

Revision 0

September 2010

Platinum[®]

by **TUNTURI**

Dip Station

Owner's Manual



Record Serial Number Here

Date of Purchase

Platinum by Tunturi
www.tunturi.fi

Instructions

Congratulations on the purchase of your new Tunturi Dip Station. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Platinum by Tunturi strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Tunturi dealer.

Warning

Platinum by Tunturi has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.

- 1) It is essential that you consult with your physician before beginning any exercise program.
- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine TUNTURI replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the gym. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this gym.
- 6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call your local PLATINUM BY TUNTURI distributor or PLATINUM BY TUNTURI at www.tunturi.com

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Frame Components

ITEM NO.	DESCRIPTION	QTY.
1	Left Side Frame	1
2	Right Side Frame	1
3	Lower Cross Member	1
4	Back Pad Connector Plate	1
7	Anti-Deflection Plate	2

Upholstery

ITEM NO.	DESCRIPTION	QTY.
15	Forearm Pad	2
16	Back Pad	1

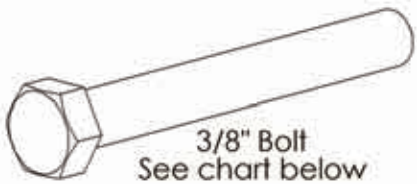
Tools Required

- 9/16" Wrench
- 9/16" Ratchet
- Tape Measure

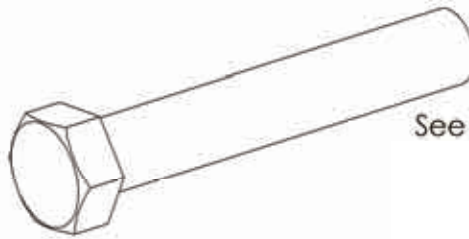
Hardware

ITEM NO.	DESCRIPTION	QTY.
5	3/8" Flat Washer (Black)	22
6	3/8" Lock Washer (Black)	6
8	3/8"-16 Nylock (Black)	10
9	FHSCS 3/8" x 1"	4
10	3/8"-16 x 5 1/4"	2
11	HCS 3/8"-16 X 3" P5	4
**12	Rubber Foot	4
13	Diamond Foot Plate	2
14	3/8"-16 x 1 1/2"	6
**17	1-1/4" Grip Collar	4
**18	1-1/4" Grip Cap	4
**19	1-1/4" Grip Sleeve	4

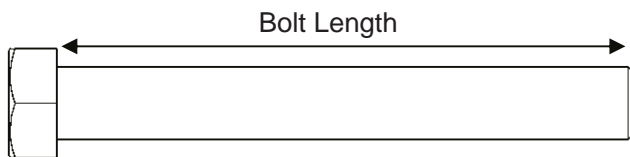
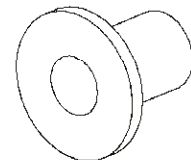
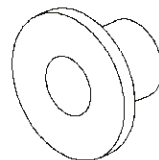
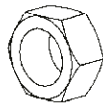
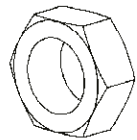
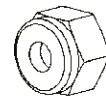
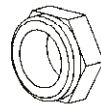
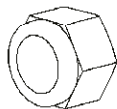
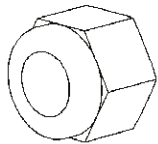
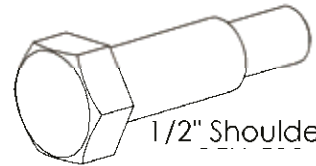
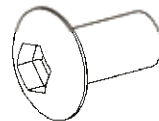
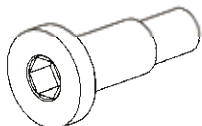
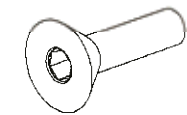
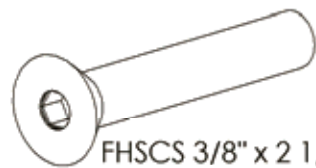
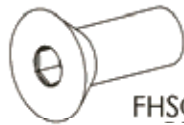
Hardware Comparison Drawings—These drawings represent hardware used generally in Platinum Strength products. To check the exact measures or size of a component, please compare to the images below.



