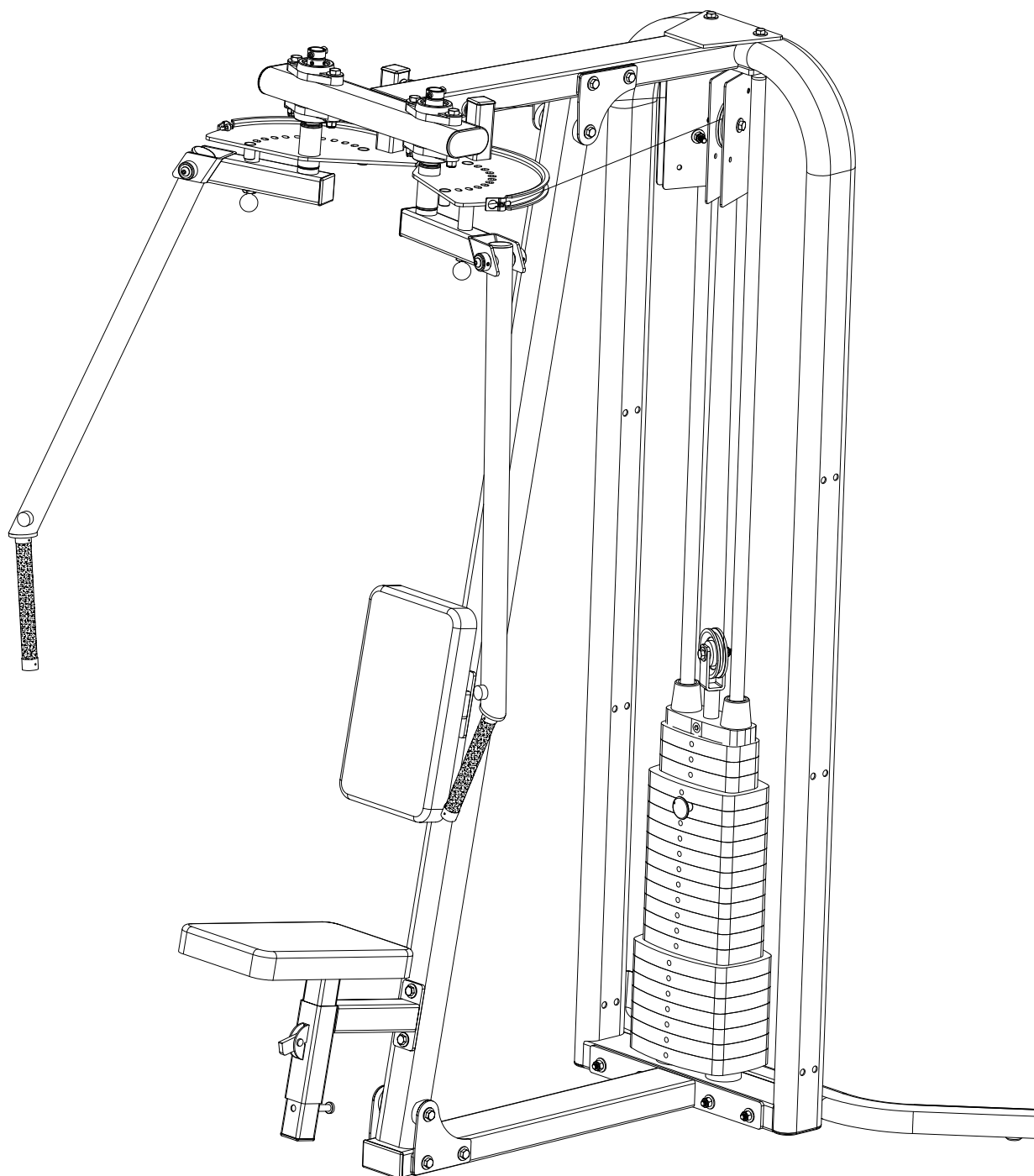




MULTI - PEC FLY / REAR DELTOID

For Service Call 714-821-4177

MFD ASSEMBLY INSTRUCTIONS

IMPORTANT NOTICES

Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.

Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use the top weight only for the first machine movement.

