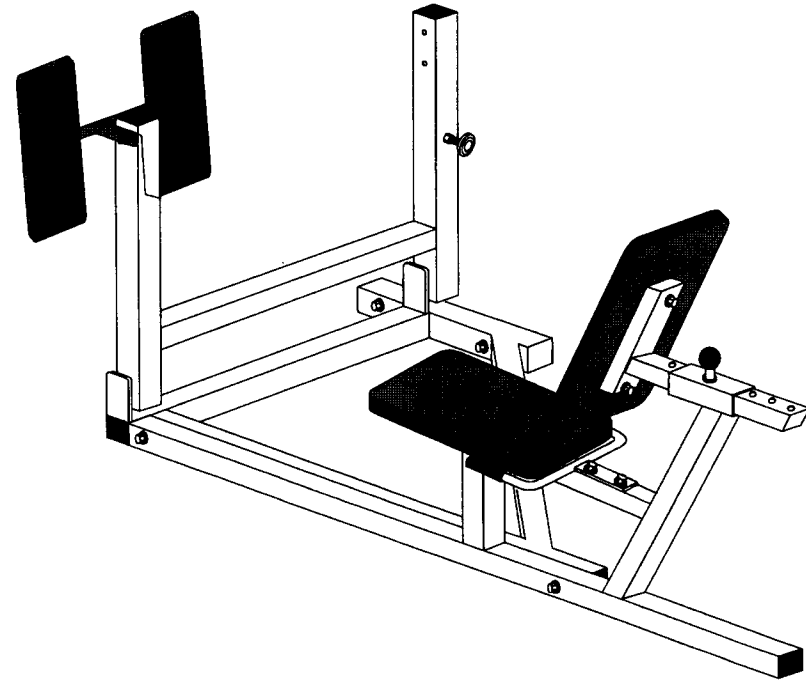


PACIFIC FITNESS[®]
CALIFORNIA
USA

LEG PRESS OPTION

by - Pacific Fitness



It's the Details that Make the Difference

✓	Qty	Description
<input type="checkbox"/>		<u>Powder Coated Parts</u>
<input type="checkbox"/>	1	Main Base
<input type="checkbox"/>	1	Seat Frame
<input type="checkbox"/>	1	Support Arm (Pre-installed on main base)
<input type="checkbox"/>	1	Leg Press Stop
<input type="checkbox"/>	1	Leg Press Pulley Plate
<input type="checkbox"/>	1	Foot Pedal
<input type="checkbox"/>	1	Handle
<input type="checkbox"/>		<u>Chrome Parts</u>
<input type="checkbox"/>	1	Seat Stem
<input type="checkbox"/>		<u>Upholstery</u>
<input type="checkbox"/>	2	10" x 16" Seat/Back Pad
<input type="checkbox"/>		<u>Miscellaneous</u>
<input type="checkbox"/>	1	Hardware Bag

Required Tools

- 9/16" Socket Wrench
- 9/16" Box Wrench
- 8" Adjustable Wrench
- 8" Pliers

Important Information

leg press option

- ❖ It is strongly recommended a qualified dealer assemble this LEG PRESS OPTION.
- ❖ Should there be any questions during assembly, contact your Pacific Fitness authorized dealer, or call 1-800-PAC FIT 2 or (714) 373-5554.
- ❖ Before assembly, unpack and verify all parts and hardware quantities against packing lists. When separating hardware, create a grid inside the upside down lid of the largest packing box and write each bolt length, or name of specific hardware inside each box. Place each piece of hardware or group of bolts into the appropriate area to aid in identification and accelerate the assembly process. Report any discrepancies to your dealer before proceeding.
- ❖ For ease of identification and reference, all Parts List items are listed in UPPER CASE BOLD, and Hardware list items are in Mixed Case Underlined within the instruction.
- ❖ Read each numbered step completely before proceeding and work through the steps in sequence. Skipping steps may result in having to disassemble components, increasing the possibility of the machine being damaged.

