

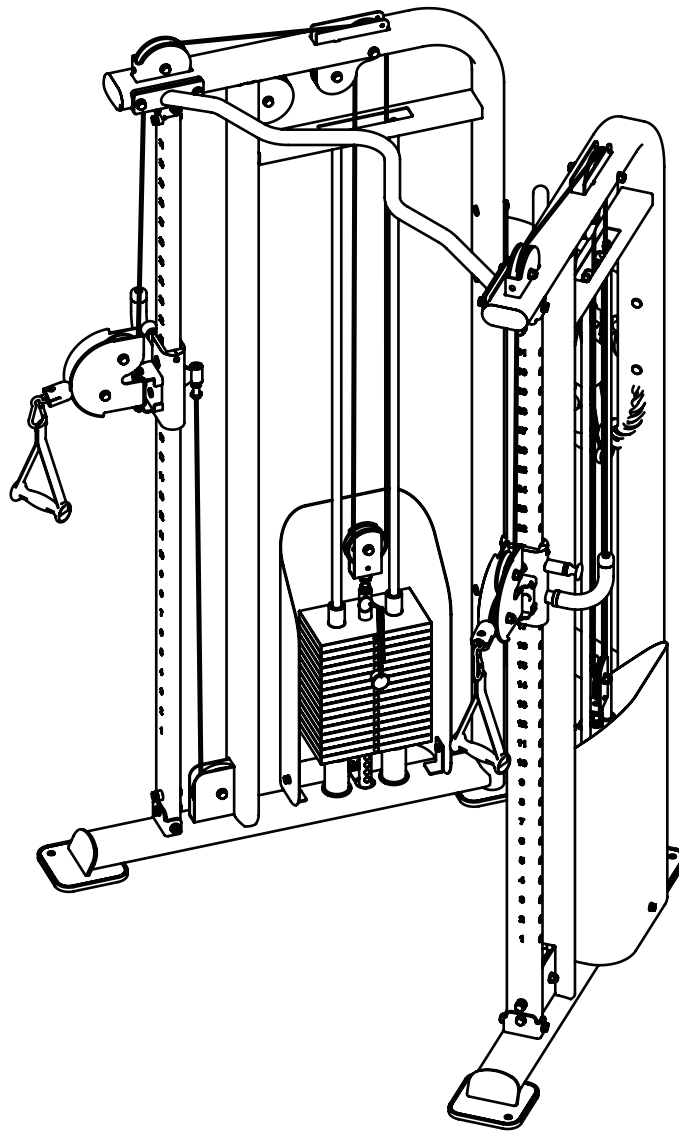


HUDSON STEEL

BS017

SOUTHAMPTON FUNCTIONAL TRAINER

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
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Table Of Contents

Important Safety Instructions-----	3
Instructions-----	4
Exploded View and Parts List-----	5
Maintenance Schedule-----	10
General Maintenance Information-----	11

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

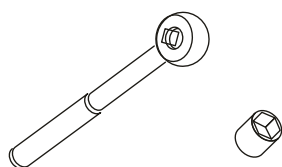
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

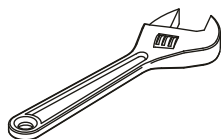
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

