

PROSPOTfitness™ Model P-500

Owners Manual

- 1) Assembly Instructions/Illustrations
- 2) Use and Operation of PROSPOTfitness™ Product
- 3) Maintenance of your PROSPOTfitness™ Product
- 4) Warranty Information
- 5) Parts List

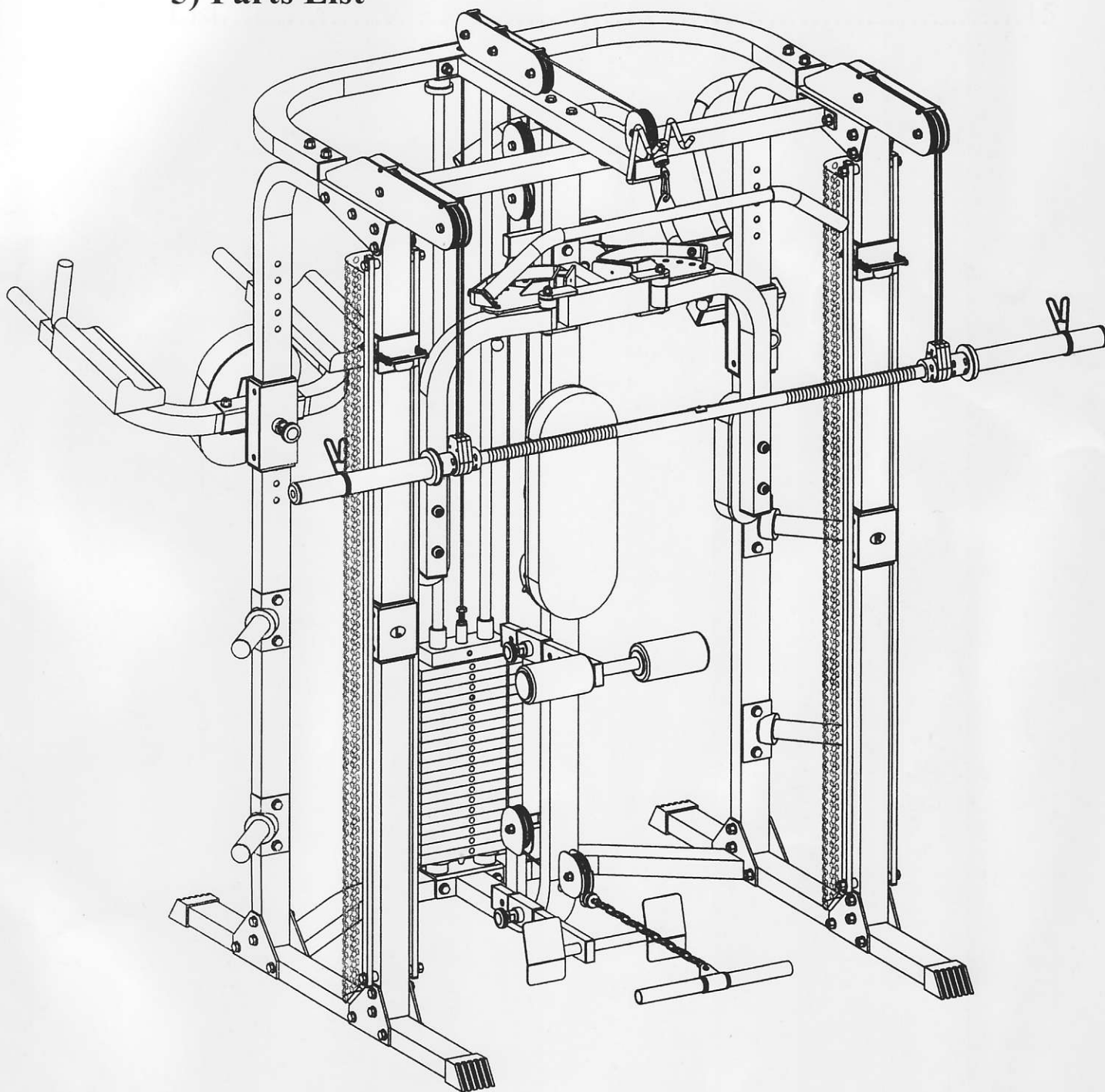


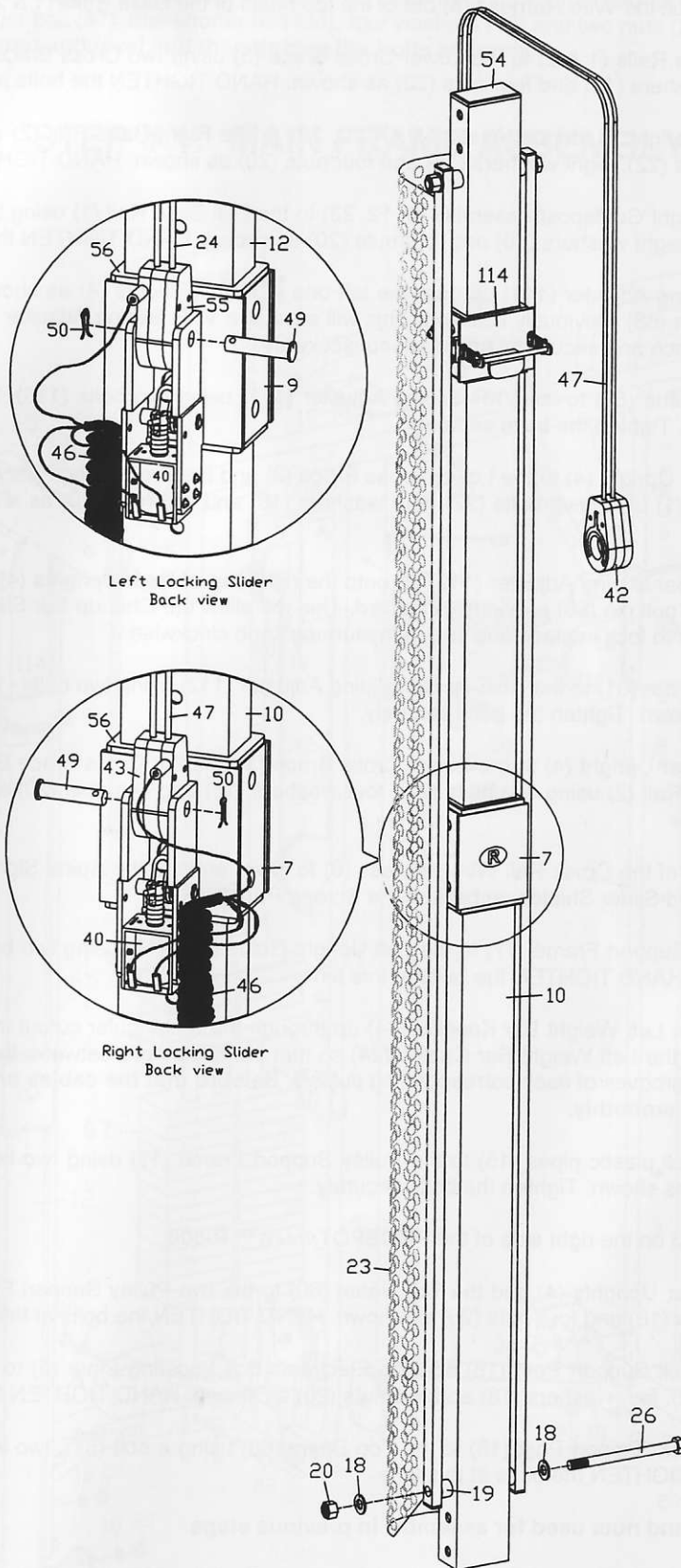
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Instructions for Assembly of the PROSPOT^{fitness}™ P-500

