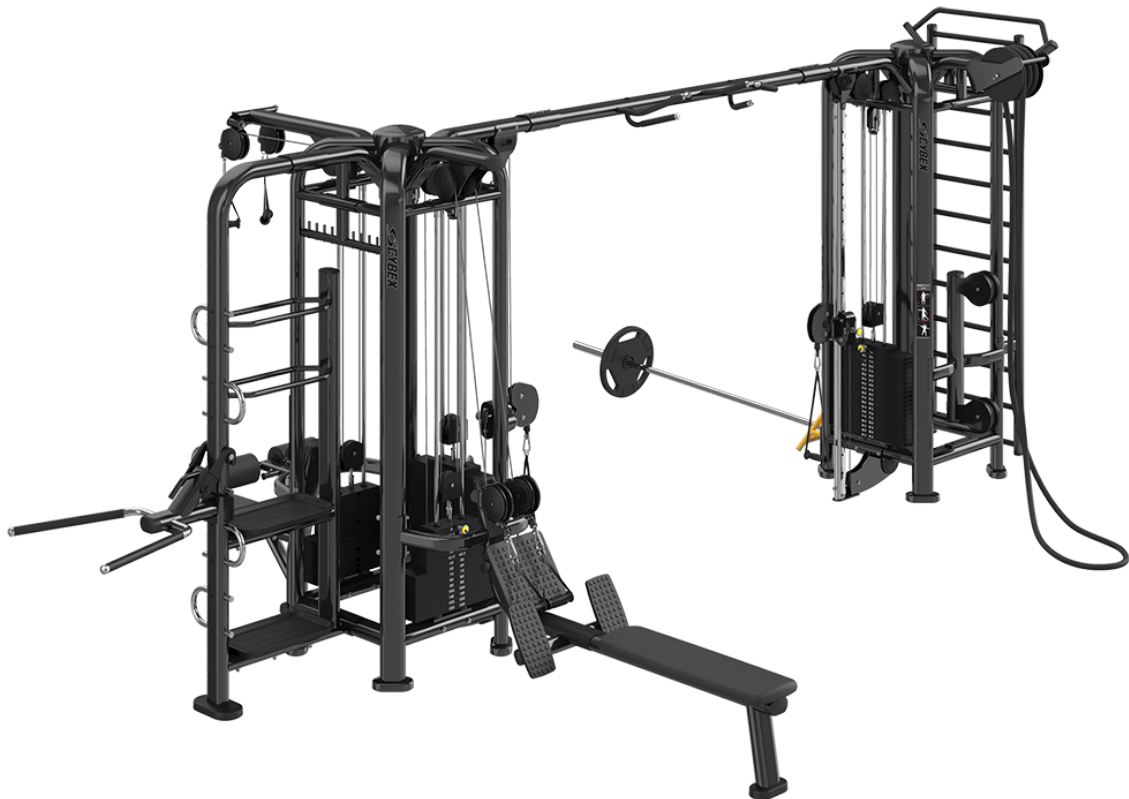


# PWR Play

## Owner's Manual

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

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Part Number  
1005632-0001 AA





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Columbia Center III - 9525 West Bryn Mawr Ave, Rosemont, IL 60018 • 800-351-3737 • 847-288-3700 • FAX 800-216-8893

[www.cyboxintl.com](http://www.cyboxintl.com) • 1005632-0001 AA • May 2017

# Safety

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## **Safety Information**

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

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

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

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

## **Access Control**

---

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

## **Installation**

---

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

## **Proper Usage**

---

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

## **Inspection**

---

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

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

### **Operating Warnings**

---

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

### **Selectorized Weight Stack Systems**

---

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

### **Warnings and Cautions**

---

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

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

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

General Warning Label

**⚠ WARNING**

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

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

Body Weight Strap Training Label

**⚠ WARNING**

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

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

Contact LIFE FITNESS with questions.

Carriage Label

**⚠ WARNING**

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



**Ensure Full Engagement As Illustrated Here To Avoid Injury.**

Serial Number Label

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




www.cybexintl.com. Class: 5 Studio

Model: XXXXXX  
 Manufactured in USA with US and Foreign parts

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

XXXXXXXXX.....



Weight Stack Label

Weight stack label indicates resistance for each handle

Pinch Hazard Label



Power Pivot Label

**⚠ WARNING**

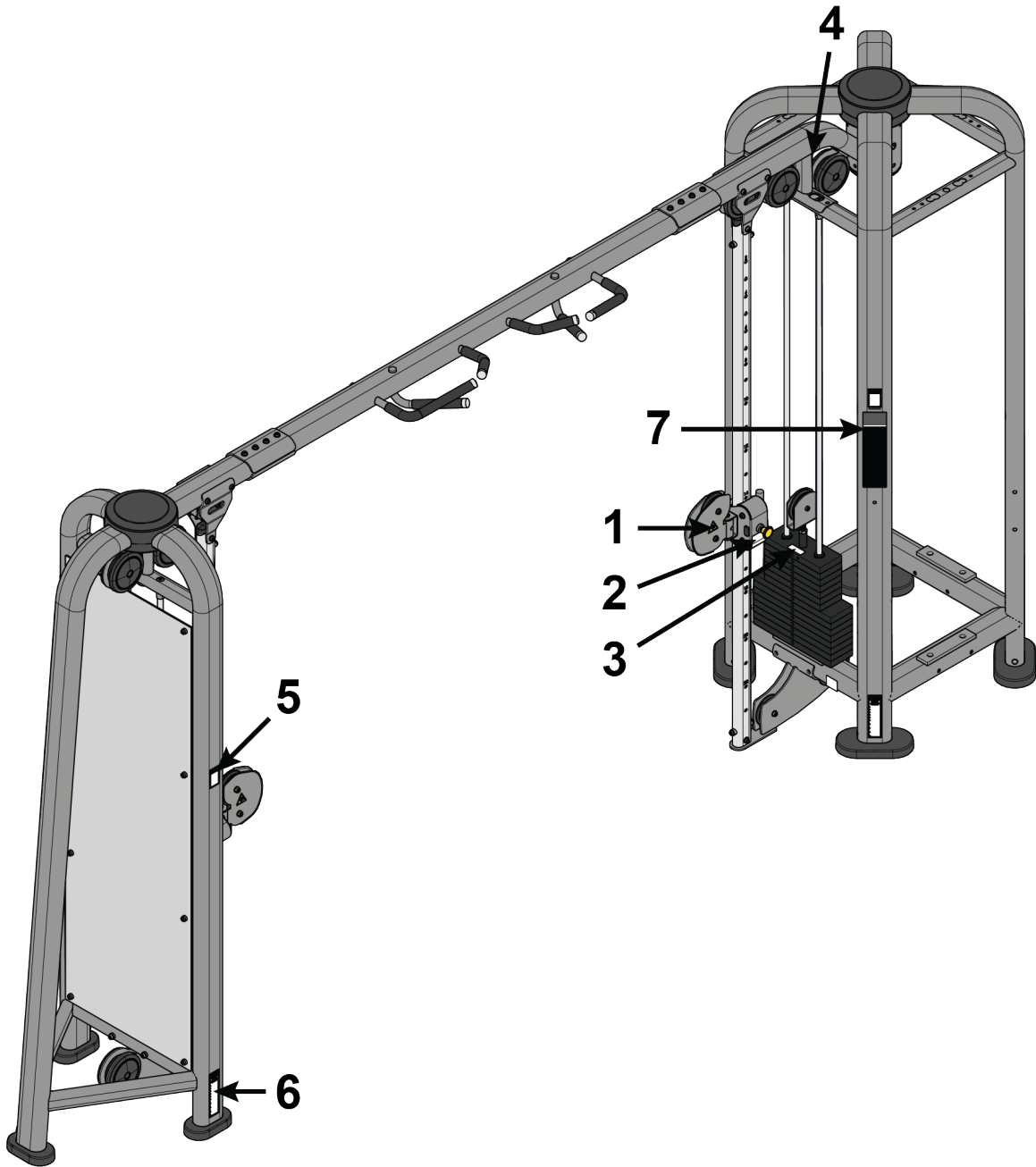
**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

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

ENG

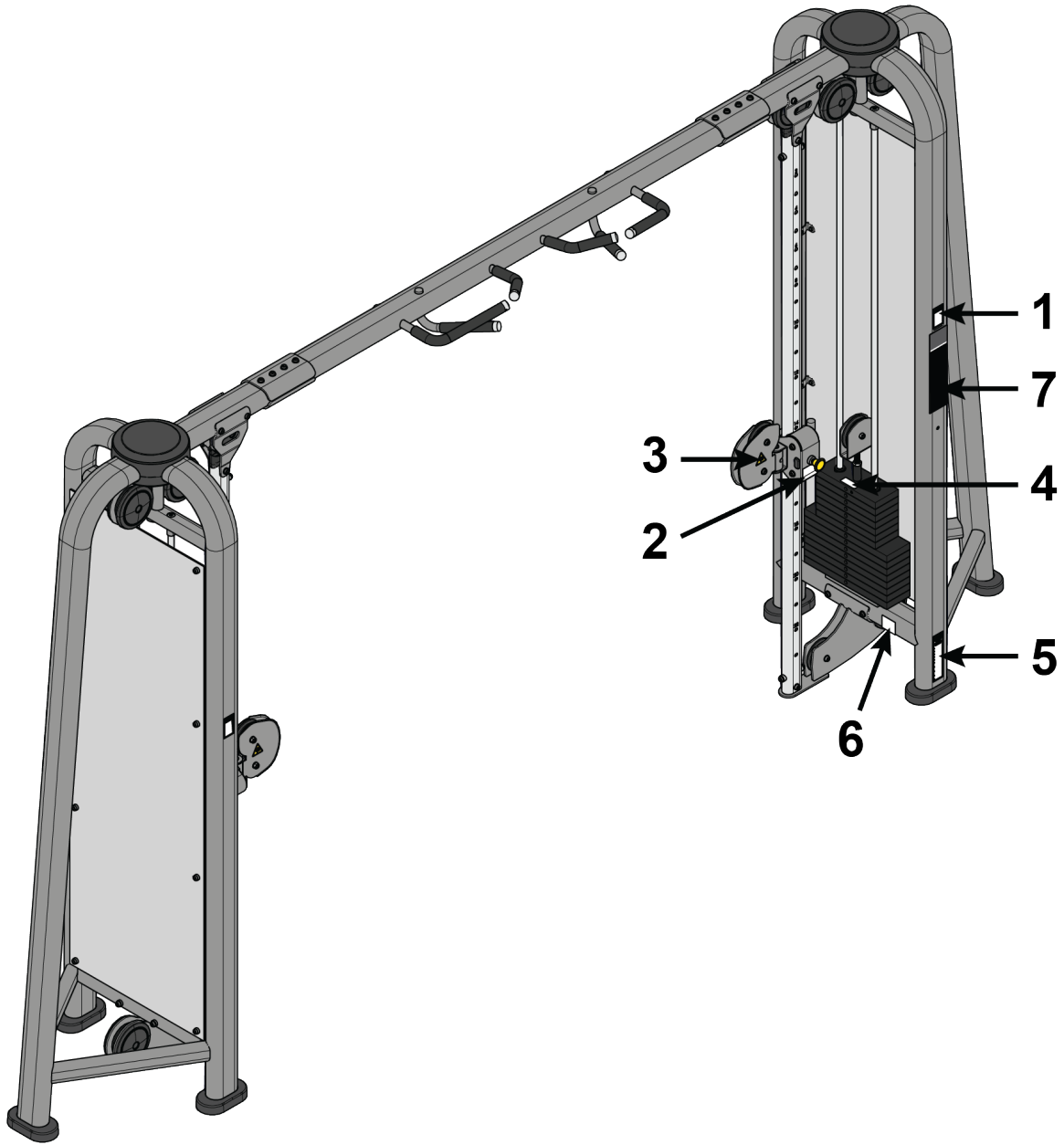
## Label Locations

### Attached Cable Crossover (PP-ACO)



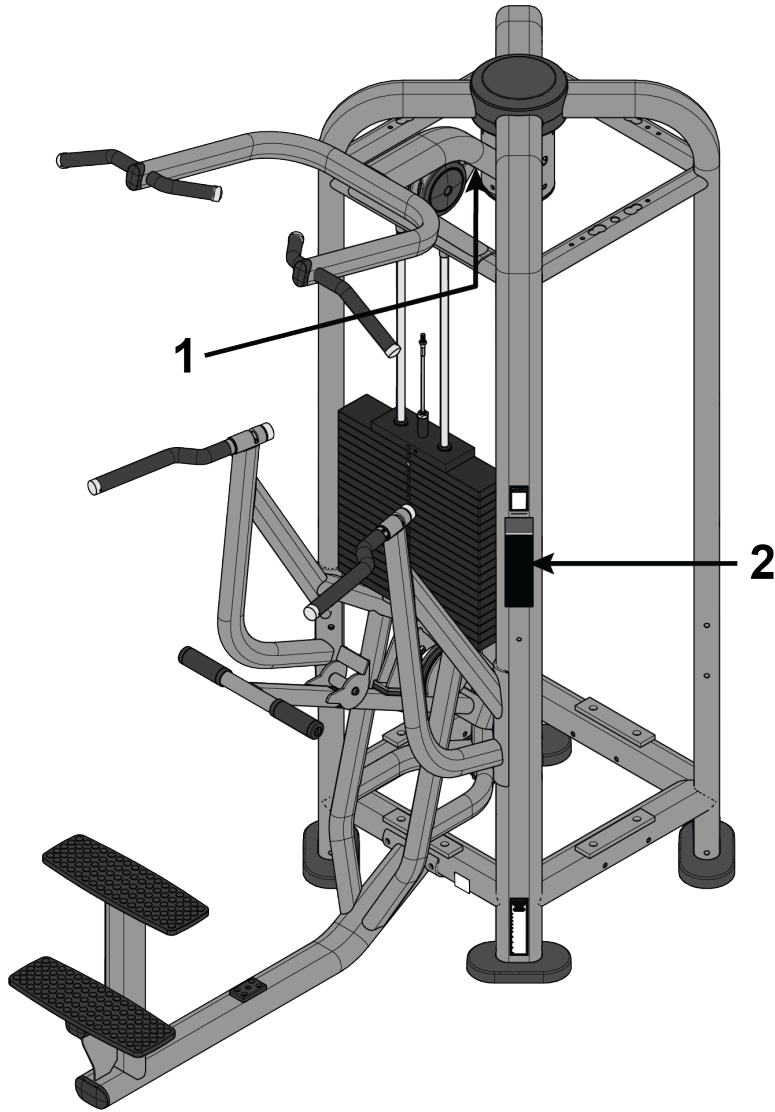
	Description	Qty
1	Pinch Hazard Label	4
2	Carriage Label	2
3	Weight At Handle Label	2
4	Serial Number Label	1
5	Body Weight Strap Training Label	2
6	General Warning Label	1
7	Placard	2

# Free Standing Cable Crossover (PP-ACOFS)



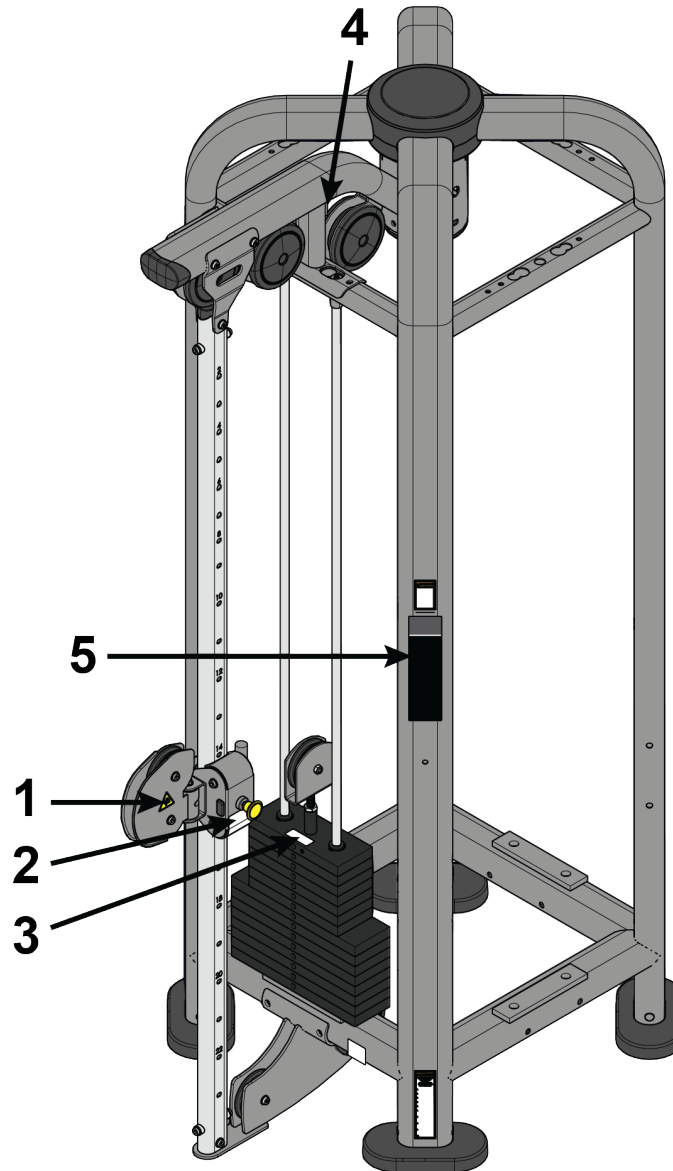
	Description	Qty
1	Body Weight Strap Training Label	4
2	Carriage Label	2
3	Pinch Hazard Label	4
4	Weight At Handle Label	2
5	General Warning Label	2
6	Serial Number Label	1
7	Placard	2

Dip/Chin Assist (PP-ADC)



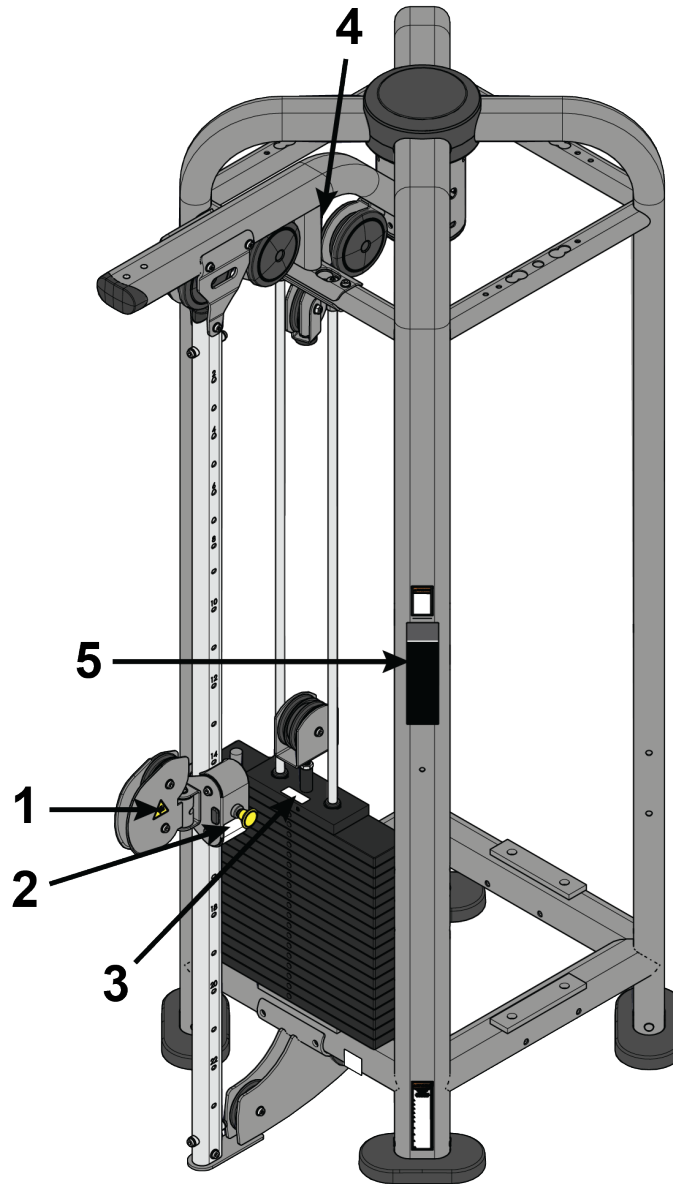
	Description	Qty
1	Serial Number Label	1
2	Placard	1

## Adjustable Cable Column (PP-AP)



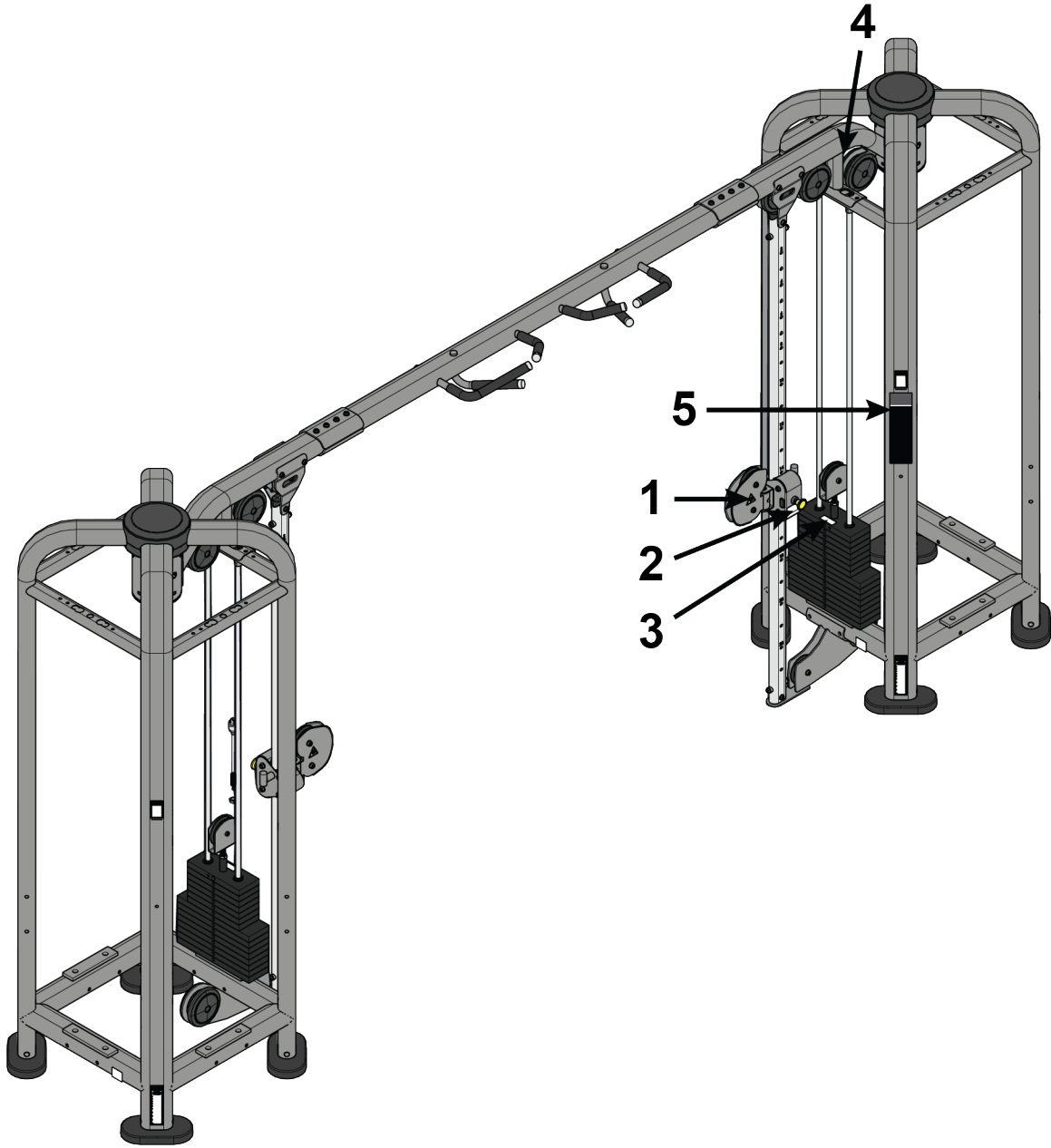
	Description	Qty
1	Pinch Hazard Label	1
2	Carriage Label	1
3	Weight At Handle Label	1
4	Serial Number Label	1
5	Placard	1

## Adjustable Pulley 4:1 (PP-AP41)



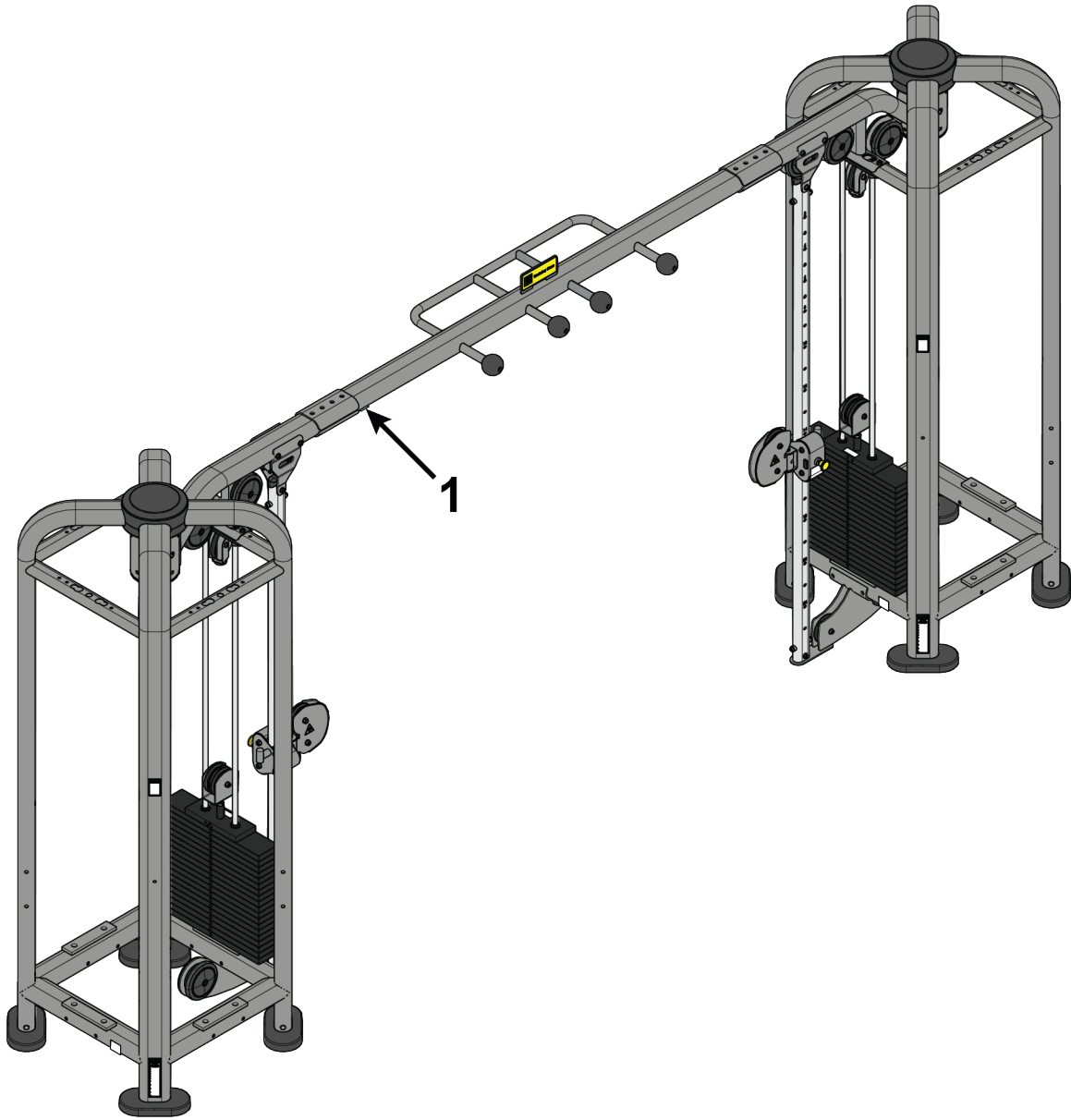
	Description	Qty
1	Pinch Hazard Label	1
2	Carriage Label	1
3	Weight At Handle Label	1
4	Serial Number Label	1
5	Placard	1