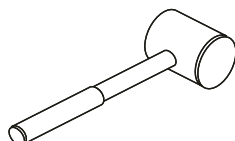
Tools Required



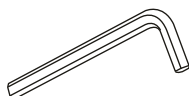
Ratchet Wrench and Socket



Adjustable Wrench

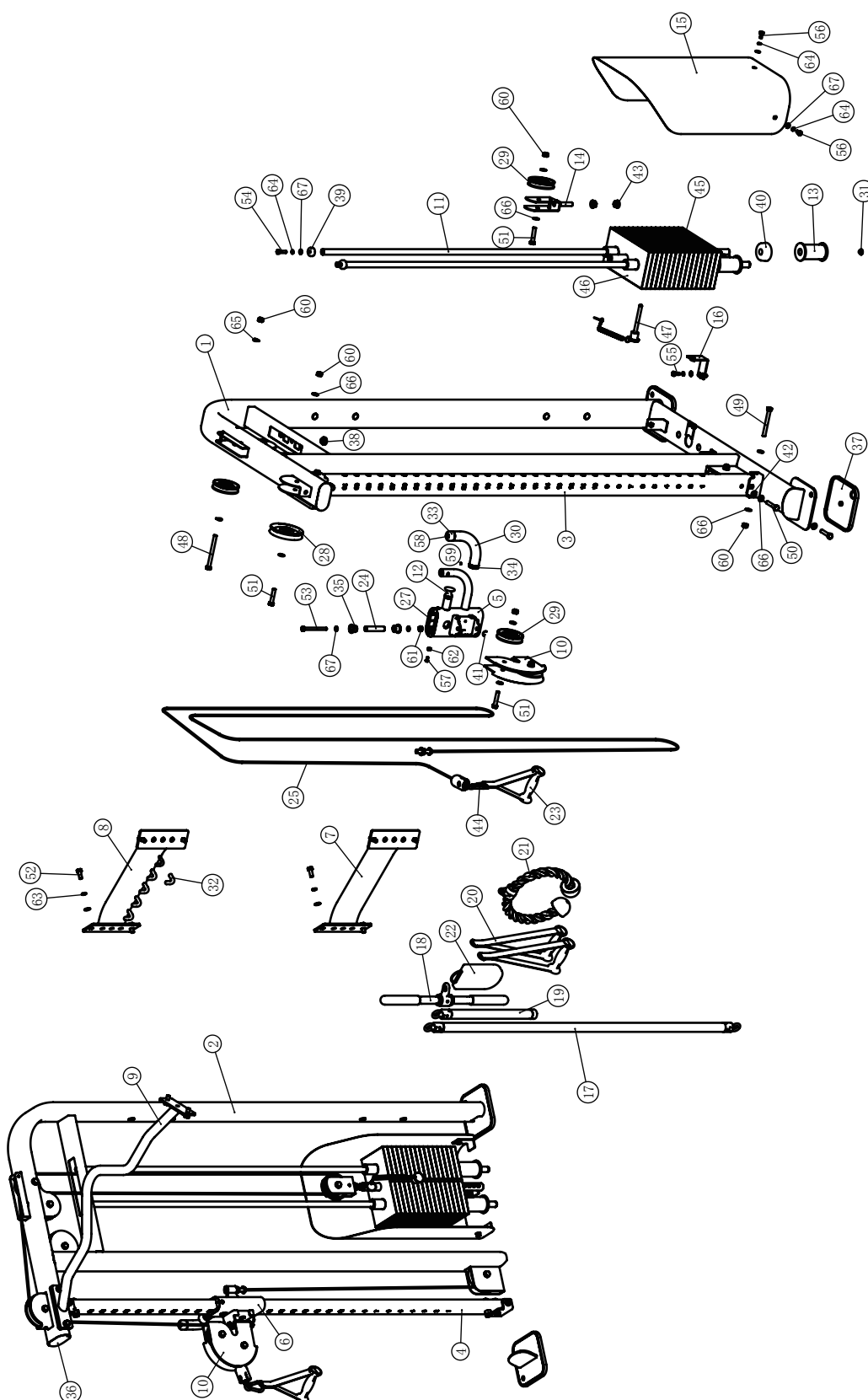


Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List



Exploded View and Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Right Stand	1	19	Short Handle	1
2	Left Stand	1	20	Long Lat Strap	2
3	Right Guide Bar	1	21	Triceps Rope	1
4	Left Guide Bar	1	22	Foot Lat Strap	1
5	Right Slip Frame	1	23	Lat Strap	2
6	Left Slip Frame	1	24	Shaft For Pulley Bracket	2
7	Cross Brace	1	25	Cable Assembly	2
8	Hook Cross Brace	1	27	Plastic Tube Guide	4
9	Transverse Beam	1	28	Big Pulley	6
10	Dual Pulley Bracket	2	29	Small Pulley	10
11	Guide Bar	4	30	Grip	2
12	Pop Pin	2	31	Rubber Plug	4
13	Support Frame	4	32	L Hook Sleeve	5
14	Pulley Connecing Frame	2	33	Aluminum Cap $\phi 1$ ($\phi 0.04"$)	2
15	Shroud	2	34	Aluminum Ring $\phi 1$ ($\phi 0.04"$)	2
16	L-shaped Plate	2	35	Spacer	4
17	Long Handle	1	36	Plug	2
18	Short Pull Handle Assembly	1	37	Foot Cove	4

