



**Cybex® Free Weight  
Owner's & Service Manual  
Strength Systems  
Part Number 55299 E**





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Part Number 55299 E

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# 1 - Safety

## Safety

Read the Owner's Manual carefully before assembling, servicing or using the Free Weight equipment.

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

### User Safety Precautions

- **DO NOT** use the Free Weight equipment if it is not set up and located on a solid level surface.
- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning, speed and controlled movements. 
- Obtain a medical exam prior to beginning an exercise program.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Keep head, limbs, fingers and hair clear of all moving parts.
- **DO NOT** wear loose or dangling clothing while using the Free Weight equipment. Keep away from all moving parts.
- Inspect the Free Weight equipment prior to use. **DO NOT** use if damaged or inoperable.
- **DO NOT** attempt to fix a broken or jammed machines. Notify floor staff.
- Use the machine only for the intended use. Obtain instruction and **DO NOT** modify the machines.
- Children must not be allowed near these machines. Teenagers must be supervised.
- **DO NOT** use if guards are missing or damaged.
- **DO NOT** remove any labeling from the Free Weight equipment. Replace any damaged labels.
- Load plates evenly and carefully to avoid tipping equipment and crushing injuries.
- Use a spotter.
- **DO NOT** use dumbbells or other incremental weights, except those provided by the manufacturer.

### Facility Safety Precautions

- Read the Owner's Manual carefully before assembling, servicing or using the Free Weight equipment.
- Securely anchor each machine to the floor using the anchor holes provided in each machine.

**NOTE:** *Cybox is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

**NOTE:** *Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).*

**NOTE:** *If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.*

- Make sure that each machine is set up and operated on a solid level surface. **Do not install equipment on an uneven surface.**
- Make sure that all users are properly trained on how to use the Free Weight equipment.
- Make sure there is enough room for safe access and operation of the Free Weight equipment. When the Free Weight equipment is in use, there must be a minimum of at least three feet on all sides for safe access, operation and passage.
- Perform regular maintenance checks on the Free Weight equipment. Also pay close attention to all areas most susceptible to wear.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Cybox supplied components to maintain/repair the Free Weight equipment.
- Keep a repair log of all maintenance activities.
- Inspect all cables and belts and connections prior to use. **DO NOT** use if any components are worn, frayed, or damaged.

**NOTE:** *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

### **Warning/Caution Decals**

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

Caution decals indicate a potentially hazardous situation, which, if not avoided, could result in minor or moderate injury.

The caution and warning decals are shown on the following page. The diagrams following the decals show where each decal is located.

**⚠ CAUTION**

To avoid injury, do not adjust angle while on unit.

CM000219 C

**⚠ CAUTION**

Back cushion may drop when knob is pulled. Support back cushion while adjusting.

Be sure detent pin is fully engaged before use. Return back cushion to lowest position when not in use.

Failure to do so could result in personal injury.

8500-028 B

**⚠ WARNING**

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

1. Obtain a medical exam prior to beginning an exercise program.
2. Read and understand warning labels and user manual prior to exercising. Obtain instruction prior to use.
3. Keep body and clothing free from and clear of all moving parts.
4. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
5. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
6. Use the machine only for the intended use. DO NOT modify the machine.
7. Load plates evenly and carefully to avoid tipping equipment and crushing injuries.
8. Use a spotter.
9. DO NOT use if guards are missing or damaged.
10. DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
11. Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed, or damaged.
12. Children must not be allowed near this machine. Teenagers must be supervised.
13. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

5220-364 C

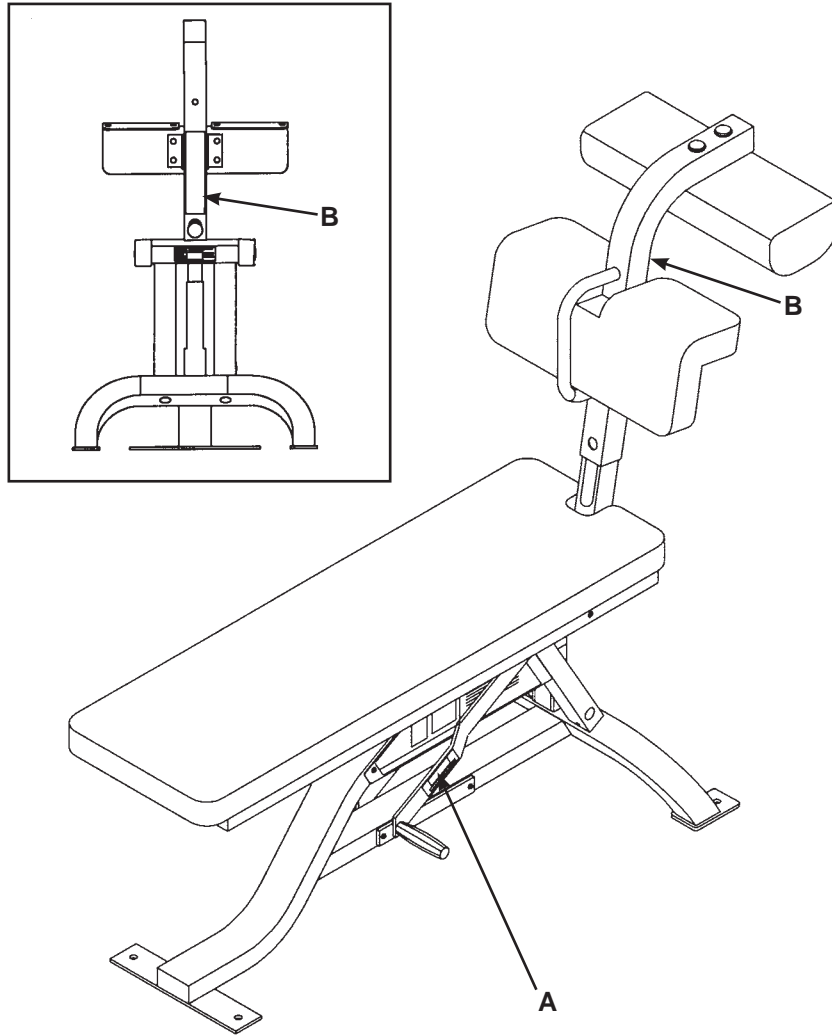
**⚠ WARNING**

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED

1. Obtain a medical exam prior to beginning an exercise program.
2. Read and understand warning labels and user manual prior to exercising. Obtain instruction prior to use.
3. Keep body and clothing free from and clear of all moving parts.
4. Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
5. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
6. Use the machine only for the intended use. DO NOT modify the machine.
7. Load plates evenly and carefully to avoid tipping equipment and crushing injuries.
8. Use a spotter.
9. DO NOT use if guards are missing or damaged.
10. DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
11. Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed, or damaged.
12. Children must not be allowed near this machine. Teenagers must be supervised.
13. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.
14. Stop exercising if you feel faint, dizzy or experience pain at any time will exercising and consult your physician.

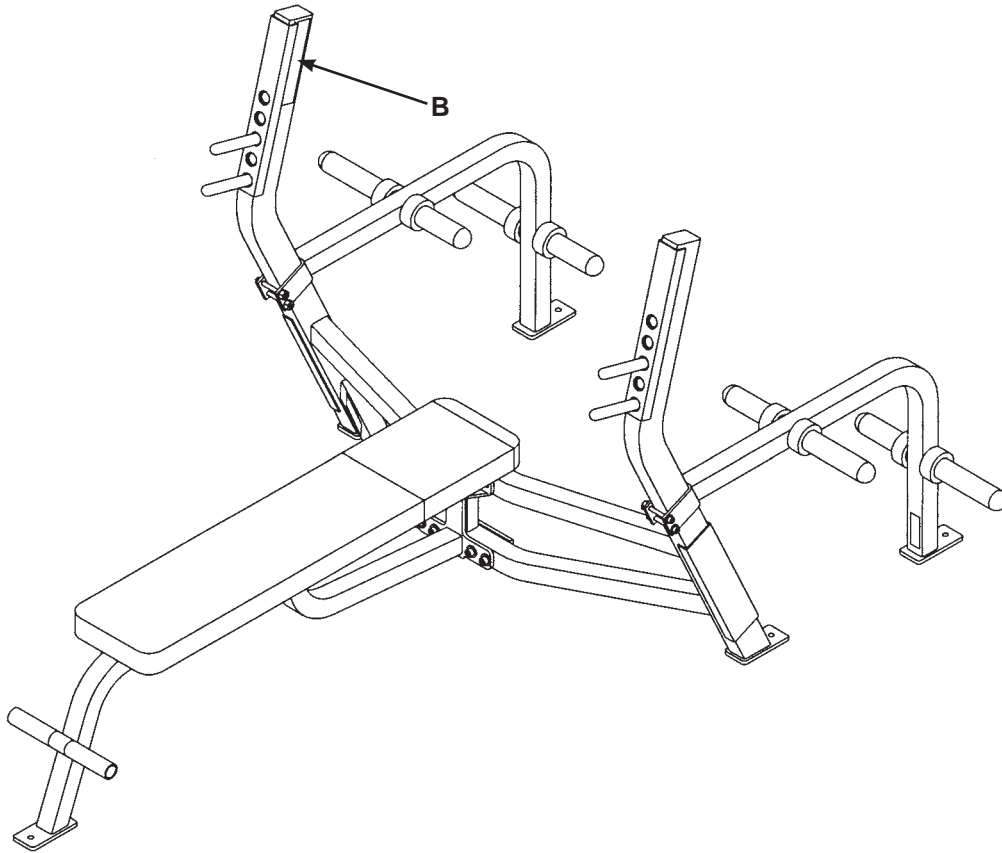
5220-365 D

**Bent Leg Ab Board - 5208**



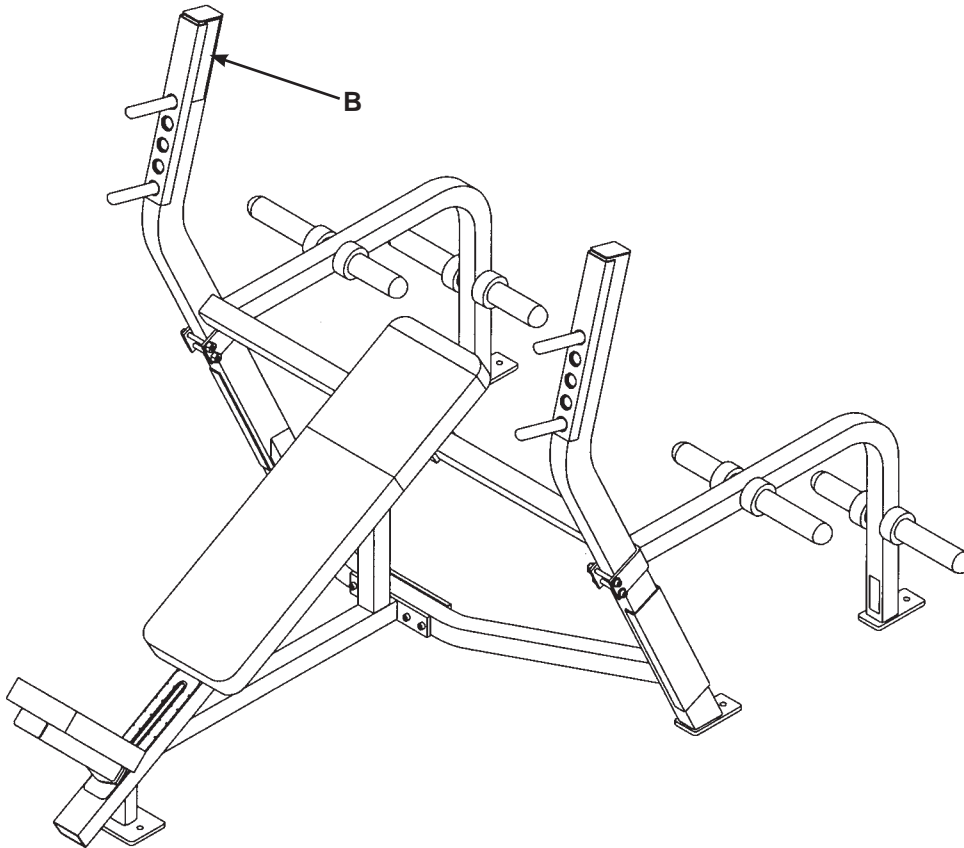
DESCRIPTION	PART NO.
A. Caution Decal.....	CM000219
B. Warning Decal.....	5220-364

Olympic Bench Press/Weight Storage Attachment - 5362 and 5363



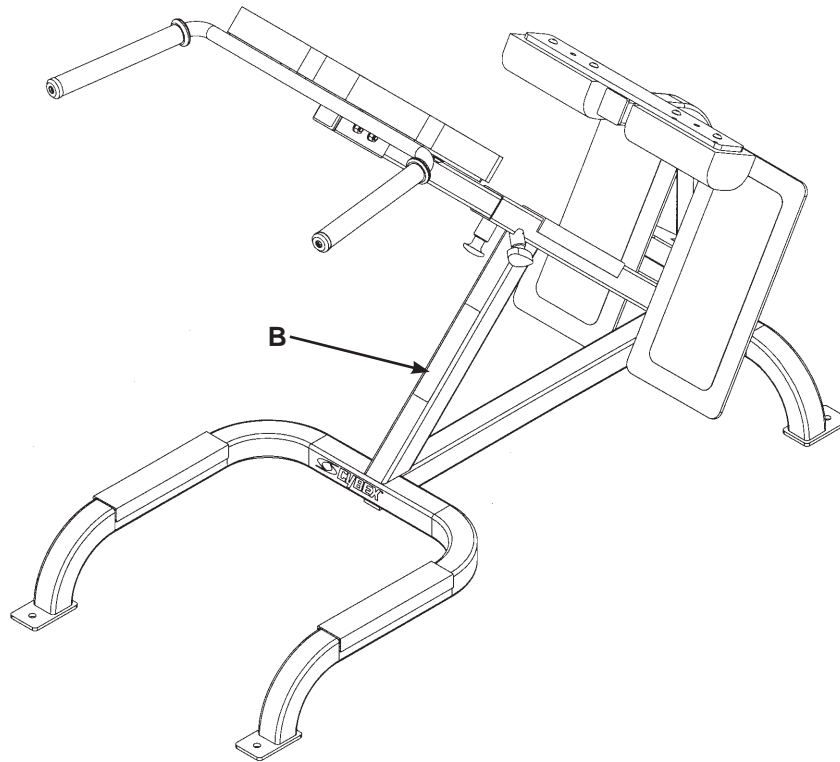
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Olympic Incline Bench/Weight Storage Attachment - 5372 and 5363



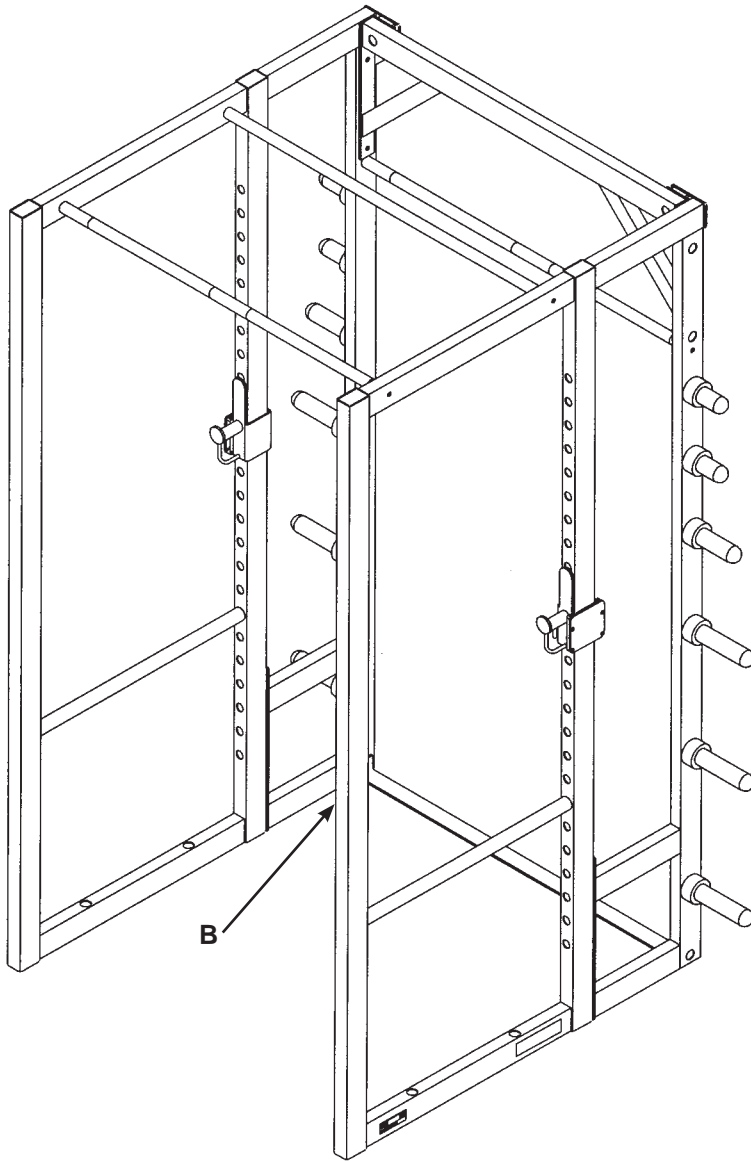
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

45 Degree Back Extension - 5411



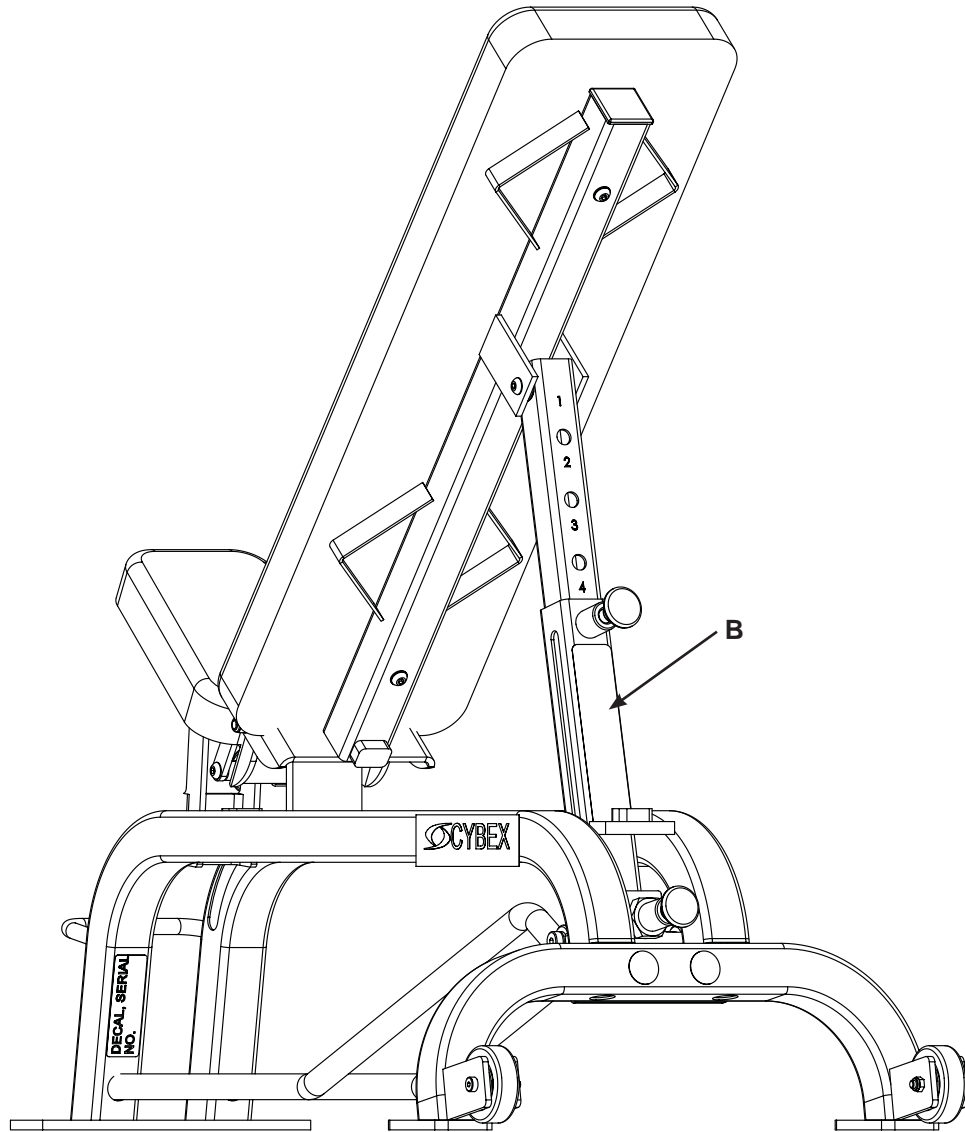
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Power Cage and Power Cage Attachment - 5420 and 5425



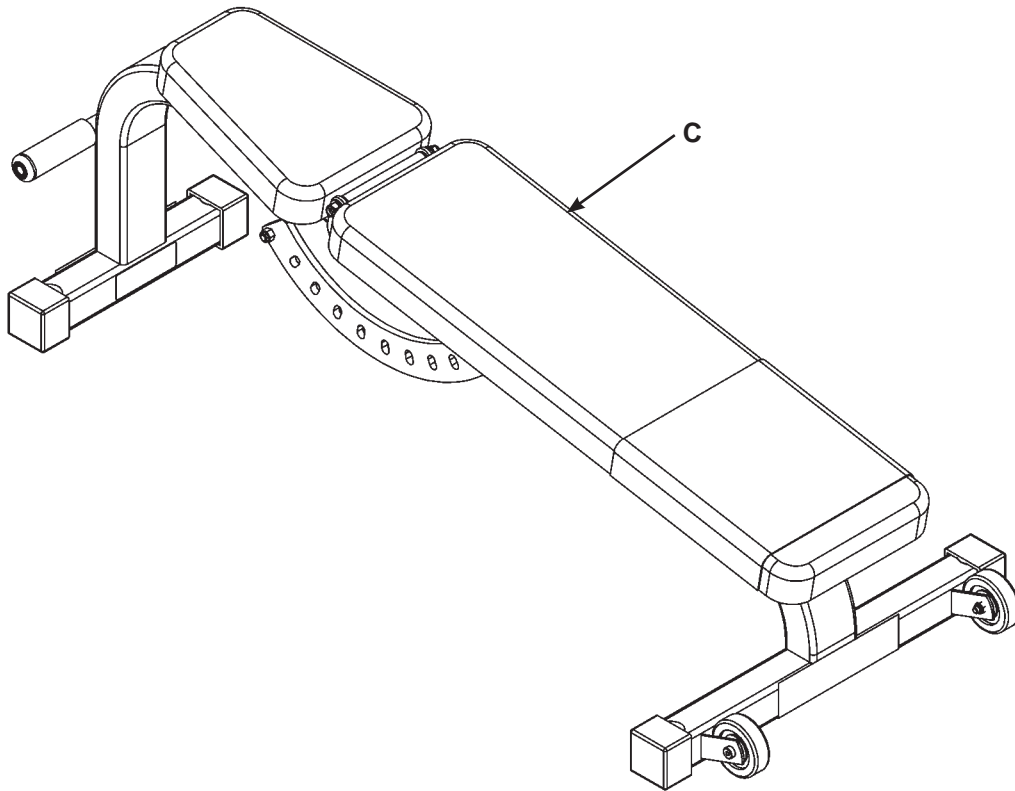
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Flat to Incline Bench - 5435



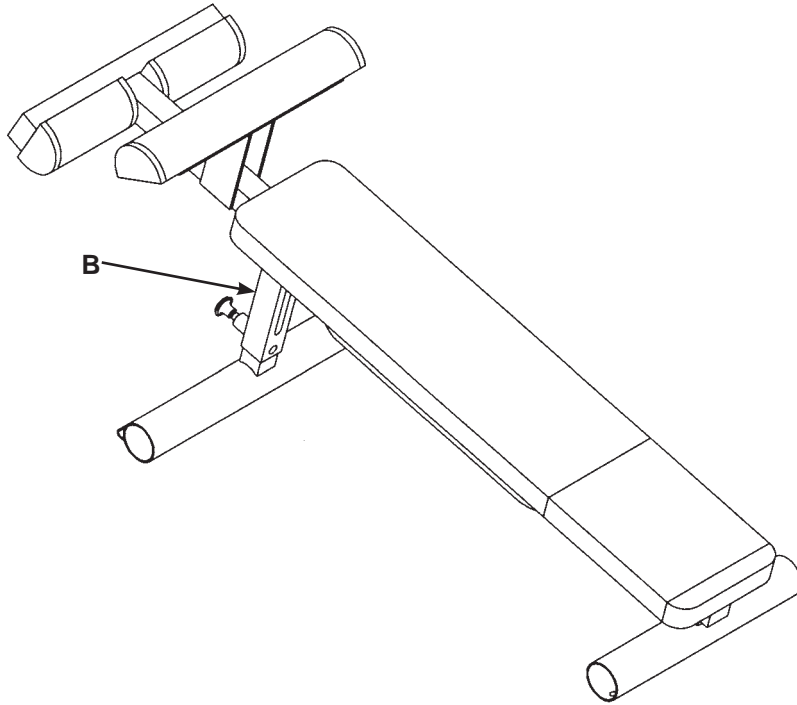
DESCRIPTION	PART NO.
C. Warning Decal.....	5220-364

Adjustable Bench - 5437



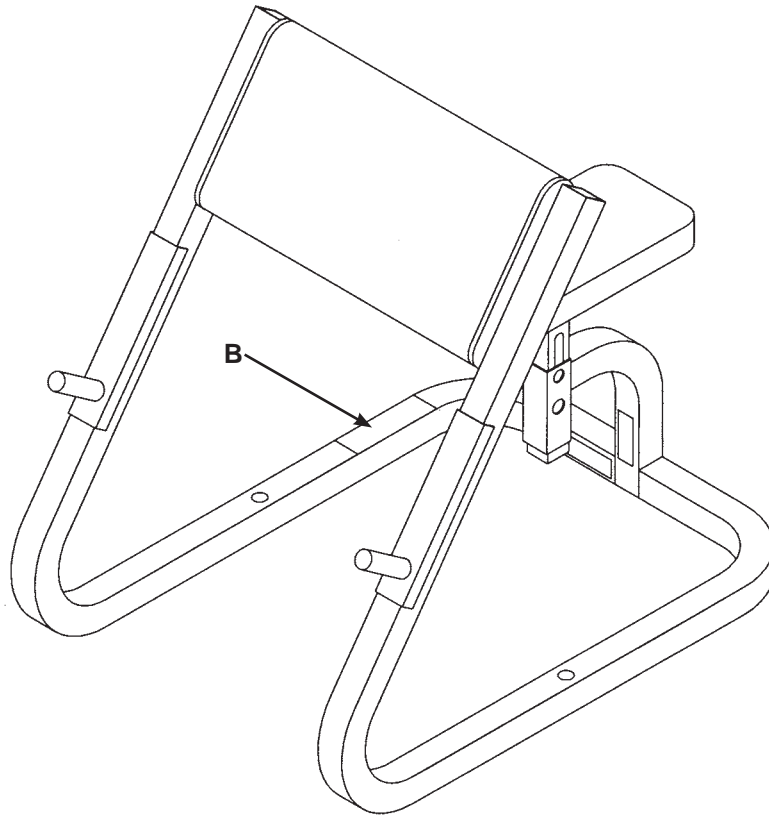
DESCRIPTION	PART NO.
C. Caution Decal.....	8500-028

Adjustable Decline - 5445



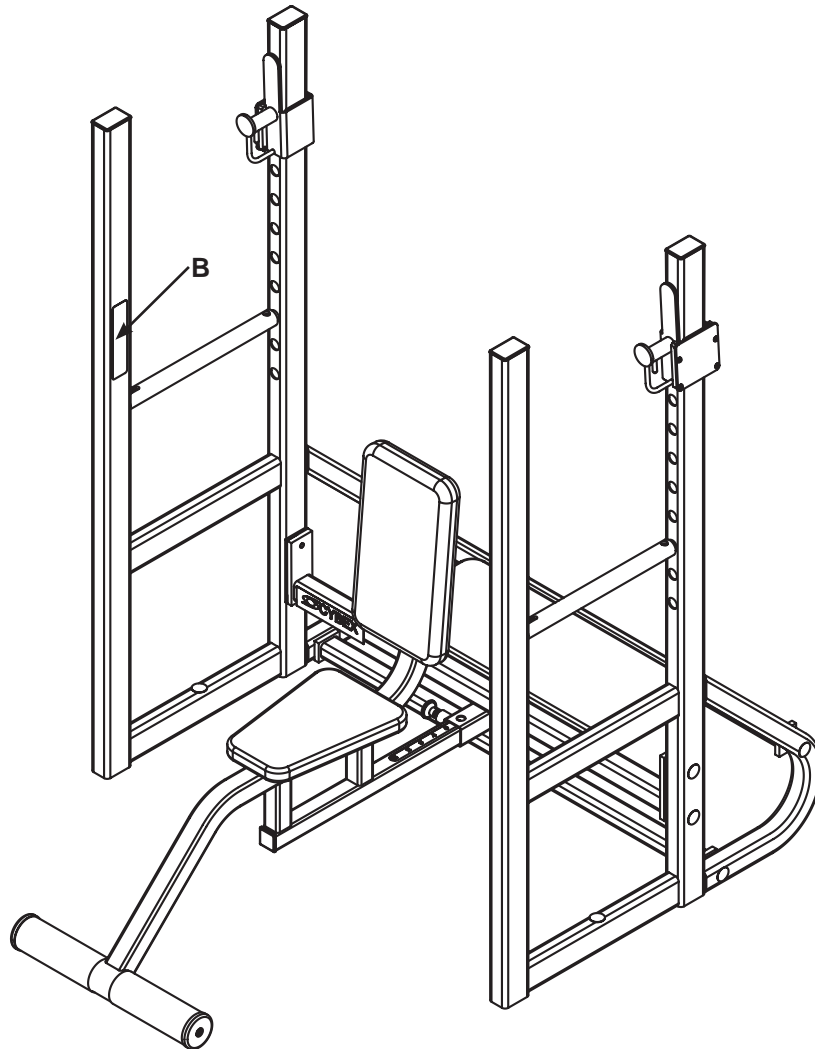
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Scott Curl Station - 5460



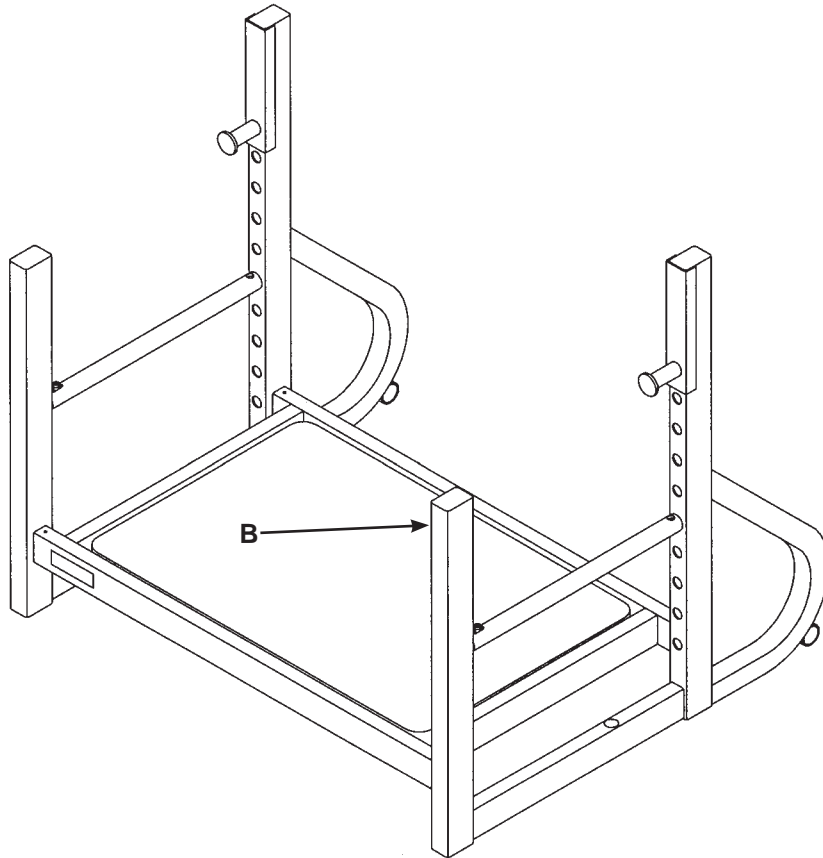
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Military Press Station - 5471



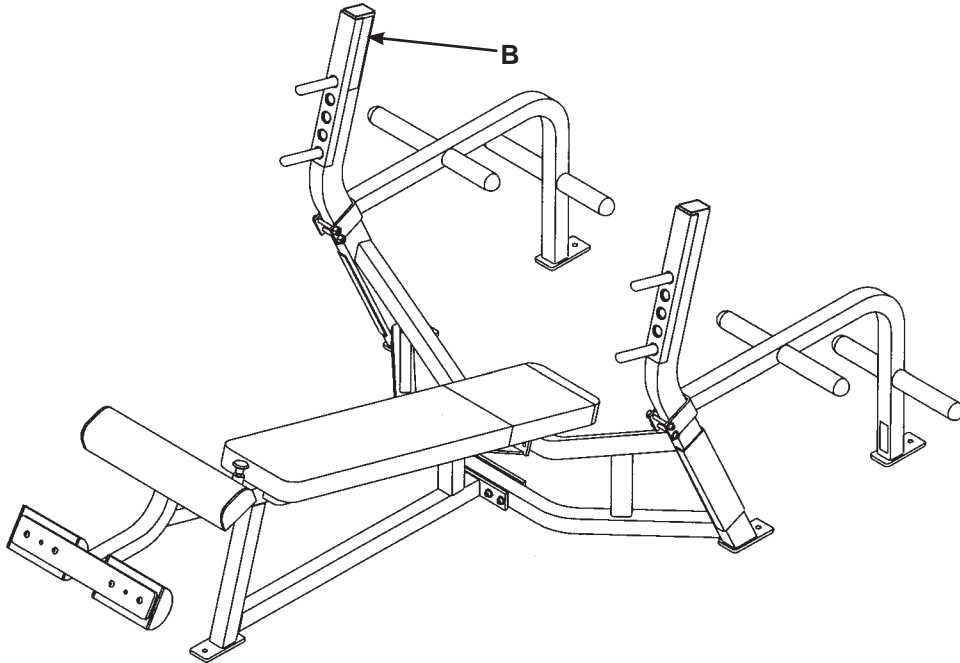
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Training Station - 5480



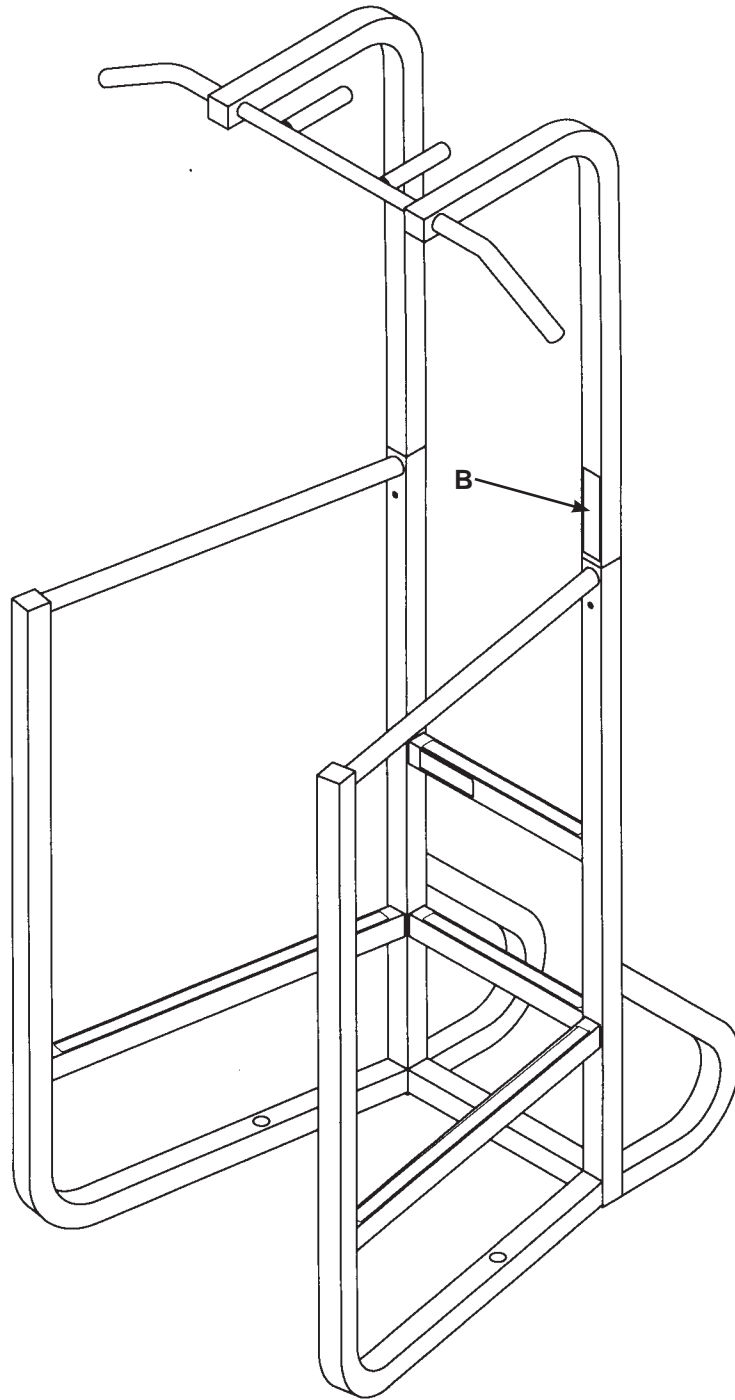
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Olympic Decline Bench/Weight Storage Attachment - 5502 and 5363



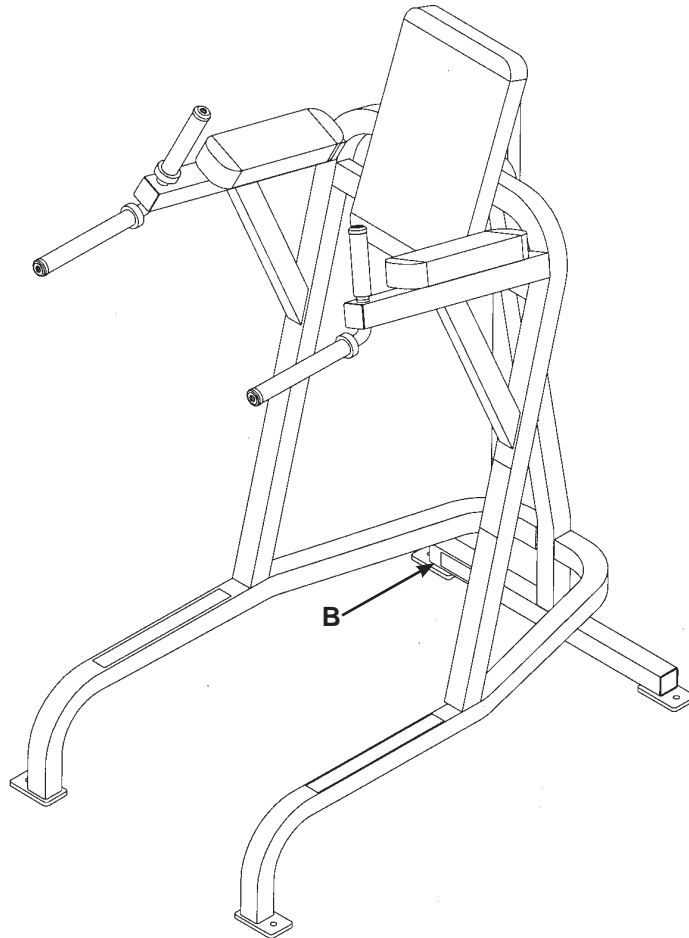
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Dip/Chin Station - 5510



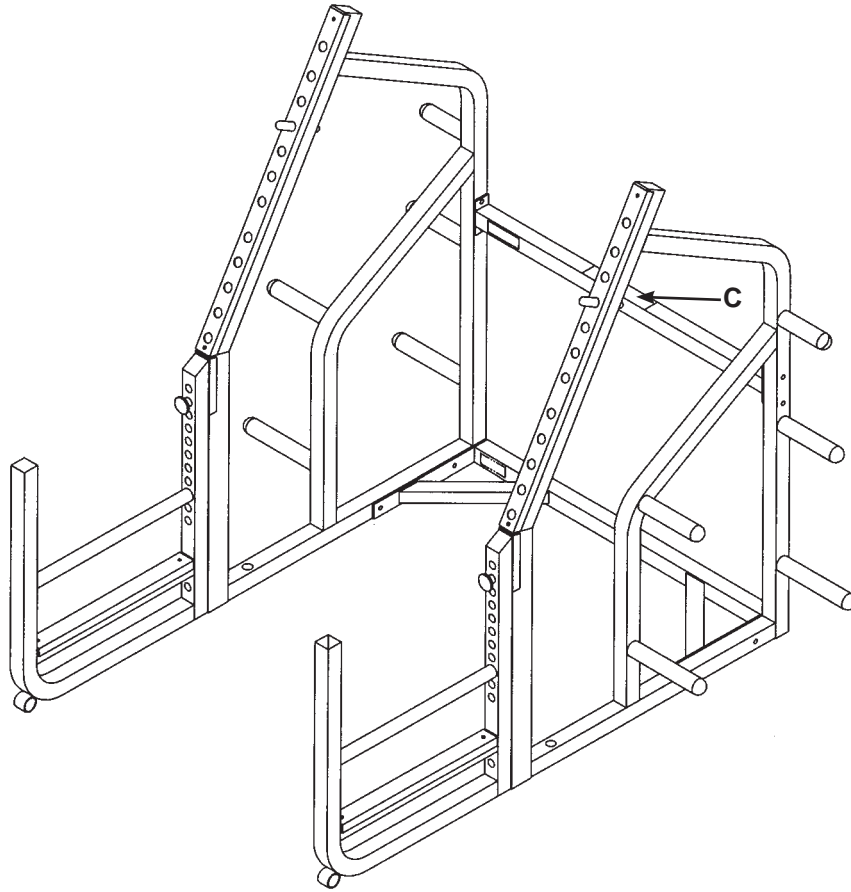
DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Leg Raise Chair - 5530



DESCRIPTION	PART NO.
B. Warning Decal.....	5220-364

Squat Rack With Adjustable Stop - 5570



DESCRIPTION	PART NO.
C. Warning Decal.....	5220-365

## **Regular Maintenance Activities**

Preventative maintenance activities must be performed to maintain normal operation of your Free Weight equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities. The preventative maintenance actions are described in detail in Chapter 6. Briefly, they include:

***! WARNING: Equipment found to have worn or damaged components must be removed from service until repair(s) is made. Failure to do so could result in injury.***

### **Daily**

1. Clean upholstery.

### **Weekly**

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Check for worn handles, and worn warning labeling. Replace all worn parts immediately.

### **As Required**

1. Inspect grips and replace as necessary.

## **Using Proper Form**

Before working out, read and understand the training suggestions listed in Chapter 3.

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## 2 - Technical Specifications

### **General Specifications**

#### **Frame Finish**

- Shall be made of mechanical quality 11 gauge and 16 gauge steel purchased in mill run quantities to assure the best consistency.
- Prior to applying finish, each part shall be put through a multi-stage wash to remove all oils and to chemically prepare the surface for maximum adhesion. After the wash, the frames shall be dried and coated with an Electrostatically applied powdercoat finish that shall be applied in powder form and then baked until cured.
- The finish shall be textured and very hard, assuring a scratch and chip resistant finish.

#### **Handgrips**

- Machines shall use a closed-end PVC closed cell foam vinyl sleeve.
- Diameter should be 1 3/8" to increase comfort through reduced pressure.

#### **Frame Construction**

- Primarily 1 1/2" x 2" tubing with 11 gauge wall thickness, but different tubing sizes and wall thickness shall be used as required through engineering stress analysis.
- Fully welded frames for maximum structural integrity and minimum maintenance.

#### **Hardware**

- All 3/8" socket head cap screws shall be of grade 8 (or equivalent). All bolts shall be either chromed or zinc plated for additional corrosion resistance.

## ***Cybox Free Weight Owner's Manual***

### **Cushion/Upholstery**

- A superior grade of Boltaflex or Naugahyde from Omnova shall be used on all pad covers and wear covers.
- The color shall be sulfide stain resistant.
- All edges shall be stitched to eliminate any folds in the material that would limit durability.
- Cushions come with replaceable slipcovers on all high use areas, reducing maintenance expense by not having to replace the entire cushion.
- Cushion foam consists of a combination of high and medium density closed-cell Omalon polyurethane, for durability and comfort.

