

PROSPOTfitness™ Model P-100

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

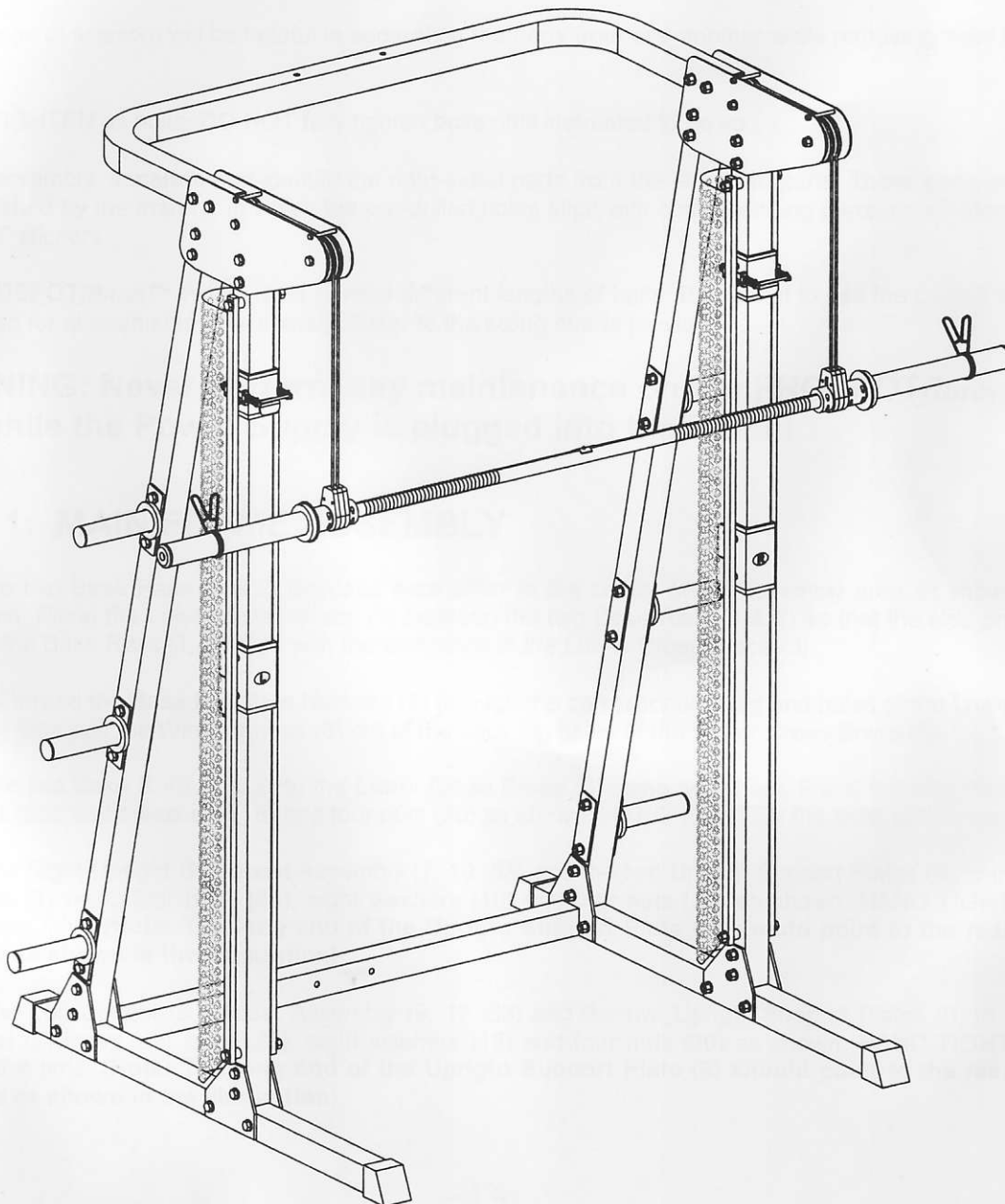


Table of Contents

| | |
|---|-----|
| Assembly Instructions..... | 1-5 |
| Use and Operation of Your PROSPOT <i>fitness</i> ™ Product..... | 6-7 |
| Periodic Maintenance of your PROSPOT <i>fitness</i> ™ Product..... | 8 |
| Warranty Information..... | 9 |
| Parts List..... | 10 |