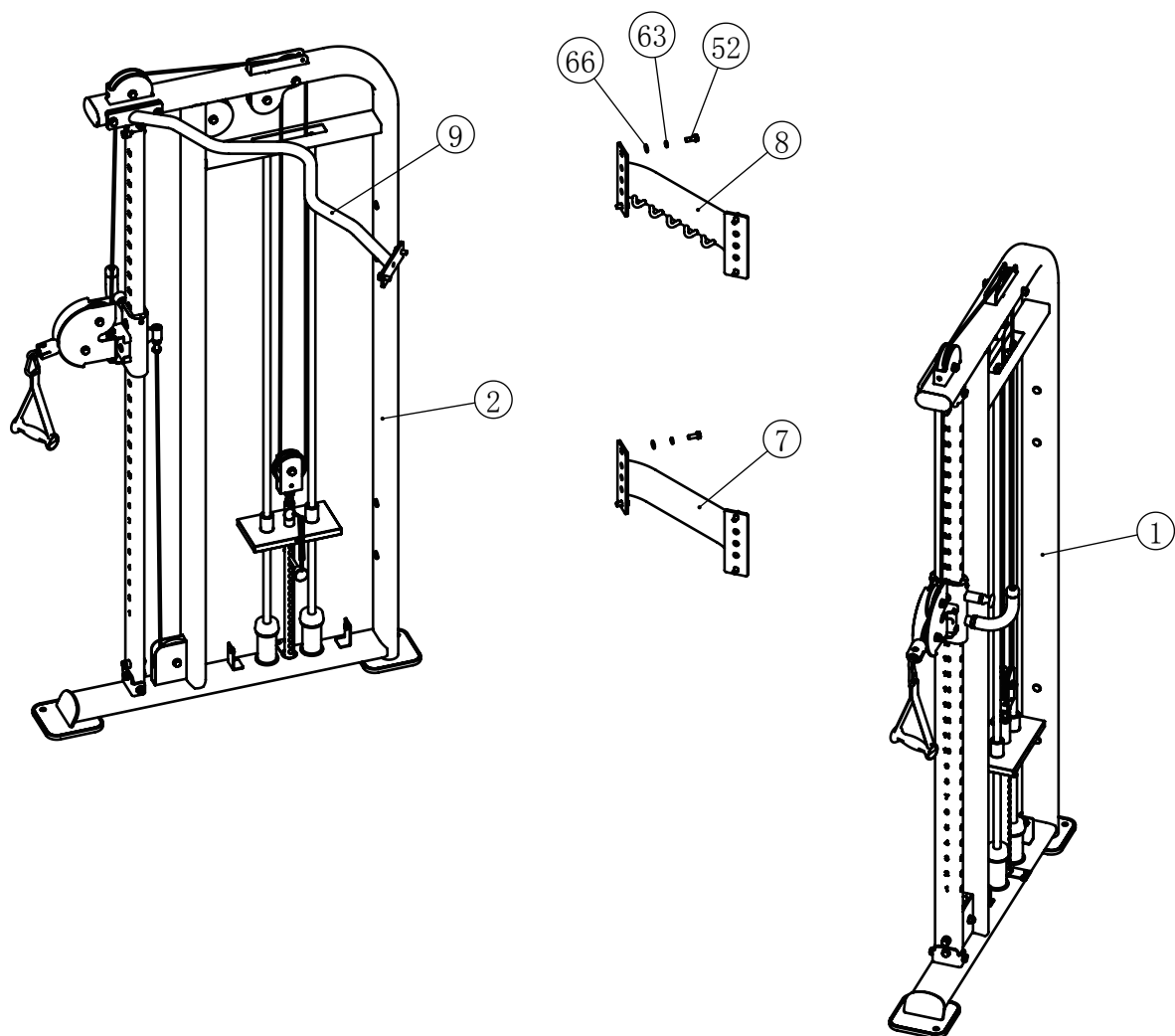
Exploded View and Parts List

Item No.	Description	Qty	Item No.	Description	Qty
38	Bumper	2	53	Hex Bolt M8*95 (5/16" *3.75")	2
39	Mount Sleeve	4	54	Socket Head Cap Bolt M8*30 (5/16" *1.25")	4
40	Weight Bumper	4	55	Hex Bolt M8*20 (5/16" *0.8")	4
41	Nylon Bumper	4	56	Hex Bolt M8*15 (5/16" *0.63")	6
42	Nylon Spacer	4	57	Button Head Cap Screw M6*12 (15/64" *0.46")	4
43	Six Angle Flange Nut M12 (15/32")	4	58	Flat Head Cap Screw M6*15 (15/64" *0.6")	2
44	Gourd Hook $\phi 8$ ($\phi 5/16$ ")	2	59	Socket Set Screw M5*3 (13/64" *0.13")	4
45	Weight Plate	30	60	Nylon Lock Nut M10 (25/64")	28
46	Top Plate	2	61	Nylon Lock Nut M8 (5/16")	2
47	Selector Pin W/Coil	2	62	Hex Thin Nut M6 (15/64")	4
48	Hex Bolt M10*115 (25/64" *4.5")	2	63	Spring Washer $\phi 10$ ($\phi 25/64$ ")	12
49	Hex Bolt M10*95 (25/64" *3.75")	4	64	Spring Washer $\phi 8$ ($\phi 5/16$ ")	14
50	Hex Bolt M10*55 (25/64" *2.25")	4	65	Arc Washers $\phi 10.5 * \phi 21 * 1.8$ ($\phi 13/32$ " * $\phi 53/64$ " *0.06")	4
51	Hex Bolt M10*50 (25/64" *2")	18	66	Washer $\phi 11 * \phi 20 * 2$ ($\phi 7/16$ " * $\phi 25/32$ " *0.08")	64
52	Hex Bolt M10*25 (25/64" *1")	12	67	Washer $\phi 9 * \phi 16 * 1.5$ ($\phi 23/64$ " * $\phi 43/64$ " *0.06")	36

