

# UPPERTONE

## QUICK ASSEMBLY MANUAL



SERVICE THROUGH INNOVATION

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## Quick Assembly Instructions:

We fully assemble and test the UPPERTONE, then minimally disassemble it before shipping it to you. We describe the re-assembly process below. Part numbers are noted in parenthesis. A complete list of the parts used in the following steps is included at the end of this manual.

Figure 1 shows the UPPERTONE when it is fully assembled. Use this figure as well as the photograph on the cover to guide you in the assembly process.

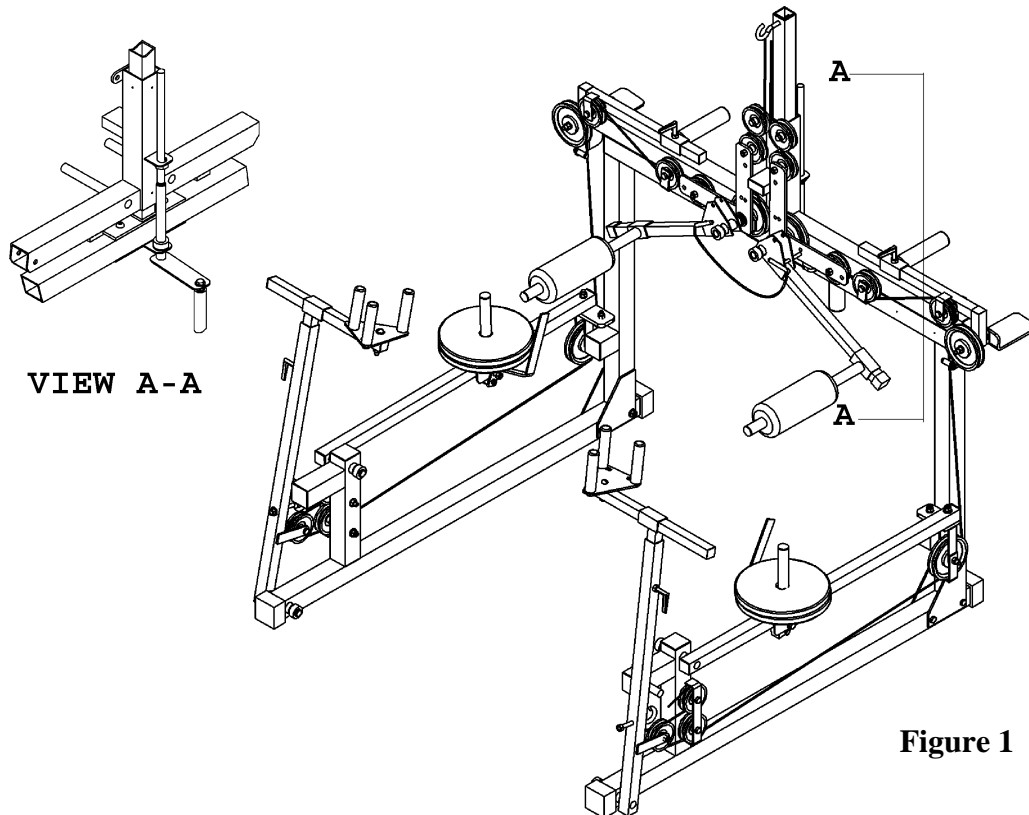


Figure 1

### A. Frame Assembly (Figures 2 & 3)

1. Lay the two *Frame Legs* (part #2) on the floor about 42" apart with the pulleys facing out. Ensure that the four heavy *Rubber Caps* (52) at the ends of the *Frame Legs* have not come loose during shipment.
2. Position the *Main Frame* (1) onto the *Frame Legs* (Figure 2), making sure the weight arm is resting on the *Main Frame*, not on the floor (Figure 3). Attach the *Main Frame* using the 3/8" *Hex Bolts* (48) and *Nuts* (42) provided.
3. Bolt the *Frame Post* (3) to the *Main Frame* (1) using the black button head bolts with the post bracket at the bottom of the U-Frame as shown in Figure 2.