Maintain your machine in good working order by following the maintenance schedule provided on the equipment.

It is strongly recommended that a qualified dealer assemble this MULTI-FLY/DELT machine

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

MFD PARTS AND HARDWARE

HARDWARE

DESCRIPTION	QUANTITY
Bolts	
3/8" x 8 1/2"	4
3/8" x 5 1/2"	6
3/8" x 3"	2
3/8" x 2 3/4"	4
3/8" x 2"	1
3/8" x 1 3/4"	2
3/8" x 1 1/4"	4
1/2" x 3 3/4"	4
1/4" x 1 3/4"	2
Screws	
3/8" x 3/4" Buttonhead Screws	4
Washers and Nuts	
3/8" Curved Washers	4
3/8" Flat Washers	40
3/8" Nuts – Center-locking	17
1/2" Flat Washers	8
1/2" Nuts	4
1/4" Nuts	2

MFD PARTS AND HARDWARE

PARTS

WHITE / PLATINUM FRAME PARTS

Loop Upright	Stabilizer	Base Tube
Top Beam	L/H Corner Bracket (2)	R/H Corner Bracket (2)
Upper Pulley Bracket	L/H Pivot Arm	R/H Pivot Arm
L/H Arm	Seat Support	Back Support
R/H Arm	Plate (2 hole)	

BLACK FRAME PARTS

L/H Cam	R/H Cam
---------	---------

CABLES AND PULLEYS

MFD Cable	4 ½" Pulleys (3)
-----------	------------------

MISCELLANEOUS

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Seat Pad	Back Pad	Instruction Placard
Weight Labels	Manual	Top Weight
5-5# Weight Plates	10-10# Weight Plates	5-15# Weight Plates
Weight Selector Stem	3/4" Threaded Shaft (2)	Weight Pin with Lanyard
Flange Bearings (4)		

MFD ASSEMBLY INSTRUCTIONS

MAIN STRUCTURE ASSEMBLY

- A. Attach Loop Upright, Base Tube, and Stabilizer using 4 – 3/8" x 8 1/2" bolts, 4 – curved 3/8" washers, 4 – 3/8" flat washers and 4 - 3/8" nuts.
- B. Attach Main Upright to Base Tube using one L/H Corner Bracket and one R/H Corner Bracket and 3 – 3/8" x 5 1/2" bolts, 6 – 3/8" flat washers and 3 – 3/8" nuts.
- C. Attach Top Beam to Loop Upright using 2 – 3/8" x 2 3/4" bolts and 2 3/8" flat washers (no nuts).
- D. Attach the Top Beam to the Main Upright using one L/H Corner Bracket and one R/H Corner Bracket and 3 – 3/8" x 5 1/2" bolts, 6 – 3/8" flat washers and 3 – 3/8" nuts.

WEIGHT STACK ASSEMBLY

- E. Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back towards stabilizer.

Place one weight stack cushion on each Guide Rod and slide down to the base.

Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the machine and that the three pads are facing down slide onto the Guide Rods: 5 – 15lb. Weights, 10 – 10lb. Weights and 5 – 5lb. Weights.

