

MULTI - BICEP / TRICEP

For Service Call 714-821-4177

MBT 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-Bi/Tri.

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.

MBT PARTS AND HARDWARE

PARTS

WHITE / PLATINUM FRAME PARTS

Loop Upright	Main Seat Support	Cross Brace
Rear Brace	Rear Base	Bicep Pad Tube
Guide Rod Bracket	Bicep Arm	Bearing Support Tube
Plate (5 holes)	Bearing Plate	Tricep Support Tubes (2)
Pulley Plates (2)	Cable Retainer (2)	

BLACK FRAME PARTS

Front Base	Bicep Handle	Tricep Arm
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CABLES AND PULLEYS

Upper MBT Cable	Lower MBT Cable	4 ½" Pulleys (9)
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MISCELLANEOUS

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Seat Pad	Bicep Pad	Back Pad
Weight Labels	Manual	Top Weight
Weight Selector Stem	Weight Pin with Lanyard	Instruction Placard
15 – 10# Weight Plates	Flange Bearing	Pillow Block Bearing

MBT PARTS AND HARDWARE

HARDWARE

DESCRIPTION	QUANTITY
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Bolts

3/8" x 8 1/2"	2
3/8" x 4 3/4"	4
3/8" x 5 1/2"	1
3/8" x 5"	2
3/8" x 3 1/4"	5
3/8" x 3"	6
3/8" x 2 3/4"	7
3/8" x 2 1/2"	6
3/8" x 2 1/4"	2
3/8" x 2"	4
3/8" x 1 3/4"	4
3/8" x 1 1/4"	1
3/8" x 1"	2
1/2" x 3 1/4"	2
1/2" x 1 3/4"	2

Screws

3/8" x 1" Button Head Screws	2
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Washers

3/8" Large Flat Washers	60
3/8" Small Flat Washers	8
3/8" Curved Washers	10
1/2" Flat Washers	8
Cam Washer	1

Nuts and Miscellaneous

3/8" Nuts	36
1/2" Nuts	4
1/2" Step Spacers	2
3/4" x 4 1/2" Shaft	1
3/4" x 7 3/8" Shaft	1

MBT ASSEMBLY INSTRUCTIONS

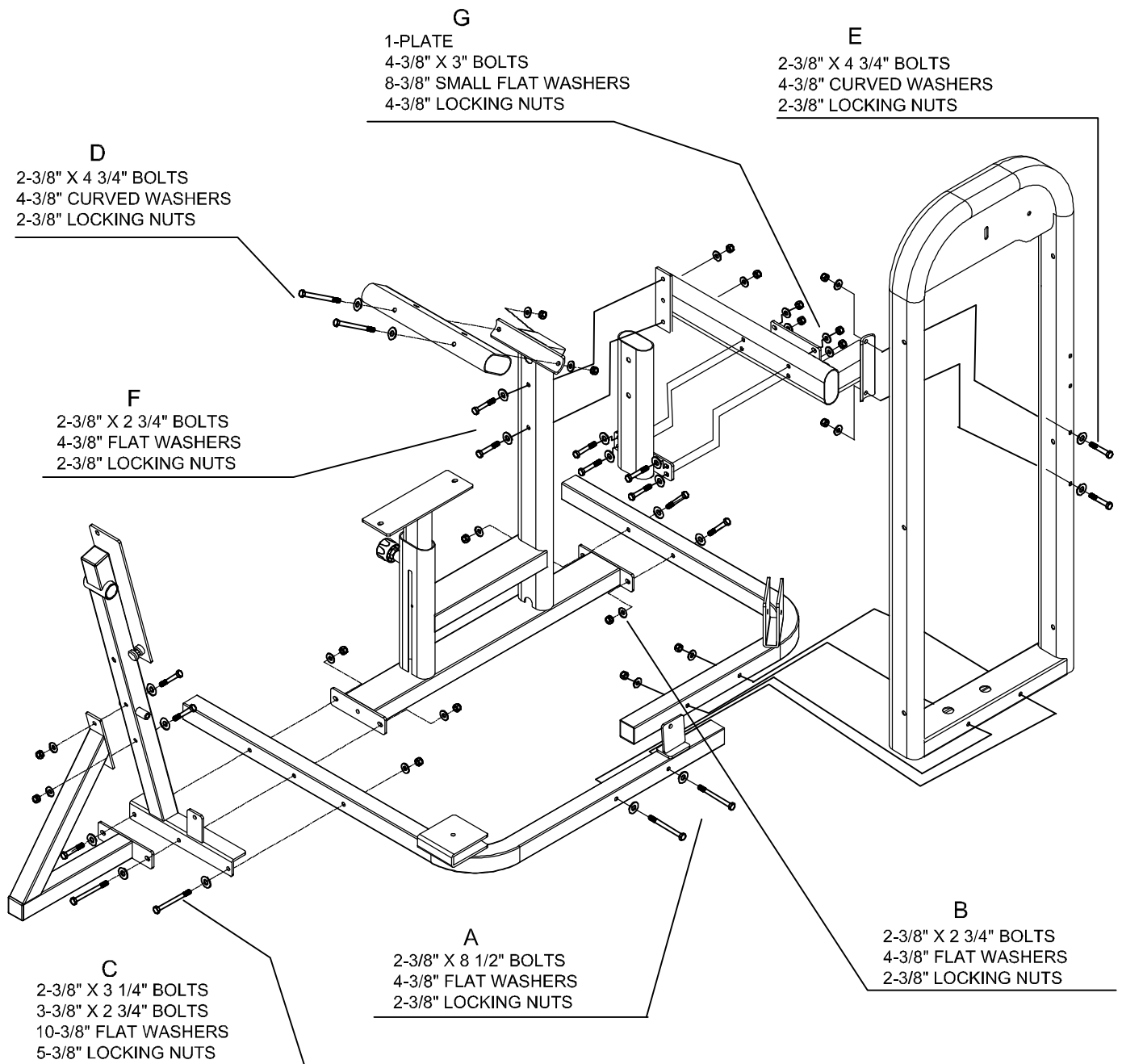
MAIN STRUCTURE ASSEMBLY

- A.** Assemble the Front Base And Rear Base to the Loop Upright using 2 – 3/8" x 8 1/2" bolts, 4 – 3/8" flat washers and 2 – 3/8" nuts.
- B.** Assemble the Main Seat Support to the Front Base using 2 – 3/8" x 2 3/4" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts.
- C.** Assemble the Main Seat Support, the Back Support and Rear Brace to the Rear Base using 2 – 3/8" x 3 1/4" bolts, 3 - 3/8" x 2 3/4" bolt, 10 – 3/8" flat washers, and 5 – 3/8" nuts.
- D.** Attach the Bicep Pad Tube to the Main Seat Frame using 2- 3/8" x 4 3/4" bolts, 4 – 3/8" curved washers, and 2 – 3/8" nuts.
- E.** Attach the Cross Brace to the Loop Upright using 2 - 3/8" x 4 3/4" bolts, 4 – 3/8" curved washers, and 2 – 3/8" nuts.
- F.** Attach the Cross Brace to the Main Seat Support using 2 – 3/8" x 2 3/4" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts.
- G.** Attach the Bearing Support Tube and Plate to the Cross Brace using 4 – 3/8" x 3" bolts, 8 – 3/8" small flat washers, and 4 – 3/8" nuts.

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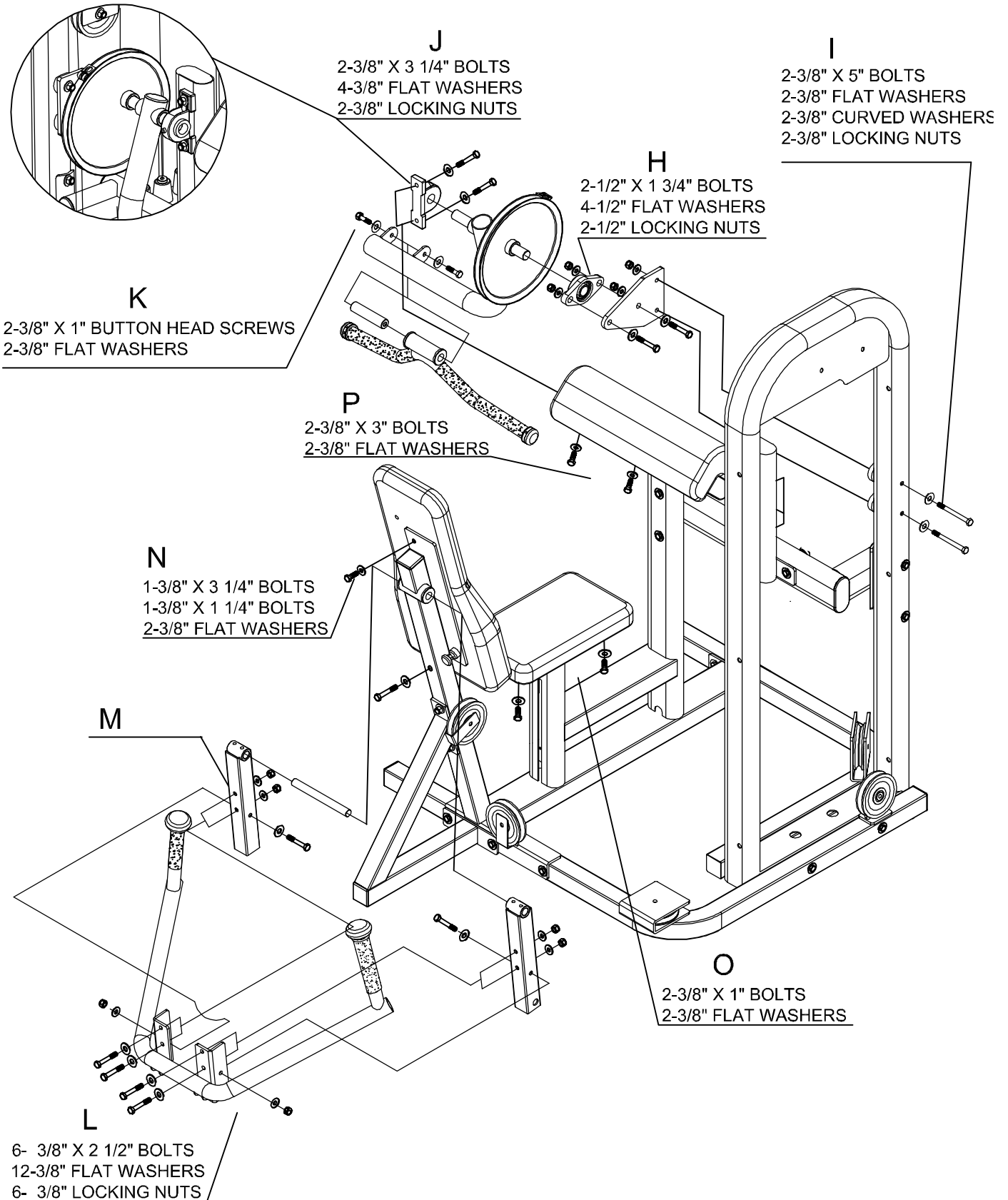
MAIN STRUCTURE ASSEMBLY

- H.** Attach the Flange Bearing to the Bearing Plate using 2 – 1/2" x 1 3/4" bolts, 4 – 1/2" washers, and 2 – 1/2" nuts. Do not fully tighten.
- I.** Attach the Bearing Plate to the Loop Upright using 2 – 3/8" x 5" bolts, 2 – 3/8" curved washers, 2 – 3/8" flat washers, and 2 – 3/8" nuts.
- J.** Assemble the Pillow Block Bearing to the Bicep Arm on the shaft side opposite the Cam. Insert the shaft on the Cam side into the Flange Bearing. Attach the Pillow Block Bearing to the Bearing Support Tube using 2 – 1/2" x 3 1/4" bolts, 4 – 1/2" flat washers, and 2 – 1/2" nuts. Align the Bicep Arm so that it rotates properly in relation to the Main Seat Support and tighten all the bolts fastening the Bearings and then the setscrews in the Bearings.
- K.** Attach the Bicep Handle to the Bicep Arm using the 3/4" shaft, 2 – 3/8" x 1" button head screws, and 2 – 3/8" washers.
- L.** Attach the Tricep Pivot Arms to the Tricep Handle (with the slotted Pivot Arm on the R/H side) using 6 – 3/8" x 2 1/2" bolts, 12 – 3/8" flat washers, 6 – 3/8" nuts.
- M.** Assemble the Tricep Arm assembly to the Back Support using the 3/4" shaft. Tighten the setscrews and the bolts installed on Step L.
- N.** Attach the Back Pad to the Back Support using 1 – 3/8" x 3 1/4" bolts, 1 – 3/8" x 1 1/4" bolt, and 2 – 3/8" flat washers.
- O.** Attach the Bottom Pad to the Seat Stem using 2 – 3/8" x 1" bolts and 2 – 3/8" flat washers.
- P.** Attach the Bicep Pad to the Bicep Tube using 2 – 3/8" x 3" bolts and 2 – 3/8" flat washers.

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MBT ASSEMBLY INSTRUCTIONS

WEIGHT STACK, CABLE AND PULLEY INSTALLATION

- Q.** Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back away from the machine. 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: 15 – 10lb. Weights.

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

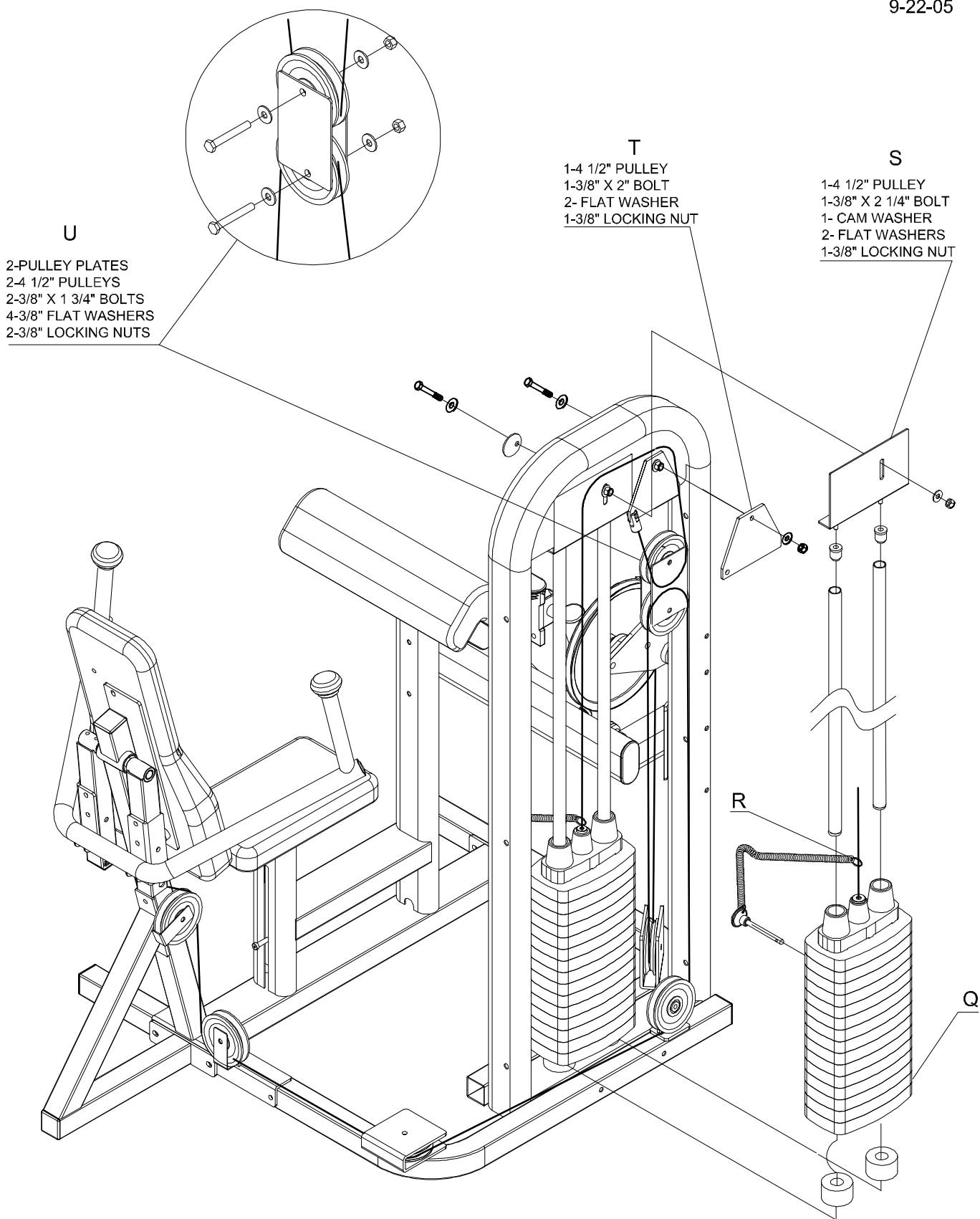
- R.** Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the Upper MBT Cable down to the top weight. Bolt the first 10lb. weight to the selector stem using 1 - 3/8" x 5 1/2" bolt and 1 - 3/8" nut.
- S.** Install Guide Rod Bracket onto top of guide rods. Loop MBT Upper Cable over one 4 1/2" pulley and slide up between the plates of the Loop Upright at the slot. The large cylindrical clevis end of the MBT Upper Cable will align with the center of the weight stack. Stand the weight stack assembly upright and bolt the Guide Rod Bracket, Pulley and Loop Upright together using 1 – 3/8" x 2 1/4" bolt, 1 Cam Washer, 2 – 3/8" flat washers, and 1 – 3/8" nut. Do not tighten completely at this time.
- T.** Install a 4 1/2" pulley under the cable and insert the pulley between the plates of the Loop Upright. Attach the pulley to the Loop Upright and Cable Attach Bracket using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut. Attach the clevis end of the cable to the Cable Attach Bracket using the pin and clip found pre-installed in the clevis end.
- U.** Assemble the two Pulley Plates to one 4 1/2" pulley using 1 – 3/8" x 1 3/4" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut. Place this assembly over the Upper MBT Cable below the Cable Attach Bracket. Place the Lower MBT Cable over another 4 1/2" pulley and bolt this pulley between the Pulley Plates using 1 – 3/8" x 1 3/4" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.

