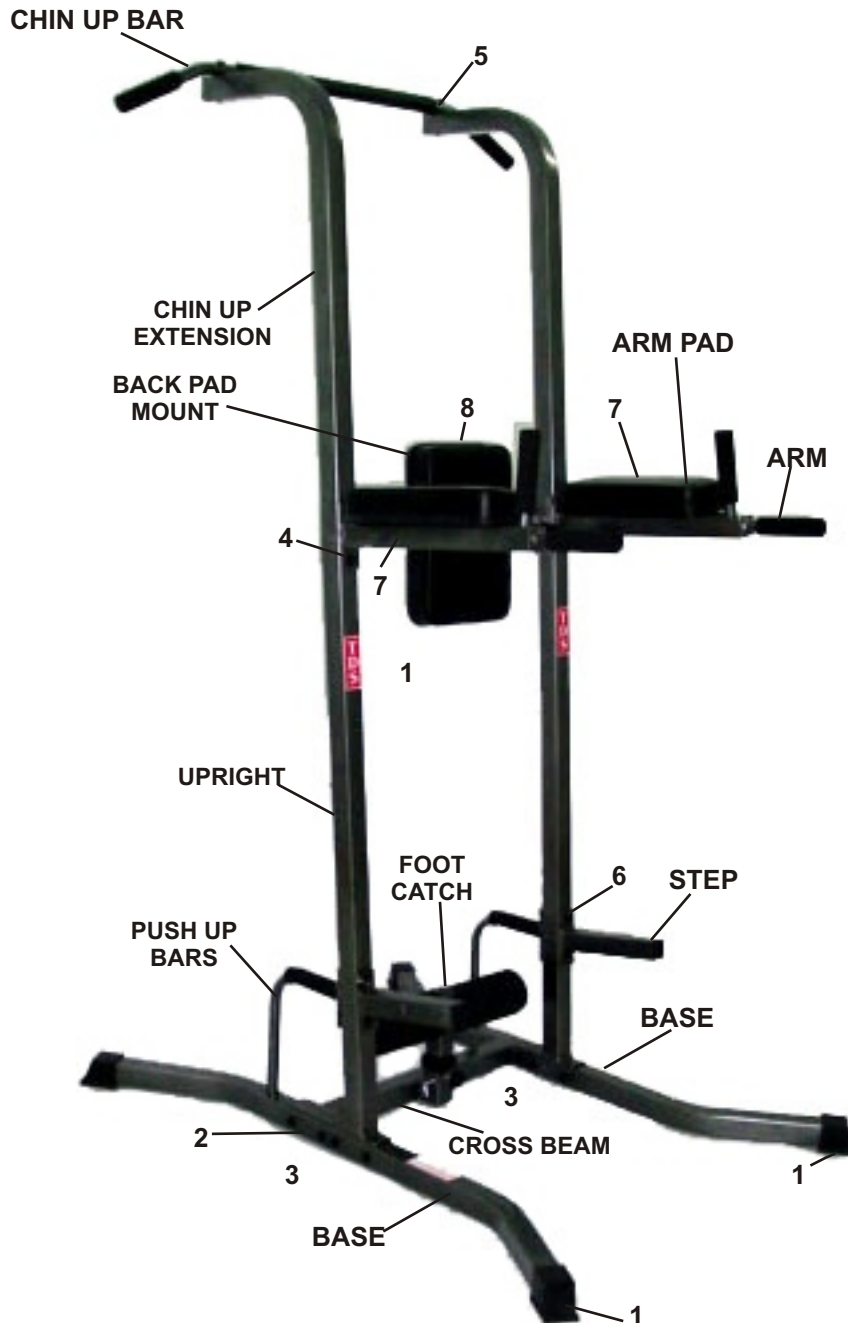


ASSEMBLY INSTRUCTIONS
FOR
C 8145W - TOWER



T.D.S. FITNESS EQUIPMENT
P.O. BOX 4189
ELMIRA, NY 14904, USA
607-733-6789

ASSEMBLY INSTRUCTIONS FOR C 8145W - TOWER



**THIS EQUIPMENT
DESIGNED BY TDS IN USA
MANUFACTURED IN CHINA**

**T.D.S. FITNESS EQUIPMENT
P.O. BOX 4189
ELMIRA, NY 14904, USA
607-733-6789**

ONCE YOU COMPLETE THE ASSEMBLY MAKE SURE TO CHECK THE FOLLOWING POINTS CAREFULLY BEFORE STARTING YOUR WORKOUT.

