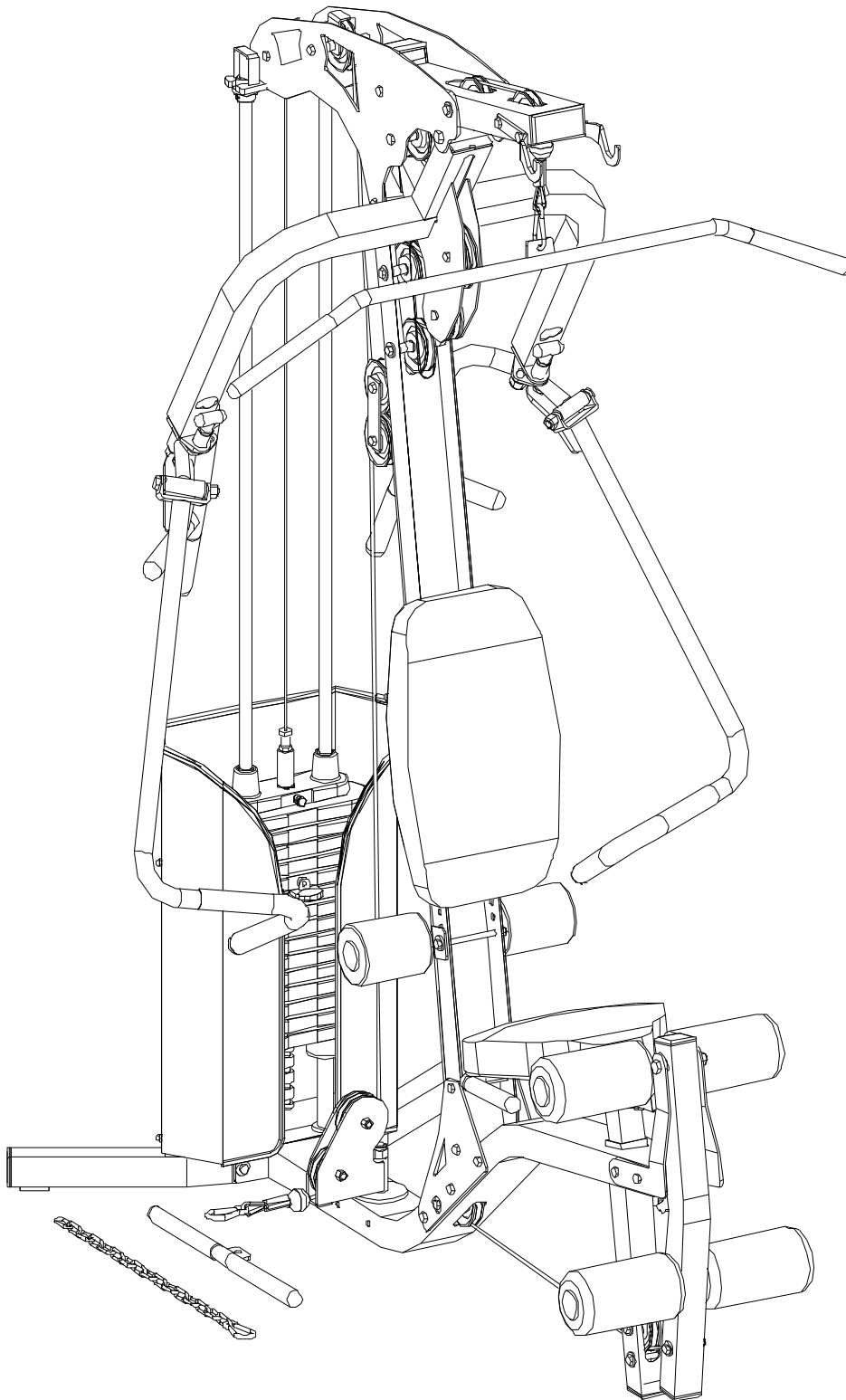
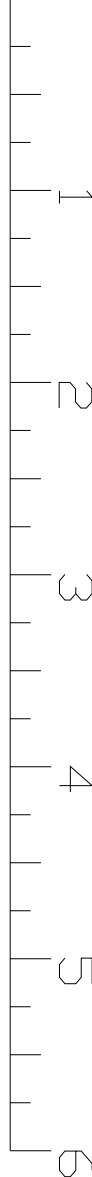


# MG-COLORADO ASSEMBLY INSTRUCTIONS



Bolt Length

--	--	--



## COLORADO8 Home Gym, 150 lbs. Weight Stack MG-COLORADO

Overall Dimensions: 61.5" L x 48" W x 83" H

July 12, 2010

### Specifications

Weight	= 369.5 lbs
Packed in 5 Boxes	
Box 1	= 32.5" x 28.5" x 13.5"
	= 7.24 ft <sup>3</sup>
	= 95.5 lbs
Box 2	= 76" x 23.5" x 9"
	= 9.30 ft <sup>3</sup>
	= 124 lbs
Box 3	= 12.5" x 5" x 25"
	= 0.904 ft <sup>3</sup>
	= 50 lbs
Box 4 & 5	= 12.5" x 5" x 6"
	= 0.217 ft <sup>3</sup>
	= 50 lbs (each)

# Parts list

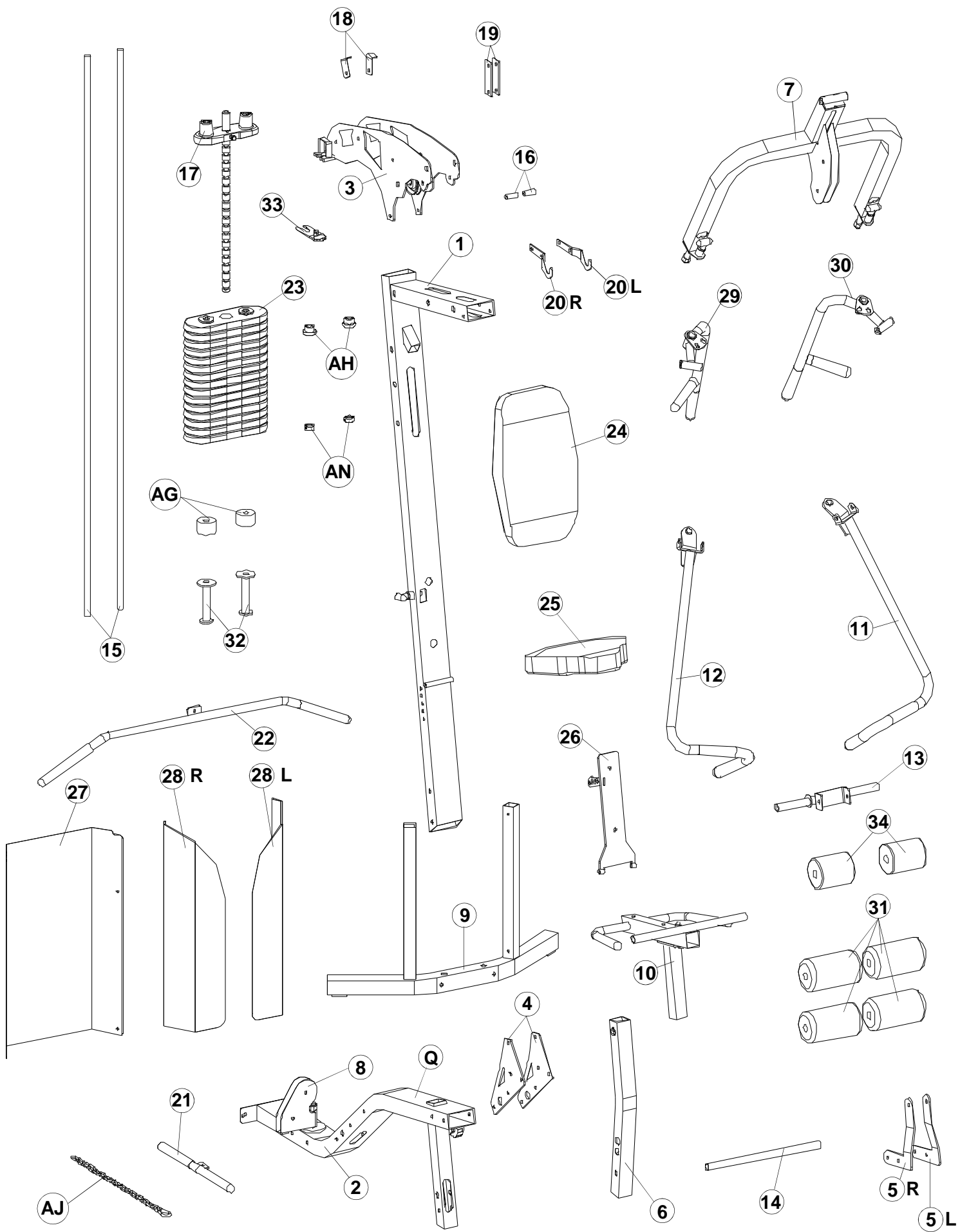
Item	Description .....	Qty ...	Box #	Item	Description .....	Qty	Bag #
1	Main Upright .....	1 .....	2	A	3/8" x 1-1/4" Bolt .....	2 .....	1
2	Lower Frame .....	1 .....	2	B	3/8" x 1-3/4" Bolt .....	6 .....	1
3	Top Assembly .....	1 .....	2	C	3/8" x 2-3/4" Bolt .....	3 .....	1
4	Lower Plate .....	2 .....	1	D	3/8" x 3" Bolt .....	3 .....	1
5	Leg Extension Bracket R&L ...	2 .....	1	E	3/8" x 4-1/2" Bolt .....	3 .....	1
6	Leg Extension .....	1 .....	2	F	3/8" x 5" Bolt .....	15 .....	1
7	Arm Support .....	1 .....	1	G	3/8" x 6" Bolt .....	1 .....	1
8	Low Row Pulley Bracket .....	1 .....	1	H	3/8" Locknut .....	27 .....	1
9	Rear Base .....	1 .....	2	I	3/8" Locknut Thin .....	3 .....	1
10	Seat Support .....	1 .....	1	J	3/8" Plate Washer .....	22 .....	1
11	Left Press Arm .....	1 .....	1				
12	Right Press Arm .....	1 .....	1	K	1/2" x 3-1/2" Bolt .....	1 .....	1
13	Knee Roller Support .....	1 .....	1	L	1/2" x 4" Bolt .....	2 .....	1
14	Leg Extension Roller Tube .....	1 .....	1	M	1/2" x 5" Bolt .....	1 .....	1
15	Guide Rod .....	2 .....	2	N	1/2" Locknut .....	4 .....	1
16	Top Pulley Spacer 1-11/16" ...	2 .....	Bag 2	O	1/4" x 2" Bolt .....	4 .....	1
17	Selector Rod 10 lbs .....	1 .....	3	P	1/4" Acorn Nut .....	4 .....	1
18	Cable Retainer .....	2 .....	1	Q	Lot Label		
19	Pulley Bracket (4-9/16") .....	2 .....	1	R	3/8" x 3-1/4" Bolt .....	1 .....	1
20	Lat Bar Hooks (R&L) .....	2 .....	1				
21	18" Straight Bar .....	1 .....	1	AA	1/2" thk Spacer .....	38 .....	1
22	48" Lat Bar .....	1 .....	2	AB	3/8" thk Spacer .....	4 .....	1
23	Weight Stack Plate .....	4 .....	3	AC	1-1/2" Plastic Cap (Internal) .....	3 .....	4
23	Weight Stack Plate .....	10 .....	4&5	AD	2" Plastic Cap (Sq Internal) .....	7 .....	4
24	Back Pad .....	1 .....	1	AE	2" x 4" Plastic Cap (Internal) .....	3 .....	4
25	Seat Pad .....	1 .....	1	AF	Foam Roller Cap .....	6 .....	4
26	Backrest Support .....	1 .....	1	AG	Rubber Cushion 2.5"ODx1.5"h .....	2 .....	2
27	Weight Stack Shroud .....	1 .....	2	AH	Guide Rod Retainer .....	2 .....	2
28	Wt Stack Front Shroud R&L ...	2 .....	2	AI	3-1/2" Pulley .....	13 .....	3
29	Right Press Arm Support .....	1 .....	1	AJ	22" Chain .....	1 .....	2
30	Left Press Arm Support .....	1 .....	1	AK	Ankle Cuff .....	1 .....	2
31	Foam Roller 4" x 7" .....	4 .....	1	AL	Edge Trim 93" .....	1 .....	2
32	Weight Stack Support .....	2 .....	1	AM	4-1/2" Pulley .....	1 .....	3
33	Selector Fork .....	1 .....	3	AN	Shaft Collar .....	2 .....	2
34	Foam Roller 4" x 5" .....	2 .....	1	AO	Great Home Gym Handbook ....	1 .....	1
				AU	Top Cable .....	1 .....	2
				AV	Lower Cable .....	1 .....	2

**Selector Rod, Item 17, Selector Fork, Item 33, & four (4) Weight Stack Plates, Item 23, are contained in Box 3.**

A bolt length gauge can be found on the front page of this booklet.

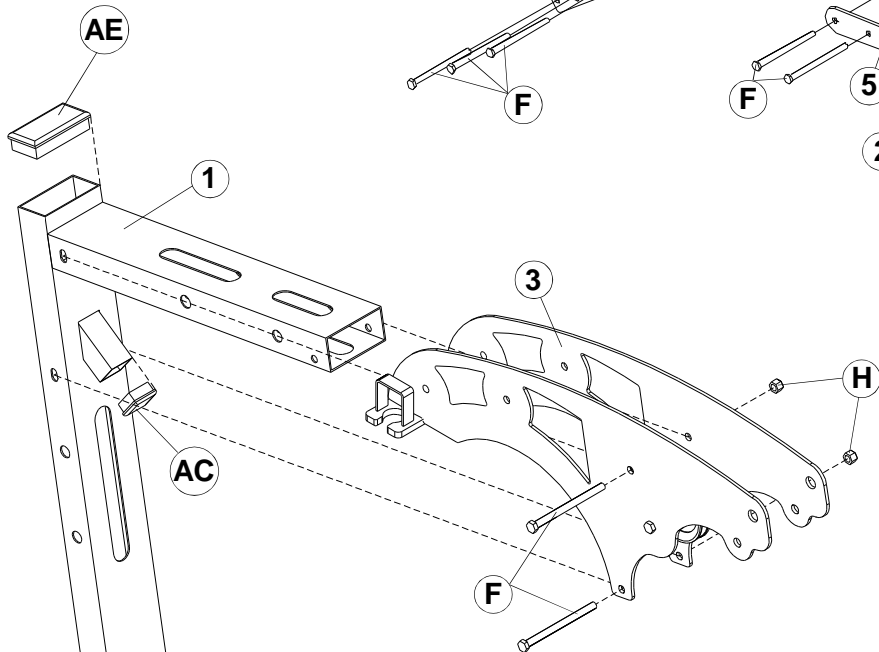
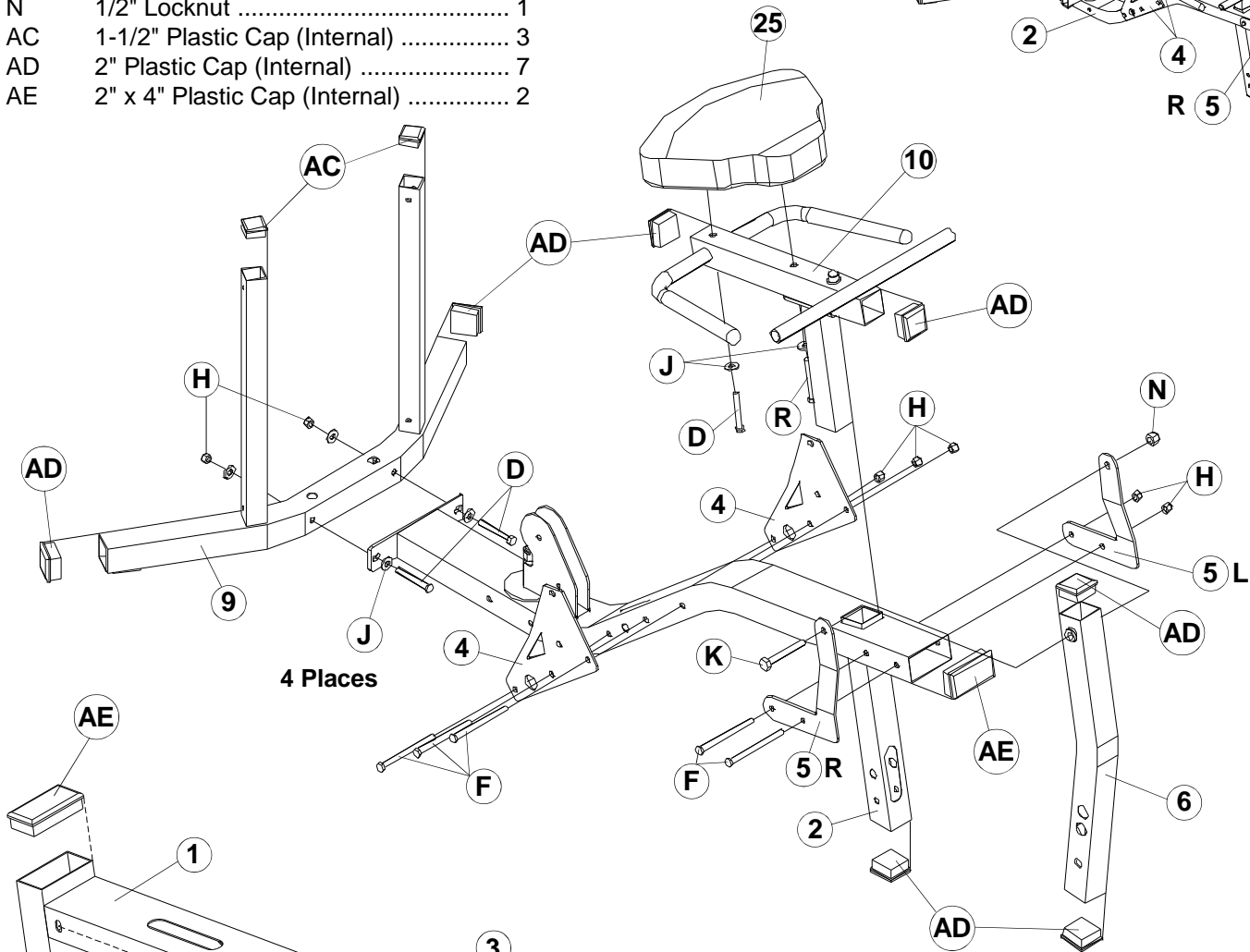
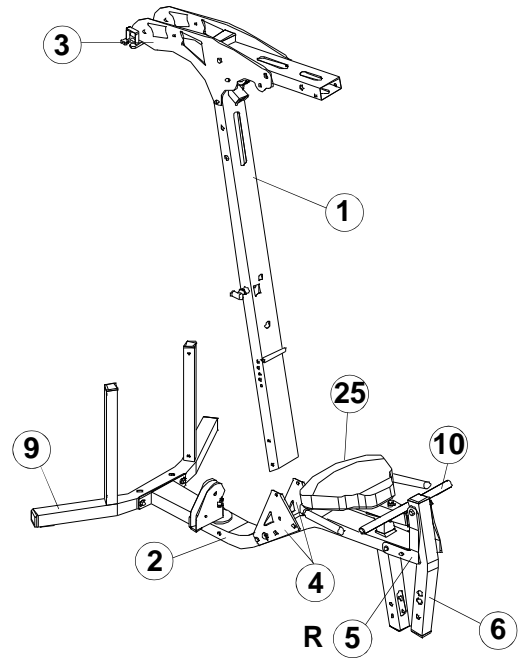
**Boxes 4 & 5 each contain five (5) Weight Stack Plates, Item 23.**

**Above Items along with the Cables are contained in four Bags packed in Box #1.**



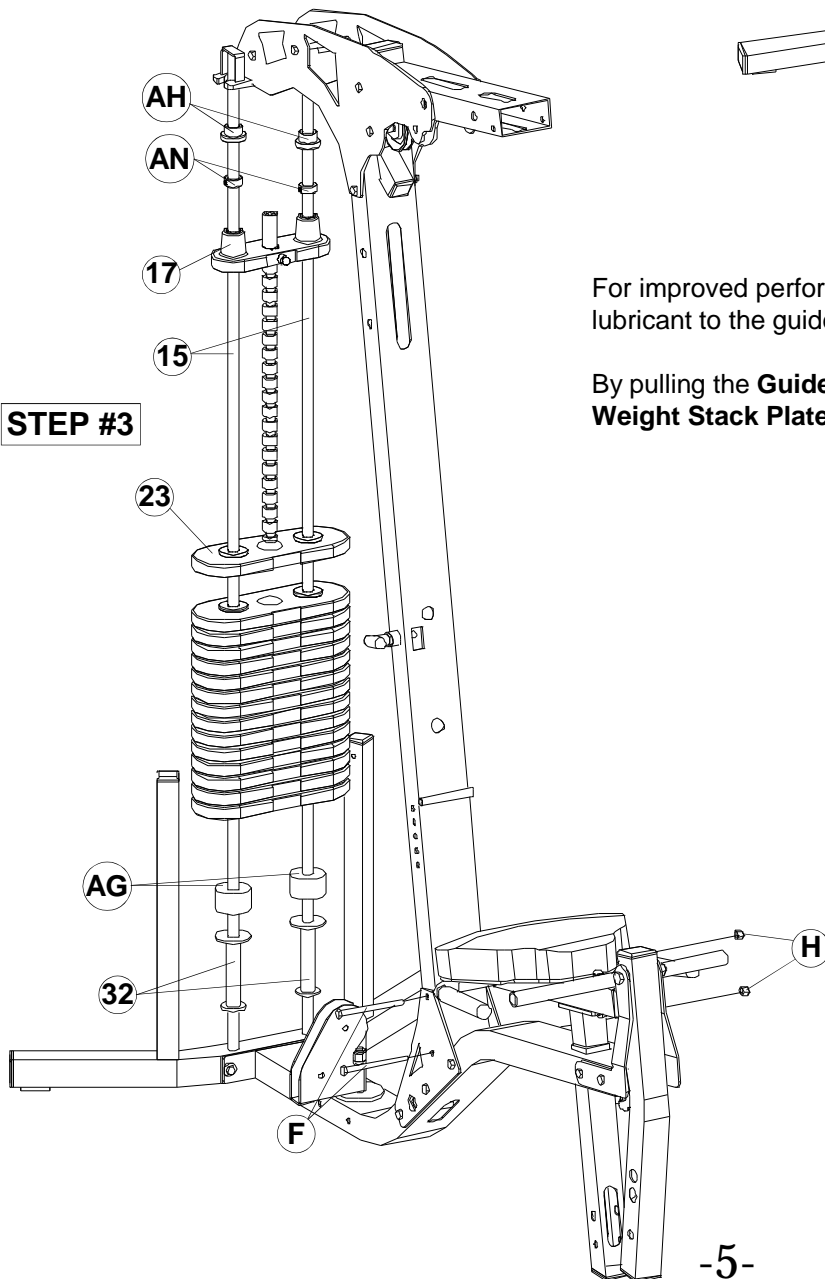
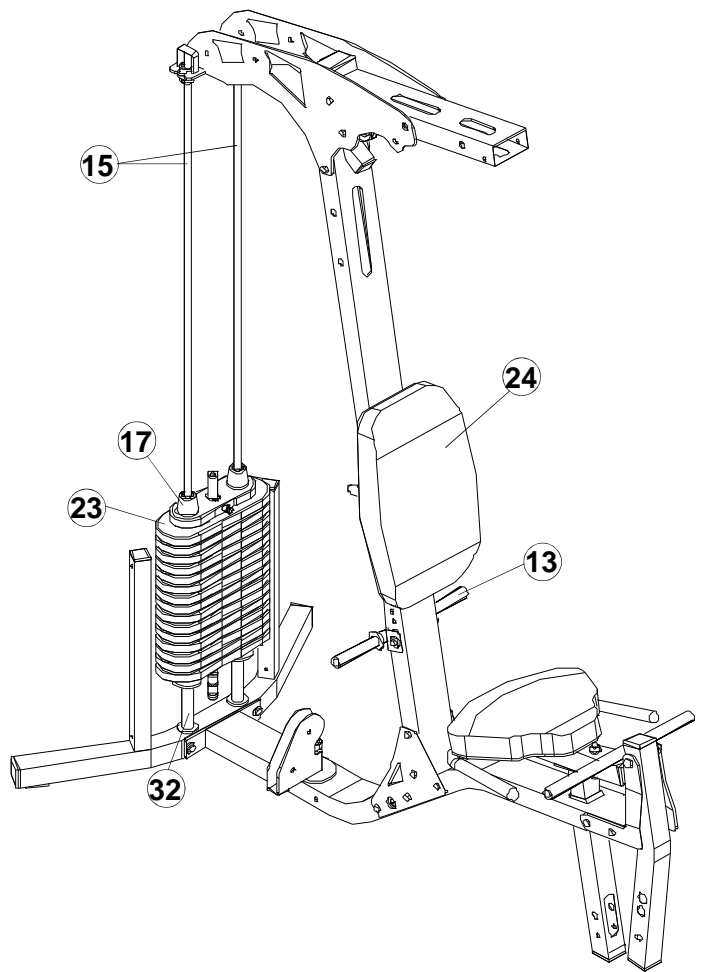
**Parts Required For This Page:**

- 1 Main Upright ..... 1
- 2 Lower Frame ..... 1
- 3 Top Assembly ..... 1
- 4 Lower Plate ..... 2
- 5 Leg Extension Bracket R&L ..... 2
- 6 Leg Extension ..... 1
- 9 Rear Base ..... 1
- 10 Seat Support ..... 1
- 25 Seat Pad ..... 1
- R 3/8" x 3-1/4" Bolt ..... 1
- D 3/8" x 3" Bolt ..... 3
- F 3/8" x 5" Bolt ..... 7
- H 3/8" Locknut ..... 9
- J 3/8" Plate Washer ..... 6
- K 1/2" x 3-1/2" Bolt ..... 1
- N 1/2" Locknut ..... 1
- AC 1-1/2" Plastic Cap (Internal) ..... 3
- AD 2" Plastic Cap (Internal) ..... 7
- AE 2" x 4" Plastic Cap (Internal) ..... 2



**Parts Required For This Page:**

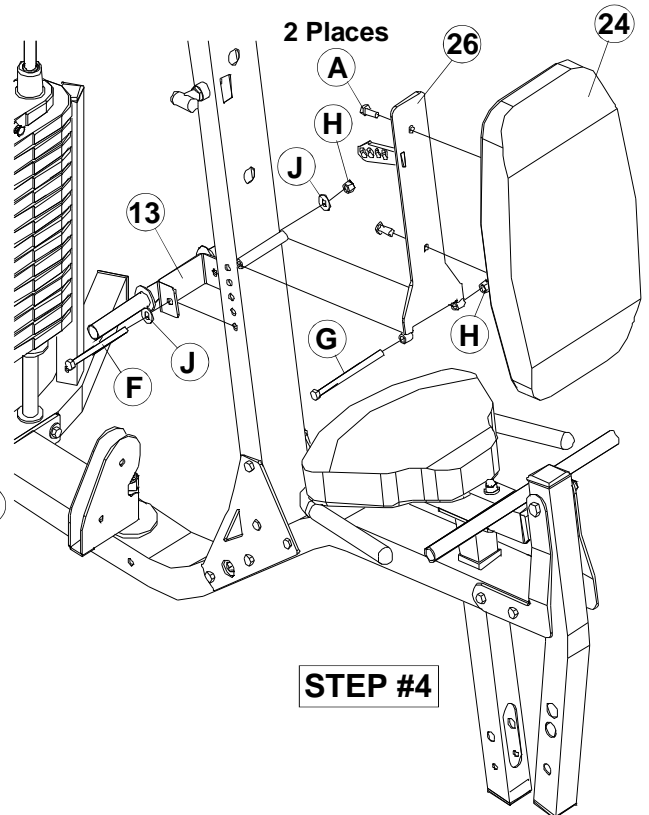
13	Knee Roller Support .....	1
15	Guide Rod .....	2
17	Selector Rod .....	1
23	Weight Stack Plate .....	15
24	Back Pad .....	1
26	Backrest Support .....	1
32	Weight Stack Support .....	2
A	3/8" x 1-1/4" Bolt .....	2
F	3/8" x 5" Bolt .....	3
G	3/8" x 6" Bolt .....	1
H	3/8" Locknut .....	4
J	3/8" Plate Washer .....	2
AG	Rubber Cushion 2.5"OD x 1.5"high .....	2
AH	Guide Rod Retainer .....	2
AN	Shaft Collar .....	2



**STEP #3**

For improved performance, we recommend you apply a silicone lubricant to the guide rods prior to their installation.

By pulling the **Guide Rods** (15) towards you, you can slide the **Weight Stack Plates** (23) onto the **Guide Rods** as shown.

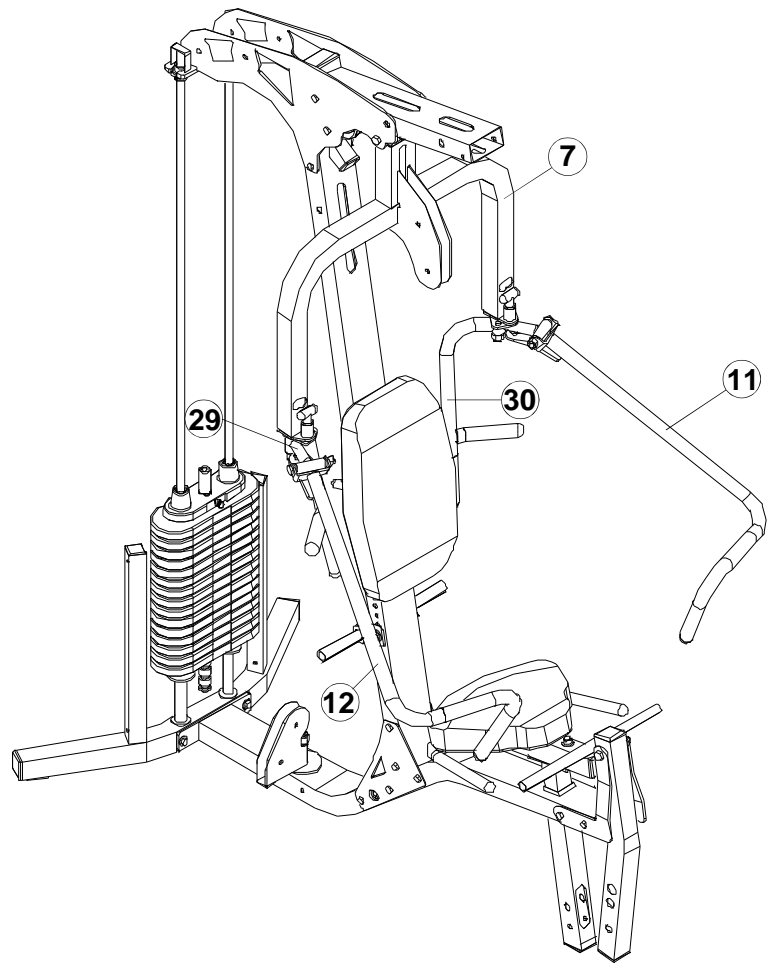
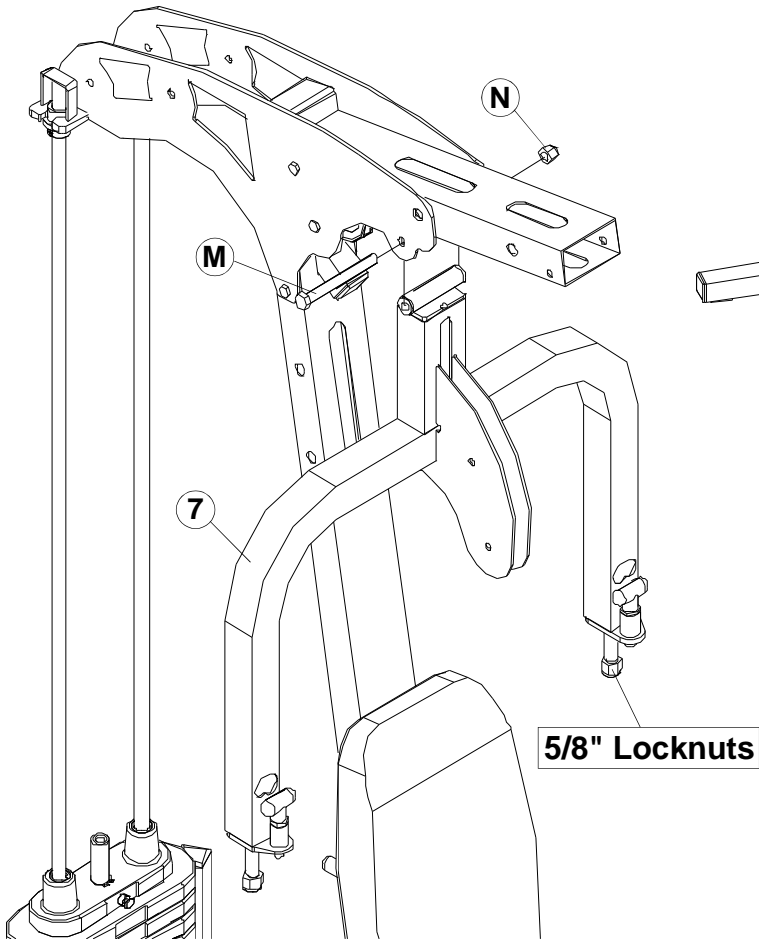


**STEP #4**

**Parts Required For This Page:**

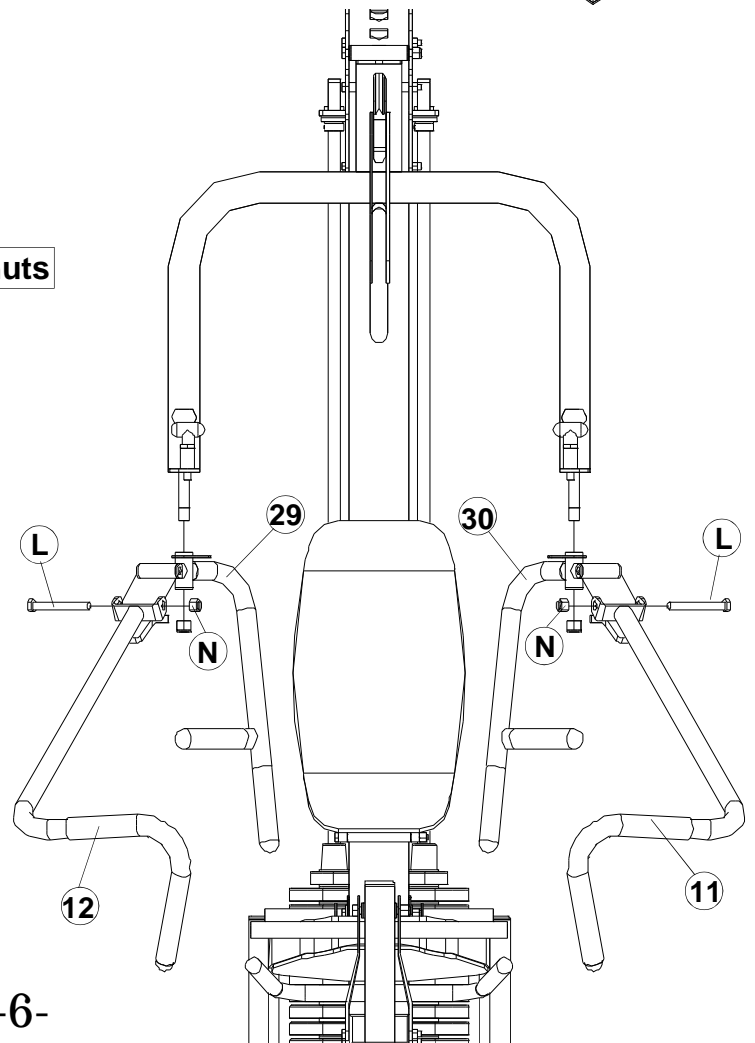
- 7 Arm Support ..... 1
- 11 Left Pess Arm ..... 1
- 12 Right Pess Arm ..... 1
- 29 Right Pess Arm Support ..... 1
- 30 Left Pess Arm Support ..... 1
- L 1/2" x 4" Bolt ..... 2
- M 1/2" x 5" Bolt ..... 1
- N 1/2" Locknut ..... 3

**STEP #5**



Remove the two 5/8" locknuts from the **Arm Support (7)**, install the **Right (29) & Left (30) Press Arm Support** and replace the 5/8" Locknuts. **Do not overtighten.**

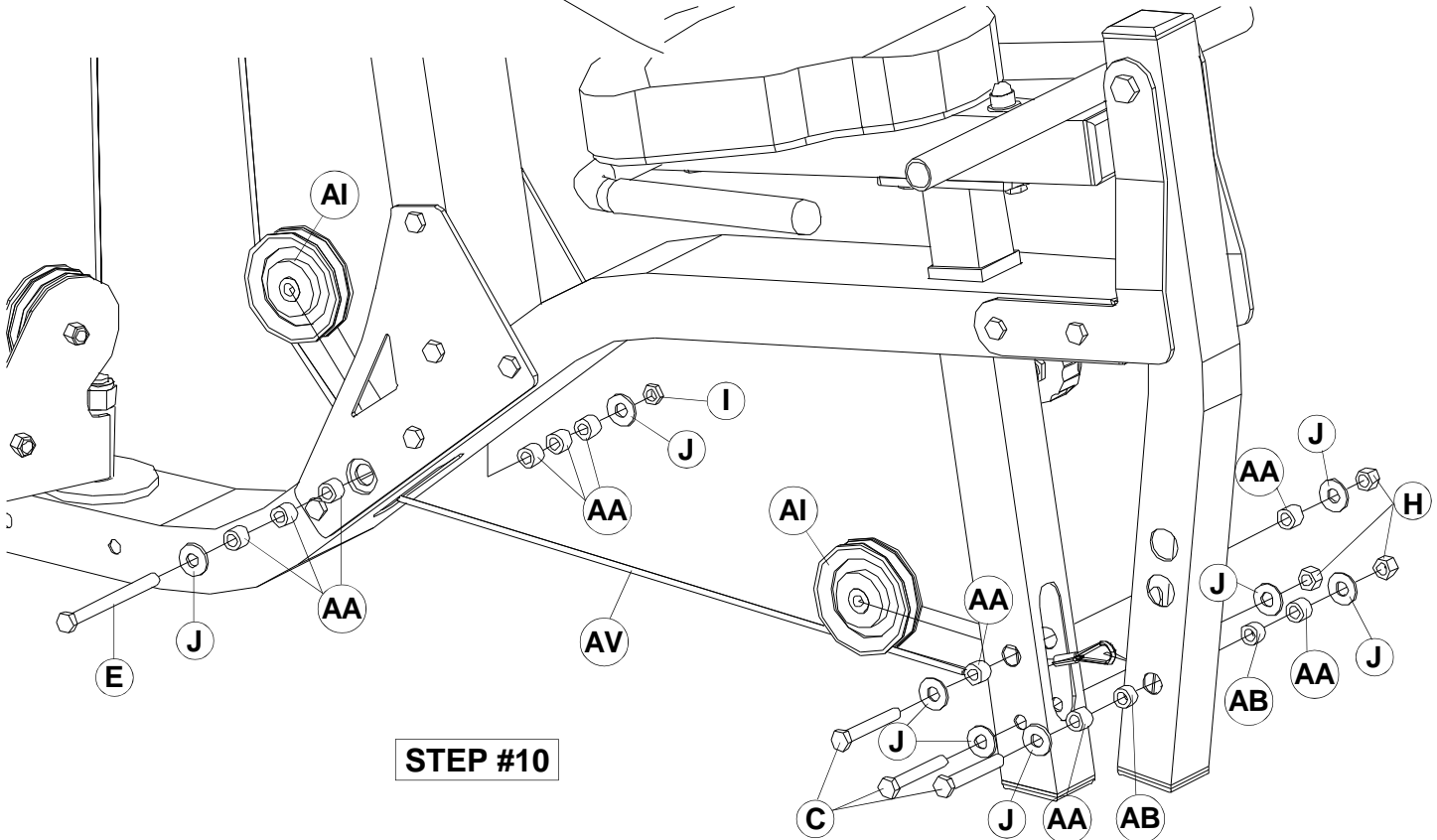
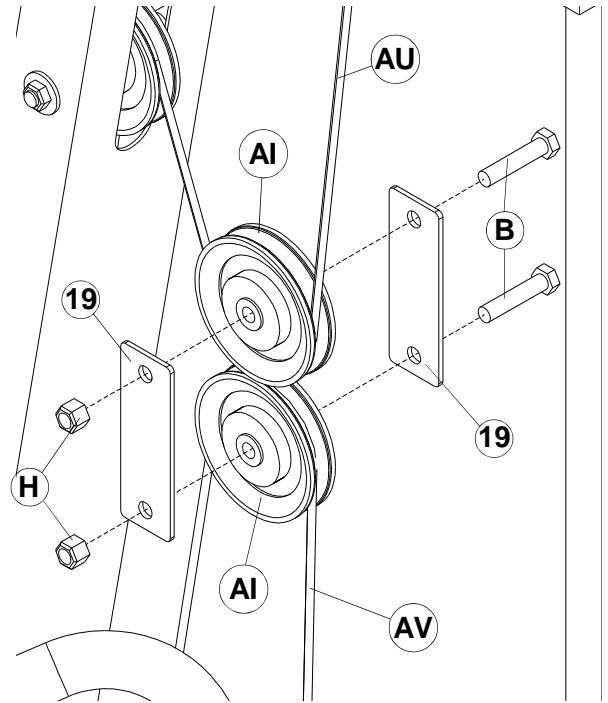
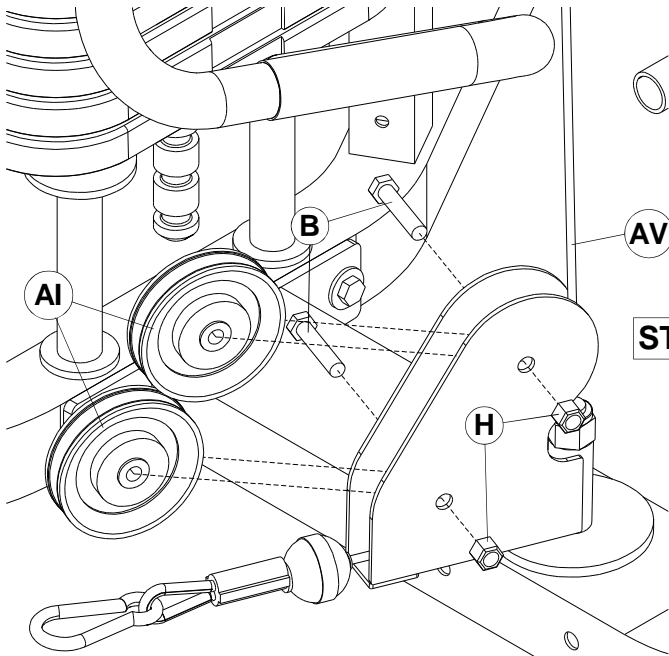
**STEP #6**





**Parts Required For This Page:**

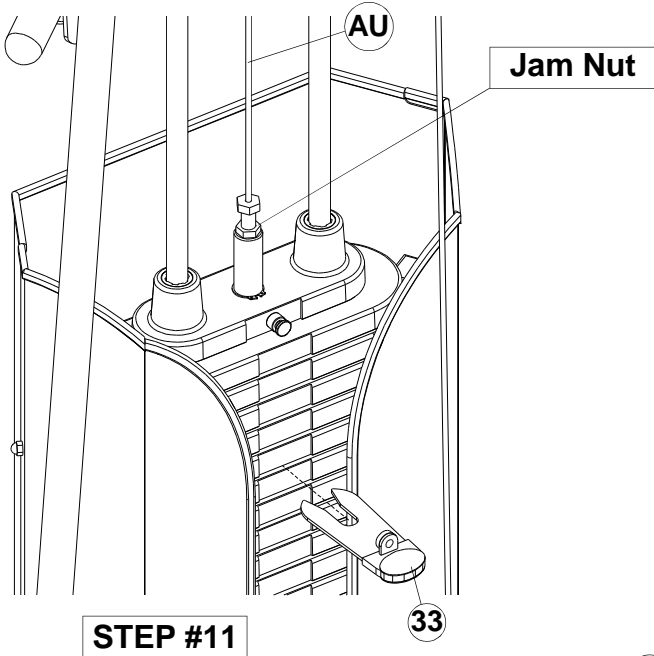
- 19 Pulley Bracket 4-9/16" ..... 2
- B 3/8" x 1-3/4" Bolt ..... 4
- C 3/8" x 2-3/4" Bolt ..... 3
- E 3/8" x 4-1/2" Bolt ..... 1
- H 3/8" Locknut ..... 7
- I 3/8" Locknut Thin ..... 1
- J 3/8" Plate Washer ..... 8
- AA 1/2" thk Spacer ..... 10
- AB 3/8" thk Spacer ..... 2
- AI 3-1/2" Pulley ..... 6
- AV Lower Cable ..... 1





