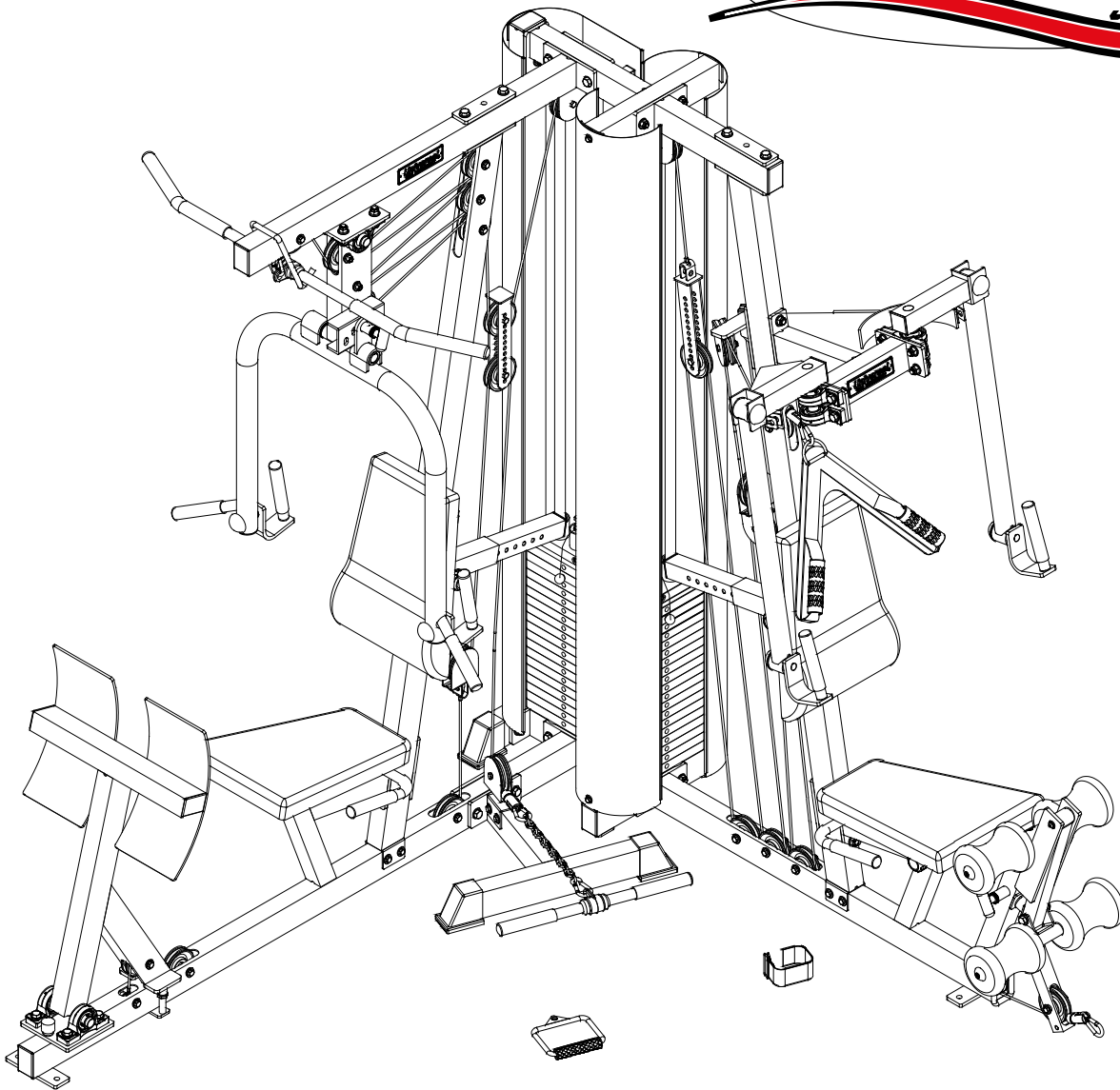


Universal®

GYM EQUIPMENT

POWER-PAK® 3000



OWNER'S MANUAL

Model No. 79130

Serial Number: _____
Date of Purchase: _____
Place of Purchase: _____

Revised 2.8.04

Congratulations on purchasing your Universal® Gym Equipment PowerPak® 3000

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® 3000.

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.

Table of Contents:

Important Safety Instructions and General Maintenance.....	3
Comments or Questions; Before You Begin	4
Parts List.....	5 - 6
Assembly Instructions.....	8 - 33
Warranty	35
Warranty Registration.....	Back Cover

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 2

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

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 3

Comments or Questions?

Dear customer,

Congratulations on your purchase of the Universal® Gym Equipment PowerPak® 3000.

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

E-mail: customerservice@universalgymequipment.com

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 (79130)
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 wrenches, 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 6.
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 rolls and outside of tubes will help foam pads slide on easier. When soap dries, the foam pads will stay in place.

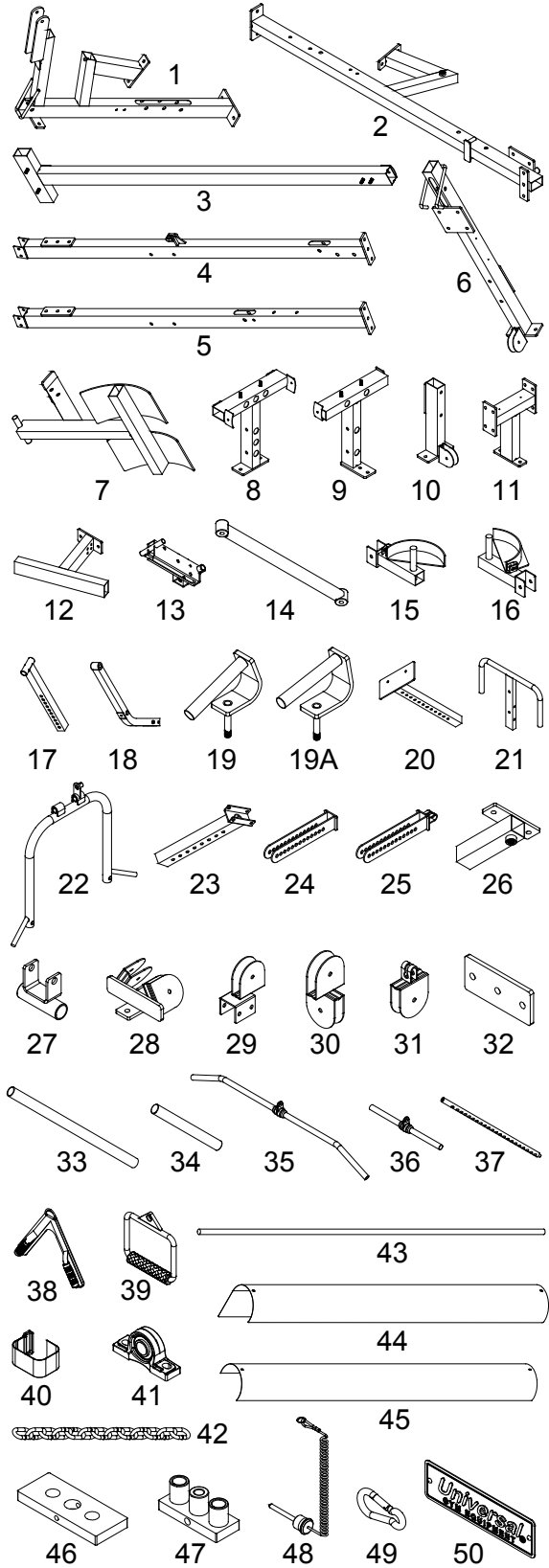
Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.**

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

Website www.universalgymequipment.com 4

PARTS LIST

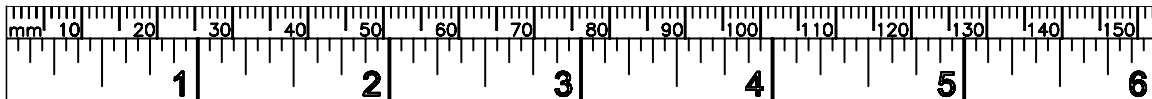
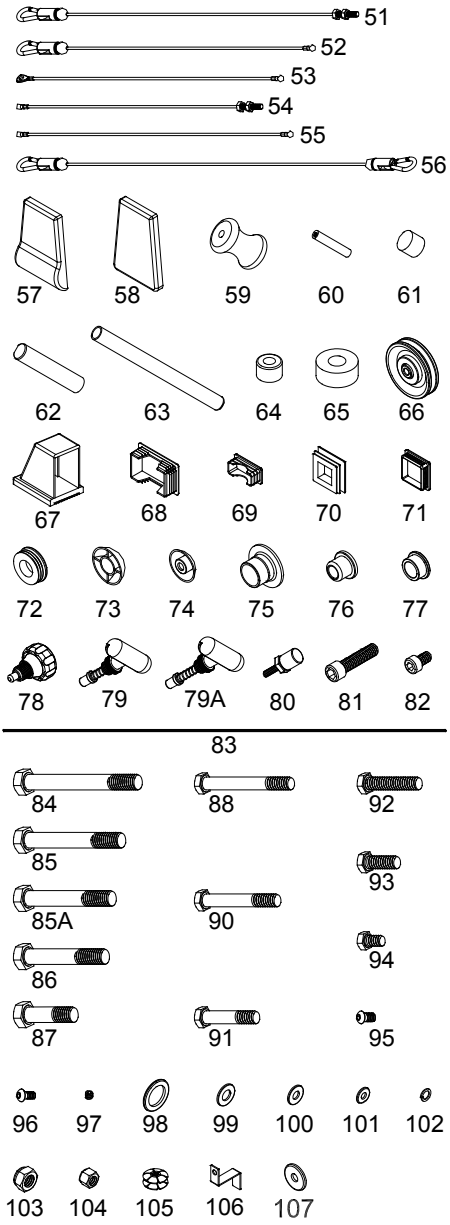
No.	Description	Part No.	Qty.
1	Base Frame	03166	1
2	Press Base Frame	05494	1
3	Rear Upright	05495	1
4	Press Upright	05496	1
5	Pec Dec Upright	05497	1
6	Press Top Frame	05498	1
7	Leg Press	05499	1
8	Weight Base	05500	1
9	Weight Top Frame	05501	1
10	Pec Dec Top Frame	05502	1
11	Pec Dec Support	05503	1
12	Extension Base	05504	1
13	Press Support	05355	1
14	Pec Dec Arm	05505	2
15	Left Pec Dec Cam	05506	1
16	Right Pec Dec Cam	05507	1
17	Adjustable Tube	05359	1
18	Leg Extension	05360	1
19	Roller Handle Bar	05362	2
19A	Right Angle Roller Handle Bar		2
20	Adjustable Back Arm	05361	2
21	Seat Arm	05363	2
22	Press Arm	05356	1
23	Adjustable Seat Tube	05364	2
24	Floating Pulley Block	05365	1
25	Floating Pulley Block w/Hook	05508	1
26	Back Support	05366	2
27	Roller Bracket	05367	1
28	Pec Dec Pulley Block	05509	1
29	Lower Pulley Bracket	05447	1
30	Double Pulley Bracket	05510	1
31	Single Pulley Bracket	05463	1
32	Link Plate	05511	3
33	Bolster	05368	2
34	1" Press Axle	05357	1
35	Lat Bar	05512	1
36	Curl Bar	05513	1
37	Selector Rod	05370	2
38	Ab Strap	05372	1
39	Handle	05482	1
40	Ankle Strap	05374	1
41	Bearing Housing	05377	8
42	Link Chain	05382	1
43	Guide Rod	05375	4
44	Rear Weight Shroud	05514	1
45	Weight Shroud	05807	2
46	Weight Plate	05378	-
--	Box of (4) 10lb Weights	79004	2
--	Box of (5) 10lb Weights	79005	5
47	Top Weight	05379	2
48	Selector Pin	05515	2
49	Snap Hook	05381	1
50	Marque Universal	05452	3