# Embedded Cable Crossover (PP-AXO)



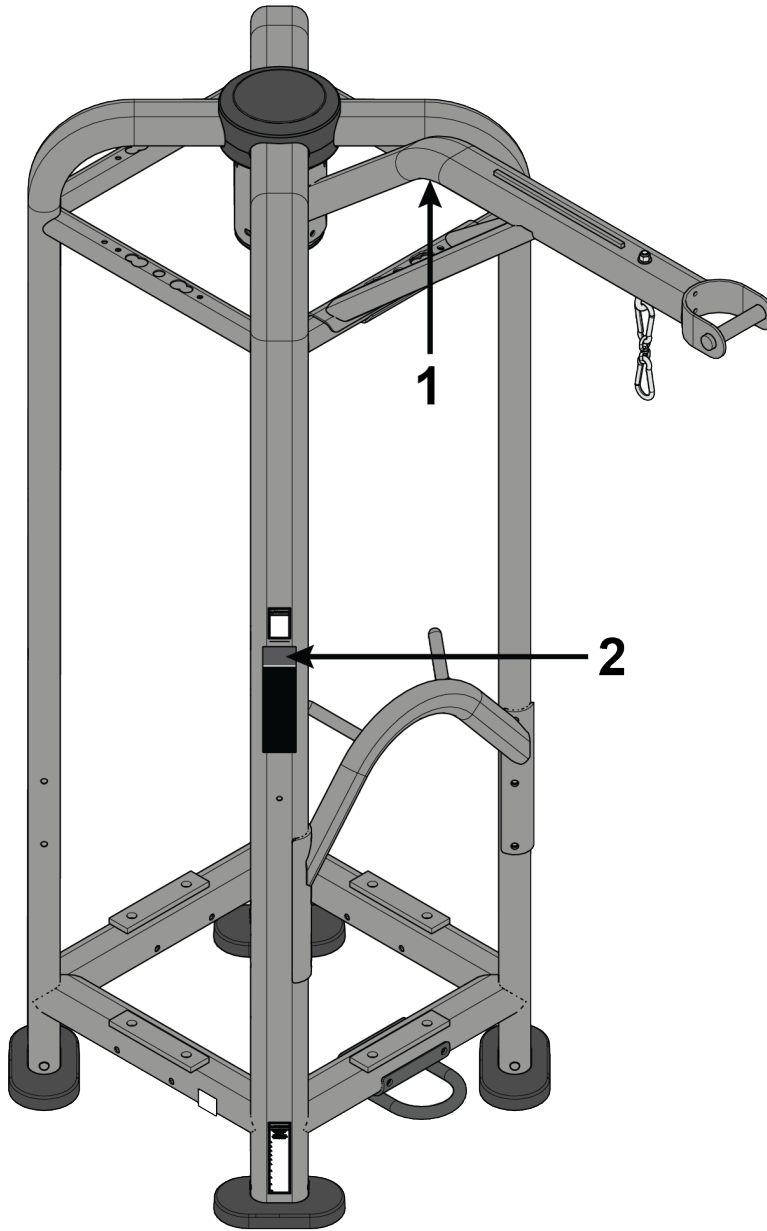
	Description	Qty
1	Pinch Hazard Label	4
2	Carriage Label	2
3	Weight At Handle Label	2
4	Serial Number Label	1
5	Placard	2

# Crossover Boom (PP-BM)



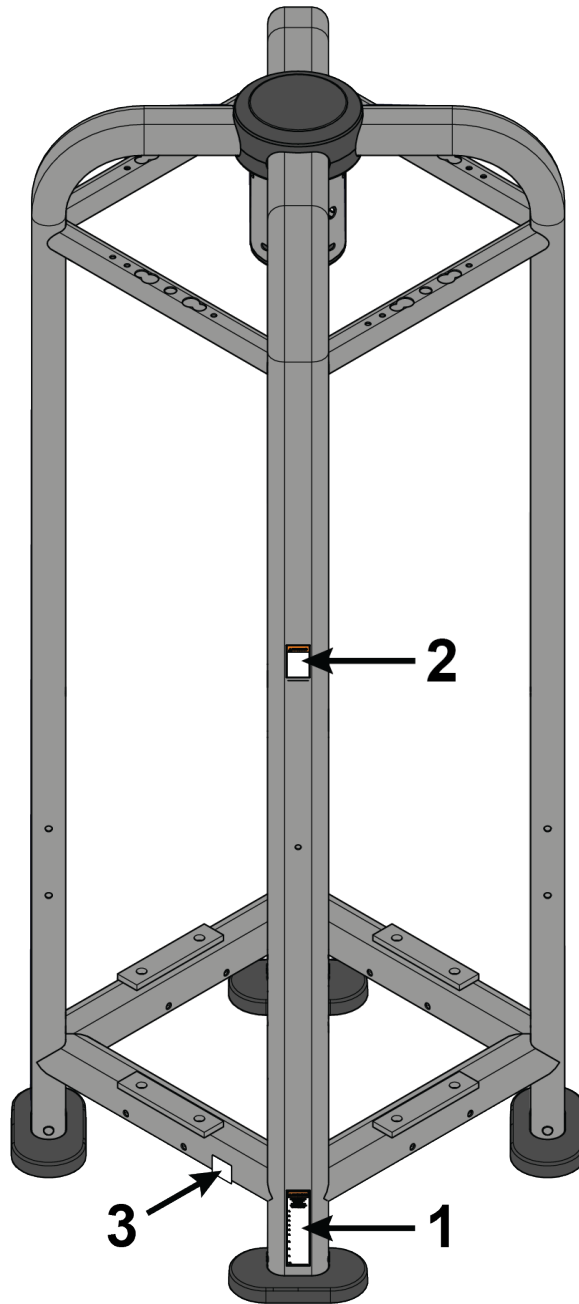
	Description	Qty
1	Serial Number Label	1

**Boxing (PP-BX)**



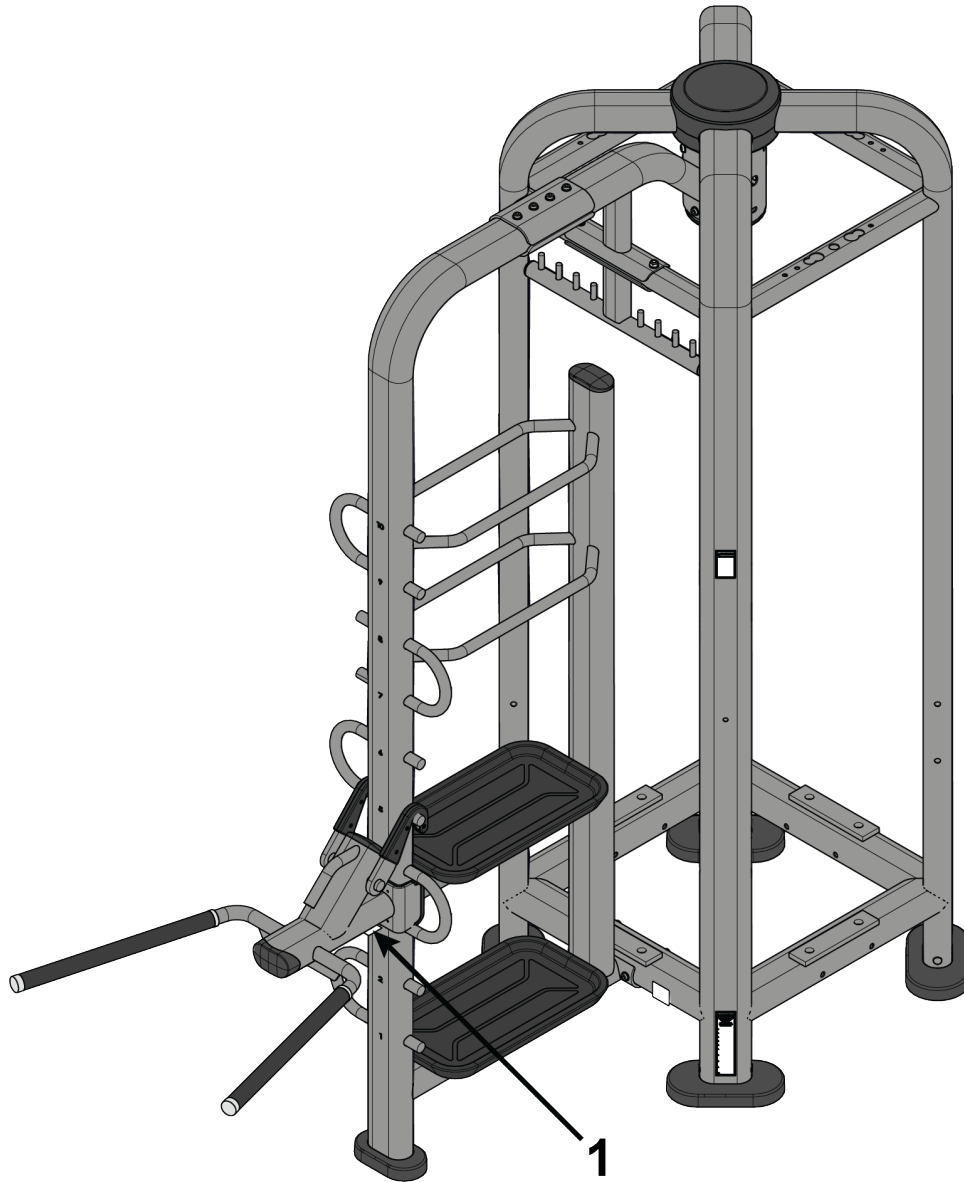
	<b>Description</b>	<b>Qty</b>
1	Serial Number Label	1
2	Placard	1

Core (PP-CORE)



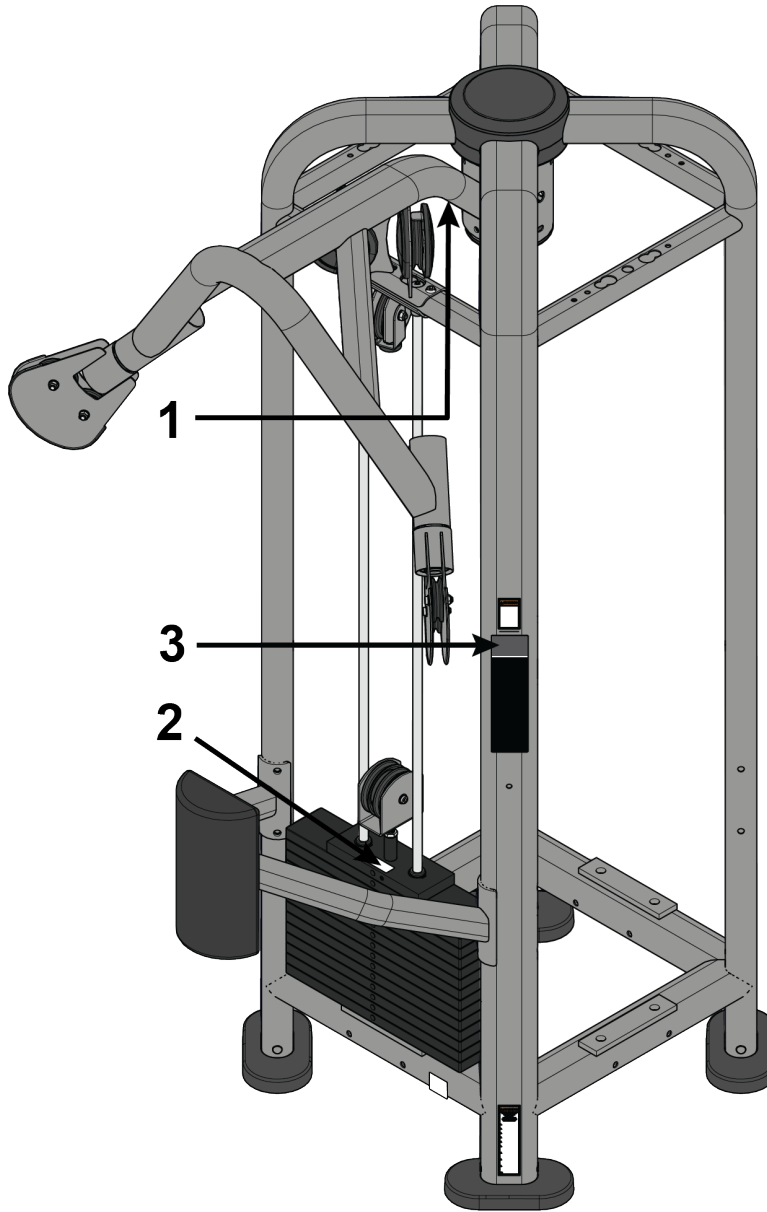
	Description	Qty
1	General Warning Label	1
2	Body Weight Strap Training Label	4
3	Serial Number Label	1

Dip (PP-DIP)



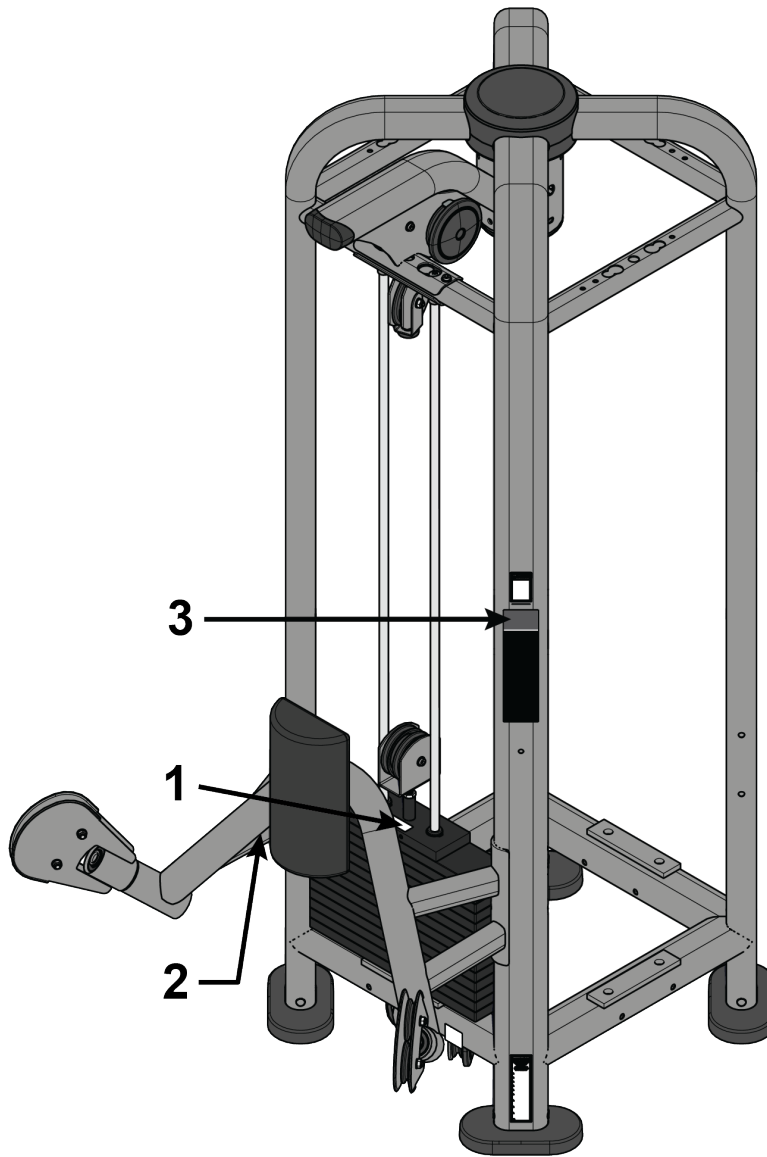
	Description	Qty
1	Serial Number Label	1

## Dual Pulley High (PP-DPH)



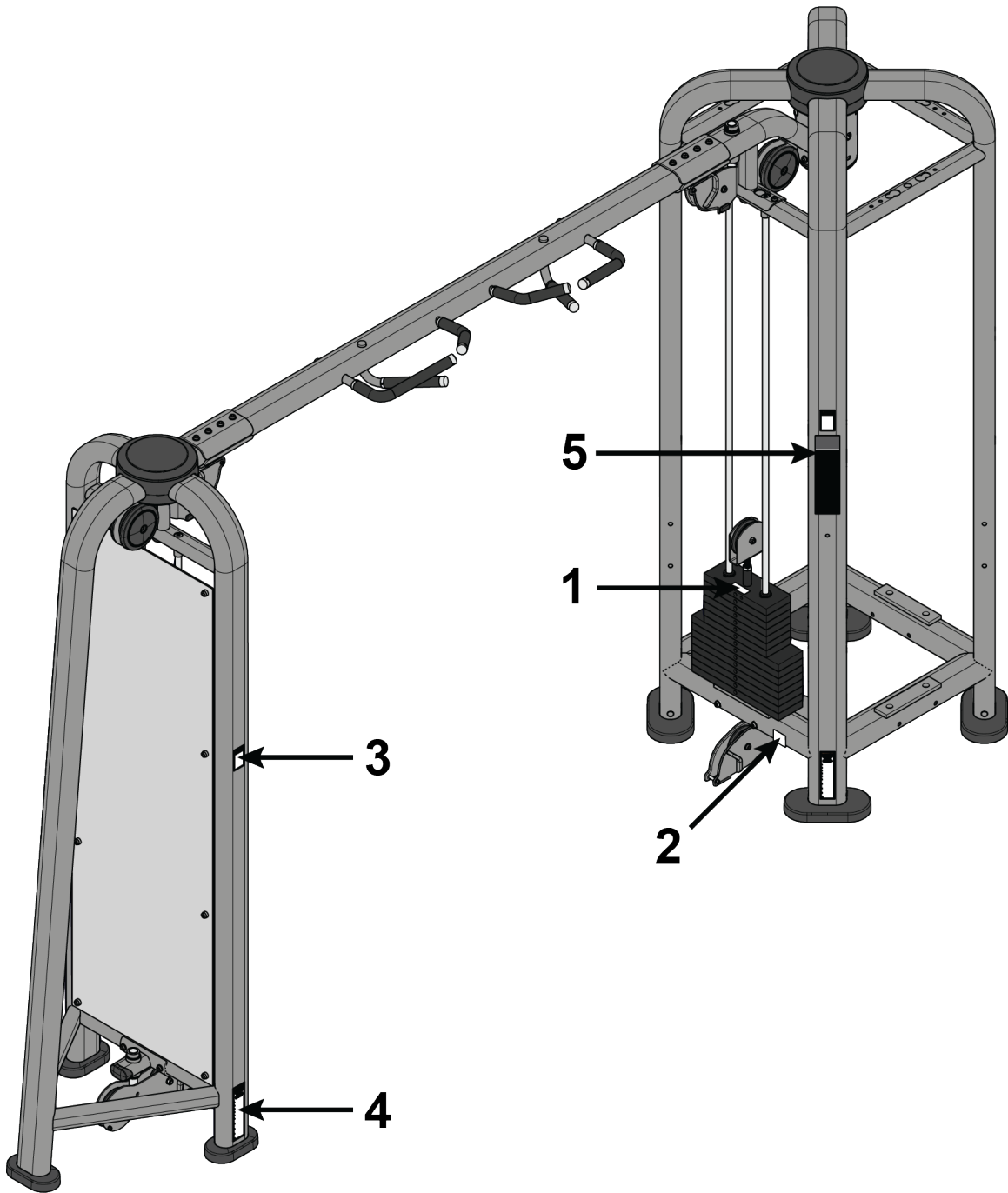
	Description	Qty
1	Serial Number Label	1
2	Weight At Handle Label	1
3	Placard	1

## Dual Pulley Low (PP-DPL)



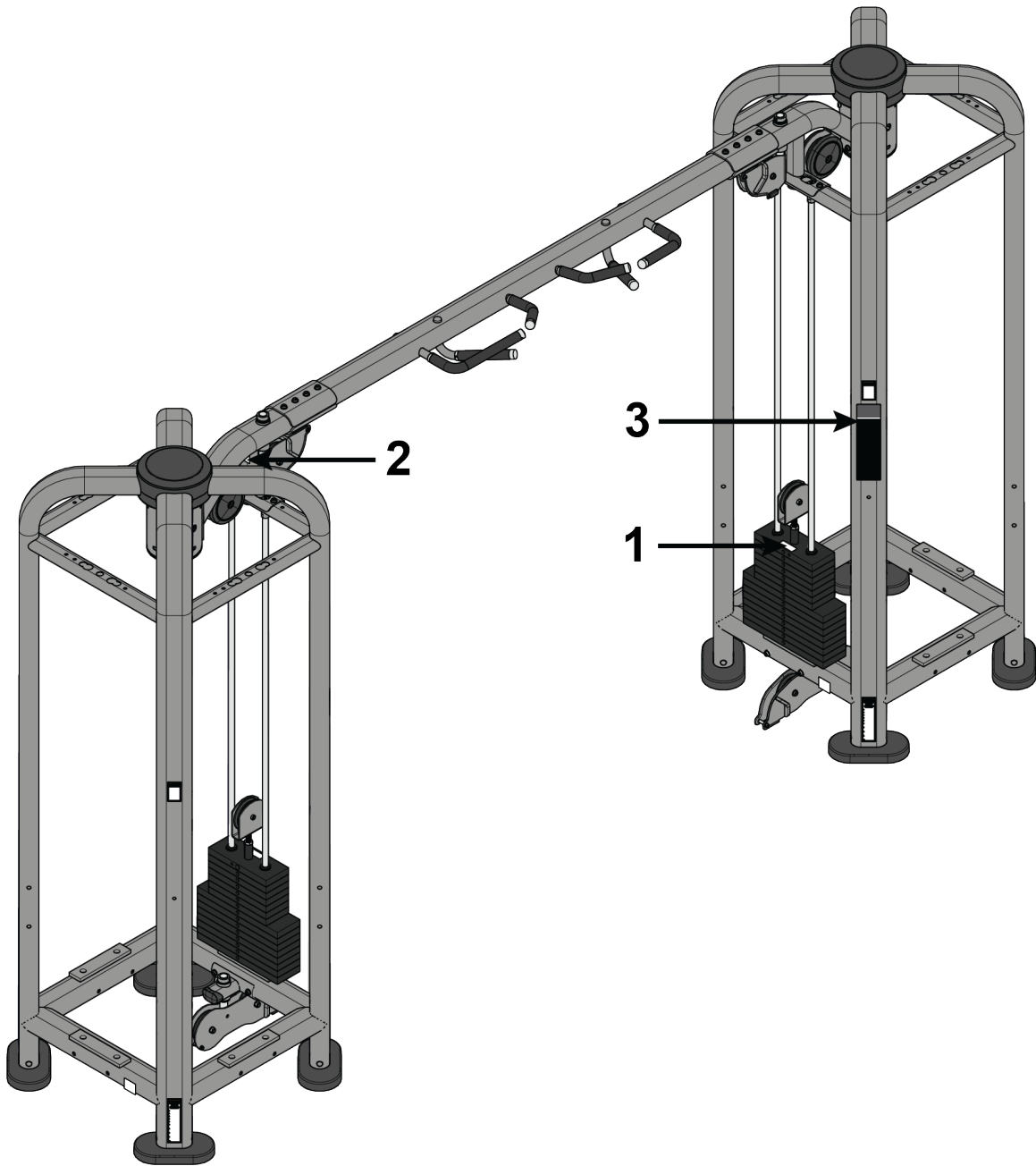
	Description	Qty
1	Weight At Handle Label	1
2	Serial Number Label	1
3	Placard	1

Attached High Low Crossover (PP-FCO)



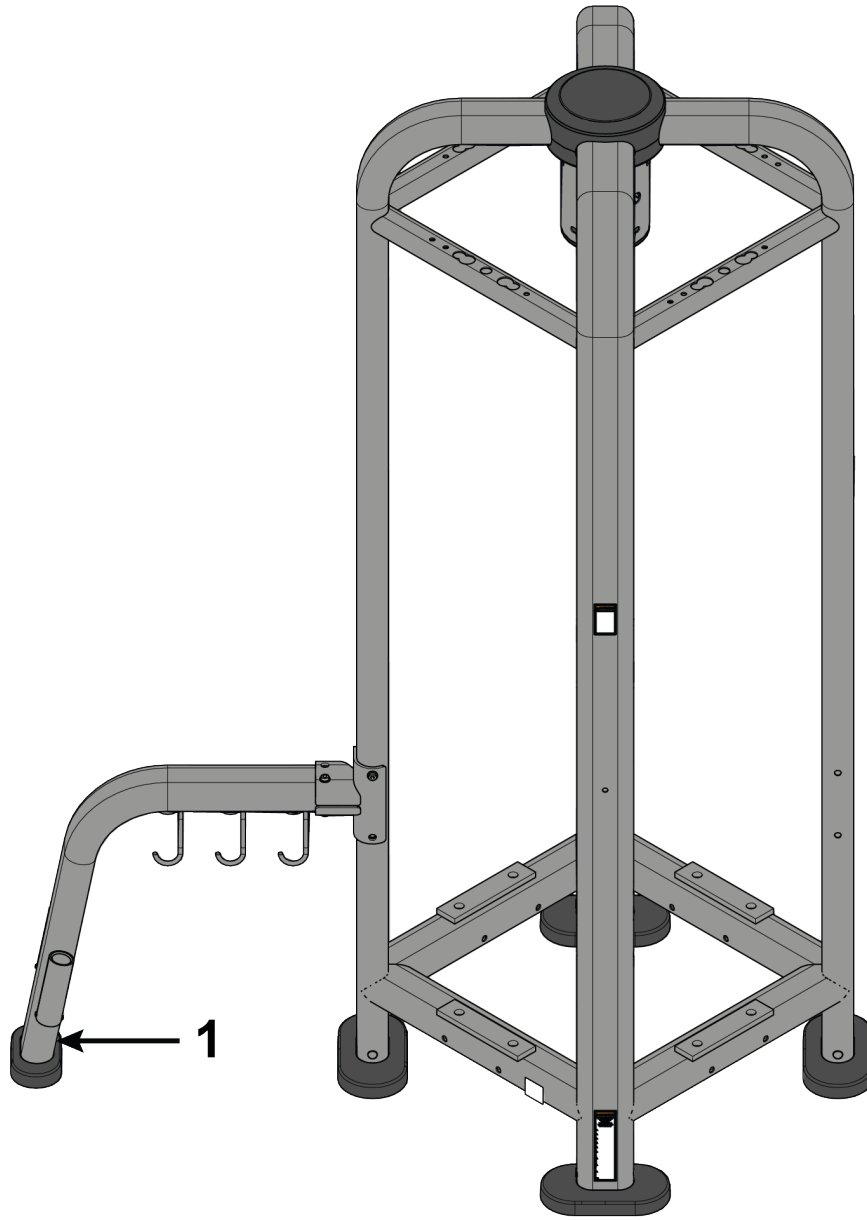
	Description	Qty
1	Weight At Handle Label	2
2	Serial Number Label	1
3	Body Weight Strap Training Label	2
4	General Warning Label	1
5	Placard	2

