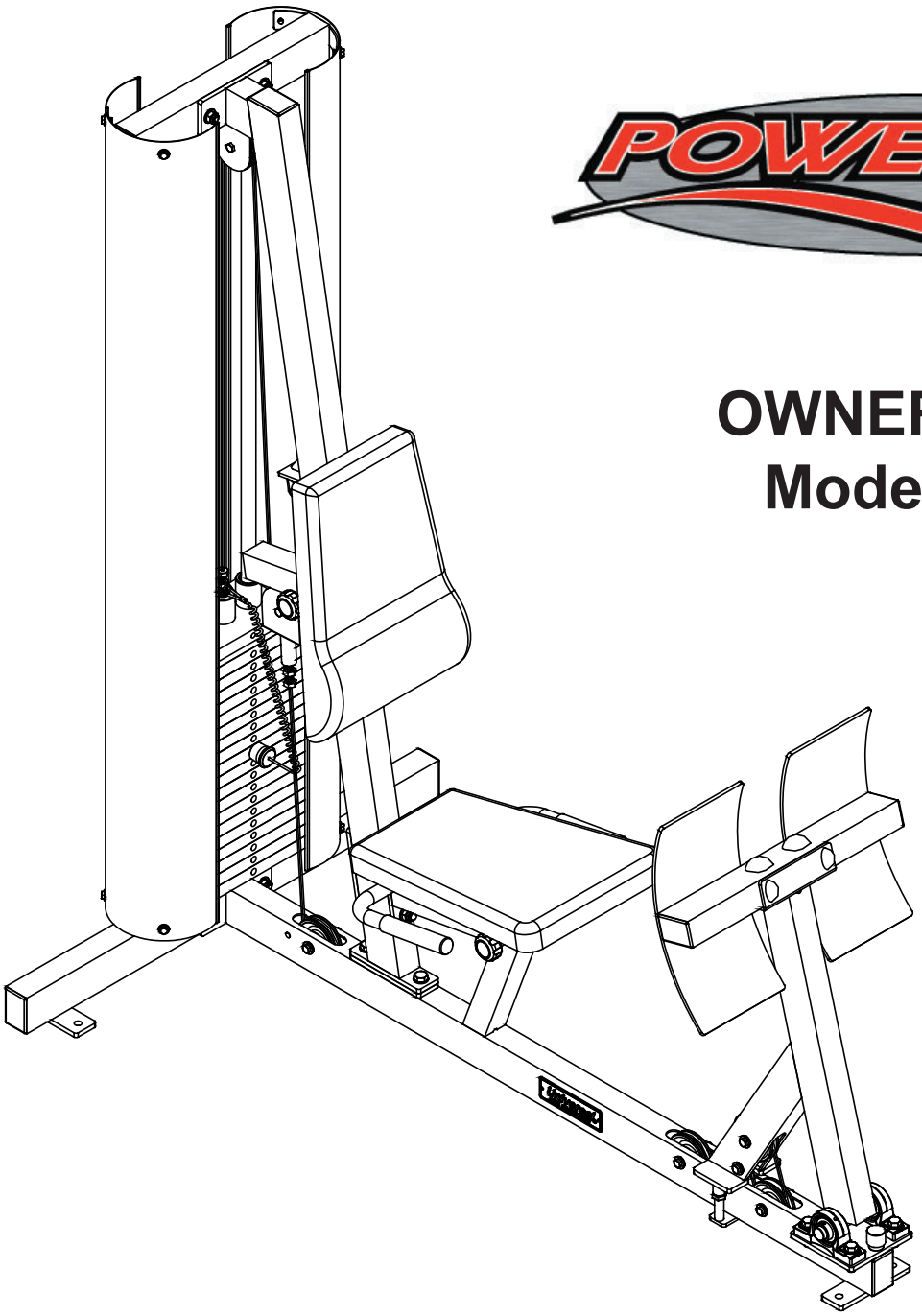
Universal®

GYM EQUIPMENT



POWER-PAK® LP700

OWNER'S MANUAL
Model No. 79105

Serial Number: _____

Date of Purchase: _____

Place of Purchase: _____

Revised 12.5.03

Congratulations on purchasing your Universal® Gym Equipment PowerPak® LP700

With this product in your home, you are ready to begin your own workout program to tone and firm the muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this owner's manual carefully.
It is the authoritative source of information about your Universal® Gym Equipment PowerPak® LP700.

Universal® Gym Equipment assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Retain this manual for future reference.

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Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.**
Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.
Website www.universalgymequipment.com

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program, especially if you are over 35 years of age or suffer from heart or respiratory problems.
3. Warm up before any exercise program with 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes with good support and nonslip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Perform exercises consistently with proper technique and pass through a full range of motion.
8. Avoid over training. You should be able to carry on a conversation while exercising.
9. After an exercise session, cool down with slow stretching, cycling or walking.
10. This machine should not be used by or near children.
11. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
12. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
13. Only one person at a time should use this machine.
14. Do not put hands, feet or any foreign objects on or near this machine when in use by others.
15. Always use this machine on a level surface.
16. Never operate the machine if the machine is not functioning properly.
17. Start exercise slowly and gradually increase the amount of resistance.
18. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, stop exercising at once and consult a physician immediately.
19. Use caution not to pinch fingers or hands in moving parts when using this unit.

General Maintenance

1. Keep cables, pulleys and guide rods free of dirt, dust or any build-up to prevent drag or binding.

2. Wipe cushions clean after each workout.

3. Tighten hardware once every six months.

KEEP THESE INSTRUCTIONS

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Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773.
Website www.universalgymequipment.com

Comments or Questions?

Dear customer,
Congratulations on your purchase of the Universal® Gym Equipment PowerPak® LP700.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call at the address or phone numbers listed below with any comments or questions you may have.

Service and Parts - Toll free number: 1-800-472-9856 Monday through Friday-8:00 am to 5:00 PM CST
Fax: 1-662-495-5038
E-mail: customerservice@universalgymequipment.com
Website: www.universalgymequipment.com
Universal® Gym Equipment
A Division of FFA Corp.
Customer Service Department
100 Tubb Ave.
West Point, MS 39773

Ordering Missing or Defective Parts

When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT WAS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (79105)
5. PART ORDER NUMBER AND DESCRIPTION

