

Fusion

PROSPOT*fitness*® Model FS-150

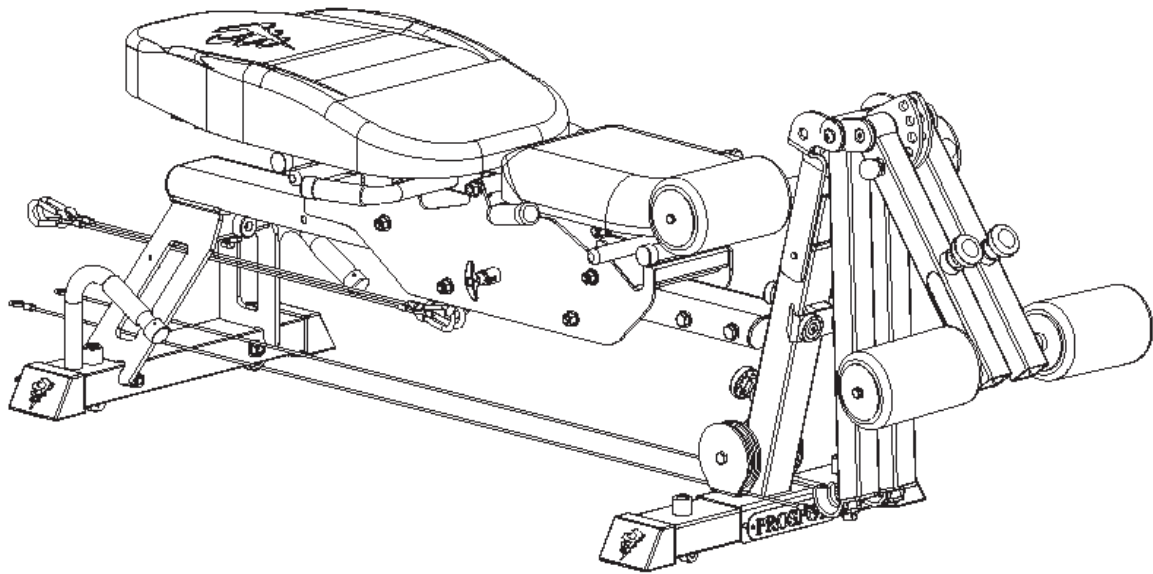
Cable Ready Weight Bench with Leg Developer & Slider
Seat feature for Leg Press & Rowing Capability

Option for the ProSpot*fitness*® HG-5 & 6 units.