## Embedded High Low Crossover (PP-FXO)



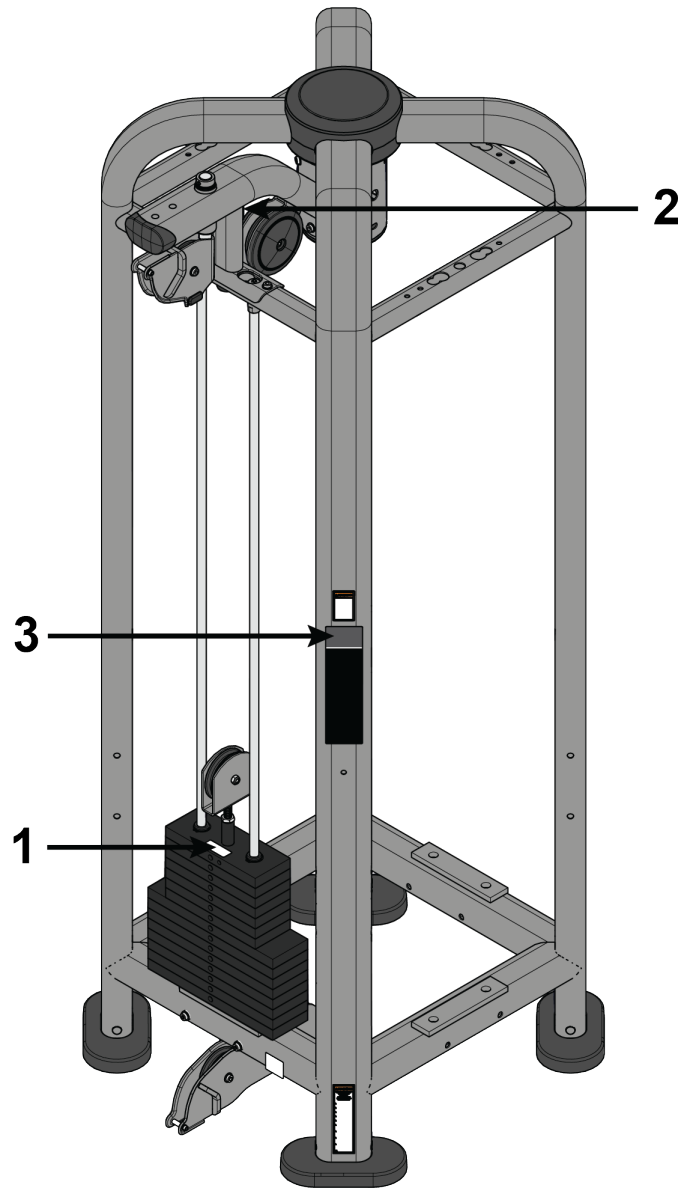
	Description	Qty
1	Weight At Handle Label	2
2	Serial Number Label	1
3	Placard	2

# Handle Accessory Rack (PP-HAR)



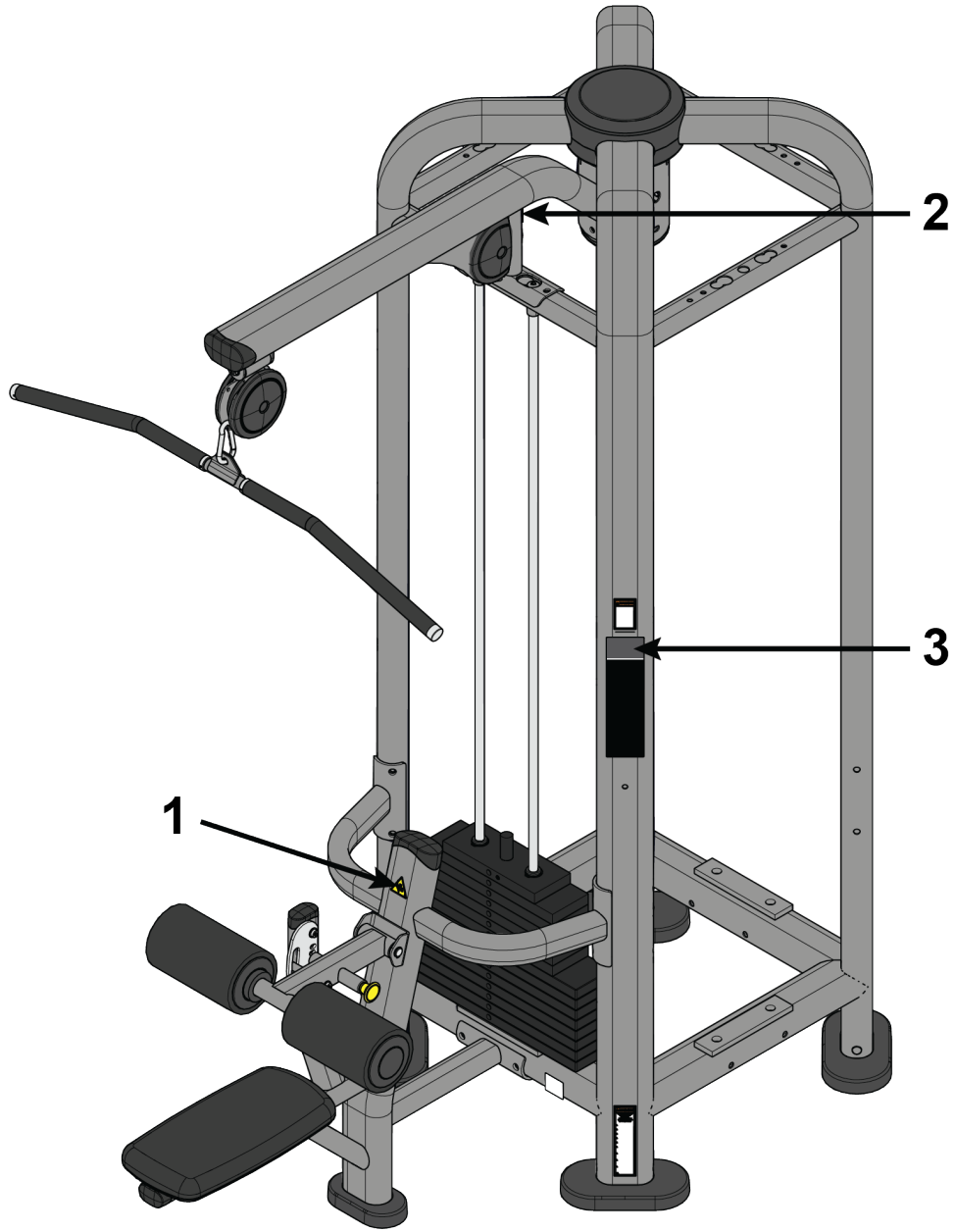
	Description	Qty
1	Serial Number Label	1

## High Low (PP-HL)



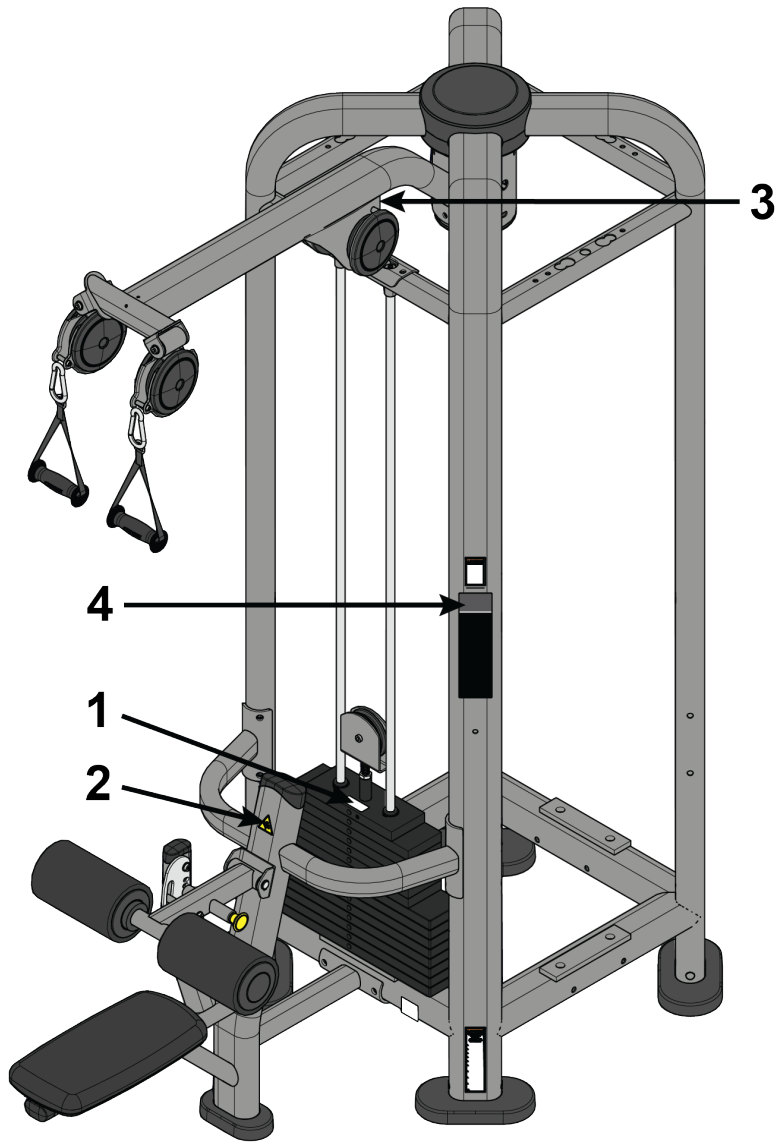
	Description	Qty
1	Weight At Handle Label	1
2	Serial Number Label	1
3	Placard	1

# Lat Pull (PP-LP)



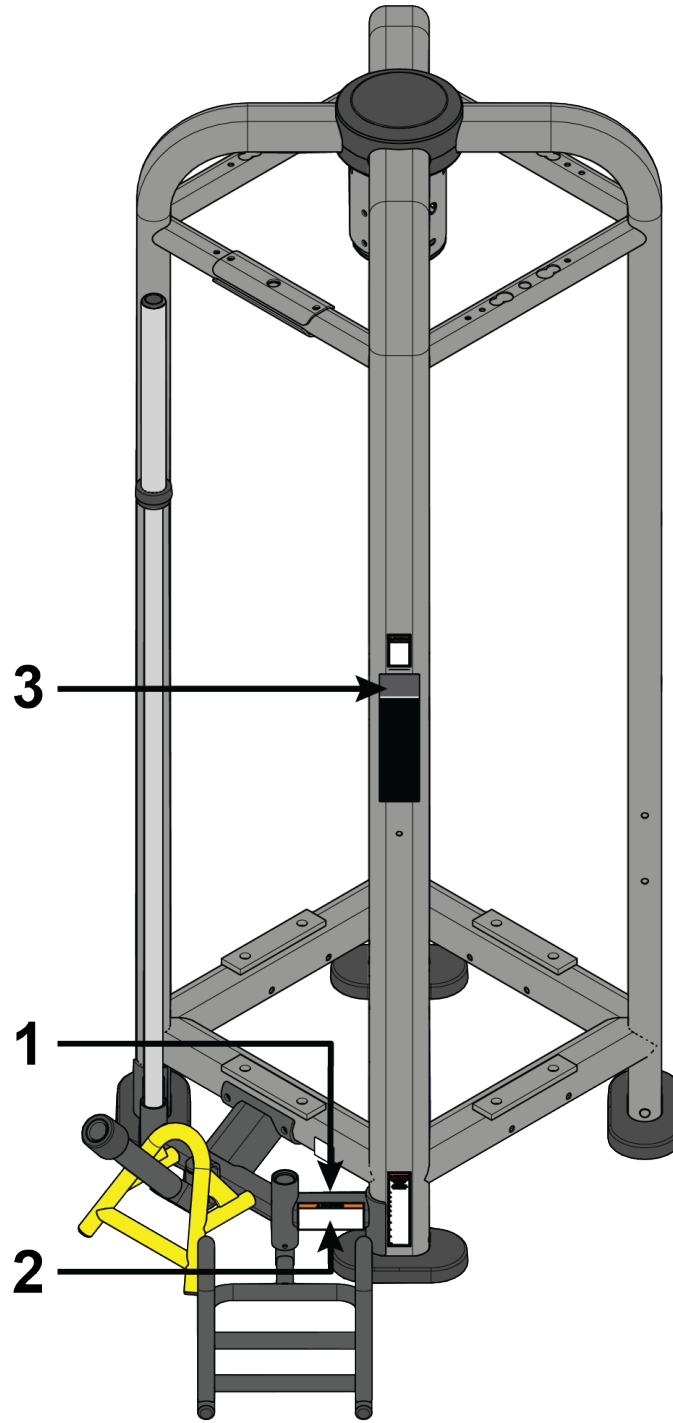
	Description	Qty
1	Pinch Hazard Label	1
2	Serial Number Label	1
3	Placard	1

## Dual Handle Lat Pull (PP-LPD)



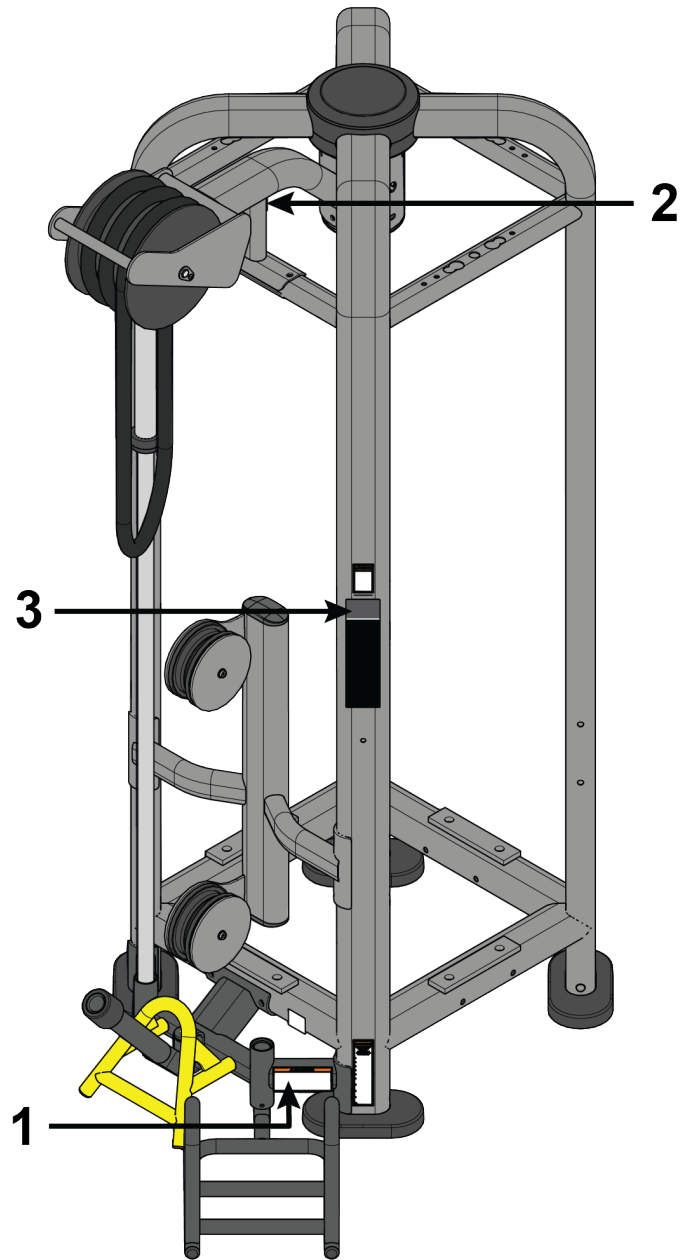
	Description	Qty
1	Weight At Handle Label	1
2	Pinch Hazard Label	1
3	Serial Number Label	1
4	Placard	1

# Power Pivot (PP-PP)



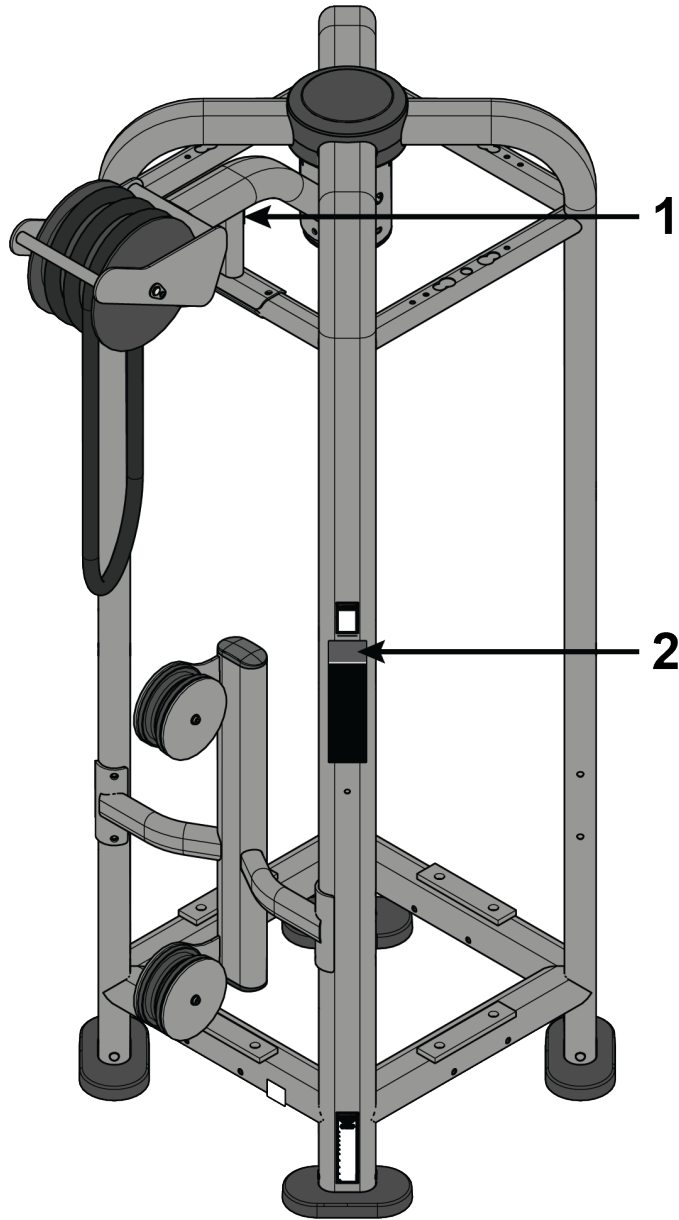
	Description	Qty
1	Serial Number Label	1
2	Power Pivot Label	1
3	Placard	1

## Rope Pull - Power Pivot (PP-RP)



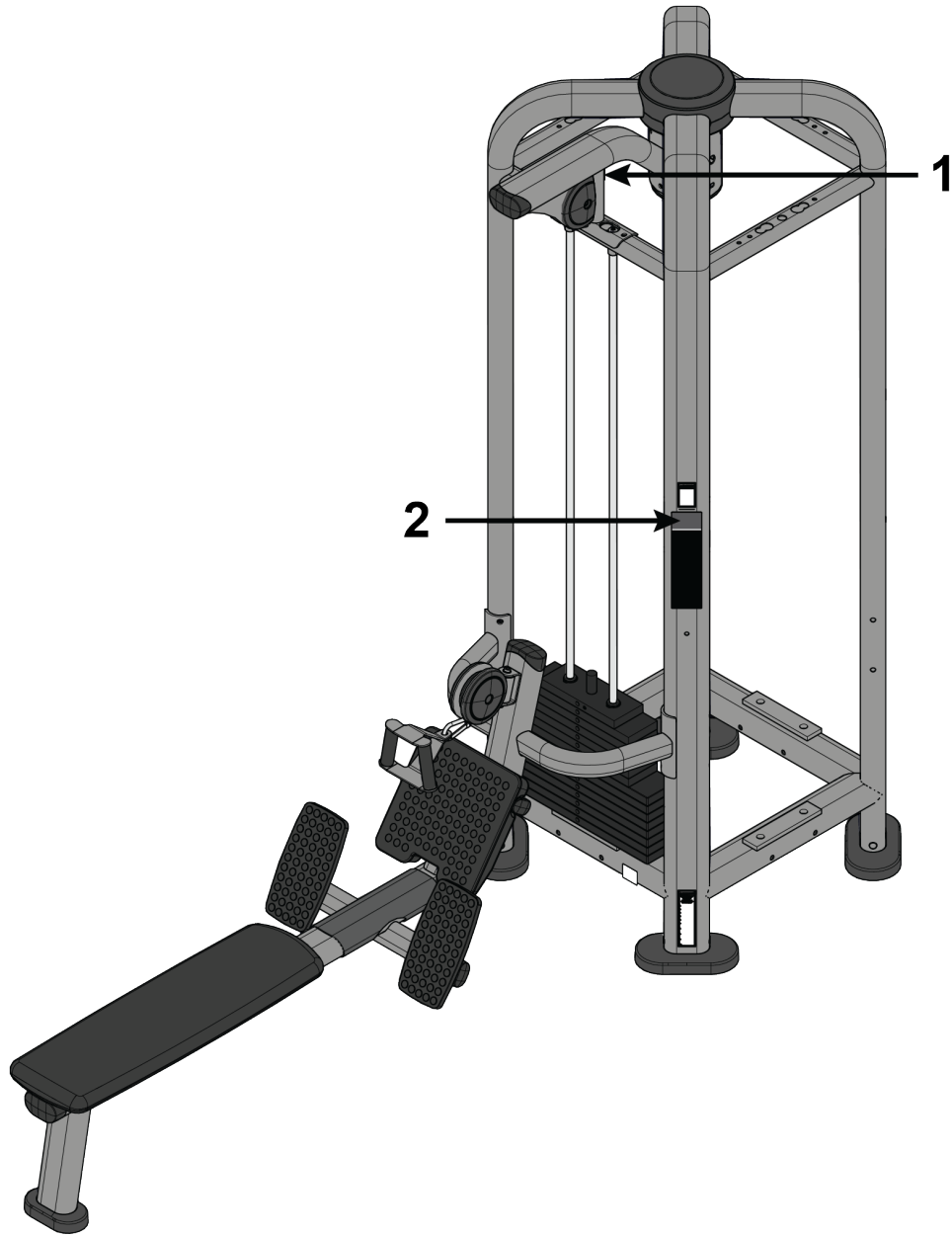
	Description	Qty
1	Power Pivot Label	1
2	Serial Number Label	1
3	Placard	1

# Rope Pull (PP-RPL)



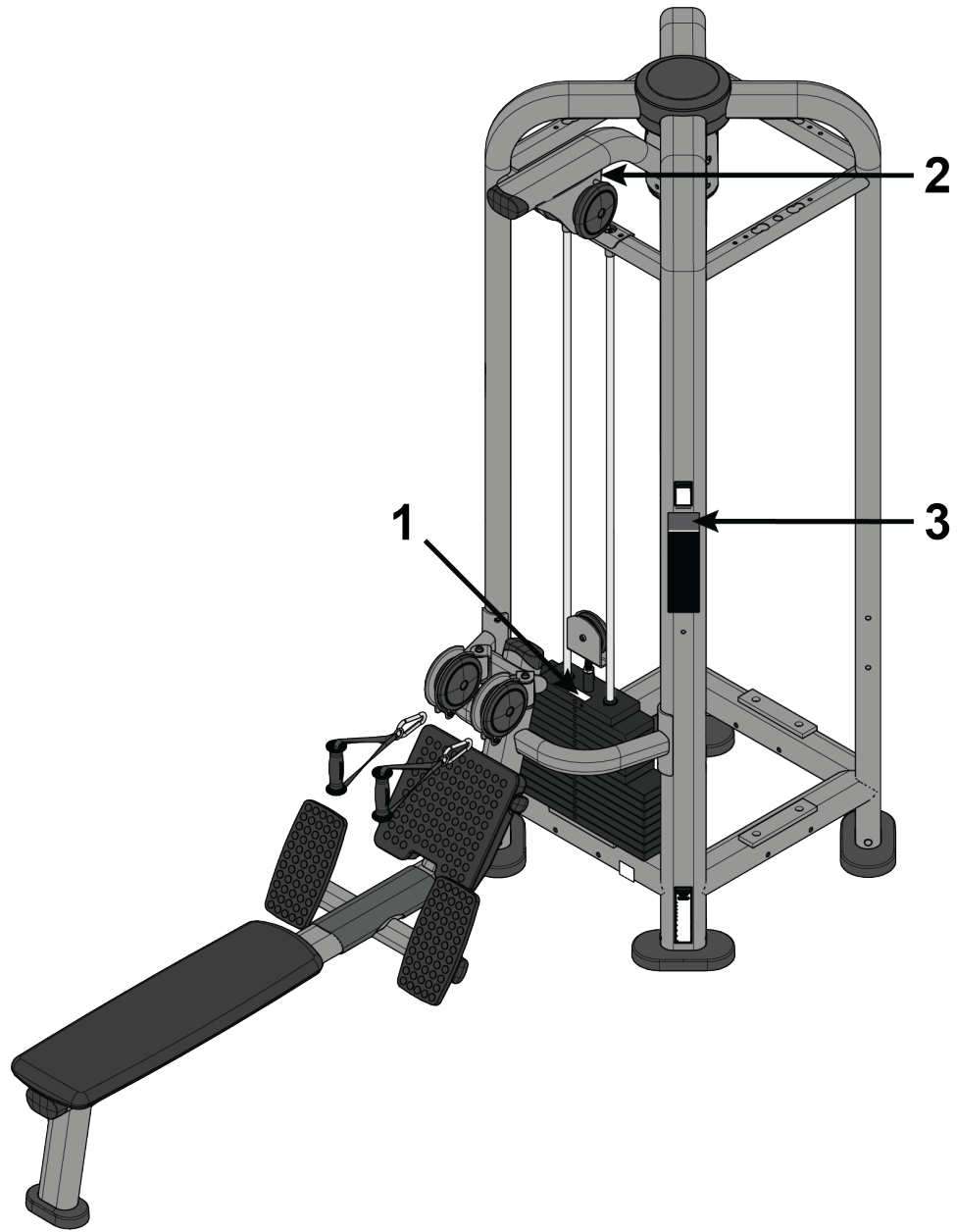
	Description	Qty
1	Serial Number Label	1
2	Placard	1