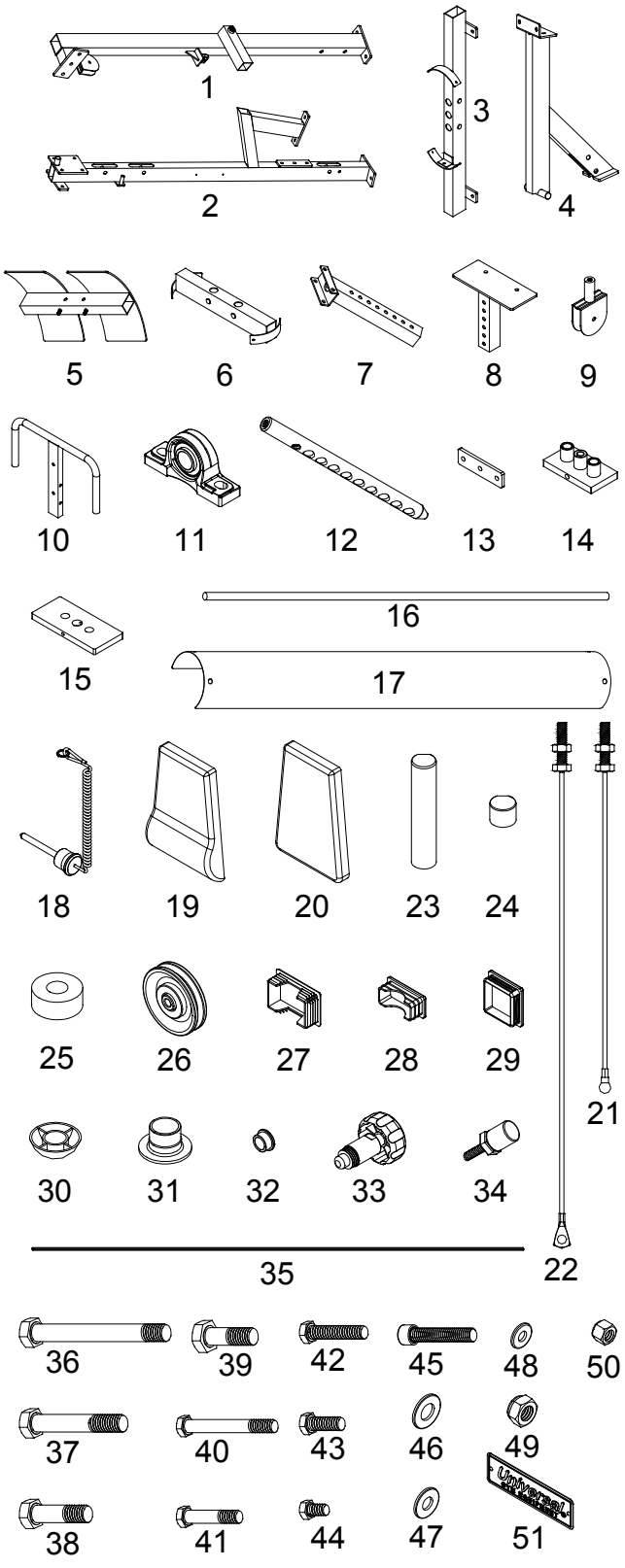
All details depicted in this owner's manual, and of the product itself, are subject to change without notice.

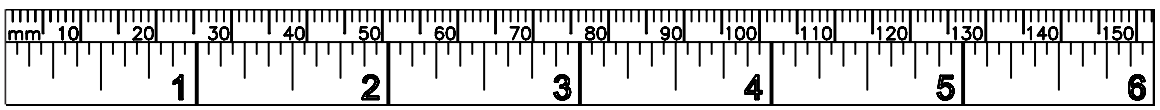
Before you begin

1. **FIND YOUR TOOLS:** You need two adjustable crescent wrenchs, one set of allen wrenches and one rubber mallet. These tools are NOT included in the carton.
2. **LOCATE YOUR WORK OUT AREA:** For your safety and convenience, you must assemble the unit exactly where it is to be used, so that you will not have to move it once the assembly is complete. Allow ample space for the unit and space for the spotter to stand. The area must have adequate lighting and ventilation. If the area is within living quarters, protect the carpet or floor with a large mat prior to assembly.
3. **GET A HELPER:** It is recommended that two adults assemble the product. All persons involved in the assembly should be in good health and exercise great caution while manipulating heavy metal objects. Keep children away during assembly.
4. **IDENTIFY YOUR HARDWARE:** To identify a piece of hardware by physical size, use the rule provided on page 5.
5. **TIGHTEN ALL BOLTS BY HAND FIRST:** Do not tighten any bolts until the entire unit is assembled. Initially, all bolts should only be hand-tightened. Once all parts are in place, begin tightening the bolts at the top of the unit first, and work your way down to the floor.
6. **INSTALLING FOAM ROLLS:** Liquid soap applied to inside of foam pads and outside of tubes will help foam pads slide on easier. When soap dries, the foam pads will stay in place.

PARTS LIST

NO.	DESCRIPTION	PART No.	QTY.
1	UPRIGHT	03302	1
2	BASE FRAME	03309	1
3	WEIGHT BASE	03337	1
4	LEG PRESS ARM	03338	1
5	LEG PRESS	03339	1
6	WEIGHT TOP FRAME	03369	1
7	ADJUSTABLE SEAT TUBE	05364	1
8	ADJUSTABLE BACK ARM	05361	1
9	SINGLE PULLEY BRACKET	03370	1
10	SEAT ARM	05363	1
11	BEARING HOUSING	05377	2
12	SELECTOR ROD	05370	1
13	LINK PLATE	05511	1
14	TOP PLATE	05379	1
15	WEIGHT PLATE	05378	19
	Box of (4) 10lb weight plates	79004	1
	Box of (5) 10lb weight plates	79005	3
16	GUIDE ROD	03371	2
17	WEIGHT SHROUD	03372	2
18	SELECTOR PIN	05515	1
19	BACK PAD	05383	1
20	SEAT PAD	05384	1
21	CONNECT CABLE	03373	1
22	LEG PRESS CABLE	03374	1
23	1" X 150L HAND GRIP		2
24	1" X 25L BUMPER		1
25	RUBBER DOUGHNUT	05396	2
26	PULLEY	05398	6
27	50mm X 75mm END PLUG	05399	6
28	25mm X 50mm END PLUG	05415	1
29	45mm SQUARE PLUG	05416	1
30	CAP FOR NUT	05418	4
31	PLASTIC GUIDE ROD HOLDER	05420	4
32	STEEL BUSHING	05423	10
33	SPRING KNOB	05424	2
34	ADJUSTABLE STOPPER	05426	2
35	BINDING OF WEIGHT SHROUD	05386	4
36	1/2” X 4-1/2” HEX HEAD BOLT	05480	2
37	1/2” X 3” HEX HEAD BOLT	05489	2
38	1/2” X 1-3/4” HEX HEAD BOLT	05434	4
39	1/2” X 1-1/2” HEX HEAD BOLT	03377	2
40	3/8” X 3” HEX HEAD BOLT	02262	7
41	3/8” X 1-3/4” HEX HEAD BOLT	05490	2
42	3/8” X 1-3/4” HEX HEAD BOLT (ALL)	05472	2
43	3/8” X 1” HEX HEAD BOLT (ALL)	05439	2
44	5/16” X 1/2” HEX HEAD BOLT (ALL)	05440	8
45	TOP PLATE BOLT	05427	1
46	1/2” WASHER	13001290	24
47	3/8” WASHER	05448	18
48	5/16” WASHER	05449	8
49	1/2” NYLON NUT	05450	14
50	3/8” NYLON NUT	02270	9
51	MARQUE LOGO PLATE		2
- -	WEIGHT LABEL SET	05244	1





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Website www.universalgymequipment.com

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING

FIGURE 1

Step 1. Push 50mm x 75mm END PLUGS (27) into ends of UPRIGHT (1), BASE FRAME (2), WEIGHT BASE (3).

