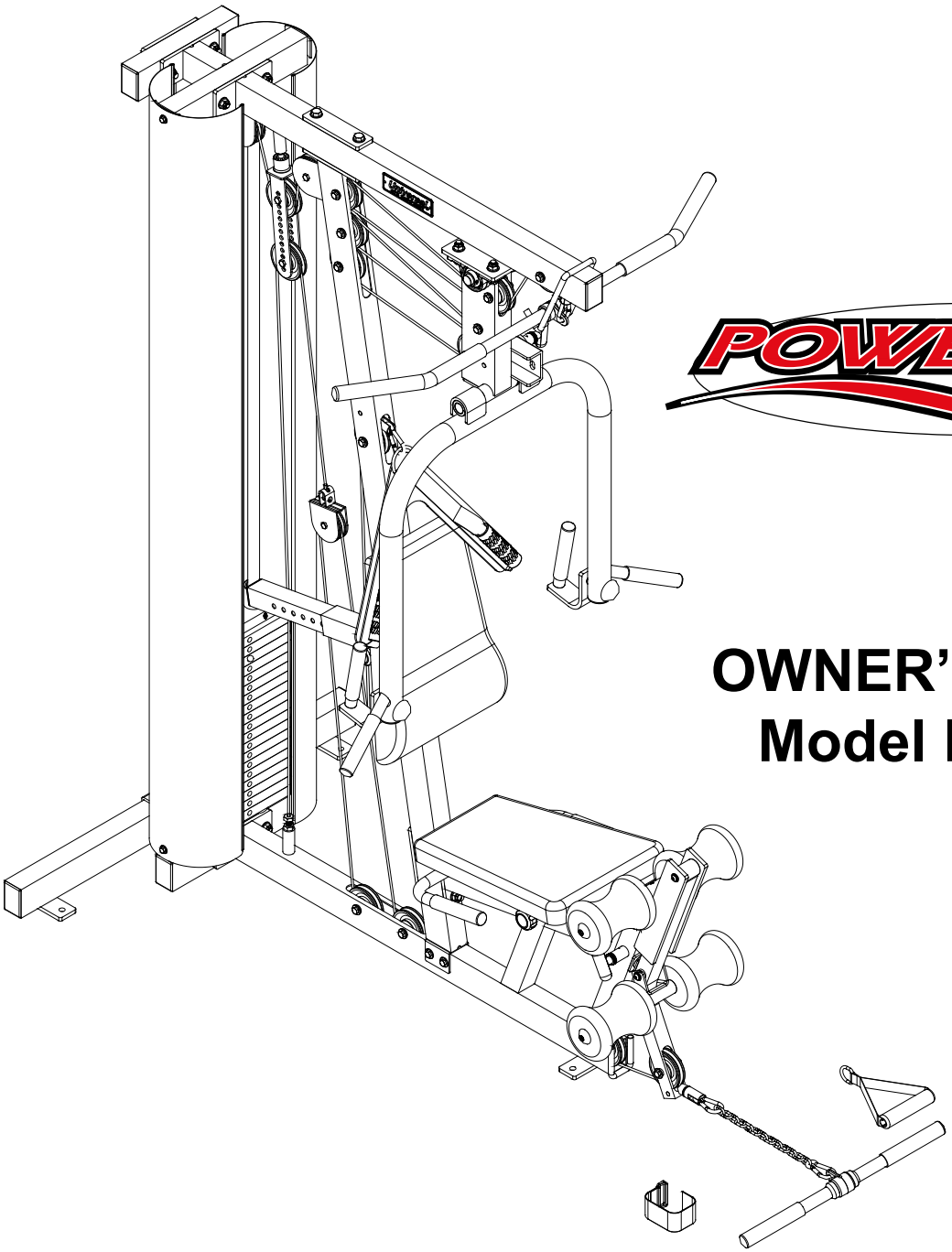
Universal®

GYM EQUIPMENT



POWER-PAK® 1000

OWNER'S MANUAL
Model No. 79110

Serial Number: _____

Date of Purchase: _____

Place of Purchase: _____

Revised 4.26.04

Congratulations on purchasing your Universal® Gym Equipment PowerPak® 1000

With this product in your home, you have everything you need to start your own workout program to tone and firm the muscle groups of your upper and 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® 1000.

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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Website www.universalgymequipment.com

Comments or Questions?

Dear customer,
Congratulations on your purchase of the Universal® Gym Equipment PowerPak® 1000.

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 (79110)
5. PART ORDER NUMBER AND DESCRIPTION

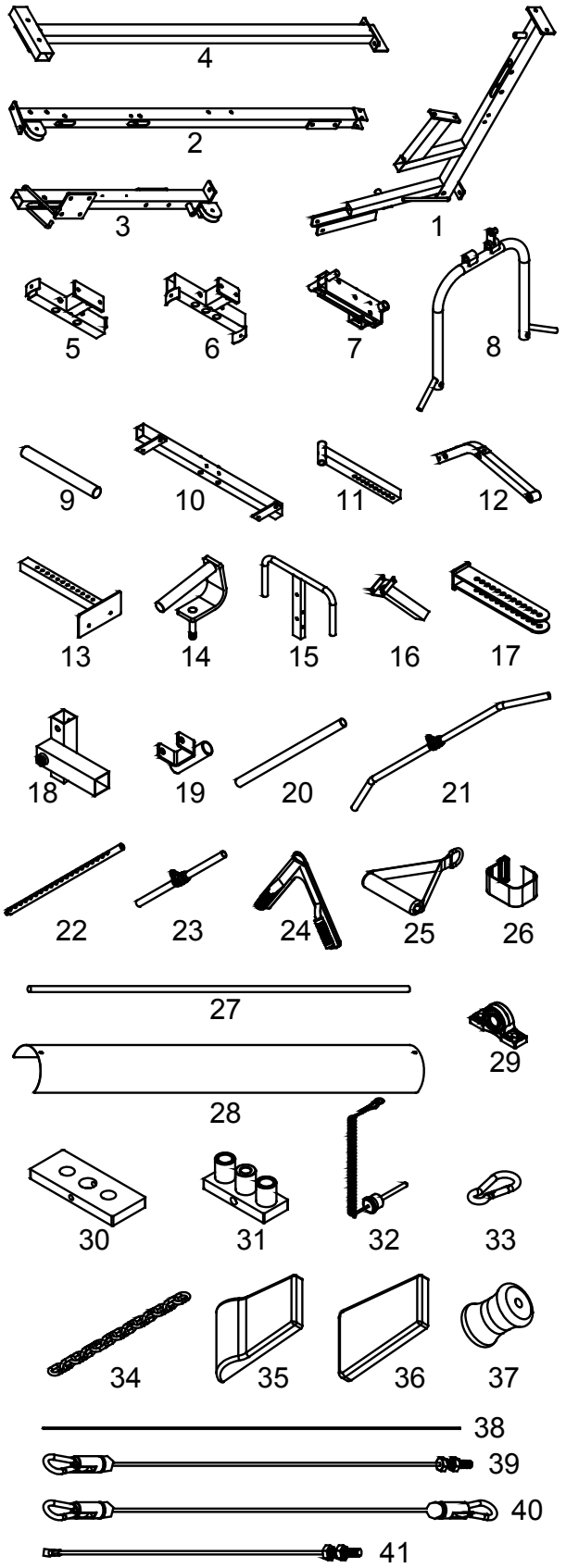
All details depicted in this owner's manual, and of the product itself, are subject to change without notice.