# Low Row (PP-RW)



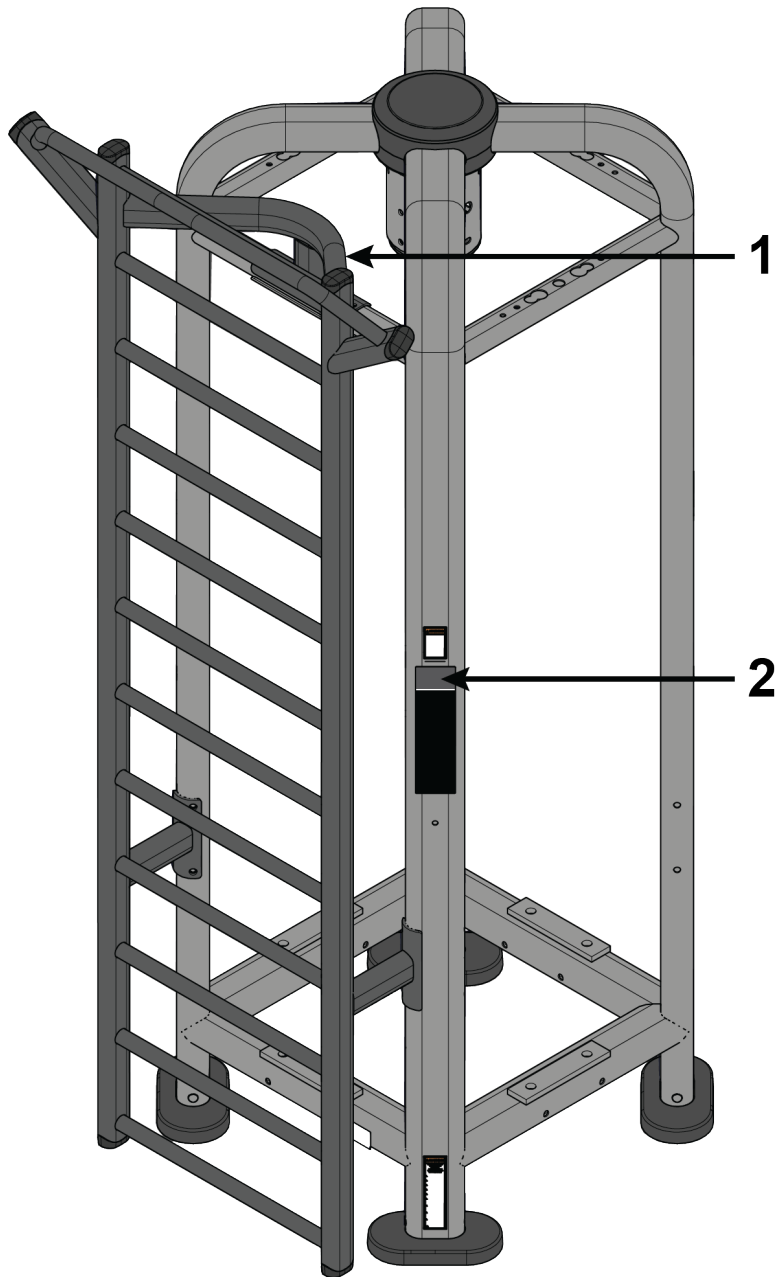
	Description	Qty
1	Serial Number Label	1
2	Placard	1

## Dual Handle Low Row (PP-RWD)



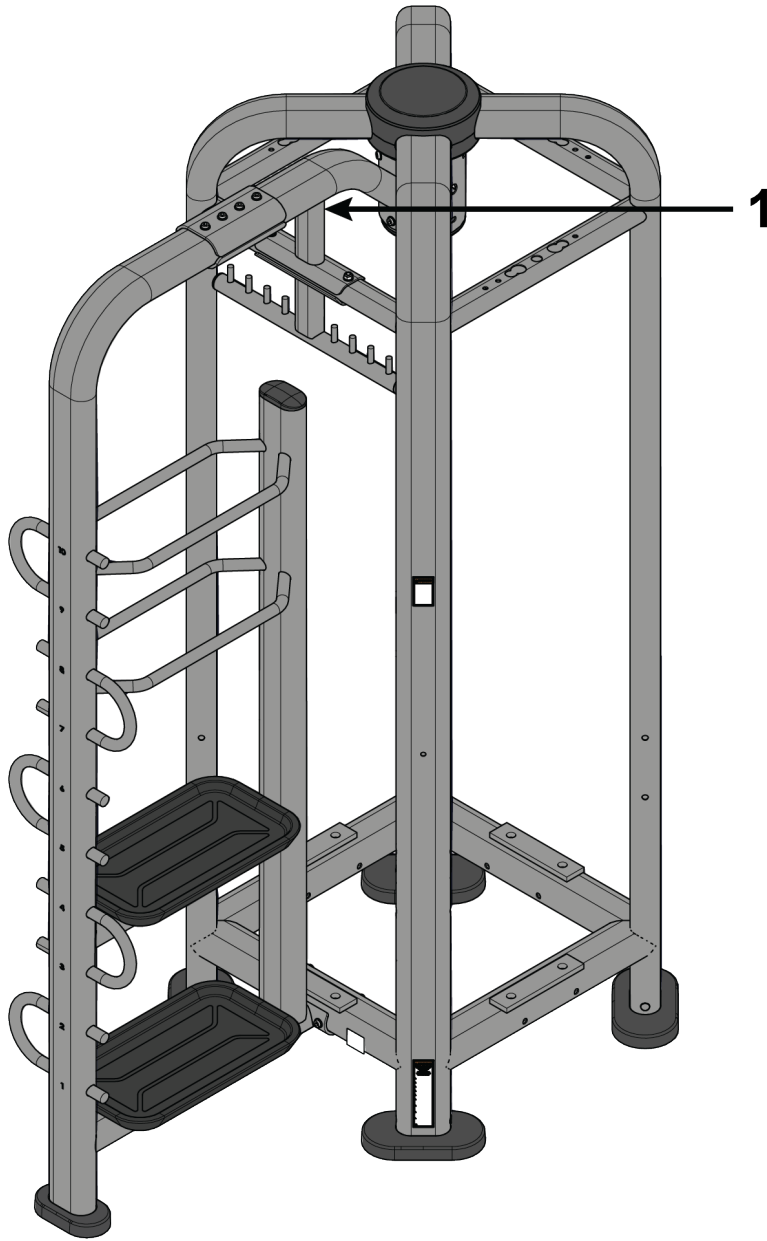
	Description	Qty
1	Weight At Handle Label	1
2	Serial Number Label	1
3	Placard	1

## Stall Bars (PP-SB)



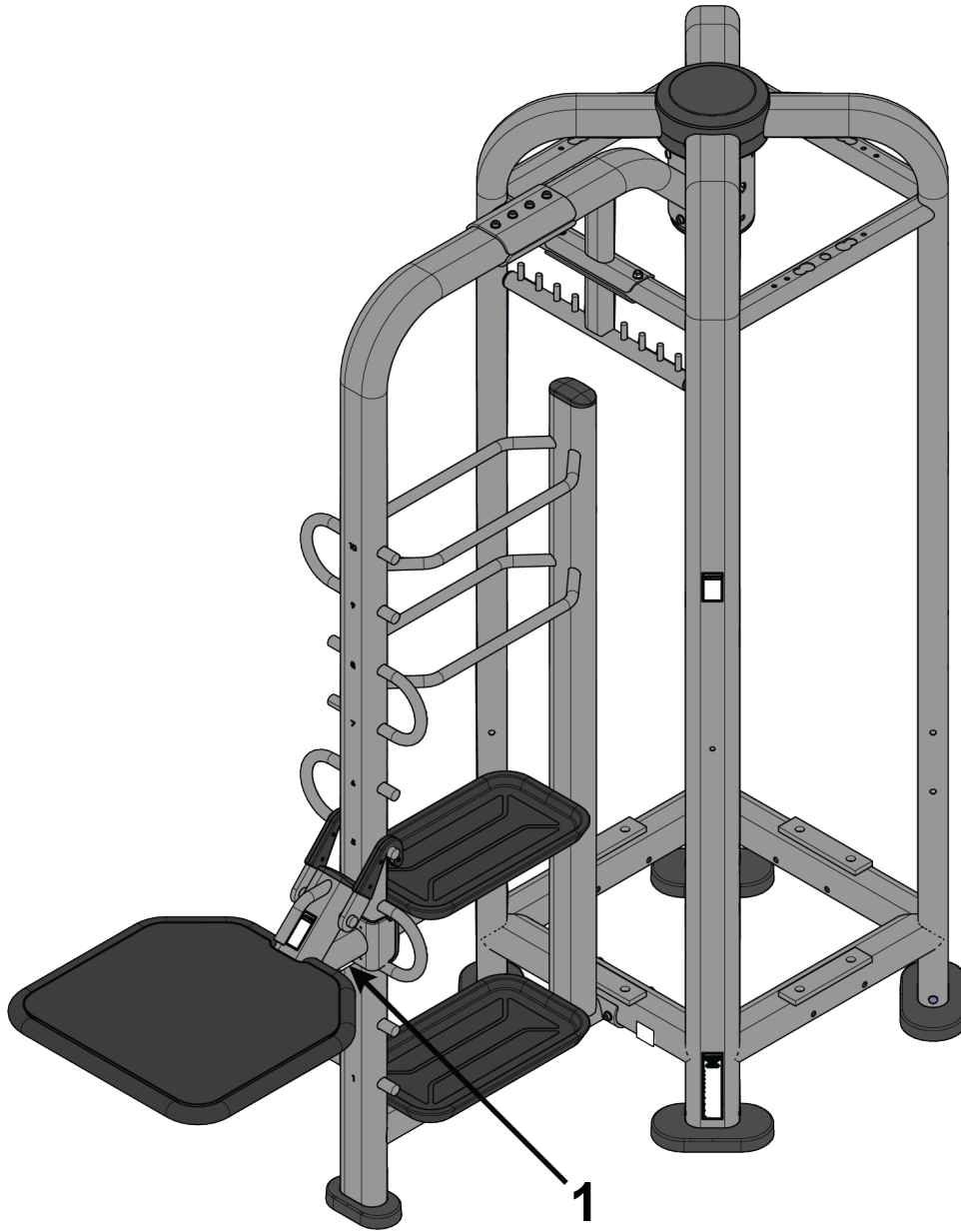
	Description	Qty
1	Serial Number Label	1
2	Placard	1

Storage Station (PP-SC)



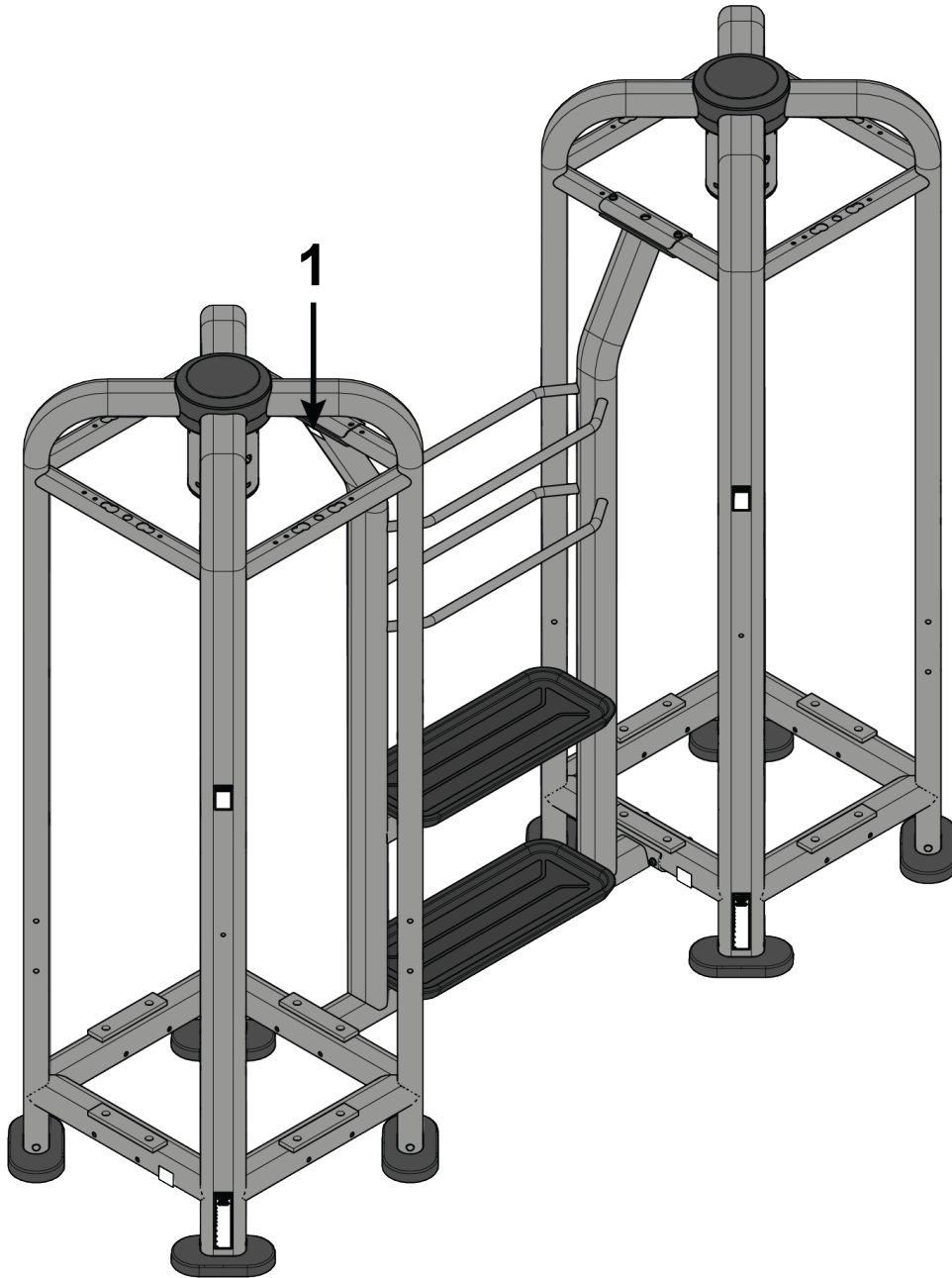
	Description	Qty
1	Serial Number Label	1

Step (PP-STP)



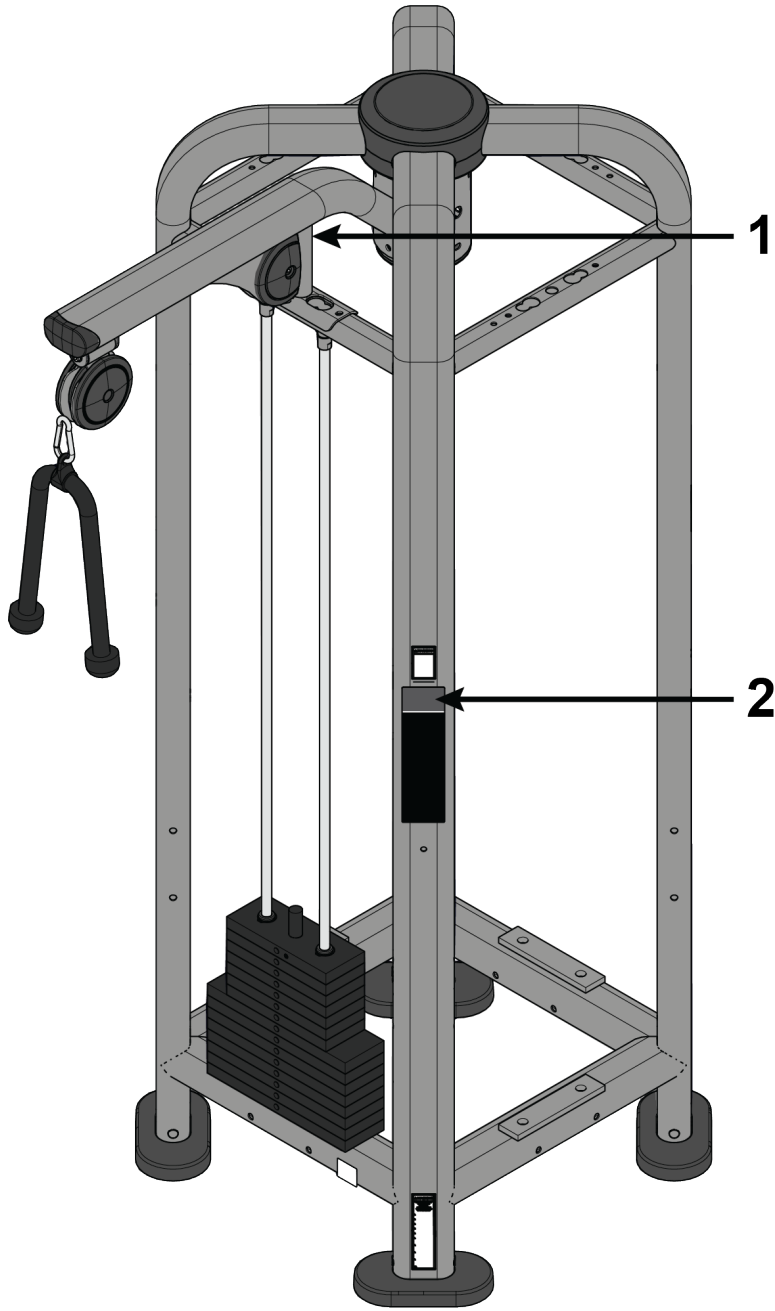
	Description	Qty
1	Serial Number Label	1

# Storage Connector (PP-SX)



	Description	Qty
1	Serial Number Label	1

# Triceps Pushdown (PP-TP)



	Description	Qty
1	Serial Number Label	1
2	Placard	1

# Customer Service

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## Product Registration

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To register product do the following:

1. Visit [www.cybexintl.com](http://www.cybexintl.com).
2. Locate Product Registration in the Support section.
3. Fill out form completely.
4. Click the **Submit** button to register product.

## Ordering Parts

---

To order parts online go to [www.cybexintl.com](http://www.cybexintl.com).

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

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

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

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

## Return Material Authorization (RMA)

---

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

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

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

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

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

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

## ***Damaged Parts***

---

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

### **Apparent Damage**

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

### **Concealed Damage**

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

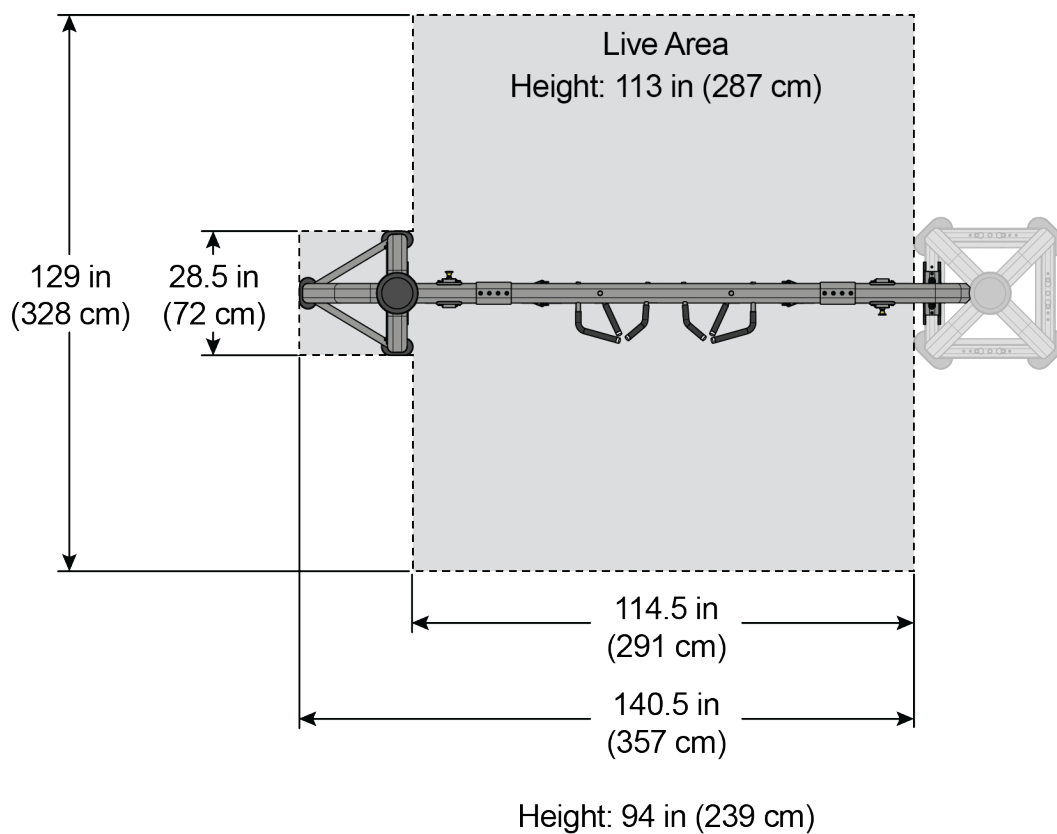
# Product Information

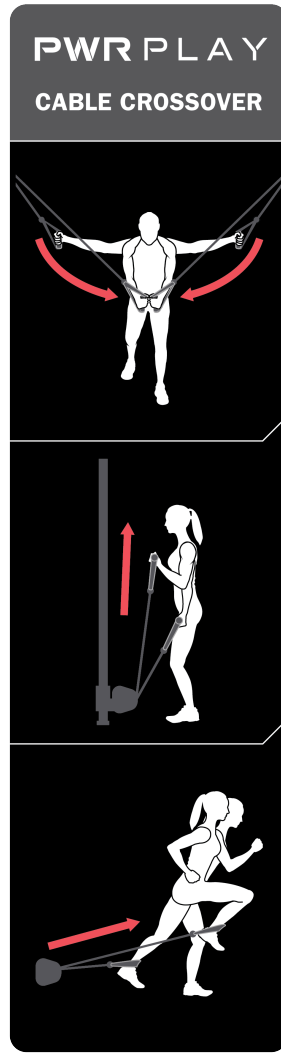
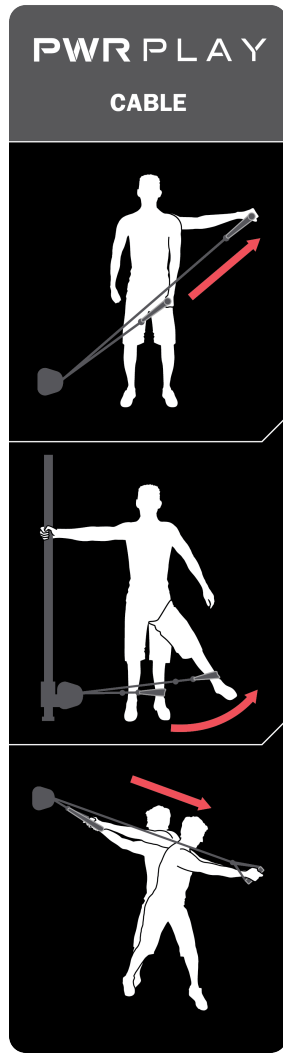
## Attached Cable Crossover (PP-ACO)

### Product Specifications

Description	Measurement
Machine Weight:	720 lbs/326.6 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack (per weight stack):	190 lbs/95 kg
Effective User Resistance (at the handle):	95 lbs/47.5 kg

### Product Dimensions



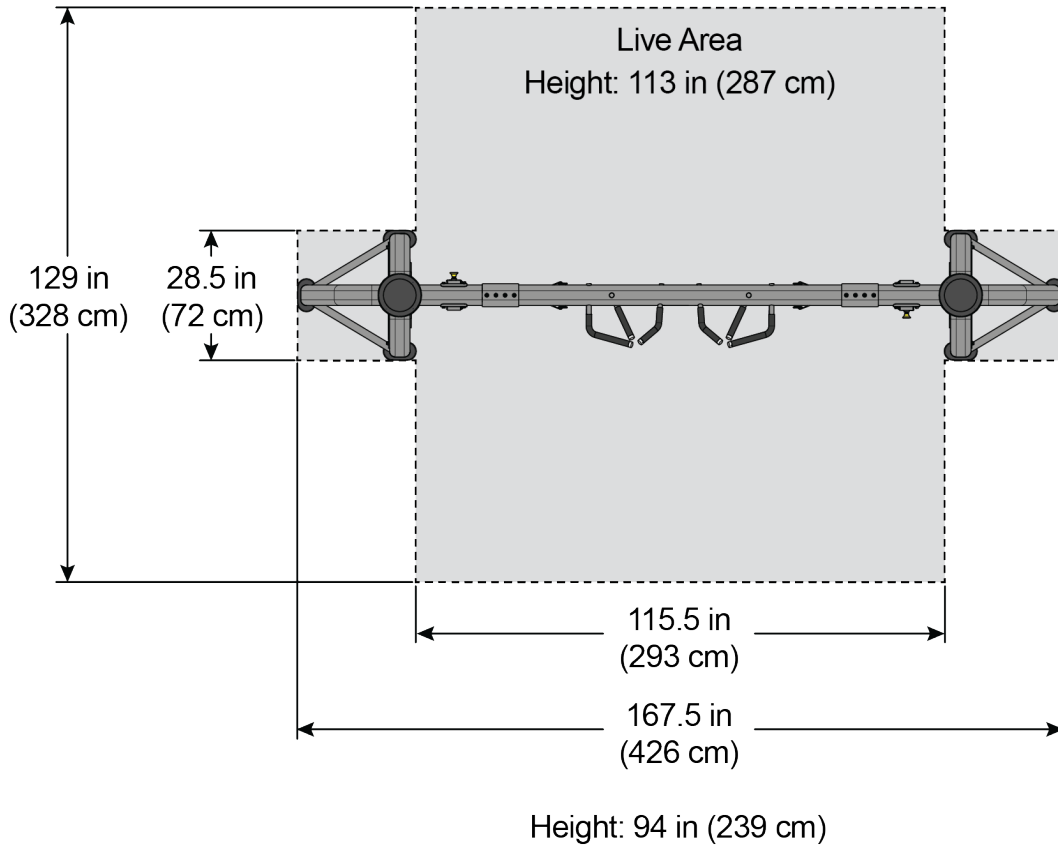


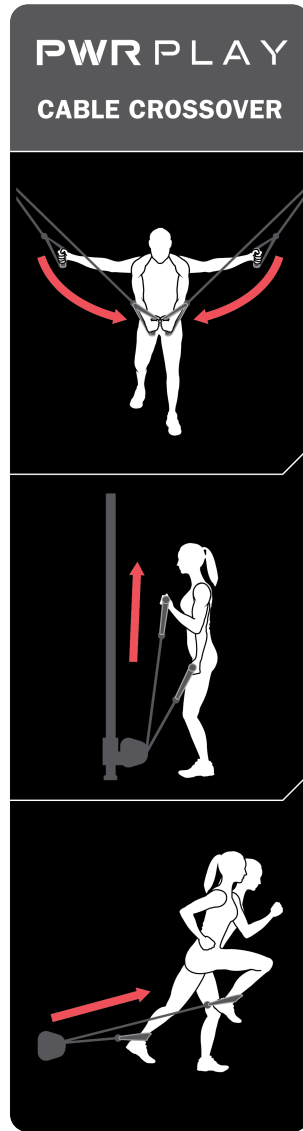
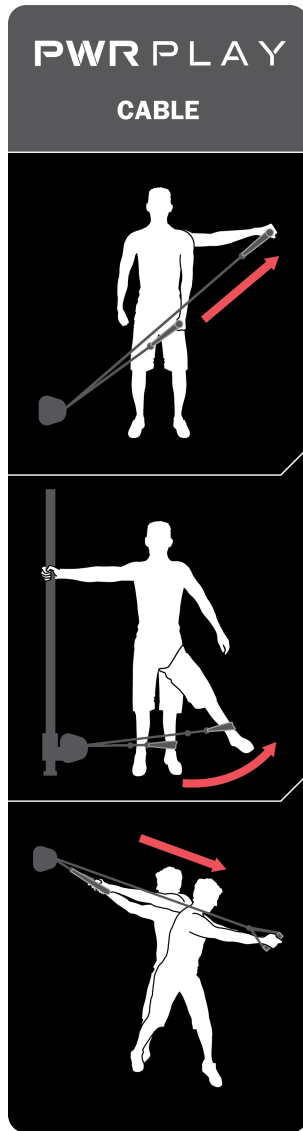
# Free Standing Cable Crossover (PP-ACOFs)

## Product Specifications

Description	Measurement
Machine Weight:	980 lbs/444.5 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack (per weight stack):	190 lbs/95 kg
Effective User Resistance (at the handle):	95 lbs/47.5 kg

