

Revision 0

September 2010



# Upper Body Unit

## Owner's Manual



Record Serial Number Here

Date of Purchase

Platinum by Tunturi  
[www.Tunturi.com](http://www.Tunturi.com)

# Instructions

Congratulations on the purchase of your new 4 in 1 Strength Station. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Platinum by Tunturi strives to build the best quality multi-station gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Tunturi dealer.

# Warning

Platinum by Tunturi has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

**WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.**

- 1) It is essential that you consult with your physician before beginning any exercise program.
- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine TUNTURI replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the gym. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this gym.
- 6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call your local PLATINUM BY TUNTURI distributor or PLATINUM BY TUNTURI at [www.Tunturi.com](http://www.Tunturi.com)

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## Frame Components

ITEM NO.	DESCRIPTION	QTY
1	Right Vertical Support	1
2	Rear Base	1
3	Middle Frame Assembly	1
4	Front Base Support	1
5	Top Swivel Pulley Holder	2
6	Left Vertical Support	1
7	Top Weight Plate	1
8	Shroud	2
9	Guide Rod Holder	1
10	Guide Rod	2
11	Weight Stack Plate	19
12	Rubber Donut	2
13	Right Swing Arm Assembly	1
14	Left Swing Arm Assembly	1
15	Right Press Arm Assembly	1
16	Left Press Arm Assembly	1
17	1" Arm Shaft	1
18	Spacer	1
19	Seat Frame Assembly	1
20	Back Chrome Adjustment	1
21	8" Telespar	1
22	10" Chrome Adjustment	1
23	Axle	1
24	Press Arm Cable Lockout	1
25	Criss-Cross Free Floater	1
26	Free Floater	2
27	4-1/2" Pulley Cover	2
28	1-1/4" Pulley Spacer	6
29	3-1/2" Pulley Cover	8
30	Middle Frame Connector Plate	2

## Accessories

ITEM NO.	DESCRIPTION	QTY
31	Weight Stack Pull Pin	1
32	Press Arm Lock	1
33	Strap Handle	2

## Upholstery

ITEM NO.	DESCRIPTION	QTY
34	Bottom Pad	1
35	Head Pad	1
36	Back Pad With Lumbar	1
37	7" Upholstery Roller	2

## Cables

ITEM NO.	DESCRIPTION	QTY
38	Weight Stack to Cable Tie Out	1
39	Floating Pulley Cable	1
40	Lat Pull to Cable Lockout	2
86	Lat Pull to Functional Arm	2

## Hardware

ITEM NO.	DESCRIPTION	QTY
41	Beveled Leveler	2
42	Wavy Washer	4
43	1" Snap Ring	4
44	3/8" Jam Nut	2
45	HCS 3/8"-16 x 2-1/2"	2
46	HCS 3/8"-16 x 5"	4
47	HCS 3/8"-16 x 5-1/4"	6
48	3/8" Flat Washer	74
49	3/8" Lock Washer	14
50	3/8" Nylock	37
51	HCS 3/8"-16 x 3/4"	2
52	HCS 3/8"-16 x 1/2"	4
53	FHSCS 3/8"-16 x 3/4"	2
54	Shaft Collar	2
55	Shoulder Bolt 1/2"-13 x 4-1/4"	1
56	Shoulder Bolt 1/2"-13 x 3-1/2"	1
57	HCS 3/8"-16 x 3"	2
58	1/2" Flat Washer	2

ITEM NO.	DESCRIPTION	QTY
60	HCS 3/8"-16 x 1-1/4"	4
61	3-1/2" Pulley	16
62	4 1/2" Pulley	6
63	1-1/4" Shoulder Bolt	3
64	5/16" Nylock	1
65	HCS 3/8"-16 x 2-1/4"	8
66	3/8" Curved Washer	4
67	1/2" Curved Pulley Spacer	8
68	HCS 3/8"-16 x 2"	4
69	HCS 3/8"-16 x 2-3/4"	8
70	HCS 3/8"-16 x 4-3/4"	6
71	Roller End Cap	2
72	BHSCS 3/8"-16 x 3/4"	2
73	HCS 3/8"-16 x 7"	1
74	HCS 1/2"-13 x 1"	1
87	Weight Stack Decals	1
88	Silicon Gel Pack	1

# Functional Arm Components

ITEM NO.	DESCRIPTION	Qty
74	Functional Arm Mount	1
75	User Right Functional Arm	1
76	User Left Functional Arm	1
77	Functional Arm Swivel Pulley	2

# Functional Arm Hardware

ITEM NO.	DESCRIPTION	Qty
79	3/8" Flat Washer	16
80	3/8" Nylock	14
81	3-1/2" Pulley	8
82	HCS 3/8"-16 x 2-1/4"	8
83	HCS 3/8"-16 x 2"	6

# Functional Arm Accessories

ITEM NO.	DESCRIPTION	Qty
84	Strap Handle	2

# Cables

ITEM NO.	DESCRIPTION	Qty
85	Lat Pull to Functional Arm	2

# Tools Required

- 1/2" Wrench
- 9/16" Wrench
- 9/16" Ratchet
- 3/4" Wrench
- 3/4" Ratchet
- Allen Wrench Set
- Tape Measure
- Snap Ring Pliers

# Contact

## Benelux

Accell Fitness Benelux  
Koningsbeltweg 51  
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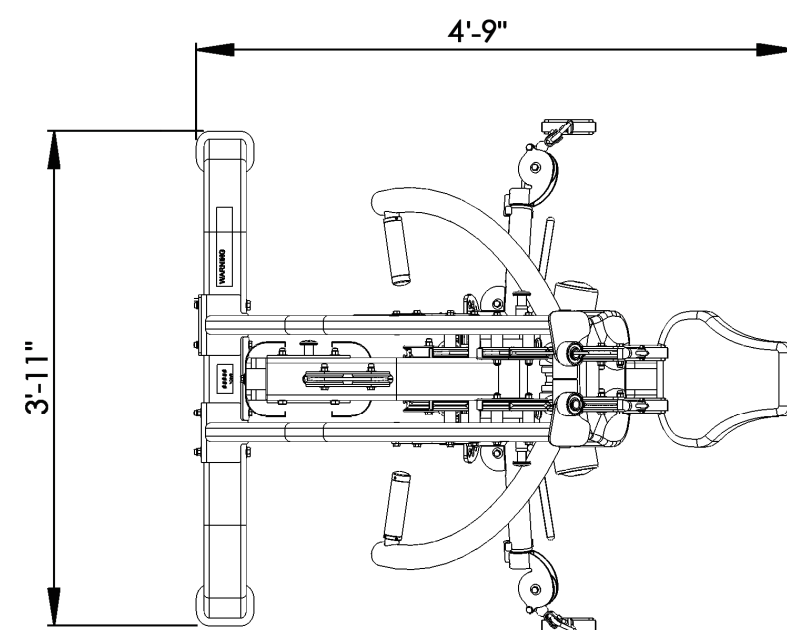
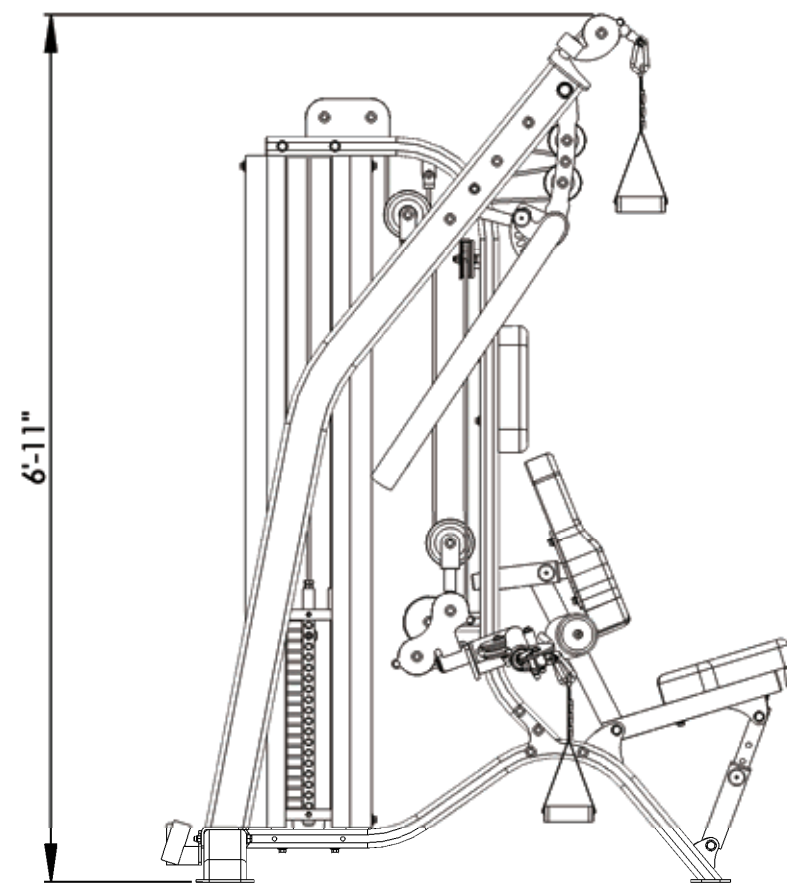
## Germany