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 5

PARTS LIST

No.	Description	Part No.	Qty.	No.	Description	Part No.	Qty.
51	Top Cable	03167	1	99	1/2 Washer	13001290	86
52	Lower Cable	05483	1	100	3/8 Washer	05448	62
53	Leg Press Cable	05484	1	101	5/16 Washer (Small)	05449	8
54	Weight Cable	05485	1	102	5/16 Spring Washer	05446	2
55	Pec Dec Cable	05466	1	103	1/2 Nylon Nut	05450	51
56	Ab Cable	03169	1	104	3/8 Nylon Nut	02270	38
57	Back Pad	05383	2	105	5/16 Nut	05445	4
58	Seat Pad	05384	2	106	Bracing Plate (for Weight Guard)	05493	2
59	Foam Pad	05385	4	107	5/16 Washer (Large)	05612	4
60	1/2" Axle	05392	1	--	Weight Label Set	05244	1
61	Leg Press Stopper	05486	1				
62	1" x 150L Handgrip	05389	12				
63	Foam Tube 1" x 300L	05468	2				
64	Leg Extension Stopper	05397	1				
65	Rubber Donut	05396	4				
66	Pulley	05398	27				
67	50mm X 75mm End Cap	05487	4				
68	50mm X 75mm End Plug	05399	8				
69	25mm X 50mm End Plug	05415	2				
70	50 Sq. Plug	05488	2				
71	45 Sq. Plug	05416	2				
72	2" Round End Plug	05417	2				
73	1/2" Cap for Nut	05418	8				
74	Cap for Bolster	05419	4				
75	Plastic Guide Rod Holder	05420	8				
76	3/8" Bushing	05422	32				
77	1/2" Steel Bushing	05423	16				
78	Spring Knob	05424	4				
79	Short Pop Pin	05425	1				
79A	Long Pop Pin		1				
80	Adjustable Stopper	05426	2				
81	Top Plate Bolt	05427	2				
82	5/16 x 1 Inner Hex Head Bolt	05428	4				
83	Binding of Weight Shroud	05386	6				
84	1/2 x 4-1/4 Hex Head Bolt	05481	10				
85	1/2 x 3-1/2 Hex Head Bolt	05432	7				
85A	1/2 x 3-1/4 Hex Head Bolt		2				
86	1/2 x 3 Hex Head Bolt	05489	6				
87	1/2 x 1-3/4 Hex Head Bolt	05434	16				
88	3/8 x 3 Hex Head Bolt	02262	26				
90	3/8 x 2-1/2 Hex Head Bolt	05436	1				
91	3/8 x 1-3/4 Hex Head Bolt	05490	11				
92	3/8 x 1-3/4 Hex Head Bolt						
	Full Thread	05472	4				
93	3/8 x 1 Hex Head Bolt	05439	4				
94	5/16 x 1/2 Hex Head Bolt	05440	6				
95	3/8 x 5/8 Inner Hex Head Bolt	05441	1				
96	5/16 x 5/8 Inner Hex Head Bolt	05443	2				
97	5/16 x 1/4 Inner Hex Head Bolt	05491	3				
98	1" Spacer	05492	4				



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 6

BLANK PAGE

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 7

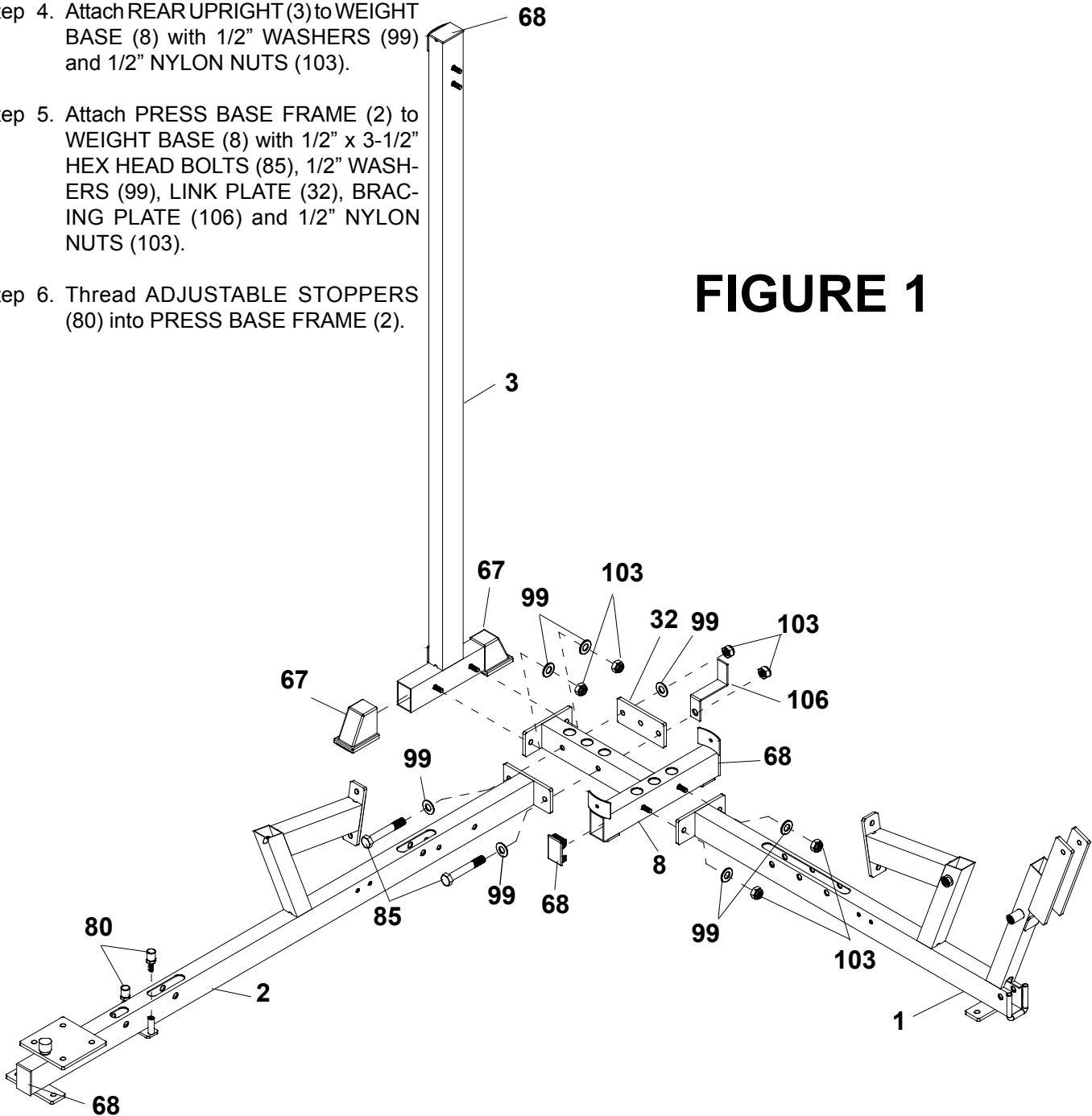
IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING

FIGURE 1

- Step 1. Push 50mm x 75mm END PLUGS (68) into ends of WEIGHT BASE (8), REAR UPRIGHT (3) and PRESS BASE FRAME (2).
- Step 2. Push 50mm x 75mm END CAPS (67) onto REAR UPRIGHT (3).
- Step 3. Attach BASE FRAME (1) to WEIGHT BASE (8) with 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 4. Attach REAR UPRIGHT (3) to WEIGHT BASE (8) with 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 5. Attach PRESS BASE FRAME (2) to WEIGHT BASE (8) with 1/2" x 3-1/2" HEX HEAD BOLTS (85), 1/2" WASHERS (99), LINK PLATE (32), BRACING PLATE (106) and 1/2" NYLON NUTS (103).
- Step 6. Thread ADJUSTABLE STOPPERS (80) into PRESS BASE FRAME (2).

FIGURE 1



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 8

FIGURE 2

Step 7. Attach PRESS UPRIGHT (4) to PRESS BASE FRAME (2), at upper location, with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 8. Attach PRESS UPRIGHT (4) to PRESS BASE FRAME (2), at lower location, with 3/8" x 3" HEX HEAD BOLTS (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).

Step 9. Attach PEC DEC UPRIGHT (5) to BASE FRAME (1), at upper location, with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 10. Attach PEC DEC UPRIGHT (5) to BASE FRAME (1), at lower location, with 3/8" x 3" HEX HEAD BOLTS (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).

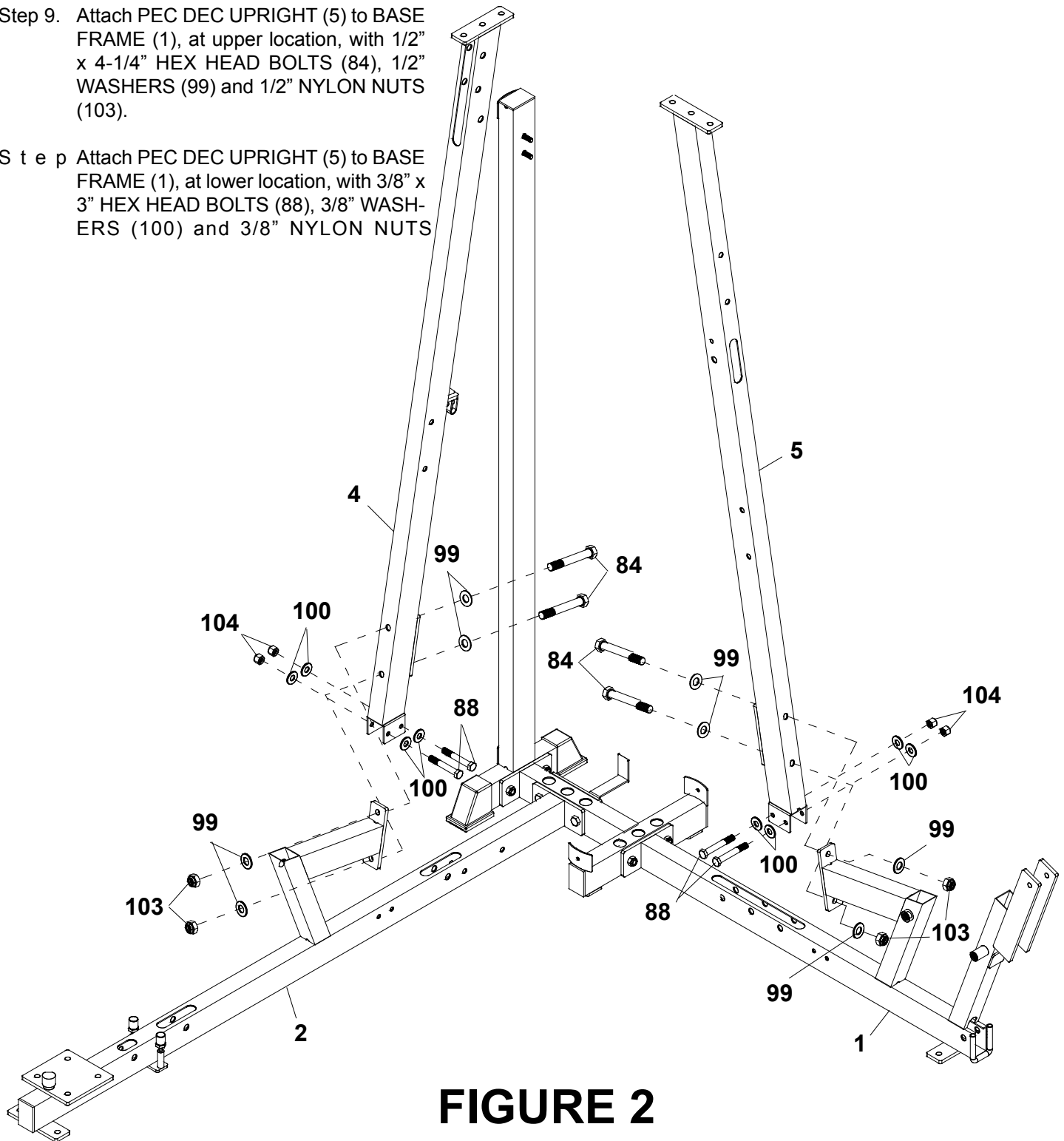


FIGURE 2

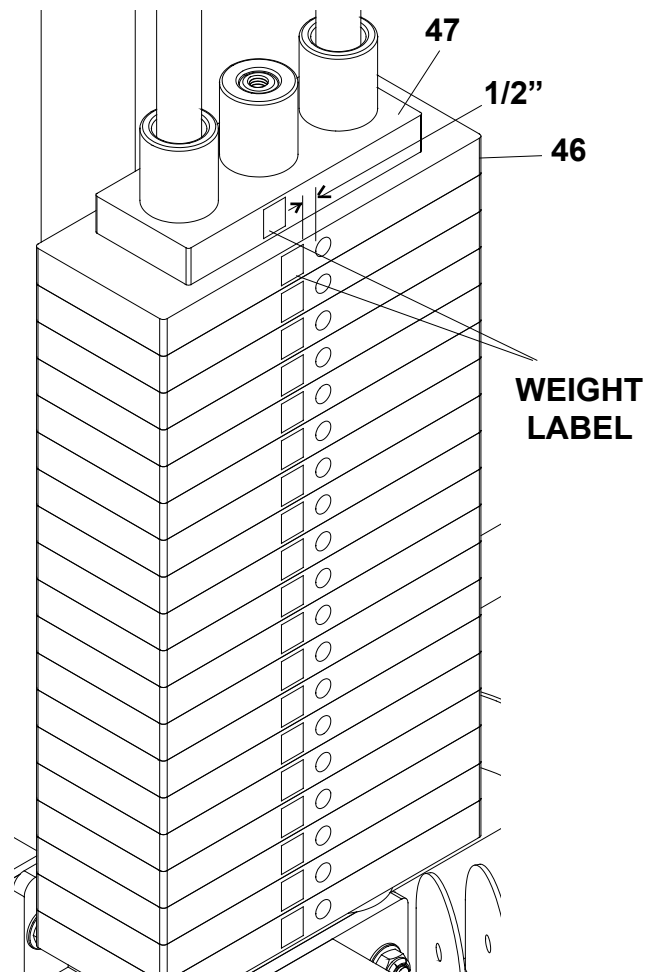
Please contact Universal® Gym Equipment/FFA Corp. for missing or defective parts at one of the following: **Phone 1-800-472-9856 or Fax 1-662-495-5038 or E-mail at customerservice@universalgymequipment.com.** Mailing address: Universal® Gym Equipment/FFA Corp. - 100 Tubb Ave. West Point, MS 39773. **Website www.universalgymequipment.com** 9

FIGURE 3

- Step 11. Push 50mm x 75mm END PLUGS (68) into end of PEC DEC TOP FRAME (10) and PRESS TOP FRAME (6).
- Step 12. Push four PLASTIC GUIDE ROD HOLDERS (75) into holes in WEIGHT BASE (8) and WEIGHT TOP FRAME (9).
- Step 13. Slide a RUBBER DOUGHNUT (65) about 3" onto one end of each GUIDE ROD (43) and insert into WEIGHT BASE (8).

IMPORTANT: Loading the WEIGHT PLATES (46) will require two people. One to hold the GUIDE RODS (43) steady while the other person slides the WEIGHT PLATES down the GUIDE RODS.

- Step 14. Slide the WEIGHTS (46), one at a time, down the GUIDE RODS (43).
- Step 15. Insert the SELECTOR ROD (37) through the center hole of the TOP WEIGHT (47) and fasten through top hole of SELECTOR ROD with TOP PLATE BOLT (81).
- Step 16. Slide TOP WEIGHT (47) down GUIDE RODS (43) and insert SELECTOR PIN (48) through desired WEIGHT (46) and SELECTOR ROD (37).
- Step 17. Slide WEIGHT TOP FRAME (9) down onto GUIDE RODS (43) and attach to REAR UPRIGHT (3) with 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 18. Attach PEC DEC TOP FRAME (10) to WEIGHT TOP FRAME (9) with 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 19. Attach PEC DEC TOP FRAME (10) to PEC DEC UPRIGHT (5) with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 20. Attach PRESS TOP FRAME (6) to WEIGHT TOP FRAME (9) with 1/2" x 3-1/2" HEX HEAD BOLTS (85), 1/2" WASHERS (99), LINK PLATE (32), BRACING PLATE (106) and 1/2" NYLON NUTS (103).
- Step 21. Attach PRESS TOP FRAME (6) to PRESS UPRIGHT (4) with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 22. Peel backing from WEIGHT LABEL No. "2" and apply to first WEIGHT (46), in each stack, 1/2" to left of hole as shown.
- Step 23. Peel backing from WEIGHT LABEL No. "1" and apply to TOP PLATE (47), in each stack, directly above WEIGHT LABEL No. "2" as shown.
- Step 24. Continue applying WEIGHT LABELS No. "3" through "19" to WEIGHT PLATES (46), in both stacks, 1/2" to left of hole as shown.



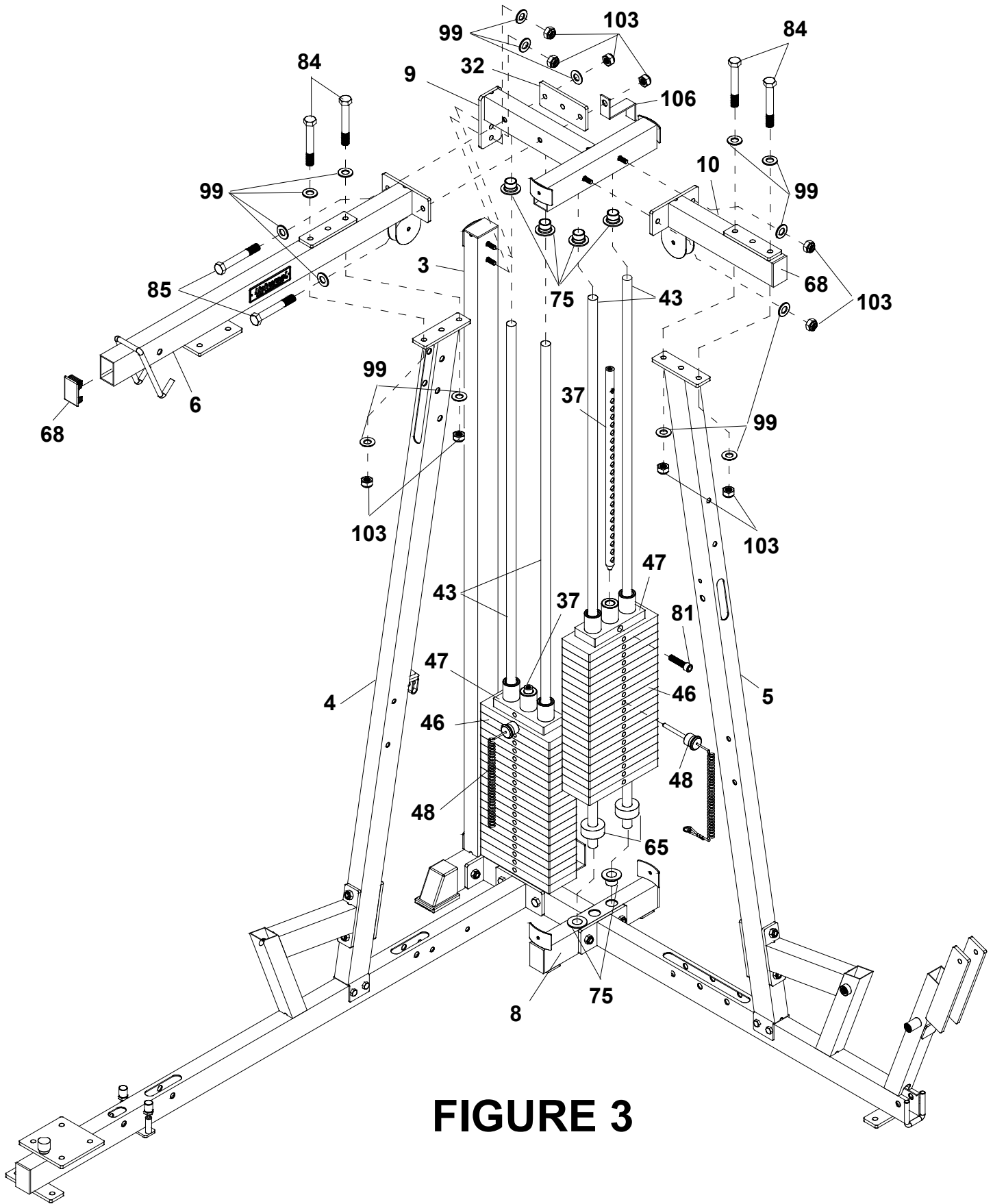


FIGURE 3

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 11

FIGURE 4

- Step 25. Push 45mm SQUARE PLUG (71) into end of ADJUSTABLE BACK ARM (20).
- Step 26. Thread SPRING KNOB (78) and SHORT POP PIN (79) into BASE FRAME (1) as shown.
- Step 27. Slide one FOAM PAD (59) onto end of each BOLSTER (33) and lock in place with 5/16" WASHER (LARGER) (107), CAP FOR BOLSTER (74) and 5/16" x 1/2" INNER HEX HEAD BOLT (82).
- Step 28. Insert one BOLSTER (33) through ADJUSTABLE TUBE (17) and slide on other FOAM PAD (59) and lock in place with 5/16" WASHER (LARGER) (107), CAP FOR BOLSTER (74) and 5/16" x 1/2" INNER HEX HEAD BOLT (82).
- Step 29. Pull out on SHORT POP PIN (79) and insert ADJUSTABLE TUBE (17) into BASE FRAME (1) and release POP PIN at desired position to lock in place.
- Step 30. Attach LEG EXTENSION (18) to BASE FRAME (1) with 5/16" x 5/8" INNER HEX BOLTS (96), 5/16" SPRING WASHERS (102), 5/16" WASHERS (SMALL) (101) and 1/2" AXLE (60).
- Step 31. Attach ROLLER BRACKET (27) to LEG EXTENSION (18) with 1/2" x 3-1/2" HEX HEAD BOLT (85), 1/2" WASHER (99) and 1/2" NYLON NUT (103).
- Step 32. Insert BOLSTER (33) through ROLLER BRACKET (27) and slide on other FOAM PAD (59) and lock in place with 5/16" WASHER (LARGE) (107), CAP FOR BOLSTER (74) and 5/16" x 1/2" INNER HEX HEAD BOLT (82).
- Step 33. Push 25mm x 50mm END PLUG (69) into SEAT ARM (21).
- Step 34. Attach SEAT PAD (58) to SEAT ARM (21) with 3/8" x 1-3/4" HEX HEAD BOLT (92) and 3/8" WASHERS (100).
- Step 35. Attach ADJUSTABLE SEAT TUBE (23) to SEAT ARM (21) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).
- Step 36. Pull out on SPRING KNOB (78), insert ADJUSTABLE SEAT TUBE (23) and release SPRING KNOB at desired height to lock in place.
- Step 37. Attach BACK SUPPORT (26) to PEC DEC UPRIGHT (5) with 1/2" x 3" HEX HEAD BOLTS (86), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 38. Thread SPRING KNOB (78) into BACK SUPPORT (26) as shown.
- Step 39. Attach BACK PAD (57) to ADJUSTABLE BACK ARM (20) with 3/8" x 1" HEX HEAD BOLTS (93) and 3/8" WASHERS (100).
- Step 40. Pull out on SPRING KNOB (78) in BACK SUPPORT (26) and insert ADJUSTABLE BACK ARM (20) into BACK SUPPORT and release SPRING KNOB at desired position to lock in place.

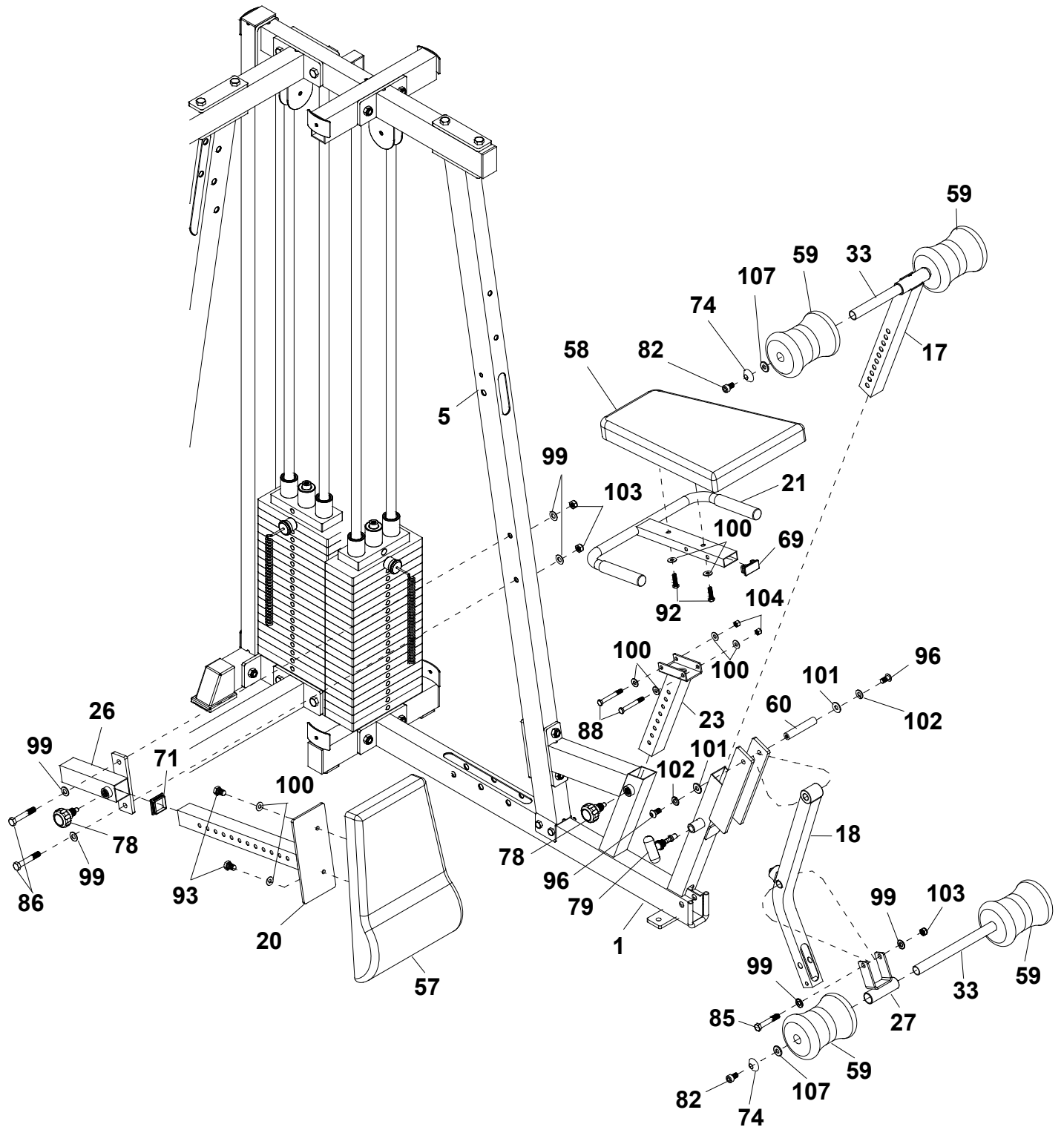


FIGURE 4

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 13

FIGURE 5

IMPORTANT: The BEARING HOUSINGS (41) have SET SCREWS on one side. The BEARING HOUSINGS **must** be mounted with the SET SCREWS on **top** as shown in DETAIL.

- Step 41. Attach four BEARING HOUSINGS (41) to PEC DEC SUPPORT (11) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103)
- Step 42. Attach PEC DEC SUPPORT (11) and PEC DEC PULLEY BLOCK (28) to PEC DEC UPRIGHT (5) with 1/2" x 4-1/4" HEX HEAD BOLTS (84), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).
- Step 43. Push 50mm SQUARE PLUGS (70) into end of PEC DEC CAM (15 LEFT & 16 RIGHT).
- Step 44. Slide 1" SPACERS (98) onto shaft of PEC DEC CAM (15 LEFT & 16 RIGHT) and insert PEC DEC CAMS into BEARING HOUSINGS (41).
- Step 45. Using an allen wrench, tighten SET SCREWS in all four BEARING HOUSINGS (41).
- Step 46. Attach PEC DEC ARMS (14) to PEC DEC CAM (15 LEFT & 16 RIGHT) with 1/2" x 3-1/4" HEX HEAD BOLTS (85A), 1/2" WASHERS (99), 1/2" NYLON NUTS (103) and 1/2" CAP for NUT (73).
- Step 47. Insert RIGHT ANGLE ROLLER HANDLE BARS (19A) into PEC DEC ARMS (14) and fasten with 1/2" WASHERS (99), 1/2" NYLON NUTS (103) and 1/2" CAP for NUTS (73).

FIGURE 6

Step 48. Push 50mm x 75mm END CAPS (67) over ends of EXTENSION BASE (12).

Step 49. Attach LOWER PULLEY BRACKET (29) to EXTENSION BASE (12) with 3/8" x 3" HEX HEAD BOLTS (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).

Step 50. Attach EXTENSION BASE (12) to PRESS BASE FRAME (2) with 1/2" x 3-1/2" HEX HEAD BOLTS (85), 1/2" WASHERS (99), LINK PLATE (32) and 1/2" NYLON NUTS (103).

Step 51. Push 50mm x 75mm END PLUGS (68) into ends of LEG PRESS (7).

IMPORTANT: The BEARING HOUSINGS (41) have SET SCREWS on one side. The BEARING HOUSINGS **must** be mounted with the SET SCREWS on the **outside** as shown in DETAIL.

Step 52. Attach one BEARING HOUSING (41) to PRESS BASE FRAME (2) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103). See DETAIL.

Step 53. Insert axle of LEG PRESS (7) into mounted BEARING HOUSING (41). Slide other BEARING HOUSING onto axle and attach to PRESS BASE FRAME (2) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 54. Using an allen wrench, tighten SET SCREWS in both BEARING HOUSINGS (41).

Step 55. Push 25mm x 50mm END PLUG (69) into SEAT ARM (21).

Step 56. Attach SEAT PAD (58) to SEAT ARM (21) with 3/8" x 1-3/4" HEX HEAD BOLT (92) and 3/8" WASHERS (100).

Step 57. Attach ADJUSTABLE SEAT TUBE (23) to SEAT ARM (21) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100) and 3/8" NYLON NUTS (104).

Step 58. Pull out on SPRING KNOB (78), insert ADJUSTABLE SEAT TUBE (23) and release SPRING KNOB at desired height to lock in place.

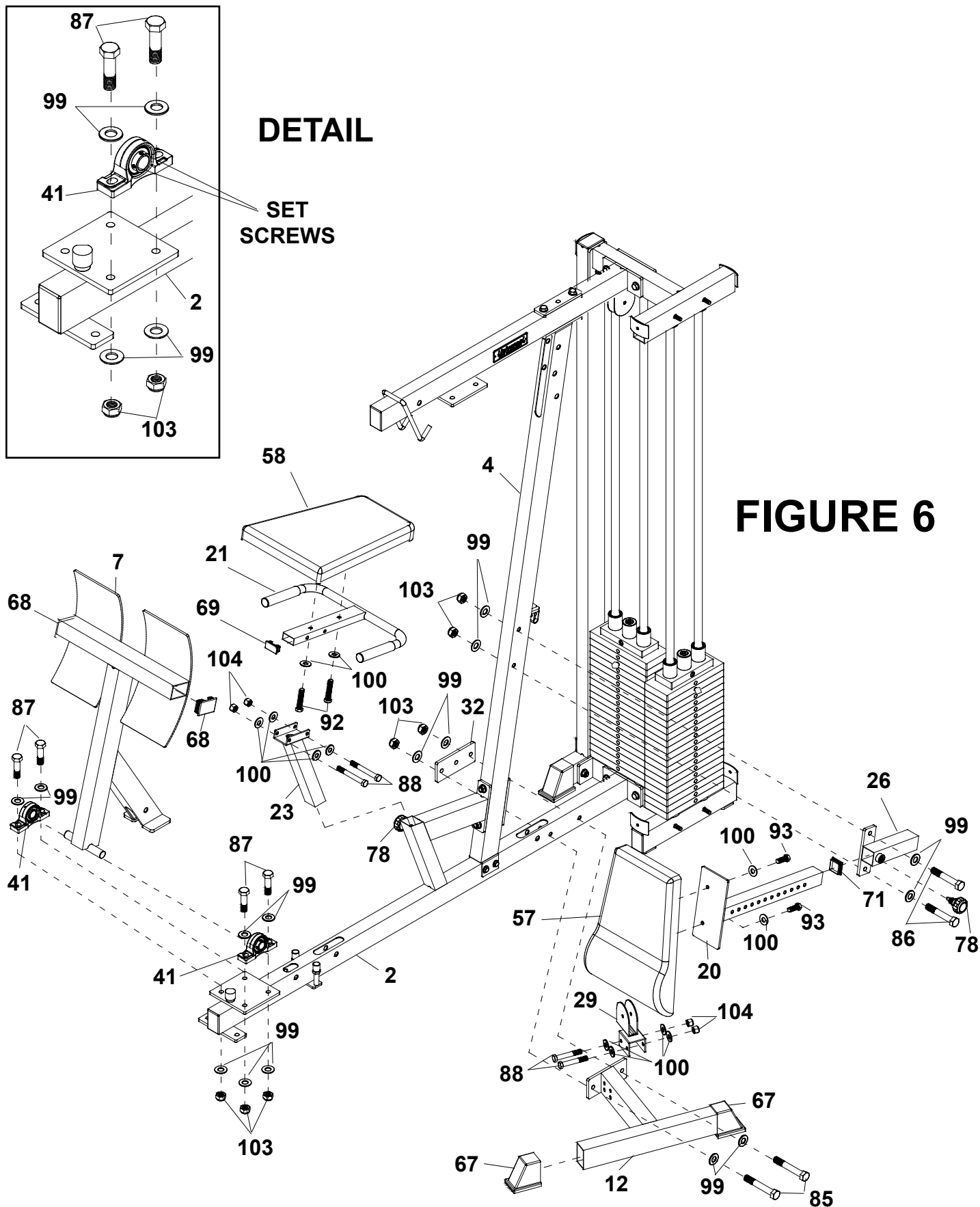
Step 59. Attach BACK SUPPORT (26) to PRESS UPRIGHT (4) with 1/2" x 3" HEX HEAD BOLTS (86), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 60. Push 45mm SQUARE PLUG (71) into end of ADJUSTABLE BACK ARM (20).

Step 61. Thread SPRING KNOB (78) into PRESS BASE FRAME (1) and BACK SUPPORT (26).

Step 62. Attach BACK PAD (57) to ADJUSTABLE BACK ARM (20) with 3/8" x 1" HEX HEAD BOLTS (93) and 3/8" WASHERS (100).

Step 63. Pull out on SPRING KNOB (78) in BACK SUPPORT (26) and insert ADJUSTABLE BACK ARM (20) into BACK SUPPORT and release SPRING KNOB at desired position to lock in place.



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 17

FIGURE 7

Step 64. Thread LONG POP PIN (79A) into PRESS ARM (22).

Step 65. Push 2" ROUND END PLUGS (72) into ends of PRESS ARM (22).

Step 66. Insert ROLLER HANDLE BARS (19) into PRESS ARM (22) and fasten with 1/2" NYLON NUT (103), 1/2" WASHER (99) and 1/2" CAP FOR NUT (73).

<p>IMPORTANT: The BEARING HOUSINGS (41) have SET SCREWS on one side. The BEARING HOUSINGS must be mounted with the SET SCREWS to the outside as shown in DETAIL.</p>

Step 67. Attach one BEARING HOUSING (41) to PRESS TOP FRAME (6) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103). See DETAIL.

Step 68. With PINS to rear insert axle of PRESS SUPPORT (13) into mounted BEARING HOUSING (41). Slide other BEARING HOUSING onto axle and attach to PRESS TOP FRAME (6) with 1/2" x 1-3/4" HEX HEAD BOLTS (87), 1/2" WASHERS (99) and 1/2" NYLON NUTS (103).

Step 69. Using an allen wrench, tighten SET SCREWS in both BEARING HOUSINGS (41).

Step 70. Attach PRESS ARM (22) to PRESS SUPPORT (13) with 1" PRESS ARM AXLE (34) and 1" SPACERS (98).

Step 71. Pull out on LONG POP PIN (79A), swing PRESS ARM (22) to desired position and release POP PIN to lock in place.

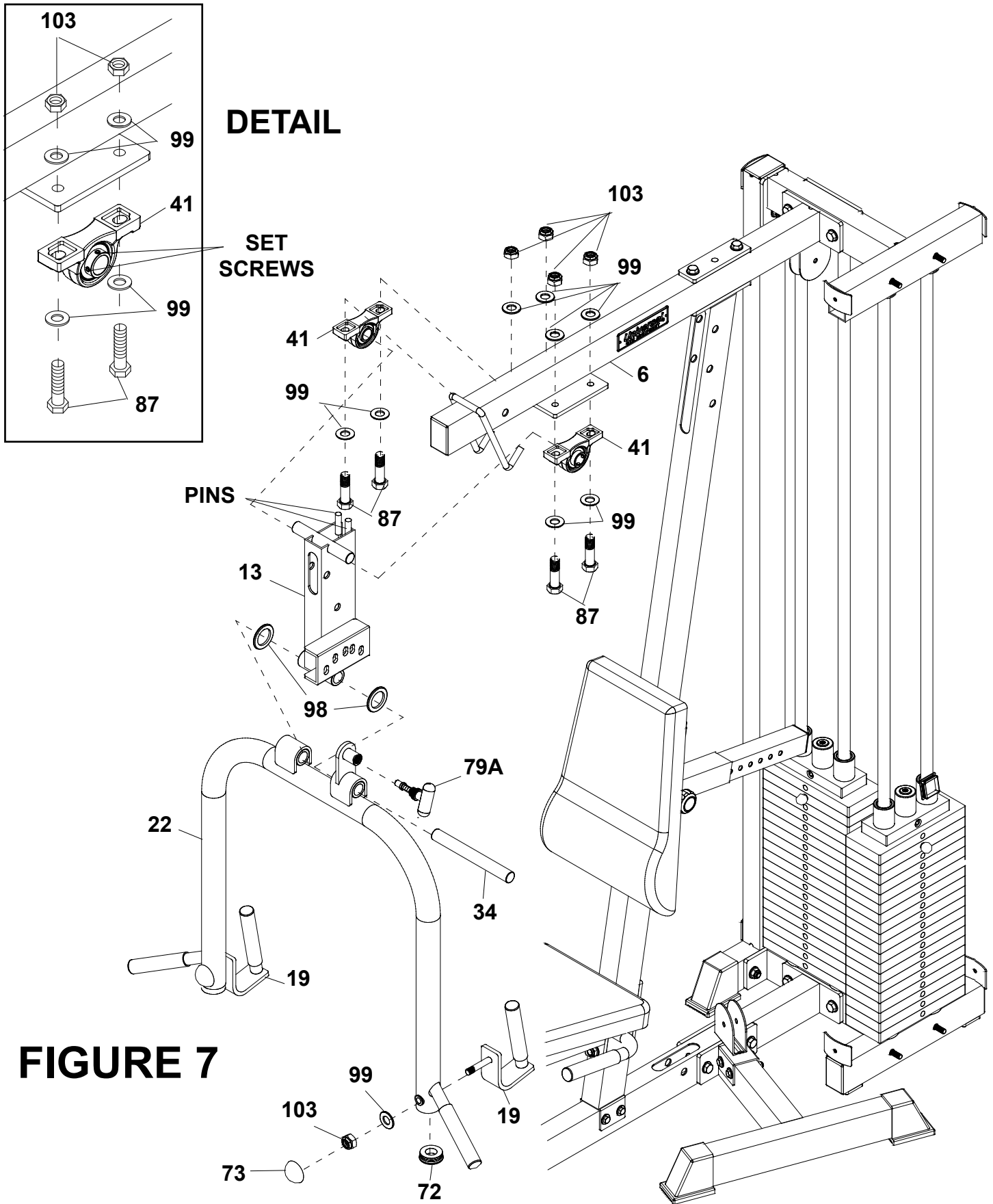


FIGURE 7

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 19

FIGURE 8

NOTE: The TOP CABLE (51) has an adjustment bolt at one end.

T1

Step 72. Place TOP CABLE (51) in groove of PULLEY (66), with HOOK end facing front, insert into bottom of PRESS TOP FRAME (6) and fasten with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

Step 73. Insert adjustment bolt of TOP CABLE (51) through slot in PRESS SUPPORT (13) and slot in PRESS UPRIGHT (4).

T2

Step 74. Place TOP CABLE (51) in groove of PULLEY (66) and attach at top hole in PRESS SUPPORT (13) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

T3

Step 75. Place TOP CABLE (51) in groove of PULLEY (66) and attach at top hole in PRESS UPRIGHT (4) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

T4

Step 76. Place TOP CABLE (51) in groove of PULLEY (66) and attach at center hole in PRESS SUPPORT (13) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

T5

Step 77. Place TOP CABLE (51) in groove of PULLEY (66) and attach at center hole in PRESS UPRIGHT (4) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

T6

Step 78. Place TOP CABLE (51) in groove of PULLEY (66) and attach at bottom hole in PRESS SUPPORT (13) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

T7

Step 79. Place TOP CABLE (51) in groove of PULLEY (66) and attach at bottom hole in PRESS UPRIGHT (4) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

T8

Step 80. Place TOP CABLE (51) in groove of PULLEY (66) and attach to FLOATING PULLEY BLOCK (24) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

T9

Step 81. Place TOP CABLE (51) in groove of PULLEY (66) and attach at bracket on PRESS TOP FRAME (6) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

T10

Step 82. Insert adjustment bolt of TOP CABLE (51) through RING of SELECTOR PIN (48) and thread into SELECTOR ROD

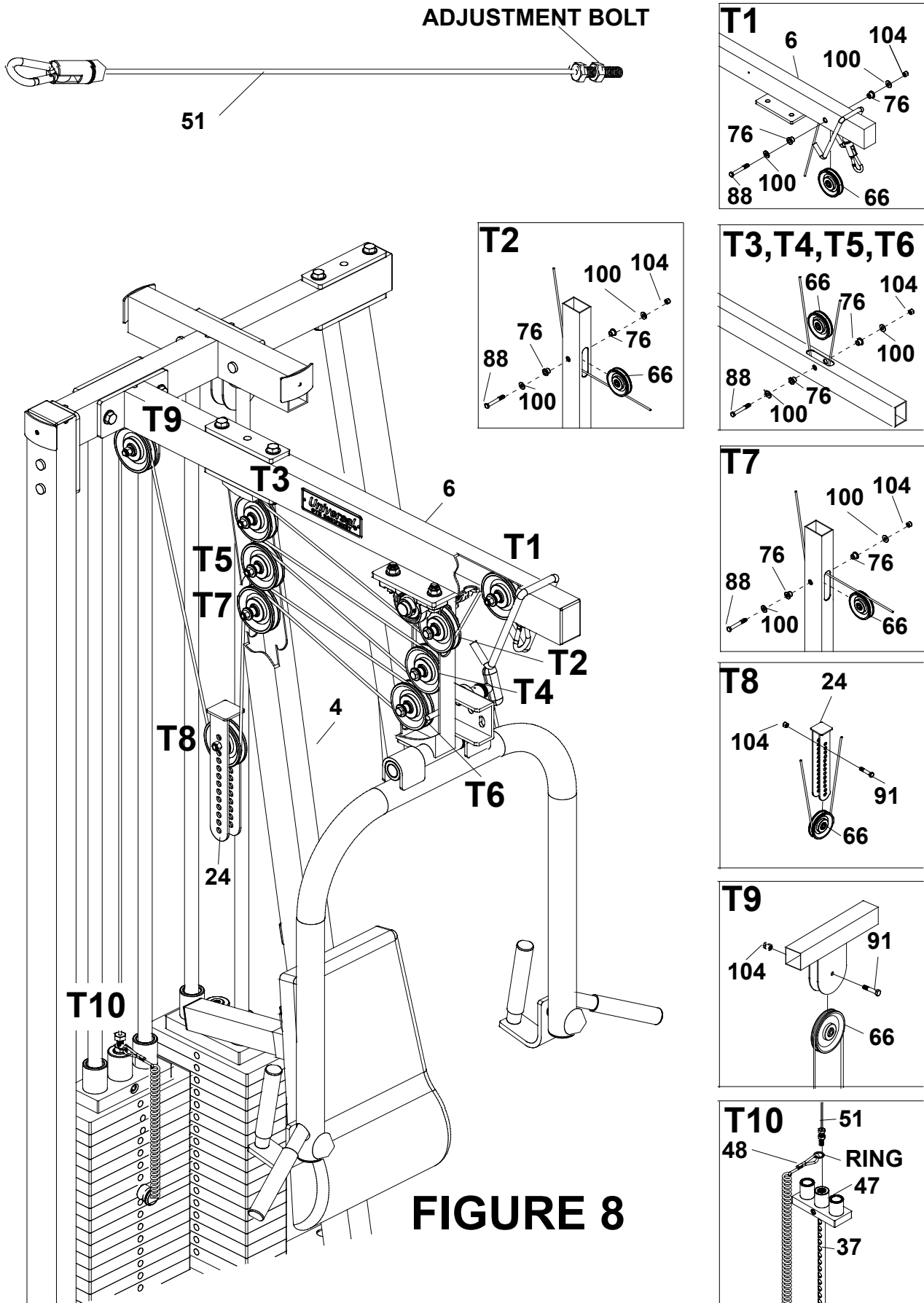


FIGURE 8

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 21

FIGURE 9

L1

Step 83. Place LOWER CABLE (52) in groove of PULLEY (66), with HOOK end facing out, insert into LOWER PULLEY BRACKET (29) and fasten with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

L2

Step 84. Place LOWER CABLE (52) in groove of PULLEY (66) and attach to FLOATING PULLEY BLOCK (24) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

L3

Step 85. Place LOWER CABLE (52) in groove of PULLEY (66) and attach to SINGLE PULLEY BRACKET (31) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

L4

Step 86. Place BALL end of LOWER CABLE (52) in SLOT of bracket on the PRESS UPRIGHT (4).

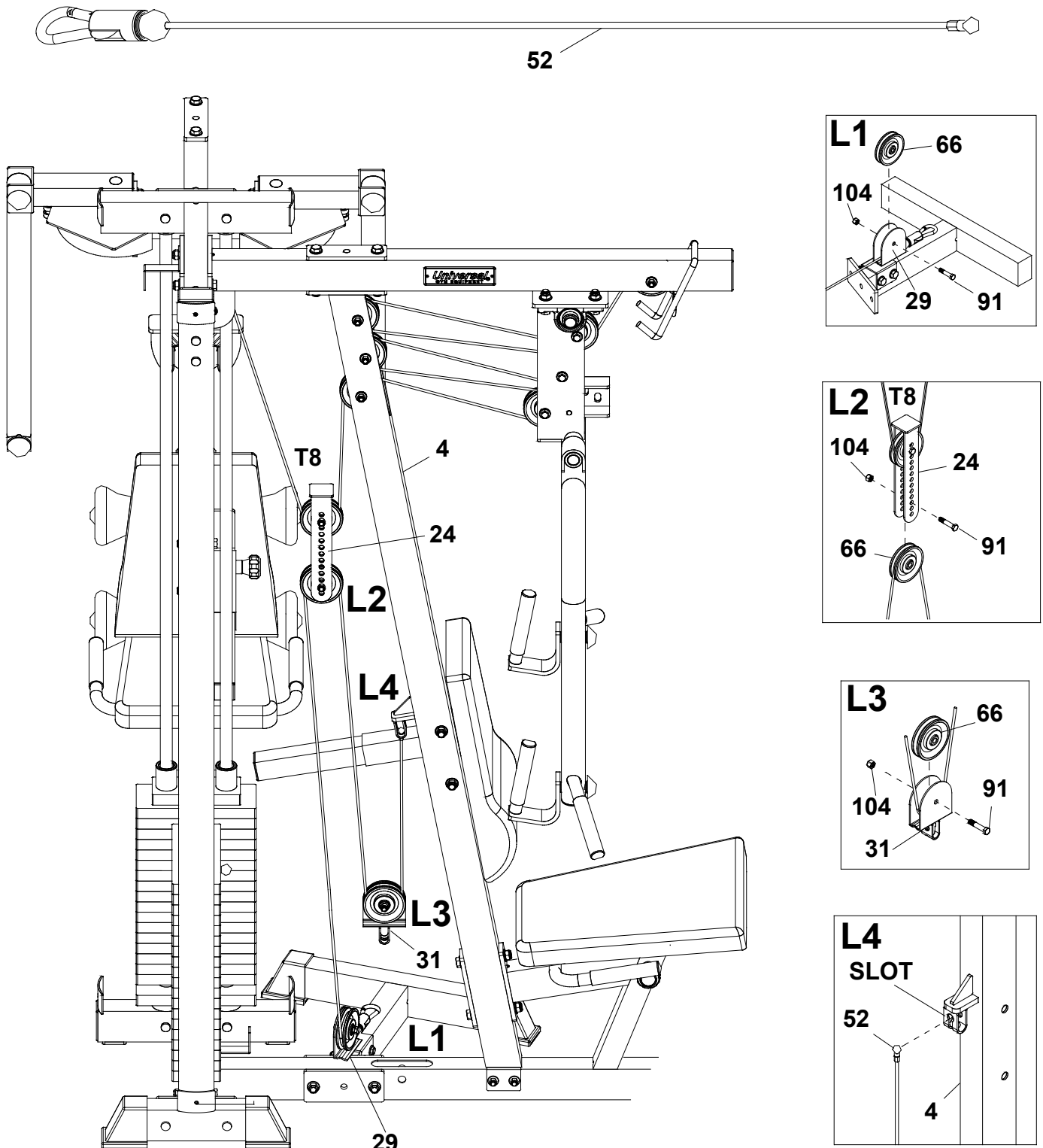


FIGURE 9

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 23

FIGURE 10

P1

Step 87. Attach EYE end of LEG PRESS CABLE (53) to bottom hole in LEG PRESS (7) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

P2

Step 88. Place LEG PRESS CABLE (53) in groove of PULLEY (66), insert into FRONT SLOT of PRESS BASE FRAME (2) and fasten with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

P3

Step 89. Place LEG PRESS CABLE (53) in groove of PULLEY (66), insert into LEG PRESS (7) and fasten with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

Step 90. Insert BALL end of LEG PRESS CABLE (53) into SECOND SLOT in PRESS BASE FRAME (2), then push through PRESS BASE FRAME and pull up through REAR SLOT.

P4

Step 91. Insert BALL end of LEG PRESS CABLE (53) into SLOT of SINGLE PULLEY BRACKET (31).

P5

Step 92. Place LEG PRESS CABLE (53) in groove of PULLEY (66) and attach at SECOND SLOT in PRESS BASE FRAME (2) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

P6

Step 93. Place LEG PRESS CABLE (53) in groove of PULLEY (66) and attach at REAR SLOT in PRESS BASE FRAME (2) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHER (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

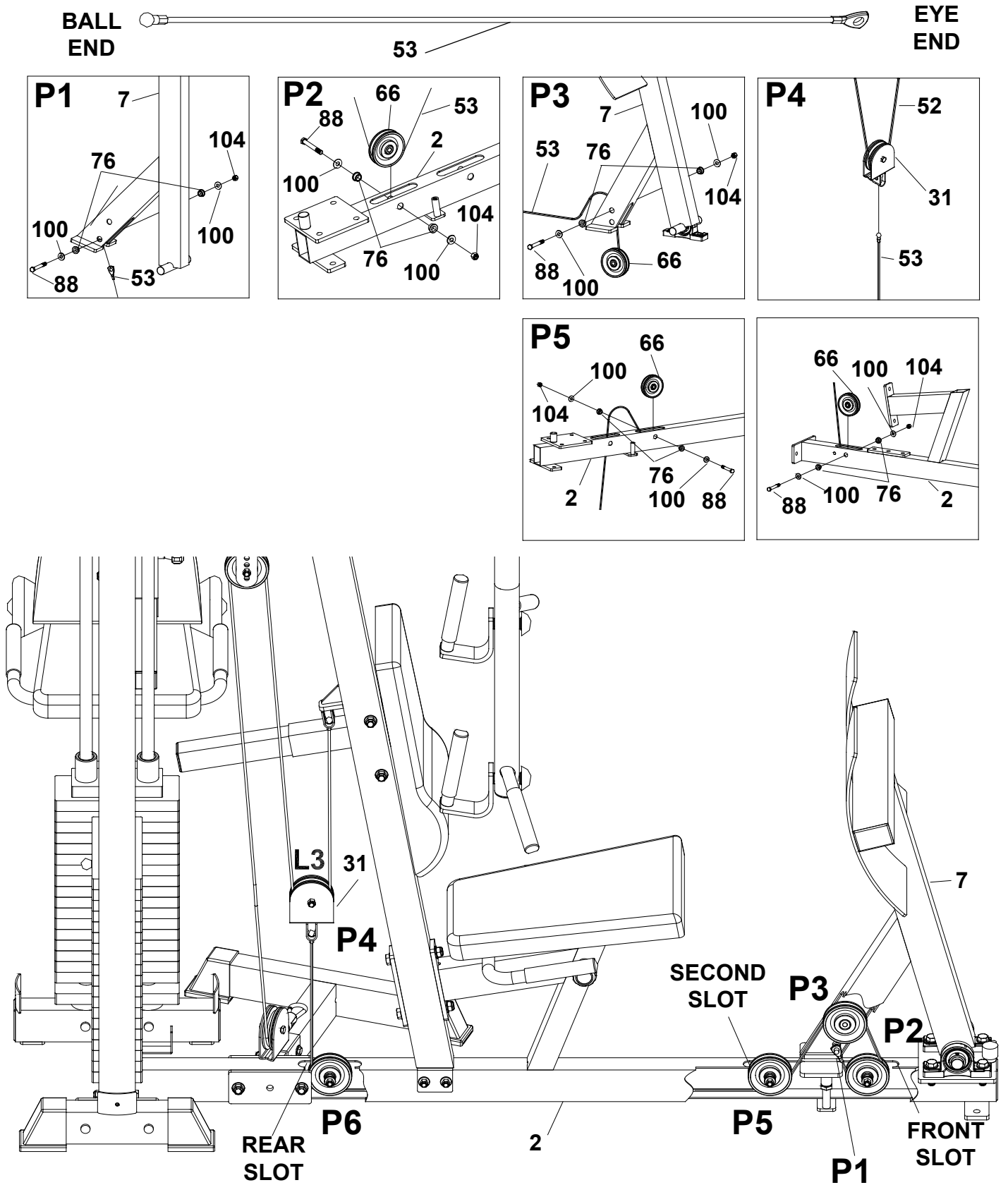


FIGURE 10

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 25

FIGURE 11

W1

Step 94. Insert adjustment bolt of WEIGHT CABLE (54) through RING of SELECTOR PIN (48) and thread into SELECTOR ROD (37) about 3 or 4 turns and lock by tightening nut against SELECTOR ROD.

W2

Step 95. Place WEIGHT CABLE (54) in groove of PULLEY (66), and attach to pulley bracket of PEC DEC TOP FRAME (10) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

W3

Step 96. Insert BALL end of WEIGHT CABLE (54) into SLOT in FLOATING PULLEY BLOCK WITH HOOK (25).

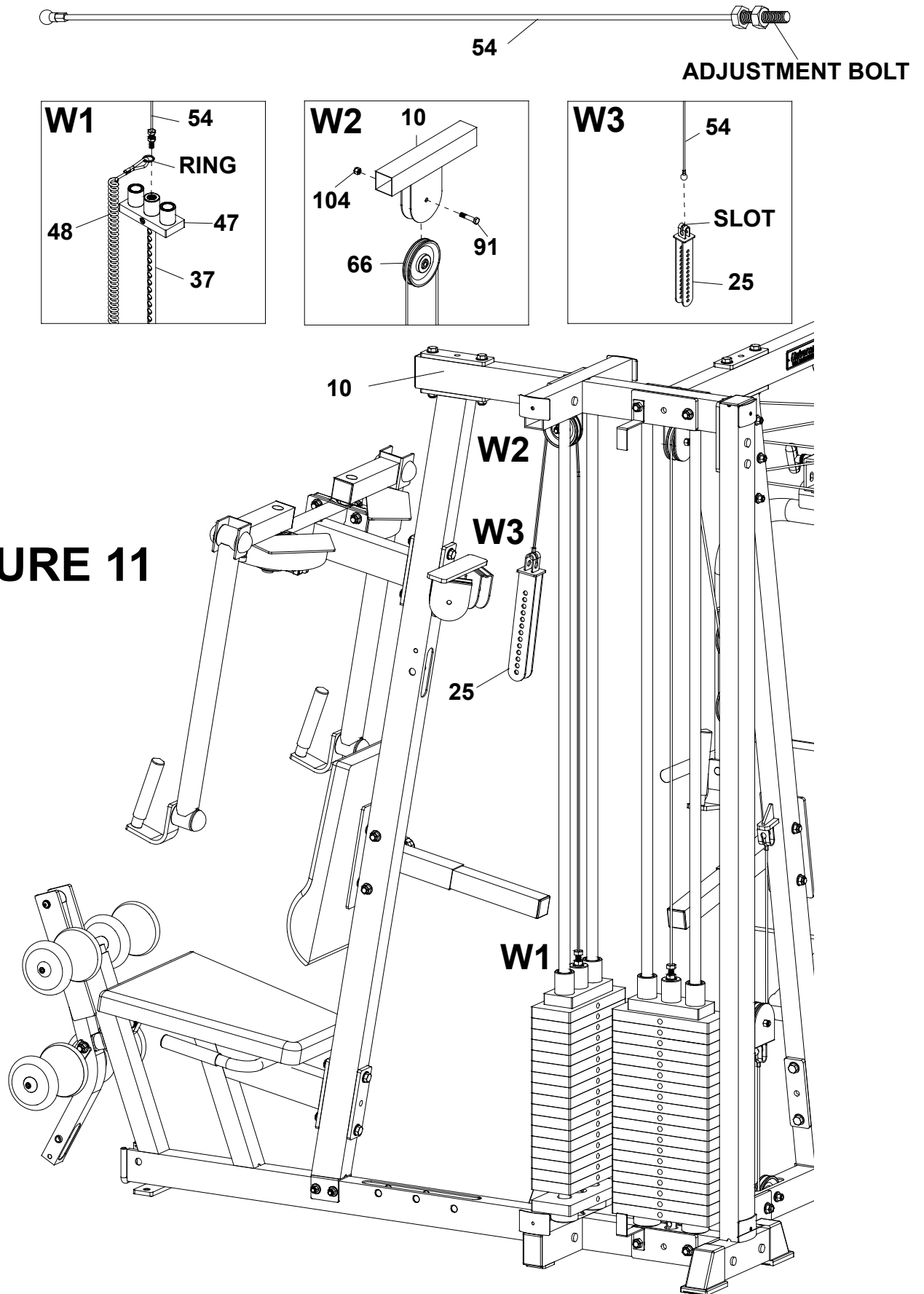


FIGURE 11

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 27

FIGURE 12

K1

Step 97. Insert ball end of PEC DEC CABLE (55) into SLOT of LEFT PEC DEC CAM (15).

K2

Step 98. Place PEC DEC CABLE (55) in groove of PULLEY (66), and attach to left side of PEC DEC PULLEY BLOCK (28) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

K3

Step 99. Place PEC DEC CABLE (55) in groove of PULLEY (66), and attach to DOUBLE PULLEY BRACKET (30) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

K4

Step 100. Place PEC DEC CABLE (55) in groove of PULLEY (66), and attach to right side of PEC DEC PULLEY BLOCK (28) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

K5

Step 101. Insert ball end of PEC DEC CABLE (55) into SLOT of RIGHT PEC DEC CAM (16).

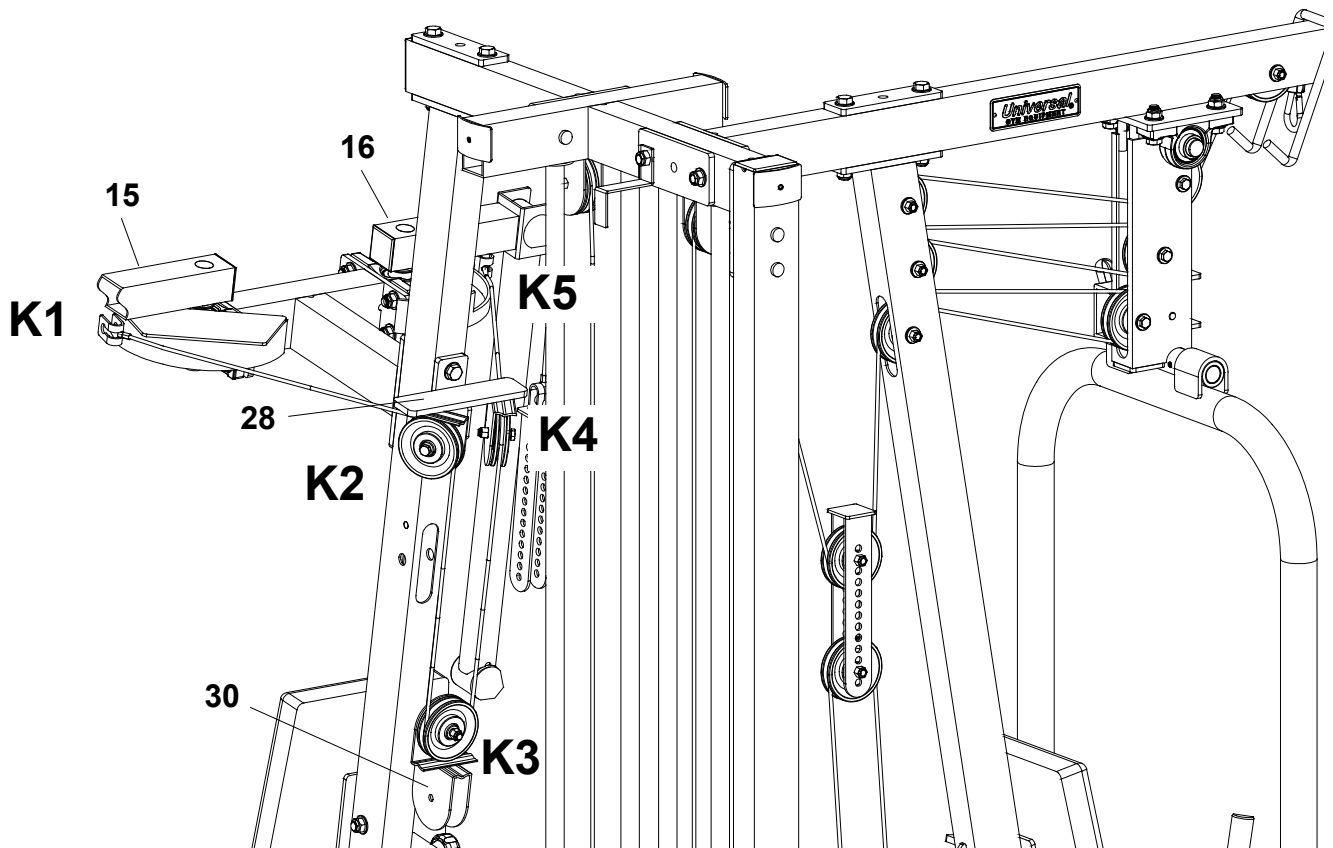
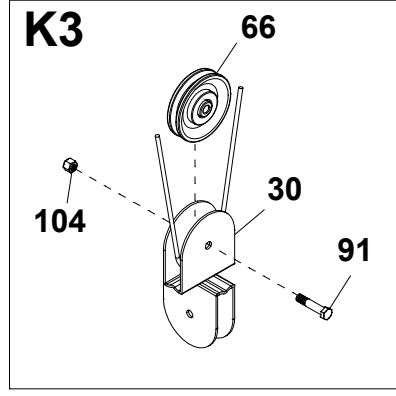
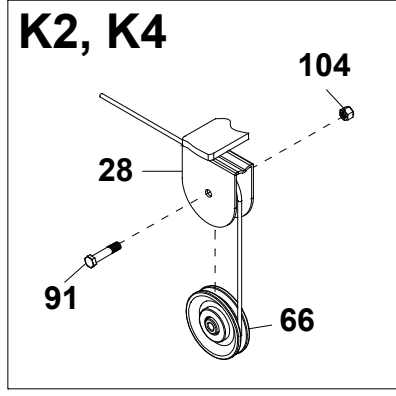
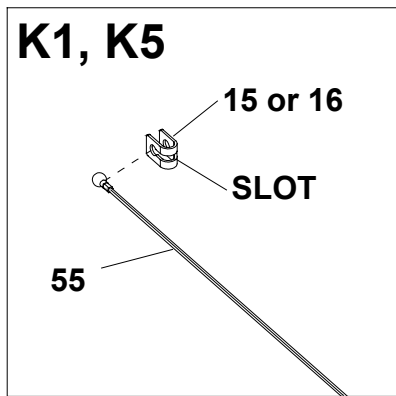
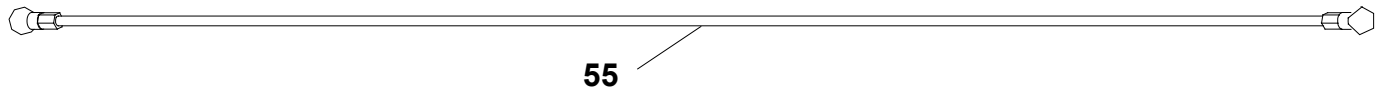


FIGURE 12

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 29

FIGURE 13

A1

Step 102. Insert end of AB CABLE (56) through SLOT of LEG EXTENSION (18). Place AB CABLE in groove of PULLEY (66) and attach to LEG EXTENSION with 3/8" x 2-1/2" HEX HEAD BOLT (90), 3/8" WASHERS (100) and 3/8" NYLON NUT (105).

Step 103. Push AB CABLE (56) through BASE FRAME (1) and pull out at long slot.

A2

Step 104. Place AB CABLE (56) in groove of PULLEY (66), and attach at end of BASE FRAME (1) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

A3

Step 105. Place AB CABLE (56) in groove of PULLEY (66), and attach at rear hole of long slot in BASE FRAME (1) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

A4

Step 106. Place AB CABLE (56) in groove of PULLEY (66), and attach to FLOATING PULLEY BLOCK WITH HOOK (25) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

A5

Step 107. Place AB CABLE (56) in groove of PULLEY (66), and attach at center hole of long slot in BASE FRAME (1) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

A6

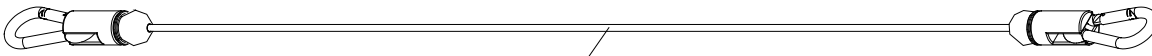
Step 108. Place AB CABLE (56) in groove of PULLEY (66), and attach to DOUBLE PULLEY BRACKET (30) with 3/8" x 1-3/4" HEX HEAD BOLT (91) and 3/8" NYLON NUT (104).

A7

Step 109. Place AB CABLE (56) in groove of PULLEY (66), and attach at front hole of long slot in BASE FRAME (1) with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (104).