Before you begin

1. **FIND YOUR TOOLS:** You need two adjustable crescent wrenchs, one set of allen wrenches and one
2. rubber mallet. These tools are NOT included in the carton.
   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.
3. If the area is within living quarters, protect the carpet or floor with a large mat prior to assembly.
   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.
4. Keep children away during assembly.
   IDENTIFY YOUR HARDWARE: To identify a piece of hardware by physical size, use the rule provided
5. on page 6.
   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
6. top of the unit first, and work your way down to the floor.
   INSTALLING FOAM ROLLS: Liquid soap applied to inside of foam rolls 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	Base Frame	05349	1
2	Front Upright	05350	1
3	Top Frame	05351	1
4	Rear Upright	05352	1
5	Weight Frame	05353	1
6	Weight Top Base	05354	1
7	Press Support	05355	1
8	Press Arm	05356	1
9	1” Press Arm Axle	05357	1
10	Rear Stabilizer	05358	1
11	Adjustable Tube	05359	1
12	Leg Extension	05360	1
13	Adjustable Back Arm	05361	1
14	Roller Handle Bar	05362	2
15	Seat Arm	05363	1
16	Adjustable Seat Tube	05364	1
17	Floating Pulley Block	05365	1
18	Back Support	05366	1
19	Roller Bracket	05367	1
20	Bolster	05368	2
21	Lat Bar	05369	1
22	Selector Rod	05370	1
23	Curl Bar	05371	1
24	Ab Strap	05372	1
25	Hand Strap	05373	1
26	Ankle Strap	05374	1
27	Guide Rod	05375	2
28	Weight Shroud	05376	2
29	Bearing Housing	05377	2
30	Weight Plate	05378	-
- -	Box of (4) 10lb Weights	79004	1
- -	Box of (5) 10lb Weights	79005	3
- -	Weight Label Set	05244	1
31	Top Plate	05379	1
32	Selector Pin	05515	1
33	Snap Hook	05381	1
34	Link Chain	05382	1
35	Back Pad	05383	1
36	Seat Pad	05384	1
37	Foam Pad	05385	4
38	Binding of Weight Shroud	05386	4
39	Top Cable	05387	1
40	Ab Cable	05388	1
41	Connect Cable		1



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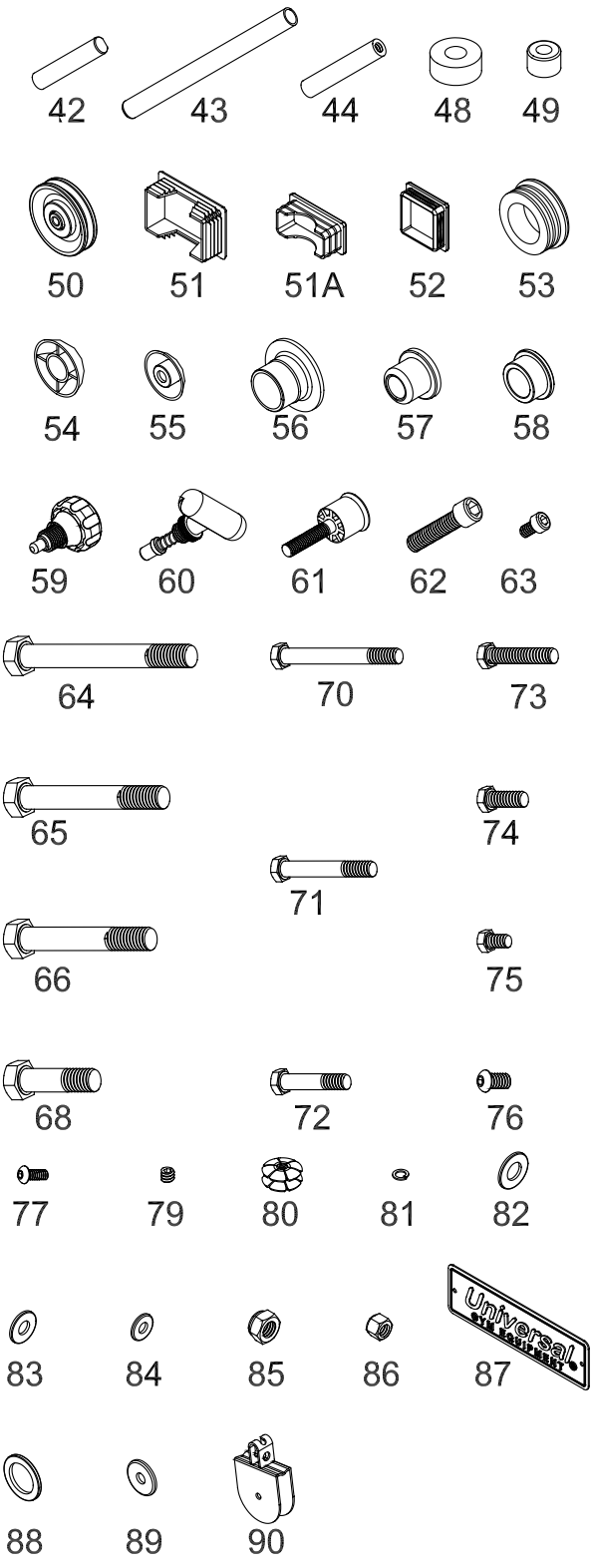
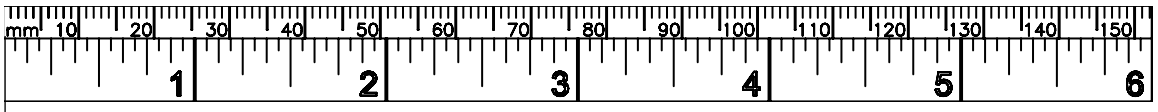
PARTS LIST

