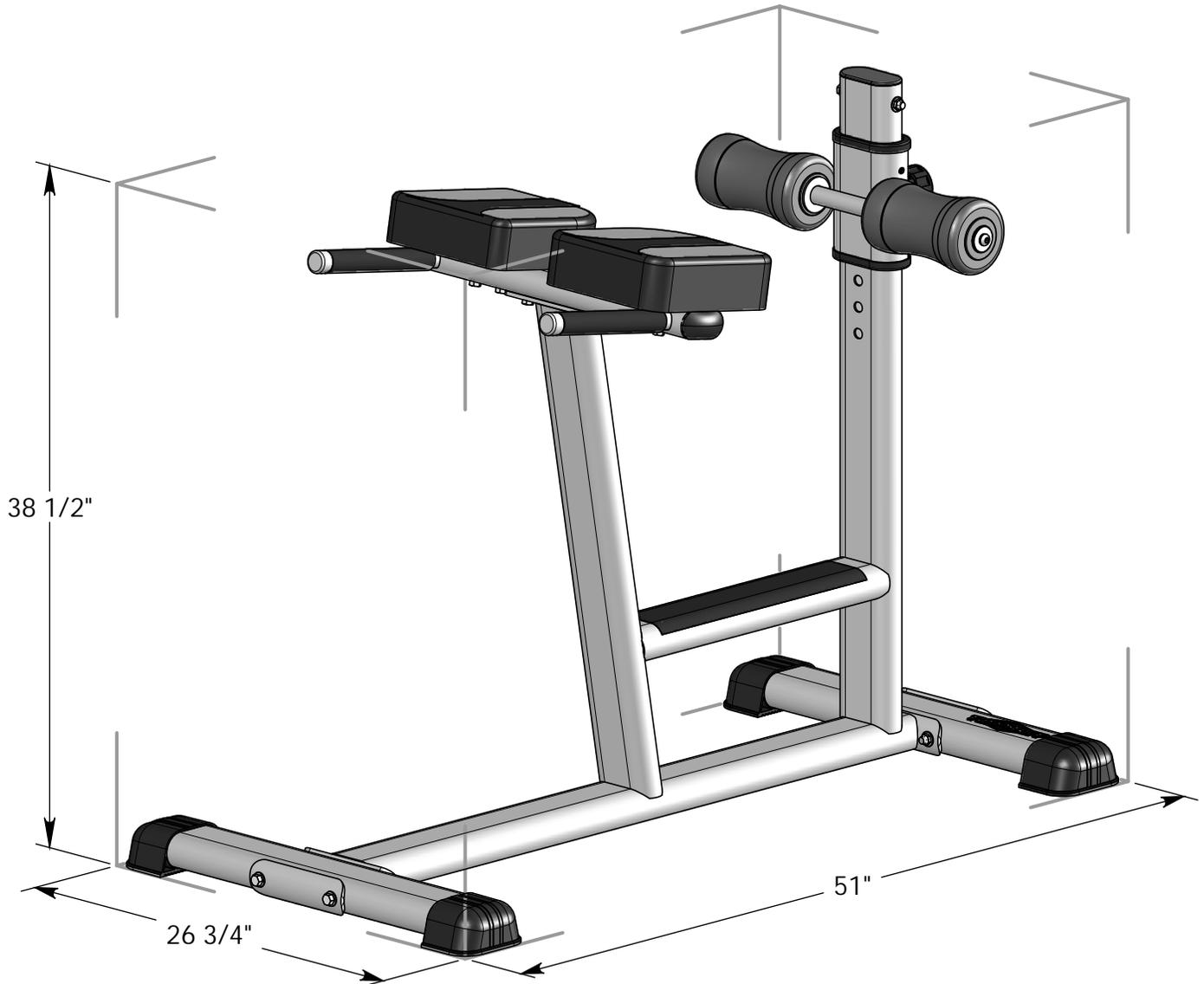


ASSEMBLY INSTRUCTIONS



RRC-315

Roman Chair



TuffStuff Fitness Equipment, Inc.

