

**CT-MPS MULTI-PRESS**

# **MPS 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-Press 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.

# MPS PARTS AND HARDWARE

## HARDWARE

DESCRIPTION	QUANTITY
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### Bolts

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

### Screws

3/8" x 3/4" Button Head Screws	2
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### Washers

3/8" Flat Washers	27
3/8" Curved Washers	14
1/2" Flat Washers	8
Cam Washer	1
Large 3/8" Washer	2
1/2" Step Spacers	4

### Nuts

3/8" Nuts	17
1/2" Nuts	4

# MPS PARTS AND HARDWARE

## PARTS

### PLATINUM FRAME PARTS

Loop Upright	Stabilizer	Base Tube
Top Beam	Connecting Tubes (2)	Seat Frame
Upper Pulley Bracket	Base/Seat Frame Brackets (2)	
Press Arm		

### BLACK FRAME PARTS

Long Back Support	Short Back Support	Selector Plate
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### CABLES AND PULLEYS

MPS Cable (with pin and clip)	4 ½" Pulleys (5)
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### 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	1" Threaded Shaft	Weight Pin with Lanyard



# MPS ASSEMBLY INSTRUCTIONS

## MAIN STRUCTURE ASSEMBLY

- A. Attach Loop Upright, Base Tube, Spacer, 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. 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.

- C. 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 2 – 3/8" x 2 3/4" bolts and 2 – 3/8" flat washers.
- D. Attach one Connecting Tube to the Loop Upright using 2 – 3/8" x 4 3/4" bolts, 4 – 3/8" curved washers, and 2-3/8" nuts. Fasten the other end of the Connecting Tube to the Top Beam using 2 – 3/8" x 2 3/4" bolts and 2 – 3/8" flat washers. Do not fasten nuts at this time
- E. Attach the Seat Frame to the Top Beam using 2 – 3/8" x 2 1/2" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts
- F. Attach the Seat Frame to the Base Tube using the two Base/Seat Frame Brackets, 1 – 3/8" x 2 1/2" bolt, 1 – 3/8" x 4" bolt, 2 – 3/8" curved washers, 2 – 3/8" flat washers, and 2 – 3/8" nuts.

**NOTE: Attach weight labels now.**

- B**
- 2 - Guide Rods
  - 2 - Weight Cushions
  - 5 - 15lb. Weight Plates
  - 10 - 10lb. Weight Plates
  - 5 - 5lb. Weight Plates
  - 1 - Top Weight and Cable

- C**
- 1 - Top Beam
  - 2 - 3/8" x 2 3/4" bolts
  - 2 - 3/8" Flat Washers

- D**
- 1 - Connecting Brace
  - 2 - 3/8" x 4 3/4" Bolts
  - 4 - 3/8" Curved Washers
  - 2 - 3/8" Nuts
  - 2 - 3/8" x 2 3/4" Bolts
  - 2 - 3/8" Flat Washers

- E**
- 1 - Seat Frame
  - 2 - 3/8" x 2 1/2" Bolts
  - 4 - 3/8" Flat Washers
  - 2 - 3/8" Nuts

- A**
- 1 - Main Upright
  - 1 - Rear Stabilizer
  - 1 - Base Tube
  - 4 - 3/8" x 8 1/2" Bolts
  - 4 - 3/8" Curved Washers
  - 4 - 3/8" Flat Washers
  - 4 - 3/8" Nuts

- F**
- 1 - L/H Lower Bracket
  - 1 - R/H Lower Bracket
  - 1 - 3/8" x 4" Bolt
  - 2 - 3/8" Curved Washers
  - 1 - 3/8" x 2 1/2" Bolts
  - 2 - 3/8" Flat Washers
  - 2 - 3/8" Nuts

# **MPS ASSEMBLY INSTRUCTIONS**

## **FRONT SHROUD AND BRACKETS INSTALLATION**

- G.** Attach the Shroud Brackets to the inside of the Main Upright using the pre-installed buttonhead screws and washers. Note that the offset brackets attach to the topmost holes.
- H.** Attach the Front Shroud to the Shroud Brackets using 8 – ¼" x ¾" buttonhead screws and 8 – ¼" flat washers.