- 1. ALL THE HARDWARE SHOULD BE CHECKED FOR TIGHTNESS.**
- 2. ALL SLIDING ASSEMBLIES SHOULD BE CHECKED FOR ALIGNMENT.**
- 3. LOCKS AND PINS SHOULD BE IN PLACE TO AVOID SLIPPING.**
- 4. CABLE ENDS AND JOINTS SHOULD BE INSPECTED FOR PROPER TIGHTNESS.**

* CONSULT YOUR DOCTOR.

* WORKOUT WITH A PARTNER, WHO HAS NO SPECIAL PROBLEMS.

* START WITH HALF OF YOUR BODY WEIGHT DURING WARMUP.

* KEEP CHILDREN AND HANDICAPPED PERSONS AWAY FROM THE EQUIPMENT.

C-8145 CHIN, SIT UP, & PUSH UP TOWER ASSEMBLY INSTRUCTIONS

THIS UNIT REQUIRES (2) 9/16" WRENCHES (1) 1/2" WRENCH FOR ASSEMBLY.

(1) PUSH (4) 2" FOOT ONTO (2) BASES.

(2) ATTACH (1) CROSS MEMBER TO (2) BASES WITH (4) 3/8" X 3" BOLTS, (8) 3/8" FLAT WASHERS, & (4) 3/8" LOCK NUTS.

(3) ATTACH (2) UPRIGHT TO (2) BASES WITH (4) 3/8" X 3" BOLTS, (8) 3/8" FLAT WASHERS, & (4) 3/8" LOCK NUTS.

(4) ATTACH (2) ARMS, (1) BACK PAD MOUNT, & (2) CHIN UP EXTENSIONS TO (2) UPRIGHT WITH (4) 3/8" X 3" BOLTS, (8) 3/8" FLAT WASHERS, & (4) 3/8" LOCK NUTS.

(5) ATTACH CHIN UP BAR TO (2) CHIN UP EXTENSIONS WITH (2) 3/8" X 4" BOLTS, (4) 3/8" FLAT WASHERS, & (2) 3/8" LOCK NUT.

(6) ATTACH (2) STEPS & (2) CHIN UP BARS TO (2) UPRIGHTS WITH (4) 3/8" X 3" BOLTS, (8) 3/8" FLAT WASHERS, & (4) 3/8" LOCK NUTS. SET UNIT ON LEVEL SURFACE & TIGHTEN HARDWARE.

(7) ATTACH (2) ARM PADS TO (2) ARMS WITH (8) 5/16" X 3" BOLTS, & (8) 5/16" FLAT WASHERS. CENTER PADS ON ARM & TIGHTEN BOLTS. DO NOT OVER TIGHTEN.

(8) ATTACH BACK PAD TO BACK PAD MOUNT WITH (4) 3/8" X 1" BOLTS & (4) 3/8" FLAT WASHERS FINGER TIGHT. CENTER PAD ON MOUNT & TIGHTEN BOLTS. DO NOT OVER TIGHTEN.

(9) PUSH (1) 2" X 1 3/4" REDUCER INTO SOCKET ON CROSS BEAM. PUSH (2) 4X8 CUSHION ONTO FOOT CATCH. PUSH (2) CUSHION CAPS ONTO FOOT CATCH. INSERT FOOT CATCH INTO SOCKET. SET HEIGHT WITH (1) 3/8" "L" PIN & (1) 3/8" HAND KNOB.

HARDWARE LIST:

(8) 5/16" X 3" BOLTS

(8) 5/16" FLAT WASHERS

(4) 3/8" X 1" BOLTS

(16) 3/8" X 3" BOLTS

(2) 3/8" X 4" BOLTS

(40) 3/8" FLAT WASHERS

(4) 2" PLUGS- MOUNTED AT FACTORY

(18) 3/8" LOCK NUTS

(4) 2" OUTSIDE FOOT

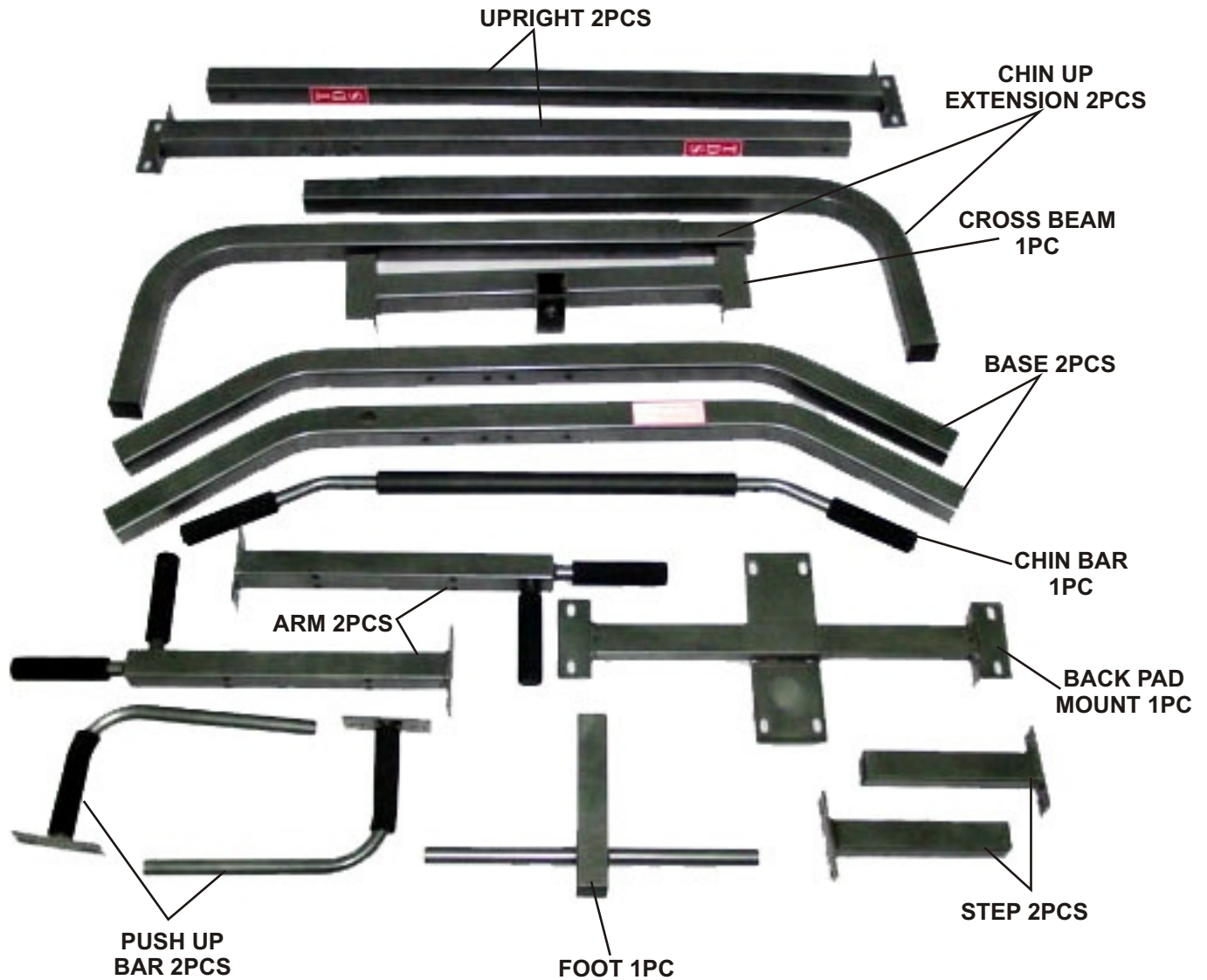
(2) CUSHION CAPS

(1) 3/8" "L" PIN

(1) 3/8" HAND KNOB

(1) 2" TO 1 3/4" REDUCER BUSHING

**C 8145W - TOWER
PACKING LIST
PAGE - 1 OF 2**



**THESE PARTS
DESIGNED BY TDS IN USA
MANUFACTURED IN CHINA**

**T.D.S. FITNESS EQUIPMENT
P.O. BOX 4189
ELMIRA, NY 14904, USA**

**C 8145W - TOWER
PACKING LIST
PAGE - 2 OF 2**



BACK PAD 1PC



ARM PAD 2PCS



**4 X 8 ROUND
PAD 2 PCS**

**HARDWARE
PKG #1
BOLTS & NUTS**

**HARDWARE
PKG #2
OUTSIDE & INSIDE
CAPS**

LITERATURE