- Before assembly, choose a safe location for your **PROSPOT^{fitness}™ P-500**. The **PROSPOT^{fitness}™ P-500** has a footprint of approximately 8'x 8'. The barbell is approximately 7' long. Locate your **PROSPOT^{fitness}™ P-500** away from any source of water. Do not allow any liquid to be near the machine or spilled on any electrical part. Do not insert any object into the electrical box.
- Approximate assembly time is 1-1/2 hours.
- A flat area of 9' x 9' will be required to assemble and properly use the **PROSPOT^{fitness}™ P-500**.
- You will need the following tools and a helper to complete the assembly:
 - 5 mm Allen Wrench
 - 14 mm Box End Wrench
 - 17 mm Box End Wrench
 - 19 mm Box End Wrench
 - Floor Padding, such as cardboard, to avoid scratching your floor during assembly.
 - A good pair of scissors will be helpful in separating the parts from one another while removing them from the cartons.
- HAND TIGHTEN all bolts. DO NOT fully tighten bolts until instructed to do so.
- Before assembly, separate and identify the right-sided parts from the left-sided parts. These parts are easily distinguished by the manner in which the pre-drilled holes align with corresponding parts, or are identified by "L" & "R" stickers.
- The **PROSPOT^{fitness}™ P-500** uses several different lengths of bolts. Be careful to use the correct length of bolt called for at each step of assembly. Refer to the sizing charts provided.
- **WARNING: Never perform any maintenance on the PROSPOT^{fitness}™ P-500 while the Power Supply is plugged into the wall !!!**

