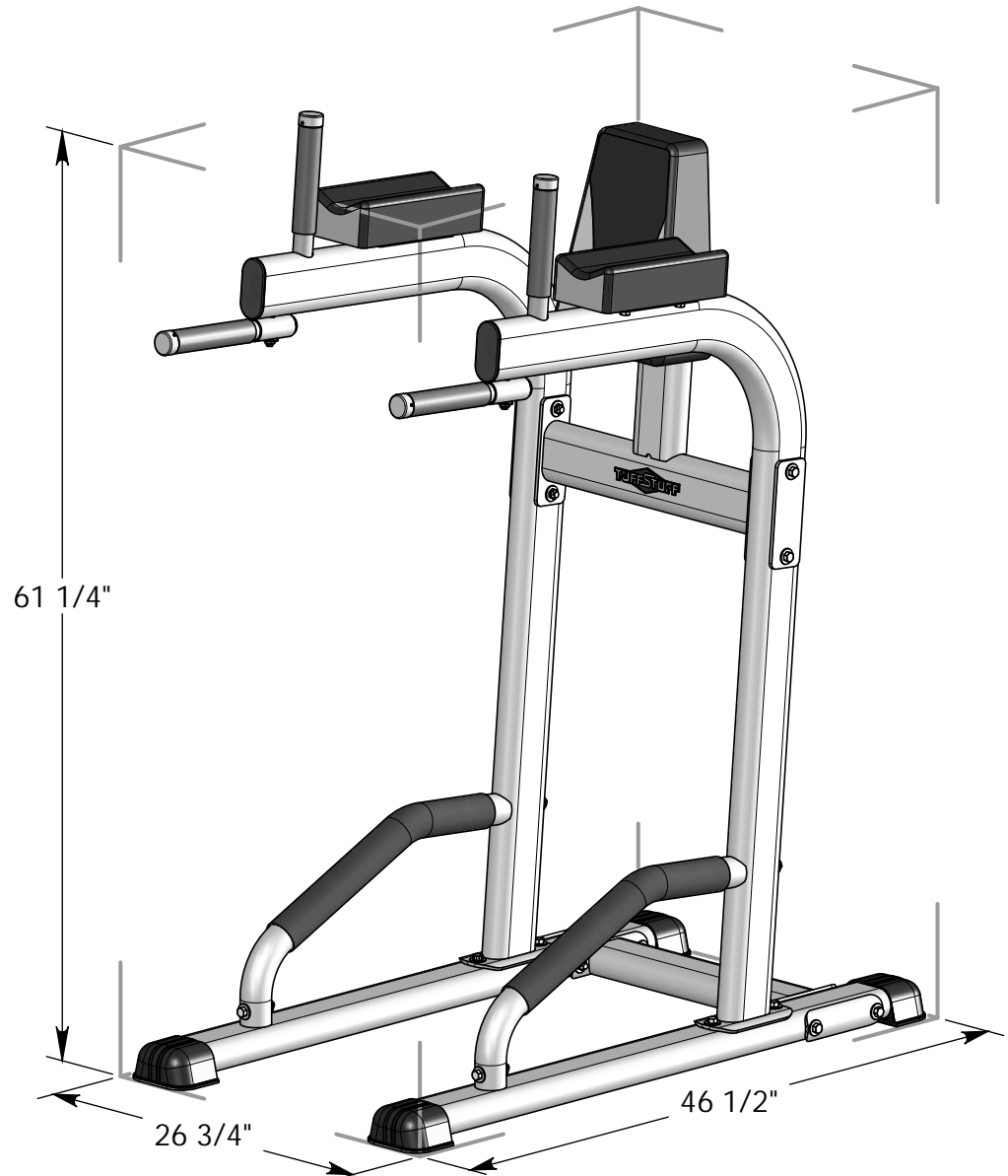


# ASSEMBLY INSTRUCTIONS



**RVR-341**

**Vertical Knee Raise / Dip Stand**



**TuffStuff Fitness Equipment, Inc.**

1325 E. Franklin Avenue  
Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)

**AMERICA'S PREMIER EXERCISE EQUIPMENT**

## Introduction

### About the RVR-341 Vertical Knee Raise / Dip Stand

Congratulations on your new purchase of the **Vertical Knee Raise / Dip Stand**. 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 - 250 lbs.
- 2. Total Machine Weight - 140 lbs.
- 3. Footprint (LWH) - See Front Cover.