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P/a Koningsbeltweg 51  
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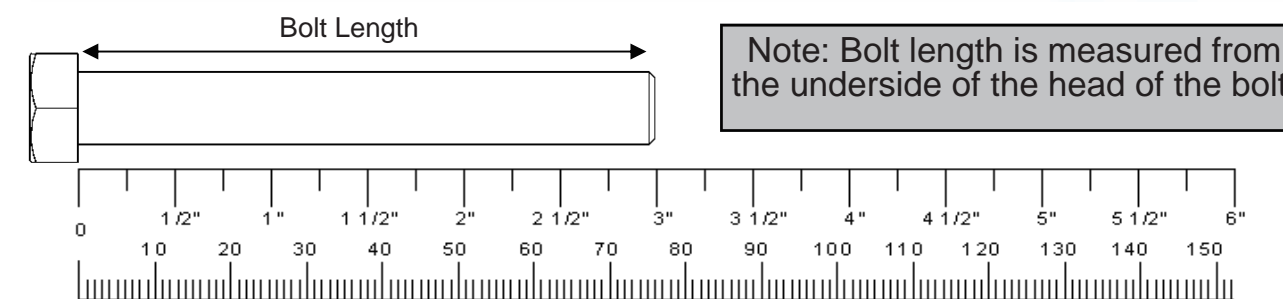
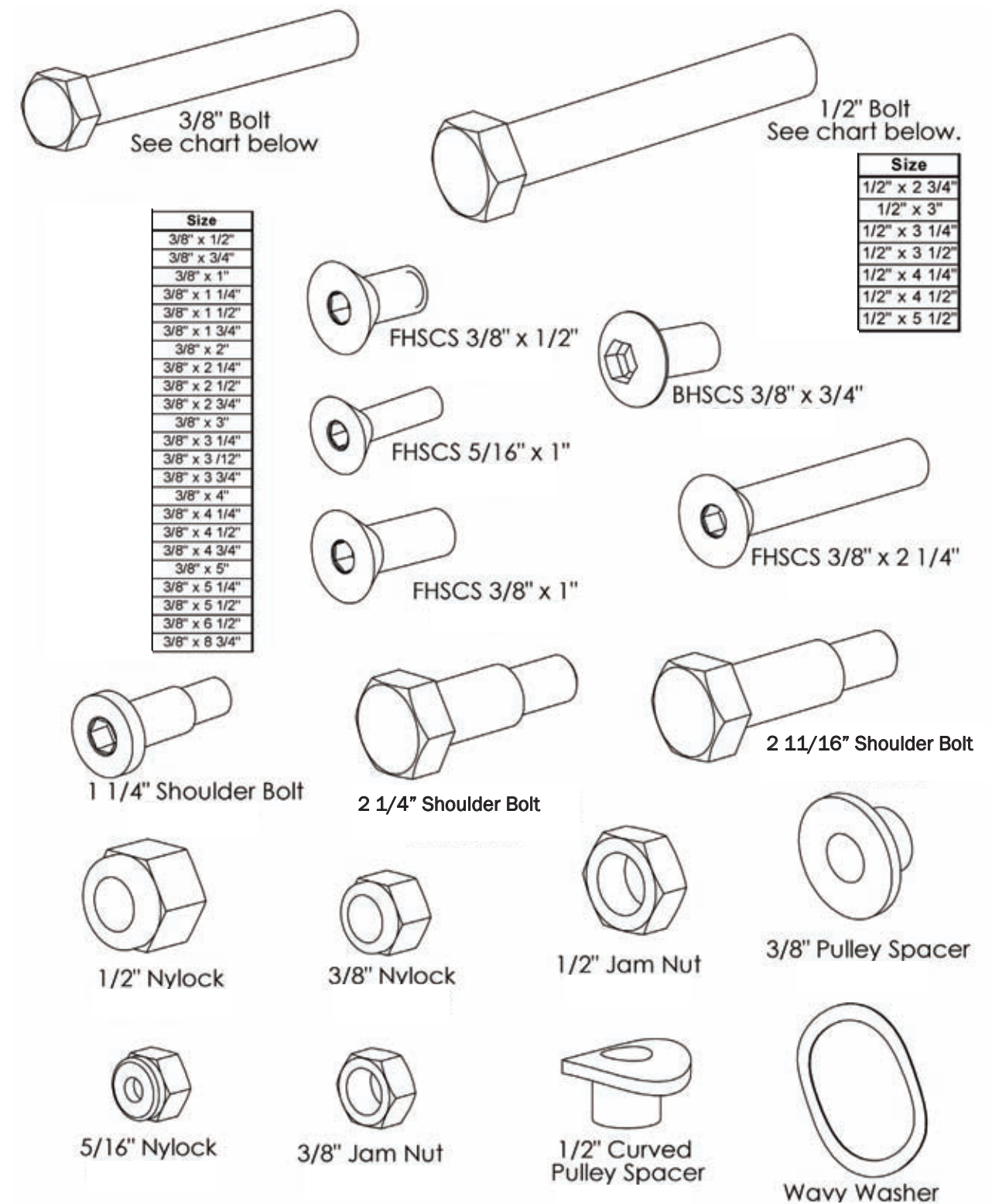
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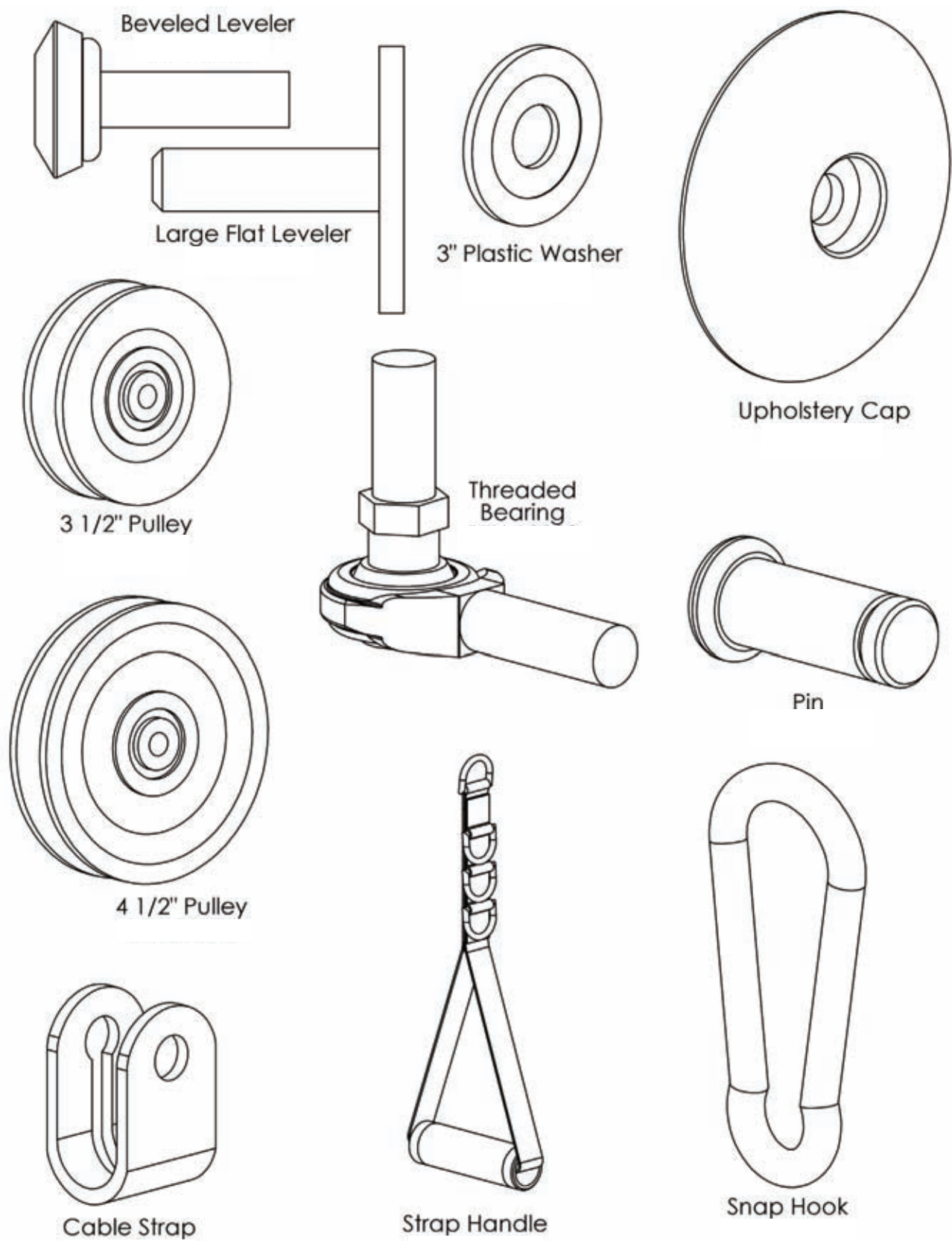


## Layout Diagram

The with Leg Press has a layout dimension of 3'-11" (width) x 4'-9" (length) x 6'-11" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.







## Preventive Maintenance

Platinum by Tunturi strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

Clean upholstery, grips, and roller pads with mild soap and water generally after every use. The guide rods, chrome slides and frame should be cleaned with a cotton cloth. Upon cleaning the guide rods, a thin layer of Silicone or Teflon gel should be applied to each rod to ensure a glass smooth performance.

An overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. The cables and cable systems should be inspected for signs of wear and proper tension. In order to check cables properly you should carefully run the cable through your fingertips, checking for signs of wear, cracks, burs and thinning spots. Replace any part at first signs of wear. Cables should be adjusted for proper tension. See assembly instructions for this detail. All hardware, stops, and adjustments should be checked and tightened as required.

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod. Each pillow block bearing and flange bearing has a grease fittings that must be lubricated regularly. Use general purpose bearing grease and follow the schedule below.

Although cables should be inspected daily, it is important that ALL cables be replaced as directed in the schedule below. Please note that at any first sign of wear the cable should be replaced immediately.

If there are any questions concerning maintenance, please contact your local Tunturi dealer or contact Platinum by Tunturi directly at:

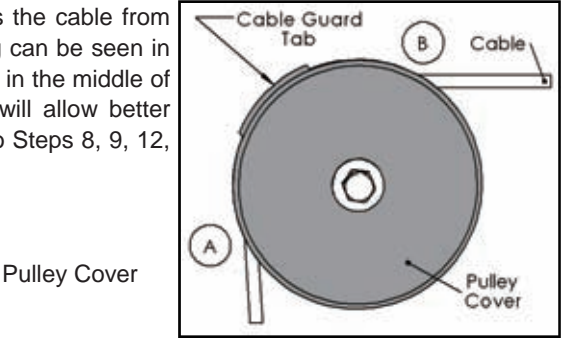
[www.Tunturi.com](http://www.Tunturi.com)

	Daily	Weekly	Monthly	Quarterly	Years
<b>Clean</b>					
Upholstery		X			
Hand Grips		X			
Roller Pads		X			
Guide Rods			X		
Chrome Slides			X		
Frame			X		
<b>Inspect</b>					
Overall	X				
Safety Decals	X				
Cables	X				
Cable Tension			X		
Pulleys	X				
Hardware	X				
Stops	X				
Upholstery	X				
Hand Grips			X		
Frame			X		
Bushings		X			
Bearings		X			
<b>Lubricate</b>					
Guide Rods			X		
Bearings					1
<b>Replace</b>					
Cables					3

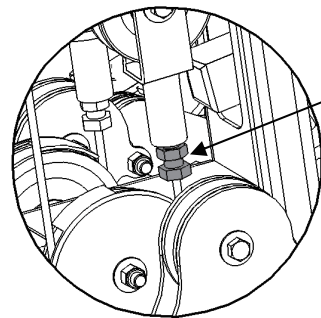
# Final Assembly and Troubleshooting

## IMPORTANT - Check These Components Before Using Gym:

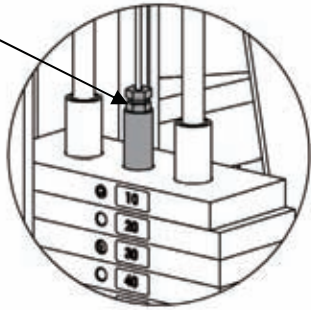
- **Position** the cable guard tab on the Pulley Cover so that the tab prevents the cable from coming out of its track on the 3 1/2" Pulley. An example of this positioning can be seen in the figure to the right. The cable guard tab should be positioned so that it is in the middle of the cable wrap on the 3 1/2" Pulley, between points "A" and "B". This will allow better protection and prevent the cable from rubbing the cable guard tab. Refer to Steps 8, 9, 12, and 13.



- Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment, whether it be a Free Floater, Lockout Free Floater, or the Top Plate of the weight stack. Each must also be secured with a 1/2" Jam Nut to ensure a safe and proper connection. Refer to Steps 6, 7, 8, 9, 12, and 13. See Figures below.

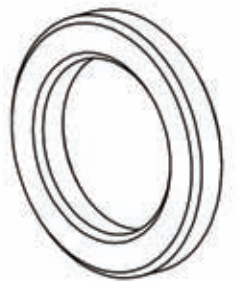
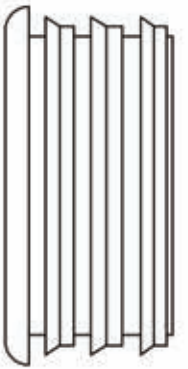
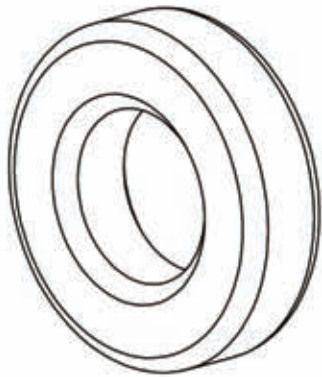
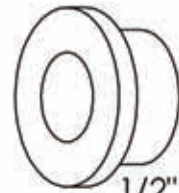
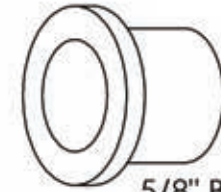
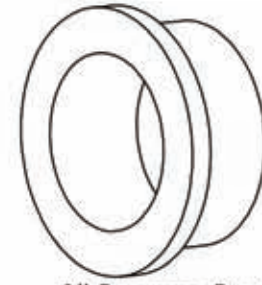
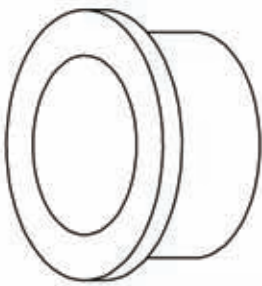
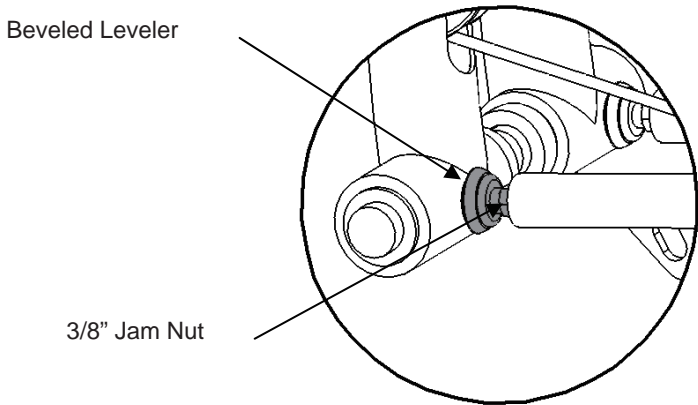


