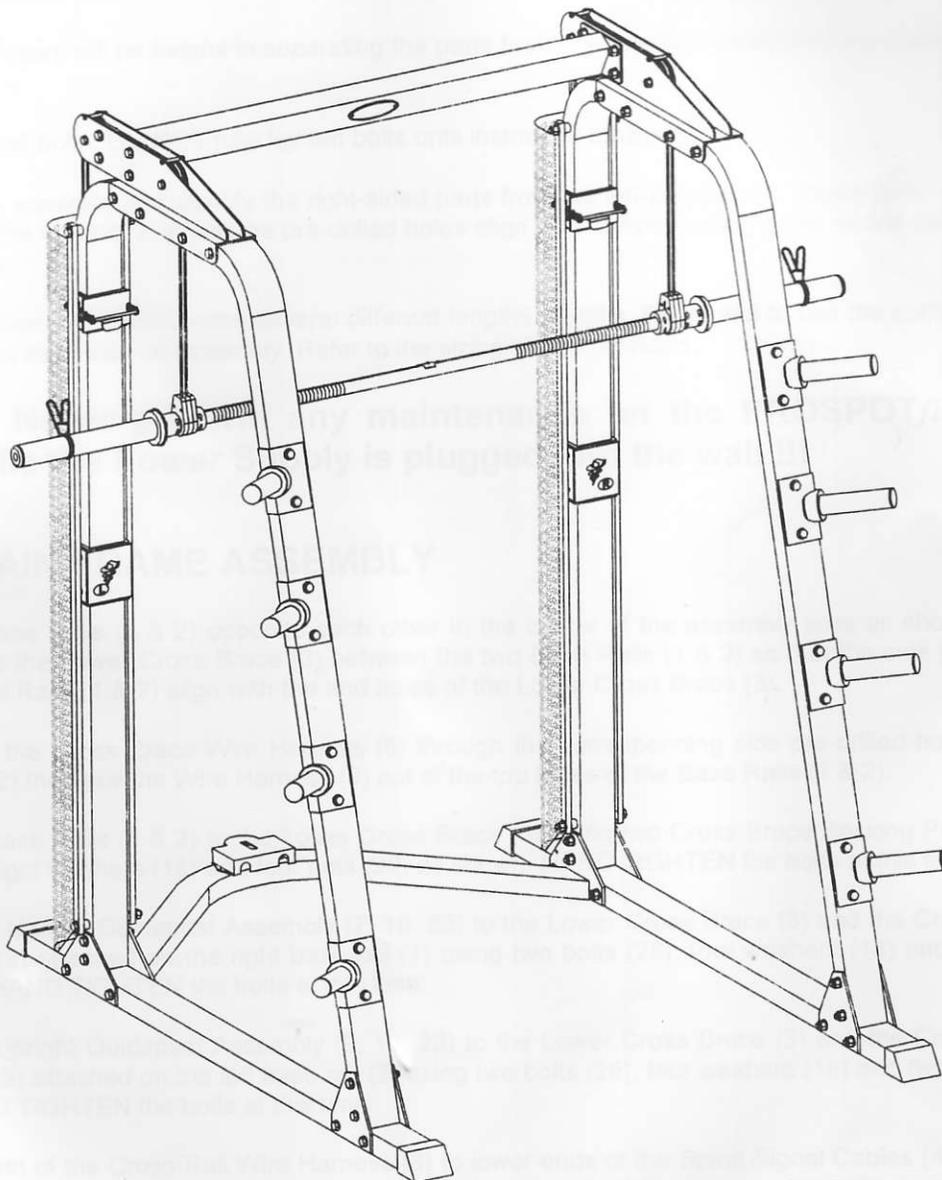


# PROSPOTfitness™ Model PC3000

## 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



Serial#:



17005D00055PC3000

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# Instructions for Assembly of the PROSPOT<sup>fitness</sup>™ PC3000

