

PROSPOTfitness®

Fusion SSG

“Space Saving Gym”

Featuring Prospot Fitness® Touch Sensor Technology

Owner’s Manual

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To Get Started:

*Before assembly, choose a safe location for your **Prospot Fitness® SSG**.*

- The **SSG** has a footprint of approximately 6'x 6'. The barbell is approximately 7' long. Locate your **SSG** away from any source of water. Do not allow any liquid to be near the machine or spilled on any electrical part. Do not insert any object into the electrical box.
- Approximate assembly time is 1-1/2 – 2 hours.
- A flat area of 9' x 9' will be required to assemble and properly use the **SSG**.
- You will need the following tools and a helper to complete the assembly:
 - 17 mm, 19mm Hex Head Wrench or Adjustable wrench.
 - Metric Ratchet set
 - 4 mm Allen Wrench
 - 5 mm Allen Wrench
 - Philips Screw Driver
 - Scissors
 - Razor knife
- Floor Padding, such as cardboard, to avoid scratching your floor during assembly.
- **HAND TIGHTEN** all bolts. **DO NOT** fully tighten bolts until instructed to do so.
- Assistance by a second person is recommended for some steps of this assembly.
- The **SSG** uses several different lengths of bolts. Be careful to use the correct length of bolt called for at each step of assembly. Bolt packs are label with part # and descriptions.

ALWAYS REMEMBER: After the initial set up of the system or after performing any service on the unit, **RESET** the Computer on your ProSpot system before using it. Just unplug the power supply from the Electronic Box, wait 30 seconds and plug back in. Resetting the Computer allows it to recalibrate and work to its greatest efficiency.

Assembly Instructions for the SSG

Step #1 MAIN FRAME ASSEMBLY

1. Place the (#17, #151) Base Rails opposite each other in the center of the assembly area as shown in the illustration #1. Place (#53) Bottom Cross Brace between the two Base Rails so that the side, pre-drilled holes of the Base Rails align with the holes of the Lower Frame Cross Brace. Feed (#55) & (#162) Wire Harness's thru left & right base rails (#17 & #151) up thru square cut out in rail. Place (#52) Upright support plates on each of rails, lining up the predrilled holes and secure with the lower four (#107) bolts, (#90) flat washers and (#91) lock nuts.
2. Now place (#31right, #35 left) Locking Posts on top of Base Rails (#17, #151) and secure with four (#107) bolts, (#90) flat washers and (#91) lock nuts. Be careful of wires do not pinch between metal pieces. This may take two people to perform this task.
3. Next connect the (#55) Base Frame Wire Harness to the (#136) Locking post wire Harness.
4. Now place the (#24 & #26) Inside & Outside Connecting Plates at top of (#31, #35) Locking Posts and slide four (#107) bolts, (#90) flat washers to hold Plates in position. Make sure (#41, #57) Barbell Cables that have the (#58) Weight Bar Cable Knuckles are on the side of the bolt closest to the front of the unit.
5. Now position (#12) Top Rail on to these bolts and secure with (#90) flat washers and (#91)lock nuts. This may take two people to perform this task.
6. Now install (#27) Large Double Groove Pulley between (#24 & #26) Inside & Outside Connecting Plates according to diagram #2. When installing make sure (#58) Weight Bar Cable Knuckles connected to (#41, #57) Barbell Cables are placed over this pulley according to diagram #3. Make sure cables are not twisted.
7. Now install (#30) Small Double Groove Pulley between (#24 & #26) Inside & Outside Connecting Plates according to diagram #2. When installing make sure (#18, #54) Lower Cable Knuckles connected to (#41, #57) Barbell Cables are placed over this pulley according to diagram #3. Make sure cables are not twisted.
8. Now bolt (#18,#54) Lower Cable Knuckles connected to (#41,#57) Barbell Cables to (#17, #151) Base Rails using (#99) Bolt, (#100) Spacers, (#90) Flat Washers and (#91) Lock nuts. Make sure cables are not twisted. Note: (#18, #54) Lower Cable Knuckles should be facing (#31 right, #35 left) front toward Locking Posts.
9. Next connect (#136) Locking post wire Harness plug into (#18, #54) Lower Cable Knuckles.
10. Now place and install according to diagram #2, (#28, #58) left & right Selector Plates and secure with four (#107) bolts, (#90) flat washers and (#91) lock nuts. Note: Openings in Selector Plates should face downward.

STEP #2 – FRONT UPRIGHT INSTALATION

1. Now install (#15, #51) right & left Folding Uprights into (#28, #58) left & right Selector Plates and onto stud on (#17,#151) Base Rails. Make sure brass bushings on stud are on top of Upright's bottom plate. Secure Base Rail stud with (#90) flat washers and (#91) lock nuts. Now bolt upper pivot points at bottom of (#28, #58) left & right Selector Plates with (#104) bolts & (#90) flat washers.

STEP #2 – FRONT UPRIGHT INSTALATION (con't)

2. Now feed (#58) Weight Bar Cable Knuckles connected to (#41, #57) Barbell Cables over Double Groove Pulleys towards front of unit.
3. Now install (#141) Glide Roller Assembly with (#112) bolts and (#110) washers.
4. Now install (#105) Front Cable Keeper bolts with nylon sleeve with (#101) nuts, (#102) washers. Make sure cables are not twisted.
5. Now install (#114) Rear Cable Keeper bolts with nylon sleeve with (#110) nuts, (#111) washers. Make sure cables are not twisted.
6. Now install (#19, #32) right & left Weight Horns with (#99) bolts, (#90) flat washers and (#91) lock nuts. Also install (#20) V-shaped Rubber Bumper Rings on Weight horns.

STEP #3 – WEIGHT STACK INSTALLATION & SENSOR WEIGHT BAR

1. Now place (#71) Bottom frame assembly onto (#53) Bottom Cross Brace according to diagram 6.
2. Find (#143) Electronic Box Locating Board and remove (#134) Cover. Now slide two (#92) bolts & (90) flat washers thru the two holes. Now place the (#134) Cover & (#144) Electronic box behind (#53) Back Base Rail. Pull (#55) Base Rail Wire Harness through the (#134) Cover's side holes and plug into (#145) Electronic Box connectors. Make sure LED lights line up with opening on Cover and 12V power receptacle is facing out. Now attach (134) Cover to (#143) Locating Board with small screws provided.
3. Now slide the two bolts from the (#143) Electronic Box Locating Board thru holes and secure with (#90) flat washers and (#91) lock nuts.
4. Remove (#1, #2, #140) Weight Stack Plates and Top Plate from their cartons and place near the unit for installation0.
5. Insert (#6) Weight Stack Guide Rods into (#10) Guide Rod Cup Holders.
6. Add weight plates. This step is easier to perform with assistance from another person. Tilt (#6) Weight Stack Guide Rods to the side so that the weight plates can be slid onto them. Starting with the bottom #100 weight plate slide down on Guide Rods. Keep weight plates in order and make sure the weight indicator numbers face inward. Repeat until all weight plates are installed. Then install top plate with (#8) Selector Key on cord facing toward the inside of the unit.
7. Slide (#9) Top Guide Rod Plate onto the (#6) Guide Rods and position under (#12) Top Rail's predrilled holes and insert (#89) bolt and (#90) flat washers. Now position (#42) Lat Boom over these bolts and secure with (90) flat washers and (#91) lock nuts.
8. According to diagram #3, now connect (#47) Lat Cable to (#140) Top Plate threaded hole. Thread in approximately 1/2". This can be adjusted later.
9. Now according to diagram #3, connect (#137) Low Row Cable or with (#45) Cable clip to loop on (#71) Bottom frame assembly.
10. Now install (#3) Weight Horns to the (#1) 20 lb plate that has the threaded holes, using (#86) bolts, (#87) flat washers and (#118) lock washers. Also add (#4) rubber disc.

STEP #3 – WEIGHT STACK INSTALLATION & SENSOR WEIGHT (con't)

11. Now install (#34) Accessory holders using (#99) bolts, (#90) flat washers & (#91) lock nuts.
12. Now tighten all bolts just installed. First tighten the bolts and nuts holding the (#15, #51) right & left Folding Uprights hinge points. Then start tightening bolts starting at the floor and work your way up the unit until all bolts are tight. Do not over tighten. Check folding function of unit. Adjust by loosening bolts and move frame member and retighten.
13. Next install (#7) Logo plate with (#97) screws.
14. Now install (#23 & #43) Locking Post Covers onto (#31right, #35 left) Locking Posts using (#115) screw and (#101) washer. Tighten screws.
15. Now connect (#145) 12V Power supply to Electronic Box. A flashing green light should appear to verify power and ready.
16. Now its time to install (#46) Sensor Weight Bar. Using a 5mm allen wrench remove the (#139) Socket Button Head Screw & (#59) End Cap off each end. Now using a 4mm allen wrench, remove the (#38) Spacer collar from each end of Sensor Weight Bar. This may take two people to perform this next task. Place Sensor Weight Bar in front of unit. Grab and touch the metal plate on the (#58) Weight Bar Cable Knuckles that are on the front of the unit. This will trigger the sensor to release the Cables to allow down ward movement. Pull down to waist level and hold these at this position. Make sure Cables are not twisted and the metal face of Cable Knuckle is facing inward. If you let go the Cables, they will retract back into unit. Now have your assistant slide end of the (#46) Sensor Weight Bar thru holes in knuckles on each side. Note: There is a key slot cut out in Cable Knuckle for a metal pin on Sensor Weight Bar to slide thru. You can now let go of Sensor weight Bar. It will not move unless Sensor is triggered. Now reinstall (#38) Spacer collar so that it is against Cable Knuckle and tighten with 4mm allen wrench. Now install the (#37) Olympic adapters, (#59) End Cap and tighten (#139) Socket Button Head Screw with 5mm allen wrench.

STEP #4 – BENCH ASSEMBLY

1. Now according diagram #4, install (#79) spring shocks to previously installed (#71) Bottom frame assembly using (#125) bolt, (#130) Spacer, (#101) washer, (#102) nut and tighten.
11. Now position (#152) Bench Slider Rail between (#82 & #83) Bench Swivel Plates and secure with (#107) bolts, (#90) flat washers and (#91) lock nuts. Tighten Securely.
2. Now lift Bench Assembly up to vertical position and hold. Do not let go. This may take two people to perform this task. Now connect (#78) Spring Shock Mounting Bracket to bottom of (#152) Bench Slider Rail using (#115) Screws and (#101) washers. Tighten securely.
3. Now lower Bench Assembly to floor. Now install (#69) Bench Seat Frame using (#124) bolt, (#90) flat washer and (#91) lock nut and tighten securely.
4. Now install (#122) Seat Adjustment Frame into (#69) Bench Seat Frame slot and secure with bolt (#124) bolt, (#90) flat washer and (#91) lock nut and tighten securely.
5. Next according to diagram #4, install (#66) Bench Seat Pad onto 69) Bench Seat Frame with (#138) bolt and (#87) washer and tighten securely.
6. Now according to diagram #4, install (#129) Plastic Spacing Sleeve & (#62) Foam Roller onto (#69) Bench Seat Frame tubes.

STEP #5 – SSG ACCESSORIES & MISC.

1. Now according to diagram #4, install (#129) Plastic Spacing Sleeve & (#62) Foam Roller onto (#85) Lat Leg Hold Down tubes. At this time place accessory into position on Bench and lock with (#84) Locking Pin. If (#84) Locking Pin does not slide through easily, loosen bolts on (#82 & #83) Bench Swivel Plates, slide pin through and then tighten securely. Now remove Lat Leg Hold Down and store in one of the (#34) Accessory holders according to diagram.
2. Now according to diagram #1, #2 & #3 prepare to install (#23) & (#43) Locking Post Covers. First connect Neon light wire harness into (#162) & (163) Wire Harness's. Next using (115) Screws and (#101 washers) attach (#23) & (#43) Locking Post Covers on their proper sides according to diagram #1, #2 & #3.
3. Add (#45) Clip to (#48) Low Row Bar and attach (#49) Chain. Now place in holder located on left Locking Post Cover.
4. Place (#44) Lat Bar in holder located on right Locking Post Cover.
5. Add (#45) Clip to (#47) Lat Cable.
6. Add (#45) Clip to (#137) Low Row Cable and connect (#133) Bench Cable.
7. Now according to the diagram #4, install (#129) Plastic Spacing Sleeves & (#62) Foam Rollers onto (#63) Roller Support Tube of Leg Developer. Now store in one of the (#34) Accessory holders according to diagram.
8. Now test folding function of unit for proper clearance of stored accessories in holders. If they interfere, try reversing front to back.

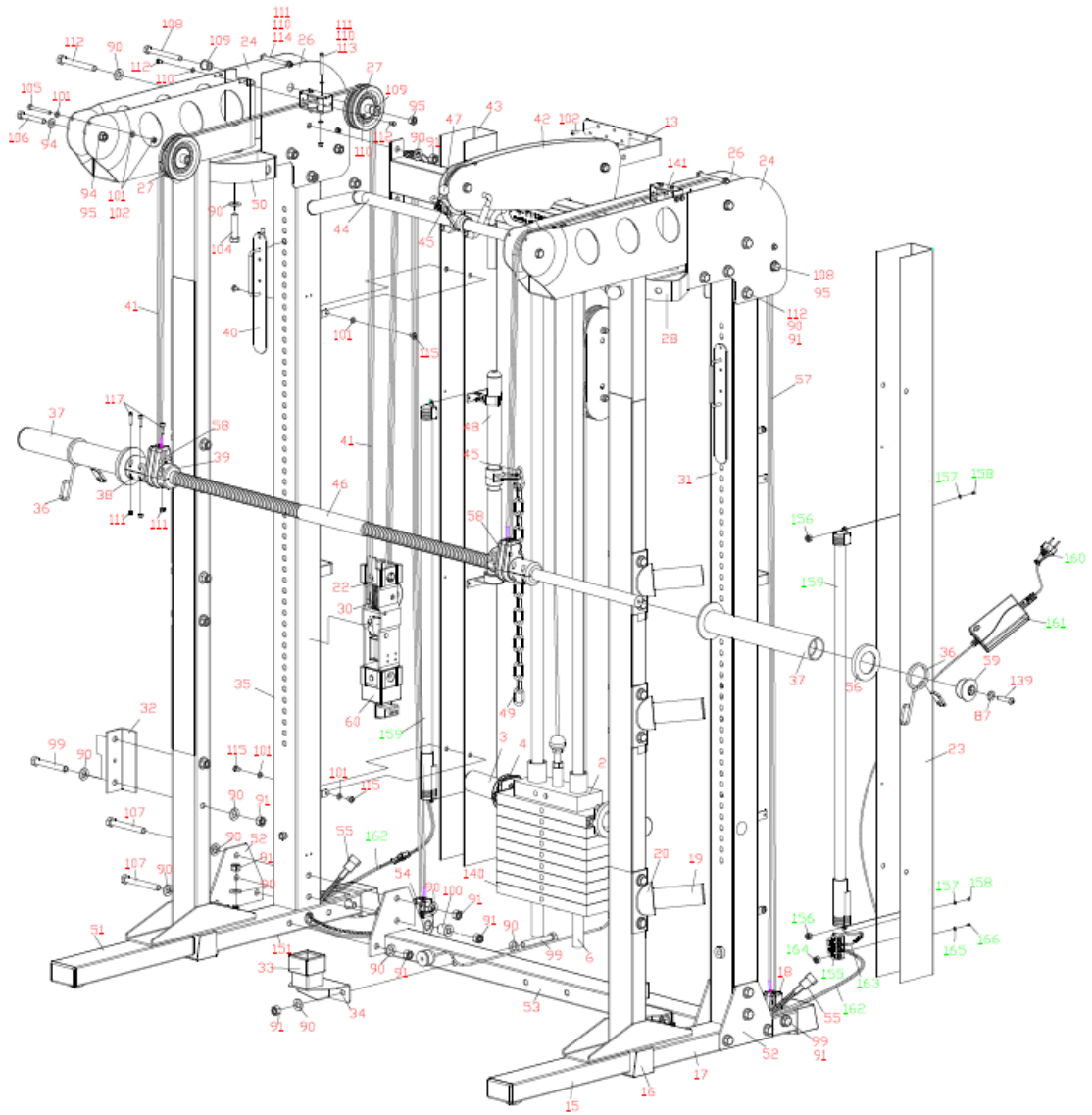
STEP #6 – WALL BRACKET INSTALATION

DO NOT OMIT THIS STEP OF THE INSTALLATION –IMPORTANT TO SAFETY OF THE USER. TIPPING IS POSSIBLE IF NOT SECURED PROPERLY.

1. Place unit against wall in desired position. Find nearest wall stud at rear of (#42) Lat Boom. Place (#13) Wall bracket left or right side of Lat Boom so that of the small predrilled holes line up with the stud in wall. Now mount (#13) Wall Bracket to the closest bolt hole on bracket using the rear pulley bolt of the (#42) Lat Boom and tighten securely. See diagram #1. Now fasten the Wall Bracket to the wall using screw (#102) #12 x 1-1/2" into stud. Test for strength.

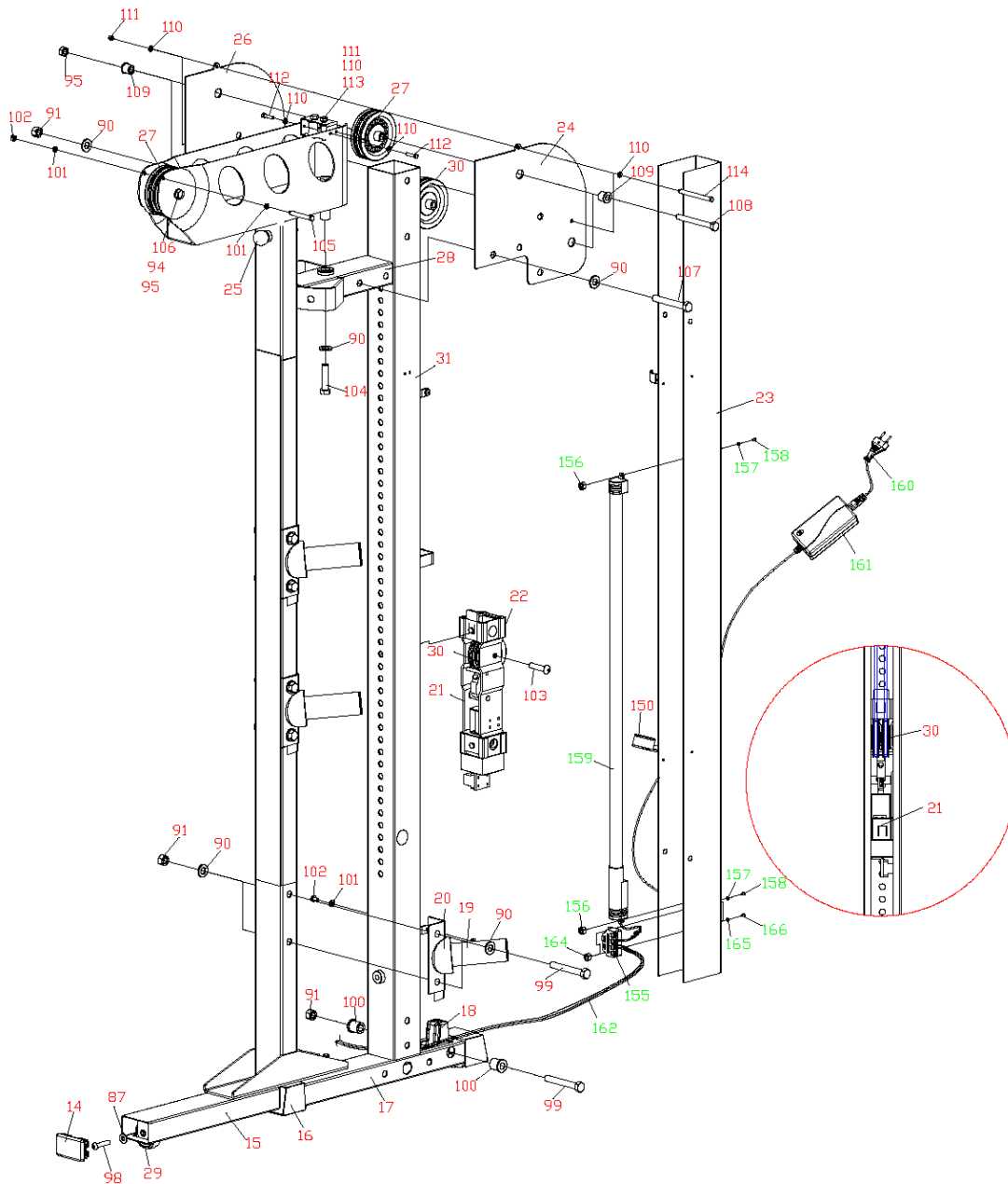
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Main Frame Assembly Diagram 1



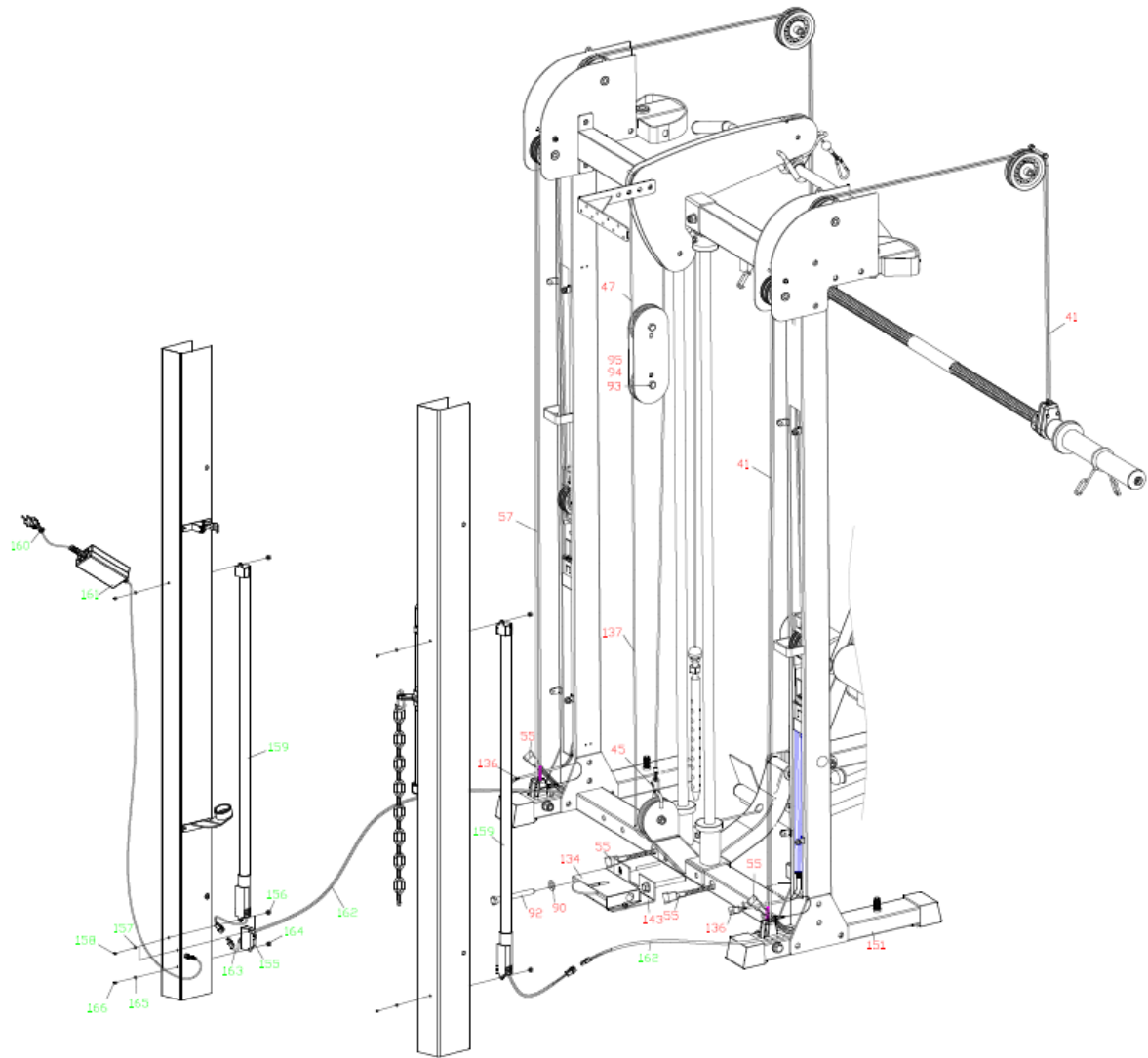
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Front Upright Assembly Diagram 2



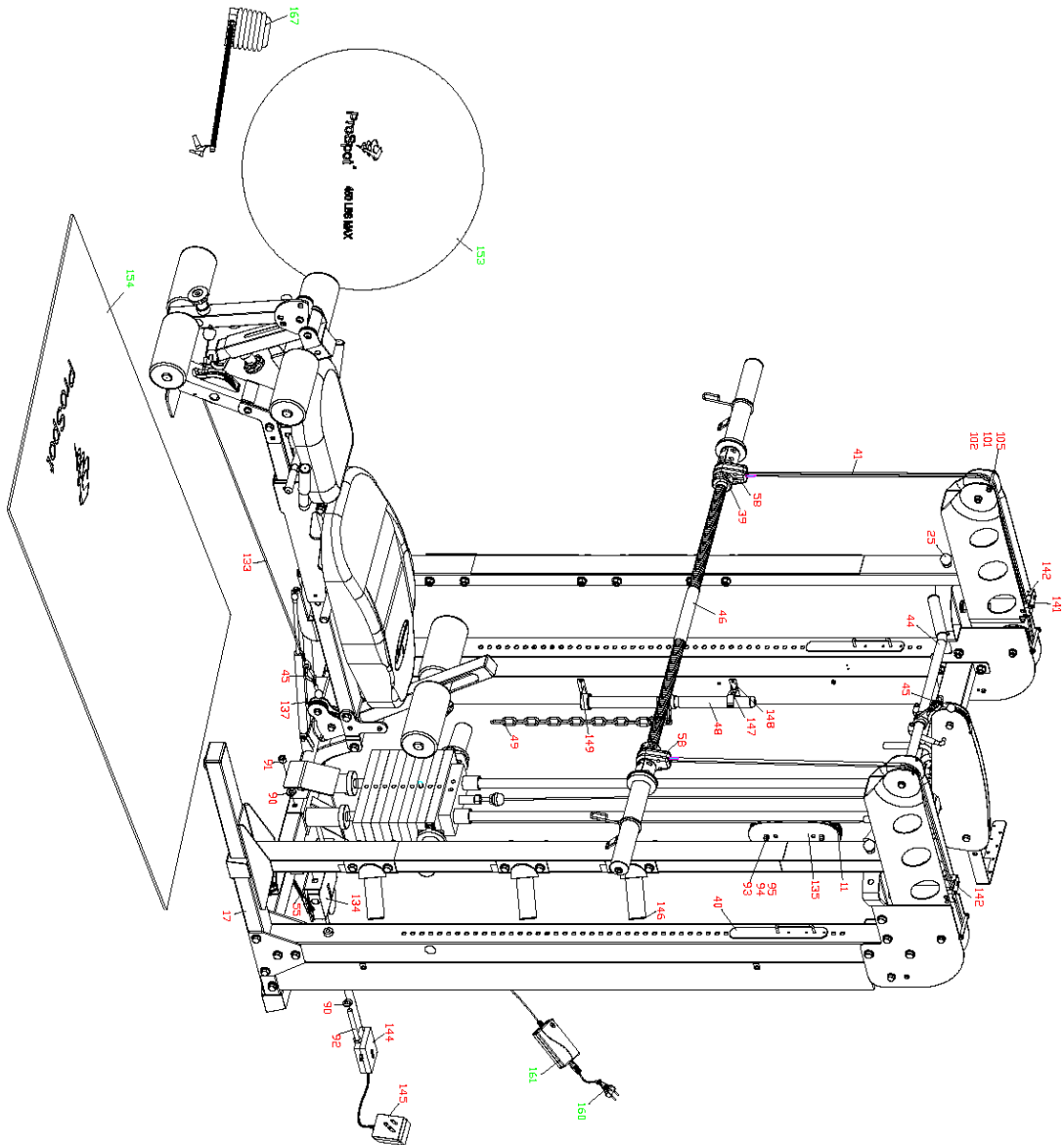
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Rear Frame Assembly Diagram 3



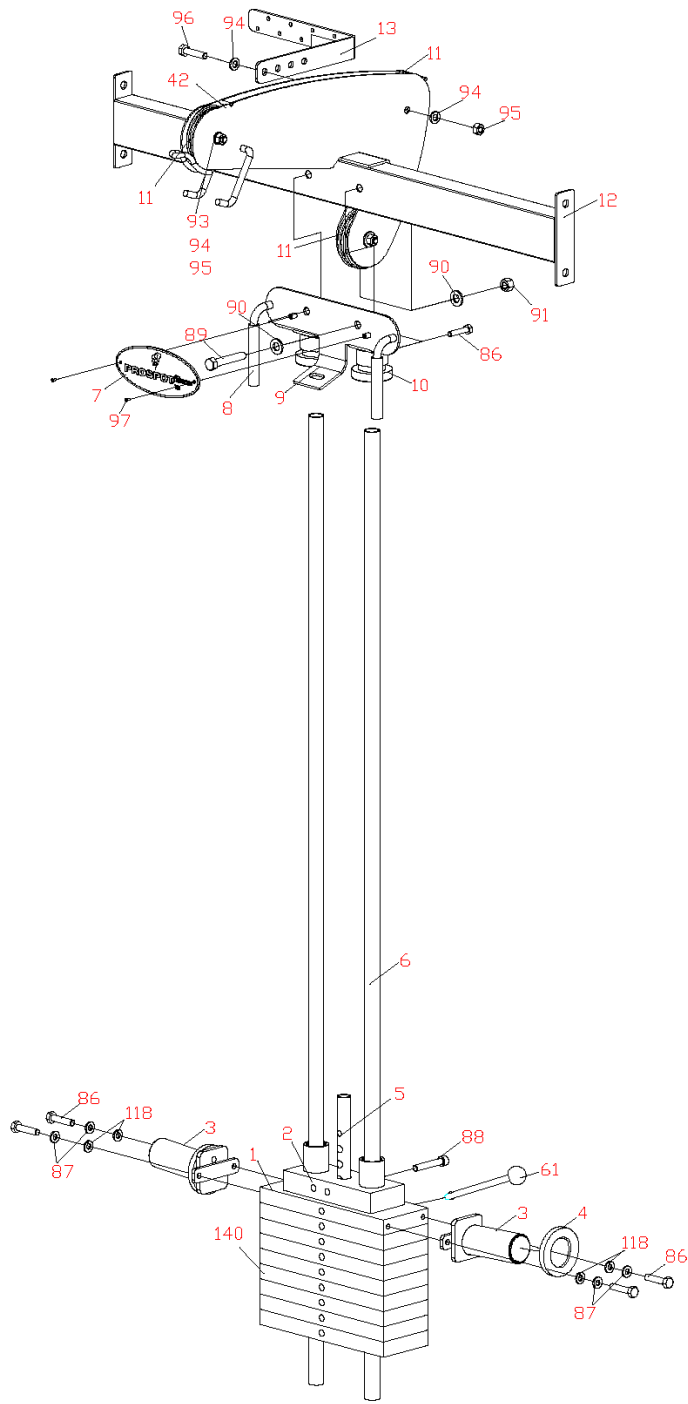
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Fully Assembled Diagram 5



SSG

Weight Stack Assembly Diagram 6



!!Read!!

This Page Before Using Your SSG

1. **CAUTION:**
This machine involves the risk of possible injury by its user.

2. **THE FOLLOWING RULES SHOULD BE CAREFULLY FOLLOWED:**
 - Consult a physician or other healthcare provider before beginning an exercise program.
 - If you are in bad health or are handicapped, ask for the opinion of your physician and exercise only under qualified supervision.
 - Discontinue exercising if you experience any light-headedness, dizziness or shortness of breath and consult your physician.

3. Keep small children and others at a safe distance from all moving parts. The up and down movement of the weights can be dangerous.
 - Never allow your fingers, toes, hair, other body parts or loose clothing to come near weights while they are in motion.
 - Never attempt to exercise with more weight than you are physically able to handle.
 - Prior to every use, inspect your machine to ensure all parts are free from defect and are fully operational.
 - Check all fasteners to make sure none have loosened with use. Tighten any loose fasteners if necessary.

4. **Warning:** Never perform any maintenance on the unit while the power supply is plugged into the wall.

User Instructions for the *Prospot Fitness*® SSG

Do not allow any liquid to be near the machine or spilled on any electrical part. Do not insert any foreign object into the electrical box or attempt to open it. This unit is designed for climate controlled environments (indoor use).

Connect the power supply to a standard 110-volt household current. While connecting the power supply do not touch the barbell as this may interfere with the computer's initial settings. If you need to reset the computer, simply unplug the power supply, wait 10 seconds and reconnect it. It is recommended that surge protection be used to help protect and extend the life of the Electronic Box of the unit from power surges and lightening strikes. A flashing green light will appear on the Electronic Box when power is on. When sensors are activated, a steady red light will also come on.

Note: Detailed, visual instructions can be found on the included instructional DVD.

Space Saver Feature

To fold up the **SSG**:

1. Move Bench to farthest position from back of unit and lower to flat position.
2. Place accessories in their respective holders and put weight plates on the storage posts.
3. Grasp bench handle and raise the bench to its full, upright position. Secure in position with locking knob.
4. Position the barbell and place diagonally across the front of the unit, ensuring that the Weight Bar does not exceed the width of main frame.
5. Release the locking knob located at the top of each Front Folding Uprights (side frames) and fold in and lock into hole on selector plate. Never perform exercises while sides are folded.

To unfold:

1. Release locking knob from each Front Folding Uprights (side frames) and extend outward, locking each in place with the locking knob.
2. Raise barbell to uppermost position.
3. Remove locking pin from upright bench, grasp bench handle and lower it to the floor, ensuring that the front support leg is fully extended and stable.

Touch Sensor Barbell Operation

1. Rotate the barbell so that the Touch Sensor Strip embedded in the barbell is touching your fingertips. It is necessary for your fingertips to maintain skin contact with the Touch Sensor Strip throughout your free-weight exercise.
2. Grasp the barbell using what is called a 'false' grip in which the thumb does not wrap around the bar but rests alongside the index fingers. Using this type of grip will prevent your thumb from maintaining skin contact with the Touch Sensor Strip when you attempt to lock the bar in place.
3. Once you have grasped the barbell, you will hear a soft 'click' and a solid red light will appear on the Electronic Box in addition to the flashing green power light.
4. While still grasping the barbell, lift about 1", using an even upward lifting motion on both sides of the barbell. This upward movement will disengage the locking mechanism. If you have performed this step correctly, the barbell will now be under your control.
5. Always remember to secure all weight plates with supplied spring clips. You are now ready to begin your free-weight exercise routine.

6. Always maintain control of the movement of the barbell. Do not allow the barbell to swing against the machine frame, as this may cause damage to the finish. Do not attempt to throw or slam the barbell attached to the cables, as this may result in damage to the locking mechanism. Intentional misuse of the **SSG** will void any and all warranties.

Spot Block Plates and Barbell Loading

Always use Spot Block Plates when using barbell as a secondary locking backup. The Spot Block Plates can also be used as a training aid by limiting barbell movement when exercising. To position the Spot Block Plates:

1. Place the barbell into the lowest position for the exercise you will be performing. To move the Spot Blocks Plates, remove by grabbing handles and lifting up. You will see the top hook and stop pin that goes in the holes. Place the Spot Blocks Plates above exposed tip of locking pin on rear support posts. This will now restrict the movement of Sensor Weight Bar beyond this point.
2. Make certain the barbell is level before loading weight plates. Level the barbell by raising up one end of the barbell until it is level. Load weights evenly on both sides of the barbell.

*Note: The **SSG** has a 500-pound capacity. Do not exceed capacity!*

Bench Operation

- The back seat pad adjusts from flat to incline position. To adjust, raise pad and allow the pad lever to lock in place.
- The seat pad has two positions flat and incline. Use the handle to adjust the pad between these two positions.
- The entire bench slides forward and back along its frame to four separate positions. The position of the bench is determined by the exercise being performed (refer to instructional DVD). Turn the slider knob counter clockwise to loosen then pull the knob to release the bench. Move seat into desired position then release knob and turn it clockwise to tighten.

Using the Leg Developer

The leg developer is used to perform the leg extension and leg curl exercises.

Leg Extension:

1. Retrieve the leg developer and turn it so that the locking pin and foam rollers face forward, away from the bench.
2. Slide the square, hollow tube onto the bench frame and secure with the locking pin.
3. Extend leg extension curl arm to its lowest position by pulling out the locking knob. (The leg extension curl arm is located directly beneath the foot rollers of the leg developer.) Once positioned, lock in place by tightening the locking knob.
4. Insert the bench cable into the slot on the front of the leg extension arm using the robber ball stopper.
5. Raise bench back and seat pads, then adjust shin support pads to comfortable position.
6. Select desired amount of weight on the weight stack.

Leg Curl:

1. Retrieve the leg developer and turn it so that the locking pin and foam rollers face forward, away from the bench.
2. Slide the square, hollow tube onto the bench frame and secure with the locking pin.
3. Insert the bench cable into the slot on the front of the leg extension arm using the flat, metal stopper. (Leg extension curl arm should be in its uppermost, or home, position.)
4. Bench back pad and seat should be in the lowest positions. Adjust ankle rollers to a comfortable position.
5. Select desired amount of weight on the weight stack.

Cable Pulley Operation

The **SSG** is equipped with a high/low cable pulley. The high pulley can be used with the bench in the upright or lowered position. The lower cable pulley is accessible when the bench is raised and locked. When using the lower cable pulley, the barbell can be stowed on top of the unit to keep it out of the way. Insert the weight-selector pin into the weight stack to add resistance to the cable pulley.

To use the Leg Hold Down during lat exercises:

1. Place the Leg Hold Down onto Bench Rail and lock down with pin.
2. Adjust the leg rollers to fit against your lap.

The frame sides have three positions: inward, straight out and hyper-extended. To use the side lat bar, some users may find it more comfortable to move the frame sides outward to the hyper-extended position. Be sure to lock in place with the locking knob.

Maintenance Program for the SSG

The **SSG** is made of durable materials and has been factory tested to assure proper function and reliability. It is designed in a way to allow easy replacement of parts both mechanical and electrical if the need should ever arise. If you are a new owner of a **SSG** system, three important things need to be done to assure prompt service under the warranty:

1. Fill out and fax or mail to us your Product Warranty Registration Card along with a copy of your sales receipt (proof of purchase).
2. Your system needs to be set up properly according to the assembly manual.
3. Follow user instructions on how to properly use the system.

Note: The **SSG** is recommended for climate-controlled environments. Outdoor use is not recommended and will void the warranty. Carefully inspect machine before each use to determine that it is free from defects.

Do **NOT** use the machine if you find:

1. A loose, broken or frayed power cord – (needs to be replaced)
2. Any broken, cracked, torn, frayed or defective part of the machine – (needs to be replaced)
3. Loose bolts or fasteners. Check all fasteners to make sure none have loosened with use. Tighten any loose fasteners.
4. Pulleys sticking or Cables binding. Check for free movement of all cable and pulleys. Adjust or replace if necessary.

Lubrication:

Lubricate the Internal Locking Blocks periodically by spraying a standard silicone lubricant (found in hardware stores) into the top of the # 4 & 5 Locking Upright Posts in the inside corners of the tube. Do not over lubricate.

Trouble-Shooting

How the Patented ProSpot System works:

Starting from the Computer Brain, a signal is sent from the left & right side, thru the L & R Grey Base Frame Wire Harness (white lead), Locking Post wire harness to the Lower rear Cable Knuckle connector, to inside Barbell Cable to the Sensor on the Barbell. When skin contacts is made with Barbell Sensors, the signals return to the Computer Brain, at which a 12-volt charge is sent via the Base Frame Wire Harness to the contact strips in the Locking Post to the solenoids, to release the spring loaded Slider Block Locking Pins when the Barbell is lifted, allowing the Barbell to move up and down. When skin contact with Barbell Sensor is broken by either hand, the Computer Brain reads this and stops the 12-volt charge to the solenoids, at which time, the spring loaded Locking Pins instantaneously engages the hole on the Guide Post and locks the Barbell from any downward movement.

Trouble Shooting of ProSpot Systems

ALWAYS REMEMBER: After performing any service on the unit, **RESET** the Computer on your ProSpot system before using it. Just unplug the power supply Electronic Box, wait 30 seconds and plug back in. Resetting the Computer allows it to recalibrate and work to its greatest efficiency.

Electrical Service Inspection Checklist:

1. Check for proper functioning of wall receptacle. (Test plug for power)
 - a. If bad, find new AC power supply.
2. Check wall transformer connection to Electronic Box. Should not be bent or loose.
 - a. If bad, replace Electronic Box.
3. Check for green flashing light, the indication power to Electronic Box.
 - a. If no green light, test 12V Wall Adapter for 12-17 volts output. If voltage is less or none, replace 12Vpower supply.
4. Inspect white connectors from Base Frame Wire Harness connection on Electronic Box for loose wires.
 - a. If loose, plug in tight.
 - b. If broken, replace Base Frame Wire Harness.
5. Inspect Base Frame Wire Harness for possible pinching in frame during assembly.
 - a. Replace Base Frame Wire Harness if damaged or defective.
6. Inspect Base Frame Wire Harness connection to Locking Post Wire harness.
 - a. If loose, plug in tight.
 - b. If broken, replace Base Frame Wire Harness or Locking Post Wire Harness.
7. Inspect Locking Post Wire Harness connection to Contact Strips.
 - a. If loose, plug in tight.
 - b. If broken, replace Locking Post Wire Harness.
 - c. Inspect Locking Post Wire Harness plug in connector to Lower Cable Knuckle.
 - d. If loose, plug in tight.
 - e. If broken, replace Locking Post Wire harness.
8. Check contact points of Sensor Weight Bar.
 - a. If no contact, adjust Sensor Collar closer. So that sensor Collar pin makes better contact with metal plate on Cable Knuckle.

Trouble-Shooting (con't)

- Symptom:** Sensor Weight Bar will not unlock.
Solution:
1. Remove covers on both sides to gain access to Locking Post Wire Harness.
 2. Unplug Brown Sensor plugs and hold one in each hand at the same time.
 3. If sensor triggers (red light on box) then, Wire Harness is good.
 - a. Now check connections on Weight Bar / Cable-Knuckle Assembly. Make adjustments.
 4. If sensor fails to trigger (no red light) then:
 - a. Re-check both Wire Harness's with Meter (Continuity test) for defective wire and replace.
- Symptom:** Sensor Weight Bar locks prematurely during work out.
Solution:
1. Perform Adjustments on Weight Bar / Cable-Knuckle assembly.
 2. Check Wire Harness for defective wire. (Continuity test)
- Symptom:** One side of system will not unlock.
Solution:
1. Check Double Cable Pulleys for free movement.
 2. Check connections from Locking Post Wire Harness to contact strips.
 3. Check free movement of Locking Pin. (Manually pull down Pin)
 4. Trigger Sensor and test for 10-12 volts at Solenoid connection.
 - a. If 10-12 volts the replace Solenoid.
 - b. If no voltage, then check Wire Harness for defective wire. (Continuity test)
 - c. If Wire Harness is good the replace Electronic Box.
- Symptom:** Sensor Rod on Weight bar keeps popping up.
Solution:
1. Remove Sensor Collar and Sensor Rod.
 2. Straighten any bends. (If too bent up, replace.)
 3. Before reinstalling, bend angle in Sensor Rod slightly downward, so that there is tension on Sensor Rod to seat it.

SSG Parts List

Part #	Description	QTY	Part #	Description	QTY
1	Weight Stack Weight Plate 2nd plate	1	43	Left Locking Post Cover	1
2	Weight Stack Top Plate	1	44	Lat Bar	1
3	Weight Stack Plate Horns	2	45	Cable Clip	4
4	Rubber Disc 72 dia 45mm	2	46	Sensor Weight Bar	1
5	Weight Stack Selector Pin	1	47	Lat Cable	1
6	Weight Stack Guide Rod	2	48	Low Row Bar	1
7	Logo Plate	1	49	Chain	1
8	Rubber Cap	2	50	Left Folding Selector Plate	1
9	Guide Rod Top Plate	1	51	Left Front Folding Upright	1
10	Guide Rod Cup	4	52	Upright Support Plate	2
11	Large Single Groove Pulley	7	53	Bottom Cross Brace	1
12	Top Rail	1	54	Left Rear Cable Knuckle	1
13	Wall Bracket	1	55	Cross Brace Wire Harness	2
14	End Cap	2	56	Rubber Bumper Ring 50/80mm	2
15	Right Front Folding Upright	1	57	Outside Weight Bar Cable	1
16	Foot End Cap 75x45mm	4	58	Weight Bar Cable Knuckle	2
17	Right Base Rail	1	59	Olympic Adapter Retaining Plug	2
18	Right Rear Cable Knuckle	1	60	Left Locking Block Assembly	1
19	Right Side Weight Plate Holder	3	61	Weight Stack selector pin	1
20	V-Shape Rubber Bumper Ring	6	62	Foam Roller	6
21	Right Locking Block Assembly	1	63	Roller Support Tube	2
22	Locking Block Slider Sleeve	4	64	Screw Down Pull Pin	3
23	Right Locking Post Cover	1	65	Lat Leg Hold Down Inner Tube	1
24	Outside Connecting Plate	2	66	Bench Seat Pad	1
25	Adjusting Locking Pin	3	67	Bench Back Pad	1
26	Inside Connecting Plate	2	68	Leg Developer Assembly	1
27	Large Double Groove Pulley	4	69	Seat Frame	1
28	Right Folding Selector Plate	1	70	End Cap	3
29	Wheel	2	71	Bottom Frame Assembly	1
30	Small Single Groove Pulley	9	72	Roller Retaining Cap	6
31	Right Locking Post	1	73	End Cap	1
32	Left Side Weight Plate Holder	3	74	Bench Support Leg	1
33	Insert Plastic Cap	2	75	Tethered Locking Pin	1
34	Accessory Holder	2	76	Bench Back Pad Support Rail	1
35	Left Locking Post	1	77	Bench Angle Adjusting Support	1
36	Spring Clip 50mm dia	2	78	Spring Shock Mounting Bracket	1
37	Olympic Adapter	2	79	Spring Shock	2
38	Plastic Locking Sleeve	2	80	Bench Slider Insert	2
39	Sensor Collar	2	81	Bench Slider	1
40	Spot Block Plate	2	82	Right Bench Swivel Plate	1
41	Inside Weight Bar Cable	1	83	Left Bench Swivel Plate	1
42	Lat Boom	1	84	Lat Leg Hold Down Locking Pin	1

SSG Parts List

Part #	Description	QTY	Part #	Description	QTY
85	Lat Leg Hold Down Tube	1	127	Hex Head Bolt M12*65	1
86	Hex Head Bolt M8*20	8	128	Leg Developer Top Bracket	1
87	Flat Washer M8	13	129	Plastic Spacing Sleeve	6
88	Socket Head Cap Screw M10*45(full thread)	1	130	Spacer Sleeve	2
89	Hex Head Bolt M12*70	2	131	Small single groove Pulley	1
90	Flat Washer M12	94	132	Hex Nut M8	3
91	Hex Nut M12	48	133	Bench Cable	1
92	Hex Head Bolt M12*105	4	134	Electronic Box Cover	1
93	Hex Head Bolt M10*40	6	135	Double Pulley Assembly	1
94	Flat Washer M10	33	136	Locking Post Wire Harness	2
95	Hex Nut M10	15	137	Low Row Cable	1
96	Hex Head Bolt M10*45	1	138	Hex Head Bolt M8*40	6
97	Cross Head countersink screw M3*6	2	139	Socket Button Head Screw M8*40(full thread)	2
98	Socket Button Head Cap Screw M8*40	4	140	Weight Stack Weight Plate	8
99	Hex Head Bolt M12*95	18	141	Guide Roller frame bracket	2
100	Spacer	4	142	Guide Rollers	4
101	Flat Washer M6	20	143	Locating Board	1
102	#12 x 1-1/2" RH Wood Screw	1	144	Electronic Box	1
103	Socket Button Head Cap Screw M10*50	2	145	12v Power Supply	1
104	Hex Head Bolt M12*15	2	146	Round Inner Plug 45mm	8
105	Hex Head Bolt M6*65	2	147	Spring Clamp Holder	2
106	Hex Head Bolt M10*70	2	148	Row Bar Bottom Holder	1
107	Hex Head Bolt M12*100	18	149	Sheet metal screw	8
108	Hex Head Bolt M10*100	4	150	Lat Bar bottom holder	1
109	Pulley Spacer	4	151	Left Base Rail	1
110	Flat Washer M5	24	152	Bench Slider Rail	1
111	Hex Nut M5	14	153	Exercise Ball	1
112	Hex Head Bolt M5*10	8	154	Work Out Mat	1
113	Hex Head Bolt M5*45	4	155	Light Switch	1
114	Hex Head Bolt with Sleeve M5*90	4	156	Hex Nut M3	4
115	Pan Cross Head M6*10	12	157	Flat Washer M3	4
116	Socket Button Head Cap Screw M12*15	2	158	Pan Cross Head M3*15	4
117	Socket Head Round Screw M5*20	8	159	Neon Light	2
118	Spring Washer M8	4	160	Power Cord	1
119	Socket Button Head Screw M10*15	4	161	Neon Light Power Supply	1
120	Sleeve Nut	1	162	Neon Light Wire Harness	1
121	Sleeve Nut	1	163	Neon Light switch Wire Harness	1
122	Seat adjustment frame	1	164	Hex Nut	2
123	Hex Head Bolt M10*110	1	165	Washer	2
124	Hex Head Bolt M12*110	3	166	Pan Cross Head	2
125	Hex Head Bolt M6*30	2	167	Air Pump	1
126	Sleeve	1	168		

Warranty & Contact Information

Each **PROSPOT Fitness®** Product comes with a limited parts replacement warranty. Please refer to the actual warranty card included with your system for specific coverage.

Remember: To activate your Warranty, fill out and fax or mail to us your Product Warranty Registration Card along with a copy of your sales receipt (proof of purchase) if your dealer has not done this at time of purchase.

If you have any questions about performance under this limited warranty, please write us at:

PROSPOT Fitness, Inc.
Attn: Warranty Service
2000 Newpoint PI Pkwy Ste. 500
Lawrenceville, GA 30043
Office (770) 446-9299
Fax (770)-446-7213

If your ProSpot *Fitness®* system needs service, please contact first your local Prospot authorized Dealer where you purchased the unit.

You are always welcome to Contact ProSpot Fitness® Technical Support:

Our Service Department can be reached M-F 9-5 pm EST.

Or e-mail us: support@prospotfitness.com

If ordering replacement parts, please refer to the Owners Manual for part numbers and description.

Note: Owners Manuals & Warranty Registration cards can be down loaded from our web site.

For more information please refer to our Website at: www.prospotfitness.com