Upright Guidepost Assembly Diagram

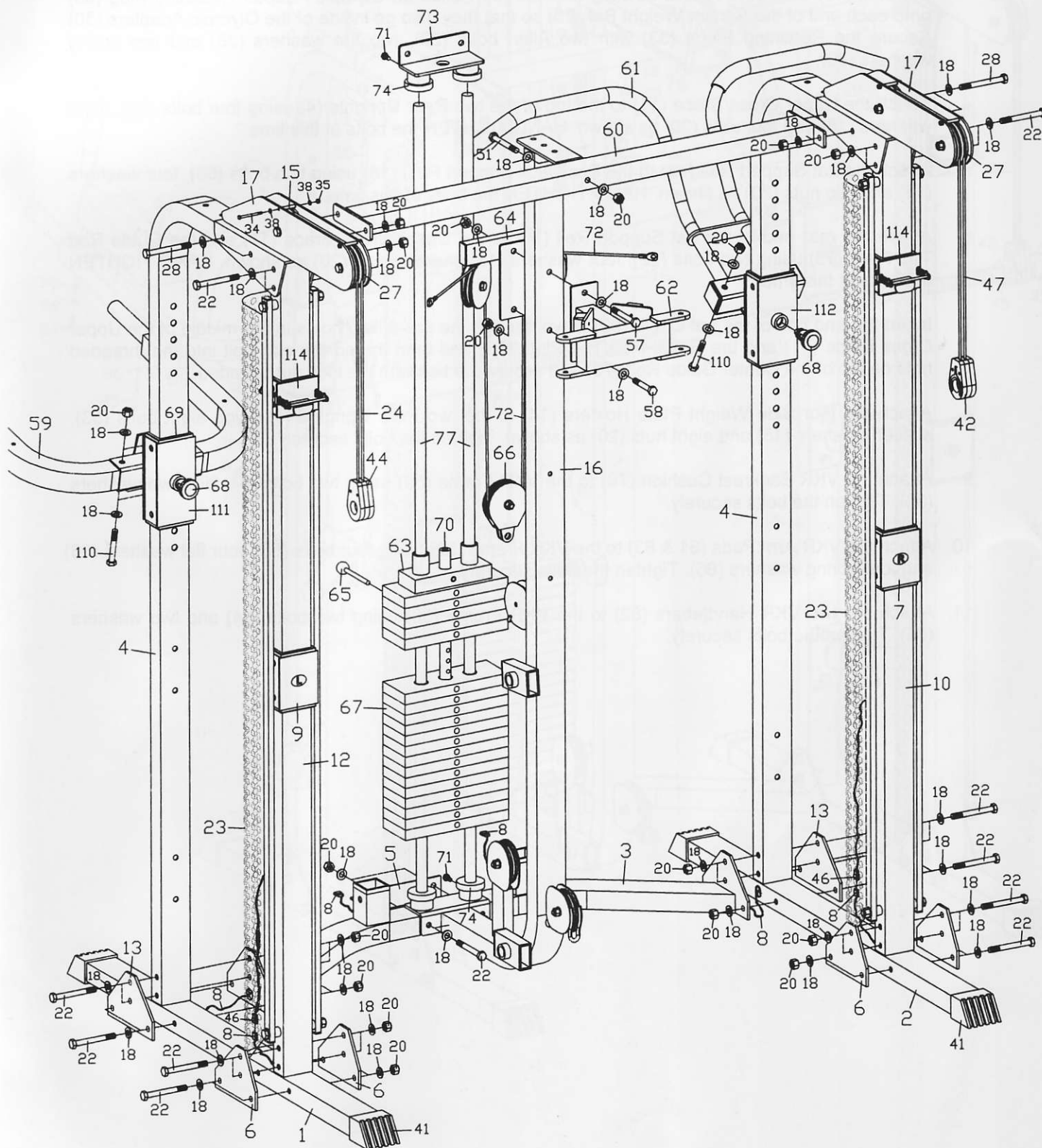


STEP # 1: MAIN FRAME ASSEMBLY

1. Place the two Base Rails (1 & 2) opposite each other in the center of the assembly area as shown in the Illustration. Place the Lower Cross Brace (3) between the two Base Rails (1 & 2) so that the side pre-drilled holes of the Base Rails (1 & 2) align with the end holes of the Lower Cross Brace (3).
2. Carefully thread the Cross Brace Wire Harness (8) through the corresponding side pre-drilled holes of the Base Rails (1 & 2) then pull the Wire Harness (8) out of the top holes of the Base Rails (1 & 2).
3. Attach the two Base Rails (1 & 2) to the Lower Cross Brace (3) using two Cross Brace Backing Plates (13), four bolts (22), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
4. Attach the Right Upright Guidepost Assembly (7, 10, 23) to the Right Base Rail (2) using two Upright Support Plates (6), four bolts (22), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
5. Attach the Left Upright Guidepost Assembly (9, 12, 23) to the Left Base Rail (1) using two Upright Support Plates (6), four bolts (22), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
6. Slide the VKR Sliding Adjuster (111) up onto the left one of Rear Uprights (4) as shown. Pull the handle on the screw down pull pin (68) previously installed. This will allow the VKR Sliding Adjuster (111) to slide up. Release the pin to lock in place and secure by turning knob clockwise.
7. Attach the VKR Frame (59) to the VKR Sliding Adjuster (111) using two bolts (110), four washers (18) and two nuts (20) as shown. Tighten the bolts securely.
8. Attach the left Rear Upright (4) to the Lower Cross Brace (3) and the Cross Brace Backing Plate (13) attached on the Left Base Rail (1) using two bolts (22), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
9. Slide the Chin-up Bar Sliding Adjuster (112) up onto the right one of Rear Uprights (4) as shown. Pull the handle on the screw down pull pin (68) previously installed. This will allow the Chin-up Bar Sliding Adjuster (112) to slide up. Release the pin to lock in place and secure by turning knob clockwise.
10. Attach the Chin-up Bar (61) to the Chin-up Bar Sliding Adjuster (112) using two bolts (110), four washers (18) and two nuts (20) as shown. Tighten the bolts securely.
11. Attach the right Rear Upright (4) to the Lower Cross Brace (3) and the Cross Brace Backing Plate (13) attached on the Right Base Rail (2) using two bolts (22), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
12. Plug together both of the Cross Rail Wire Harness (8) to lower ends of the Spiral Signal Cables (46) located just under the perforated Slider Shields on back of the Screen Panels (23).
13. Attach one Pulley Support Frame (17) to the Left Upright Guide Post (12) using two bolts (22), four washers (18) and two nuts (20). **HAND TIGHTEN** the bolts at this time.
14. Carefully thread the Left Weight Bar Knuckle (44) up through the rectangular cutout in the Pulley Support Frame (17). Carefully flex the Left Weight Bar Cables (24) so that the cables are between the two pulley support plates and insert into the grooves of each corresponding pulleys. **Be sure that the cables are straight and uncrossed and pulleys move smoothly.**
15. Attach the two small plastic pipes (15) to the Pulley Support Frame (17) using two bolts (34), four washers (38) and two nuts (35) as shown. Tighten the bolts securely.
16. Repeat steps 11-13 on the right side of the **PROSPOTfitness™ P-500**.
17. Attach the two Rear Uprights (4) and the Top Beam (60) to the two Pulley Support Frames (17) using four bolts (28), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
18. Attach the Pec Deck Support Post (16) and the Electronic Box Locating Plate (5) to the Lower Cross Brace (3) using two bolts (22), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
19. Attach the Pec Deck Support Post (16) to the Top Beam (60) using a bolt (51), two washers (18) and a nut (20) as shown. **HAND TIGHTEN** the bolts at this time.
20. **Tighten all bolts and nuts used for assembly in previous steps.**
21. Insert both of the Guide Rods (77) into each of the Guide Rod Cups (74) located on the lower end of the Pec Deck Support Post (16). Slide the Weight Stacks (67) onto the Guide Rods (77) and carefully slide them to the bottom. Slide the Weight Top Plate Assembly (63, 70) onto the Guide Rods (77) and guide them down so that they rest on top of the Weight Stacks (67). Insert two Allen bolts (71) into the threaded holes in the Guide Rod Cup Pockets of the Pec Deck Support Post (16). Tighten securely.

22. Insert the Select Pin (65) into the desired hole in the Center Guide Rod (70) as shown. Carefully to lock the pin in place.
23. Place the Guide Rod Top Plate (73) on top of the two Guide Rods (77) and slide the two Guide Rod Cups (74) onto the Guide Rods (77) with downward pressure. Insert two Allen bolts (71) into the threaded holes in the Guide Rod Cup Pockets of the Guide Rod Top Plate (73). Tighten securely.
24. Attach the Pec Deck Support Frame (62) and the Pec Deck Backing Frame (64) to the Pec Deck Support Post (16) using one longer bolt (57), one shorter bolt (58), four washers (18) and two nuts (20) as shown. **Be sure this assembly is centered and level and then tighten the bolts securely.**

