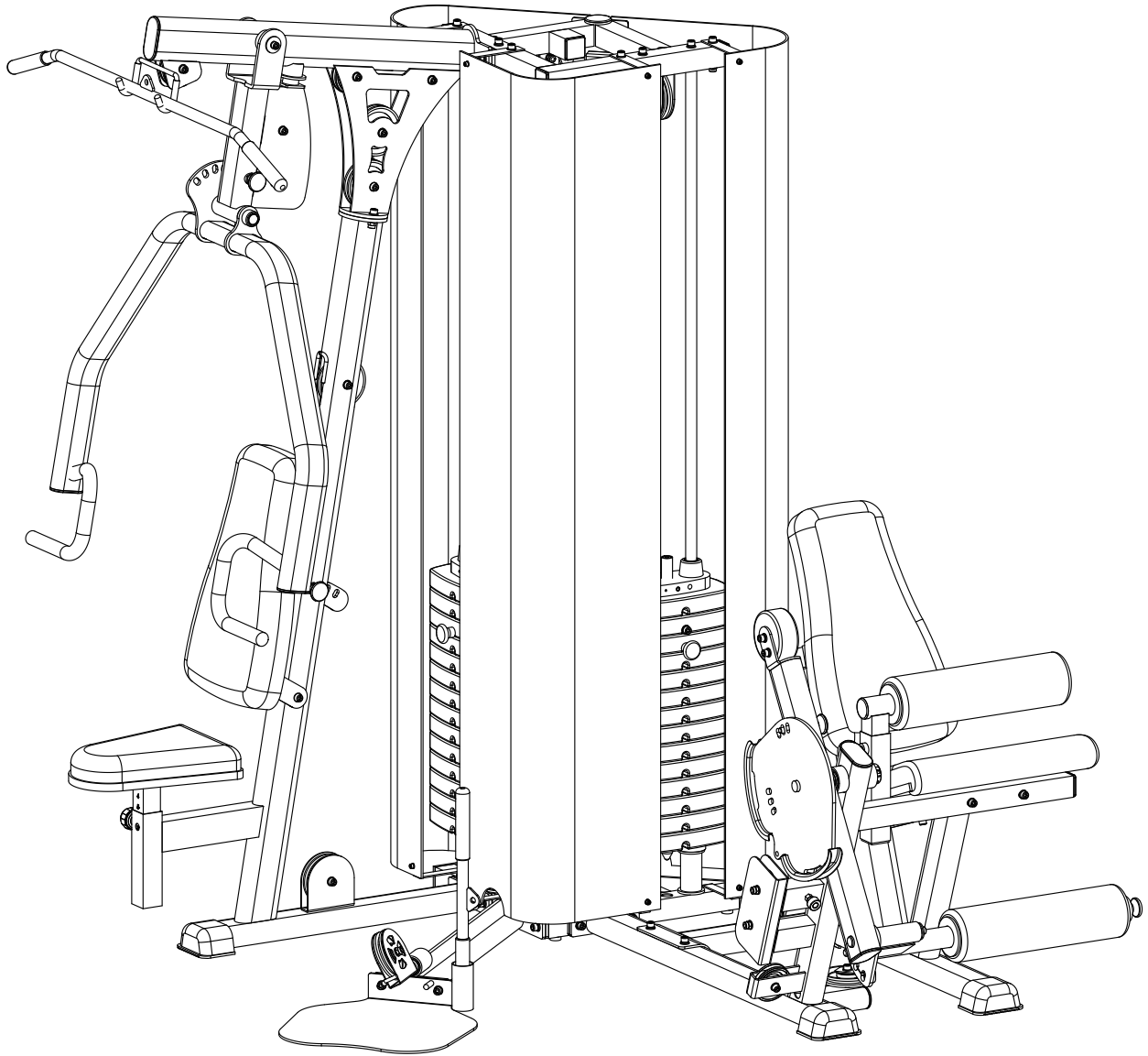


Metagenics Fitness Inc. MS-42 Multi station (4 stations / 2 stacks)



MS-32/FIT2000 and MS-42/FIT3000

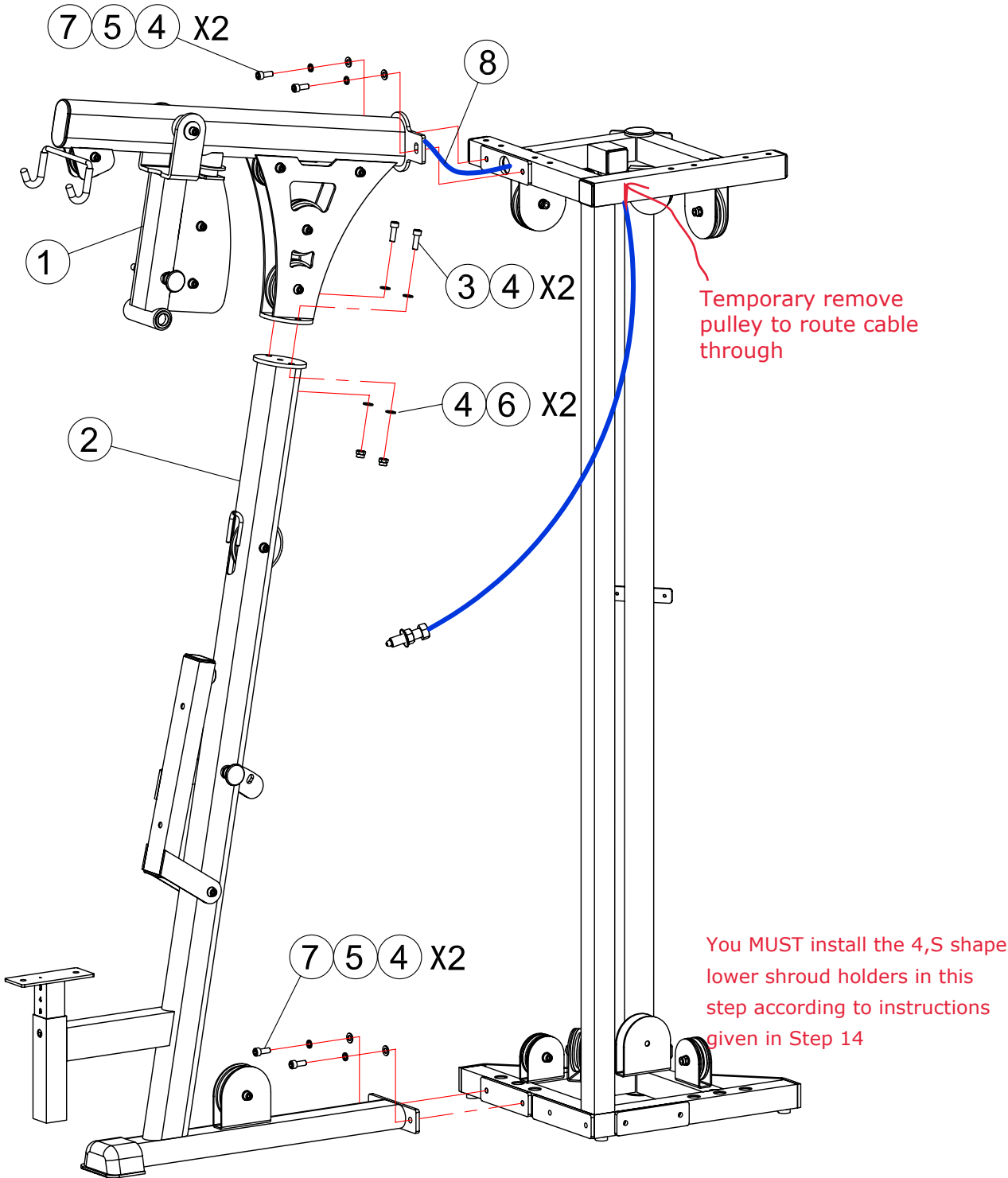
ASSEMBLY MANUAL

VER20111226

STEP 1: ASSEMBLE THE CHEST PRESS

ITEM	DESCRIPTION	QTY
1	ASSY,CHEST PRESS TOP FRAME	1
2	ASSY,CHEST PRESS UPRIGHT FRAME	1
3	BOLT,SHCS,M10×30	2
4	WASHER, FLAT,M10	8
5	WASHER, LOCK,M10	4
6	LOCK NUT, M10	2
7	BOLT,SHCS,M10×25	4
8	CHEST PRESS CABLE (1# cable)	1