Instructions for Assembly of the PROSPOT^{fitness}™ P-100

- Before assembly, choose a safe location for your PROSPOT^{fitness}™ P-100. The PROSPOT^{fitness}™ P-100 has a footprint of approximately 6'x 6'. The barbell is approximately 7' long. Locate your PROSPOT^{fitness}™ P-100 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 1/2 hours.
- A flat area of 8' x 8' will be required to assemble and properly use the PROSPOT^{fitness}™ P-100.
- 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-100 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-100 while the Power Supply is plugged into the wall !!!**

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 Base Rail Wire Harness (8) through the corresponding big end holes of the Lower Cross Brace (3) then pull the Wire Harness (8) out of the back big holes of the Lower Cross Brace (3).
3. Attach the two Base Rails (1 & 2) to the Lower Cross Brace (3) using two Cross Brace Backing Plates (13), four bolts (28), 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, 53) and the two Upright Support Plates (6) to the Right Base Rail (1) using four bolts (28), eight washers (18) and four nuts (20) as shown. HAND TIGHTEN the bolts at this time. **(Note: The long end of the Upright Support Plate (6) should point to the rear of the machine as shown in the illustration).**
5. Attach the Left Upright Guidepost Assembly (9, 12, 53) and the two Upright Support Plates (6) to the Left Base Rail (2) using four bolts (28), eight washers (18) and four nuts (20) as shown. HAND TIGHTEN the bolts at this time. **(Note: The long end of the Upright Support Plate (6) should point to the rear of the machine as shown in the illustration).**

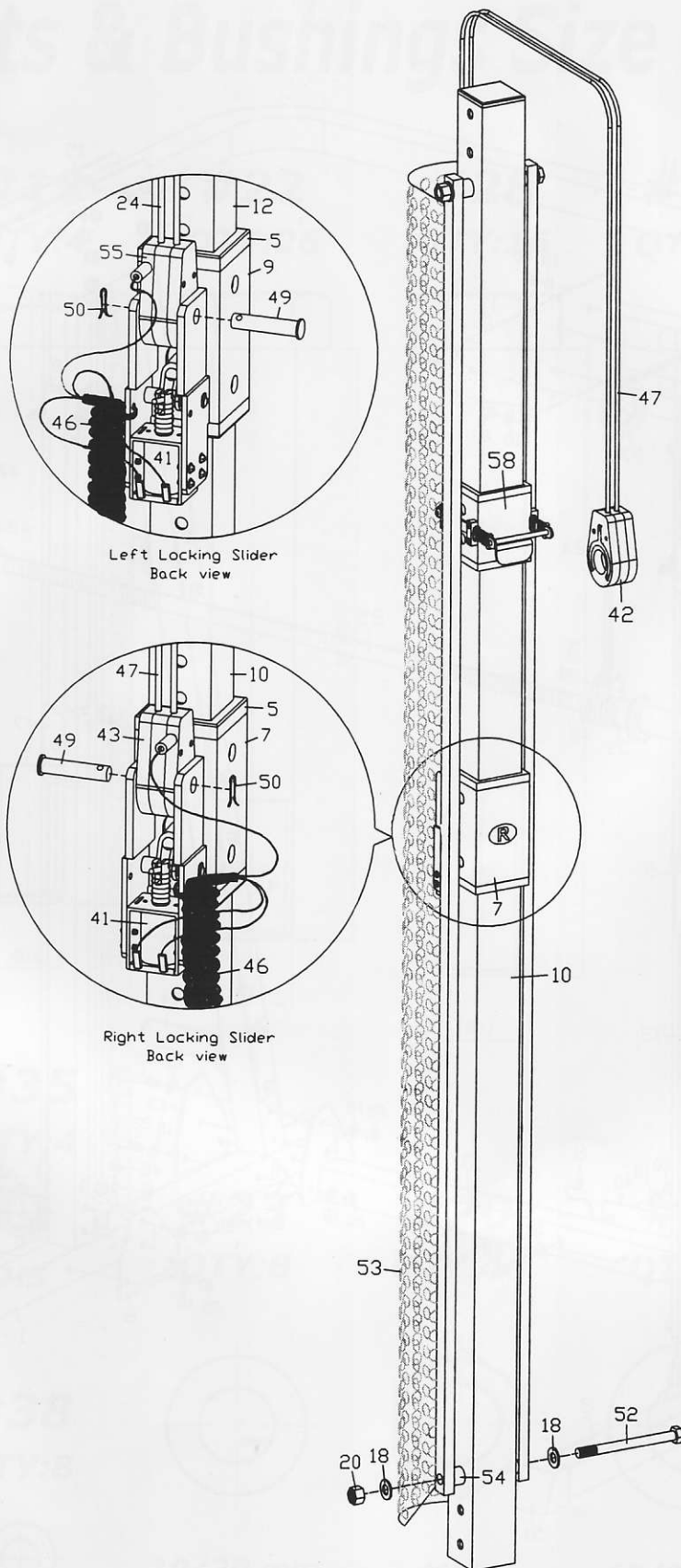