- Before assembly, choose a safe location for your PROSPOT<sup>fitness</sup>™ PC3000. The PROSPOT<sup>fitness</sup>™ PC3000 has a footprint of approximately 6'x 6'. The barbell is approximately 7' long. Locate your PROSPOT<sup>fitness</sup>™ PC3000 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<sup>fitness</sup>™ PC3000.
- 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<sup>fitness</sup>™ PC3000 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<sup>fitness</sup>™ PC3000 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 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 (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, 23) to the Lower Cross Brace (3) and the Cross Brace Backing Plate (13) attached on the right base rail (1) using two bolts (28), four washers (18) and two nuts (20) as shown. HAND TIGHTEN the bolts at this time.
5. Attach the Left Upright Guidepost Assembly (9, 12, 23) to the Lower Cross Brace (3) and the Cross Brace Backing Plate (13) attached on the left base rail (2) using two bolts (28), four washers (18) and two nuts (20) as shown. HAND TIGHTEN the bolts at this time.
6. 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).

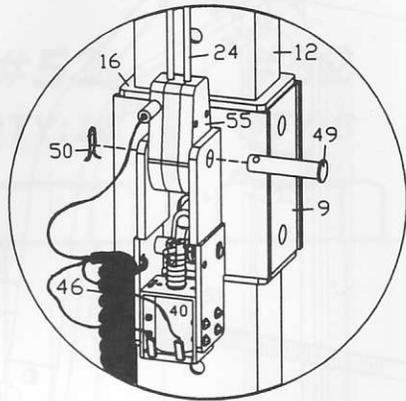
7. Attach the two Front Uprights (4) to the two base rails (1 & 2) using the Upright Support Plates (6), eight bolts (28), sixteen washers (18) and eight nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
8. Attach the two Pulley Support Frames (17) to the Front Uprights (4) and the Upright Guide Posts (10 & 12) using eight bolts (22), sixteen washers (18) and eight nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
9. Attach the Upper Cross Brace (11) to the two Pulley Support Frames (17) using eight bolts (52), sixteen washers (18) and eight nuts (20) as shown. **HAND TIGHTEN** the bolts at this time.
10. **Tighten all bolts and nuts used for assembly in previous steps.**
11. 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 insert the Left Weight Bar Knuckle (44) down through the rectangular cutout in the Pulley Support Frame (17) 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.**
12. Repeat the step 11 on the right side of the **PROSPOTfitness™ PC3000**.

## STEP #2: SENSOR WEIGHT BAR INSTALLATION

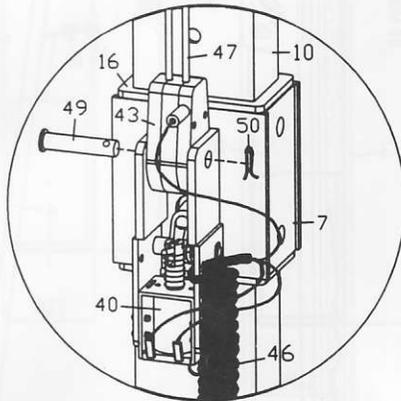
1. Standing in front of the **PROSPOTfitness™ PC3000**. Insert one end and then the other end of the Sensor Weight Bar (25) into the Knuckles (42 & 44). Slide the knuckles onto the Bar until they rest snugly against the preinstalled sensor retaining collars (45 & 48) at each end of the Sensor Weight 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 two Pulley Support Frames (17) using four bolts (34), eight washers (38) and four nuts (35) as shown. Tighten the bolts securely.
5. Attach the eight Side Weight Plate Holders (14) to the two Front Uprights (4) using sixteen bolts (53), thirty-two washers (18) and sixteen 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.