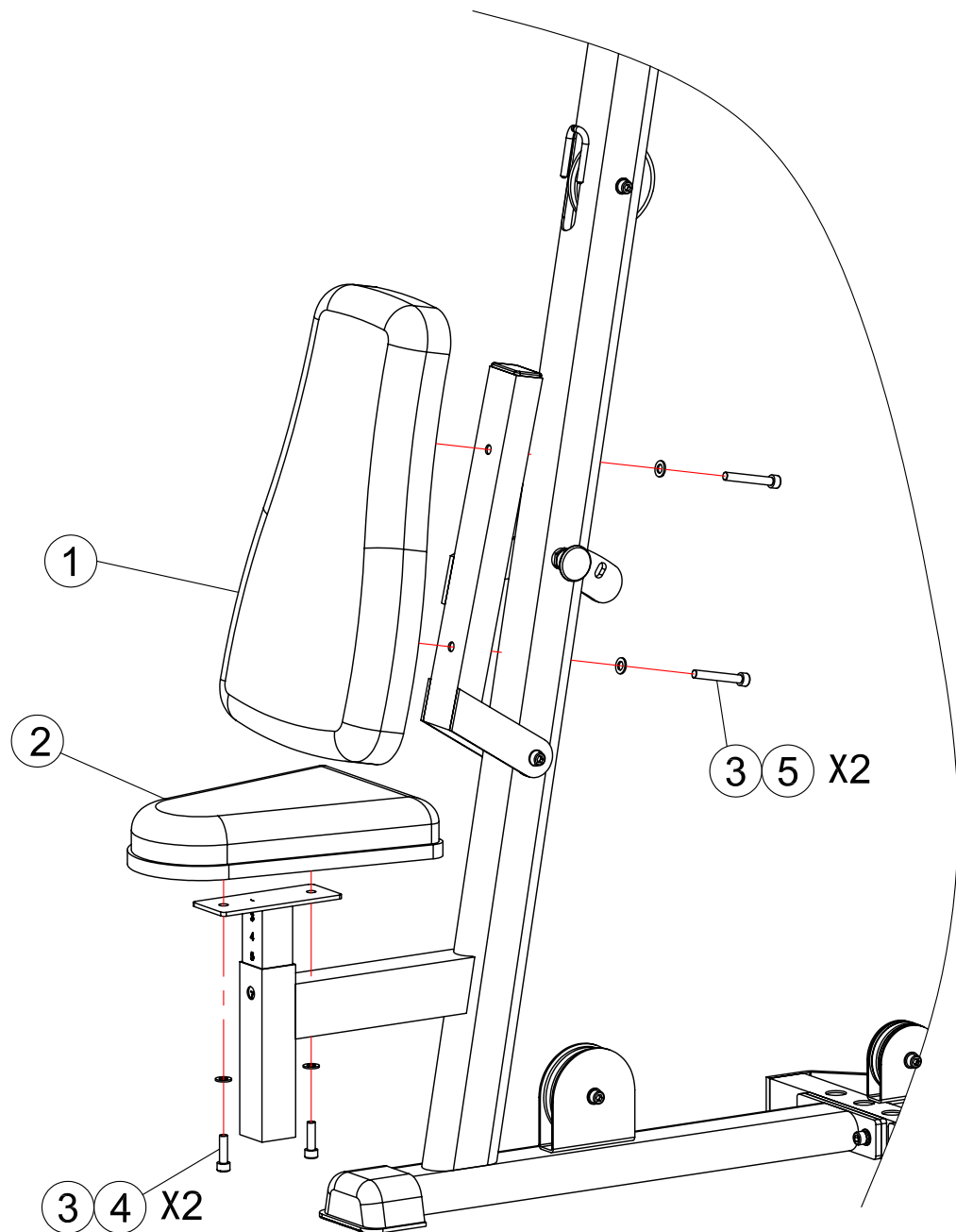
- 1 Insert 1# cable from chest press top frame into upright frame as shown.(Cable routing detail see page 10)
- 2 Loosely assemble all hardware shown in this step.
- 3 After aligning all component edges and surfaces, tighten the hardware.



STEP 2: ASSEMBLE THE PADS

ITEM	DESCRIPTION	QTY
1	BACK PAD	1
2	SEAT PAD	1
3	WASHER, FLAT, M10	4
4	BOLT, SHCS, M10 × 35	2
5	BOLT, SHCS, M10 × 70	2

- 1 Loosely assemble all hardware shown in this step.
- 2 After aligning all component edges and surfaces, tighten the hardware.

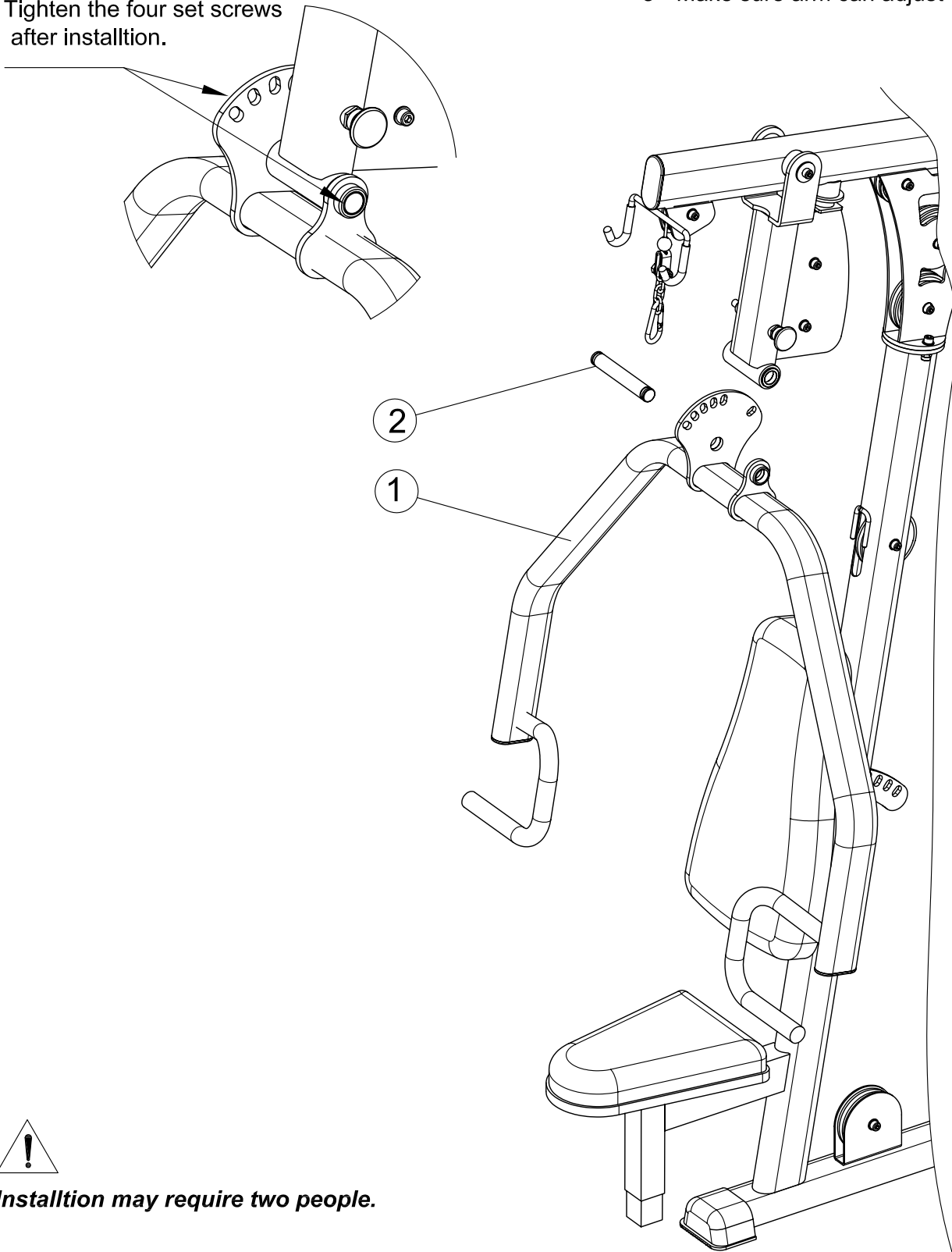


STEP 3: ASSEMBLE THE PRESS ARM

ITEM	DESCRIPTION	QTY
1	ASSY, PRESS ARM	1
2	AXLE, PRESS ARM	1

- 1 Insert the axle from either side of the machine. You may need a rubber mallet to install the axle.
- 2 After the axle is installed, tighten the four set screws on the press arm assembly.
- 3 Make sure arm can adjust easily.

Tighten the four set screws after installation.