No.	Description	Part No.	Qty.
42	1” x 145L Hand Grip	05389	2
43	1” x 300L Foam Tube	05468	2
44	1/2” Leg Axle (Longer)	05392	1
48	Rubber Donut	05396	2
49	Leg Extension Stopper	05397	1
50	Pulley	05398	17
51	50mm x 75mm End Plug	05399	7
51A	25mm x 50mm End Plug	05415	1
52	45mm Square Plug	05416	3
53	2” Round End Plug	05417	2
54	1/2” Cap for Nut	05418	2
55	Cap for Bolster	05419	4
56	Plastic Guide Rod Holder	05420	4
57	3/8” Bushing	05422	22
58	1/2” Steel Bushing	05423	8
59	Spring Knob	05424	2
60	Pop Pin	05425	2
61	Adjustable Stopper	05426	1
62	Top Plate Bolt	05427	1
63	5/16” x 1/2” Hex Head Bolt	05428	4
64	1/2” x 4-1/4” Hex Head Bolt	05429	6
65	1/2” x 3-1/2” Hex Head Bolt	02260	4
66	1/2” x 3-1/4” Hex Head Bolt	05432	1
68	1/2” x 1-3/4” Hex Head Bolt	05434	4
70	3/8” x 3” Hex Head Bolt	02262	15
71	3/8” x 2-1/2” Hex Head Bolt	05436	1
72	3/8” x 1-3/4” Hex Head Bolt	05478	5
73	3/8” x 1-3/4” Hex Head Bolt (All)	05472	2
74	3/8” x 1” Hex Head Bolt (All)	05439	2
75	5/16” x 1/2” Hex Head Bolt (All)	05440	4
76	3/8” x 5/8” Hex Head Bolt	05441	1
77	5/16” x 5/8 Hex Head Bolt	05442	2
79	5/16” x 3/8” Hex Head Bolt	05444	3
80	5/16” Nut	05445	4
81	5/16” Spring Washer	05446	2
82	1/2” Washer	13001290	38
83	3/8” Washer	05448	34
84	5/16” Washer	05449	6
85	1/2” Nylon Nut	05450	23
86	3/8” Nylon Nut	02270	21
87	Marque Logo Plate	05452	2
88	Spacer	05453	2
89	5/16” Washer (Larger)	05612	4
90	Single Pulley Bracket		1





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IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING

FIGURE 1

Step 1. Push 50mm x 75mm END PLUGS (51) into ends of TOP FRAME (3), REAR UPRIGHT (4), WEIGHT BASE (6) and REAR STABILIZER (10).

Step 2. Attach REAR UPRIGHT (4) and WEIGHT BASE (6) to REAR STABILIZER (10) with 1/2" x 3-1/2" HEX HEAD BOLTS (65), 1/2" WASHERS (82) and 1/2" NYLON NUTS (85).

Step 3. Attach BASE FRAME (1) to WEIGHT BASE (6) with 1/2" WASHERS (82) and 1/2" NYLON NUTS (85).

Step 4. Push two PLASTIC GUIDE ROD HOLDERS (56) into outer holes in WEIGHT BASE (6) and WEIGHT FRAME (5).

Step 5. Slide a RUBBER DOUGHNUT (48) about 3" onto one end of each GUIDE ROD (27) and insert into WEIGHT BASE (6).

IMPORTANT: Loading the WEIGHT PLATES (30) will require two people. One to hold the GUIDE RODS (27) steady while the other person slides the WEIGHT PLATES down the GUIDE RODS.

Step 6. Slide the WEIGHTS (30), one at a time, down the GUIDE RODS (27).

Step 7. Insert the SELECTOR ROD (22) through the center hole of the TOP WEIGHT (31) and fasten through top hole of SELECTOR ROD with TOP PLATE BOLT (62).

Step 8. Slide TOP WEIGHT (31) down GUIDE RODS (27) and insert SELECTOR PIN (22) through desired WEIGHT (30) and SELECTOR ROD (22).

Step 9. Slide WEIGHT FRAME (5) down onto GUIDE RODS (27) and attach to REAR UPRIGHT (4) with 1/2" x 3-1/2" HEX HEAD BOLTS (65), 1/2" WASHERS (82) and 1/2" NYLON NUTS (85).

Step 10. Attach FRONT UPRIGHT (2) to BASE FRAME (1) at two locations. Fasten at upper location with 1/2" x 4-1/4" HEX HEAD BOLTS (64), 1/2" WASHERS (82) and 1/2" NYLON NUTS (85). Fasten at lower location with 3/8" x 3" HEX HEAD BOLTS (70), 3/8" WASHERS (83) and 3/8" NYLON NUTS (86).

Step 11. Attach TOP FRAME (3) to WEIGHT FRAME (5) with 1/2" WASHERS (82) and 1/2" NYLON NUTS (85).

Step 12. Attach TOP FRAME (3) to FRONT SUPPORT (2) with 1/2" x 4-1/4" HEX HEAD BOLTS (64), 1/2" WASHERS (82) and 1/2" NYLON NUTS (85).

FIGURE 1 DETAIL

Step 13. Peal backing from WEIGHT LABEL "2" and apply to first WEIGHT PLATE (30) 1/2" to left of hole as shown.

Step 14. Peal backing from WEIGHT LABEL "1" and apply to TOP PLATE (31) directly above WEIGHT LABEL "2" as shown.

Step 15. Continue appling WEIGHT LABELS "3" through "19" to WEIGHT PLATES (30) 1/2" to left of hole as shown.