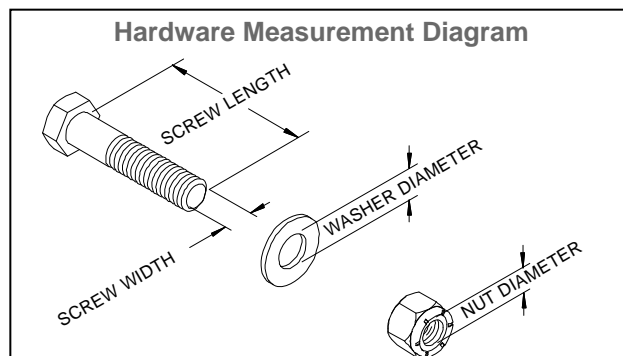
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the Vertical Knee Raise / Dip Stand

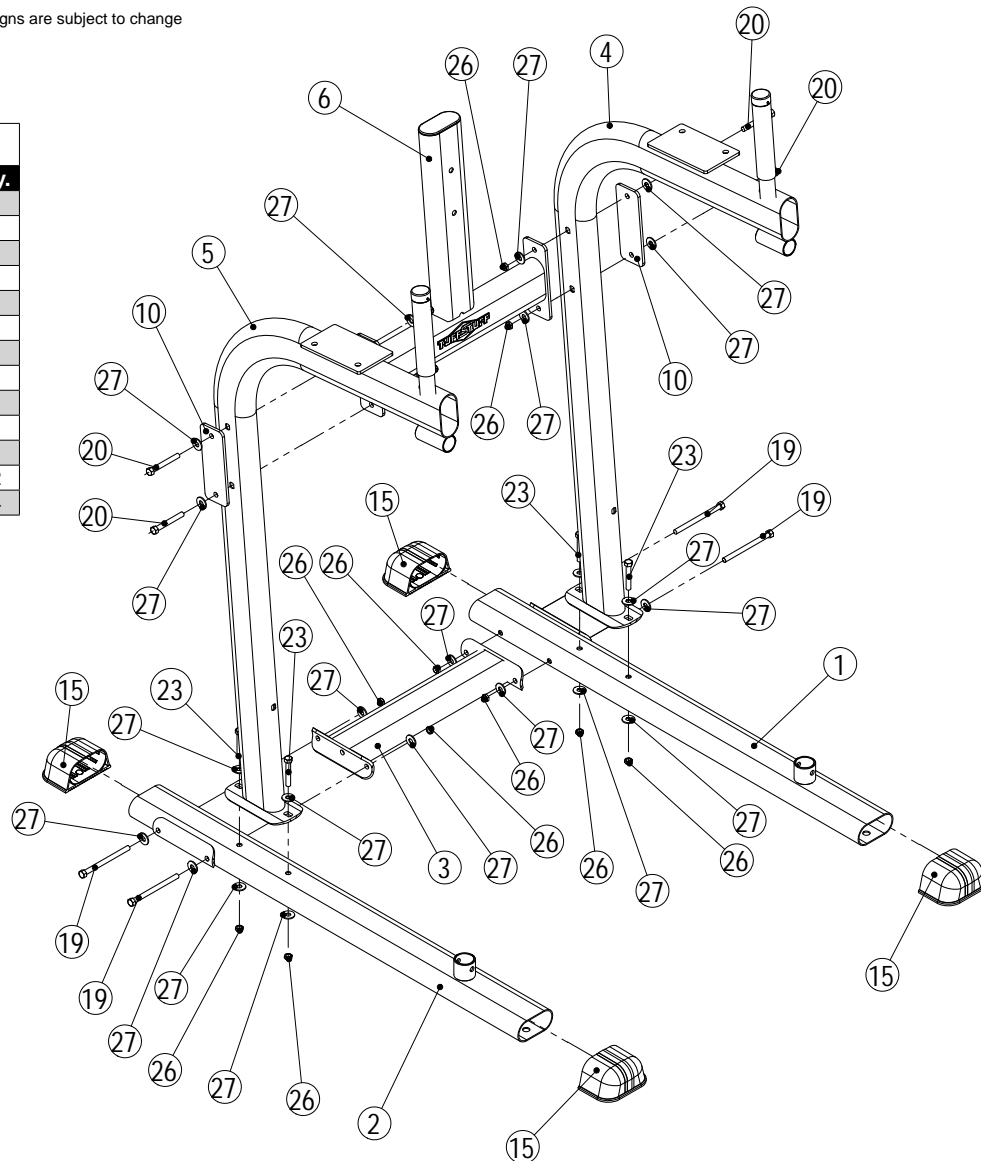
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

