

PWR Play

Assembly Manual

PP-ACO, PP-ACOF5, PP-ADC, PP-AP, PP-AP41, PP-AXO, PP-BLNKSHRD, PP-BM, PP-BX, PP-CORE, PP-DIP, PP-DPH, PP-DPL, PP-FCO, PP-FXO, PP-HAR, PP-HL, PP-LP, PP-LPD, PP-PP, PP-RP, PP-RPL, PP-RW, PP-RWD, PP-SB, PP-SC, PP-STP, PP-SX, PP-TP



Part Number
1006701-0001 AA

CYBEX[®]

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Safety

Safety Information

It is the sole responsibility of the purchaser of CYBEX INTERNATIONAL INC. products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT CYBEX INTERNATIONAL INC. CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737.

This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact CYBEX INTERNATIONAL INC. with any questions regarding this classification.

It is recommended that all users of CYBEX INTERNATIONAL INC. exercise equipment be informed of the following information prior to use.

Access Control

CYBEX INTERNATIONAL INC. recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

Installation

SECURING EQUIPMENT - CYBEX INTERNATIONAL INC. requires that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor. See [Bolt to Floor Guidelines](#) for installation procedure.

Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that CYBEX INTERNATIONAL INC. equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all CYBEX INTERNATIONAL INC. equipment use only replacement parts supplied by CYBEX INTERNATIONAL INC..
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult CYBEX INTERNATIONAL INC. if uncertain).
- Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
- MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact CYBEX INTERNATIONAL INC. for a replacement.
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.

- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. CYBEX INTERNATIONAL INC. will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- Before any use, examine all accessories approved for use with the CYBEX INTERNATIONAL INC. equipment for damage or wear.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE CYBEX INTERNATIONAL INC. EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

Operating Warnings

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- Keep children away from strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

Selectorized Weight Stack Systems

- Use only weight selector pins supplied by CYBEX INTERNATIONAL INC. on weight stacks. Substitutes are forbidden.
- Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
- Never pin the weight stack in an elevated position.
- Never remove selector pin if any weights are suspended.
- Never attempt to release jammed weights or parts.
- Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by CYBEX INTERNATIONAL INC..

Warnings and Cautions

Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.

Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.

Contact [Cybex Customer Service](#) to replace any worn or damaged labels.

General Warning Label

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Body Weight Strap Training Label

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THIS PRECAUTION TO AVOID INJURY!

DO NOT USE any body weight strap training devices with this equipment unless the equipment is secured to the floor.

Contact LIFE FITNESS with questions.

Carriage Label

⚠ WARNING

Carriage Will Fall If Pull-pin Is Not Fully Engaged.



Ensure Full Engagement As Illustrated Here To Avoid Injury.

Serial Number Label

CYBEX
 9525 WEST BRYN MAWR AVE.
 ROSEMONT, IL 60018
 USA 1-508-533-5183




www.cybexintl.com. Class: 5 Studio

Model: XXXXXX
 Manufactured in USA with US and Foreign parts

Max. User Wt:
 Max. Training Wt:
 S/N: XXXXXXXXXX.....

XXXXXXXX.....



Weight At Handle Label

Weight stack label indicates resistance for each handle

Pinch Hazard Label



Power Pivot Label

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. **ALWAYS** be aware of your surroundings.
2. Maintain control of the bar at all times. **DO NOT THROW.**
3. Use only resistance bar provided with the equipment.
4. Ensure resistance bar is fully seated in housing before performing exercise.
5. **CAUTION:** Range of motion is limited by the **YELLOW GUARD.**
6. Maximum capacity: 150 lbs (68kg).
7. Use only weight plates with 2.0" bore for training weight. Do not increase weight resistance by any other means.
8. Seek Assistance if there are any issues or questions.
9. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

ENG

Description	Location
General Warning Label	Tower Frame
Body Weight Strap Training Label	Tower Frame
Carriage Label	Carriage
Serial Number Label	Tower Frame and Top or Lower Mount of Stations
Weight At Handle Label	Top of Weight Stack
Pinch Hazard Label	Pinch Points
Power Pivot Label	Lower Mount of Power Pivot

Customer Service

Product Registration

To register product do the following:

1. Visit www.cybexintl.com.
2. Locate Product Registration in the Support section.
3. Fill out form completely.
4. Click the **Submit** button to register product.

Ordering Parts

To order parts online go to www.cybexintl.com.

To speak with a customer service representative, call 800-351-3737 (for customers living within the USA) or 847-288-3700 (for customers outside the USA).

The following information located on the serial number decal will assist our Cybex representatives in serving you.

- Unit Serial Number, Product Name and Model Number
- Part Description and Part Number if you have it. All parts can be found on the web at www.cybexintl.com
- Shipping Address
- Contact Name
- Include a description of the problem.

In addition to your shipping address and contact name, your account number is helpful but not required. You may also fax orders to 800-216-8893.

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system is used when returning material for placement, repair or credit. The system assures that returned materials are properly handled and analyzed. Follow the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request a RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

Please contact [Cybex Customer Service](#) for the return of any item that is defective.

Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return. Provide the model and serial number of your Cybex equipment.

At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you a RMA number and will send you an ARS label. The ARS label and the RMA numbers must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include the description of the problem, the serial number of the equipment and the name and address of the owner in the package along with the part(s).

Merchandise returned without an RMA number on the outside of the package or shipments sent COD will not be accepted by the Cybex receiving department.

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.)

Apparent Damage

Upon receipt of your shipment, check all items carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carrier's refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage


Damage not seen with a visual check upon receipt of a shipment but noticed later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the delivery date. Keep all shipping containers and packing materials as they will be needed in the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage claim is the carrier's responsibility.

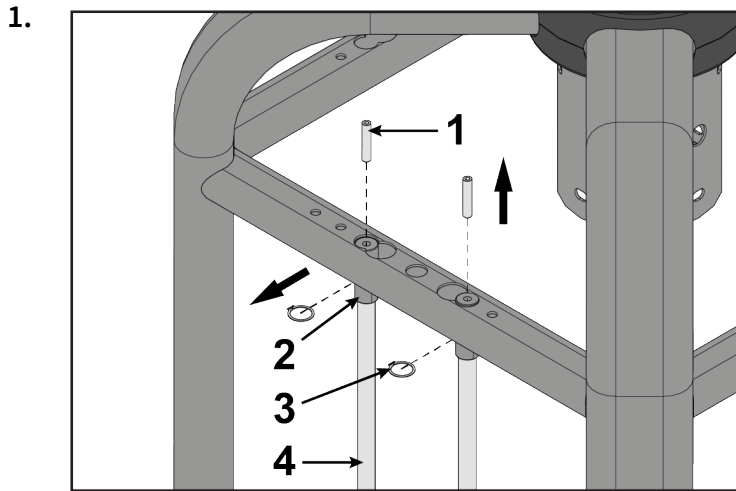
Assembly

Install Weight Stacks

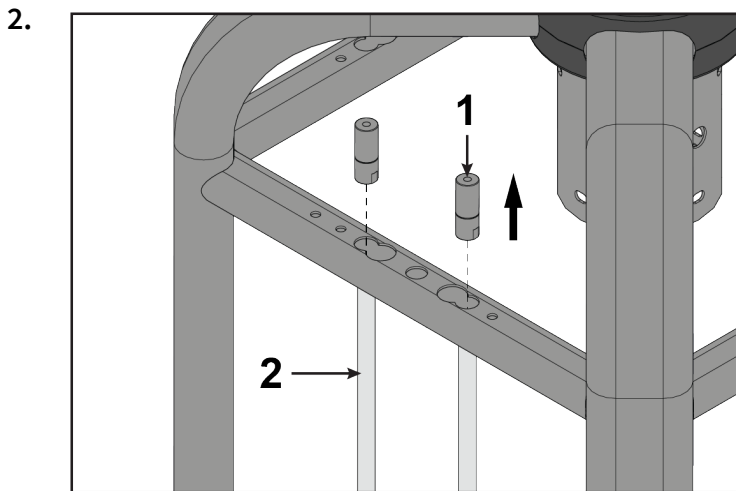
Tools Required:

- 5 mm Allen wrench
- Retaining ring pliers
- Torque wrench

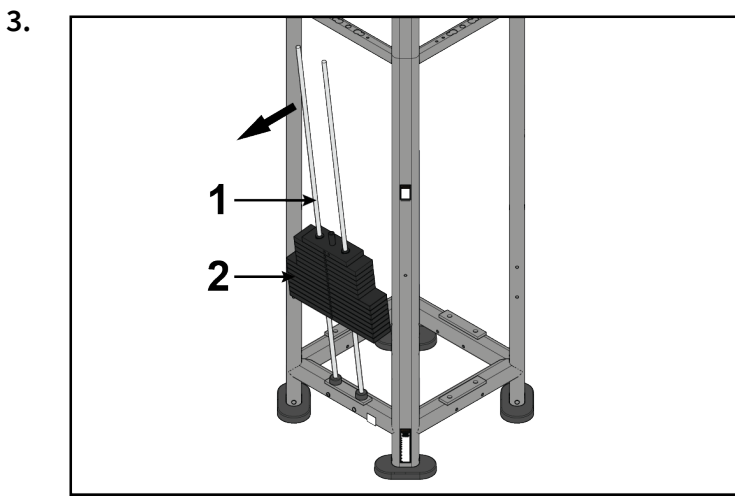
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).



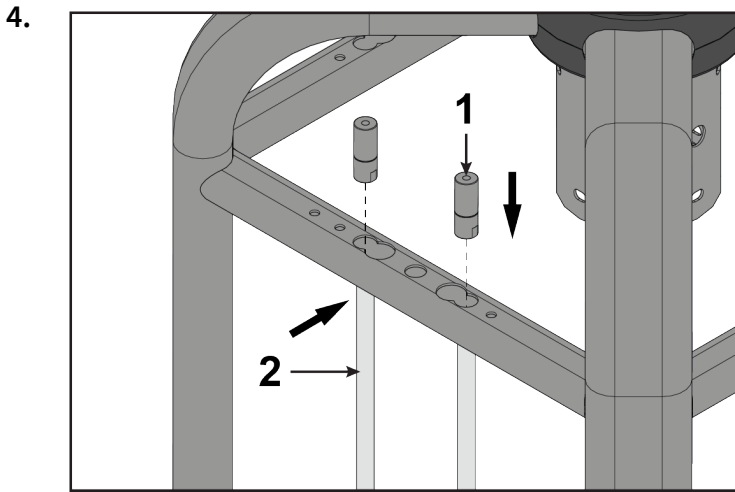
	Description	Qty
1	Screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2



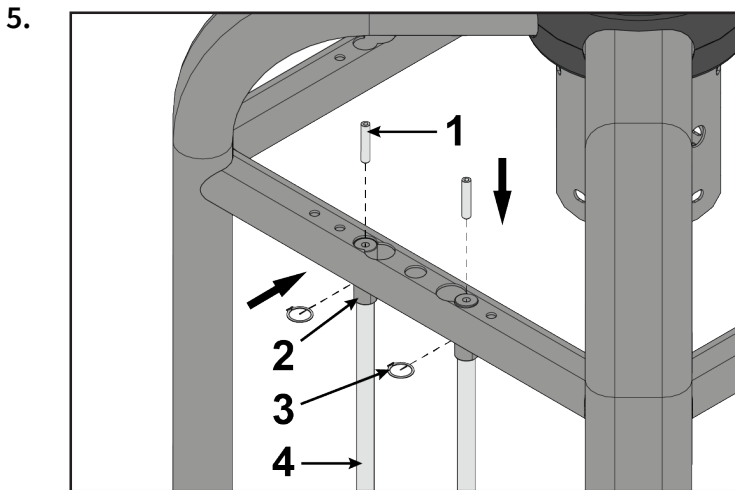
	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2



	Description	Qty
1	Guide rod	2
2	Weight stack	See Weight Stack Table



	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2



	Description	Qty
1	Set screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2

Weight Stack Table

Product	Weight Stack	Weight Plates
Attached Cable Crossover (PP-ACO)	2 x 190 lb./95 kg. stack	10 lb./4.5 kg. plate (x12) 15 lb./6.8 kg. plate (x16)
Free Standing Cable Crossover (PP-ACOFS)	2 x 190 lb./95 kg. stack	10 lb./4.5 kg. plate (x12) 15 lb./6.8 kg. plate (x16)


Product	Weight Stack	Weight Plates
Assist Dip Chin (PP-ADC)	295 lb./147.5 kg. stack	20 lb./9 kg. plate (x19)
Adjustable Cable Column (PP-AP)	190 lb./91 kg. stack	10 lb./4.5 kg. plate (x6) 15 lb./6.8 kg. plate (x8)
Adjustable Pulley 4:1 (PP-AP41)	390 lb./195 kg. stack	15 lb./6.8 kg. plate (x19)
Embedded Cable Crossover (PP-AXO)	2 x 190 lb./91 kg. stack	10 lb./4.5 kg. plate (x12) 15 lb./6.8 kg. plate (x16)
Dual Pulley High (PP-DPH)	290 lb./145 kg. stack	20 lb./9 kg. plate (x14)
Dual Pulley Low (PP-DPL)	290 lb./145 kg. stack	20 lb./9 kg. plate (x14)
Attached High Low Crossover (PP-FCO)	2 x 190 lb./95 kg. stack	10 lb./4.5 kg. plate (x12) 15 lb./6.8 kg. plate (x16)
Embedded High Low Crossover (PP-FXO)	2 x 190 lb./91 kg. stack	10 lb./4.5 kg. plate (x12) 15 lb./6.8 kg. plate (x16)
High Low (PP-HL)	190 lb./91 kg. stack	10 lb./4.5 kg. plate (x6) 15 lb./6.8 kg. plate (x8)
Lat Pull (PP-LP)	260 lb./127 kg. stack	15 lb./6.8 kg. plate (x6) 20 lb./9 kg. plate (x8)
Dual Lat Pull (PP-LPD)	260 lb./127 kg. stack	15 lb./6.8 kg. plate (x6) 20 lb./9 kg. plate (x8)
Row (PP-RW)	260 lb./127 kg. stack	15 lb./6.8 kg. plate (x6) 20 lb./9 kg. plate (x8)
Dual Row (PP-RWD)	260 lb./127 kg. stack	15 lb./6.8 kg. plate (x6) 20 lb./9 kg. plate (x8)
Triceps Pushdown (PP-TP)	190 lb./95 kg. stack	10 lb./4.5 kg. plate (x6) 15 lb./6.8 kg. plate (x8)

Install Top Mount

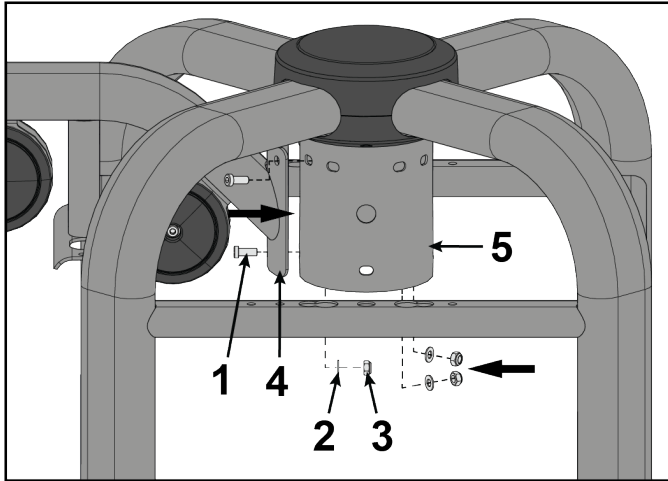
The following procedure shows how to install the top mounts to the CORE for the following products: PP-AP, PP-AP41, PP-AXO, PP-ACOFs, PP-ACO, PP-ADC, PP-FCO, PP-FXO, PP-HL, PP-LP, PP-LPD, PP-RP, PP-RPL, PP-RWD, PP-RW, and PP-TP.

Tools Required:

- 7 mm Allen wrench
- 17 mm Open end wrench
- Torque wrench

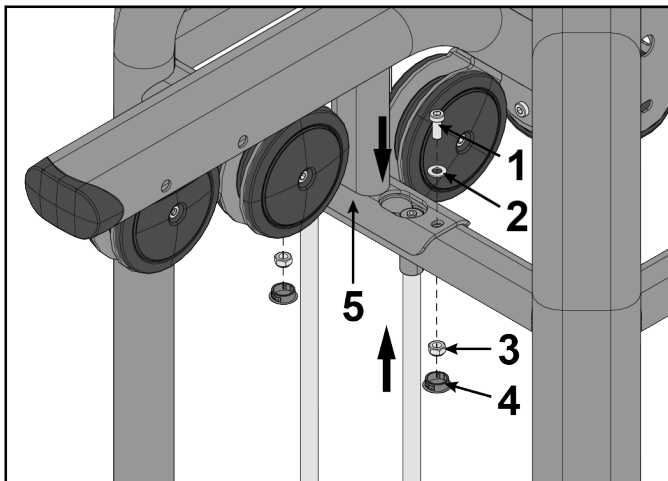
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

1.



