Tightening Parts

Note: Some small parts may have been pre-attached; if a part is not in the parts bag, check to see if it has been pre-attached.

Nuts: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.

How to Identify Parts

Adjustable wrenches
Allen wrench

Tools Required for Assembly:

Note: The assembly hardware for the TSA Power Cage/Lat Pull is found in the box.

Disposal of the packing materials until assembly is completed.

Place all parts of the TSA Power Cage/Lat Pull in a cleared area and remove the packing materials. Do not assemble yet. Make sure there is enough room to walk around the TSA Power Cage/Lat Pull as you assemble it.

Select a location

Approx. 3-5 hours to assemble.

Set aside enough time

For your convenience and safety, assemble the TSA Power Cage/Lat Pull with the help of another person.

Assemble Requires Two Persons

Before beginning assembly, make sure to read the information on this page. This sheet introduces you to the parts that are included.

Further, please review the exploded diagram to familiarize yourself with the parts that are labeled.

For your benefit, read this manual carefully before using the TSA Power Cage/Lat Pull. Before reading:

A flat area of 6' x 9' will be required to assemble and properly use the TSA Power Cage/Lat Pull.

Before You Begin
SAFETY & PRECAUTIONS

WARNING: Before beginning any exercise program consult your physician.

The measurements of your physician should be relied upon.

Equipment measurements made by the equipment are believed to be accurate, but only the equipment measurements. Always wear appropriate workout clothing and shoes when exercising. Do not wear rope or other clothing that could become caught in the equipment.

1. Always use this equipment on a clean and level surface. Do not use outdoors or near water.

2. Only one person at a time should use this equipment at all times.

3. If dizziness, nausea, chest pains or any other abnormal symptoms are experienced while using this equipment, stop the workout at once. Consult a physician immediately.

4. Always use this equipment on a clear and level surface. Do not insert any objects into any openings.

5. Keep hands and feet away from any moving parts.

6. Do not insert any objects into any openings.

7. Read all instructions before assembly and operation.

8. Before using this equipment to exercise, always do stretching exercises to properly warm up.

9. Use this equipment only for its intended use as described in this manual.

10. Always wear appropriate workout clothing and shoes when exercising. Do not wear rope or other clothing that could become caught in the equipment.

11. This exercise equipment was designed and built for optimum safety. However, certain precautions apply and operation of this machine. Also, please note the following safety precautions:

   a. This exercise equipment is intended for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

   b. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

   c. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

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   e. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

   f. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

   g. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

   h. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

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   y. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

   z. This product has been designed for home use only. Product liability and guarantees conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

NOTE: Read all instructions carefully before using this product. Return this owner's manual for future reference.
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#90 Hook (Qty 2)

#91 Chain (Qty 1)

#88 Wing x 6" Allen Bolt

#87 Wing x 1 3/4" Allen Bolt (Qty 4)

#78 Grooved Pin (Qty 6)

#79 2" Pushbutton

#85 Wing x 2 1/2" Allen Bolt (Qty 3)

#84 Wing x 2 3/4" Allen Bolt (Qty 1)

#80 Wing x 2 3/8" Carriage Bolt (Qty 2)

#81 Wing x 2 3/4" Carriage Bolt (Qty 4)

#82 Wing x 2 1/8" Carriage Bolt (Qty 4)

#83 Wing x 3 3/4" Carriage Bolt (Qty 4)

For more information, refer to the exploded diagram and parts list of this manual.

Organize your bolts, nuts and washers before assembly. Hubs and washers are identified by the diameter of cavities.
A. Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x 3/4" Allen Bolts (#32) and 3/4" Washers (#42). Attach a lock knob (#22) to the hole underneath the Main Frame.

B. Slide the Slighting Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a knob.

C. Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x 2 1/2" Camage Bolt (#35), 3/4" Washer (#42), and M10 Aircraft Nut (#44).

Step 1

ASSEMBLY INSTRUCTIONS
A. Attach a bracket support (#7) to the rear of the seat support frame (#6).