1/2" Jam Nut

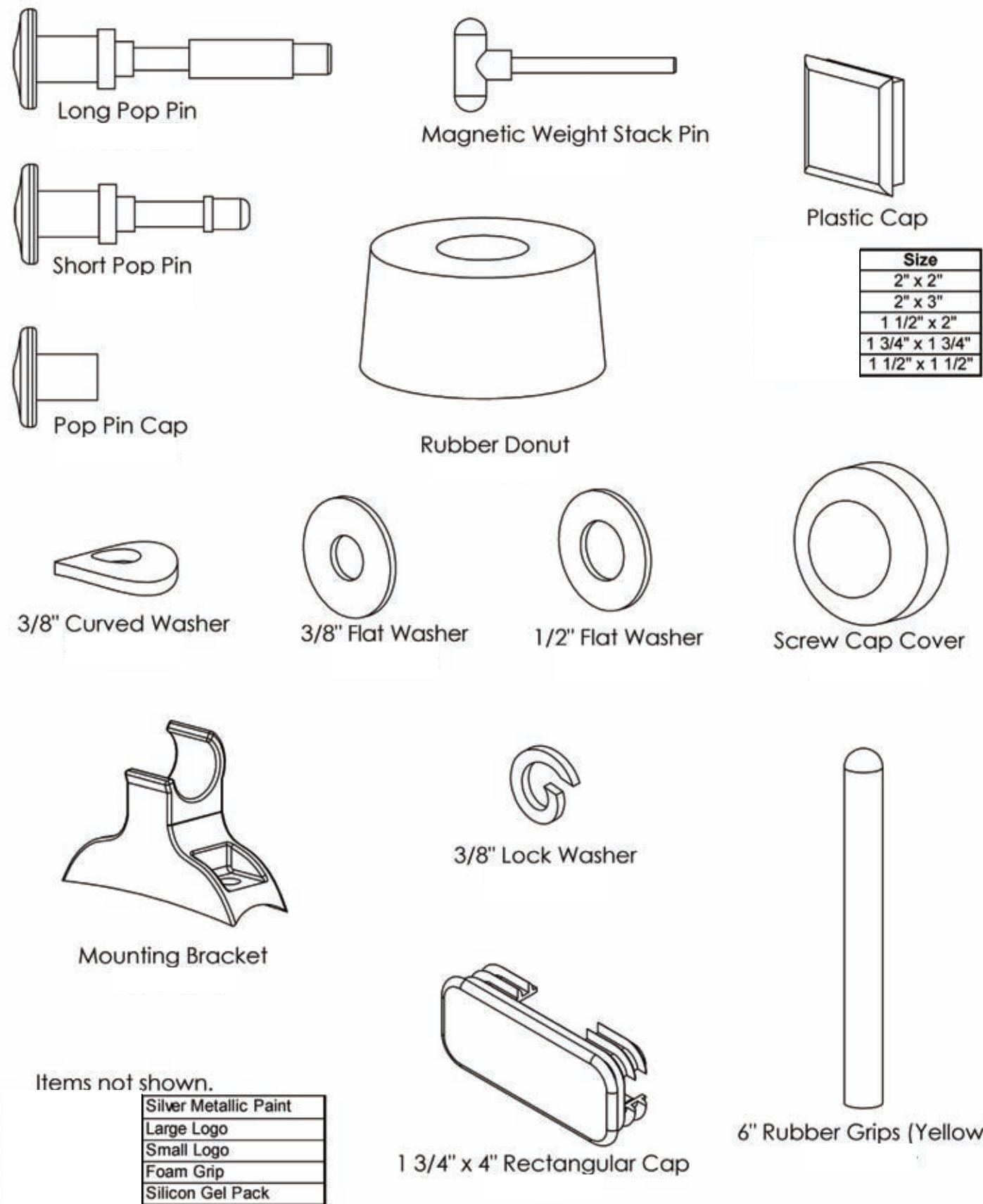


Top Plate

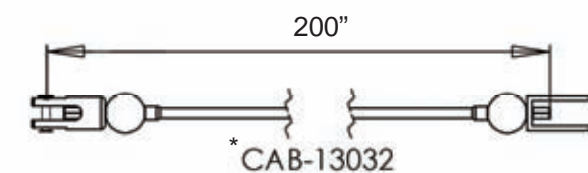
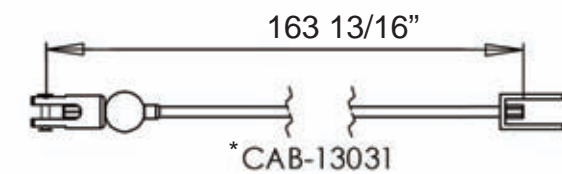
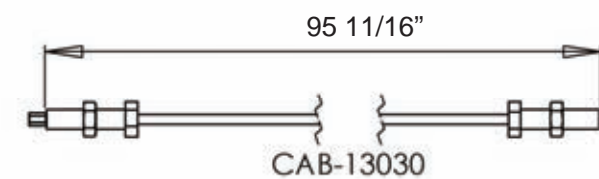
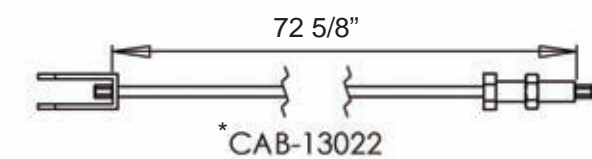
- Each Adjustment Leveler **must be threaded 1/2"** into its counterpart. Each must be secured with a 3/8" Jam Nut to ensure a safe proper connection. Refer to Steps 3, 8, 9, 12, and 13. See Figures below.







## Cable Comparison Chart



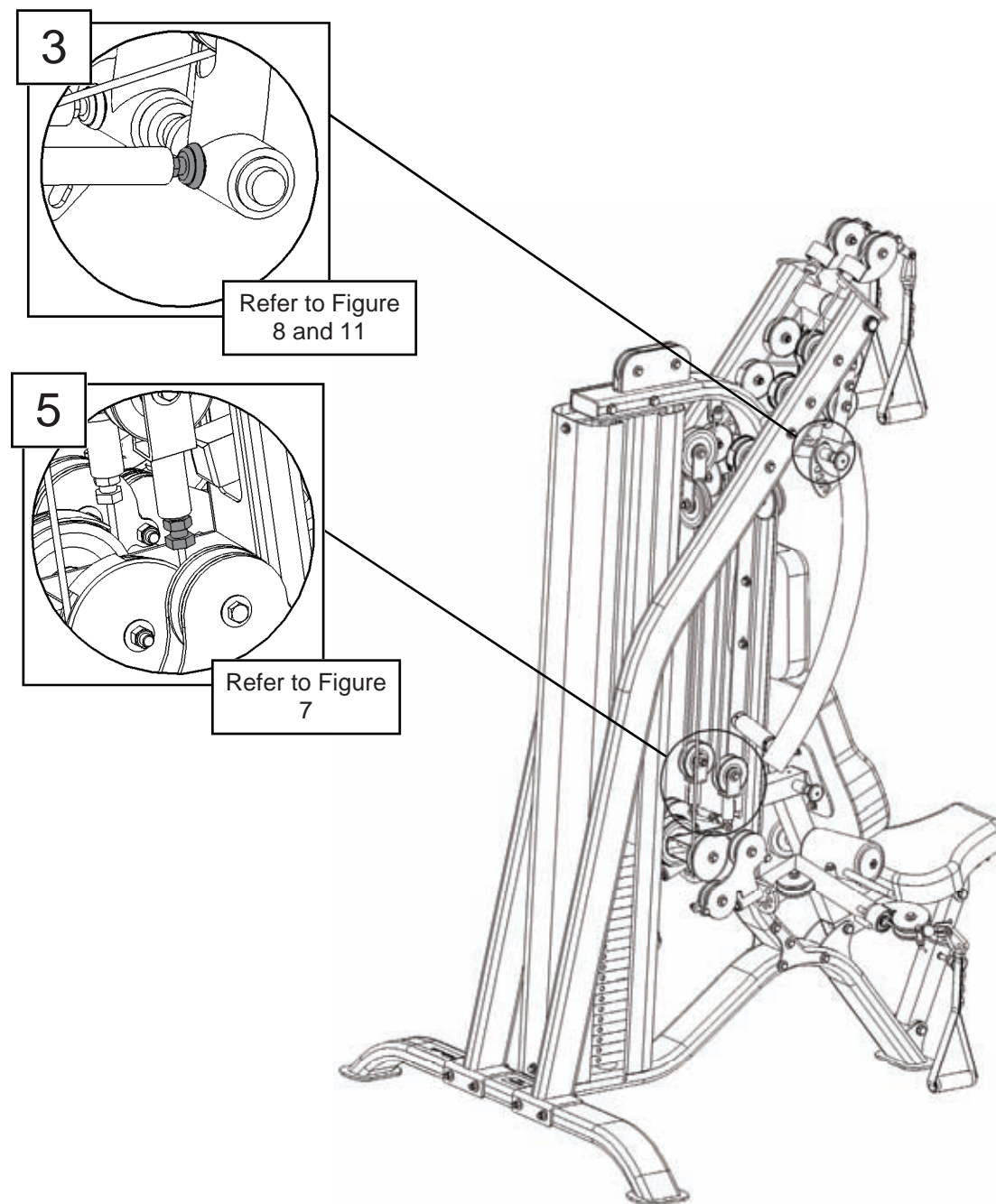
## Cables

ITEM NO.	DESCRIPTION	QTY
38	Weight Stack to Cable Tie Out	1
39	Floating Pulley Cable	1
40	Lat Pull to Cable Lockout	2
86	Lat Pull to Functional Arm	2



Note: Cables CAB-13022, CAB-13031, and CAB-13032 have removable Cable Strap (BFH- 50227) ends to make cable routing easier. The Cable Strap ends can be found packaged with the hardware.





**Note:** All levelers should have at least 1/2" of the threads threaded in to its counterpart. It is very important that the 3/8" Jam Nut be wrench tightened to the counterpart to ensure that the leveler does not back out of the counterpart.



**PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.**

### Step 1:



**Note:** For a more consistent appearance, position all bolts in the direction shown in each figure.

- All Flat Washers and Nylocks are 3/8"