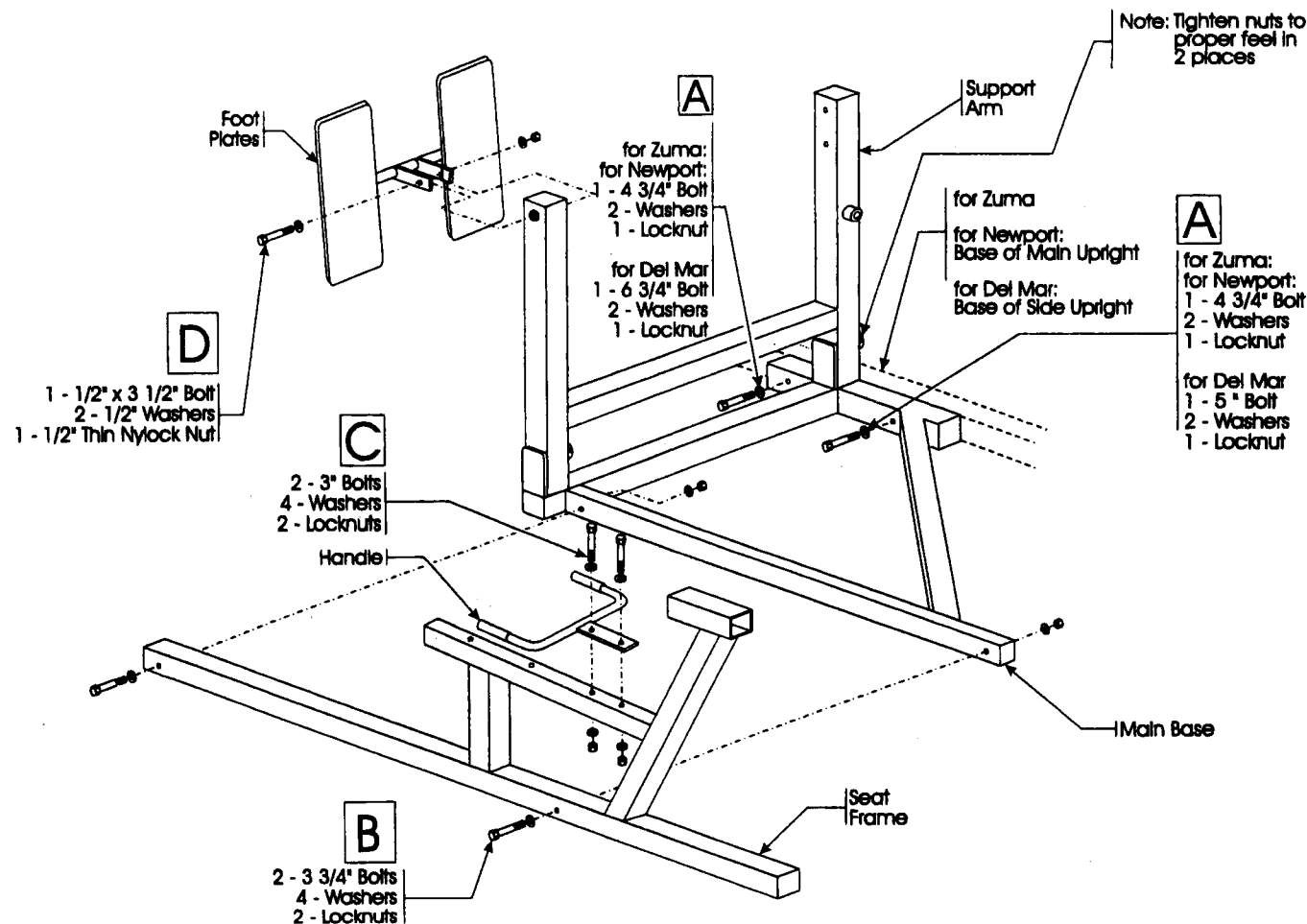
- ❖ Leave all bolt connections "finger tight" until instructed to tighten them.
- ❖ For aesthetics it is advisable to insert all bolts in the same direction (i.e., left to right, back to front) throughout the installation, ensuring all bolt heads are on the same side of the machine. There may be some exceptions, when it is necessary to insert bolts from a specific direction; i.e., for clearance purposes.
- ❖ Machine orientation and directional references assume the assembler is seated in the machine, facing forward.

Step 1

Main Structure Assembly

D. Attach FOOT PLATES to SUPPORT ARM using 1 - 1/2" x 3 1/2" bolt, 2 - 1/2" washers and 1 - 1/2" thin nylock nut. Do not over tighten.

NOTE: At this point, tighten all bolts installed in step 1.



A. For Zuma:

Attach LEG PRESS OPTION to ZUMA BASE using 2 - 4 3/4" bolt, 4 - washers and 2 - locknuts. Do not over tighten.

A. For Newport:

Attach leg press option MAIN BASE to left side of Newport MAIN UPRIGHT base using 2 - 4 3/4" bolts, 4 - washers and 2 - locknuts.

A. For Del Mar:

Remove 2 bolts from base of Del Mar SIDE UPRIGHT and attach MAIN BASE of leg press option at rear hole to base of Del Mar SIDE UPRIGHT using 1 - 6 3/4" bolt, 2 - washers and 1 - locknuts and attach at front hole using 1 - 5" bolt, 2 - washers, and 1 - locknut.