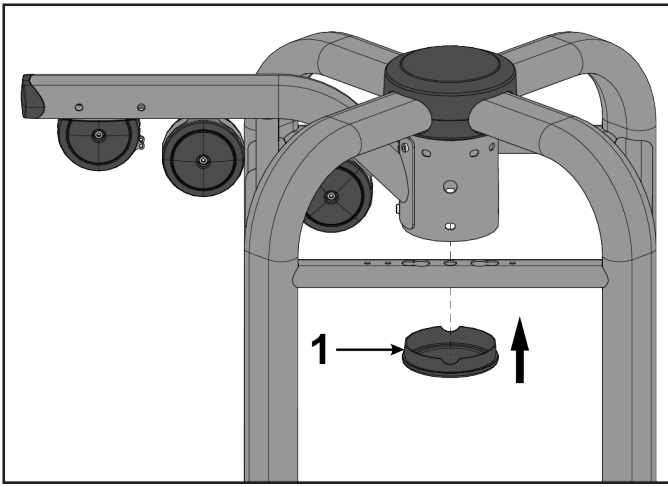
	Description	Qty
1	Screw, M10 x 1.5, 25 mm	3
2	Washer	3
3	Nut, hex nylock	3
4	Top mount	1
5	Core	1

2.



	Description	Qty
1	Screw, M10 x 1.5, 25 mm	2
2	Washer	2
3	Nut, hex nylock	2
4	Hole plug	2
5	Top mount	1

3.



	Description	Qty
1	Bottom cap cover	1

Install Top Mount

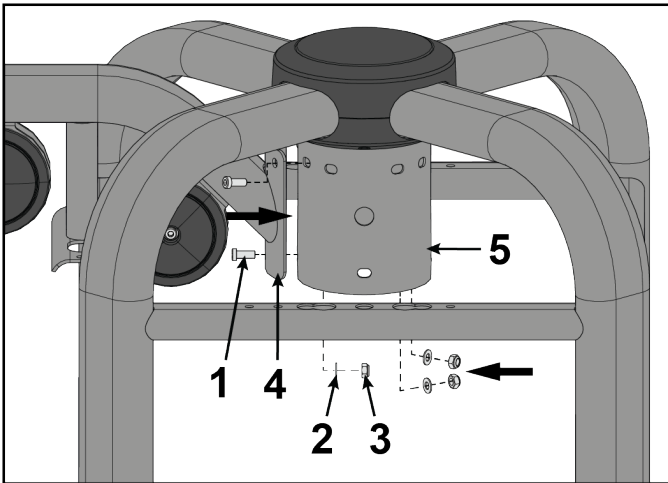
The following procedure shows how to install the top mounts to the CORE for the following products: PP-DPH and PP-DPL.

Tools Required:

- 5 mm Allen wrench
- 7 mm Allen wrench
- 17 mm Open end wrench
- Retaining ring pliers
- Torque wrench

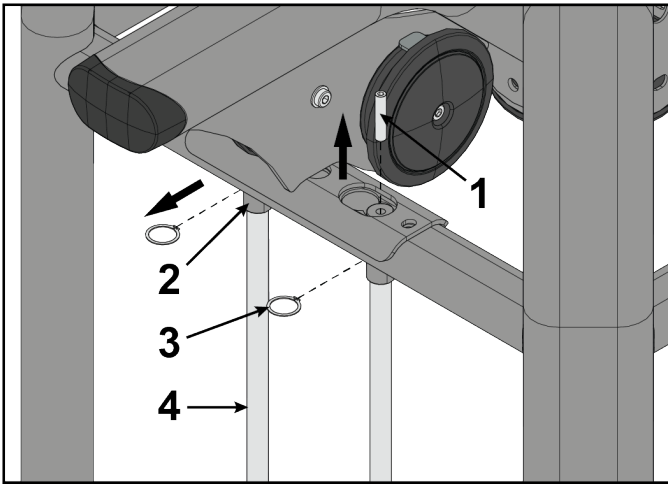
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

1.



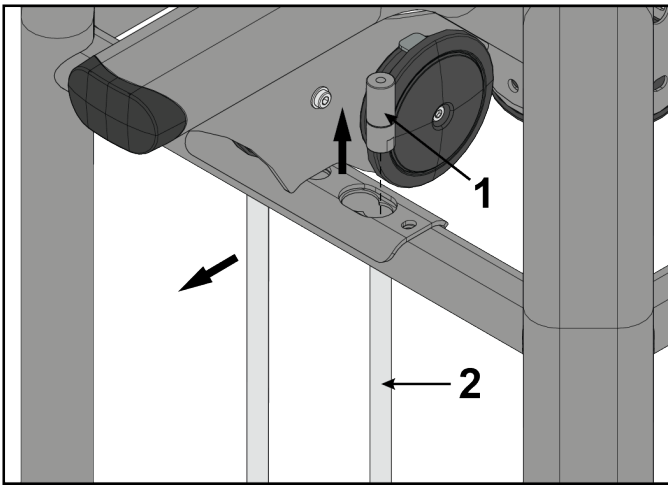
	Description	Qty
1	Screw, M10 x 1.5, 25 mm	3
2	Washer	3
3	Nut, hex nylock	3
4	Top mount	1
5	Core	1

2.



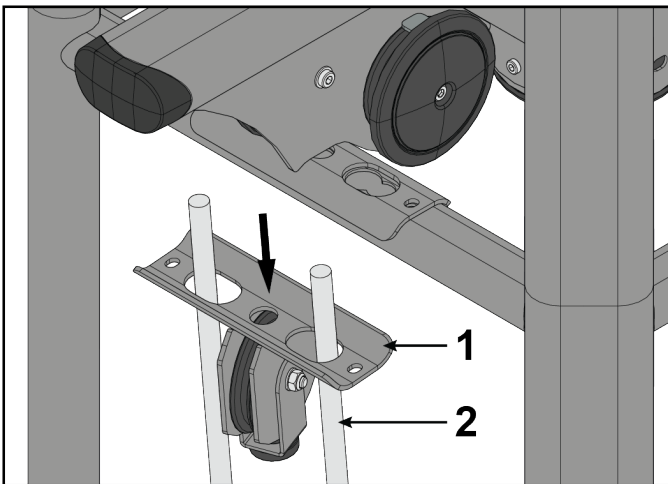
	Description	Qty
1	Screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2

3.



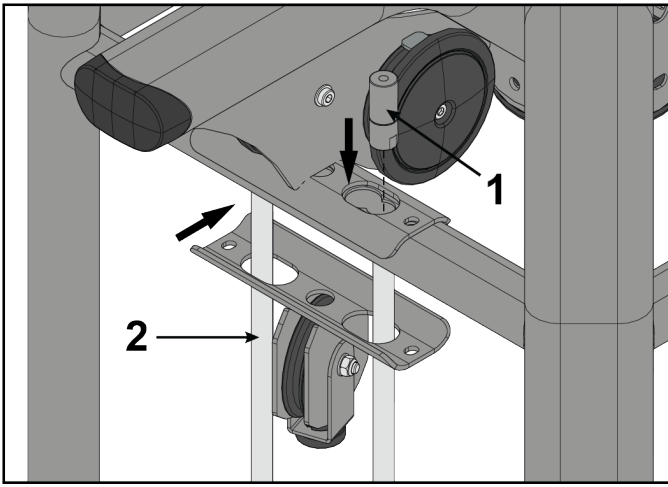
	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2

4.



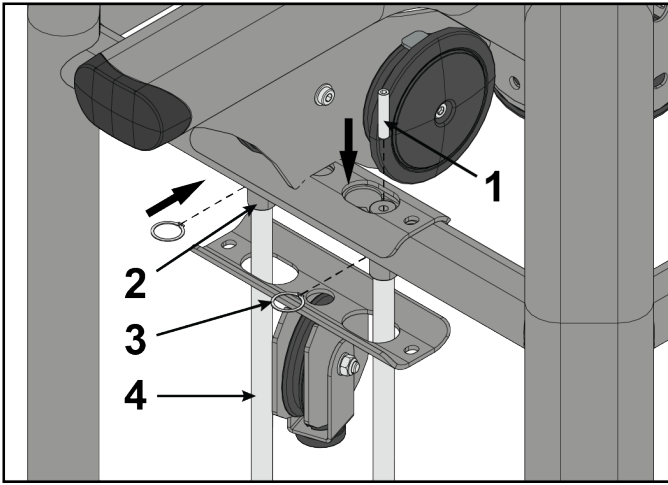
	Description	Qty
1	Pulley weldment	1
2	Guide rod	2

5.



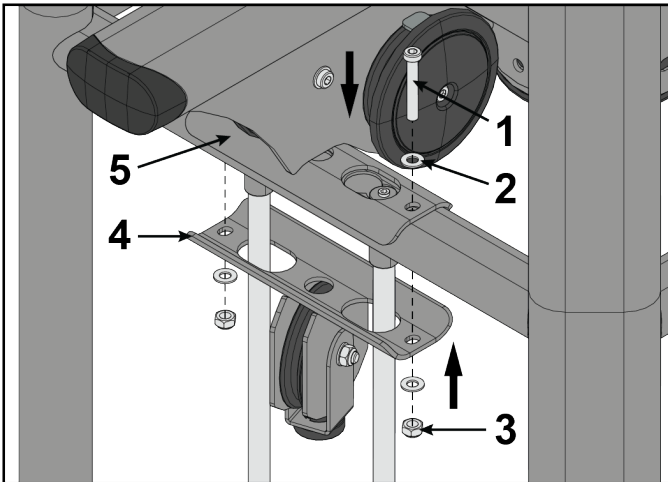
	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2

6.



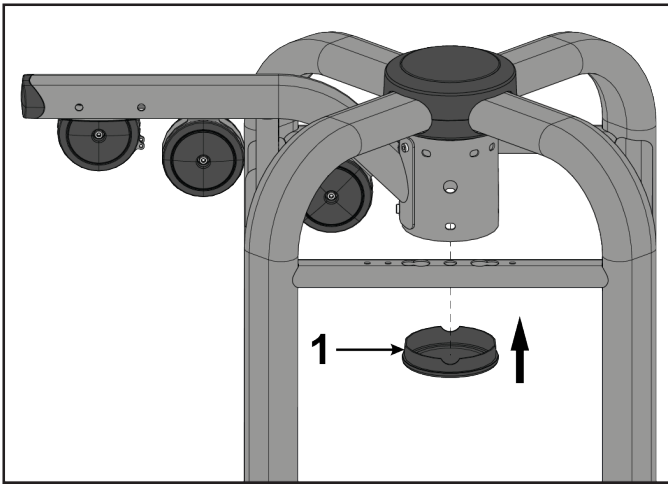
	Description	Qty
1	Screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2

7.



	Description	Qty
1	Screw, M10 x 1.5, 65 mm	2
2	Washer	2
3	Nut, hex nylock	2
4	Pulley weldment	1
5	Top mount	1

8.



	Description	Qty
1	Bottom cap cover	1

Install Lower Mount

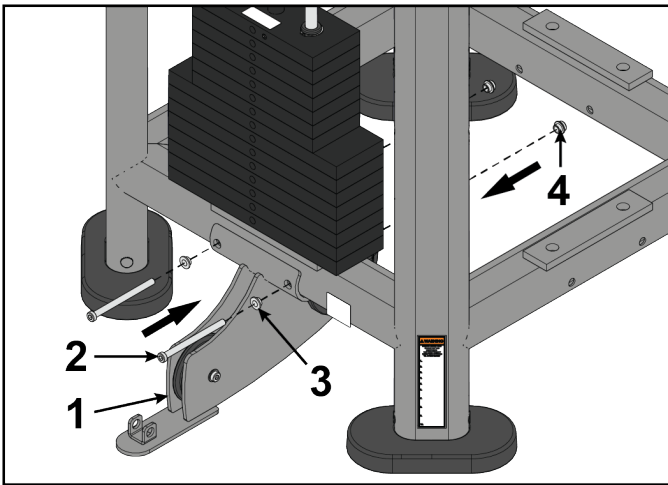
The following procedure shows how to install the lower mounts to the CORE for the following products: PP-AP, PP-AP41, PP-AXO, PP-ACOFS, and PP-ACO.

Tools Required:

- 7 mm Allen wrench (x2)
- Torque wrench

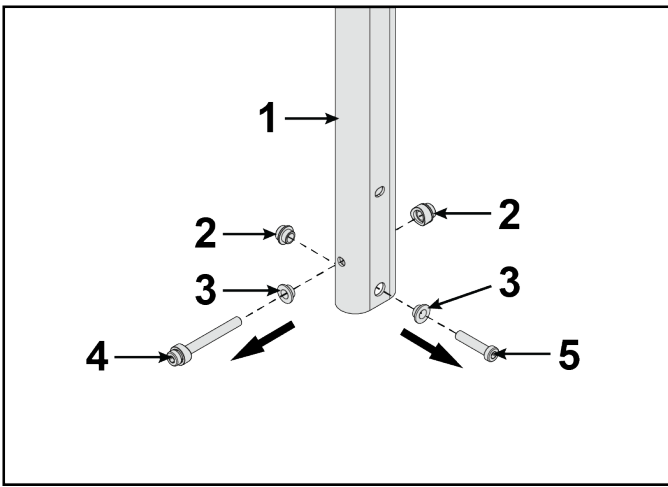
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

1.



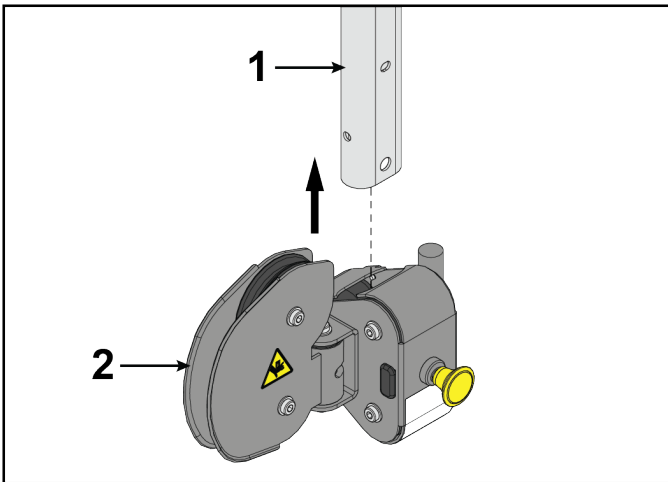
	Description	Qty
1	Lower mount	1
2	Screw, M10 x 1.5, 130 mm	2
3	Washer	2
4	Nut, M10 x 1.5 socket head	2

2.



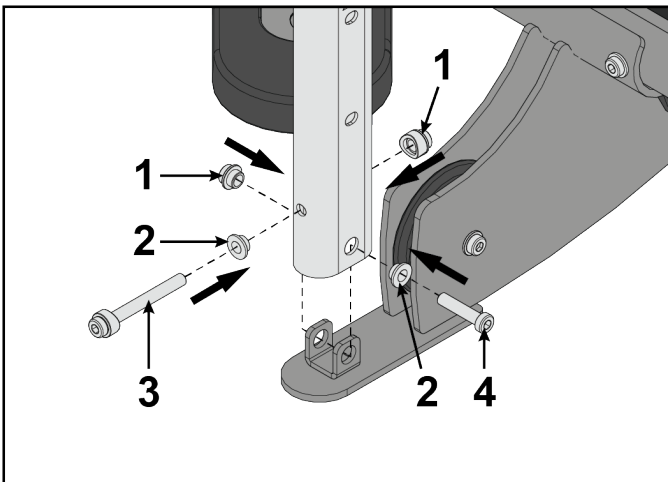
	Description	Qty
1	Adjustment tube	1
2	Nut, M10 x 1.5 socket head	2
3	Washer	2
4	Screw, M10 x 1.5, 90 mm	1
5	Screw, M10 x 1.5, 45 mm	1

3.



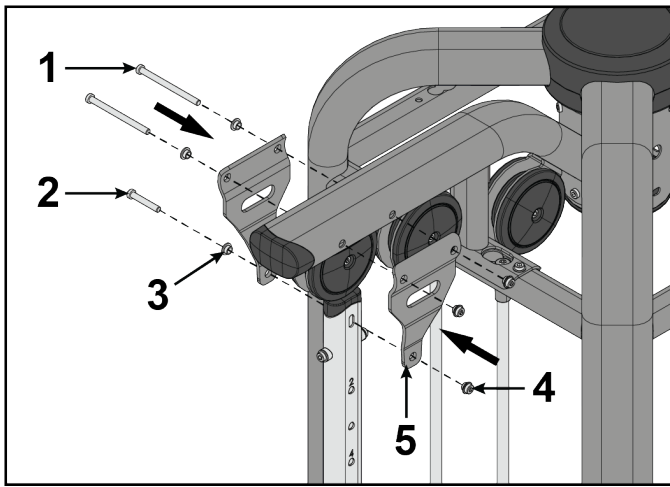
	Description	Qty
1	Adjustment tube	1
2	Carriage	1

4.



	Description	Qty
1	Nut, M10 x 1.5 socket head	2
2	Washer	2
3	Screw, M10 x 1.5, 90 mm	1
4	Screw, M10 x 1.5, 45 mm	1

5.



	Description	Qty
1	Screw, M10 x 1.5, 130 mm	2
2	Screw, M10 x 1.5, 60 mm	1
3	Washer	3
4	Nut, M10 x 1.5 socket head	3
5	Adjustment tube bracket	2

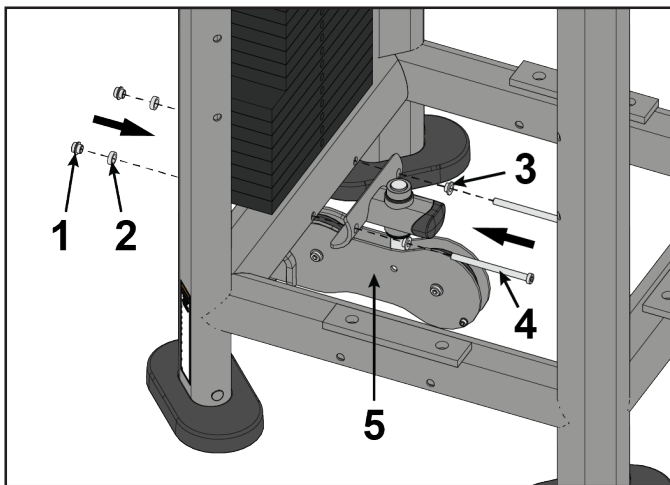
Install Lower Mount

The following procedure shows how to install the lower mounts to the CORE for the following products: PP-HL, PP-FCO, PP-FXO.

Tools Required:

- 7 mm Allen wrench (x2)
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).




	Description	Qty
1	Nut, M10 x 1.5 socket head	2
2	Spacer	2
3	Washer	2
4	Screw, M10 x 1.5, 130 mm	2
5	Lower mount	1

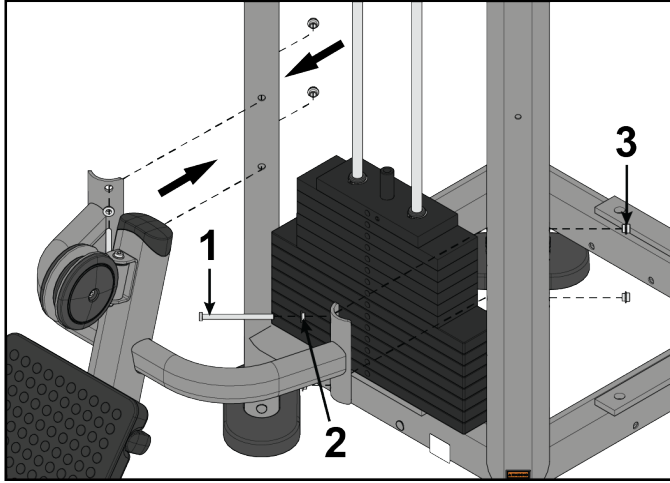
Install Lower Mount

The following procedure shows how to install the lower mounts to the CORE for the following products: PP-DPH, PP-DPL, PP-RWD, PP-RPL, PP-RW, and PP-SB.

Tools Required:

- 7 mm Allen wrench (x2)
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).




	Description	Qty
1	Screw, M10 x 1.5, 130 mm	4
2	Washer	4
3	Nut, M10 x 1.5 socket head	4

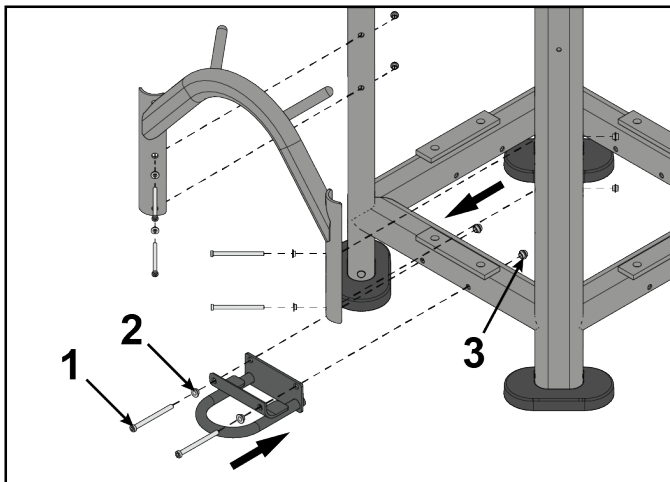
Install Lower Mount

The following procedure shows how to install the lower mounts to the CORE for the following products: PP-BX, PP-LPD, PP-LP, and PP-RP.

Tools Required:

- 7 mm Allen wrench (x2)
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).



	Description	Qty
1	Screw, M10 x 1.5, 130 mm	6
2	Washer	6
3	Nut, M10 x 1.5 socket head	6

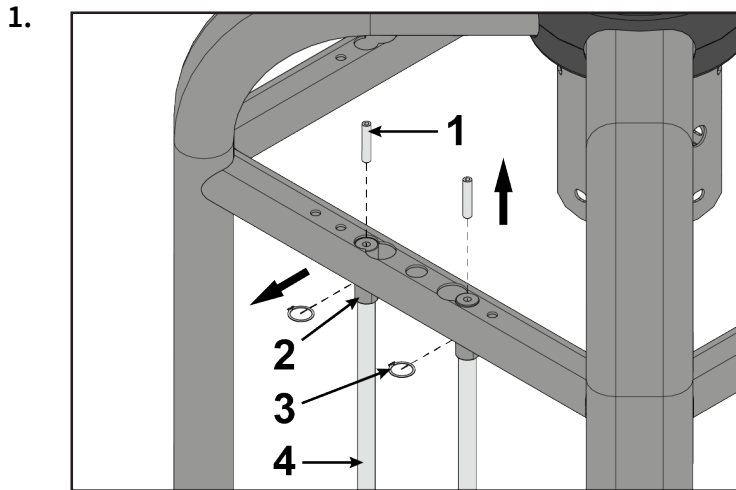
Install Lower Mount

The following procedure shows how to install the lower mounts to the CORE for the following products: PP-ADC.

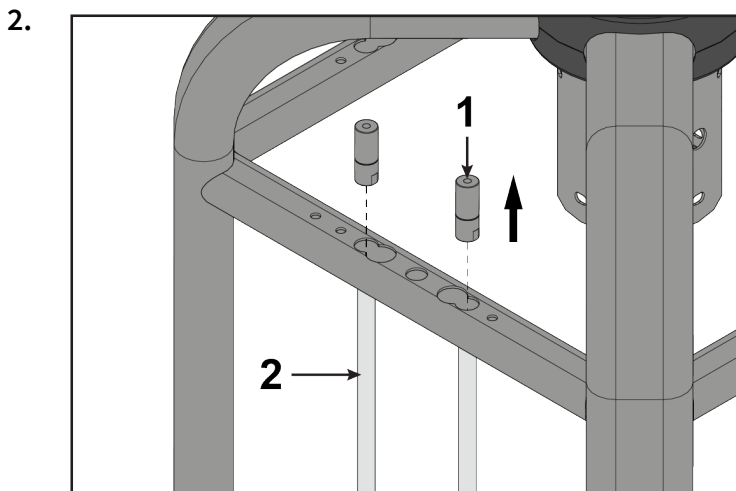
Tools Required:

- Retaining ring pliers
- 5 mm Allen wrench
- 7 mm Allen wrench (x2)
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

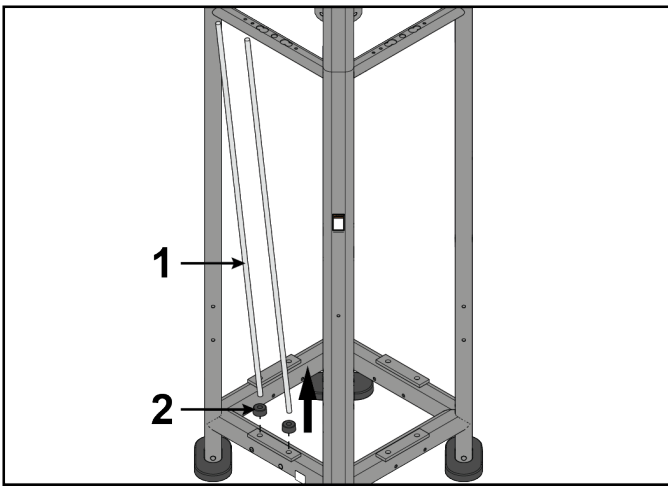


	Description	Qty
1	Screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2



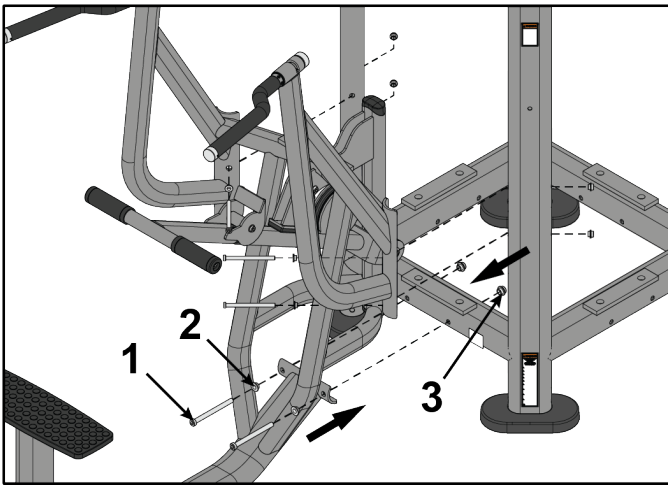
	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2

3.



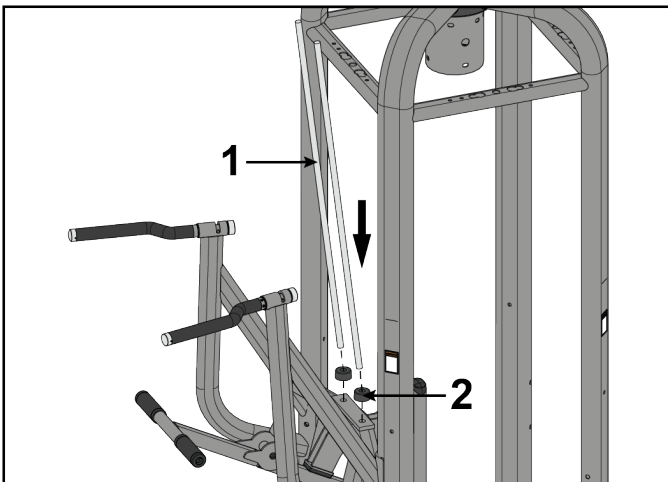
	Description	Qty
1	Guide rod	2
2	Weight stack cushion	2

4.



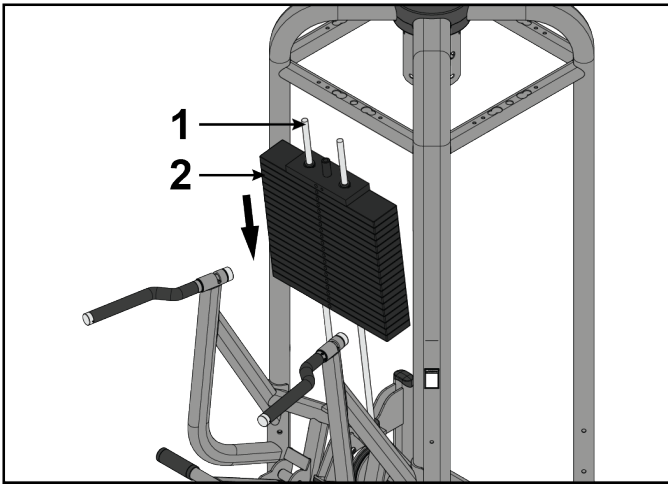
	Description	Qty
1	Screw, M10 x 1.5, 130 mm	6
2	Washer	6
3	Nut, M10 x 1.5 socket head	6

5.



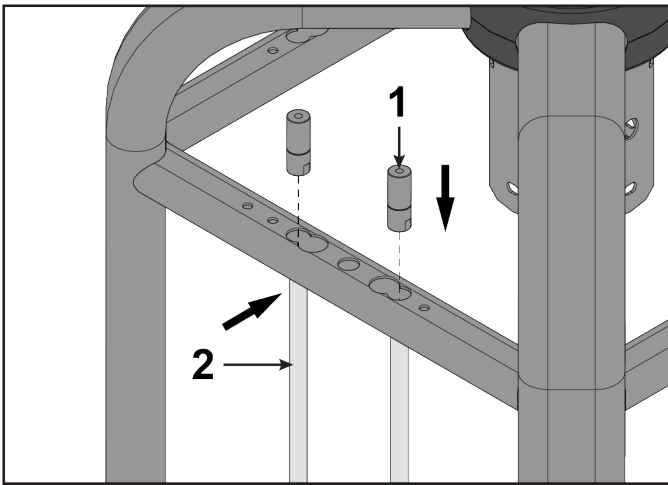
	Description	Qty
1	Short guide rod	2
2	Weight stack cushion	2

6.



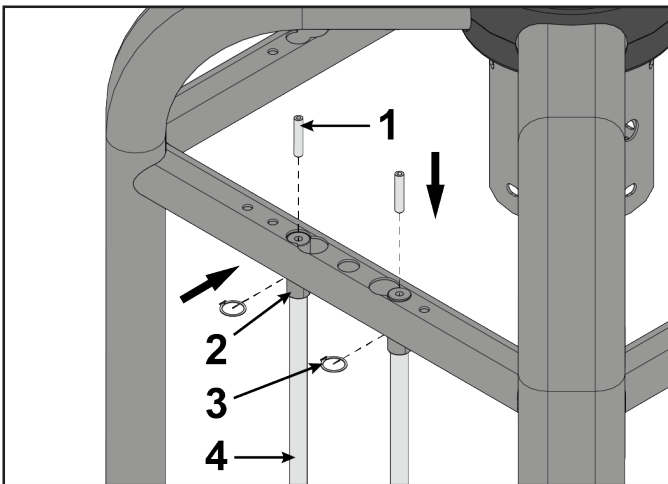
	Description	Qty
1	Short guide rod	2
2	Weight stack	See Weight Stack Table

7.



	Description	Qty
1	Guide rod retainer	2
2	Short guide rod	2

8.



	Description	Qty
1	Set screw, M10 x 1.5 HXS, 50mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Short guide rod	2

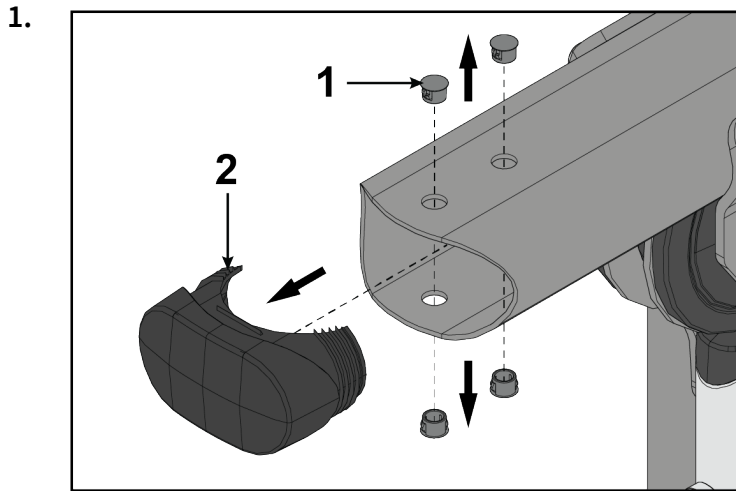
Install Crossover

The following procedure shows how to install the crossover to the top mount for the following products: PP-ACO, PP-ACOFs, PP-AXO, PP-BM, PP-FCO, PP-FXO.

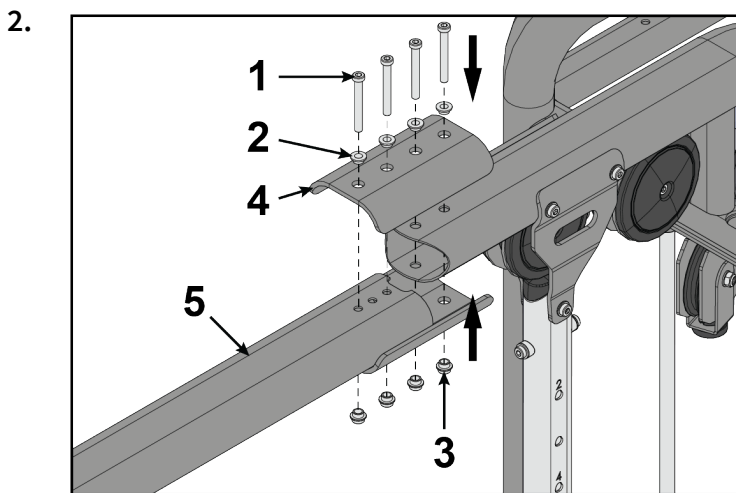
Tools Required:

- Flat head screwdriver
- 7 mm Allen wrench (x2)
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).



