

# ***SPIRIT***



## **SP-3604 4 STACK MULTI STATION OWNER'S MANUAL**

Please carefully read this entire manual before operating your new strength equipment.

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# Introduction

This manual will acquaint you with the assembly, operation and maintenance of your strength equipment.

SPIRIT Series – **SP3604 4 STACK MULTI STATION** manufactured by Spirit Fitness®

Be sure to read and follow the information and instructions before assembling, using or servicing SPIRIT strength equipment.

## Manufacturer

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Tel: (86) 21-65068300  
Fax: (86) 21-65068150

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Niagara Falls, ON L2G 0A9  
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Tel: +1 888-707-1880  
Fax: +1 905-353-8968  
Email: sales@dyaco.ca

If any items need replacement contact the Spirit Fitness Customer Support Department. For international customers, please contact your local distributor.

# IMPORTANT SAFETY INSTRUCTIONS

Read the Owner's Manual carefully before assembling, servicing or using the equipment. It is the responsibility of the facility owner and/or owner of the equipment to instruct users on proper operation of the equipment and review all labels.

**WARNING:** Serious injury could occur if these safety precautions are not observed:

## USER SAFETY PRECAUTIONS

- Obtain a medical exam before beginning any exercise program.
- Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
- Obtain instructions before using.
- Read and understand the owner's manual and all warnings posted on the machine before using.
- Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised.
- Keep body and clothing free from and clear of all moving parts.
- Use the machine only for the intended use. DO NOT modify the machine.
- Inspect machine prior to use. DO NOT use if it appears damaged or inoperable.
- Inspect all cables and connections prior to use. DO NOT use if any components are worn, frayed or damaged.
- DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- DO NOT use if guards are missing or damaged.
- Be sure that the weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure seek assistance.
- Never pin the weights in an elevated position. DO NOT use this machine if found in this condition. Seek assistance from floor staff.
- DO NOT use dumbbells or other incremental weights, except those provided by the manufacturer.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.
- DO NOT use this machine outdoors.

## FACILITY SAFETY PRECAUTIONS

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Make sure that each machine is set up and operated on a solid level surface.
- Make sure that all users are properly trained on how to use the equipment.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear, including (but not limited to) cables, pulleys, belts and grips.
- Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Spirit Fitness supplied components to maintain/repair the equipment.
- Keep a repair log of all maintenance activities.
- Inspect all cables and belts and connections prior to use. DO NOT use if any components are worn, frayed or damaged.

*NOTE: It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

## SECURING EQUIPMENT

The machine has holes in the feet, which allow for ease in anchoring to the floor. Spirit Fitness strongly recommends that to eliminate rocking, tipping or falling over due to incorrect usage and misuse, equipment be secured to a solid, level surface.

The solid, level surface should not deviate more than 1/8" over a 10' distance or as defined and required by local building and architectural codes.

Anchoring of equipment must be completed by a qualified licensed contractor.

Anchoring holes are provided on the feet of the frame. All anchoring locations must be used when anchoring the equipment to the floor.

Due to the wide variation of flooring on which machines may be anchored or installed, verify anchoring method and anchoring fasteners with a qualified and licensed contractor.

All anchor points must be able to withstand 750 lbs. (3.3 kN) pull-out force.

Do not use machine until it is properly anchored.

## SAFETY GUIDELINES AND PRACTICES

Spirit Fitness recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. The extent of control is at the discretion of the owner.

It is the responsibility of the purchaser/user of Spirit Fitness products to read and understand the owner's manual, and warning labels; as well as instruct all individuals, whether end users or supervising personnel, on proper usage of the equipment.

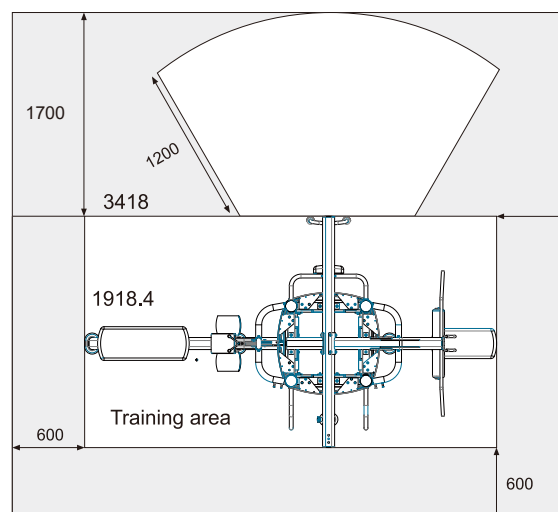
## PROPER USAGE

Use machine only as described in the manual. Failing to follow proper instructions may result in injury.