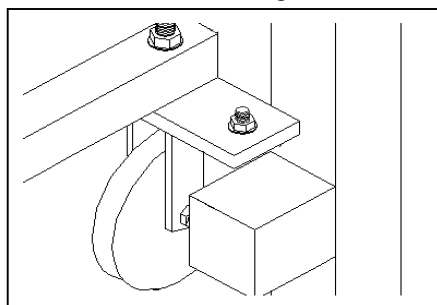


Figure 3

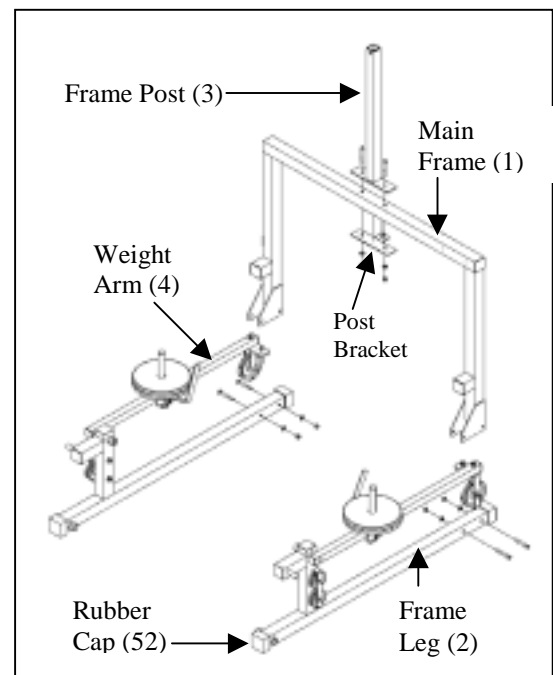


Figure 2

## B. Crankshaft Assembly (Figures 4 & 5)

1. Slide the *Deltoid/Lat Slider* (6) down the *Frame Post* (3) (Figure 4). The pulleys should face the inside of the machine.

2. Remove the *Shaft Collar* (25) and *Washer* (24) from the *Crankshaft* (22).

3. Insert the *Crankshaft* (22) through the square tab on the *Frame Post* (3) replacing the *Washer* (24) and *Shaft Collar* (25), in that order (Figure 5).

4. Now completely thread the *Crankshaft* through the tab on the *Deltoid/Lat Slider* (6) until the *Crankshaft*

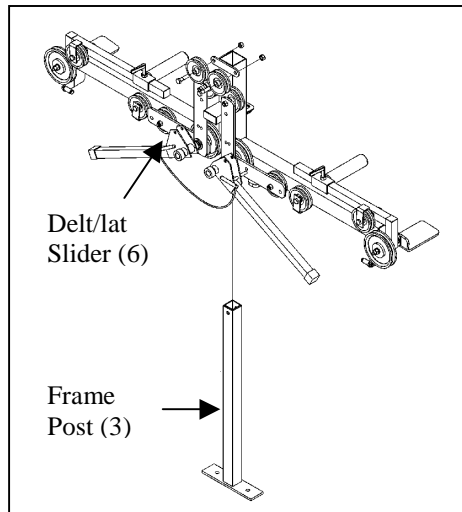


Figure 4

handle is against the square tab on the *Frame Post* (3).

5. Check that the *Washer* (24) and the *Shaft Collar* (25) are resting on the square tab welded to the *Post Bracket*.
6. Tighten the *Shaft Collar* (25) on the *Crankshaft* using the Allen wrench on the black set screw in the shaft collar.
7. Now test the *Crankshaft* by turning it counter-clockwise. The *Deltoid/Lat Slider* will rise off the *Main Frame* if the *Crankshaft* is working properly.
8. Finally, place the provided 1.5" square cap on top of the *Frame Post*.