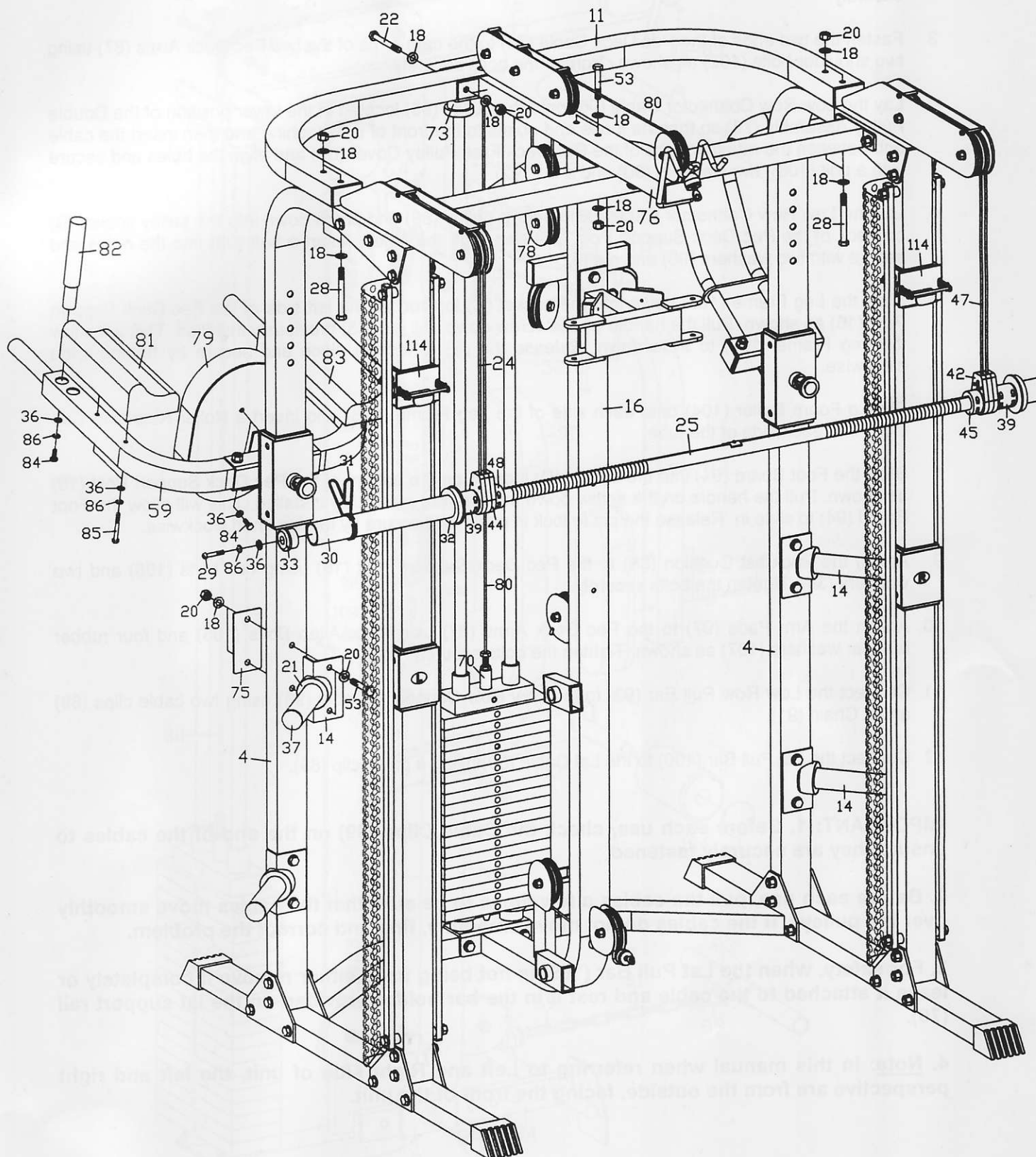
STEP # 1: MAIN FRAME ASSEMBLY



STEP #2: SENSOR WEIGHT BAR INSTALLATION

1. Standing in front of the **PROSPOTfitness™ P-500**. Insert one end and then the other end of the Sensor Weight Bar (25) into the Knuckles (42 & 44). Slide the knuckles onto the Bar until they rest snugly against the preinstalled sensor retaining collars (45 & 48) at each end of the Sensor Weight Bar (25). (There is a rotation limiting pin that protrudes from the bottom of the Sensor Weight Bar (25) that must fit through a slot in the knuckles (42 & 44) as it is slid into position).
2. Place one Plastic Locking Sleeve (39) onto each end of the Sensor Weight Bar (25) and slide them inwards until they butt up against and secure the Weight Bar Cable Knuckle (42 & 44) in place. Tighten Plastic Locking Sleeve bolts securely.
3. Place an Olympic Adapter (30) onto each end of the Sensor Weight Bar (25) and slide them onto the Bar until they touch the Plastic Locking Sleeves (39). Slide an Olympic Adapter Retaining Plug (33) onto each end of the Sensor Weight Bar (25) so that they also go inside of the Olympic Adapters (30). Secure the Retaining Plugs (33) with two Allen bolts (29), two flat washers (36) and two spring washers (86).
4. Attach the Upper Cross Brace (11) to the top of the two Rear Uprights (4) using four bolts (28), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
5. Attach the Lat Support Rail (76) to the Pec Deck Support Post (16) using two bolts (53), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
6. Attach the rear end of the Lat Support Rail (76) to the Upper Cross Brace (11) and the Guide Rod Top Plate (73) using two bolts (22), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
7. Insert the end bolt of the Lat Cable (80) down through the pre-drilled holes in the middle of the Upper Cross Brace (11) and the Guide Rod Top Plate (73) and then thread the end bolt into the threaded hole on top of the Center Guide Rod (70) and secure the bolt with the lock nut provided.
8. Attach the four Side Weight Plate Holders (14) to the two Rear Uprights (4) using eight bolts (53), sixteen washers (18) and eight nuts (20) as shown. Tighten the bolts securely.
9. Attach the VKR Backrest Cushion (79) to the VKR Frame (59) using two bolts (84) and two washers (36). Tighten the bolts securely.
10. Attach the VKR Arm Pads (81 & 83) to the VKR Frame (59) using four bolts (85), four flat washers (36) and four spring washers (86). Tighten the bolts securely.
11. Attach the two VKR Handlebars (82) to the VKR Frame (59) using two bolts (84) and two washers (36). Tighten the bolts securely.

STEP #2: SENSOR WEIGHT BAR INSTALLATION



STEP #3: PEC DECK ARMS AND CABLES INSTALLATION

1. Attach one Pec Deck Arm (87) and the Left Pec Deck Adjusting Plate (88) to the Pec Deck Support Frame (62) using a bolt (52), two washers (90) and a nut (92) as shown. Tighten the bolts securely.
2. Attach the other Pec Deck Arm (87) and the Right Pec Deck Adjusting Plate (100) to the Pec Deck Support Frame (62) using a bolt (52), two washers (90) and a nut (92) as shown. Tighten the bolts securely.
3. Fasten the two ends of the Pec Deck Cable (72) to the cam arms of the two Pec Deck Arms (87) using two shoulder bolts (102) as shown. Tighten the bolts securely.
4. Lay the Low Row Connector Cable (96) onto the pulley (99) located in the lower position of the Double Pulley Assembly (78) so that the loose end points to the front of the machine and then insert the cable end between the retaining tabs of the Pec Deck Free Pulley Cover (66) and align the holes and secure with a bolt (106), two washers (90) and a nut (92).
5. Lay the Low Row Connector Cable (96) under a pulley (99) and press down into the pulley socket (B) on back of the Pec Deck Support Post (16) and align the holes. Insert a bolt (95) into the holes and secure with two washers (90) and nut (92).
6. Slide the Leg Frame (103) down into the socket (C) located on the left side of the Pec Deck Support Post (16) as shown. Pull the handle on the screw down pull pin (68) previously installed. This will allow the Leg Frame (103) to slide down. Release the pin to lock in place and secure by turning knob clockwise.
7. Slide a Foam Roller (104) onto each side of the Leg Frame (103) and insert a Roller Retaining Cap (101) into each side of the tube.
8. Slide the Foot Board (94) into the socket (D) located on the bottom of the Pec Deck Support Post (16) as shown. Pull the handle on the screw down pull pin (68) previously installed. This will allow the Foot Board (94) to slide in. Release the pin to lock in place and secure by turning knob clockwise.
9. Attach the Backrest Cushion (98) to the Pec Deck Support Post (16) using two bolts (108) and two washers (36). Tighten the bolts securely.
10. Attach the Arm Pads (97) to the Pec Deck Arms (87) using four Allen Bolts (105) and four rubber bumper washers (107) as shown. Tighten the bolts securely.
11. Connect the Low Row Pull Bar (93) to the Low Row Connector Cable (96) using two cable clips (89) and a Chain (91).
12. Connect the Lat Pull Bar (109) to the Lat Cable (80) using a cable clip (89).