	Description	Qty
1	Hole plug	4
2	Cap	1



	Description	Qty
1	Screw, M10 x 1.5, 80 mm	4
2	Washer	4
3	Nut, M10 x 1.5 socket head	4
4	Bracket	1
5	Crossover	1

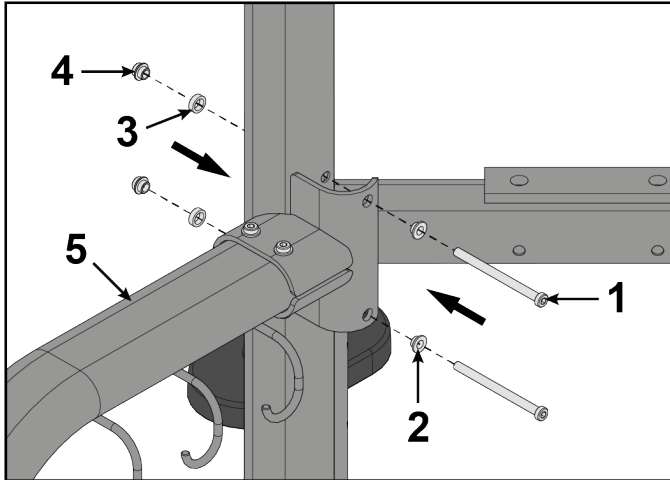
Install Handle Accessory Rack

The following procedure shows how to install the Handle Accessory Rack (HAR) to the CORE.

Tools Required:

- 7 mm Allen wrench (x2)
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).




	Description	Qty
1	Screw, M10 x 1.5, 130 mm	2
2	Washer	2
3	Spacer	2
4	Nut, M10 x 1.5 socket head	2
5	Handle accessory rack	1

Install Storage Connector

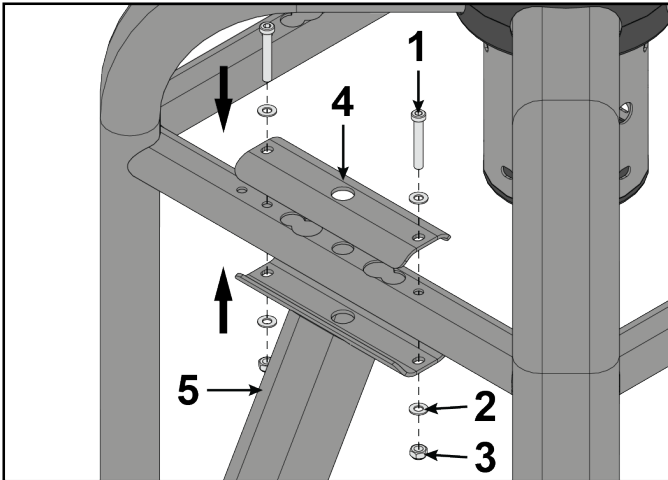
The following procedure shows how to install the Storage Connector (SX) to the CORE.

Tools Required:

- 7 mm Allen wrench (x2)
- 17 mm Open end wrench
- Torque wrench

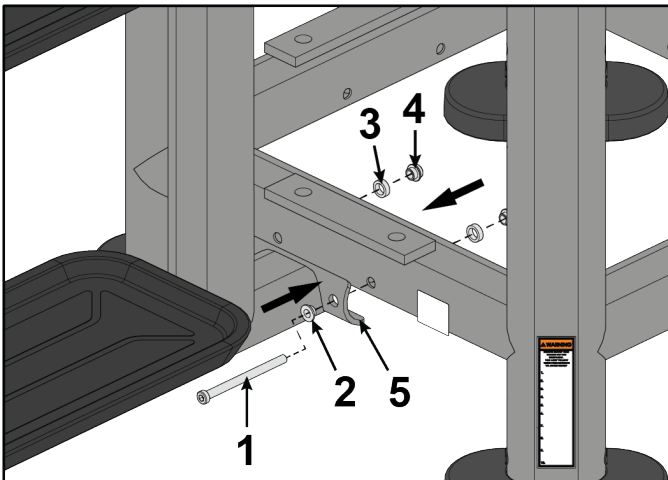
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

1.



	Description	Qty
1	Screw, M10 x 1.5, 65 mm	2
2	Washer	2
3	Nut, hex nylock	2
4	Bracket	1
5	Storage connector	1

2.




	Description	Qty
1	Screw, M10 x 1.5, 130 mm	2
2	Washer	2
3	Spacer	2
4	Nut, M10 x 1.5 socket head	2
5	Storage connector	1

Install Storage Station

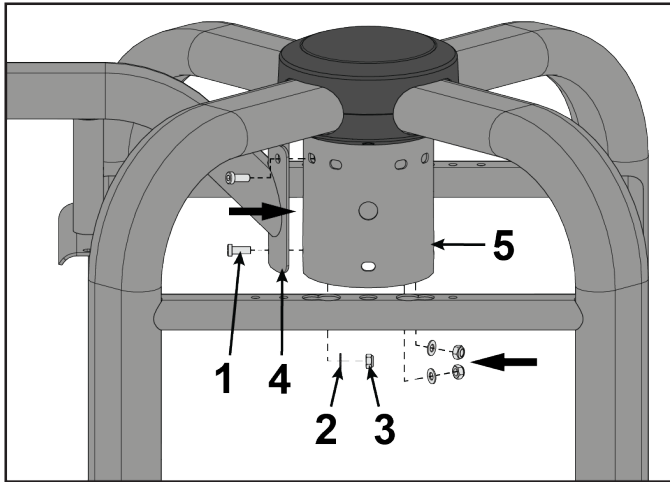
The following procedure shows how to install the Storage Station (SC) to the CORE.

Tools Required:

- 7 mm Allen wrench (x2)
- 17 mm Open end wrench
- Torque wrench

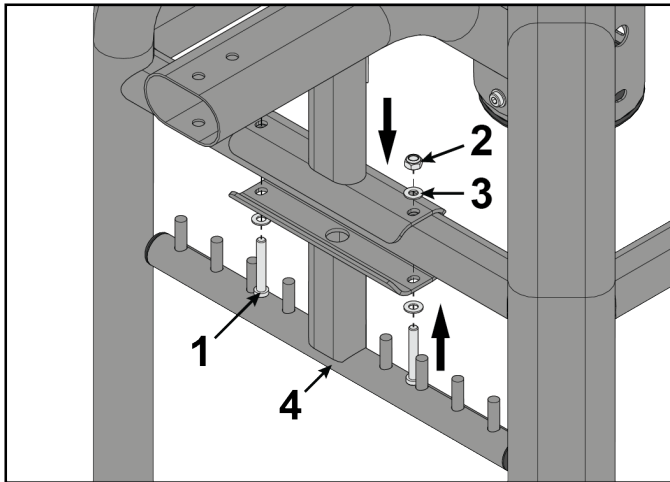
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

1.



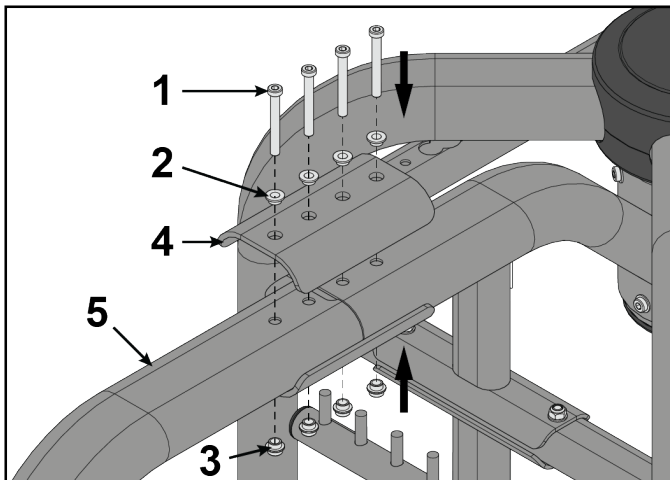
	Description	Qty
1	Screw, M10 x 1.5, 25 mm	3
2	Washer	3
3	Nut, hex nylock	3
4	Top mount	1
5	Core	1

2.



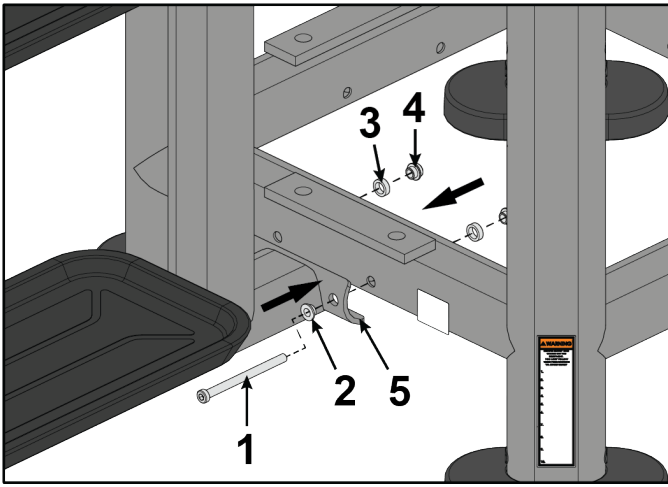
	Description	Qty
1	Screw, M10 x 1.5, 65 mm	2
2	Nut, hex nylock	2
3	Washer	2
4	Hanger	1

3.



	Description	Qty
1	Screw, M10 x 1.5, 80 mm	4
2	Washer	4
3	Nut, M10 x 1.5 socket head	4
4	Bracket	1
5	Storage station	1

4.




	Description	Qty
1	Screw, M10 x 1.5, 130 mm	2
2	Washer	2
3	Spacer	2
4	Nut, M10 x 1.5 socket head	2
5	Storage station	1

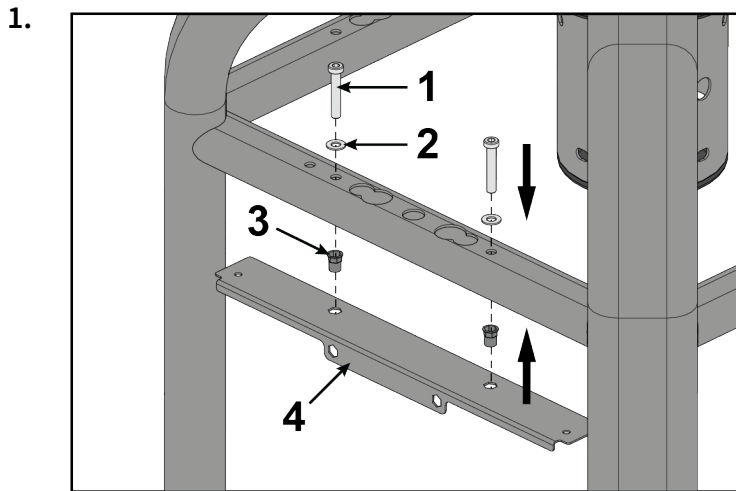
Install Blank Shroud

The following procedure shows how to install the BLNKSHRD to the CORE.

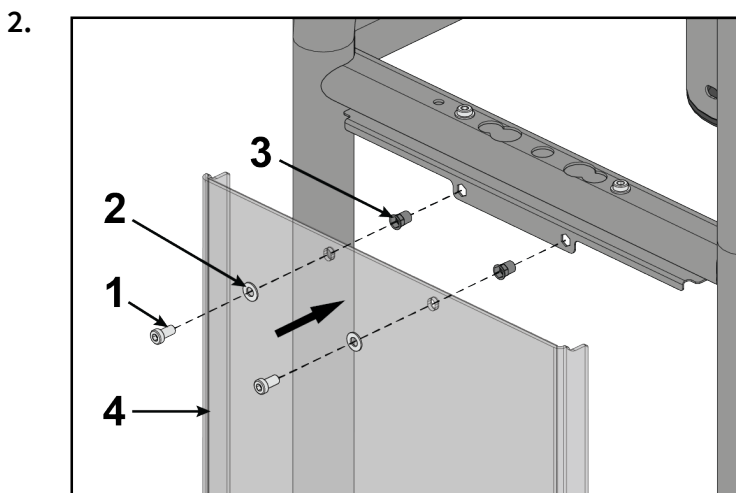
Tools Required:

- 7 mm Allen wrench
- Torque wrench

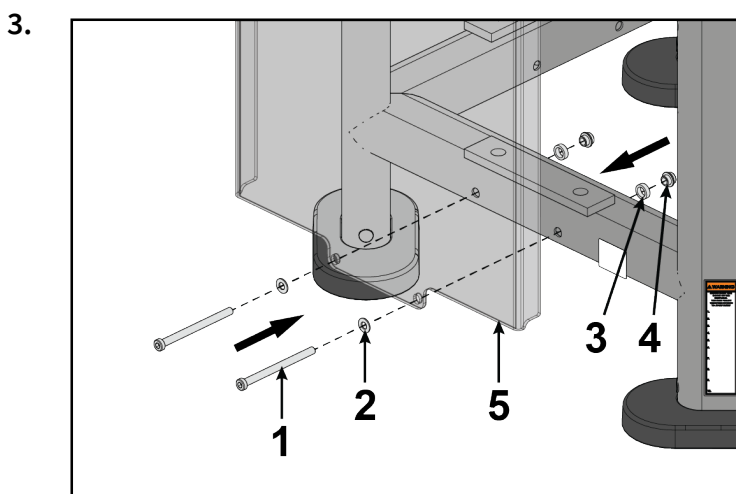
 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).



	Description	Qty
1	Screw, M10 x 1.5, 55 mm	2
2	Washer	2
3	Threaded insert	2
4	Bracket	1



	Description	Qty
1	Screw, M10 x 1.5, 20 mm	2
2	Washer	2
3	Threaded insert	2
4	Blank shroud	1



	Description	Qty
1	Screw, M10 x 1.5, 130 mm	2
2	Washer	2
3	Spacer	2
4	Nut, M10 x 1.5 socket head	2
5	Blank shroud	1

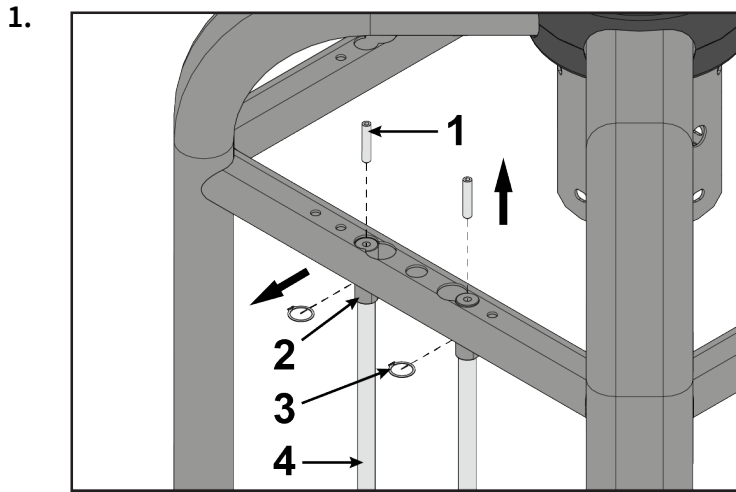
Install Front Shroud

The following procedure shows how to install the optional front shrouds to the CORE.

