



**HOME LIFETIME WARRANTY**

TuffStuff products are warranted to the retail purchaser to be free from defects in materials and workmanship. TuffStuff exclusive Home Lifetime Warranty coverage extends for the life of the product while owned by the original retail purchaser, and used only in a home or residential setting unless otherwise noted in the owner's manual.

This warranty does not cover:

1. TuffStuff products sold for and used in a commercial or institutional setting.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the owner's manual and warning labels posted on the machine.
3. Use of products in a manner for which they were not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

Limitations:

The foregoing shall constitute the sole remedy of the purchaser and the sole liability of TuffStuff with regard to warranty, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. TuffStuff shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. TuffStuff's liability hereunder is expressly limited to the repairs or replacements of warranted defective parts.

Procedures:

Warranty service will be performed at TuffStuff's facility in Pomona, California. TuffStuff will have the option of either repair or replacement at no charge for any defective product. Purchaser is responsible for installation of repaired or replaced parts and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state. Effective July 1, 2004.

This warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

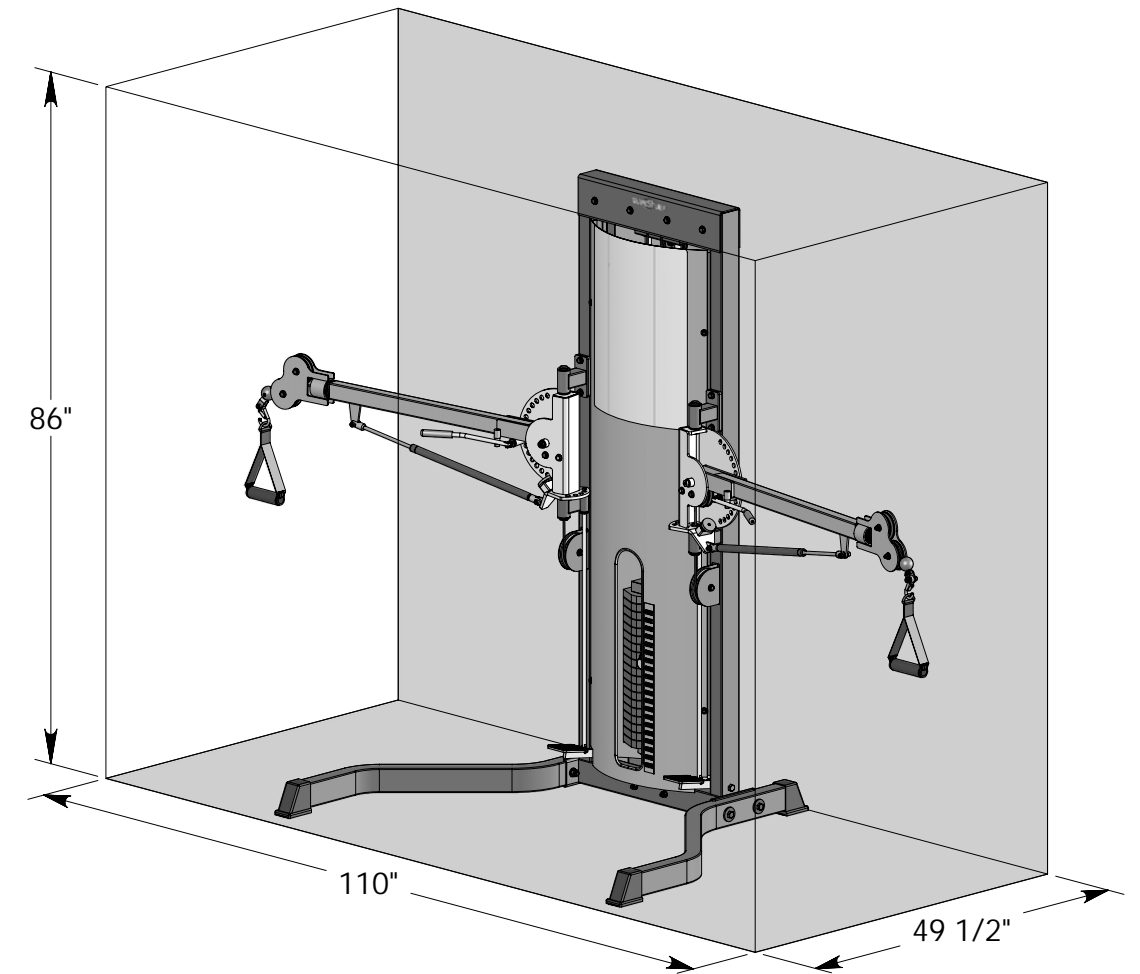
**Note:** Retain your sales receipt and be sure to mail in the warranty registration card to insure that a permanent record of your purchase is on file with the factory and to avoid unnecessary delays in warranty service.

**TuffStuff Fitness Equipment, Inc.**

1325 E. Franklin Avenue  
Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

E-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net) Net: [www.tuffstuff.net](http://www.tuffstuff.net)



**MFT-700**

**Multi-Functional Trainer**



**AMERICA'S PREMIER EXERCISE EQUIPMENT**

**About the Multi-Functional Trainer MFT-700**

Congratulations on your new purchase of the **Multi-Functional Trainer**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

**Tuff Stuff Equipment**

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

**Warranty**

SEE A COPY OF WARRANTY ON BACK PAGE.

**Registration Card**

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

**Specifications**

- 1. Maximum Wt. Capacity - 200 lbs.
- 2. Total Machine Weight - 490 lbs.
- 3. Footprint (LWH) - See Front Cover.

Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

**Safety Precautions**

**Safety First**

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

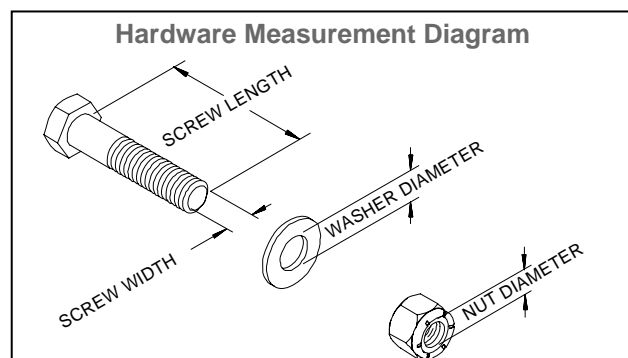
- 1. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this Tuff Stuff product prior to use.
- 2. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manual and labels are available from your local Tuff Stuff retailer.
- 3. Consult with your physician before beginning any exercise program.

**Prior to the Assembly of the Multi-Functional Trainer**

- 1. We advise you to consult your local Tuff Stuff retailer if you should have a question or problem regarding the proper assembly of this unit.

**Tool Requirements**

- 1. One 7/8" combination wrench
- 2. One 3/4" combination wrench
- 3. One 9/16" combination wrench
- 4. One 1/2" combination wrench
- 5. One ratchet
- 6. One 3/4" socket
- 7. One 9/16" socket
- 8. One 7/16" socket
- 9. One rubber mallet
- 10. External retaining-ring pliers
- 11. Windex or household glass cleaner
- 12. Measuring tape
- 13. Utility knife



- 4. Frayed or worn cables can be dangerous and may cause injury. Periodically check the cable for any indication of wear.
- 5. Use proper discretion when children are present.
- 6. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- 7. Do not attempt to lift more weight than you can control safely.
- 8. Inspect the Unit for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found **do not use or allow the machine to be used** until the defective part is repaired or replaced.



**Part Three: Lubrication**

Bearing and linear bearings systems have advanced over the years but they must be maintained on a regular basis if you expect them to last and perform efficiently. TuffStuff uses only the highest quality bearings and linear motion components that are virtually trouble-free but requires the regular preventive maintenance to insure long-lasting performance.

- 1. Bronze and nylon bushings, we recommend on a monthly basis to spray a teflon-base lubricant (silicone-free) directly onto the shaft as it passes through these bushings. Spray a small amount onto the shaft and rotate it through its complete movement and wipe off any excess.
- 2. Weight stack guide rods and bushings, again use teflon spray lubricant and this time spray onto a rag and wipe the guide rods down with this rag on a weekly basis. Do not use WD-40 or other lubricants as they attract dirt and will crate a mess between the weight plates and bushings.
- 3. Sealed bearings pivot points, as the name implies are protected from the outside environment and require no lubrication. During the machine wipe down, wipe the external bearing surfaces with the damp rag and dried to prevent the build up of dust and sweat.
- 4. Linear bearing systems are precision, high load components that require regular maintenance. Dirt and corrosion are the major culprits in linear bearing failure. The hardened shafts must be wiped down weekly and lubricated with a light layer of teflon grease. We recommend a teflon-base (silicone-free) gel/grease for this purpose. Lack of care and maintenance will result in corrosion of the linear shaft causing the bearings to clogged and jammed.

If you religiously perform the maintenance procedures, you will increase the life of the machine and ultimately lower your maintenance costs with fewer replaced components and downtime.

Any doubts, equipment with mechanical problems should be placed "Out-of-Service" until all problems are corrected. If replacement parts are required or maintenance questions, please contact:

TuffStuff Fitness Equipment, Inc.  
 Service Department  
 1325 E. Franklin Avenue  
 Pomona, CA 91766  
 1-800-961-9377  
 e-mail: [service@tuffstuff.net](mailto:service@tuffstuff.net)

# Maintenance

## TuffStuff Basic Strength Equipment Safety and General Maintenance

All TUFFSTUFF strength equipment is designed and manufactured to offer maximum, long-life service with minimal maintenance. However, safety inspection and routine maintenance in your facility should be the utmost importance in your daily operation. Information presented in these pages will serve as a basic guideline to design your own inspection procedures.

### Part One: General Inspection and Cleaning

Equipment should be wiped down with a damp cloth and dried on a daily basis. The powder coat finish should be polished with a good car wax on a monthly basis. A daily wipe down of the upholstery with a lanolin based hand cleaner or Naugahyde Cleaner. Do not use cleaners such as Lysol or Windex as they will dry out and crack the vinyl. Lanolin hand cleaner dissolves the sweat and lubricates the vinyl, maintaining its natural flexibility. Sweat is corrosive and when left on the frame and components will eventually cause corrosion or rust. When performing these cleaning sessions, it is the perfect time to inspect the equipment and note any problems for the maintenance personnel to correct.

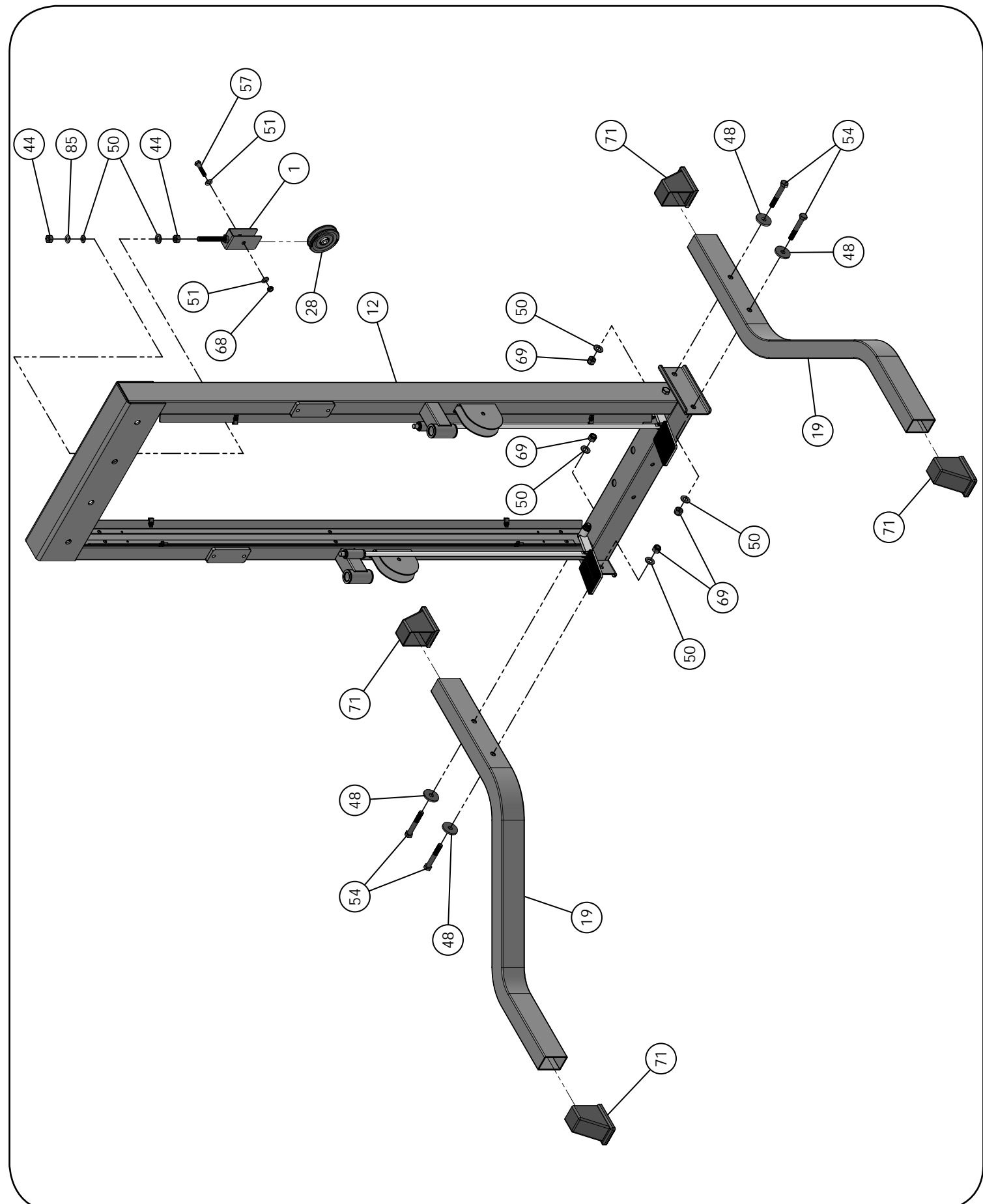
1. Check equipment if it is operating properly.
2. Check the cable for loose fittings or frayed cable and is seating properly on the pulleys and cams.
3. Make sure that the proper weight stack selector pin is with each machine and that the pin functions properly.
4. If something appears loose be sure to have it tightened immediately.
5. If a piece of equipment appears damaged or not operation properly, place the piece out-of-service immediately.

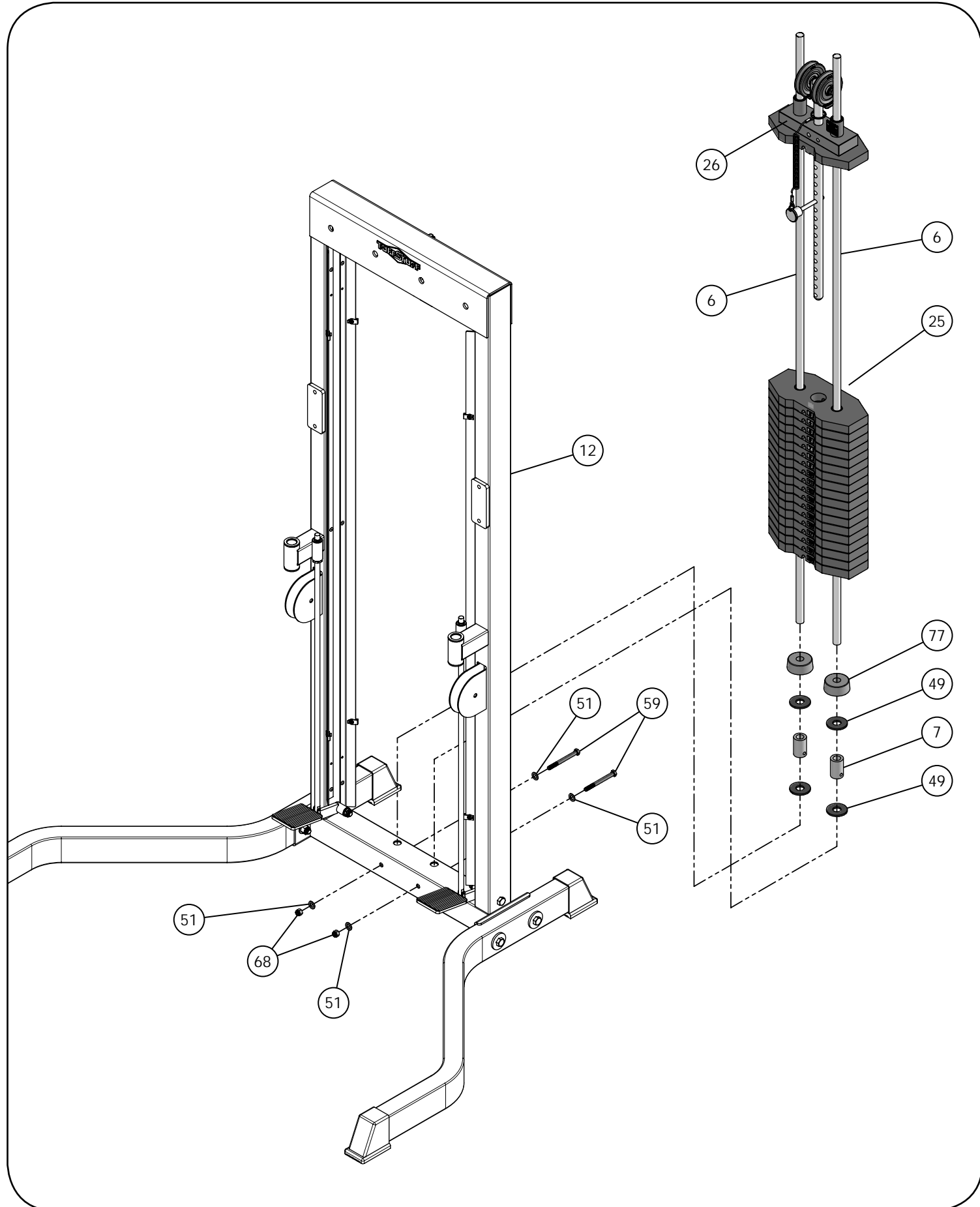
### Part Two: Maintenance

In this paragraph, we will discuss the inspection of the cables, pulleys and their associated components. If there exists the potential for injury to occur on a machine, it will most likely lie in the cable system. It is important to inspect the cables frequently and let it be known to all users that it is their responsibility to report any worn-out cable to prevent a sudden failure that can result in an injury. Cables are moving parts, meaning cable-wear will occur regardless of the type or size used. In the advent of the 3/16" mill-spec cable this wear takes longer to become apparent and this is why frequent inspections are so important.

1. Check the cable termination at the weight stack. To perform any cable tension adjustment, loosen the hex jam nut and thread the hex tap bolt in or out to give cable the proper tension. Re-tightened the hex jam nut when adjustment is complete and make sure the hex tap bolt is threaded 1/2" into the socket of the selector bar top plate.
2. Check the cable as it terminates at the cam. Check the end fitting for any signs of fraying in this area. Inspect the bolt and nut and/or screw holding the fitting and be sure that it is tight.
3. Check the cables as it passes over all pulley wheels. Visually inspect the cables and pulleys. A cable that is wearing will exhibit a ballooned surface that passes over the pulley. This is an early warning sign to replace the cable.

## Step 1 Affix the Stabilizers to the Main Frame



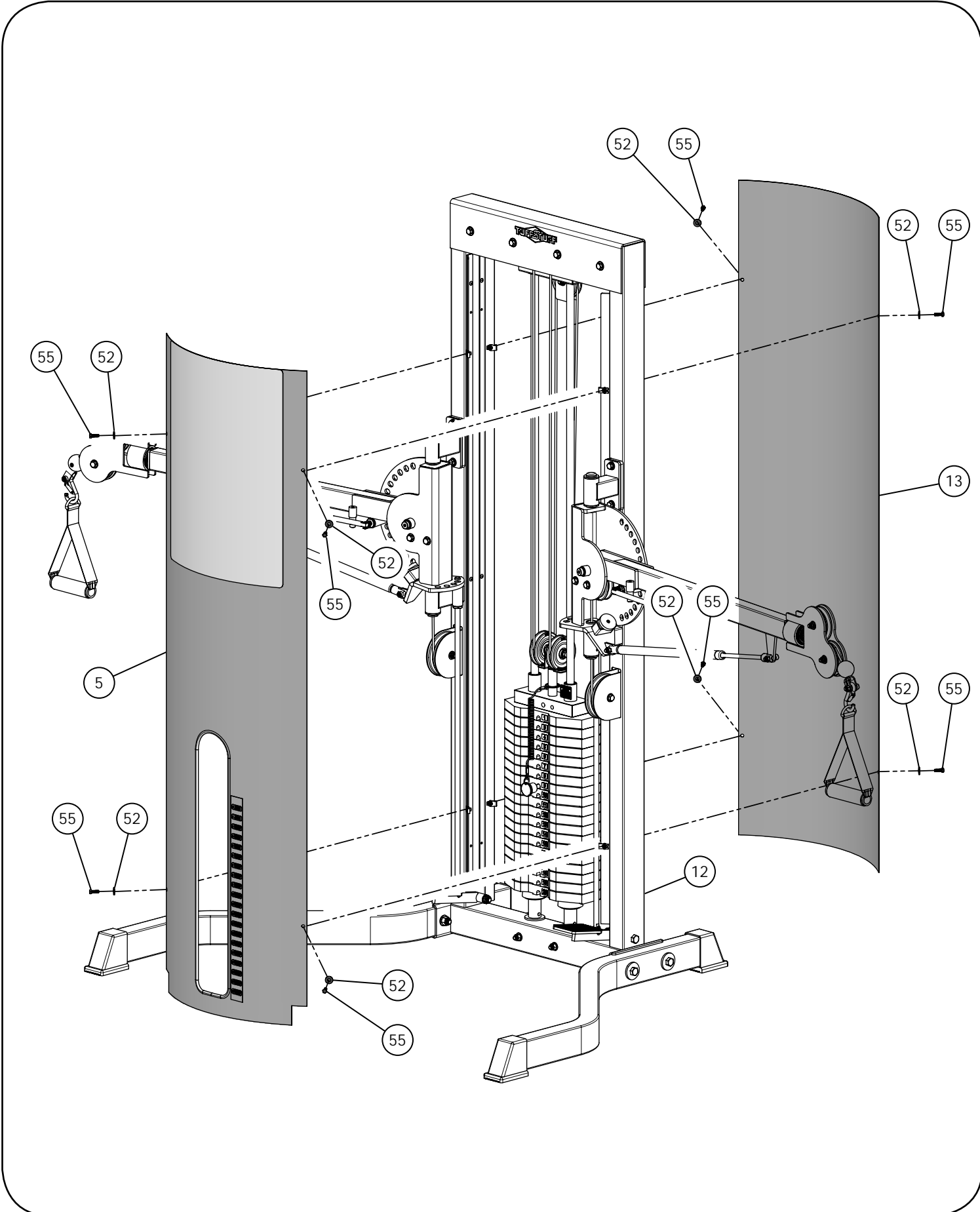


**COLOR CHART**  
**BOLD FONT = SUB-ASSEMBLY PARTS**  
 BLACK= HARDWARE

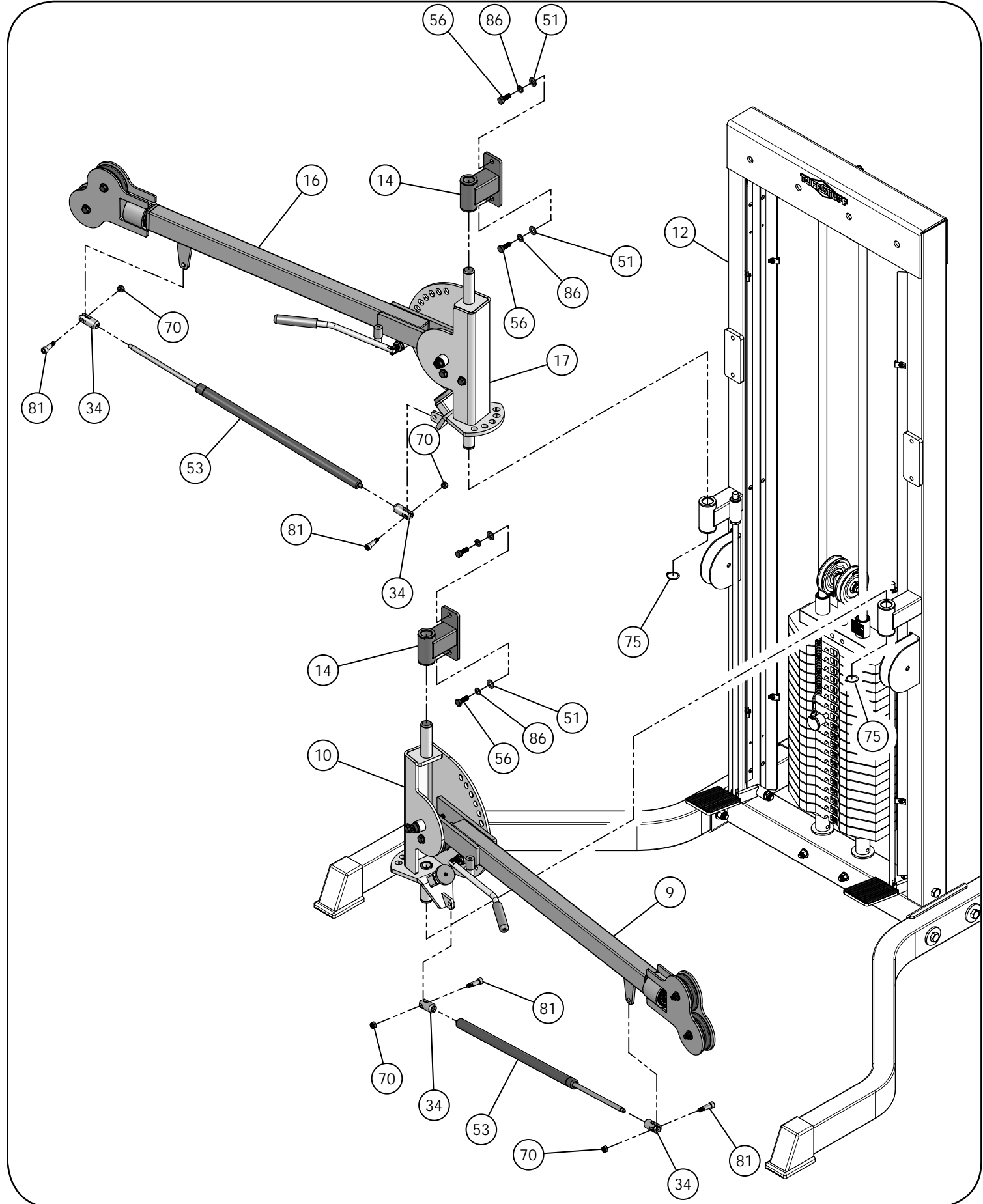
**MFT-700**  
**Parts List**

					REV0			
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	<b>ADJUSTABLE 3 1/2 PULLEY BRACKET</b>	0	<b>UP3821</b>	1	51	FLAT WASHER SAE B/O 3/8"	BNH0239	33
2	<b>CABLE</b>	0	<b>UP3750</b>	1	52	FLAT WASHER USS B/O 1/4"	BNH0233	8
3	<b>CABLE RETAINER BRACKET (3 1/2 PULLEY)</b>	0	<b>UP0998</b>	2	53	GAS SHOCK #9416K23 25 33.94 EXT, 16.14 STRK	BNH1705	2
4	<b>CHROME LEVER HANDLE</b>	0	<b>UP3751</b>	2	54	HEX HEAD CAP SCREW GR-5 B/O 1/2-13 X 3 1/4	BNH0576	4
5	<b>FRONT WEIGHT SHROUD</b>	0	<b>UP3752</b>	1	55	HEX HEAD CAP SCREW GR-5 B/O 1/4-20 X 3/4	BNH0890	8
6	<b>GUIDE ROD 3/4 X 68 7/8</b>	0	<b>UP3753</b>	2	56	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 1	BNH0275	4
7	<b>GUIDE ROD SPACER 2"</b>	0	<b>UP2690</b>	2	57	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3/4	BNH0274	3
8	<b>LEFT SIDE FOOT PEDAL</b>	0	<b>UP3822</b>	1	58	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 2	BNH0279	4
9	<b>LEFT SIDE PIVOT ARM</b>	1	<b>UP3756</b>	1	59	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 1/2	BNH0280	2
10	<b>LEFT SIDE PIVOT ARM SWIVEL HOUSING</b>	1	<b>UP3757</b>	1	60	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 3 3/4	BNH0281	3
11	<b>LOCKING PIN 1/2 X 29 3/8</b>	0	<b>UP3758</b>	2	61	HEX HEAD CAP SCREW GR-5 B/O 3/8-16 X 4	BNH0285	6
12	<b>MAIN FRAME</b>	0	<b>UP3825</b>	1	62	HEX KEY 1/4"	BNH0375	1
13	<b>REAR WEIGHT SHROUD</b>	0	<b>UP3760</b>	1	63	HEX KEY 3/16	BNH0371	1
14	<b>RETAINING HOUSING</b>	0	<b>UP3761</b>	2	64	LEATHER ANKLE STRAP	BNH1231	1
15	<b>RIGHT SIDE FOOT PEDAL</b>	0	<b>UP3823</b>	1	65	NYLON BALL 1 3/4 X 9/32	BNH1905	2
16	<b>RIGHT SIDE PIVOT ARM</b>	1	<b>UP3764</b>	1	66	NYLON D HANDLE	BNH1215	2
17	<b>RIGHT SIDE PIVOT ARM SWIVEL HOUSING</b>	1	<b>UP3765</b>	1	67	NYLON INSERT JAM LOCK NUT B/O 1/2-13	BNH0366	2
18	<b>SELECTOR PIN W/COIL 3/8 X 3 1/4</b>	0	<b>UP3051</b>	1	68	NYLON INSERT JAM LOCK NUT B/O 3/8-16	BNH0365	18
19	<b>STABILIZER</b>	0	<b>UP3766</b>	2	69	NYLON INSERT LOCK NUT B/O 1/2-13	BNH0212	4
20	<b>SWIVEL DOUBLE PULLEY BRACKET</b>	0	<b>UP3824</b>	2	70	NYLON INSERT LOCK NUT B/O 5/16-18	BNH0215	6
21	<b>TOP PLATE DOUBLE PULLEY BRACKET</b>	0	<b>UP3828</b>	1	71	PLASTIC END CAP W/GROOVE 3 X 2	BNH1310	4
22	<b>WEIGHT SHROUD RETAINER PLATE 67"</b>	0	<b>UP3767</b>	2	72	PLASTIC INSERT CAP 1" RD 10-12 GA	BNH0002	2
23	<b>WEIGHT SHROUD RETAINER PLATE LT 65"</b>	0	<b>UP3826</b>	1	73	PULL PIN ASSY 3 1/2 CUSTOM (AFT-1)	BNH1723	2
24	<b>WEIGHT SHROUD RETAINER PLATE RT 65"</b>	0	<b>UP3827</b>	1	74	PULL PIN ASSY 3 1/2 DRILLED (AFT-1)	BNH1721	2
25	10 LB CAST WEIGHT PLATE GREY		BNH0904	18	75	RETAINING SNAP RING EXT. .925 X 1 X .042	BNH0419	4
26	10 LB TOP PLATE W/ADJ. SLTR BAR 19 WTS		BNH1100	1	76	RUBBER CORR MAT 1/8 X 3 X 4	BNH1725	2
27	ALUMINUM BLIND RIVET 3/16" #AB66A		BNH0881	12	77	RUBBER DONUT 3/4 X 2 1/2	BNH0068	2
28	ALUMINUM PULLEY 3/8" X 3 1/2"		BNH1266	9	78	RUBBER GRIP 1/2 X 4	BNH0530	2
30	ALUMINUM PULLEY 3/8" X 4 1/2"		BNH0069	6	79	RUBBER GROMMET 3/4" ID (2867-012)	BNH0401	2
31	BALL BEARING #W 516		BNH0628	4	80	SHOULDER BOLT ALLOY 1/2 X 1 1/8	BNH1879	4
32	BRONZE BUSHING 1 X 1 1/4 X 3/4 X 1 1/2 X 1/8		BNH0527	8	81	SHOULDER BOLT ALLOY 3/8 X 3/4	BNH0718	8
33	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	12	82	SINGLE STRAND CONNECTING LINK #40	BNH0066	4
34	CLEVIS BRACKET 3/16" THREAD 8 MM		BNH1719	4	83	SNAP LINK Z/P 8MM X 80MM	BNH0065	2
35	DECAL -AFT-1 LEFT ARC HIGH, MID, LOW		BNH1713	2	84	SOCKET SET SCREW ALLOY 3/8-16 X 3/4	BNH0476	2
36	DECAL -AFT-1 RIGHT ARC HIGH, MID, LOW		BNH1714	2	85	SPLIT LOCK WASHER B/O 1/2"	BNH0653	2
37	DECAL-DANGER TIGHTEN THIS RETAINING...		BNH0142	4	86	SPLIT LOCK WASHER B/O 3/8"	BNH0658	4
38	DECAL-EXERCISE CHART (MFT-700)		BNH1896	1	87	STRAP BRACKET 20 #SF20 STAINLESS STEEL 3/32"	BNH1904	2
39	DECAL-IMPORTANT FOR BEST PERFORMANCE...		BNH1894	1	88	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
40	DECAL-WARNING ATTENTION USERS! MOVING PARTS..		BNH1895	2	89	URETHANE BUMPER 1 3/4	BNH0229	2
41	DECAL-WEIGHT NUMBERS 1-20		BNH1525	1	90	U-STYLE TAPPED HOLE NUT 1/4-20	BNH0708	8
42	DECAL-WEIGHT NUMBERS REF TP-10 (200 lbs)		BNH1542	1	91	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
43	EDGE PROTECTOR CHROME 60"		BNH1724	1	92	DECAL-IMPORTANT ADJUST CABLE HERE	BNH1893	1
44	FINISHED HEX NUT B/O 1/2-13		BNH0201	3	93	DECAL-IMPORTANT CHECK CABLES FOR PROPER...	BNH1891	1
45	FLANGE SPACER 3/8 X 2 1/16		BNH1877	4	94	DECAL-IMPORTANT DO NOT APPLY FULL BODY...	BNH1892	2
46	FLANGE SPACER 3/8 X 5/16		BNH1876	4	95	FLAT PHILLIPS MACHINE SCREW B/O 3/8-16 X 1 1/2	BNH0784	1
47	FLAT PHILLIPS SCREW ZINC # 2 X 1/2		BNH1480	2	96	FLAT PHILLIPS MACHINE SCREW B/O 3/8-16 X 1 1/4	BNH0783	1
48	FLAT WASHER 1/2 ID X 1 3/4 OD X 3/16 THICK		BNH0241	4	97	10 LB CAST WEIGHT PLATE GREY (DRILLED)	BNH01906	1
49	FLAT WASHER B/O 3/4 X 2"		BNH0878	4	98	HEX KEY ALLOY 3/32"	BNH0372	1
50	FLAT WASHER SAE B/O 1/2"		BNH0238	6	99	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	4

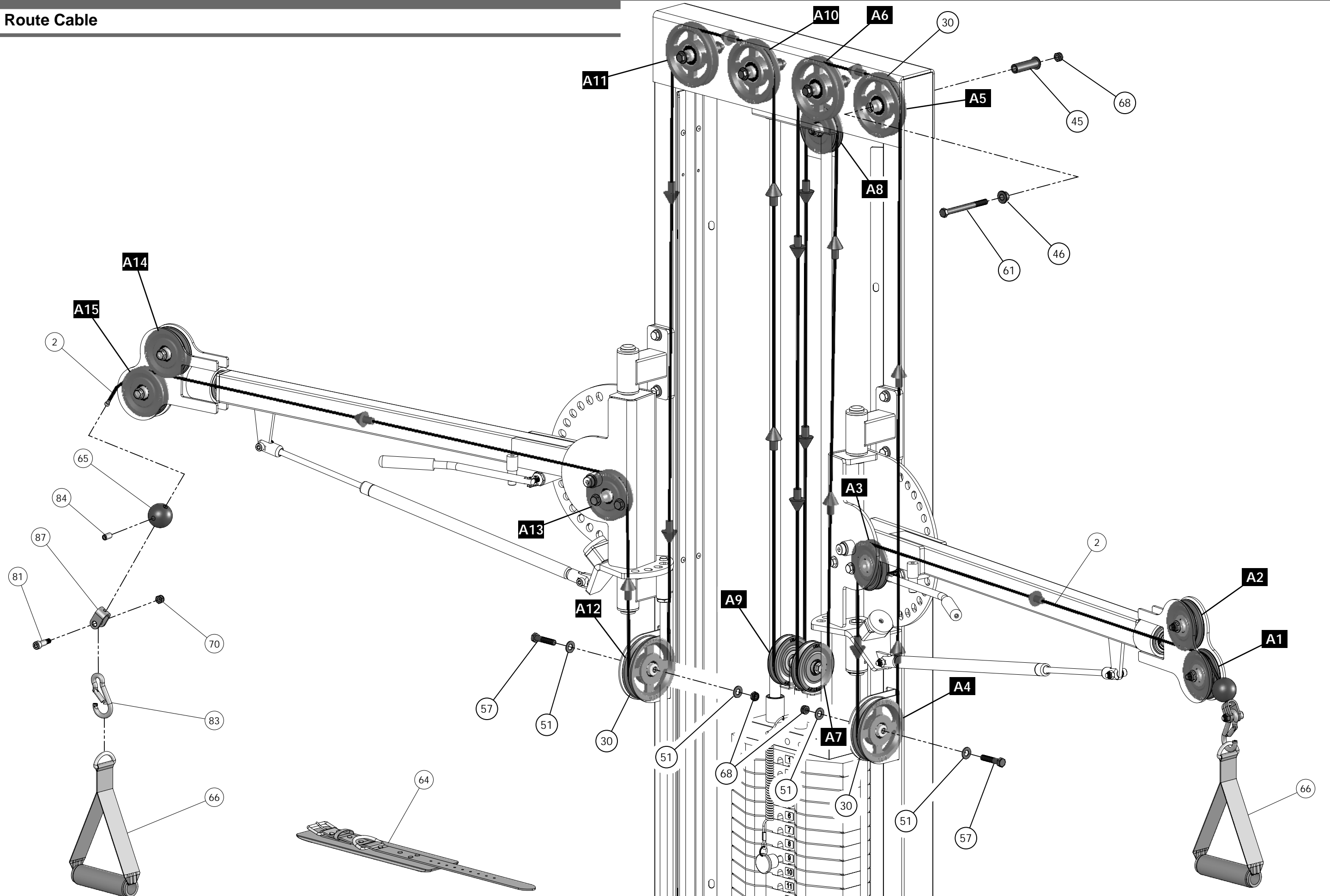
Step 5 Affix the Weight Shrouds to the Main Frame

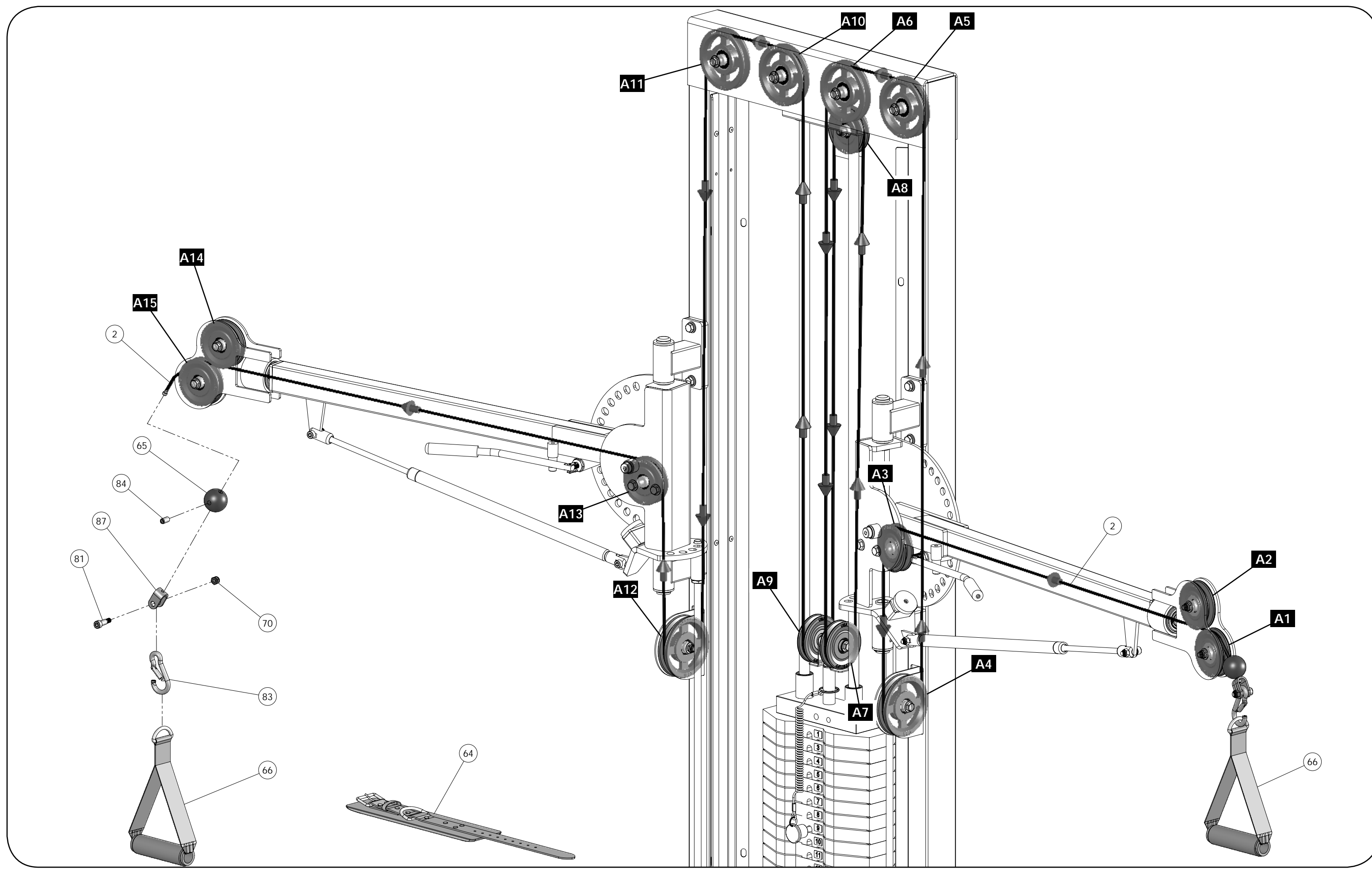


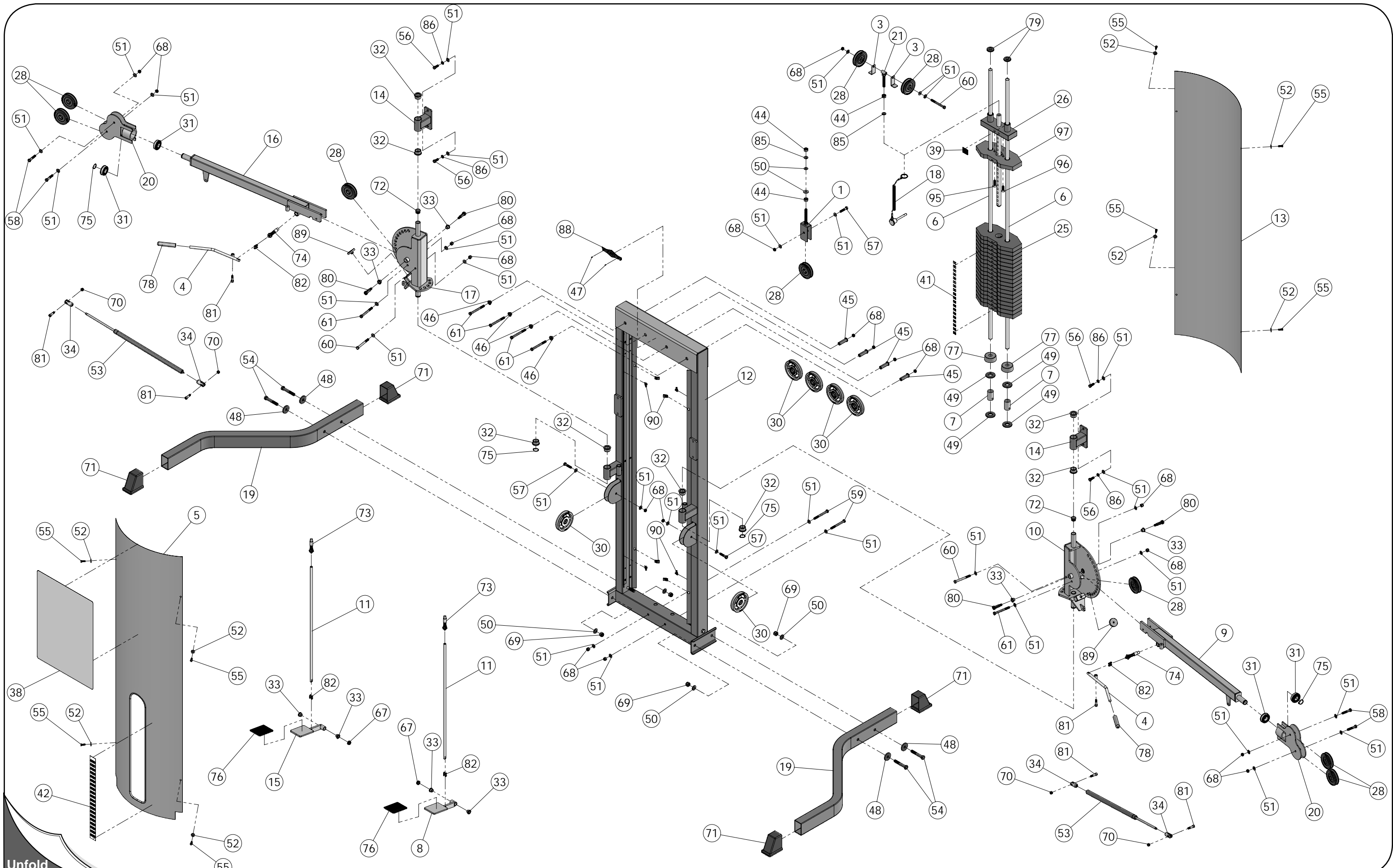
Step 3 Assemble Pivot Arms



Step 4 Route Cable







Unfold  
Page