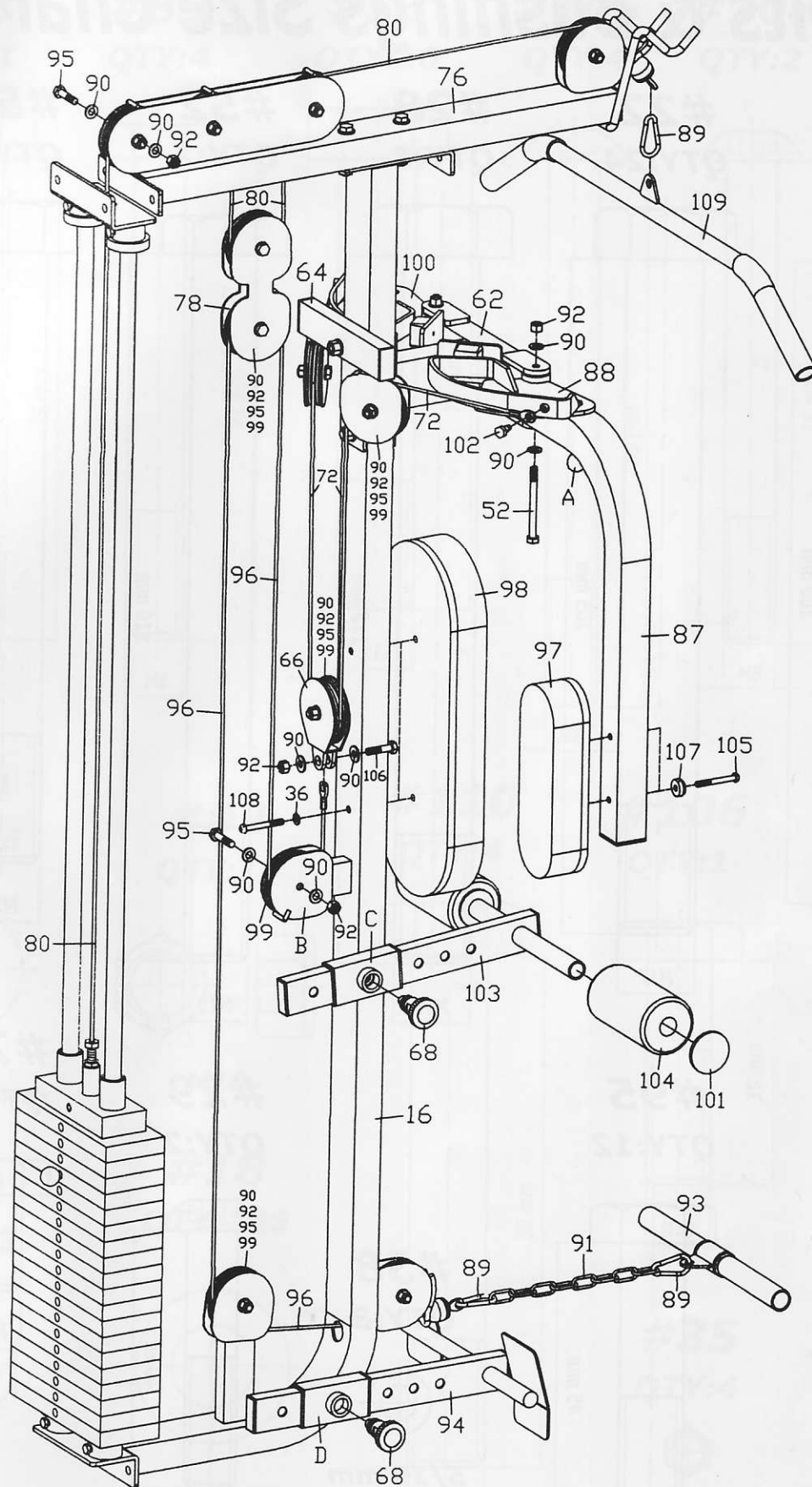
IMPORTANT: 1. Before each use, check the Cable Clips (89) on the end of the cables to ensure they are securely fastened.

2. Before each use, pull the cables a few times to be sure that the cables move smoothly over the pulleys. If the cables do not move smoothly, find and correct the problem.

3. For safety, when the Lat Pull Bar (109) is not being used either remove it completely or leave it attached to the cable and rest it in the bar holder provided on the lat support rail (76).

4. Note: In this manual when referring to Left and Right side of unit, the left and right perspective are from the outside, facing the front of the unit.

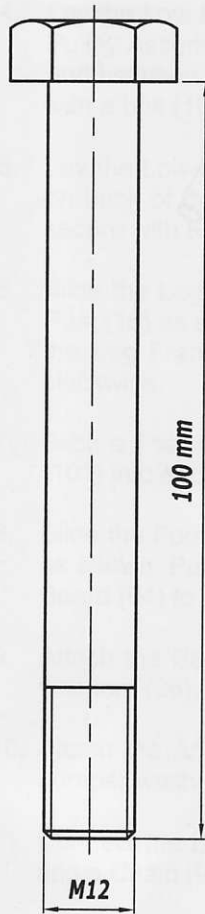
STEP #3: PEC DECK ARMS AND CABLES INSTALLATION