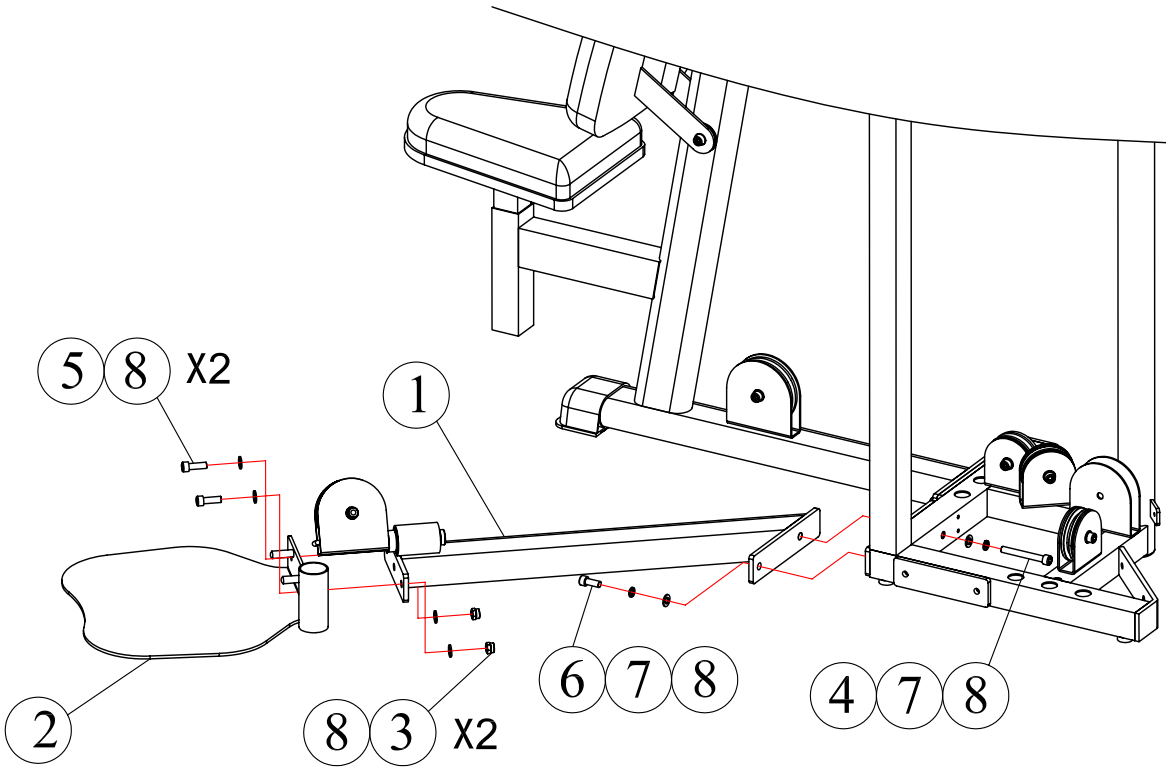


Installation may require two people.

STEP 4: ASSEMBLE THE LOW PULLEY

ITEM	DESCRIPTION	QTY
1	ASSY, LOW PULLEY	1
2	ASSY, LOW PULLEY FOOT PLATE	1
3	LOCK NUT, M10	2
4	BOLT, SHCS, M10×80	1
5	BOLT, SHCS, M10×30	2
6	BOLT, SHCS, M10×25	1
7	WASHER, LOCK, M10	2
8	WASHER, FLAT, M10	6

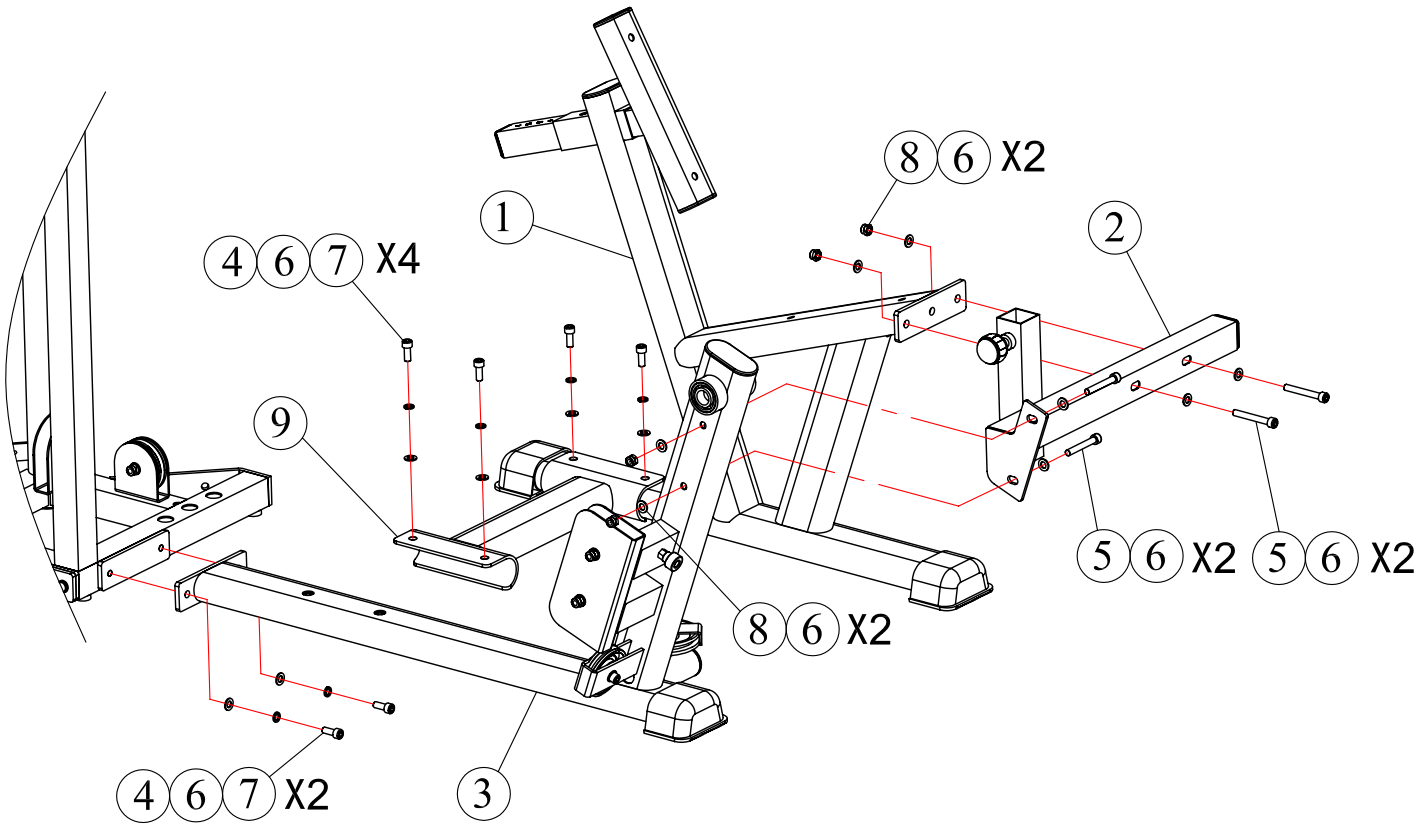
- 1 Loosely assemble all hardware shown in this step.
- 2 After aligning all component edges and surfaces, tighten the hardware.



STEP 5: ASSEMBLE THE LEG EXT/ CURL MAIN FRAME

ITEM	DESCRIPTION	QTY
1	ASSY, LEG STATION MAIN FRAME	1
2	LEG STATION LINKAGE	1
3	ASSY, LEG STATION SIDE FRAME	1
4	BOLT, SHCS, M10×25	6
5	BOLT, SHCS, M10×70	4
6	WASHER, FLAT, M10	14
7	WASHER, LOCK, M10	6
8	LOCK NUT, M10	4
9	LEG STATION ATTACH	1

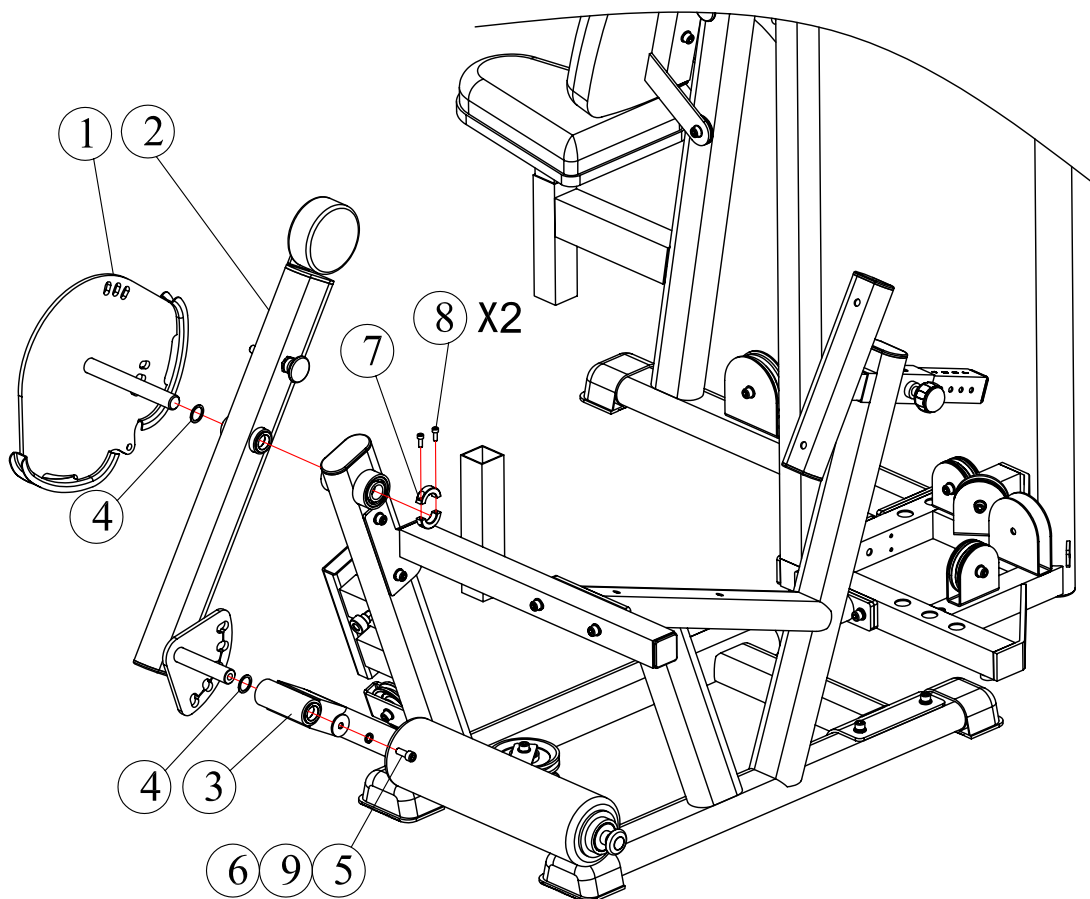
- 1 Loosely assemble all hardware shown in this step.
- 2 After aligning all component edges and surfaces, tighten the hardware.