6. Plug together both of the Base Rail Wire Harness (8) to lower ends of the Spiral Signal Cables (46) located just under the perforated Slider Shields on back of the Screen Panels (53).
7. Attach the two Rear Support Rails (4) to the Lower Cross Brace (3) and the Cross Brace Backing Plates (13) using four bolts (28), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
8. Attach the two Big Pulleys (27) to the two Upper Linking Plates (17) using two bolts (19), four washers (23) and two nuts (26) as shown. **HAND TIGHTEN** the bolts at this time.
9. Lift the Upper Linking Plates Assembly (17 & 27) and place it on top of the Left Upright Guidepost Assembly (9, 12, 53), and attach the two Upper Linking Plates (17) to the Left Upright Guide Post (12) using two bolts (22), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
10. Carefully flex the Left Weight Bar Cables (24) onto the pulleys (27) so that the cables insert into the grooves of each corresponding pulleys and allowing the Left Weight Bar Knuckle (44) to hang free. **Be sure that the cables are straight and uncrossed and cables and pulleys move smoothly.**
11. Align the holes on top of the Rear Support Rail (4) with the corresponding holes on the two Upper Linking Plates (17) and attach the Rear Support Rail (4) to the Linking Plates (17) using two bolts (22), four washers (18) and two nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
12. Repeat the steps 8 – 11 on the right side of the **PROSPOTfitness™ P-100**.
13. Attach the Upper Cross Brace (11) to the four Upper linking Plates (17) using four bolts (22), eight washers (18) and four nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
14. **Tighten all bolts and nuts used for assembly in previous steps.**