**Do Not Tighten Hardware Until Next Step**

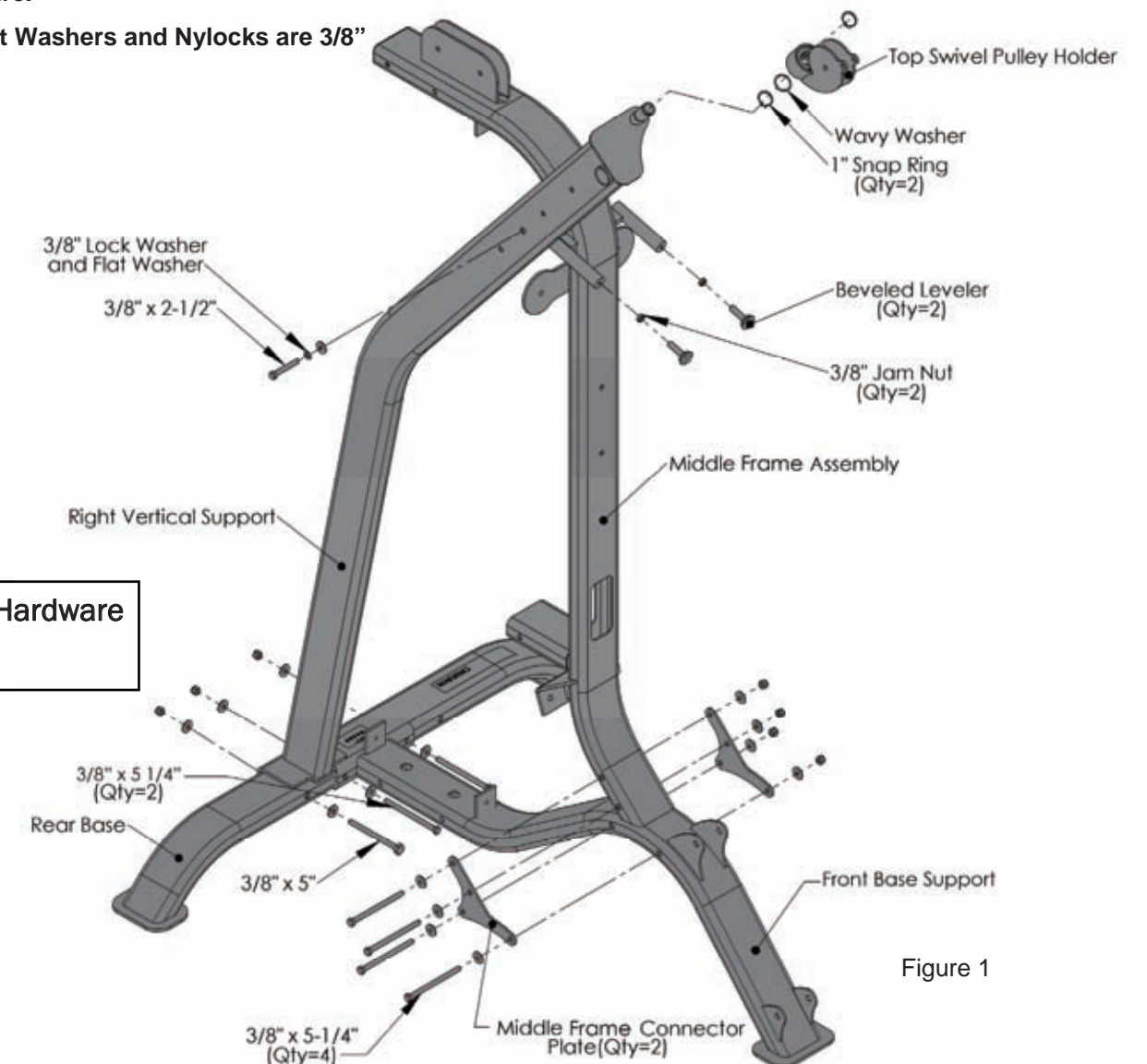
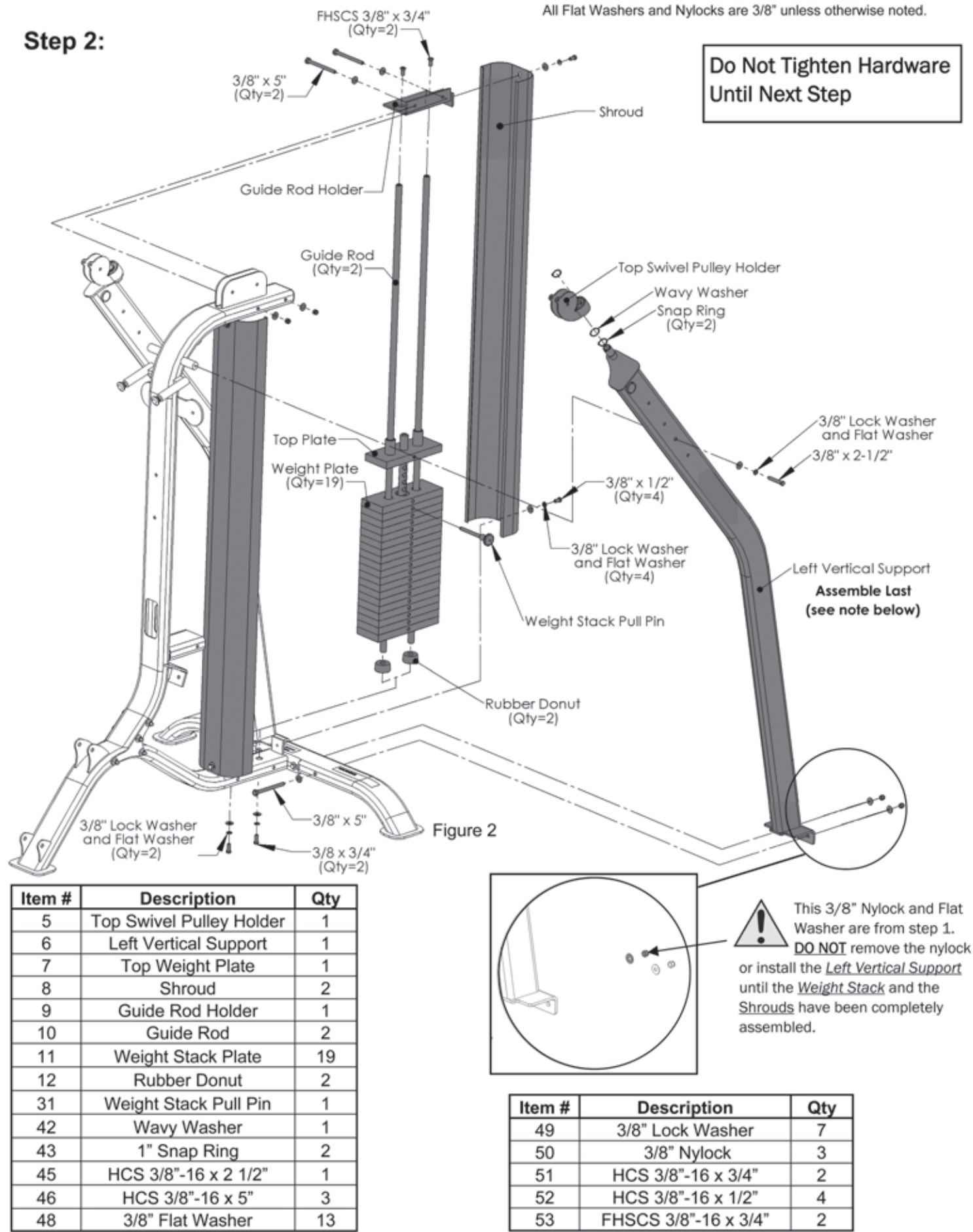


Figure 1

Item #	Description	Qty
1	Right Vertical Support	1
2	Rear Base	1
3	Middle Frame Assembly	1
4	Front Base Support	1
5	Top Swivel Pulley Holder	1
30	Middle Frame Connector Plate	2
41	Beveled Leveler	2
42	Wavy Washer	1
43	1" Snap Ring	2

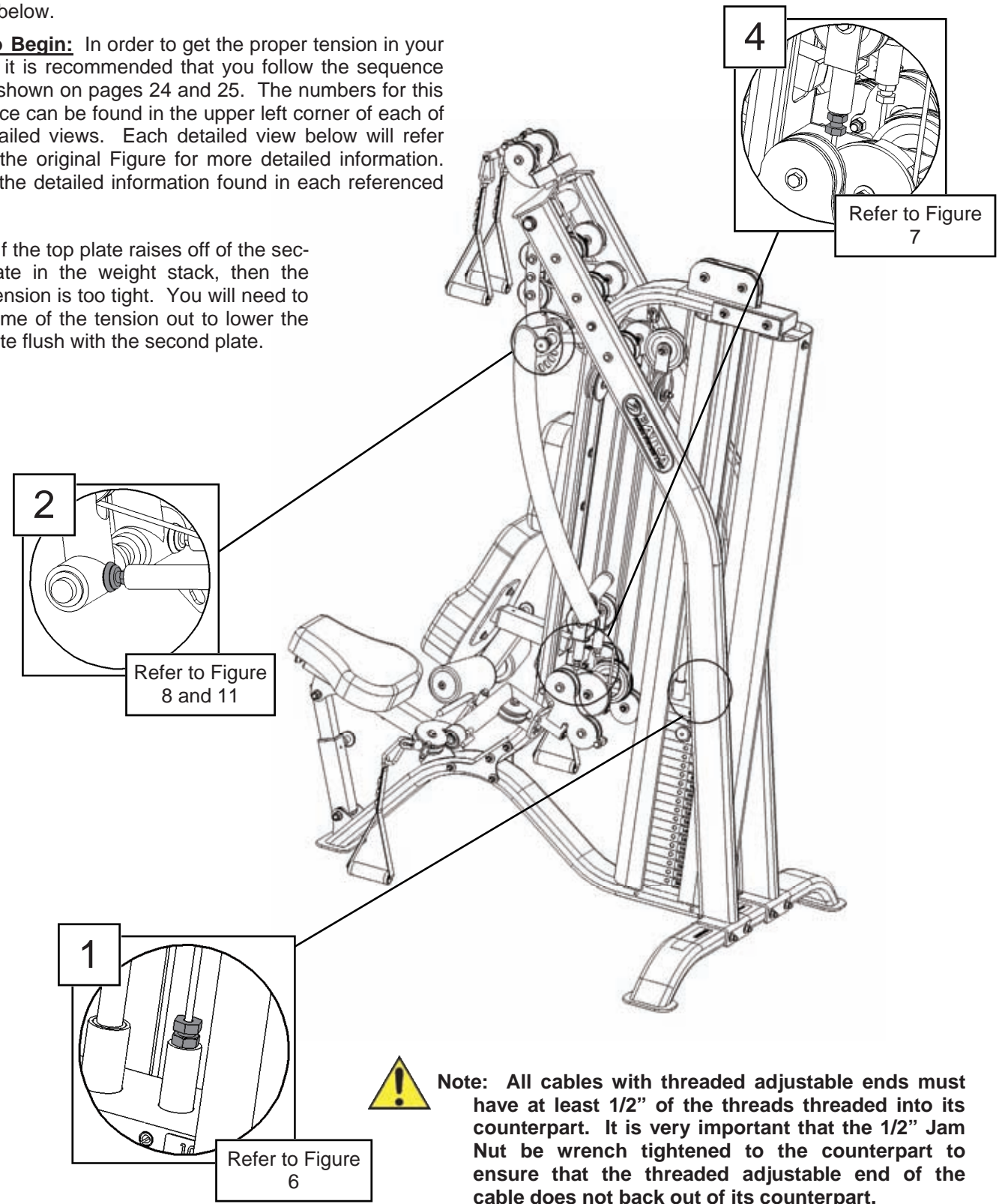
Item #	Description	Qty
44	3/8" Jam Nut	2
45	HCS 3/8"-16 x 2 1/2"	1
46	HCS 3/8"-16 x 5"	1
47	HCS 3/8"-16 x 5 1/4"	6
48	3/8" Flat Washer	15
49	3/8" Lock Washer	1
50	3/8" Nylock	7

Step 2:



## Cable Adjustments

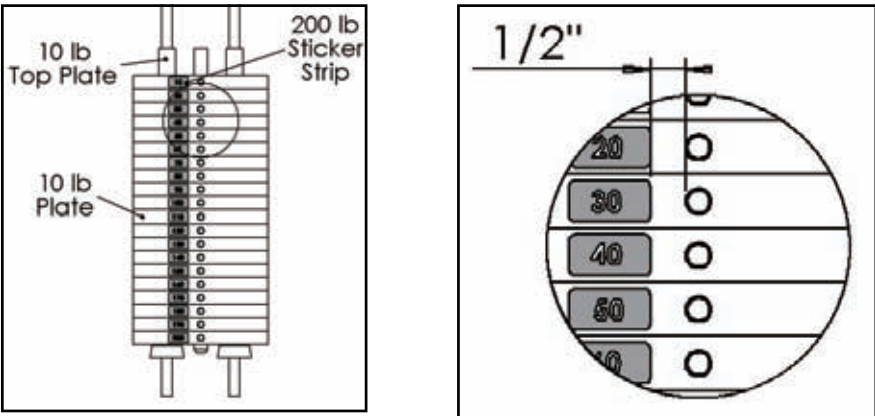
- **Adjust** cables to proper tension from any of the locations shown below.
- **How to Begin:** In order to get the proper tension in your cables, it is recommended that you follow the sequence 1-5 as shown on pages 24 and 25. The numbers for this sequence can be found in the upper left corner of each of the detailed views. Each detailed view below will refer you to the original Figure for more detailed information. Follow the detailed information found in each referenced figure.
- **Note:** If the top plate raises off of the second plate in the weight stack, then the cable tension is too tight. You will need to take some of the tension out to lower the Top plate flush with the second plate.





Step 14:

Weight Stack Decals:

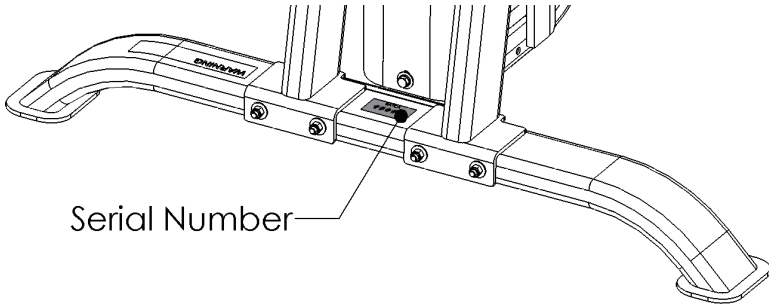


200lb Stack (Standard)

Guide Rod Lubrication:

- Clean guide rods with a lint-free cloth and apply a thin layer of silicon lubricant to each guide rod. This will ensure a glass smooth performance from your weight stack.