Owners Manual

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Serial Number: _____FS150

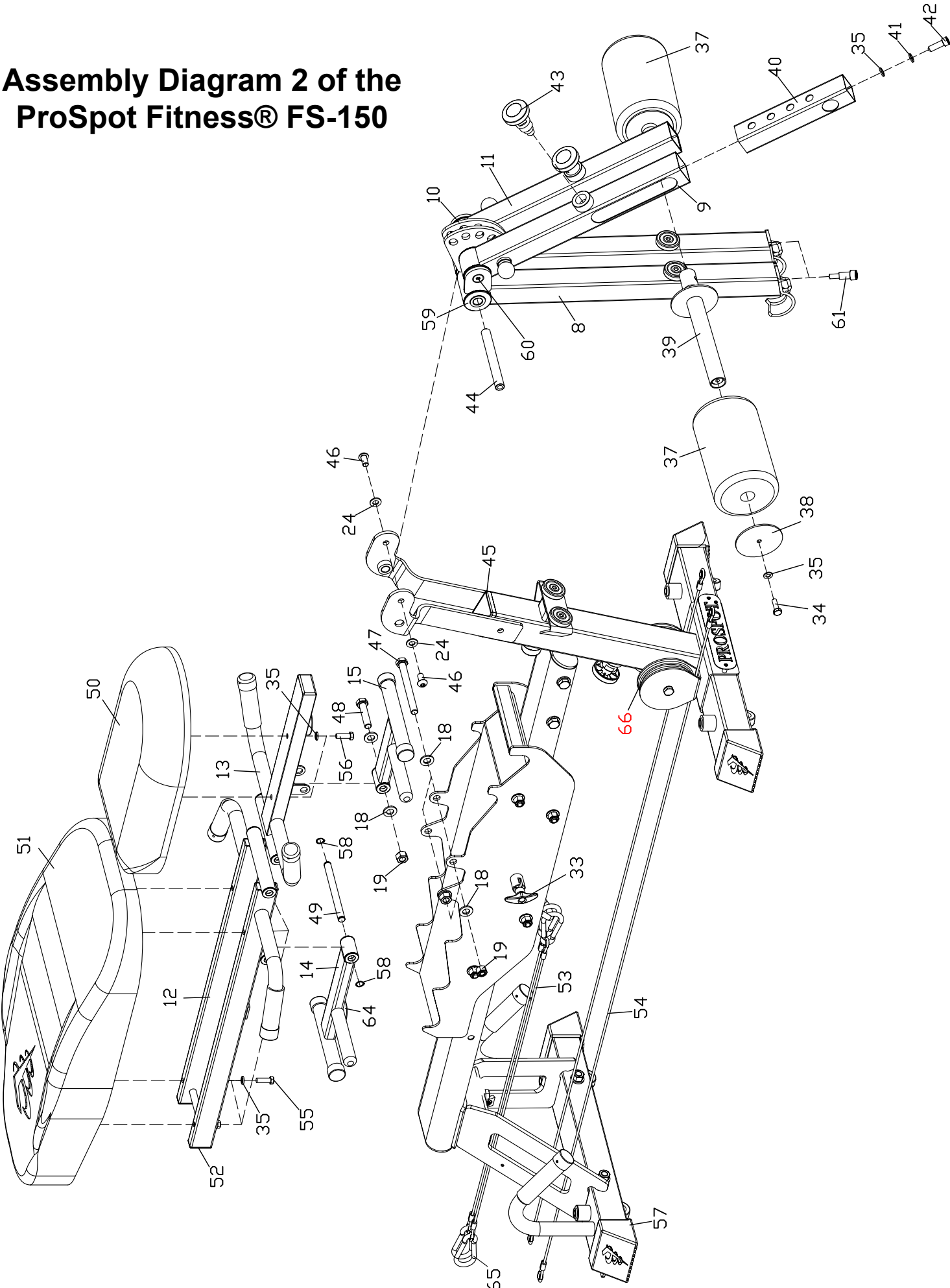
Instructions for Assembly of the ProSpot Fitness® FS-150

- Approximate assembly time is 1/4 hour.
- You will need the following tools and a helper to complete the assembly:
 - Adjustable wrench
 - Metric Socket Set
 - Philips Screw Driver
 - Pliers
 - Metric Allen Set
 - Scissors and or Razor knife
- Floor Padding, such as cardboard, to avoid scratching your floor during assembly.
- Carefully remove parts from packaging. A good pair of scissors will be helpful in separating the parts from one another while removing them from the cartons. Be careful not to cut or damage parts with scissors or razor knife. Remove all parts from packing. Make sure there are no small parts left in boxes. Do not discard boxes until assembly is complete.
- Before assembly, separate and identify the right-sided parts from the left-sided parts. These parts are easily distinguished by the manner in which the pre-drilled holes align with corresponding parts, or are identified by “L” & “R” stickers. Left and right are determined by facing the unit. Not the user’s perspective.
- The **PROSPOTfitness® FS-150** uses several different lengths of bolts. All fasteners come in labeled Blister Packs by part number. Be careful to use the correct length of bolt called for at each step of assembly. Do not remove fasteners from Blister packs until part is needed.
- Note some parts may come preassembled with fasteners.
- **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.