### 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. Utility knife

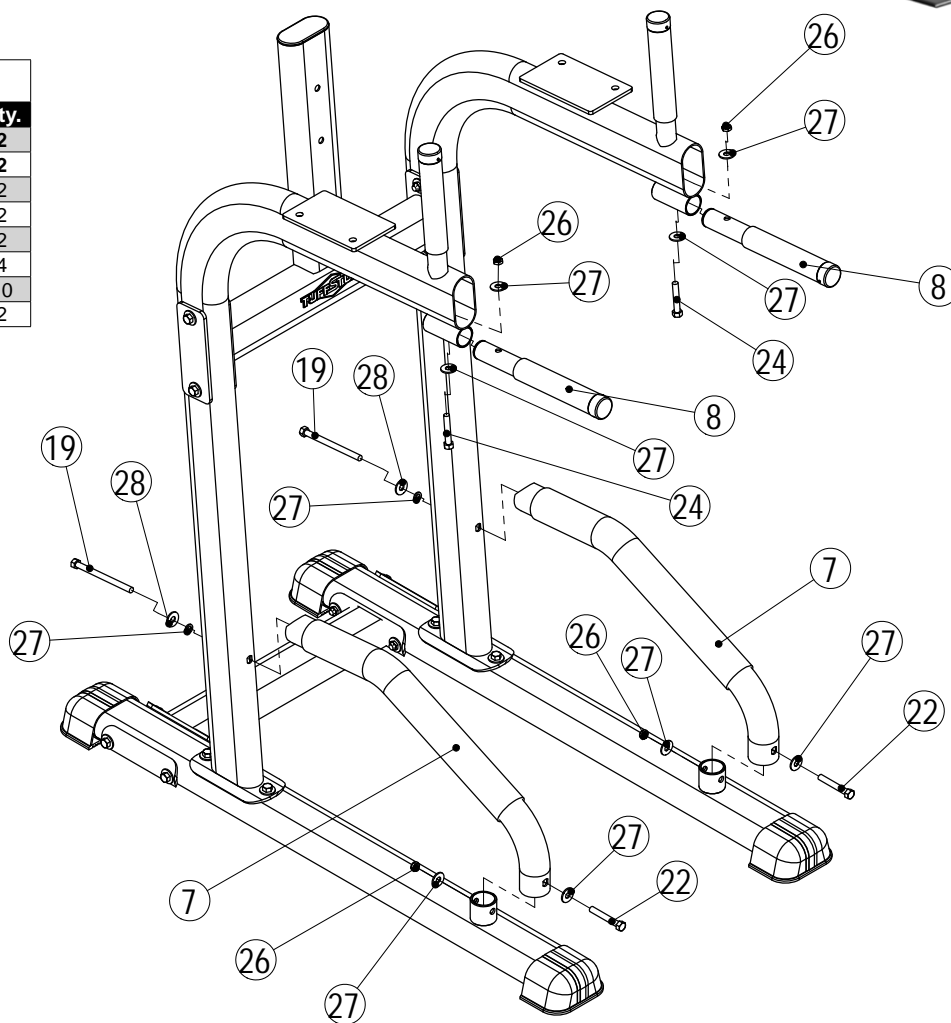


Step 1 Assembly List		
Item #	Description	Qty.
1	BASE FRAME LEFT SIDE	1
2	BASE FRAM RIGHT SIDE	1
3	BOTTOM BASE SUPPORT	1
4	MAIN FRAME LEFT SIDE	1
5	MAIN FRAME RIGHT SIDE	1
6	TOP SUPPORT	1
10	REINFORCEMENT PLATE 1/4 X 2 1/2 X 7	2
15	PLASTIC ELLIPTICAL SHOE	4
19	HEX HEAD CAP SCREW 3/8-16 X 5	4
20	HEX HEAD CAP SCREW 3/8-16 X 3	4
23	HEX HEAD CAP SCREW 3/8-16 X 2 3/8	4
26	NYLON INSERT JAM LOCK NUT 3/8-16	12
27	FLAT WASHER SAE 3/8"	24