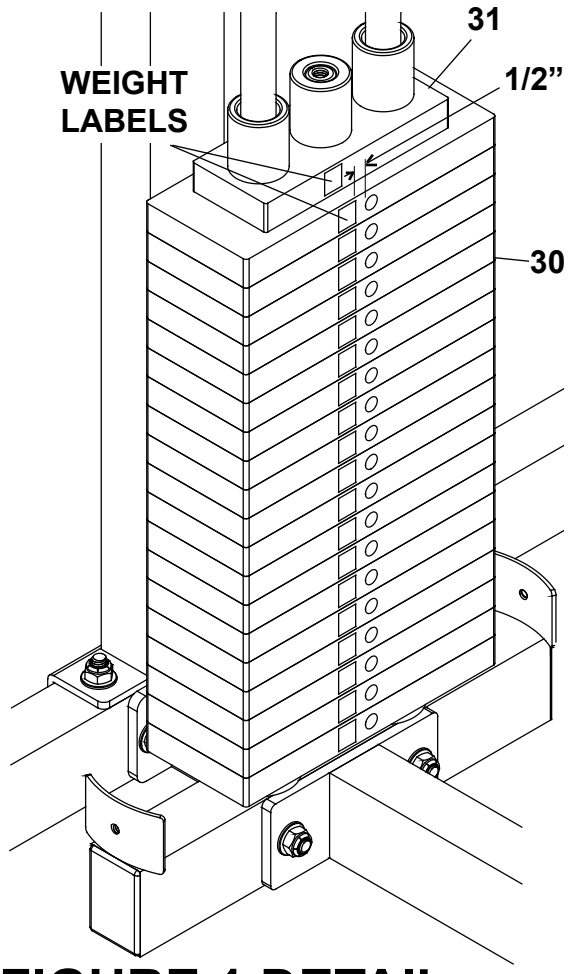

FIGURE 1 DETAIL

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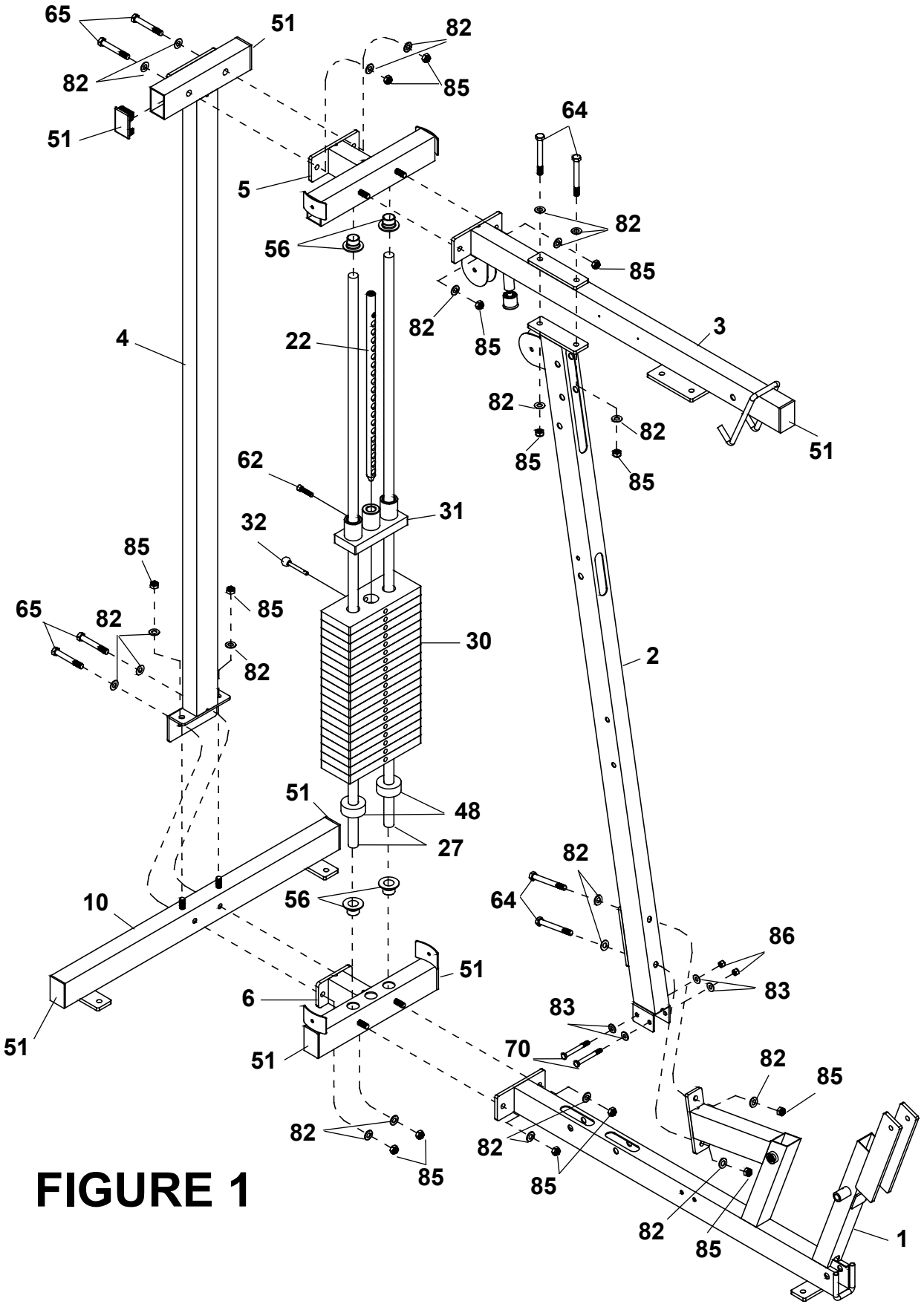
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FIGURE 1

FIGURE 2

Step 16. Push 45mm SQUARE PLUGS (52) into end of ADJUSTABLE BACK ARM (13).

Step 17. Thread SPRING KNOB (59) and POP PIN (60) into BASE FRAME (1) as shown.

Step 18. Slide one FOAM PAD (37) onto end of each BOLSTER (20) and lock in place with 5/16" WASHER (LARGER) (89), CAP FOR BOLSTER (55) and 5/16" x 1/2" INNER HEX HEAD BOLT (63).

Step 19. Insert one BOLSTER (20) through ADJUSTABLE TUBE (11) and slide on other FOAM PAD (37) and lock in place with 5/16" WASHER (LARGER) (89), CAP FOR BOLSTER (55) and 5/16" x 1/2" INNER HEX HEAD BOLT (63).

Step 20. Pull out on POP PIN (60) and insert ADJUSTABLE TUBE (11) into BASE FRAME (1) and release POP PIN at desired position to lock in place.

Step 21. Attach LEG EXTENSION (12) to BASE FRAME (1) with 5/16" x 5/8" INNER HEX BOLTS (77), 5/16" SPRING WASHERS (81), 5/16" WASHERS (84) and 1/2" LEG AXLE (44).

Step 22. Attach ROLLER BRACKET (19) to LEG EXTENSION (12) with 1/2" x 3-1/4" HEX HEAD BOLT (66), 1/2" WASHER (82) and 1/2" NYLON NUT (85).

Step 23. Insert BOLSTER (20) through ROLLER BRACKET (19) and slide on other FOAM PAD (37) and lock in place with 5/16" WASHER (LARGER) (89), CAP FOR BOLSTER (55) and 5/16" x 1/2" INNER HEX HEAD BOLT (63).

Step 24. Push 25mm x 50mm END PLUG (51A) into SEAT ARM (15).

Step 25. Attach SEAT PAD (36) to SEAT ARM (15) with 3/8" x 1-3/4" HEX HEAD BOLT (73) and 3/8" WASHERS (83).

Step 26. Attach ADJUSTABLE SEAT TUBE (16) to SEAT ARM (15) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHERS (83) and 3/8" NYLON NUTS (86).

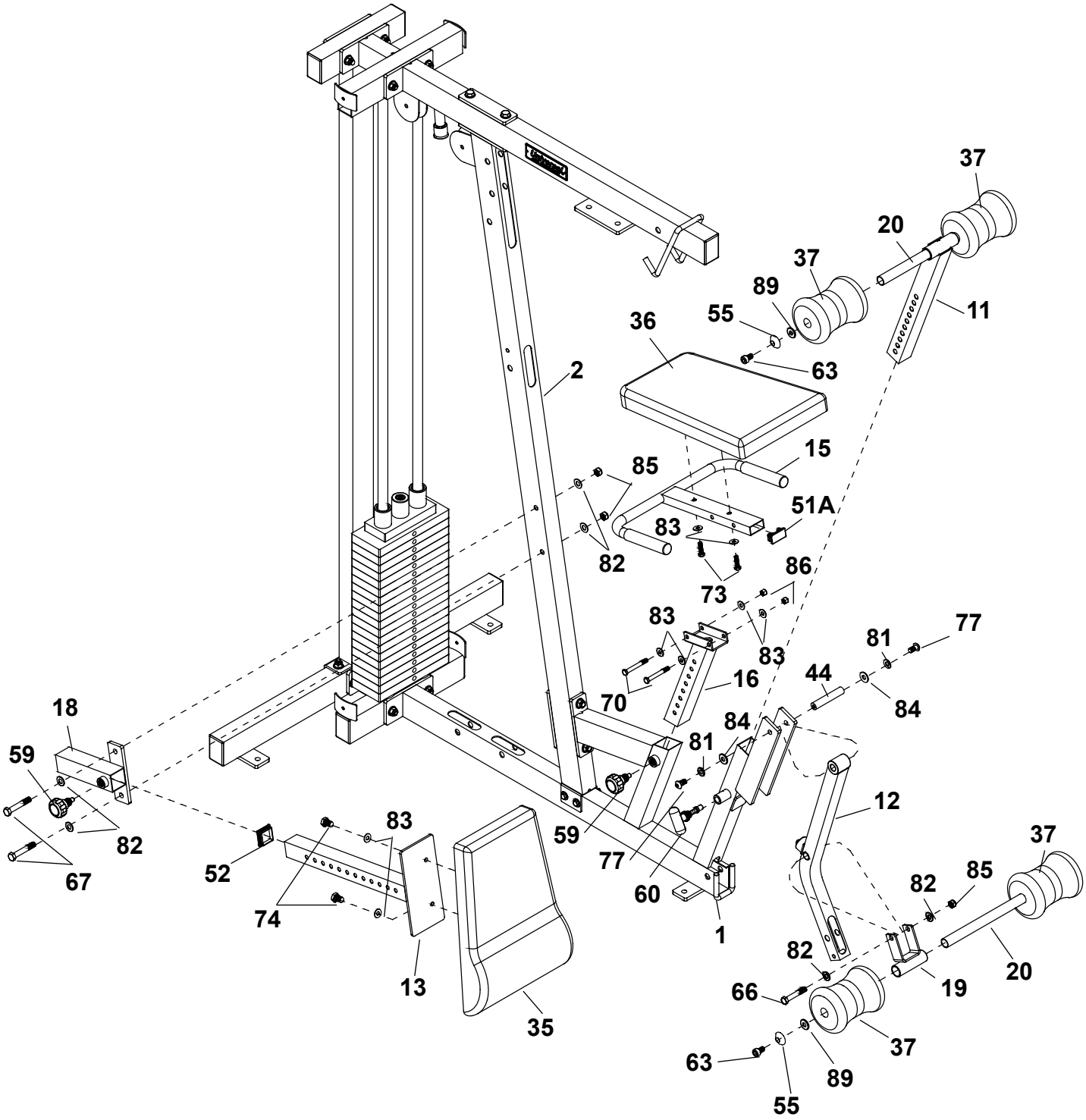
Step 27. Pull out on SPRING KNOB (59), insert ADJUSTABLE SEAT TUBE (16) and release SPRING KNOB at desired height to lock in place.

Step 28. Attach BACK SUPPORT (18) to FRONT UPRIGHT (2) with 1/2" x 3" HEX HEAD BOLTS (67),1/2" WASHERS (82) and 1/2" NYLON NUTS (85).

Step 29. Thread SPRING KNOB (59) into BACK SUPPORT (18) as shown.

Step 30. Attach BACK PAD (35) to ADJUSTABLE BACK ARM (13) with 3/8" x 1" HEX HEAD BOLTS (74) and 3/8" WASHERS (83).

Step 31. Pull out on SPRING KNOB (59) in BACK SUPPORT (18) and insert ADJUSTABLE BACK ARM (13) into BACK SUPPORT and release SPRING KNOB at desired position to lock in place.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89
55

FIGURE 2

FIGURE 3

Step 32. Thread POP PIN (60) into PRESS ARM (8).

Step 33. Push 2” ROUND END PLUGS (53) into ends of PRESS ARM (8).

Step 34. Insert ROLLER HANDLE BARS (14) into PRESS ARM (8) and fasten with 1/2” NYLON NUT (85), 1/2” WASHER (82) and 1/2” CAP FOR NUT (54).

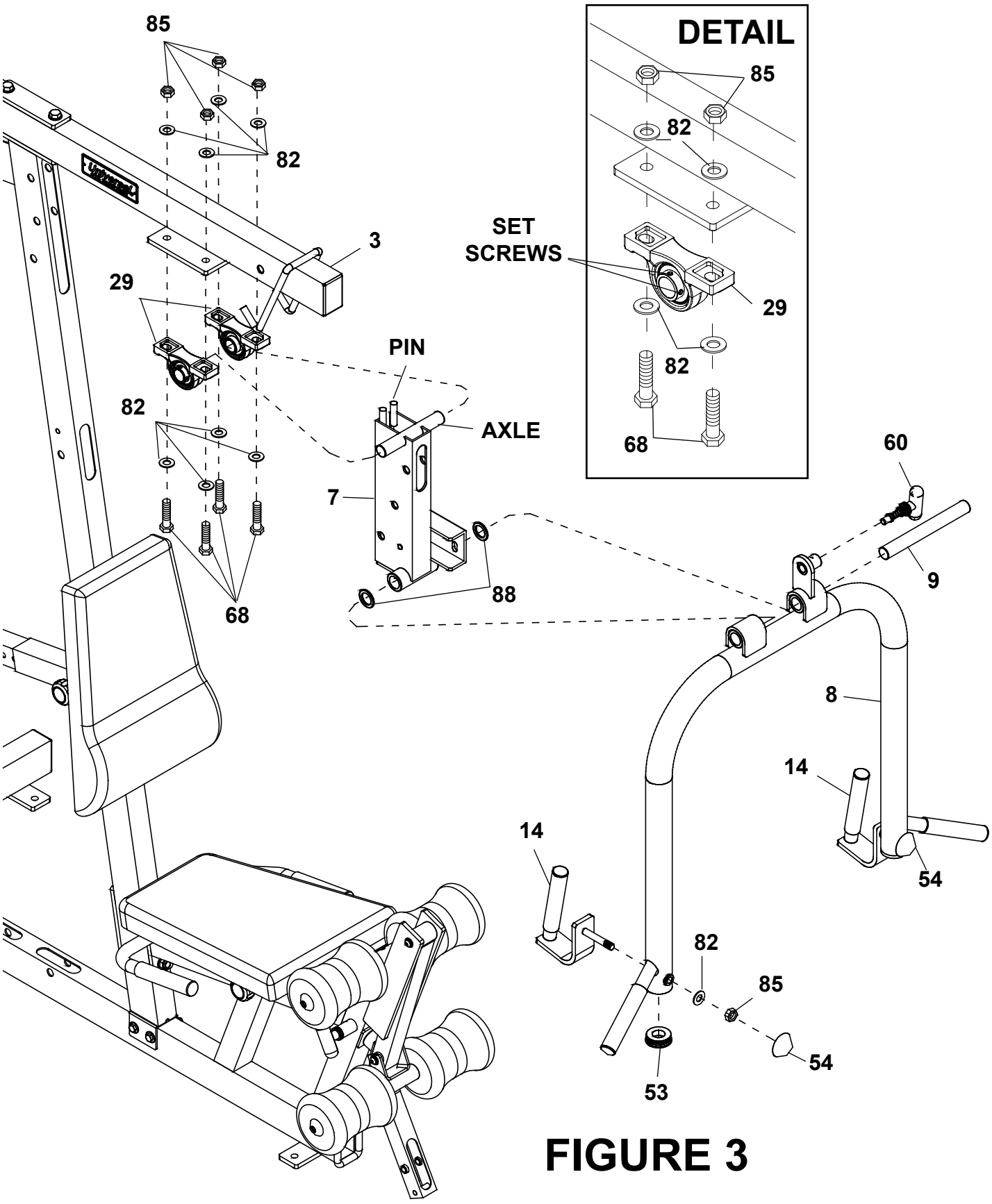
> **IMPORTANT:** The BEARING HOUSHINGS (29) have SET SCREWS on one side. The BEARING HOUSINGS **must** be mounted with the SET SCREWS to the **outside** as shown in DETAIL.