Serial Number:



- **Record** your serial number on the front of this manual and keep for your records. The serial number can be found on the back of the cage as seen in the figure.

Step 3:

Make Sure All Hardware Is Tightened Before Next Step.

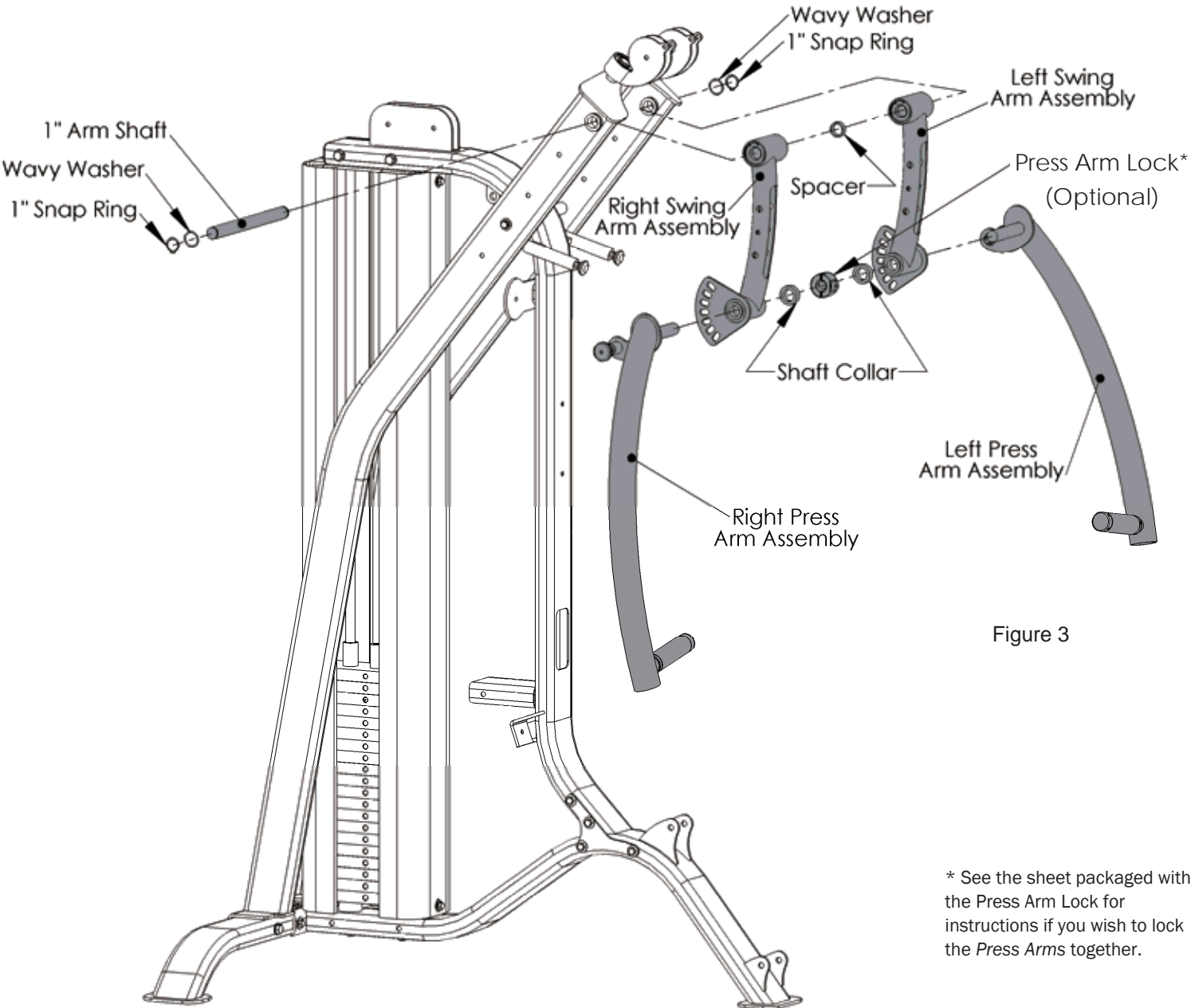


Figure 3

Item #	Description	Qty
13	Right Swing Arm Assembly	1
14	Left Swing Arm Assembly	1
15	Right Press Arm Assembly	1
16	Left Press Arm Assembly	1
17	1" Arm Shaft	1
18	Spacer	1

Item #	Description	Qty
32	Press Arm Lock (Optional)	1
42	Wavy Washer	2
43	1" Snap Ring	2
54	Shaft Collar	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.



Step 4:

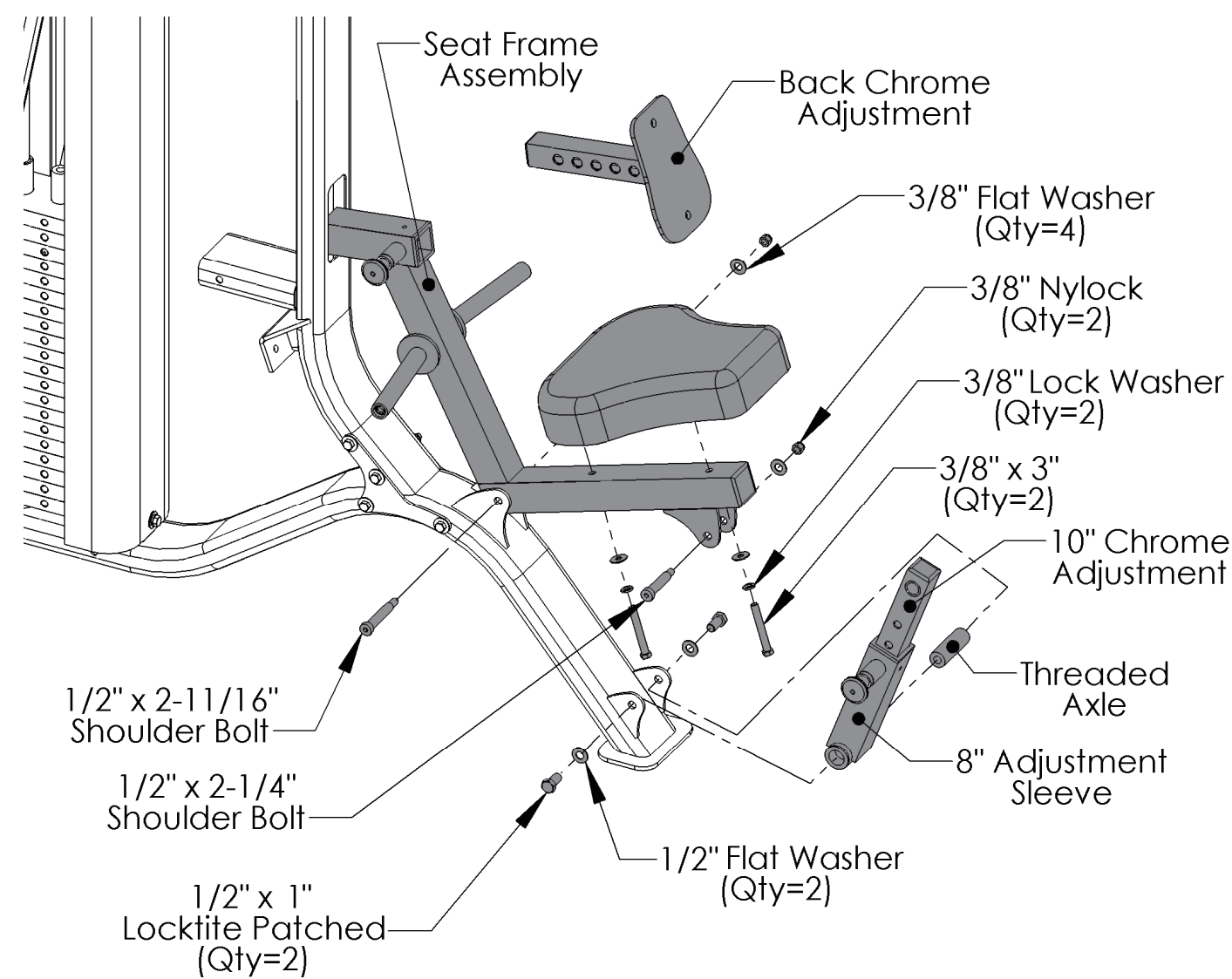



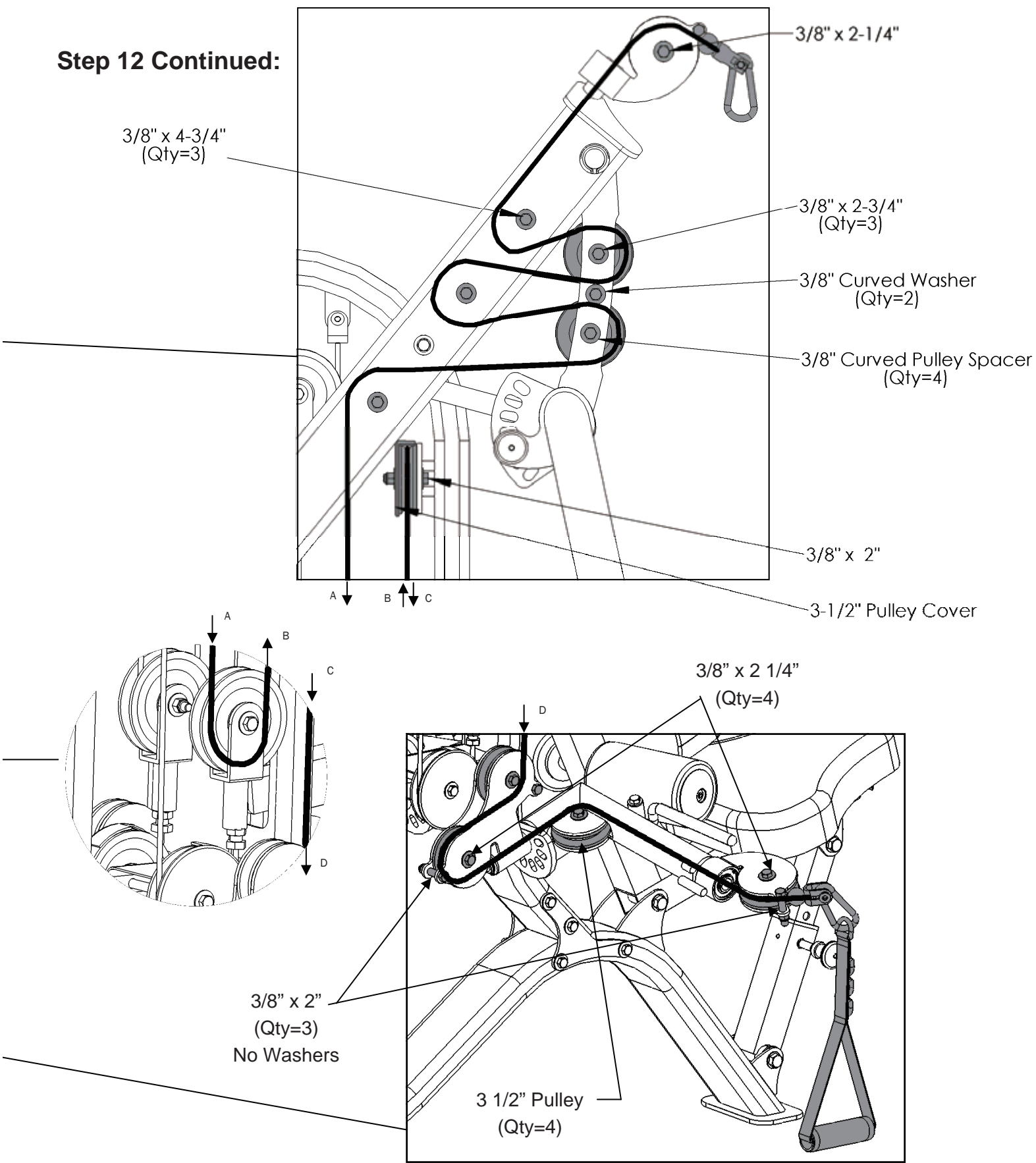
Figure 4

Item #	Description	Qty
34	Bottom Pad	1
19	Seat Frame Assembly	1
20	Back Chrome Adjustment	1
21	8" Adjustment Sleeve	1
22	10" Chrome Adjustment	1
23	Threaded Axle	1
48	3/8" Flat Washer	2
49	3/8" Lock Washer	2
55	1/2"-13 x 1" (Locktite Patched)	1
56	1/2" x 2 11/16" Shoulder Bolt	1
57	HCS 3/8"-16 x 3"	2
58	1/2" Flat Washer	2
50	3/8" Nylock X 7.2t	2
74	1/2" x 2 1/4" Shoulder Bolt	1