STEP 6: ASSEMBLE THE ARM

ITEM	DESCRIPTION	QTY
1	ADJUSTMENT CAM , AXLE ASSY	1
2	ASSY, ADJUSTMENT ARM	1
3	ASSY, ANKLE PAD FRAME	1
4	WHITE WASHER	2
5	CHROME WASHER, Ø38 OD., Ø11 ID.	1
6	BOLT, SHCS, M10 × 25	1
7	Ø25MM THREADED COLLAR	1
8	BOLT, SHCS, M6 × 16	2
9	WASHER, LOCK, M10	1

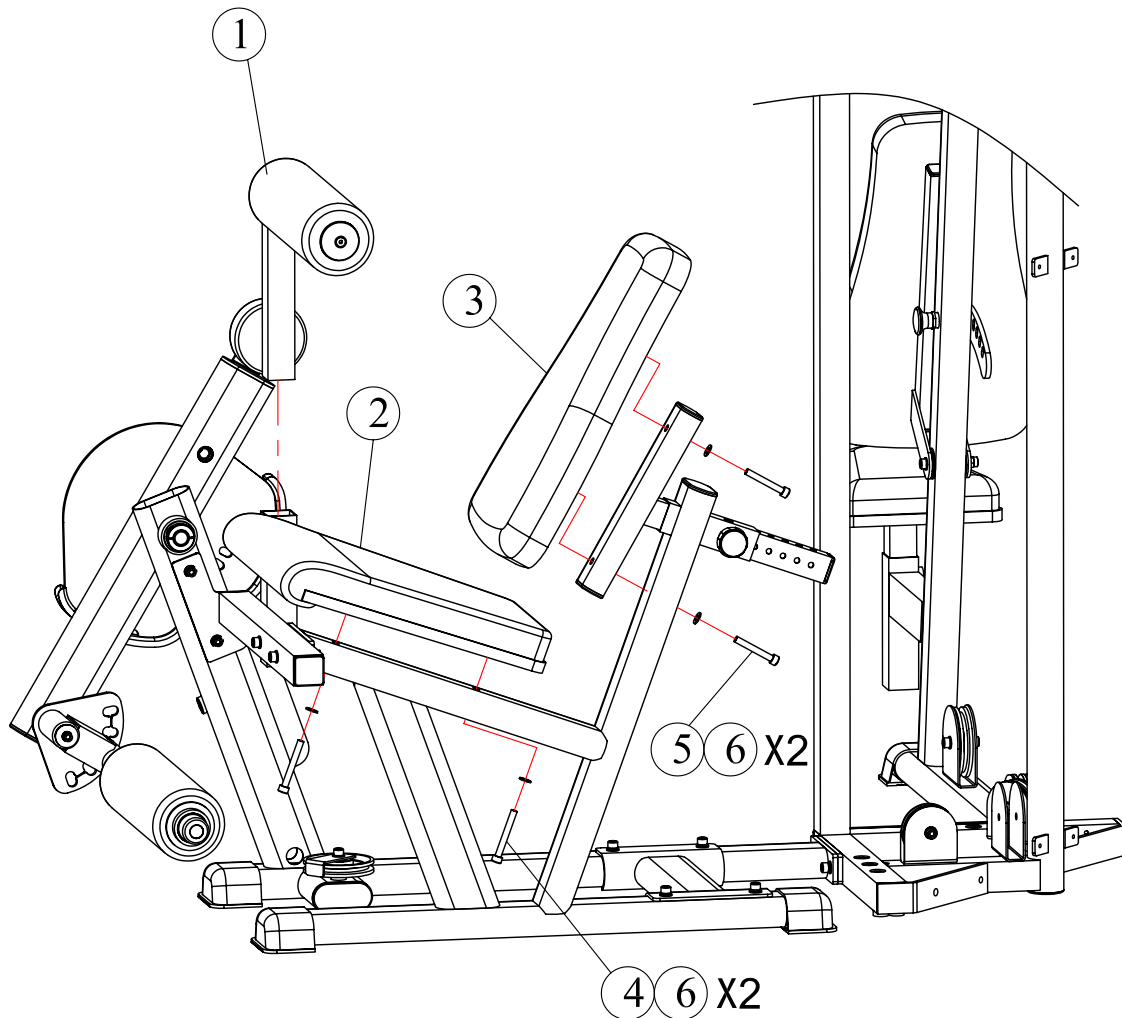
- 1 Assemble the adjustment cam and the adjustable arm as shown.
- 2 Secure the components in place using the Ø25mm threaded collar. Tighten the collar enough so that the cam and arm can move freely and independently from each other. Then tighten the screw in collar.
- 3 Assemble the ankle pad frame as shown. Be sure the pad frame can rotate freely. Then tighten the screw.



STEP 7: ASSEMBLE THE PAD

ITEM	DESCRIPTION	QTY
1	ASSY, THIGH PAD FRAME	1
2	SEAT PAD	1
3	BACK PAD	1
4	BOLT, SHCS, M10×80	2
5	BOLT, SHCS, M10×70	2
6	WASHER, FLAT, M10	4

- 1 Assemble the thigh pad as shown.
- 2 Assemble the seat pad and back pad as shown. Tighten all the hardware.

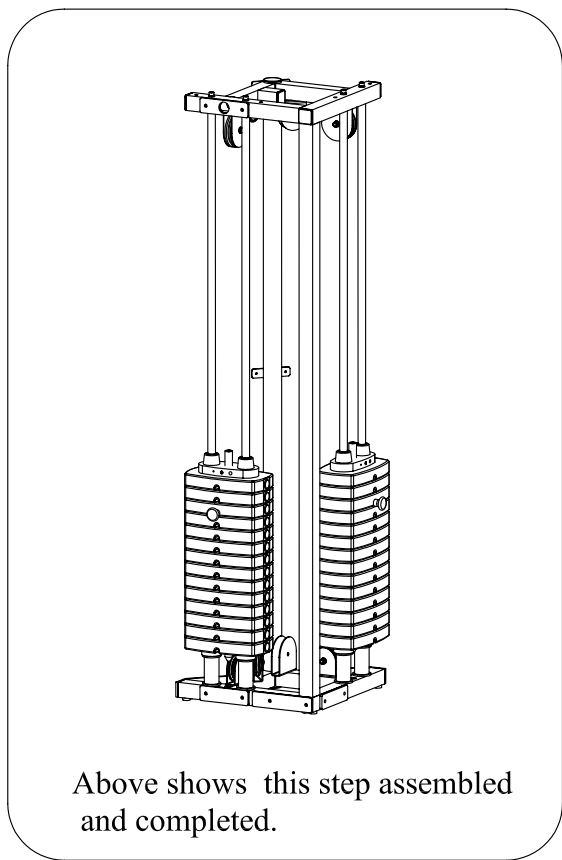


STEP 8:INSTALL WEIGHT STACK

ITEM	DESCRIPTION	QTY
1	ASSY,UPRIGHT FRAME	1
2	GUIDE ROD	4
3	SHORT TUBE WELDMNT	4
4	RUBBER DONUT	4
5	5Kg WEIGHT PLATE	28
6	ASSY, TOP WEIGHT	2
7	SELECTOR PINS	2
8	BOLT, SHCS, M10 × 70	4
9	WASHER, LOCK, M10	4
10	WASHER, FLAT, M10	4