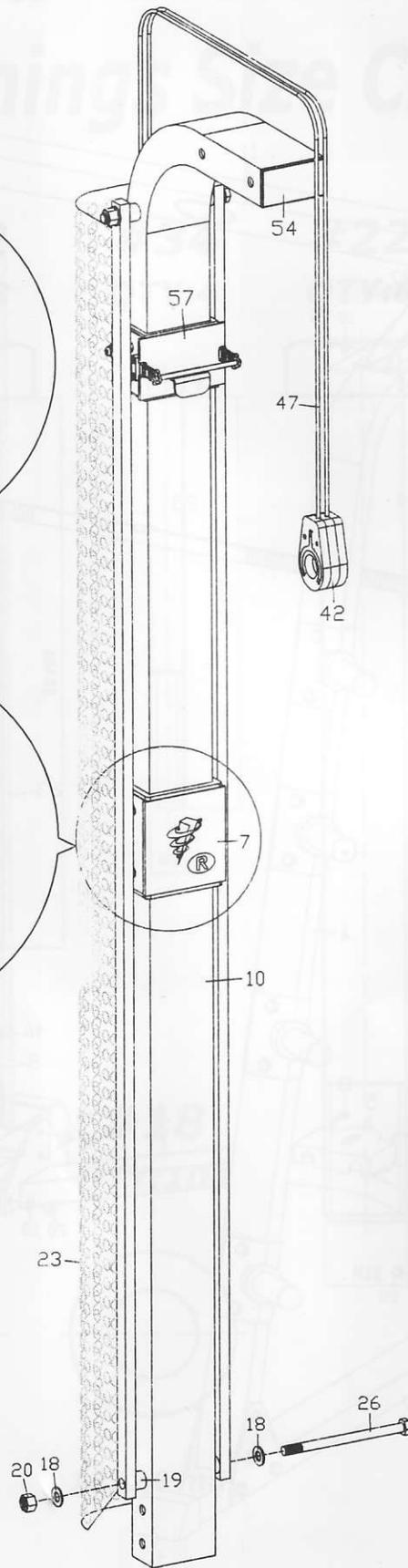
# Upright Guidepost Assembly Diagram



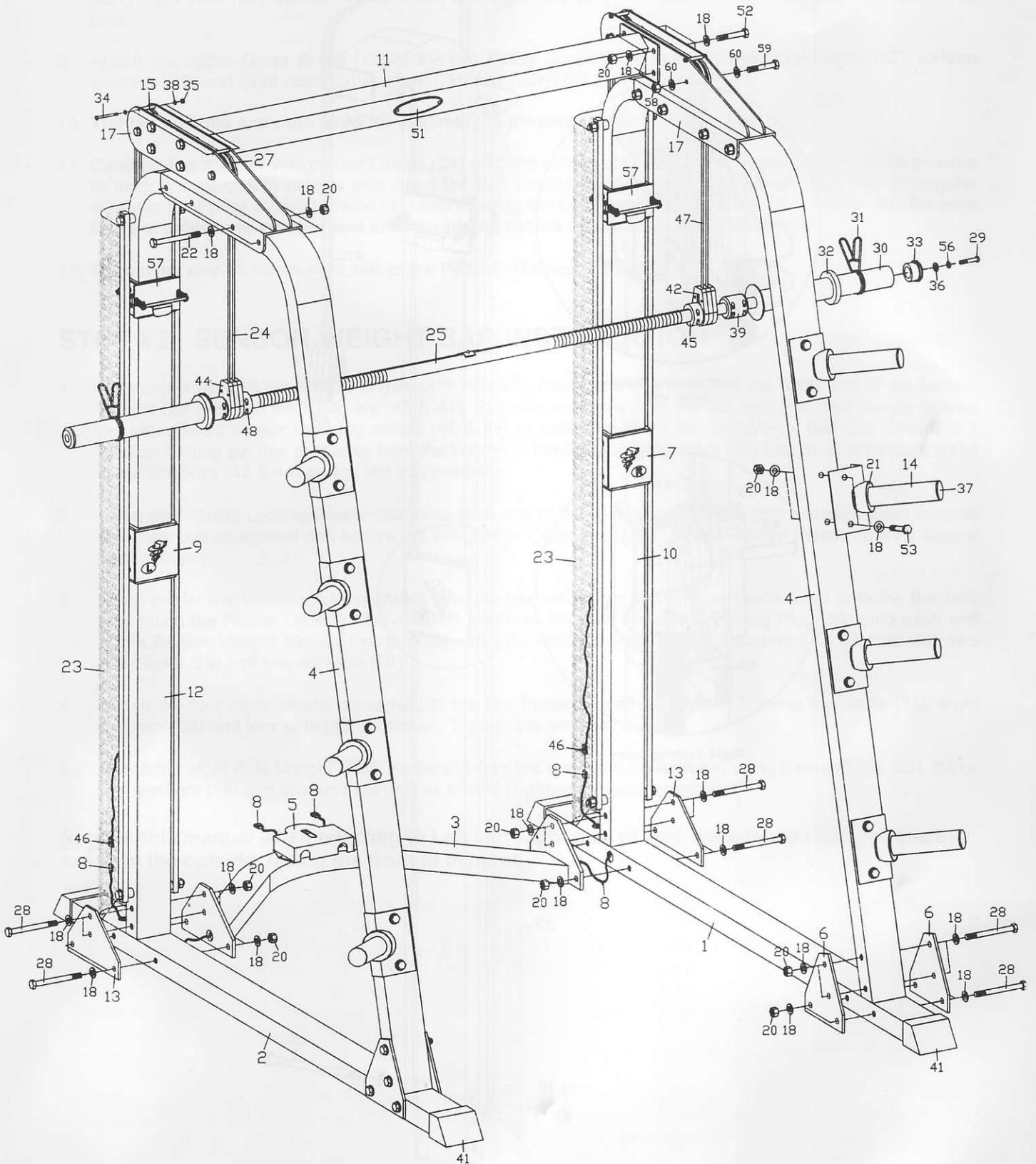
Left Locking Slider  
Back view



Right Locking Slider  
Back view



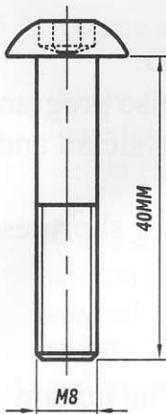
# Assembly Drawing of PROSPOTfitness™ PC3000