 **Note:** Make sure the **Bottom Pad** is bolted on before the **Seat Frame Assembly** is installed.

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 12 Continued:



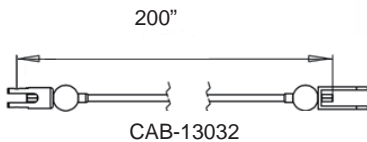
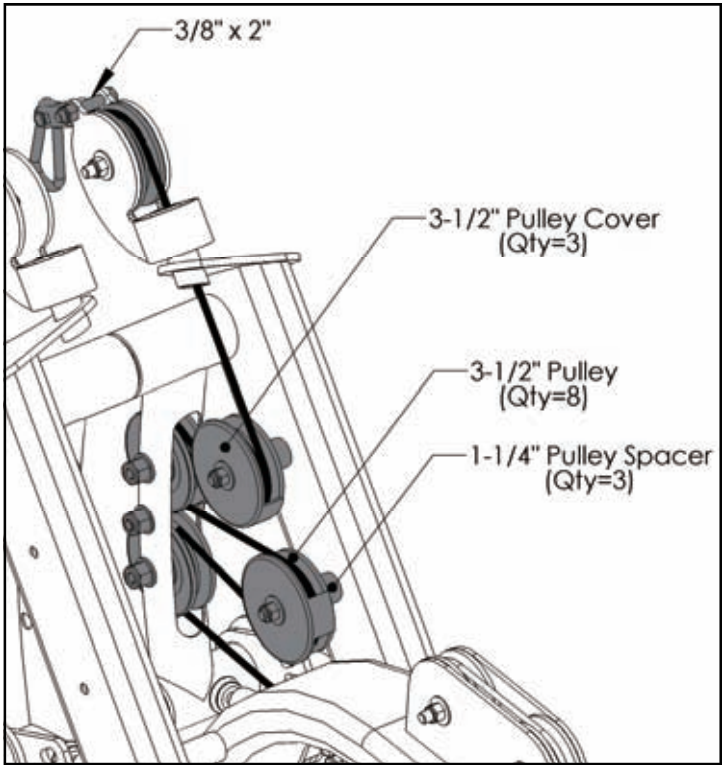
**Step 13:** Repeat for alternate side of . Use same Bill of Materials from Step 12 for Step 13. Use CAB-13032, Lat Pull to Functional Arm.

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 12:



Note: Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment.



Item #	Description	Qty
28	1 1/4" Spacer	3
29	3 1/2" Pulley Cover	4
33	Strap Handle	2
86	Lat Pull to Functional Arm	1
48	3/8" Flat Washer	18
50	3/8" Nylock	16
61	3 1/2" Pulley	11
65	HCS 3/8"-16 X 2 1/4"	5
66	3/8" Curved Washer	2
67	1/2" Curved Pulley Spacer	4
68	HCS 3/8"-16 X 2"	5
69	HCS-3/8"-16 x 2-3/4"	3
70	HCS 3/8"-16 X 4 3/4"	3

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 5:



NOTE: If Functional Arm Option is purchased then skip this step

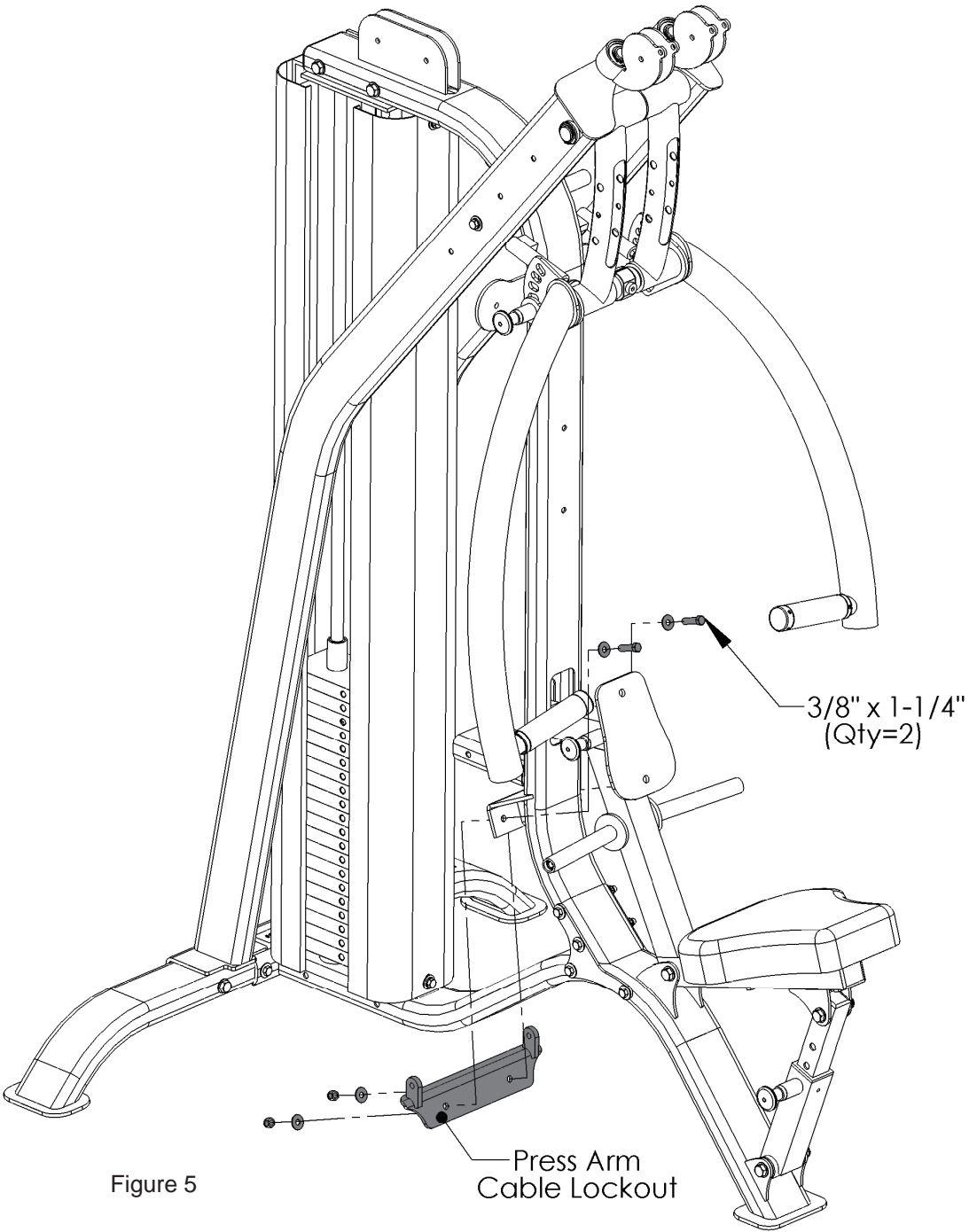


Figure 5


Item #	Description	Qty
24	Press Arm Cable Lockout	1
48	3/8" Flat Washer	4
50	3/8" Nylock	2
60	HCS 3/8"-16 x 1 1/4"	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.



# Cable Routing

Step 6:

 Note: Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment.

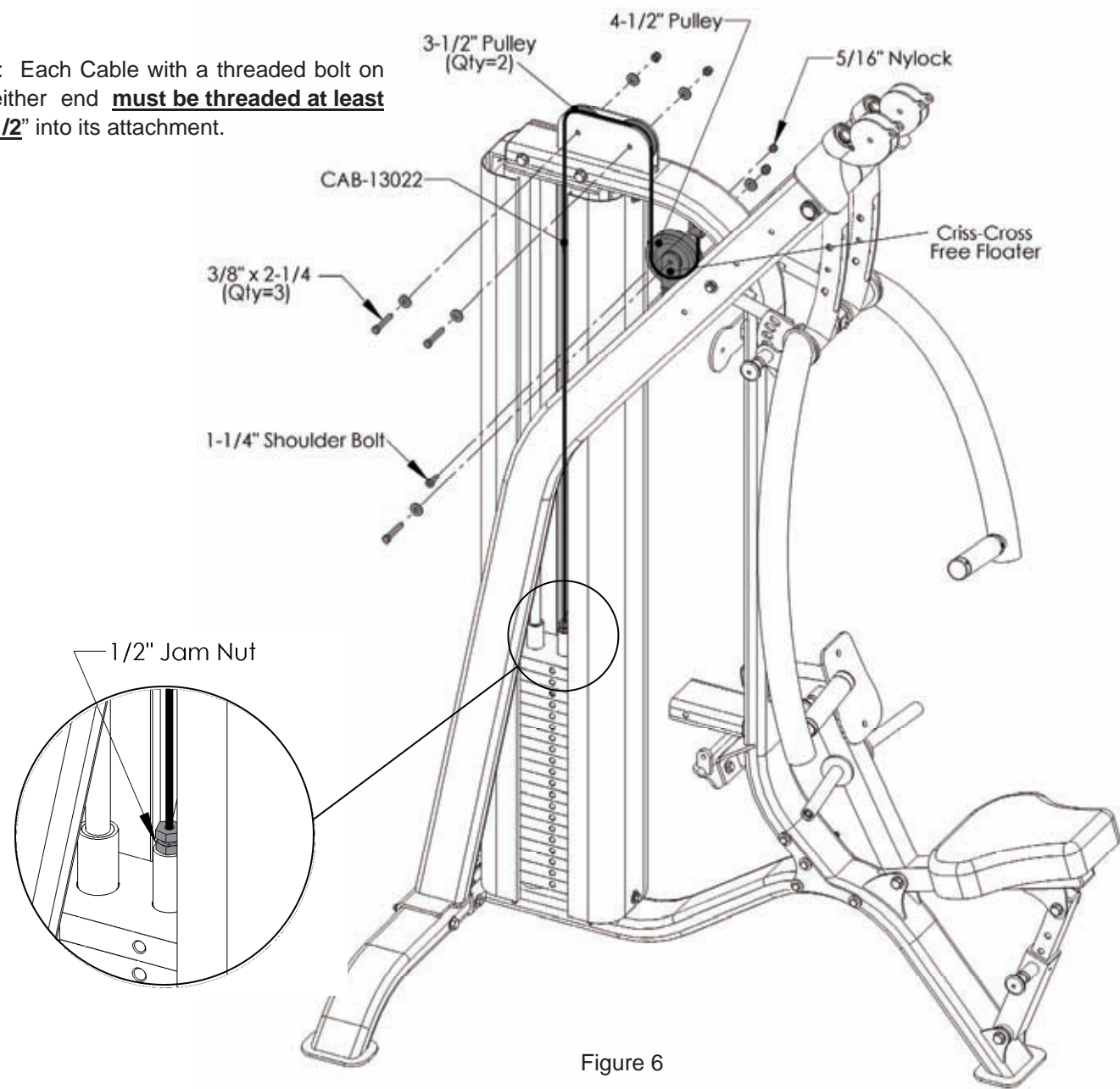
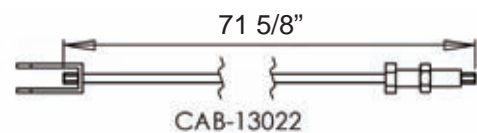


Figure 6



Item #	Description	Qty
25	Criss-Cross Free Floater	1
38	Weight Stack to Cable Tie Out	1
48	3/8" Flat Washer	6
50	3/8" Nylock	3
61	3 1/2" Pulley	2
62	4 1/2" Pulley	1
63	1 1/4" Shoulder Bolt	1
64	5/16" Nylock	1
65	HCS 3/8"-16 x 2 1/4"	3

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

# Functional Arm Option

Step 11:

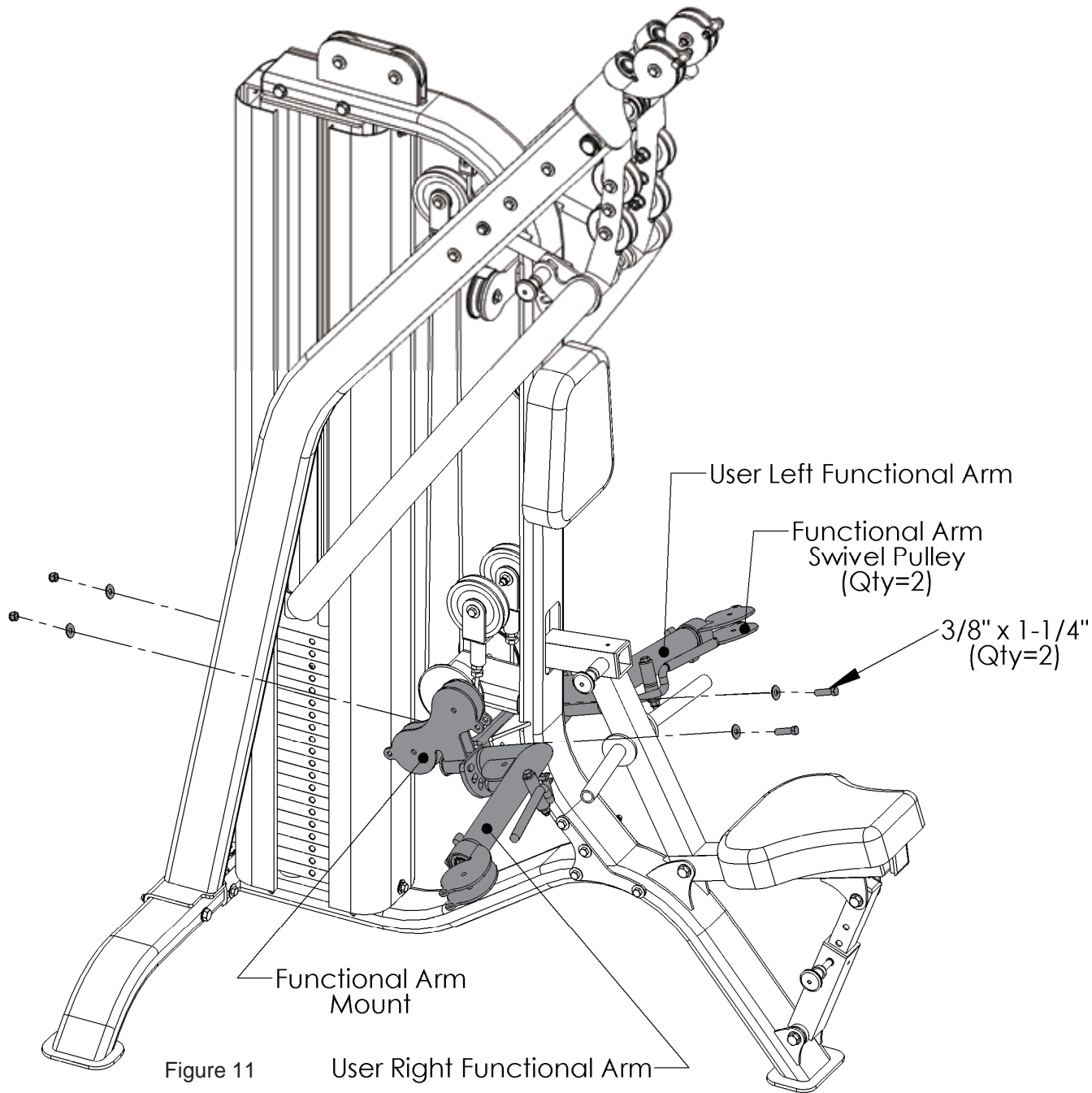


Figure 11

Item #	Description	Qty
74	Functional Arm Mount	1
75	User Right Functional Arm	1
76	User Left Functional Arm	1
77	Functional Arm Swivel Pulley	2
48	3/8" Flat Washer	4
50	3/8" Nylock	2
60	HCS 3/8"-16 x 1 1/4"	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.



Step 10:

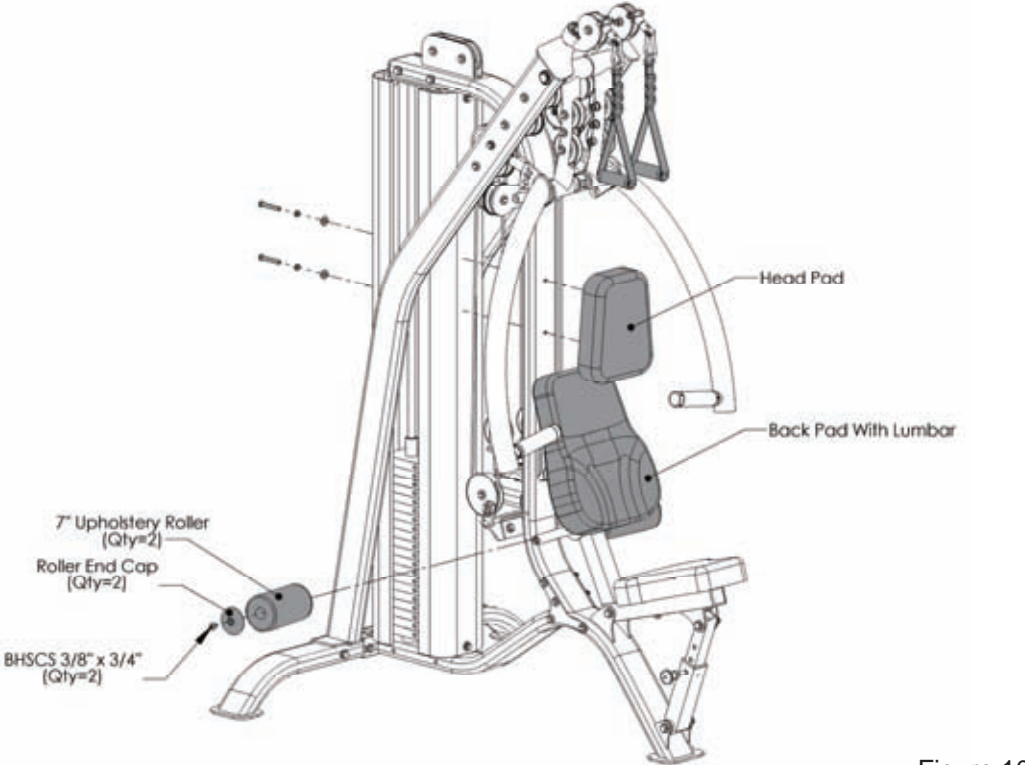
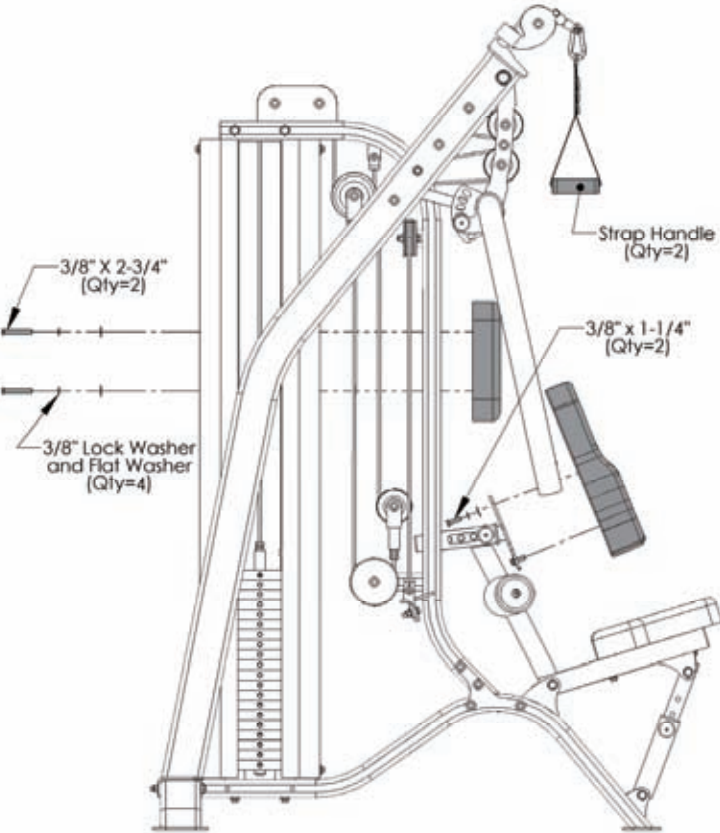


Figure 10



Item #	Description	Qty
33	Strap Handle	2
35	Head Pad	1
36	Back Pad With Lumbar	1
37	7" Upholstery Roller	2
48	3/8" Flat Washer	4

Item #	Description	Qty
49	3/8" Lock Washer	4
60	HCS 3/8"-16 x 1 1/4"	2
69	HCS 3/8"-16 x 2 3/4"	2
71	Roller End Cap	2
72	BHSCS 3/8"-16 x 3/4"	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Step 7:

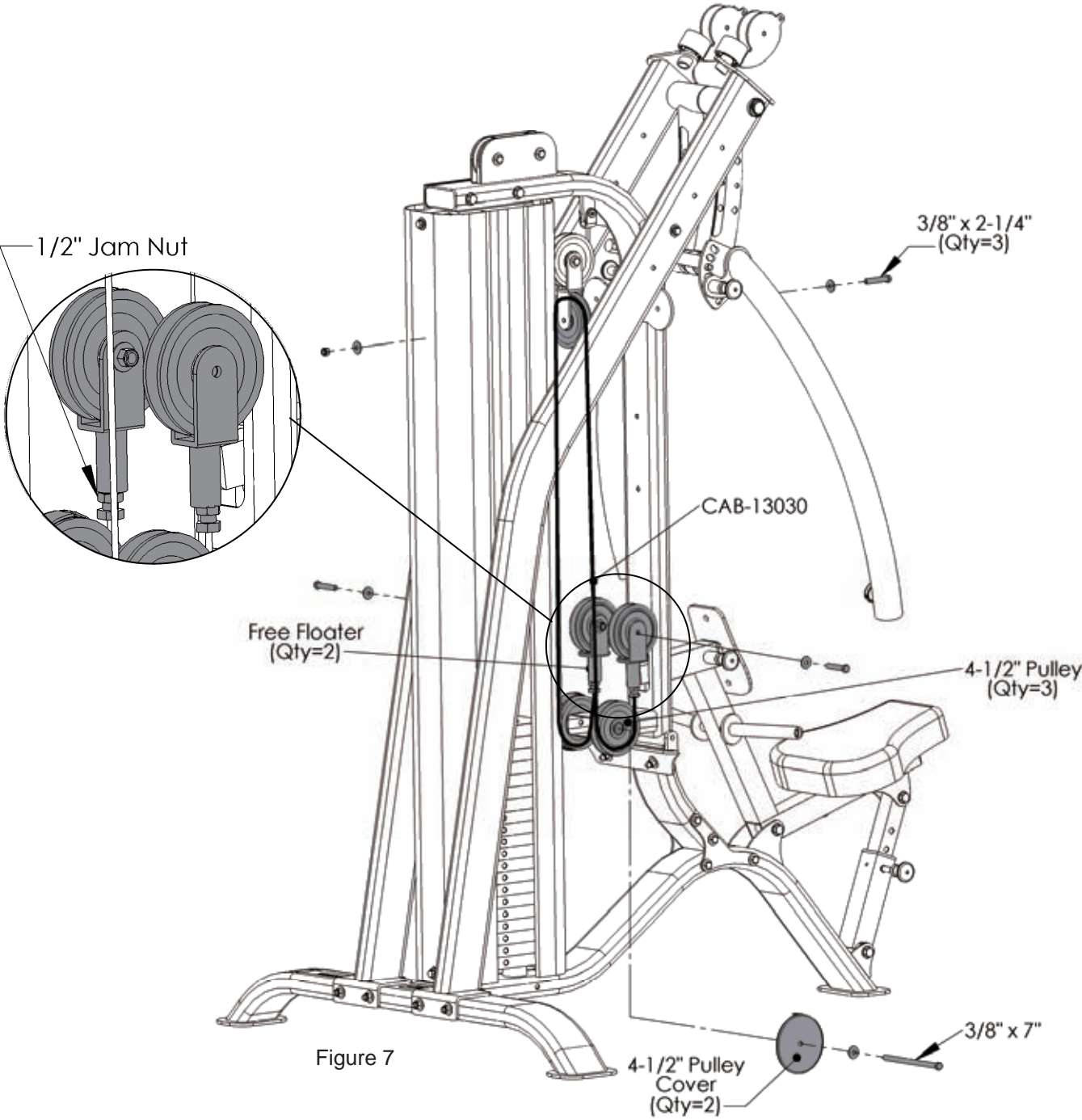
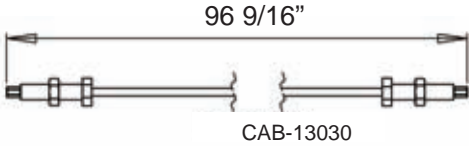