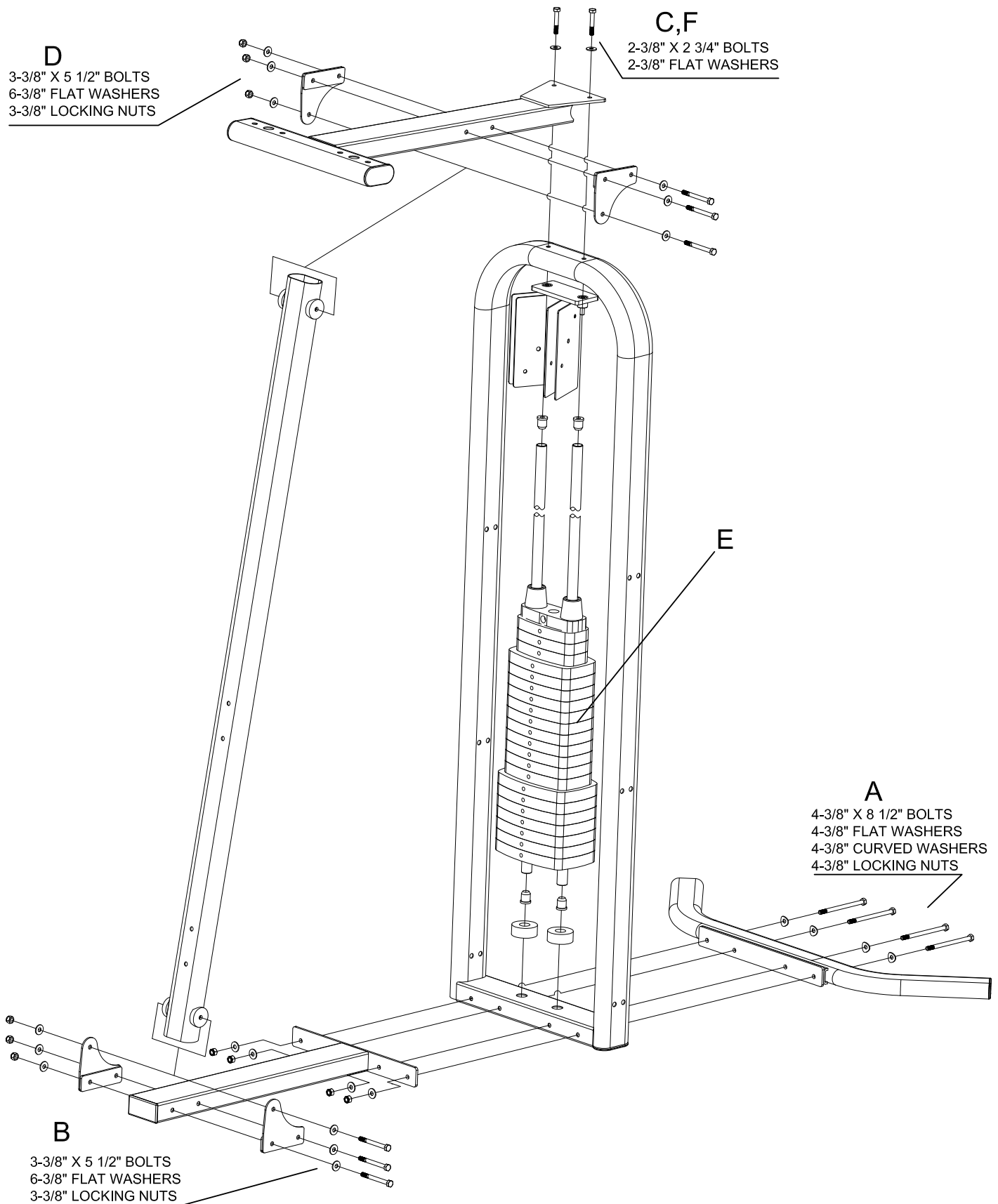
Place Top Weight on the Guide Rods with the drilled hole facing the machine and slide down to the stack.

- F. Install Upper Pulley Bracket by placing the pins into the tops of the Guide Rods. Stand weight stack up right and fasten Upper Pulley Bracket to the Loop Upright and Top Beam using the 2 – 3/8" x 2 3/4" bolts and 2 – 3/8" flat washers installed in Step C.