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AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RRC-315 Roman Chair

Congratulations on your new purchase of the **Roman Chair**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

TuffStuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

Specifications

1. Maximum Wt. Capacity - 230 lbs.
2. Total Machine Weight - 85 lbs.
3. Footprint (LWH) - See Front Cover.

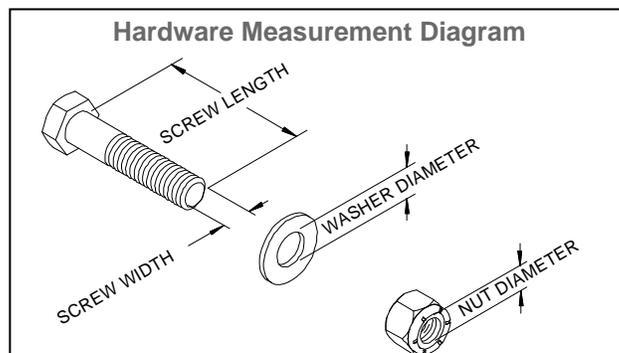
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Roman Chair

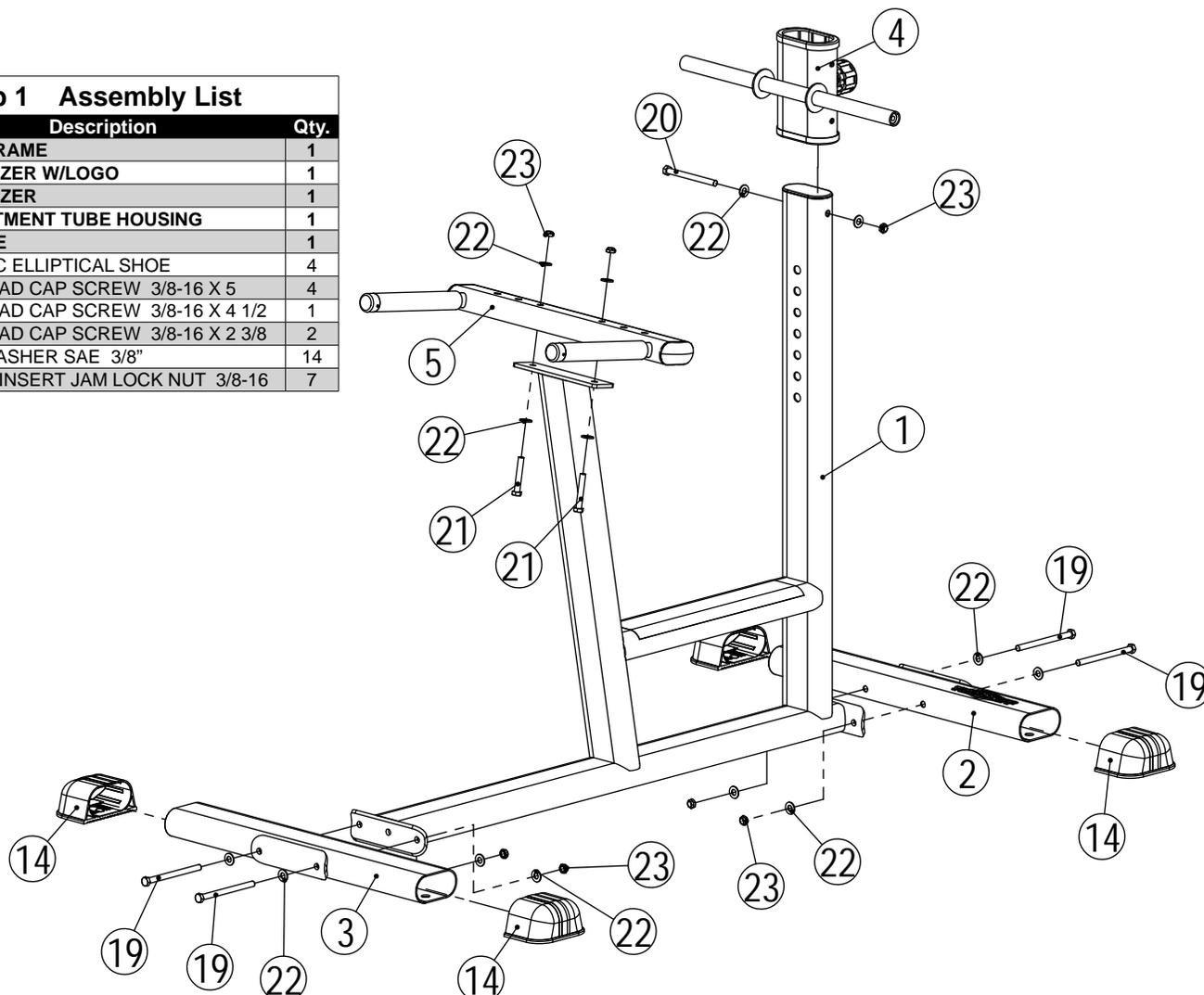
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