# PROSPOTfitness™ Model PC3000

## Bolts & Bushings Size Chart

**#29**  
QTY:2



**#36**  
QTY:2



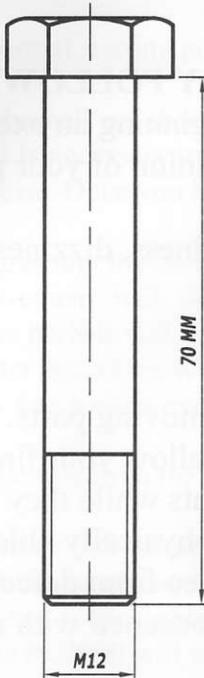
8/16 mm

**#38**  
QTY:8



5/10 mm

**#53**  
QTY:16

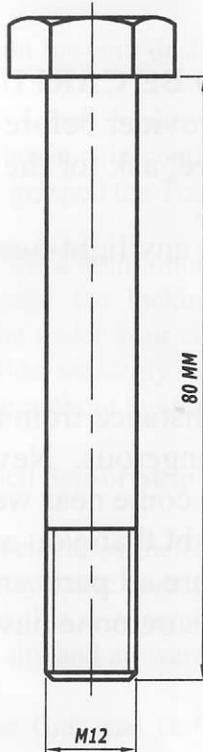


**#35**  
QTY:4



M5

**#52**  
QTY:8

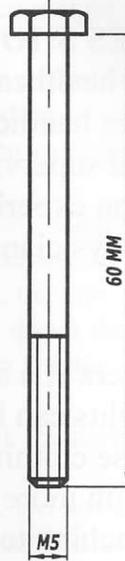


**#20**  
QTY:52

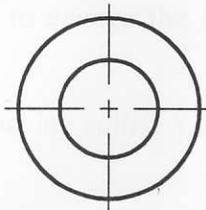


M12

**#34**  
QTY:4

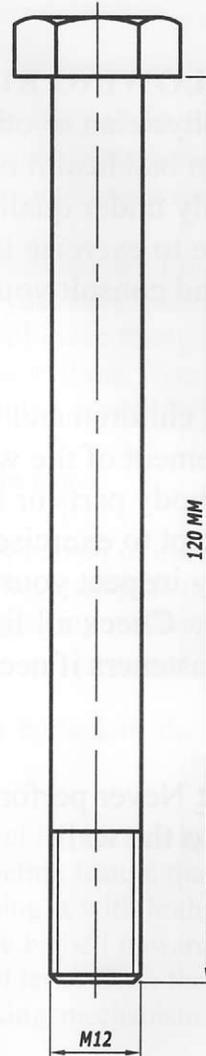


**#18**  
QTY:104

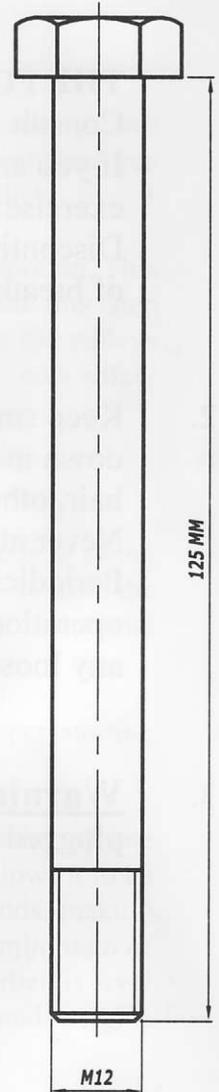


12/24 mm

**#22**  
QTY:8



**#28**  
QTY:16



# **!!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 PC3000

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](http://www.prospotfitness.com).
3. Connect the power cord to standard household current, using a three-pronged outlet.
4. After assembly of your PC3000 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'.
7. While still grasping the barbell, lift it a minimum of ½", using an even upward lifting motion. 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 PC3000 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 PC3000 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.

## 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**

# PROSPOTfitness™ Model PC3000 Parts List

| Assy # | Description                   | Qty |
|--------|-------------------------------|-----|
| 1      | Right Base Rail               | 1   |
| 2      | Left Base Rail                | 1   |
| 3      | Lower Cross Brace             | 1   |
| 4      | Front Upright                 | 2   |
| 5      | Electronic Box Locating Frame | 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      | 8   |
| 15     | Small Plastic Pipe            | 4   |
| 16     | Plastic Inner Sleeve 50/90 mm | 4   |
| 17     | Pulley Support Frame          | 2   |
| 18     | Flat Washer 12/24 mm          | 104 |
| 19     | Spacing Disc                  | 8   |