MFD ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

09-22-05



MFD ASSEMBLY INSTRUCTIONS

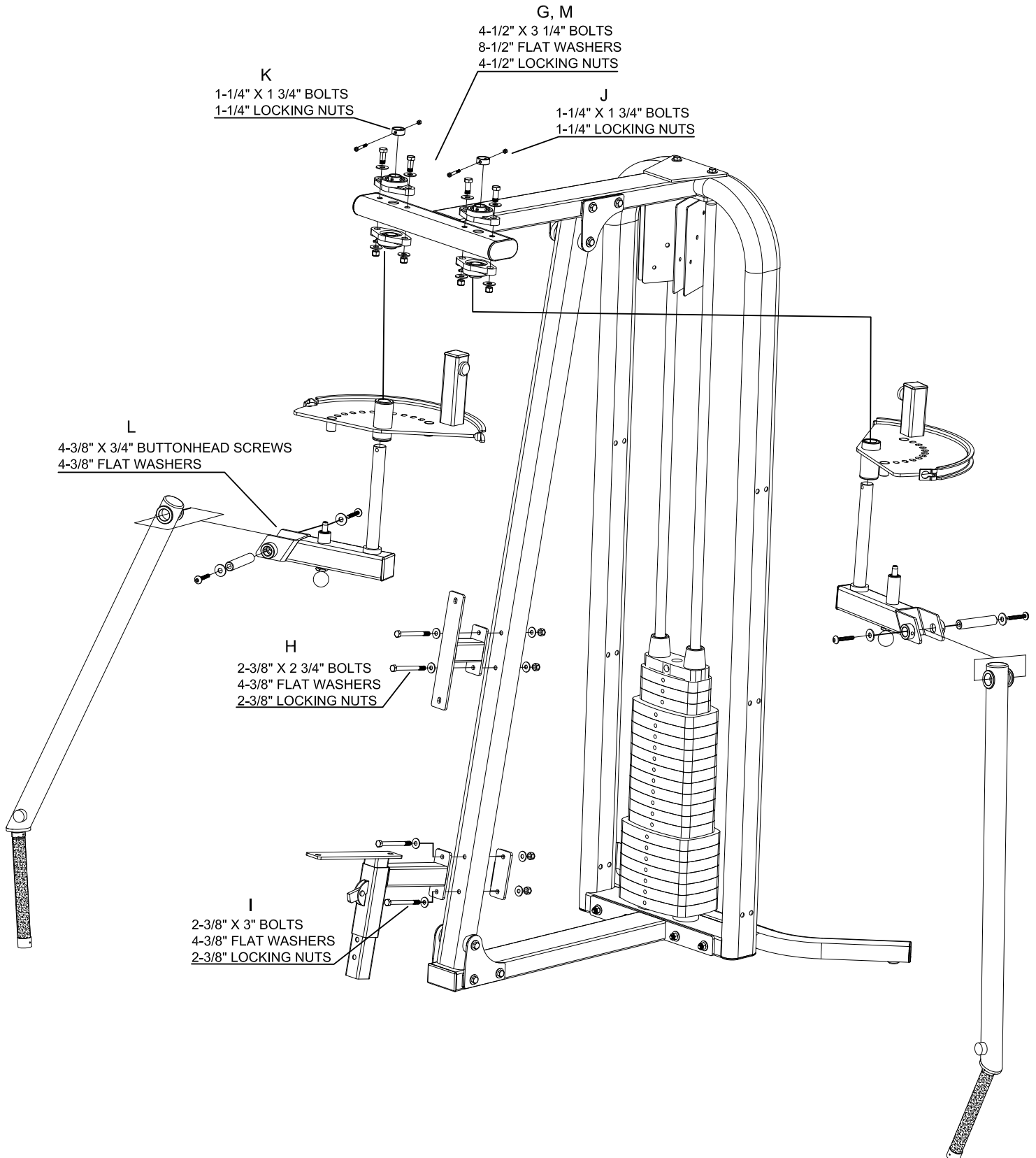
CAM AND ARM ASSEMBLY

- G.** Attach the four Flange Bearings to the Top Beam using 4 – $\frac{1}{2}$ " x $3\frac{3}{4}$ " bolts, 8 – $\frac{1}{2}$ " flat washers, and 4 - $\frac{1}{2}$ " nuts. Do not fully tighten nuts.
- H.** Attach the back support to the Main Upright using 2 – $\frac{3}{8}$ " x $2\frac{3}{4}$ " bolts, 4 – $\frac{3}{8}$ " flat washers, and 2 - $\frac{3}{8}$ " nuts.
- I.** Attach the Seat Support and Plate to the Main Upright using 2 - $\frac{3}{8}$ " x 3" bolts, 4 – $\frac{3}{8}$ " flat washers, and 2 – $\frac{3}{8}$ " nuts.
- J.** Insert the R/H Pivot Arm into the R/H Cam and install the shaft of the Pivot Arm through the two Flange Bearings using the shaft collar and 1 – $\frac{1}{4}$ " x $1\frac{3}{4}$ " bolt and 1 $\frac{1}{4}$ " nut.
- K.** Insert the L/H Pivot Arm into the L/H Cam and install the shaft of the Pivot Arm through the two Flange Bearings using the shaft collar and 1 – $\frac{1}{4}$ " x $1\frac{3}{4}$ " bolt and 1 $\frac{1}{4}$ " nut.
- L.** Attach the Left Arm and Right Arm to the Pivot Arms (bumpers towards the center) using the $\frac{3}{4}$ " shafts and 4 – $\frac{3}{8}$ " x $\frac{3}{4}$ " buttonhead screws and 4 – $\frac{3}{8}$ " washers.
- M.** Make sure the surfaces of the cams are parallel to the Top Beam and tighten the $\frac{1}{2}$ " bolts holding the Flange Bearings. Tighten the setscrews in the Flange Bearings.