**Parts Required For This Page:**

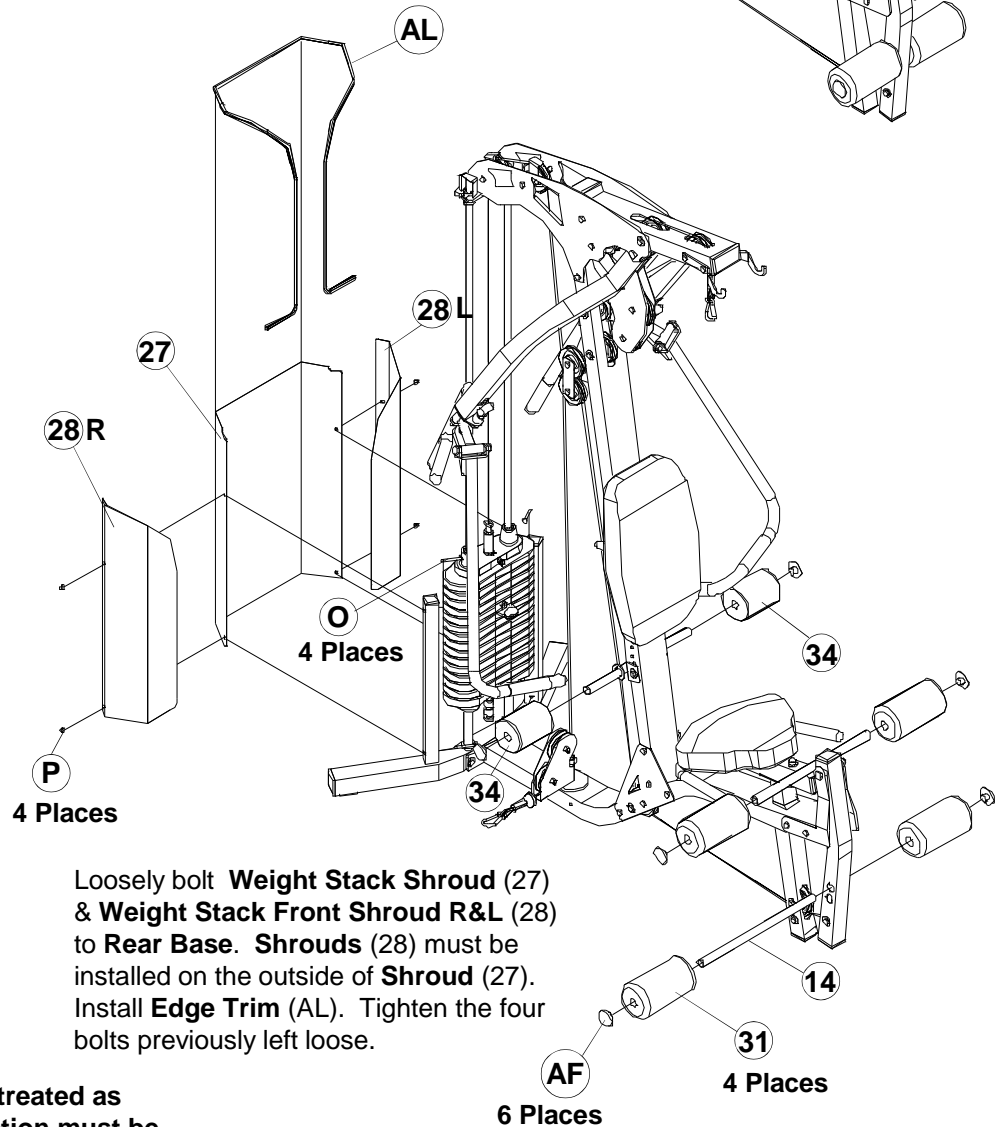
- 14 Leg Extension Roller Tube ..... 1
- 27 Weight Stack Shroud ..... 1
- 28 Weight Stack Front Shroud R&L ..... 2
- 31 Foam Roller 4" x 7" ..... 4
- 33 Selector Fork ..... 1
- 34 Foam Roller 4" x 5" ..... 2
- O 1/4" x 2" Bolt ..... 4
- P 1/4" Acorn Nut ..... 4
- AF Foam Roller Cap ..... 6
- AL Edge Trim 93" ..... 1



Complete installation of Cables by threading the end of the **Stack Cable (AU)** into the **Selector Rod** until slackness in the cables is removed. Tighten the jam nut against the Selector Rod. Periodic cable tightening may be required.

**NOTE: Make certain that all cables have been properly positioned on/ around pulleys before use and that all nuts have been tightened.**

Cables are a consumable and must be treated as such. As a minimum, an annual inspection must be performed on all cable ends and full lengths. A cable must be replaced immediately if broken exposed wires and/or a break in cable coating are found.



Loosely bolt **Weight Stack Shroud (27)** & **Weight Stack Front Shroud R&L (28)** to **Rear Base**. **Shrouds (28)** must be installed on the outside of **Shroud (27)**. Install **Edge Trim (AL)**. Tighten the four bolts previously left loose.

**STEP #12**

# NORTHERN LIGHTS FITNESS PRODUCTS INC.

Dear Customer:

Thank you for selecting Northern Lights Exercise Equipment. We hope that you will enjoy and benefit from your new fitness product for years to come. If you have any questions regarding your new equipment or would like to find out what other products are available to add to your workout, feel free to contact the authorized Northern Lights showroom in your area.

## WARRANTY

### Manufacturer's Limited Lifetime Warranty

Northern Lights Fitness Products Inc. offers its customers a lifetime warranty against broken welds and manufacturer defects on all products. Simply return the defective part, insured and prepaid to Northern Lights and we will replace it at no charge.

This warranty is for original product owners and does not cover damage resulting from product alterations, misuse, abuse, improper assembly, normal wear and tear or other conditions, which are beyond our control.

No other express warranty has been made or will be made on behalf of Northern Lights with respect to any Northern Lights product or the operation, repair or replacement of any Northern Lights product. Northern Lights shall not be responsible for injury, loss of use of the product, inconvenience, loss or damage to personal property, whether direct or indirect.

This warranty does not include any implied warranties or liability for incidental or consequential damages created by any provincial or state law.

If you feel that a Northern Lights product is defective, please contact our parts department at (800) 461-1709.

## IMPORTANT WARNING

Be sure to have all pull-pins locked and tightened in place, **BEFORE** using your equipment.

# NORTHERN LIGHTS FITNESS PRODUCTS INC.

Cher Client:

Merci d'avoir sélectionné un produit Northern Lights. Nous espérons que vous aimerez et bénéficierez de votre nouveau produit pour des années à venir. Si vous avez des questions concernant votre nouveau produit ou si vous aimeriez trouver d'autres produits disponibles de Northern Lights, contactez un détaillant autorisé Northern Lights.

## La GARANTIE

### Garantie à Vie Limitée du Fabricant

Northern Lights Fitness Products Inc. offre à ses clients une garantie à vie contre toutes soudures casées et contre tout défaut de matériau et de fabrication dans le cadre d'un entretien soigneux et d'une utilisation conforme à l'usage prévu réalisée dans des conditions normales. Simplement, retournez la pièce défectueuse à Northern Lights, payé et assuré, et nous la remplacerons sans frais.

Cette garantie s'étend uniquement au propriétaire d'origine seulement et n'est pas transférable. Elle ne couvre pas les produits soumis à une mauvaise utilisation, à un manque de soins, à des accidents, à des réparations ou à des modifications non autorisées.

Aucune autre garantie n'a été faite ou sera faite de la part de Northern Lights en ce qui concerne tout produit de Northern Lights ou son opération, réparation ou échange. Northern Lights ne sera pas responsable pour blessure, perte d'usage du produit, dérangement, perte ou dommage de propriété personnelle, direct ou indirect.

Cette garantie n'inclut pas toutes autres garanties implicites pour incidents ou dommages conséquents créés par les lois provincial ou les lois d'état.

Si un produit de Northern Lights est défectueux, s'il vous plaît contactez notre département de Pièces et Service au (800) 461-1709.

## AVERTISSEMENT IMPORTANT

Etre sûr d'avoir toutes les force-épingles fermées à clef et resserrées à sa place, **avant** d'utiliser votre équipement.