Step 2. Attach UPRIGHT (1) and BASE FRAME (2) with 1/2” x 1-1/2” HEX HEAD BOLTS (39), 1/2” WASHERS (46), 1/2" x 4-1/2" HEX HEAD BOLTS (36), LINK PLATE (13) and 1/2” NYLON NUTS (49).

Step 3. Attach BASE FRAME (2) to WEIGHT BASE (3) with 1/2” WASHERS (46) and 1/2” NYLON NUTS (49).

Step 4. Push PLASTIC GUIDE ROD HOLDERS (31) into outer holes in WEIGHT BASE (3).

Step 5. Slide a RUBBER DOUGHNUT (25) about 3” onto end of each GUIDE ROD (16) and insert into WEIGHT BASE (3).

> **IMPORTANT:** Loading the WEIGHT PLATES (15) will require two people. One to hold the GUIDE RODS (16) steady while the other person slides the WEIGHT PLATES down the GUIDE RODS.

Step 6. Slide the WEIGHT PLATES (15), one at a time, down the GUIDE RODS (27).

Step 7. Insert the SELECTOR ROD (12) through the center hole of the TOP WEIGHT (14) and fasten through top hole of SELECTOR ROD with TOP PLATE BOLT (45).

Step 8. Slide TOP WEIGHT (14) down GUIDE RODS (16) and insert SELECTOR PIN (18) through desired WEIGHT PLATE (15) and SELECTOR ROD (12).

Step 9. Push PLASTIC GUIDE ROD HOLDERS (31) into outer holes in WEIGHT TOP FRAME (6).

Step 10. Slide WEIGHT TOP FRAME (6) down onto GUIDE RODS (16) and attach to UPRIGHT (1) with 1/2" WASHERS (16) and 1/2" NYLON NUTS (49).

FIGURE 1 DETAIL

Step 11. Peal backing from WEIGHT LABEL (No. 2) and apply to first WEIGHT PLATE (15) 1/2" to left of hole as shown.

Step 12. Peal backing from WEIGHT LABEL (No. 1) and apply to TOP PLATE (14) directly above WEIGHT LABEL (No. 2) as shown.

Step 13. Continue appling WEIGHT LABELS (No. 3 through 10) to WEIGHT PLATES (15) 1/2" to left of hole as shown.

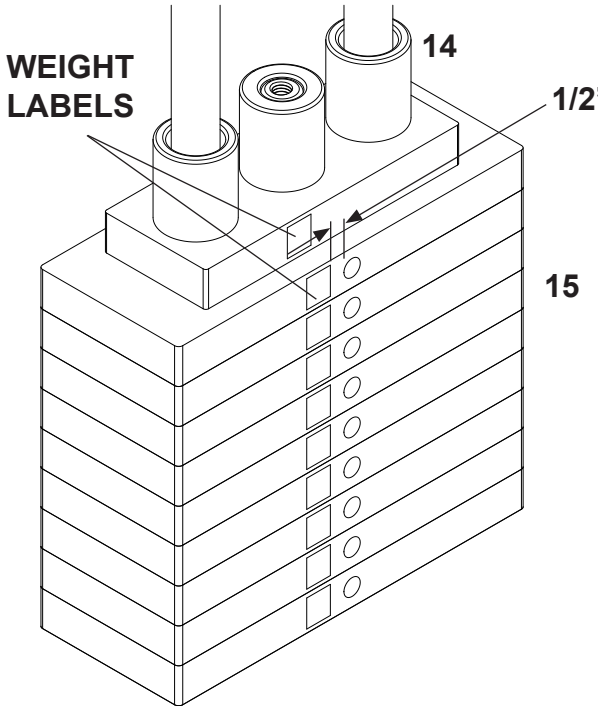

FIGURE 1 DETAIL

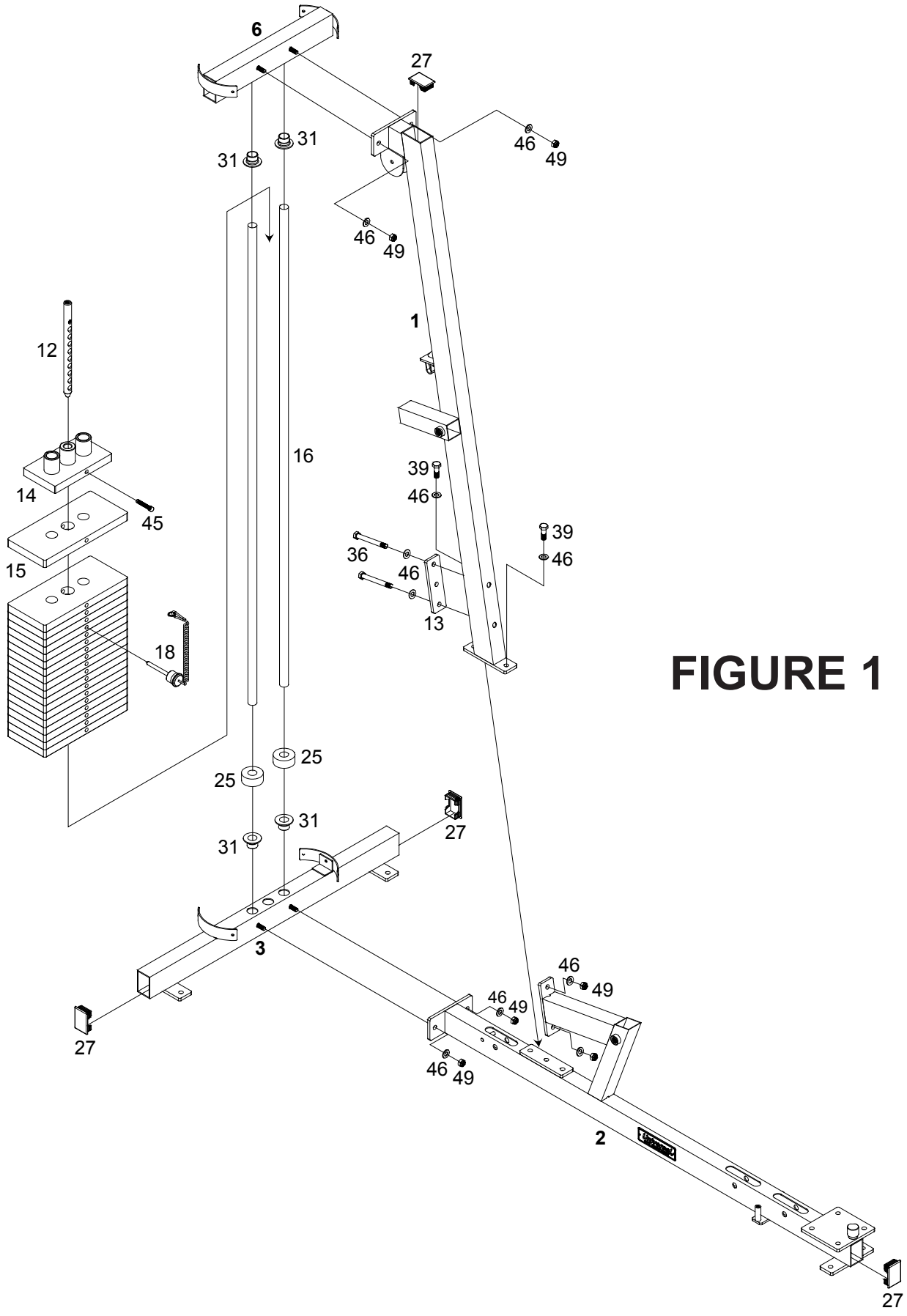
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FIGURE 1