Tool Requirements

1. One 9/16" combination wrench
2. One ratchet
3. One 9/16" socket
4. Rubber Mallet
5. Windex or household glass cleaner
6. Measuring tape
7. Utility knife

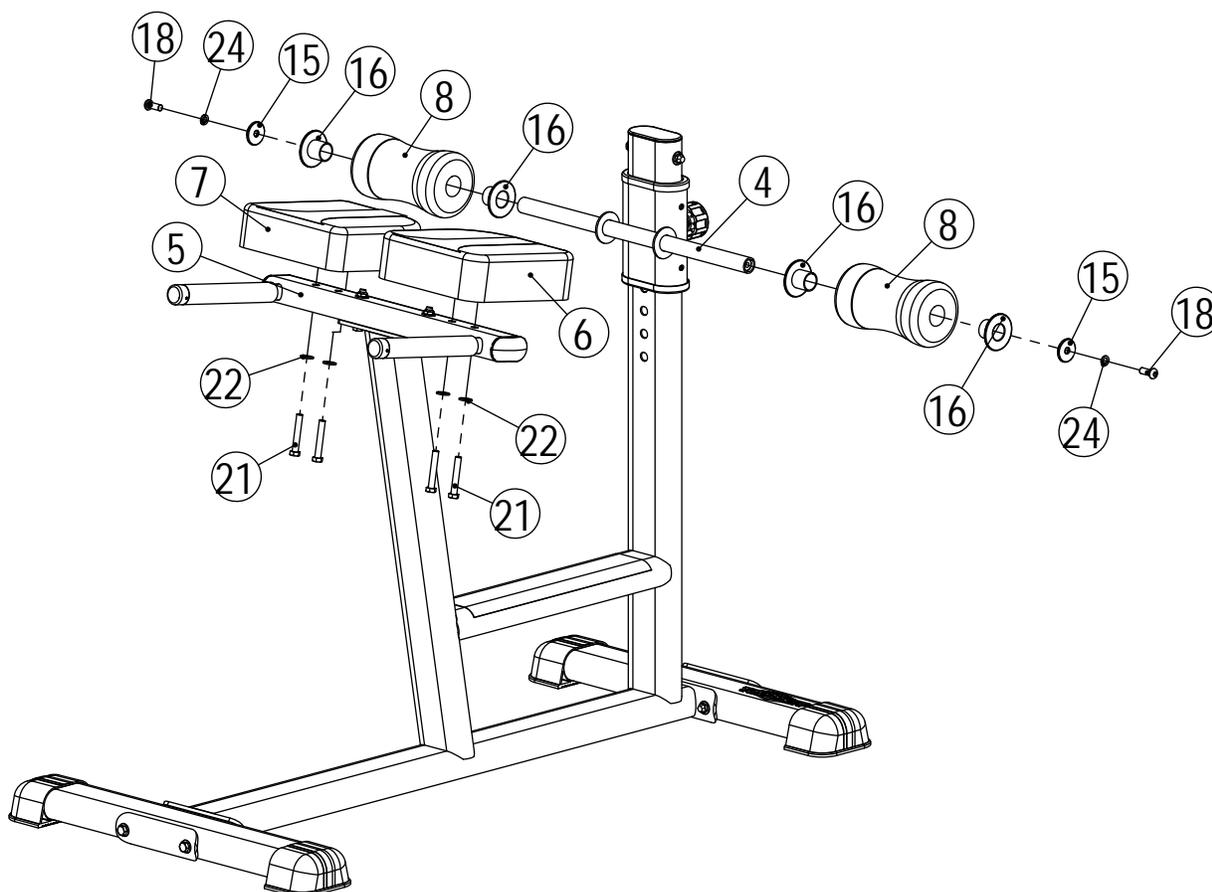


Step 1 Assembly List		
Item #	Description	Qty.
1	MAIN FRAME	1
2	STABILIZER W/LOGO	1
3	STABILIZER	1
4	ADJUSTMENT TUBE HOUSING	1
5	HANDLE	1
14	PLASTIC ELLIPTICAL SHOE	4
19	HEX HEAD CAP SCREW 3/8-16 X 5	4
20	HEX HEAD CAP SCREW 3/8-16 X 4 1/2	1
21	HEX HEAD CAP SCREW 3/8-16 X 2 3/8	2
22	FLAT WASHER SAE 3/8"	14
23	NYLON INSERT JAM LOCK NUT 3/8-16	7



Step 2 Assembly List

Item #	Description	Qty.
6	ABDOMEN PAD LEFT SIDE	1
7	ABDOMEN PAD RIGHT SIDE	1
8	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
15	ALUMINUM WASHER .390 X 1.500 X .150	2
16	FOAM ROLL 1" NYLINER BUSHING	4
18	BUTTON HEAD SCREW 3/8-16 X 1	2
21	HEX HEAD CAP SCREW 3/8-16 X 2 3/8	4
22	FLAT WASHER SAE 3/8"	4
24	SPLIT LOCK WASHER 3/8"	2



COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

RRC-315 Parts List

					REVO			
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	MAIN FRAME	0	UP5342	1	18	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	BNH2033	2
2	STABILIZER W/LOGO	0	UP5343	1	19	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	4
3	STABILIZER	0	UP5344	1	20	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 4 1/2	BNH2052	1