STEP #2: SENSOR WEIGHT BAR INSTALLATION

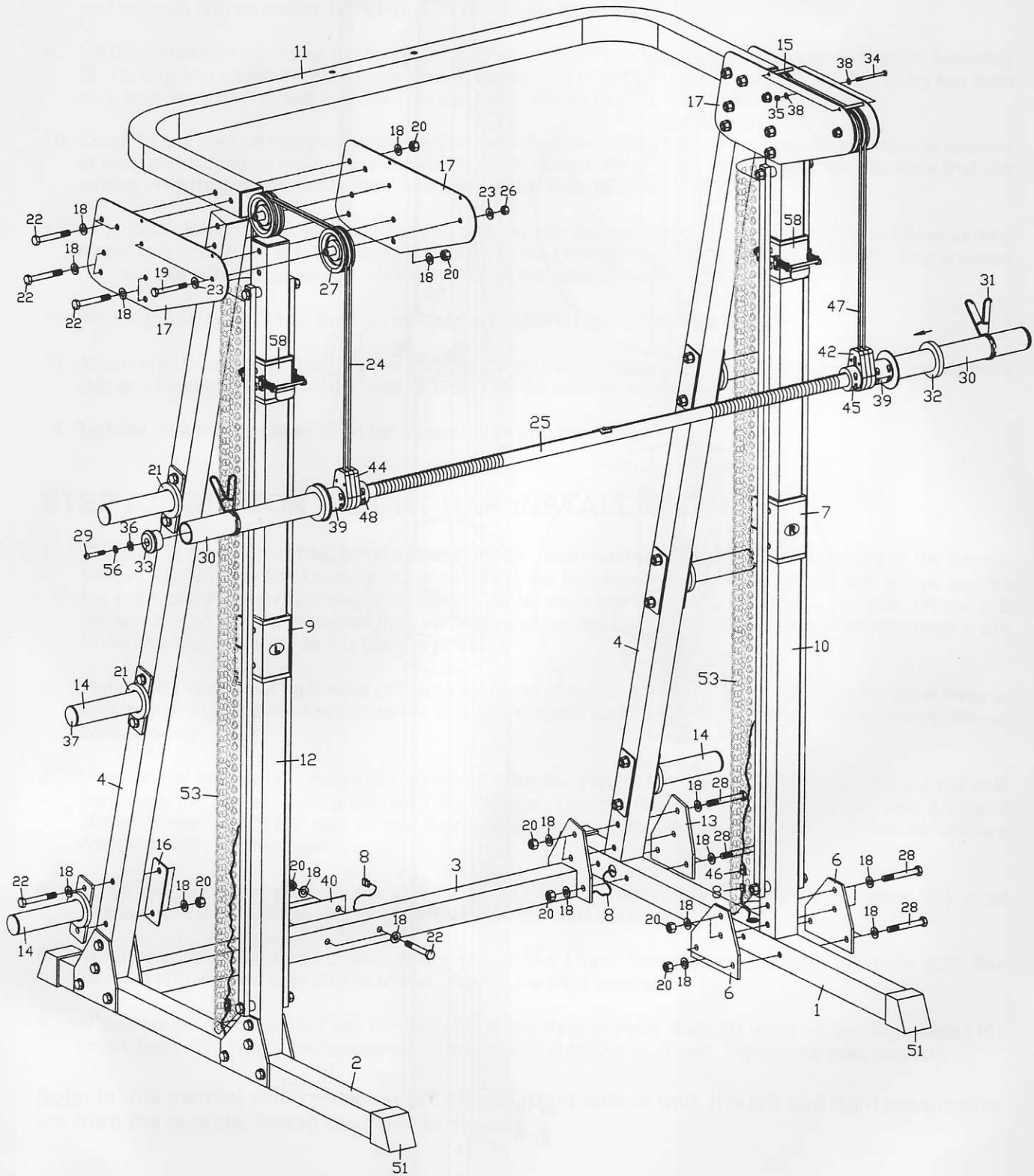
1. Standing in front of the **PROSPOTfitness™ P-100**. Insert one end and then the other end of the Sensor Weight Bar (25) into the Knuckles (42 & 44). Slide the knuckles onto the Bar until they rest snugly against the preinstalled sensor retaining collars (45 & 48) at each end of the Sensor Weight Bar (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 in place. Tighten Plastic Locking Sleeve bolts securely.
3. Place one of the Olympic Adapters (30) onto the Sensor Weight Bar (25) and slide them onto the Bar until they touch the Plastic Locking Sleeves (39). Insert 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 with two Allen bolts (29) and two washers (36).
4. Attach the four small plastic pipes (15) to the four Upper linking Plates (17) using four bolts (34), eight washers (38) and four nuts (35) as shown. Tighten the bolts securely.
5. Attach the Electronic Box Locating Board (40) to the Lower Cross Brace (3) using two bolts (22), four washers (18) and two nuts (20) as shown. Tighten the bolts securely.
6. Attach the six Side Weight Plate Holders (14) to the Rear Support Rails (4) using six backing plates (16), twelve bolts (22), twenty-four washers (18) and twelve nuts (20) as shown. Tighten the bolts securely.

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.