## Product Dimensions



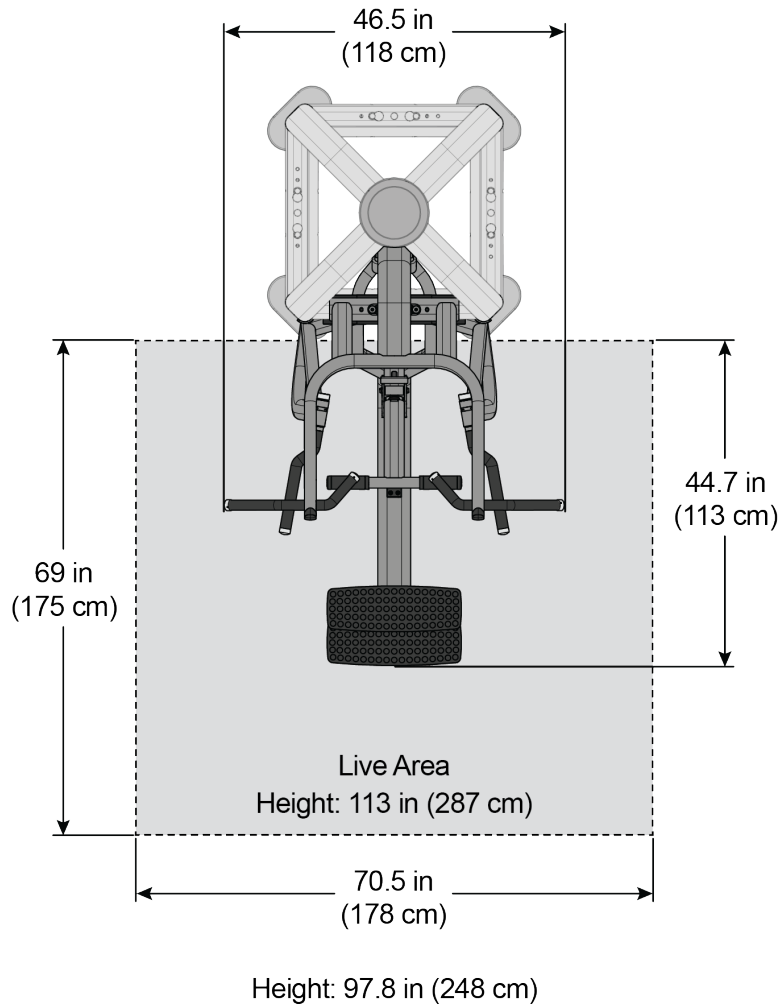


# Dip/Chin Assist (PP-ADC)

## Product Specifications

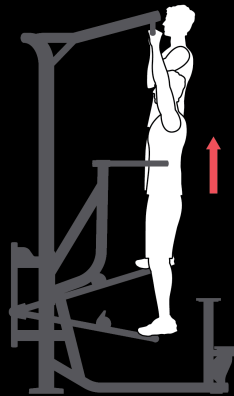
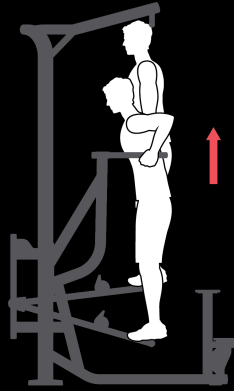
Description	Measurement
Machine Weight:	610 lbs/291 kg
Maximum User Weight:	300 lbs/136 kg
Weight Stack:	290 lbs/145 kg
Effective User Resistance:	118.75 lbs/59.38 kg

## Product Dimensions



PWR PLAY

DIP/CHIN ASSIST

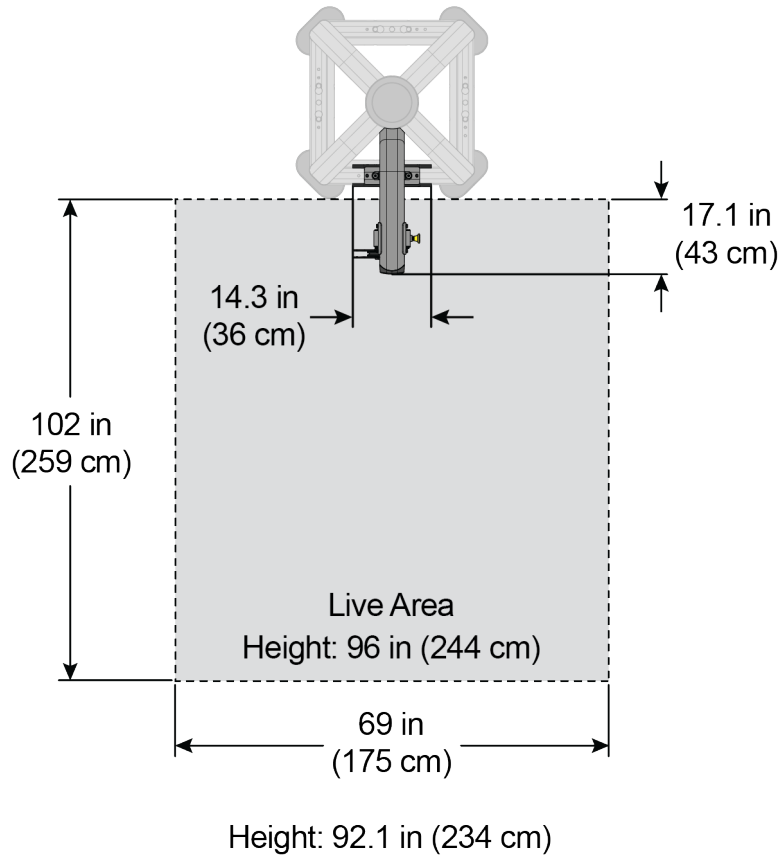


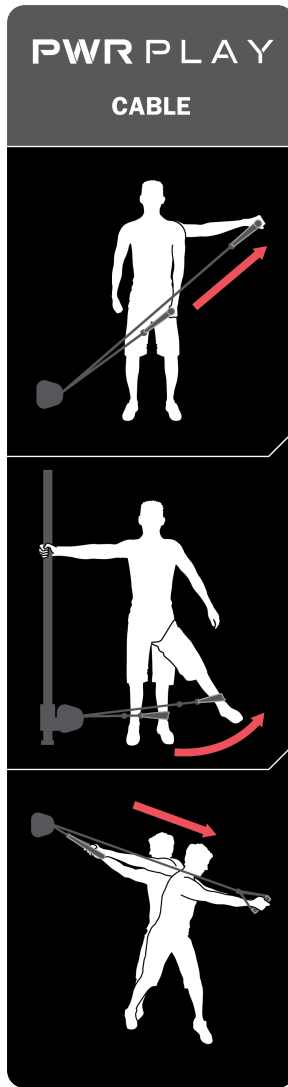
# Adjustable Cable Column (PP-AP)

## Product Specifications

Description	Measurement
Machine Weight:	260 lbs/117.9 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack:	190 lbs/95 kg
Effective User Resistance:	95 lbs/47.5 kg

## Product Dimensions



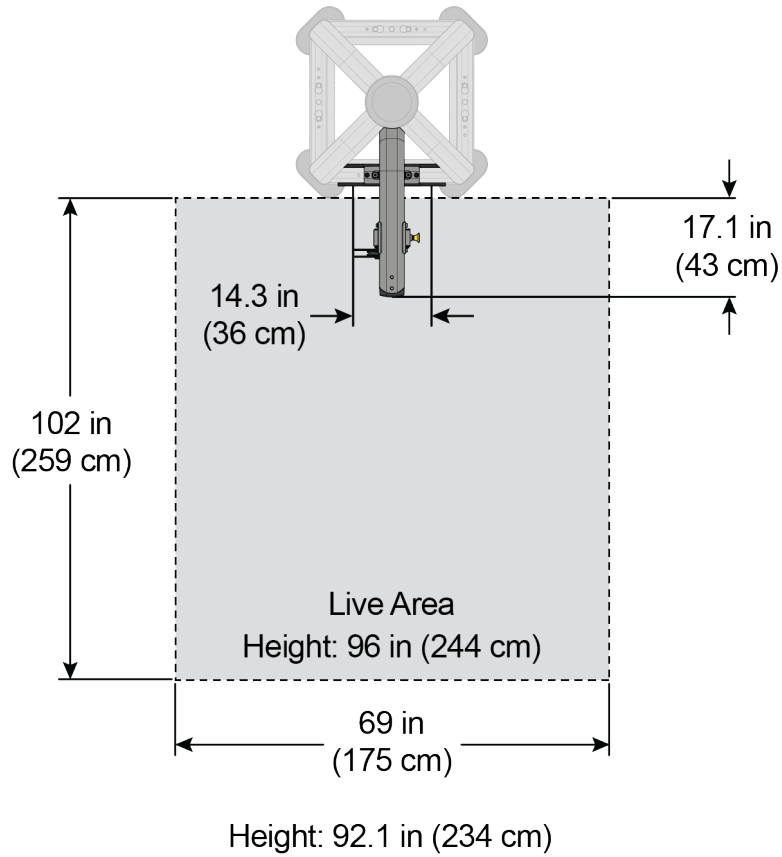


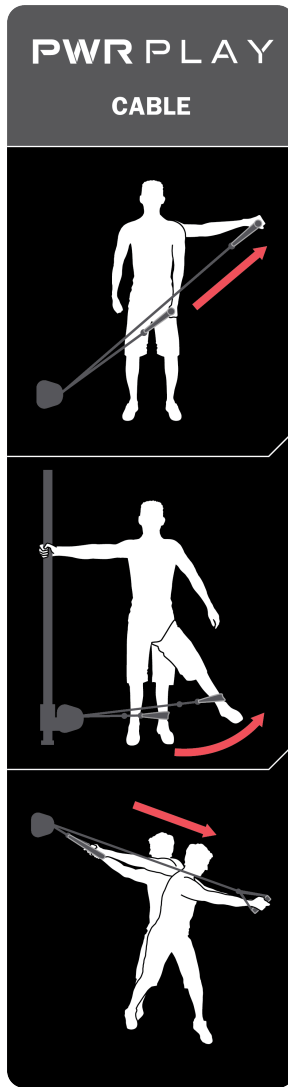
# Adjustable Pulley 4:1 (PP-AP41)

## Product Specifications

Description	Measurement
Machine Weight:	460 lbs/208.7 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	4:1
Weight Stack:	390 lbs/195 kg
Effective User Resistance:	97.5 lbs/48.75 kg

## Product Dimensions



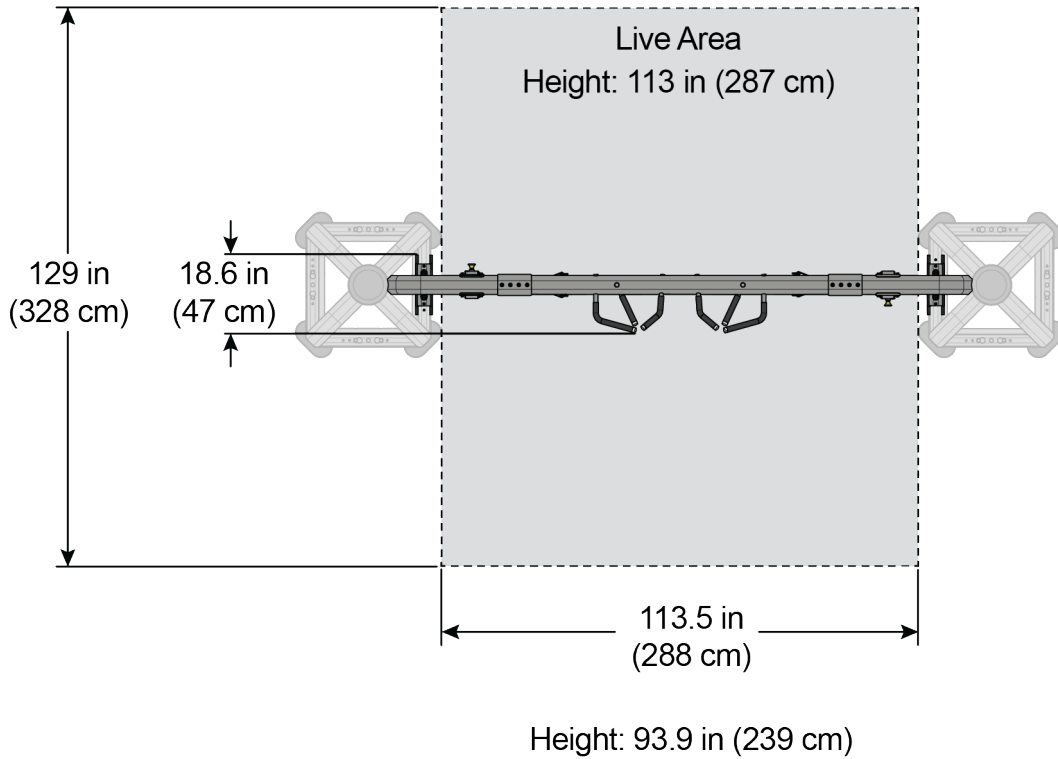


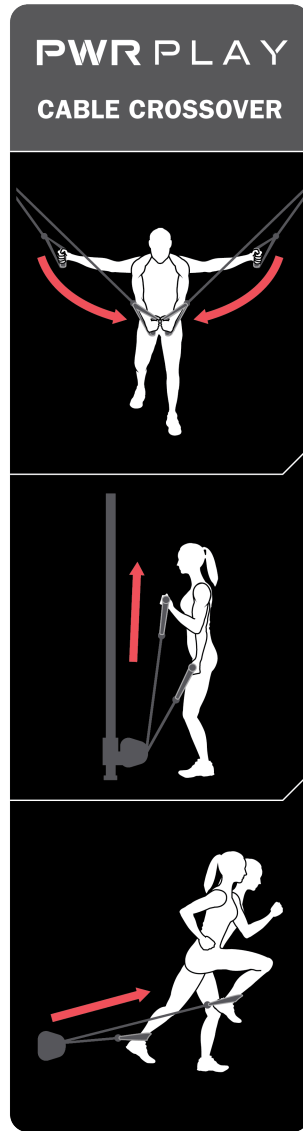
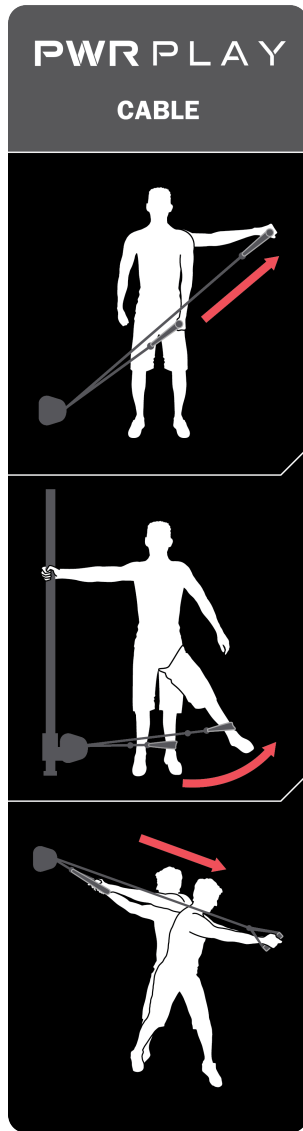
# Embedded Cable Crossover (PP-AXO)

## Product Specifications

Description	Measurement
Machine Weight:	600 lbs/272.2 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack (per weight stack):	190 lbs/95 kg
Effective User Resistance (at the handle):	95 lbs/47.5 kg

## Product Dimensions

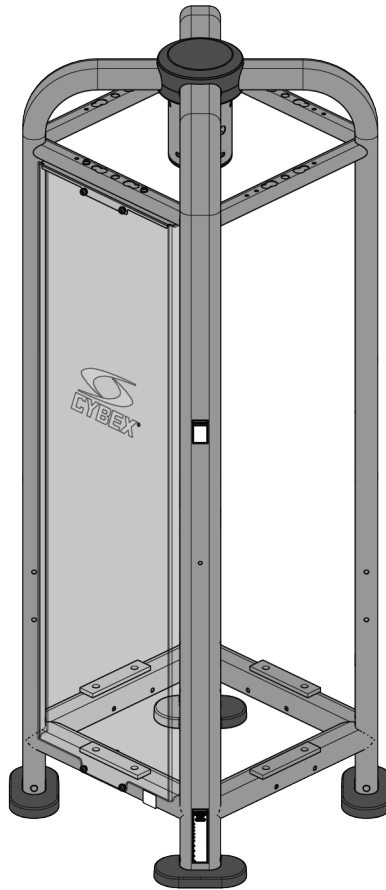




# Blank Shroud (PP-BLNKSHRD)

## Product Specifications

Description	Measurement
Machine Weight:	15 lbs/6.8 kg

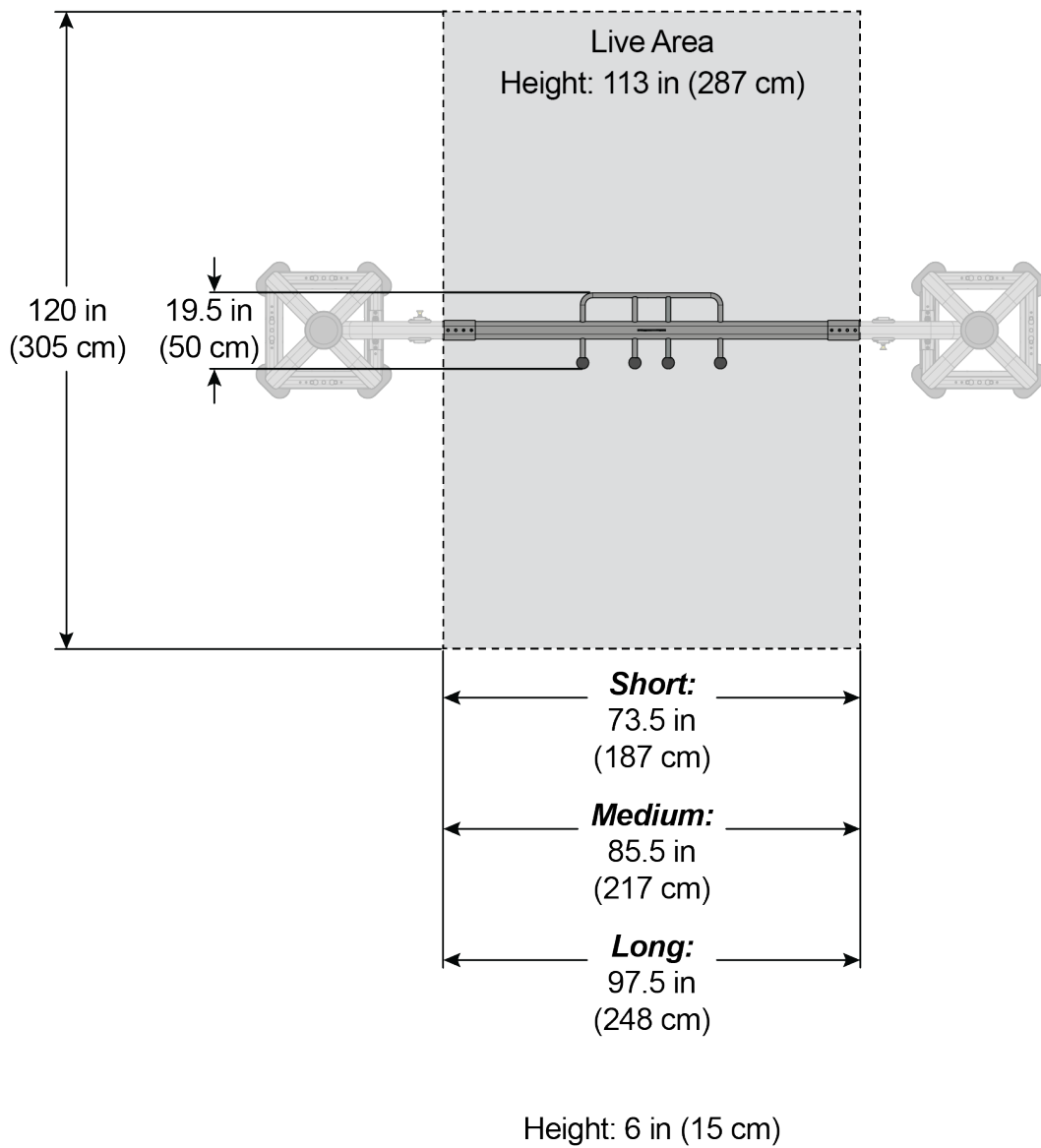


# Cable Crossover Connector (PP-BM)

## Product Specifications

Description	Measurement
Maximum User Weight:	300 lbs/136 kg
<b>Cable Crossover Connector - Short</b>	
Machine Weight:	56 lbs/25.4 kg
<b>Cable Crossover Connector - Medium</b>	
Machine Weight:	60 lbs/27.2 kg
<b>Cable Crossover Connector - Long</b>	
Machine Weight:	64.5 lbs/29.3 kg

## Product Dimensions

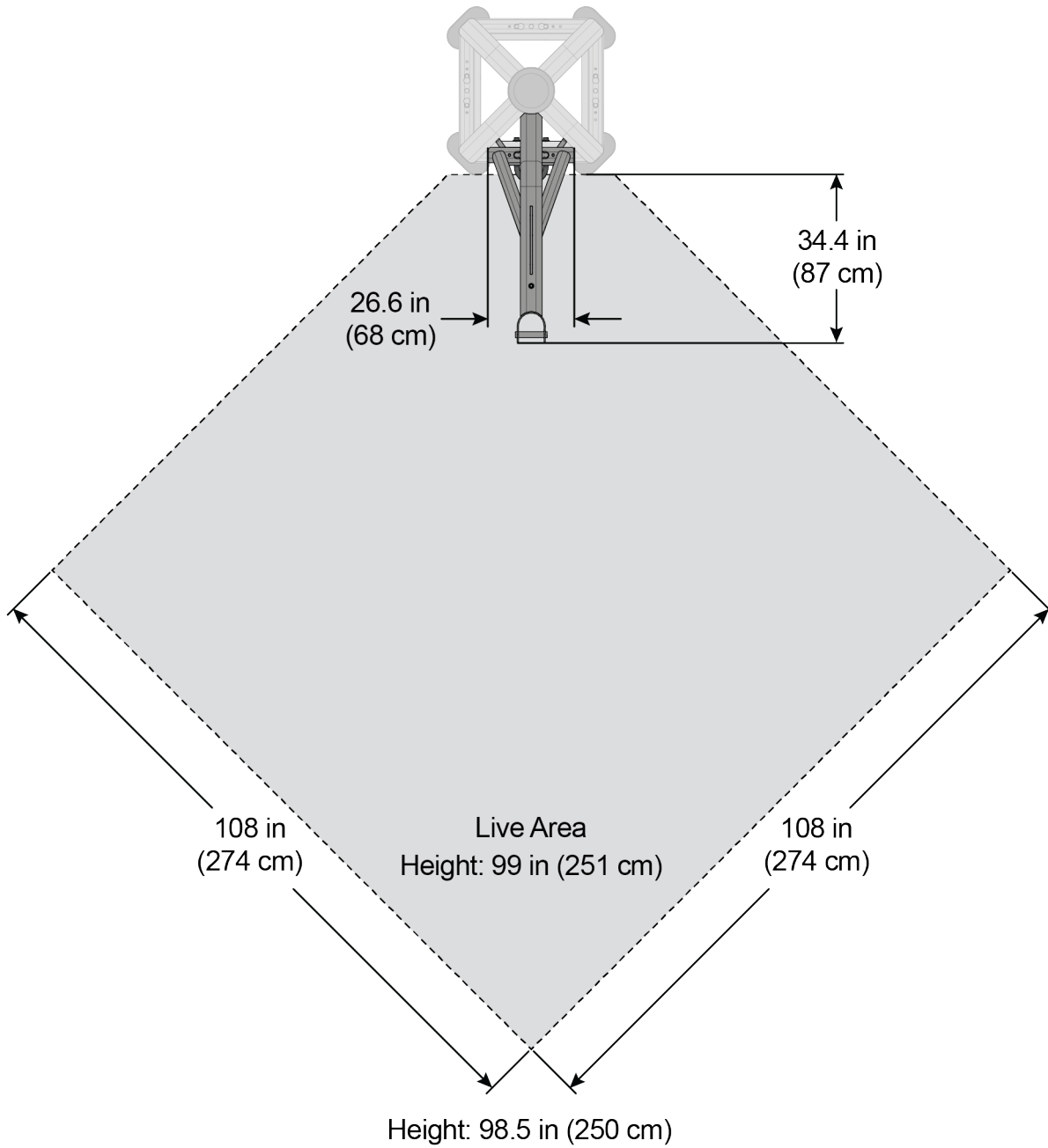


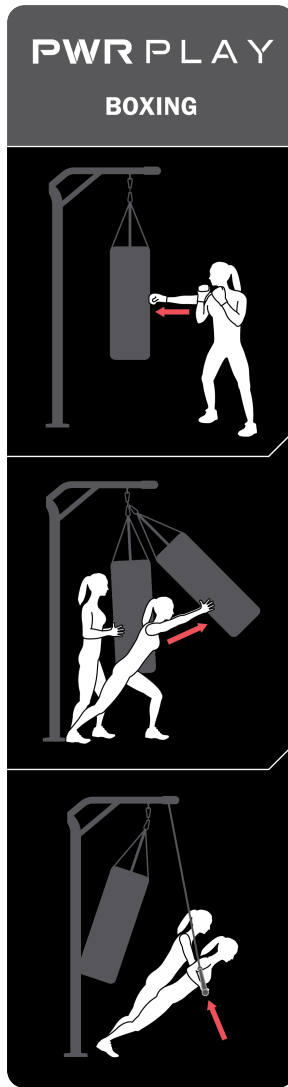
# Boxing (PP-BX)