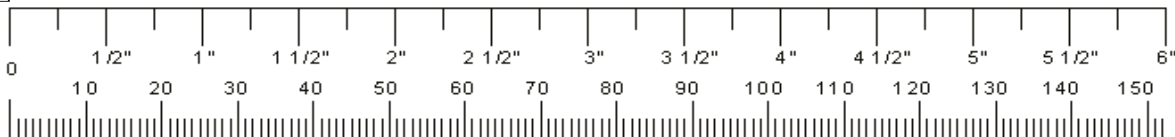
Size
3/8" x 3/4"
3/8" x 1"
3/8" x 1 1/4"
3/8" x 1 1/2"
3/8" x 1 3/4"
3/8" x 2"
3/8" x 2 1/4"
3/8" x 2 1/2"
3/8" x 2 3/4"
3/8" x 3"
3/8" x 3 1/4"
3/8" x 3 1/2"
3/8" x 3 3/4"
3/8" x 4"
3/8" x 4 1/4"
3/8" x 4 1/2"
3/8" x 4 3/4"
3/8" x 5"
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3/8" x 6 1/2"
3/8" x 8 3/4"
3/8" x 9"

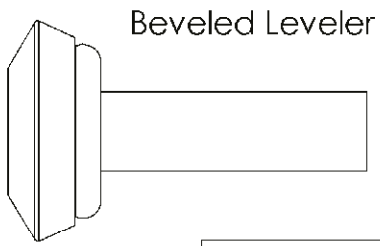


Size
1/2" x 2 3/4"
1/2" x 3"
1/2" x 3 1/4"
1/2" x 3 1/2"
1/2" x 4 1/4"
1/2" x 4 1/2"
1/2" x 5 1/2"

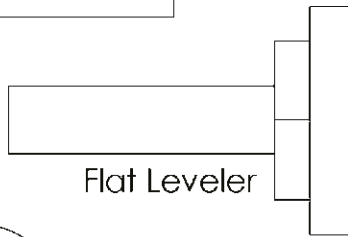


Note: Bolt length is measured from the underside of the head of the bolt.