FIGURE 2

Step 14. Push 50mm x 75mm END PLUGS (27) into ends of LEG PRESS (5).

Step 15. Attach one BEARING HOUSING (11) to BASE FRAME (2) with 1/2” x 1-3/4” HEX HEAD BOLTS (38), 1/2” WASHERS (46) and 1/2” NYLON NUTS (49). See DETAIL.

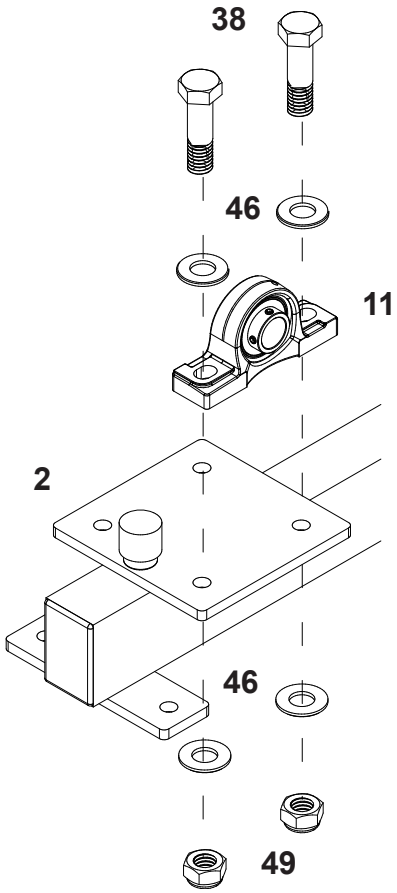
Step 16. Insert axle of LEG PRESS ARM (4) into mounted BEARING HOUSING (11). Slide other BEARING HOUSING onto axle and attach to BASE FRAME (2) with 1/2” x 1-3/4” HEX HEAD BOLTS (38), 1/2” WASHERS (46) and 1/2” NYLON NUTS (49).

Step 17. Using an allen wrench, tighten SET SCREWS in both BEARING HOUSINGS (11).

Step 18. Attach LEG PRESS (5) to LEG PRESS ARM (4) with 1/2" x 3" HEX HEAD BOLTS (37), 1/2" WASHERS (46) and 1/2" NYLON NUTS (49).

Step 19. Push CAP for NUTS (30) onto heads of 1/2" x 3" HEX HEAD BOLTS (37) attached in step 18.

Step 20. Thread ADJUSTABLE STOPPERS (34) into BASE FRAME (2).