| 20     | Nylon-lock Nut M12            | 52  |
| 21     | V-shaped Rubber Bumper Ring   | 8   |
| 22     | Hex Head Bolt M12 x 120 mm    | 8   |
| 23     | Screen Panel                  | 2   |
| 24     | Weight Bar Cable, left        | 2   |
| 25     | Sensor Weight Bar             | 1   |
| 26     | Hex Head Bolt M12 x 160 mm    | 4   |
| 27     | Big Pulley, double-groove     | 4   |
| 28     | Hex Head Bolt M12 x 125 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 60 mm       | 4   |
| 35     | Nylon-lock Nut M5              | 4   |
| 36     | Flat Washer 8/16 mm            | 2   |
| 37     | Round Inner Plug, 45 mm Dia    | 8   |
| 38     | Flat Washer 5/10 mm            | 8   |
| 39     | Plastic Locking Sleeve         | 2   |
| 40     | Solenoid                       | 2   |
| 41     | Foot End Cap 90 x 50 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     | Name Plate                     | 1   |
| 52     | Hex Head Bolt M12 x 80 mm      | 8   |
| 53     | Hex Head Bolt M12 x 70 mm      | 16  |
| 54     | Nylon Inner Plug 90 x 50 mm    | 4   |
| 55     | Left Slider Knuckle            | 1   |
| 56     | Spring Washer M8               | 2   |
| 57     | Spot Bolck, SB-90              | 2   |
| 58     | Nylon Lock Nut M10             | 4   |
| 59     | Hex Head Bolt M10 x 70 mm      | 4   |
| 60     | Flat Washer 10/20 mm           | 8   |

# 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**

# ProSpot, Inc. Equipment Limited Warranty

The ProSpot **Pxxx** (In Home) Series and **PCxxxx** (Commercial) Series of Systems come with a limited parts warranty. This warranty does not cover misuse, neglect or abuse of the product, or damage due to an "Act of Nature", weather, theft, improper installation and vandalism. All time periods are from the date of purchase. Parts are warranted to be free from defects in materials and craftsmanship for the duration of the warranty period stated.

**DURING THE WARRANTY PERIOD FOR EACH WARRANTY DESCRIBED BELOW, PROSPOT PROMISES TO PROMPTLY REPLACE OR REPAIR ANY DEFECTIVE PART. THERE ARE NO OTHER EXPRESSED OR IMPLIED WARRANTIES ON PROSPOT PRODUCTS.**

**TO THE EXTENT ALLOWED BY LAW:**

**1. IF THIS IS A CONSUMER TRANSACTION, ANY IMPLIED WARRANTY OF MERCHANTABILITY OF FITNESS IS LIMITED TO THE DURATION OF THIS WRITTEN LIMITED WARRANTY. IF THIS IS A COMMERCIAL TRANSACTION, ALL IMPLIED WARRANTIES (INCLUDING WITHOUT LIMITATION THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PURPOSE) ARE SPECIFICALLY EXCLUDED.**

**2. PROSPOT SHALL NOT BE LIABLE FOR ANY DAMAGES, INCLUDING ANY INCIDENTAL, INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OR CONDITION OF THE PROSPOT PRODUCT. THE CONSUMERS SOLE AND EXCLUSIVE REMEDIES FOR LIABILITY OF ANY KIND (INCLUDING WITHOUT LIMITATION, DIRECT OR GENERAL DAMAGES) WITH RESPECT TO THE PROSPOT PRODUCT SHALL BE LIMITED TO THE REMEDY PROVIDED IN THIS WARRANTY OR AT THE SOLE OPTION OF PROSPOT, A REFUND OF THE PURCHASE PRICE PAID.**

**SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSIONS MAY NOT APPLY TO YOU.**

**This warranty gives you specific legal rights, which may vary from state to state. This warranty is limited to the original owner and is nontransferable. To obtain performance of the warranty obligation you may either call ProSpot, Inc. at 770-446-9299 or you may mail your request to:**

**ProSpot, Inc.  
1325 Oakbrook Drive, Suite E  
Norcross, GA 30093**

**No return of equipment or part will be accepted by ProSpot without a written return goods authorization number. All warranties include freight and labor for first year only. OWNER MUST CONTACT PROSPOT, INC. FIRST FOR ANY SERVICE UNDER THIS WARRANTY. All freight charges and labor charges are the responsibility of the owner after first year. Returns shipped freight-collect will not be accepted.**

|               | In Home (original owner only) | Commercial (original owner only) |
|---------------|-------------------------------|----------------------------------|
| Frame/cables/ | Lifetime                      | Lifetime                         |
| Touch sensor  |                               |                                  |
| Moving parts/ | Lifetime                      | Lifetime                         |
| Electrical    |                               |                                  |
| Pads          | 2 years                       | 1 year                           |

**IMPORTANT!!! Please complete and fax or mail this form along with your proof of purchase receipt immediately – Failure to do so MAY delay warranty service.**

|   |                |  |
|---|----------------|--|
| Owner Name*   |                |  |
| Address, City, State, Zip Code*   |                |  |
| Phone (    )  | Fax (    )     |  |
| Model Number*   | Serial Number* |  |
| Who Performed the Assembly/Installation * - Dealer      Yourself      (Circle Appropriate Answer) |                |  |
| Dealer Name   |                |  |
| Address, City, State, Zip Code  |                |  |
| Date of Purchase*   | Email Address: |  |
| <b>IMPORTANT!! Please attach proof of purchase (copy of receipt) with this warranty card.*</b>    |                |  |

\* (required fields)

Customer Survey

1. Where did you learn about ProSpot Fitness?

- Friend
- Dealer
- Advertising
- Other \_\_\_\_\_

4. How many times a week do you exercise?

- Once a week
- Twice a week
- Three times a week
- Every day

2. Have you ever been a member of a Health Club or Fitness facility?

- Presently
- Have Been
- Never

5. In which category does your age fall?

- Under 25
- 26-34
- 35-39
- 40-49
- 50-59
- 60 and Over

3. What impressed you the most about the ProSpot machines?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please complete this and mail or fax to:

**ProSpot Fitness Inc.  
Attn: Warranty Department  
1325 Oakbrook Drive, Suite E  
Norcross GA 30093  
(770)446-7213 fax**

Submission of this warranty card will be verified within 24 – 48 hrs of receipt at the corporate office. Please note that we may not perform service on any system unless warranty card and proof of purchase receipt are on file.

Rev (Jan '04)