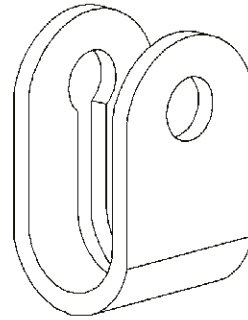




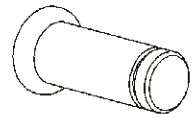
Beveled Leveler



Flat Leveler



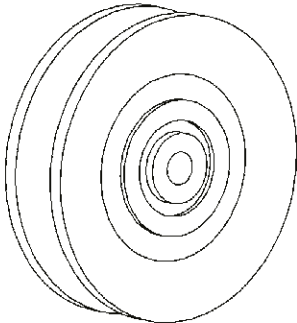
Cable Strap



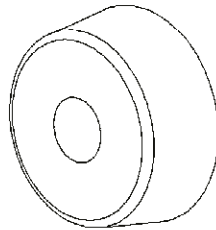
Pin



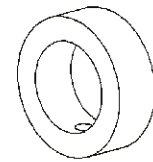
Snap Ring



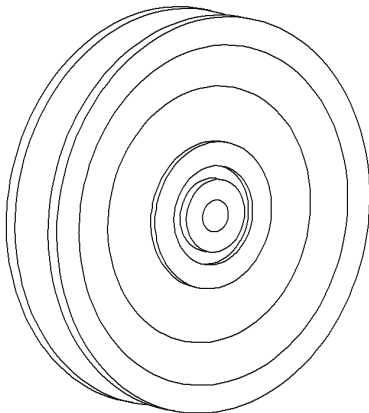
3 1/2" Pulley



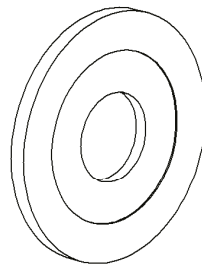
Rubber Donut



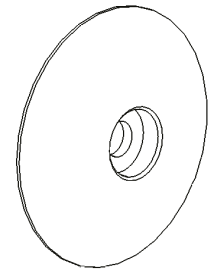
Threaded Collar



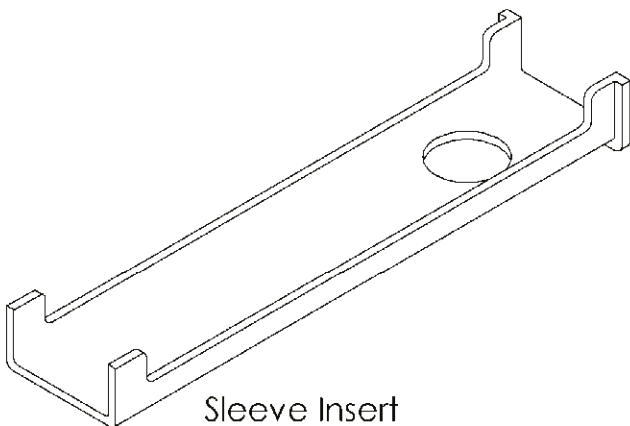
4 1/2" Pulley



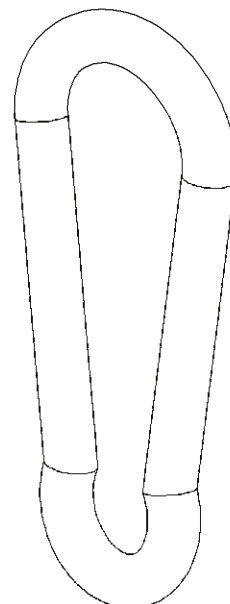
3" Plastic Washer



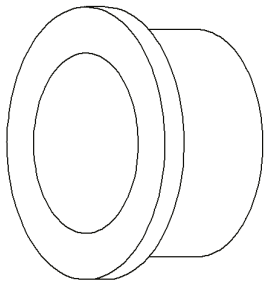
Roller End Cap



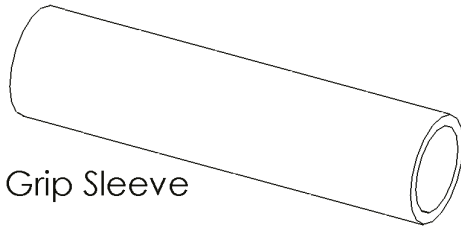
Sleeve Insert



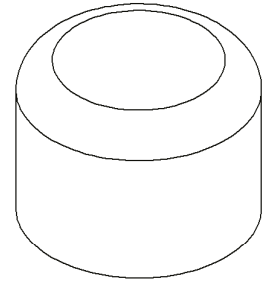
Snap Hook



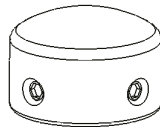
1" Bronze Bushing



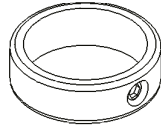
Grip Sleeve



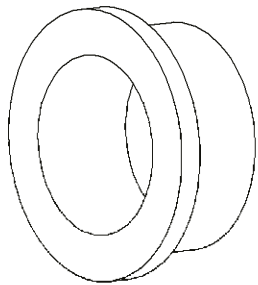
1" Outer Plastic Cap



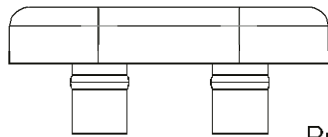
Grip Cap



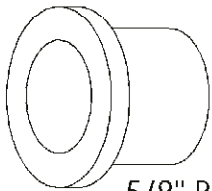
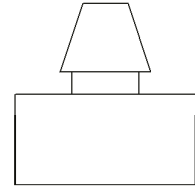
Grip Collar