DETAIL

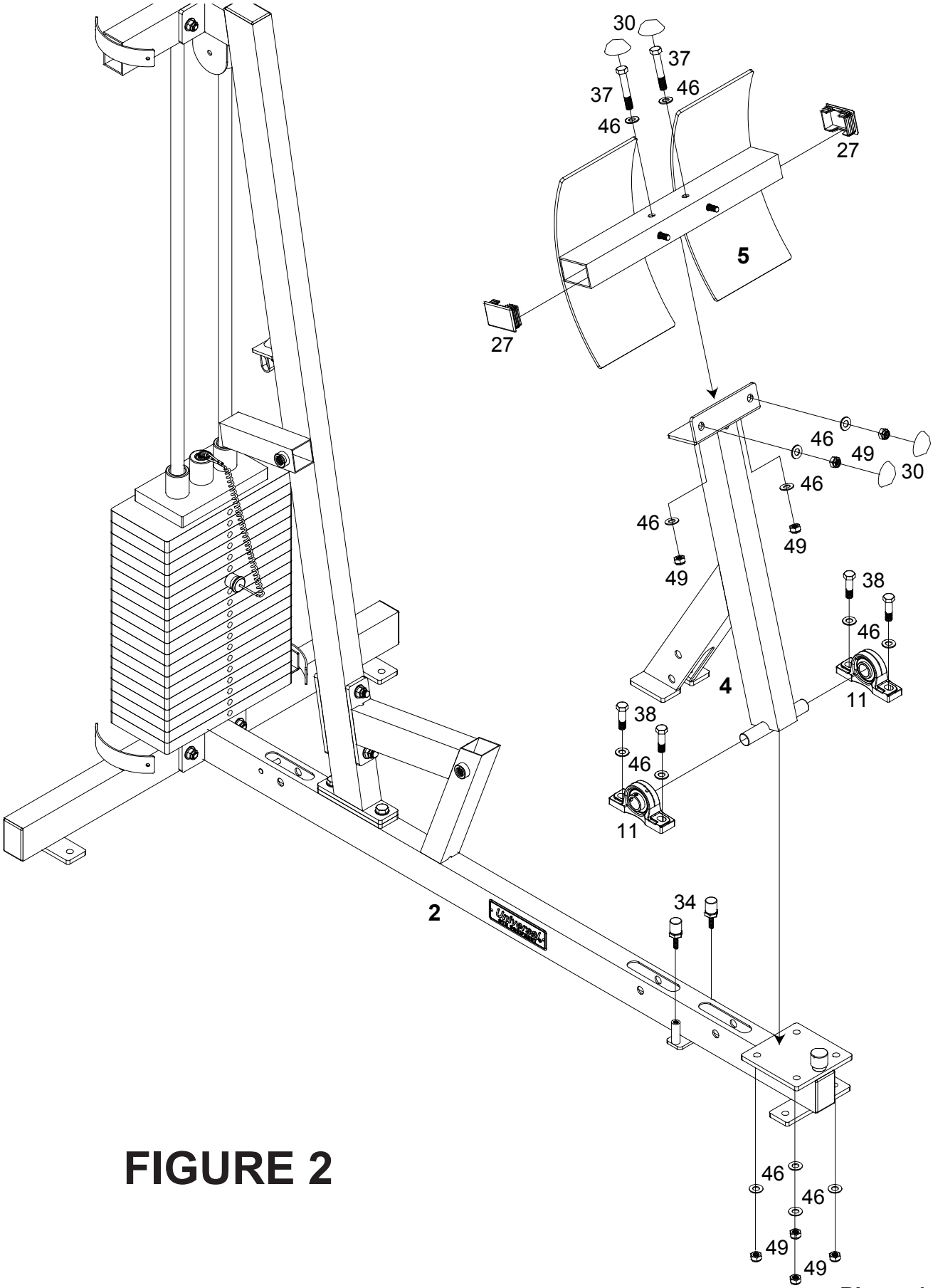

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FIGURE 2

FIGURE 3

Step 21. Push 45mm SQUARE PLUG (29) into end of ADJUSTABLE BACK ARM (8).

Step 22. Thread SPRING KNOB (33) into BASE FRAME (2) and UPRIGHT (1) as shown.

Step 23. Attach BACK PAD (19) to ADJUSTABLE BACK ARM (8) with 3/8" x 1" HEX HEAD BOLTS (43) and 3/8" WASHERS (47).

Step 24. Pull out on SPRING KNOB (33) in UPRIGHT (1) and insert ADJUSTABLE BACK ARM (8) into UPRIGHT and release SPRING KNOB at desired position to lock in place.

Step 25. Push 25mm x 50mm END PLUG (28) into SEAT ARM (10).

Step 26. Attach SEAT PAD (20) to SEAT ARM (10) with 3/8” x 1-3/4” HEX HEAD BOLT (42) and 3/8” WASHERS (47).

Step 27. Attach ADJUSTABLE SEAT TUBE (7) to SEAT ARM (10) with 3/8” x 3” HEX HEAD BOLT (40), 3/8” WASHERS (47) and 3/8” NYLON NUTS (50).

Step 28. Pull out on SPRING KNOB (33)in BASE FRAME (2), insert ADJUSTABLE SEAT TUBE (7) and release SPRING KNOB at desired height to lock in place.

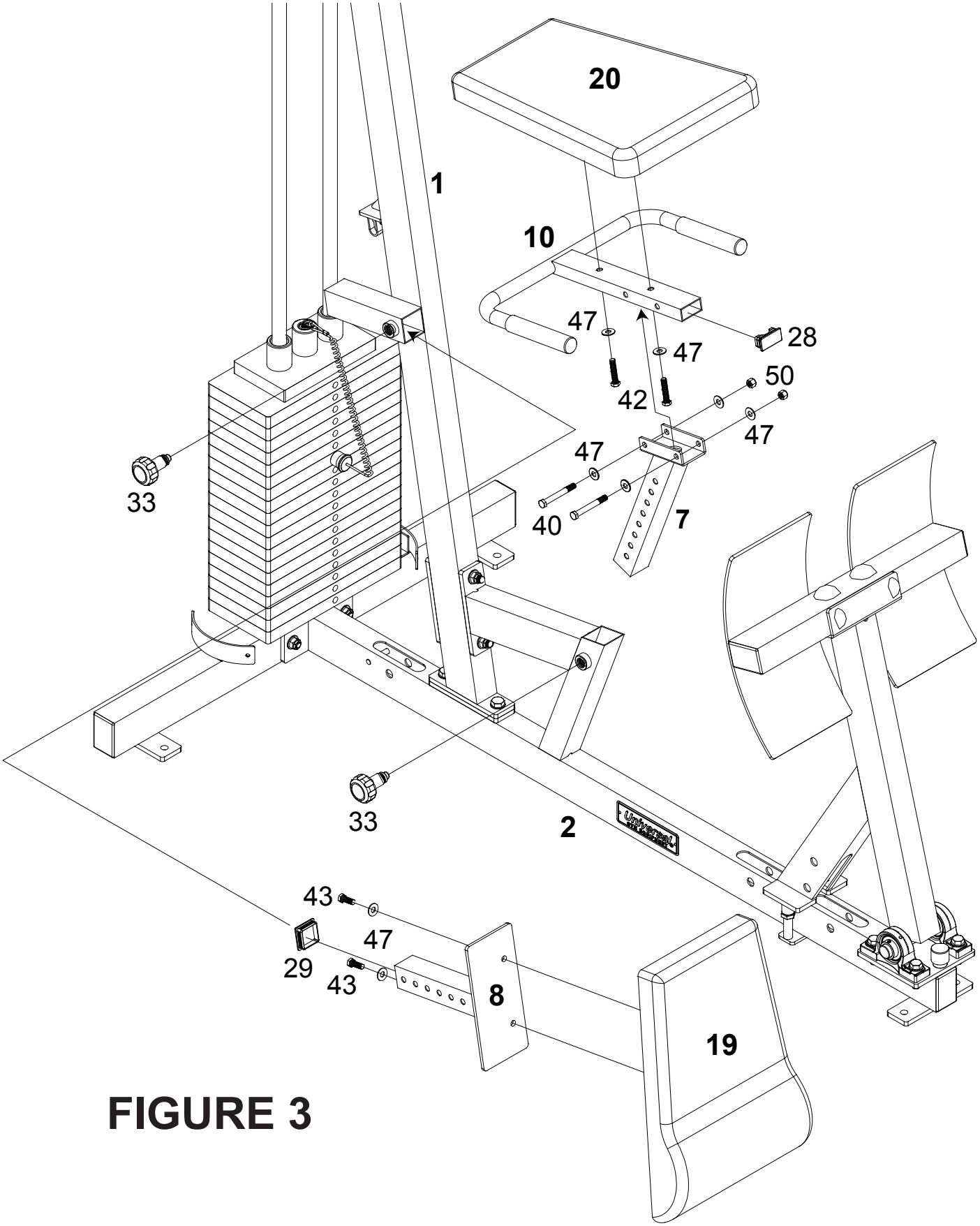


FIGURE 3

FIGURE 4

NOTE: The CONNECT CABLE (21) is the shorter of the two cables.

C1

Step 29. Place BALL end of CONNECT CABLE (21) in SLOT of bracket on UPRIGHT (1) to lock in place.

C2

Step 30. Place CONNECT CABLE (21) in groove of PULLEY (26) and attach to SINGLE PULLEY BRACKET (9) with 3/8" x 1-3/4" HEX HEAD BOLT (41) and 3/8" NYLON NUT (50).