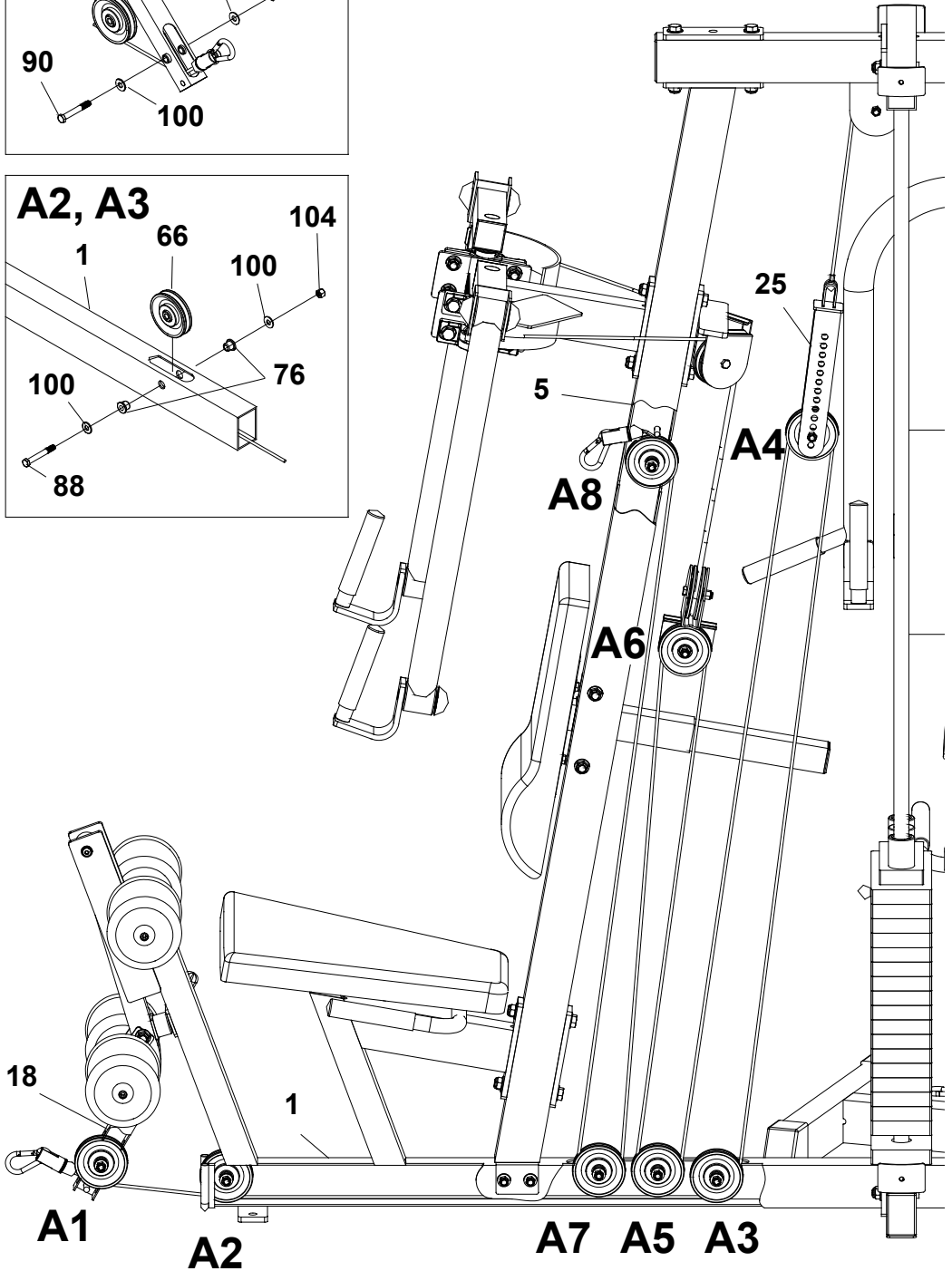
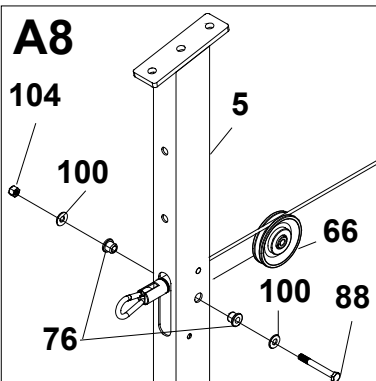
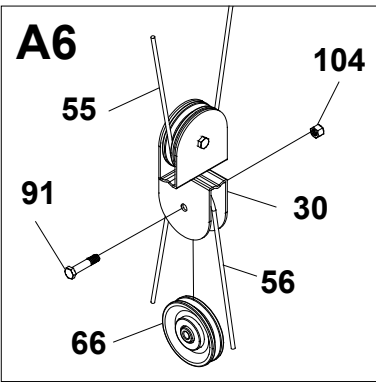
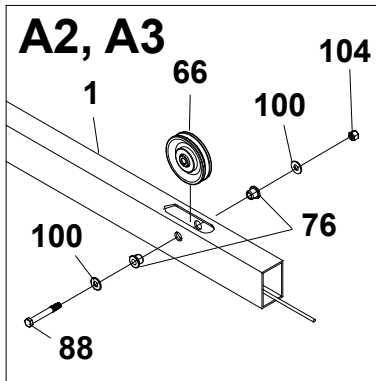
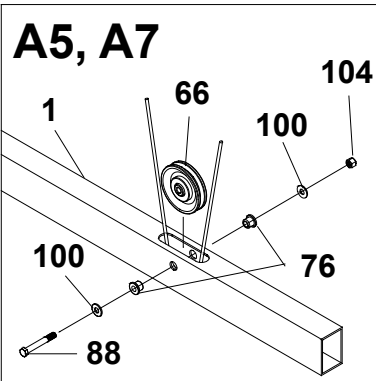
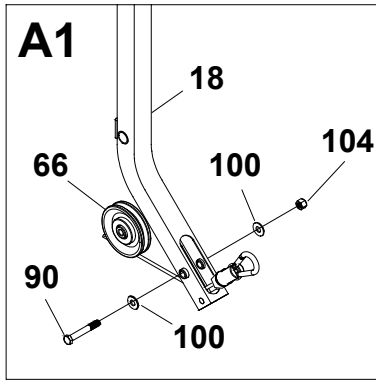
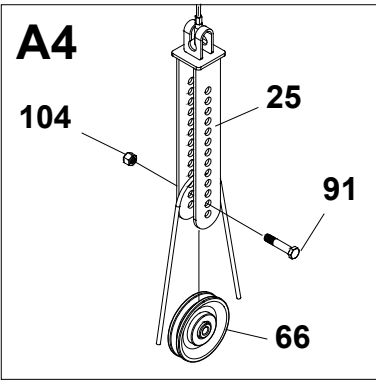
A8

Step 110. Insert end of AB CABLE (56) through SLOT of PEC DEC UPRIGHT (5). Place AB CABLE in groove of PULLEY (66) and attach to PEC DEC UPRIGHT with 3/8" x 3" HEX HEAD BOLT (88), 3/8" WASHERS (100), 3/8" BUSHINGS (76) and 3/8" NYLON NUT (105).



56

FIGURE 13



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 31

FIGURE 14

- Step 111. Push BINDING OF WEIGHT SHROUDS (83) completely onto edges of WEIGHT SHROUDS (44) and REAR WEIGHT SHROUD (44).
- Step 112. Attach WEIGHT SHROUDS (45) to WEIGHT TOP FRAME (9) and WEIGHT BASE (8) with 5/16" x 1/2" HEX HEAD BOLTS (94) and 5/16" WASHERS (SMALL) (101).
- Step 113. Attach REAR WEIGHT SHROUD (44) to REAR UPRIGHT (3) with 5/16" x 1/2" HEX HEAD BOLTS (94) and 5/16" WASHERS (SMALL) (101).

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

- Step 114. Attach the LAT BAR (35) to the hook on the TOP CABLE (51).
- Step 115. Attach the AB STRAP (38) to the hook on the upper end of the AB CABLE (56).
- Step 116. Attach either the ANKLE STRAP (40), HANDLE (39) or CURL BAR (29) to the hook at the lower end of the LOWER CABLE (52) with SNAP HOOK (49) and LINK CHAIN (42).

NOTE: Over time the cables will need to be adjusted to remove excess slack. This can be done by first adjusting location of PULLEY (66) in FLOATING PULLEY BLOCK (24) or FLOATING PULLEY BLOCK WITH HOOK (25). If only a slight amount of adjustment is needed thread the cable adjustment bolt into the SELECTION ROD (37) until the slack has been removed and then tighten locking nut against SELECTION ROD.

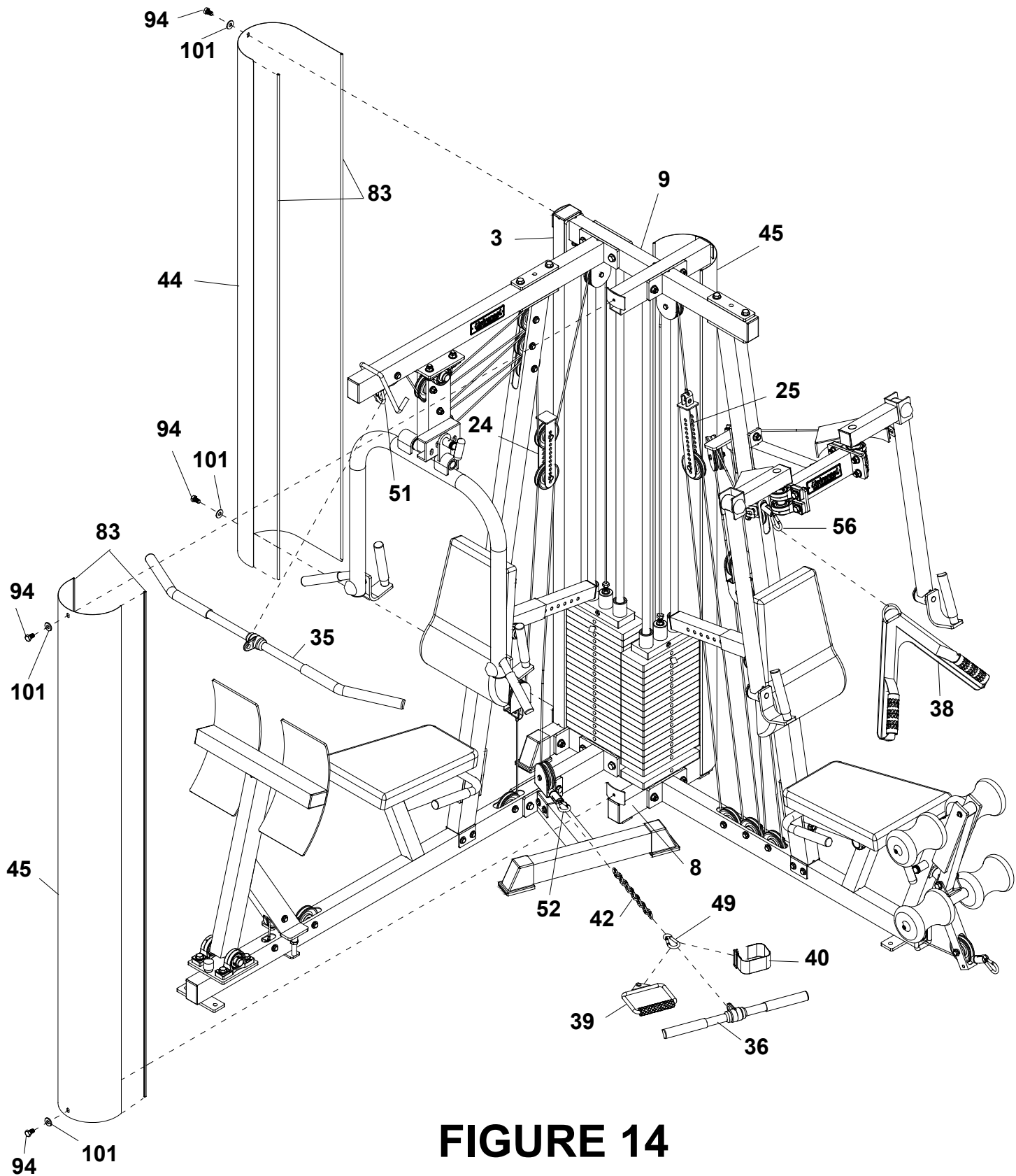


FIGURE 14

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 33

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® 3000, 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)

<u>COMPONENT</u>	<u>PERIOD</u>	<u>COMPONENT</u>	<u>PERIOD</u>
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: **1-800-476-9856 (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 34

BLANK PAGE



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.