Upright Guidepost Assembly Diagram



Assembly Drawing of PROSPOT_{fitness}™ P-100

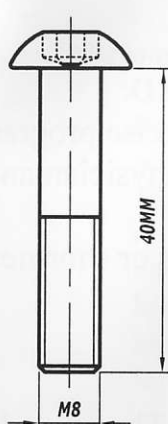


PROSPOT^{fitness}™ Model P-100

Bolts & Bushings Size Chart

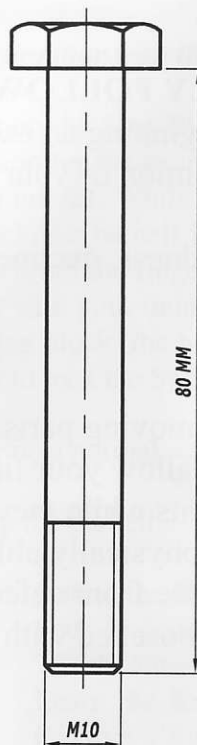
#29

QTY:2



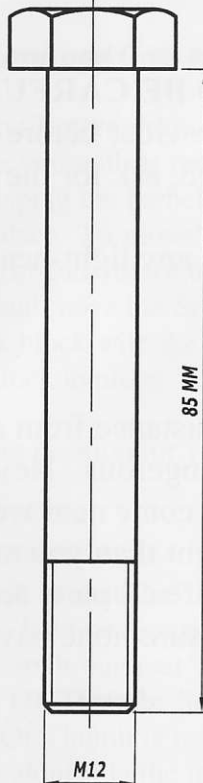
#19

QTY:4



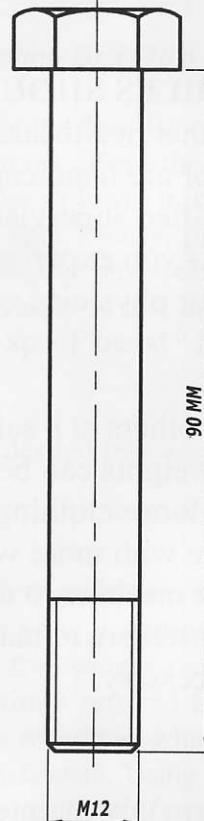
#22

QTY:26



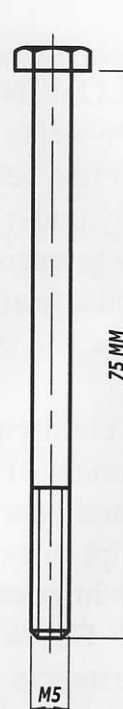
#28

QTY:16



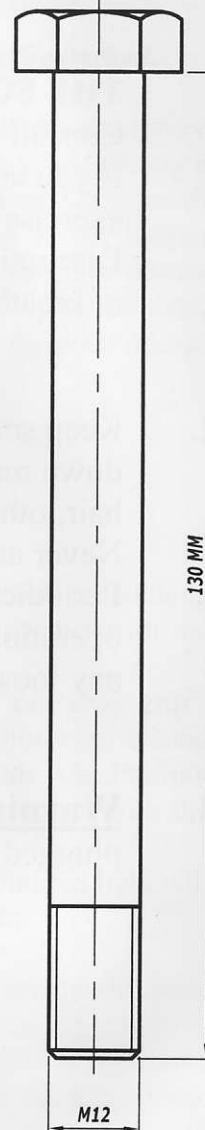
#34

QTY:4



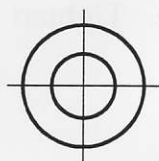
#52

QTY:4



#36

QTY:2



8/16 mm

#35

QTY:4



M5

#26

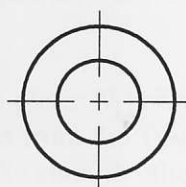
QTY:4



M10

#23

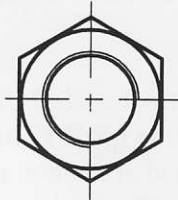
QTY:8



10/20 mm

#20

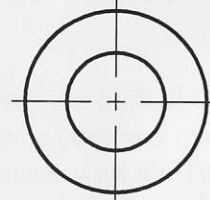
QTY:46



M12

#18

QTY:92



12/24 mm

#38

QTY:8



5/10 mm

!!Read!! This Page Before Using Your ProSpotfitness™ Product

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-100

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. If you have any questions or need help refer to our web site at: www.prospotfitness.com.

1. Connect the power supply to a standard 110-volt household current. While connecting the power supply do not touch the barbell as this may interfere with the computer's initial settings. If you need to reset the computer, simply unplug the power supply, wait 10 seconds and reconnect it. 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 lightening strikes. A flashing green light will appear on the Electronic Box when power is on.

Become familiar with the Grab and Go® operation BEFORE placing weights on the barbell.

2. Position the Spot Blocks: Before positioning the Spot Blocks, place the barbell into the lowest position for the exercise you will be performing. Move the barbell by grasping it and raising it 1" to unlock. While grasping the barbell raise or lower it into the desired position. Open hands to lock the barbell in place. To move the 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 the Spot Blocks so that they are touching the top of the slider locking block (the black block with the ProSpot Fitness™ logo on it). Release the push-release lever to lock the Spot Block in place.
3. Assume a normal starting position for your desired free-weight exercise.
4. Grasp the barbell:
 - I. Rotate the barbell so that the Touch Sensor Strip embedded in the barbell is touching your fingertips. It is necessary for your fingertips to maintain skin contact with the Touch Sensor Strip throughout your free-weight exercise.
 - II. Learn the **Rule Of Thumb**: Sometimes referred to as a "false grip" or "sissy grip", ProSpot's Rule Of Thumb is a style of grip in which the thumb does not wrap around the bar but rests alongside the index fingers. Using this type of grip with your ProSpot Fitness™ equipment will prevent your thumb from maintaining skin contact with the Touch Sensor Strip when you attempt to lock the bar in place.
 - III. Once you have grasped the barbell, 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.
5. While still grasping the barbell, lift about 1", using an even upward lifting motion on both sides of the 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 guideposts. You can now safely perform any free-weight exercise without the need of a spotter. Simply Grab and Go®!
6. Locking the barbell in place: When you are finished with using the barbell, open your hands to remove your fingertips from the Touch Sensor Strip at the same continue to support the barbell with your palms. (Make sure no other skin contact is being made with the Touch Sensor Strip.) Slowly lower the barbell until it locks into position. There is a locking position every 1". Now

remove your palms from the barbell. The barbell is now locked and ready for your next exercise.