B. Attach SEAT FRAME to MAIN BASE using 2 - 3 3/4" bolts, 4 - washers and 2 - locknuts.

C. Attach HANDLE to SEAT FRAME using 2 - 3" bolts, 4 - washers, and 2 - locknuts.

Step 2

Leg Press Option

Upholstery Assembly -

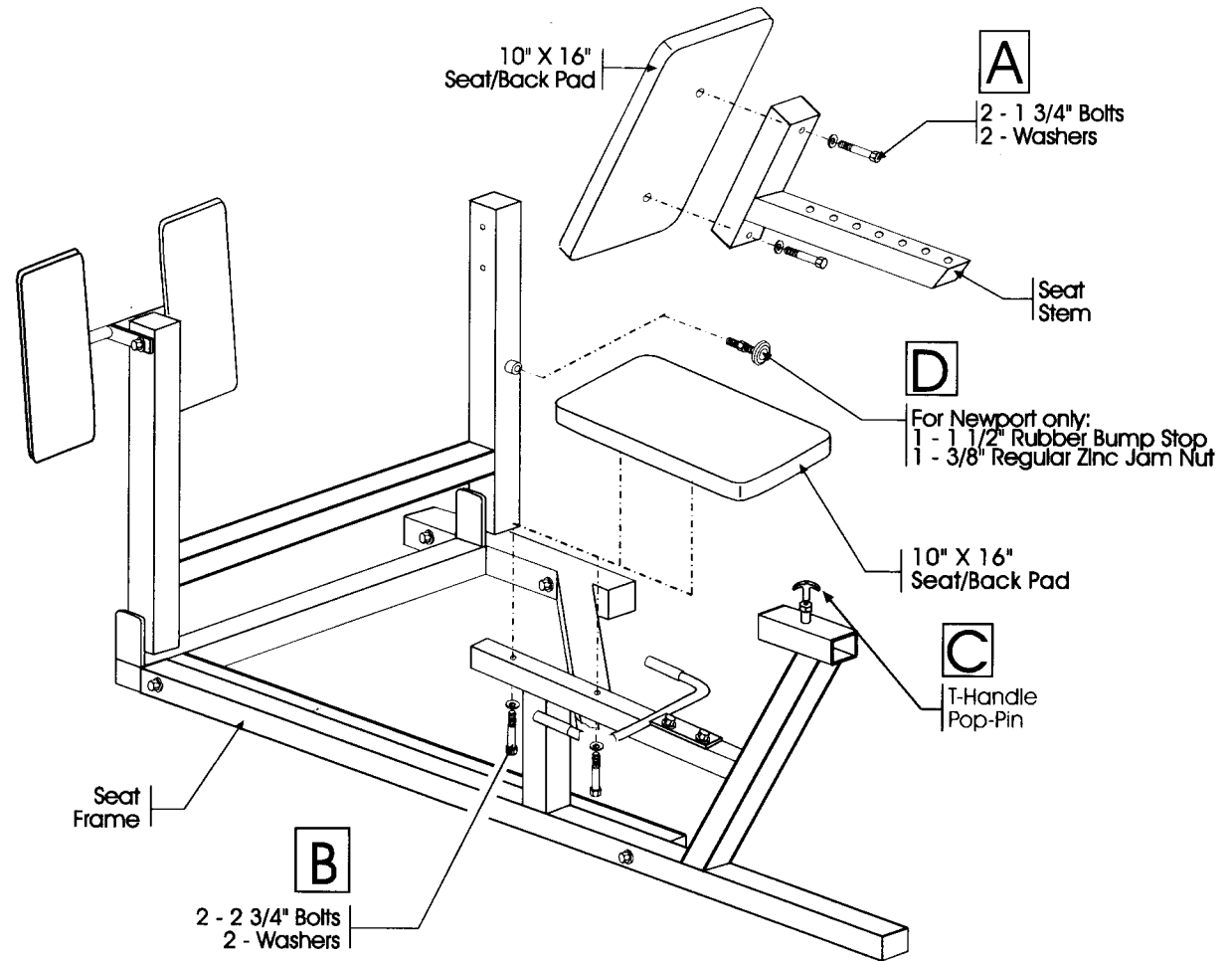
A. Attach 1 - 10" x 16" PAD to SEAT STEM using 2 - 1 3/4" bolts, and 2 - washers. Insert SEAT STEM into SEAT FRAME. Tighten bolts.

B. Attach 1 - 10" x 16" PAD to SEAT FRAME using 2 - 2 3/4" bolts, and 2 - washers. Tighten bolts.

C. Install POP-PIN and tighten.

For Newport only:

D. Thread 1 - 3/8" regular zinc jam nut onto 1 - 1 1/2" rubber bump stop. Thread rubber bump stop into threaded shaft on front side of SUPPORT ARM. Adjust as necessary by adjusting rubber bumper then tighten jam nut against SUPPORT ARM.



Step 3

leg press option

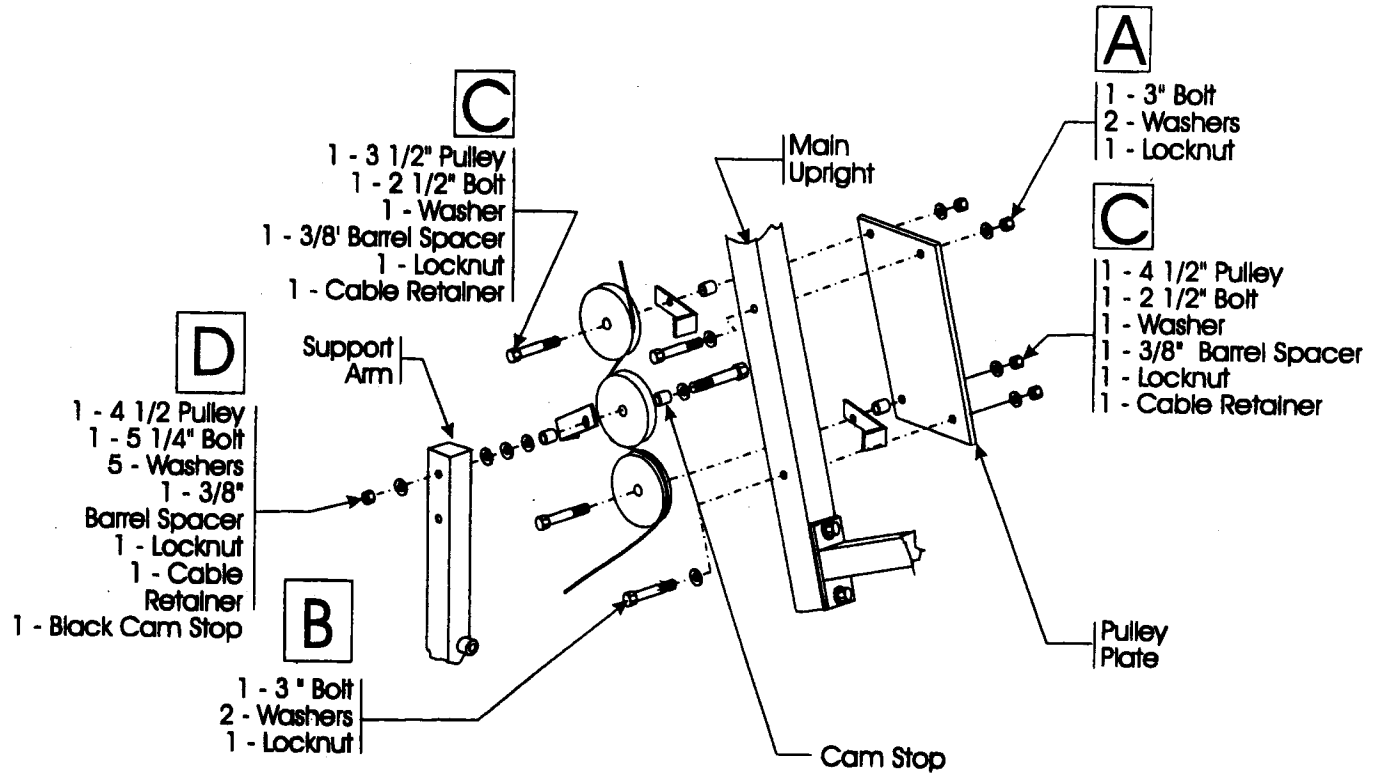
Cable & Pulley Assembly (for ZUMA only)

Attach upper end of PULLEY PLATE to MAIN UPRIGHT of ZUMA using 1 - 3" bolt, 2 - washers, and 1 - locknut.

Attach lower end of PULLEY PLATE to MAIN UPRIGHT using 1 - 3" bolt, 2 - washers and 1 - locknut. Tighten pulley plate bolts firmly at this time.

Mount 1 - 3 1/2" pulley at top hole of PULLEY PLATE using 1 - 2 1/2" bolt, 1 - cable retainer, 1 - washer, 1 - locknut, and 1 - 3/8" barrel spacer. Mount 1 - 4 1/2" pulley to bottom hole of PULLEY PLATE using 1 - 2 1/2" bolt, 1 - cable retainer, 1 - washer, 1 - locknut and 1 - 3/8" barrel spacer. See illustration for proper assembly. Pass cable between pulleys and cable retainers then tighten bolts firmly.

Attach 1 - 4 1/2" pulley to the upper hole on the SUPPORT ARM POST using 1 - 5 1/4" bolt, 1 - cable retainer, 5 - washers; 1 - 3/8" barrel spacer, 1 - black cam stop and 1 - locknut. Pass cable between pulley and cable retainer. Position bolt and nut in the opposite direction of the bolts and nuts on other two pulleys. Tighten bolt firmly.



Note: In step 3C & 3D, it is important to insert the bolts as shown in the illustration with no washers between the bolt head and the pulley.

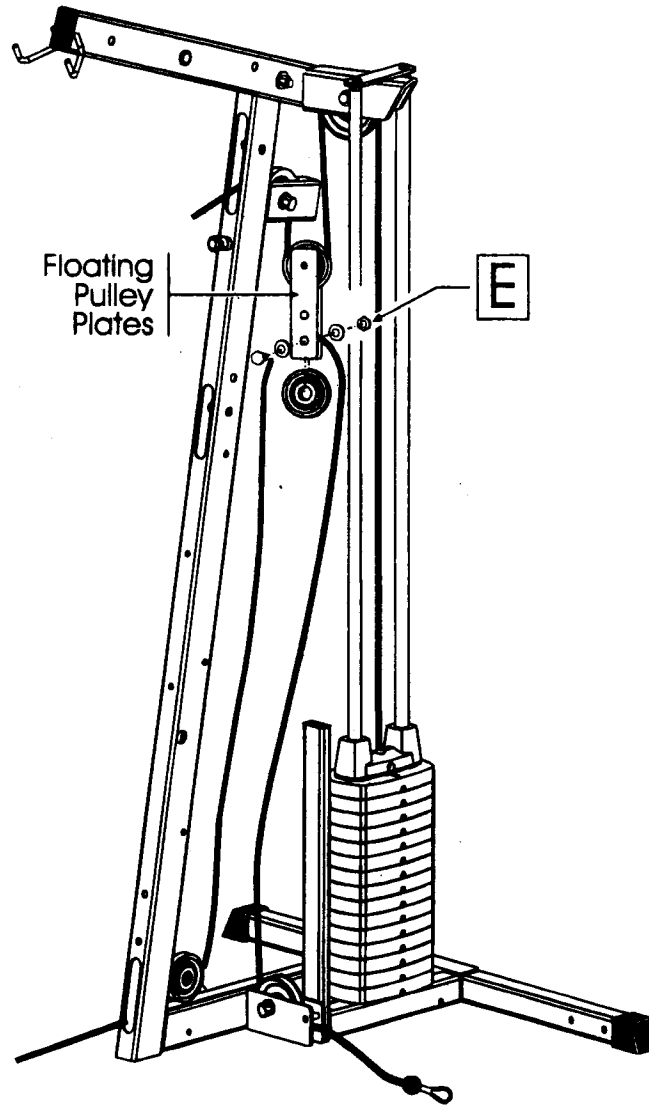
Note: The pulleys installed in this step should be positioned so their edges are aligned. If not, adjust positioning by using washers as spacers. Maintain 1/8" minimum clearance between bolt head and nearby structure.

Step 3

leg press option

Cable & Pulley Assembly (for ZUMA only)

- E. Relocate lower 3 1/2" pulley of FLOATING PULLEY PLATES (or FLOATING PULLEY ASSEMBLY for some models) to lower hole.

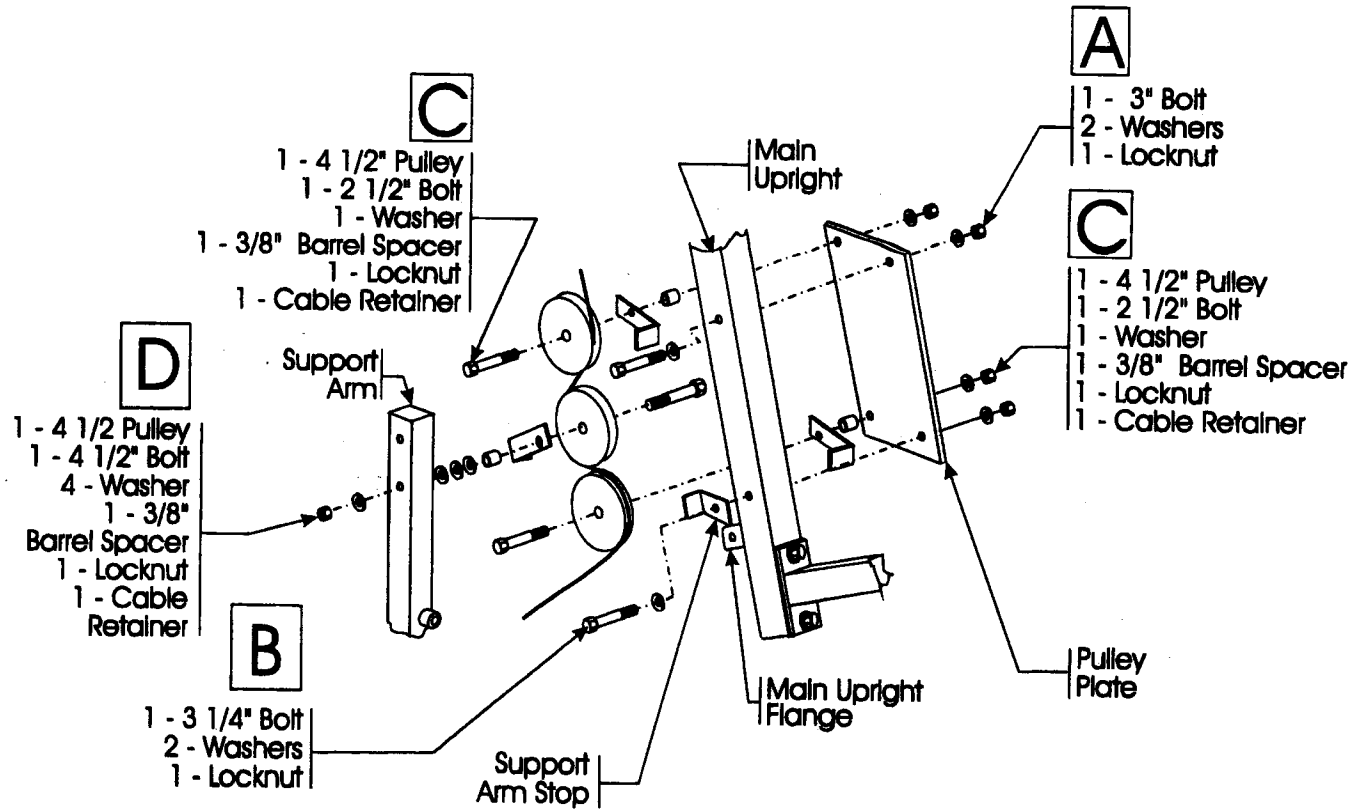


Step 3

leg press option

Cable & Pulley Assembly (for Newport only)

- A. Attach upper end of PULLEY PLATE to MAIN UPRIGHT of Newport using 1 - 3" bolt, 2 - washers, and 1 - locknut.
- B. Mount SUPPORT ARM STOP and lower end of PULLEY PLATE to MAIN UPRIGHT using 1 - 3 1/4" bolt, 2 - washers and 1 - locknut.
- C. Remove 1 - 4 1/2" pulley from MAIN UPRIGHT flange and set aside hardware. Mount 1 - 4 1/2" pulley at top and bottom holes of PULLEY PLATE using 1 - 2 1/2" bolt, 1 - cable retainer, 1 - washer, 1 - locknut, and 1 - 3/8" barrel spacer. See illustration for proper assembly. Pass cable between pulleys and cable retainers then tighten bolts firmly.
- D. Attach 1 - 4 1/2" pulley (that was previously attached to the MAIN UPRIGHT FLANGE) to the lower hole on the SUPPORT ARM POST using 1 - 4 1/2" bolt, 1 - cable retainer, 4 - washers, 1 - 3/8" barrel spacer, and 1 - locknut. Pass cable between pulley and cable retainer. Position bolt and nut in the opposite direction of the bolts of the other two pulleys. Tighten bolt firmly.



Note: In this step, it is important to insert the bolts as shown in the illustration with no washers between the bolt head and the pulley.

Note: The pulleys installed in this step should be positioned so their edges are aligned. If not, adjust positioning by using washers as spacers. Maintain 1/8" minimum clearance between bolt head and nearby structure.

Step 3

leg press option

Cable & Pulley Assembly (for Del Mar only)

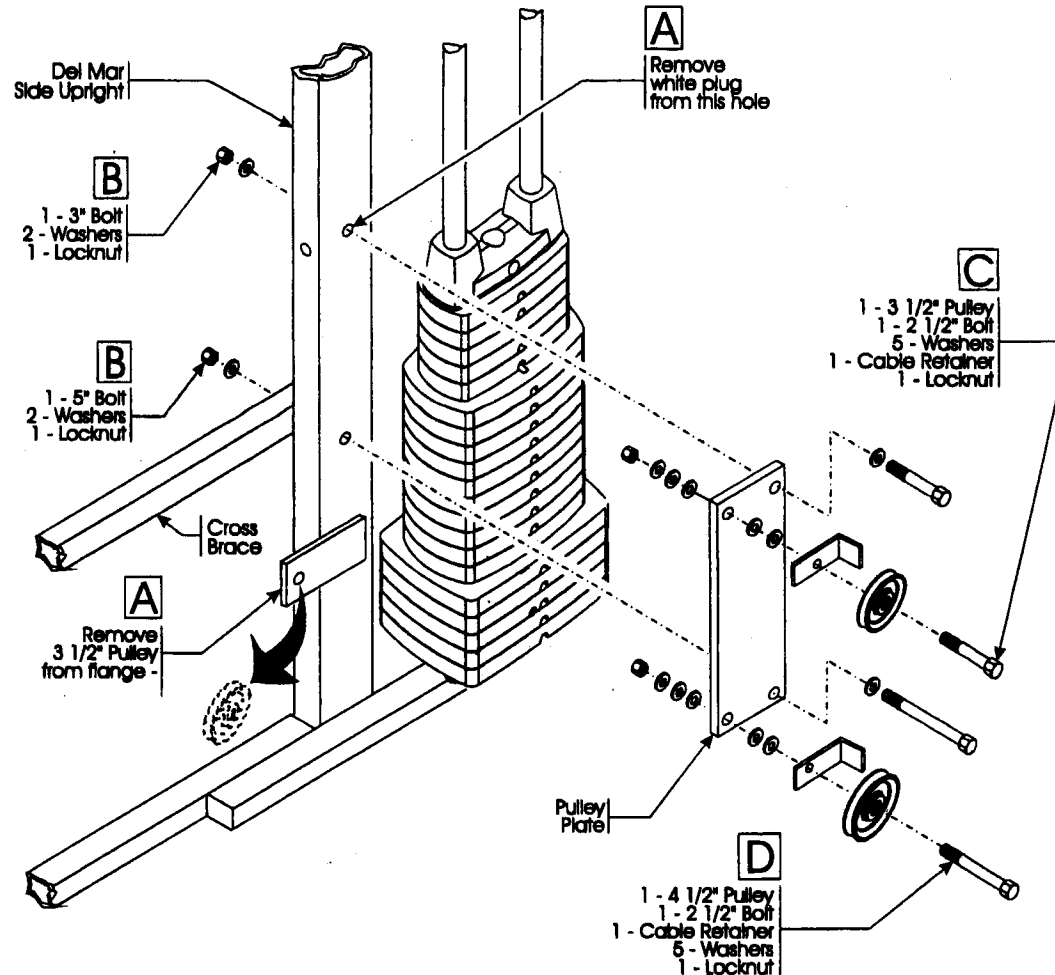
NOTE: In steps 3.A through 3.C, it is important to assemble hardware as shown in illustration.

A. Ensure weight pin is pulled out of weight stack. Remove white hole plug from hole in SIDE UPRIGHT. Remove 3 1/2" pulley from flange on SIDE UPRIGHT. Remove 1 - 4 1/2" bolt, 2 - washers, and 1 - locknut fastening CROSS BRACE to SIDE UPRIGHT and set aside.

B. Attach PULLEY PLATE to SIDE UPRIGHT at top hole using 1 - 3" bolt, 2 - washers, and 1 - locknut. Attach at bottom hole using 1 - 5" bolt, 2 - washers, and 1 - locknut. Tighten both bolts firmly.

C. Fasten 1 - 3 1/2" pulley to outside of PULLEY PLATE at top hole position using 1 - 2 1/2" bolt, 5 - washers, 1 - cable retainer, and 1 - locknut. Pass cable between pulley and cable retainer and then tighten bolt firmly. (See illustration for arrangement).

D. Fasten 1 - 4 1/2" pulley loosely to bottom hole of PULLEY PLATE using 1 - 2 1/2" bolt, 5 - washers, 1 - cable retainer, and 1 - locknut. Pass cable between pulley and cable retainer and then tighten bolt firmly. (See illustration for arrangement).



Note: In this step, it is important to insert the bolts as shown in the illustration with no washers between the bolt head and the pulley.

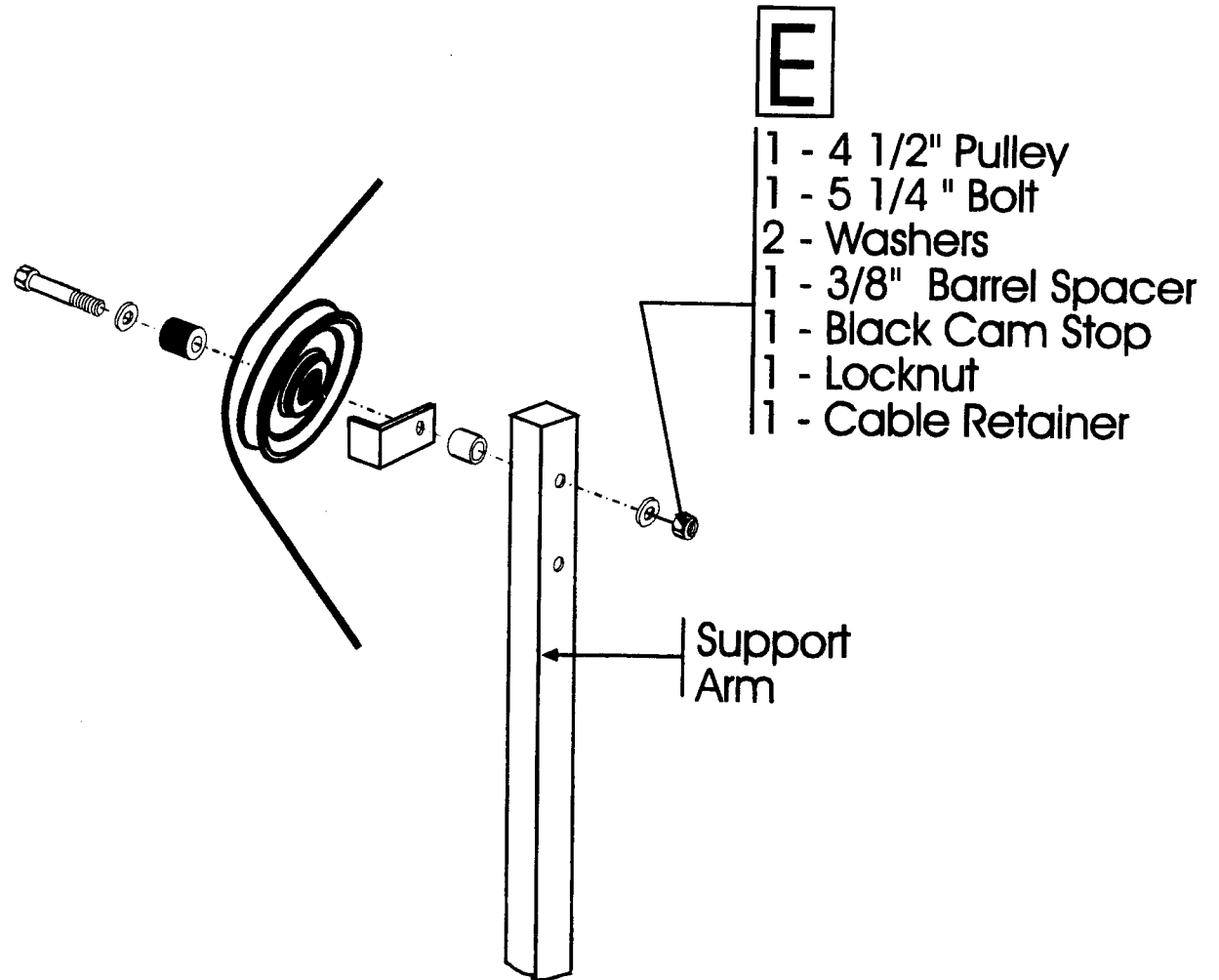
Note: The pulleys installed in this step should be positioned so their edges are aligned. If not, adjust positioning by using washers as spacers. Maintain 1/8" minimum clearance between bolt head and nearby structure.

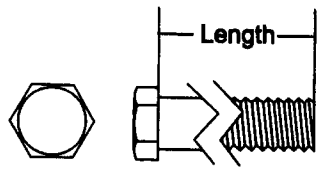
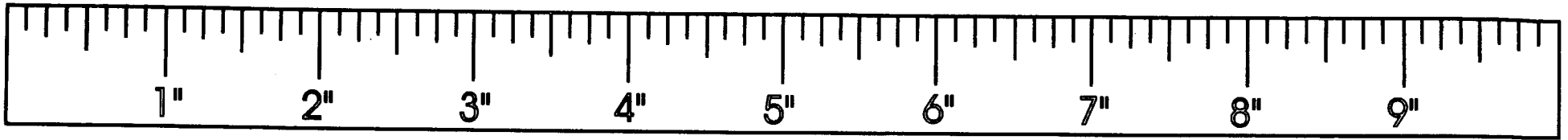
Step 3

leg press option

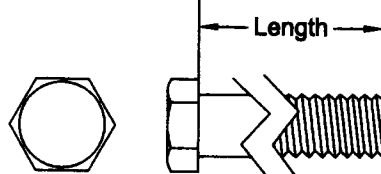
Cable & Pulley Assembly (for Del Mar only)

- E. Fasten 1 - 4 1/2" pulley to SUPPORT ARM of leg press option using 1 - 5 1/4" bolt, 1 - 3/8" barrel spacer, 1 - black cam stop, 2 - washers, 1 - cable retainer, and 1 - locknut. Pass cable between pulley and cable retainer and tighten bolt firmly.

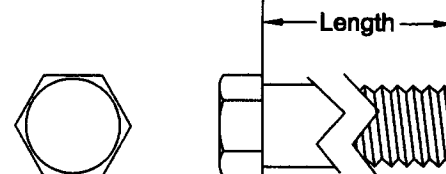




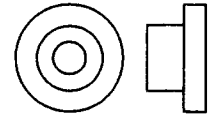
5/16" DIA. Bolt



3/8" DIA. Bolt



1/2" DIA. Bolt



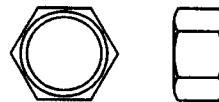
Guide Rod Spacer



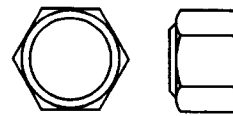
5/16" Locknut



3/8" Locknut



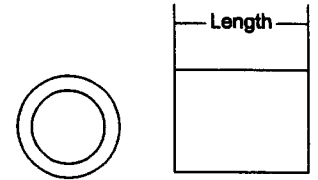
3/8" Jam Nut



1/2" Locknut



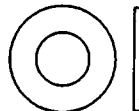
1/2" Step Spacer



3/8" Barrel Spacer
1/2" Barrel Spacer
13/16" Barrel Spacer



3/8" Washer



1/2" Washer



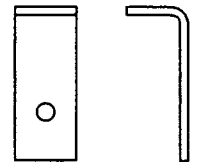
Black Cam Stop



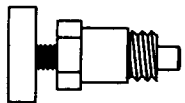
Hat Washer



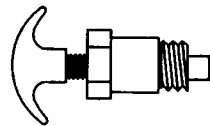
3/8" Step Spacer



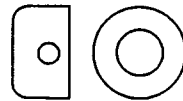
3 1/2" & 4 1/2" Cable Retainer



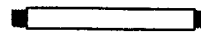
Seat Pop-Pin



"T" Pop-Pin



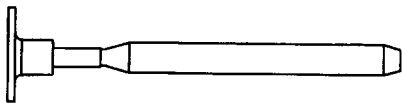
Dome Cap



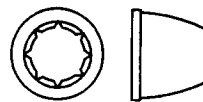
Pivot Shaft



13" Chain



Weight Pin



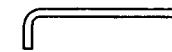
Bolt End Cap



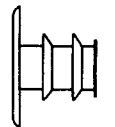
Spring Clip



1 1/2" Rubber Bump Stop



Arm Locking Pin



Mushroom Cap

ACTUAL PARTS MAY BE SMALLER OR LARGER THAN SHOWN