Step 35. Attach one BEARING HOUSING (29) to TOP FRAME (3) with 1/2” x 1-3/4” HEX HEAD BOLTS (68), 1/2” WASHERS (82) and 1/2” NYLON NUTS (85). See DETAIL.

Step 36. With PINS to rear insert axle of PRESS SUPPORT (7) into mounted BEARING HOUSING (29). Slide other BEARING HOUSING onto axle and attach to TOP FRAME (3) with 1/2” x 1-3/4” HEX HEAD BOLTS (68), 1/2” WASHERS (82) and 1/2” NYLON NUTS (85). Using an allen wrench, tighten SET SCREWS in both BEARING HOUSINGS.

Step 37. Attach PRESS ARM (8) to PRESS SUPPORT (7) with 1” PRESS ARM AXLE (9) and SPACERS (88).

Step 38. Pull out on POP PIN (60), swing PRESS ARM (8) to desired position and release POP PIN to lock in place.


DETAIL
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SET SCREWS
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85
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3
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AXLE
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54
14
82
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54
53

FIGURE 3

FIGURE 4

NOTE: The TOP CABLE (39) has an adjustment bolt at one end.

T1

Step 39. Place TOP CABLE (39) in groove of PULLEY (50), with HOOK end facing front, insert into bottom of TOP FRAME (3) and fasten with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

Step 40. Insert adjustment bolt of TOP CABLE (39) through slot in PRESS SUPPORT (7) and slot in FRONT SUPPORT (2).

T2

Step 41. Place TOP CABLE (39) in groove of PULLEY (50) and attach at top hole in PRESS SUPPORT (7) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

T3

Step 42. Place TOP CABLE (39) in groove of PULLEY (50) and attach at top hole in FRONT SUPPORT (2) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

T4

Step 43. Place TOP CABLE (39) in groove of PULLEY (50) and attach at center hole in PRESS SUPPORT (7) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

T5

Step 44. Place TOP CABLE (39) in groove of PULLEY (50) and attach at center hole in FRONT SUPPORT (2) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

T6

Step 45. Place TOP CABLE (39) in groove of PULLEY (50) and attach at bottom hole in PRESS SUPPORT (7) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (85).

T7

Step 46. Place TOP CABLE (39) in groove of PULLEY (50) and attach at bottom hole in FRONT SUPPORT (2) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHER (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (85).

T8

Step 47. Place TOP CABLE (39) in groove of PULLEY (50) and attach at bracket on FRONT SUPPORT (2) with 3/8" x 1-3/4" HEX HEAD BOLT (72) and 3/8" NYLON NUT (86).

T9

Step 48. Place TOP CABLE (39) in groove of PULLEY (50) and attach to FLOATING PULLEY BLOCK (17) with 3/8" x 1-3/4" HEX HEAD BOLT (72) and 3/8" NYLON NUT (86).

T10

Step 49. Place TOP CABLE (39) in groove of PULLEY (50) and attach at bracket on WEIGHT TOP FRAME (5) with 3/8" x 1-3/4" HEX HEAD BOLT (72) and 3/8" NYLON NUT (86).

T11

Step 50. Thread adjustment bolt of TOP CABLE (39) into SELECTOR ROD (22) about 3 or 4 turns and lock by tightening nut against SELECTOR ROD.

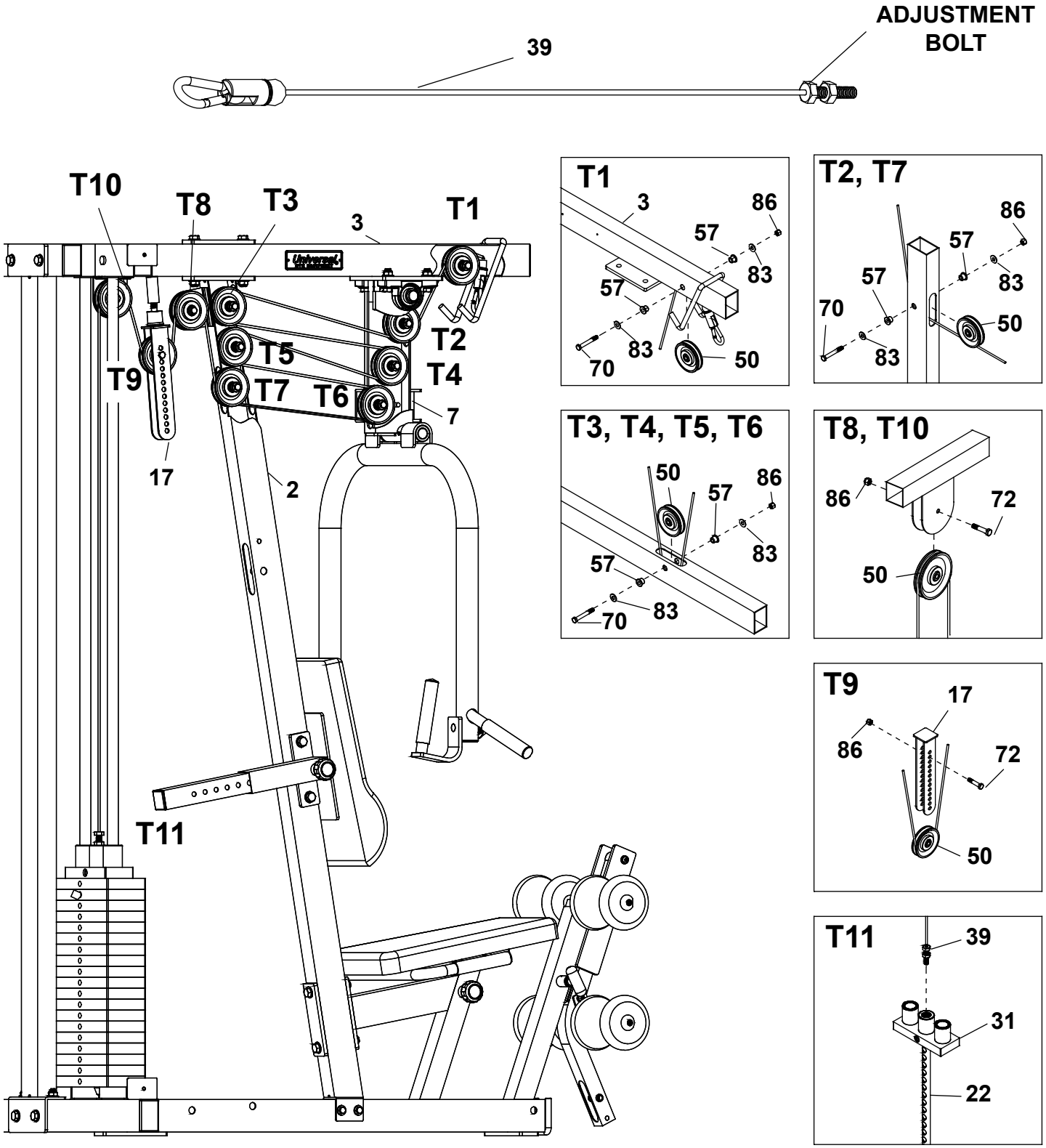

ADJUSTMENT BOLT
39
T10
T8
T3
T1
3
T2
T5
T4
T9
T7
T6
7
17
2
T11
T1
3
86
57
83
57
70
83
50
T2, T7
86
57
57
83
70
50
83
T3, T4, T5, T6
50
57
86
83
57
70
83
T8, T10
86
72
50
T9
17
86
72
50
T11
39
31
22

FIGURE 4

FIGURE 5

NOTE: The AB CABLE (40) has a hook on each end.

A1

Step 51. Insert AB CABLE (40) through slot in LEG EXTENSION (12). With AB CABLE in groove on bottom of PULLEY (50), attach PULLEY to LEG EXTENSION with 3/8" x 2-1/2" HEX HEAD BOLT (71), 3/8" WASHERS (83) and 3/8" NYLON NUT (86).

A2

Step 52. Insert AB CABLE (40) into front of BASE FRAME (1), push until you can pull it up through rear slot in BASE FRAME. With AB CABLE in groove on bottom of PULLEY (50), attach PULLEY to BASE FRAME with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHERS (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

A3

Step 53. With AB CABLE (40) in groove on bottom of PULLEY (50), attach PULLEY at rear hole in rear slot of BASE FRAME (1) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHERS (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

A4

Step 54. Place AB CABLE (40) in groove of PULLEY (50) and attach to SINGLE PULLEY BRACKET (90) with 3/8" x 1-3/4" HEX HEAD BOLT (72) and 38" NYLON NUT (86).

A5

Step 55. With AB CABLE (40) in groove on bottom of PULLEY (50), attach PULLEY at front hole in rear slot of BASE FRAME (1) with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHERS (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

A6

Step 56. Insert AB CABLE (40) through slot in FRONT SUPPORT (2). With AB CABLE in groove on top of PULLEY (50) attach PULLEY to FRONT SUPPORT with 3/8" x 3" HEX HEAD BOLT (70), 3/8" WASHERS (83), 3/8" BUSHINGS (57) and 3/8" NYLON NUT (86).

C1

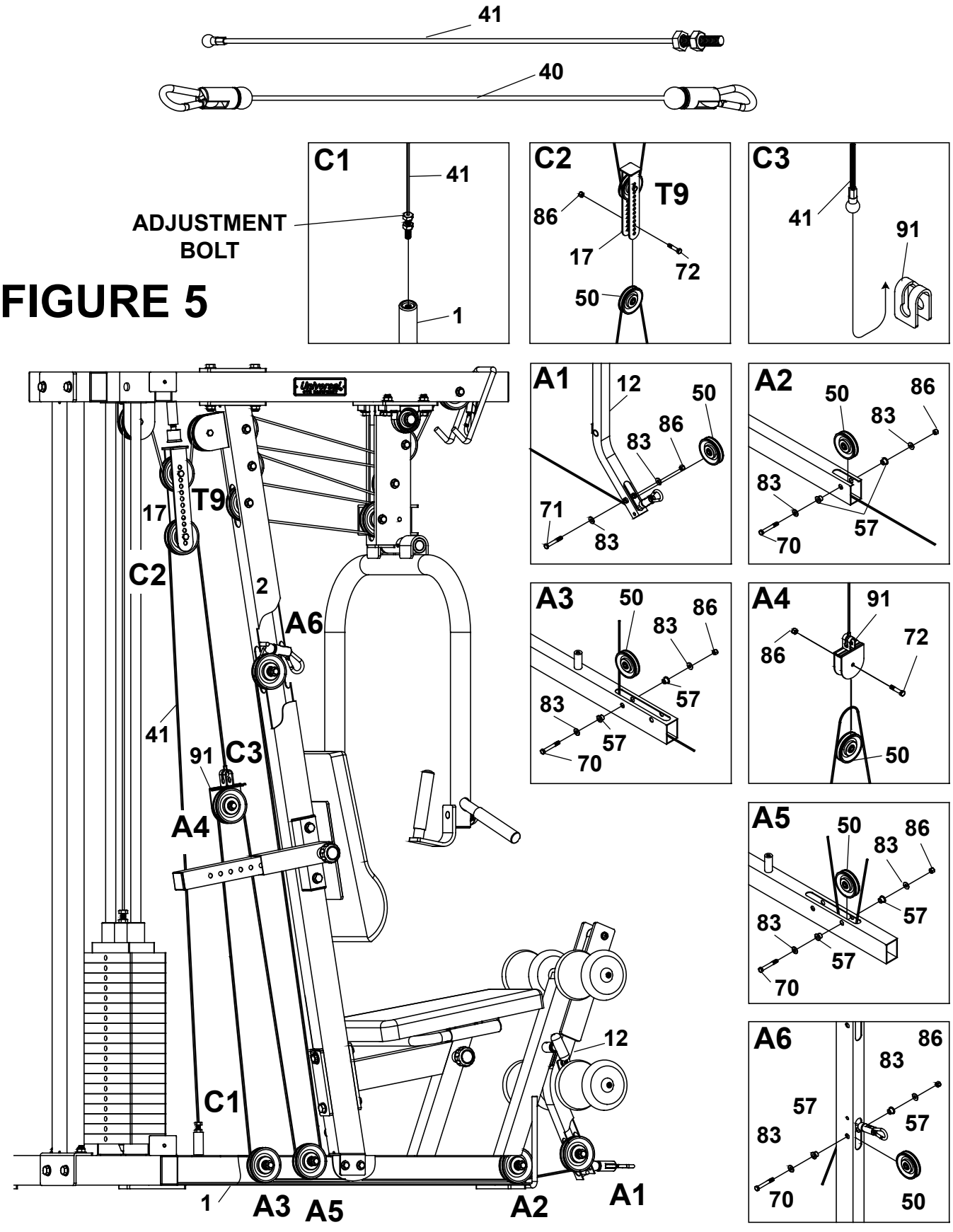
Step 57. Thread adjustment bolt of CONNECT CABLE (41) into BASE FRAME (1) about 3 or 4 turns and lock by tightening nut against BASE FRAME.