4	ADJUSTMENT TUBE HOUSING	0	UP5345	1	21	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	BNH2043	6
5	HANDLE	0	UP5346	1	22	FLAT WASHER SAE Z/P 3/8"	BNH2030	18
6	ABDOMEN PAD LEFT SIDE	0	UP5347	1	23	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	7
7	ABDOMEN PAD RIGHT SIDE	0	UP5348	1	24	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	2
8	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	0	UP3785	2	25	HEX KEY ALLOY 3/32"	BNH0372	1
9	RUBBER GRIP 1 ID X .125 X 8		BNH0966	2	26	HEX KEY ALLOY 7/32"	BNH0575	1
10	PLASTIC INSERT ELLIPTICAL GUIDE (2 3/8 X 4 3/4)		BNH2062	2	27	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	1
11	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	1	28	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
12	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3		BNH1795	2	29	SAFETY TAPE ANTI-SLIP 4 X 15 3/4	BNH2115	1
13	ALUMINUM CAP 1.020" RD (CAP-100)		BNH0537	2	30	TURN/PULL PIN W/KNOB AND LOCK	BNH0989	1
14	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	4	31	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
15	ALUMINUM WASHER .390 X 1.500 X .150		BNH1541	2	32	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
16	FOAM ROLL 1" NYLINER BUSHING		BNH2025	4	33	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	1
17	SOCKET SET SCREW ALLOY 10-32 X 1/8		BNH0473	4	34	DECAL-DANGER INSTALL SAFETY BOLT.....	BNH0622	1