Bolts & Bushings Size Chart

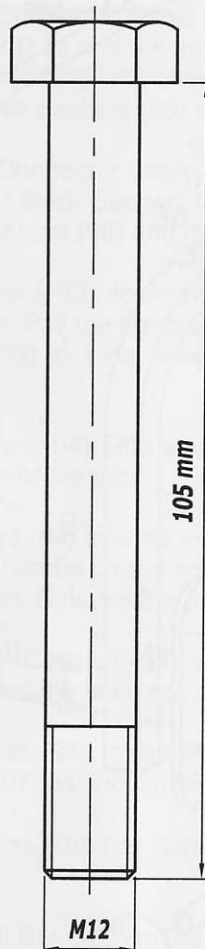
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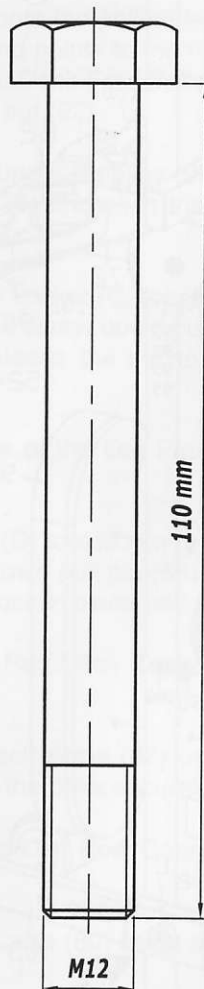
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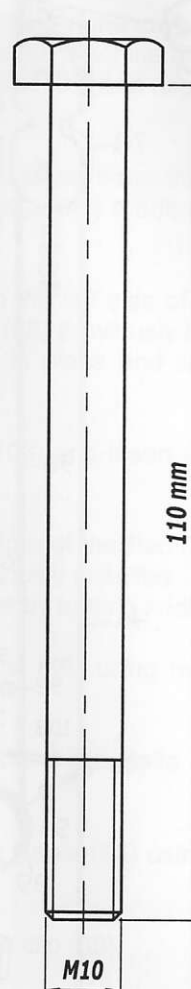
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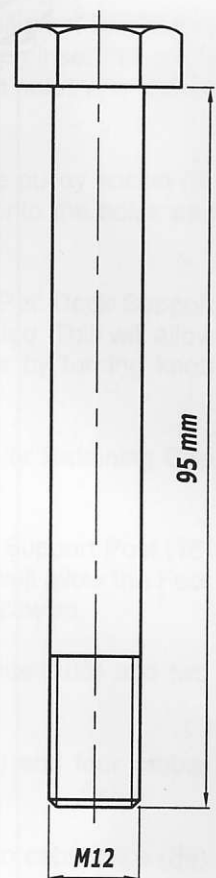
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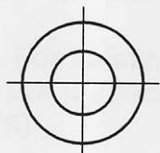
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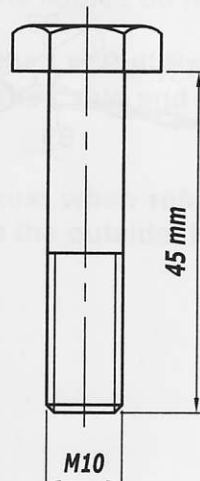
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#95

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#38

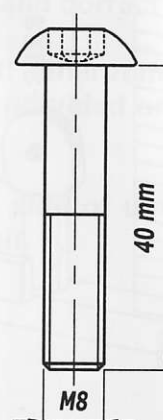
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5/10 mm

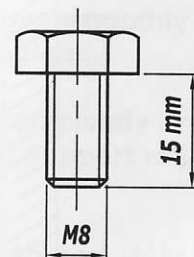
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#71

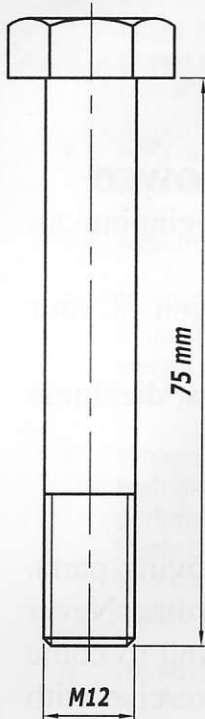
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PROSPOT^{fitness}™ P-500

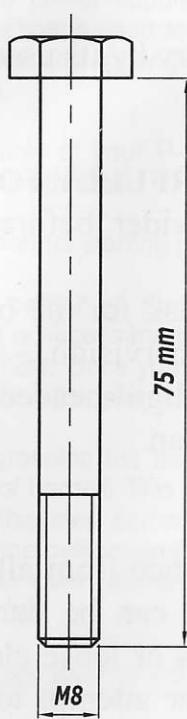
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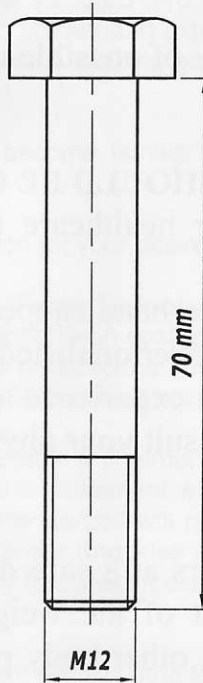
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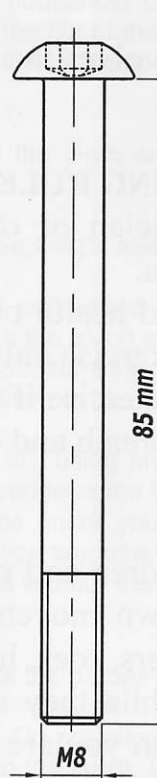
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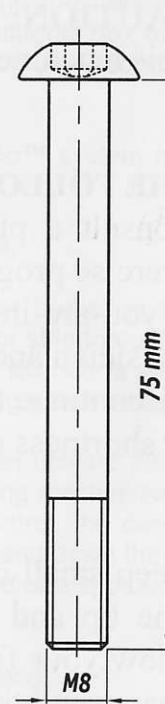
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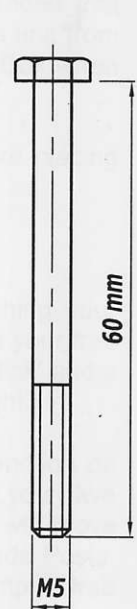
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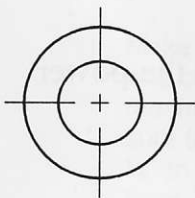
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#90

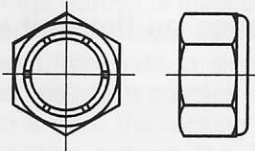
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10/20 mm

#92

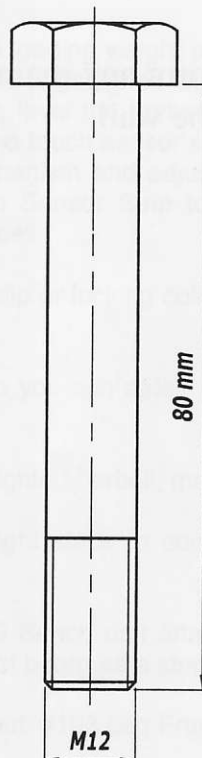
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M10