### **Adjustments**

- Recessed high contrast Lexan decal for all seat and pad adjustments for maximum readability.

### **Instructional Placard**

- Used on Bent Leg Abdominal Board, (*Product No. 5208*).
- Shall provide step-by-step instructions and a picture to illustrate use.
- Placard shall indicate proper positioning, and clearly describe the correct use of machines.

### **Equipment Anchoring**

- Each machine shall be equipped with a provision for anchoring it to the floor.

### **Weight Storage**

- All weight storage pins shall be made of hot-rolled electrically welded steel and bright zinc plated for corrosion resistance and durability.
- All weight storage pins shall be fitted with rubber bumpers to protect frame finish and free weight plates.

### **Wear Guards**

- Ultra High Molecular Weight (UHMW) extruded plastic u-bumpers shall be affixed to appropriate machines with double coated foam tape. This will protect the frame finish from leaning weight plates.

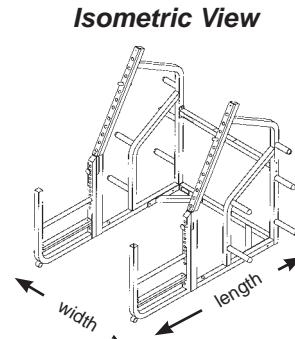
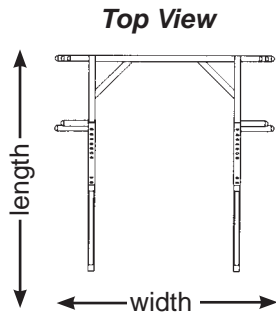
### **Dumbbell Saddles**

- Shall be high density polyethylene plastic and resistant to wear and breakage.

**Machine Specifications**

**Squat Rack - Product No. 5570**

(Squat Rack With Adjustable Bar Stops - Product No. 5571)

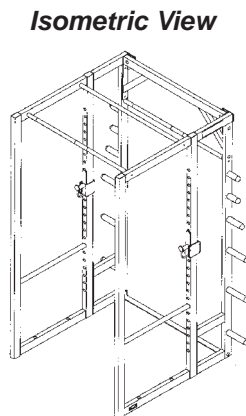
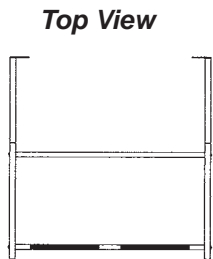


**Total Weight**  
289 lbs.  
131 kg

**Size**  
inches - 71 W x 70 L x 70 H  
cm - 181 cm W x 178 cm L x 178 cm H

- Removable chamfered pins for accurate positioning and convenience.
- Adjustable bar stops for additional movements and safety.
- Zinc-coated plate holders and UHMW wear guards to protect paint finish from contact with the bar.

**Power Cage - Product No. 5420**



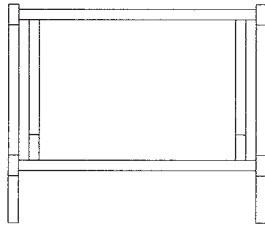
**Total Weight**  
379 lbs.  
172 kg

**Size**  
inches - 52 W x 52 L x 96 H  
cm - 132 cm W x 132 cm L x 244 cm H

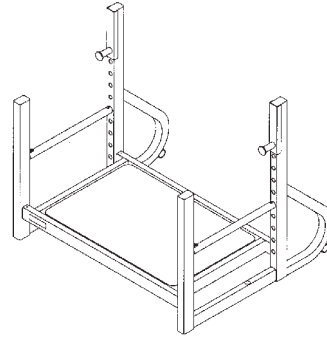
- Full 36" depth provides ample room to maneuver and 96" height allows full press-outs by tall lifters.
- Adjustable trigger bar stops and a sturdy lock design for safety.
- Built-in chin-up bar at 8' provides exercise variety.
- Weight Storage adds twelve plate sleeves and a chin-up bar at 6'.

**Training Station - Product No. 5480**

*Top View*



*Isometric View*



**Total Weight**

178 lbs.

81 kg

**Size**

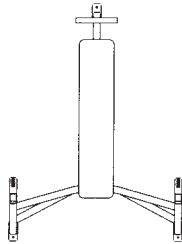
inches - 48 W x 40 L x 45 H

cm - 122 cm W x 102 cm L x 115 cm H

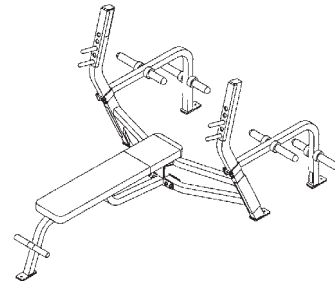
- Platform has necessary height to clear 45 lb. plates in deadlift exercise.
- Rugged platform and safety catches in 3" increments provide safety and stability.
- UHMW wear guards protect the uprights frame finish from bar contact.

**Olympic Bench Press - Product No. 5362**

*Top View*



*Isometric View*



**Total Weight**

116 lbs.

53 kg

**Size**

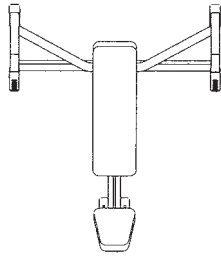
inches - 50 W x 69 L x 49 H

cm - 127 cm W x 176 cm L x 125 cm H

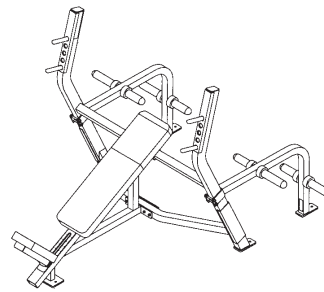
- Frame is contoured for easy spotter access and a foot rest provides smaller users enhanced stability.
- Removable chamfered weight pins provide adjustability.
- Optional weight storage attachment is space saving and maintains weight plates in close proximity.
- UHMW wear guards protect frame finish from leaning weight plates.

**Olympic Incline Press - Product No. 5372**

**Top View**



**Isometric View**



**Total Weight**

124 lbs.  
56 kg

**Size**

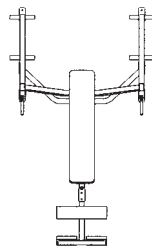
inches - 50 W x 58 L x 54 H  
cm - 127 cm W x 147 cm L x 138 cm H

- Bench angle is 30° to emphasize upper pectorals.
- Frame is contoured for easy spotter access.
- Seat adjusts to 6 positions for varying torsos and position fine-tuning.
- Optional weight storage attachment is space saving and maintains weight plates in close proximity.
- UHMW wear guards protect frame finish from leaning weight plates.

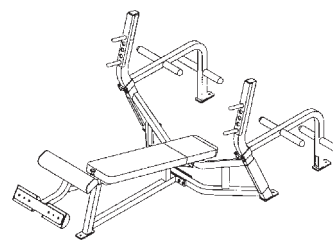
**Olympic Decline Press - Product No. 5502**

*(Olympic Decline Press With Weight Storage Attachment - Product No. 5563)*

**Top View**



**Isometric View**



**Total Weight**

140 lbs.  
64 kg

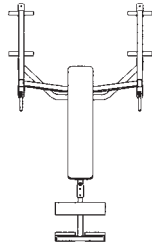
**Size**

inches - 50 W x 76 L x 45 H  
cm - 127 cm W x 191 cm L x 115 cm H

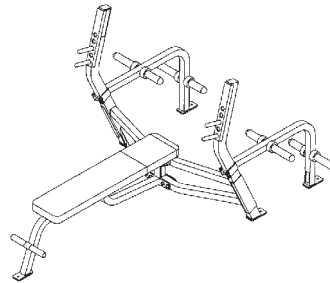
- Bench angle is 15° to emphasize the lower pectorals.
- Frame is contoured for easy spotter access.
- Elevated knee support reduces lower back strain and adjusts to 6 positions for varying torsos and position fine-tuning.
- Optional weight storage attachment is space saving and maintains weight plates in close proximity.
- UHMW wear guards protect frame finish from leaning weight plates.

**Weight Storage Attachment - Product No. 5563**

**Top View**



**Isometric View**



**Total Weight**

15 lbs.  
7 kg

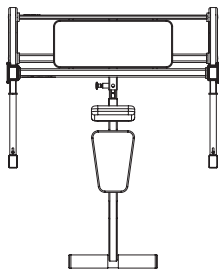
**Size**

inches - 8 W x 15 L x 22 H  
cm - 20 cm W x 40 cm L x 56 cm H

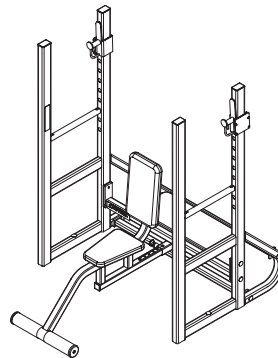
- For use with product numbers 5362, 5372 and 5502.

**Military Press - Product No. 5471**

**Top View**



**Isometric View**



**Total Weight**

223 lbs.  
101 kg

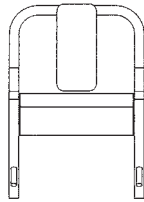
**Size**

inches - 63 W x 50 L x 67 H  
cm - 160 cm W x 127 cm L x 171 cm H

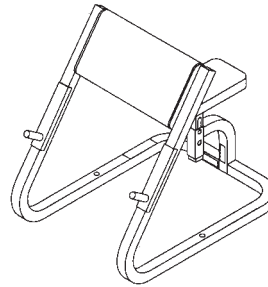
- Seat is adjustable fore or aft allowing varying take-off positions.
- Trigger bar stops are adjustable in 3" increments, and a spotter's platform increases to the safety profile.
- Footrest enhances user stability.

**Scott Curl - Product No. 5460**

*Top View*



*Isometric View*



**Total Weight**

80 lbs.  
36 kg

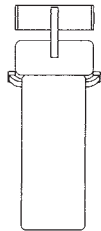
**Size**

inches - 28 W x 40 L x 38 H  
cm - 72 cm W x 102 cm L x 97 cm H

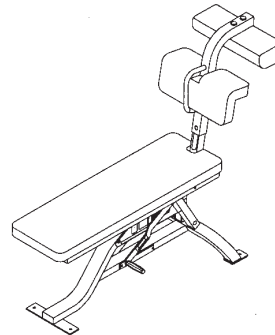
- Elbow pad is angled 55° for varying resistance and comfort.
- Dual take-off pins increase safety.
- Seat adjusts for varying torsos and position fine-tuning.
- UHMW wear guards protect the uprights frame finish from bar contact.

**Bent Leg Abdominal Board - Product No. 5208**

*Top View*



*Isometric View*



**Total Weight**

128 lbs.  
58 kg

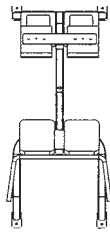
**Size**

inches - 24 W x 59 L x 45 H  
cm - 61 cm W x 150 cm L x 115 cm H

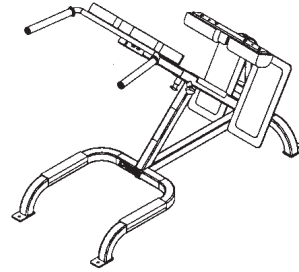
- Foot release adjusts back pad in five increments from -30° to 10°.
- Leg pad reduces lower back strain and adjusts for femur length.
- Handgrip allows for easy ingress/egress.

**45° Back Extension - Product No. 5411**

**Top View**



**Isometric View**



**Total Weight**

117 lbs.  
53 kg

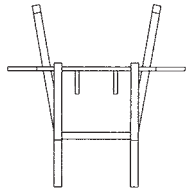
**Size**

inches - 27 W x 58 L x 43 H  
cm - 69 cm W x 147 cm L x 109 cm H

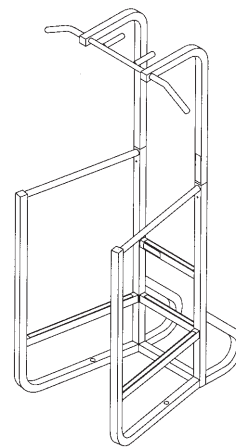
- Unique footrest to thigh pad angle providing additional relief for the knee joint enhancing both comfort and safety.
- Start position of 45° provides closer alignment of strength curve for the low back and hamstrings.
- Adjustment range of 13.5" accommodates users of all sizes.
- Sturdy design allows dips to be done safely on handles.
- UHMW wear guards protect frame finish from leaning weight plates.

**Chin-Up/Dip - Product No. 5510**

**Top View**



**Isometric View**



**Total Weight**

171 lbs.  
78 kg

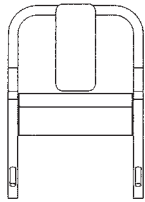
**Size**

inches - 46 W x 47 L x 98 H  
cm - 117 cm W x 119 cm L x 249 cm H

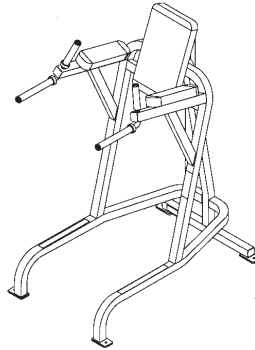
- Height greater than 8' allows taller users to perform chin-ups without bending knees while built-in steps provide assistance for smaller users.
- Angled grips allow a more comfortable hand-wrist position.
- Choice of grips include a neutral position for individual preference and anatomical limitation.
- Converging dip-bars allow users of varying shoulder widths greater comfort.

**Leg Raise/Dip - Product No. 5530**

**Top View**



**Isometric View**



**Total Weight**

126 lbs.  
57 kg

**Size**

inches - 30 W x 48 L x 64 H  
cm - 77 cm W x 122 cm L x 163 cm H

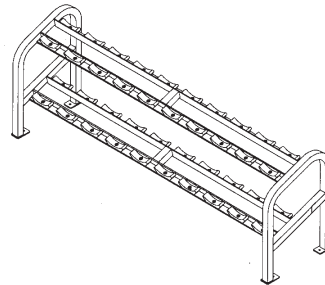
- Slightly reclined position and angled elbow rests provide a more secure upright positioning.
- Step-up provides for easy ingress/egress.
- Sturdy design allows dips to be done safely on dip handles.

**Twin Tier Dumbbell Rack - Product No. 5380**

**Top View**



**Isometric View**



**Total Weight**

160 lbs.  
73 kg

**Size**

inches - 89 W x 22 L x 31 H  
cm - 226 cm W x 56 cm L x 79 cm H

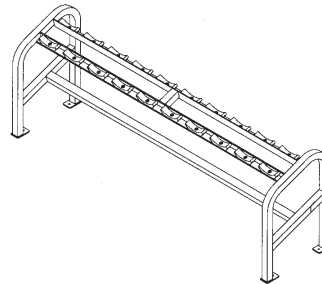
- Offset angle prevents wrist strain while removing and replacing dumbbells.
- Individual dumbbell cradles improves rack safety profile.
- Storage space for 10 pairs of any size dumbbell.
- Dumbbell saddles made of wear resistant high-density polyethylene plastic.

**Single Tier Dumbbell Rack - Product No. 5385**

*Top View*



*Isometric View*



**Total Weight**

123 lbs.  
56 kg

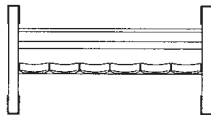
**Size**

inches - 89 W x 22 L x 31 H  
cm - 226 cm W x 56 cm L x 79 cm H

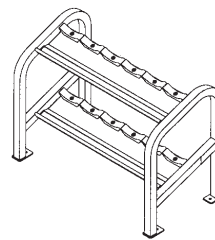
- Offset angle prevents wrist strain while removing and replacing dumbbells.
- Individual dumbbell cradles improves rack safety profile.
- Storage space for 5 pairs of any size dumbbell.
- Dumbbell saddles made of wear resistant high-density polyethylene plastic.

**Beauty Bell Rack - Product No. 5375**

*Top View*



*Isometric View*



**Total Weight**

82 lbs.  
37 kg

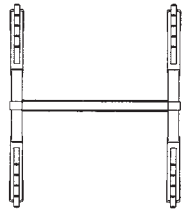
**Size**

inches - 43 W x 23 L x 31 H  
cm - 110 cm W x 59 cm L x 79 cm H

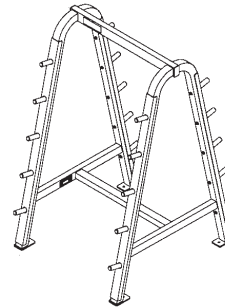
- Designed specifically for beauty bell set (#51022).
- Holds six pairs of dumbbells.
- Dumbbell saddles made of wear resistant high-density polyethylene plastic.

**Barbell Rack - Product No. 5541**

*Top View*



*Isometric View*



**Total Weight**

105 lbs.  
48 kg

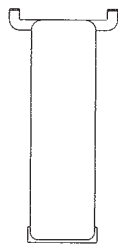
**Size**

inches - 32 W x 38 L x 55 H  
cm - 82 cm W x 97 cm L x 140 cm H

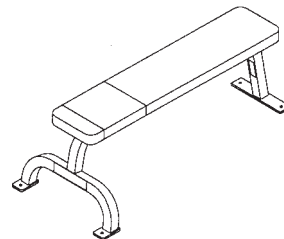
- Upright design provides convenience for barbell access.
- Rack holds 10 barbells, five per side.
- UHMW wear guards protect the uprights frame finish from bar contact.

**Flat Bench - Product No. 5430**

*Top View*



*Isometric View*



**Total Weight**

40 lbs.  
18 kg

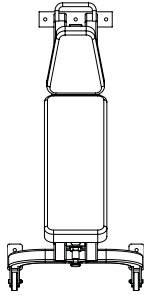
**Size**

inches - 20 W x 43 L x 17.5 H  
cm - 51 cm W x 109 cm L x 44 cm H

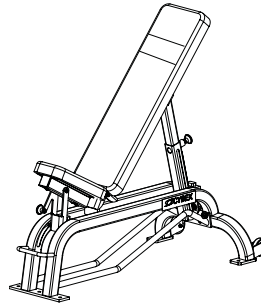
- Bench has 3 point contact for improved leveling.
- Supports user to allow unencumbered foot positioning.
- Strong but lightweight design can be easily moved.

**Flat to Incline Bench - Product No. 5435**

*Top View*



*Isometric View*



**Total Weight**

80 lbs.  
36 kg

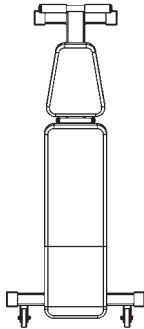
**Size**

inches - 23 W x 51 L x 51 H  
cm - 59 cm W x 130 cm L x 130 cm H

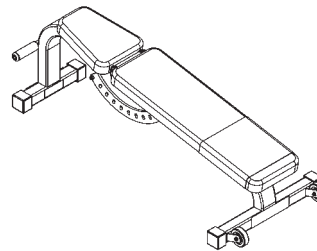
- Space saving design allows user and facility to have a flat bench and an incline bench in one product.
- Nine possible angles from 0° to 80°.
- Features include wheels and a handle for easy moving.

**Adjustable Bench - Product No. 5437**

*Top View*



*Isometric View*



**Total Weight**

80 lbs.  
36 kg

**Size**

inches - 22 W x 52 L x 17 H  
cm - 56 cm W x 132 cm L x 43 cm H

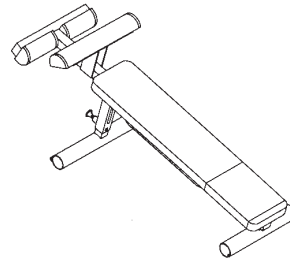
- Space saving design allows user and facility to have a flat bench and an incline bench in one product.
- Ten seat back positions from -10 to 80°.
- Features include wheels and a handle for easy moving.

**Adjustable Decline Bench - Product No. 5445**

**Top View**



**Isometric View**



**Total Weight**

66 lbs.  
30 kg

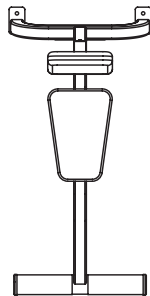
**Size**

inches - 23 W x 61 L x 33 H  
cm - 155 cm W x 94 cm L x 84 cm H

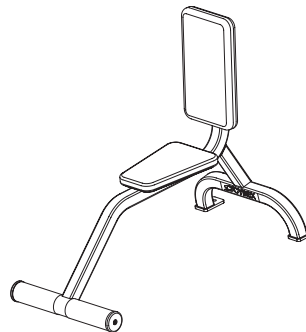
- Back pad adjusts from -15° to -30°.
- Eight distinct reproducible positions.
- Legs are supported and knees elevated to reduce lower back strain.

**Upright Bench - Product No. 5521**

**Top View**



**Isometric View**



**Total Weight**

40 lbs.  
18 kg

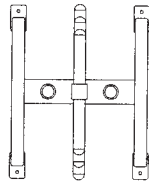
**Size**

inches - 28 W x 47 L x 38 H  
cm - 71 cm W x 119 cm L x 97 cm H

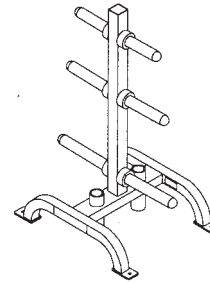
- Back angle is 85° which improves comfort and stability without interfering with overhead movements.
- Footrest increases stability.

**Weight Bar Tree - Product No. 5490**

**Top View**



**Isometric View**



**Total Weight**

63 lbs.  
29 kg

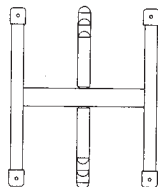
**Size**

inches - 26 W x 28 L x 46 H  
cm - 66 cm W x 71 cm L x 117 cm H

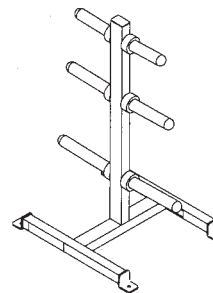
- Six zinc-coated storage pegs for Olympic plates, 1000 lbs. capacity.
- Stores two Olympic bars vertically for maximum space efficiency.
- Rubber bumpers on storage pegs protect frame finish from plates.
- Hemispherical rubber end caps on pegs assist loading and dampen noise.

**Weight Tree - Product No. 5491**

**Top View**



**Isometric View**



**Total Weight**

52 lbs.  
24 kg

**Size**

inches - 24 W x 29 L x 45 H  
cm - 74 cm W x 64 cm L x 110 cm H

- Six zinc-coated storage pegs for Olympic plates, 1000 lbs. capacity.
- Rubber bumpers on storage pegs protect frame finish from plates.
- Hemispherical rubber end caps on pegs assist loading and dampen noise.

## 3 - General Exercise Guidelines

### Training Suggestions

#### Before you workout

Prior to starting a training program, get a complete physical exam to make sure your physician agrees that you are ready. Always warm-up your muscles before a workout. A 5 - 10 minute cardio warm-up followed by slow stretching (no bouncing) is recommended. Continue with a lighter set (50% of normal of intended exercises. Proper breathing is very important. Exhale during muscle exertion, and inhale while returning to the start position. Start your program conservatively. Choose weights you can easily lift in the first weeks. Always perform the full range of motion unless you have an injury, then consult a professional trainer. Your Cybex dealer can help you find one. Know the terms? A "repetition" (rep) is defined as one complete movement through an exercise, returning to the start position. A "set" is a continuous series of reps usually between 6 - 15.

#### During your workout

The number of reps. you perform in a set depends on your goal. To build muscle and strength, do fewer reps (6 - 8) with heavier weight. To firm your muscles and build endurance, do more reps. (12 - 15) with lighter weight. Never "cheat" by shortening the range of motion, bouncing the weight, or shifting your posture. This may allow you to lift more weight, but it is dangerous and less effective. Catch your breath between sets, then continue. When "circuit training" move briskly to the next exercise; when doing multiple sets on one exercise, rest 45 - 90 seconds before the next set. Work up to three sets per exercise. When you can perform the desired reps and sets for any exercise, increase the weight by a half or full plate.

#### Designing your workout

Circuit training is a good way to start. This involves doing one set per exercise, then moving to the next exercise, pausing only briefly between them (to keep your heart and breath rate up) until completing a balanced "circuit" of 8 - 10 exercises for your entire body. Then repeat the circuit. After several weeks, you can move into multiple sets (3 in a row) per exercise if you choose. For both of these, exercise the complete body every other day, up to three times a week. **Note:** *A full day's rest, plus proper nutrition and hydration are required for optimum muscle-building or toning.* Alternatively, work out half your body one day (e.g., the upper body) and the other half the following day (e.g. the lower body). To reduce muscle soreness, end each series of sets for a given muscle with a set of increased reps and lighter weights. At the end of your workout, cool down in a similar way to your warm-up.

## **Glossary**

**Abduction** - movement away from the mid-line of the body.

**Acceleration** - the rate at which an object's velocity changes with time; that is the change of velocity divided by the time interval.

**Accuracy** - freedom from error. Degree of conformity of a measure to a standard or a true value.

**Action Line** - the direction of pull created by the fibers or tendons of the muscle at the point of application.

**Active Insufficiency** - a two joint muscle loses the ability to cross-bridge (generate force) due to full shortening over its greatest anatomical length and tension created in an opposing muscle (antagonist).

**Active Range of Motion** - the degree of motion that occurs between two adjacent segments through voluntary contraction of the agonist.

**Active Stabilization** - provided by an internal force. *Static* stabilization is provided through an isometric contraction where dynamic stabilization is a series of motions. *Dynamic* stabilizers maintain the relative positions of the segments, preventing undesirable or unnecessary motions due to external forces as well as artifacts of internal forces. May also refer to the concentric/eccentric contractions of a muscle acting in a force couple to produce motion while maintaining a relatively fixed axis of rotation.

**Adipose tissue** - fat tissue.

**Adduction** - movement towards the mid-line of the body.

**Agonist** - (prime mover) the muscle most involved in producing a movement.

**Aerobic** - utilizing oxygen.

**Aerobic endurance** - the ability to persist in physical activities that rely heavily upon oxygen for energy production.

**Anabolic** - pertaining to the synthesis of complex substances from simpler substances, especially to the synthesis of body proteins from amino acids.

**Anaerobic** - without oxygen.

**Anaerobic endurance** - the ability to persist in physical activities of short duration that require high rates of energy expenditure. These high rates of energy expenditure cannot be met solely by aerobic metabolism.

**Anthropometrics** - measurements and relationships of length and girth of body parts.

**Antagonist** - the muscle in opposition to the agonist.

**Anatomical Position** - standing erect, with feet and palms facing forward.

**Anatomical Pulley** - a bone or skeletal prominence that alters the direction of the pull of a muscle to increase the muscle's mechanical advantage.

## **Cybox Free Weight Owner's Manual**

**Anatomy** - geography, naming by orientation and/or apparent capability (non-functional).

**Anchor Points** - the points at which a load enters and exits the body and/or limb.

**Anterior** - anatomical term meaning towards the front. Same as ventral.

**Assistant Mover** - a muscle that is less effective at performing a specified motion, but does have a small degree of mechanical ability to help the prime mover. There are many borderline cases.

**Atrophy** - reduction in size of cells and tissues.

**Axis of Rotation** - imaginary line or point which an object rotates.

**Bilateral** - refers to both sides.

**Biocomotion** - a perspective/description of the human body and its mechanics based upon locomotion. All animals with legs (regardless of numbers) move with the same mechanics. Gravity is the common denominator.

**Biomechanics** - analysis of the load placed on a joint by both the muscle and resistance. Anatomy, Kinesiology, and Physics = Engineering.

**Body composition** - the component parts of the body - mainly fat and fat-free weight.

**Calorie** - a unit of work or energy equal to the amount of heat required to raise the temperature of 1 g of water to 1 degree C.

**Cam** - a mechanical device used to vary leverage.

**Carbohydrate** - a chemical compound consisting of carbon, hydrogen and oxygen atoms in specified arrangements. Carbohydrates are major components of food such as bread, potatoes and rice.

**Cardiovascular** - pertaining to the heart and blood vessels.

**Cartilage** - there are several types. *Hyaline* cartilage is a relatively thin covering on the ends of many bones. It forms a smooth, resilient, low friction surface for the movement of one bone on another. Wedges of cartilage (fibrocartilage) called *menisci*, *disks* and *labrums* are to increase stability, provide shock absorption, and to facilitate motion in some joints.

**Center of Gravity** - the center of a body's mass. In the human body, it is the point which all parts are in balance with one another. The COG may be within the body, altered by the position of the body even to the point of being outside the body (pike position), or altered by the addition of load to specific body areas.

**Circumduction** - a circular movement permitted at ball and socket, condylar and saddle joints. Consists of flexion, abduction, extension and adduction in sequence.

**Circuit Training** - a conditioning program consisting of a number of exercises performed at "stations". Usually, a given exercise is performed at a station within a specified time; then the athlete moves to the next station, with its own particular exercise and specified time, then to the next station, and so on.

**Closed Chain Kinetic Exercise** - a series of rigid links interconnected by a series of pincentered joints. These are constructed so that motion at one joint will produce motion at all the joints in the system. Produces greater mechanical efficiency at the risk of increased joint loading. Leg press, bench press.

**Close-Packed Position** - all synovial joints have a position where joint surfaces are maximally congruent and the ligaments and capsule are maximally taut.

**Collagen** - a fibrous protein that serves as the major component of ligaments and tendons.

**Compression** - two forces acting along the same line towards each other that constitute a compressive load or compressive stress.

**Concentric action** - contraction of a muscle resulting in shortening of the muscle.

**Connective Tissue** - comprised of mostly the proteins collagen and elastin with water; includes tendons, ligaments, bursae, cartilage, disks, menisci, fascia and bone.

**Cross-bridge** - the connection and intertwining of the actin and myosin filaments in a myofibril relative to a muscular contraction.

**Curvilinear Motion** - the frequently occurring combination of rotatory and translatory motions.

**Distraction** - two forces acting along the same line and in opposite directions, they constitute a distractive, tensile load or tensile stress.

**Diathrodial Joint** - ball and socket joint.

**Distal** - furthest from the attached end of the limb; away from the body.

**Dorsal** - pertaining to the back; opposite of ventral, palmar or plantar.

**Dorsiflexion** - movement of the foot up in the sagittal plane; movement toward the leg.

**Eccentric** - muscle action in which tension is developed in the muscle while it is lengthening. *Negative* work is performed.

**Eccentric Action** - a muscle contraction incapable of overcoming the resistance imposed; the overall muscle length increases.

**Endurance** - the ability to persist in performing some physical activity.

**Energy** - the capacity to perform work.

**Energy (kinetic)** - energy associated with motion.

**Energy (potential)** - energy by virtue of position.

**Energy System** - one of three metabolic systems involving a series of chemical reactions resulting in the formation of waste products and the manufacture of ATP.

**Eversion** - movement of the sole of the foot outward; opposite of inversion.

**Extension** - movement at a joint, bringing two parts into or towards a straight line, increasing the angle of the joint. Returning to anatomical position from a position of flexion in the sagittal plane.

## ***Cybex Free Weight Owner's Manual***

**External Force** - a push or pull on the body that arises from a source outside the body.

**External Rotation** - movement of the anterior surface of a segment away from the mid-line; also termed lateral rotation.

**Fast-twitch Fibers** - skeletal muscle fibers most active in short-duration, intensive exercise, e.g., in sprints and jumps.

**Fatigue** - the inability to maintain a given level of physical performance.

**Flexibility** - the range of movement of a specific joint or group of joints, influenced by the associated bones and bony structures, muscles, tendons and ligaments.

**Flexion** - movement about a joint in which bones on either side of the joint are brought closer together, decreasing the angle of the joint. Joint movement away from anatomical position, occurring within the sagittal plane.

**Foot-pound** - the work required to move one pound of resistance one foot in distance.

**Force** - an interaction between two objects, in the form of a push or pull, that may or may not produce motion, Force = mass x acceleration.

**Force Angle** - (FA) the angle between the action line and the lever, on the side of the joint axis.

**Force Couple** - concentric/eccentric contractions of opposing muscles acting to produce motion while maintaining a relatively fixed axis of rotation.

**Frontal Plane** - (coronal) imaginary line that divides the body into anterior and posterior halves; lies at a right angle to the sagittal plane.

**Fulcrum** - the support on which a lever rotates in moving or lifting.

**Hyperextension** - continuation of the movement of extension past the neutral position.

**Hypertrophy** - increased cell size leading to increased tissue size.

**Impulse** - the change in momentum.

**Inertia** - the tendency of a body to remain at rest or continue in motion unless disturbed by an external force.

**Inferior** - a lower position upon or within the body.

**Insertion** - the more distal attachment site of a muscle. The movable part or attachment of a muscle as opposed to origin.

**Intermittent Work** - work sessions interrupted by rest sessions.

**Internal Forces** - act on the body and arise from sources within the human body.

**Inversion** - moving the sole of the foot inward. Opposite of eversion.

## ***Cybex Free Weight Owner's Manual***

**Isokinetic** - action in which the rate of movement is constantly maintained through a specific range of motion even though maximal force is exerted.

**Isokinetic Contraction** - a muscular contraction through a range of motion at a constant velocity.

**Isometric** - a contraction in which movement is produced but no movement occurs.

**Isometric (static) Contraction** - a muscular contraction in which there is no change in the angle of the involved joint(s) and little or no change in the length of the contracting muscle.

**Isotonic** - a contraction in which movement is produced.

**Medial Rotation** - movement around an axis and toward the mid-line of the body. Also termed internal rotation.

**Medial** - aspect nearest the mid-line of the body; pertaining to the center. Opposite of lateral.

**Metabolism** - the sum total of the chemical changes or reactions occurring in the body.

**Moment Arm** - (MA) the shortest distance between the action line and the joint axis.

**Momentum** - determined by mass x velocity. Will remain constant unless the object is acted upon by another force.

**Muscle Contraction** - shortening of a muscle and/or development of tension in a muscle.

**Muscular Endurance** - the ability of a muscle or muscle group to perform repeated contractions against a light load for an extended period of time.

**Neutral** - a point between the two extremes of a joint's range of motion.

**Obesity** - excess body fat.

**Open Kinematic Chain** - the ends of the limbs are free to move without causing motion at another joint. Open chain motions are not predictable because the joints may function either independently or in unison. Less mechanically efficient, therefore more stress is placed upon muscular tissue.

**Origin** - attachment of a muscle that remains relatively fixed during muscular contraction.

**Overload** - to exercise a muscle or muscle group against resistance greater than that which is normally encountered. The resistance (load) can be maximal or near-maximal.

**Passive Insufficiency** - a two-joint muscle loses the ability to cross-bridge (generate force) due to full lengthening over its greatest anatomical length due to force created in an opposing muscle.

**Passive Stabilization** - due to noncontractile components. Internal stabilization is created by connective tissue (muscular support is not provided anatomically or physiologically) and external stabilization is provided by a bench or brace.

**Plane of Motion** - a two-dimensional flat surface running through an object. Motion occurs in the plane or parallel to the plane.

**Plantar** - anatomical term referring to the sole or bottom.

## **Cybox Free Weight Owner's Manual**

**Plantarflexion** - movement of the foot down in the sagittal plane; movement away from the leg.

**Posterior** - anatomical term meaning toward the back. Opposite of anterior.

**Potential Energy** - energy by virtue of position.

**Power** - the product of force and velocity. Work divided by time.

**Prime Mover** - (agonist) a muscle that is mechanically optimal to produce a specific motion at a joint. There can be more than one prime mover for a particular motion and a specific muscle can be a prime mover for more than one motion at a joint.

**Progressive Resistance** - overloading a muscle or muscle group consistently throughout the duration of a weight-resistance program.

**Pronation** - a triplanar motion at the subtalar joint consisting of abduction, depression and eversion, resulting in lowering of the longitudinal arch of the foot. Position of the forearm with the palm facing down.

**Protein** - a basic foodstuff containing amino acids.

**Proximal** - towards the attached end of the limb or origin.

**Range of Motion** - the amount of motion available to a joint within the anatomical limits of the joint structure. Can be classified as *Passive* (movement produced via a force outside the limb), *Active* (movement produced by muscles within the limb) or *Resisted* (movement challenged under additional load). The amount of resistance will affect the range of motion with direct proportion.

**Reciprocal Inhibition** - contraction of agonist causes relaxation of antagonist.

**Reliability** - the extent to which an experiment, test or measuring procedure yields the same results on repeated trials. Also known as reproducibility or repeatability.

**Repetition Maximum (RM)** - the maximum load that a muscle or muscle group can lift in a given number of repetitions before fatiguing. For example, an eight-RM load is the maximum load that can be lifted eight times.

**Repositioners** - muscles that lift the extremity and move it to a new location allowing the prime movers to again accept load or propel.

**Response** - a sudden temporary adjustment in physiological function brought on by a single exposure to exercise, e.g., the rise in heart rate associated with an exercise bout.

**Rotary Motion** - (radial or angular) the movement of an object around a fixed axis in a curved path.

**S.A.I.D. Principle** - Specific Adaptation to Imposed Demand. A muscle will gain strength in the specific ranges of motion and speeds in which it is trained.

**Sagittal Plane** - Imaginary line that divides the body, or any of its parts, into right and left sections.

**Scoliosis** - a lateral curvature of the vertebral column, usually in the thoracic area.

**Secondary Joint** - hinge joints that have a singular function (elbow/knee). Muscles are situated on either side of these joints in virtual, if not real, pairings.

**Set** - in an interval training program, a group of work and relief intervals. In weight lifting, the number of repetitions performed consecutively without resting.

**Shear** - two parallel forces applied in opposite directions that are not in line with each other constitute a shearing load or stress. The site of muscular attachment is the axis around which the forces of shear develop. This becomes the "force axis" as opposed to the anatomical axis.

**Shunt Muscle** - directs the greater part of its contractile force along the bone it is moving (creating greater force towards compression/stabilization). The brachioradialis is a shunt during an arm curl.

**Skeletal Muscle** - muscle controlling skeletal movement that is normally under voluntary control.

**Skewing** - the result of a vector shift through a limb or system.

**Sliding Filament Theory** - a muscle shortens or lengthens because the thick and thin myofibrils slide past one another without the filaments changing length.

**Slow-twitch Fibers** - skeletal muscle fibers characterized by relatively slow contraction times and great capacity for the aerobic production of adenosine triphosphate.

**Sprain** - the permanent deformation of the structure due to excessive or prolonged stress/strain.

**Spurt Muscle** - directs the greater part of its force across the bone it is moving rather than along it (creating greater effort towards motion). The biceps is a spurt during an arm curl.

**Stabilizer** - a muscle that steadies or supports a joint in order that another active muscle may have a firm base upon which to pull.

**Static contraction** - a muscular contraction that does not involve changes in the angle of the joint(s) involved.

**Steady state** - that state of physiological stability wherein the energy demands of the body can be met relatively easily for a prolonged period of time.

**Strain** - the deformation of the structure as the result of stress.

**Strength** - the ability to exert muscular force briefly.

**Stress** - the force created within a structure when placed under load.

**Submaximal exercise** - usually exercise at less than maximal intensity, but may also refer to exercise of less than maximal duration.

**Superior** - a higher position upon or within the body.

## ***Cybox Free Weight Owner's Manual***

**Synergist** - occurs during the action of two muscles, both of which have a common joint action and each of which has a second action that is antagonistic or opposing to the other. True synergy is simply the stabilization of one muscle to prevent any action in one of the joints traversed by a multi-joint muscle.

**Synovial Fluid** - transparent, viscous lubricating fluid found in joint cavities, bursae and tendon sheaths.

**Tendons** - cords of dense fibrous tissue that connect muscle to bone.

**Tertiary Joint** - a complex joint structure (wrist/ankle-subtalar), designed for finely controlled movements.

**Torque** - the ability of a force to produce movement around an axis.

**Training** - a program of exercise designed to improve the skills and increase the energy capacities of an athlete for a particular event.

**Translatory Motion** - (linear) the movement of an object in a straight line.

**Unilateral** - refers to only one side.

**Validity** - the extent to which a measurement or information is relevant or meaningful; appropriate to the end in view and supported by objective truth.

**Vector** - an arrow which represents a force's point of application, action line or direction indicating pull or magnitude of force being exerted.

**Vector Shift** - the alteration of a load as it is transferred between the anchor points through a segment's kinematic chain.

**Velocity** - the rate at which an objects position changes with time; that is the total change in position divided by the total change in time:  $V=d/t$ .

**Weight** - the weight of an object is the gravitational force exerted on it by the earth.  $W=mg$ , where  $g$  = gravitational acceleration.

**Work** -  $W = Fd$ . The amount of work performed is equivalent to the force applied to an object times the distance the object is moved.









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## 4 - Customer Service

### Contacting Service

Hours of phone service are Monday through Friday from 8:30 to 6:00 p.m. Eastern Standard Time.

For Cybox customers living in the USA, contact Cybox Customer Service at **888-462-9239**.

For Cybox customers living outside the USA, contact Cybox Customer Service at **508-533-4300** or fax **508-533-5183**.

Order parts and find information on the web at [www.eCybox.com](http://www.eCybox.com) or by e-mail at [techhelp@cyboxintl.com](mailto:techhelp@cyboxintl.com).

### Ordering Parts

Visit [eCybox.com](http://eCybox.com) to shop for parts online or fax your order to **508-533-5183**.

To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA). You may also contact us through email at [techhelp@cyboxintl.com](mailto:techhelp@cyboxintl.com)

Having the following information ready when calling will assist our Cybox representatives in serving you:

- **Unit Serial Number**
- **Product Name**

*The unit serial number and product name can be found on the serial number decal. See Chapter 7 for exact location of serial number decal.*

- **Part Description**
- **Part Number**

*Part descriptions and part numbers are located in Chapter 7 of this manual.*

- **Shipping Address**
- **Contact Name**

*In addition to your shipping address and contact name, your account number is helpful but not required.*

## **Return Material Authorization (RMA)**

The Return Material Authorization (RMA) system outlines the procedures to follow 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 Cybox dealer on all warranty-related matters. Your local Cybox dealer will request a RMA from Cybox, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybox without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any time that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your Cybox equipment
4. At Cybox's discretion, the technician may request that you return the problem part(s) to Cybox 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 Cybox equipment and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybox.  
Attn: Customer Service Department  
Cybox International, inc.,  
1975 24th Ave SW  
Owatonna, MN 55060

**NOTE:** *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybox 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 carriers agent. Failure to do so will result in the carriers 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 notices 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 carriers responsibility.

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## 5 - Assembly

### Anchoring

- Securely anchor each machine to the floor using the anchor holes provided in each machine.