NOTE: The ball end of the cable will route to the Bicep Arm and the cross-drilled fitting will route to the Tricep Arm.

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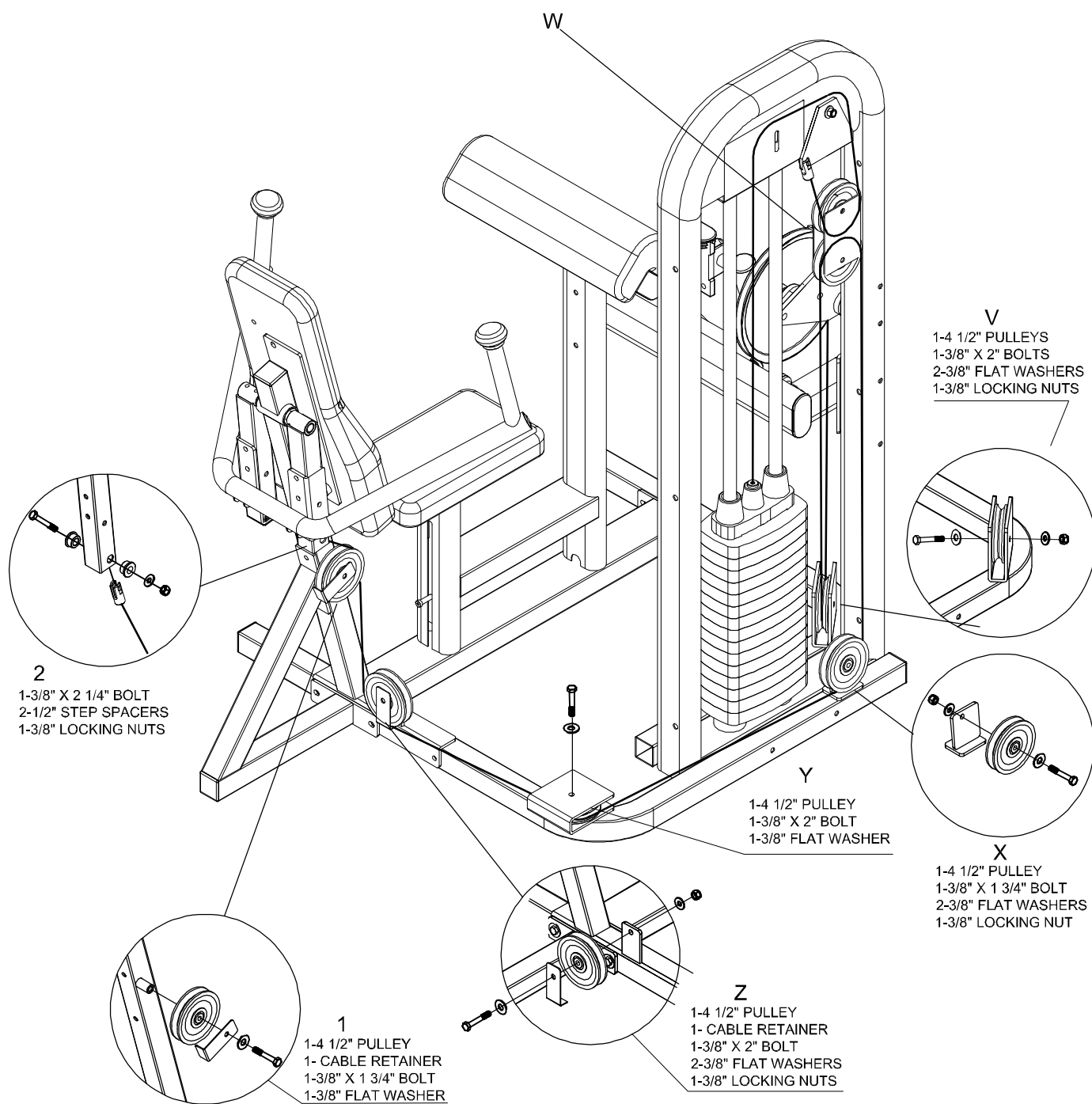
CABLE INSTALLATION (CONTINUED)