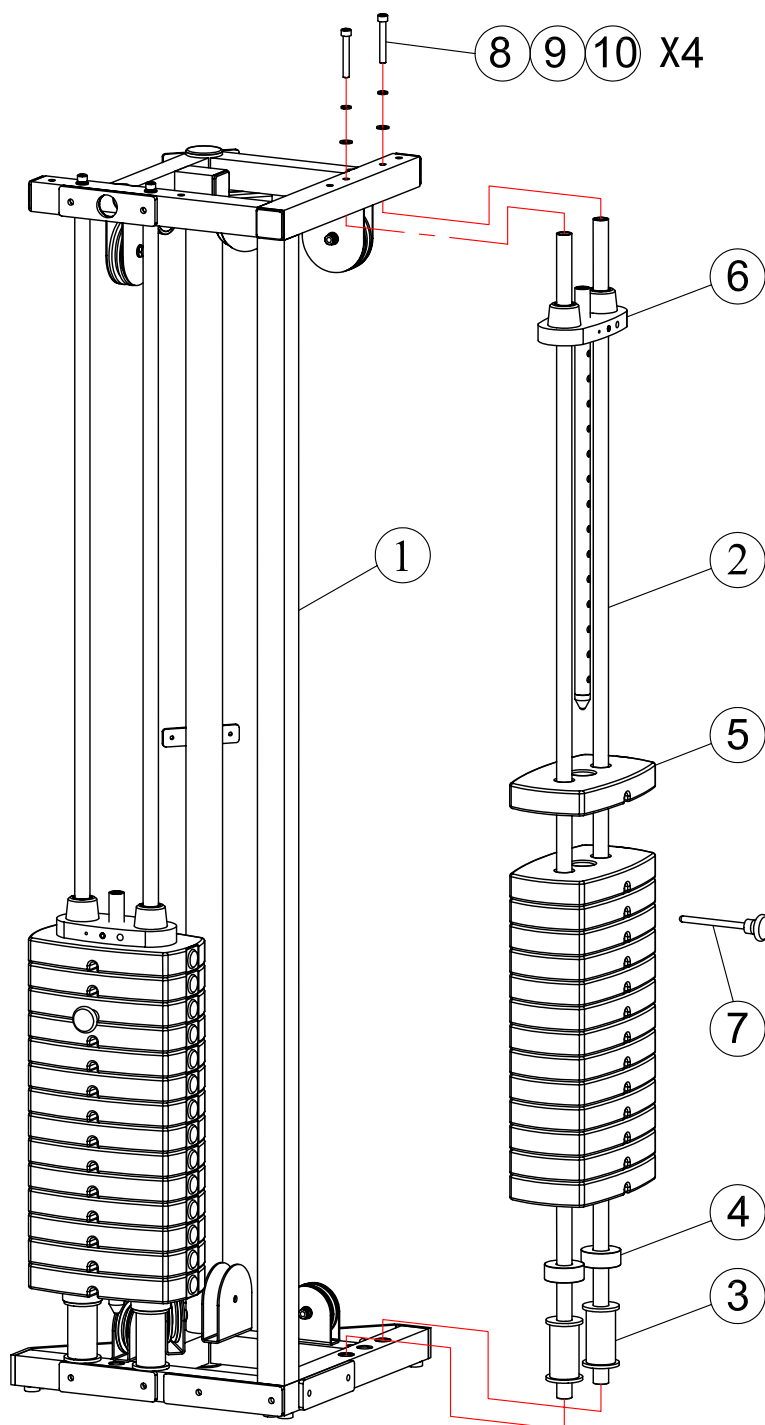
optional:
10 Lb iron weight plate × 38piece

There are 19 iron plates per column + top plate (6)



Installation may require two people.

- 1 Insert the guide rod through both short tube and rubber donut. Then insert top weight through both guide rod.
- 2 After aligning all component edges and surfaces, tighten the hardware.

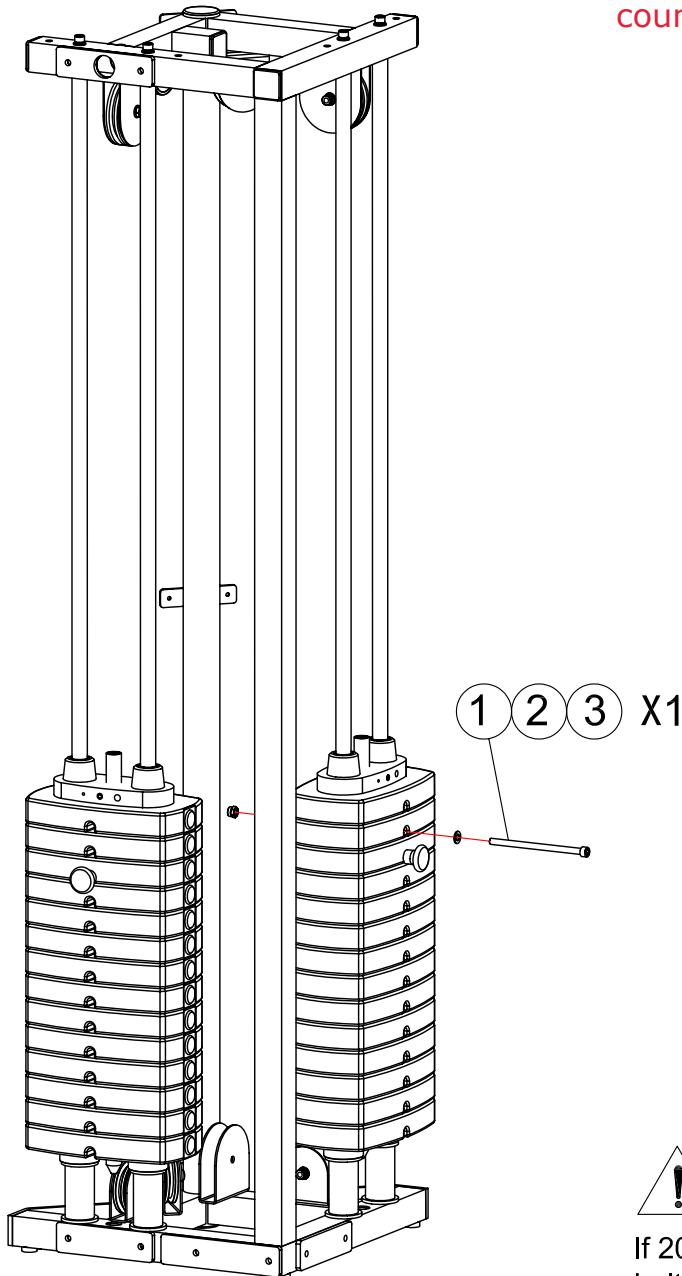


STEP 9:INSTALL COUNTER WEIGHT FOR LEG EXT/CURL

ITEM	DESCRIPTION	QTY
1	BOLT,SHCS,M10×170	1
2	WASHER, FLAT,M10	1
3	LOCK NUT,M10	1

- 1 Pin 2 weight plates for counter weight as shown.
- 2 Be sure to assemble the shroud holders before the weight plates.

The sword with top plate (6) that goes in the leg extension/ curl side has 2 iron plates already attached to act as counter balance.



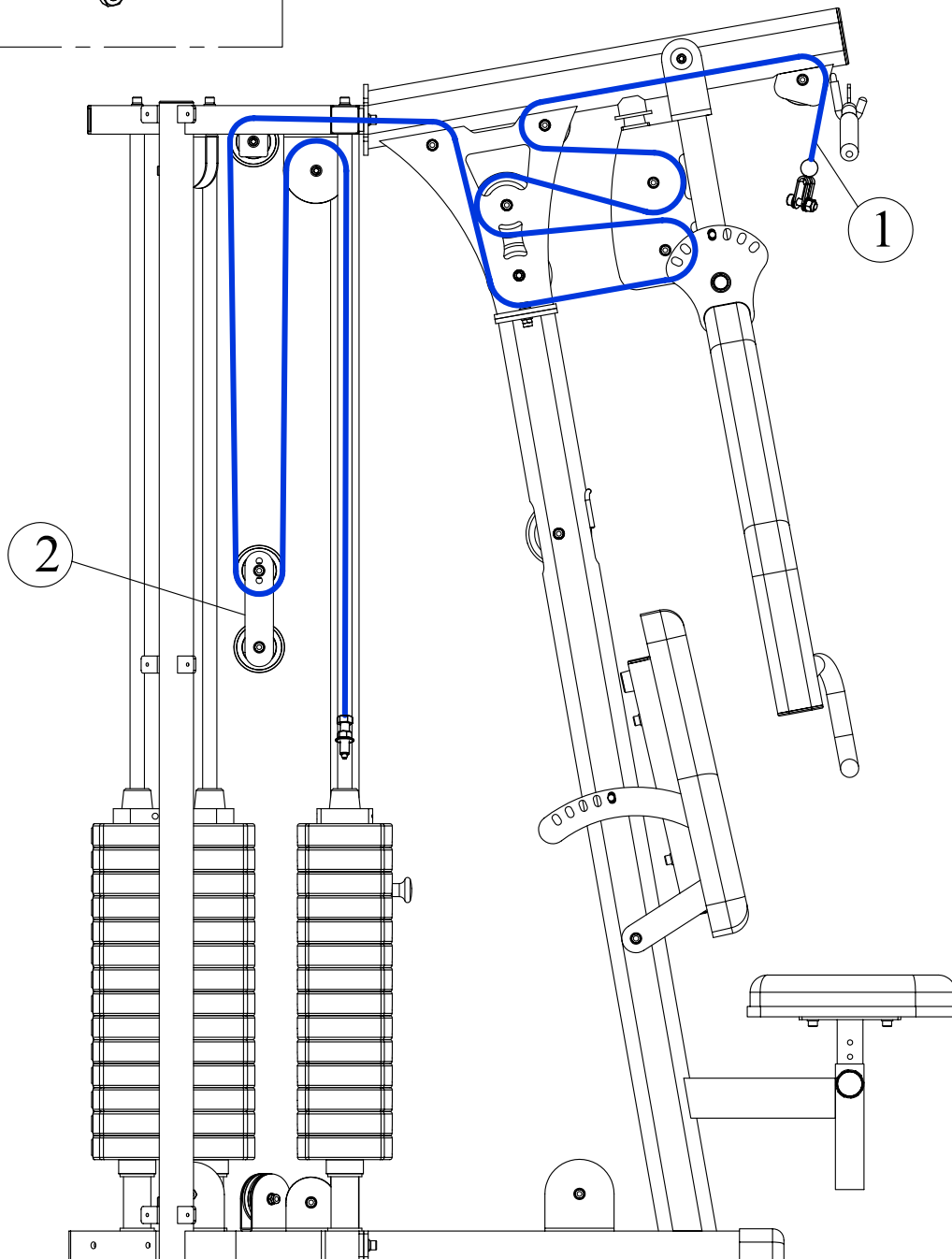
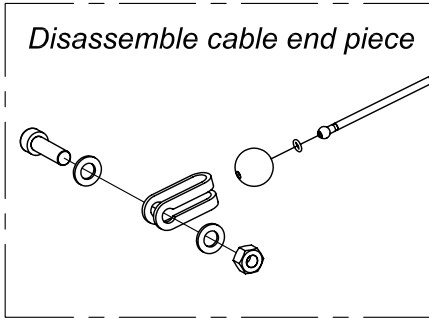
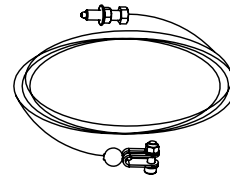
If 200Lb weight stack,use M10X135 bolt in place of M10X170 bolt