**NOTE:** *Cybox is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

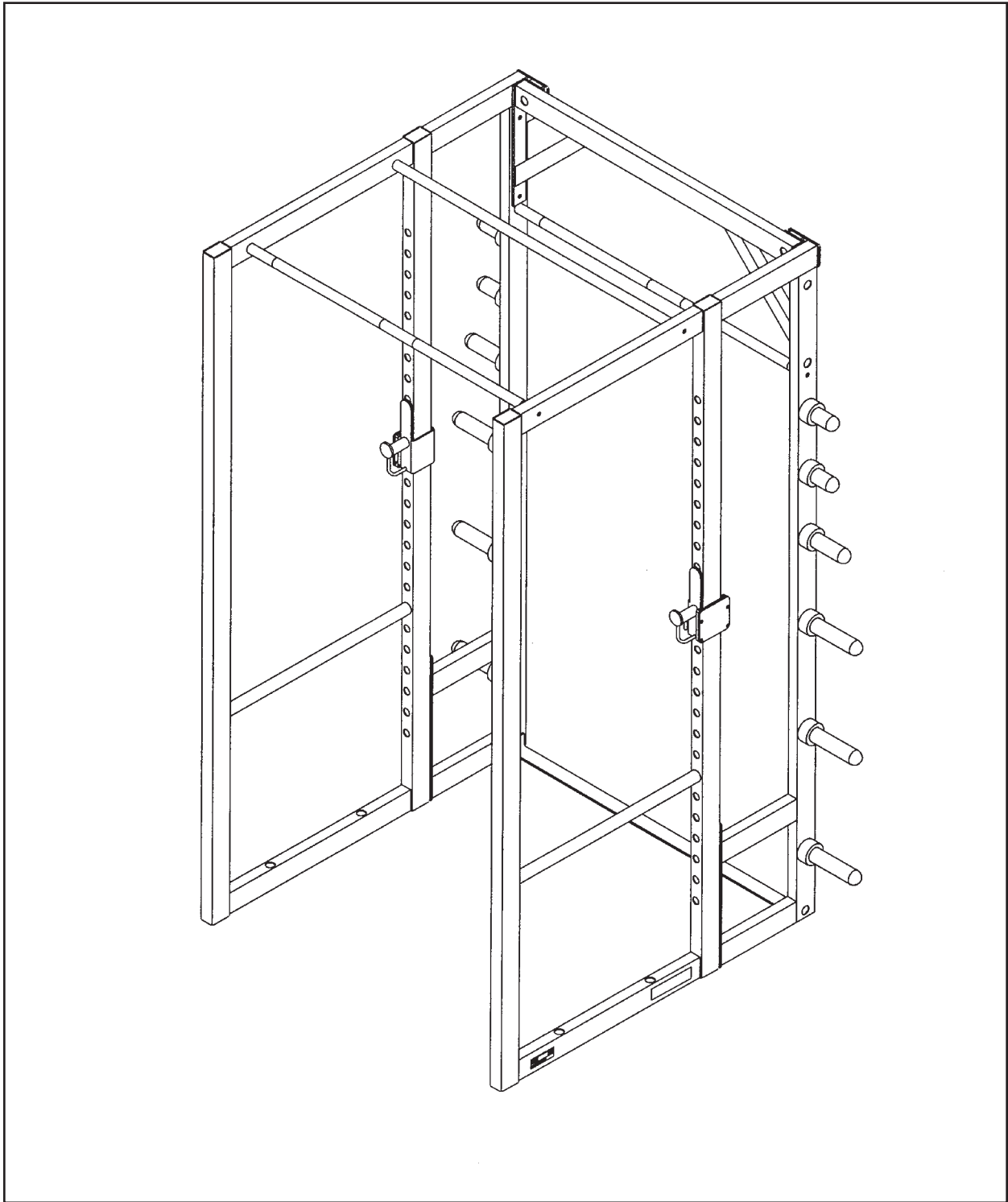
**NOTE:** *Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).*

**NOTE:** *If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.*

- Make sure that each machine is set up and operated on a solid level surface. **Do not install equipment on an uneven surface.**

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**Power Cage and Power Cage Attachment**



**Tools Required**

- 5/16" Allen wrench
- 3/4" wrench
- 3/8" Allen wrench

**Unpacking Power Cage and Power Cage Attachment Assembly**

**NOTE:** *Two or three people are required to assemble the Power Cage and Power Cage Attachment.*

- 1. Read and understand all instructions thoroughly before assembling the Power Cage and Power Cage Attachment.**

**NOTE:** *Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describes the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.*

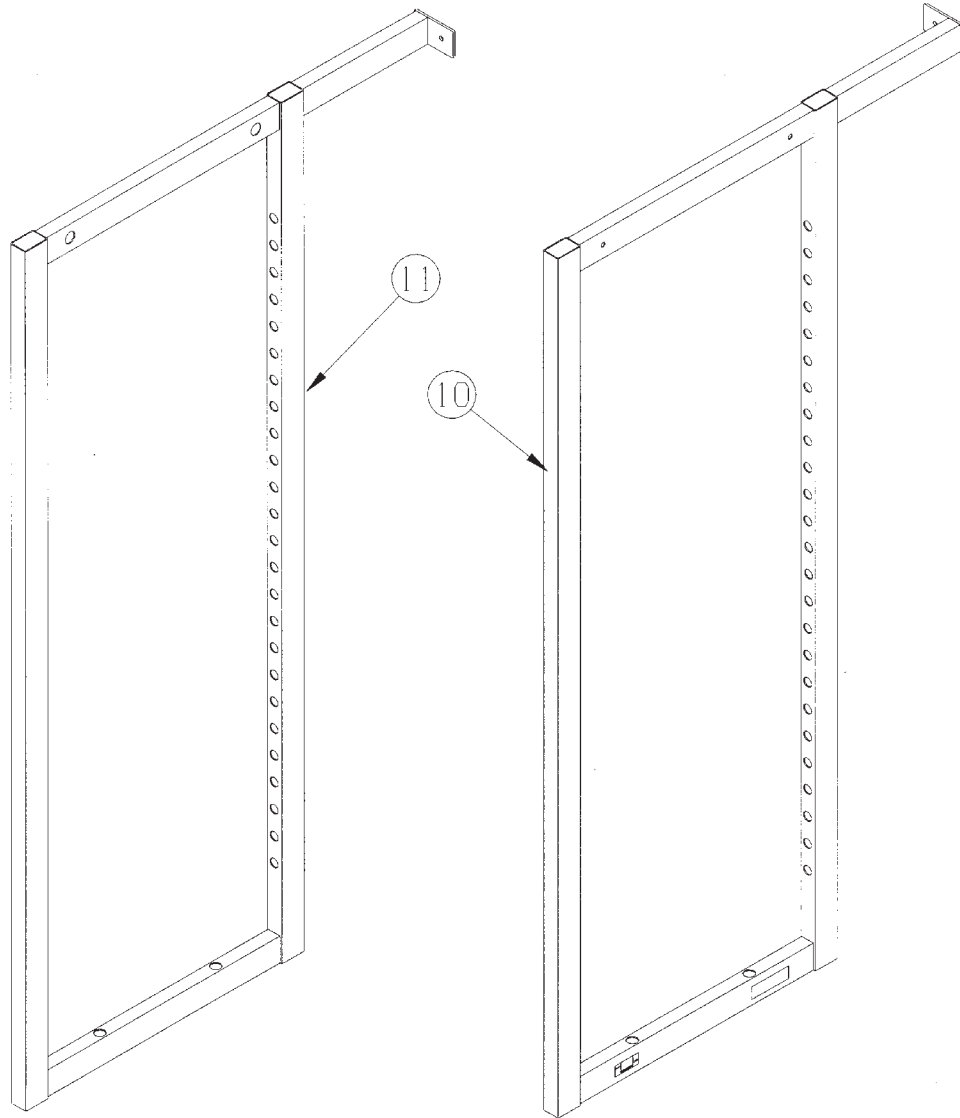
- 2. Verify you have received the appropriate shipping packages.**

- A.** Verify you received the following: Power Cage Package - 5420-026, Right Side Subassembly - 5420-024-9x, Left Side Subassembly - 5420-025-9x, Attachment Subassembly - 5425A001-9x.

- 3. Unpacking**

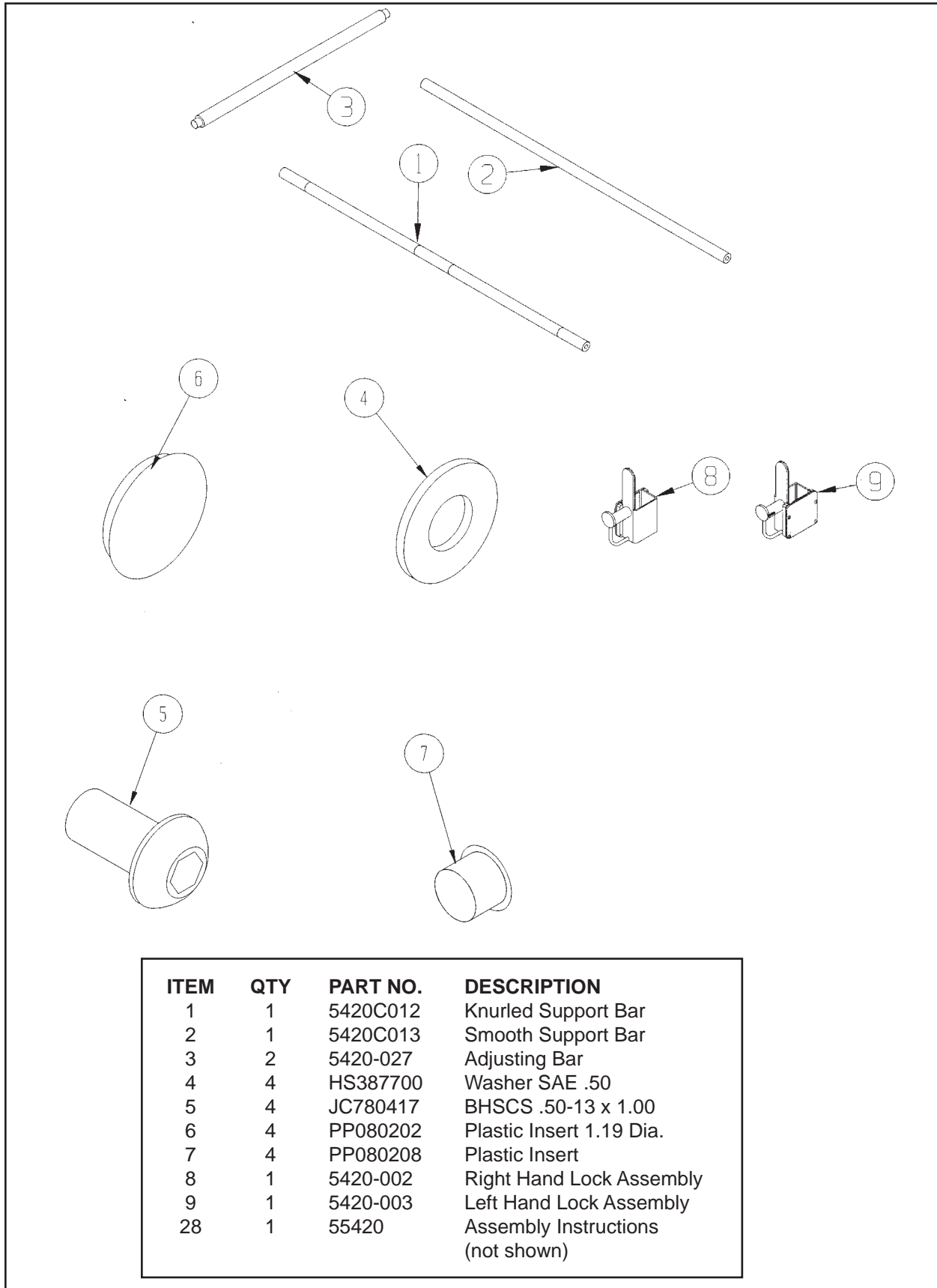
- A.** Carefully place Power Cage and Power Cage Attachment near area of installation.
- B.** Verify contents. See Figures 1 - 4.

**NOTE:** *If ceiling height is less than 9 feet then Power Cage must be assembled in vertical (standing) position.*



ITEM	QTY	PART NO.	DESCRIPTION
10	1	5420-024-98	Right Side
11	1	5420-025-98	Left Side

Figure 1



ITEM	QTY	PART NO.	DESCRIPTION
1	1	5420C012	Knurled Support Bar
2	1	5420C013	Smooth Support Bar
3	2	5420-027	Adjusting Bar
4	4	HS387700	Washer SAE .50
5	4	JC780417	BHSCS .50-13 x 1.00
6	4	PP080202	Plastic Insert 1.19 Dia.
7	4	PP080208	Plastic Insert
8	1	5420-002	Right Hand Lock Assembly
9	1	5420-003	Left Hand Lock Assembly
28	1	55420	Assembly Instructions (not shown)

Figure 2

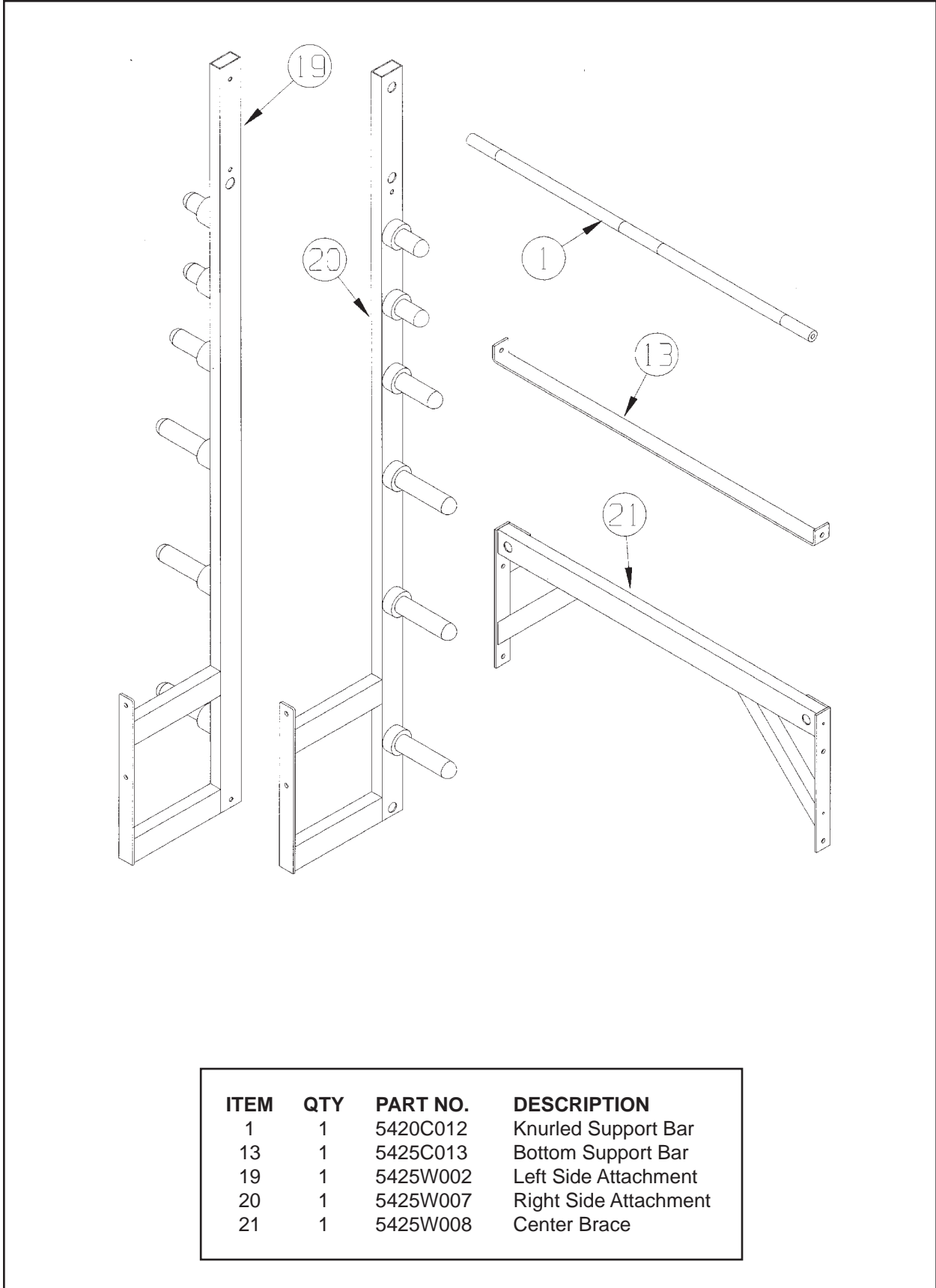


Figure 3

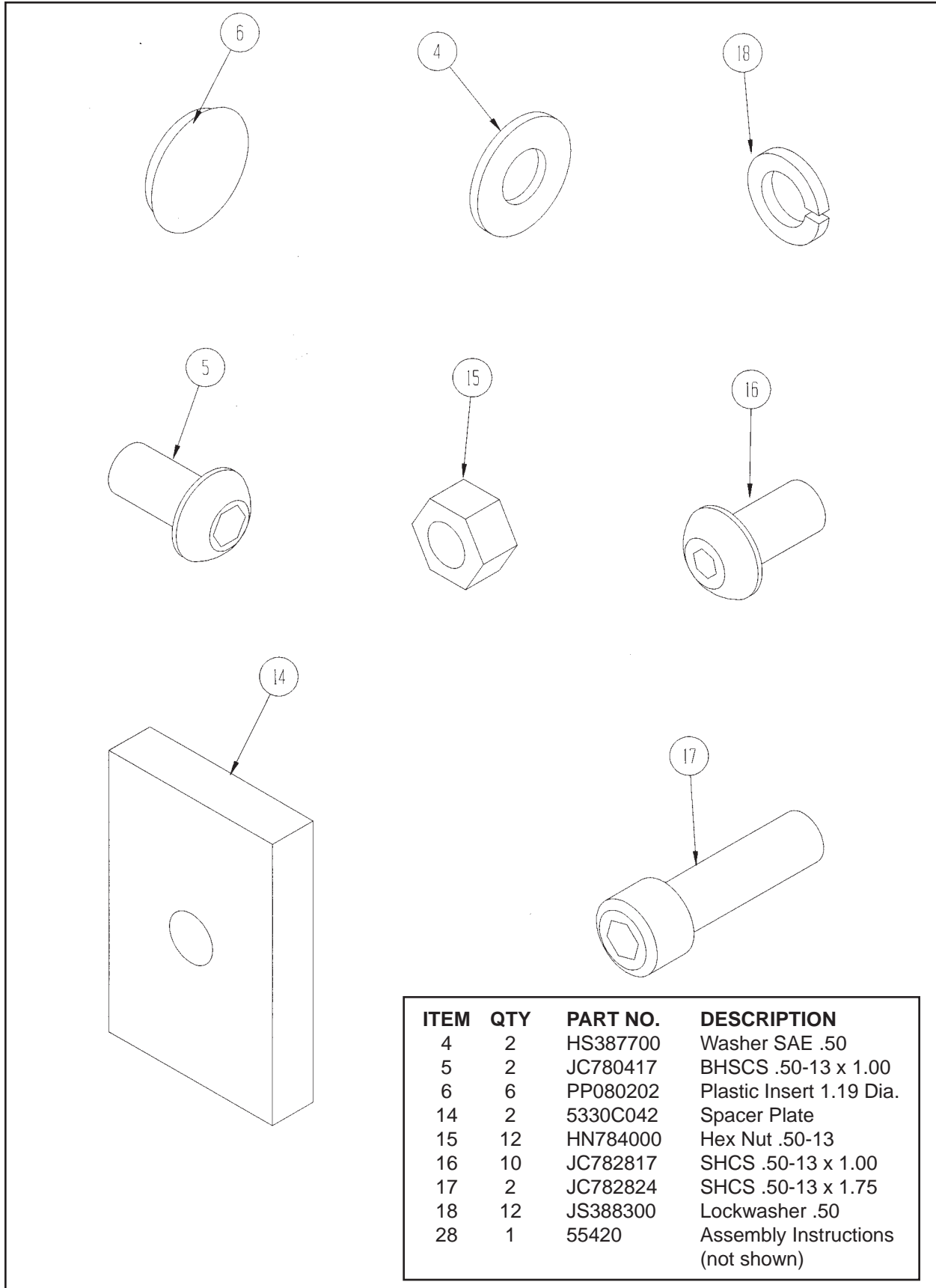


Figure 4

**4. Install upper support bars (see steps 4A - 4E and Figures 5 and 6).**

- A. Locate one knurled support bar (#1), one smooth support bar (#2), four washers .50 (#4) and four BHSCS .50-13 x 1.00 (#5).
- B. Attach one end of the smooth support bar (#2) to one of the sides (#10 or #11), as shown in Figure 5 using one washer .50 (#4) and one BHSCS .50-13 x 1.00 (#5). Do not tighten hardware at this time.
- C. Attach one end of the knurled support bar (#1) to the same side as Step 4B using one washer .50 (#4) and one BHSCS .50-13 x 1.00 (#5).
- D. Repeat Steps 4B and 4C to attach other side. See Figure 6.
- E. Securely tighten all hardware.

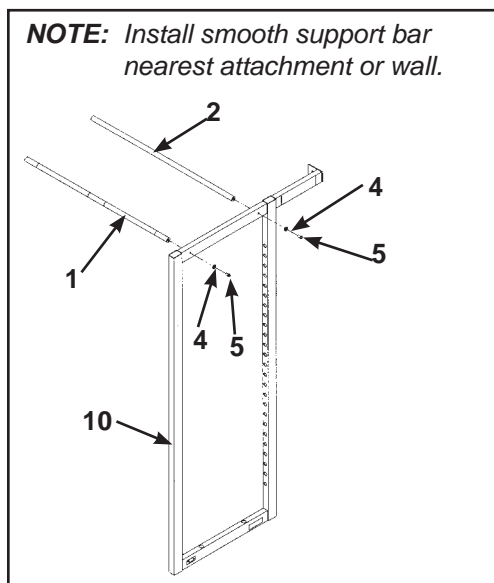


Figure 5

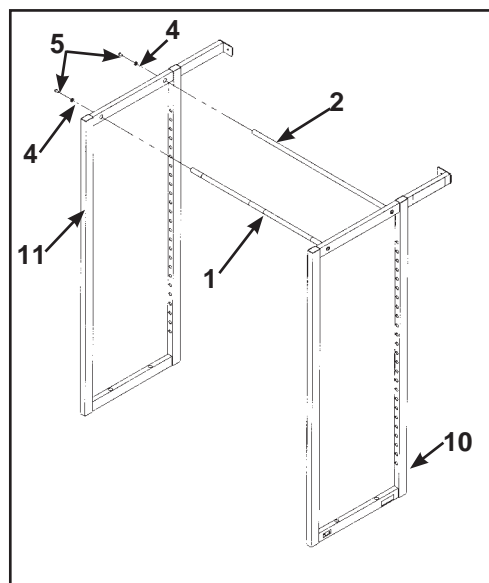


Figure 6

**5. Attach lock assembly (see steps 5A and 5B).**

- A. Locate right hand lock assembly (#8), left hand lock assembly (#9) and Bar Rack Accessory Instruction Sheet (#28).
- B. Follow instruction sheet (#28) for attaching lock assembly.

**6. Attach adjusting bars (see steps 6A and 6C and Figure 7).**

- A. Locate both adjusting bars (#3).
- B. Position adjusting bar (#3) in Power Cage and align holes. See Figure 7.
- C. Repeat Step 6B to attach other side.

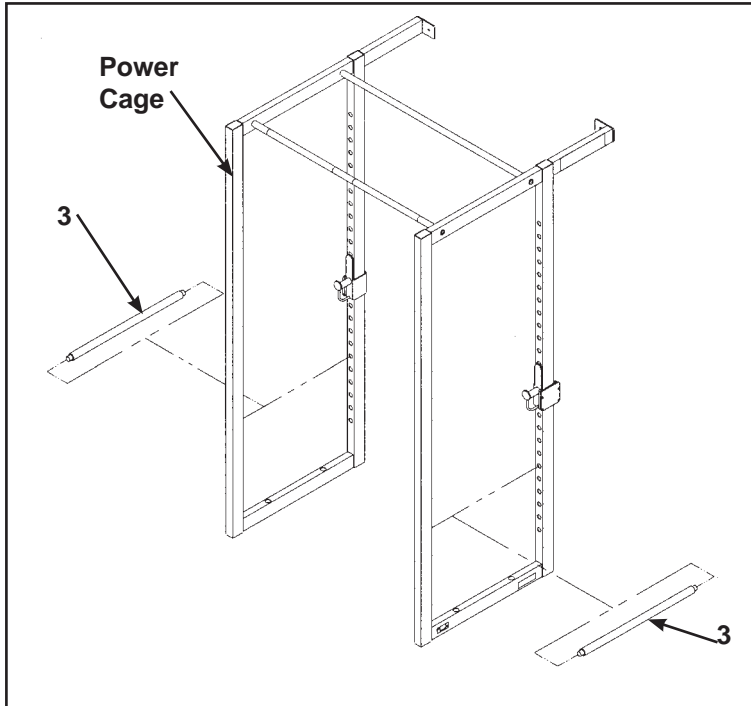


Figure 7

**7. Secure Power Cage to attachment (see steps 7A - 7K and Figures 8 - 11).**

- A. Locate right side attachment (#20), one center brace (#21), one bottom support bar (#13), four plastic inserts 1.19 Dia. (#6), two spacer plates (#14), two BHSCS .50-13 x 1.00 (#5), two washers .50 (#4), eight lockwashers .50 (#18), six SHCS .50-13 x 1.00 (#16) and eight hex nuts .50-13 (#15)
- B. Position right side attachment (#20) up to Power Cage. Align the two holes.
- C. Attach right side attachment (#20) to Power Cage with two SHCS .50-13 x 1.00, two lockwashers .50 and two hex nuts .50-13. Do not tighten hardware at this time. See Figure 8.

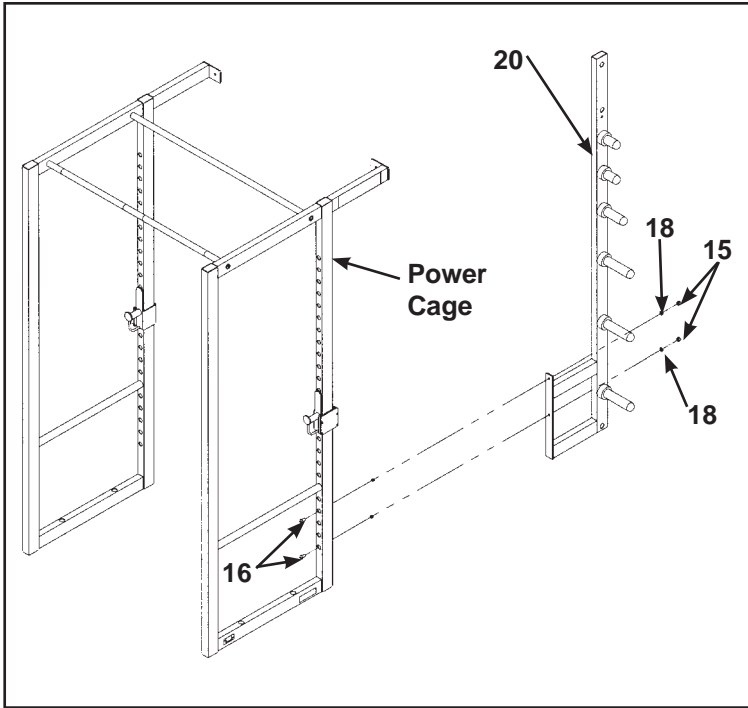


Figure 8

- E. Position center brace (#21) as shown in Figure 9.
- F. Attach center brace (#21) to Power Cage using two SHCS .50-13 x 1.00 (#16) and two plastic inserts (#6) two hex nuts .50-13 (#15) and two lock washers .50 (#18). Do not tighten hardware at this time. See Figure 9.

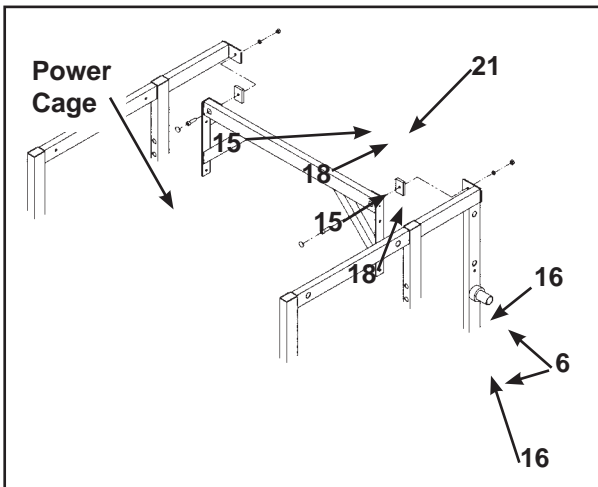


Figure 9

- G. Position spacer plate (#14) between center brace (#21) and Power Cage.
- H. Secure spacer plate (#14) to Power Cage and center brace (#21) using one hex nut .50-13, one lockwasher .50 (#15), one SHCS .50-13 x 1.75 (#18) and one plastic insert 1.19 Dia. (#6). See Figure 10.

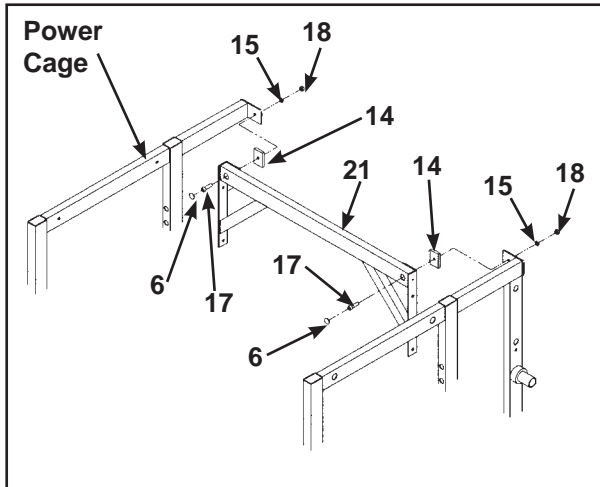


Figure 10

- I. Position knurled support bar (#1) between right and left side attachments (#19 and #20) under center brace (#21).
- J. Secure knurled support bar (#1) using two washers .50 (#4) and two BHSCS .50-13 x 1.00 (#5). See Figure 11.
- K. Repeat Steps 7H and 7J for other side.

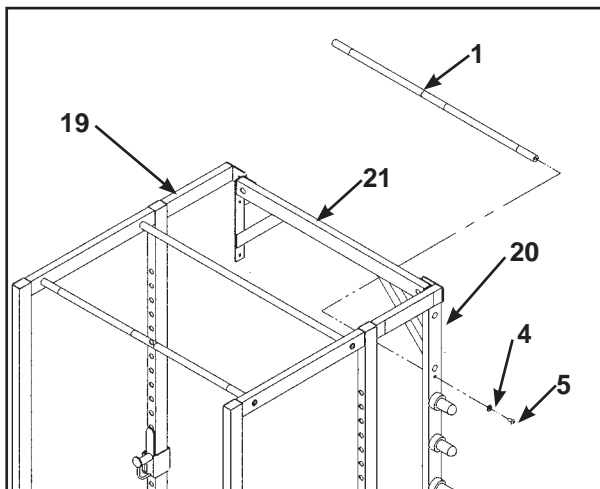


Figure 11

**8. Attach bottom support bar (see steps 8A and 8B and Figure 12).**

- A. Position bottom support bar (#13) between right and left side attachments (#19 and #20).
- B. Secure bottom support bar (#13) to right and left side attachments (#19 and #20) using two lockwashers .50 (#18), two hex nuts .50-13 (#15), two SHCS .50-13 x 1.00 (#16) and two plastic inserts 1.19 Dia. (#6). See Figure 12.

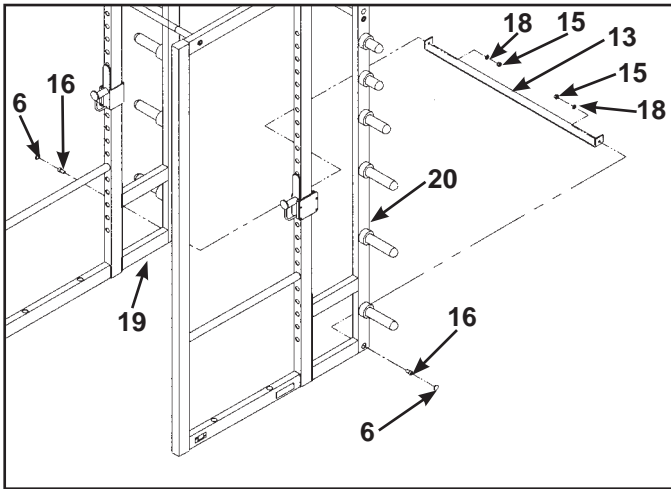


Figure 12

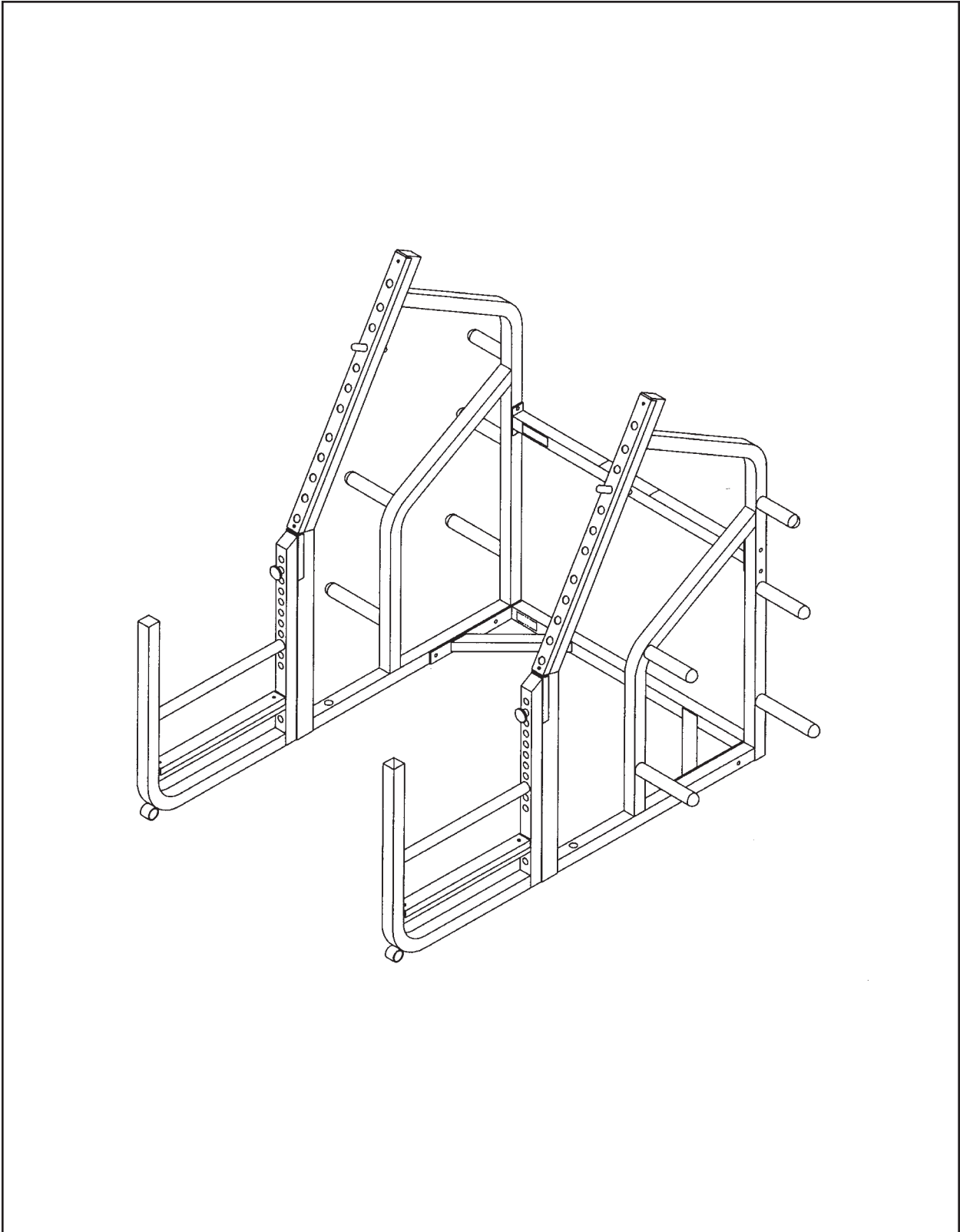
**9. General anchoring guidelines (see steps 9A and 9B).**

**NOTE:** *Cybox is not responsible for the actual anchoring of equipment. Consult with a professional contractor.*

- A. Use fasteners having a minimum of 500 lbs tensile capacity (3/8" grade 2 bolt or better).
- B. If all legs/frames do not contact surface, **DO NOT** pull down with anchors. Shim any leg or frame (with flat washers) not in contact with surface.

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**Squat Rack With Adjustable Stop**



**Tools Required**

- 3/8" Allen wrench
- 3/4" wrench

**Unpacking Squat Rack With Adjustable Stop Assembly**

***NOTE:** Two people are required to assemble the Squat Rack With Adjustable Stop Assembly.*

- 1. Read and understand all instructions thoroughly before assembling the Squat Rack With Adjustable Stop Assembly.**

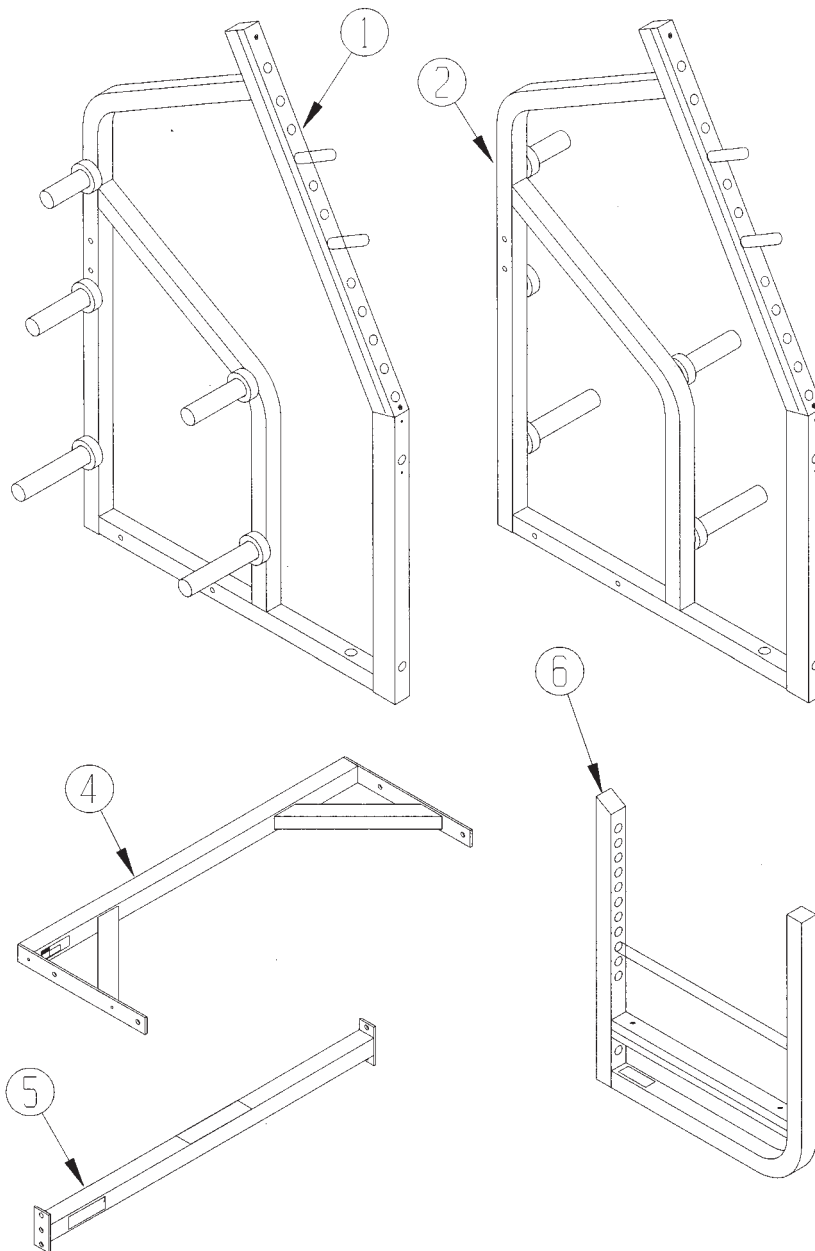
***NOTE:** Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describes the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.*

- 2. Verify you have received the appropriate shipping packages.**

- A.** Verify you received the following:
  - Squat Rack Assembly without Adjustable Stop - 5570-001-9x.
  - Squat Rack Assembly with Adjustable Stop - 5571-0010-9x.
  - Adjustable Stop Assembly (only) - 5572-001-9x.

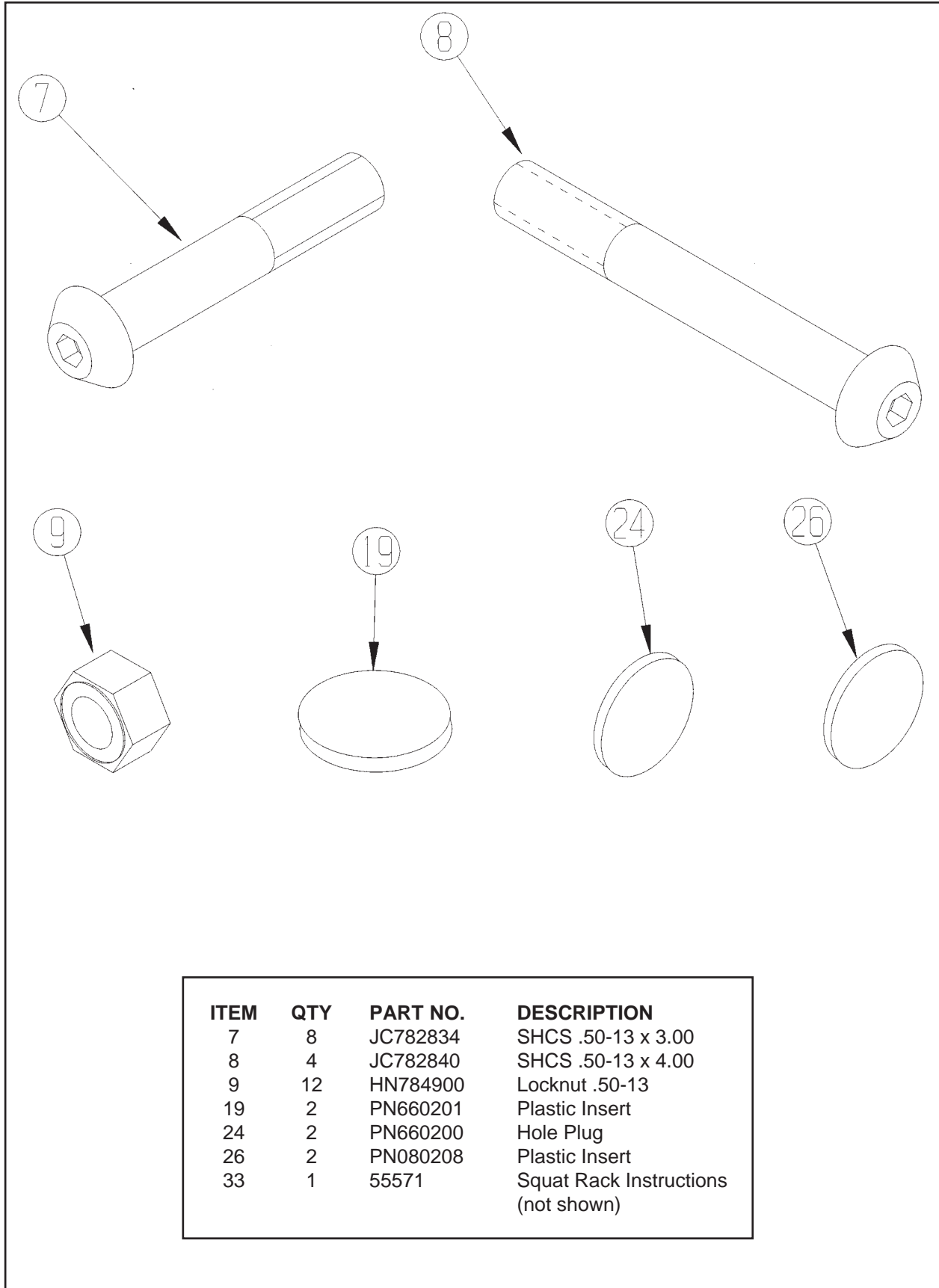
- 3. Unpacking.**

- A.** Carefully place Squat Rack and Adjustable Stop (if applicable) near area of installation.
- B.** Verify contents. See Figures 1 and 2.



ITEM	QTY	PART NO.	DESCRIPTION
1	1	5570-201	Left Hand Side Assembly
2	1	5570-200	Right Hand Side Assembly
4	1	5570-202	Lower Brace
5	1	5570-203	Upper Brace
6	2	5572-200	Bar Stop

Figure 1



ITEM	QTY	PART NO.	DESCRIPTION
7	8	JC782834	SHCS .50-13 x 3.00
8	4	JC782840	SHCS .50-13 x 4.00
9	12	HN784900	Locknut .50-13
19	2	PN660201	Plastic Insert
24	2	PN660200	Hole Plug
26	2	PN080208	Plastic Insert
33	1	55571	Squat Rack Instructions (not shown)

Figure 2

**4. Install lower brace (see steps 4A - 4D and Figures 3 and 4).**

- A. Locate one lower brace (#4), 4 SHCS .50-13 x 3.00 (#7) and 4 locknuts .50-13 (#9).
- B. Position lower brace (#4) to left (#1) or right side assembly (#2).
- C. Using two SHCS .50-13 x 3.00 (#7) and two locknuts .50-13 (#9) attach one side of lower brace (#4) to one of the sides (#1 or #2) as shown in Figure 3. Do not tighten hardware at this time.
- D. Repeat Steps 4B and 4C to attach other side. See Figure 4. Do not tighten hardware at this time.