7. Always maintain control of the movement of the barbell. Do not allow the barbell to swing against the 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.

Once familiar with the Grab and Go® operation, you can now begin using the barbell with weight plates.

8. Position Spot Blocks for the desired exercise. (Refer to #2 above.)
9. Make certain the barbell is level before loading weight plates. Level the barbell by raising up one end of the barbell until it is level. (The P-100 is equipped with a ratcheting feature that allows the barbell 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 about 1" to release it from the locking mechanism and place it in a level position. Once the barbell is level, open your hands to lock it in place. Load weights evenly on both sides of the barbell.
10. Secure all weight plates with a spring clip or locking collar. You are now ready to begin your free-weight exercise routine.
11. Perform your exercise following the steps outlined in #2-6 above.
12. Before removing the weight plates from the barbell, make sure it is in a level position.
13. Never attempt to lift more weights than you can safely handle. Never put more than 500 pounds on the barbell.

Instructions for using optional high/low pull (PHL-20 or PWS-200) and weight bench

1. When performing the high/low pulley exercises, add resistance by either loading weight plates onto the weight plate holder (PHL-20) or use the weight selector pin to select amount of weight desired on the weight stack (PWS-200).
2. Clip desired attachment handle to either the high or low pulley clip.

To perform cable exercises on the bench, attach the bench cable to the low pulley. Make sure the cable is taut by pulling out the bench until there is no more slack in the cable

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-100 Parts List

| Assy # | Description | Qty |
|--------|-------------------------------|-----|
| 1 | Right Base Rail | 1 |
| 2 | Left Base Rail | 1 |
| 3 | Lower Cross Brace | 1 |
| 4 | Rear Support Rail | 2 |
| 5 | Plastic Inner Sleeve 60/75 mm | 4 |
| 6 | Upright Support Plate | 4 |
| 7 | Right Locking Slider | 1 |
| 8 | Base Rail 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 | 6 |
| 15 | Small Plastic Pipe | 4 |
| 16 | Plate Holder Backing Plate | 6 |
| 17 | Upper Linking Plate | 4 |
| 18 | Flat Washer 12/24 mm | 92 |
| 19 | Hex Head Bolt M10 x 80 mm | 4 |
| 20 | Nylon-lock Nut M12 | 46 |
| 21 | Rubber Bumper Ring 45/72 mm | 6 |
| 22 | Hex Head Bolt M12 x 85 mm | 26 |
| 23 | Flat Washer 10/20 mm | 8 |
| 24 | Weight Bar Cable, left | 2 |
| 25 | Sensor Weight Bar | 1 |
| 26 | Nylon-lock Nut M10 | 4 |
| 27 | Big Pulley, double-groove | 4 |
| 28 | Hex Head Bolt M12 x 90 mm | 16 |
| 29 | Allen Bolt M8 x 40 mm | 2 |
| 30 | Olympic Adapter | 2 |
| 31 | Spring Clip, 50 mm Dia | 2 |

| Assy # | Description | Qty |
|--------|---------------------------------|-----|
| 32 | Rubber Bumper Ring 50/80 mm | 2 |
| 33 | Olympic Adapter Retaining Plug | 2 |
| 34 | Hex Head Bolt M5 x 75 mm | 4 |
| 35 | Nylon-lock Nut M5 | 4 |
| 36 | Flat Washer 8/16 mm | 2 |
| 37 | Round Inner Plug, 45 mm Dia | 6 |
| 38 | Flat Washer 5/10 mm | 8 |
| 39 | Plastic Locking Sleeve | 2 |
| 40 | Electronic Box Locating board | 1 |
| 41 | Solenoid | 2 |
| 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 | Foot End Cap 60 x 60 mm | 4 |
| 52 | Hex Head Bolt M12 x 130 mm | 4 |
| 53 | Screen Panel | 2 |
| 54 | Spacing Disc | 8 |
| 55 | Left Slider Knuckle | 1 |
| 56 | Spring Washer M8 | 2 |
| 57 | Electronic Box Protecting Cover | 1 |
| 58 | Spot Block, #SB-60 | 2 |
| | | |
| | | |
| | | |
| | | |
| | | |

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