## Product Specifications

Description	Measurement
Machine Weight:	70 lbs/31.8 kg

## Product Dimensions



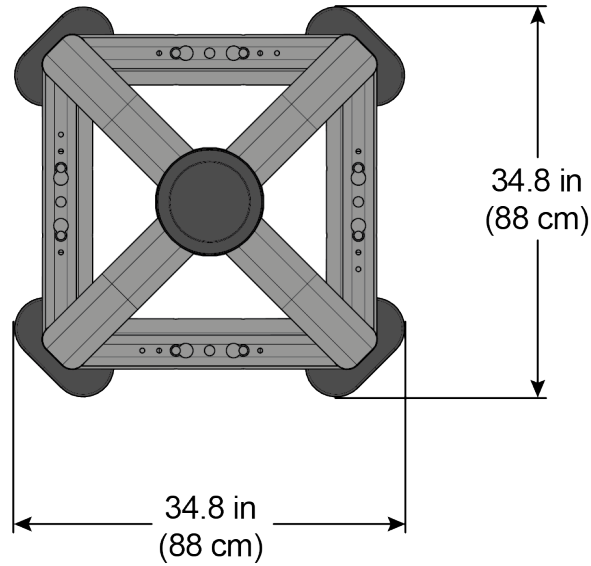


# Core (PP-CORE)

## Product Specifications

Description	Measurement
Machine Weight:	225 lbs/102.1 kg

## Product Dimensions



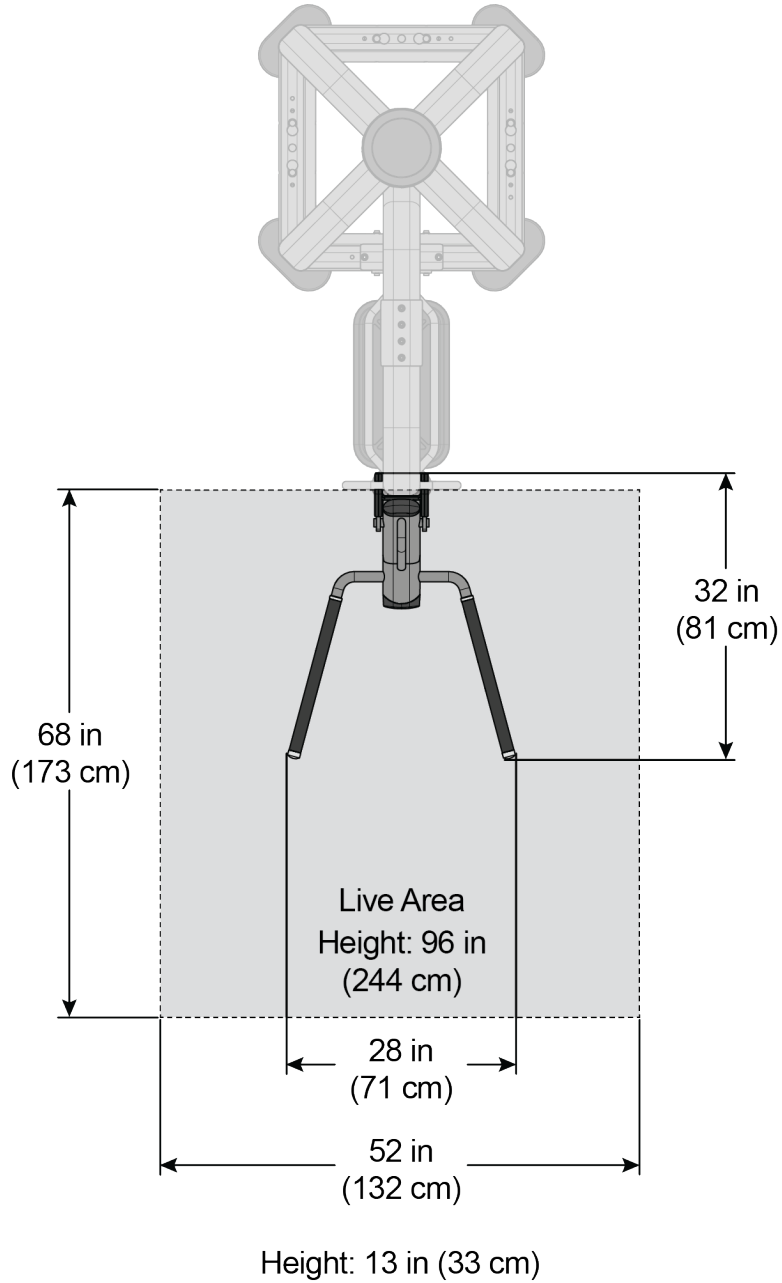
Height: 94 in (239 cm)

# Dip (PP-DIP)

## Product Specifications

Description	Measurement
Machine Weight:	27 lbs/12.2 kg
Maximum User Weight:	300 lbs/136 kg

## Product Dimensions

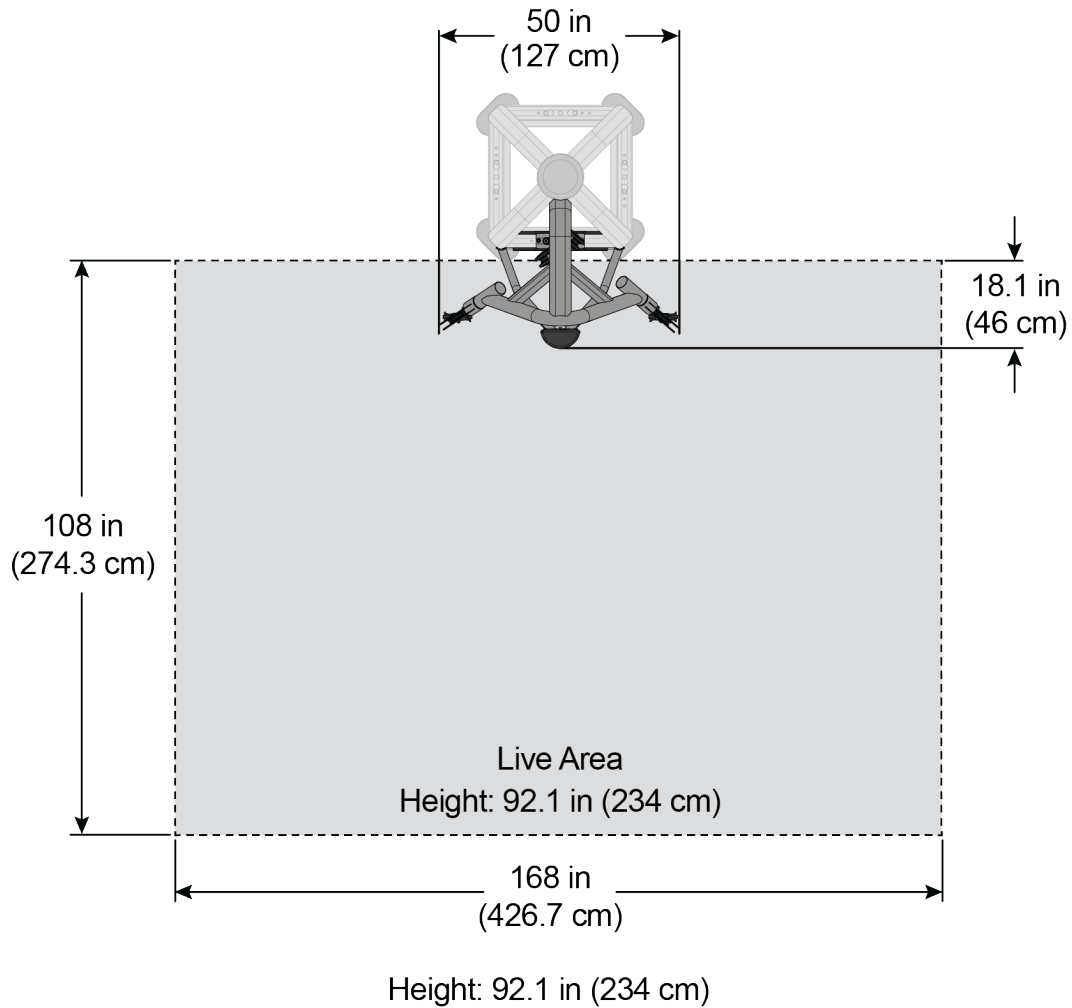


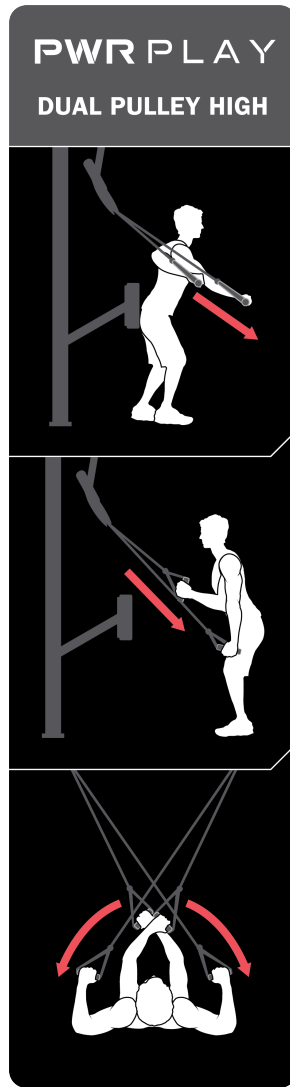
# Dual Pulley High (PP-DPH)

## Product Specifications

Description	Measurement
Machine Weight:	430 lbs/195 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	4:1
Weight Stack:	290 lbs/145 kg
Effective User Resistance (per handle):	72.5 lbs/36.25 kg

## Product Dimensions



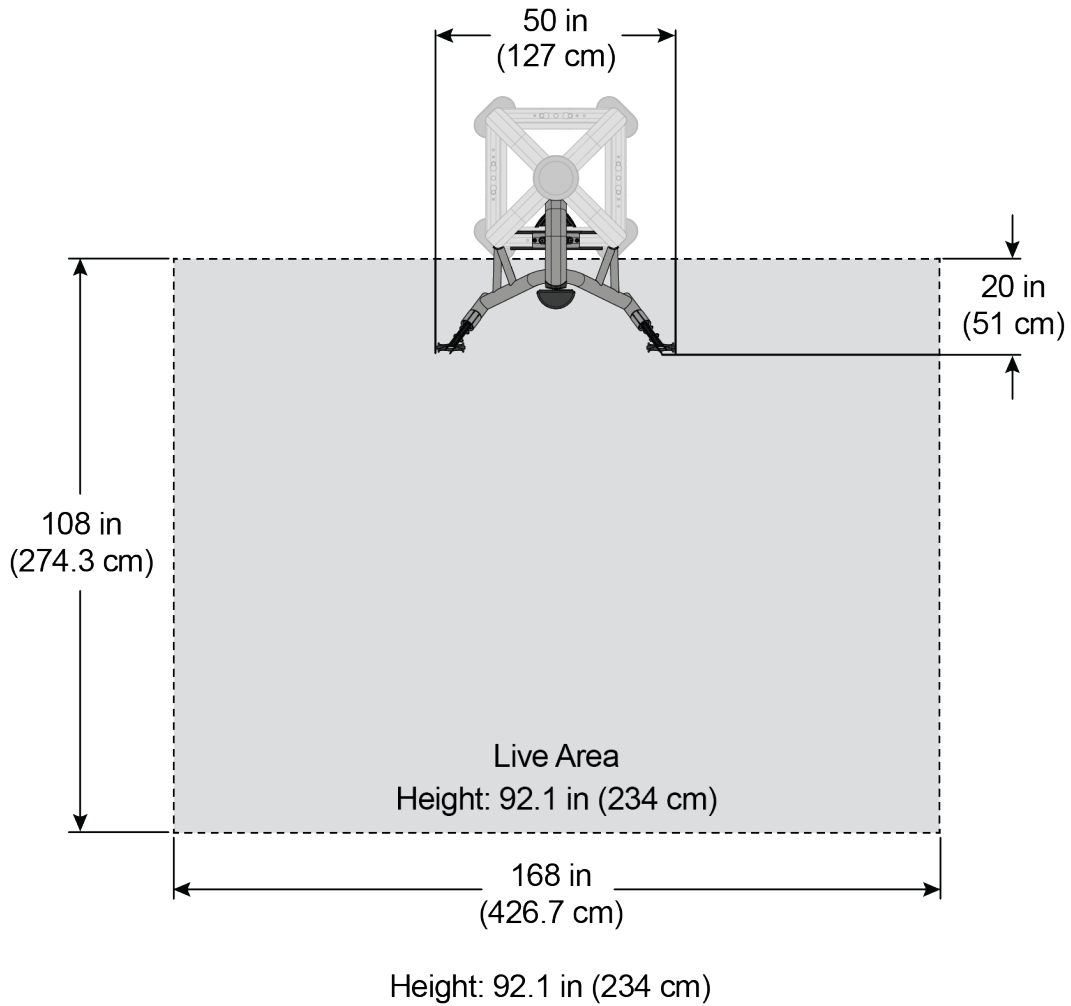


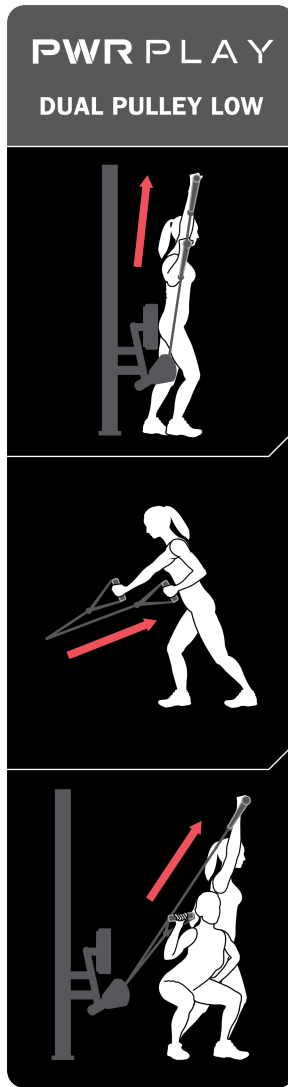
# Dual Pulley Low (PP-DPL)

## Product Specifications

Description	Measurement
Machine Weight:	435 lbs/197.3 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	4:1
Weight Stack:	290 lbs/145 kg
Effective User Resistance (per handle):	72.5 lbs/36.25 kg

## Product Dimensions



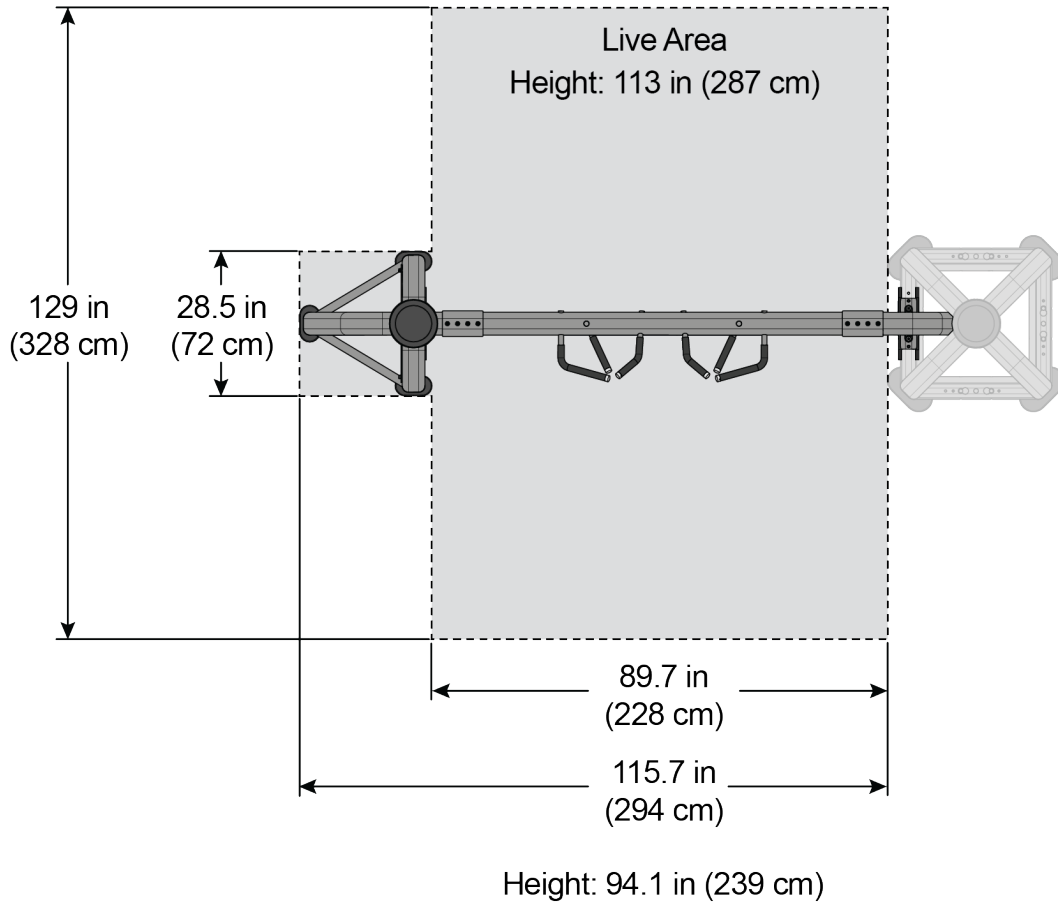


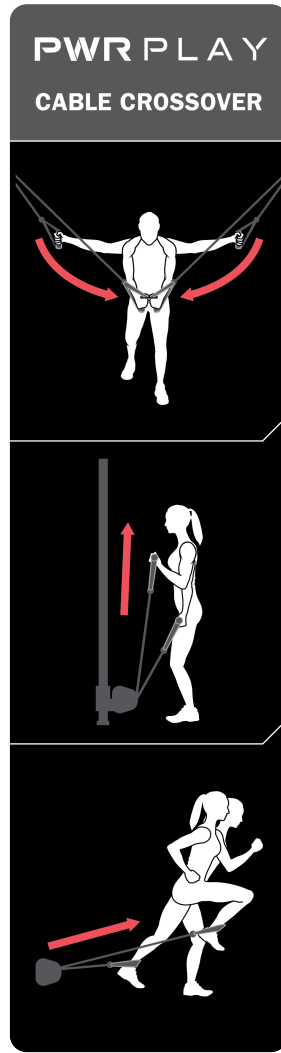
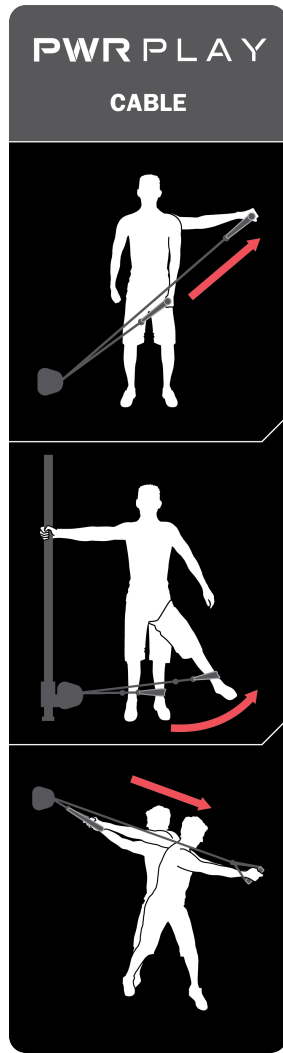
# Attached High Low Crossover (PP-FCO)

## Product Specifications

Description	Measurement
Machine Weight:	650 lbs/294.8 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack (per weight stack):	190 lbs/95 kg
Effective User Resistance (at the handle):	95 lbs/47.5 kg

## Product Dimensions



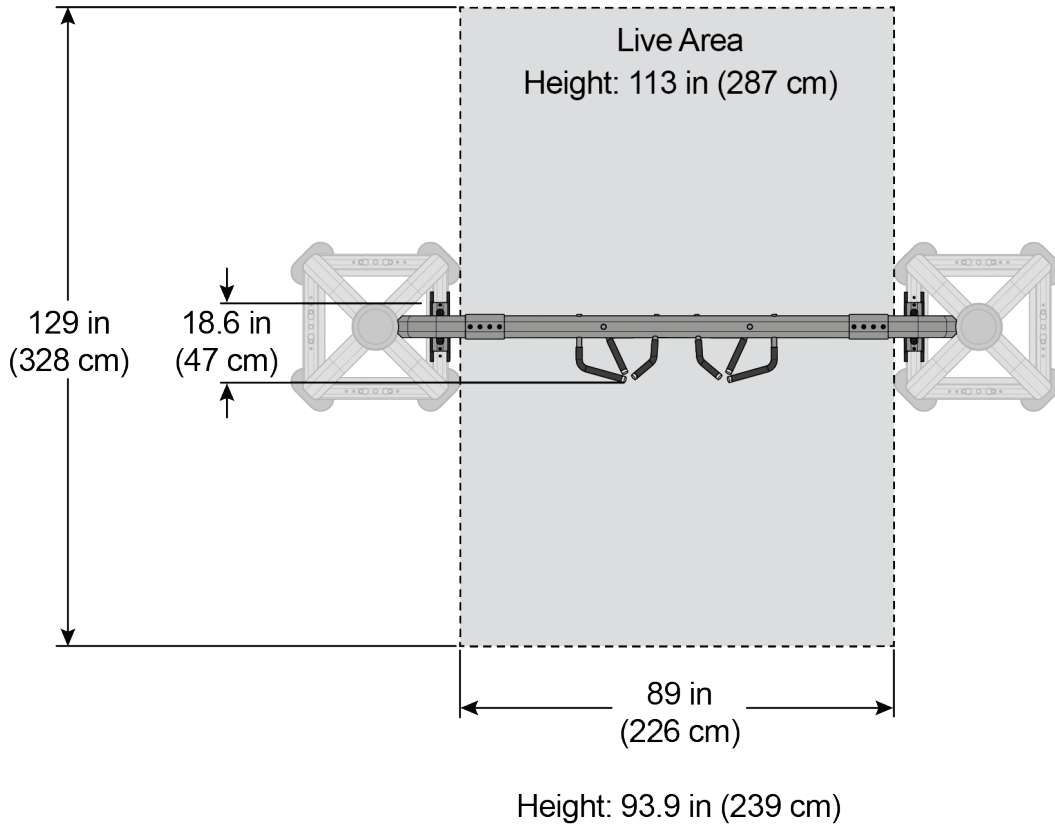


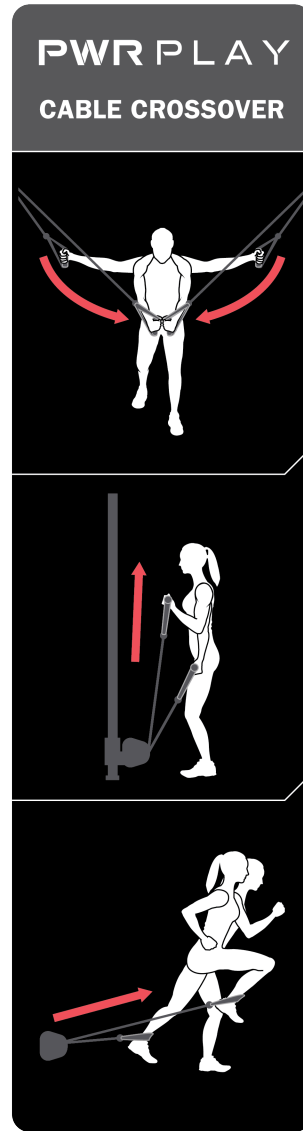
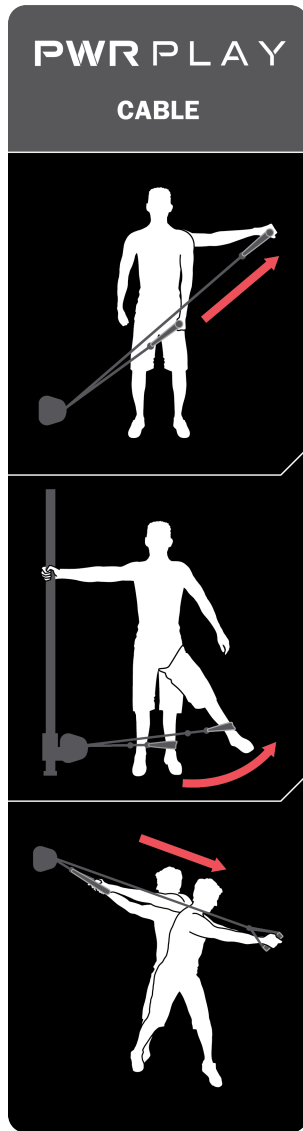
# Embedded High Low Crossover (PP-FXO)

## Product Specifications

Description	Measurement
Machine Weight:	530 lbs/240.4 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack (per weight stack):	190 lbs/95 kg
Effective User Resistance (at the handle):	95 lbs/47.5 kg

## Product Dimensions



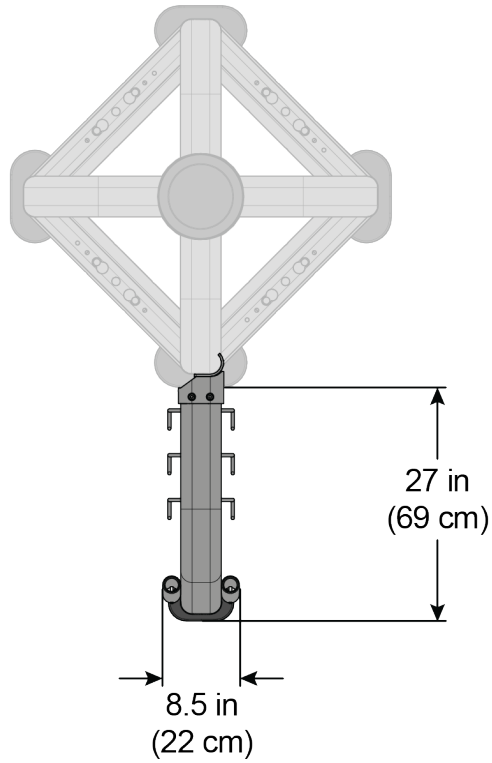


## Handle Accessory Rack (PP-HAR)

### Product Specifications

Description	Measurement
Machine Weight:	31 lbs/14.1 kg

### Product Dimensions



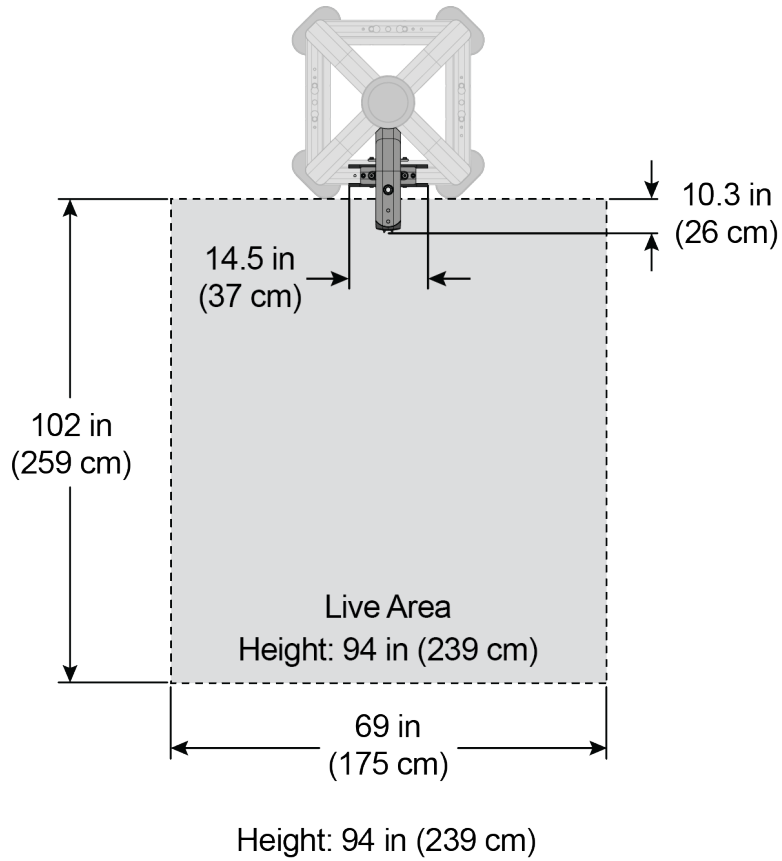
Height: 28 in (71 cm)

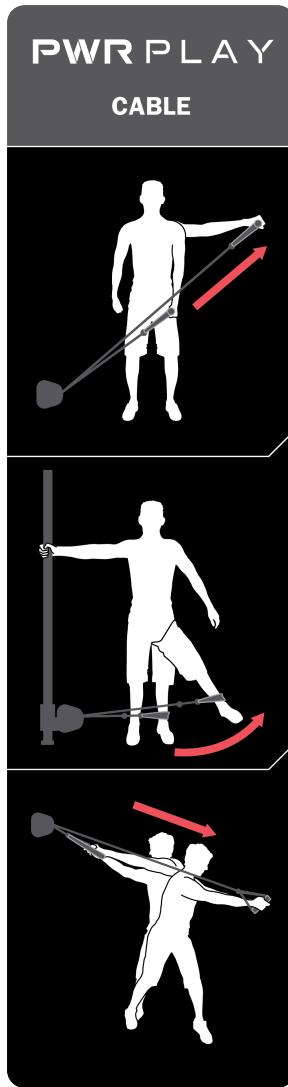
# High Low (PP-HL)

## Product Specifications

Description	Measurement
Machine Weight:	260 lbs/117.9 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack:	190 lbs/95 kg
Effective User Resistance:	95 lbs/47.5 kg