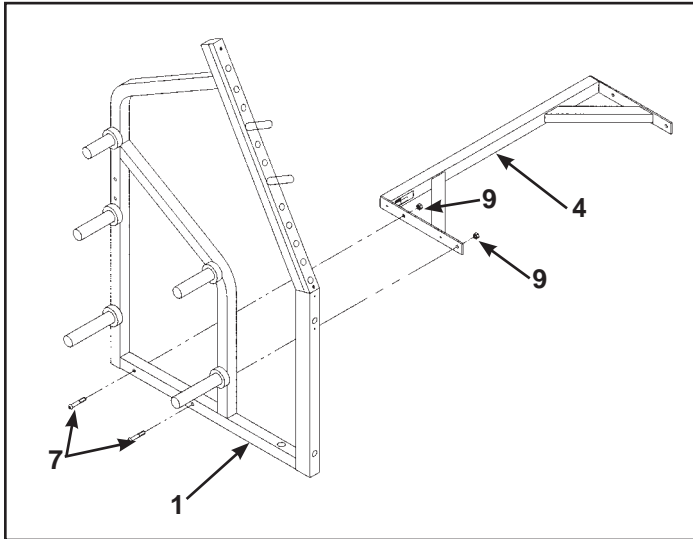


Figure 3

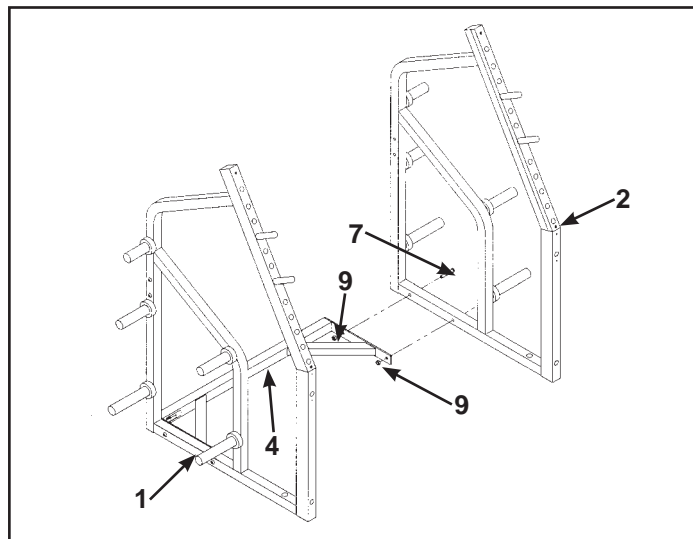


Figure 4

**5. Install upper brace (see steps 5A - 5D and Figures 5 and 6).**

- A. Locate one upper brace (#5), four SHCS .50-13 x 3.00 (#7) and four locknuts .50-13 (#9).
- B. Position upper brace (#5) to left (#1) or right side assembly (#2).
- C. Attach one side of upper brace (#5) to one of the sides (#1 or #2) as shown in Figure 5 using two SHCS .50-13 x 3.00 (#7) and two locknuts .50-13 (#9). Do not tighten hardware at this time.

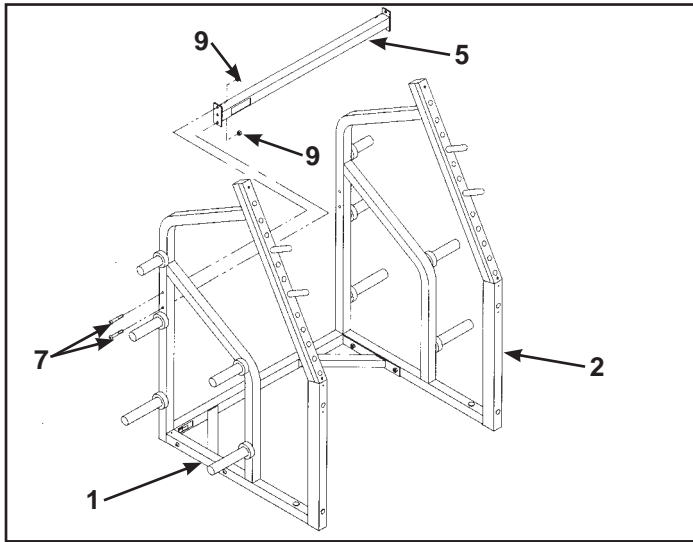


Figure 5

- D. Repeat Steps 5B and 5C to attach other side. See Figure 6. Securely tighten all hardware at this time.

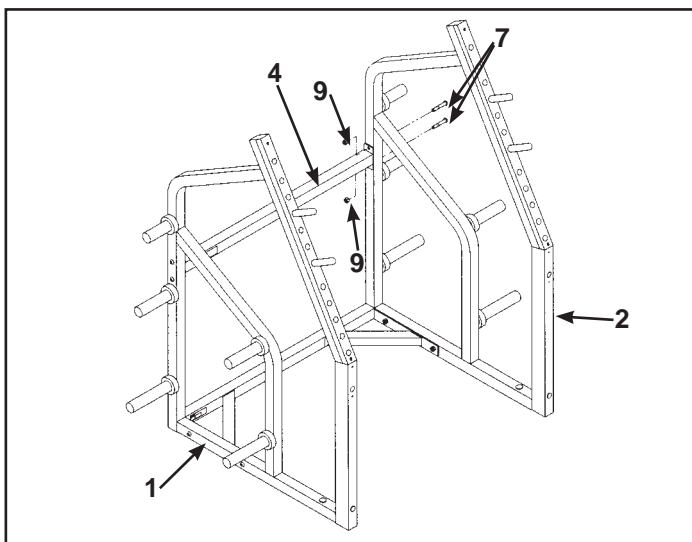


Figure 6

**NOTE:** When upgrading an existing Squat Rack (5570) to include the Adjustable Stop (5572) remove items 11 - 15. See Figure 7.

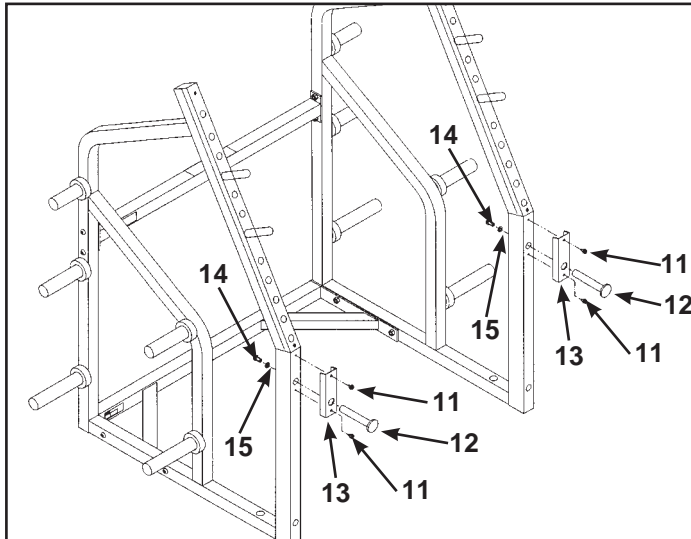


Figure 7

**6. Install bar stop to squat rack (see steps 6A - 6C and Figures 5 and 6).**

- A. Locate two bar stops (#6), two hole plugs (#24), four SHCS .50-13 x 4.00 (#8) and four locknuts .50-13 (#9).
- B. Attach one bar stop (#6) to left or right hand side assembly (#1 or #2) using two SHCS .50-13 x 4.00 (#8), one hole plug (#24) and two locknuts .50-13 (#9). See Figure 9.

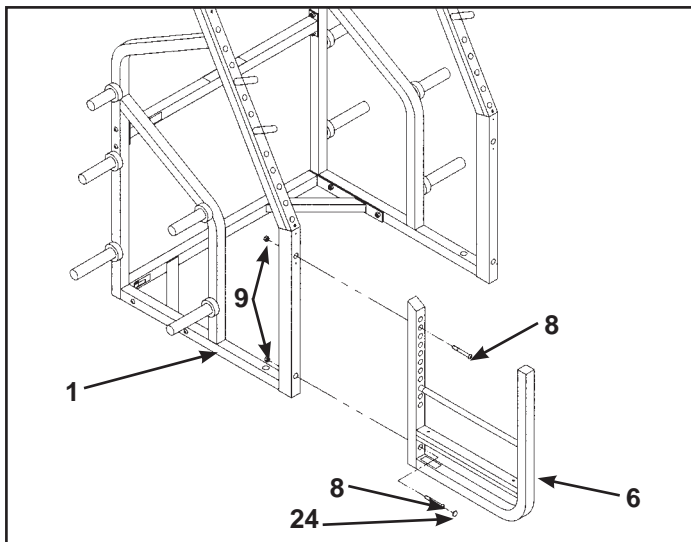


Figure 9

C. Repeat Step 6B to attach other side. See Figure 10.

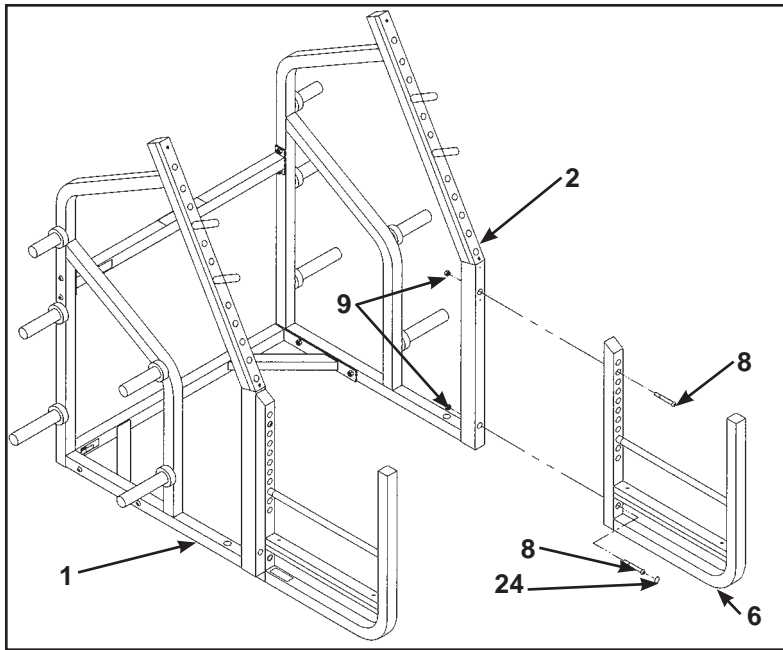


Figure 10

## 6 - Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of your Cybex Free Weight equipment.

**NOTE:** *Cybex is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Cybex phone representatives are available to answer any questions or concerns that you may have.*



**Cybex will void warranty if non-Cybex replacement parts are used.**

## **Daily Procedures**

1. **Upholstery** - Wipe down all upholstery as per the recommendations listed below for light soiling and more difficult stains.

### *Light Soiling*

- A solution of 10% household liquid dish soap with warm water applied with a soft damp cloth.
- If necessary, a solution of liquid cleanser and water applied with a soft bristle brush. Wipe away the residue with a water dampened cloth.

### *More Difficult Stains*

- Dampen a soft white cloth with a solution of household bleach (sodium hypochlorite), 10 % bleach, 90% water. Rub gently. Rinse with a water dampened cloth to remove bleach concentration.
- The same procedure can be used with full strength household bleach, if necessary.
- Allow bleach to puddle on the affected area or apply with a soaked cloth for approximately 30 minutes. Rinse with a water dampened cloth to remove any remaining bleach concentration.

### *Alternative Method for Difficult Stains*

- Dampen a soft white cloth with rubbing alcohol and rub gently. Rinse with a water dampened cloth to remove any remaining rubbing alcohol concentration.

**NOTE:** *To restore luster, a light coat of spray furniture wax can be used. Apply for 30 seconds and follow with a light buffing using a clean white cloth.*

### **Please Review Carefully**

When using strong cleaning agents such as rubbing alcohol or bleach, it is advisable to first test in an inconspicuous area. Other cleaning agents may contain harsh or unknown solvents and are subject to formula changes by the product manufacturer without notice. Should you desire to use other cleaning agents, carefully try them in an inconspicuous area to determine potential damage to the material. Never use harsh solvents or cleaners which are intended for industrial applications. To clean stained or soiled areas, a soft white cloth is recommended. Avoid use of paper towels.

Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well ventilated area. Follow all product manufacturer's warnings. Cybox and its vendors cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

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1. **Frames** - Wipe down frame using a mild solution of warm water and car wash soap. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.
2. **Chrome** - Clean chrome tubes, first using chrome polish and then using a car wax seal. Neutral cleaners with a pH between 5.5 and 8.5 are recommended. Be sure to dry thoroughly. **AVOID** acid or chlorine based cleaners and also cleaners containing abrasives as these could scratch or damage the equipment.

### ***Weekly Procedures***

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Inspect handles for wear, paying particular attention to connecting points.

***! CAUTION: Replace all worn handles immediately.***

3. Inspect all labeling for readability. This includes instructional placards, warning and caution decals. Replace all worn labeling immediately.

***NOTE: Correct all improper alignment and operation issues immediately.***

### ***“As Required” Procedures***

1. Inspect grips and replace as necessary. See Chapter 7 for replacing grips.

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## 7 - Service

Please refer to the next several pages for parts lists and exploded-view diagrams.



**Cybox will void warranty if non-Cybox replacement parts are used.**

## Grip Replacement

### Bent Leg Ab Board

Check grips and replace worn grips as appropriate. This procedure is for replacing the grip located on the Bent Leg Ab Board. See item H on the Bent Leg Ab Board Parts List sheet for location of grip.

1. Remove grip by carefully cutting it using a utility knife. **NOTE:** *Be sure that all of the grip is removed.*
2. Slide new grip onto bar.

### Incline Bench Olympic Bench Press

Check grips and replace worn grips as appropriate. This procedure is for replacing the grips located on the Incline Bench and the Olympic Incline Bench. See the appropriate Parts List sheet for location of the appropriate grip.

1. Remove grip by carefully cutting it using a utility knife. **NOTE:** *Be sure that all of the grip is removed.*
2. Place a generous amount of super glue inside new grip.
3. Slide grip into place. **NOTE:** *The glue will set fast. If you do not place the grip on properly, then repeat this procedure.*

### 45 Degree Back Extension Dip/Chin Station Leg Raise Chair

Check grips and replace worn grips as appropriate. This procedure is for replacing any grip located on the 45 Degree Back Extension, Dip/Chin Station or the Leg Raise Chair. See the appropriate Parts List sheet for location of the appropriate grip.

1. Remove grip by carefully cutting it with a utility knife.
2. Spray lacquer inside grip.
3. Slide grip into place and work out all air bubbles.

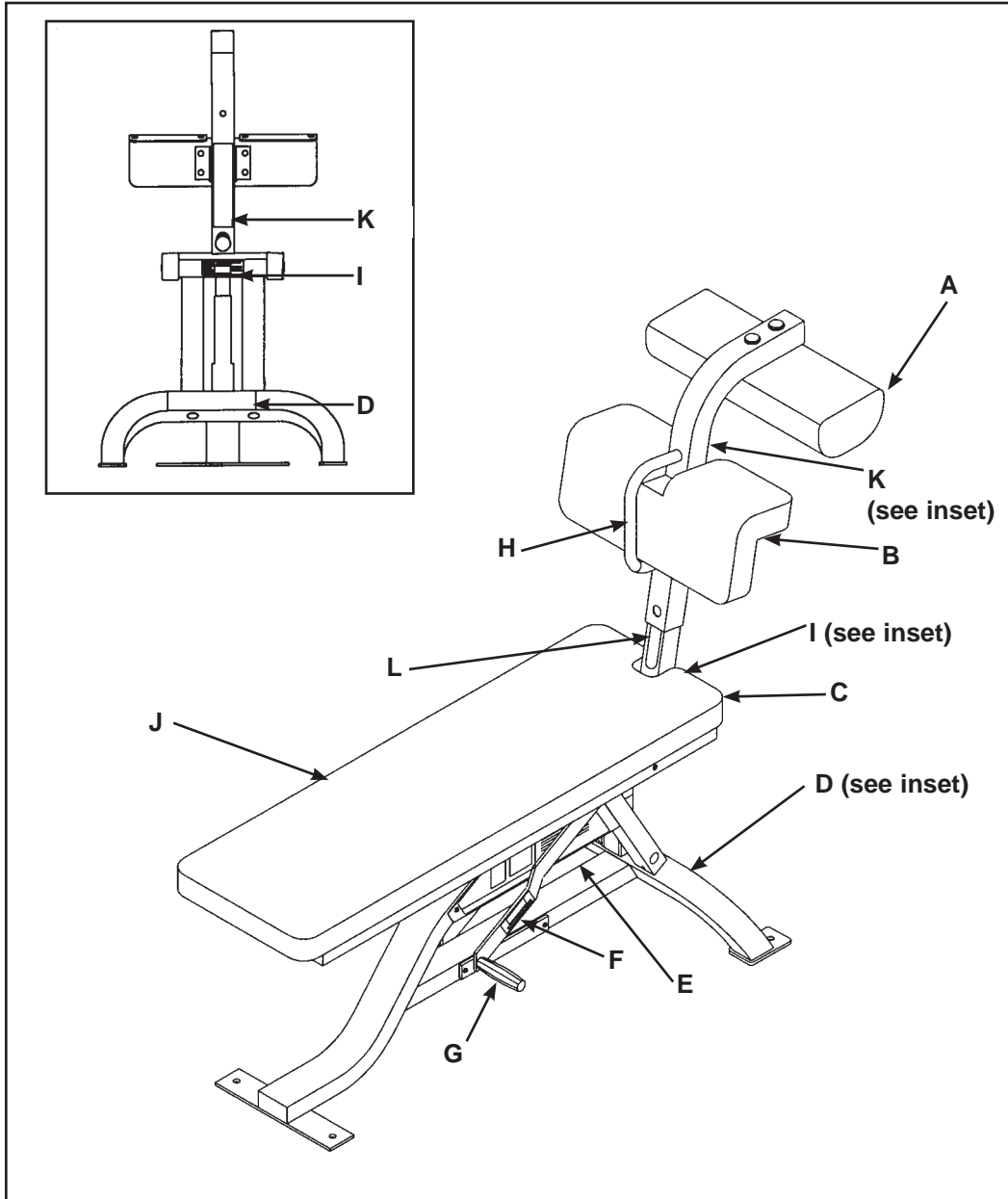
## Parts List and Diagrams

See the following pages for each machine.

# Bent Leg Ab Board

Product No. 5208

Parts List



DESCRIPTION	PART NO.
A. Contour Cushion.....	5208S069-0
B. Leg Cushion.....	5208S060-0
C. Bench Cushion.....	5208s052-0
D. Cybex Decal Black.....	3900-445
D. Cybex Decal Silver.....	3900-446
E. Right Placard Decal .....	5208Y083
F. Caution Decal .....	CM000219

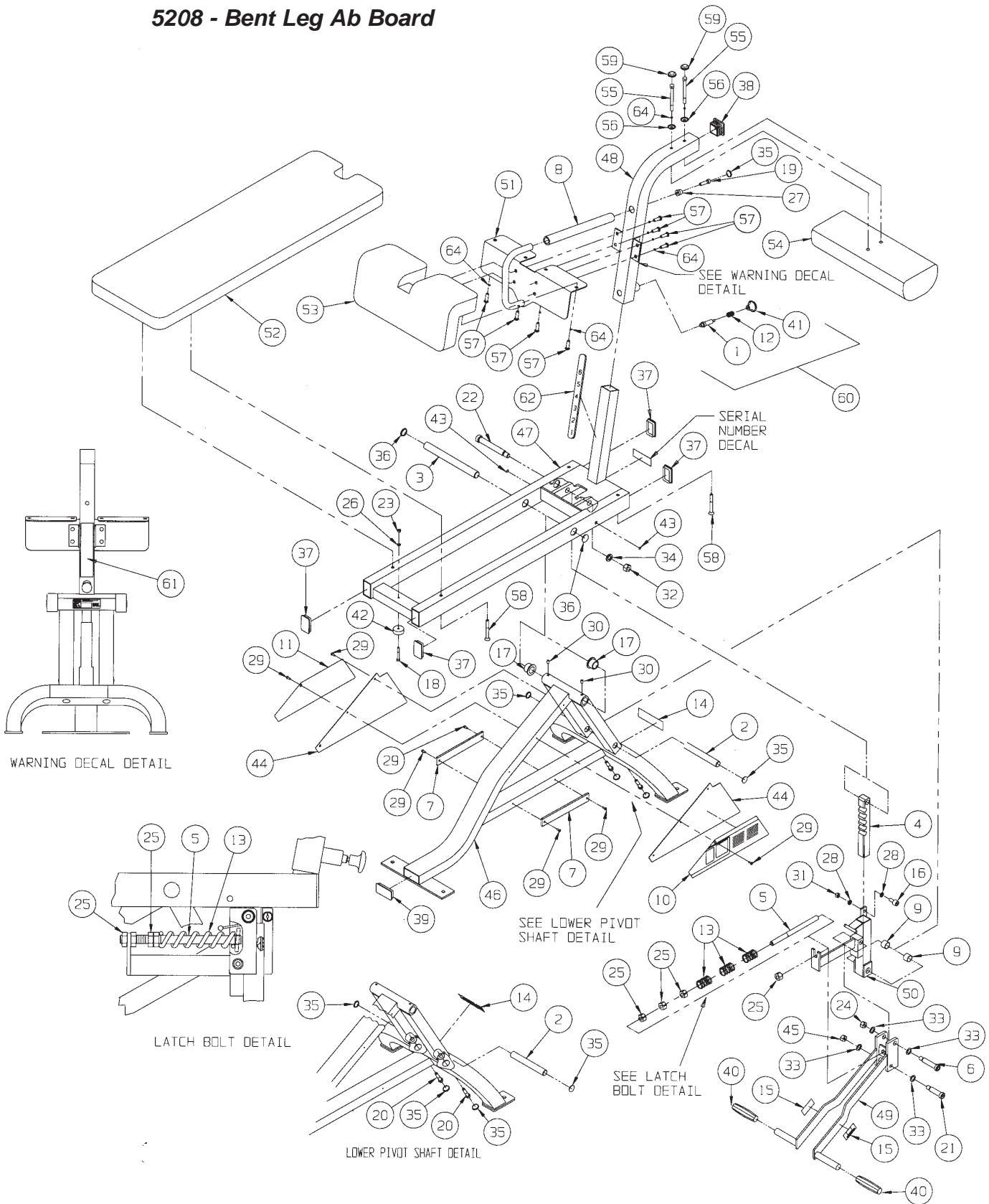
DESCRIPTION	PART NO.
G. Foot Pedal Grip.....	PP400200
H. Grip .....	5208M046
I. Serial Number Decal	
J. Left Placard Decal.....	5208Y084
K. Warning Decal .....	5220-364
L. Adjusting Tube Decal .....	5208-302

**Cybox Free Weight Owner's Manual**

**5208 - Bent Leg Ab Board**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	4000M218	Detent Pin
2	1	5208M040	Lower Pivot Shaft
3	1	5208M041	Upper Pivot Shaft
4	1	5208P042	Adjusting Post
5	1	5208P043	Spring Guide Rod
6	1	5208P044	Latch Bolt
7	2	5208M045	Wear Pad
8	1	5208M046	Grip 12.75 L
9	2	5208P048	Spacer
10	1	5208Y083	Right Hand Placard Decal
11	1	5208Y084	Left Hand Placard Decal
12	1	BS070201	Compression Spring .56 x .66 x .50 L
13	3	BS110200	Die Spring 1.23 x .65 x 2.07 L
14	1	3900-445	Cybox Decal 1.00 Horiz. Black
14	1	3900-446	Cybox Decal 1.00 Horiz. Silver
14			Removed 7-03
15	2	CM000219	Angle Adjust Caution Decal
16	1	FB030211	Cam Follower Bearing .75
17	2	FB050209	Flange Bearing 1.00 x 1.25 x .75 L
18	1	HC621228	HHCS .25-20 x 2.25
19	1	HC702822	SHCS .375-16 x 1.50
20	2	HC701224	HHCS .375-16 x 1.75
21	1	HD403326	Shoulder Bolt .625 x 2.00 .50-13
22	1	HD423348	Shoulder Bolt .75 x 4.75 .625-11
23	1	HN624100	Hex Nut .25-20
24	1	HN784000	Hex Nut .50-13
25	4	HN814400	Jam Nut .625-11
26	1	HS308300	Split Lockwasher .25
27	1	GP000002	Pulley Shoulder Adapter
28	2	HS348300	Split Lockwasher .375
29	10	HT102214	Tap Screw #10-12 x .625 A (Phillips)
30	2	HY662912	Set Screw .312-18 x .50 Cup point
31	1	JN714200	Hex Nut .375-24
32	1	JN814200	Hex Nut .625-11
33	4	JS407100	Machinery Bushing .625
34	1	JS408400	Split Lockwasher .625
35	4	PN660200	Plastic Insert 1.00 Dia. x 11 G
36	3	PP080202	Plastic Insert 1.19 Dia. x 11 G
37	4	PP090001	Plastic Insert 1.50 x 2.50 x 11 G
38	1	PP090210	Plastic Insert 2.00 Sq x 10-14 G
39	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
40	2	PP400200	Foot Pedal Grip
41	1	PP460200	Plastic Knob .312-18
42	1	PR060003	Recess Bumper
43	2	PP080207	Plastic Insert .437 Dia. x 11 G
44	2	5208C049	Guard
45	1	HN784400	Jam Nut .50-13
46	1	5208W002	Base
47	1	5208W008	Bench
48	1	5208W017	Adjusting Tube
49	1	5208W020	Foot Lever
50	1	5208W026	Lower Adjustment
51	1	5208W037	Cushion Plate
52	1	5208S052-0	Bench Cushion
53	1	5208S060-0	Leg Cushion
54	1	5208S069-0	Contour Cushion
55	2	HC701236	HHCS .375-16 x 3.25
56	2	HS010000	Screw Cap Washer .375
57	8	JC700420	BHSCS .375-16 x 1.25
58	4	JC700936	FHSCS .375-16 x 3.25
59	2	PP080005	Screw Cap
60	1	4121K117	Detent Pin Kit
61	1	5220-364	Warning Decal
62	1	5208-302	Adjusting Tube Decal
63	1	51198	Strength Warranty Sheet (not shown)
64	10	JS347400	Internal Tooth Lockwasher

5208 - Bent Leg Ab Board

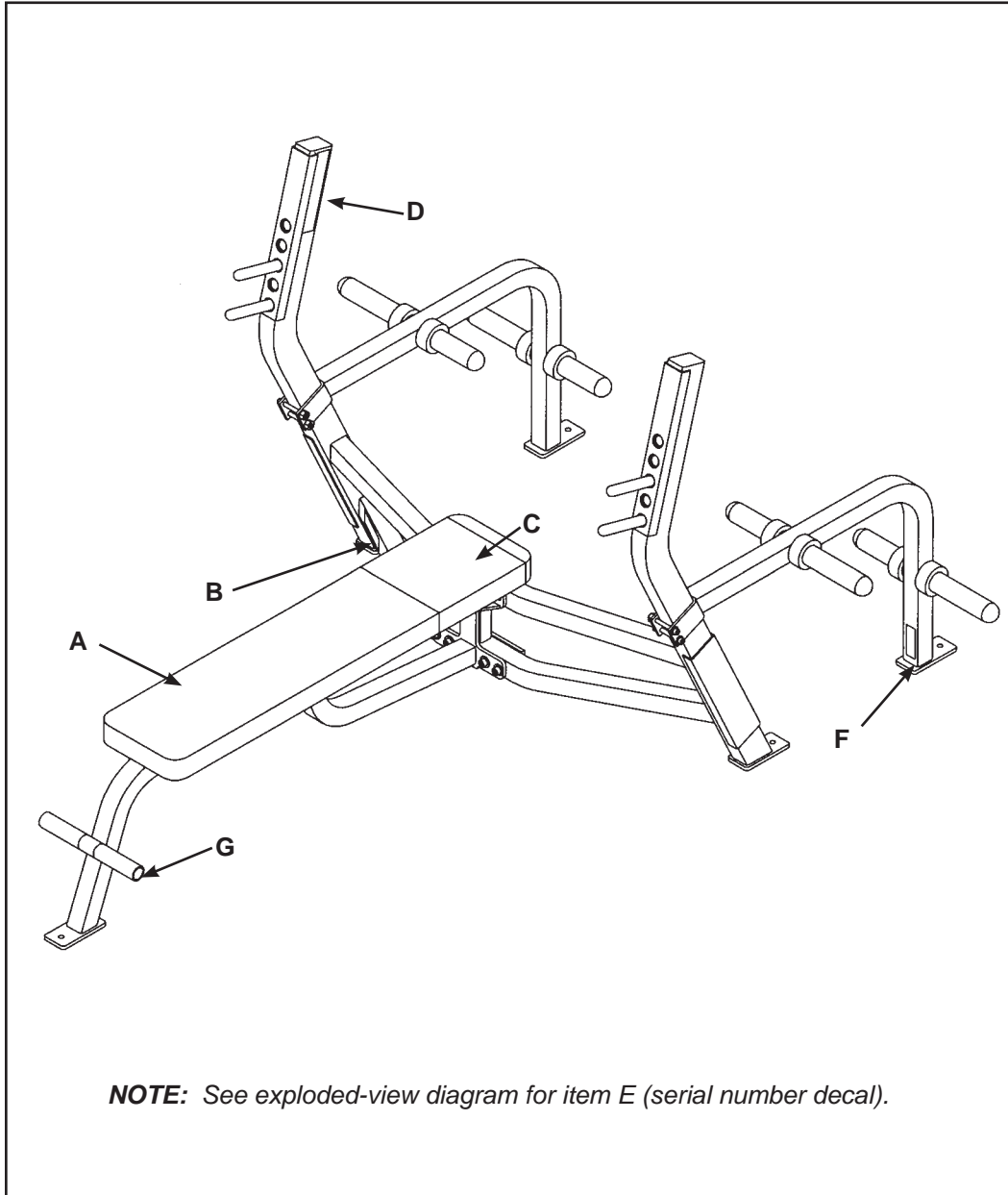


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# Olympic Bench Press/Weight Storage Attachment

Product No. 5362 and 5363

Parts List



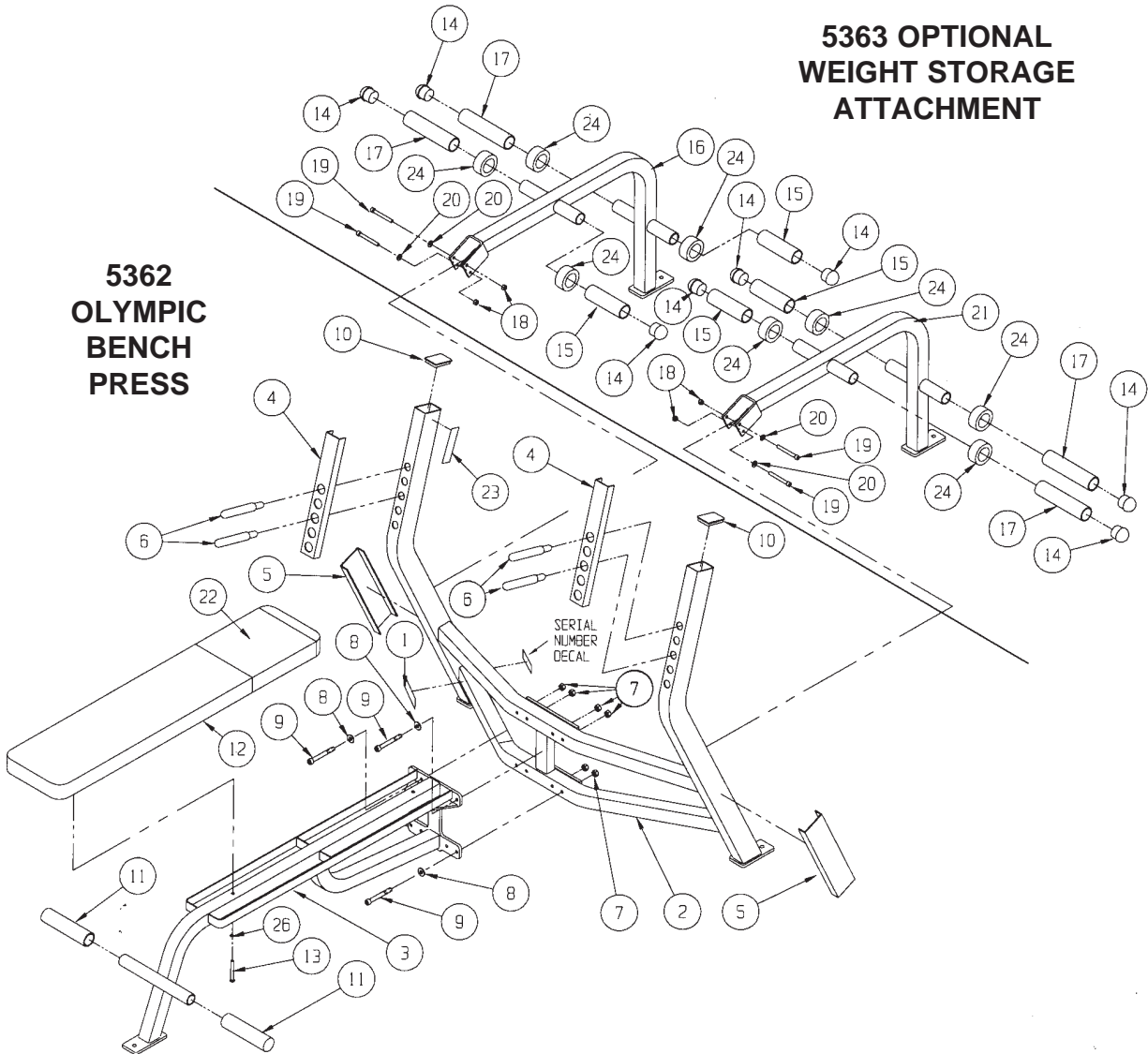
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion w/ Wear Cover .....	01035	C. Wear Cover (Item A) .....	4000S118-0
B. Cybex Decal Black.....	3900-445	D. Warning Decal .....	5220-364
B. Cybex Decal Silver.....	3900-446	E. Serial Number Decal	
		F. Serial Number Decal	
		G. Rubber Grip .....	4140-329

**5362 and 5363 - Olympic Bench Press/Weight Storage Attachment**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	3900-445	Cybex Decal 1.00 Horiz. Black
1			Removed 7-03
1	1	3900-446	Cybex Decal 1.00 Horiz. Silver
2	1	5362-200	Back Frame
3	1	5362-201	Cushion Support Frame
4	2	5362-311	Machined Bumper
5	2	5362-312	Machined Bumper
6	4	5570-206	Detent Pin
7	8	HN704901	Nylon Locknut .375-16
8	8	HS347600	Washer SAE .375
9	8	JC702836	SHCS .375-16 x 3.25
10	2	PP090206	Plastic Insert
11	2	4140-329	Rubber Grip 5.00 L
12	1	01035	Cushion with Wear Cover

ITEM	QTY	PART NO.	DESCRIPTION
13	2	JC700434	BHSCS .375-16 x 3.00
14	8	5330M040	Plug
15	4	5340P003	Weight Tube 6.00 L
16	1	5363-200	Frame - Right Side
17	4	5490P010	Weight Tube 8.00 L
18	4	HN704901	Nylon Locknut .375-16
19	4	JC702836	SHCS .375-16 x 3.25
20	4	HS347600	Washer SAE .375
21	1	5363-200	Frame - Left Side
22	1	4000S118-0	Wear Cover
23	1	5220-364	Warning Decal
24	8	5220-367	Spacer
25	1	51198	Strength Warranty Sheet (not shown)
26	2	JS347400	Internal Tooth Lockwasher

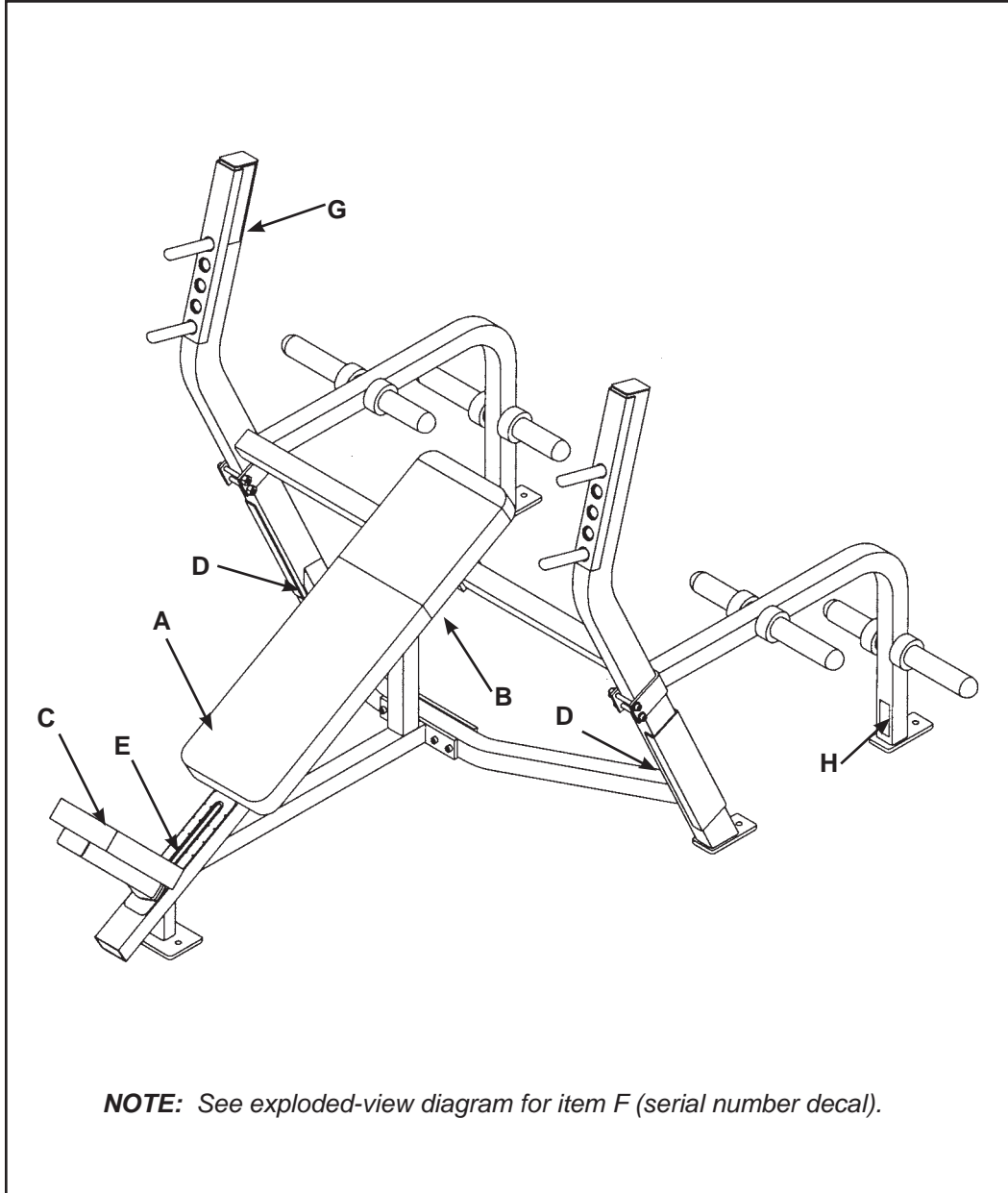
**5362 and 5363 - Olympic Bench Press/Weight Storage Attachment**



# Olympic Incline Bench Press/Weight Storage Attachment

Product No. 5372 and 5363

Parts List



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion w/Wear Cover (Item B) ....	01213	E. Adjustable Seat Decal....	5221-316
B. Wear Cover (Item A) .....	4000S118-0	F. Serial Number Decal	
C. Cushion.....	4800-019	G. Warning Decal .....	5220-364
D. Cybex Decal Black.....	3900-443	H. Serial Number Decal	
D. Cybex Decal Silver .....	3900-444		

**5372 and 5363 - Olympic Incline Bench/Weight Storage Attachment**

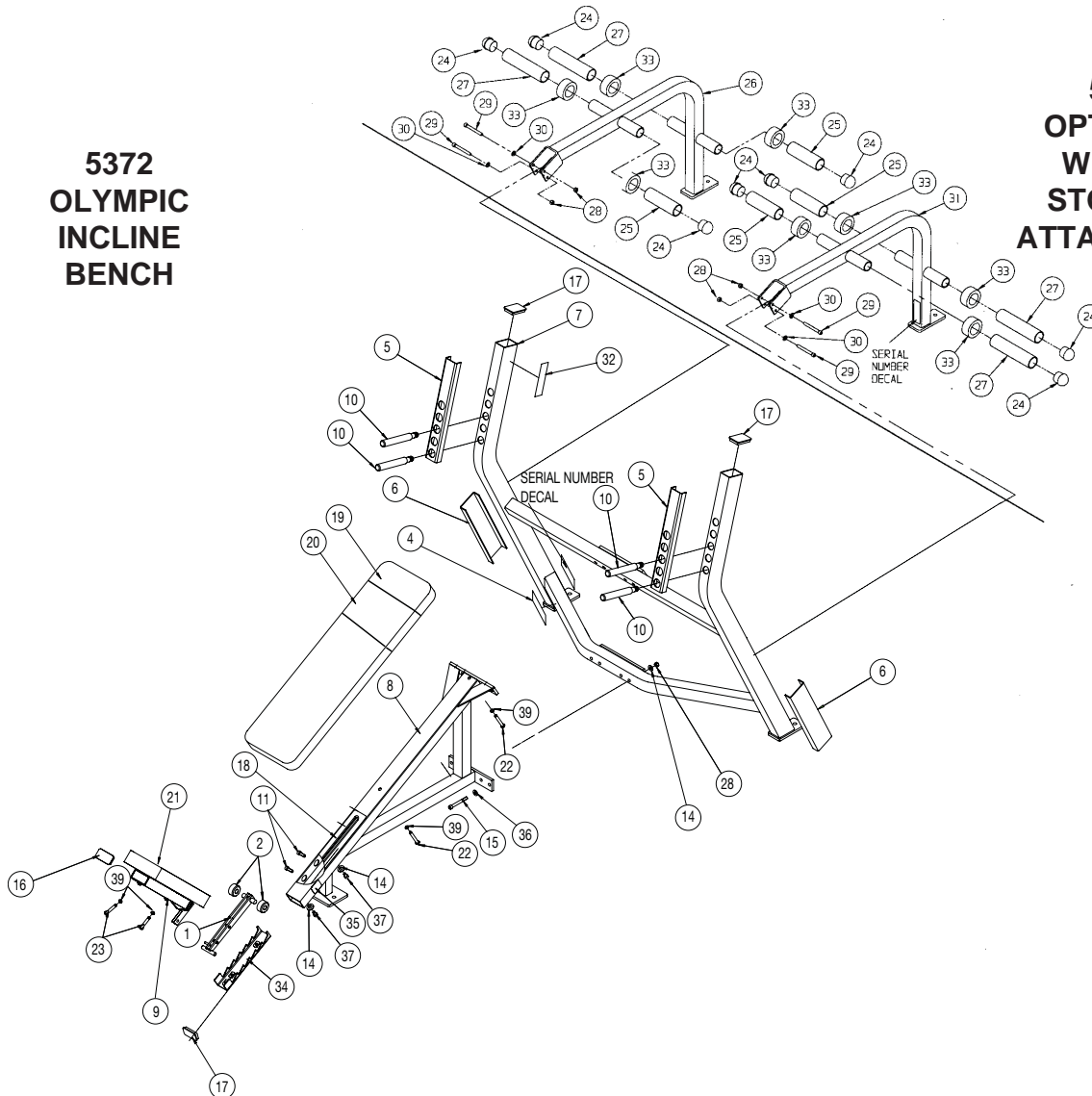
ITEM	QTY	PART NO.	DESCRIPTION
1	1	4520-212	Seat Roller
2	2	4520-331	Roller
3			Removed
4			Removed 7-03
4	1	3900-443	Cybox Decal 1.57 Horiz. Black
4	1	3900-444	Cybox Decal 1.57 Horiz. Silver
5	2	5362-311	Machined Bumper
6	2	5362-312	Machined Bumper
7	1	5372-200	Frame (back)
8	1	5372-201	Frame (front)
9	1	5372-202	Seat
10	4	5570-206	Detent Pin
11	2	HC702817	SHCS .375-16 x 1.00
12	8	HC704901	Nylon Locknut .375-16
13			Removed
14	8	HS347700	Washer USS .375
15	8	JC702838	SHCS .375-16 x 3.50
16	1	PP090202	Plastic Insert 1.50 x 3.00 x 11 G
17	3	PP090206	Plastic Insert
18	1	5221-316	Adjustable Seat Decal
19	1	01213	Cushion with Wear Cover

ITEM	QTY	PART NO.	DESCRIPTION
20	1	4000S118-0	Wear Cover
21	1	4800-026	Cushion
22	2	JC700434	BHSCS .375-16 x 3.00
23	2	HC700430	BHSCS .375-16 x 2.50
24	8	5330M040	Plug
25	4	5340P003	Weight Tube 6.00 L
26	1	5363-200	Frame - Right Side
27	4	5490P010	Weight Tube 8.00 L
28	4	HN704901	Nylon Locknut .375-16
29	4	JC702836	SHCS .375-16 x 3.25
30	4	HS347600	Washer SAE .375
31	1	5363-200	Frame - Left Side
32	1	5220-364	Warning Decal
33	8	5220-367	Spacer
34	1	4520-213	Pulley Bracket
35	1	4520-362	Seat Caution Decal
36	2	HS347600	Washer SAE .375
37	2	JC702812	SHCS .375-16 x .50
38	1	51198	Strength Warranty Sheet (not shown)
39	2	JS347400	Internal Tooth Lockwasher

**5372 and 5363 - Olympic Incline Bench Press/Weight Storage Attachment**

**5372  
OLYMPIC  
INCLINE  
BENCH**

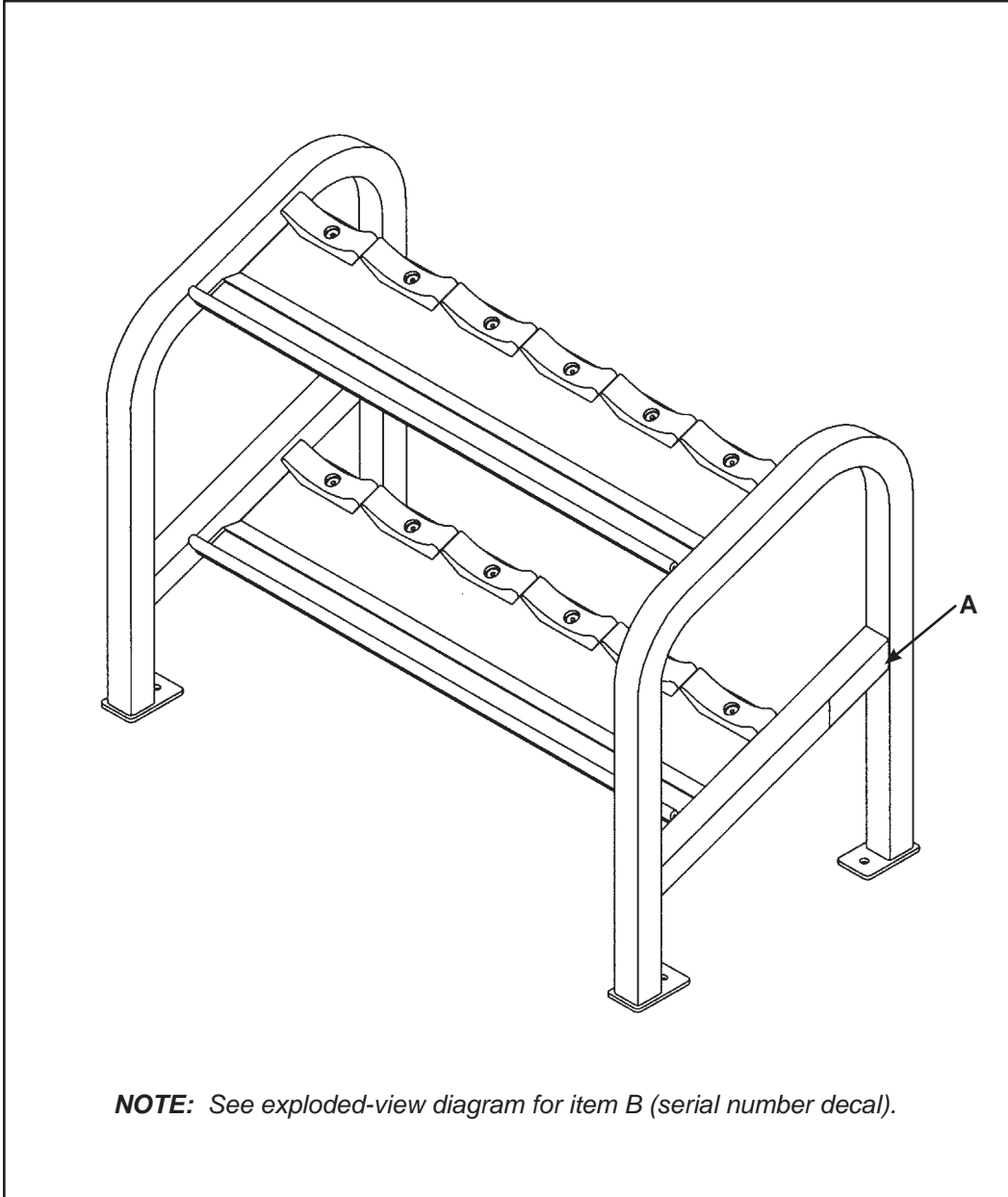
**5363  
OPTIONAL  
WEIGHT  
STORAGE  
ATTACHMENT**



# Beauty Bell Rack

Product No. 5375

Parts List

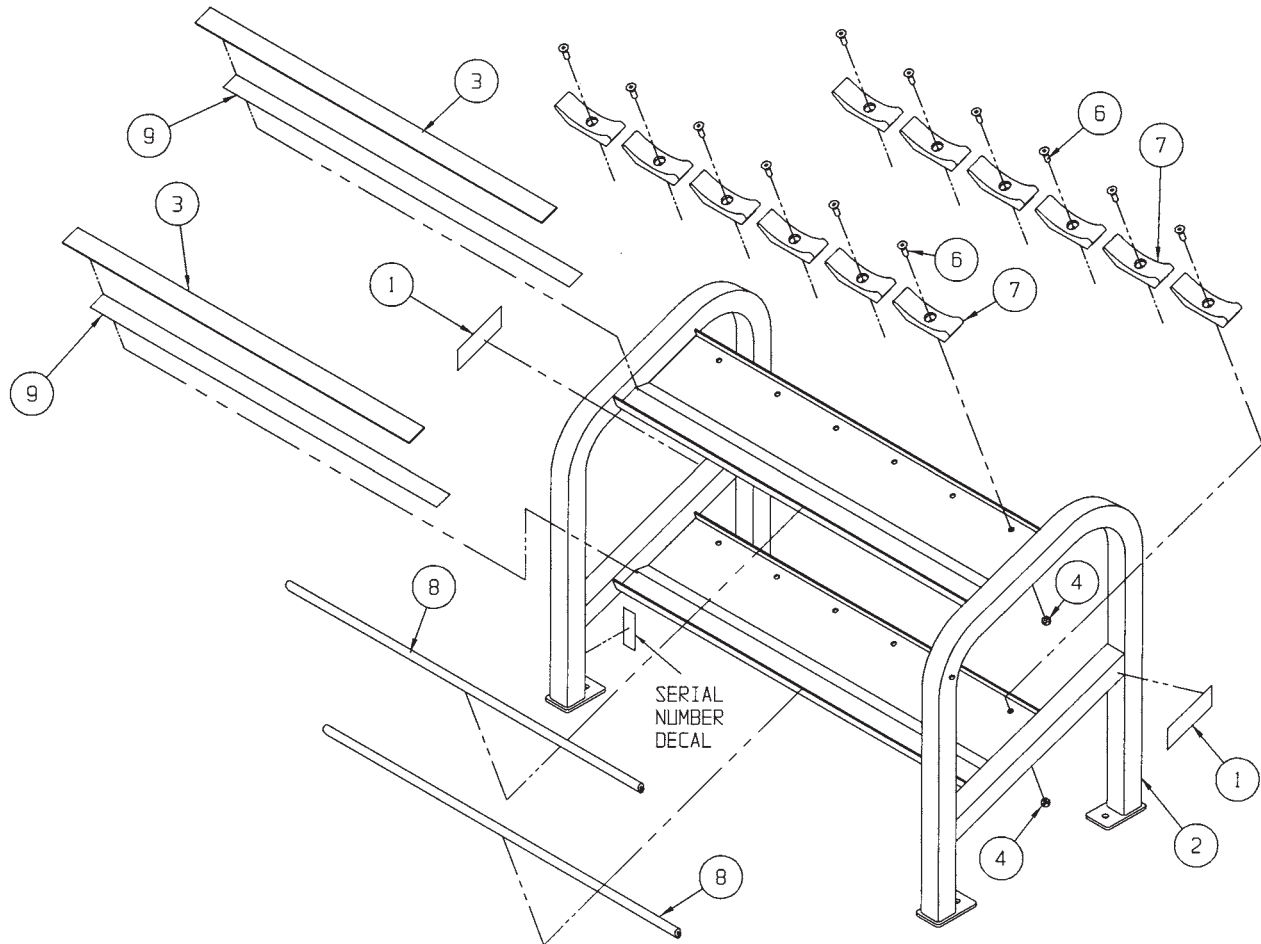


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybex Decal Black.....	3900-445	B. Serial Number Decal	
A. Cybex Decal Silver.....	3900-446		

**5375 - Beauty Bell Rack**

ITEM	QTY	PART NO.	DESCRIPTION
1	2	3900-445	Cyber Decal 1.00 Horiz. Black
1	2	3900-446	Cyber Decal 1.00 Horiz. Silver
2	1	5375-200	Frame
3	2	5375-301	Plastic Guard
4	12	HN704901	Nylon Locknut .375-16
5			Removed
6	12	JC700920	FHSCS .375-16 x 1.25
7	12	PP030200	Dumbbell Saddle
8	2	PP240204	Rubber Edge Trim 37.88" L
9	76"	YD000016	Double Coated Tape

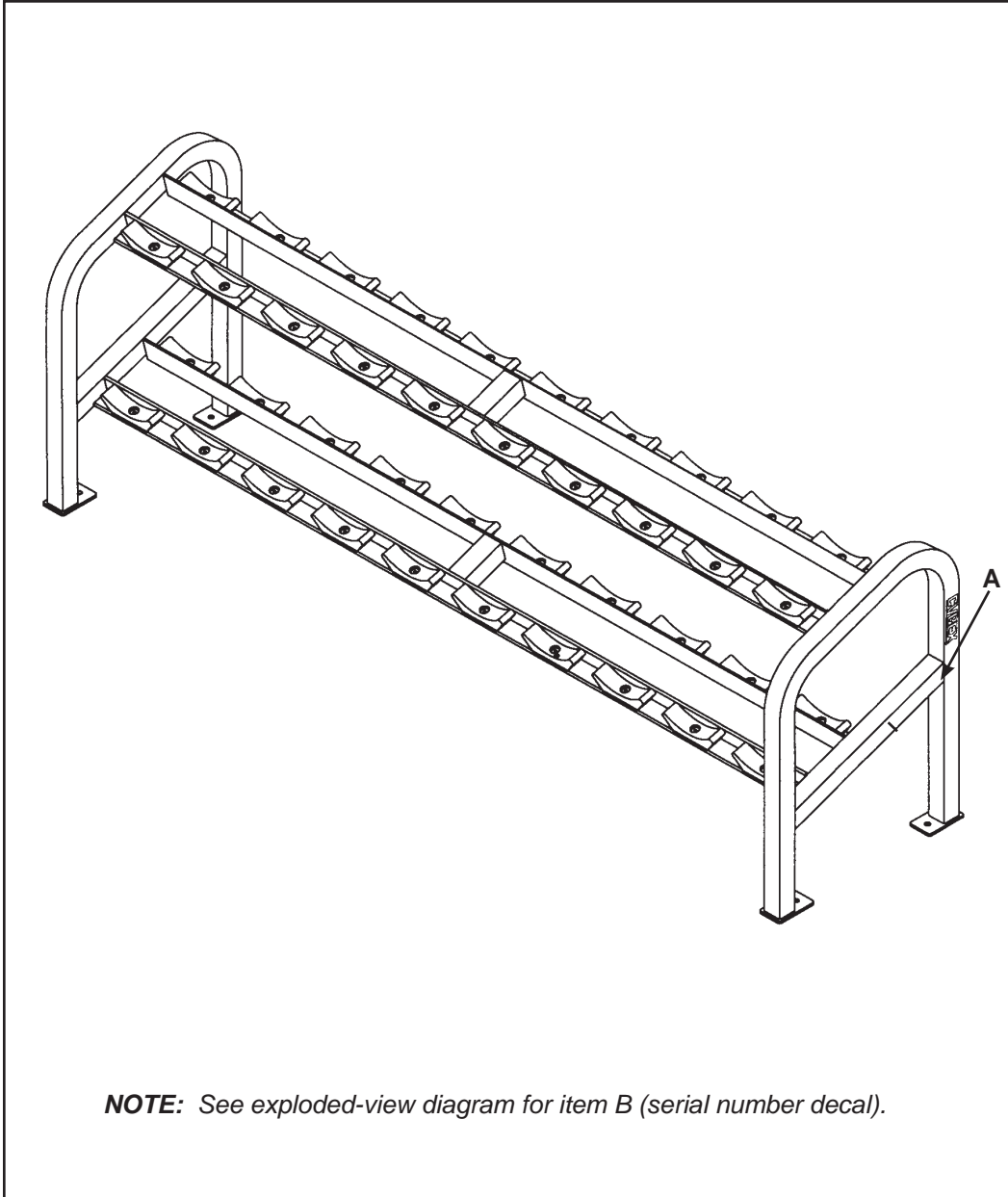
**5375 - Beauty Bell Rack**



# Twin Tier Dumbbell Rack

Product No. 5380

Parts List

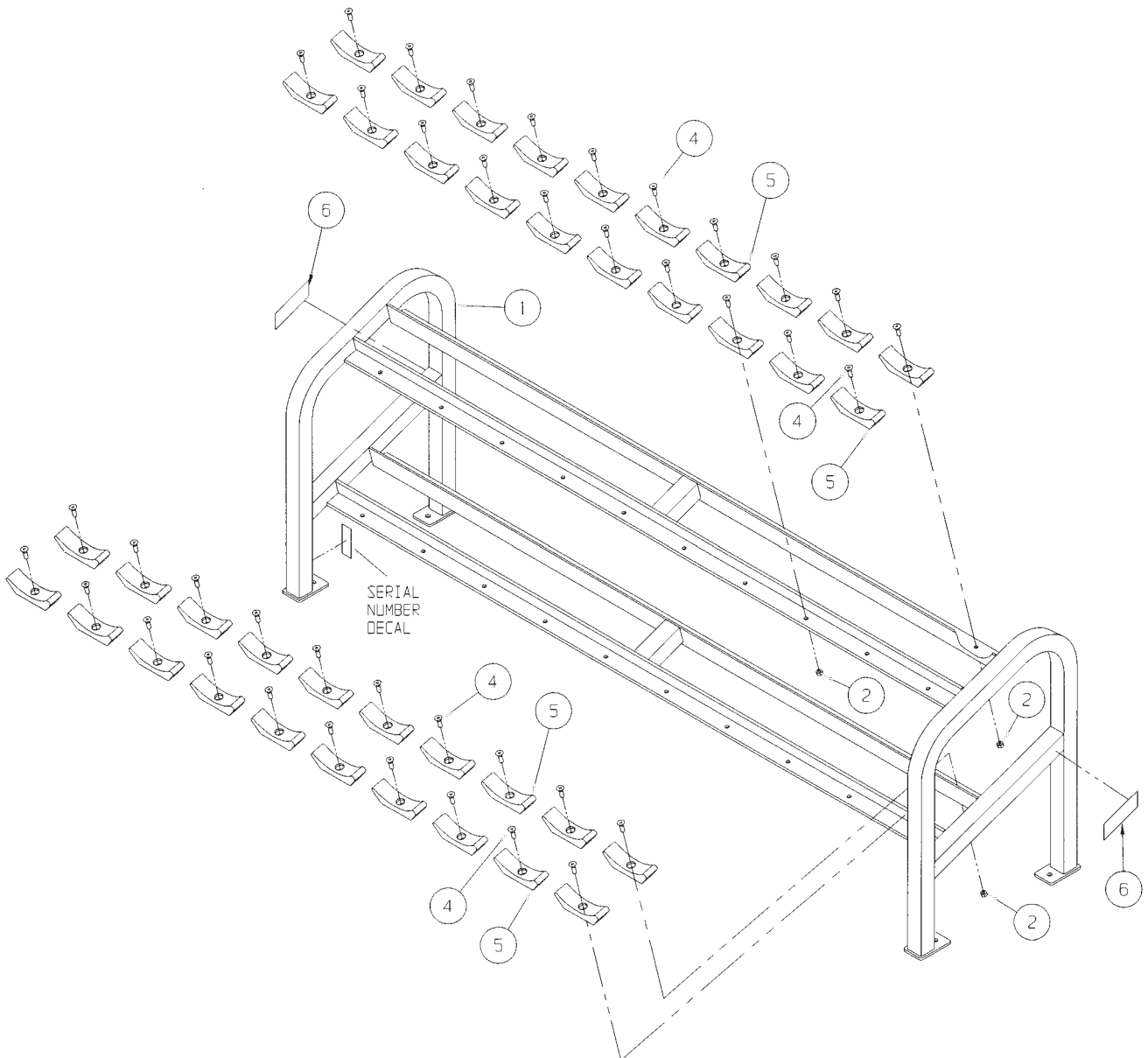


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybox Decal Black.....	3900-445	B. Serial Number Decal	
A. Cybox Decal Silver.....	3900-446		

**5380 - Twin Tier Dumbbell Rack**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	5380W002	Frame
2	40	HN704901	Nylon Locknut .375-16
3			Removed
4	40	JC700920	FHSCS .375-16 x 1.25
5	40	PP030200	Dumbbell Saddle
6	2	3900-445	Cyber Decal 1.00 Horiz. Black
6	2	3900-446	Cyber Decal 1.00 Horiz. Silver

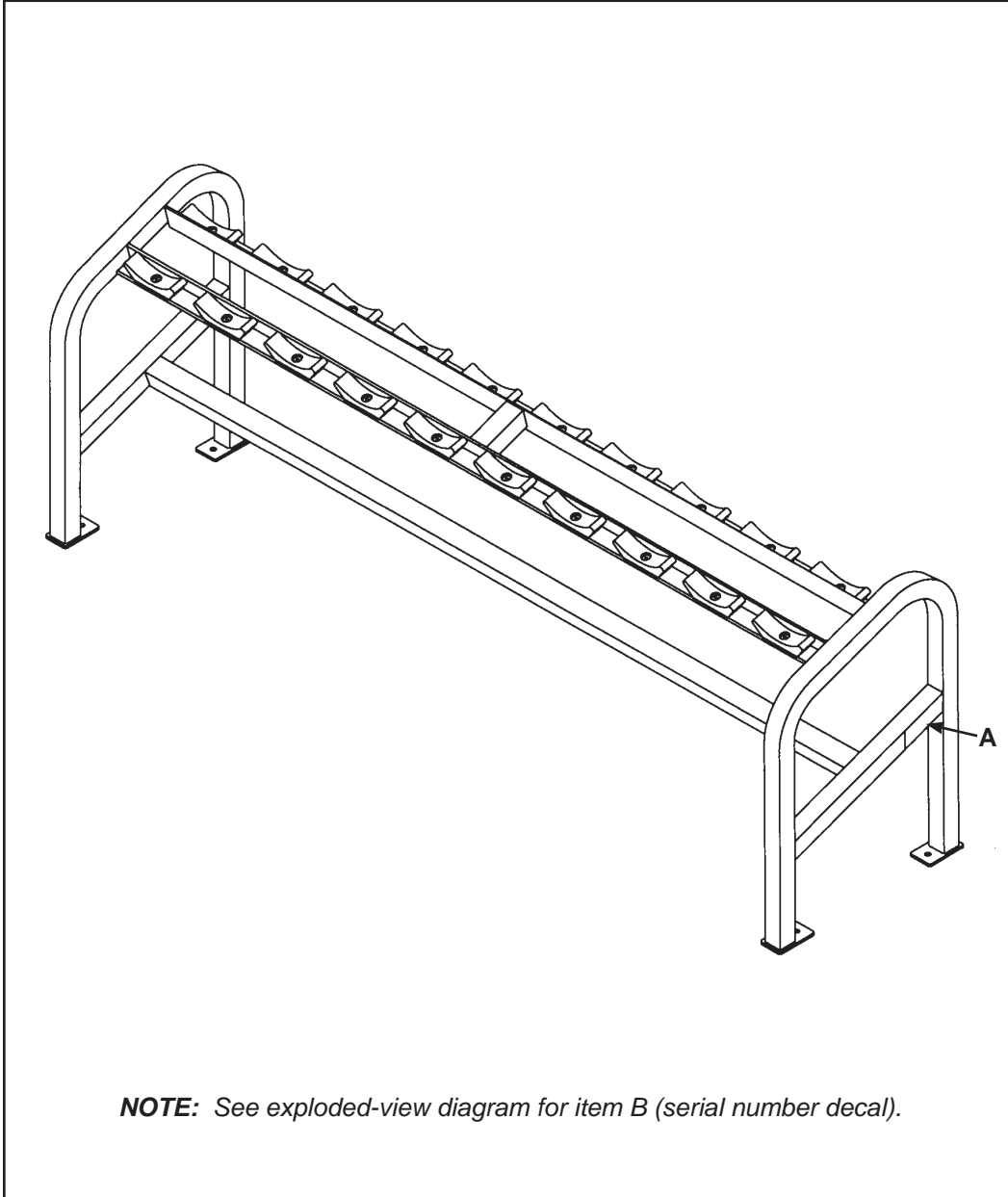
**5380 - Twin Tier Dumbbell Rack**



# Single Tier Dumbbell Rack

Product No. 5385

Parts List

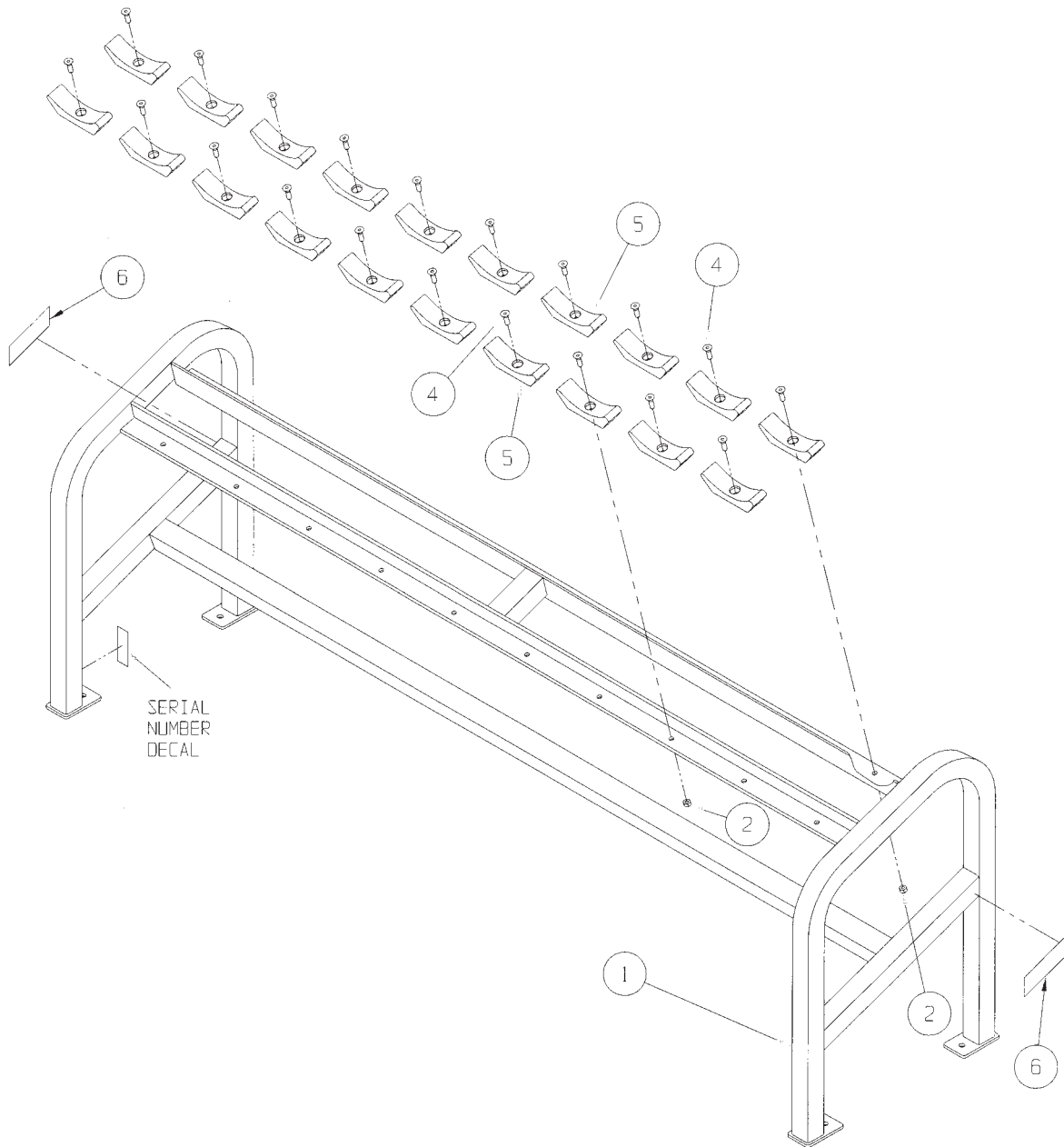


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybex Decal Black.....	3900-445	B. Serial Number Decal	
A. Cybex Decal Silver.....	3900-446		

**5385 - Single Tier Dumbbell Rack**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	5385W002	Frame
2	20	HN704901	Nylon Locknut .375-16
3			Removed
4	20	JC700920	FHSCS .375-16 x 1.25
5	20	PP030200	Dumbbell Saddle
6	2	3900-445	Cybox Decal 1.00 Horiz. Black
6	2	3900-446	Cybox Decal 1.00 Horiz. Silver

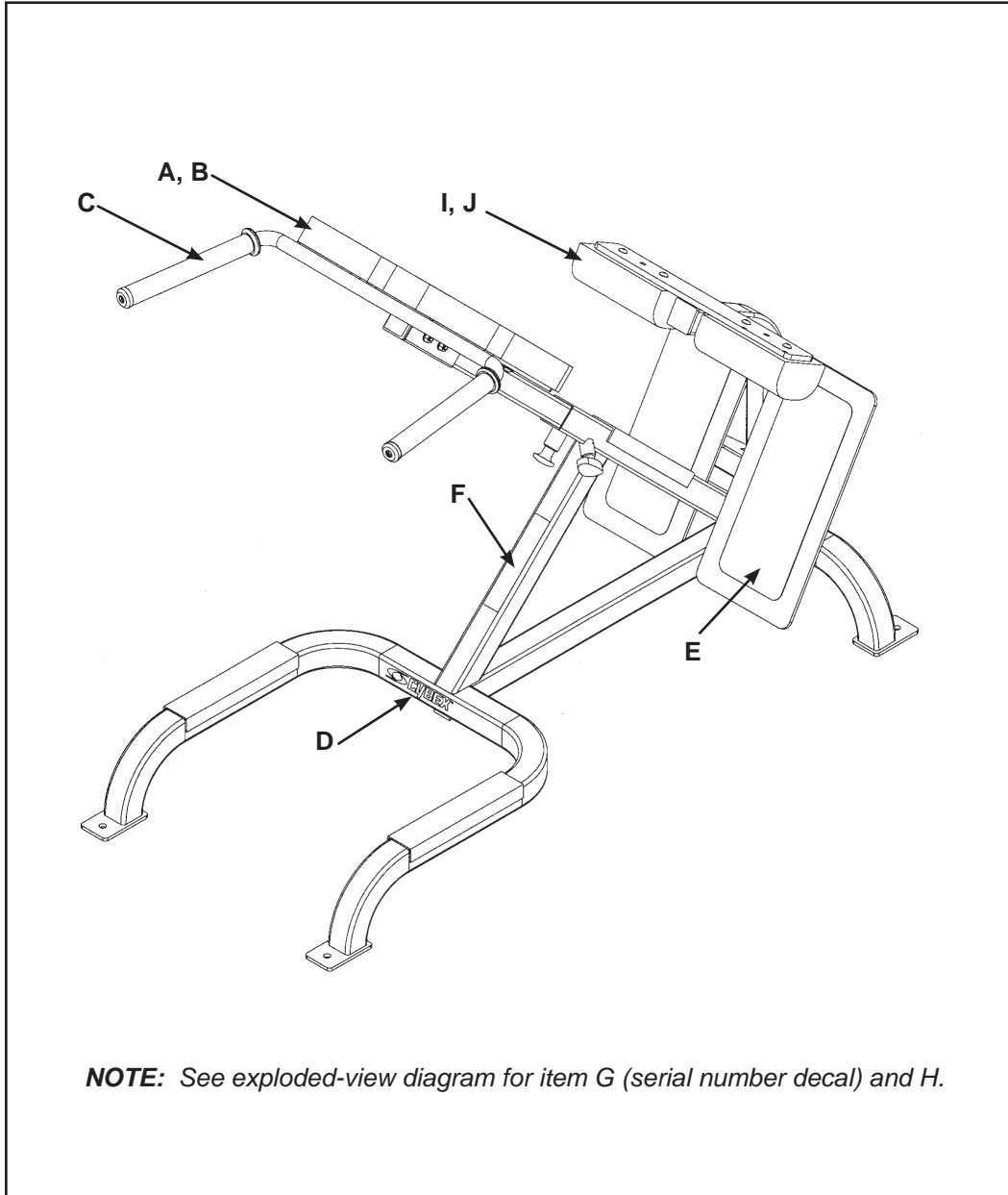
**5385 - Single Tier Dumbbell Rack**



# 45 Degree Back Extension

Product No. 5411

Parts List



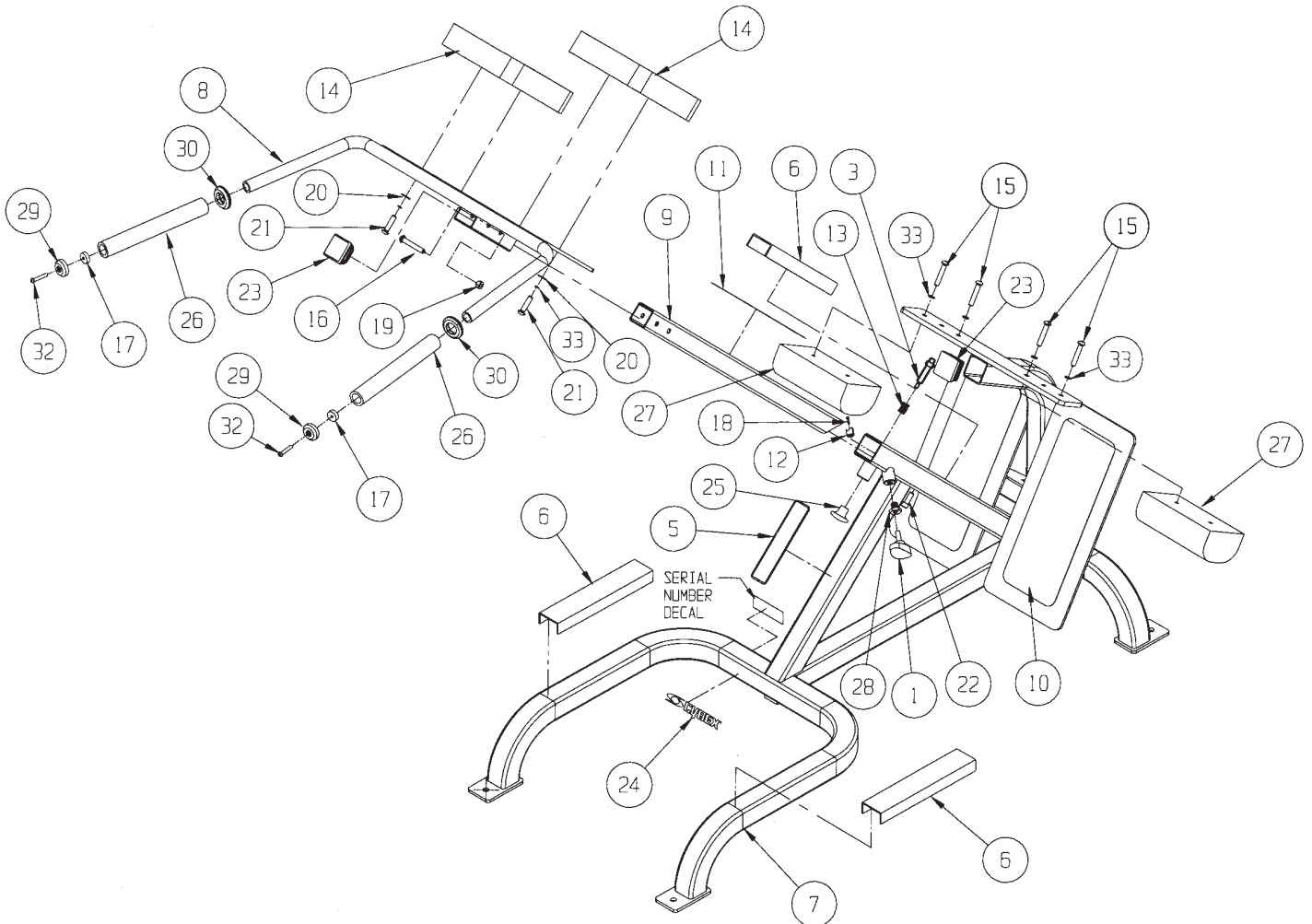
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion w/Wear Cover ....	01214	F. General Warning Decal.....	5220-364
B. Wear Cover (Item A) .....	5410S024-0	G. Serial Number Decal	
C. Grip .....	PR400202	H. Adjusting Tube Decal.....	5411-312
D. Cybex Decal Black.....	3900-445	I. Cushion w/Wear Cover ....	01215
D. Cybex Decal Silver.....	3900-446	J. Wear Cover (Item I) .....	5450S037-0
E. Non-Slip Fabric.....	5411-309		

**5411 - 45 Degree Back Extension**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	PP460010	Plastic Knob
2	1	4000-328	Footglide Removal Instr. (not shown)
3	1	4000M218	Detent Pin
4			Removed 7-03
5	1	5220-364	Warning Decal
6	3	5410M012	Machined Bumper
7	1	5411-200	Frame
8	1	5411-201	Handle Bar
9	1	5411-202	Adjusting Tube
10	2	5411-309	Non-Slip
11	1	5411-312	Adjusting Tube Decal
12	1	AA033904	V-Pusher
13	1	BS070201	Com Spring .56 x .66 x 1.50 L
14	2	01214	Cushion with Wear Cover
15	4	HC700420	BHSCS .375-16 x 1.25
16	2	HC700430	BHSCS .375-16 x 2.50
17	2	HF449063	Connector Insert .75 x .25-20

ITEM	QTY	PART NO.	DESCRIPTION
18	1	HM532812	SHCS .138/6-32 x .50 GR8
19	2	HN704901	Nylon Locknut .375-16
20	4	HS347600	Washer SAE .375
21	4	JC700422	BHSCS .375-16 x 1.50
22	1	JC702814	SHCS .375-16 x .625
23	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
24	1	3900-445	Cybex Decal 1.00 Horiz. Black Removed 7-03
24	1	3900-446	Cybex Decal 1.00 Horiz. Silver
25	1	PP460200	Plastic Knob .312-18
26	20.5"	PR400202	Grip 1.38 OD x .94
27	2	01215	Cushion with Wear Cover
28	1	4705-332	Threaded Insert
29	2	11090-374	End Cap
30	2	11090-376	Handle Grip Ring
31	1	51198	Strength Warranty Sheet (not shown)
32	2	JC620422	BHSCS .250-20 x 1.50
33	8	JS347400	Internal Tooth Lockwasher

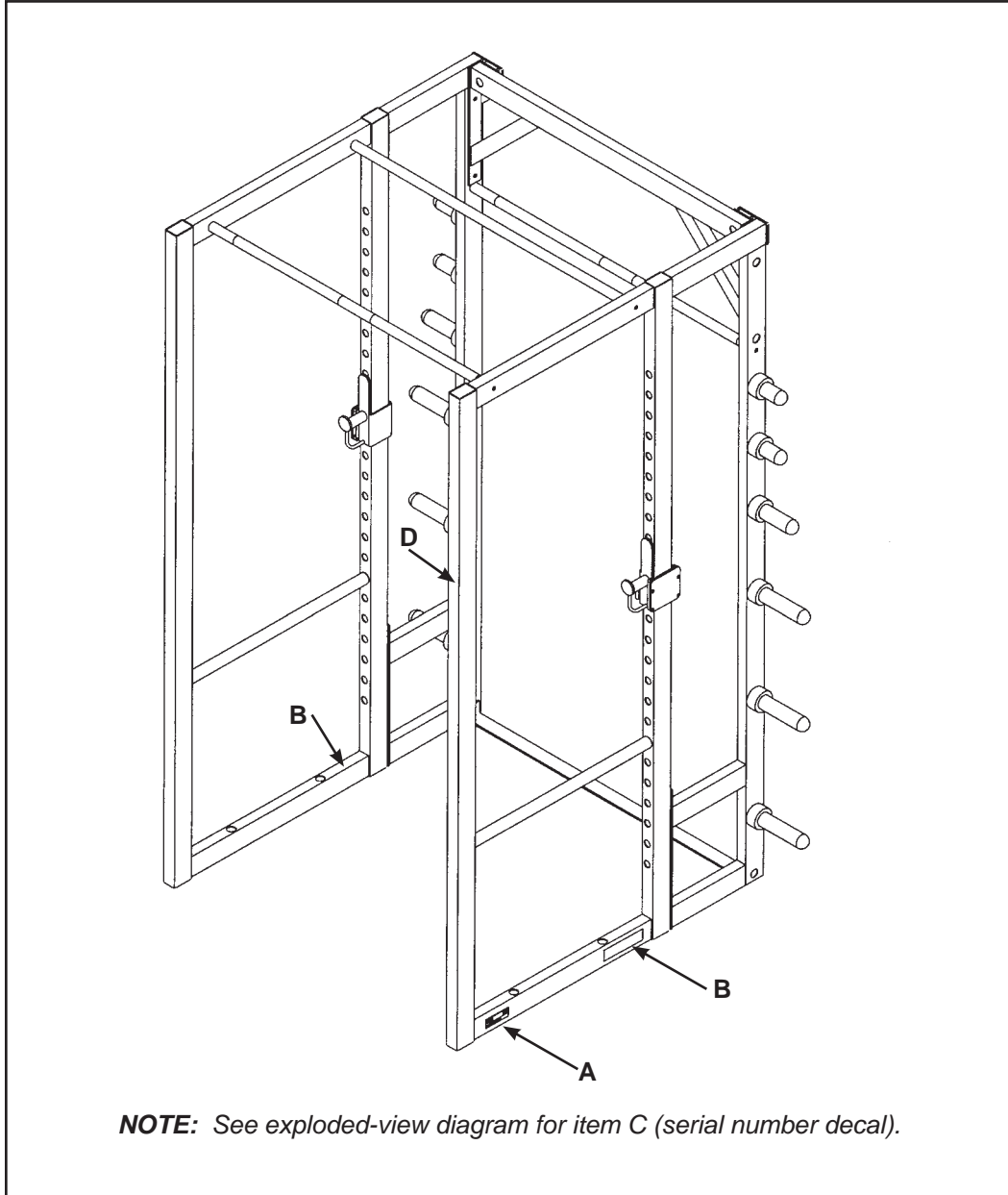
**5411 - 45 Degree Back Extension**



# Power Cage and Power Cage Attachment

Product No. 5420 and 5425

Parts List

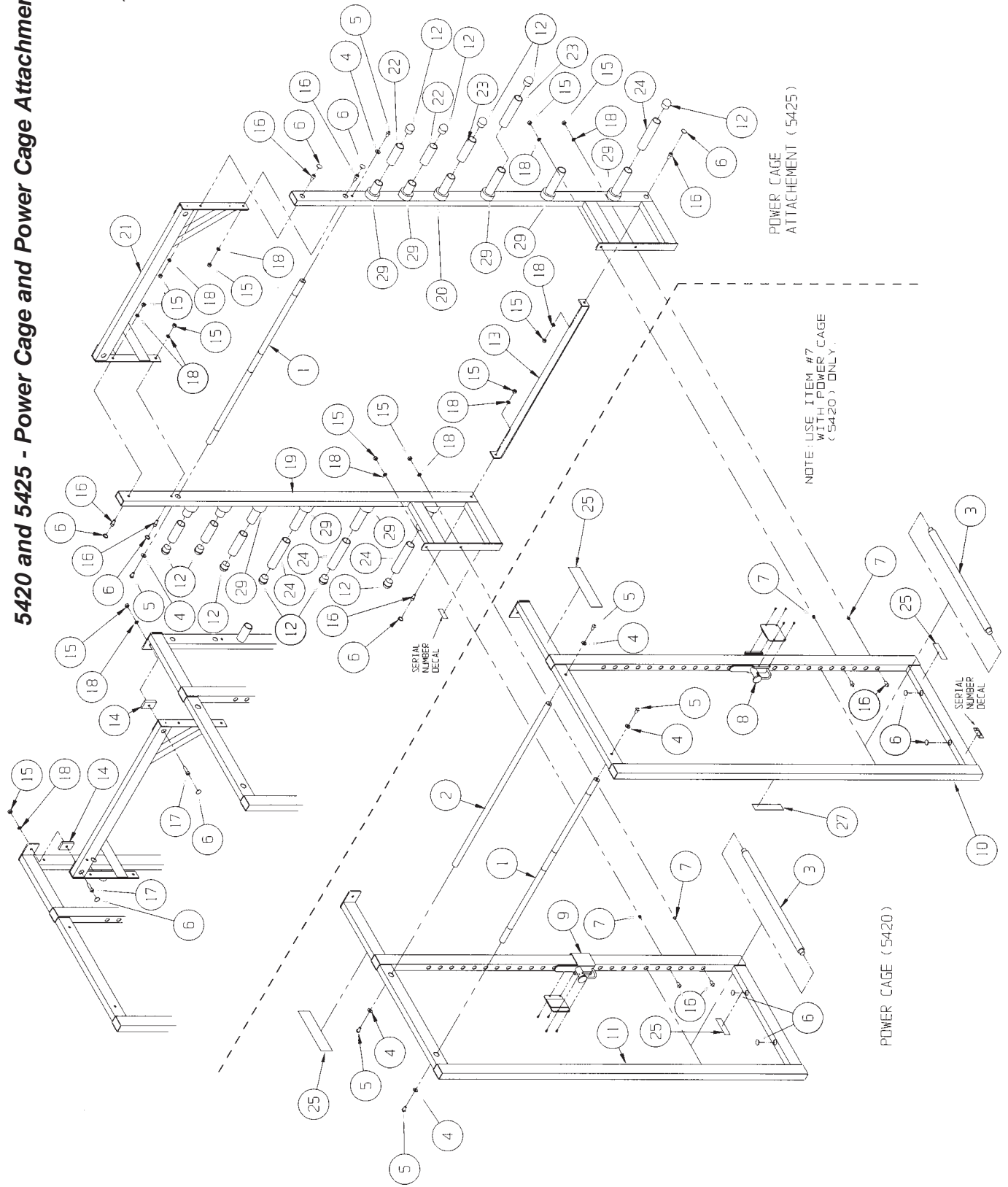


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Serial Number Decal (Power Cage)		C. Serial Number Decal (Power Cage Attachment)	
B. Cybex Decal Black.....	3900-443	B. Cybex Decal .....5220-364	
B. Cybex Decal Silver.....	3900-444		

**5420 - Power Cage and Power Cage Attachment**

ITEM	QTY	PART NO.	DESCRIPTION
1	2	5420C012	Knurled Support Bar
2	1	5420C013	Smooth Support Bar
3	2	5420-027	Adjusting Bar
4	6	HS387700	Washer SAE .50
5	6	JC780417	BHSCS .50-13 x 1.00
6	12	PP080202	Plastic Insert 1.19 Dia.
7	4	PP080208	Plastic Insert
8	1	5420-002	Right Hand Lock Assembly
9	1	5420-003	Left Hand Lock Assembly
10	1	5420-024-98	Right Side
11	1	5420-025-98	Left Side
12	12	5330M040	Plug
13	1	5425C013	Bottom Support
14	2	5330C042	Spacer Plate
15	12	HN784000	Hex Nut .50-13
16	10	JC782817	SHCS .50-13 x 1.00
17	2	JC782824	SHCS .50-13 x 1.75
18	12	JS388300	Lockwasher .50
19	1	5425W002	Left Side Attachment
20	1	5425W007	Right Side Attachment
21	1	5425W008	Center Brace
22	4	5330P012	Weight Tube 5"
23	2	5340P003	Weight Tube 6"
24	6	5490P010	Weight Tube 8"
25			Removed 7-03
25	2	3900-443	Cybox Decal 1.57 Horiz. Black
25	2	3900-444	Cybox Decal 1.57 Horiz. Silver
26			Removed
27	1	5220-364	Warning Decal
28	1	55420	Power Cage Instr. (not shown)
29	12	5220-367	Spacer

5420 and 5425 - Power Cage and Power Cage Attachment

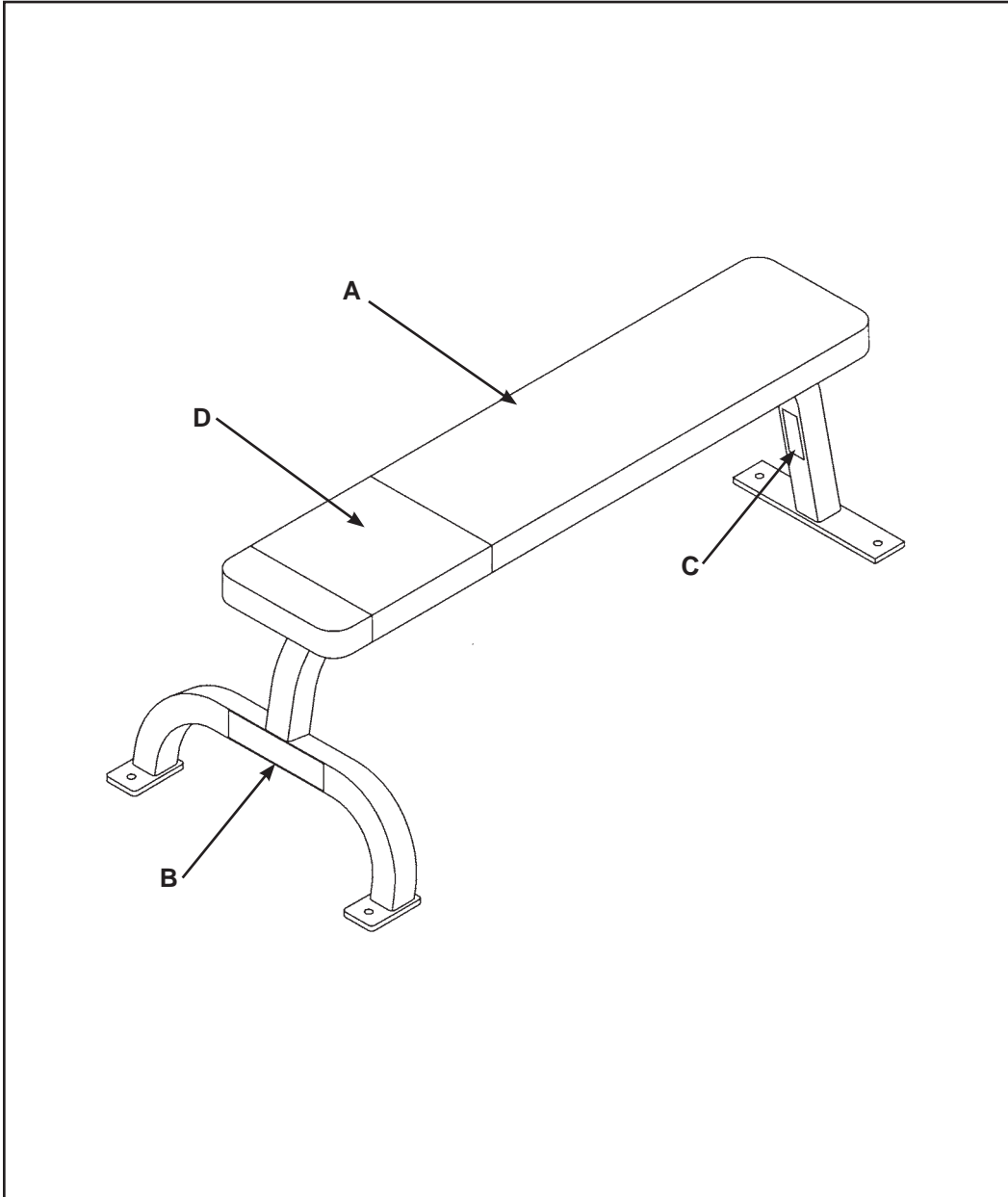


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# Flat Bench

Product No. 5430

Parts List

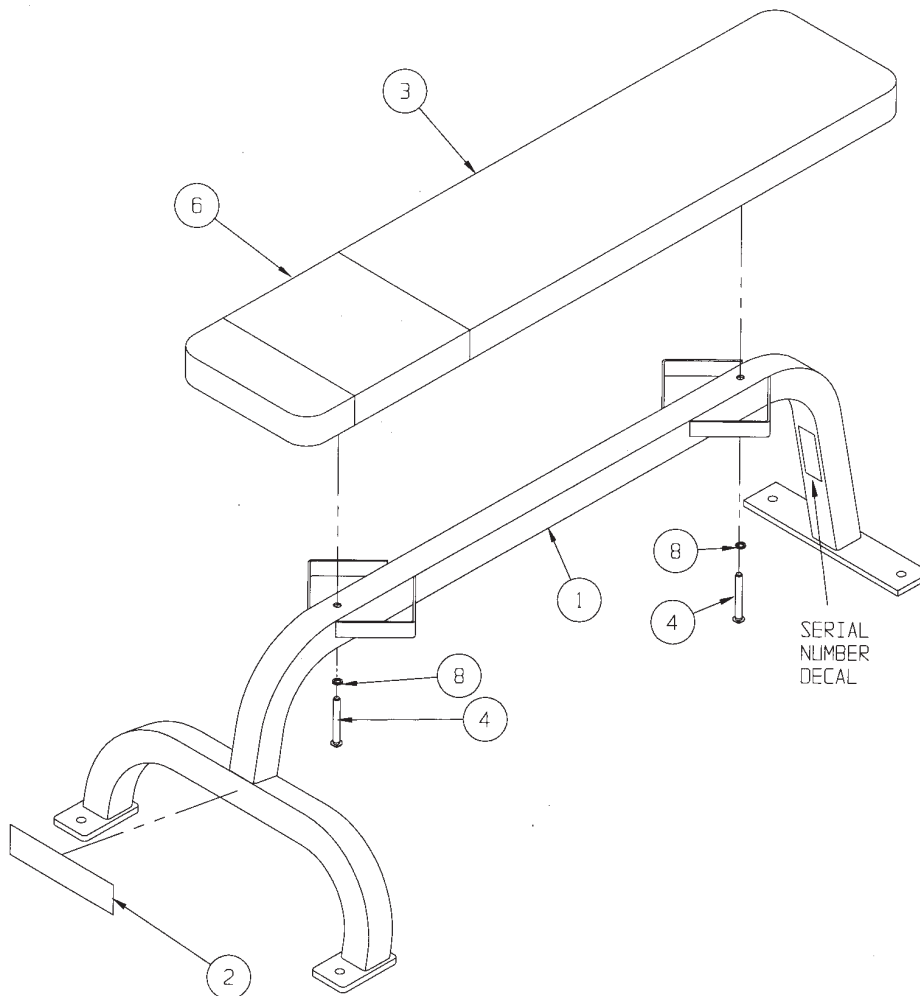


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion w/Wear Cover ....	01035	C. Serial Number Decal	
B. Cybox Decal Black .....	3900-445	D. Wear Cover (Item A) .....	4000S118-0
B. Cybox Decal Silver.....	3900-446		

**5430 - Flat Bench**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	5430W002	Frame
2	1	3900-445	Cybex Decal 1.00 Horiz. Black
2	1	3900-446	Cybex Decal 1.00 Horiz. Silver
3	1	01035	Cushion w/Wear Cover
4	2	JC700434	BHSCS .375-16 x 3.00
5			Removed
6	1	4000S118-0	Wear Cover
7	1	51198	Strength Warranty Sheet (not shown)
8	2	JS347400	Internal Tooth Lockwasher

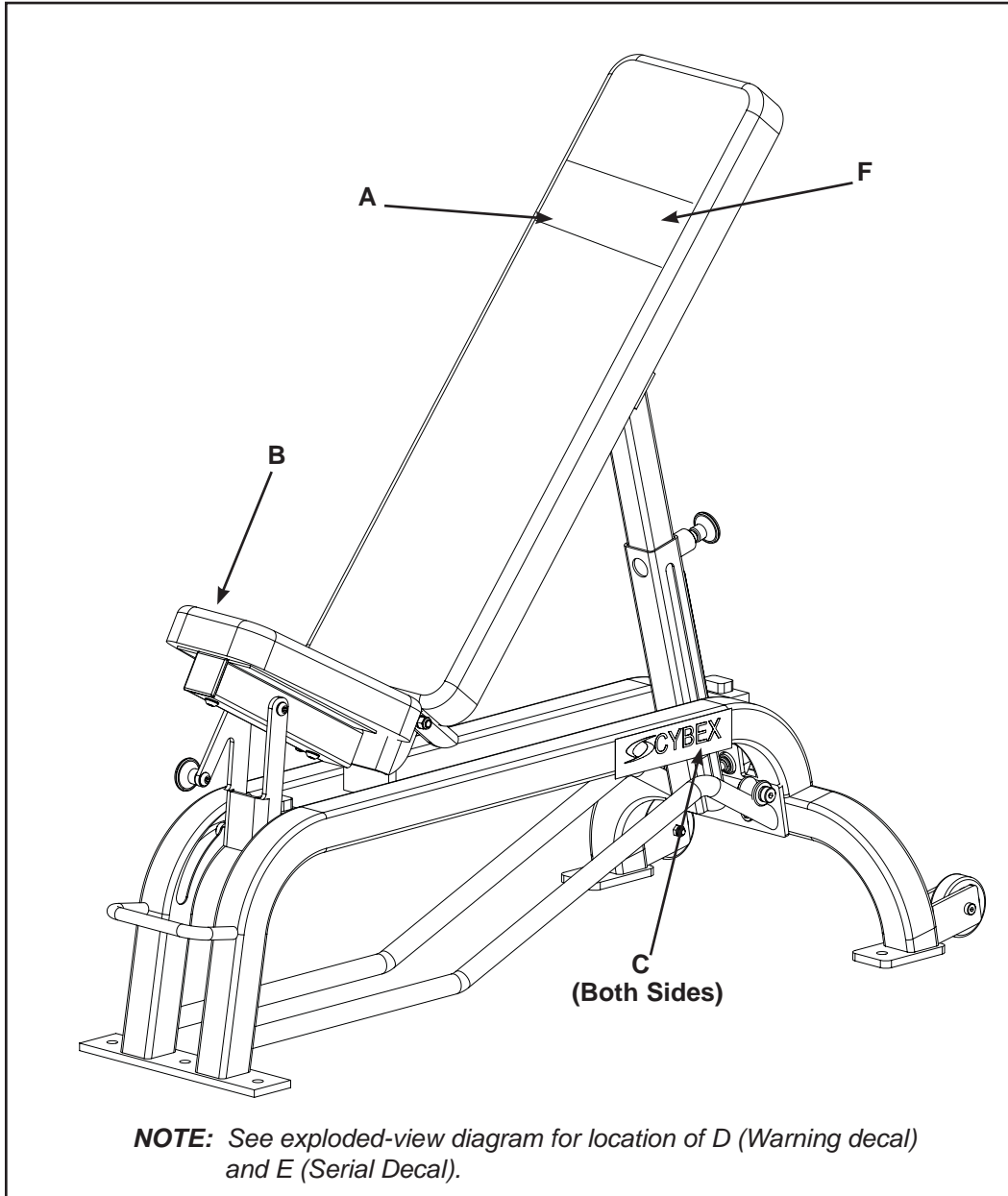
**5430 - Flat Bench**



# Flat to Incline Bench

Product No. 5435

Parts List



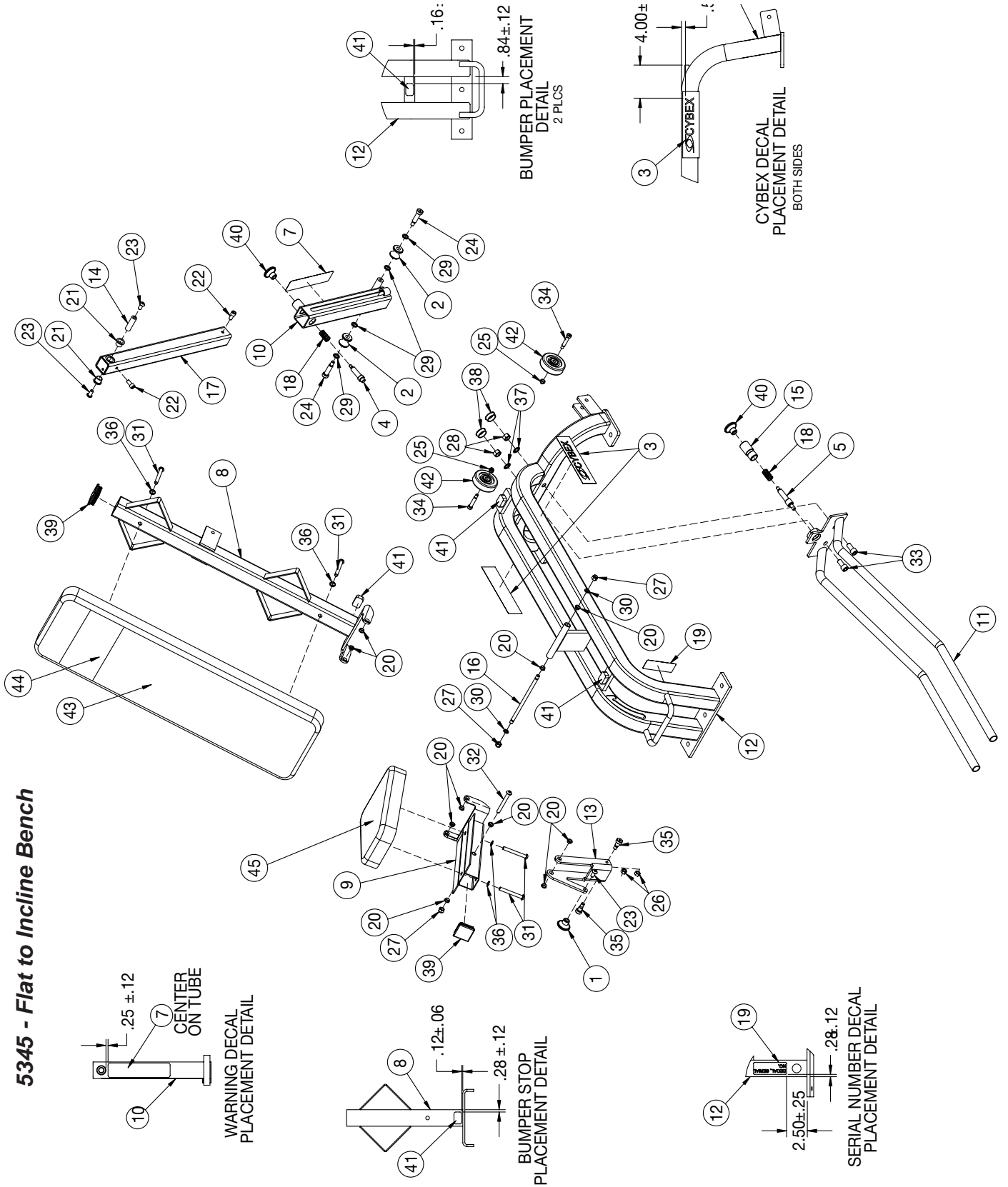
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion w/wear cover..	01213	D. Warning Decal.....	5220-364
B. Seat Cushion .....	4800-019	E. Serial Number Decal	
C. Cybox Decal .....	3900-433	F. Wear Cover .....	4000S1118-0

5435 Flat to Incline Bench

ITEM	QTY	PART NO.	DESCRIPTION
25	2	HN664900 ZINC	NUT, HEX SELF-LOCKING .312-18
26	2	HN704000	HEX NUT .375-16
27	3	HN704901	LOCKNUT, .375-16 NYLON
28	2	HN784000	HEX NUT .500-13
29	4	HP007100	SPACER
30	2	HS760100	SPRING RETAINING WASHER
31	4	JC700434	BHSCS .375-16 X 3.00
32	1	JC700436	BHSCS .375-16 X 3.25
33	2	JC782817	SHCS .500-13 X 1.00 BRT ZINC
34	2	JD343322	S BOLT .375 X 1.50 .312-18
35	2	JD383312 UNC	SHOULDER BOLT, .50 x .50 .375-16
36	4	JS347400	LOCKWASHER, INT TOOTH .375
37	2	JS387400	LOCKWASHER INT TOOTH .500
38	2	PP080202	INSERT, PLASTIC, 1.19 DIA-11 GA
39	2	PP090210	INSERT, PLASTIC 2.00 SQ X 10-14 GA
40	2	PP460200	KNOB, PLASTIC .312-18
41	3	PU060201	BUMPER
42	2	WW130000	WHEEL, 3 IN DIA.
43	1	01213	BACK PAD W/WEAR COVER
44	1	4000S118-0	WEAR COVER
45	1	SEAT PAD	4800-019

ITEM	QTY	PART NO.	DESCRIPTION
1	1	11040-440	KNOB
2	2	3400M277	ROLLER, LOWER
3	2	3900-433	DECAL, CYBEX 1.00 HOR
4	1	4000M218	PIN DETENT
5	1	4113M042	STOP DETENT PIN
6	1	51198	WARRANTY BOOK (NOT SHOWN)
7	1	5220-364	DECAL, WARNING
8	1	5435-200	W SEAT FRAME
9	1	5435-201	W SEAT TUBE
10	1	5435-203	W/ADJUSTING TUBE
11	1	5435-206	C BENCH GUIDE
12	1	5435-207	W BASE FRAME
13	1	5435-308	BRACKET DOWN STOP
14	1	5435-319	SHAFT, PIVOT
15	1	5435-323	C/RETAINER
16	1	5435-341	SHAFT, PIVOT
17	1	5440P013	PLATED ADJUSTING TUBE
18	2	BS070201	COM SPRING .56 x .66 1.50 LG
19	1	CM000202	DECAL, SERIAL NO.
20	10	FB050211	BRG FLG .38 X .50 .25 LG
21	2	FB050219	BRG FLG .62 X .75 .50 LG
22	2	HC662815	SHCS .375-16 X .750
23	3	HC700415	BHSCS .375-16 X .75
24	2	HD383322	S BOLT .500 X 1.50 .375-16

**5345 - Flat to Incline Bench**

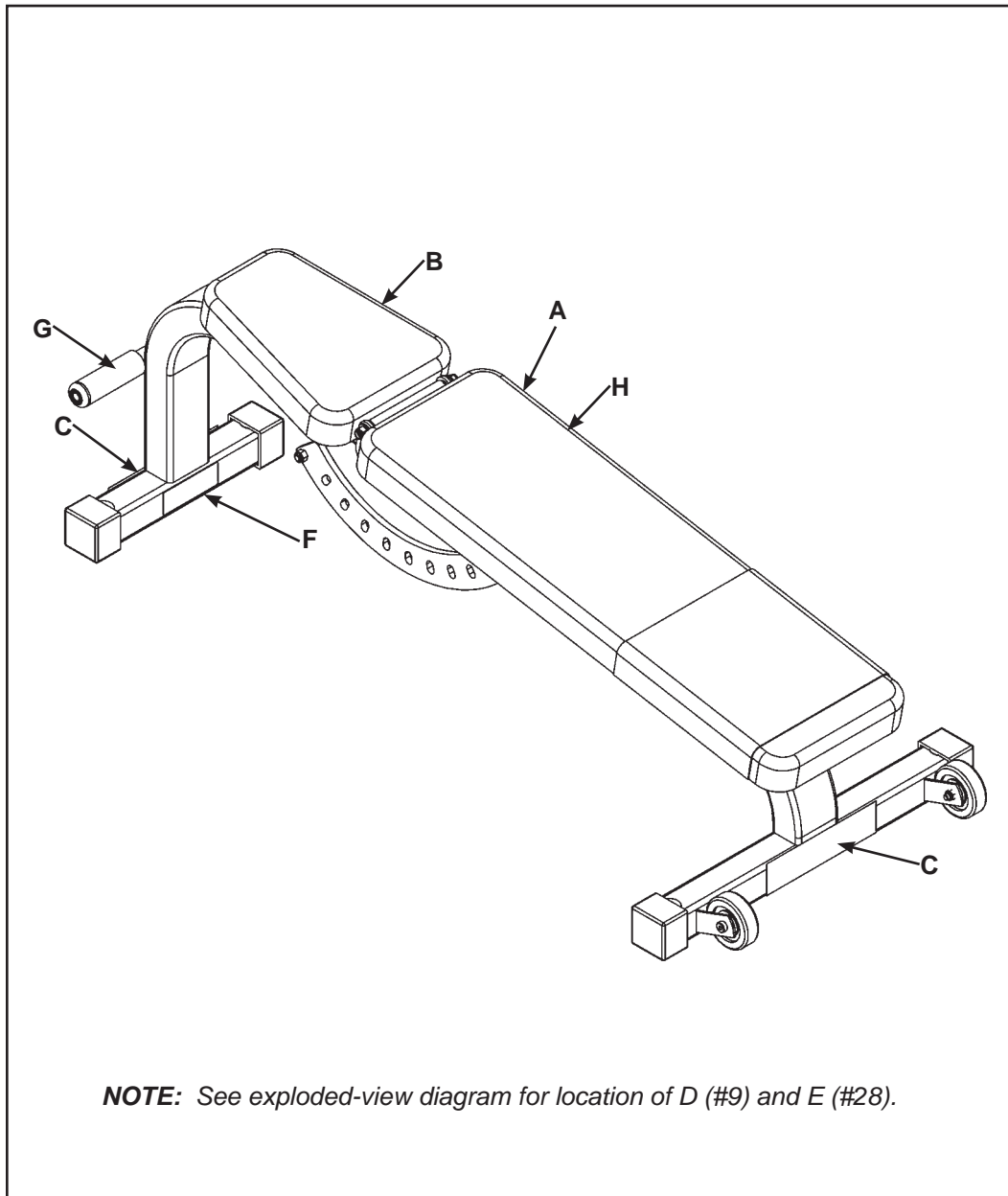


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# Adjustable Bench

Product No. 5437

Parts List

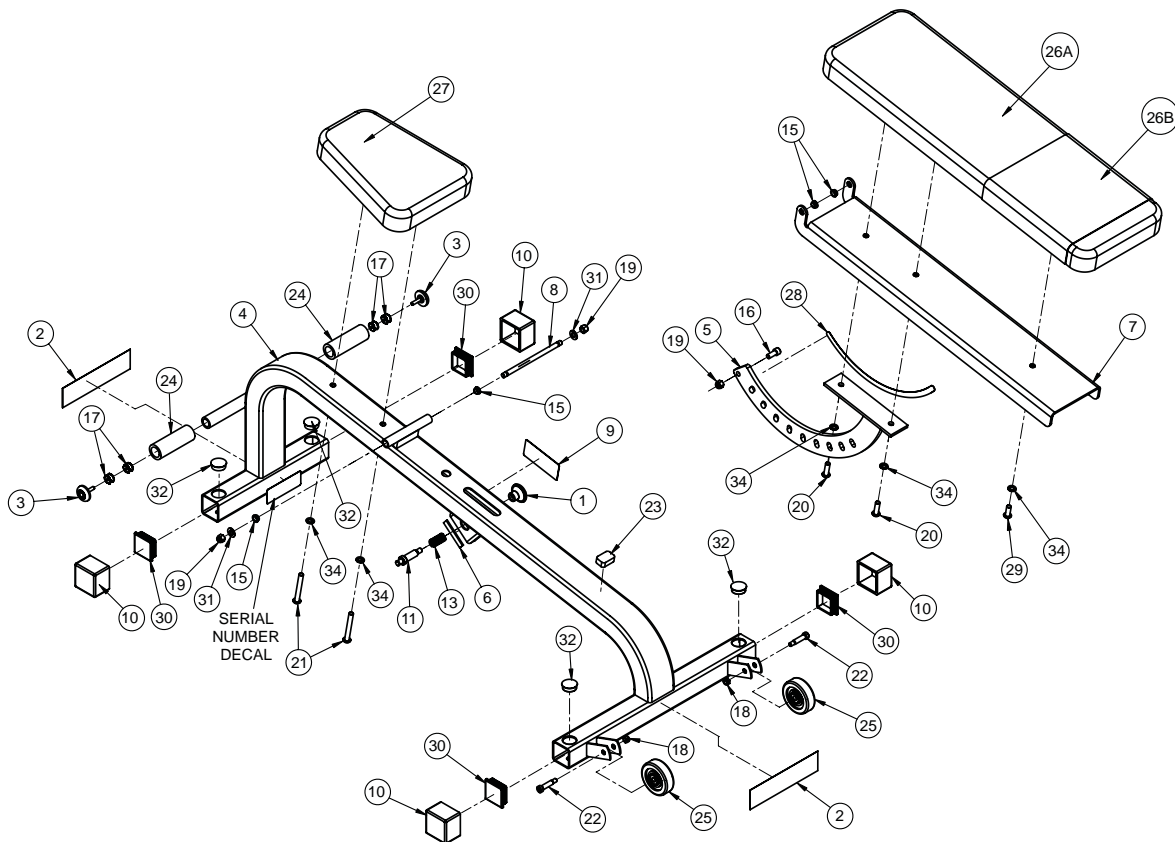


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion.....	4800-009	E. Adjustment Decal.....	8500-318
B. Seat Cushion .....	4800-019	F. Serial Number Decal	
C. Cybex Decal Black.....	3900-445	G. Grip.....	4605-509
C. Cybex Decal Silver.....	3900-446	H. Wear Cover (Item A) .....	4800-092
D. Caution Decal .....	8500-028		

**5437 - Adjustable Bench**

ITEM	QTY	PART NO.	DESCRIPTION	ITEM	QTY	PART NO.	DESCRIPTION
1	1	11040-440	Cybox Knob	19	3	HN704901	Nylon Locknut .375-16
2	2	3900-445	Cybox Decal 1.00 Horiz. Black	20	2	JC700420	BHSCS .375-16 x 1.25
2	2	3900-446	Cybox Decal 1.00 Horiz. Silver	21	2	JC700434	BHSCS .375-16 x 3.00
2			Removed 7-03	22	2	JD343320	S Bolt .375 x 1.50 .312-18
3	2	4605-550	Plug .250-20	23	1	PU060201	Bumper
4	1	5437-200	Frame	24	2	4605-509	Grip
5	1	5437-201	Cushion Tube	25	2	WW130000	Wheel 3 inch Dia.
6	1	5437-305	Bumper	26A	1	4800-009	Back Cushion
7	1	5437-308	Cushion Plate	26B	1	4800-092	Wear Cover
8	1	5437-317	Pivot Shaft	27	1	4800-019	Seat Cushion
9	1	8500-028	Caution Decal	28	1	5437-319	Adjustment Decal
10	4	8510-344	Rubber Cap	29	1	HC700417	BHSCS .375-16 x 1.00
11	1	8510-366	Detent Pin	30	4	PP090201	Plastic Insert
12			Removed (4/02)	31	2	HS347600	Washer
13	1	BS070201	Spring .56 x .66 1.50 L	32	4	PP080210	Plastic Insert
14			Serial Number Decal	33	1	51198	Strength Warranty Sheet (not shown)
15	4	FB050211	Brg. Flg. .38 x .50 .25 L	34	5	JS347400	Internal Tooth Lockwasher
16	1	HC702816	SHCS .375-16 x .875				
17	4	HF449063	Insert 3/4 x 1/4-20				
18	2	HN664900	Self Locking Hex Nut .312-18 Black Zinc				

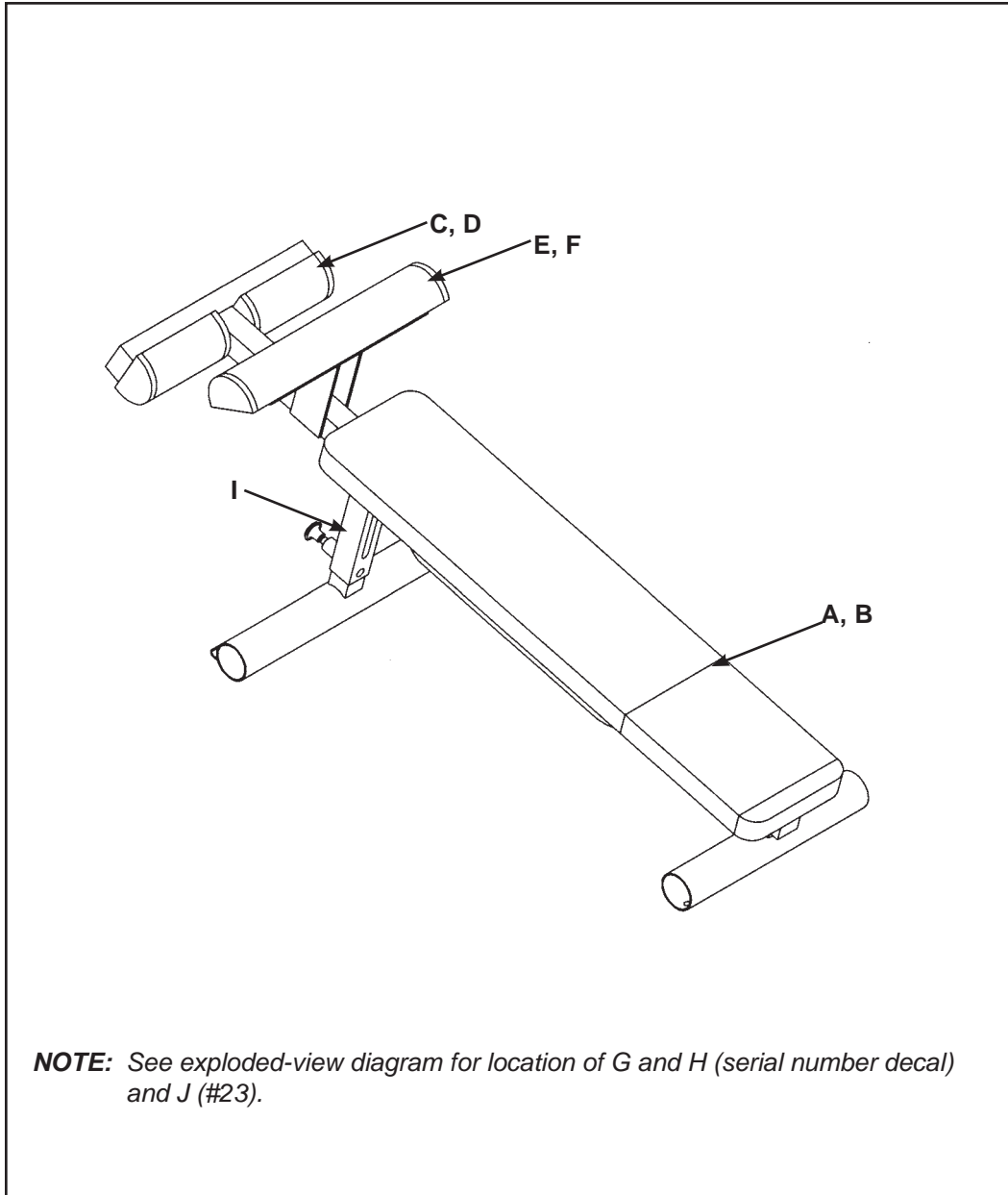
**5437 - Adjustable Bench**



# Adjustable Decline

Product No. 5445

Parts List

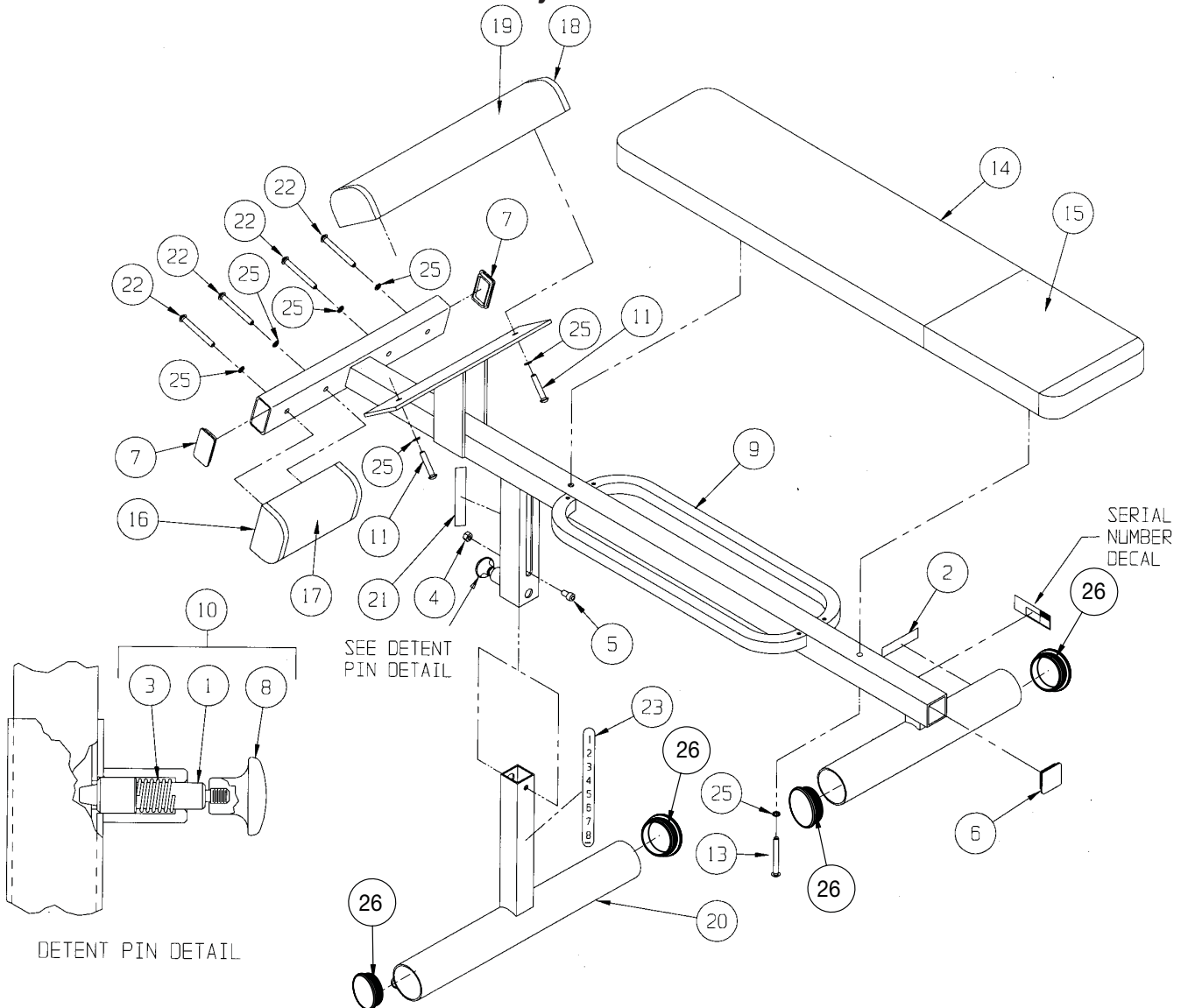


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion w/Wear Cover .....	01035	F. Wear Cover (Item E) .....	4800-093
B. Wear Cover (Item A) .....	4000S118-0	G. Cybex Decal Black.....	3900-445
C. Cushion w/Wear Cover .....	01215	G. Cybex Decal Silver.....	3900-446
D. Wear Cover (Item C).....	5450S037-0	H. Serial Number Decal	
E. Cushion w/Wear Cover .....	4800-006	I. Warning Decal .....	5220-364
		J. Adjusting Tube Decal.....	5445-309

5445 - Adjustable Decline

ITEM	QTY	PART NO.	DESCRIPTION	ITEM	QTY	PART NO.	DESCRIPTION
1	1	4000M218	Detent Pin	13	2	JC700434	BHSCS .375-16 x 3.00
2	1	3900-445	Cybox Decal 1.00 Horiz. Black	14	1	01035	Cushion with Wear Cover
2			Removed 7-03	15	1	4000S118-0	Wear Cover
2	1	3900-446	Cybox Decal 1.00 Horiz. Silver	16	2	01215	Cushion with Wear cover
3	1	BS070201	Com Spring .56 x .66 x 1.50 L	17	2	5450S037-0	Wear Cover
4	1	HN704901	Nylon Locknut .375-16	18	1	4800-006	Cushion with Wear cover
5	1	JC702814	SHCS .375-16 x .625	19	1	4800-093	Wear Cover
6	1	PP090210	Plastic Insert 2.00 Sq x 10-14 G	20	1	5445-202	Adjusting Post
7	2	PP090202	Plastic Insert 1.50 x 3.00 x 11 G	21	1	5220-364	Warning Decal
8	1	PP460200	Plastic Knob .312-18	22	4	HC700430	BHSCS .375-16 x 2.50
9	1	5445-200	Frame	23	1	5445-309	Adjusting Tube Decal
10	1	4121K117	Detent Pin Kit	24	1	51198	Strength Warranty Sheet (not shown)
11	2	JC700420	BHSCS .375-16 x 1.25	25	8	JS347400	Internal Tooth Lockwasher
12			Removed	26	4	PP280017	Insert Guide 3.00 Dia x 11 Ga

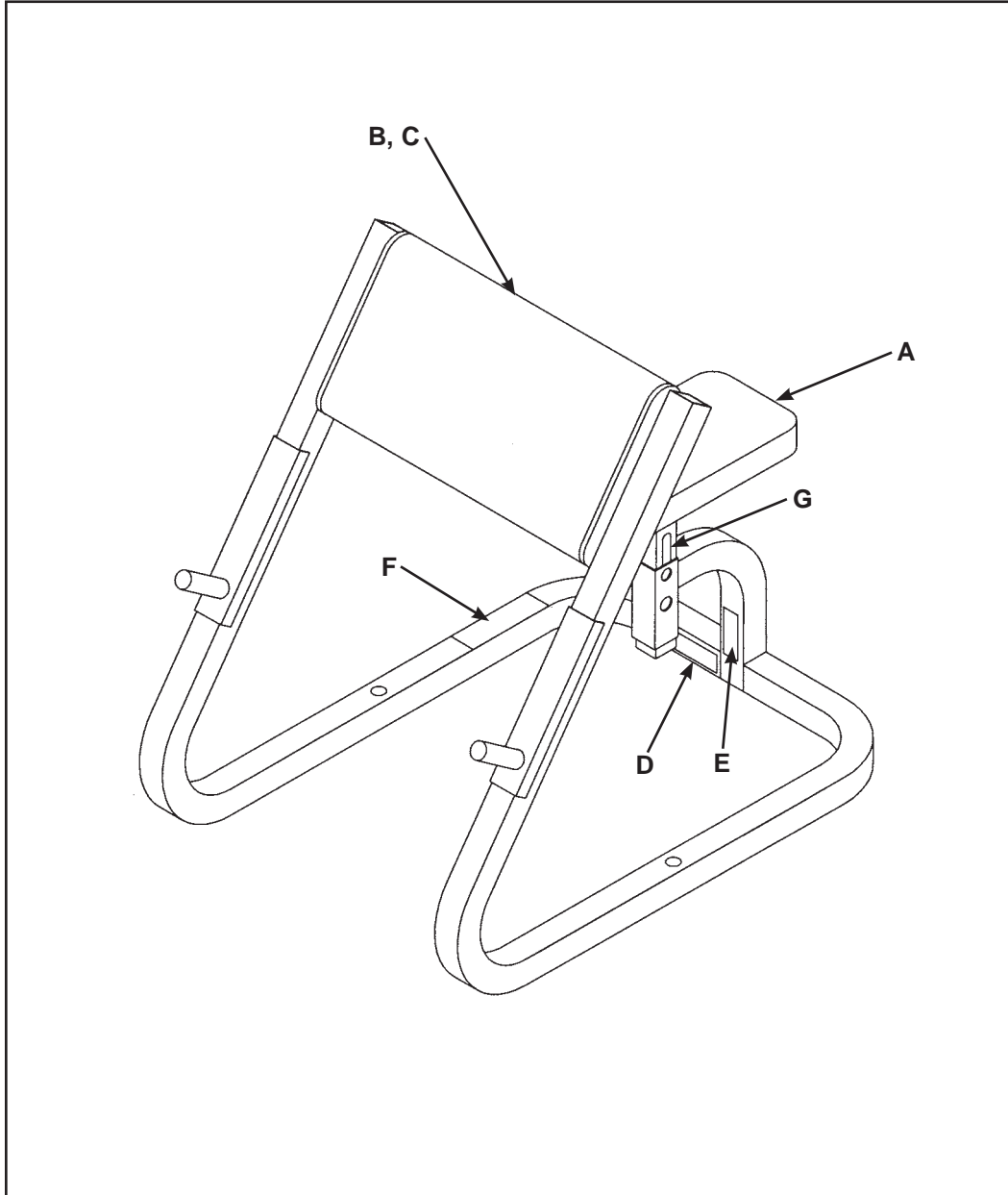
5445 - Adjustable Decline



# Scott Curl Station

Product No. 5460

Parts List



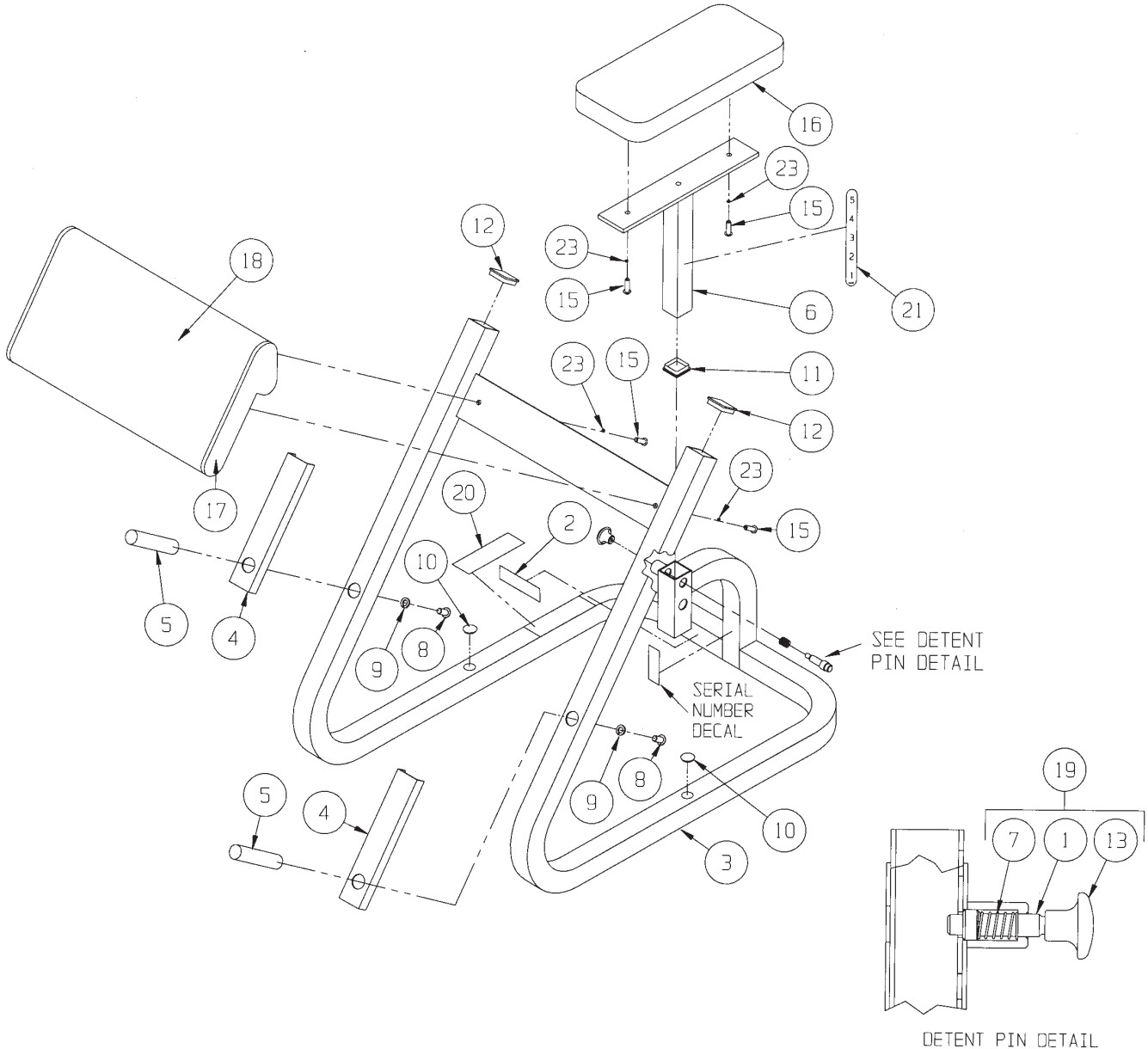
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion.....	4800-024	E. Serial Number Decal	
B. Cushion w/Wear Cover .....	01216	F. Warning Decal .....	5220-364
C. Wear Cover (Item B).....	5460S013-0	G. Adjusting Tube Decal.....	5460-302
D. Cybox Decal Black.....	3900-445		
D. Cybox Decal Silver.....	3900-446		

5460 - Scott Curl Station

ITEM	QTY	PART NO.	DESCRIPTION
1	1	4000M218	Detent Pin
2	1	3900-445	Cybex Decal 1.00 Horiz. Black
2			Removed 7-03
2	1	3900-446	Cybex Decal 1.00 Horiz. Silver
3	1	5460W002	Frame
4	2	5460M009	Machined Bumper
5	2	5460P010	Barbell Holder
6	1	5460-200	Cushion Mount
7	1	BS070201	Com Spring .56 x .66 x 1.50 L
8	2	JC780417	BHSCS .50-13 x 1.00
9	2	JS388300	Split Lockwasher .50
10	2	PP080202	Plastic Insert 1.19 Dia. x 11 G
11	1	PP090200	Plastic Insert 1.75 Sq x 11 G