Exploded View and Parts List

STEP 1

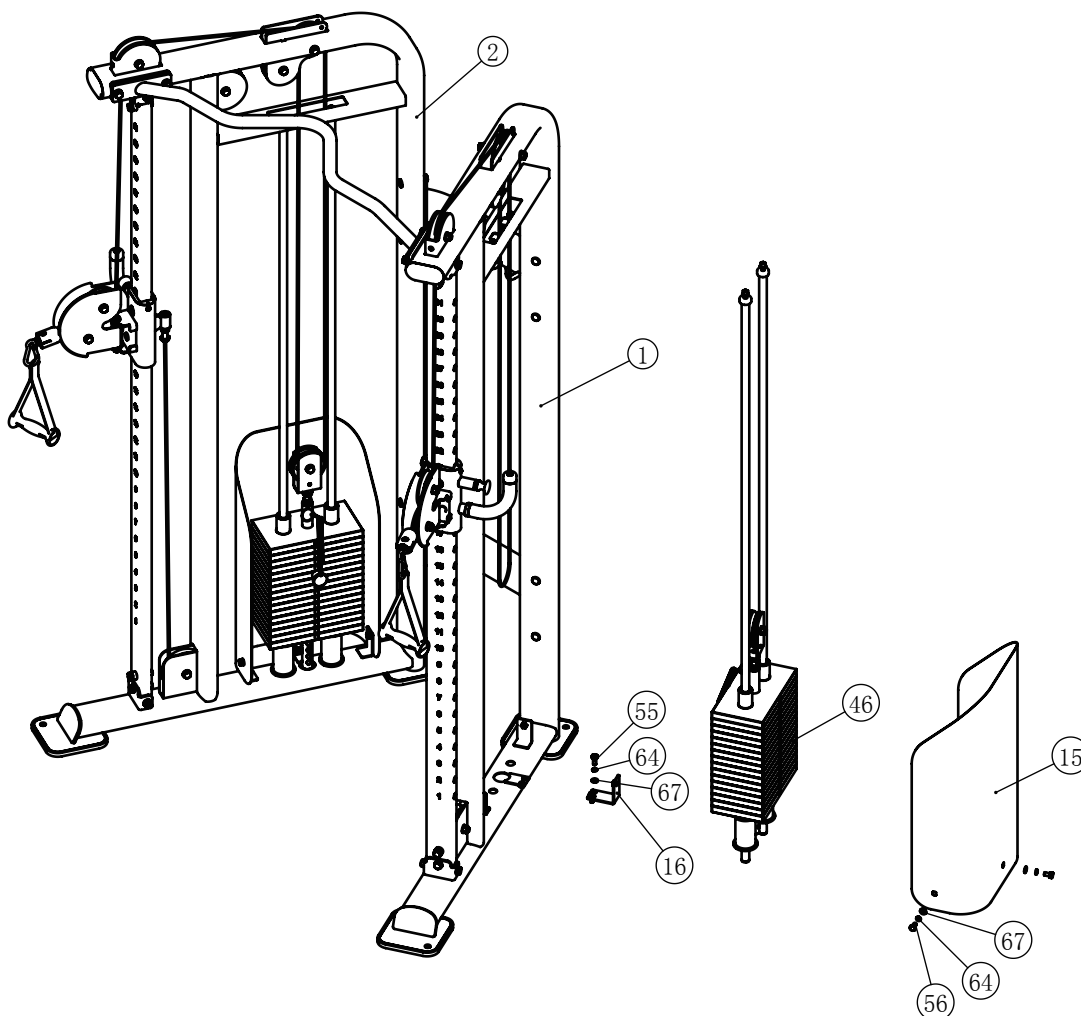
Item No.	Description	Qty	Item No.	Description	Qty
1	Right Stand	1	9	Transverse Beam	1
2	Left Stand	1	52	Hex Bolt M10*25 (25/64" *1")	12
7	Cross Brace	1	63	Spring Washer $\phi 10$ ($\phi 25/64$ ")	12
8	Hook Cross Brace	1	66	Washer $\phi 11 * \phi 20 * 2$ ($\phi 7/16$ " * $\phi 25/32$ " *0.08")	64