## Product Dimensions



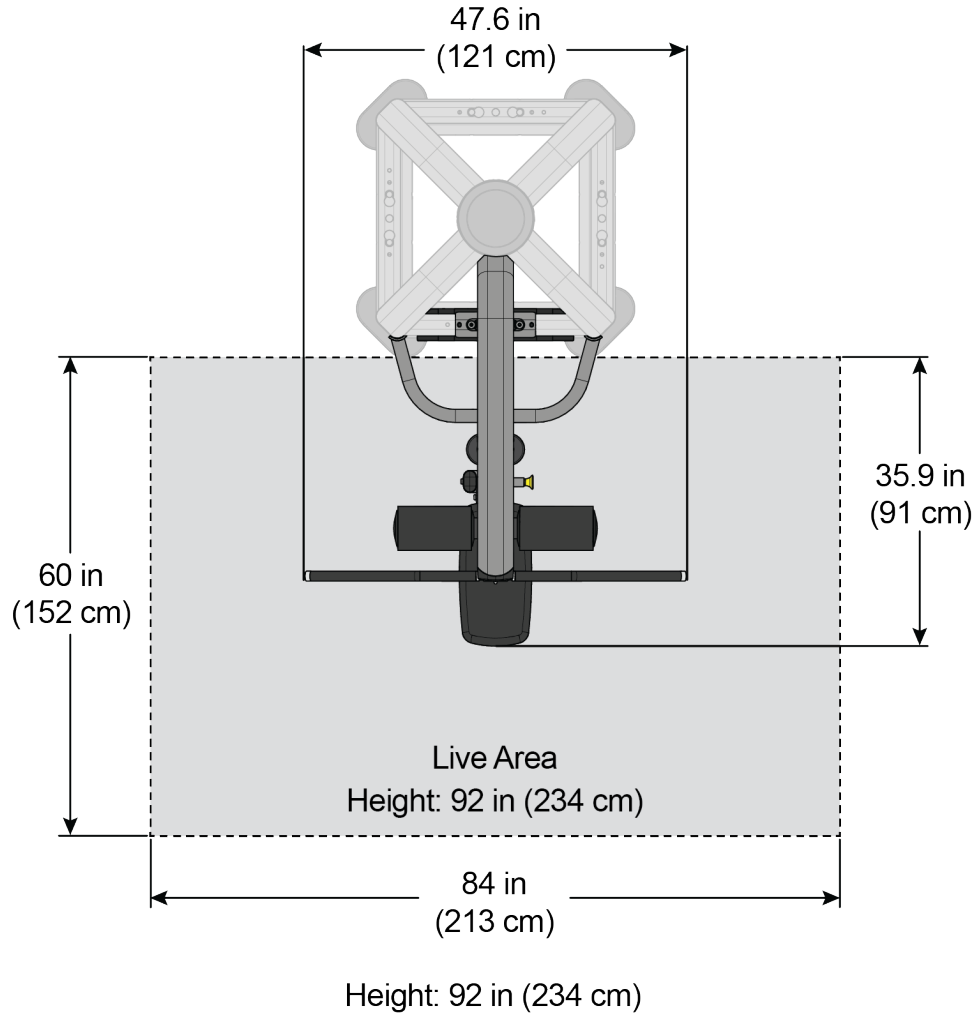


# Lat Pull (PP-LP)

## Product Specifications

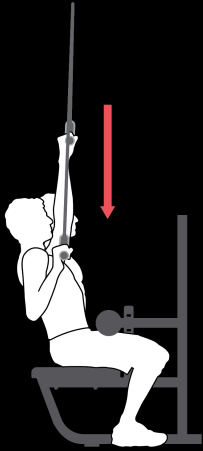
Description	Measurement
Machine Weight:	340 lbs/154.2 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:1
Weight Stack:	260 lbs/130 kg
Effective User Resistance:	260 lbs/130 kg

## Product Dimensions



PWR PLAY

LAT PULLDOWN

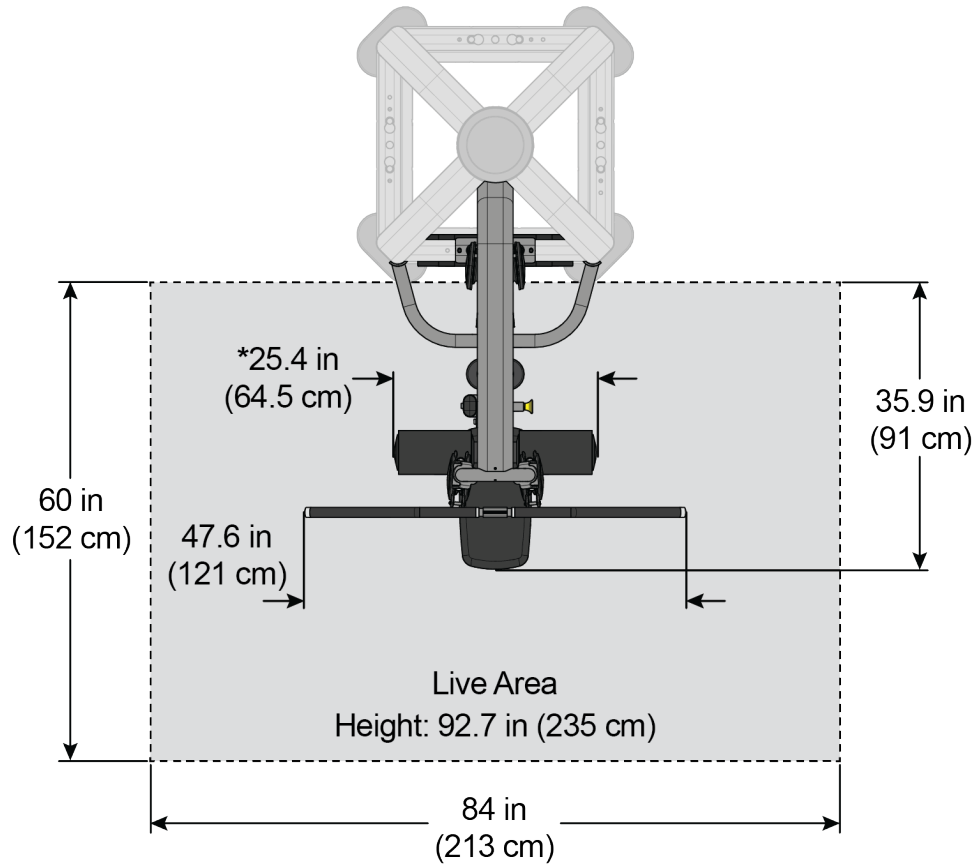


# Dual Handle Lat Pull (PP-LPD)

## Product Specifications

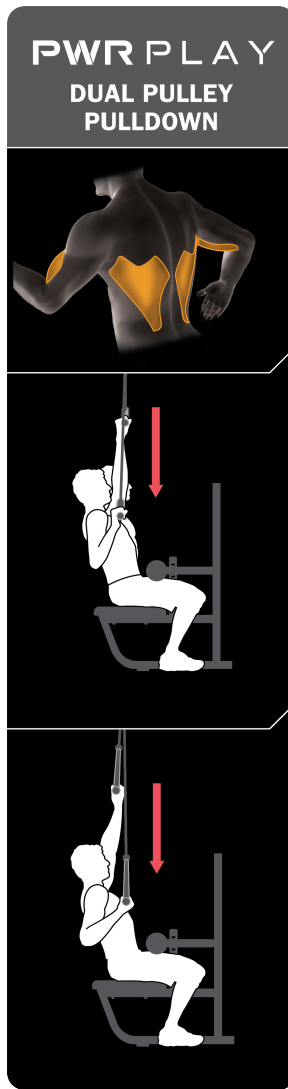
Description	Measurement
Machine Weight:	340 lbs/154.2 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack:	260 lbs/130 kg
Effective User Resistance (per handle):	130 lbs/65 kg

## Product Dimensions



Height: 92.7 in (235 cm)

 **Note:** \*Width with the Strap Handles only and without the Lat Bar

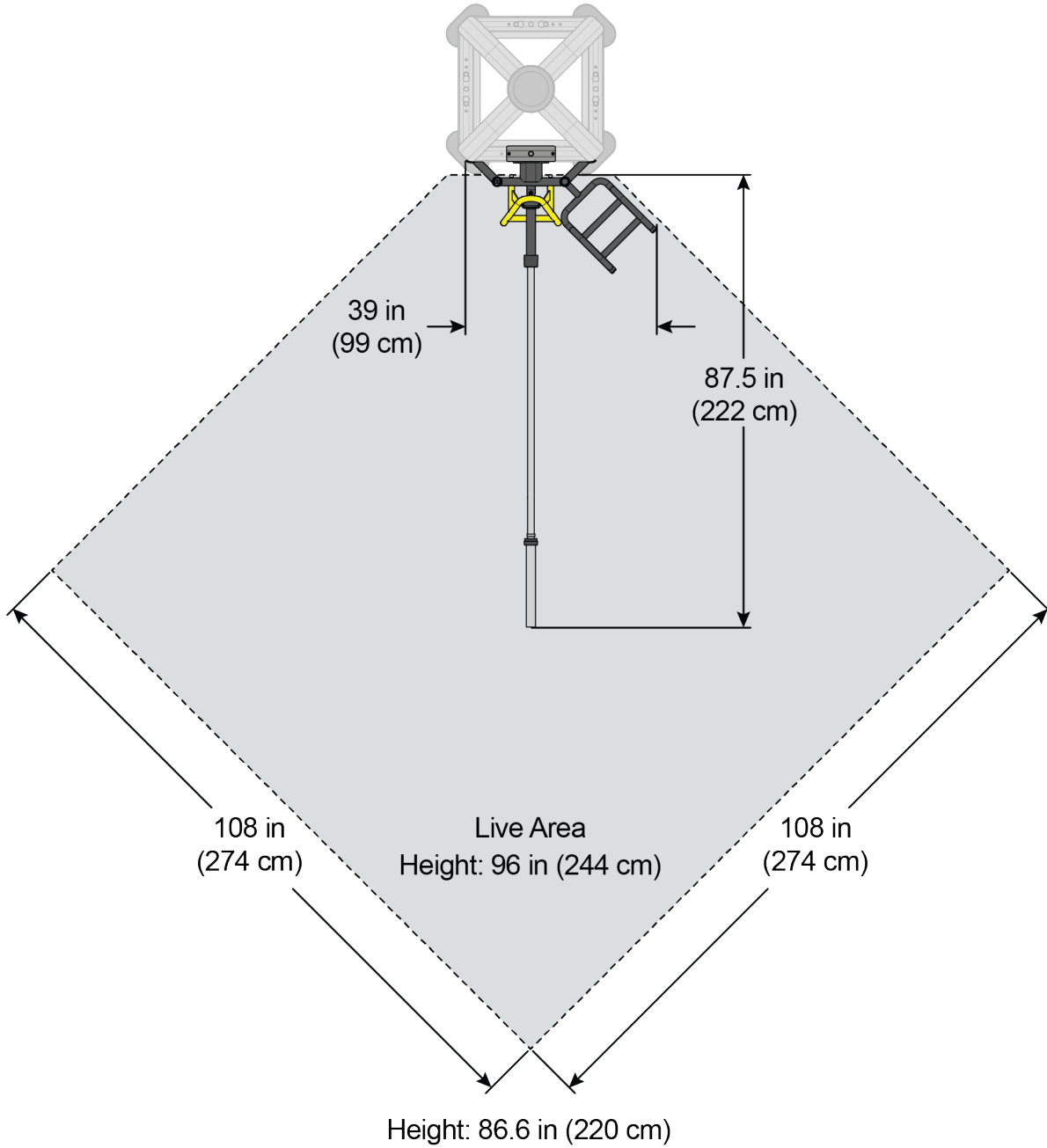


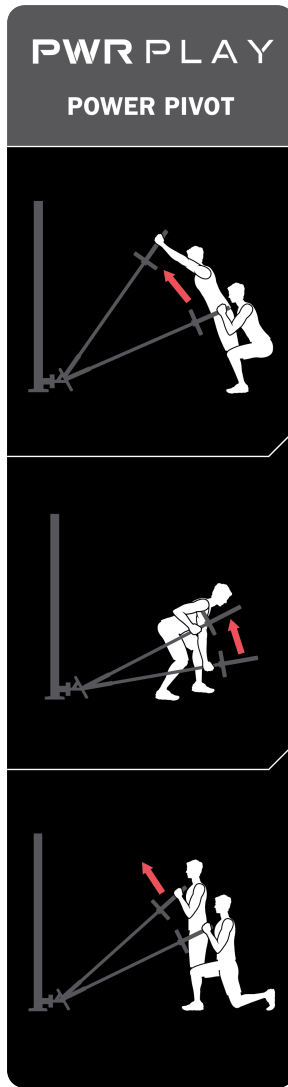
# Power Pivot (PP-PP)

## Product Specifications

Description	Measurement
Machine Weight:	80 lbs/36.3 kg

## Product Dimensions



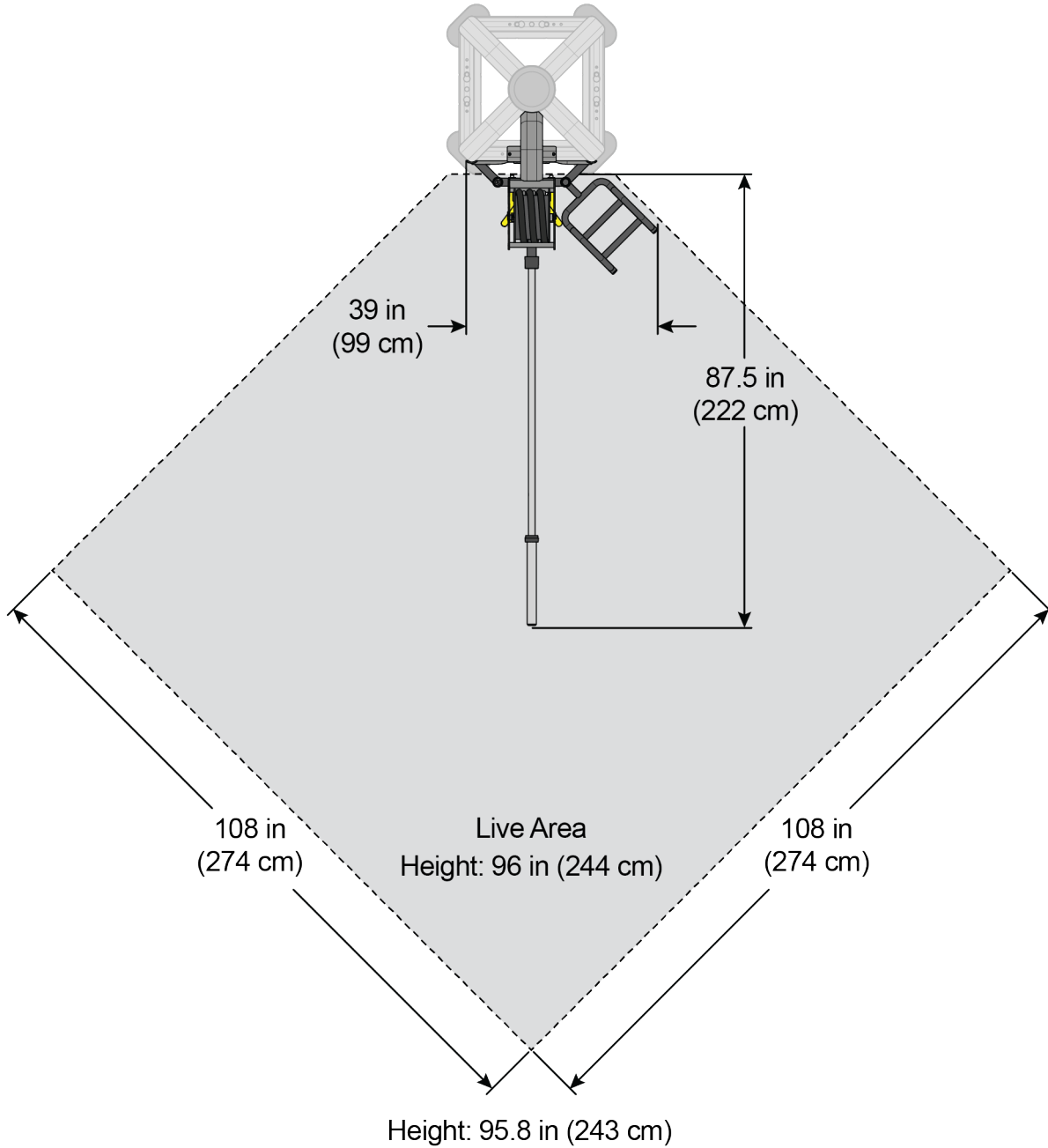


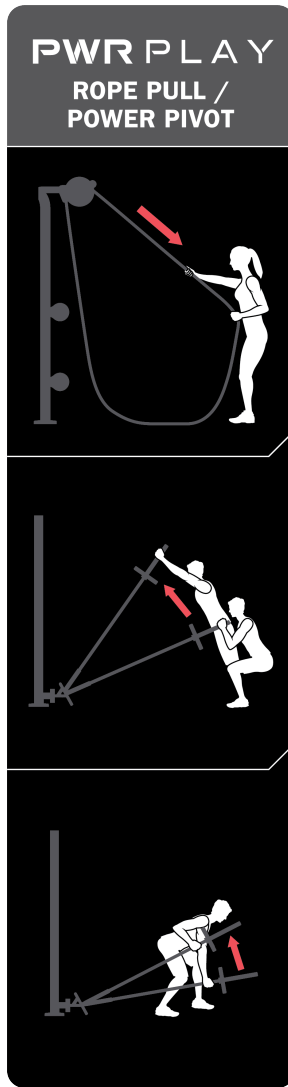
# Rope Pull - Power Pivot (PP-RP)

## Product Specifications

Description	Measurement
Machine Weight:	179 lbs/81.2 kg

## Product Dimensions



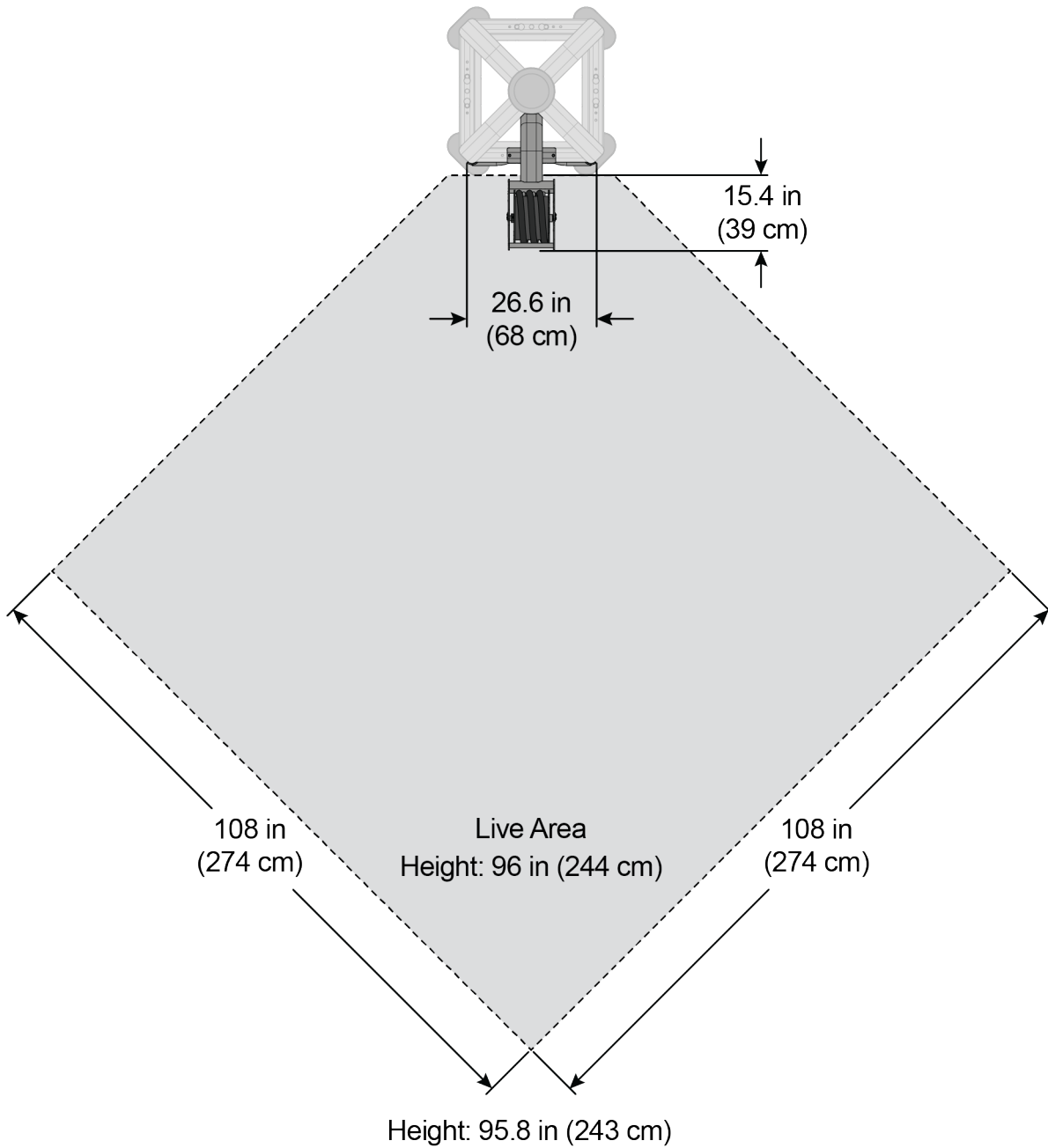


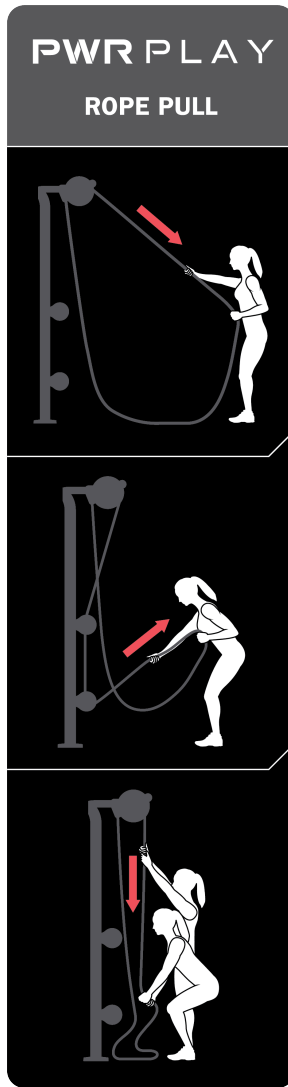
# Rope Pull (PP-RPL)

## Product Specifications

Description	Measurement
Machine Weight:	99 lbs/44.9 kg

## Product Dimensions



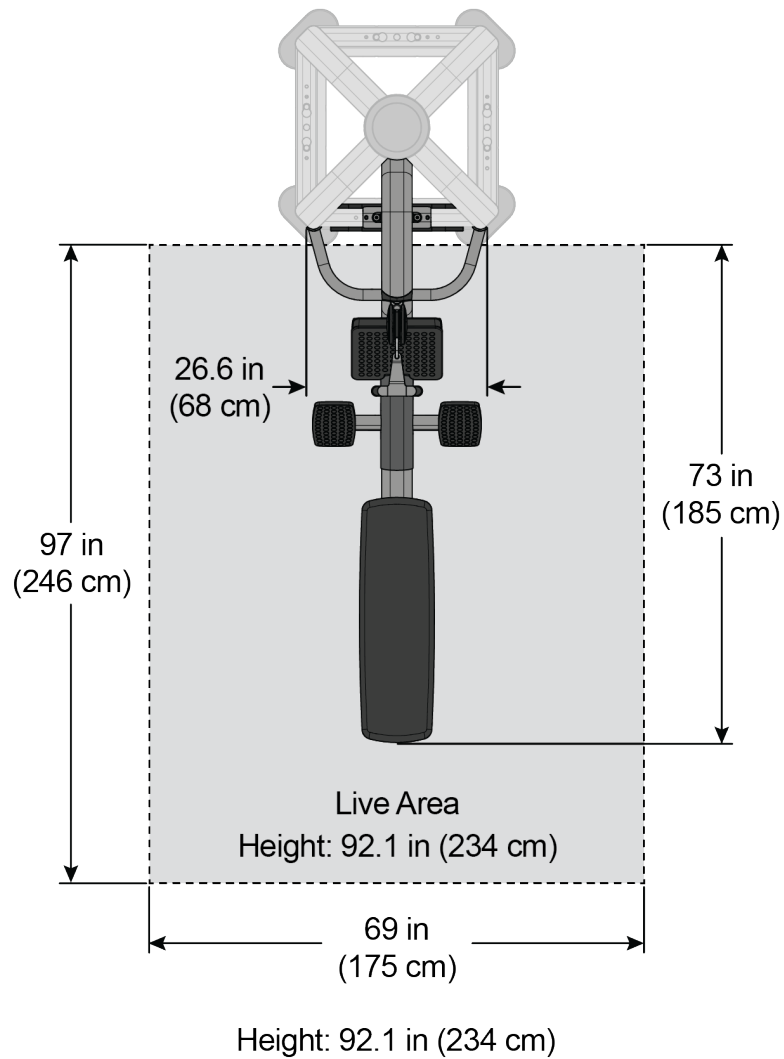


## Low Row (PP-RW)

### Product Specifications

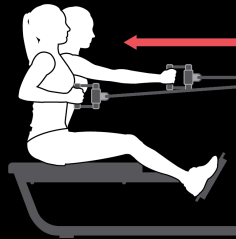
Description	Measurement
Machine Weight:	360 lbs/163.3 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:1
Weight Stack:	260 lbs/130 kg
Effective User Resistance:	260 lbs/130 kg

### Product Dimensions



PWR PLAY

LOW ROW

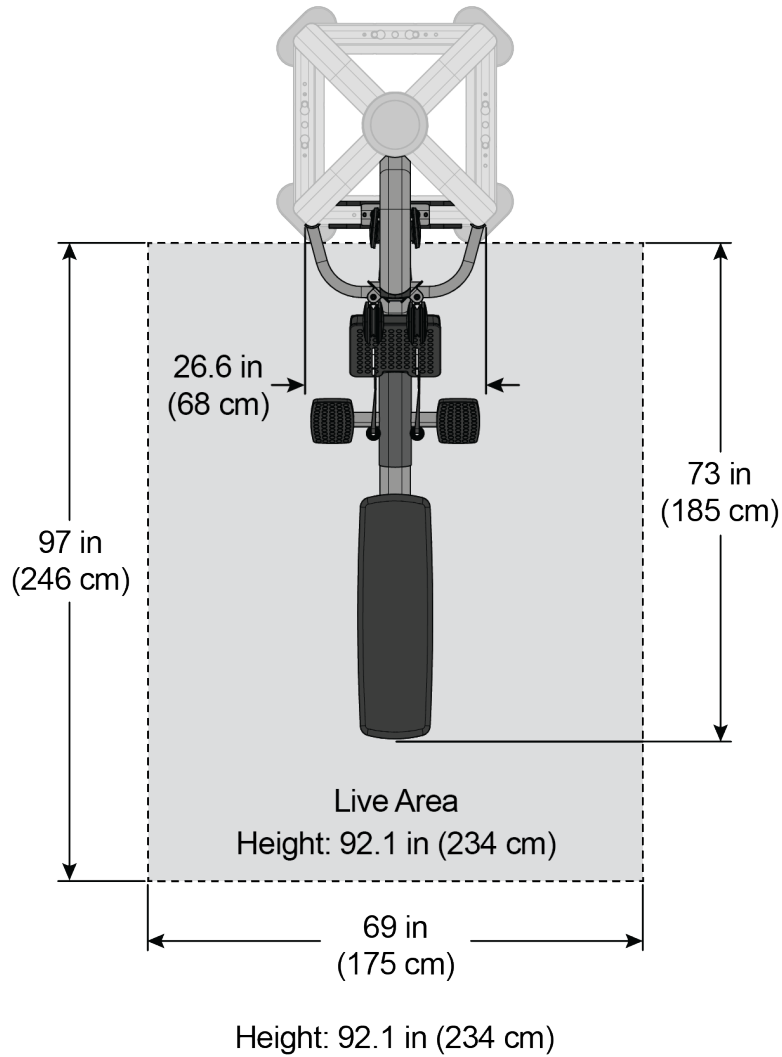


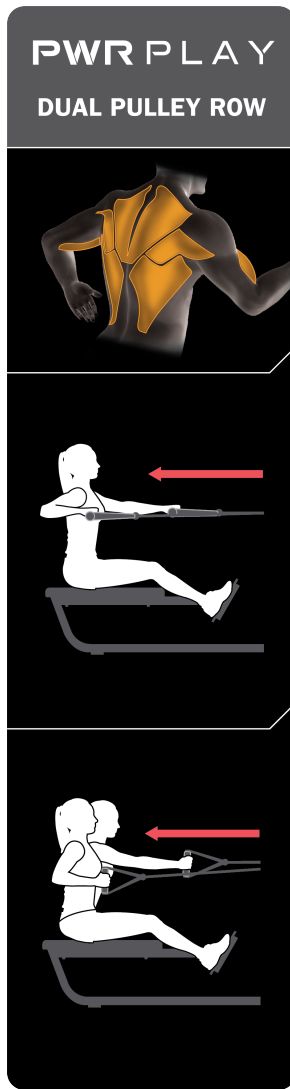
## Dual Handle Low Row (PP-RWD)