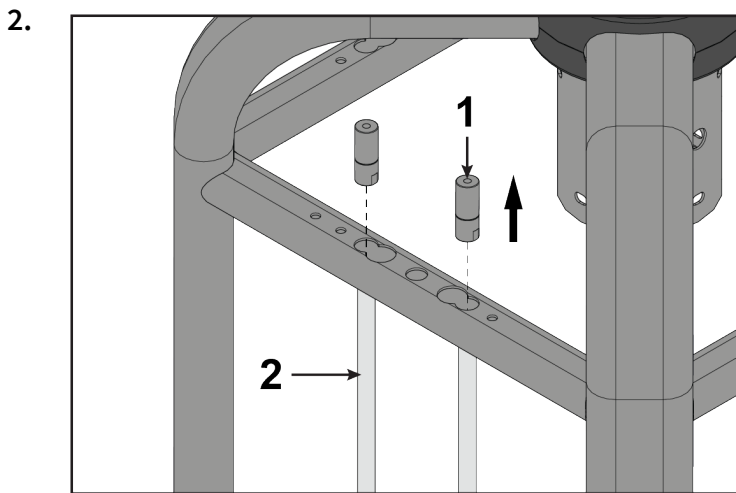
Tools Required:

- 5 mm Allen wrench
- 7 mm Allen wrench
- Retaining ring pliers
- Torque wrench

 **Note:** All screws must be torqued to 25-30 FT-LBS. (27.1-33.9Nm).

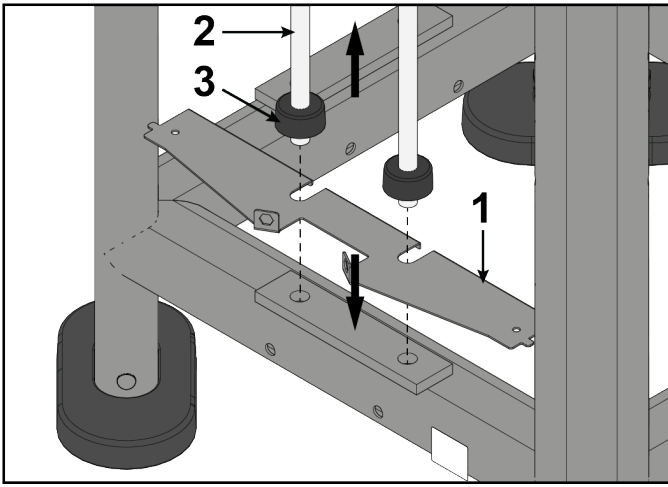


	Description	Qty
1	Screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2



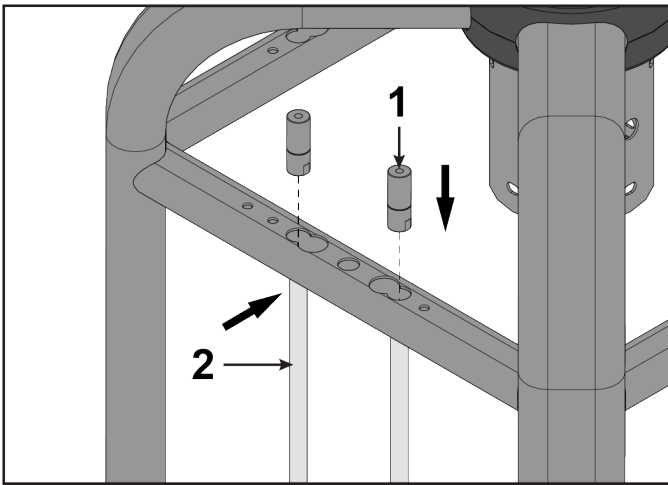
	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2

3.



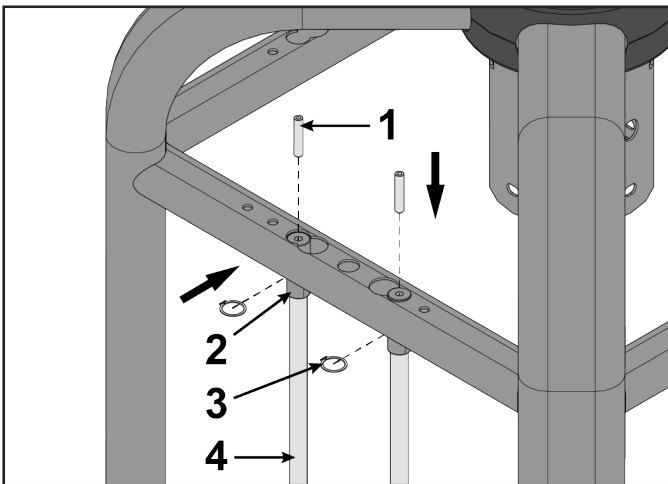
	Description	Qty
1	Bracket, bottom	1
2	Guide rod	2
3	Weight stack cushion	2

4.

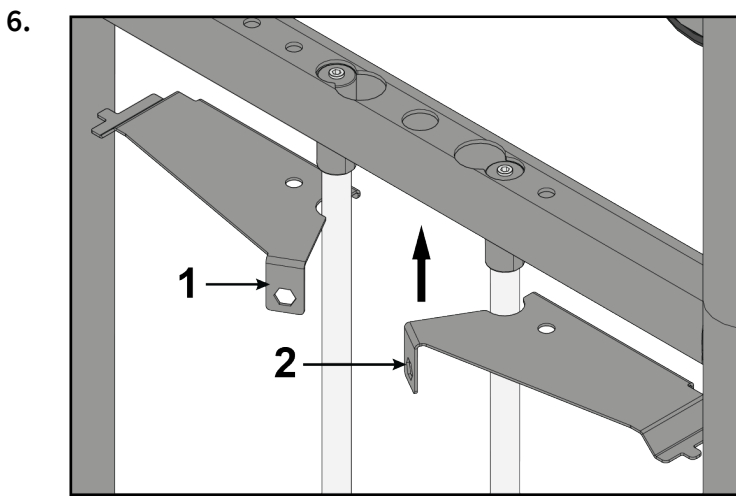


	Description	Qty
1	Guide rod retainer	2
2	Guide rod	2

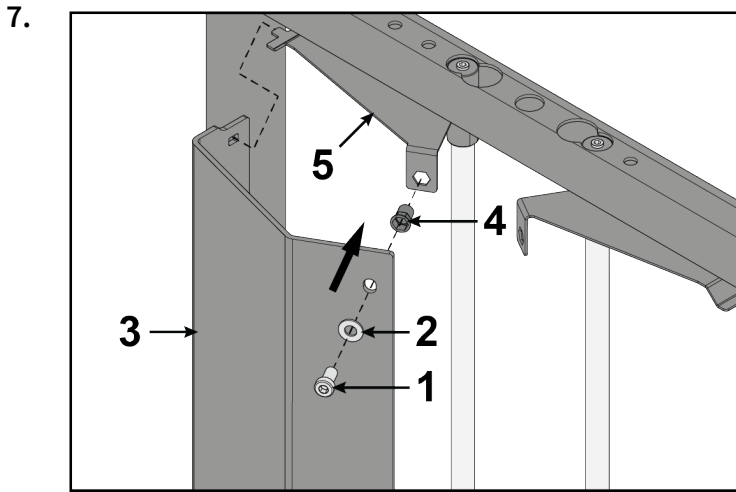
5.



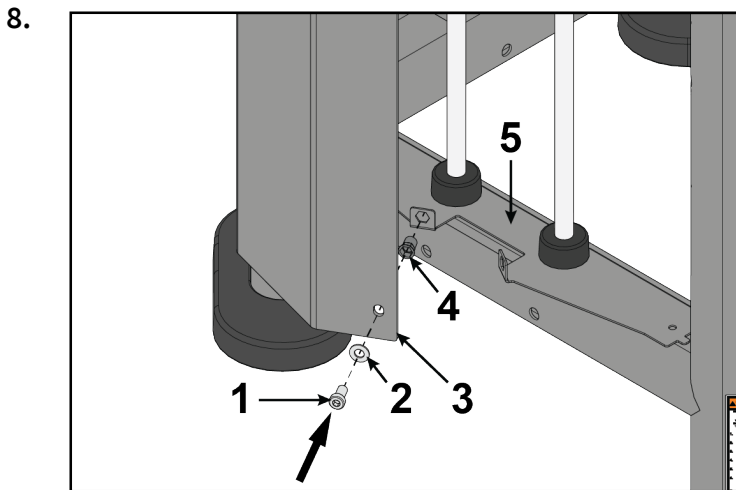
	Description	Qty
1	Set screw, M10 x 1.5 HXS, 50 mm	2
2	Guide rod retainer	2
3	Retaining ring	2
4	Guide rod	2



	Description	Qty
1	Bracket, top left	1
2	Bracket, top right	1



	Description	Qty
1	Screw, M10 x 1.5, 20 mm	1
2	Washer	1
3	Shroud, left	1
4	Threaded insert	1
5	Bracket, top left	1



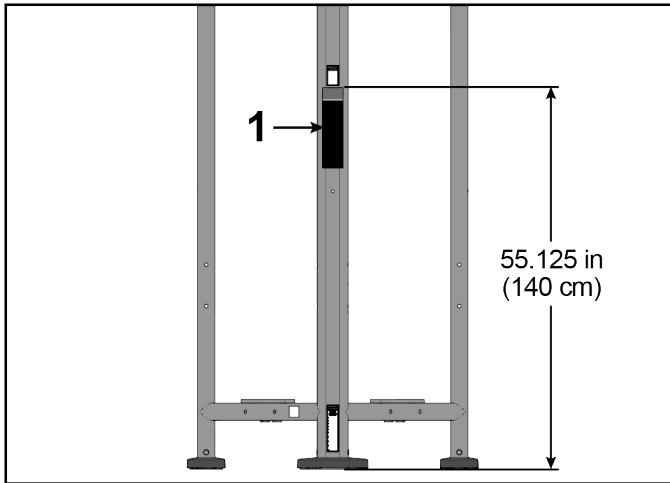
	Description	Qty
1	Screw, M10 x 1.5, 20 mm	1
2	Washer	1
3	Shroud, left	1
4	Threaded insert	1
5	Bracket, bottom	1

9. Repeat steps 7 and 8 for right shroud.

Install Placard

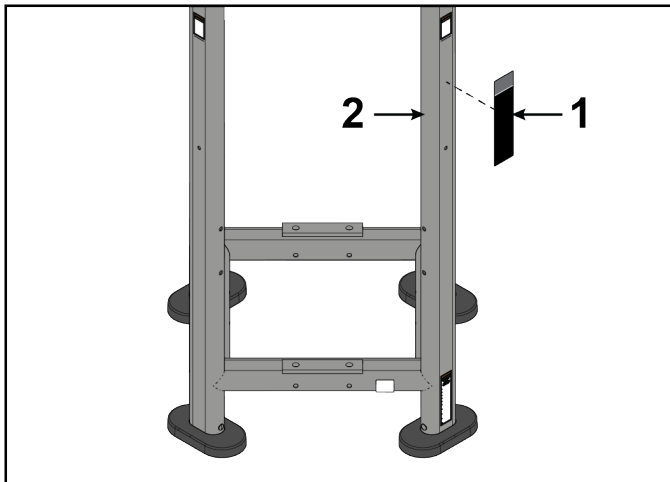
The following procedure shows how to install placards to the CORE.

1.



	Description	Qty
1	Placard	1

2. Install placard on right upright of CORE.



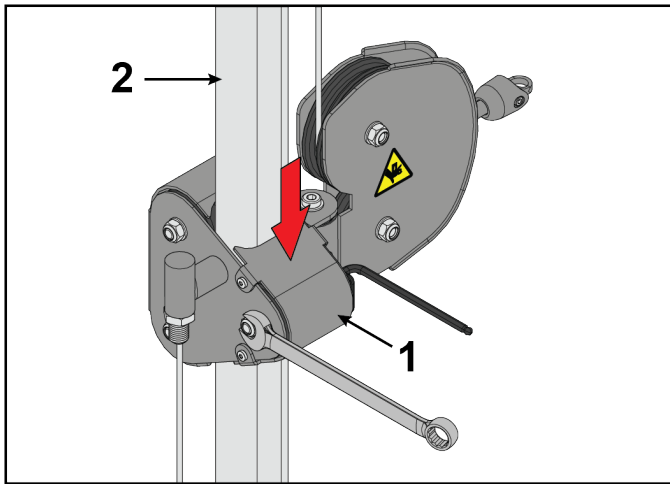
	Description	Qty
1	Placard	1
2	Core, right upright	1

Carriage Adjustment Guide

Tools Required:

- 7 mm Allen wrench
- 17 mm Open end wrench

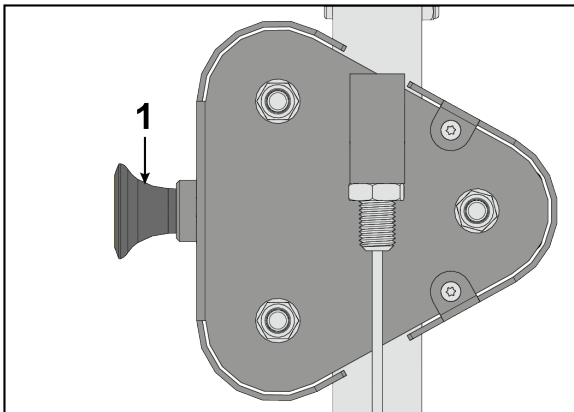
1. While tightening the nut and bolt, apply downward pressure to each side of the rear roller so it travels down the slotted bolt holes, moving the roller closer to the adjustment tube.



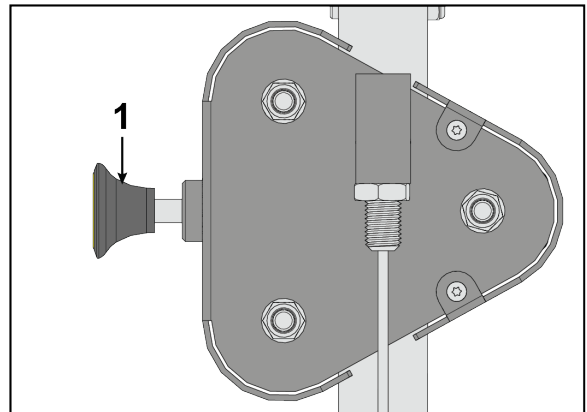
	Description	Qty
1	Rear roller	1
2	Adjustment tube	1

2. Tighten to 25-30 FT-LBS (27.1- 33.9Nm).
3. Ensure carriage adjustment pin (1) is fully engaged before use.

Correct: Adjustment pin fully engaged.

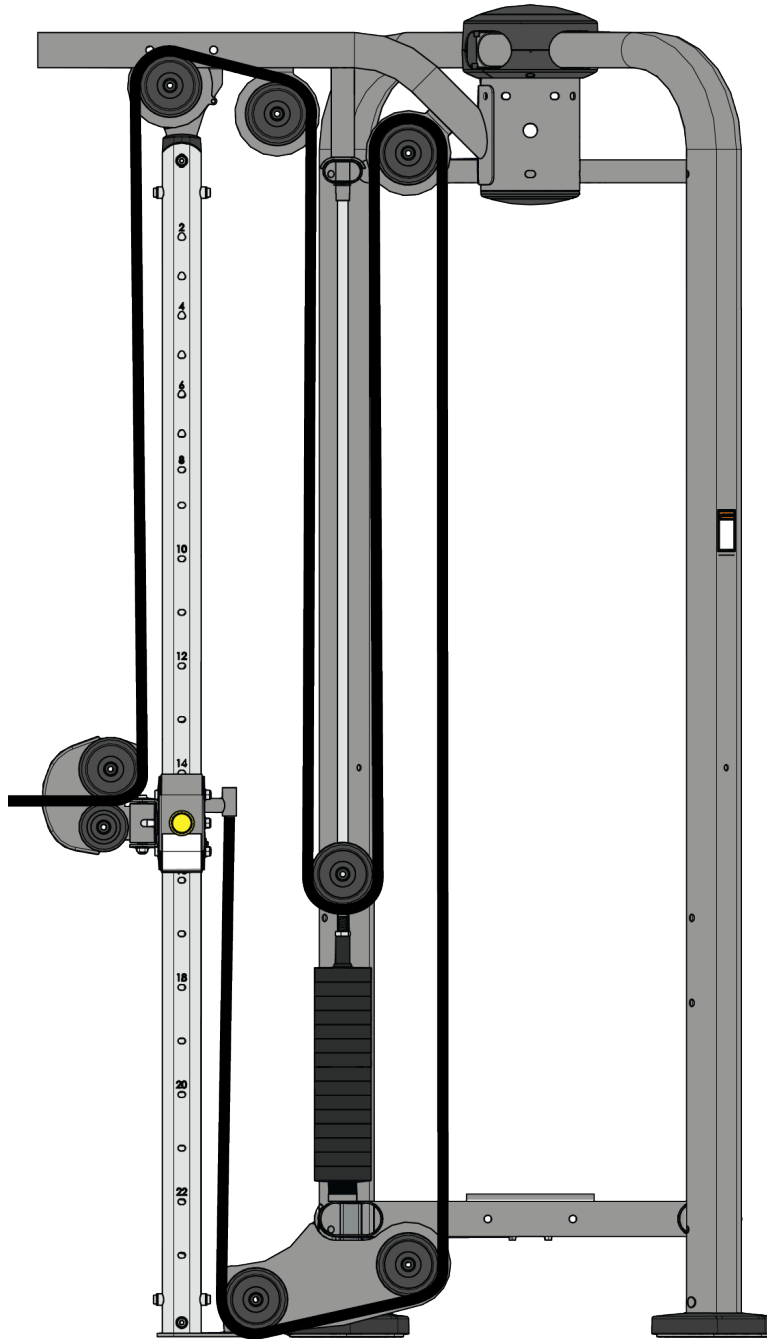


Incorrect: Adjustment pin not fully engaged.

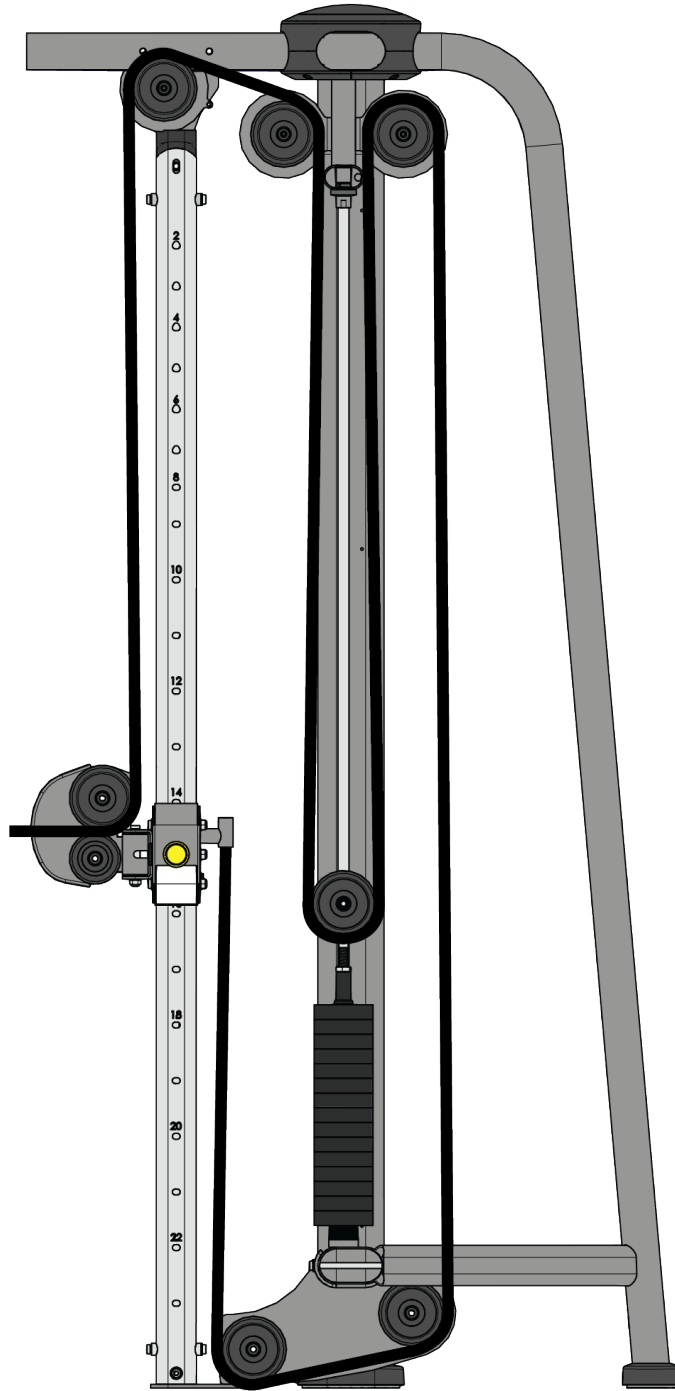


Cable Routing

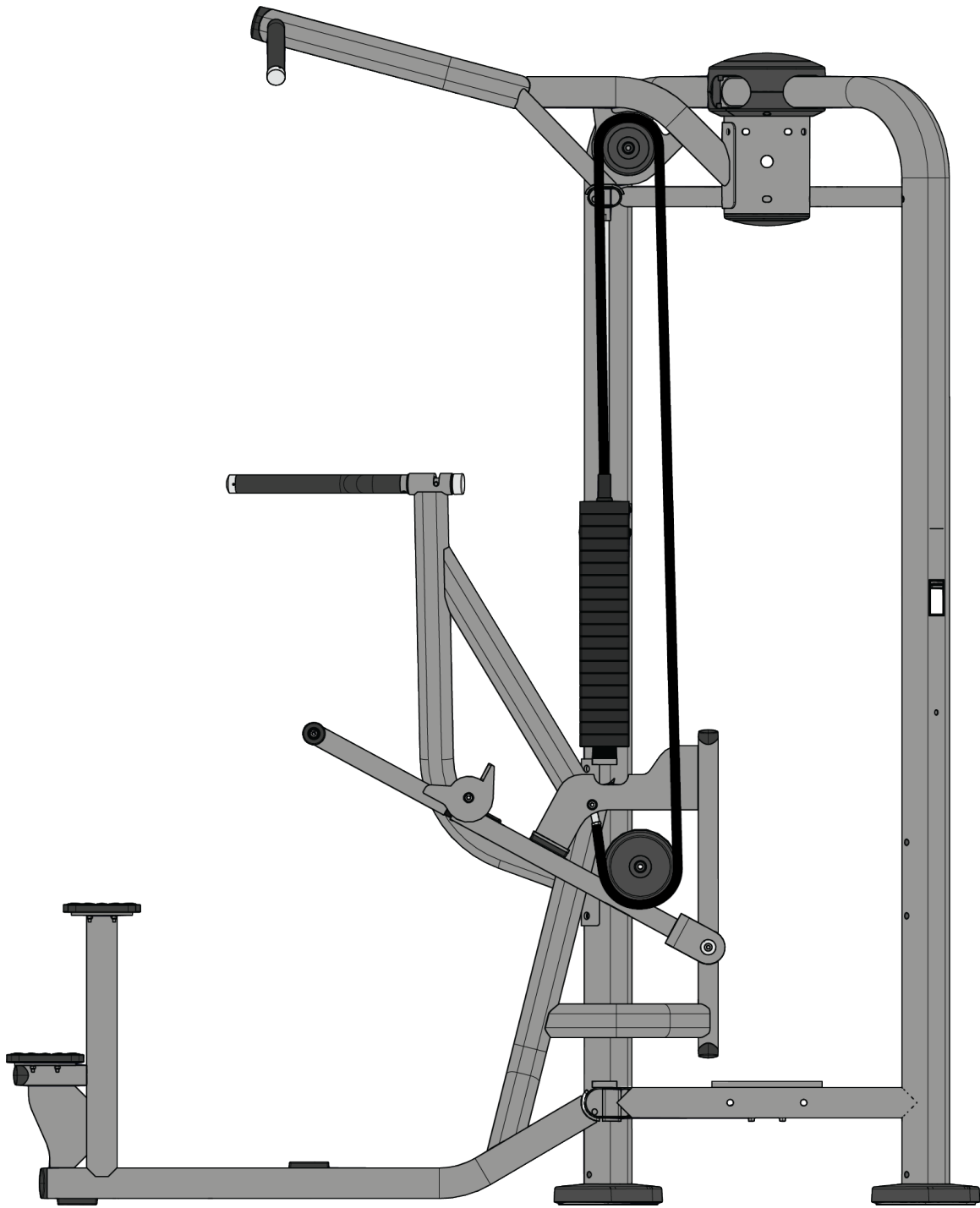
Adjustable Cable Column (PP-AP), Adjustable Pulley 4:1 (PP-AP41), Attached Cable Crossover (PP-ACO), Embedded Cable Crossover (PP-AXO)



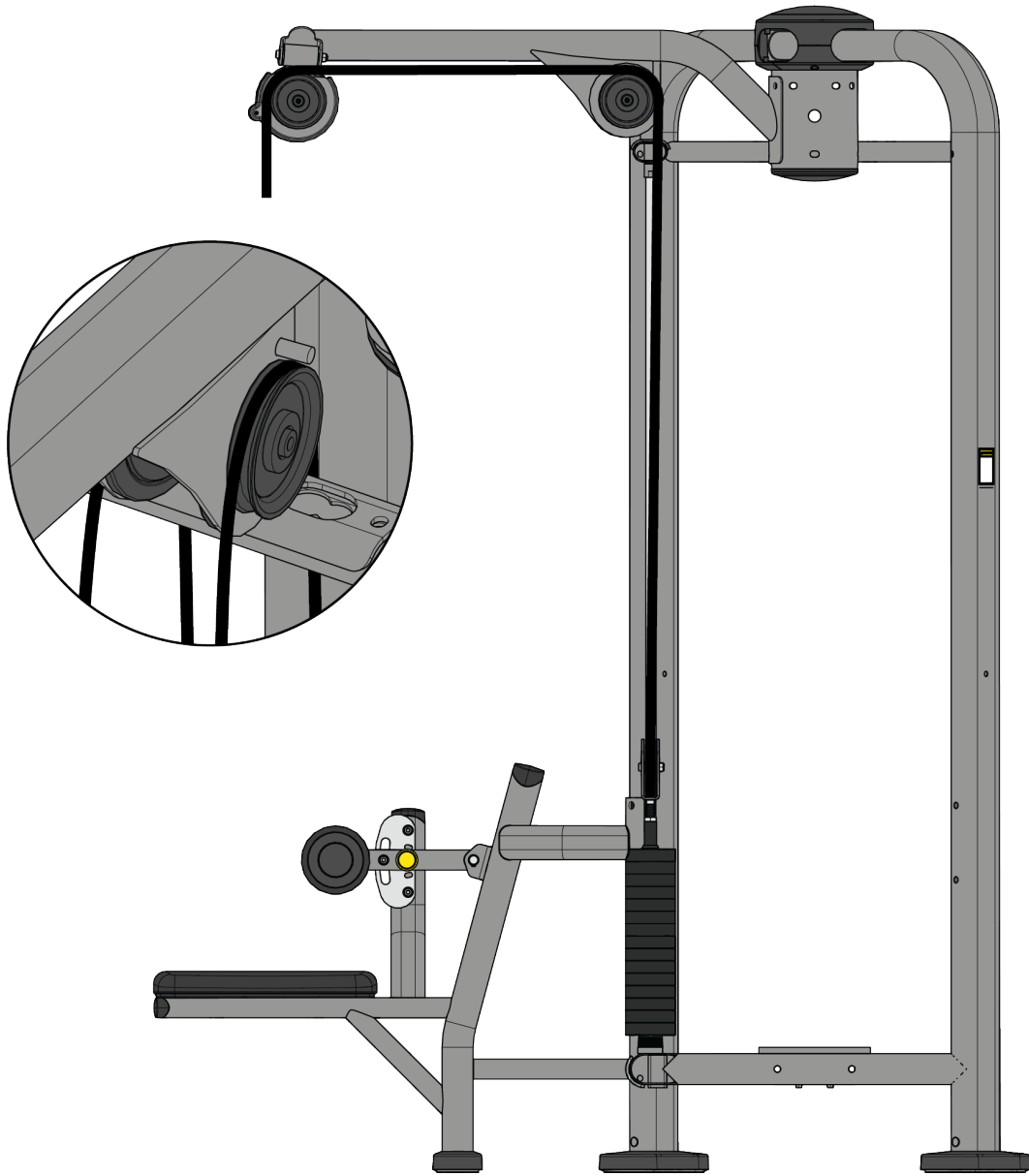
Free Standing Cable Crossover (PP-ACOFs)



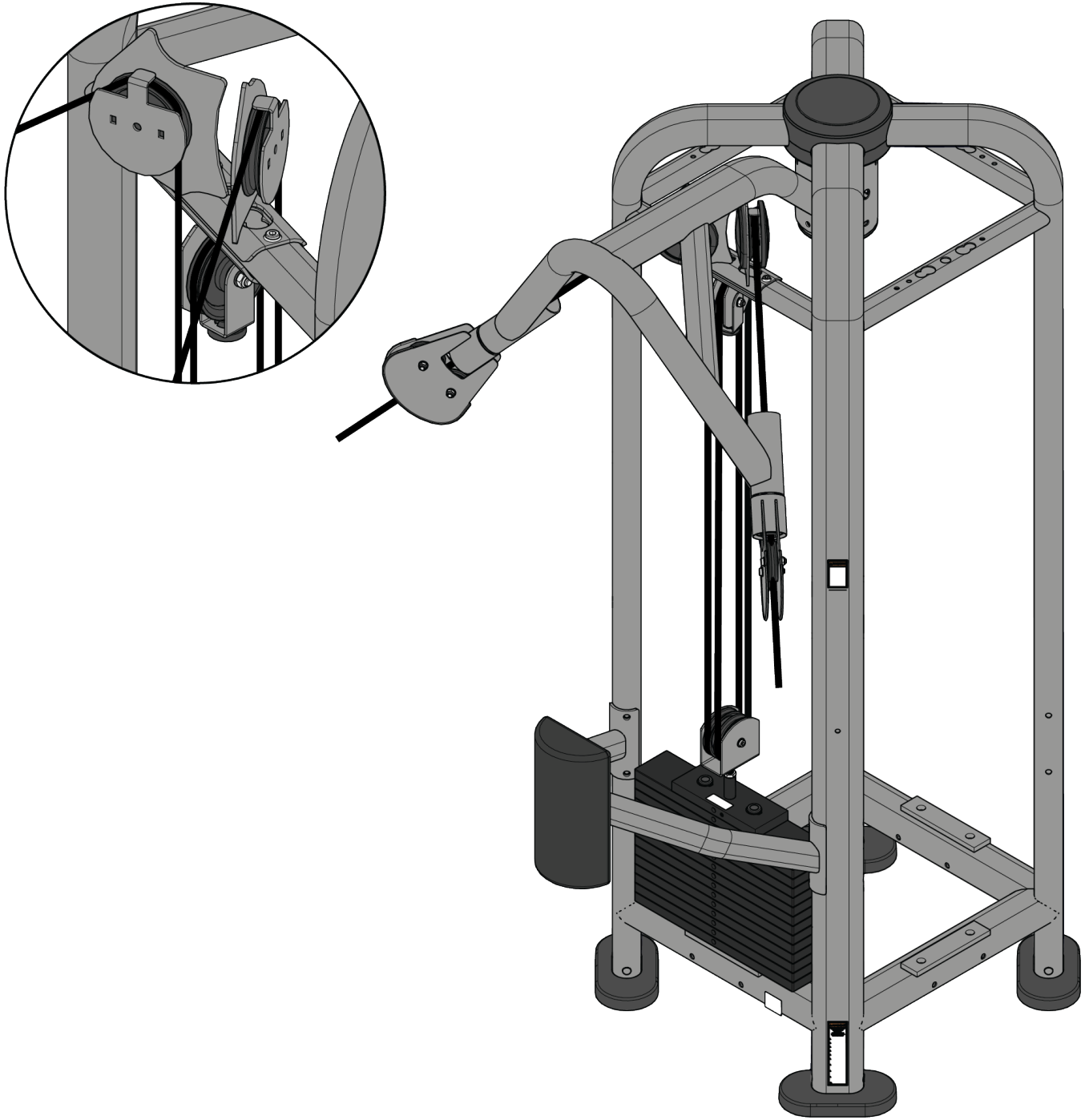
Dip/Chin Assist (PP-ADC)



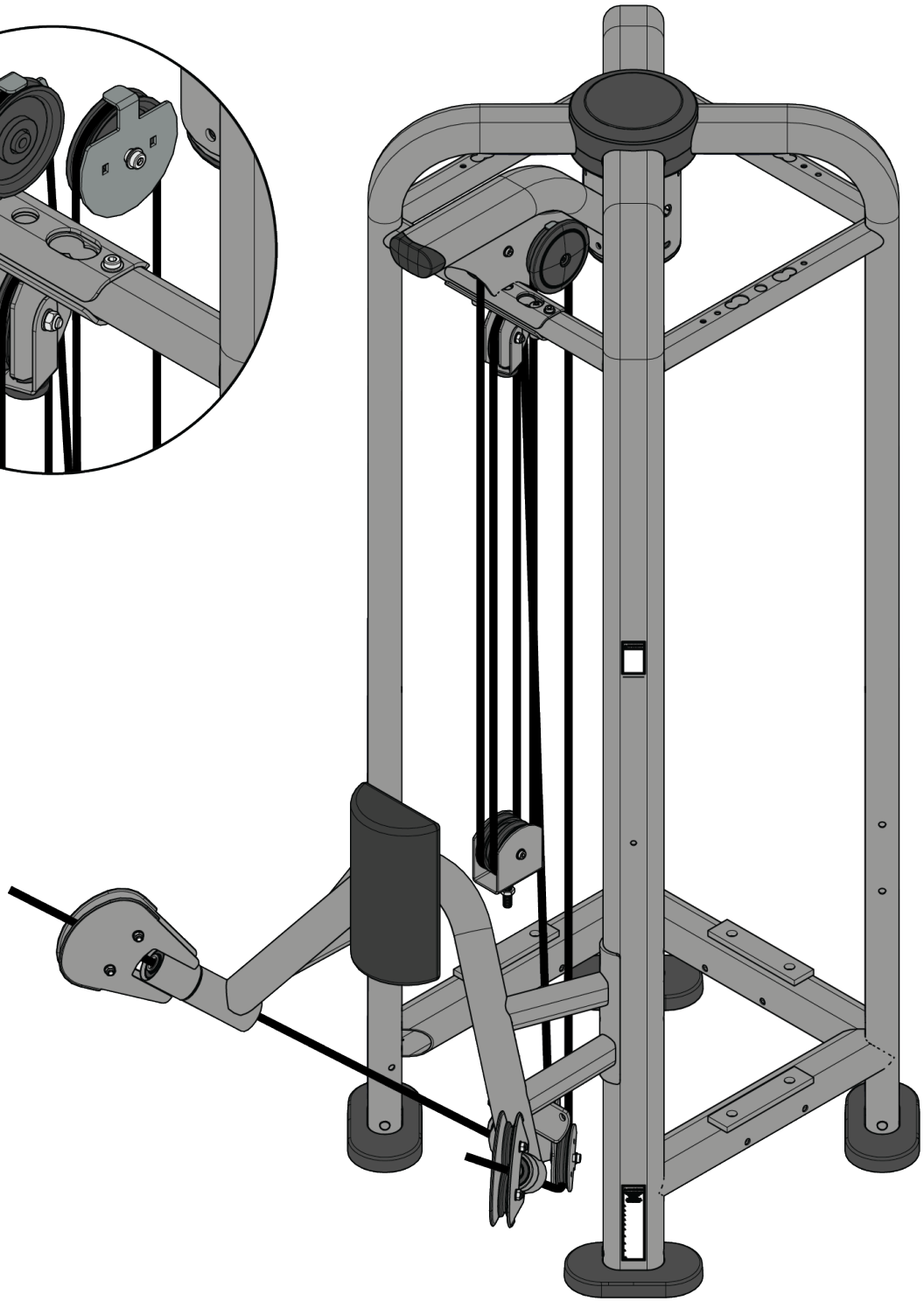
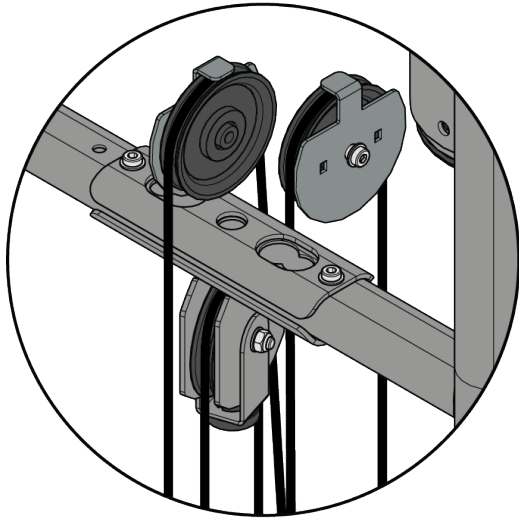
Dual Lat Pull (PP-LPD)