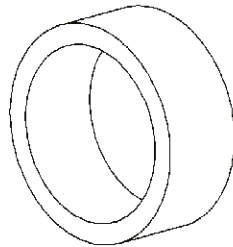
1" Bronze Bushing x 1/2 L



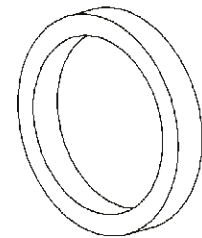
Rubber Bumpers



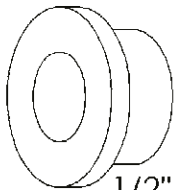
5/8" Bronze Bushing



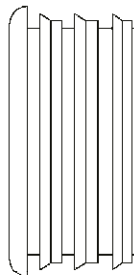
5/8" Spacer



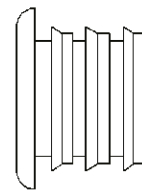
3/16" Spacer



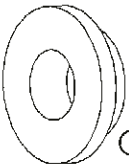
1/2" Bronze Bushing



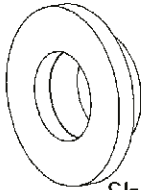
1 1/2" Inner Plastic Cap



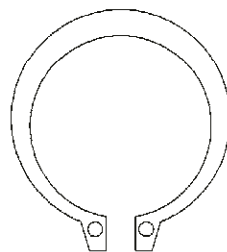
1" Inner Plastic Cap



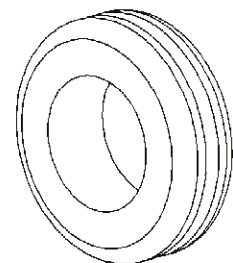
Cable Pivot Bushing



Short 1/2" Bushing



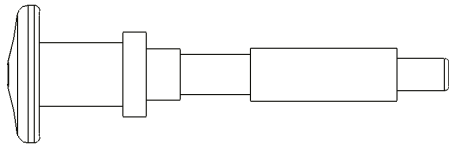
1" Snap Ring



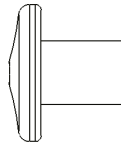
Rubber Grommet



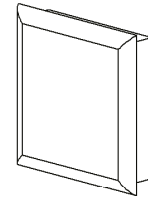
1/2" Snap Ring



3/8" Long Pull Pin
BFM-51176

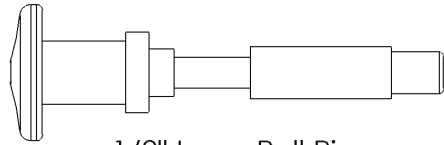


Pull Pin Handle
BFM-51181

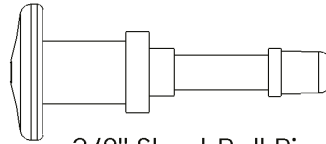


Plastic Cap

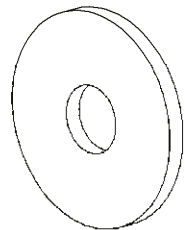
Size
2" x 2"
2" x 3"
1 1/2" x 2"
1 3/4" x 1 3/4"
1 1/2" x 1 1/2"



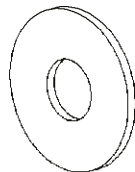
1/2" Long Pull Pin



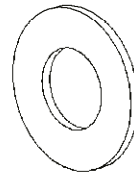
3/8" Short Pull Pin



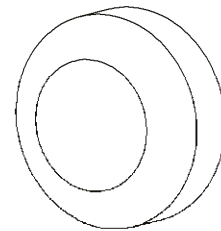
3/8" Fender Washer



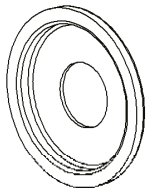
3/8" Flat Washer



1/2" Flat Washer



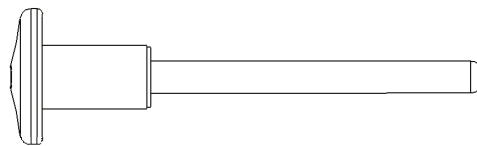
Screw Cap Cover



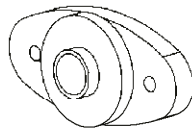
Screw Cap Washer



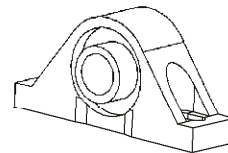
3/8" Lock Washer



Magnetic Weight Stack Pin



Side Mounted
Flange Bearing



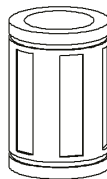
Pillow Block Bearing



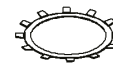
Bar Catch Rubber
Sleeve

Items not shown.

Description
Midnight Black Paint
Silver Metallic Paint
Large Logo
Small Logo
Foam Grip
Anti Skid Material
Silicon Gel Pack
1 inch chain
12 inch chain



Linear Bearing



Bearing Retaining
Clip



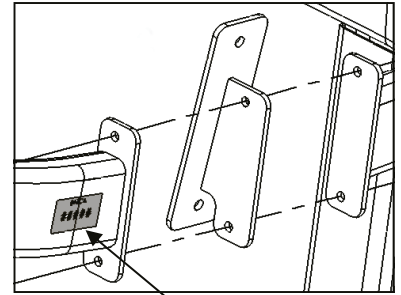
PLEASE FOLLOW ALL DIRECTIONS VERY CAREFULLY FOR PROPER INSTALLATION.

Step 1:

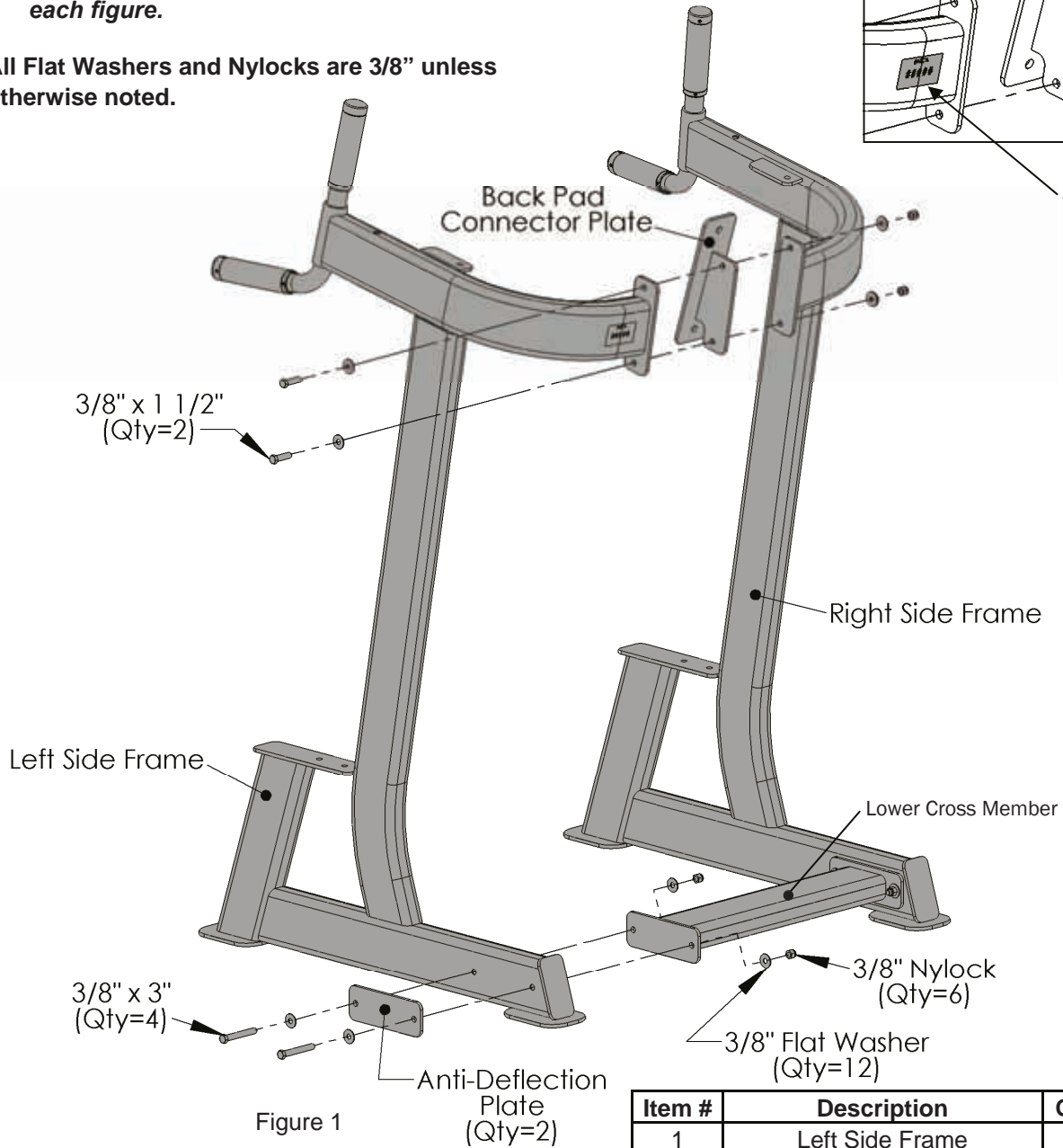


Note: For a more consistent appearance, position all bolts in the direction shown in each figure.

- All Flat Washers and Nylocks are 3/8" unless otherwise noted.



Serial Number



Item #	Description	Qty
1	Left Side Frame	1
2	Right Side Frame	1
3	Lower Cross Member	1
4	Back Pad Connector Plate	1
5	3/8" Flat Washer (Black)	12
7	Anti-Deflection	4
8	3/8"-16 Nylock (Black)	6
11	HCS 3/8"-16 x 3" P5	4
14	3/8"-16 x 1 1/2"	2

Step 2:

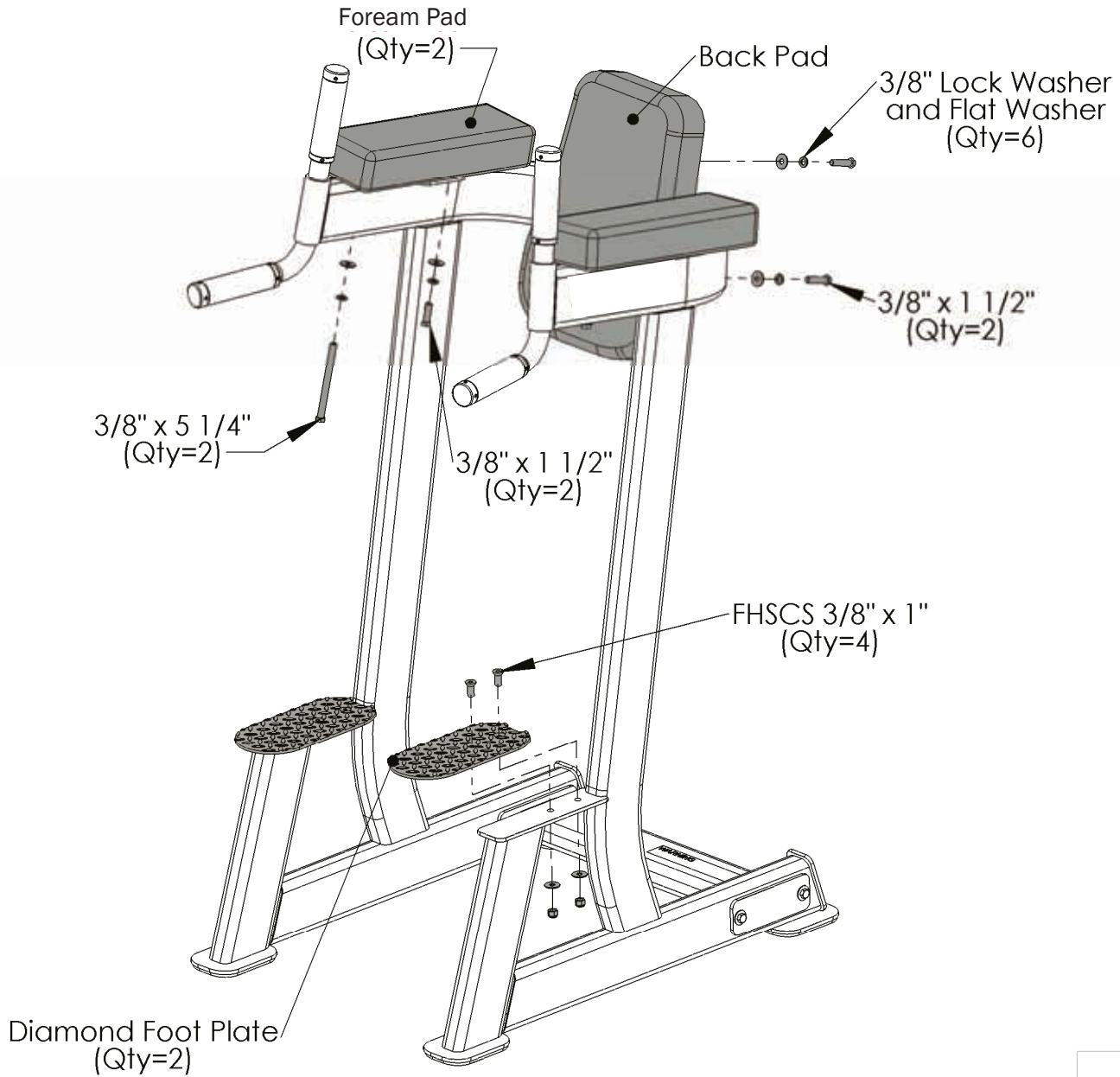


Figure 2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.

Item #	Description	Qty
5	3/8" Flat Washer (Black)	10
6	3/8" Lock Washer (Black)	6
8	3/8" Nylock (Black)	4
9	FHSCS 3/8" x 1"	4
10	HCS 3/8"-16 x 5 1/4" P5	2
13	Diamond Foot Plate	2
14	HCS 3/8"-16 x 1 1/2" P5	4
15	Forearm Pad	2
16	Back Pad	1

Preventive Maintenance

Platinum by Tunturi strives to give you the very best in quality, performance and safety through carefully engineered designs and excellent workmanship. In order to maintain this high level of quality the preventative maintenance schedule below should be followed.

Clean upholstery, grips, and roller pads with mild soap and water generally after every use. The guide rods, chrome slides and frame should be cleaned with a cotton cloth. Upon cleaning the guide rods, a thin layer of Silicone or Teflon gel should be applied to each rod to ensure a glass smooth performance.