- V.** Route the ends of the MBT Lower Cable down to the base of the Loop Upright. Install a 4 ½" pulley over the ball end of the cable and insert into the Pulley Bracket welded to the Front Base and attach using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- W.** Continue the cable up to the Cam of the Bicep Arm and insert the ball end into the hook welded on the Cam.
- X.** Route the other cable end over to the plate welded on the Rear Base near the weight stack. Route the cable beneath a 4 ½" pulley and attach the pulley to the plate using 1 – 3/8" x 1 ¾" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- Y.** Route the cable to the Pulley Bracket welded at the corner of the Rear Base. Insert the cable into the bracket with a 4 ½" pulley. Attach using 1 – 3/8" x 2" bolt and 1 – 3/8" flat washer.
- Z.** Continue the cable along the Rear Base to the plate welded near the Back Tube. Route the cable under a 4 ½" pulley and attach the Pulley to the plate with a Cable Retainer using 1- 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- 1.** Route the cable up the Back Tube to the threaded shaft. Place a 4 ½" pulley under the cable and attach the pulley with a cable retainer to the threaded shaft using 1 – 3/8" x 1 ¾" bolt and 1 – 3/8" flat washer.
- 2.** Attach the cable end inside the Tricep Pivot Arm using 1 – 3/8" x 2 ¼" bolt, 2 – ½" Step Spacers and 1 – 3/8" nut.

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3-16-06



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CABLE ADJUSTMENT

3. Once the Multi-Bi/Tri is completely assembled, loosen bolt that attaches pulley and Guide Rod Bracket to the Loop Upright (installed at step H.). Raise or lower the bolt and pulley 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 re-tighten bolt. Adjustments can also be made at the Bicep Arm and Tricep Arm with the threaded stops.

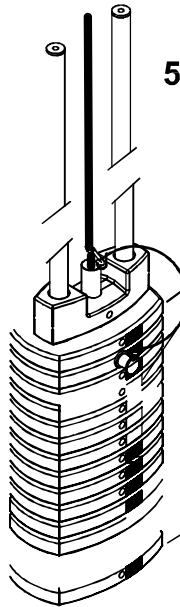
PLACARDS AND LABELS

4. Remove the backing from the foam tape on the Instruction Placard. Align the Instruction Placard parallel to the top of the Loop Upright and space equally in from the edges of the Loop.
5. 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