- Do not lean against or pull on the framework or any component, whether machine is at rest or in use. Inappropriate or improper use may result in injury to users or third parties (bystanders).
- Do not use machine if it is not located on a solid level surface or is improperly installed.
- Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has the proper clearance for usage and training.

### Live area and Training area

The live area shall be not less than 1700 and 600mm (66.92" and 23.62") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.



## California Prop 65 Warning



WARNING: This product can expose you to chemicals including Toluene and Acrylamide, which are known to the State of California to cause cancer and birth defects or other reproductive harm.  
For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

# PRECAUTIONS

These safety notes are directed to you as the owner of the Strength Equipment manufactured by Spirit Fitness. Please train all your users and fitness staff to follow these safety instructions.

## DO

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

## DO NOT

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to remove any shrouds or modify the Strength Equipment.

# WARNING

- Your Strength Equipment manufactured by Spirit Fitness is designed for the exercise in a commercial or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.

SPIRIT FITNESS® and the Spirit Fitness logo are registered trademarks of Dyaco International.

# Warning Labels and Communication Stickers

The following pages show examples of Spirit® Fitness warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement.

If any instructions or information are not clear, and please contact to SPIRIT FITNESS customer service right away.

**NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE**



# Safeguards

The following fitness safeguards and operating precautions are directed to purchasers and users of the Strength Equipment. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

## Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that SPIRIT FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques.
- The maximum weight for individuals using the Strength Equipment should not exceed 330 pounds (150 kilograms).

## Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SPIRIT FITNESS equipment use only replacement parts supplied by SPIRIT FITNESS.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult SPIRIT FITNESS if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE SPIRIT FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check all belts, pulleys and bungee cords regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

## Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- Live area and Training area

**Note: This Strength Equipment is not suitable for therapeutic purposes.**



# Assembly & Setup

Use the following procedures to unpack and assemble your **Strength Equipment manufactured by Spirit Fitness**.

## Unpacking & Parts

1. Position the shipping carton so the Heavy End is located at the bottom.
2. Cut the straps then lift the box over the unit and unpack. Remove all parts from the shipping carton and foam inserts, and verify that all parts are included in your shipment:
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

**NOTE:** All tools required to assemble the Strength Equipment are included within the packaging.

Take time now to enter your Strength Equipment serial number in the space below.  
(Serial number is located on the center tube, see page 17).

Serial No. \_\_\_\_\_

**NOTE:** If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call your local Spirit Fitness's Service department or the distributor whom sold you the product. Please see page 3 for a listing of international corporate offices and locate the office nearest you. Have your serial number ready.

**CAUTION:** Damage to the Strength Equipment during assembly is not covered as part of the limited Spirit Fitness warranty. Take care not to drop or lean the Strength Equipment on its side. Carefully stand the Strength Equipment up in the normal upright position on a stable surface so it will not tip over during assembly.

Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

## Product Specifications

Maximum Training Weight	180 kgs / 360 lbs
Products Weight	737 kgs / 1624 lbs
Overall Dimensions	3418*1920*2290

