

Revision 0

September 2010

Platinum[®]

by **TUNTURI**

Cable Cross Stand Alone Unit

Owner's Manual



Record Serial Number Here

Date of Purchase

Platinum by Tunturi
www.tunturi.com

Instructions

Congratulations on the purchase of your new Cable Cross Stand Alone Unit. 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 TUNTURI www.tunturi.com

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Frame Components

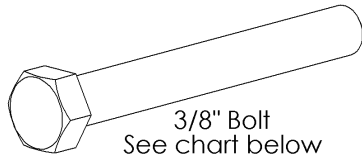
ITEM NO.	DESCRIPTION	QTY
1	Side Frame	2
2	Short Base Frame	1
3	Upright Support Frame	2
4	Wall Mount Tube	2
5	Selector Tube	2
6	Right Side Height Adjustment	1
7	Left Side Height Adjustment	1
8	Swivel Pulley Holder	2
9	Upper Support Brace	1
10	Pulley Holder/ Support Plate	4
11	Extended Upper Support Brace	1
12	Front Angle Bracket	1
13	Rear Angle Bracket	1

Hardware

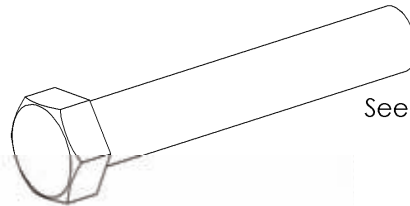
ITEM NO.	DESCRIPTION	QTY
14	HCS 3/8"-16 x 5 1/4"	8
15	HCS 3/8"-16 x 2 3/4"	4
16	HCS 3/8"-16 x 2 1/2"	10
17	3 1/2" Pulley	4
18	Threaded Collar	2
19	HCS 3/8"-16 x 1 1/4"	4
20	FHSCS 3/8"-16 x 3"	2
21	FHSCS 3/8"-16 x 5 1/4"	2
22	3/8" Flat Washer	64
23	3/8" Nylock	34
24	HCS 3/8"-16 x 2 1/4"	4
25	Plate	2

Tools Required

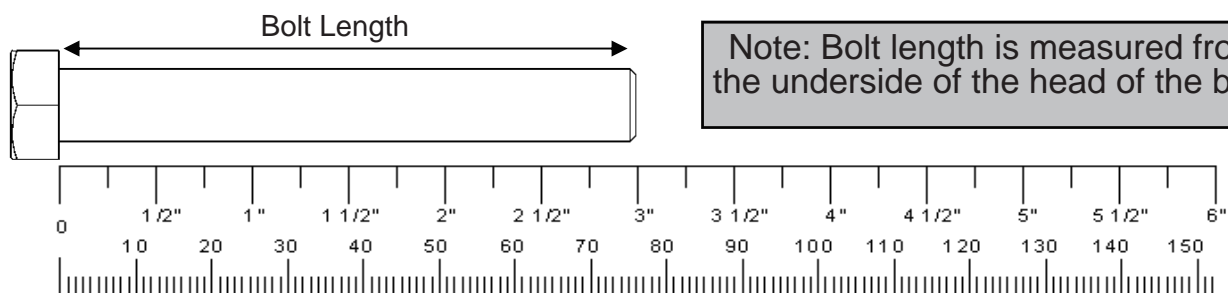
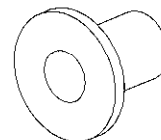
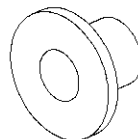
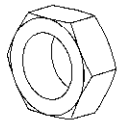
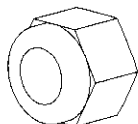
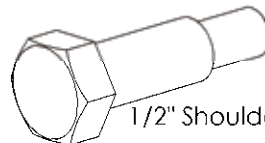
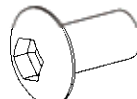
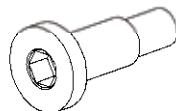
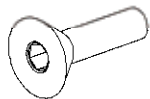
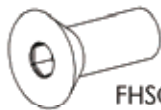
- 9/16" Wrench
- 9/16" Ratchet
- 3/4" Wrench
- Allen Wrench Set
- Tape Measure



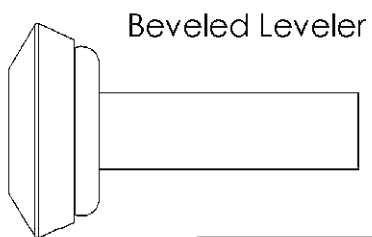
Size
3/8" x 3/4"
3/8" x 1"
3/8" x 1 1/4"
3/8" x 1 1/2"
3/8" x 1 3/4"
3/8" x 2"
3/8" x 2 1/4"
3/8" x 2 1/2"
3/8" x 2 3/4"
3/8" x 3"
3/8" x 3 1/4"
3/8" x 3 1/2"
3/8" x 3 3/4"
3/8" x 4"
3/8" x 4 1/4"
3/8" x 4 1/2"
3/8" x 4 3/4"
3/8" x 5"
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3/8" x 5 1/2"
3/8" x 6 1/2"
3/8" x 8 3/4"
3/8" x 9"



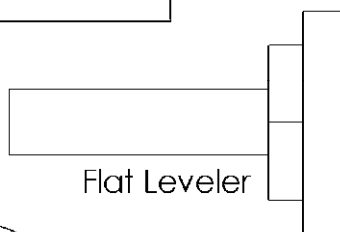
Size
1/2" x 2 3/4"
1/2" x 3"
1/2" x 3 1/4"
1/2" x 3 1/2"
1/2" x 4 1/4"
1/2" x 4 1/2"
1/2" x 5 1/2"



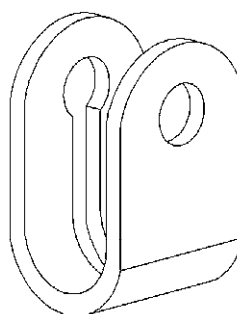
Note: Bolt length is measured from the underside of the head of the bolt.



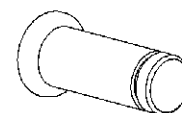
Beveled Leveler



Flat Leveler



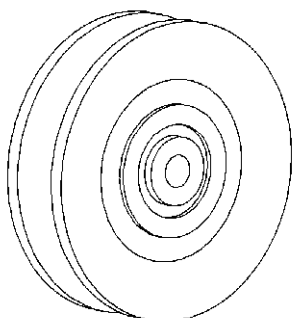
Cable Strap



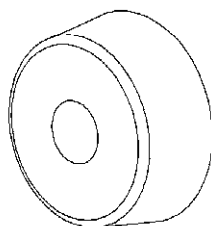
Pin



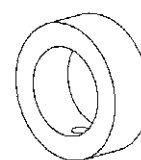
Snap Ring



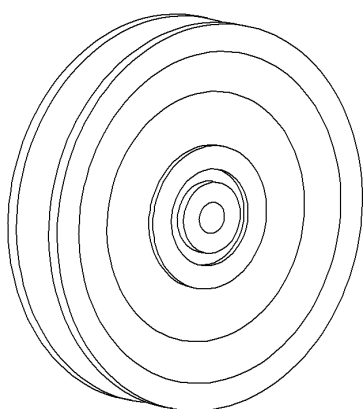
3 1/2" Pulley



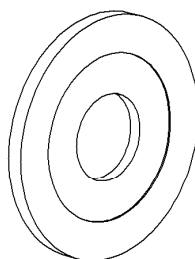
Rubber Donut



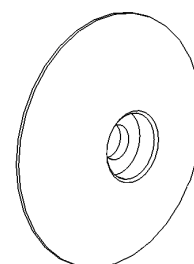
Threaded Collar



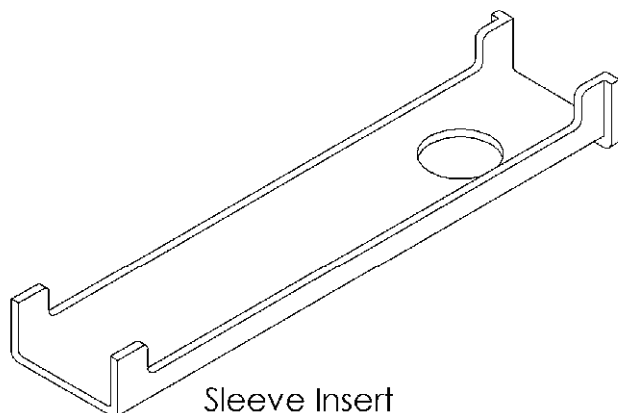
4 1/2" Pulley



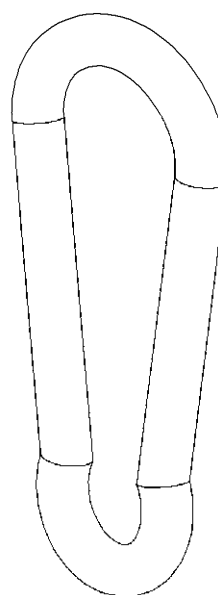
3" Plastic Washer



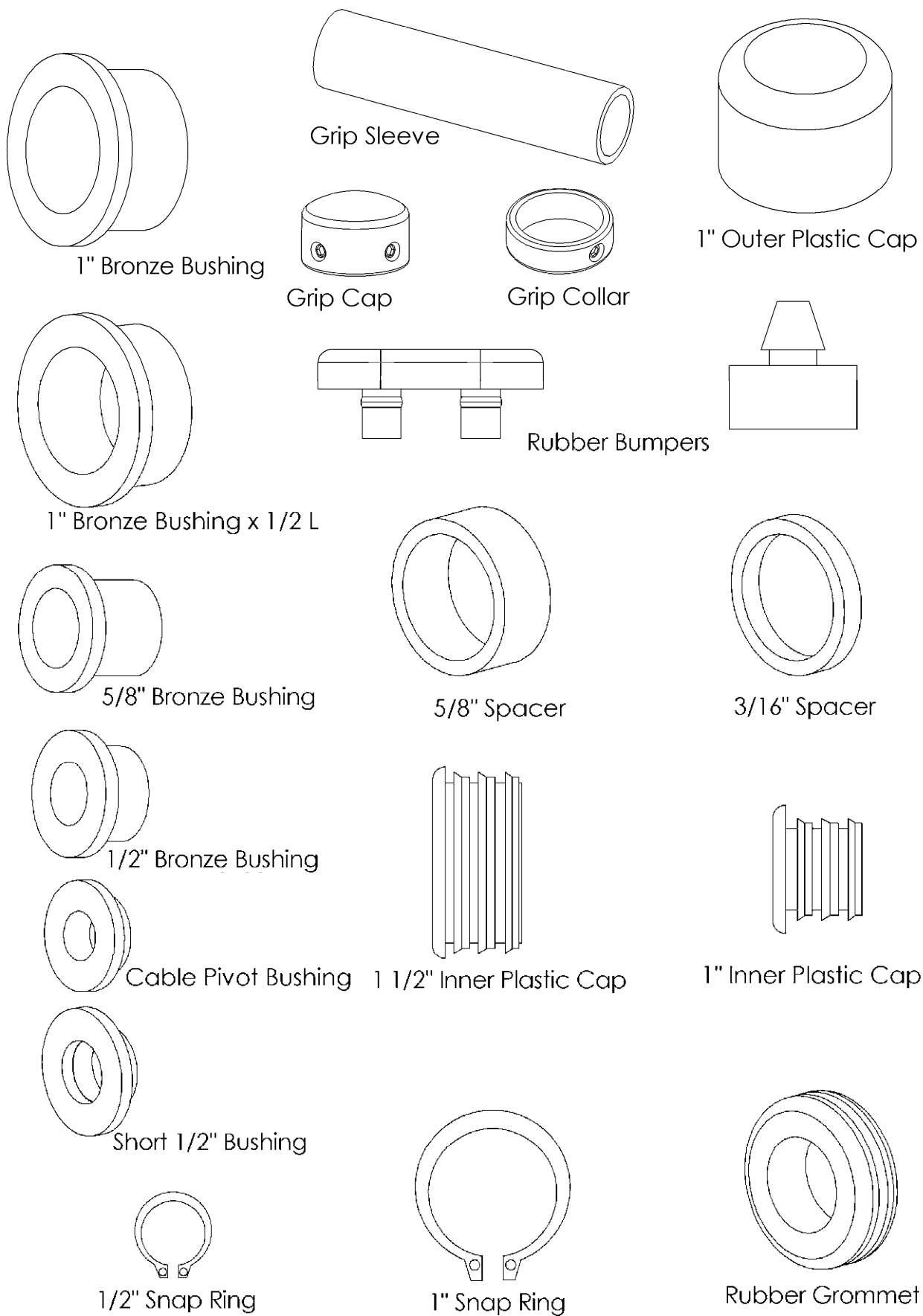
Roller End Cap

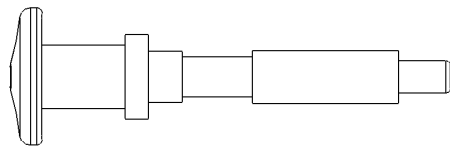


Sleeve Insert

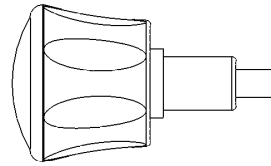


Snap Hook

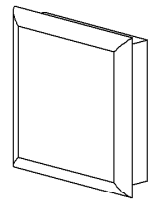




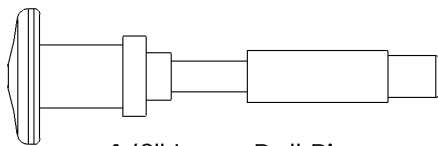
3/8" Long Pull Pin



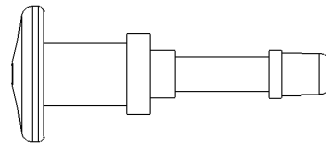
Locking Pull Pin



Plastic Cap

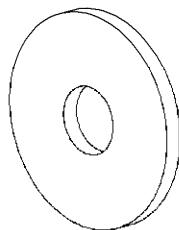


1/2" Long Pull Pin

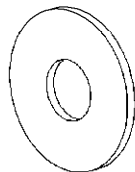


3/8" Short Pull Pin

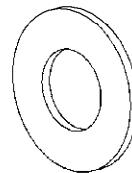
Size
2" x 2"
2" x 3"
1 1/2" x 2"
1 3/4" x 1 3/4"
1 1/2" x 1 1/2"



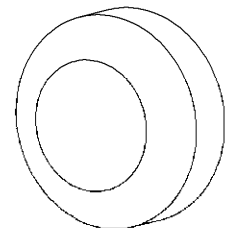
3/8" Fender Washer



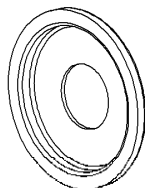
3/8" Flat Washer



1/2" Flat Washer



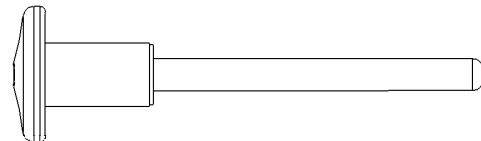
Screw Cap Cover



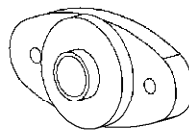
Screw Cap Washer



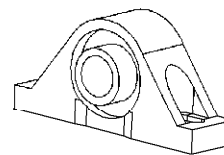
3/8" Lock Washer



Magnetic Weight Stack Pin



Side Mounted
Flange Bearing



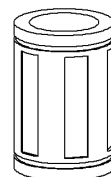
Pillow Block Bearing



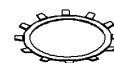
Bar Catch Rubber
Sleeve

Items not shown.

Description
Midnight Black Paint
Silver Metallic Paint
Large Logo
Small Logo
Foam Grip
Anti Skid Material
Silicon Gel Pack
1 inch chain
12 inch chain



Linear Bearing



Bearing Retaining
Clip

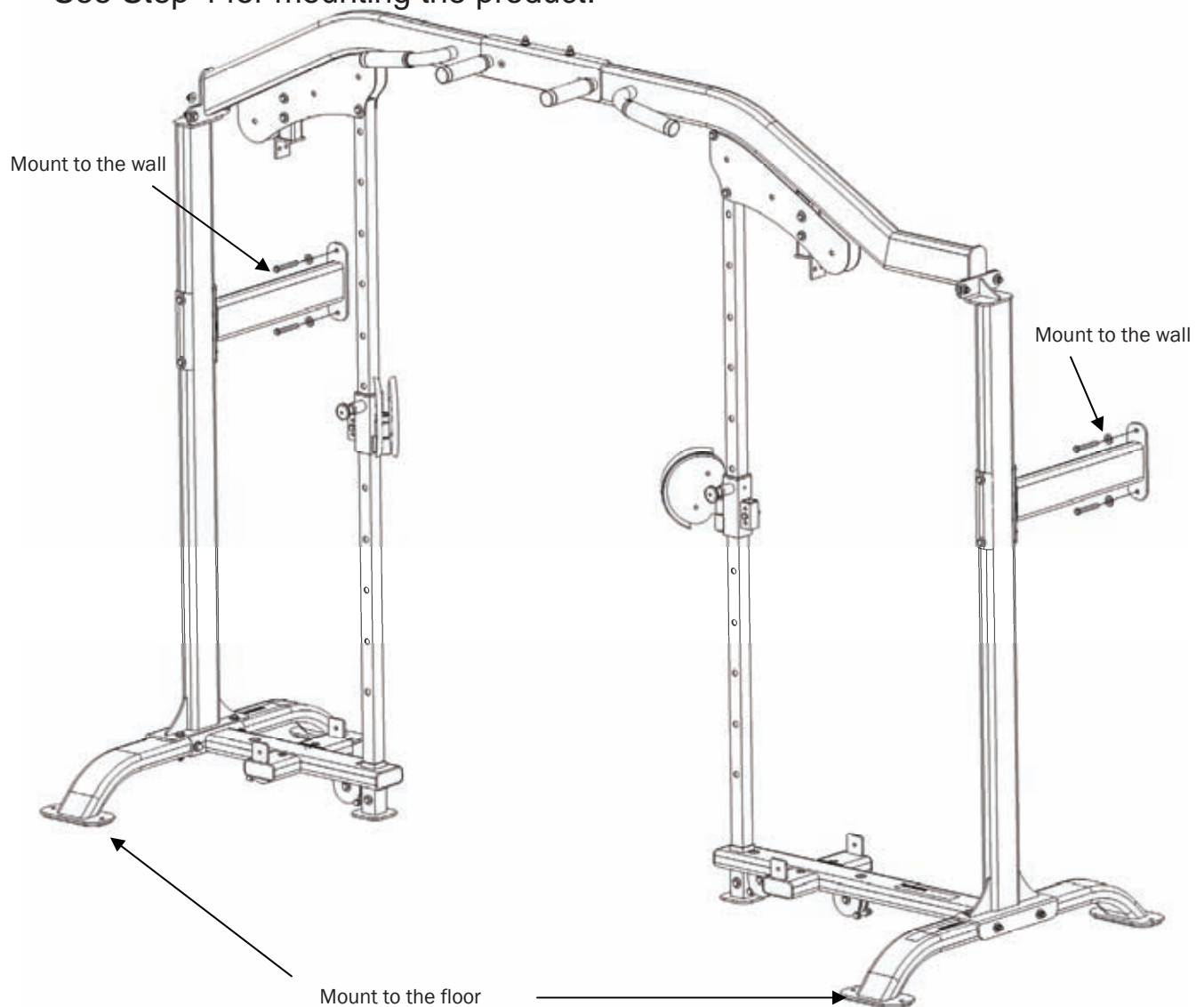
Pre-Assembling Instructions



IMPORTANT: It is important to fix the Cable Cross Stand Alone Unit, either to the wall or to the floor. This security is needed in order to prevent the Unit from moving/falling over when weights are being pulled. Units which are not secured tightly to the wall or floor are not covered by the Warranty.

Also make sure the wall or floor is able to withstand enough force to support the Cable Cross Unit. Weak walls/floors or any damage done to the walls/floors by use of the Cable cross unit is not covered in the Warranty.

See Step 4 for mounting the product.



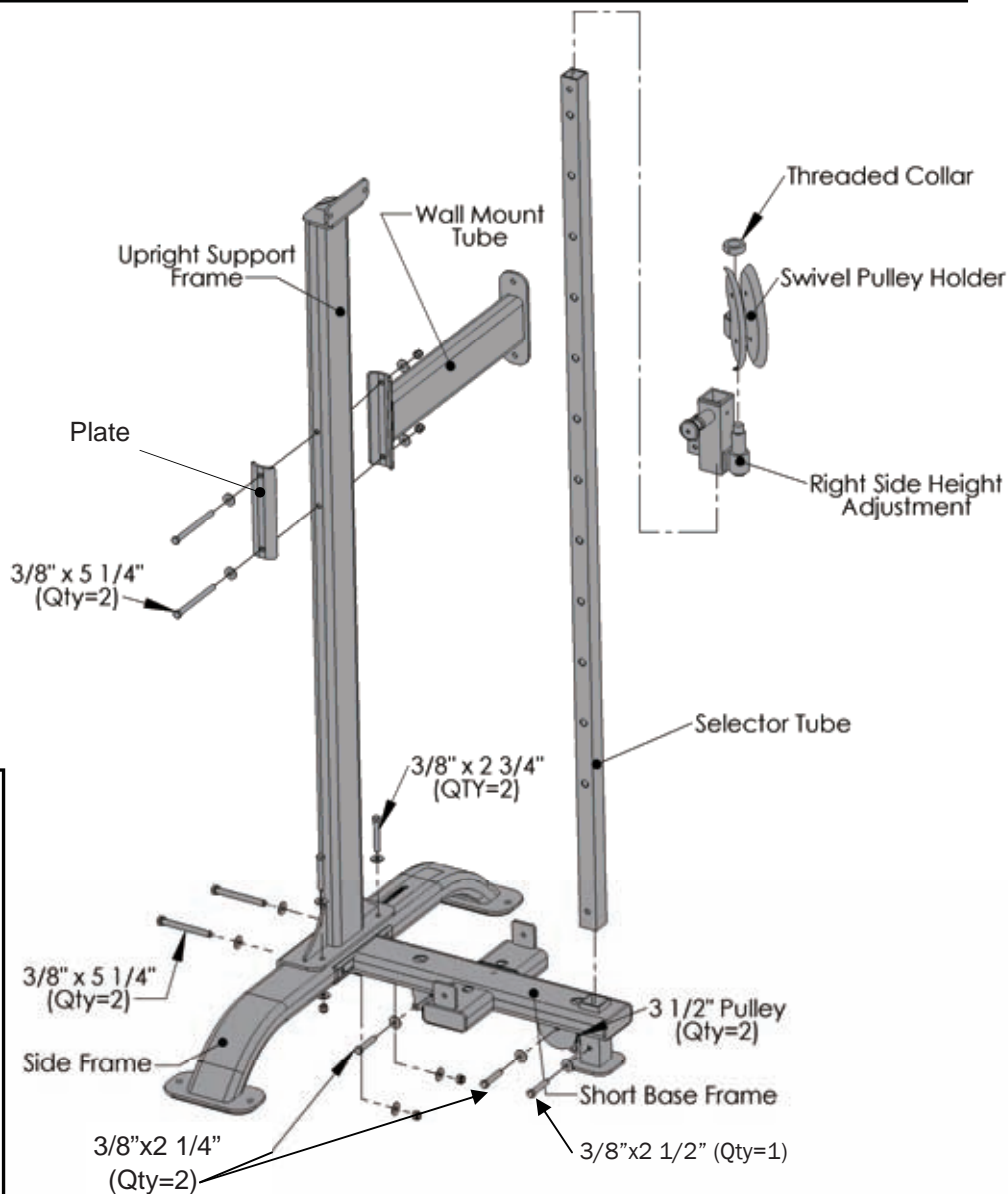


PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

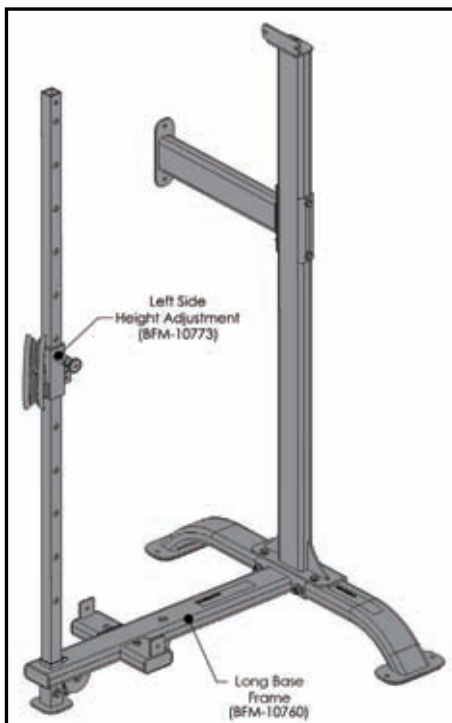
Step 1:

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

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



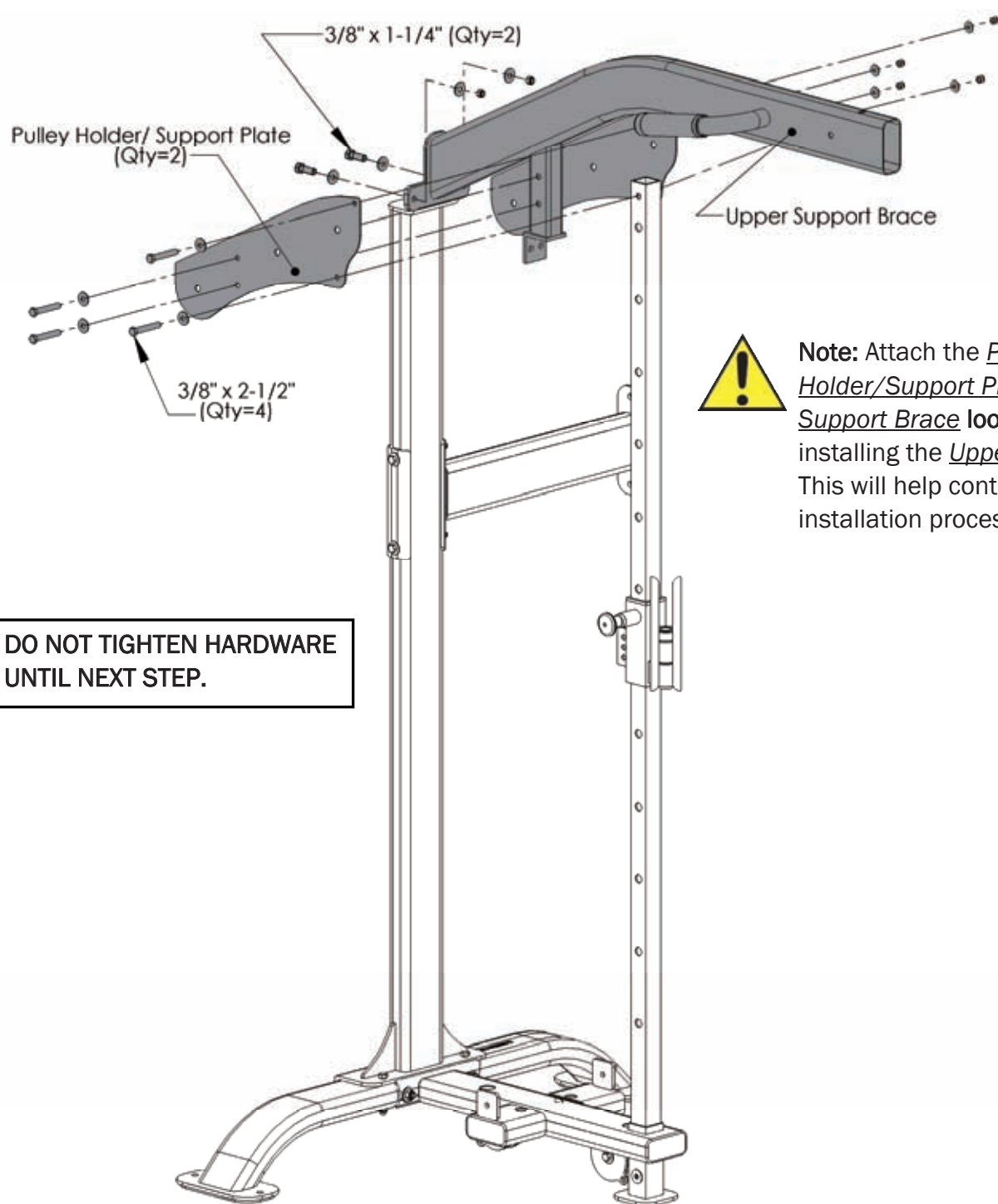
Step 1a: Repeat Step 1



Item #	Description	Qty.
1	Side Frame	1
2	Short Base Frame	1
3	Upright Support Frame	1
4	Wall Mount Tube	1

Item #	Description	Qty.
5	Selector Tube	1
6	Right Side Height Adjustment	1
8	Swivel Pulley Holder	1
14	HCS 3/8"-16 x 5 1/4"	4
15	HCS 3/8"-16 x 2 3/4"	2
16	HCS 3/8"-16 x 2 1/2"	1
17	3 1/2" Pulley	2
18	Threaded Collar	1
22	3/8" Flat Washer	18
23	3/8" Nylock	9
24	HCS 3/8"-16 x 2 1/4"	2
25	Plate	1

Step 2:



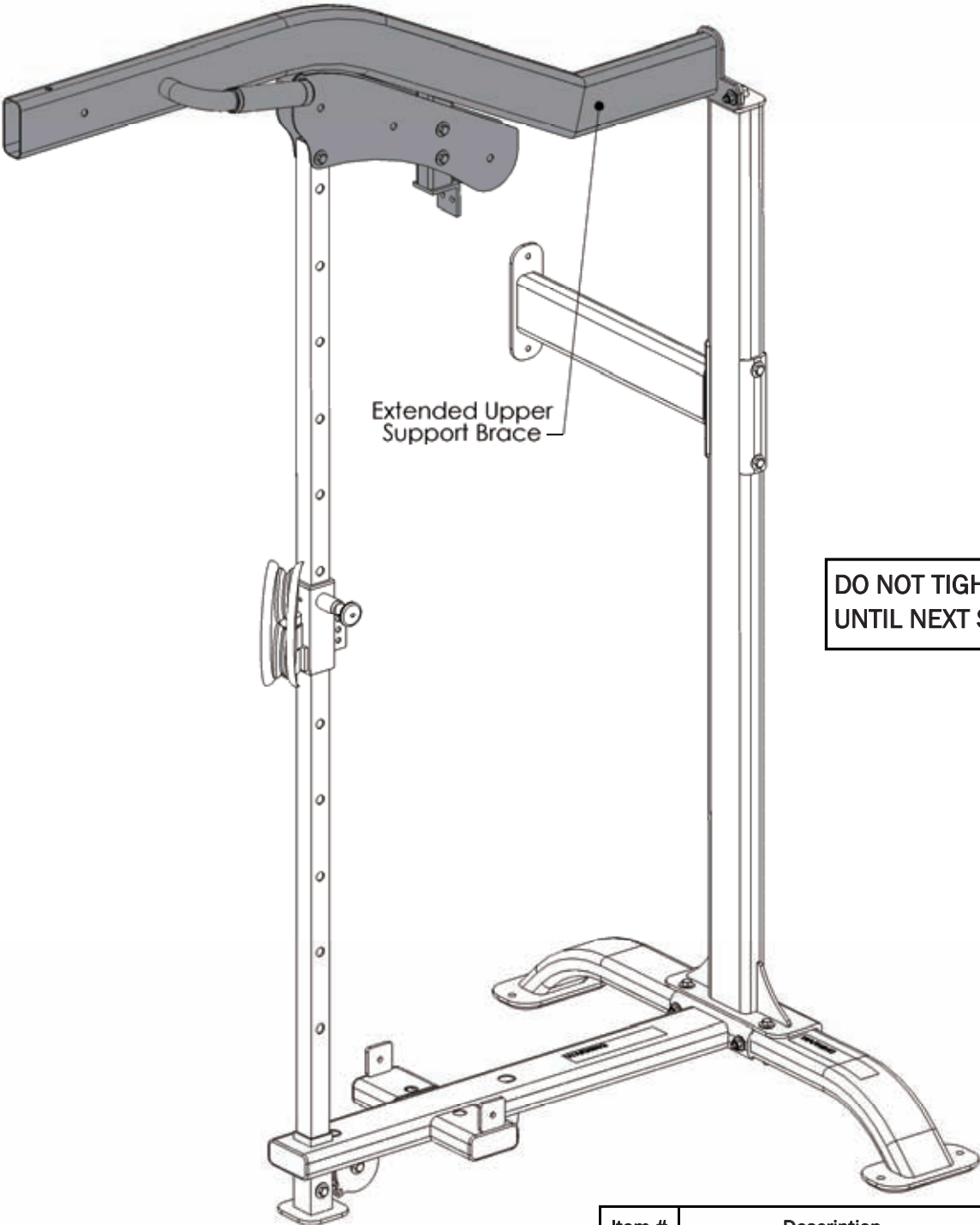
**DO NOT TIGHTEN HARDWARE
UNTIL NEXT STEP.**



Note: Attach the Pulley Holder/Support Plates to the Upper Support Brace **loosely BEFORE** installing the Upper Support Brace. This will help continue to make the installation process effortless.

Item #	Description	Qty.
9	Upper Support Brace	1
10	Pulley Holder/ Support Plate	2
16	HCS 3/8"-16 x 2 1/2	4
19	HCS 3/8"-16 x 1 1/4	2
22	3/8" Flat Washer	12
23	3/8" Nylock	6

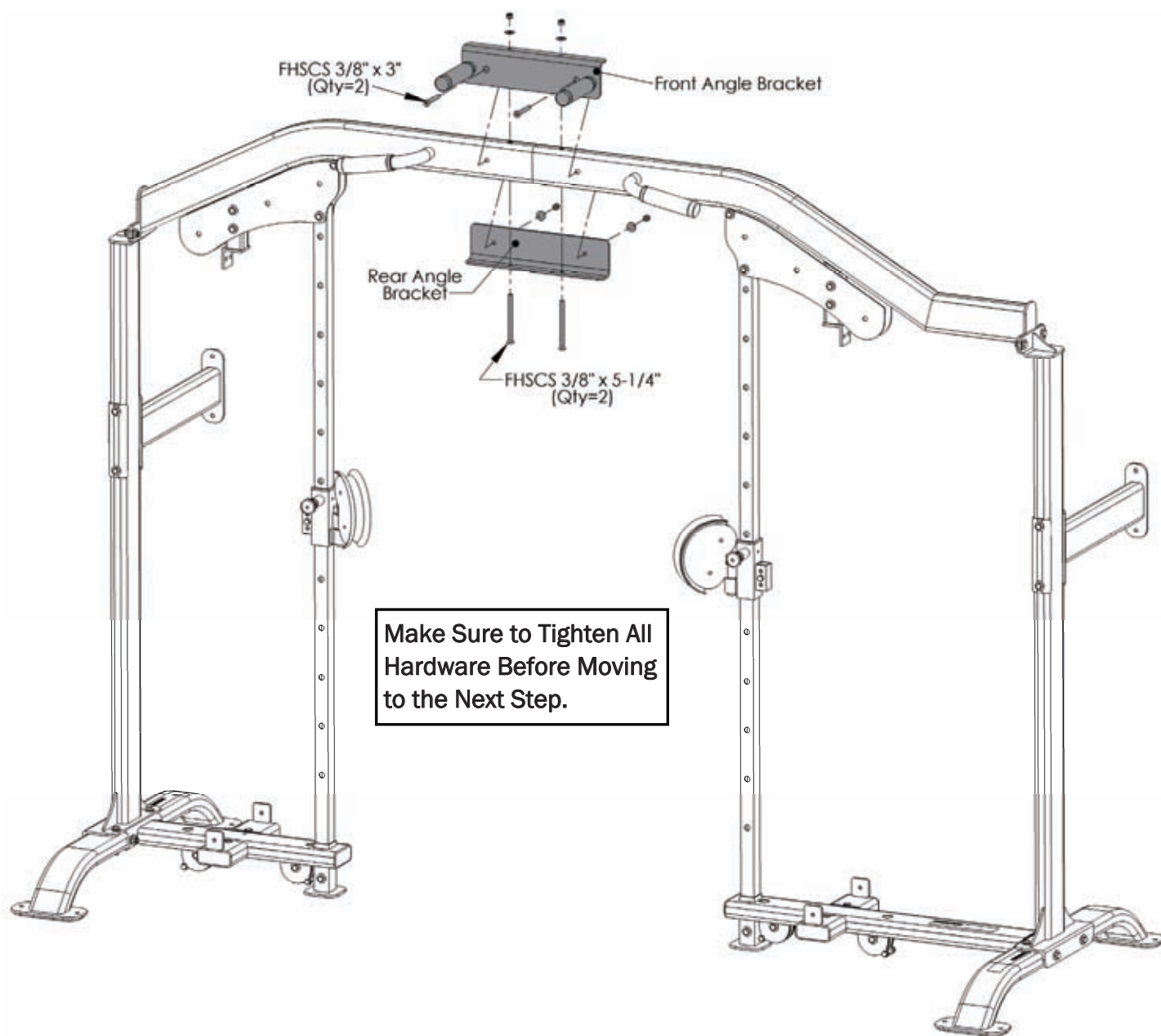
Step 2a:
Repeat step 2 for



DO NOT TIGHTEN HARDWARE
UNTIL NEXT STEP.

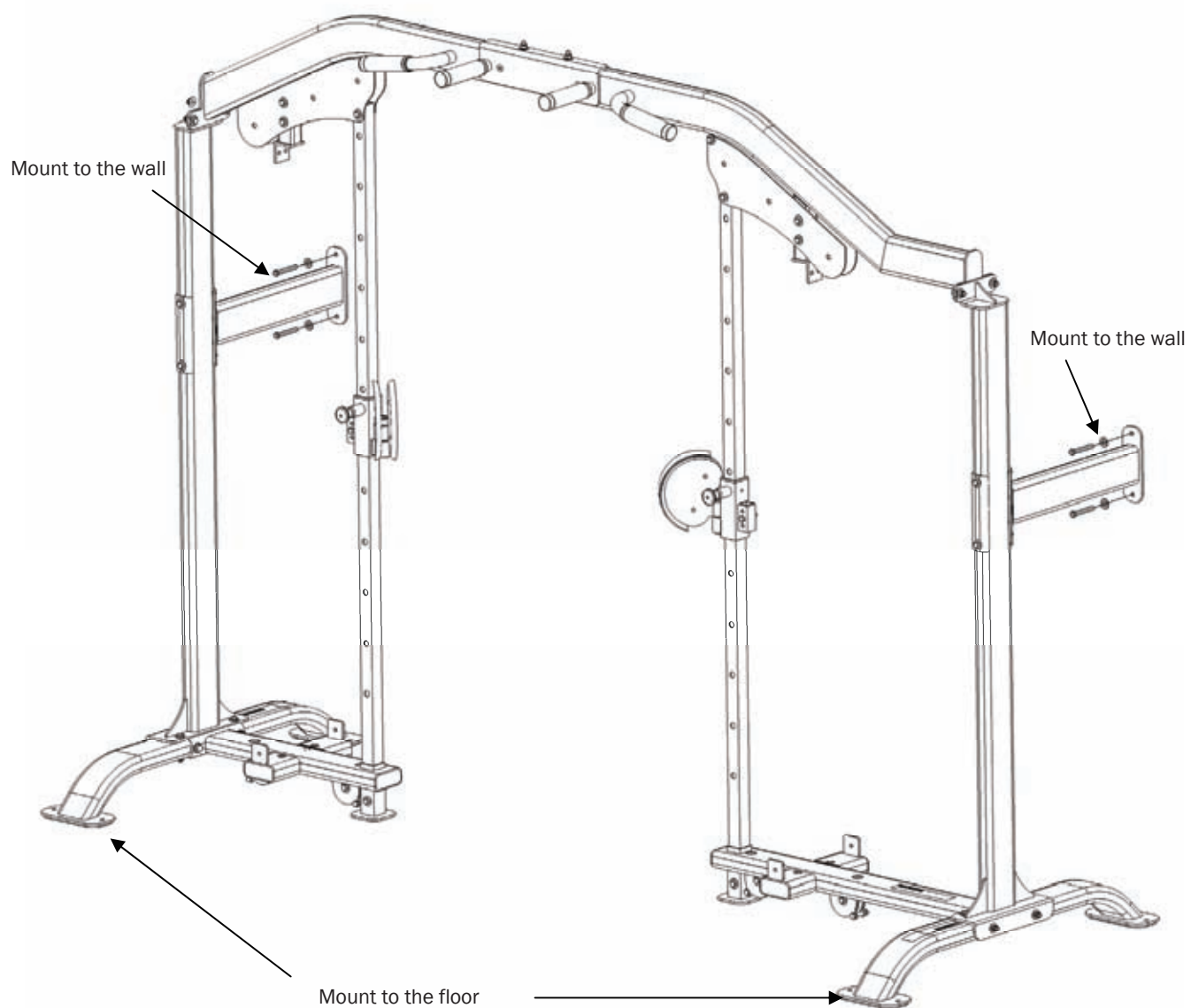
Item #	Description	Qty.
11	Extended Upper Support Brace	1
10	Pulley Holder/ Support Plate	2
16	HCS 3/8"-16 x 2 1/2	4
19	HCS 3/8"-16 x 1 1/4	2
22	3/8" Flat Washer	12
23	3/8" Nylock	6

Step 3:



Item #	Description	Qty.
12	Front Angle Bracket	1
13	Rear Angle Bracket	1
20	FHSCS 3/8"-16 x 3"	2
21	FHSCS 3/8"-16 x 5 1/4"	2
22	3/8" Flat Washer	4
23	3/8" Nylock	4

Step 4:



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.

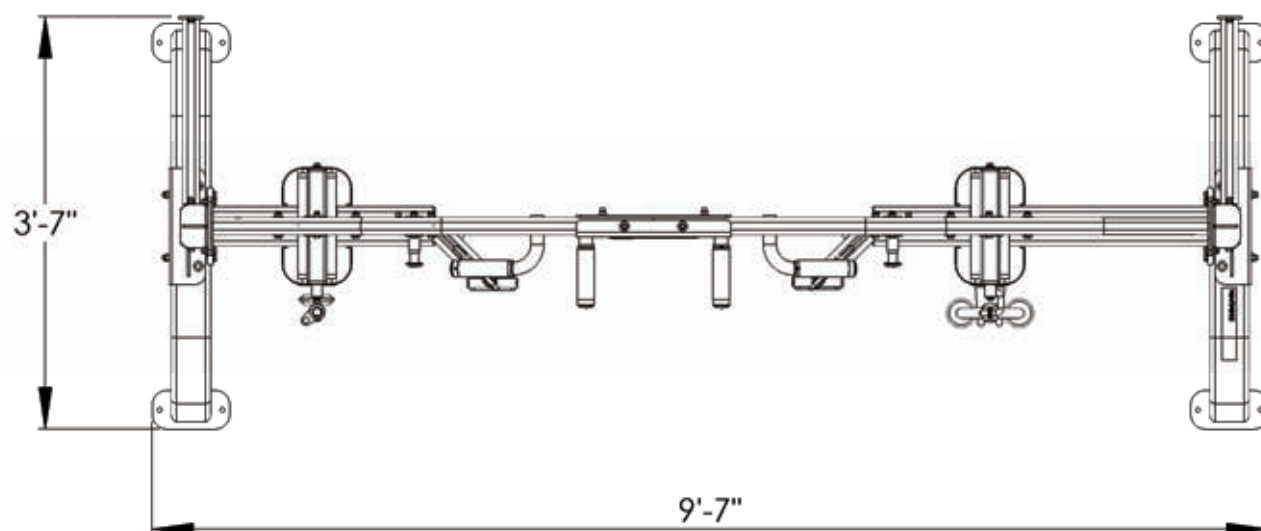
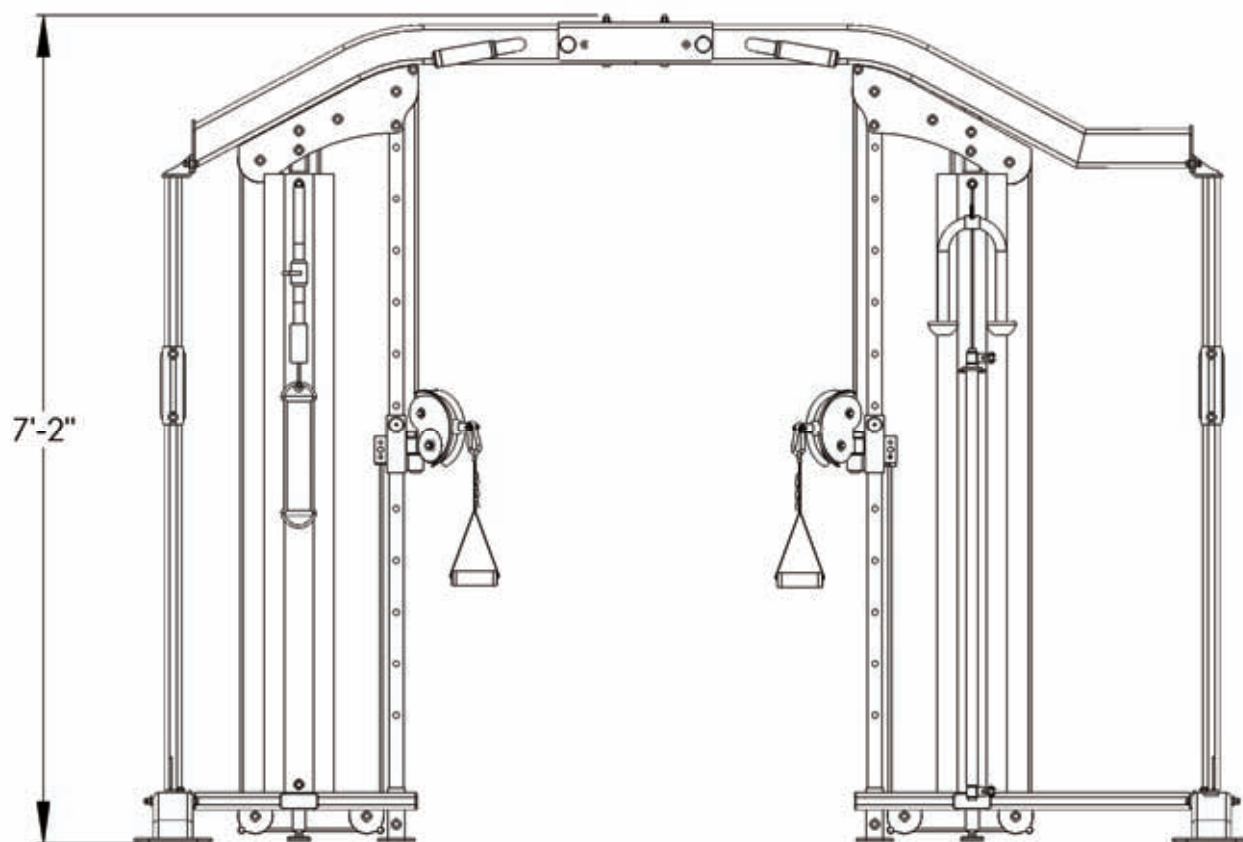
The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod. Each pillow block bearing and flange bearing has a grease fittings that must be lubricated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

	Daily	Weekly	Monthly	Quarterly	Years
Clean					
Upholstery		X			
Hand Grips		X			
Roller Pads		X			
Guide Rods			X		
Chrome Slides			X		
Frame			X		
Inspect					
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			
Lubricate					
Guide Rods			X		
Bearings					1
Replace					
Cables					3



Layout Diagram Cable Crossover

The Platinum Cable Crossover has a layout dimension of 3'-7" (width) x 9'-7" (length) x 7'-2" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.

Contact

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