Figure 7



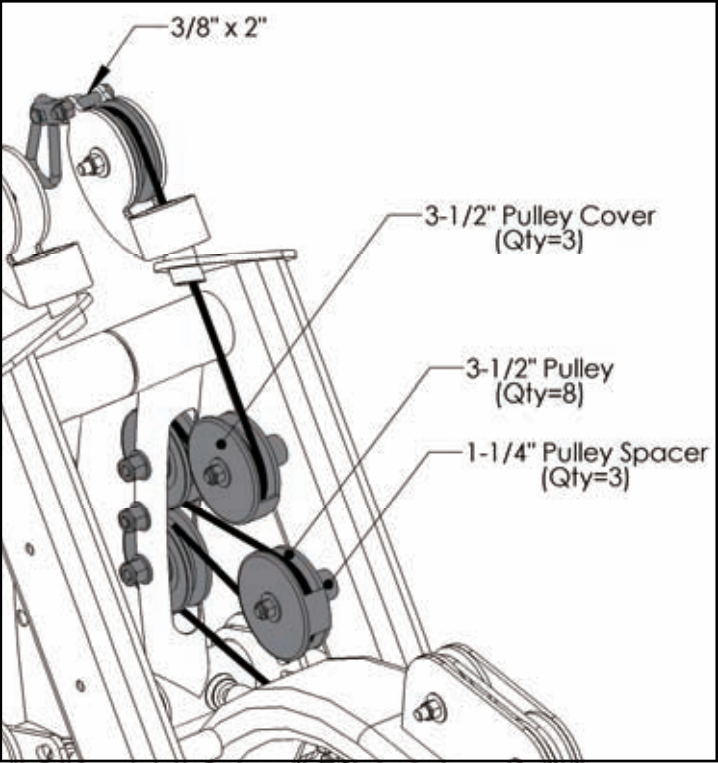
Item #	Description	Qty
26	Free Floater	2
27	4 1/2" Pulley Cover	2
39	Floating Pulley Cable	1
45	HCS 3/8"-16 x 2 1/4"	3
48	3/8" Flat Washer	8
50	3/8" Nylock	4
62	4 1/2" Pulley	5
73	HCS 3/8"-16 x 7"	1

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

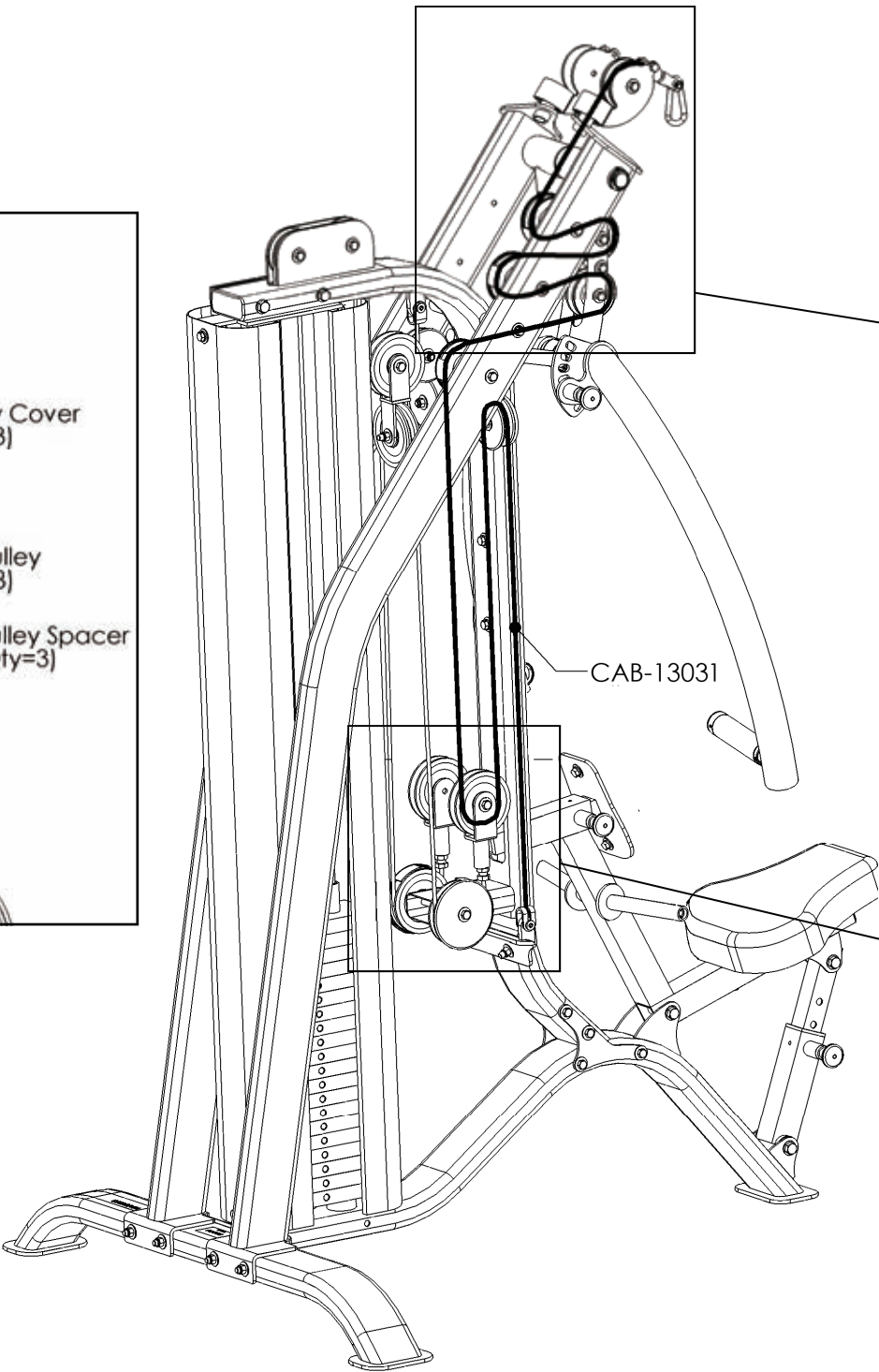
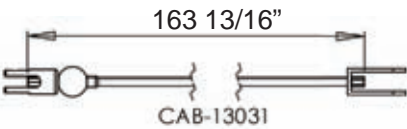
Step 8:



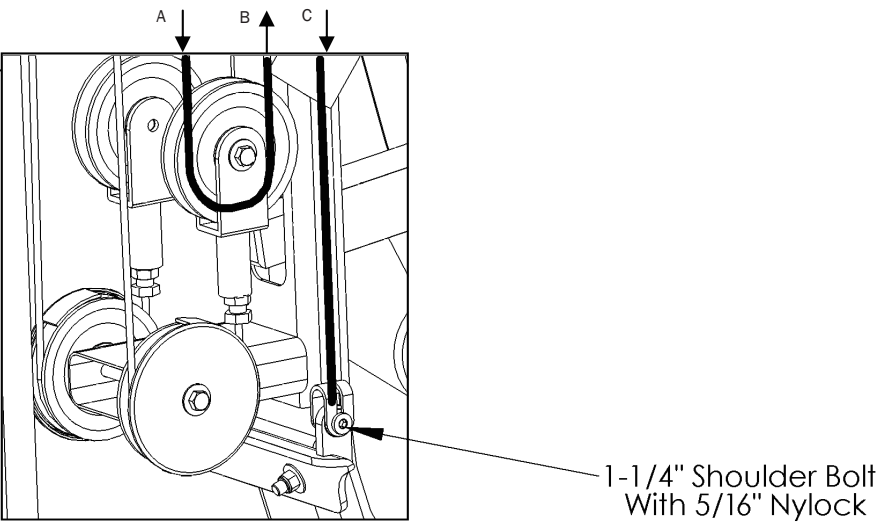
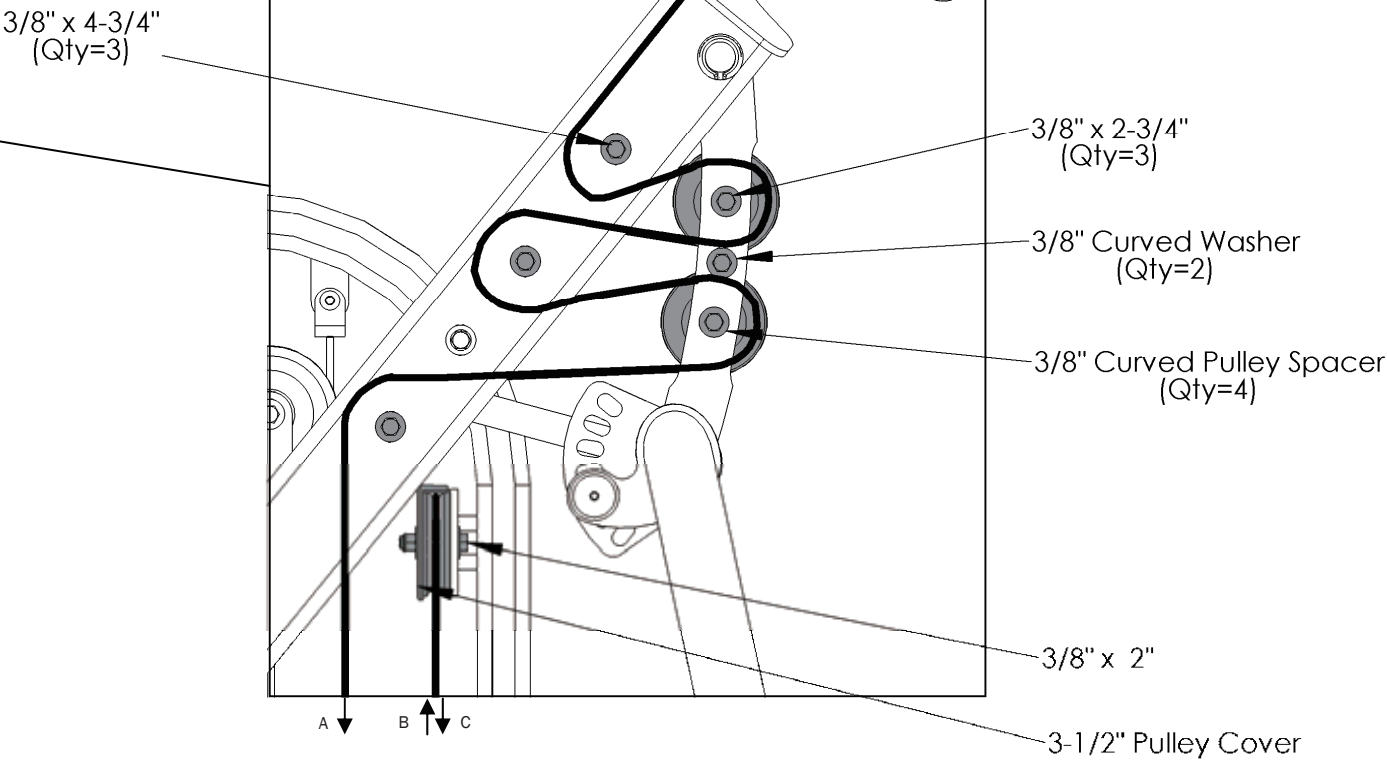
Note: If Functional Arm Option is purchased skip this step



Note: Each Cable with a threaded bolt on either end **must be threaded at least 1/2"** into its attachment.



Step 8 Continued:



All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Description	Qty
40	Lat Pull to Cable Lockout	1
28	1 1/4" Pulley Spacer	3
29	3 1/2" Pulley Cover	4
48	3/8" Flat Washer	10
50	3/8" Nylock	9
61	3 1/2" Pulley	7
63	1 1/4" Shoulder Bolt	1

Item #	Description	Qty
64	5/16" Nylock	1
66	3/8" Curved Washer	2
67	3/8" Curved Pulley Spacer	4
68	HCS 3/8"-16 x 2"	2
69	HCS 3/8"-16 x 2 3/4"	3
65	HCS 3/8"-16 x 2 1/4"	1
70	HCS 3/8"-16 x 4 3/4"	3

**Step 9:** Repeat for alternate side of . Use same Bill of Materials from Step 8 for Step 9. Use CAB-13031, Lat Pull to Cable Lockout.

All Flat Washers and Nylocks are 3/8" unless otherwise noted.