Dual Pulley High (PP-DPH)



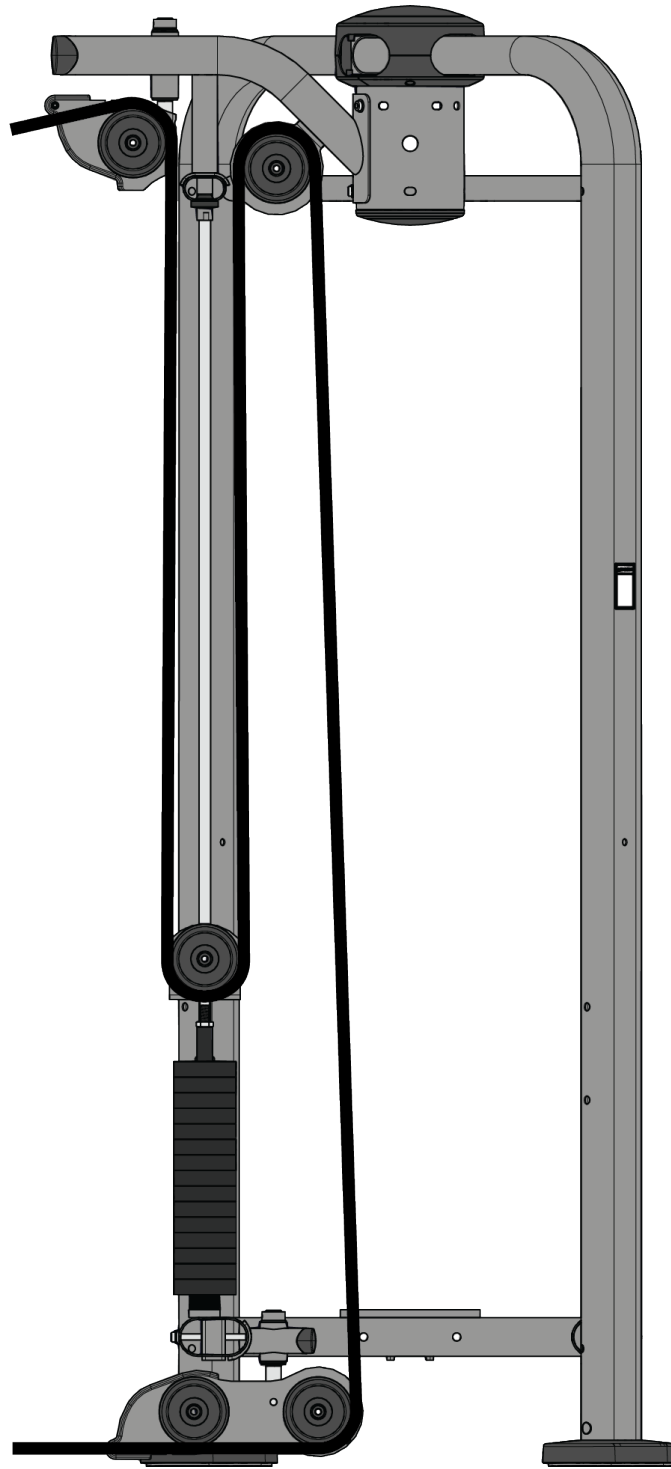
Dual Pulley Low (PP-DPL)



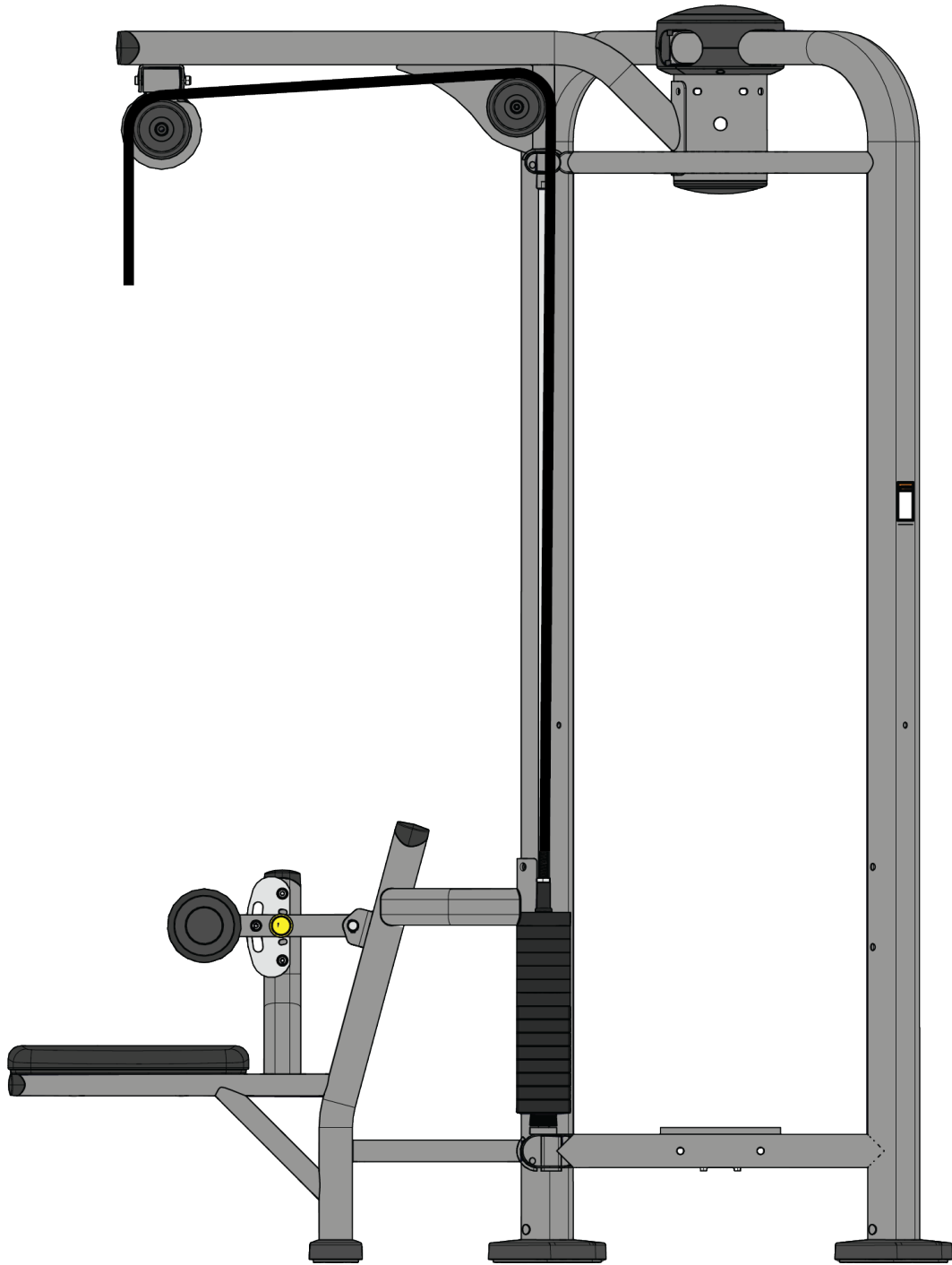
Dual Row (PP-RWD)



High Low (PP-HL), Attached High Low Crossover (PP-FCO), Embedded High Low Crossover (PP-FXO)



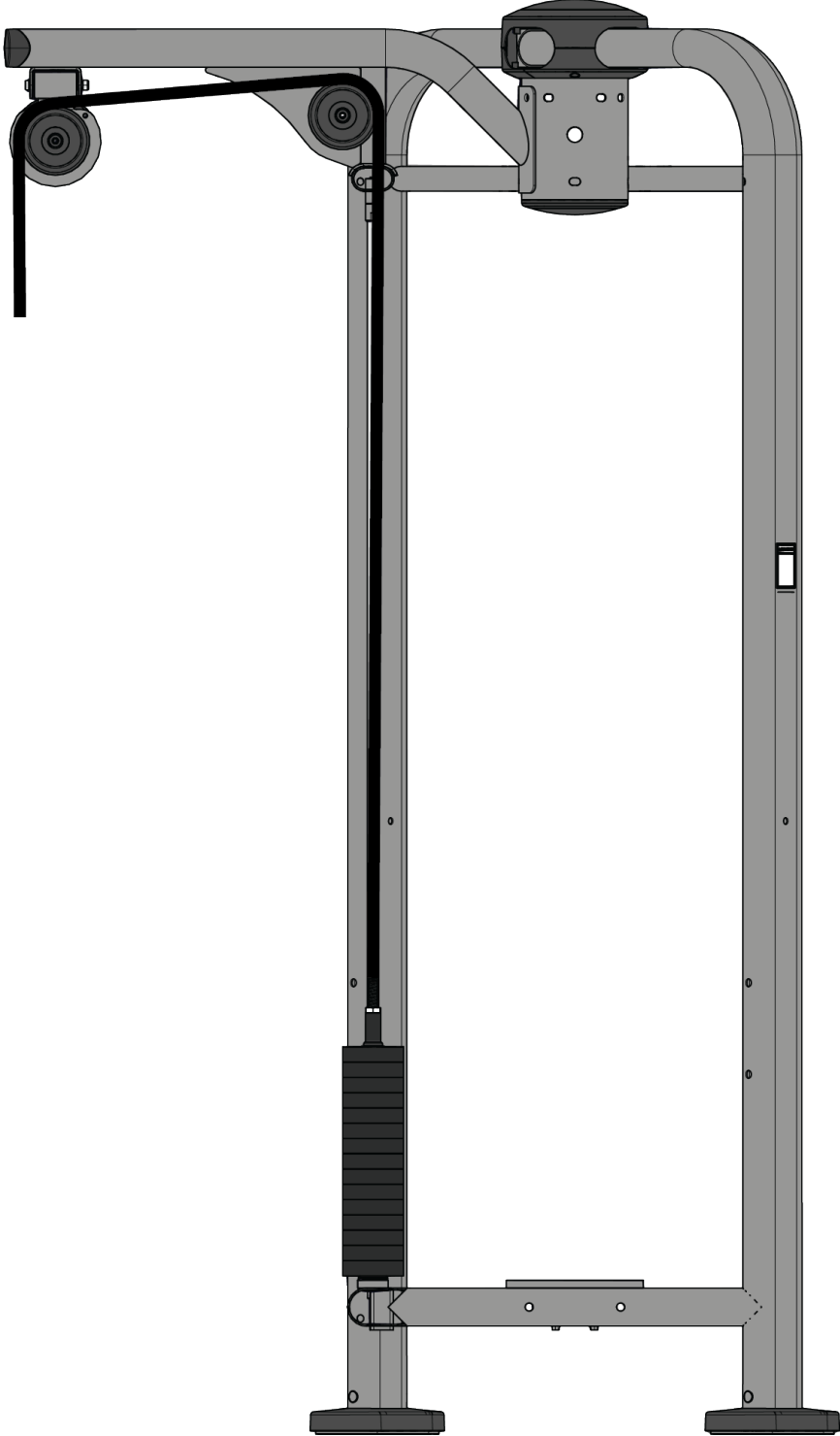
Lat Pull (PP-LP)



Row (PP-RW)



Triceps Pushdown (PP-TP)



Cable Handling Guide

Cable Connections, Seating, and Installation

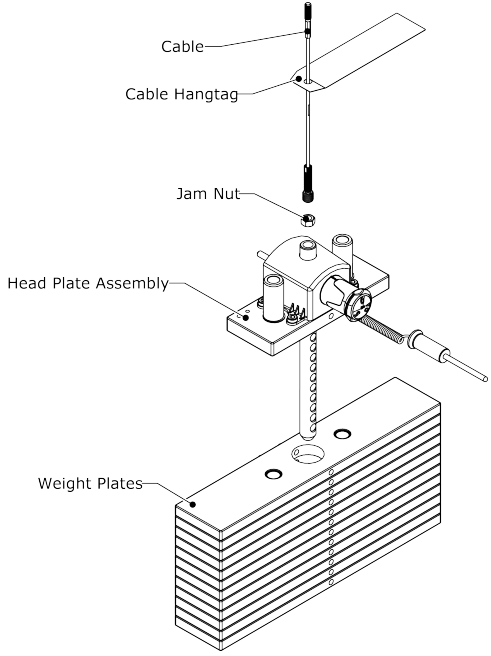
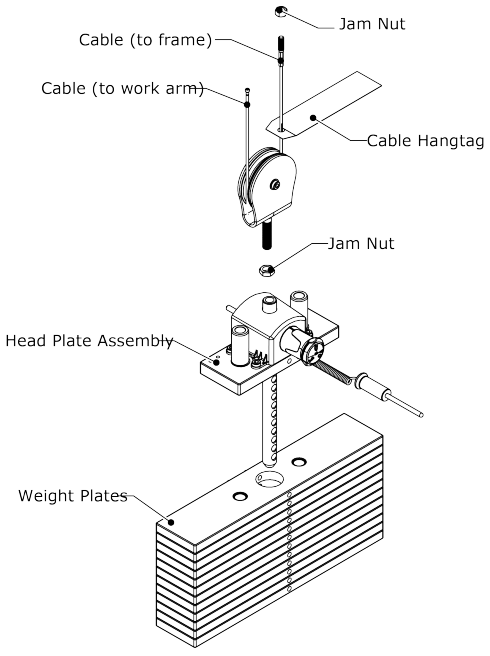
Cable Connections with threaded cable ends are required to be installed and maintained following the specifications identified below. Failure to follow these specifications can lead to the dislocation of the threaded cable during use and can cause serious injury. Along with securing the threaded cable end and jam nut, it is important to check the entire unit and ensure that all hardware is securely fastened and not left loose upon completion of cable installation.

WARNING

Use of non certified “techs” note: Service warranties may be void if a non-Cybex International, Inc.-certified technician performs service work. Replacement of any strength cables should be performed by a Cybex International, Inc. certified technician.

CABLE CONNECTIONS TYPES

There are two general cable connection types: Direct Link and Floating Pulley

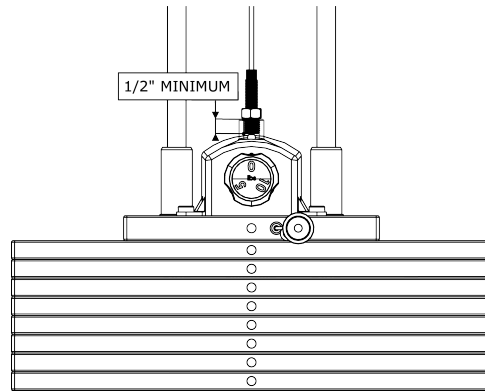
DIRECT LINK	FLOATING PULLEY
Cable is inserted directly into the head plate assembly.	Cable is routed around the floating pulley above the weight stack and is anchored at the frame.
 <p>The diagram shows a cable being inserted into a head plate assembly. Labels include: Cable, Cable Hangtag, Jam Nut, Head Plate Assembly, and Weight Plates. The cable passes through the head plate and is secured with a jam nut.</p>	 <p>The diagram shows a cable being routed around a floating pulley above the weight stack. Labels include: Cable (to frame), Cable (to work arm), Cable Hangtag, Jam Nut, Head Plate Assembly, and Weight Plates. The cable is secured with a jam nut and passes through the head plate.</p>

- Jam nuts must be tightened toward the head plate assembly and frame anchor. Torque the jam nuts to 20-25 FT-LBS (27.2 - 24.0 Nm).
- Cable Hangtags to be removed by customer only.