C3

Step 31. Place CONNECT CABLE (21) in groove of PULLEY (26) and attach to bracket at top of UPRIGHT (1) with 3/8" x 1-3/4" HEX HEAD BOLT (41) and 3/8" NYLON NUT (50).

C4

Step 32. Insert adjustment bolt of CONNECT CABLE (21) through RING of SELECTOR PIN (18) and thread into SELECTOR ROD (12) about 3 or 4 turns and lock by tightening nut against SELECTOR ROD.

CONNECT CABLE (21)

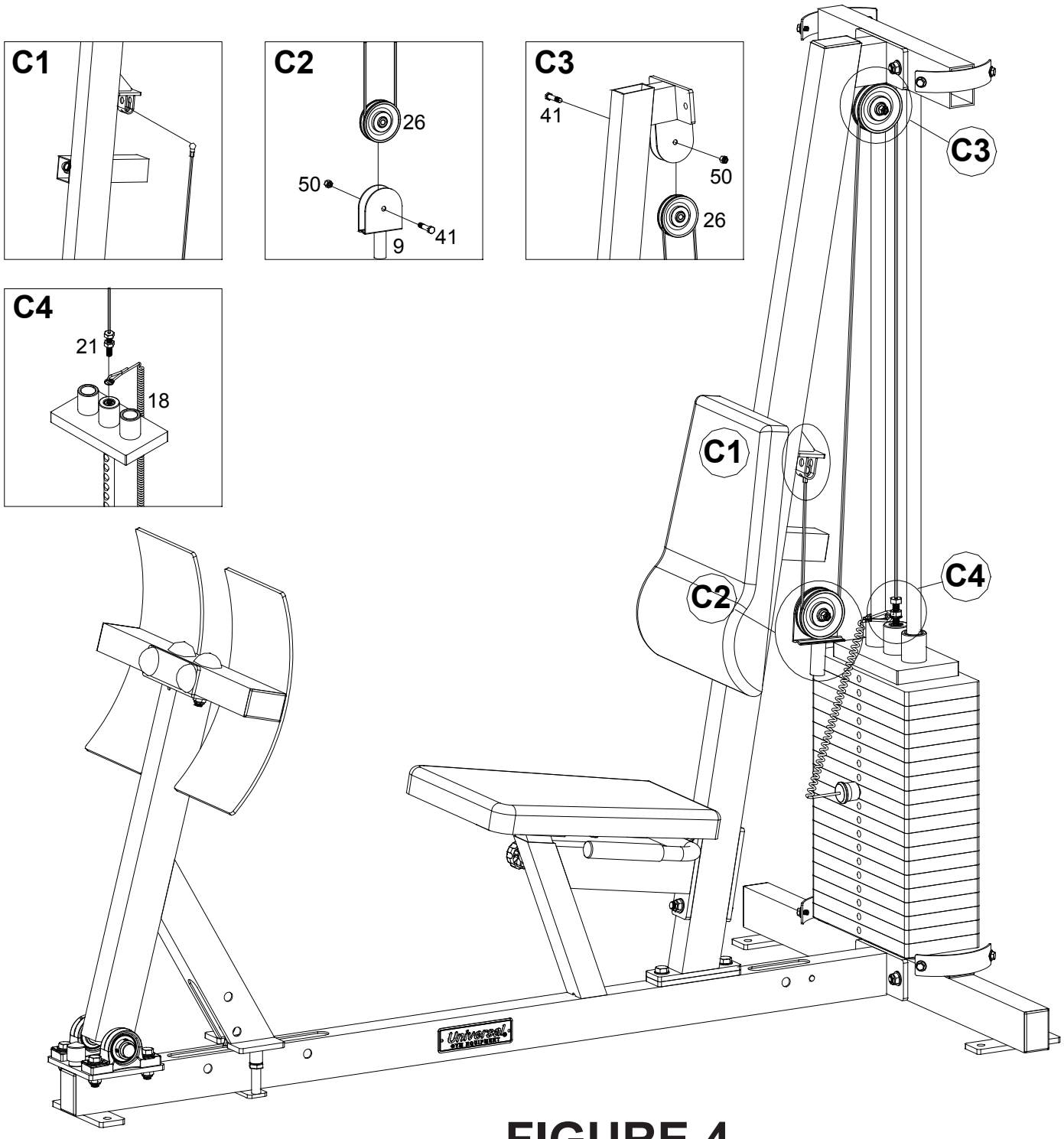


FIGURE 4

FIGURE 5

L1

Step 33. Insert EYE end of LEG PRESS CABLE (22) into bottom hole in LEG PRESS ARM (4) and fasten with 3/8” x 3” HEX HEAD BOLT (40), 3/8” WASHER (47), STEEL BUSHINGS (32) and 3/8” NYLON NUT (50).

L2

Step 34. Place LEG PRESS CABLE (22) in groove of PULLEY (26) and attach to front slot in BASE FRAME (2) with 3/8” x 3” HEX HEAD BOLT (40), 3/8” WASHER (47), STEEL BUSHINGS (32) and 3/8” NYLON NUT (50).

L3

Step 35. Place LEG PRESS CABLE (22) in groove of PULLEY (26) and attach to LRG PRESS ARM (4) with 3/8” x 3” HEX HEAD BOLT (40), 3/8” WASHER (47), STEEL BUSHINGS (32) and 3/8” NYLON NUT (50).

L4

Step 36. Place LEG PRESS CABLE (22) in groove of PULLEY (26) and attach in second slot of BASE FRAME (2) with 3/8” x 3” HEX HEAD BOLT (40), 3/8” WASHER (47), STEEL BUSHINGS (32) and 3/8” NYLON NUT (50).

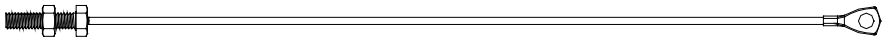
Step 37. Insert adjustment bolt end of LEG PRESS CABLE (22) through second slot in BASE FRAME (2) then push through BASE FRAME and pull up through third slot.

L5

Step 38. Place LEG PRESS CABLE (22) in groove of PULLEY (26) and attach in third slot of BASE FRAME (2) with 3/8” x 3” HEX HEAD BOLT (40), 3/8” WASHER (47), STEEL BUSHINGS (32) and 3/8” NYLON NUT (50).

L6

Step 39. Thread adjustment bolt into SINGLE PULLEY BRACKET (9) about 3 or 4 turns and lock by tightening nut against SELECTOR ROD.



LEG PRESS CABLE (22)

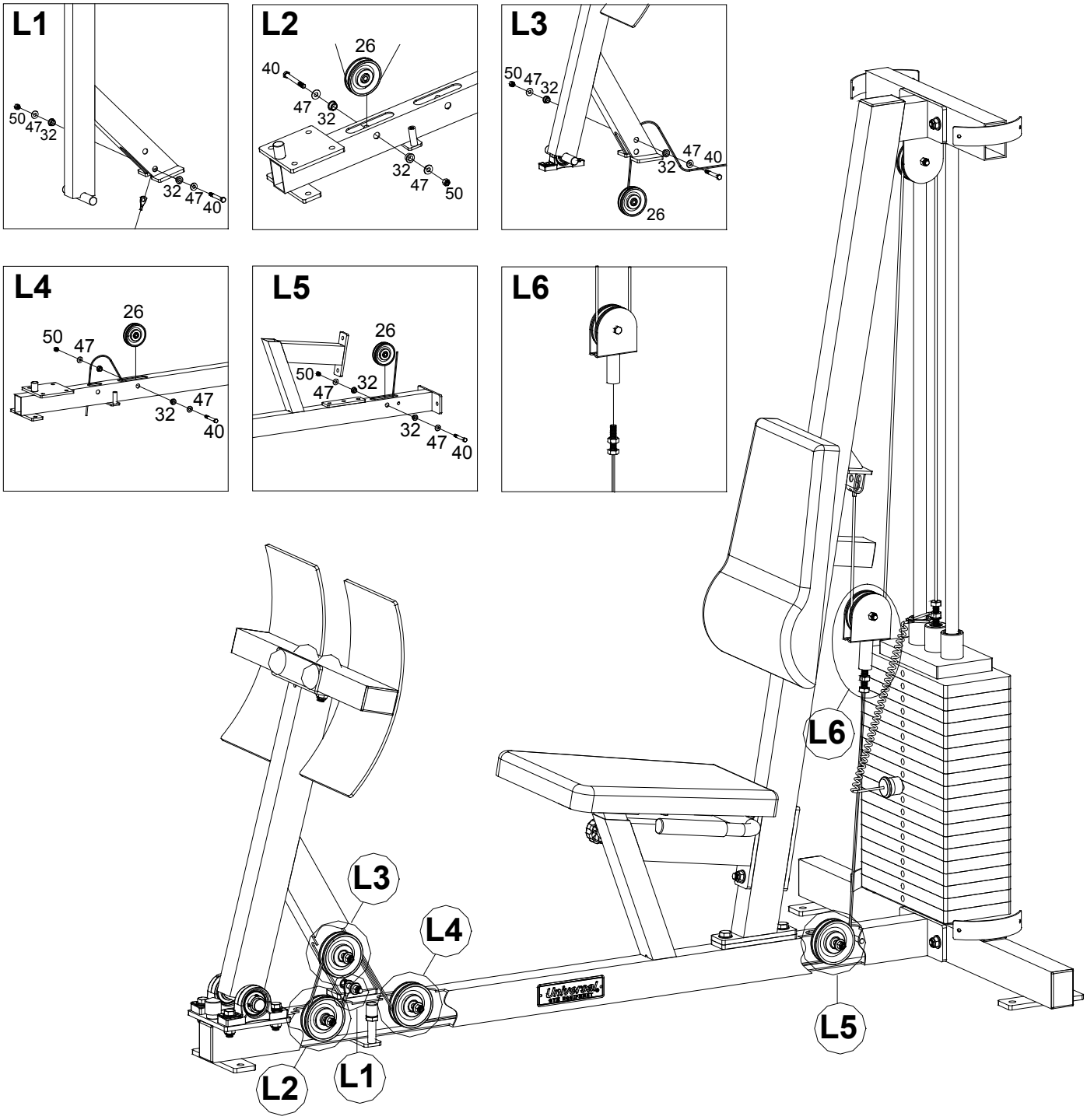


FIGURE 5

FIGURE 6

Step 40. Push BINDING OF WEIGHT SHROUD (35) completely onto edges of WEIGHT SHROUDS (17).

Step 41. Attach WEIGHT SHROUDS (17) to WEIGHT TOP FRAME (6) and WEIGHT BASE (3) with 5/16” x 1/2” HEX HEAD BOLTS (44) and 5/16” WASHERS (48).

Step 42. Over time the cables will need to be adjusted to remove excess slack. This can be done by adjusting the adjustment bolts on one or both cables if needed. Thread the adjustment bolt into the SELECTION ROD (12) or SINGLE PULLEY BRACKET (9) until the slack has been removed and then tighten locking nut against SELECTION ROD or SINGLE PULLEY BRACKET.