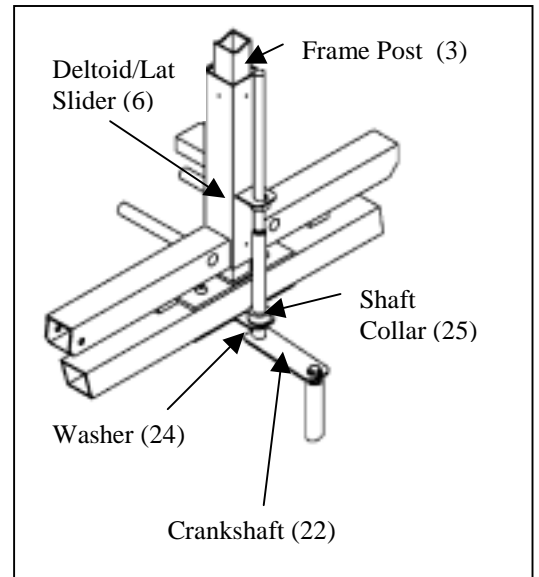


Figure 5

## C. Deltoid/Lat Slider Assembly (Figure 6)

1. Slide the *Deltoid/Lat Handle* (28) onto *Deltoid/Lat Arm* (27).
2. Push the square *Cap* (35) onto the end of each *Deltoid/Lat Arm*.
3. Remove the *Lock Nuts* (42) on the bolts at both ends of the *Deltoid/Lat Slider* (6).
4. Mount the separately packaged *Large Pulleys* (16) making sure that the black spacers (56) that were on the bolts are behind each pulley.
5. Replace the nuts and tighten them so that they are loose enough for the *Curl Elbow Pivot Bracket* (30b) to pivot freely.
6. Mount the *Small Pulleys* (14w) on the center of the *Deltoid/Lat Slider*.

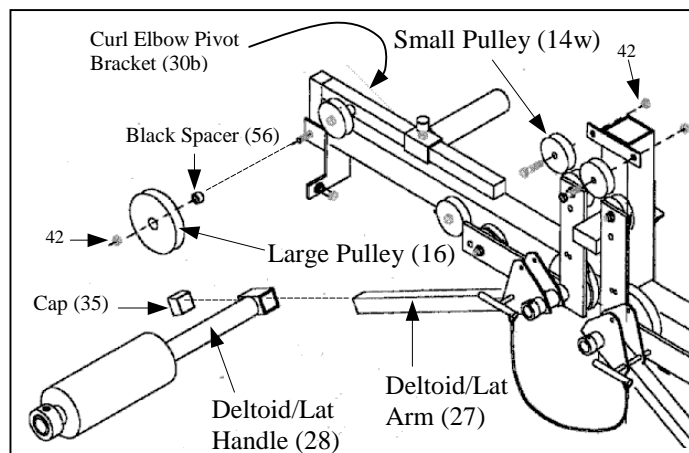


Figure 6

## D. Rowing Lever Assembly (Figure 7)

1. Cut the plastic zip ties on the *Frame Legs* (2) where the *Rowing Levers* (5) are to be inserted.
2. Insert the *Rowing Levers* into the *Bearings* (65). Secure them with *Shaft Collars* (32) by sliding each *Shaft Collar* over the protruding *Rowing Lever* shaft and tightening the black set screw with the Allen wrench. Both *Rowing Levers* (5) should rest against the Row Stops.
3. Insert the *Rowing Adjusters* (7) into the *Rowing Levers* (5).
4. Thread the black *Wing Handles* (12) into the *Rowing Levers* (5). These handles are used to adjust the height of the *Rowing Adjusters* (7).
5. Insert the Tri-Pin system into the row adjuster as shown in Figure 8, and then screw in the *Bumper* (40) with the *Nut* (9) and put in the *Plug* (37).

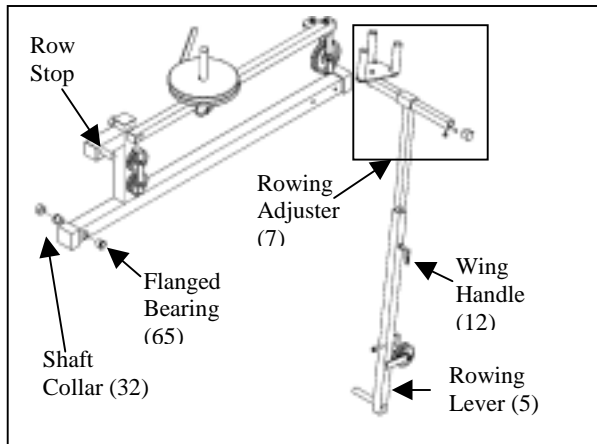


Figure 7

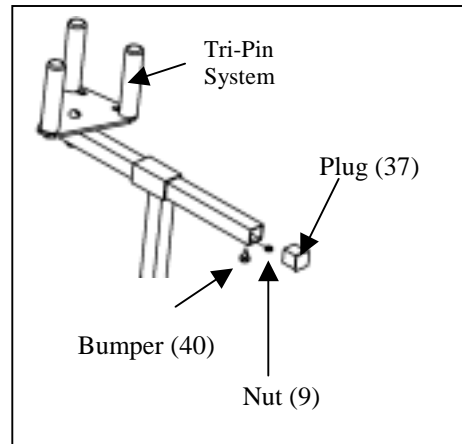


Figure 8

## E. Cable Installation (Figures 9, 10, & 11)

**Note:** When you have finished installing the cable, as shown in Figure 8 there should be a gap of 2" to 3" between the truck arms and the stop. If you do not have this gap, the cable is incorrectly installed. See Figure 8.

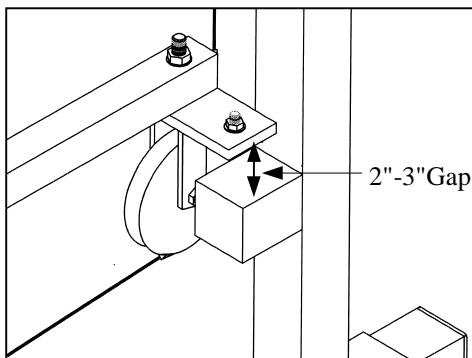


Figure 9

1. Attach the *Hook Bolt* (33) to the top of the *Frame Post* (3) using the two nuts that were on the *Hook Bolt*. Slide the *Hook Bolt* halfway through the *Frame Post*. Thread

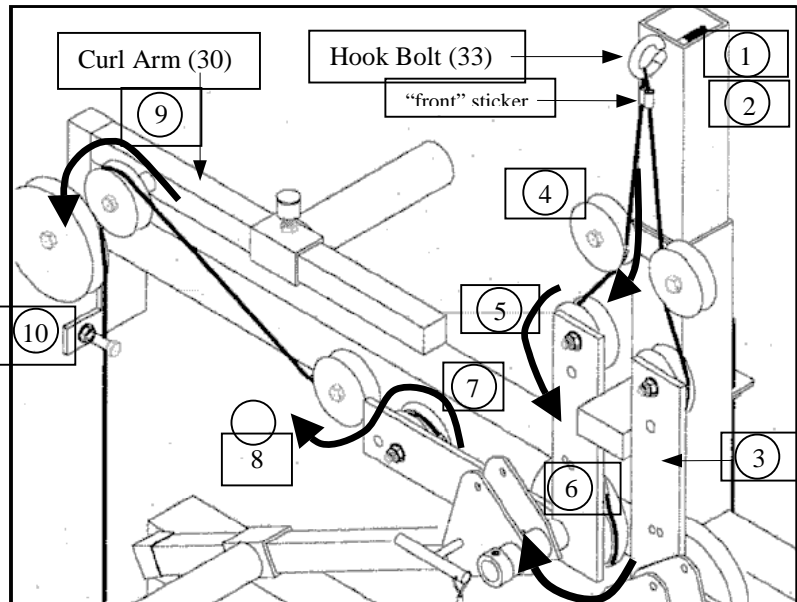
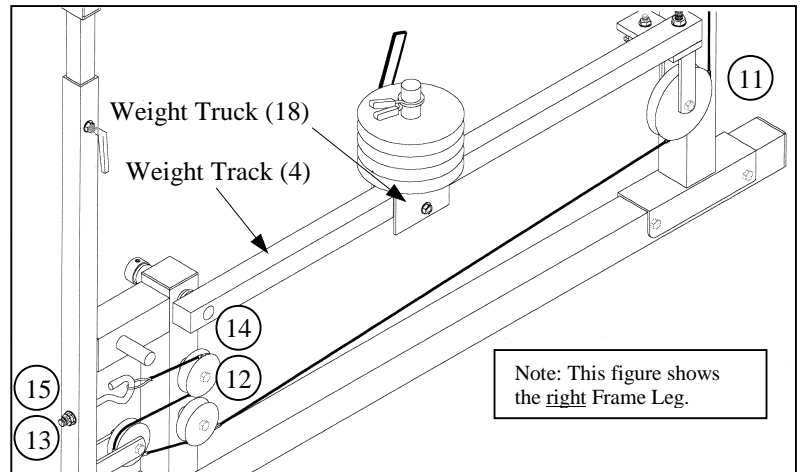


Figure 10

the regular nut so that it is inside the *Frame Post*. Slide the *Hook Bolt* through the second hole in the *Frame Post*, then thread and tighten the *Lock Nut*.

- Hook the center of the cable on the *Hook Bolt*. Be sure the round sticker marked "front" is facing you.
- Adjust the swing plates so that the inner one is horizontal and the outer one is vertical on both sides of the central post.

**Note:** While installing the cable, alternate the direction with which the cable goes around each succeeding pulley, making a series of "S" curves.



**Figure 11**

- First, Drop the cable straight down past the first pulley.
- Next, Loop the cable around the pulley attached to the vertical swing plate.
- Then, Down and Around the large pulley,
- Up Over the pulley on the horizontal swing plate,
- Down Under the next pulley (which is attached to the frame),
- Over and Down around the pulley attached to the *Curl Arm* (30)
- Down against the second large pulley (which you installed in step C:4-5).
- Under and back around the third large pulley (attached to the *Weight Track*)
- Straight Back under the lowest pulley,
- Up Through Around the pulley bolted to the rowing arm,
- Under Over and Back on the highest,
- Finally, Hook the end of the cable to the *Hook Bolt* on the rowing arm (You will need to lift up the *Weight Track* (4) to complete this step).
- Complete the other side.
- Finally check to make sure all nuts and bolts have been fully tightened.

#### **H. Installing Weights (Figure 11)**

- Add desired weights to *Weight Truck* (18).
- DO NOT EXCEED 65 POUNDS ON EACH TRUCK. AND SECURE THE WEIGHTS ON PEGS BY CLIPPING SPRING CLIPS (74) TO TOP OF WEIGHT TRUCK PEGS.

CONGRATULATIONS  
YOU ARE DONE ASSEMBLING YOUR UPPERTONE

## QUICK ASSEMBLY MANUAL PARTS LIST

Part No.	Description	Qty
1.	Main Frame	1
2.	Frame Base	2
3.	Frame Post	1
4.	Weight Track	2
5.	Rowing Lever	2
6.	Deltoid/Lat Slider	1
7.	Rowing Adjuster	2
12.	Wing Handle	2
14w.	Pulley 3" wide bore	2*
16.	Pulley 4 ½" - 3/8" bore	2*
22.	Crankshaft	1
24.	Washer 5/8" (Nylon)	1
25.	Shaft Collar 13/16"	1
26.	Swing Plate	4
27.	Deltoid/Lat Arm	2
28.	Deltoid/Lat Handle	2
29.	T-Pin	1**
30.	Curl Arm	2
30.b.	Curl Elbow Pivot Bracket	2
33.	Cable (With hook bolt & two nuts)	1
35.	Caps – Square 1"	2
42.	Hex Lock Nuts 3/8-16	10*
48.	Hex Bolts 3/8-16 X 2.75 L	6
52.	Rubber Caps - Square 2" ID	4
56.	Black Spacer 3/8 x 3/4 x 3/8	2*
65.	Flanged Bronze Bearing 3/4 x 7/8 x 3/4	4*
68.	Weight - 10 pound plates	4
74.	Spring Clips	2

\*These quantities are only representative of the parts used during initial setup of your machine. A complete parts list is included in the main owner's manual.

\*\* The T-pin is inserted into the *Swing Plates* (26) via the *Deltoid/Lat Arm* (27). More about using the T-pin is included with the exercise descriptions in the main owner's manual.