FS-150 Assembly Instructions

1. According to Assembly Diagram 1 attach the Back Base Rail Angle Bracket (16) to the Back Base Rail (1) using two Bolts (20), four washers (18) and two Hex Nuts (19). Tighten the bolts securely.
2. Next Attach the Main Upright Support Frame (3) to the Front Base Rail (2) using two Bolts (21), four washers (18) and two Hex Nuts (19). Do not fully tighten bolts at this time.
3. Now attach the Slider Rail (4) to Main Upright Frame Assembly (3) using four Bolts (22), four washers (18).
4. Now with the help of an assistant slide the Main Slider Frame Assembly (5) on to the Slider Rail (4) according to the Assembly Diagram.
5. Now according to Assembly Diagram 1 insert the Main Rail Bracket (7) into the end of the Slider Rail (4) aligning the bolt holes then attach it to the top of the Back Base Rail Assembly using two Bolts (17), four washers (18). Now tighten all the bolts securely.
6. Next install the Back Pad Frame (12) onto the Main Slider frame Assembly (5) using Bolt (55), two Washers (35). Tighten bolt securely, but allow for free movement.
7. Next install the Seat Frame (13) onto the Main Slider frame Assembly (5) using two Bolts (56), two Washers (35). Tighten bolt securely, but allow for free movement
8. Now one at a time slide the two Leg Developer Inner Tubes (40) into the Left and right Leg Developers (9 & 11). Next attach the two Angled Roller Tube (39) to the two Leg Developer Inner Tubes (40) using two Bolts (14), two washers (35) and two Lock Washers (41). Tighten the bolts securely. Make sure the Angled Roller tubes (39) are angled upward.
9. Next slide the Leg Rollers (37) onto the two Angled Roller Tubes (39) then the Roller Retaining Plates (38) then one Washer (35) and secure with Bolt (34).
10. Now attach the Leg Developer Cables to the Leg Developer Frame using Shoulder Bolts (61). Tighten the bolts securely. Note Cables need to run thru Pulleys located on Front Base Rail.
11. Now according to Assembly Diagram 1 slide the Leg Rollers (37) onto the Adjuster Slider Frame (6), then the Roller Retaining Plates (38), then one Washer (35) and secure with Bolt (34). Now install the Adjuster Slider Frame (6) into the Main Upright Support Frame (3)
12. Now according Assembly Diagram 1 install Prospot Logo Plate (27) to Front Base Rail using screws (28)
- 13. Now Tighten any and all loose bolts and nuts used for assembly in previous steps.**

Assembly Diagram 2 of the ProSpot Fitness® FS-150



!!Read!! This Page Before Using Your ProSpot Fitness® Product

Safe Use of Your ProSpot Fitness® Product CAUTION:

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

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 to exercise if you experience any light-headedness, dizziness or shortness of breath and consult your physician.

2. 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. Periodically 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.

FS-150 Maintenance Program

Note: Our products are 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 machine if you find:

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

Using the FS-150 Slider Bench

The FS-150 (patent pending) Slider Bench designed for use with the Fusion HG-5 & 6 Home Gym System. This versatile and easy to use FS-150 Bench has many adjustable components to fit what ever body type or size you may have. The thick contoured Bench Pads gives comfort to the user during the toughest workouts. This bench is built to handle any home use up to a light commercial setting. The FS-150 Bench enables the user to perform bench press movements from flat, incline, to military. But there are two unique and outstanding features of the FS-150 Bench which sets this bench aside from any other bench.

1. The Back Pad and Seat Pad can be switched from the typical stationary position to a Sliding feature. This allows the user to perform Leg Presses or a Cardio Rowing exercise by connecting the Seat Frame to Selectorize weight stack of the HG-5 or 6 units.

2. The Cable Ready Leg Developer connects to the Selectorize weight stack of the HG-5 or 6 for resistance, which means no loading of weight plates. Another unique feature of the Leg Developer is that when connected to the HG-5 or 6 units each side has independent resistance for each leg. This means each leg must develop equally giving symmetry in muscle development to the user. Ergonomic handles have been added to this bench to stabilize the user while performing “Leg extensions” and “Leg Curl” exercises for safety and maximum performance.