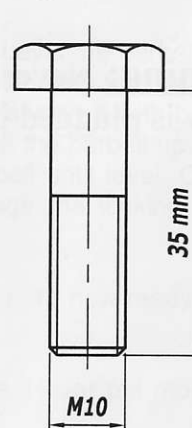
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#106

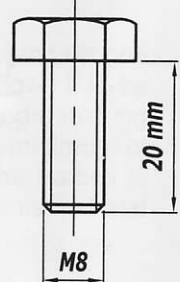
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M10

#84

QTY:4



M8

#20

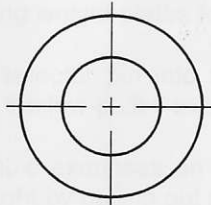
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M12

#18

QTY:106



12/24 mm

#35

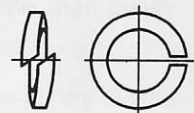
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M5

#86

QTY:8



8 mm

Safe Use of Your ProSpotfitness™ Product

1. CAUTION:

This machine involves the risk of possible injury by its user.

THE FOLLOWING RULES SHOULD BE CAREFULLY FOLLOWED:

Consult a physician or other healthcare provider before beginning an exercise program.

If you are in bad health or are handicapped, ask for the opinion of your physician and exercise only under qualified supervision.

Discontinue to exercise if you experience any light-headedness, dizziness or shortness of breath and consult your physician.

2. Keep small children and others at a safe distance from all moving parts. The up and down movement of the weights can be dangerous. Never allow your fingers, toes, hair, other body parts or loose clothing to come near weights while they are in motion. Never attempt to exercise with more weight than you are physically able to handle. Periodically inspect your machine to ensure all parts are free from defect and are fully operational. Check all fasteners to make sure none have loosened with use. Tighten any loose fasteners if necessary.
3. **Warning:** Never perform any maintenance on the unit while the power supply is plugged into the wall.

User Instructions for the P-500

1. Do not allow any liquid to be near the machine or spilled on any electrical part. Do not insert any foreign object into the electrical box or attempt to open it.
2. If you have any questions or need help refer to our web site at www.prospotfitness.com
3. Connect the power supply to a standard 110 volt household current. It is recommended that surge protection is used to help protect and extend the life of the Electronic Box of the unit from power surges and lighting strikes. A flashing green light will appear on the Electronic Box when power is on.
4. After assembly of your P-500 become familiar with the Grab and Go™ system *before* placing weights on the barbell.
5. Assume a normal starting position for your desired free weight exercise.
6. Rotate the barbell so that the Touch Sensor Strip embedded in the barbell is touching your fingertips. It is necessary to maintain skin contact with the touch sensor strip throughout your free weight exercise. Once you have grasped the Touch Sensor Strip, you will hear a soft 'click' and a solid red light will appear on the Electronic Box in addition to the flashing green power light.
7. While still grasping the barbell, lift it a minimum of ½", using an even upward lifting motion on both sides of barbell. This upward movement will disengage the locking mechanism. If you have performed this step correctly, the barbell will now be under your control, the cables will move freely over the pulleys and the Slider Knuckles will slide smoothly up and down the Guide Posts. You can now safely perform any free weight exercise without the need of a spotter. Simply Grab and Go™!
8. Remove fingertips from the Touch Sensor Strip to lock the barbell in place.
9. Always maintain control of movement of the barbell. Do not allow barbell or dumbbells to swing against machine frame, as this may cause damage to the finish. Do not attempt to throw or slam the barbell attached to the cables, as this may result in damage to the locking mechanism. Intentional misuse of the P-100 will void any and all warranties.
10. Once you are familiar with the Grab and Go™ system, position barbell in the proper starting position for your desired exercise.
11. Make certain the barbell is level before loading weight plates. Level the barbell by raising up one end of the barbell until level. (The P-500 is designed with a ratcheting feature that allows it to be manually raised from side to side.) Or, level the barbell by grasping it with both hands, making sure the fingertips make contact with the touch sensor strip. Lift the barbell upward a minimum of ½" to release it from the locking mechanism and adjust barbell until level. Once the barbell is level, release your grip on the Touch Sensor Strip to engage the locking mechanism. Load weights evenly on both sides of the barbell.
12. Secure all weight plates with a spring clip or locking collar. You are now ready to begin your free weight exercise routine.
13. Never attempt to lift more weights than you can safely handle. Never put more than 750 lbs on the Barbell.
14. Before removing weight plates from weighted barbell, make sure the barbell is in a level position.
15. Insert weight selector pin into the weight stack to add resistance for use with the high-pulley exercises and the low-pulley exercises.
16. To perform cable exercises on PBL-20 Bench unit attach low Bench cable to low-pulley. Make sure cable is tight by pulling out #94 Foot board as a stop and locator for Bench.
17. When doing high-pulley exercises, pullout #103 Leg Frame to hold down User on Bench.
18. Adjust VKR & Chin-Up height by pulling the selector pop-pin and then tighten knob.

Maintenance of ProSpotfitness™ Product

Intro: Our products are made of durable materials and have been factory tested to assure proper function and reliability. Along with our Equipment Warranty, this gives the owner of our product the confidence of a long lasting relationship with ProSpotfitness™ Inc. Our systems are designed in a way to allow easy replacement of parts both mechanical and electrical if the need should ever arise. If you are a new owner of a ProSpotfitness™ system, three important things need to be done to assure prompt service under the warranty:

1. Fill out and fax or mail to us your Product Warranty Registration Card along with a copy of your sales receipt (proof of purchase) if this has not been done by your dealer at time of purchase.
2. Your system needs to be set up properly according to the assembly manual.
3. Follow user instructions on how to properly use the system.

Maintenance Program

Note: Our products are recommended for climate controlled environments. Outdoor use is not recommended and will void the warranty.

Carefully inspect machine before each use to determine that it is free from defects.

Do **NOT** use machine if you find:

1. A loose, broken or frayed cable – (needs to be replaced)
2. A loose, broken or frayed power cord – (needs to be replaced)
3. Any broken, cracked, torn, frayed or defective part of the machine – (needs to be replaced)
4. Check all fasteners to make sure none have loosened with use. Tighten any loose fasteners.
5. Check for free movement of all cable pulleys. Adjust if necessary.
6. Make sure guide rods and upright guide posts are free of dirt, adhesive residue or moisture. Standard silicone lubricant (purchased from fitness dealers) is recommended for the lubrication of these parts.