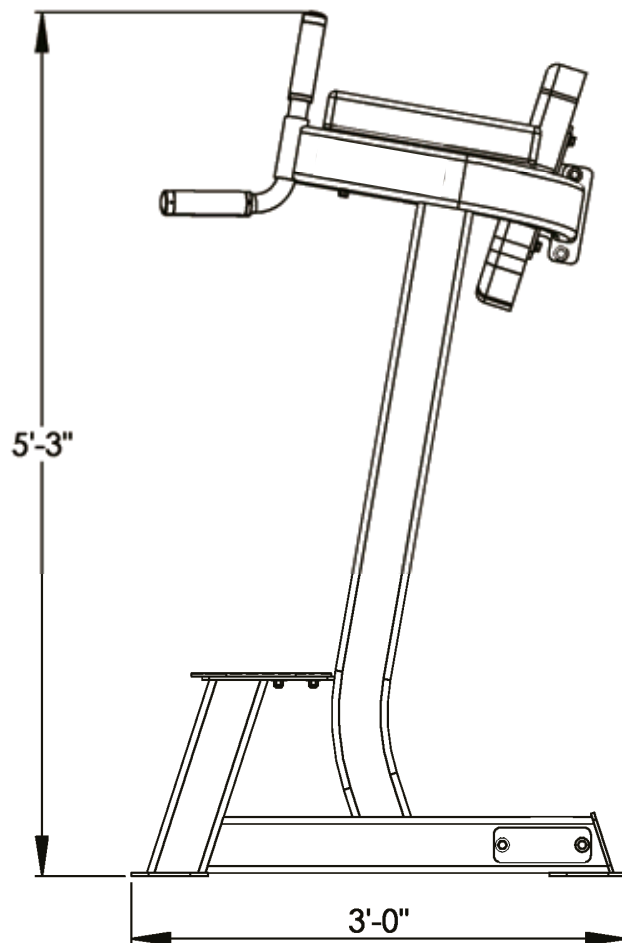
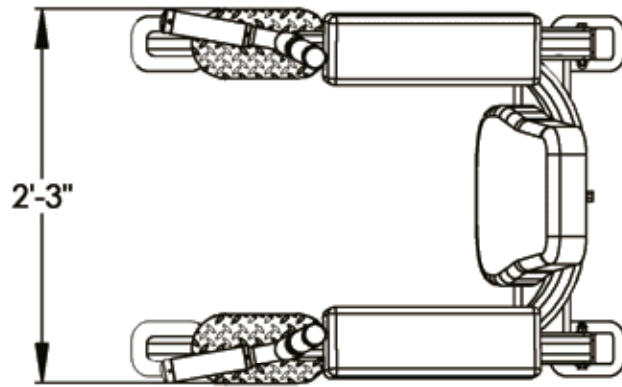
An overall inspection should be done before each workout. If the warning and safety decals are worn or have been removed they should be replaced immediately. The cables and cable systems should be inspected for signs of wear and proper tension. In order to check cables properly you should carefully run the cable through your fingertips, checking for signs of wear, cracks, burs and thinning spots. Replace any part at first signs of wear. Cables should be adjusted for proper tension. See assembly instructions for this detail. All hardware, stops, and adjustments should be checked and tightened as required.

The guide rods on your machine should be cleaned and lubricated regularly. This will ensure a glass smooth performance from your weight stack. A thin layer of either Silicone or Teflon gel should applied to each rod. Each pillow block bearing and flange bearing has a grease fittings that must be lubricated regularly. Use general purpose bearing grease and follow the schedule below.

Although cables should be inspected daily, it is important that ALL cables be replaced as directed in the schedule below. Please note that at any first sign of wear the cable should be replaced immediately.

If there are any questions concerning maintenance, please contact your local Tunturi dealer or contact Platinum by Tunturi directly at:

	Daily		Weekly		Monthly		Quarterly		Years	
	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home	Commercial	Home
Clean										
Upholstery	X			X						
Hand Grips	X			X						
Roller Pads										
Guide Rods										
Chrome Slides										
Frame			X			X				
Inspect										
Overall	X	X								
Safety Decals	X	X								
Cables										
Cable Tension										
Pulleys										
Hardware	X	X								
Stops										
Upholstery	X	X								
Hand Grips			X			X				
Frame			X			X				
Bushings										
Bearings										
Lubricate										
Guide Rods										
Bearings										
Replace										
Cables										



Layout Diagram

The Dip Station has a layout dimension of 3'-0" (width) x 2'-3" (length) x 5'-3" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.

Contact

Valmistaja:

Tunturi Fitness BV
PO Box 60001
1320AA Almere
The Netherlands
E-mail: info@tunturi-fitness.com

Maahantuoja:

Tunturi-Hellberg Oy Ltd
Varusmestarintie 26
20360 Turku
Puh: 010 2733 210
E-mail: feedback@tunturi.com
www.tunturi.fi