Exploded View and Parts List

STEP 2

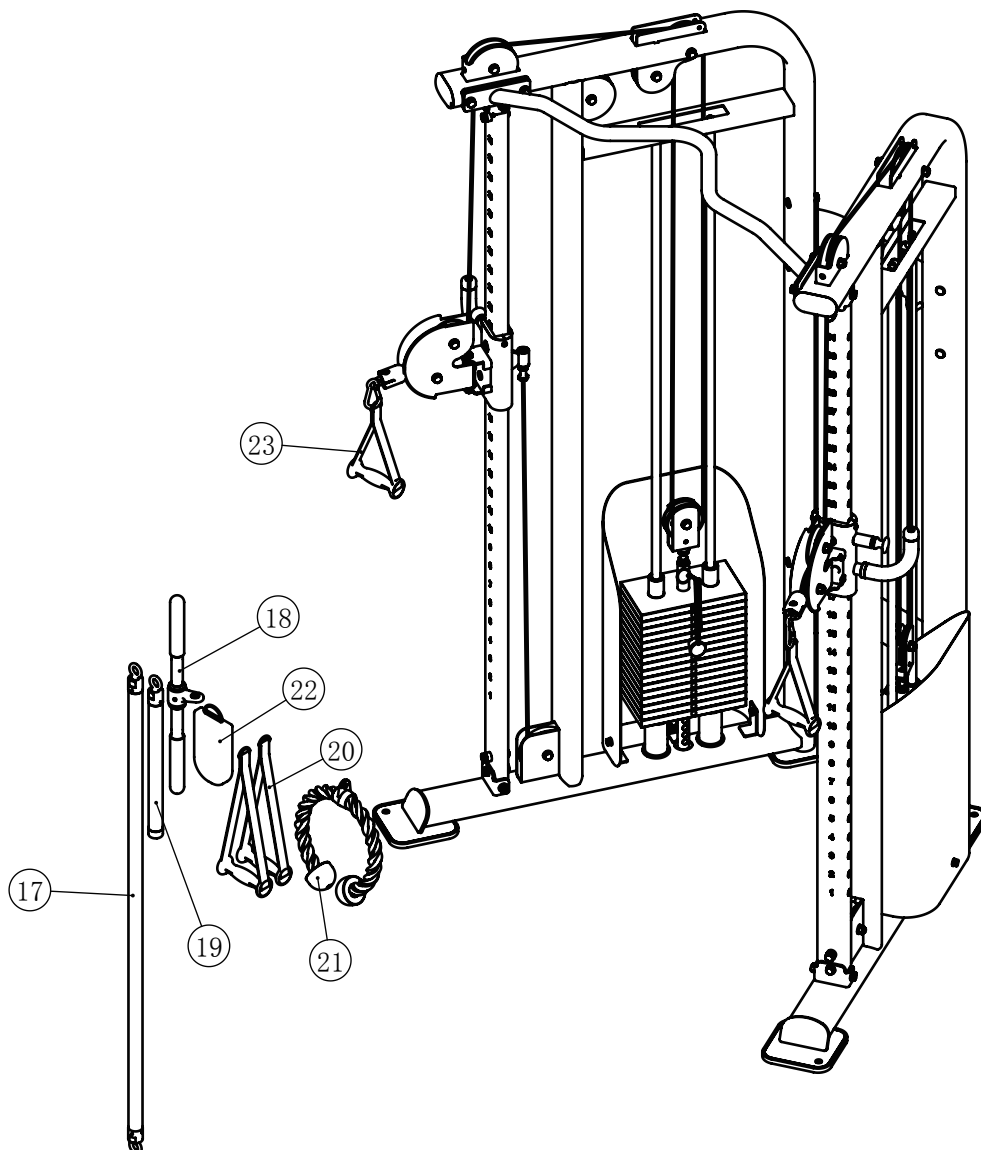
Item No.	Description	Qty	Item No.	Description	Qty
1	Right Stand	1	55	Hex Bolt M8*20 (5/16" *0.8")	4
2	Left Stand	1	56	Hex Bolt M8*15 (5/16" *0.63")	6
15	Shroud	2	64	Spring Washer $\phi 8$ (5/16")	14
16	L-Shaped Plate	2	67	Washer $\phi 9*\phi 16*1.5$ ($\phi 23/64"$ * $\phi 43/64"$ *0.06")	36



Exploded View and Parts List

STEP 3

Item No.	Description	Qty	Item No.	Description	Qty
17	Long Handle	1	21	Triceps Rope	1
18	Short Pull Handle Assembly	1	22	Foot Lat Strap	1
19	Short Handle	1	23	Lat Strap	2
20	Long Lat Strap	2			



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS