE

(24)LEFT PRESS HANDLE

(25)BUTTERFLY EXTESION

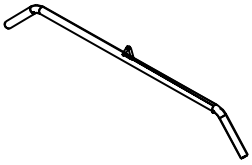
(26)RIGHT BUTTERFLY



(27)LEFT BUTTERFLY

(28)CENTER FRAME

(29)TOP CENTER FRAME



(30)LAT BAR

(31)CURL BAR

(32)FOAM ROD

(33)DOUBLE PULLEY BRACKET

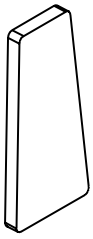
(34)DOUBLE PULLEY BRACKET

(35)SINGLE PULLEY BRACKET

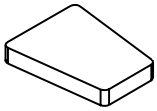
(36)CONNECT PIECE

(37)"U" LOCK

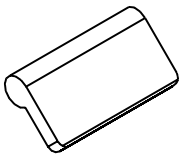
(38)SELECTION ROD



(39)BACK CUSHION



(40)SEAT CUSHION



(41)CURL CUSHION

(42)PULLEY

(43)1" ROUND END PLUG

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

# PARTS ILLUSTRATIONS - 3

(44)2"ROUND END PLUG

(45)SQUARE END PLUG (50X50)

(46)SQUARE END PLUG (45X45)

(47)SQUARE END PLUG (20X40)

(48)SQUARE BUSHING (50X45)

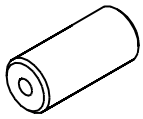
(49)SQUARE SPACER (50X50)

(50)2"ROUND BUSHING

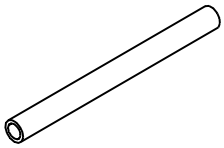
(51)HAND GRIP

(52)ROUND BUMPER

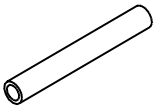
(53)SQUARE BUMPER



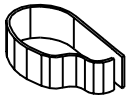
(54)FOAM ROLL



(55)GRIP FOAM (LONG)



(56)GRIP FOAM



(57)ANKLE STRAP

(58)DOUBLE STRAP

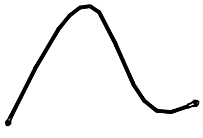
(59)PT-1 POP PIN

(60)HOOK

(61) CHAIN

(62) WEIGHT SELECTION PIN

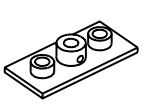
(63)LOWER CABLE (SHORT)



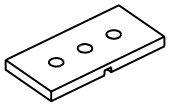
(64)BUTTERFLY CABLE

(65)UPPER CABLE (LONG)

(66) WEIGHT CABLE



(95)TOP PLATE



(96)WEIGHT PLATE

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

# IMPORTANT

**PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING**

**FIGURE 1**

Step 1. Push three 50mm SQUARE END PLUGS (45) onto LEFT BASE BEAM (2).

Step 2. Place CENTER VERTICAL FRAME (6) over last set of holes in LEFT BASE BEAM (2) and attach RIGHT BASE BEAM (1) and CENTER VERTICAL FRAME to LEFT BASE BEAM with 3/8" x 3-5/8" HEX BOLTS (76), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

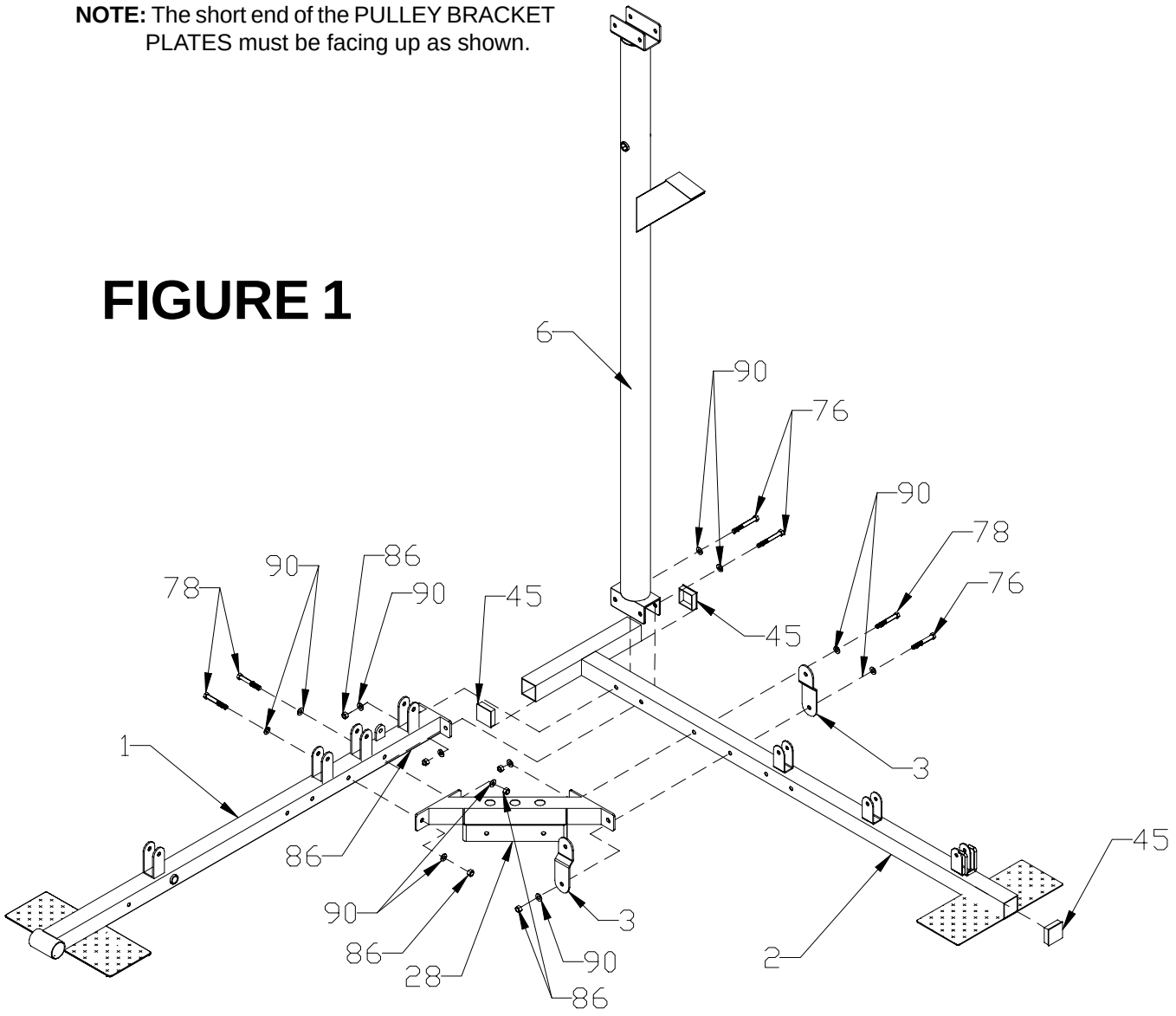
Step 3. Attach CENTER FRAME (28) to RIGHT BASE BEAM (1) with 3/8" x 2-3/4" HEX BOLTS (78), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 4. Attach CENTER FRAME (28), at the inside holes, to the LEFT BASE BEAM (2) with 3/8" x 2-3/4" HEX BOLTS (78), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 5. Attach CENTER FRAME (28) and PULLEY BRACKET PLATES (3), at outside holes, to the LEFT BASE BEAM (2) with 3/8" x 3-5/8" HEX BOLTS (76), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

**NOTE:** The short end of the PULLEY BRACKET PLATES must be facing up as shown.

# FIGURE 1

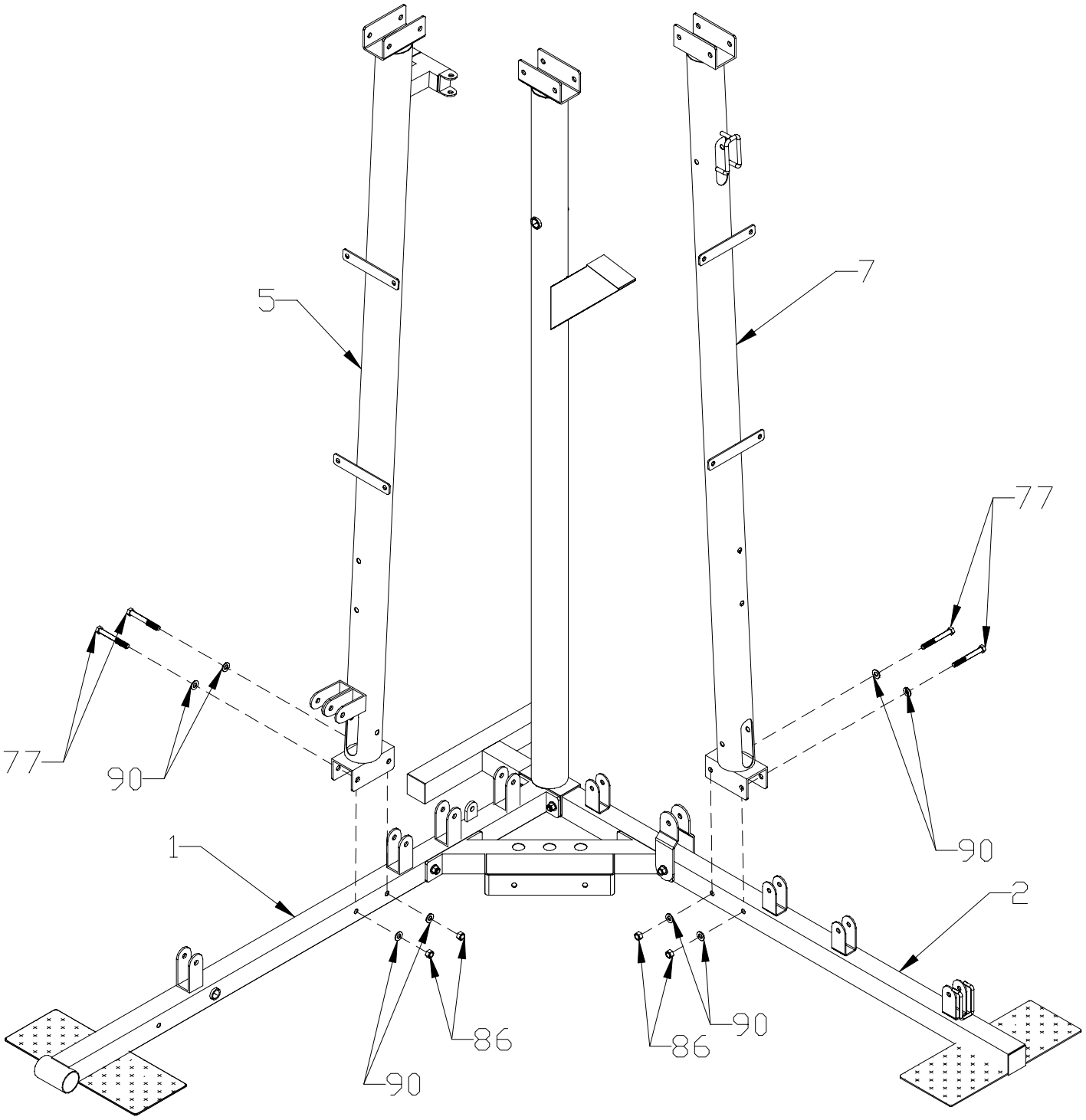



DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

**FIGURE 2**

Step 6. Attach RIGHT VERTICAL FRAME (5) to RIGHT BASE BEAM (1) with 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 7. Attach LEFT VERTICAL FRAME (7) to LEFT BASE BEAM (2) with 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).




# FIGURE 2

**FIGURE 3**

Step 8. Slide two ROUND BUMPERS (52) onto one end of each GUIDE ROD (8).

Step 9. Insert the GUIDE RODS (8) into the large outside holes in the CENTER FRAME (28) with ROUND BUMBERS (52) resting on CENTER FRAME.

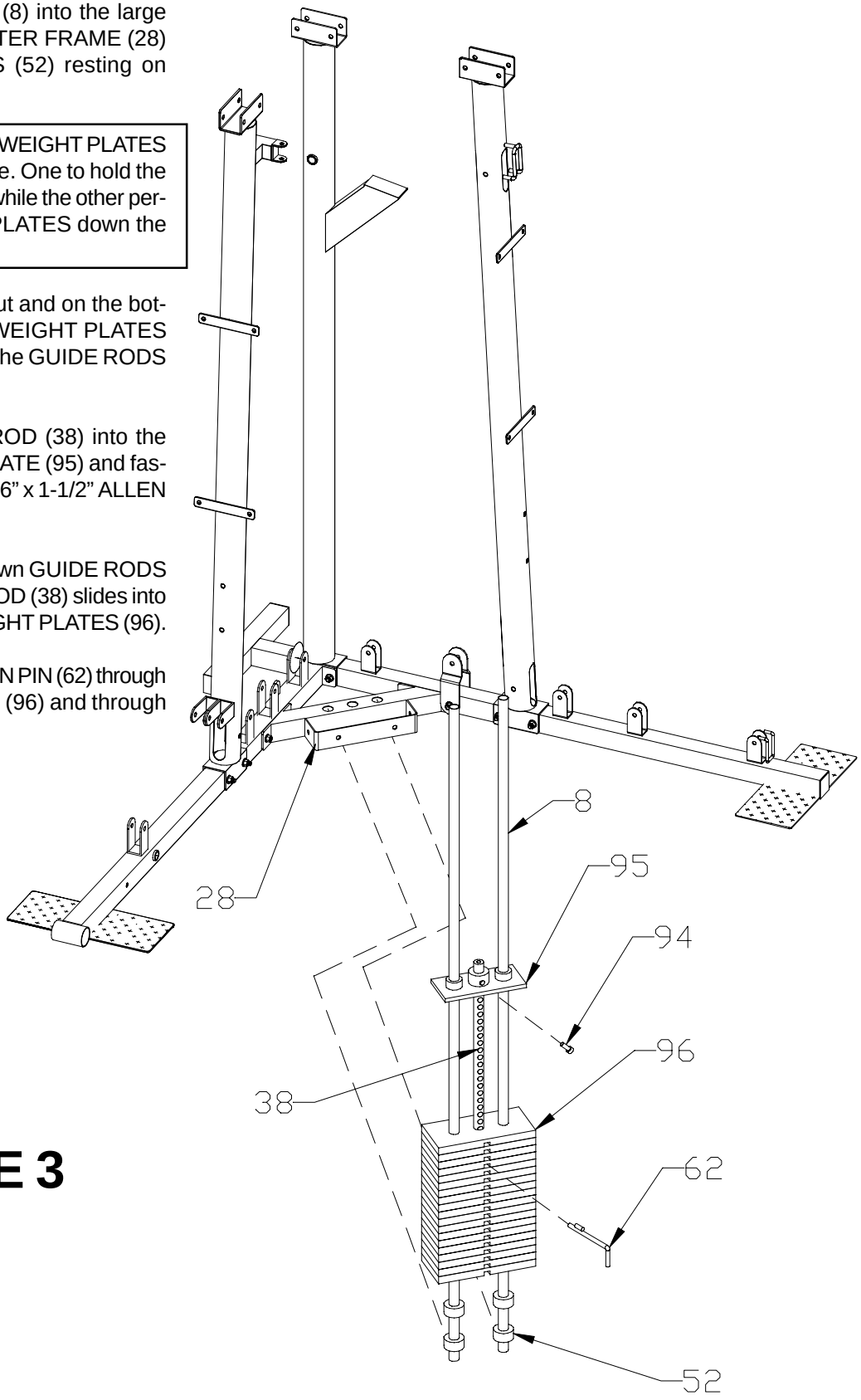
**IMPORTANT:** Loading the WEIGHT PLATES (96) will require two people. One to hold the GUIDE RODS (8) steady while the other person slides the WEIGHT PLATES down the GUIDE RODS.

Step 10. With the SLOTS facing out and on the bottom as shown, slide the WEIGHT PLATES (96), one at a time, down the GUIDE RODS (8).

Step 11. Insert the SELECTION ROD (38) into the center hole of the TOP PLATE (95) and fasten at the end hole with 7/16" x 1-1/2" ALLEN SCREW (94).

Step 12. Slide TOP PLATE (95) down GUIDE RODS (8) so that SELECTION ROD (38) slides into the center hole of the WEIGHT PLATES (96).

Step 13. Insert WEIGHT SELECTION PIN (62) through SLOT in WEIGHT PLATE (96) and through SELECTION ROD (38).




# FIGURE 3

**FIGURE 4**

Step 14. Push 50mm SQUARE END PLUGS (45) into ends of LEFT TOP CROSS FRAME (10) and RIGHT TOP CROSS FRAME (11).

Step 15. Attach LEFT TOP CROSS FRAME (10) to LEFT VERTICAL FRAME (7) with 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 16. Attach RIGHT TOP CROSS FRAME (11) to RIGHT VERTICAL FRAME (5) with 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 17. Attach TOP CROSS FRAMES (10 LEFT & 11 RIGHT) to CENTER VERTICAL FRAME (6) with 3/8" x 3-1/4" HEX BOLTS (76), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 18. Slide the TOP CENTER FRAME (29) down over the GUIDE RODS (8) and fasten with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).

Step 19. Attach TOP CENTER FRAME (29) to the LEFT TOP CROSS FRAME (10) and the RIGHT TOP CROSS FRAME (11) with 3/8" x 2-3/4" HEX BOLTS (78), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

# FIGURE 4

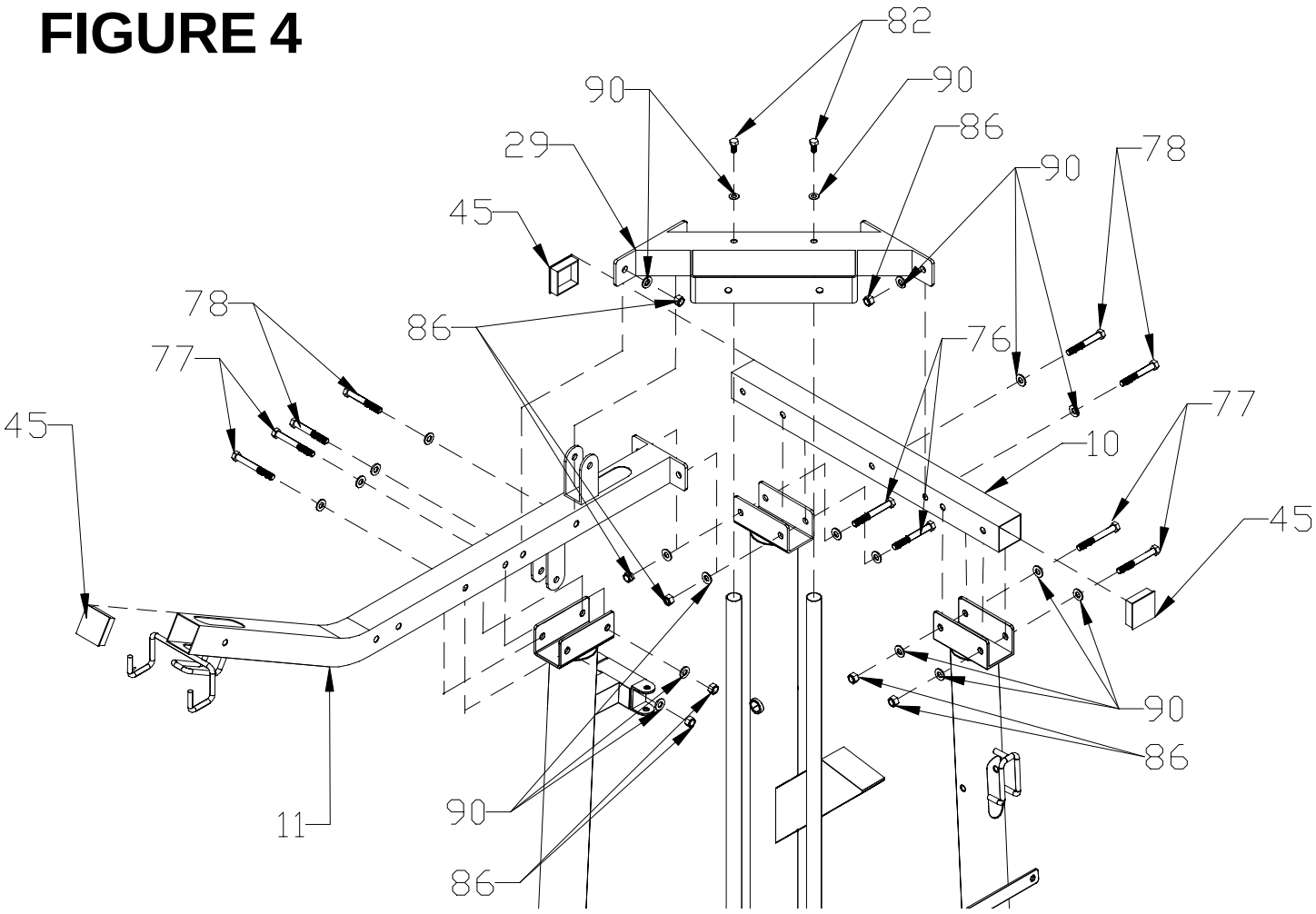


**FIGURE 5**

Step 20. Push 50mm SQUARE END PLUGS (45) into each side of BUTTERFLY EXTENSION (25) and 50mm SQUARE SPACER (49) over short end.

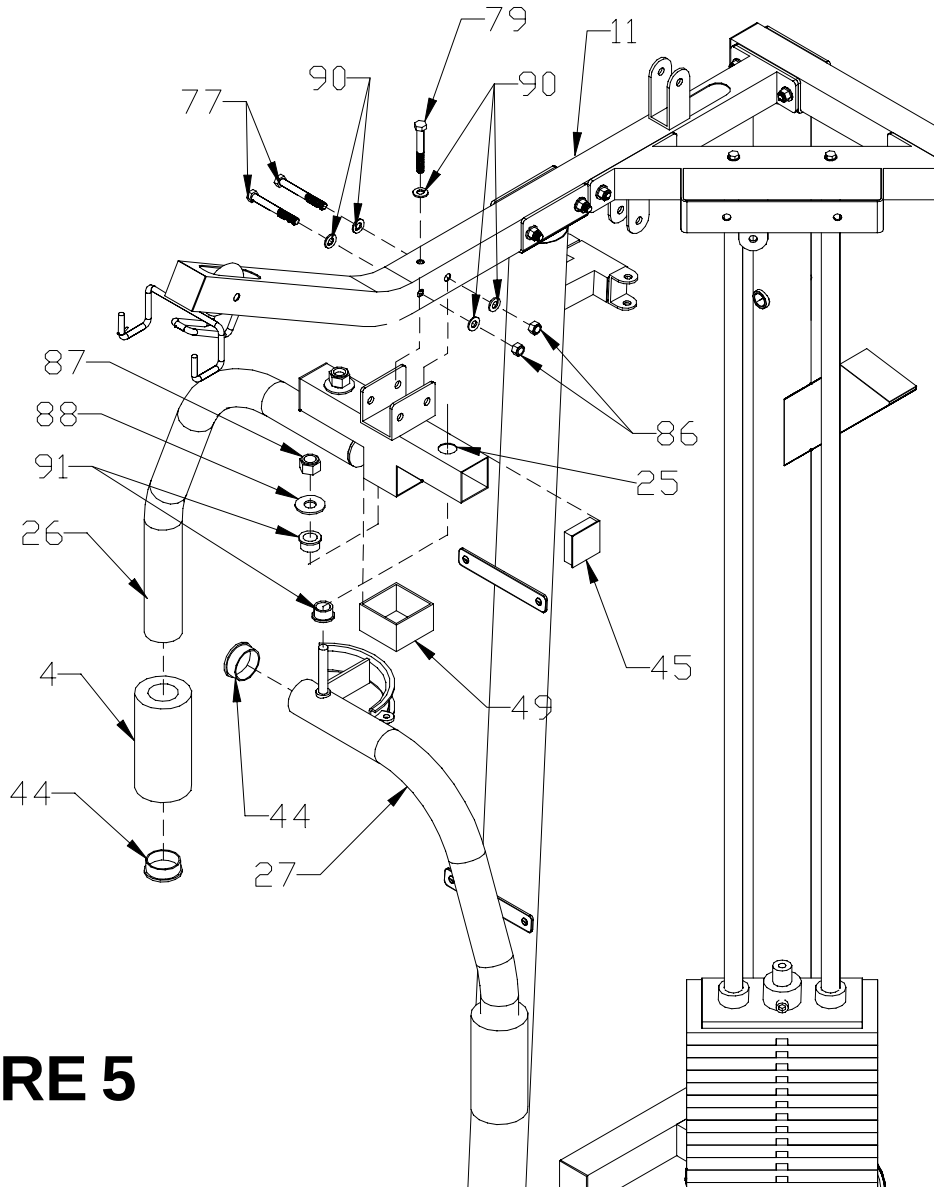
Step 21. Attach BUTTERFLY EXTENSION (25) to RIGHT TOP CROSS FRAME (11) with 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 22. Thread a 3/8" x 2-1/2" HEX BOLT (79) and 3/8" WASHER down through RIGHT TOP CROSS FRAME (11) into BUTTERFLY EXTENSION (25) and tighten.

Step 23. Push 2" ROUND END PLUGS (44) into each end of RIGHT BUTTERFLY (26) and LEFT BUTTERFLY (27).

Step 24. Using liquid soap, push a BIG FOAM ROLL (4) over end of BUTTERFLYS (26 RIGHT & 27 LEFT) until flush with end.

Step 25. Attach BUTTERFLYS (26 RIGHT & 27 LEFT) to BUTTERFLY EXTENSION (25) with 3/4" OIL BUSHINGS (91), 5/8" WASHERS (88) and 5/8" LOCKNUTS (87).
**NOTE:** DO NOT overtighten. BUTTERFLYS must pivot freely.




# FIGURE 5

**FIGURE 6**

Step 26. Thread a 5/8" LOCKNUT (87) onto **one end only** of 19 x 215 PRESS BAR SHAFT (67) until flush with end.

Step 27. Push four 3/4" OIL BUSHINGS (91) into PRESS COLUMN (21).

Step 28. Place a 5/8" WASHER (88) onto 19 x 215 PRESS BAR SHAFT (67) and slide up against 5/8" LOCKNUT (87).

Step 29. Insert 19 x 215 PRESS BAR SHAFT (67) through PRESS COLUMN (21) and RIGHT BASE BEAM (1) and fasten with 5/8" WASHER (88) and 5/8" LOCKNUT (87).

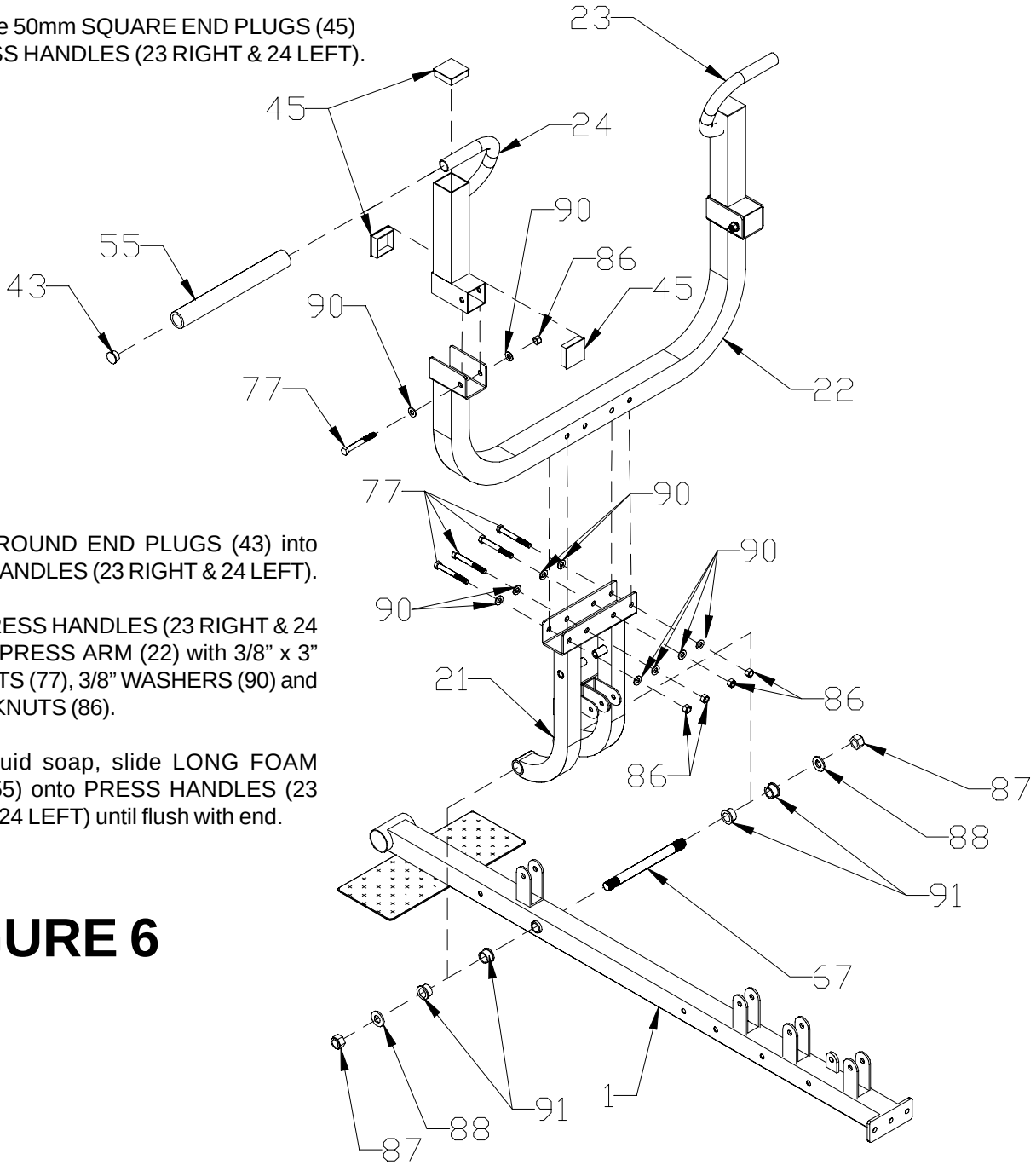
Step 30. Attach PRESS ARM (22), with brackets facing inward as shown, to PRESS COLUMN (21) using 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 31. Push three 50mm SQUARE END PLUGS (45) into PRESS HANDLES (23 RIGHT & 24 LEFT).

Step 32. Push 1" ROUND END PLUGS (43) into PRESS HANDLES (23 RIGHT & 24 LEFT).

Step 33. Attach PRESS HANDLES (23 RIGHT & 24 LEFT) to PRESS ARM (22) with 3/8" x 3" HEX BOLTS (77), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 34. Using liquid soap, slide LONG FOAM GRIPS (55) onto PRESS HANDLES (23 RIGHT & 24 LEFT) until flush with end.




# FIGURE 6

# BLANK PAGE

**FIGURE 7**

Step 35. Attach SQUARE BUMPER (53) to the end of SEAT SUPPORT FRAME (15) with M10 x 25mm SCREW (83).

Step 36. Attach SEAT SUPPORT FRAME (15) to RIGHT VERTICAL FRAME (5) with 3/8" x 4" HEX BOLTS (73), 3/8" WASHERS (90), CONNECT PLATE (36) and 3/8" LOCKNUTS (86).

Step 37. Push 20mm x 40 RECTANGLE PLUGS (47) into ends of SUPPORT BEAMS (16) and attach SUPPORT BEAMS to SEAT SUPPORT FRAME (15) and RIGHT BASE BEAM (1) with 3/8" x 4-1/8" HEX BOLTS (72), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 38. Push 2" ROUND BUSHINGS (50) into each side of RIGHT BASE BEAM (1).

Step 39. Push two 50mm SQUARE END PLUGS (45) and four 20mm x 40 RECTANGLE PLUGS (47) into CONNECT FRAME (18).

Step 40. Attach CONNECT FRAME (18) to RIGHT BASE BEAM (1) with 3/8" x 4-3/8" HEX BOLT (71), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 41. Slide 50mm x 45mm BUSHINGS (48) over each end of guide tube at top of CONNECT FRAME (18).

Step 42. Push 45mm SQUARE END PLUGS (46) into ends of FOOT PLATE EXTENSION (19) and insert FOOT PLATE EXTENSION through 50mm x 45mm BUSHINGS (48) and lock at desired position with "U" LOCK (37).

Step 43. Slide FOOT PLATES (20) onto FOOT PLATE EXTENSION (19) and fasten with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).
**NOTE:** DO NOT overtighten. FOOT PLATES must pivot freely.

# FIGURE 7

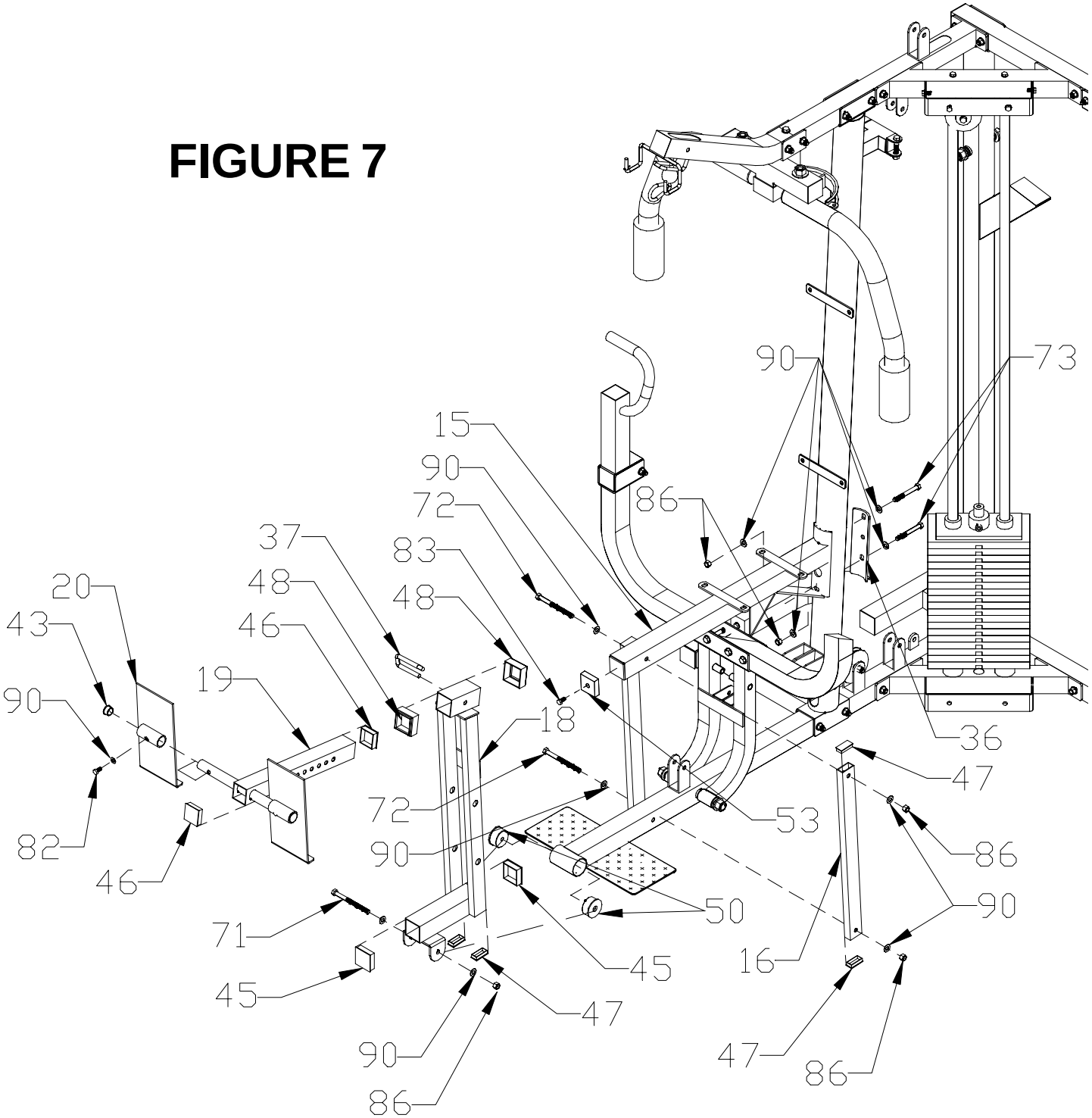

90
73
15
90
72
86
37
83
48
48
20
43
46
19
90
18
36
47
72
53
82
90
86
46
50
90
71
45
16
45
47
90
47
86
86

**FIGURE 8**

Step 44. Attach SQUARE BUMPER (53) to the end of LEFT SEAT CUSHION FRAME (17) with M10 x 25mm SCREW (83).

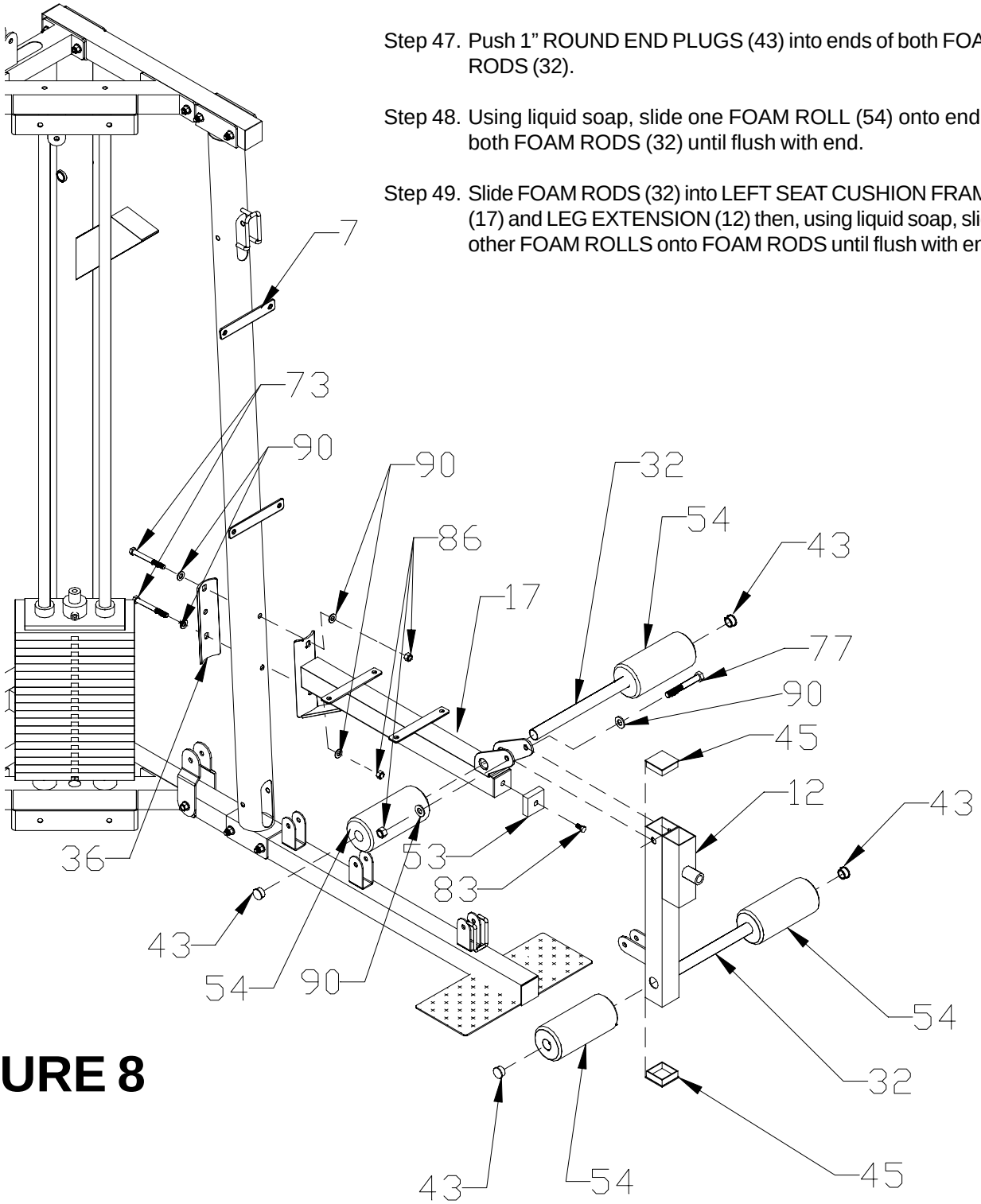
Step 45. Attach LEFT SEAT CUSHION FRAME (17) to LEFT VERTICAL FRAME (7) with 3/8" x 4" HEX BOLTS (73), 3/8" WASHERS (90), CONNECT PLATE (36) and 3/8" LOCKNUTS (86).

Step 46. Push two 50mm SQUARE END PLUGS (45) into ends of LEG EXTENSION (12) and attach LEG EXTENSION to LEFT SEAT CUSHION FRAME (17) with 3/8" x 3" HEX BOLT (77), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 47. Push 1" ROUND END PLUGS (43) into ends of both FOAM RODS (32).

Step 48. Using liquid soap, slide one FOAM ROLL (54) onto end of both FOAM RODS (32) until flush with end.

Step 49. Slide FOAM RODS (32) into LEFT SEAT CUSHION FRAME (17) and LEG EXTENSION (12) then, using liquid soap, slide other FOAM ROLLS onto FOAM RODS until flush with end.




# FIGURE 8

**FIGURE 9**

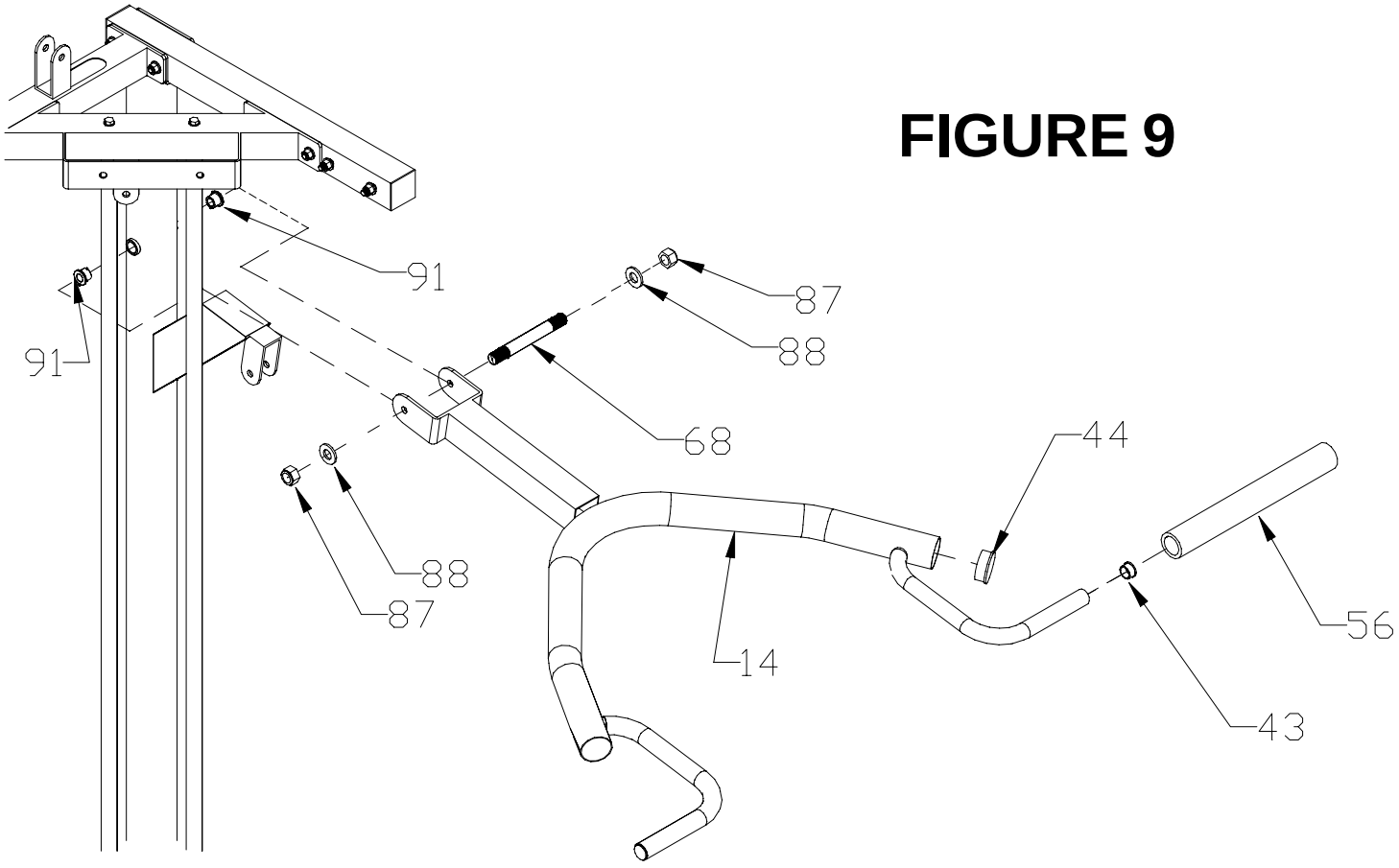
Step 47. Push 2” ROUND END PLUGS (44) and 1” ROUND END PLUGS (43) into PRESS BAR (14).

Step 48. Using liquid soap, slide FOAM GRIPS (56) onto PRESS BAR (14) until flush with end.

Step 49. Push 3/4” OIL BUSHINGS (91) into each side of CENTER VERTICAL FRAME (6).

Step 50. Thread one 5/8” LOCKNUT (87) onto one side of 19 x 150 PRESS BAR SHAFT (68) and slide a 5/8” WASHER (88) onto 19 x 150 PRESS BAR SHAFT until against 5/8” LOCKNUT.

Step 51. Place PRESS BAR (14) behind LEFT VERTICAL FRAME (7), not shown in this figure, and attach to CENTER VERTICAL FRAME (6) with 19 x 150 PRESS BAR SHAFT (68), 5/8” WASHER (88) and 5/8” LOCKNUT (87).

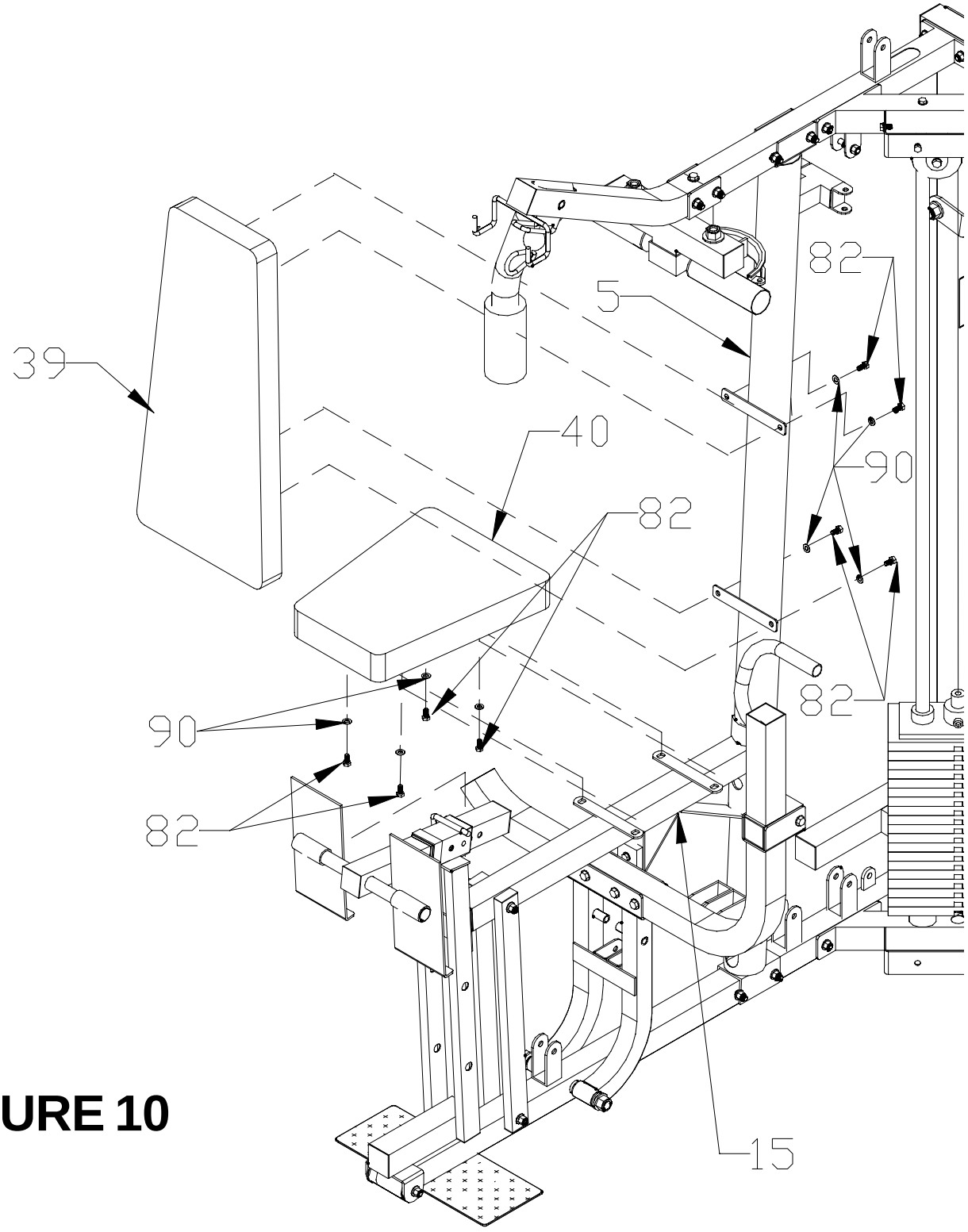



# FIGURE 9

**FIGURE 10**

Step 52. Attach BACK CUSHION (39) to RIGHT VERTICAL FRAME (5) with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).

Step 53. Attach SEAT CUSHION (40) to SEAT SUPPORT FRAME (15) with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).




# FIGURE 10

**FIGURE 11**

Step 54. Attach BACK CUSHION (39) to LEFT VERTICAL FRAME (7) with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).

Step 55. Attach SEAT CUSHION (40) to LEFT SEAT CUSHION FRAME (17) with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).

Step 56. Push 45mm SQUARE END PLUG (46) into end of CURL FRAME (13) and attach CURL CUSHION (41) to CURL FRAME with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).

Step 57. Thread PT-1 POP PIN (59) into LEG EXTENSION (12) until tight.

Step 58. Pull out on PT-1 POP PIN (59), insert CURL FRAME (13) into LEG EXTENSION (12) and release PT-1 POP PIN to lock in desired position.

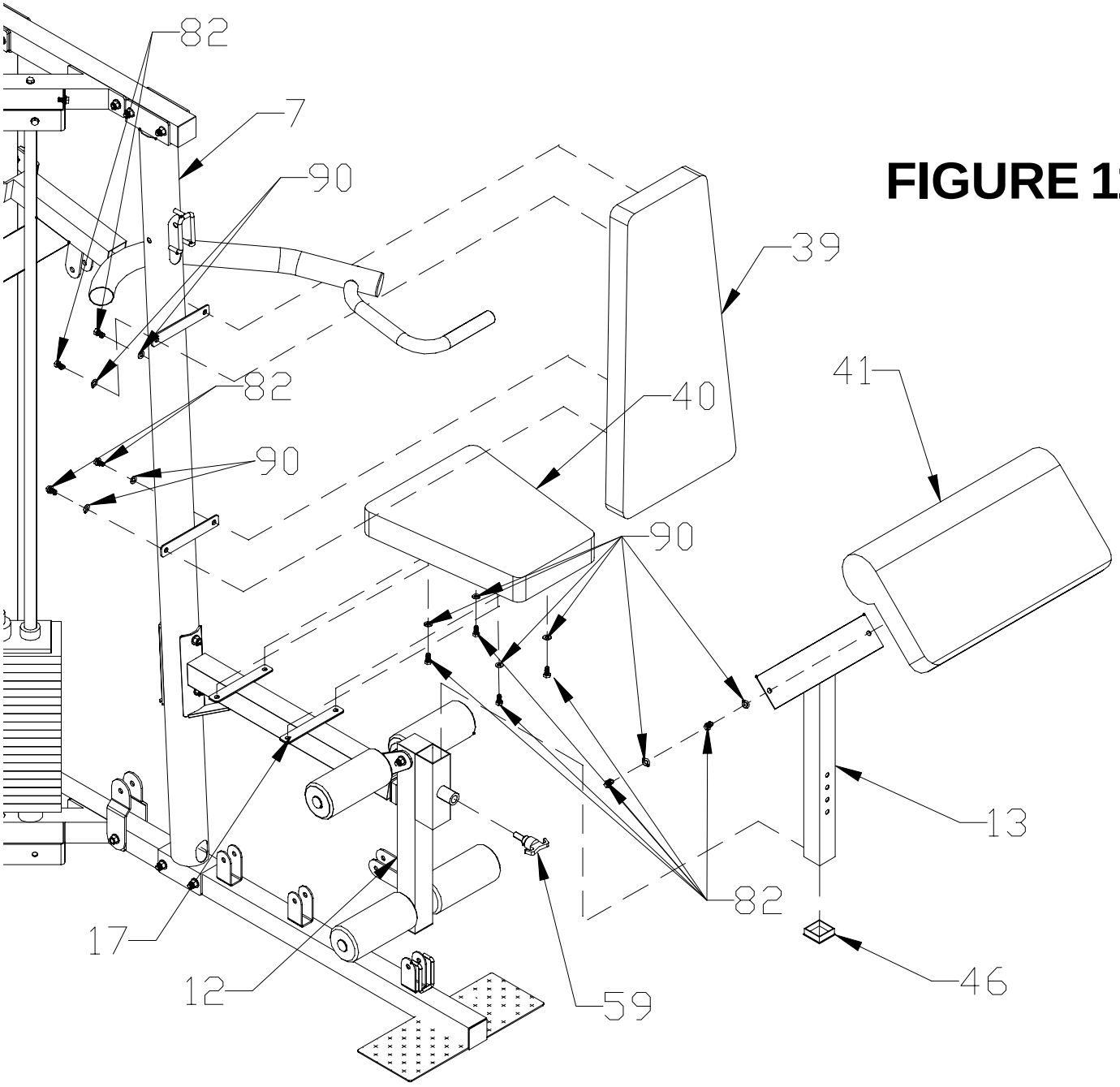



**FIGURE 11**

**FIGURE 12**

Step 59. Attach SINGLE PULLEY BRACKETS (35) to RIGHT VERTICAL FRAME (5) with 5/16" x 2-1/2" HEX BOLTS (84), 5/16" WASHERS (89) and 5/6" LOCKNUTS (85).

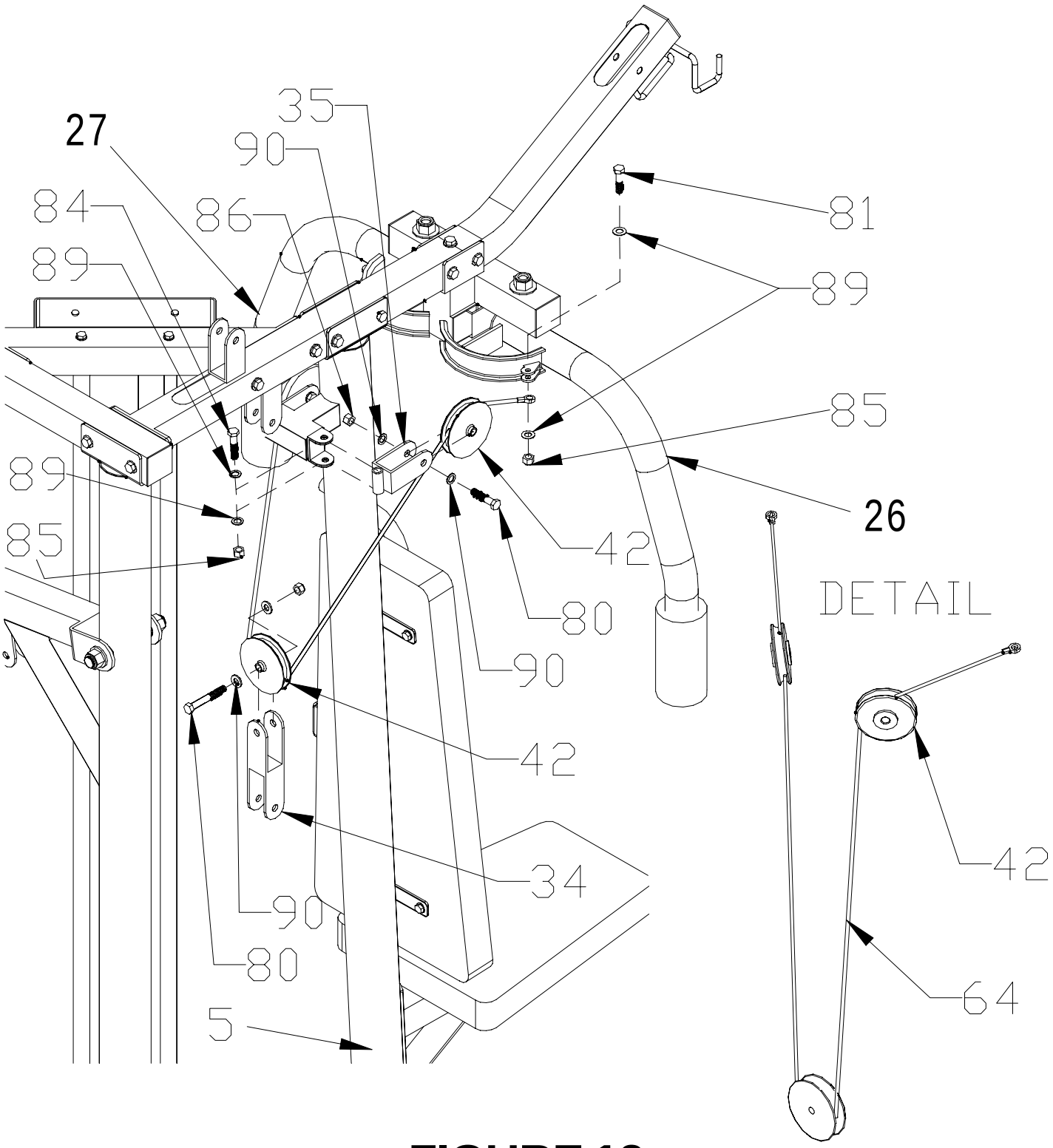
Step 60. Attach PULLEYS (42) to SINGLE PULLEY BRACKETS (35) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 61. Attach a PULLEY (42) to one side of DOUBLE PULLEY BRACKET (34) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUTS (86).

Step 62. Attach one end of BUTTERFLY CABLE (64) to RIGHT BUTTERFLY (26) with 5/16" x 1" HEX BOLT (81) 5/16" WASHERS (89) and 5/16" LOCKNUT (85).

Step 63. See DETAIL, and thread BUTTERFLY CABLE (64) over top of PULLEY (42) in SINGLE PULLEY BRACKET (35), then under PULLEY in DOUBLE PULLEY BRACKET (34) and up through other SINGLE PULLEY BRACKET over top of PULLEY.

Step 64. Attach BUTTERFLY CABLE (64) to LEFT BUTTERFLY (27) with 5/16" x 1" HEX BOLT (81) 5/16" WASHERS (89) and 5/16" LOCKNUT (85).




# FIGURE 12

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

**FIGURE 13**

Step 65. Attach a PULLEY (42) at upper hole of CONNECT FRAME (18) with 3/8" x 4-1/8" HEX BOLT (72), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 66. Attach one PULLEY (42) to the PRESS COLUMN (21) with 3/8" x 7" HEX BOLT (69), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 67. Attach two PULLEYS (42) to the double bracket of the PRESS COLUMN (21) and double bracket at bottom of RIGHT VERTICAL FRAME (5) with 3/8" x 3-1/2" HEX BOLTS (74), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 68. Attach PULLEYS (42) to the three single brackets on the RIGHT BASE BEAM (1) with 3/8" x 2" HEX BOLTS (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 69. Attach PULLEY (42) to other end of DOUBLE PULLEY BRACKET (34) with 3/8" x 2" HEX BOLTS (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 70. Attach PULLEYS (42) to the two single brackets on the RIGHT TOP CROSS FRAME (11) with 3/8" x 2" HEX BOLTS (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 71. Attach PULLEU (42) in slot of RIGHT TOP CROSS FRAME (11) with 3/8" x 2-1/2" HEX BOLT (79), 3/8" WASHERS (90), 12mm BUSHINGS (92) and 3/8" LOCKNUT (86).

Step 72. Attach one PULLEY (42) to DOUBLE PULLEY BRACKET (33) with 3/8" x 2" HEX BOLTS (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

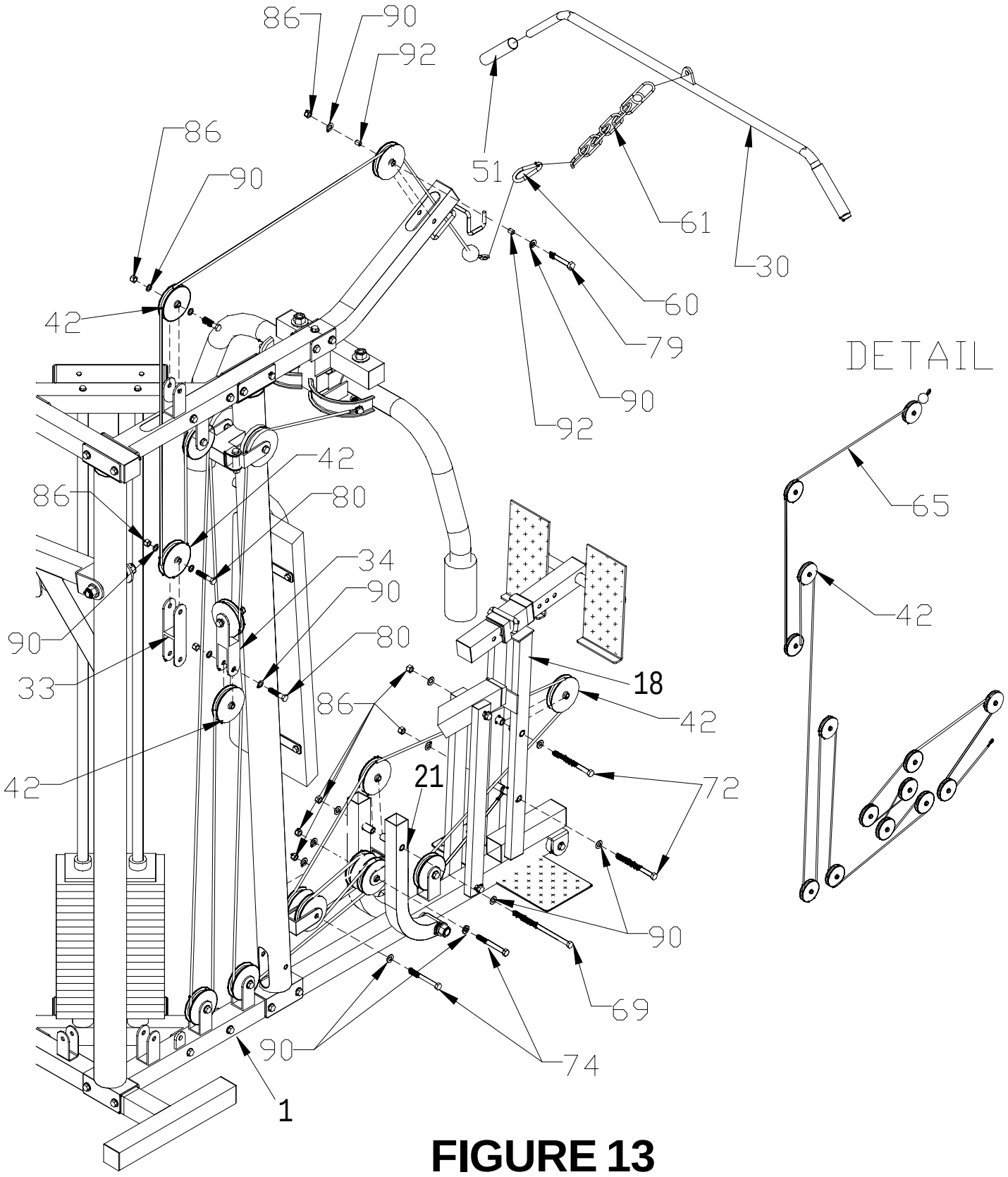
Step 73. Insert eye end of the UPPER CABLE (65) up through slot in RIGHT TOP CROSS FRAME (11) and over PULLEY (42).

Step 74. See DETAIL, and continue to route the cable as shown.

Step 75. Attach the eye end of the UPPER CABLE (65) at the lower hole in the CONNECT FRAME (18) with 3/8" x 4-1/8" HEX BOLT (72), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 76. Using liquid soap, slide HAND GRIPS (51) onto each end of LAT BAR (30).

Step 77. Attach LAT BAR (30) to UPPER CABLE (65) with HOOK (60) or with two HOOKS and CHAIN (61).


86
90
92
86
90
51
61
30
60
79
42
90
92
DETAIL
42
65
86
80
34
90
90
80
33
18
86
42
42
21
72
90
69
90
74
1

# FIGURE 13

**FIGURE 14**

Step 78. Insert cable adjuster end of WEIGHT CABLE (66) through slot in LEFT VERTICAL FRAME (7) down in front of PRESS BAR (14).

Step 79. Thread cable adjuster of WEIGHT CABLE (66) into SELECTION ROD (38) about 3 or 4 turns and tighten locking nut against SELETCTION ROD.
**NOTE:** Over time the cables will need to be adjusted to remove excess slack. This can be done by threading the cable adjuster into the SELECTION ROD until the slack has been removed and then tighten locking nut against SELECTION ROD.

Step 80. Push 23mm BUSHINGS (93) into each side of LEFT VERTICAL FRAME (7) on each side of slot.

Step 81. **NOTE:** Attachment of the five PULLEYS (42) used with the WEIGHT CABLE (66) will require the WEIGHT CABLE be placed in groove of PULLEY as it is attached.
Attach PULLEY in slot of LEFT VERTICAL FRAME (7) with 3/8" x 3-5/8" HEX BOLT (75), 3/8" WASHER (90) and 3/8" LOCKNUT (86).

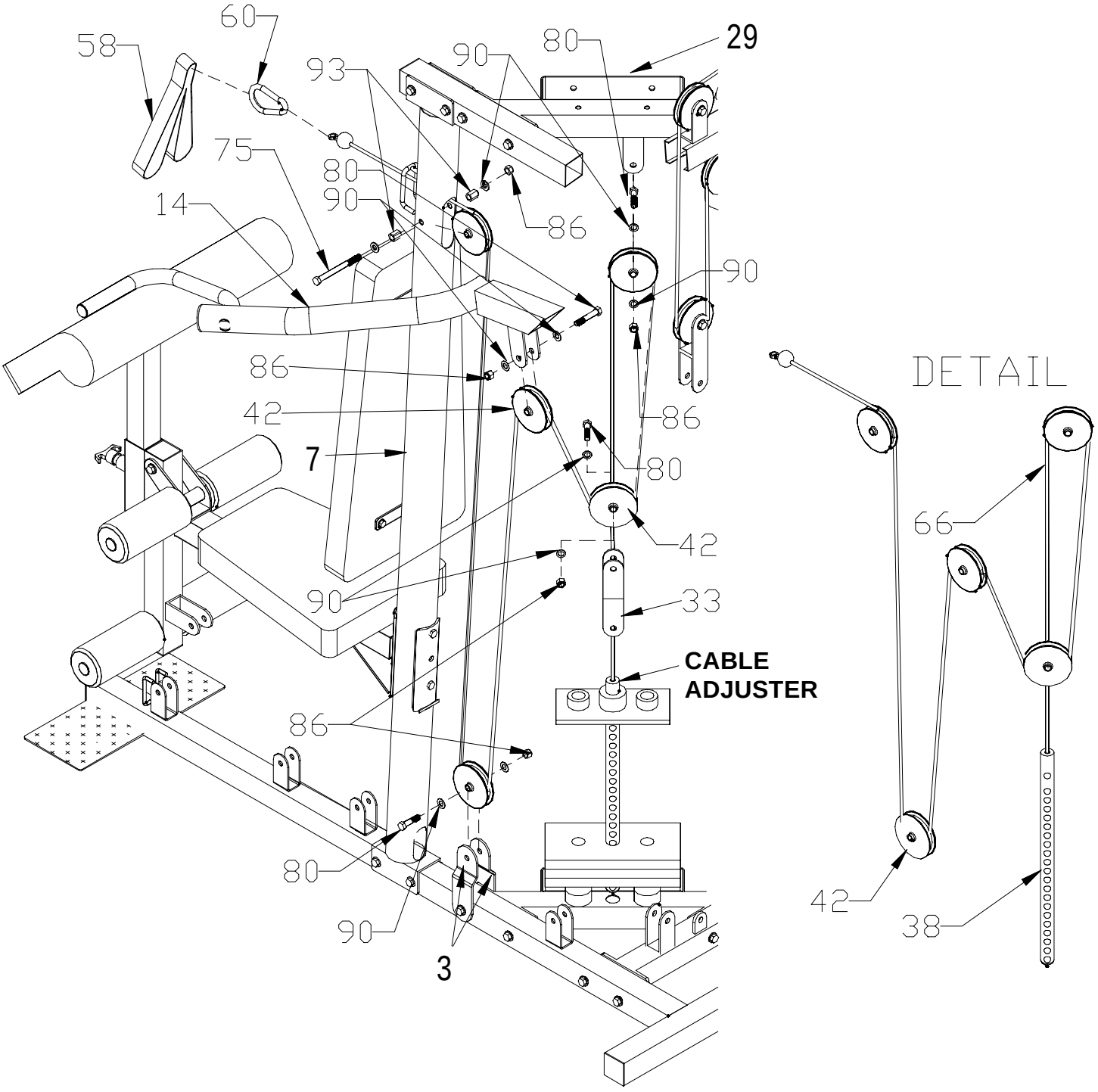
Step 82. Attach PULLEY (42) between PULLEY BRACKET PLATES (3) with 3/8" x 2" HEX BOLT (80), 3/8" WASHER (90) and 3/8" LOCKNUT (86).

Step 83. Attach PULLEY (42) to bracket on bottom of PRESS BAR (14) with 3/8" x 2" HEX BOLT (80), 3/8" WASHER (90) and 3/8" LOCKNUT (86).

Step 84. Attach PULLEY (42) to bracket on bottom of TOP CENTER FRAME (29) with 3/8" x 2" HEX BOLT (80), 3/8" WASHER (90) and 3/8" LOCKNUT (86).

Step 85. Attach a PULLEY (42) to one end of second DOUBLE PULLEY BRACKET (33) with 3/8" x 2" HEX BOLT (80), 3/8" WASHER (90) and 3/8" LOCKNUT (86).

Step 86. Attach DOUBLE STRAP (58) to end of WEIGHT CABLE (66) with HOOK (60).


60
58
93
90
80
29
75
80
90
14
86
90
86
42
7
80
86
42
90
33
CABLE
ADJUSTER
86
80
90
3
DETAIL
66
42
38

# FIGURE 14

**FIGURE 15**

Step 87. Insert the eye end of the LOWER CABLE (63) through slot at bottom of LEFT VERTICAL FRAME (7) and under PULLEY (42) attached between the PULLEY BRACKET PLATES (3).

Step 88. Attach eye end of LOWER CABLE (63) to TAB on RIGHT BASE BEAM (1) with HOOKS (60) and CHAIN (61).
**NOTE:** When removing slack from cables, first adjust CHAIN to remove most of the slack. Then adjust the cable adjuster for small amounts.

Step 89. **NOTE:** Attachment of the eight PULLEYS (42) used with the LOWER CABLE (63) will require the LOWER CABLE be placed in groove of PULLEY as it is attached.
Attach PULLEY to upper DOUBLE PULLEY BRACLET (33) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 90. Attach PULLEY (42) to end bracket of RIGHT BASE BEAM (1) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 91. Attach PULLEY (42) to other DOUBLE PULLEY BRACKET (33) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 92. Attach PULLEY (42) to end bracket of LEFT BASE BEAM (2) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 93. Attach PULLEY (42) to bracket next to LEFT VERTICAL FRAME (7) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 94. Attach PULLEY (42) to bracket on LEG EXTENSION (12) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 95. Attach PULLEYS (42) to last two brackets on LEFT BASE BEAM (2) with 3/8" x 2" HEX BOLT (80), 3/8" WASHERS (90) and 3/8" LOCKNUT (86).

Step 96. Attach CURL BAR (31) or ANKLE STRAP (57) to end of LOWER CABLE (63) with HOOK (60) or HOOKS and CHAIN (61).

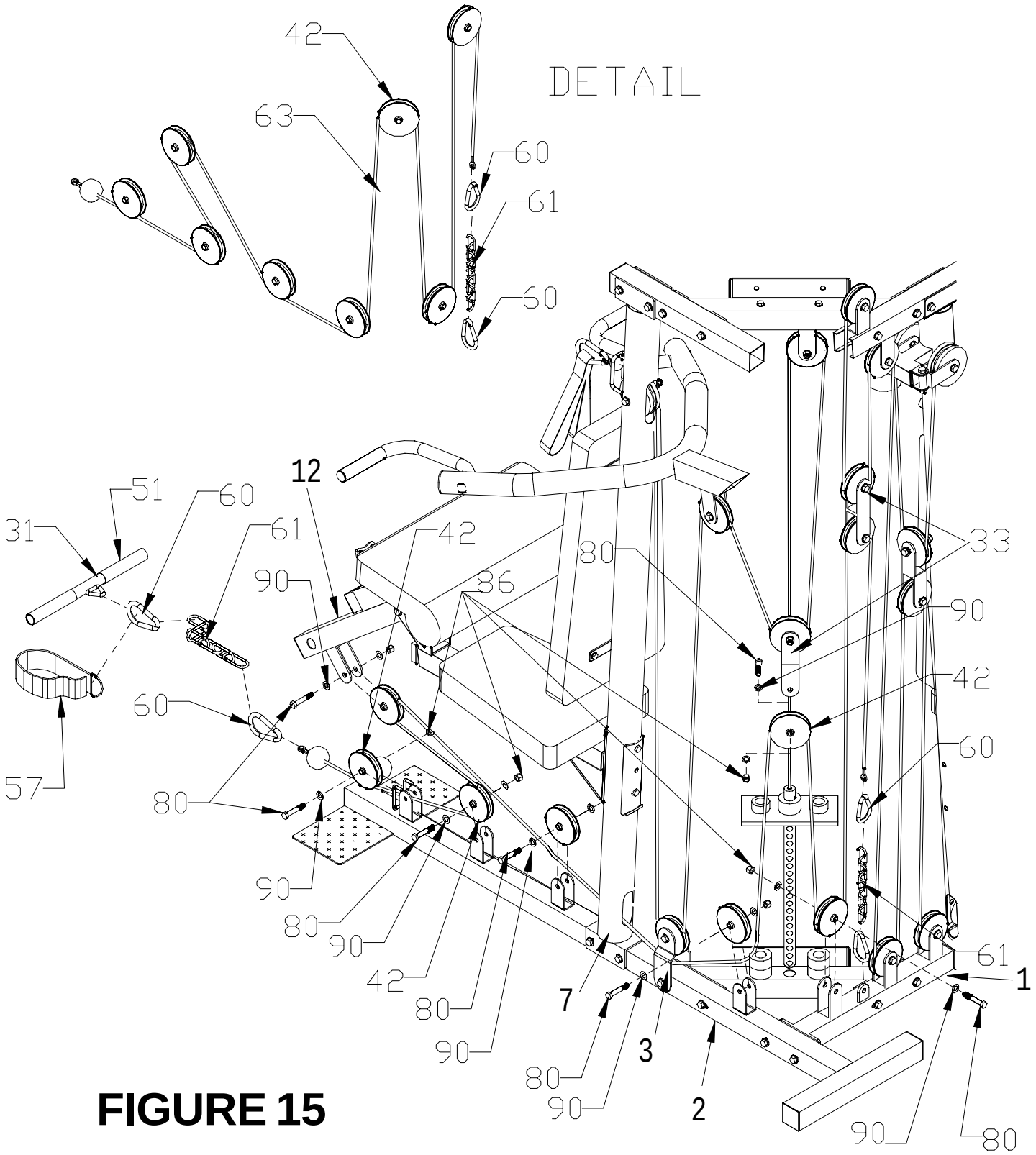
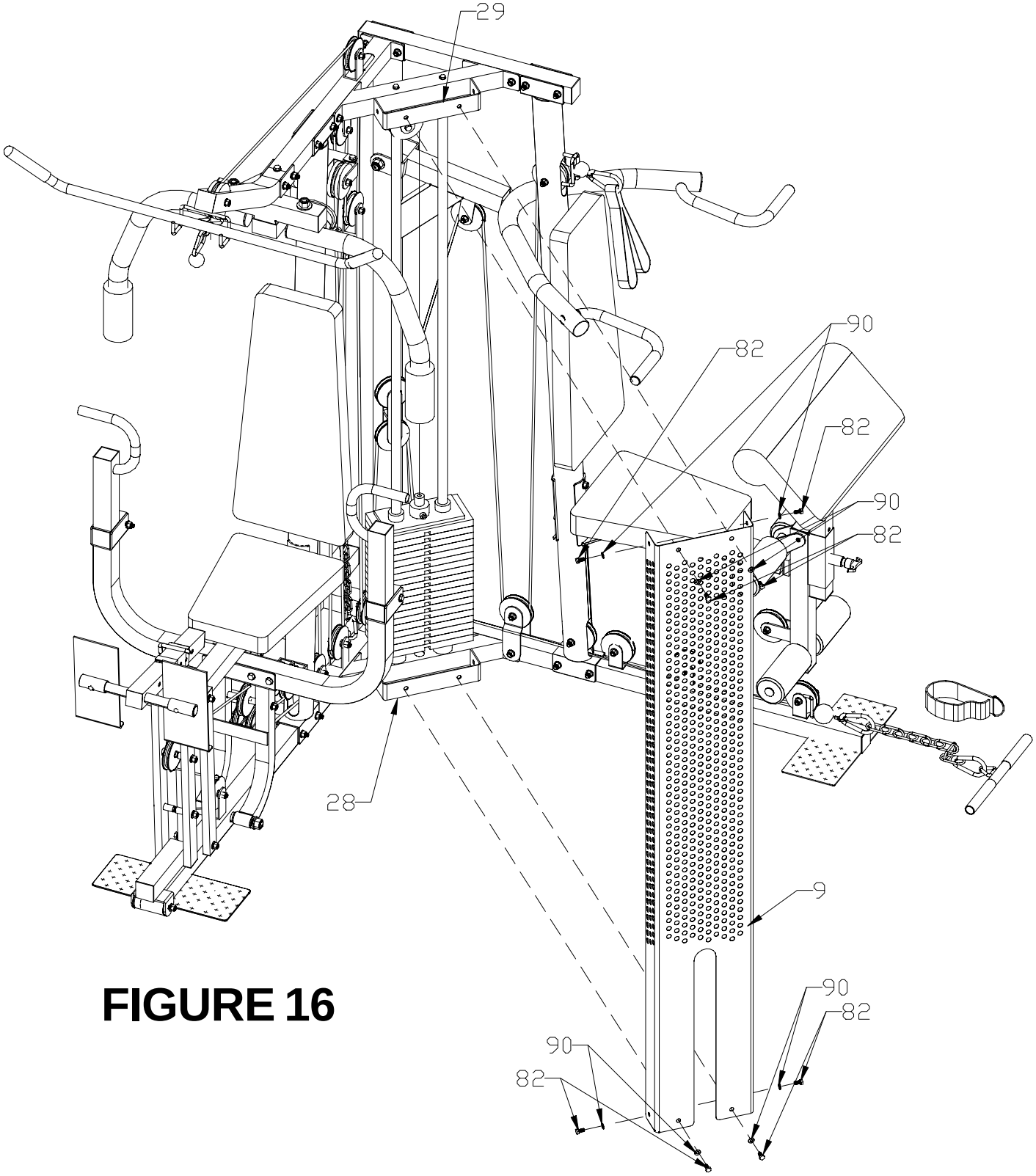

DETAIL
42
63
60
61
60
12
51
60
31
61
42
90
86
80
33
90
42
60
57
60
80
90
80
90
42
80
90
80
90
61
1
7
3
2
90
80

**FIGURE 15**

**FIGURE 16**

Step 97. Attach SHROUD (9) to CENTER FRAME (28) and TOP CENTER FRAME (29) with 3/8" x 3/4" HEX BOLTS (82) and 3/8" WASHERS (90).




# FIGURE 16

# BLANK PAGE

# BLANK PAGE

# Universal Fitness™ Limited Warranty

Universal Fitness™ (a division of FF Acquisition Corp.) warrants to the original owner of this Universal Fitness™ 70000 Series Weight Bench, the following components to be free from defects in material and workmanship for the period specified. To establish warranty rights, the purchaser must retain the bill of sale. This warranty is only valid if the equipment is purchased from an authorized Universal Fitness™ dealer for home use.
**Any Commercial, Light Commercial or Institutional use voids this warranty.** Defective parts will be repaired or replaced at the option of Universal Fitness™. All labor is the responsibility of the owner.

**Warranty Period** (begins at date of purchase)

| COMPONENT | PERIOD | COMPONENT | PERIOD |
|---|---|---|---|
| Frame | Lifetime | Bushing/Bearings | 1 Year |
| Weight Plates | 1 Year | Cable/Pulleys | 1 Year |
| Foam Rolls | 1 Year | Seats and Back Cushions | 3 Years |
| | | All other | 90 Days |

## EXCEPTIONS AND CONDITIONS

Failures due to improper assembly, neglect, alteration or modification, damage, misuse, repairs other than by an Universal Authorized Service Center or lack of maintenance (see Owners Manual) are not covered by this warranty. This warranty does not cover damages sustained during shipment or transportation of equipment. Any damage in transit should be filed with the carrier.

Please note that it is our policy to replace components and not entire machines or assemblies. We may also first attempt to repair structural components to make them functional as designed, the result of which may be visible. Repair of the products as provided under this warranty is the exclusive remedy of the customer.

The coated steel frame is rust-resistant in most settings. However, rusting/corrosion is outside the scope of the warranty. We recommend that if this machine is to be installed in high humidity areas (like outdoors, near a pool or by a hot tub, etc.), the owner apply an automotive wax to delay the onset of corrosion. Sweat, cleaner, body lotions and sunlight can be corrosive and are the responsibility of the owner.

Universal Fitness™ shall not be responsible for injury, loss of use of the Universal Fitness™ product, inconvenience. Loss of damage to personal property, weather direct or indirect, and incidental or consequential damages. This warranty and all warranties that may be implied under state law, including but not limited to warranties of merchantability and warranties of fitness for any purpose, expire with transfer of ownership from the original owner. Any implied warranty of merchantability or fitness for any particular purpose shall be limited for one year.

## Replacement and repair Expenses

Universal Fitness™ will prepay for shipment of replacement /repair parts to owner by standard ground transportation as long as it falls under the “warranty of the product”. All other cost are the responsibility of the owner of the machine (for example: labor charges for service, removal, reinstallation or shipping/handling/delivery charges for returning component to Universal Fitness™).

## How To Make A Warranty-Covered Claim

Should your machine require warranty service, please **first** contact the Universal Fitness™ Authorized Dealer from which you purchased this machine. Your dealer may offer you assistance in making the warranty claim or may be a Universal Fitness™ Authorized Service Center. Before contacting either your dealer or Universal Fitness™, please do the following:

1. Refer to the parts list in your Owners Manual to help identify the part numbers of the part/component on question.
2. Write down the serial number (located on the frame).
3. Have available a copy of your dealer’s bill of sale (with date of purchase indicated).

If your dealer is unable to help you, please use the following number to contact Universal Fitness™ about your warranty claim: **[1-800-521-6233 (US), 1-800-707-1880 (Canada)]** between the hours of 8:00 am and 5:00 pm (CST). Or write to Universal Fitness™ (a Division of FF Acquisition Corp.), Attn.: Customer Service-Parts P O Box 1296 West Point, MS 39773

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com

# Owner's Purchase Record

Universal Eight Station PLUS Corner Gym (Model # 75015)

Date Purchased _____

Purchased From _____

Serial Number _____

**IMPORTANT**
Save your sales receipt.
You may wish to tape or staple it into the manual.

Revised 11.04.02

All rights reserved.
Made in China.
No part of this booklet may be reproduced or utilized in any form by any means, electronic, mechanical or otherwise, without the expressed written consent of the copyright holder.

DO NOT TAKE or SEND PRODUCT BACK to where this product was purchased. Please contact Universal Fitness/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-521-6233 or Fax 1-662-495-5038 or E-mail at customerservice@universal-fitness.com.** Mailing address: Universal Fitness/FFA Corp. - 100 Tubb Ave. West Point MS 39773. Web sight www.universal-fitness.com