C2

Step 58. Place CONNECT CABLE (41) in groove of PULLEY (50) and attach at desired location in FLOATING PULLEY BLOCK (17) with 3/8" x 1-3/4" HEX HEAD BOLT (72) and 38" NYLON NUT (86).

C3

Step 59. Attach ball end of CONNECT CABLE (41) in slot of SINGLE PULLEY BRACKET (90).


41
40
C1
41
ADJUSTMENT BOLT
1
C2
T9
86
17
72
50
C3
41
91
A1
12
50
86
83
71
83
A2
50
86
83
83
57
70
A3
50
86
83
57
83
57
70
A4
91
72
86
50
A5
50
86
83
57
83
57
70
A6
86
83
57
57
83
70
50
FIGURE 5
17
T9
C2
2
A6
41
91
C3
A4
C1
1
A3
A5
A2
A1
12

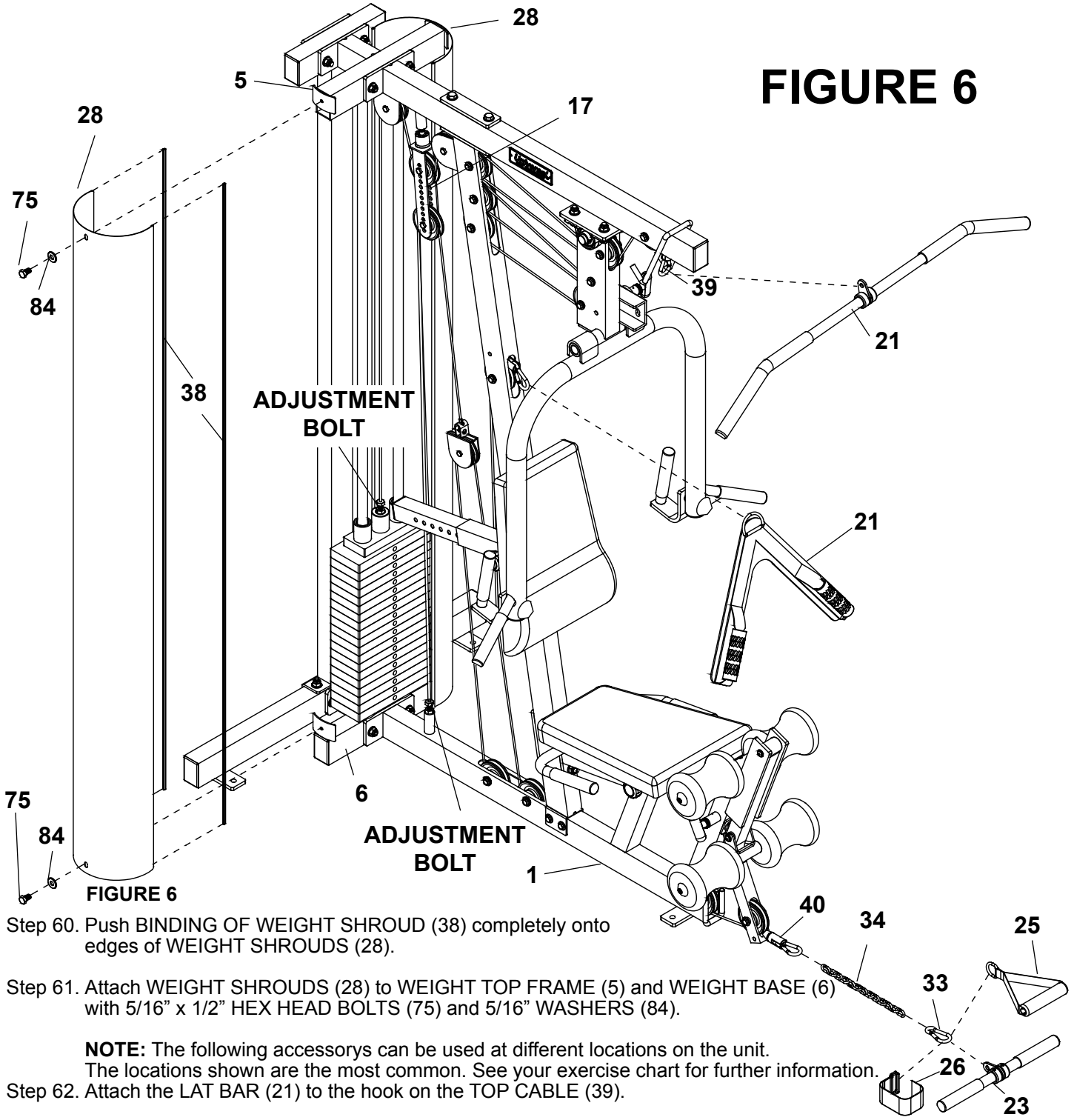


FIGURE 6

FIGURE 6

Step 60. Push BINDING OF WEIGHT SHROUD (38) completely onto edges of WEIGHT SHROUDS (28).

Step 61. Attach WEIGHT SHROUDS (28) to WEIGHT TOP FRAME (5) and WEIGHT BASE (6) with 5/16" x 1/2" HEX HEAD BOLTS (75) and 5/16" WASHERS (84).

NOTE: The following accessorys can be used at different locations on the unit. The locations shown are the most common. See your exercise chart for further information.

Step 62. Attach the LAT BAR (21) to the hook on the TOP CABLE (39).

Step 63. Attach the AB STRAP (24) to the hook on the upper end of the AB CABLE (40).

Step 64. Attach either the ANKLE STRAP (26), HAND STRAP (25) or CURL BAR (23) to the hook at the lower end of the AB CABLE (40) with SNAP HOOK (33) and LINK CHAIN (34).

Step 65. Over time the cables will need to be adjusted to remove excess slack. This can be done by first adjusting location of PULLEY (50) in FLOATING PULLEY BLOCK (17). Then if only a slight amount of adjustment is needed thread the cable adjustment bolt into the SELECTION ROD (22) or BASE FRAME (1) until the slack has been removed and then tighten locking nut.

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

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® 1000, 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
Foam Rolls	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 (like 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.

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

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.