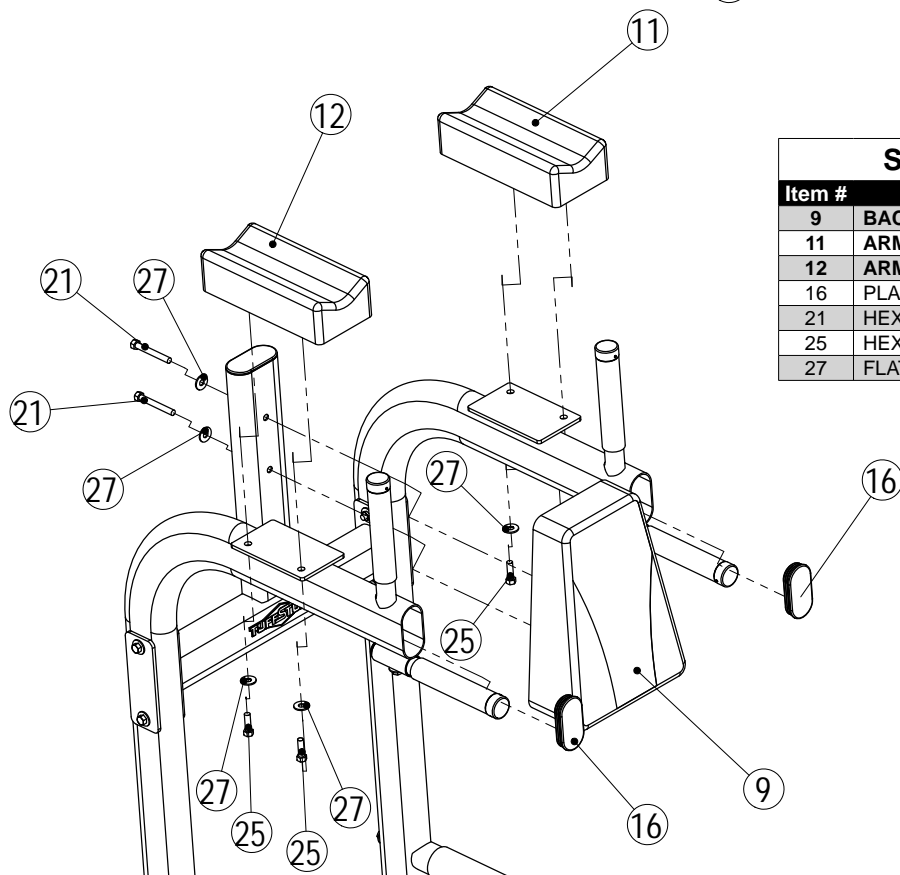
### Step 2 Assembly List

Item #	Description	Qty.
8	HANDLE TUBE	2
7	FOOT SUPPORT	2
19	HEX HEAD CAP SCREW 3/8-16 X 5	2
22	HEX HEAD CAP SCREW 3/8-16 X 2 1/2	2
24	HEX HEAD CAP SCREW 3/8-16 X 2 3/16	2
26	NYLON INSERT JAM LOCK NUT 3/8-16	4
27	FLAT WASHER SAE 3/8"	10
28	SPLIT LOCK WASHER 3/8"	2



### Step 3 Assembly List

Item #	Description	Qty.
9	BACK PAD	1
11	ARM PAD LEFT SIDE	1
12	ARM PAD RIGHT SIDE	1
16	PLASTIC INSERT CAP ELLIPTICAL 2 X 4	2
21	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	2
25	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	4
27	FLAT WASHER SAE 3/8"	6



**COLOR CHART**

**BOLD FONT = SUB-ASSEMBLY PARTS**

**BLACK= HARDWARE**

# RVR-341 Parts List



**REVO**

ITEM	DESCRIPTION	REV	PART NO.	QTY
<b>1</b>	<b>BASE FRAME LEFT SIDE</b>	0	<b>UP4984</b>	<b>1</b>
<b>2</b>	<b>BASE FRAM RIGHT SIDE</b>	0	<b>UP4985</b>	<b>1</b>
<b>3</b>	<b>BOTTOM BASE SUPPORT</b>	0	<b>UP4986</b>	<b>1</b>
<b>4</b>	<b>MAIN FRAME LEFT SIDE</b>	0	<b>UP4987</b>	<b>1</b>
<b>5</b>	<b>MAIN FRAME RIGHT SIDE</b>	0	<b>UP4988</b>	<b>1</b>
<b>6</b>	<b>TOP SUPPORT</b>	0	<b>UP4989</b>	<b>1</b>
<b>7</b>	<b>FOOT SUPPORT</b>	0	<b>UP4990</b>	<b>2</b>
<b>8</b>	<b>HANDLE TUBE</b>	0	<b>UP4991</b>	<b>2</b>
<b>9</b>	<b>BACK PAD</b>	0	<b>UP4992</b>	<b>1</b>
<b>10</b>	<b>REINFORCEMENT PLATE 1/4 X 2 1/2 X 7</b>	0	<b>UP4993</b>	<b>2</b>
<b>11</b>	<b>ARM PAD LEFT SIDE</b>	0	<b>UP4994</b>	<b>1</b>
<b>12</b>	<b>ARM PAD RIGHT SIDE</b>	0	<b>UP4995</b>	<b>1</b>
13	RUBBER TUBE 1.875 ID X .125 WALL X 19		BNH2093	2
14	RUBBER GRIP 1.1875 ID X .125 X 7		BNH0944	4
15	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	4
16	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	3
17	PLASTIC INSERT CAP 1 1/4" RD 11 GA		BNH0573	2

ITEM	DESCRIPTION	PART NO.	QTY
18	ALUMINUM CAP 1.270" RD (CAP -125)	BNH0538	4
19	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	6
20	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3	BNH2046	4
21	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	2
22	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	BNH2044	2
23	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	BNH2043	4
24	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/16	BNH2094	2
25	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	4
26	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	16
27	FLAT WASHER SAE Z/P 3/8"	BNH2030	40
28	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	2
29	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	8
30	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
31	HEX KEY ALLOY 3/32"	BNH0372	1
32	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
33	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1