ITEM	QTY	PART NO.	DESCRIPTION
12	2	PP090210	Plastic Insert 2.00 Sq x 10-14 G
13	1	PP460200	Plastic Knob .312-18
14			Removed
15	4	JC700420	BHSCS .375-16 x 1.25
16	1	4800-024	Cushion
17	1	01216	Cushion with Wear Cover
18	1	5460S013-0	Wear Cover
19	1	4121K117	Detent Pin Kit
20	1	5220-364	Warning Decal
21	1	5460-302	Adjusting Tube Decal
22	1	51198	Strength Warranty Sheet (not shown)
23	4	JS347400	Internal Tooth Lockwasher

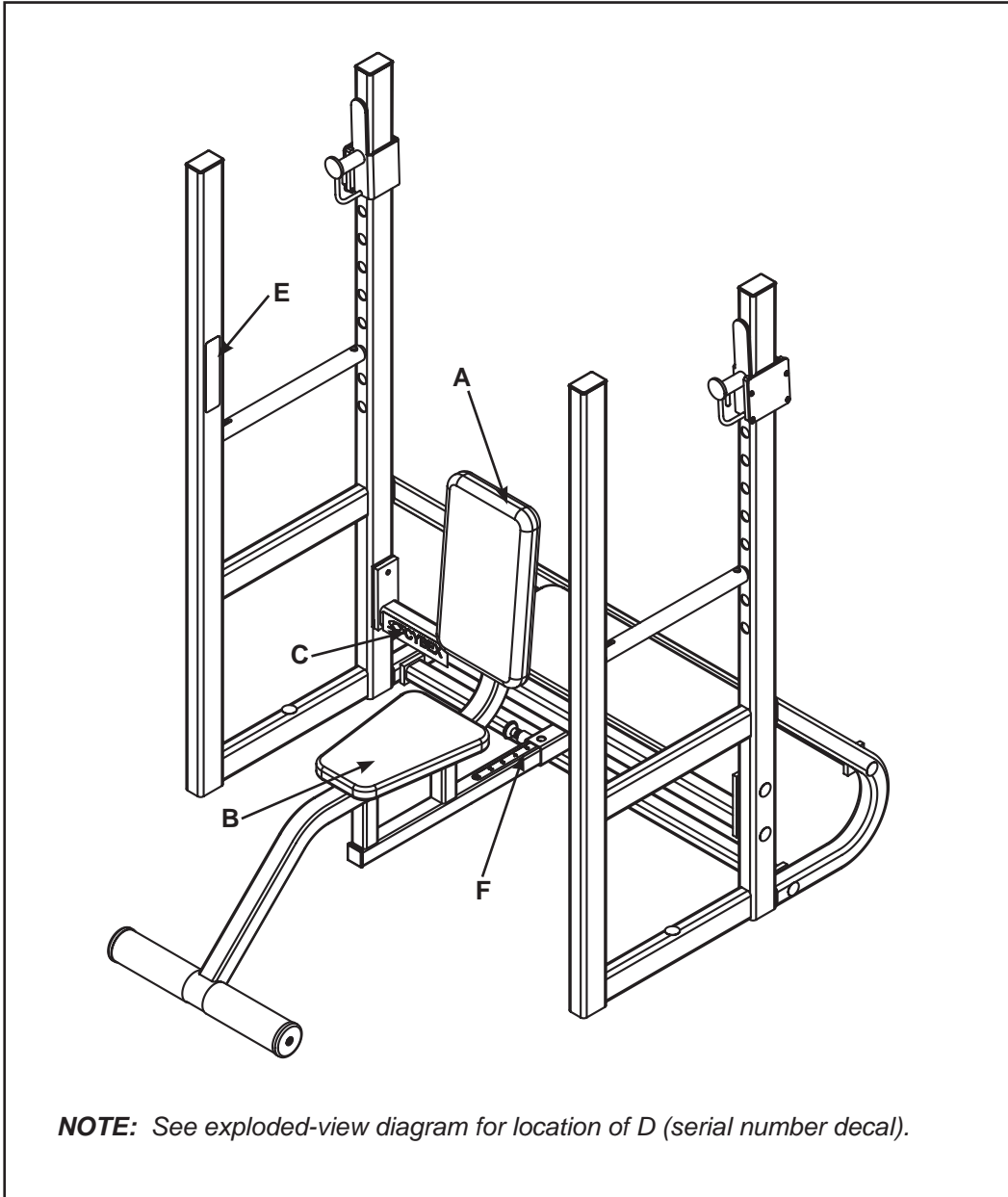
5460 - Scott Curl Station



# Military Press Station

Product No. 5471

Parts List

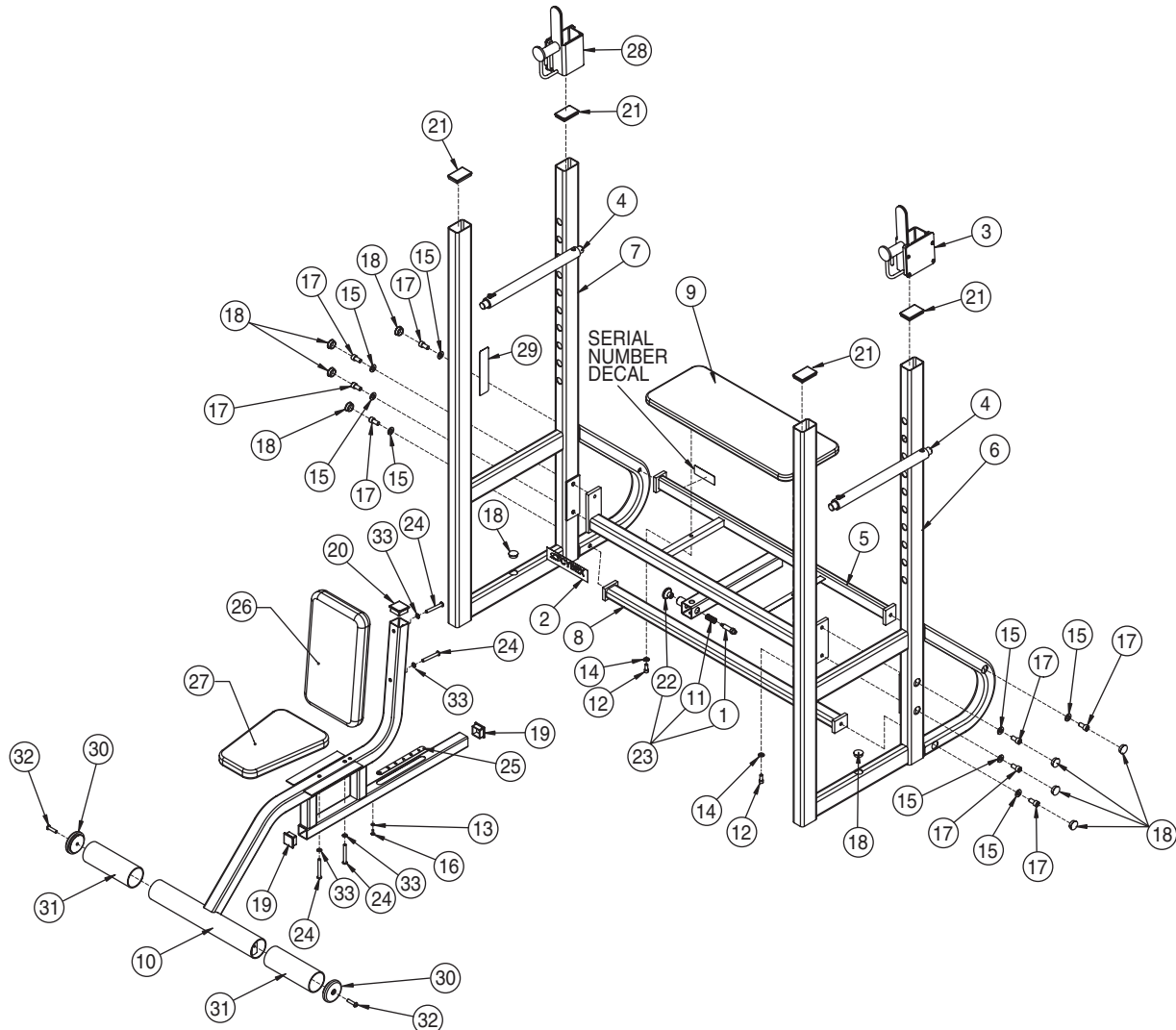


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion.....	4800-115	D. Serial Number Decal	
B. Cushion.....	4800-026	E. Warning Decal .....	5220-364
C. Cybex Decal Black.....	3900-445	F. Adjusting Decal.....	5500-300
C. Cybex Decal Silver.....	3900-446		

**5471 - Military Press Station**

ITEM	QTY	PART NO.	DESCRIPTION	ITEM	QTY	PART NO.	DESCRIPTION
1	1	4000M218	Detent Pin	17	8	JC782817	SHCS .50-13 x 1.00
2	1	3900-445	Cybox Decal 1.00 Horiz. Black	18	10	PP080202	Plastic Insert 1.19 Dia. x 11 G
2	1	3900-446	Cybox Decal 1.00 Horiz. Silver	19	2	PP090200	Plastic Insert 1.75 Sq x 11 G
3	1	5420-002	Bar Rack Assembly Right Hand	20	1	PP090210	Plastic Insert 2.00 Sq x 10-14 G
4	2	5420-028	Adjusting Bar Subassembly	21	4	PP090206	Plastic Insert
5	1	5471-200	Platform	22	1	PP460200	Plastic Knob .312-18
6	1	5470-201	Right Side	23	1	4121K117	Detent Pin Kit
7	1	5470-202	Left Side	24	4	JC700434	BHSCS .375-16 x 3.00
8	1	5470-203	Cross Tube	25	1	5500-300	Adjusting Decal
9	1	5470S024	Platform Subassembly	26	1	4106S055-0	Cushion
10	1	5471-201	Seat	27	1	5520S008-0	Cushion
11	1	BS070201	Com Spring .56 x .66 x 1.50 L	28	1	5420-003	Bar Rack Assembly Left Hand
12	2	HC702816	SHCS .375-16 x .875	29	1	5220-364	Warning Decal
13	1	HS108000	Nylon Washer .190 x .438 x .128 T	30	2	11090-398	End Cap
14	2	HS347600	Washer SAE .375	31	2	11090-400	Grip
15	8	HS387700	Washer SAE .50	32	2	JC700422	BHSCS .375-16 X 1.50
16	1	HT102214	Phil, Hxhd, Wshr, Type 23, 10-24	33	4	JS347400	Internal Tooth Lockwasher

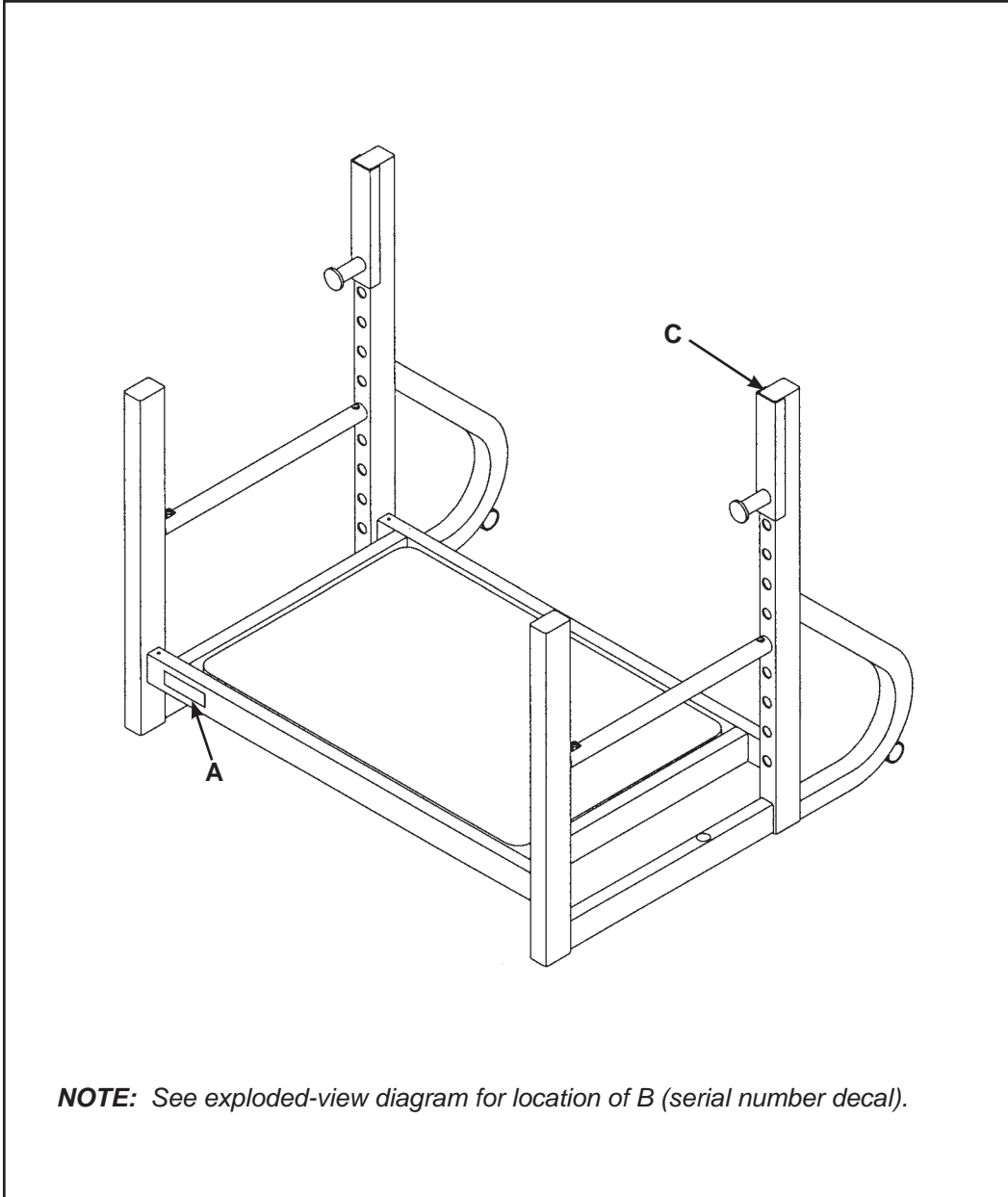
**5471 - Military Press Station**



# Training Station

Product No. 5480

Parts List



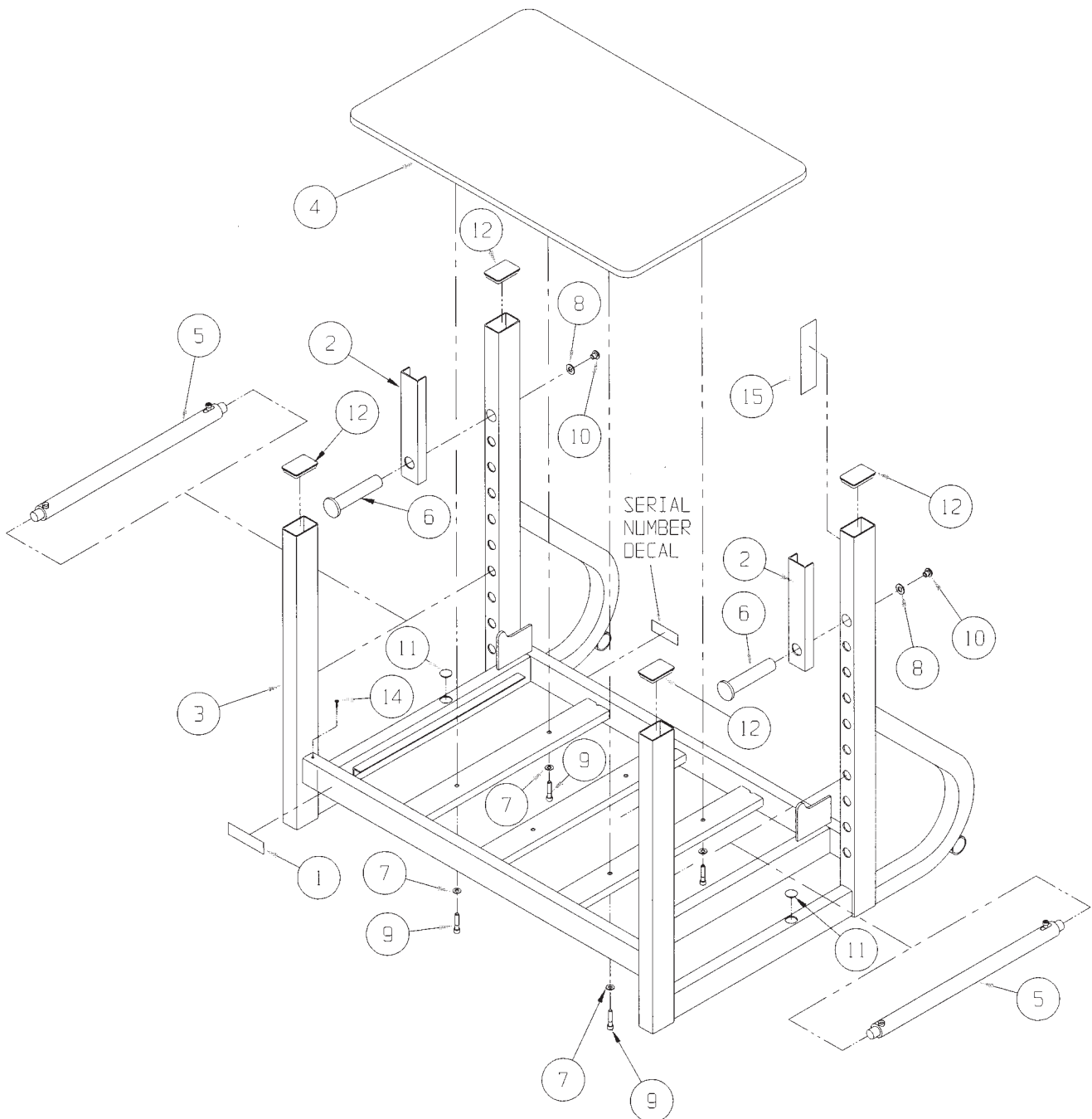
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybox Decal Black.....	3900-390	B. Serial Number Decal	
A. Cybox Decal Silver.....	3900-415	C. Warning Decal .....	5220-364

**5480 - Training Station**

ITEM	QTY	PART NO.	DESCRIPTION
1			Removed 7-03
1	1	3900-443	Cybex Decal 1.57 Horiz. Black
1	1	3900-444	Cybex Decal 1.57 Horiz. Silver
2	2	5460M009	Machined Bumper
3	1	5480W002	Platform
4	1	5480S014	Platform Subassembly
5	2	5420-029	Adjusting Bar Subassembly
6	2	5480P019	Barbell Holder
7	4	HS347700	Washer USS .375

ITEM	QTY	PART NO.	DESCRIPTION
8	2	JS388300	Split Lockwasher .50
9	4	JC702824	SHCS .375-16 x 1.75
10	2	JC780417	BHSCS .50-13 x 1.00
11	2	PP080202	Plastic Insert 1.19 Dia. x 11 G
12	4	PP090206	Plastic Insert
13			Removed
14	2	01193	Finned Fastener
15	1	5220-364	Warning Decal

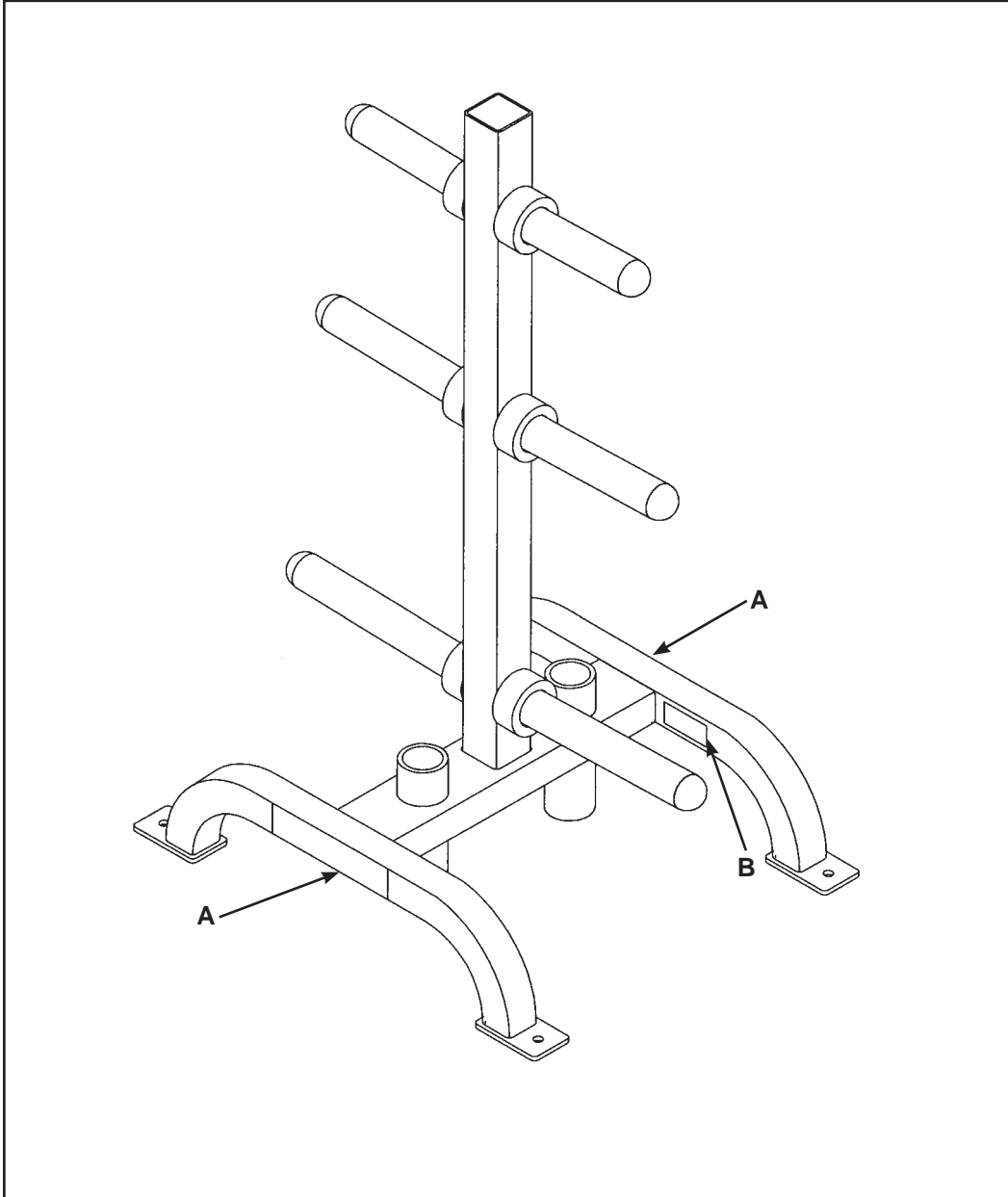
**5480 - Training Station**



# Storage Station

Product No. 5490

Parts List

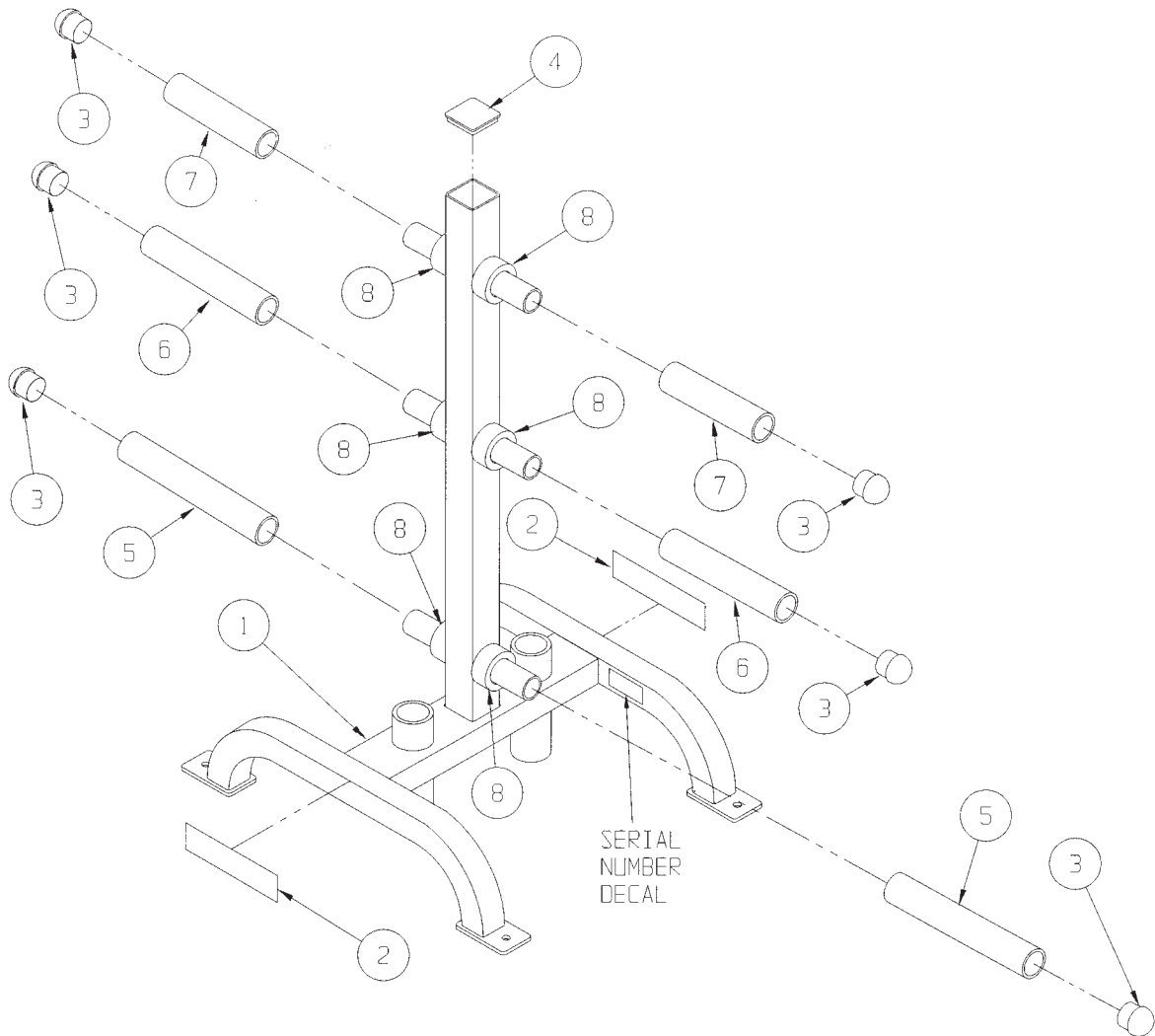


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybex Decal Black.....	3900-445	B. Serial Number Decal	
A. Cybex Decal Silver.....	3900-446		

**5490 - Storage Station**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	5490W002	Weight Tree
2	2	3900-445	Cybox Decal 1.00 Horiz. Black Removed 7-03
2	2	3900-446	Cybox Decal 1.00 Horiz. Silver
3	6	5330M040	Plug
4	1	PP090209	Plastic Insert 2.50 Sq x 14 G
5	2	5490P005	Weight Tube 12"
6	2	5490P009	Weight Tube 10"
7	2	5490P010	Weight Tube 8"
8	6	5220-367	Spacer

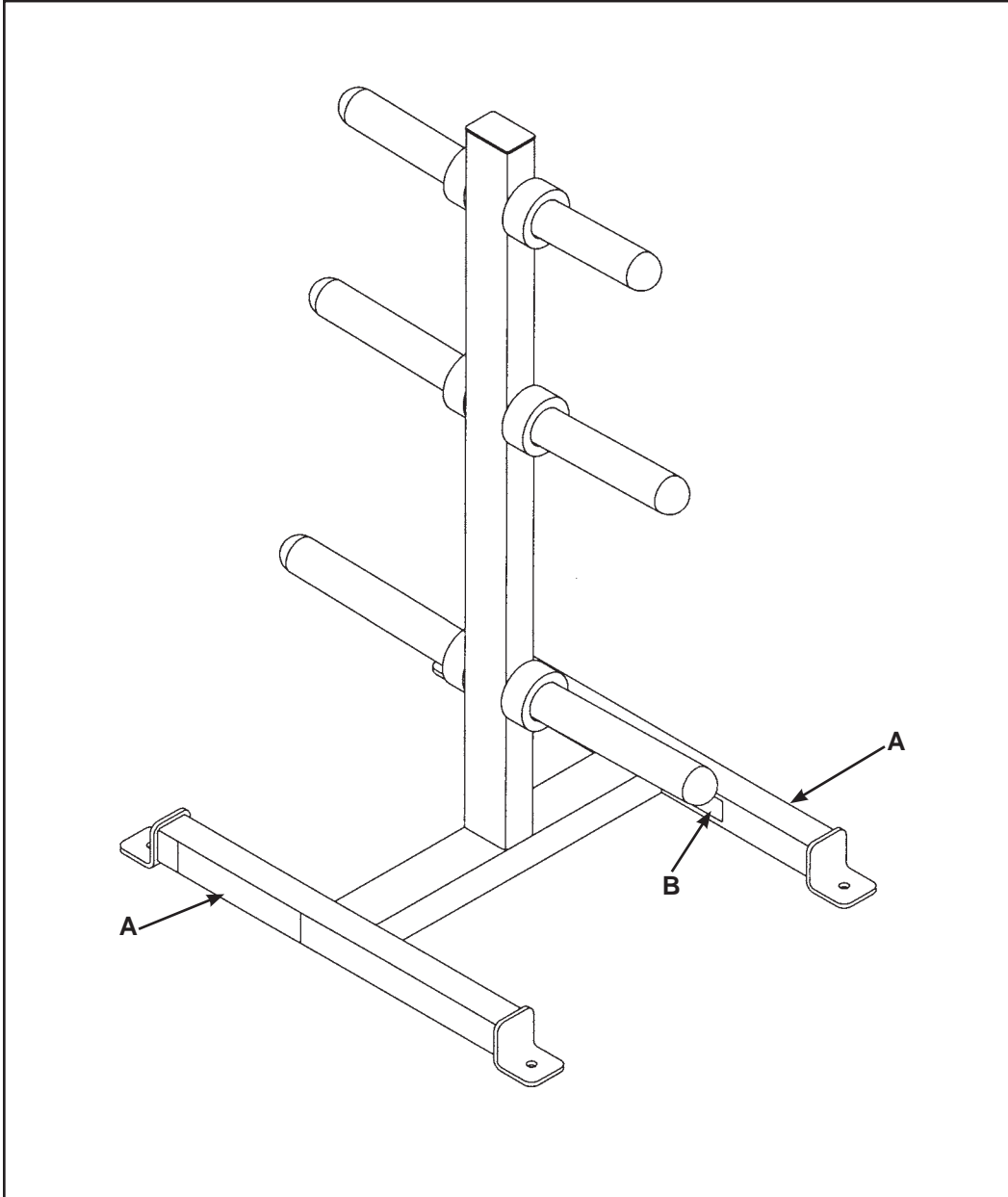
**5490 - Storage Station**



# Weight Tree

Product No. 5491

Parts List

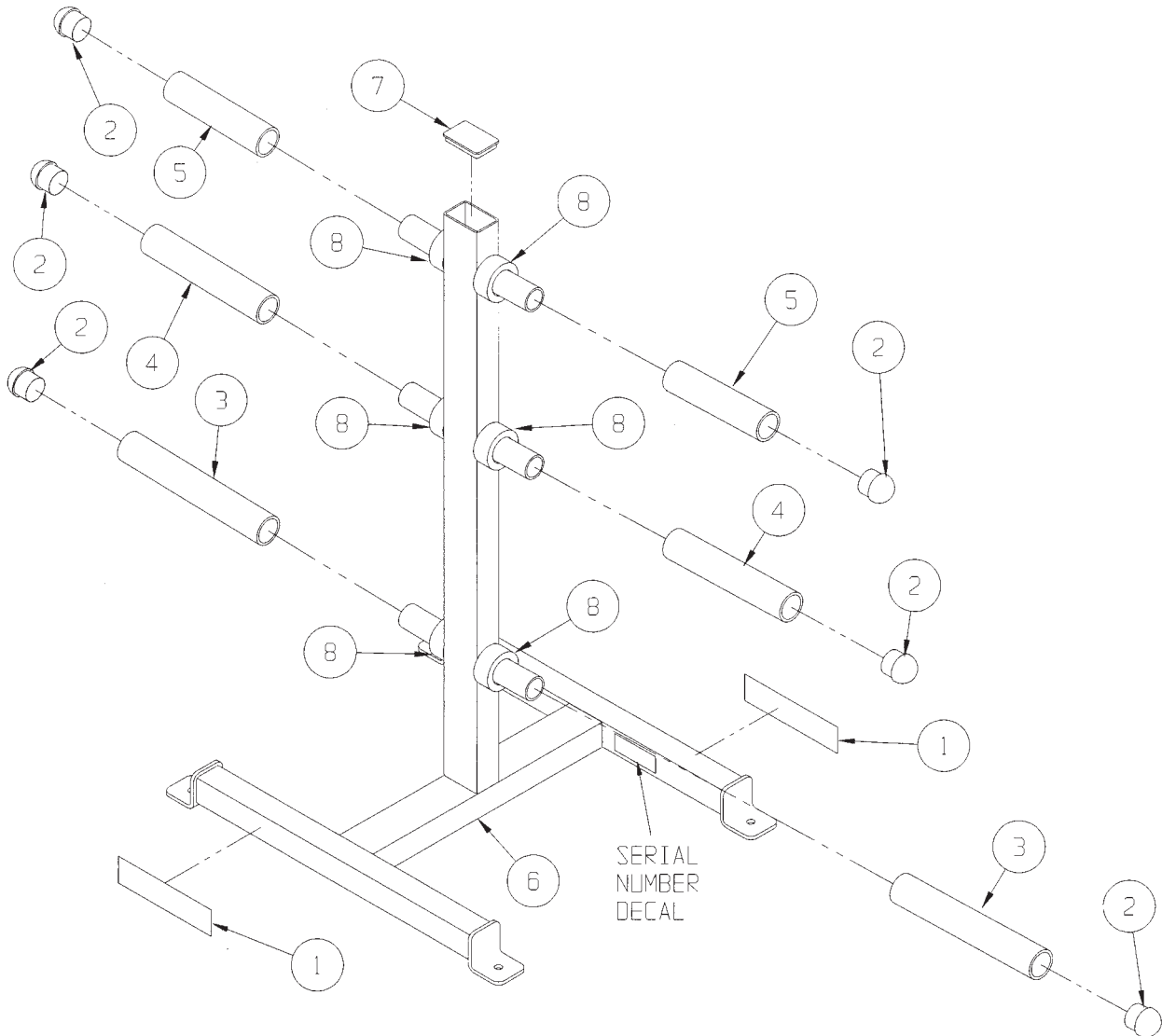


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybex Decal Black.....	3900-445	B. Serial Number Decal	
A. Cybex Decal Silver.....	3900-446		

**5491 - Weight Tree**

ITEM	QTY	PART NO.	DESCRIPTION
1	2	3900-445	Cybox Decal 1.00 Horiz. Black
1			Removed 7-03
1	2	3900-446	Cybox Decal 1.00 Horiz. Silver
2	6	5330M040	Plug
3	2	5490P005	Weight Tube 12"
4	2	5490P009	Weight Tube 10"
5	2	5490P010	Weight Tube 8"
6	1	5491-200	Frame
7	1	PP090206	Plastic Insert
8	6	5220-367	Spacer

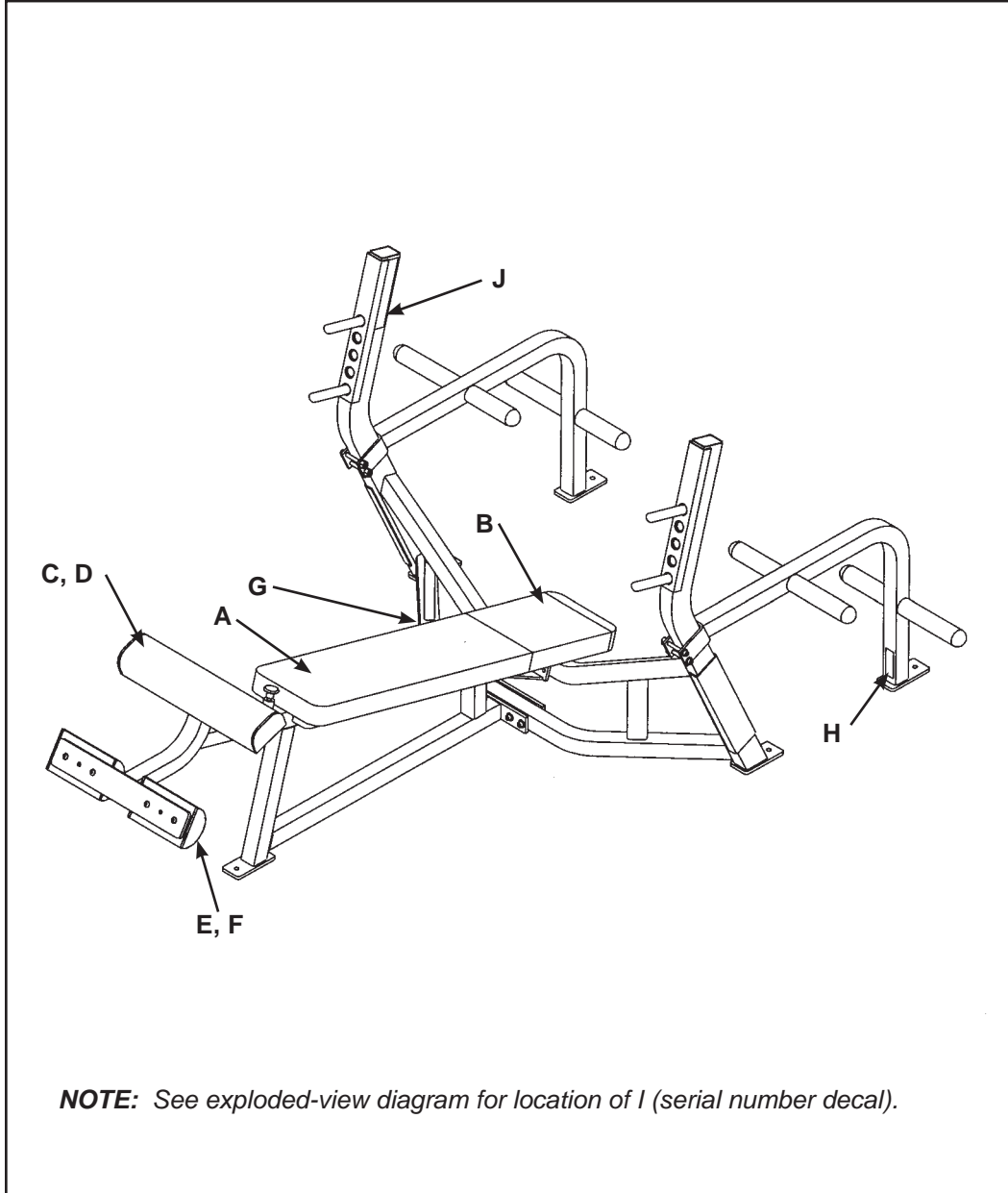
**5491 - Weight Tree**



# Olympic Decline Bench/Weight Storage Attachment

Product No. 5502 and 5363

Parts List

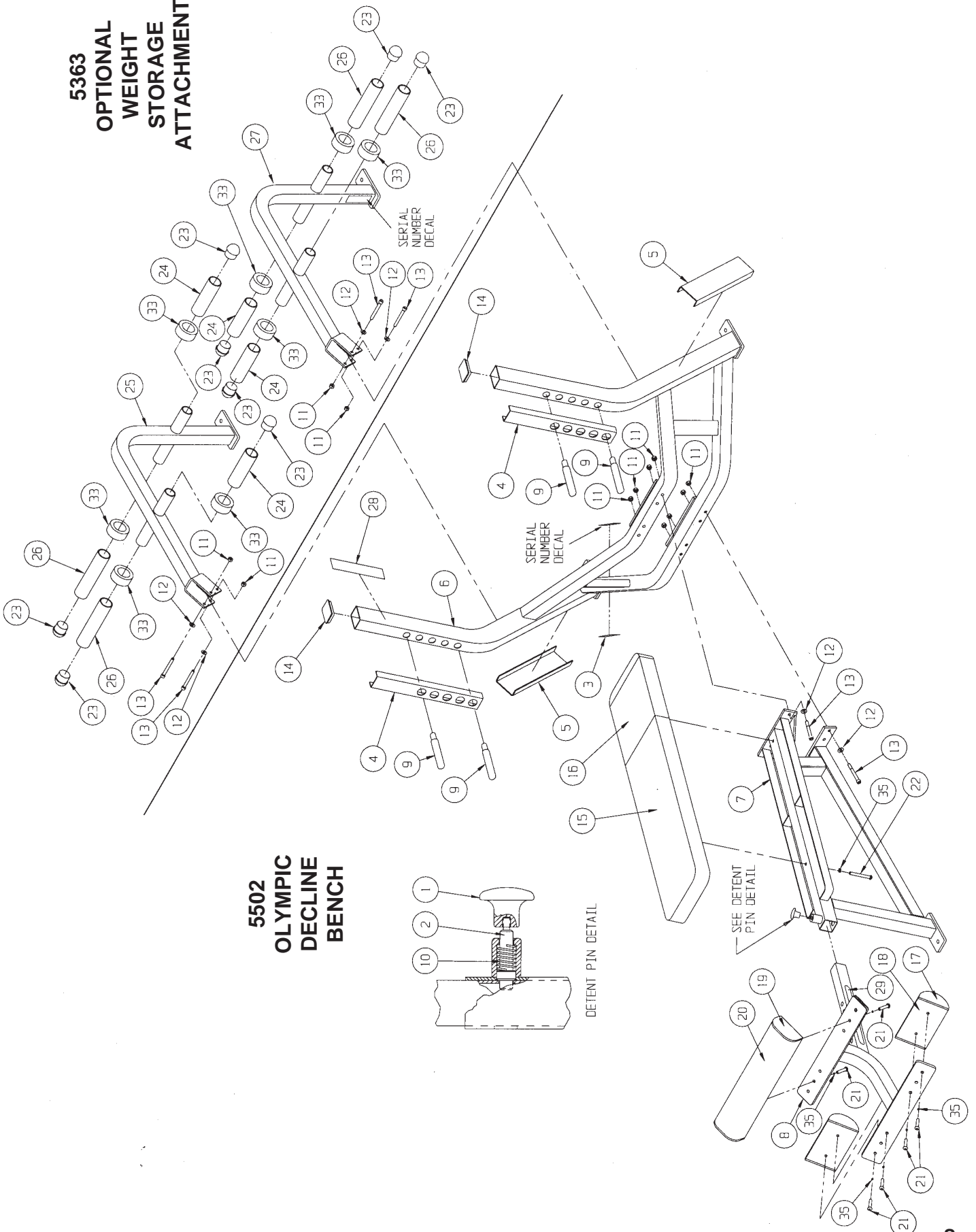


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion w/Wear Cover .....	01035	F. Wear Cover (Item E) .....	4800-093
B. Wear Cover (Item A) .....	4000S118-0	G. Cybex Decal Black.....	3900-445
C. Cushion w/Wear Cover .....	01215	G. Cybex Decal Silver.....	3900-446
D. Wear Cover (Item C).....	5450S037-0	H. Serial Number Decal	
E. Cushion w/Wear Cover .....	4800-006	I. Serial Number Decal	
		J. Warning Decal .....	5220-364

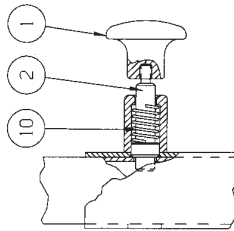
5502 and 5363 Olympic Decline Bench/Weight Storage Attachment

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01872	Cybex Knob
2	1	08229	Detent Pin
3	1	3900-445	Cybex Decal 1.00 Horiz. Black
3			Removed 7-03
3	1	3900-446	Cybex Decal 1.00 Horiz. Silver
4	2	5362-311	Machined Bumper
5	2	5362-312	Machined Bumper
6	1	5502-200	Upright Frame
7	1	5502-201	Cushion Support Frame
8	1	5502-204	Adjusting Tube
9	4	5570-206	Detent Pin
10	1	BS070201	Com Spring .56 x .66 x 1.50 L
11	12	HN704901	Nylon Locknut .375-16
12	12	HS347600	Washer SAE .375
13	12	JC702836	SHCS .375-16 x 3.25
14	2	PP090206	Plastic Insert
15	1	01035	Cushion with Wear Cover
16	1	4000S118-0	Wear Cover
17	2	01215	Cushion with Wear Cover
18	2	5450S037-0	Wear Cover
19	1	4800-006	Cushion with Wear Cover
20	1	4800-093	Wear Cover
21	6	JC700420	BHSCS .375-16 x 1.25
22	2	JC700436	BHSCS .375-16 x 3.25
23	8	5330M040	Plug
24	4	5340P003	Weight Tube 6.00
25	1	5363-200	Frame, Right Side
26	4	5490P010	Weight Tube 8.00
27	1	5363-200	Frame, Left Side
28	1	5220-364	Warning Decal
29	1	5502-322	Adjusting Decal
30			Removed
31			Removed
32			Removed
33	8	5220-367	Spacer
34	1	51198	Strength Warranty Sheet (not shown)
35	8	JS347400	Internal Tooth Lockwasher