Highlighted Features:

Comfortable Extra wide and thick Bench pads

Bench Back Pad adjusts from flat to a full upright military position

Bench Back Pad has four positions

Bench Seat Pad has three positions

Slider Seat & Back Pad for Leg press and Rowing Exercises

Nylon easy glide roller system for Slider Feature

Spring loaded wheels on front and back rails allow for easy maneuvering.

Leg Developer easily connects to a Selectorize weight stack system HG-5/6

Leg Developer has three adjustments for longer or shorter legs

Handles for Leg Curl exercise

Handles for Leg Extension exercise

Includes Cables for Leg Developer & Slider Feature

Prospot Fitness Fusion FS-150 Parts List

Revised Part#	Description	QTY	Revised Part#	Description	QTY
1	Back Base Rail	1	47	Hex Head Bolt M12*185	2
2	Front Base Rail	1	48	Hex Head Bolt M12*70	1
3	Main Upright Frame	1	49	Steel Sleeve	1
4	Slider Rail	1	50	Seat Pad	1
5	Main Slider Frame	1	51	Back Pad	1
6	Adjusting Roller Frame	1	52	Small Plastic End Caps	3
7	Main Rail Bracket	1	53	Slider -Leg Press Cable	2
8	Leg Developer Support Frame	2	54	Leg Developer Cable	2
9	Left Leg Developer	1	55	Hex Head Bolt M8*55	4
10	Leg Developer Adjusting Plate	2	56	Hex Head Bolt M8*40	2
11	Right Leg Developer	1	57	Foot End with logo	4
12	Back Pad Frame	1	58	External Retaining Ring	6
13	Seat Frame	1	59	Plastic Bushing	2
14	Back Pad Adjuster	1	60	Steel Inner Threaded Sleeve	1
15	Seat Frame Adjuster	1	61	Socket Head Shoulder Bolt M10*35m	2
16	Back Base Rail Angle Bracket	1	62	Rubber Bumper	2
17	Hex Head Bolt M12*65	2	63	Socket Bottom Head Bolt M16*15	2
18	Flat Washer M12	22	64	Rubber Bumper	1
19	Hex Nut M12	7	65	Cable Snap Link	4
20	Hex Head Bolt M12*110	2	66	Pulley	2
21	Hex Head Bolt M12*120	2	67		
22	Hex Head Bolt M12*25	6	68		
23	Hex Head Bolt M10*130	1	69		
24	Flat Washer M10	6	70		
25	Hex Nut M10	1	71		
26	Swivel Roller Caster	4	72		
27	Prospot Name Plate	1	73		
28	Socket Countersunk Head Screw M3*8	2	74		
29	Rubber Bumper	4	75		
30	Main Slider Frame Roller	4	76		
31	Main Slider Frame Roller Bushing	8	77		
32	Stud M8*188	4	78		
33	Main Slider Frame Lock Knob	1	79		
34	Stud M8*188	4	80		
35	Flat Washer M8	10	81		
36	Hex Nut M8	8	82		
37	Leg Roller	4	83		
38	Roller Retaining Plate	4	84		
39	Angled Roller Tube	2	85		
40	Leg Developer Inner Tube	2	86		
41	Spring Washer M8	2	87		
42	Socket Head Cap Bolt M10*35m	2	88		
43	Screw Down Pop Pin	3	89		
44	Steel Sleeve Bushing	1	90		
45	Ssquare Plastic End Cap	1	91		
46	Socket Bottom Head Bolt M10*20	2	92		

Warranty & Contact Information

Each **PROSPOTfitness**® 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:

PROSPOTfitness, Inc.
Attn: Warranty Service
2000 Newpoint Pl Pkwy. Suite 500
Lawrenceville, GA 30043

Office (770) 446-9299
Fax (770)-446-7213

Contacting 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.net