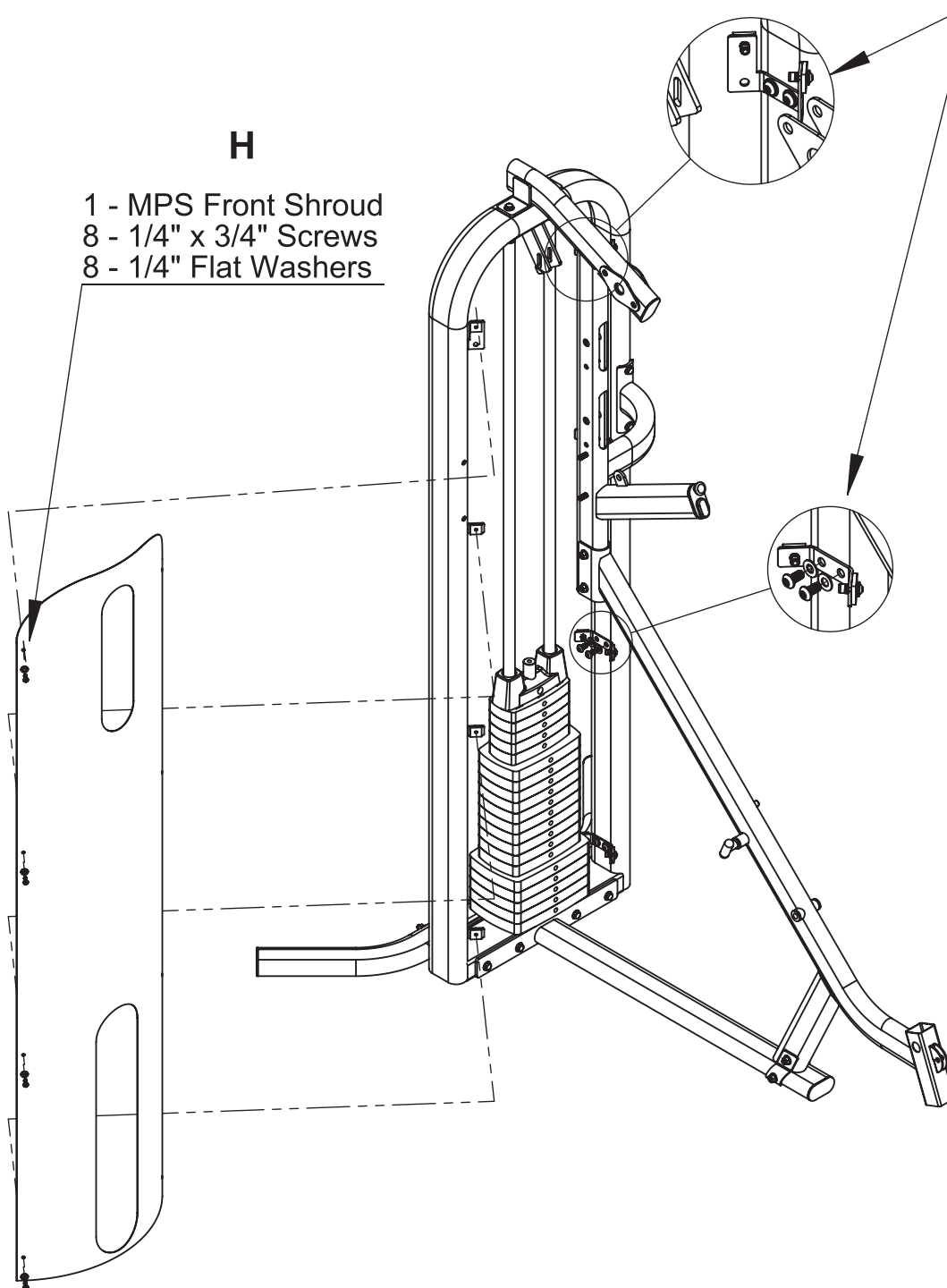
**If you have not purchased the Shroud Option skip Steps G. and H. and proceed to page 8.**

**G**

8 - Shroud Brackets  
16 - 3/8" x 3/4" Screws  
16 - 3/8" Flat Washers

**H**

1 - MPS Front Shroud  
8 - 1/4" x 3/4" Screws  
8 - 1/4" Flat Washers



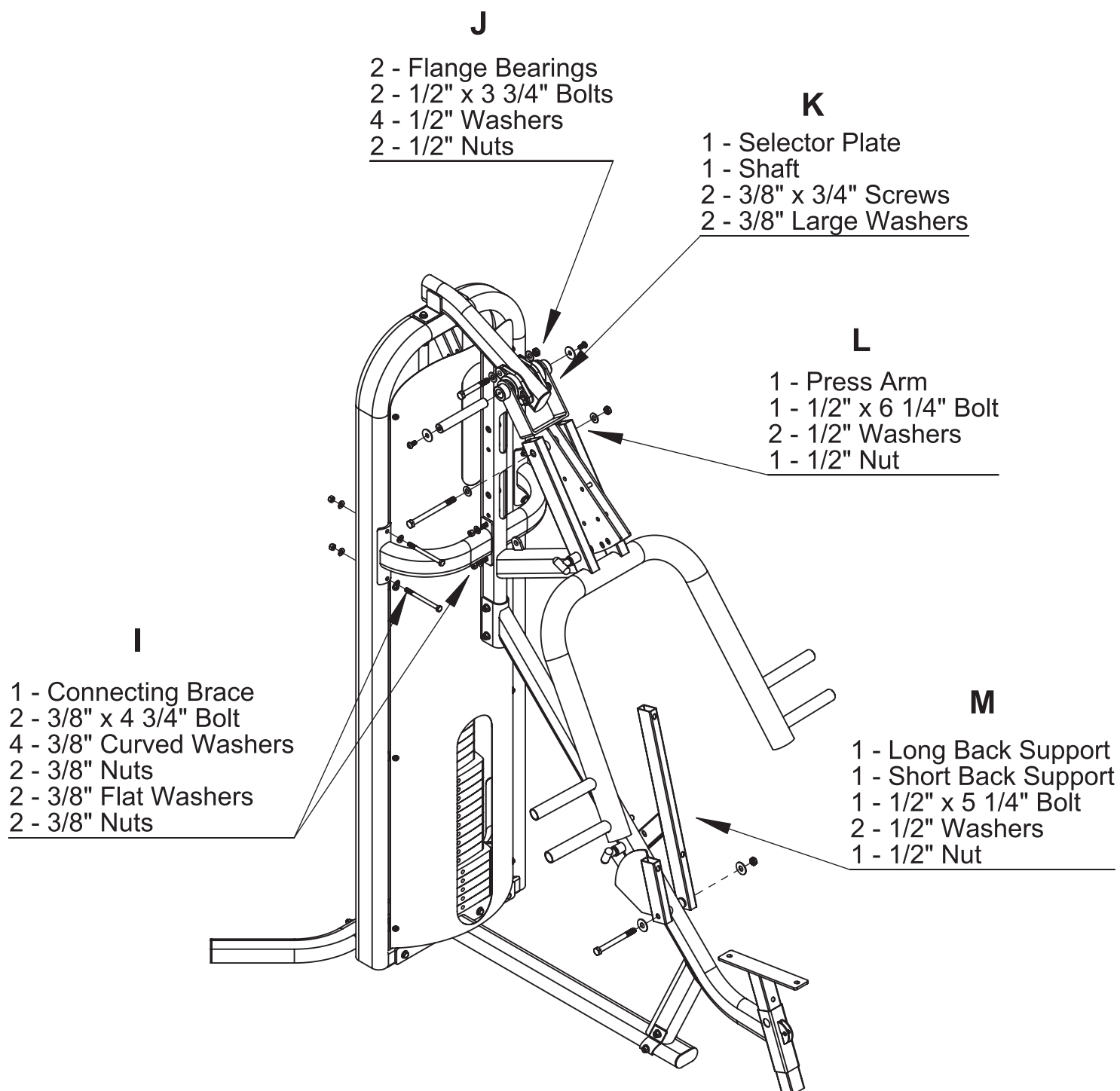
# MPS ASSEMBLY INSTRUCTIONS

## MAIN STRUCTURE ASSEMBLY CONTINUED

- I. Attach the other Connecting Tube to the Loop Upright using 2 – 3/8" x 4 3/4" bolts, 4 – 3/8" curved washers, and 2-3/8" nuts. Fasten the other end of the Connecting Tube to the bolts installed in the Top Beam at Step D. using 2 – 3/8" flat washers and 2 – 3/8" nuts.

## PRESS ARM INSTALLATION

- J. Attach two Flange Bearings to the Top Beam using 2 – 1/2" x 3 3/4" bolts, 4 – 1/2" washers, and 2- 1/2" nuts. Do not tighten at this time. Make sure that all the setscrews are backed out and do not protrude to the inside of the bearing. Take the Selector Plate and make sure the shaft collar setscrews are not protruding to the inside. Assemble the Selector Plate to the Top Beam by sliding the 1" shaft through the shaft collars of the Selector Plate and the Flange Bearings. If you encounter resistance, stop and check that the setscrews are completely backed out and that the Flange Bearings are at least close to being aligned. No more than gentle tapping should be needed to install the shaft. Install 2 – 3/8" x 3/4" button head screws with two large 3/8" washers finger tight only.
- K. Take the Selector Plate and make sure the shaft collar setscrews are not protruding to the inside. Assemble the Selector Plate to the Top Beam by sliding the 1" shaft through the shaft collars of the Selector Plate and the Flange Bearings. If you encounter resistance, stop and check that the setscrews are completely backed out and that the Flange Bearings are at least close to being aligned. No more than gentle tapping should be needed to install the shaft. Install 2 – 3/8" x 3/4" button head screws with two large 3/8" washers finger tight only.
- L. Assemble Press Arm to the Selector Plate using 1 – 1/2" x 6 1/4" bolt, 2 – 1/2" washers, and 1 – 1/2" nut. It is necessary to pull the pop pin Knob to engage one of the slots in the Selector Plate. Tighten this bolt so that there is no play between the Press Arm and the Selector Plate but not so tight that the Press Arm will not move smoothly. Align the Press Arm so that the left and right grips are level and even fore and aft. Now tighten the two button head screws, the two 1/2" bolts, and then all eight setscrews in the shaft collars and Flange Bearings.
- M. Attach the Long Back Support and Short Back Support to the Seat Frame using 1 – 1/2" x 5 1/4" bolt, 2 – 1/2" washers, and 1 – 1/2" nut.



# MPS ASSEMBLY INSTRUCTIONS

## PAD ASSEMBLY AND CABLE ROUTING

- N.** Attach Back Pad to the Long and Short Support Tubes using 3 – 3/8" x 3" bolts and 3 – 3/8" flat washers.
- O.** Attach Seat Pad to chrome Seat Stem using 2 – 3/8" x 1 1/4" bolts and 2 – 3/8" washers.
- P.** Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the MPS Cable down to the top weight. Place 1 – 4 1/2" pulley under cable and fasten pulley to flanges on Upper Pulley Bracket using 1 – 3/8 x 2 1/4" bolt, 2 – 3/8" flat washers, 1- Cam Washer and 1 – 3/8" nut. Do not tighten at this time.
- Q.** If you installed a front shroud route the cable through the shroud. Install a 4 1/2" pulley with the cable under the pulley into the top window in the Top Beam using 1 – 3/8" x 2 1/4" bolt, 2 – 1/2" step spacers, and 1 – 3/8" nut.
- R.** Route the cable around a 4 1/2" pulley and install within the Selector Plate at the top location using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- S.** Route the cable around a 4 1/2" pulley and install into the lower window of the Top Beam using 1 – 3/8" x 2 1/4" bolt, 2 – 1/2" step spacers, and 1 – 3/8" nut.
- T.** Route the cable around a 4 1/2" pulley and install pulley within the Selector Plate at the lower location using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- U.** Fasten the clevis end of the cable to the Top Beam using the grooved pin and clip found in the clevis end. Raise or lower the bolt and pulley installed at Step P. to remove slack from the cables. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct, rotate the Cam Washer so it rests against the triangle support and tighten bolt. Cable tension can also be adjusted using the Threaded Stop where the Selector Plate rests.
- V.** If no shroud option is being installed: 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
- W.** Optional: Attach the Aft Shroud using 8 – 1/4" x 3/4" screws and 8 – 1/4" washers.

Note: Some details removed for better viewing of cable routing.