Warning: Never perform any maintenance on the unit while the power supply is plugged into the wall.

Warranty Information

Each PROSPOTfitness™ Product comes with a limited parts replacement warranty. Please refer to the actual warranty card included with your system for specific coverage. If you have any questions about performance under this limited warranty, please write us at:

PROSPOTfitness, Inc.
Attn: Warranty Service
1325 Oakbrook Drive, Suite E
Norcross, GA 30093

Office (770) 446-9299
Fax (770)-446-7213

PROSPOT^{fitness}™ Model P-500 Parts List

Assy #	Description	Qty
1	Left Base Rail	1
2	Right Base Rail	1
3	Lower Cross Brace	1
4	Rear Upright	2
5	Electronic Box Locating Plate	1
6	Upright Support Plate	4
7	Right Locking Slider	1
8	Cross Brace Wire Harness	2
9	Left Locking Slider	1
10	Right Upright Guide Post	1
11	Upper Cross Brace	1
12	Left Upright Guide Post	1
13	Cross Brace Backing Plate	2
14	Side Weight Plate Holder	4
15	Small Plastic Pipe	4
16	Pec Deck Support Post	1
17	Pulley Support Frame	2
18	Flat Washer 12/24 mm	106
19	Spacing Disc	8
20	Nylon-lock Nut M12	53
21	V-shaped Rubber Bumper Ring	4
22	Hex Head Bolt M12 x 105 mm	24
23	Screen Panel	2
24	Weight Bar Cable, left	2
25	Sensor Weight Bar	1
26	Hex Head Bolt M12 x 150 mm	4
27	Big Pulley, double-groove	4
28	Hex Head Bolt M12 x 110 mm	8
29	Allen Bolt M8 x 40 mm	2
30	Olympic Adapter	2
31	Spring Clip, 50 mm Dia	2
32	Rubber Bumper Ring 50/80 mm	2
33	Olympic Adapter Retaining Plug	2
34	Cable Keep bolt M5 x 60 mm	4
35	Nylon-lock Nut M5	4
36	Flat Washer 8/16 mm	10
37	Round Inner Plug, 45 mm Dia	4
38	Flat Washer 5/10 mm	8
39	Plastic Locking Sleeve	2
40	Solenoid	2
41	Foot End Cap 75 x 45 mm	4
42	Right Weight Bar Knuckle	1
43	Right Slider Knuckle	1
44	Left Weight Bar Knuckle	1
45	Sensor Retaining Collar, right	1
46	Spiral Cable	2
47	Weight Bar Cable, right	2
48	Sensor Retaining Collar, left	1
49	Slider Knuckle Retaining Pin	2
50	Cotter Pin	2
51	Hex Head Bolt M12 x 100 mm	1
52	Hex Head Bolt M10 x 110 mm	2
53	Hex Head Bolt M12 x 70 mm	10
54	Nylon Inner Plug 75 x 45 mm	9
55	Left Slider Knuckle	1
56	Slider Inner Sleeve 45/75 mm	4

Assy #	Description	Qty
58	Hex Head Bolt M12 x 75 mm	1
59	VKR Frame	1
60	Top Beam	1
61	Chin-up Bar	1
62	Pec Deck Support Frame	1
63	Weight Top Plate	1
64	Pec Deck Backing Frame	1
65	Select Pin	1
66	Pec Deck Free Pulley	1
67	Weight Stack	19
68	Screw Down Pull Pin	4
69	VKR Frame Inner Sleeve	4
70	Center Guide Rod	1
71	Hex Head Bolt M8 x 15 mm	4
72	Pec Deck Cable	1
73	Guide Rod Top Plate	1
74	Guide Rod Cup	4
75	Backing Plate	4
76	Lat Support Rail	1
77	Weight Stack Guide Rod	2
78	Double Pulley Assembly	1
79	VKR Backrest Cushion	1
80	Lat Cable	1
81	VKR Arm Pad, left	1
82	VKR Handbar	2
83	VKR Arm Pad, right	1
84	Hex Head Bolt M8 x 20 mm	4
85	Hex Head Bolt M8 x 75 mm	4
86	Spring Washer 8 mm	8
87	Pec Deck Arm	2
88	Pec Deck Adjusting Plate, left	1
89	Cable Clip	3
90	Flat Washer 10/20 mm	38
91	Chain	1
92	Nylon-lock Nut M10	19
93	Low Row Pull Bar	1
94	Foot Board	1
95	Hex Head Bolt M10 x 45 mm	12
96	Low Row Connector Cable	1
97	Pec Deck Arm Pad	2
98	Backrest Cushion	1
99	Single Pulley	12
100	Pec Deck Adjusting Plate, right	1
101	Roller Retaining Cap	2
102	Shoulder Bolt M8 x 19.5 mm	2
103	Leg Frame	1
104	Foam Roller	2
105	Allen Bolt M8 x 85 mm	4
106	Hex Head Bolt M10 x 35 mm	1
107	Rubber Bumper Washer	4
108	Allen Bolt M8 x 75 mm	2
109	Lat Pull Bar	1
110	Hex Head Bolt M12 x 80 mm	4
111	VKR Sliding Adjuster	1
112	Chin-up Bar Sliding Adjuster	1
113	Electronic Box Protecting Cover	1

HOW TO USE SPOT BLOCKS

Using Spot Blocks is quick and easy. Just follow these instructions:

To Use Spot Blocks as a Secondary Locking Device

1. Before positioning Spot Blocks, place the barbell into the lowest position for the exercise you will be performing.
2. Once barbell is placed in desired position, lower Spot Blocks so that they are touching the top of the slider locking block (the black box with the ProSpot Fitness ® logo on it). To move Spot Blocks, place your index and middle fingers underneath the finger grip and your thumb on the push-release lever. Push in the push-release lever with your thumb and move into desired position. Release the push-release lever to lock the Spot lock in place, then ensure they are securely locked before using barbell.
3. Once in place, the barbell cannot be lowered beyond the position of the Spot Blocks.

To Use Spot Blocks as a Training Aid

1. Determine where your 'sticking point' is for desired exercise. (The 'sticking point' refers to the specific portion of the movement where you are the weakest and struggle to move the barbell upward any further.)
2. Position the Spot Blocks at the beginning of your 'sticking point'. (Refer to #2 above on how to move Spot Blocks.)
3. Perform the desired exercise with Spot Blocks in place. You will not be able to lower the bar below your 'sticking point', causing your muscles to work harder at this point. Using this technique will strengthen this area and help to eliminate your 'sticking point'.

ALWAYS USE SPOT BLOCKS