STEP 10: ASSEMBLE THE CHEST PRESS CABLE

ITEM	DESCRIPTION	QTY
1	CHEST PRESS CABLE (1# cable)	1
2	ASSY, FLOATING DUO PULLEY	1

CHEST PRESS CABLE (1# cable)
 Length: 5580mm(75Kg Standard weight stack)
 OR: 5690mm(200lb iron weight stack)

- 1 Shown on this page is the general routing of the chest press cable (1# cable)

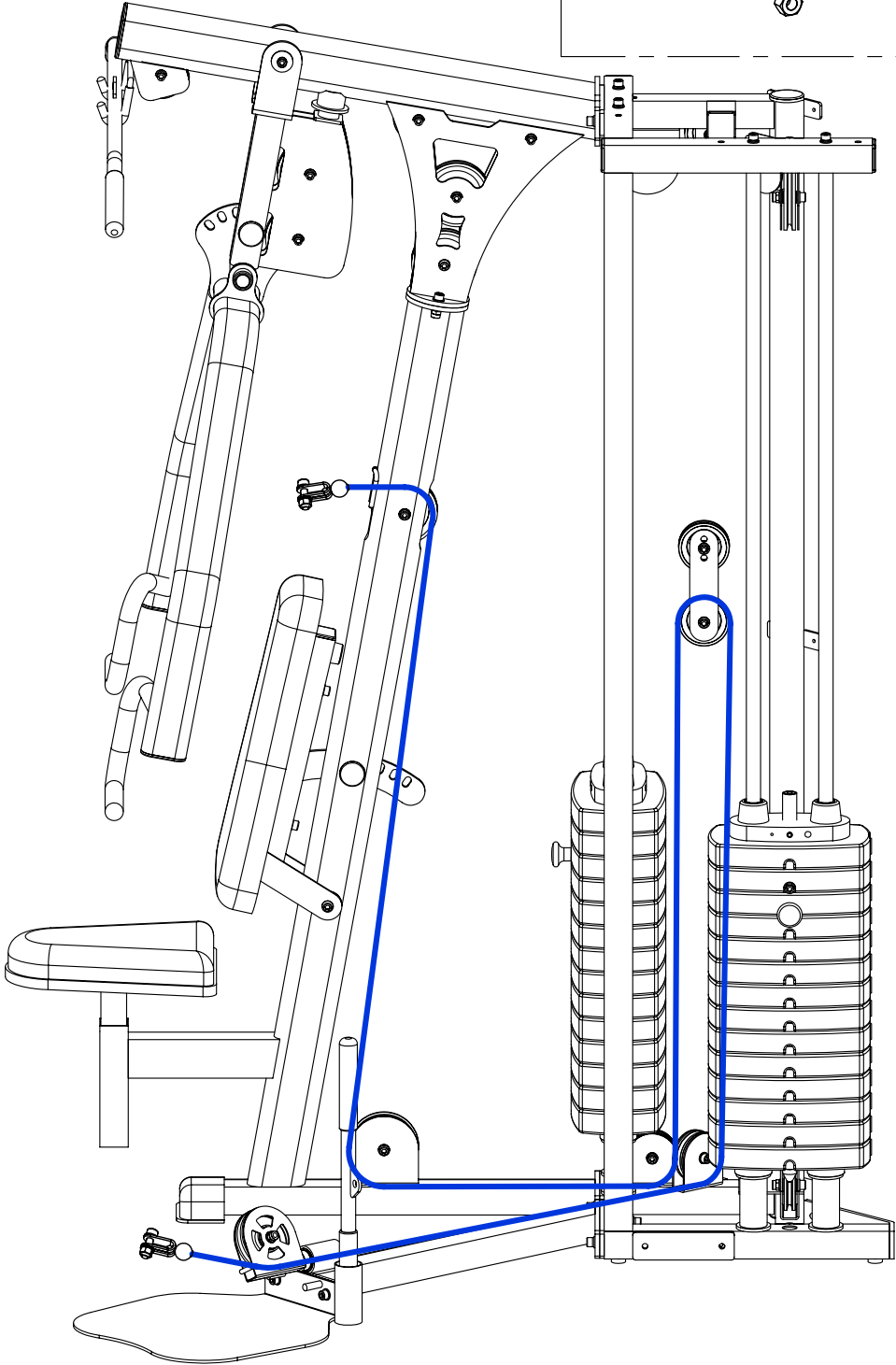
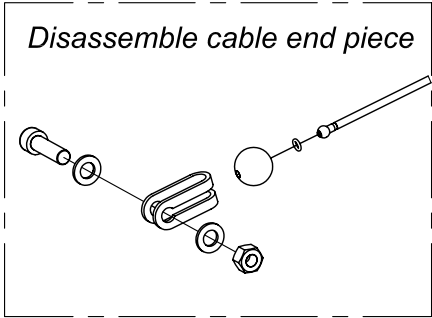
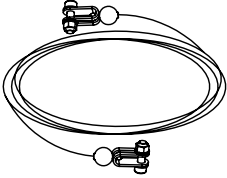


STEP 11: ASSEMBLE THE LOW PULLEY CABLE

ITEM	DESCRIPTION	QTY
1	LOW PULLEY CABLE (2# cable)	1

1 Routing the low pulley cable (2#) as shown.

LOW PULLEY CABLE (2# cable)
Length: 5200mm



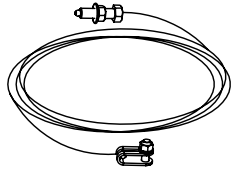
STOP!

If you have purchased the Leg Press station (FIT3000), please refer to the FIT3000 Leg Press Owner's Manual now for installation.

STEP 12: ASSEMBLE THE LEG EXT/ CURL CABLE (1)