**5363  
OPTIONAL  
WEIGHT  
STORAGE  
ATTACHMENT**



**5502  
OLYMPIC  
DECLINE  
BENCH**

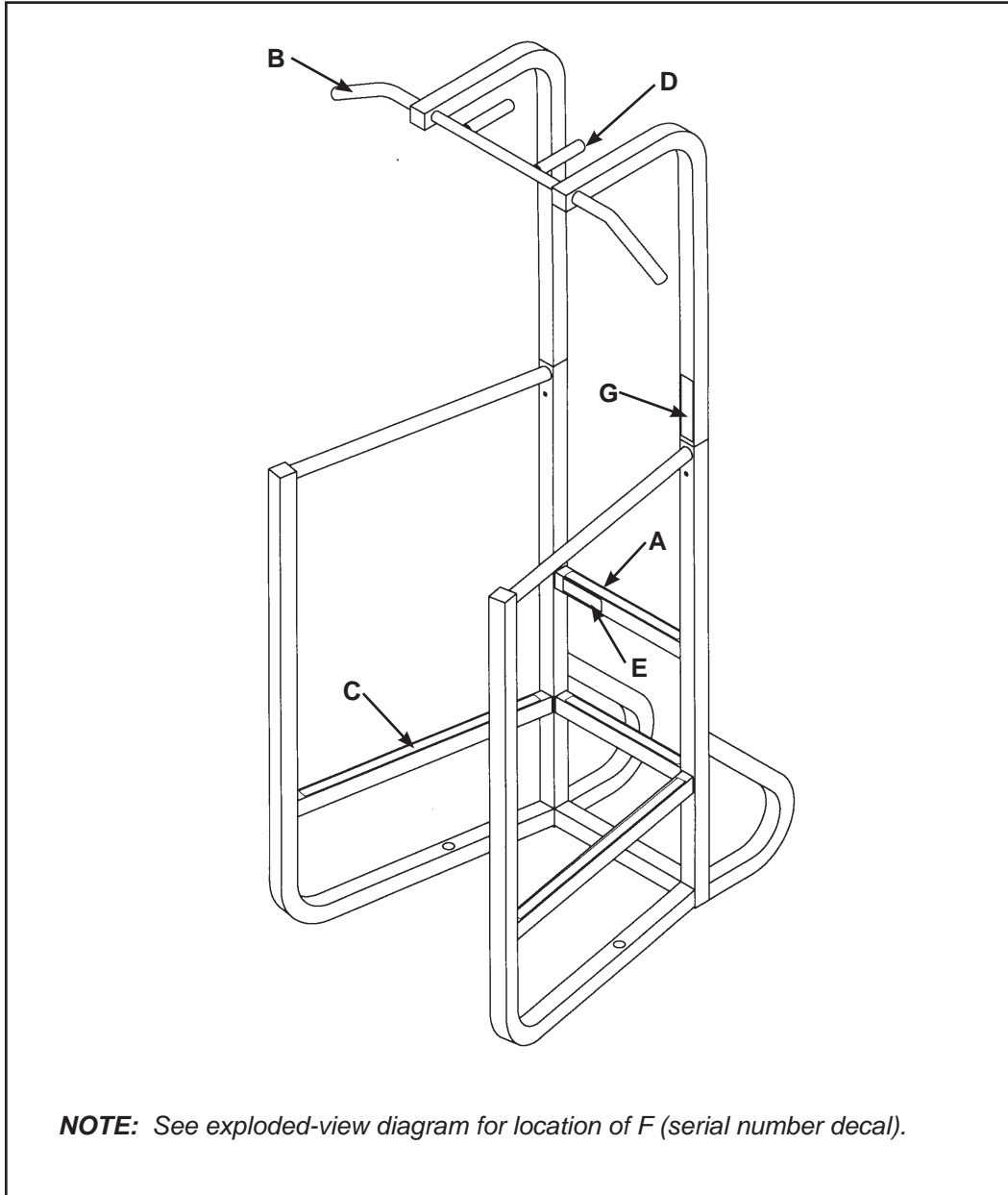


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# Dip/Chin Station

Product No. 5510

Parts List



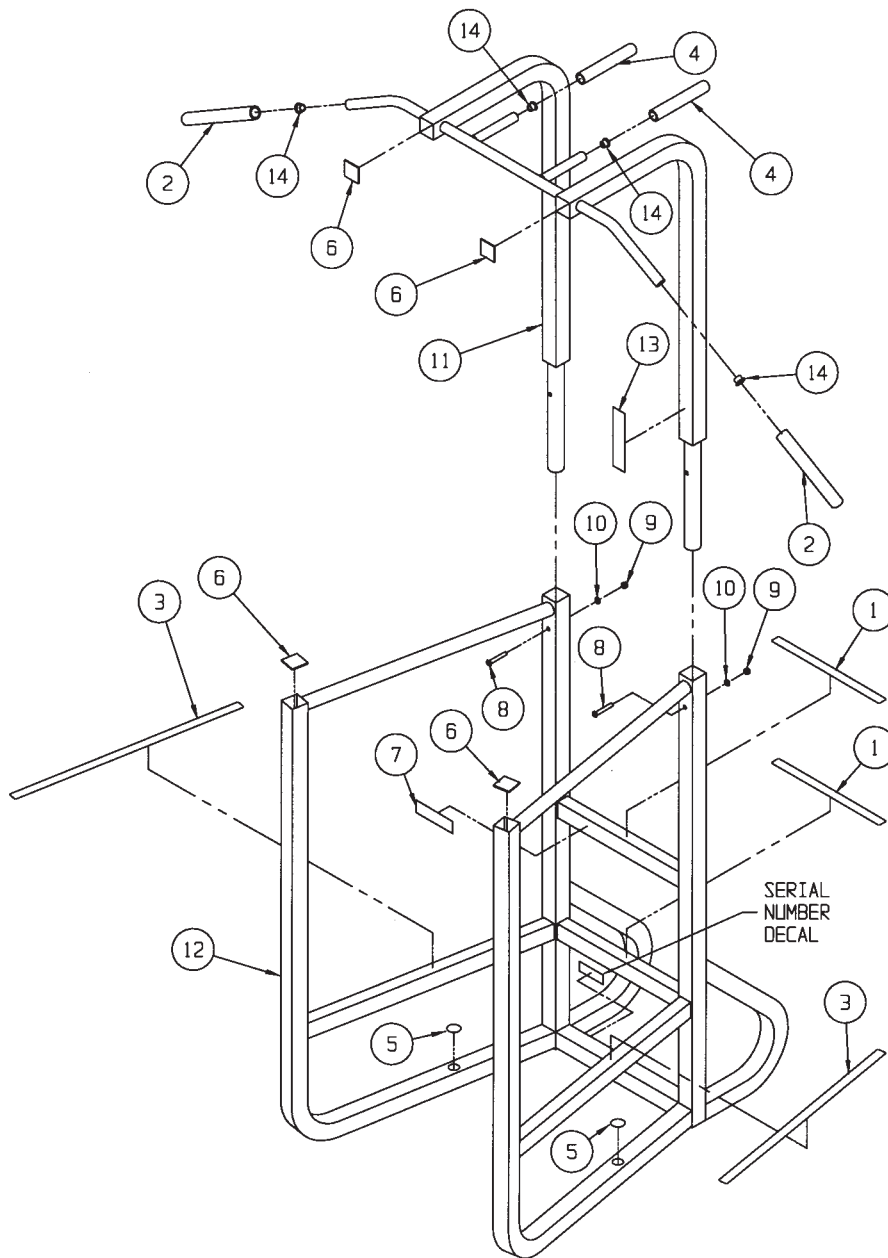
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Non-slip Fabric.....	5510M014	E. Cybex Decal Black.....	3900-445
B. Foam Grip 12.50.....	5510M015	E. Cybex Decal Silver .....	3900-446
C. Non-slip Fabric.....	5510M016	F. Serial Number Decal	
D. Foam Grip 6.00.....	4050M025	G. Warning Decal .....	5520-364

**5510- Dip/Chin Station**

ITEM	QTY	PART NO.	DESCRIPTION
1	2	5510M014	Non-slip Fabric
2	2	5510M015	Foam Grip 12.50
3	2	5510M016	Non-slip Fabric
4	2	4050M025	Foam Grip 6.00
5	2	PP080202	Plastic Insert 1.19 Dia. x 11 G
6	4	PP090210	Plastic Insert 2.00 Sq x 10-14 G
7	1	3900-445	Cybex Decal 1.00 Horiz. Black Removed 7-03
7	1	3900-446	Cybex Decal 1.00 Horiz. Silver

ITEM	QTY	PART NO.	DESCRIPTION
8	2	HC700430	BHSCS .375-16 x 2.50
9	2	HN704000	Hex .375-16
10	2	HS348300	Split Lockwasher .375
11	1	5510W002	Upper Frame
12	1	5510W006	Lower Frame
13	1	5520-364	Warning Decal
14	1	PP090213	Plastic Insert

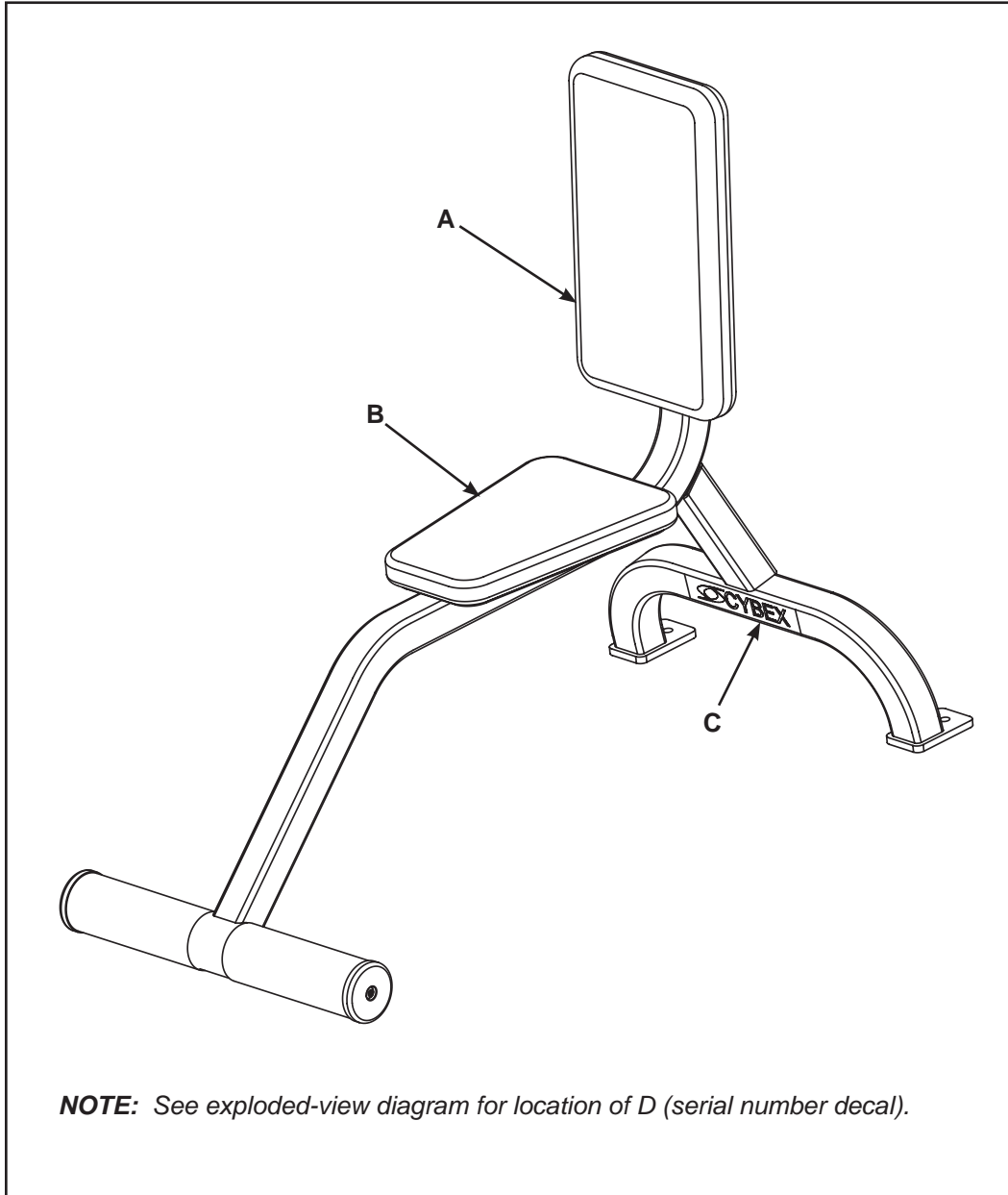
**5510- Dip/Chin Station**



# Utility Bench

Product No. 5521

Parts List

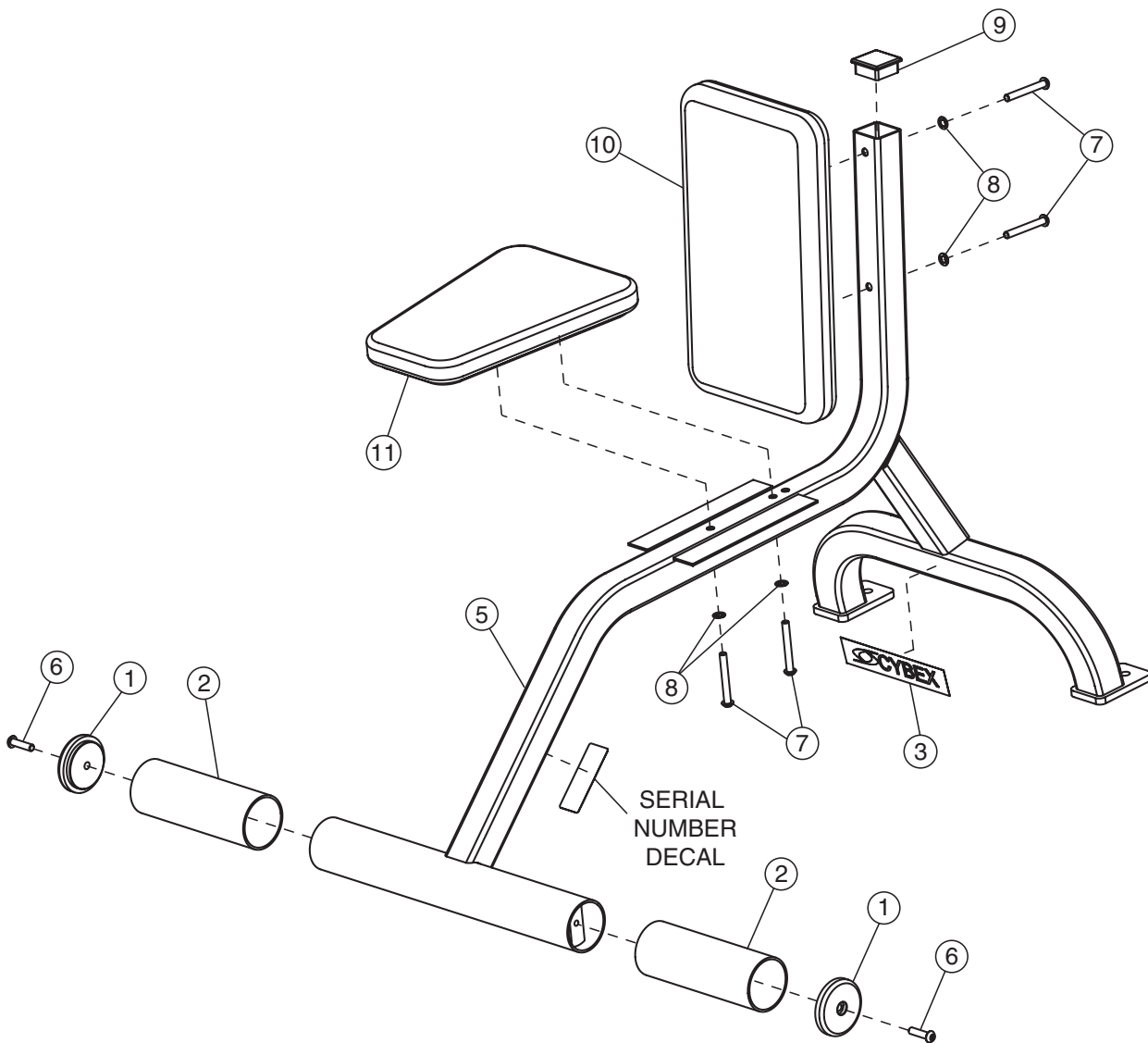


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cushion.....	4106S055-0	D. Serial Number Decal	
B. Cushion.....	5520S008-0		
C. Cybex Decal Black.....	3900-445		
C. Cybex Decal Silver .....	3900-446		

**5520 - Utility Bench**

ITEM	QTY	PART NO.	DESCRIPTION
1	2	11090-398	End Cap
2	2	11090-400	Grip
3	1	3900-445	Cyber Decal 1.00 Horiz. Black
3	1	3900-446	Cyber Decal 1.00 Horiz. Silver
4	1	51198	Strength Warranty Sheet (not shown)
5	1	5521-200	Frame
6	2	JC700422	BHSCS .375-16 x 1.50
7	4	JC700434	BHSCS .375-16 x 3.00
8	4	JS347400	Internal Tooth Lockwasher
9	1	PP090210	Plastic Insert 2.00 Sq x 10-14 G
10	1	4106S055-0	Cushion
11	1	5520S008-0	Cushion

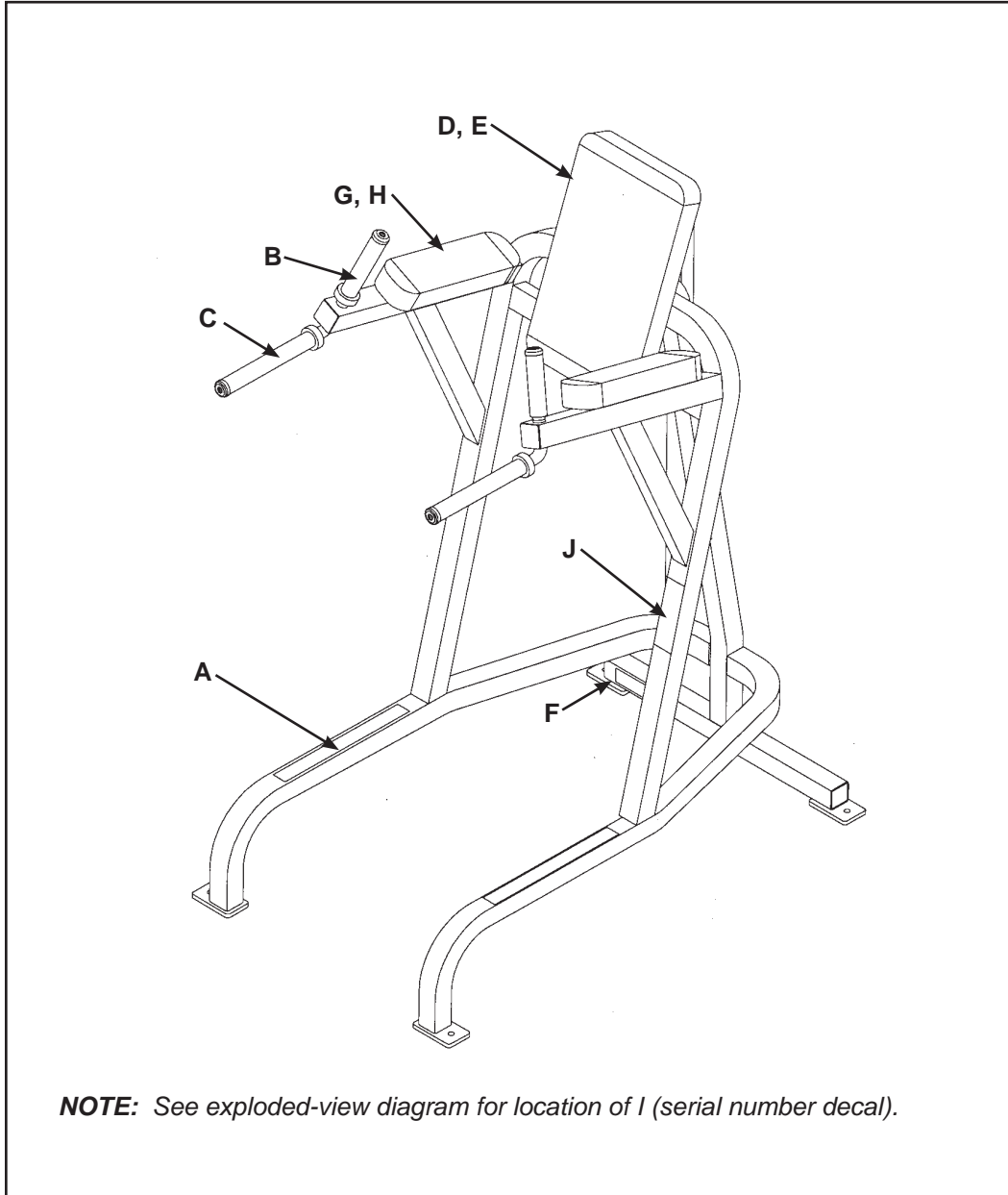
**5520 - Utility Bench**



# Leg Raise Chair

Product No. 5530

Parts List



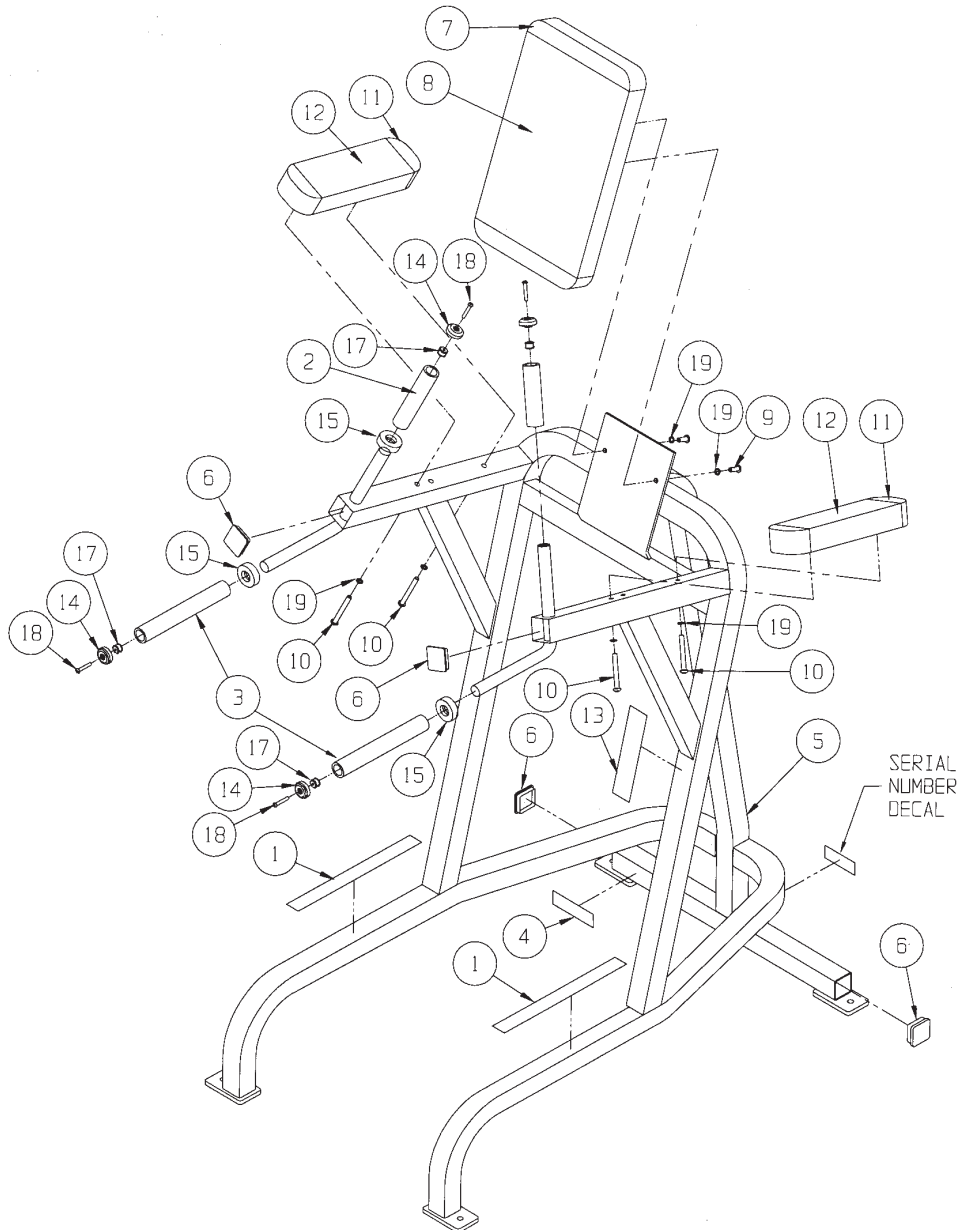
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Non-slip Fabric.....	4000M197	G. Cushion	
B. Foam Grip.....	4605-501	w/Wear Cover .....	5530-003-0
C. Foam Grip.....	4605-506	H. Wear Cover (Item G).....	5530-311-0
D. Cushion		I. Serial Number Decal	
w/Wear Cover .....	4800-011	J. Warning Decal .....	5220-364
E. Wear Cover (Item D).....	4111S060-0		
F. Cybex Decal Black.....	3900-445		
F. Cybex Decal Silver.....	3900-446		

5530 - Leg Raise Chair

ITEM	QTY	PART NO.	DESCRIPTION
1	2	4000M197	Non-slip Fabric
2	2	4605-501	Foam Grip
3	2	4605-506	Foam Grip
4	1	3900-445	Cyber Decal 1.00 Horiz. Black
4			Removed 7-03
4	1	3900-446	Cyber Decal 1.00 Horiz. Silver
5	1	5530-201	Leg Raise Chair
6	4	PP090210	Plastic Insert 2.00 Sq x 10-14 G
7	1	4800-011	Cushion with Wear Cover
8	1	4111S060-0	Wear Cover
9	2	JC700420	BHSCS .375-16 x 1.25

ITEM	QTY	PART NO.	DESCRIPTION
10	4	JC700434	BHSCS .375-16 x 3.00
11	2	5530-003-0	Cushion with Wear Cover
12	2	5530-311-0	Wear Cover
13	1	5220-364	Warning Decal
14	4	11090-374	End Cap
15	4	11090-376	Handle Grip Ring
16	1	51198	Strength Warranty Sheet (not shown)
17	4	HF449063	Insert
18	4	JC620422	BHSCS .250-20 x 1.50
19	6	JS347400	Internal Tooth Lockwasher

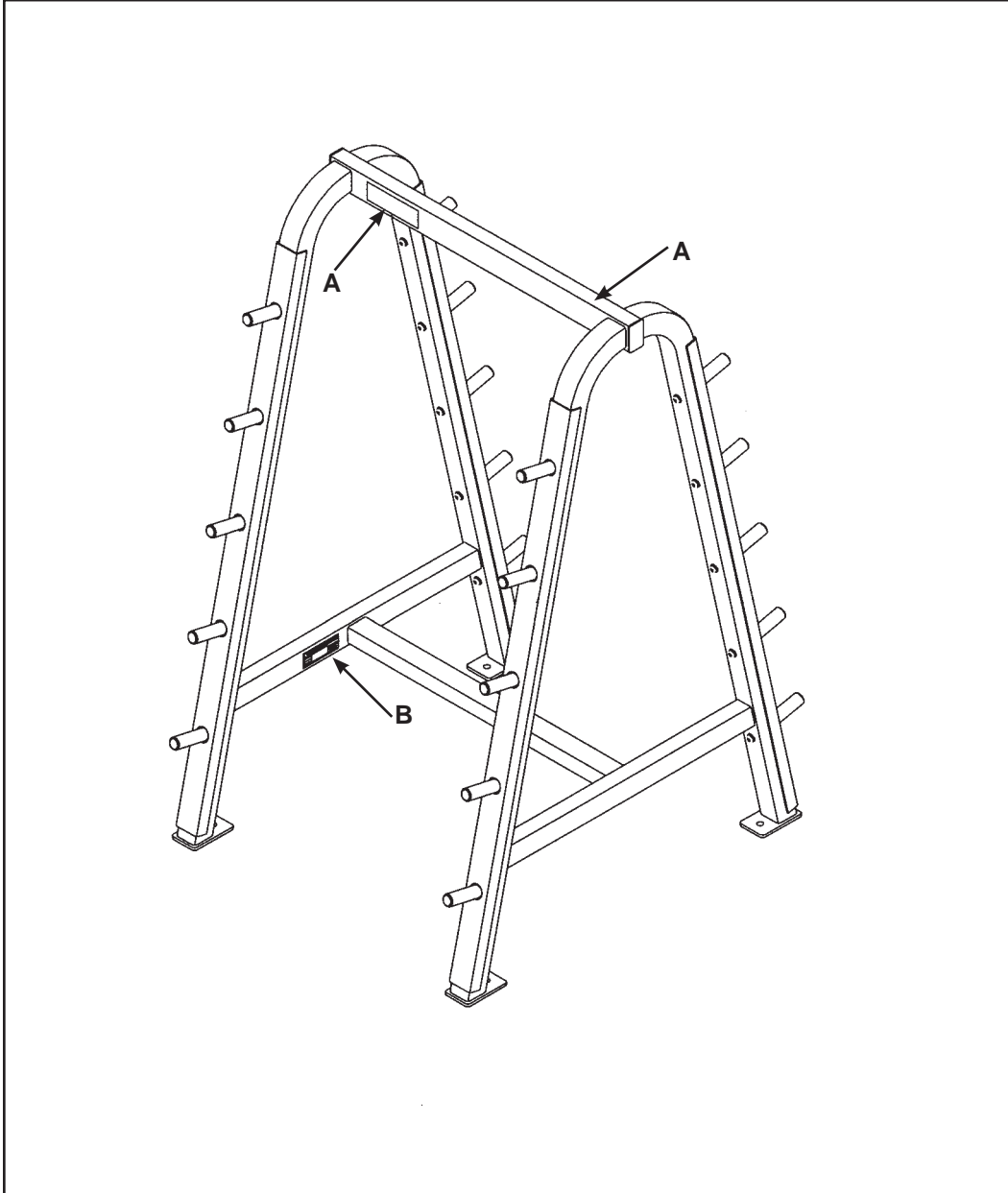
5530 - Leg Raise Chair



# Barbell Rack

Product No. 5541

Parts List



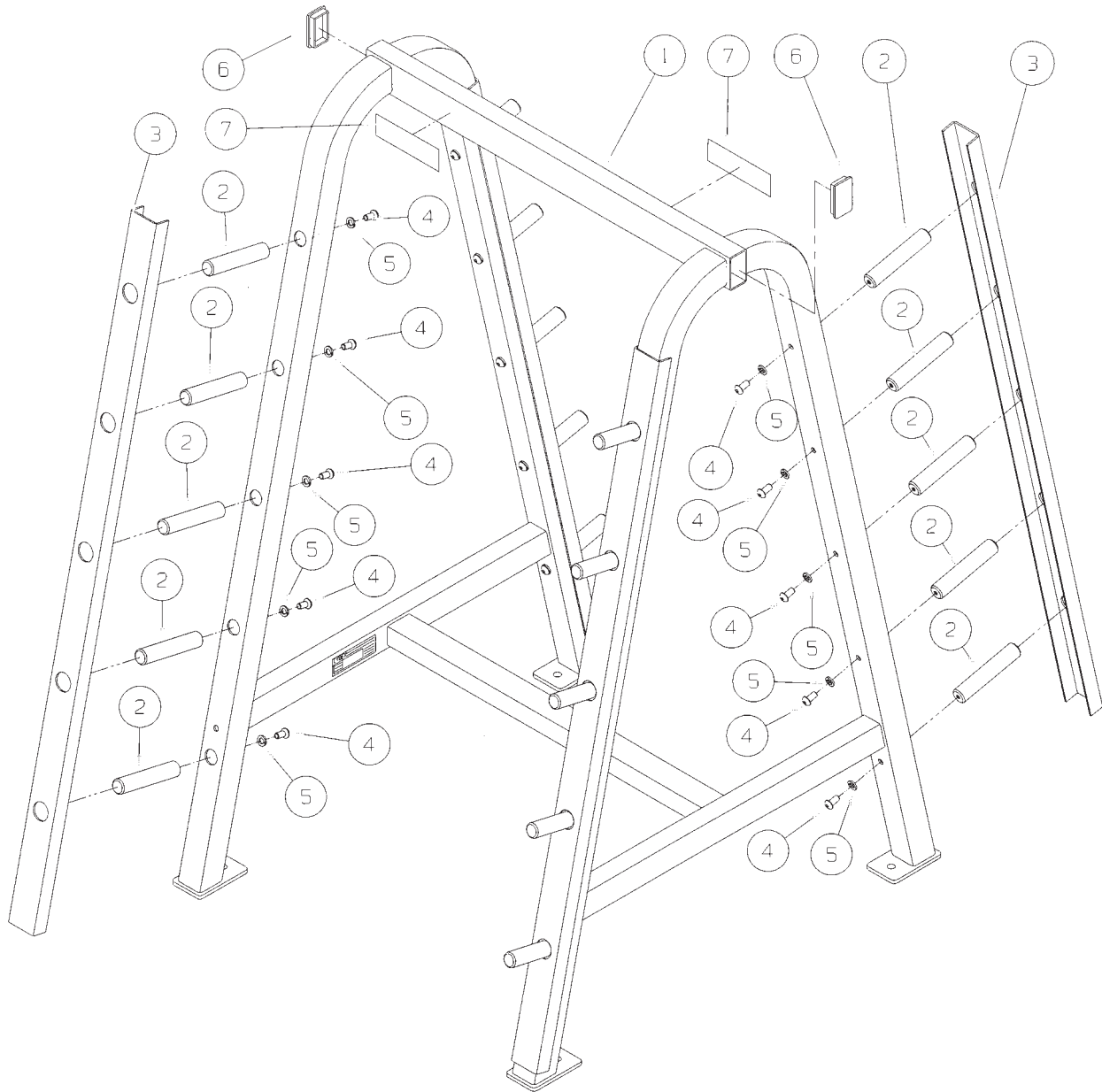
DESCRIPTION	PART NO.
A. Cybex Decal Black.....	3900-445
A. Cybex Decal Silver.....	3900-446

DESCRIPTION	PART NO.
B. Serial Number Decal	

**5541 - Barbell Rack**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	5541-200	Frame
2	20	5541-300	Pin
3	4	5541-305	Bumper
4	20	HC700415	BHSCS .375-16 x .75
5	20	JS347400	Internal Tooth Lockwasher
6	2	PP090001	Plastic Insert 1.50 x 2.50 x 11 G
7	2	3900-445	Cybox Decal 1.00 Horiz. Black Removed 7-03
7	2	3900-446	Cybox Decal 1.00 Horiz. Silver

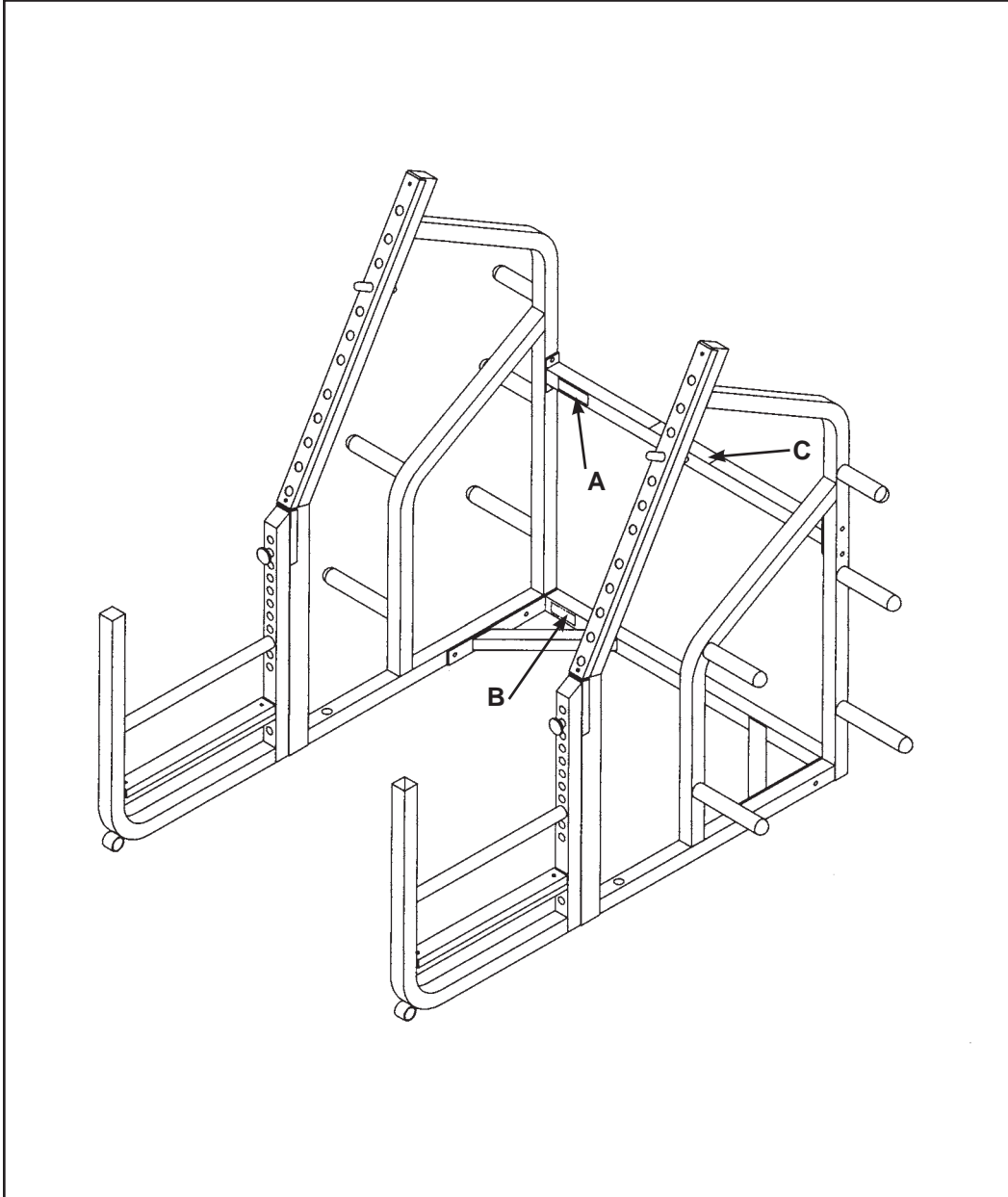
**5541 - Barbell Rack**



# Squat Rack With Adjustable Stop

Product No. 5570

Parts List

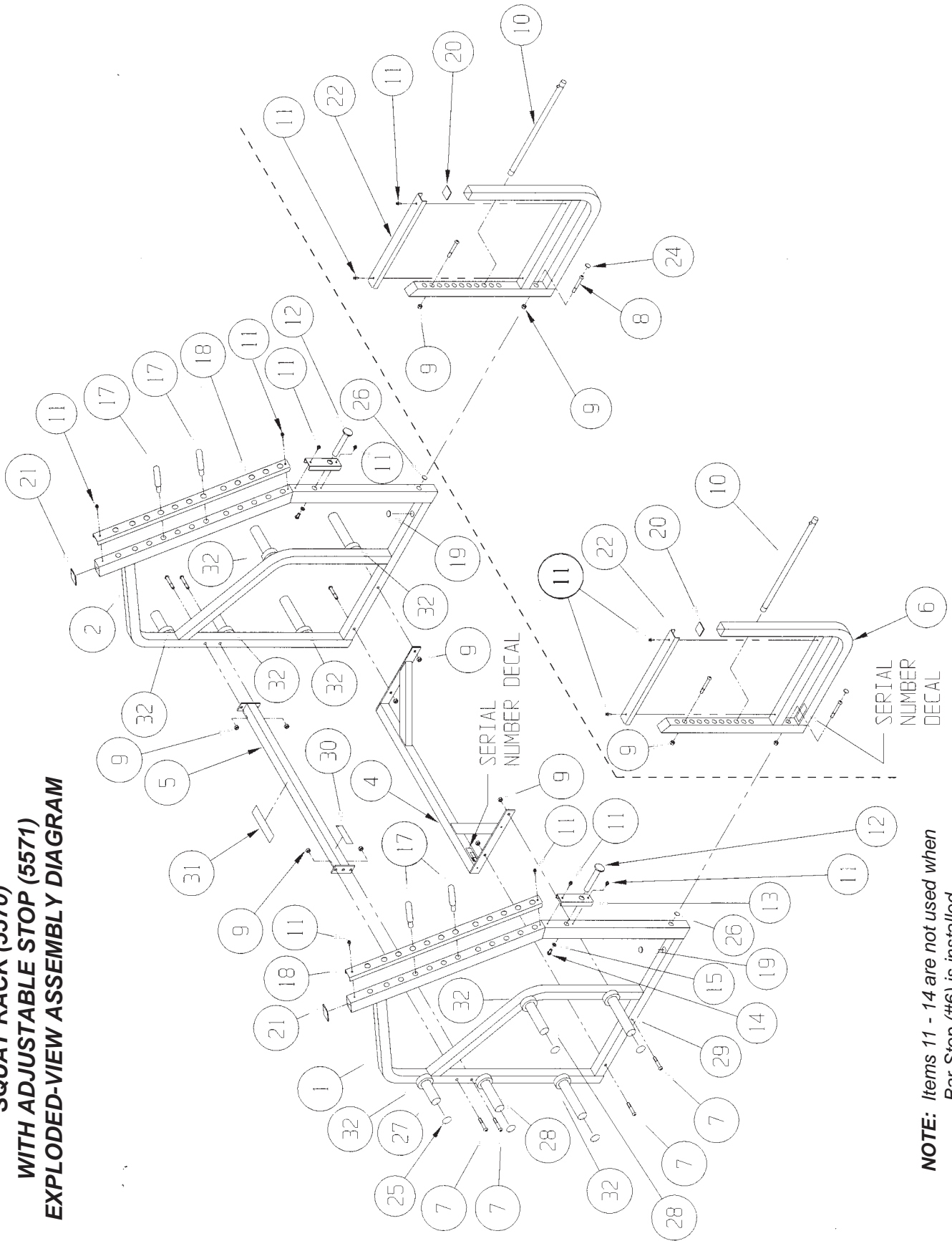


DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Cybox Decal Black.....	3900-445	B. Serial Number Decal	
A. Cybox Decal Silver.....	3900-446	C. Warning Decal .....	5220-365

**5570 and 5571 - Squat Rack With Adjustable Stop**

ITEM	QTY	PART NO.	DESCRIPTION
1	1	5570-201	Left Hand Side Assembly
2	1	5570-200	Right Hand Side Assembly
3			Removed
4	1	5570-202	Lower Brace
5	1	5570-203	Upper Brace
6	2	5572-200	Bar Stop
7	8	JC782834	SHCS .50-13 x 3.00
8	4	JC782840	SHCS .50-13 x 4.00
9	12	HN784900	Locknut .50-13
10	2	5420-029	Adjustable Bar Assembly
11	8	01066	Plastic Fastener
12	2	5570-205	Barbell Holder
13	2	5570-310	Bumper
14	2	JC780417	BHSCS .50-13 x 1.00
15	2	JS388300	Lockwasher .50-13
16			Removed
17	4	5570-206	Detent Pin
18	2	5570-309	Bumper
19	2	PP080202	Hole Plug 1.19 Dia. x 11 G
20	2	PP090210	Insert
21	2	PP090206	Insert
22	2	5572-304	Bumper
23			Removed
24	2	PN660200	Hole Plug
25	10	5330M040	Hole Plug
26	2	PN660201	Hole Plug
27	2	5340P003	Weight Tube 6"
28	4	5490P010	Weight Tube 8"
29	4	5490P009	Weight Tube 10"
30	1	3900-445	Cybex Decal 1.00 Horiz. Black
30			Removed 7-03
30	1	3900-446	Cybex Decal 1.00 Horiz. Silver
31	1	5220-365	Warning Decal
32	10	5220-367	Spacer
33	1	55571	Squat Rack Instr. (not shown)

**SQUAT RACK (5570)  
WITH ADJUSTABLE STOP (5571)  
EXPLODED-VIEW ASSEMBLY DIAGRAM**



**NOTE:** Items 11 - 14 are not used when Bar Stop (#6) is installed.

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