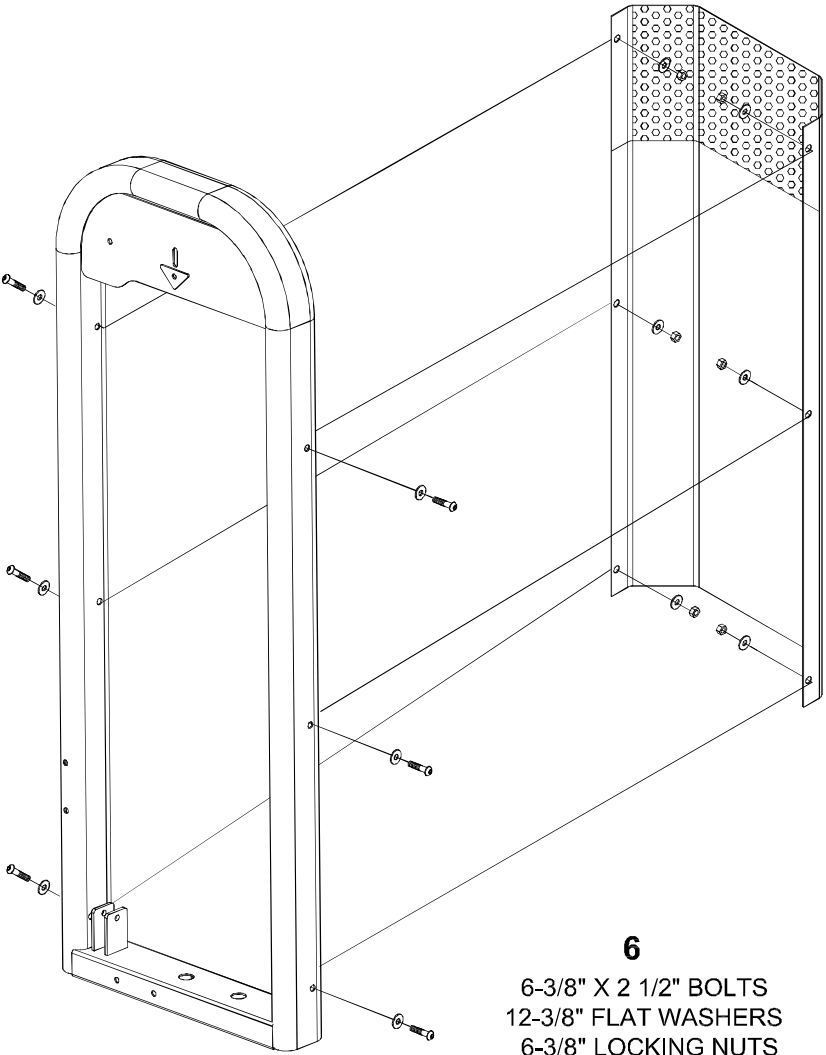
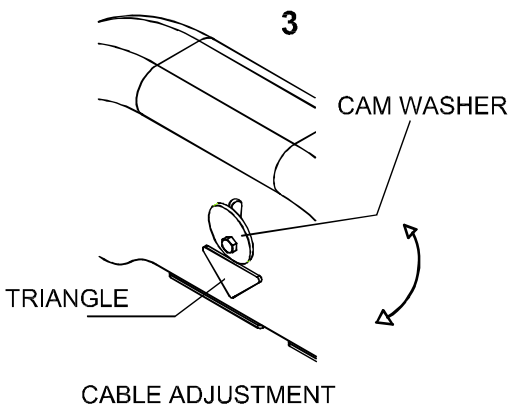
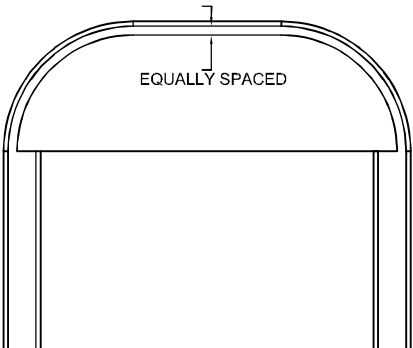
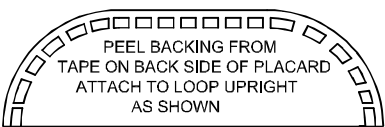
6. If no Optional Shroud Kit was purchased install plastic caps in all 12 shroud holes. If installing Shrouds, fasten to Loop Upright using 6 – 3/8 x 2 1/2" bolts, 12 – 3/8" flat washers and 6 – 3/8" nuts (hardware found in Shroud box).

WEIGHT LABELS



INSTALLING PLACARD

4



6
6-3/8" X 2 1/2" BOLTS
12-3/8" FLAT WASHERS
6-3/8" LOCKING NUTS