B. Attach two bushings to each bracket support. (8)

C. Attach two bushings to the pivot on the sliding block. (8)

D. Attach two bushings to the pivot on the main frame. (1)

E. Use the lock knob on the sliding block (8) to adjust and secure the backrest inclined position.

F. Bolt (49), two 3/4" Washers (42) and one M10 Aircraft Nut (44).

G. Seal support frames (6) to both ends of the pivot on main frame. Secure them with one M10 x 6.4" Allen Bolt (39) and two 3/4" Washers (42).

H. Align the two seals (20), the sliding block needs to be able to slide on the chamfered inclined adjustable bar (9).

I. Align the two M10 x 6.4" Allen Bolts (38) with one M10 x 1.25" Allen Bolt (37) and 3/4" Washer (42). Repeat the same procedure to install the other side.

STEP 2

ASSEMBLY INSTRUCTIONS

TSA-5820
STEP 3

**A.** Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four #8 x 2" Allen Bolts (#40) and #8 Washers (#43).

**B.** Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four #8 x 2" Allen Bolts (#40) and #8 Washers (#43).

ASSEMBLY INSTRUCTIONS
Step 4

A. Attach the leg developer (#5) to the open bracket on the main frame (#1). Secure it with an axle (#17), two M10 x 3/4" Allen Bolts (#36)' and two 3/4" Washers (#42).

B. Insert one Foam Tube (#10) halfway through the hole on the main frame. Insert two Foam Tubes halfway through the holes on the leg developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug the Foam Roll End Caps (#25) into the Tubes.

C. Slide the Olypempic Sleeve (#20) onto the weight post on the leg developer. Attach a Spring Clip (#22) to the Sleeve.

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**STEP 5**

A. Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#41) and two 5/8" Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.

B. Attach the Curl Bar Support Frame (#11) to the open bracket on the Leg Developer (#5). Use the L-shaped Pin (#21) to fix it.

C. Remove the Pin, Curl Bar Handle and Arm Curl when using the Leg Developer to exercise.
E. Securely tighten all nuts and bolts.

D. Repeat Steps A, B and C above to install the other side.

Washers (#42) and M10 Aircraft Nuts (#44)

(#53) to the Floor Stabilizer. Align the holes and secure them with two M10 x 3/4" Carriage Bolts (#83).

C. Attach the lower end of left support (#50) to the Floor Stabilizer (#47). Attach one end of the Rear Stabilizer (#88) and 3/4" Washer (#42).

B. Attach the upper end of left support (#50) to the Upright Beam. Secure it with one M10 x 5/8" Allen Bolt (#81). 3/4" Washers (#42) and M10 Aircraft Nuts (#44). Do not tighten the nuts and bolts yet.

A. Attach an Upright Beam (#49) to a Floor Stabilizer (#47). Secure it with two M10 x 2 3/4" Carriage Bolts.

Step 6

ASSEMBLY INSTRUCTIONS

TSA-5820
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E. Insert the Left & Right Bar Holders (#93 & 92) into the selected holes on the upright beams.

D. Insert two Weight Posts (#63) to the holes on the left & right supports (#50 & 51). Secure each Weight Post with one M10 x 6/8" Allen Bolt (#88) and 3/4" Washer (#42). Slide an Olympic Sleeve (#20) onto each Weight Post.

C. Attach the Right Vertical Frame (#52) to the rear bracket on the Front Vertical Frame (#54) and the Cross Brace (#48). Secure it to the Cross Bracing with two M10 x 2 3/8" Camber Bolts (#80), one 4 3/8" x 2 3/8" Bracket (#65), 3/4" Washers (#98) and 3/4" Washers (#42). Do not tighten all the nuts and bolts yet.

B. Attach the Cross Brace (#48) to the Left & Right Supports (#50 & 51). Secure each end of Cross Bracing with two M10 x 3/8" Camber Bolts (#82), one 5" x 1 5/8" Bracket (#64), two 3/4" Washers (#42) and two M10 x 3/4" Washers (#88). Do not tighten all the nuts and bolts yet.