### Product Specifications

Description	Measurement
Machine Weight:	360 lbs/163.3 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:2
Weight Stack:	260 lbs/130 kg
Effective User Resistance (per handle):	130 lbs/65 kg

### Product Dimensions



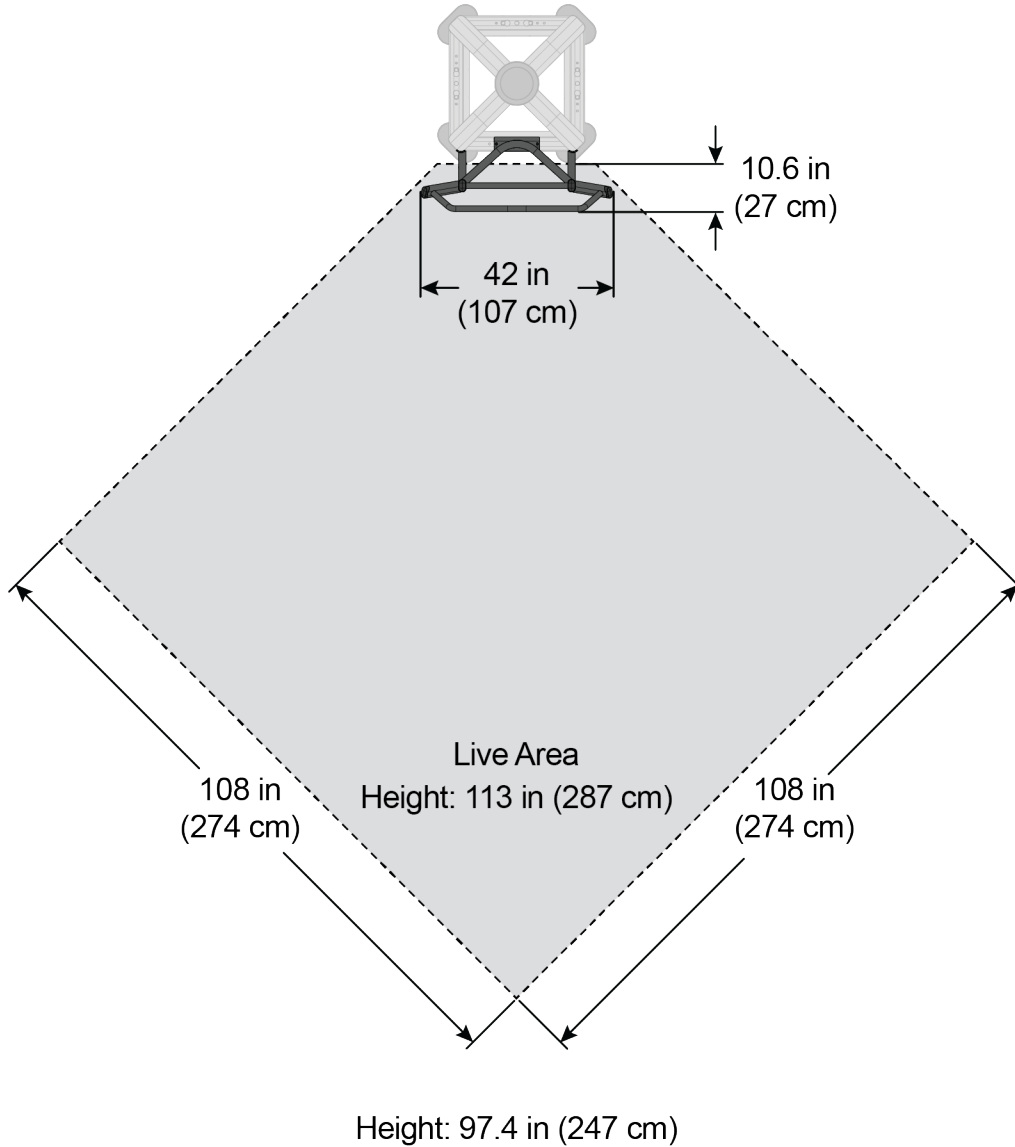


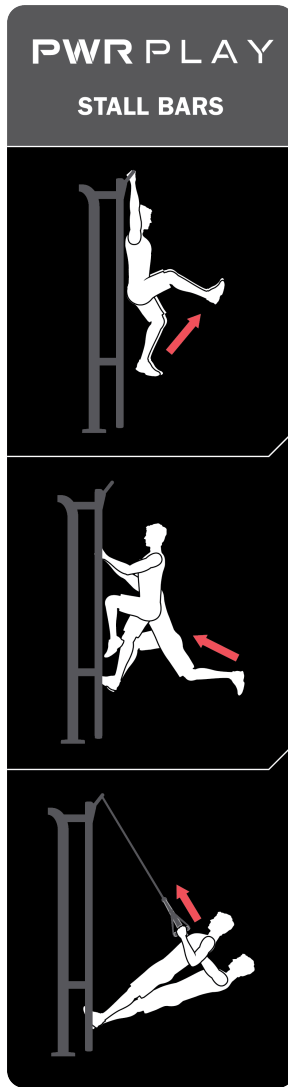
## Stall Bars (PP-SB)

### Product Specifications

Description	Measurement
Machine Weight:	100 lbs/45.4 kg
Maximum User Weight:	300 lbs/136 kg

### Product Dimensions



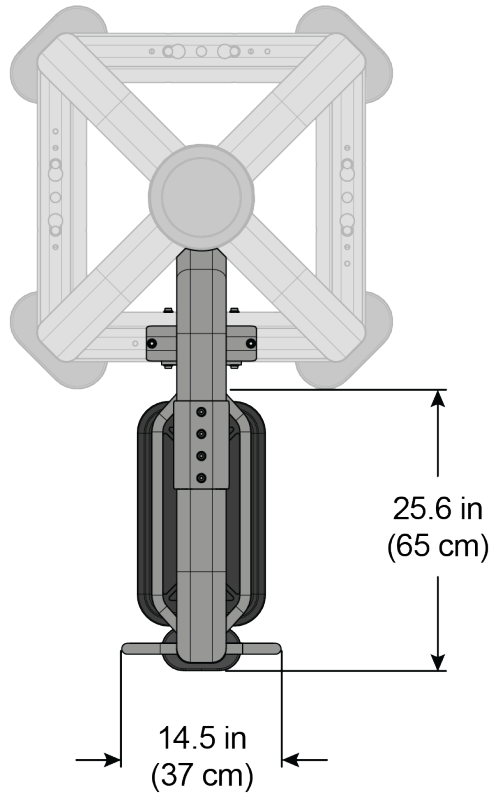


## Storage Station (PP-SC)

### Product Specifications

Description	Measurement
Machine Weight:	189 lbs/85.7 kg

### Product Dimensions



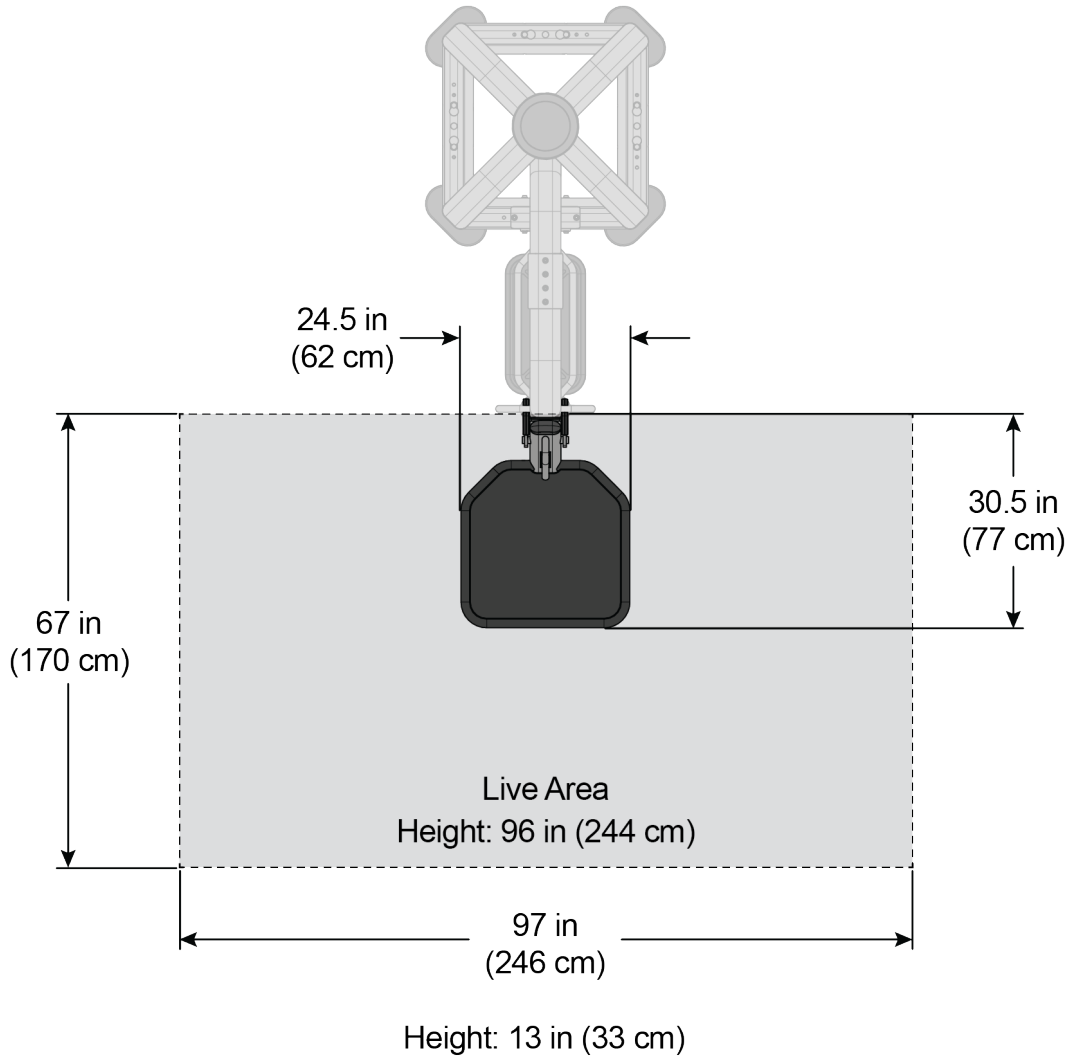
Height: 92.6 in (235 cm)

## Step (PP-STP)

### Product Specifications

Description	Measurement
Machine Weight:	50 lbs/22.7 kg
Maximum User Weight:	300 lbs/136 kg

### Product Dimensions

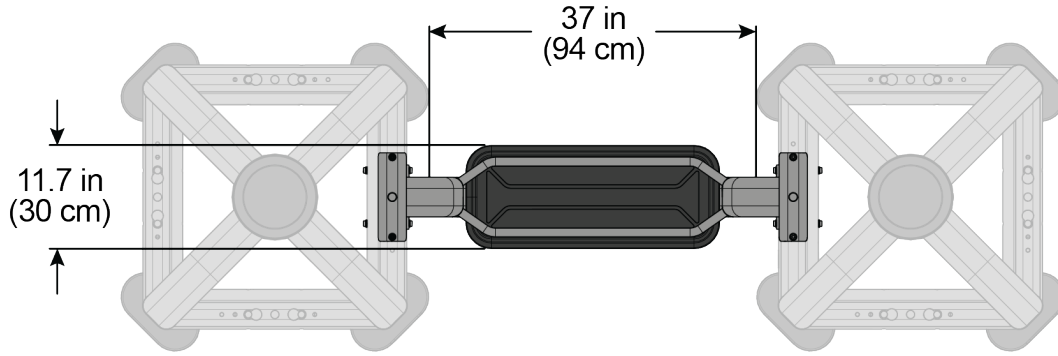


# Storage Connector (PP-SX)

## Product Specifications

Description	Measurement
Machine Weight:	164 lbs/74.4 kg

## Product Dimensions



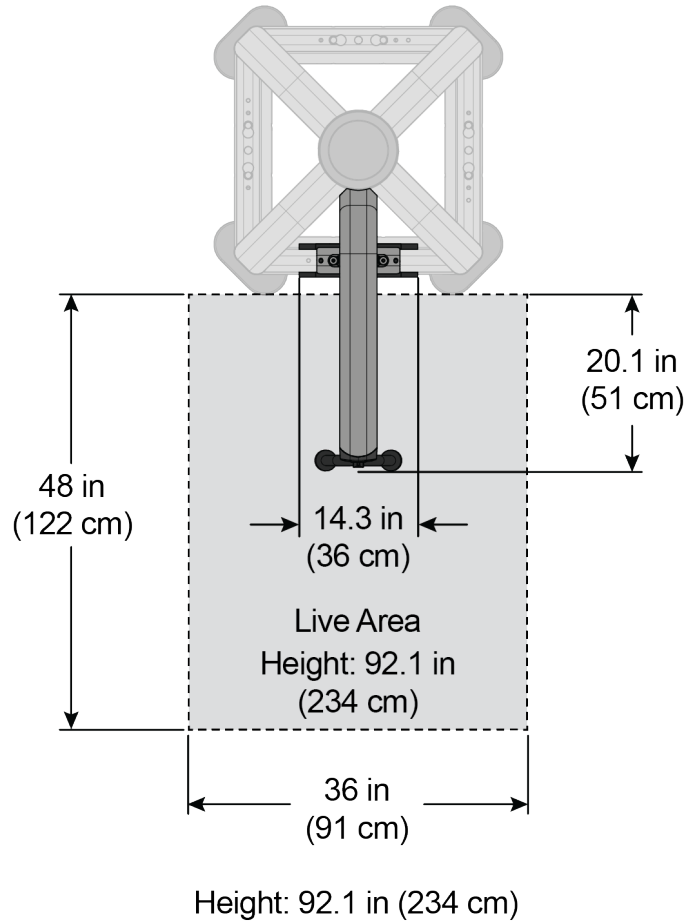
Height: 83.6 in (212 cm)

# Triceps Pushdown (PP-TP)

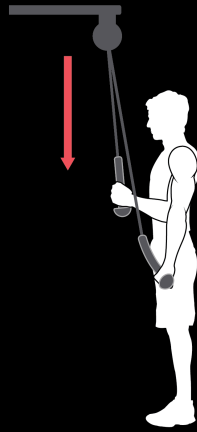
## Product Specifications

Description	Measurement
Machine Weight:	225 lbs/102.1 kg
Maximum User Weight:	300 lbs/136 kg
Resistance Ratio:	1:1
Weight Stack:	190 lbs/95 kg
Effective User Resistance:	190 lbs/95 kg

## Product Dimensions

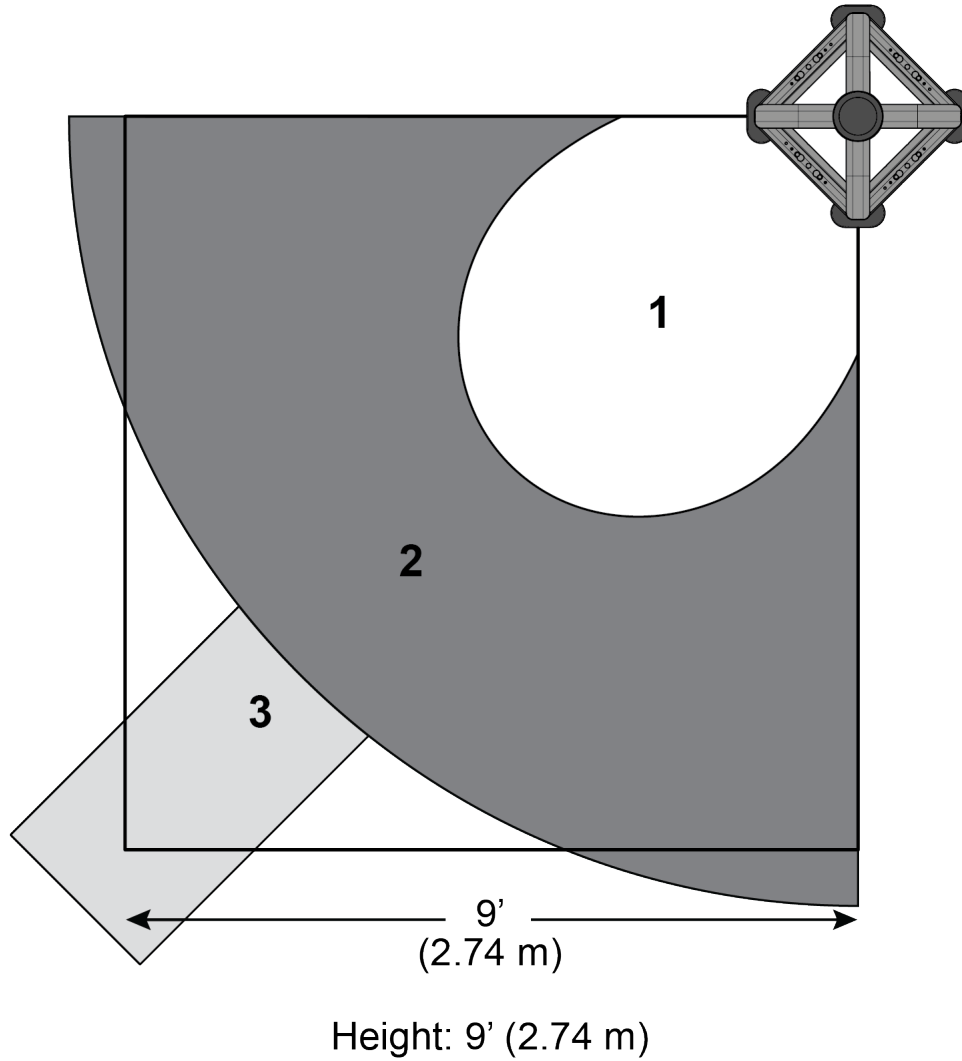


**PWR PLAY**  
**TRICEPS PUSHDOWN**



## Recommended Live Area Details

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### Zone #1

- Boxing
- Rock Chin
- Stall Bar
- Suspension Chin
- Step & Dip

### Zone #2

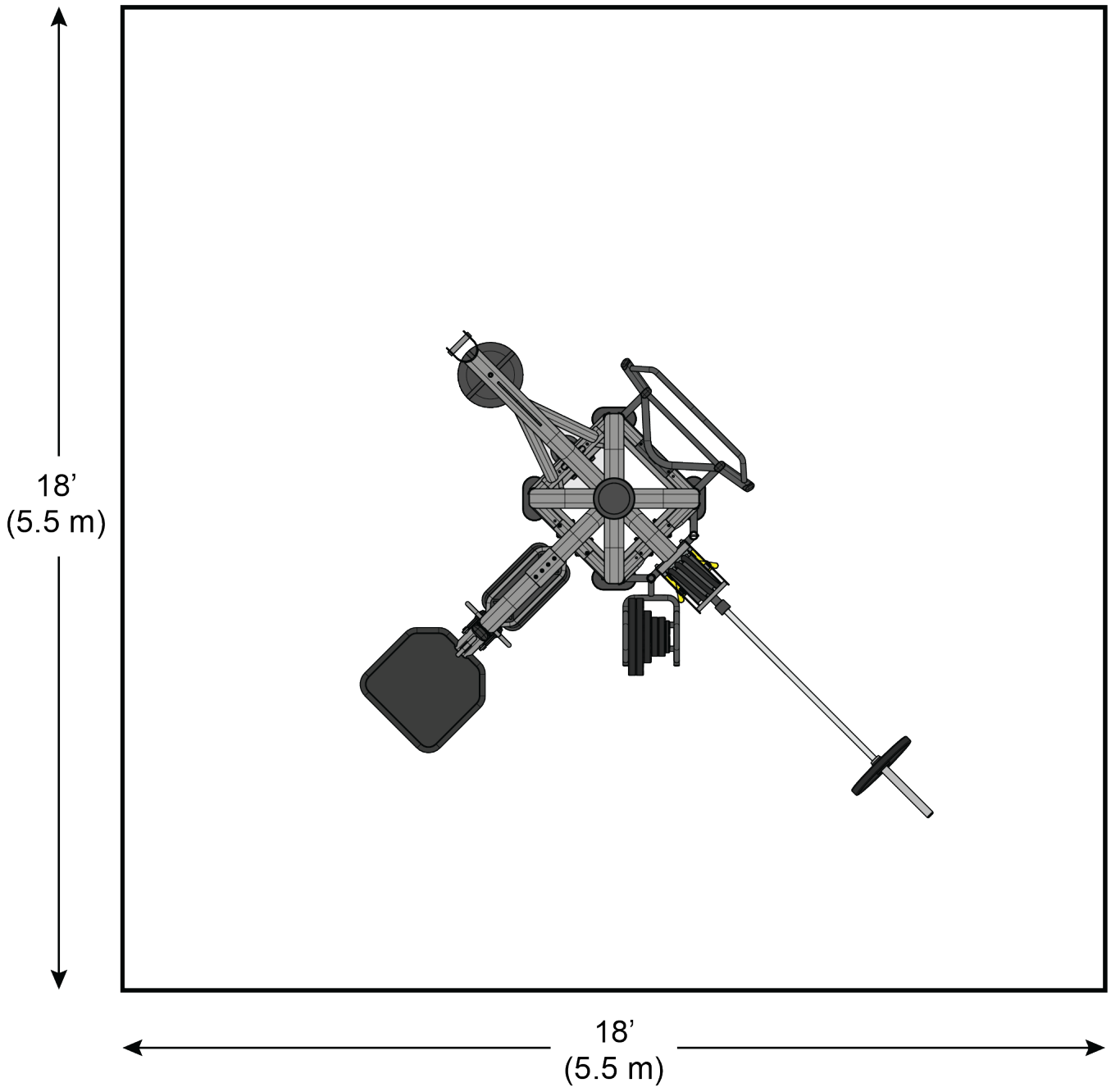
- Power Pivot
- Rope Pull
- Stall Bar with TRX Suspension Trainer
- Suspension Chin with TRX Suspension Trainer
- Cable
- Elastic Bands

### Zone #3

- Battle Rope

**Example of Product Live Area**

**Functional Four Station**



# Maintenance Procedures

## Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
<b>CLEAN</b>				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
<b>WAX</b>				
Frames				X
<b>INSPECT</b>				
Paint			X	
Cable	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
<b>LUBRICATE</b>				
Guide Rods				X

### Clean

1. Upholstery with an approved or compatible cleaner.
2. Guide Rods with a cotton cloth.
3. Hand Grips with an approved or compatible cleaner.

### Wax

Frames with a standard, non-abrasive, wax finish.

### Inspect

1. Cables. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
2. Hardware. Check for loosening. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with CYBEX INTERNATIONAL INC. touch-up paint.
6. Jam Nut at top of weight stack for tightness.

## **Lubricate**

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Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed.

 **Note:** Only a few drops of lubricant are required for each guide rod.

## **Once a Day**

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1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at first sign of wear.

## **Once a Week**

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1. Visually inspect all hardware for loosening, tampering or wear.
2. Check Jam Nut at top of weight stack for tightness.
3. Inspect all accessories, connecting links, and carabiner clips for wear.
4. Check condition of hand grips.
5. Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily. Securely tighten the large Jam Nut when finished.
6. Inspect Shrouds for damage and clean as necessary.

## **Once a Month**

---

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

## **Notes**


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Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

## **Cleaning the Shrouds**

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Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

 **Note:** Spray the approved cleaner on a towel, and then wipe down the shrouds to avoid saturation of shroud inlays.

## **Minimize Scratches**

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Wash the shrouds with an approved or compatible cleaner. Do not scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

## ***Approved Cleaners***

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(United States Availability Only)

Two preferred cleaners have been approved by CYBEX INTERNATIONAL INC. reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-888-462-9239 or email: [www.cybexintl.com](http://www.cybexintl.com)).

## ***Compatible Cleaners***

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Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

## ***Remove of Paint, Marking Pen, and Labels***

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Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.

Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

## ***Important Hazards***

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- DO NOT use abrasive or highly alkaline cleaners on the shrouds.
- NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
- DO NOT clean shrouds in hot sun or at elevated temperatures.
- NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.
- Manufacturer recommends that cables be inspected daily after installation and replaced annually.

# Warranty

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## **What is Covered**

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This CYBEX INTERNATIONAL INC. commercial exercise equipment is warranted to be free of all defects in material and workmanship.

## **Who is Covered**

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The original purchaser or any person receiving the product as a gift from the original purchaser.

## **Who Pays Transportation and Insurance For Service**

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If the Product or any covered part must be returned to a service facility for repairs, We, Cybex International, Inc., will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

## **What We Will Do To Correct Covered Defects**

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We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

## **What is Not Covered**

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Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

*All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Cybex International, Inc. representative.*

## **Owners Manual**

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It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

## **Exclusive Warranty**

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THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Cybex International, Inc. office servicing your country (contact information found at the front of this manual) or visit the applicable local Cybex International, Inc. website to receive the specific warranty information for your country.

## ***Changes in Warranty Not Authorized***

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No one is authorized to change, modify or extend the terms of this limited warranty.

## ***Effects of State Laws***

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This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

## ***Our Pledge To You***

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Our Products are designed and manufactured to the highest standards. We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

## ***Warranty Coverage***

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 **Note:** There is no warranty coverage for labor on Strength Products.

<b>Item</b>	<b>10 Years</b>	<b>5 Years</b>	<b>1 Year</b>	<b>90 Days</b>
Frame	X			
Pillow Blocks		X		
Pulleys		X		
Weight Plates		X		
Guide Rods		X		
Cables			X	
Grips			X	
Bearings			X	
Belts / Springs				X
Upholstery				X
Hardware / Mechanical				X
Items Not Specified				X



Columbia Center III - 9525 West Bryn Mawr Ave, Rosemont, IL 60018 • 800-351-3737 • 847-288-3700 • FAX 800-216-8893

[www.cybexintl.com](http://www.cybexintl.com)