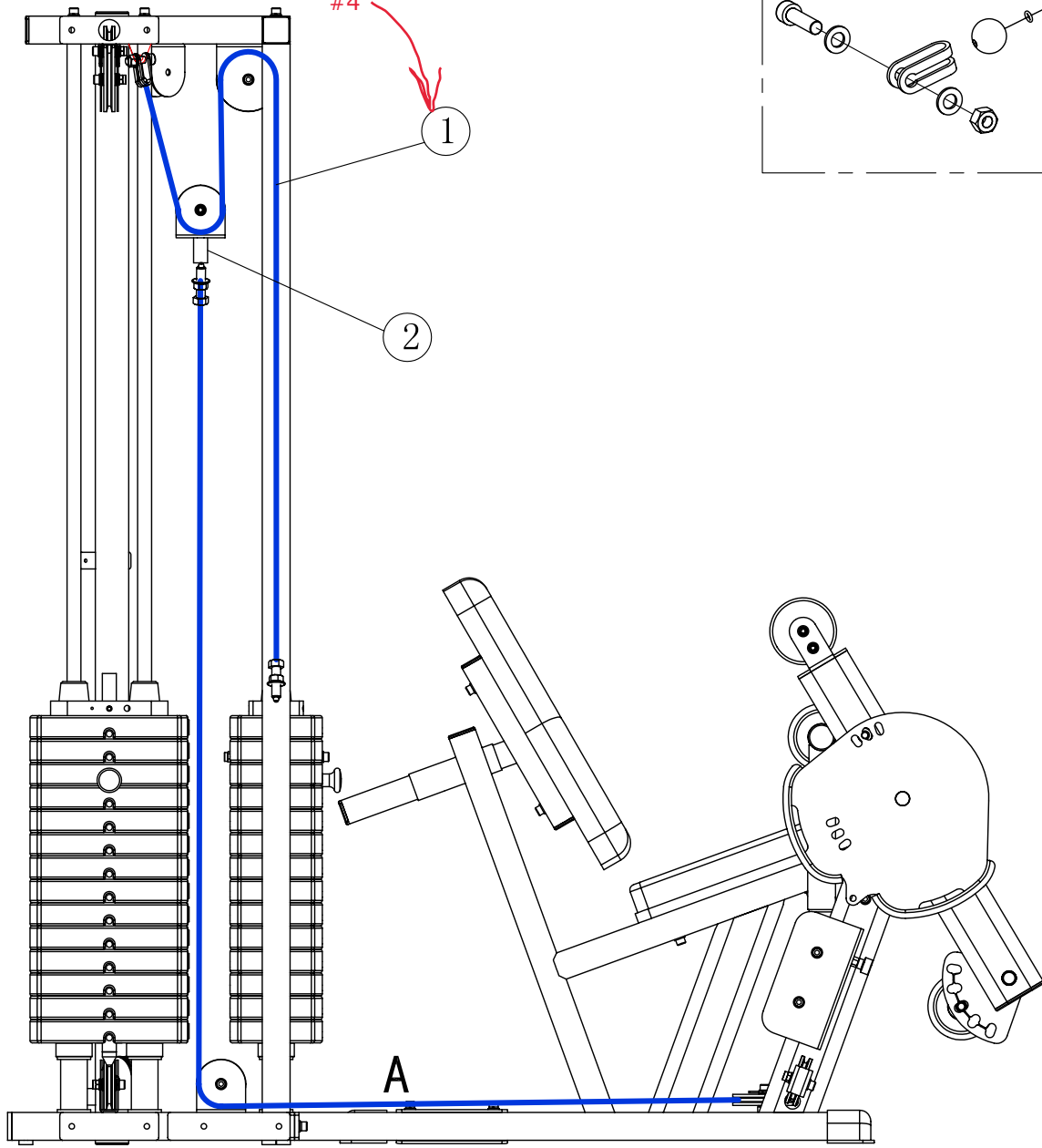
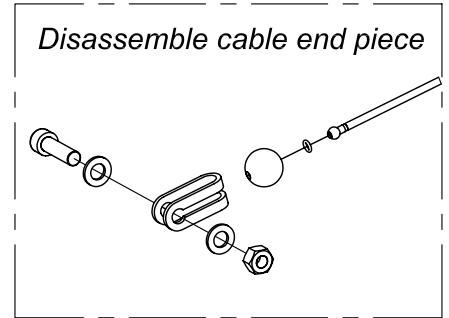
LEG STATION CABLE (4# cable)
 Length: 1950mm(75Kg Standard weight stack)
 OR: 2065mm(200lb iron weight stack)

ITEM	DESCRIPTION	QTY
1	LEG STATION CABLE (4# cable)	1
2	ASSY, 3.5" FLOATING PULLEY	1



1 Routing the leg station cable (4#) as shown.

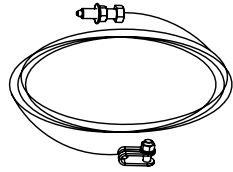
If you assemble the Leg press option for MS-42 multi station , you will discard and not use cable #4



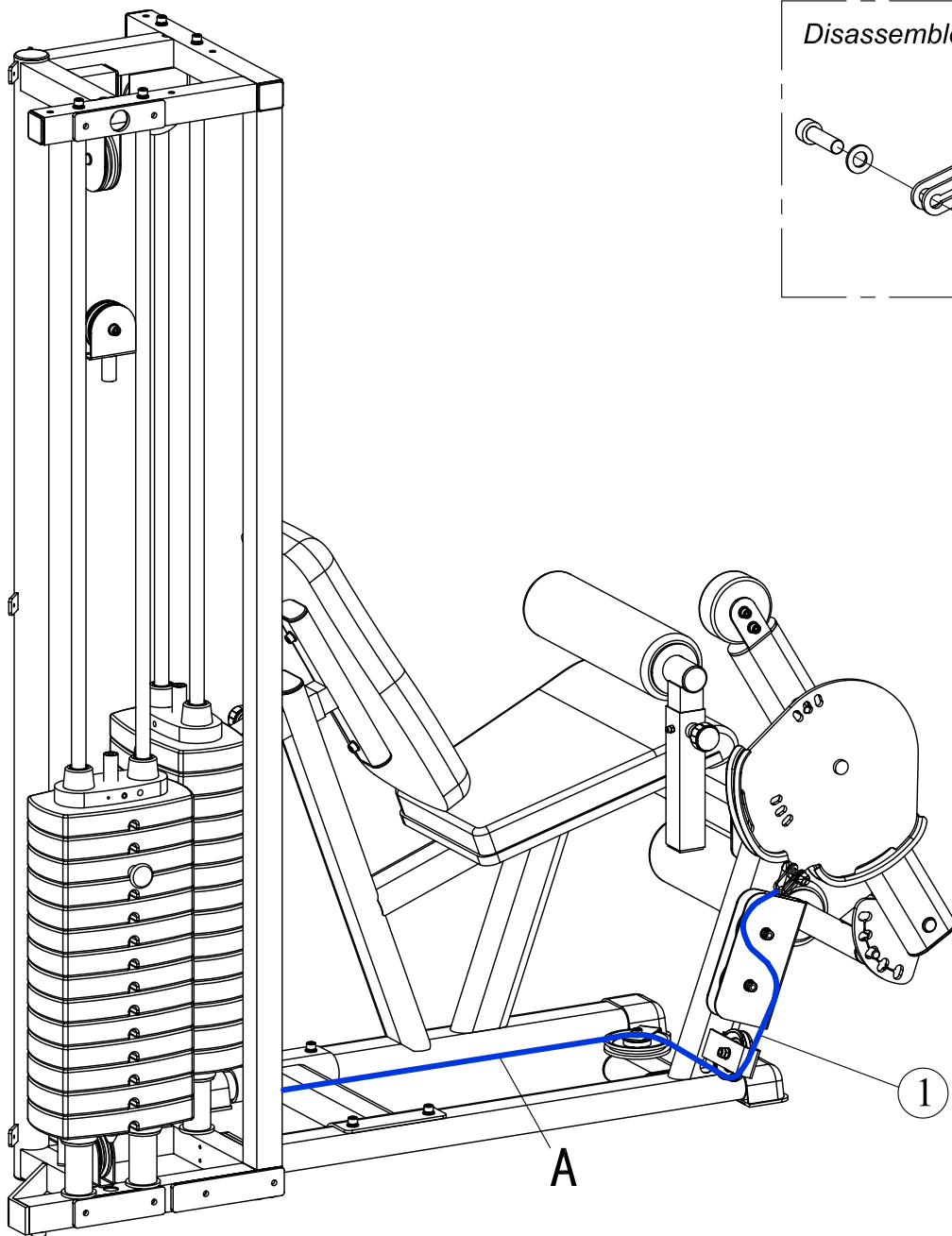
STEP 13: ASSEMBLE THE LEG EXT/ CURL CABLE (2)