A. Attach the Front Vertical Frame (#54) to the Rear Stabilizer (#53). Secure it with two M10 x 6/8" Allen Bolts.

STEP 7

ASSEMBLY INSTRUCTIONS
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Please do not return to store. Call our Customer Service Department first at 1-877-872-6970

STEP 9

Assembly Instructions

TSA-5820
STEP 10

For various exercises:

H. Connect the Swivel Bar (#67) or the Single Handle (#94) to the Cable by a Hook (#80).

G. Draw the Cable around the Pulley then up and down previously installed Pulleys together with the same nut and bolt.

F. Attach another Pulley to the right of the Pulley previously installed in Step C. Secure the two Pulleys together with the same nut and bolt.

E. Attach a Pulley to a selected hole on the Pulley Frame. If the cable is too tight, move down cables until the cable is loose. Move up the cable installation, check the height of the M10 Allen Nut (#44). After completing the M10 Allen Nut (#44), two 3/4" Washers (#42), and one 3/4" Bolt (#85), two 3/4" Washers (#42), and one 3/4" Allen Bolt (#85), two 3/4" Pulley Bushings (#79), and one M10 Opening. Secure it with one M10 x 2 1/2" Allen Bolt (#85), two 3/8" Pulley Bushings (#79) and two M10 Nuts (#44).

B. Draw the Cable upward to the opening on top of the Front Vertical Frame (#54). Attach a Pulley (#70) to the Pulley Bracket (1/7) to the Sliding Pulley Bracket (1/69).

A. Draw the 26" lower Cable (1/69).
SUCCESS

Stretching is also helpful for the prevention of muscle aches. Stretches distributed during the last 5-10 minutes can decrease strain on the muscles and improve flexibility. To introduce an effective cool-down of the muscles:

COOL DOWN

- 1-2 x per week: approx. 60 min. per unit
- 2-3 x per week: approx. 30 min. per unit

- Daily stretching session: approx. 10 min. per unit

The optimal training amount consists of three exercises per week. To keep the pulse rate between 60% - 70% of the maximum pulse rate. To reach an optimum at burning rate, it is advisable to do more exercises per week. The body starts to burn fat at approx. 60% of the maximum pulse rate.

FAT BURNING

55% of your maximum pulse rate is the optimal pulse rate. The pulse rate should be slowly increased to compete with the burning rate. With increasing improvement of fitness at 60% - 85% of your maximum pulse rate. The maximum pulse rate should always be used: maximum pulse rate = 220 - age.

As a rule of thumb, the following formula is commonly used to choose an exercise:

To achieve maximum results, the heart intensity has to be 70% - 85% of your

INTENSITY

Physiologist prefer starting to exercise: to achieve a considerable improvement of your

TRAINING INSTRUCTIONS

Training organization warm-up

Higher frequency of shorter training periods. This can be done by increasing the resistance.

With increasing improvement of fitness, the training intensity should be increased to 70% - 85% of your

TRAINING SESSION

How resistance.

Here you can do some stretching and training with

minutes.

Before every training you should warm-up for 5-10

TRAINING ORGANIZATION WARM-UP

The units will be continuously easier, and you will feel a lot lighter during your normal daily

Even after a short period of regular exercises you
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FROM STATE TO STATE.

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Waranty Information

Maximum weight capacity: 250 lbs.
This product is not a toy. Please keep it away from children when not in use.
Order prior to beginning your workout.
Always check the equipment that you are using to be sure that it is in good working order. 
Clothing that could interfere with your workout. By becoming cautious.
Wear supportive athletic shoes and clothing while exercising. Do not wear loose clothing
To avoid dehydration while exercising, be sure to drink plenty of water.
To minimize injury, be sure to fully stretch your muscles before and after exercising.
As with any exercise program, be sure to consult with your physician before starting.

LIMITED WARRANTY
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