Cabling Procedure

Direct Link

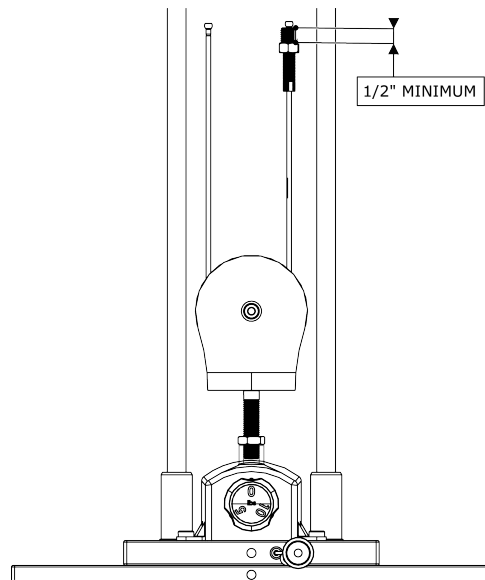
1. Thread the cable into the head plate assembly at least to the jam nut.



2. Cycle the machine to ensure that it is in proper working order.
3. Check the cable to ensure there is proper tension.
4. Tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm).

Floating Pulley

1. Measure the threaded end of the floating pulley and cable.
2. Screw the jam nuts onto the end of the thread on the floating pulley and cable.
3. Thread the floating pulley into the head plate assembly at least 1/2 inch (12.7mm).
4. Thread the cable into the frame anchor position.
5. Measure the exposed threads to verify that at least 1/2 inch (12.7mm) is screwed into the head plate assembly and frame anchor.



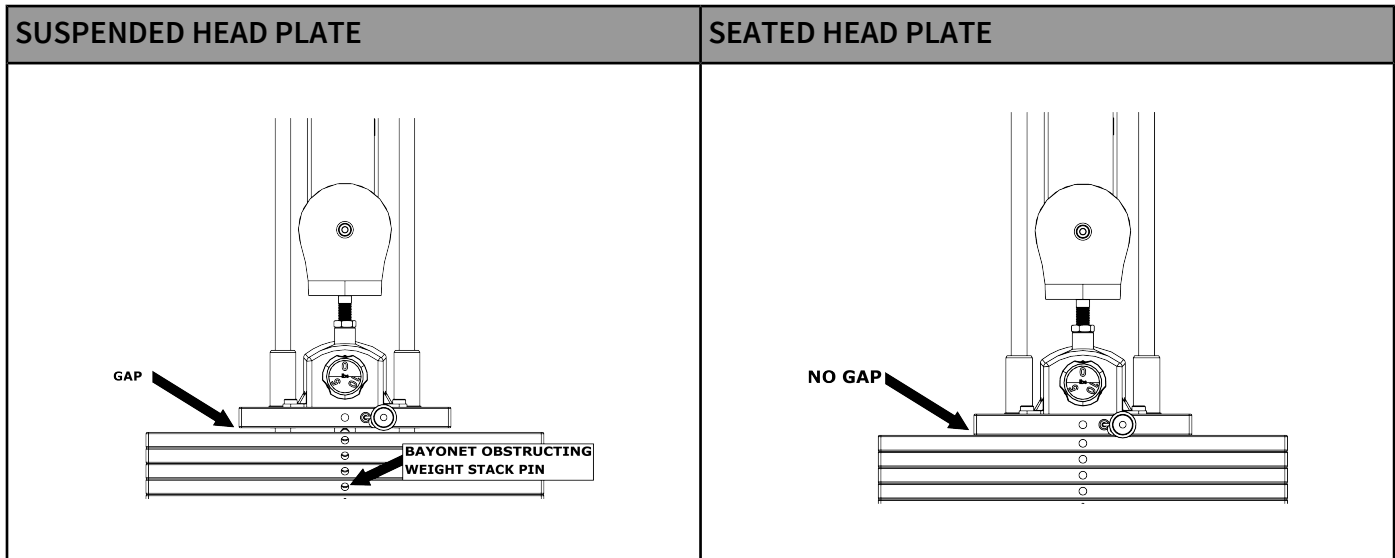
6. Cycle the machine to ensure that it is in proper working order.
7. Check the cable to ensure there is proper tension.
8. Tighten the jam nut toward the head plate assembly and frame anchor.

- Torque the jam nuts to 20-25 FT-LBS. (27.2 - 34.0 Nm).

Tensioning Cable

Cable should have enough tension so it stays seated into the pulley but not so tight that it pulls the head plate off the weight plate below it.

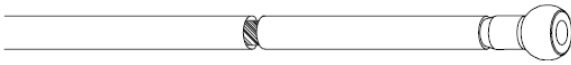
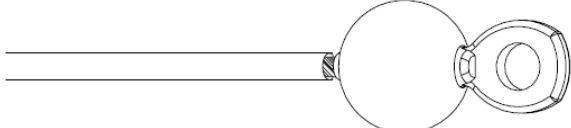
- If the head plate has lifted, loosen the jam nuts at the terminations and loosen the threaded plugs a half turn until the head plate comes to rest on the weight plate below. Check that the threaded plugs are engaged at least 1/2" (12.7mm) at each termination.



- Ensure that the weight stack selector pin can pin into each weight plate.
- Tighten jam nuts to 20-25 FT-LBS.

Strength Cable Wear Guidelines

FRACTURES:

<p>Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.</p>	
<p>Be especially observant for fractures near the components on the cable assembly - IE. Nylon Ball, Nico Loop, Threaded Plug, etc.</p>	

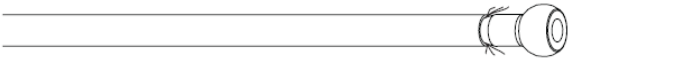
TWISTING/BINDING:

<p>Inspect casing to ensure wire rope is not twisting within its casing. Any sign of the cable twisting should be replaced immediately.</p>	
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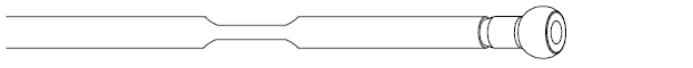
BULGING:

<p>Internal wire rope strands can break within and coil causing a bulge to appear. Cable should retain same outside diameter throughout.</p>	
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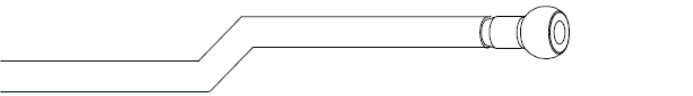
FRAYED/EXPOSED WIRE ROPE:

<p>Any exposed wire rope protruding through the casing or at either end.</p>	 A diagram of a wire rope with a frayed end. The fraying is shown as several strands protruding from the outer casing at the right end of the rope.
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FLATTENED:

<p>Section of cable is compressed and will not retain its shape (outside diameter).</p>	 A diagram of a wire rope with a flattened section. The middle portion of the rope is significantly narrower than the rest of the rope, indicating compression.
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PERMANENTLY BENT:

<p>Cable has 'kink' and prohibits cable from laying straight. Wire rope may be unraveling beneath casing and is compromised warranting replacement.</p>	 A diagram of a wire rope with a sharp, permanent bend or kink. The rope is bent at a 90-degree angle, and the strands are shown unraveling at the point of the bend.
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ENDS SEPARATING:

<p>Watch for component end of cable to pull away from cable assembly - look for exposed wire rope.</p>	 A diagram of a wire rope where the end is separating from the casing. The strands are shown pulling away from the casing at the right end, creating a gap.
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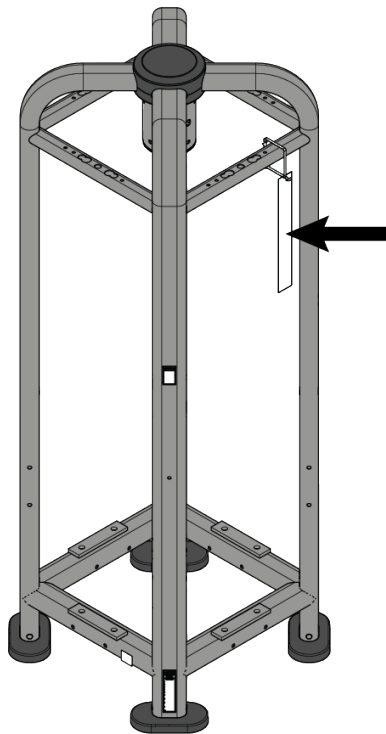
Bolt to Floor Guidelines

Introduction

Cybox designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Cybox recommends that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. For some equipment, securing the equipment to the floor is REQUIRED.

- Any unit with three or less weight stacks is REQUIRED to be bolted to the floor.
- Any unit that will be used with body weight strap training equipment, ropes, straps or chains in which case it is REQUIRED to be secured to the floor.

Each new unit shipped comes with a multi-language hangtag stating the importance of bolting the unit down as a safety precaution.



It is the facility's responsibility to adhere to local and regional building codes.

ALL ANCHORS:

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over subfloor. (See [Anchor Selection](#) for maximum subfloor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000psi (20 N/mm²).

Delivery and Installation Tips

Anchoring

- Cybex requires that each foot has at least one anchor bolted to the floor.
- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over sub-floor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See [Anchor Selection](#) for embedment depth minimums.

Building Codes

- It is the facility's responsibility to adhere to local and regional building codes. Please verify with the customer to ensure that they are aware of this.

Carpeting

- If bolted down to carpet flooring, be sure to use a box cutter knife to cut the carpet threads around each foot. This will help avoid the carpet threads from being wrapped around and pulled by the drill bit.

Competitor Product

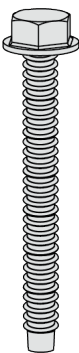
- The bolt down guidelines and procedures for Cybex products were determined by the company's Engineering and Installation Development groups. These guidelines include which anchors to use and positioning of the anchors are required for Cybex product.
 1. Cybex does not have that level of specification or engineering input for competitive product.
 2. Cybex installation teams are not permitted to anchor competitor equipment.

Drilling

- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
 1. This can be done by marking your drill bit with a piece of tape.
 2. While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

Anchor Selection

Static Anchor

Anchor	Subfloor between unit and concrete 0" to 1/2" (12.7mm) thick	Subfloor between unit and concrete over 1/2" (12.7mm) thick
	Imperial: KH-EZ 3/8" x 4"	Imperial: KH-EZ 3/8" x 5"
	Metric: HUS-H 8mm x 120mm	Metric: HUS-H 8mm x 150mm

- Minimum concrete compressive strength: 3000psi (20 N/mm²)
- Minimum concrete thickness:
 - KH-EZ 3/8": 4-7/8" (124mm)
 - HUS-H 8mm: 120mm (4-3/4")

- Minimum drill depth in concrete:
 - Standard fasteners 1/2" beyond anchor length
 - Metric fasteners 10mm beyond anchor length
- Minimum concrete embedment:
 - KH-EZ 3/8": 3-1/4" (83mm)
 - HUS-H 8mm: 75mm (2-3/32")

Pullout Force

Cybox specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

Selected Anchor	Design Resistance in Tension *
KH-EZ 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3/8 4"	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8 kN
KB-TZ 3/8" x 3-3/4"	1615 lb

* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued September 2014.

Tools Required



Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

Static Anchor

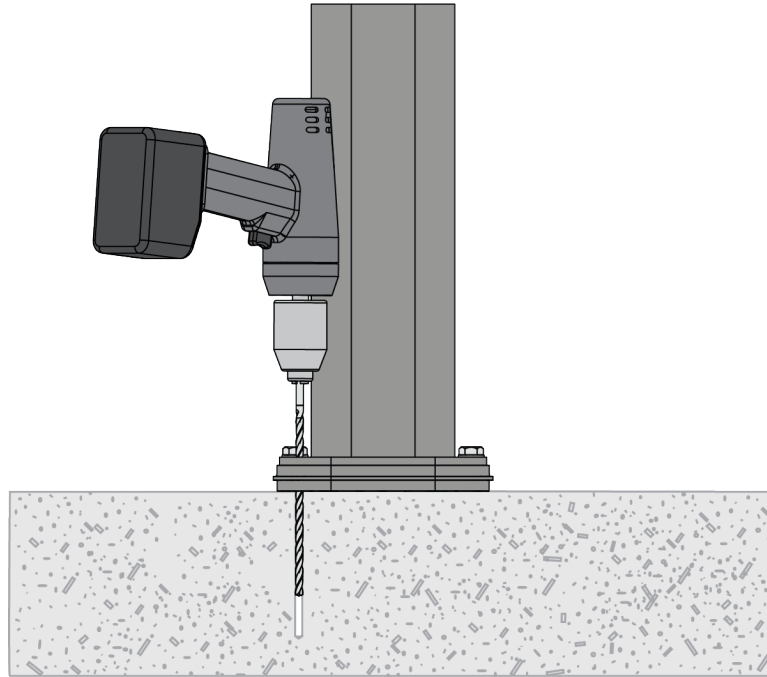
- Floor scanner/rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)
- 3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)
- Safety glasses
- Extension cord
- Impact wrench
- Vacuum (for debris)

Static Anchor Procedure


CAUTION

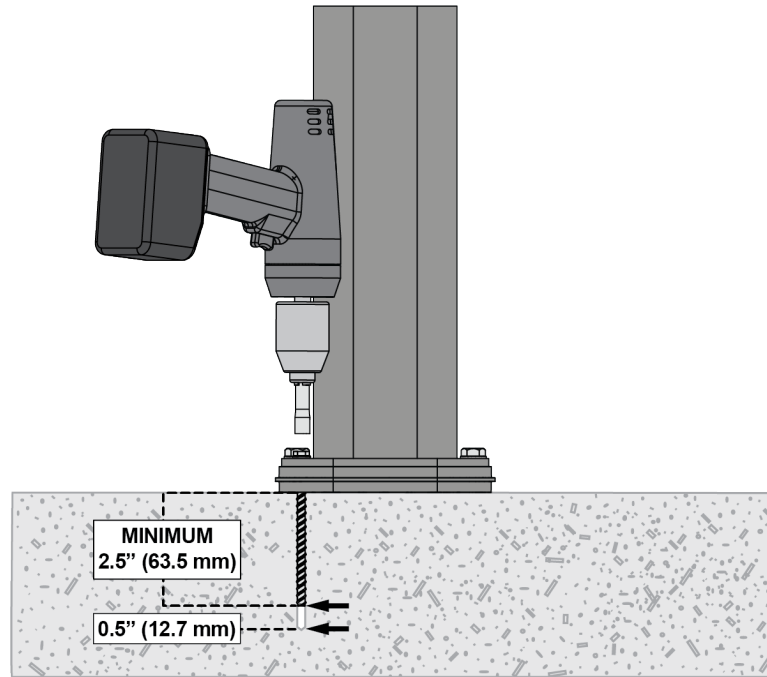
If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



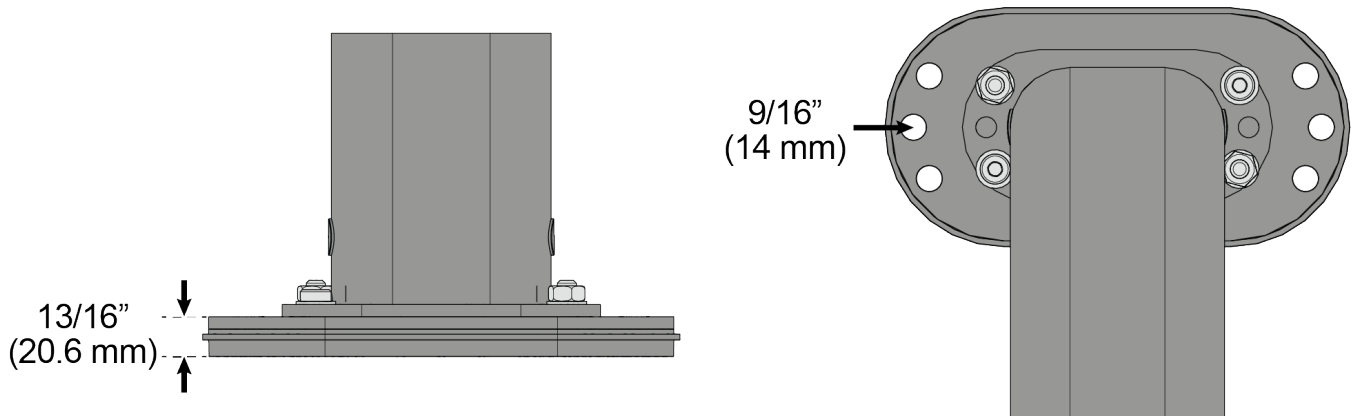
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

 **Note:** If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



Foot Dimensions

Use below images to determine foot height thickness per strength family.





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