MFD ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

09-22-05



MFD ASSEMBLY INSTRUCTIONS

CABLE AND PULLEY INSTALLATION

- N.** Insert the Weight Pin into one of the 5lb. weight plates. Remove the 3/8" cap screw from the Top Weight. Lift the "U"-Bracket Weldment from the Top Weight and selector stem. Install the loop of Weight Pin lanyard over the round clevis beneath the "U"- Bracket. Re-install the "U"-Bracket Weldment to the Top Weight.
- O.** Place MFD cable under 1 – 4 ½" Pulley and fasten pulley to "U"- Bracket above Top Weight using 1 – 3/8 x 2" bolt, 2 - 3/8" flat washers, and 1 – 3/8" nut.
- P.** Route cable ends up to the Upper Pulley Bracket. Place a 4 ½" Pulley under each cable end and insert the pulleys within the Pulley Bracket plates. Fasten using 2 – 3/8" x 1 ¾" bolts, 4 – 3/8" washers, and 2 – 3/8" nuts.
- Q.** Route the cable ends forward to the L/H and R/H Cams and install the ball ends into the hooks welded on the Cams.

PADS

- R.** Attach the Bottom Pad and Back Pad using 4 – 3/8" x 1 ¼" bolts and 4 – 3/8" flat washers.