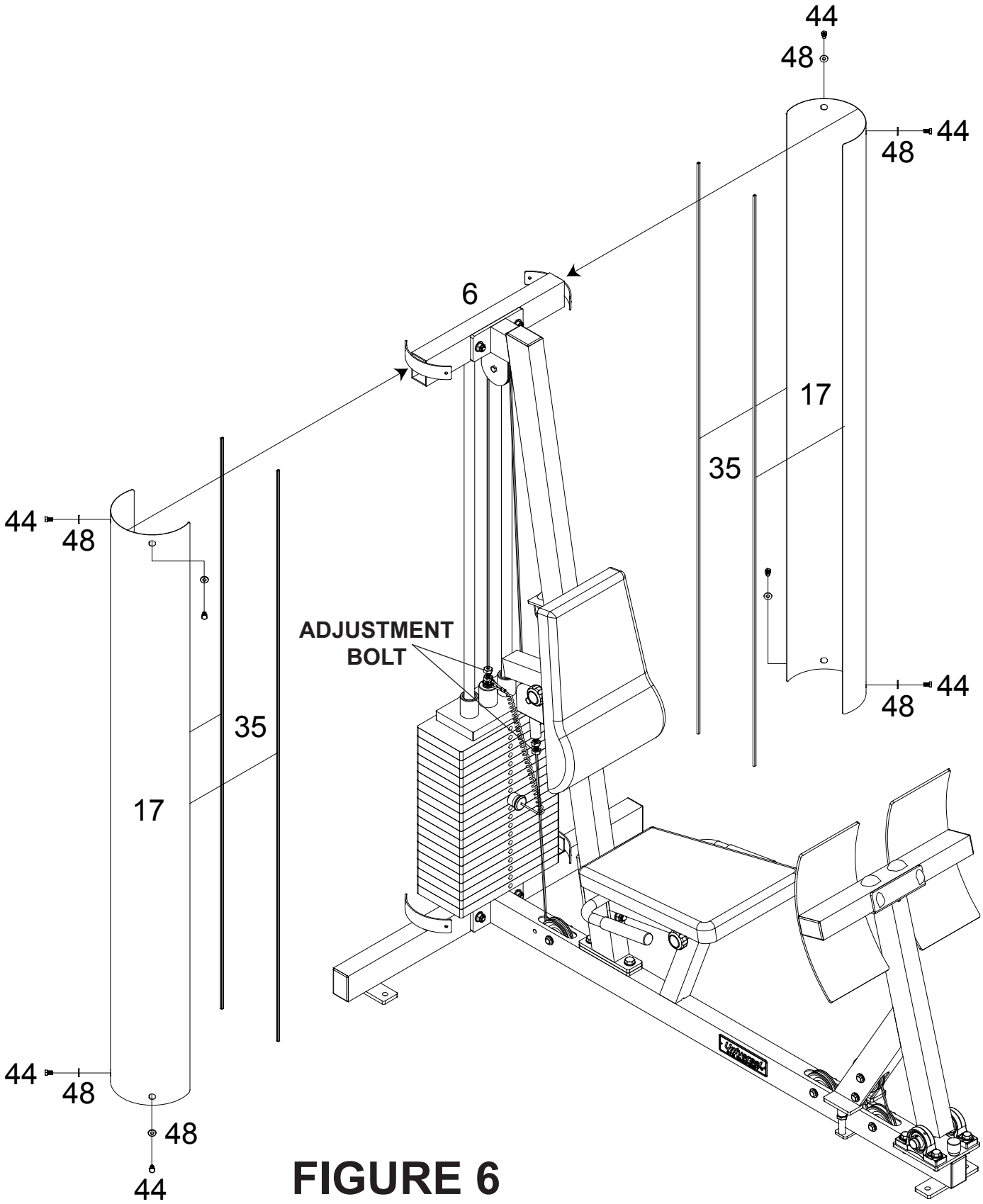


FIGURE 6

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Universal® Gym Equipment Lifetime Limited Warranty

Universal® Gym Equipment (a division of FF Acquisition Corp.) warrants to the original owner of this Universal® Gym Equipment PowerPak® LP700, the following components to be free from defects in material and workmanship for the period specified.To establish warranty rights, the purchaser must retain the bill of sale. This warranty is only valid if the equipment is purchased from an authorized Universal® Gym Equipment dealer. Defective parts will be repaired or replaced at the option of Universal® Gym Equipment. All labor is the responsibility of the owner.

Warranty Period (begins at date of purchase)

COMPONENT	PERIOD	COMPONENT	PERIOD
Frame	Lifetime	Bushing/Bearings	Lifetime
Weight Plates	Lifetime	Cable/Pulleys	Lifetime
Seats and Back Cushions	Lifetime	All other	Lifetime

EXCEPTIONS AND CONDITIONS

Failures due to improper assembly, neglect, alteration or modification, damage, misuse, repairs other than by an Universal Authorized Service Center or lack of maintenance (see Owners Manual) are not covered by this warranty. This warranty does not cover damages sustained during shipment or transportation of equipment. Any damage in transit should be filed with the carrier.

Please note that it is our policy to replace components and not entire machines or assemblies. We may also first attempt to repair structural components to make them functional as designed, the result of which may be visible. Repair of the products as provided under this warranty is the exclusive remedy of the customer.

The coated steel frame is rust-resistant in most settings. However, rusting/corrosion is outside the scope of the warranty. We recommend that if this machine is to be installed in high humidity areas (outdoors, near a pool or by a hot tub, etc.), the owner apply an automotive wax to delay the onset of corrosion. Sweat, cleaner, body lotions and sunlight can be corrosive and are the responsibility of the owner.

Universal® Gym Equipment shall not be responsible for injury, loss of use of the Universal® Gym Equipment product, or any inconvenience, loss of damage to personal property, whether direct or indirect, and incidental or consequential damages. This warranty and all warranties that may be implied under state law, including but not limited to warranties of merchantability and warranties of fitness for any purpose, expire with transfer of ownership from the original owner. Any implied warranty of merchantability or fitness for any particular purpose shall be limited for one year.

Replacement and Repair Expenses

Universal® Gym Equipment will prepay for shipment of replacement /repair parts to owner by standard ground transportation as long as it falls under the “warranty of the product”. All other cost are the responsibility of the owner of the machine (for example: labor charges for service, removal, reinstallation or shipping/handling/delivery charges for returning component to Universal® Gym Equipment).

How To Make A Warranty-Covered Claim

Should your machine require warranty service, please **first** contact the Universal® Gym Equipment Authorized Dealer from which you purchased this machine. Your dealer may offer you assistance in making the warranty claim or may be a Universal® Gym Equipment Authorized Service Center. Before contacting either your dealer or Universal® Gym Equipment, please do the following:

1. Refer to the parts list in your owners manual to help identify the part numbers of the part/component in question.
2. Write down the serial number (located on the frame).
3. Have available a copy of your dealer’s bill of sale (with date of purchase indicated).

If your dealer is unable to help you, please use the following number to contact Universal® Gym Equipment about your warranty claim: **1-800-472-9856 (US)** between the hours of 8:00 am and 5:00 pm (CST). Or write to Universal® Gym Equipment (a Division of FF Acquisition Corp.), Attn.: Customer Service-Parts P O Box 1296 West Point, MS 39773.

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Website www.universalgymequipment.com

GYM EQUIPMENT

WARRANTY REGISTRATION

Congratulations on purchasing a top quality Universal Gym Equipment product. TO ACTIVATE YOUR WARRANTY PLEASE COMPLETE AND SUBMIT THIS FORM TO:

Universal Gym Equipment
Attn: Warranty Activation/Customer Service
100 Tubb Avenue
West Point, MS 39773

Your warranty registration will be kept on file, allowing us to serve you to the level of your expectations. You may also contact our customer service via email at customerservice@universalgymequipment.com or via phone at 1-800-472-9856.

Last Name _____
First Name _____
Phone _____
Email _____
Mailing Address _____
City _____
State _____
Zip Code _____
Model _____
Serial Number _____
Purchase Date _____
Place of Purchase _____

At Universal Gym Equipment we're constantly striving to improve. Your feedback is important to us and is always welcome. We ask that you answer the following questions regarding your Universal Gym Equipment purchase. And as a way of saying thank you for your feedback, we will offer an exclusive Universal Gym Equipment t-shirt to you free of charge.

Why did you choose this Universal Gym Equipment product? (Check all that apply)

[] Design / appearance [] Quality [] Features
[] Value [] Price [] UGE's Reputation
[] Warranty [] Web page
[] Dealer assistance [] Other -

_____
What other brands did you consider purchasing?

_____
How long did you research gym equipment prior to making your purchase decision?
[] less than 2 weeks [] 2 – 4 weeks [] 4 – 6 weeks [] over 6 weeks

How did you research gym equipment prior to making your purchase? (Check all that apply)
[] internet [] in-store visits [] television [] newspapers [] fitness magazines

Please indicate your shirt size. Small [ ] med [ ] large [ ] x-large [ ] xx large [ ]
You may also order additional t-shirts for $20.00 each + shipping & handling.