LEG STATION CABLE (3# cable)
Length: 3250mm

ITEM	DESCRIPTION	QTY
1	LEG STATION CABLE (3# cable)	1



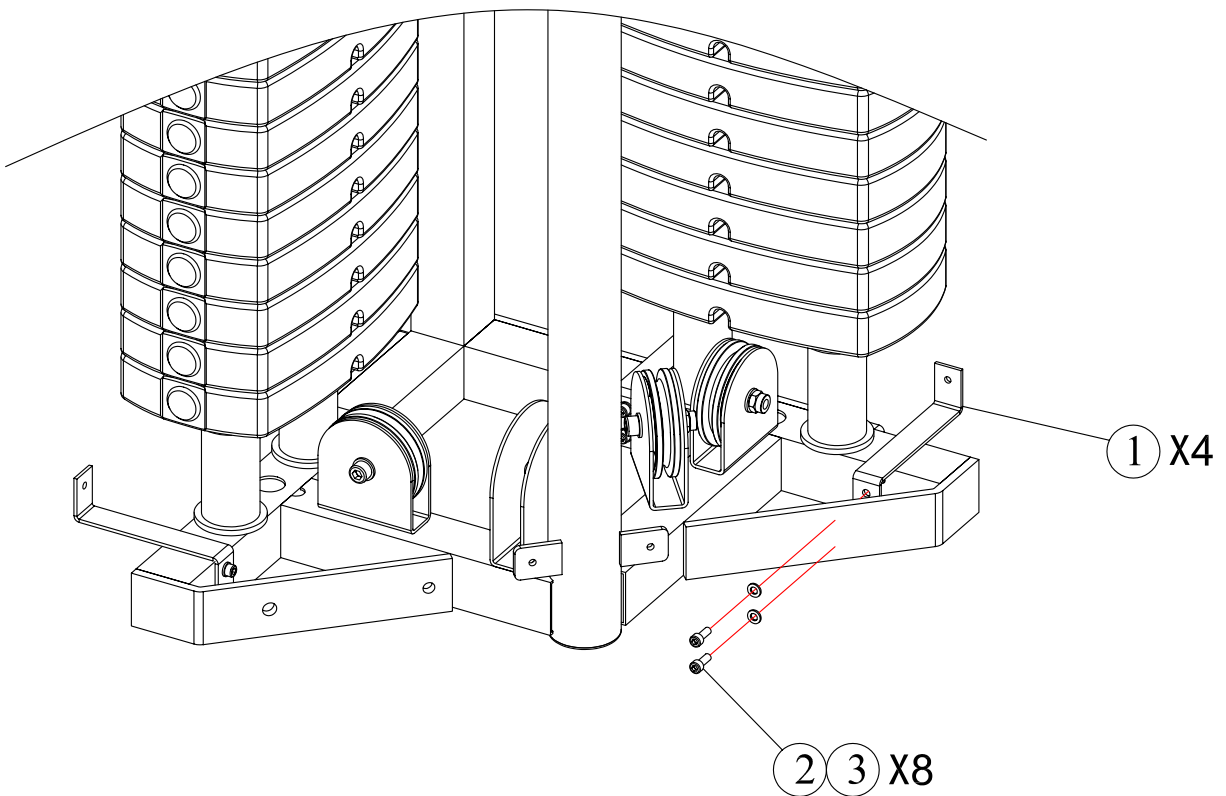
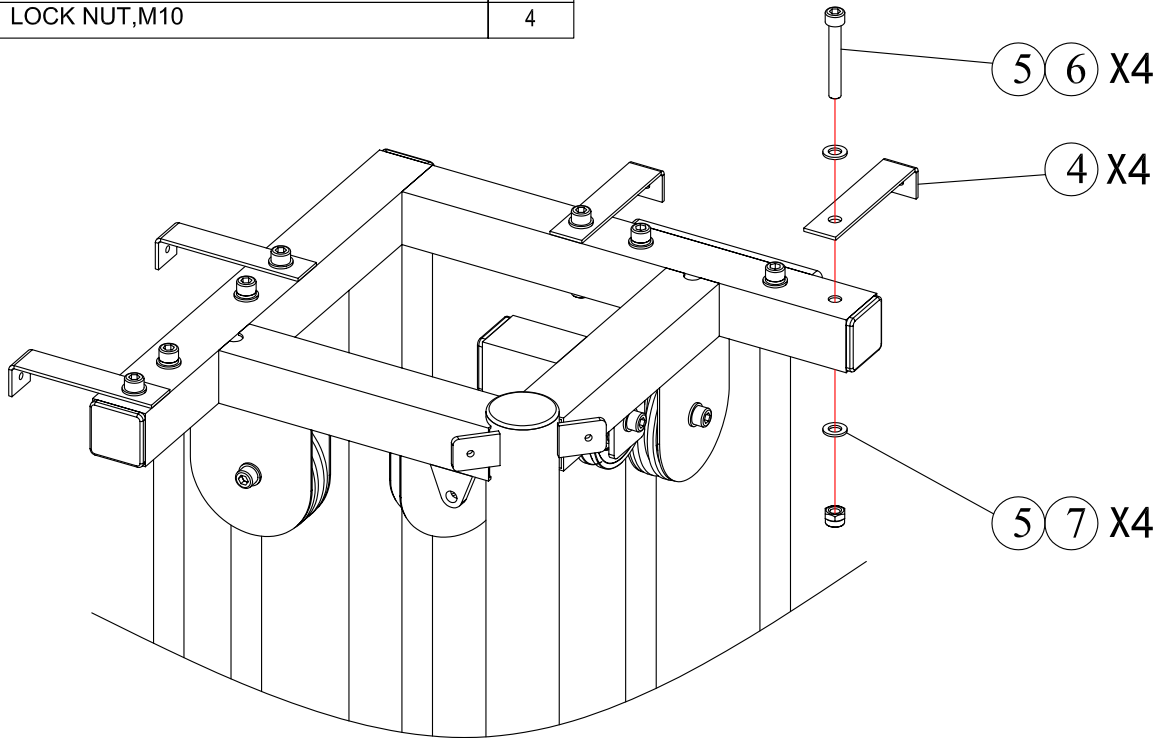
- 1 Routing the leg station cable (3#) as shown.
- 2 Be sure the cable clears the retaining bolts and that pulleys can rotate freely.



STEP 14:INSTALL THE SHROUD HOLDER

ITEM	DESCRIPTION	QTY
1	BOTTOM SHROUD HOLDER	4
2	BOLT,SHCS,M6×16	8
3	WASHER, FLAT,M6	8
4	TOP SHROUD HOLDER	4
5	WASHER, FLAT,M10	8
6	BOLT,SHCS,M10×70	4
7	LOCK NUT,M10	4

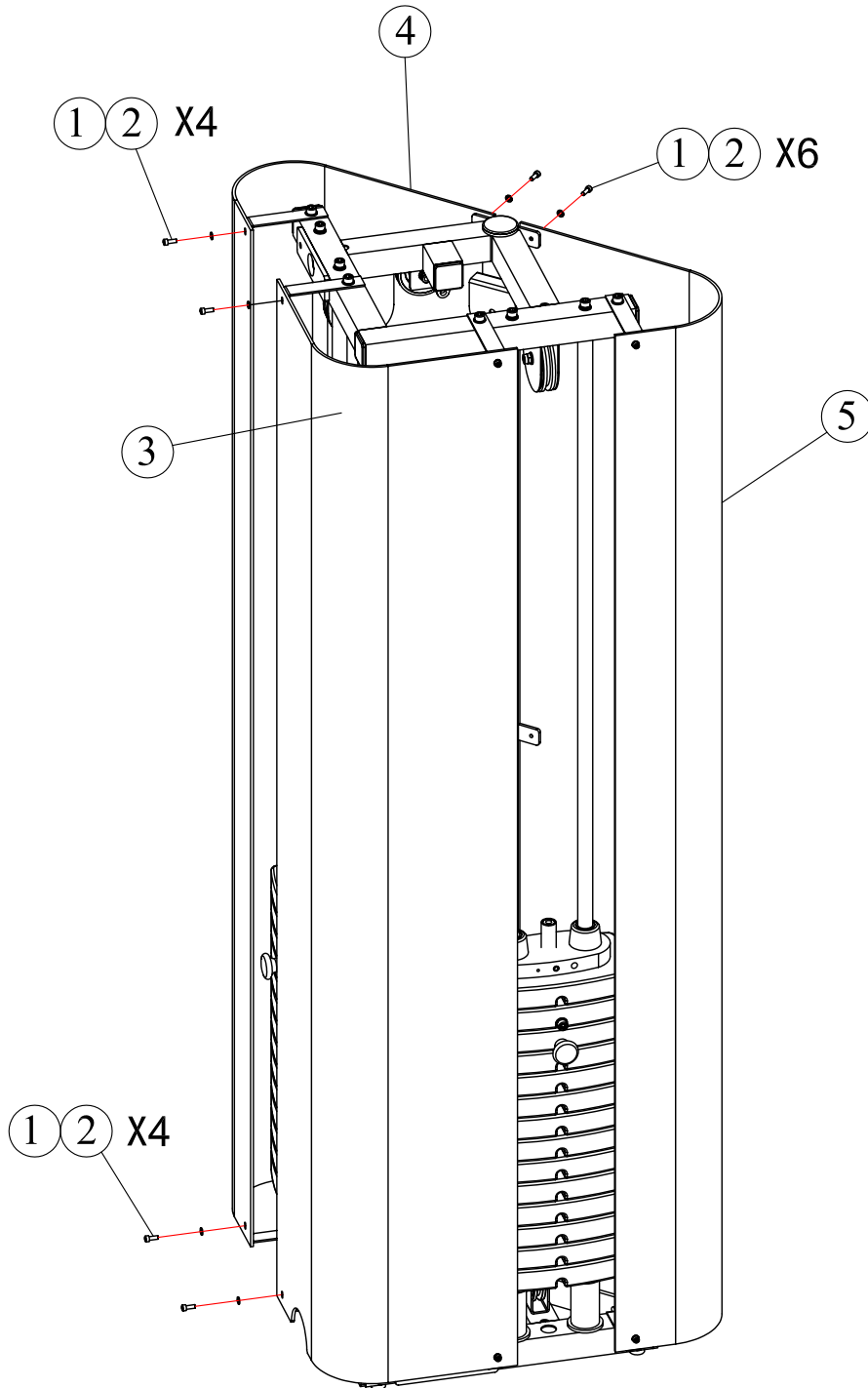
- 1 Install bottom shroud holders and top shroud holders as shown. Loosely assemble hardware .
- 2 After aligning all component edges and surfaces, tighten the hardware.



STEP 15:INSTALL SHROUDS

ITEM	DESCRIPTION	QTY
1	BOLT,SHCS,M6×16	14
2	WASHER, FLAT,M6	14
3	SHROUD(90°)	1
4	NO GAP SHROUD(45°)	1
5	GAP SHROUD(45°)	1

- 1 Assemble the shrouds as shown.
- 2 Install and tighten all the hardware.



STEP 16:INSTALL STICKERS