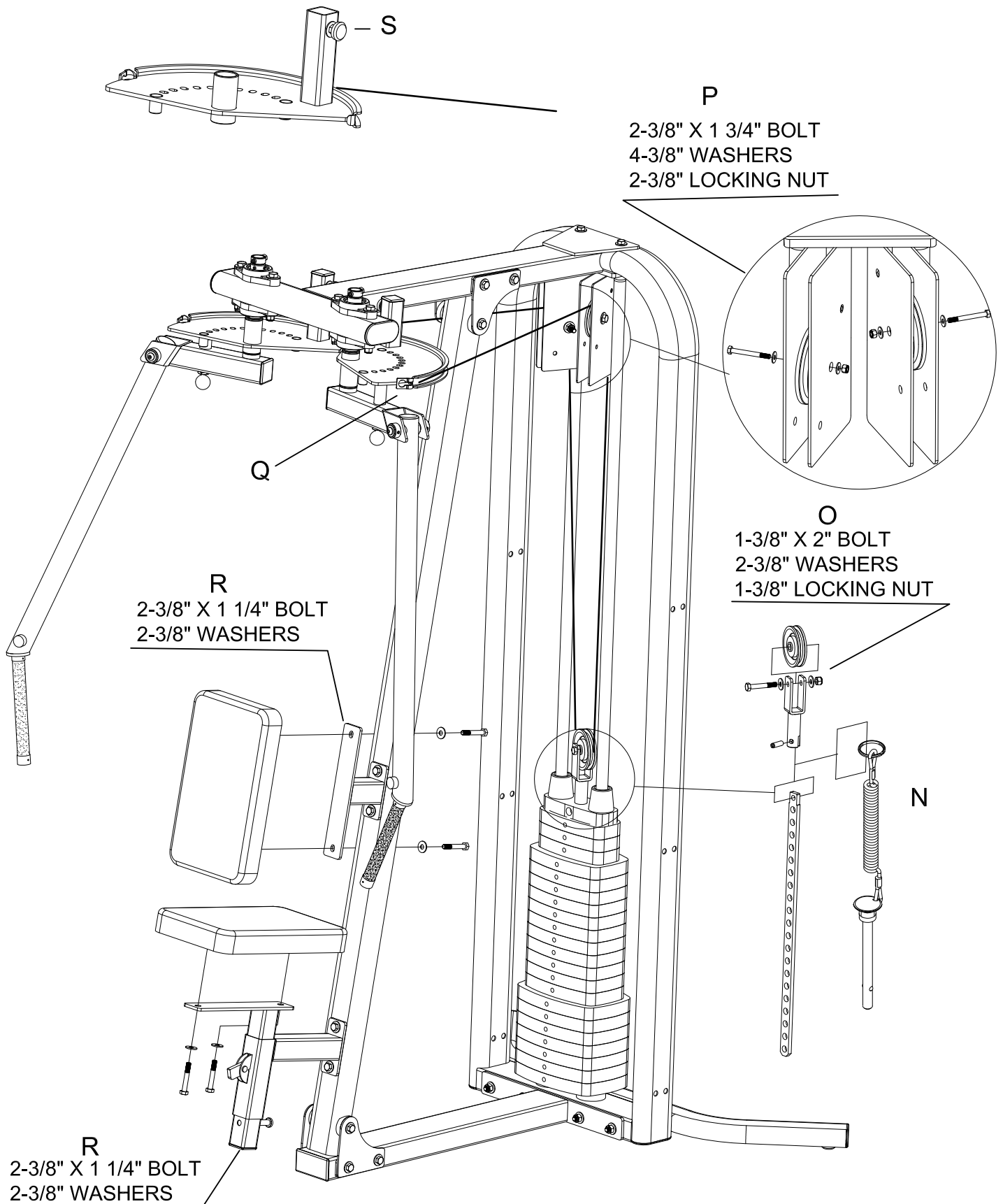
CABLE ADJUSTMENT

- S.** Once the Multi-Fly/Delt is completely assembled, loosen the jam-nuts behind the rubber bumpers above the Cams. Thread the bumper in or out to remove slack from the cables and align the arms. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct re-tighten the jam-nuts.

MFD ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

11-24-05



MFD ASSEMBLY INSTRUCTIONS

PLACARDS AND LABELS

- T.** Remove backing from foam tape on Instruction Placard. Attach Instruction Placards to Loop Upright aligning outside edge of placard to top and outside edge of Loop Upright.
- U.** Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.

SHROUD HOLES AND SHROUD OPTION

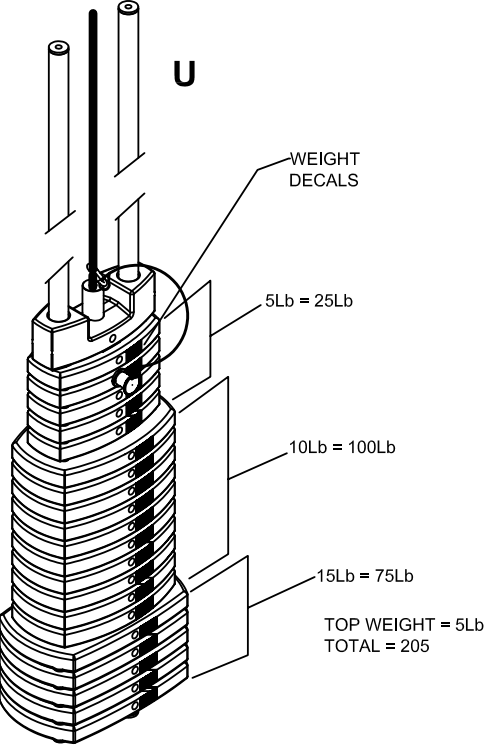
- V.** If no Optional Shroud Kit was purchased install plastic caps in all 24 shroud holes. If installing Shrouds fasten to Loop Upright using 12 – 3/8 x 2 1/2” bolts, 20 – 3/8” flat washers and 8 – 3/8” nuts (hardware found in Shroud box). The lower two bolts on each side of the Front Shroud fasten into threaded fasteners pre-installed into the Front Shroud.

MFD ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

09-22-05

WEIGHT LABELS



INSTALLING PLACARD

PEEL BACKING FROM TAPE
ATTACH TO LOOP UPRIGHT AS SHOWN