# Parts List

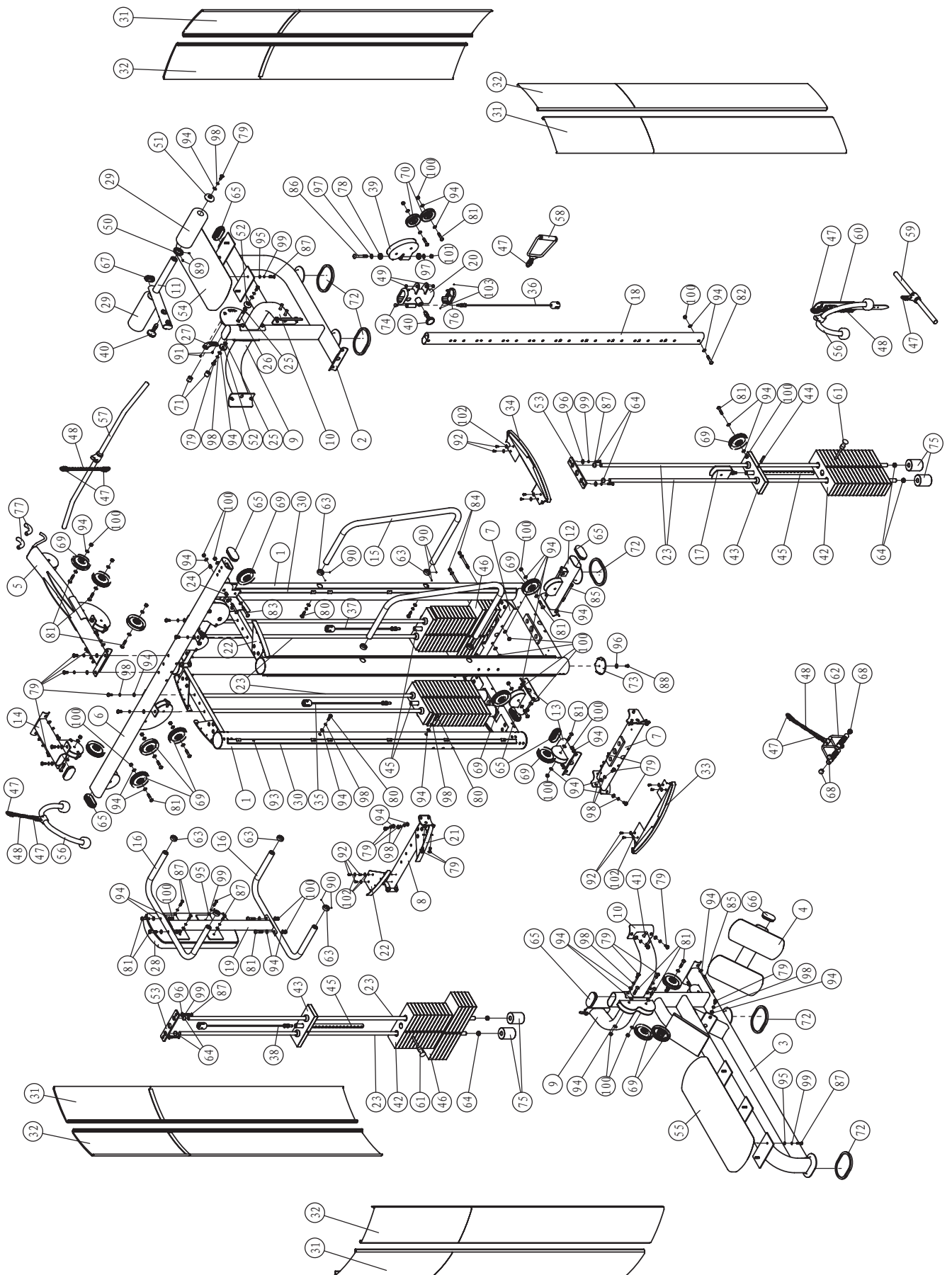
No.	Description	Spec	Qty	Part No.
001	Tower Frame		2	SP-3604-001
002	Floor Frame		1	SP-3604-002
003	Main Frame		1	SP-3604-003
004	Pedal Frame		1	SP-3604-004
005	Pull Frame		1	SP-3604-005
006	Connection Frame		1	SP-3604-006
007	Tower Connection Frame		2	SP-3604-007
008	Top Connection Frame		2	SP-3604-008
009	Support Frame		2	SP-3604-009
010	Support Frame		2	SP-3604-010
011	Rotating Frame		1	SP-3604-011
012	Floor Frame		1	SP-3604-012
013	Short Floor Frame		2	SP-3604-013
014	Top Pulley Frame		1	SP-3604-014
015	Handle Frame		2	SP-3604-015
016	Back Pad Round Frame		2	SP-3604-016
017	Moving Pully Frame		1	SP-3604-017
018	Adjustment Frame		1	SP-3604-018
019	Back Pad Frame		1	SP-3604-019
020	Sliding Frame		1	SP-3604-020
021	Shroud Connection Part1		4	SP-3604-021
022	Connection Part 2		4	SP-3604-022
023	Guide Rod		8	SP-3604-023
024	Pully Spacer		2	SP-3604-024
025	Rotating Bushing		2	SP-3604-025
026	Axis		1	SP-3604-026
027	Adjustment Plate		1	SP-3604-027
028	Back Pad		1	SP-3604-028
029	Round Pad		2	SP-3604-029
030	Tower Trim		8	SP-3604-030
031	Left Shroud Set		4	SP-3604-031
032	Right Shroud Set		4	SP-3604-032
033	Under Shroud Set 1		2	SP-3604-033
034	Under Shroud Set 2		2	SP-3604-034
035	Cable 1	2200 mm	1	SP-3604-035
036	Cable 2	8070 mm	1	SP-3604-036
037	Cable 3	2300 mm	1	SP-3604-037
038	Cable 4	4700 mm	1	SP-3604-038
039	Rotating Frame		1	SP-3604-039
040	Adjustment Pin		2	SP-3604-040
041	Hanging Shaft		4	SP-3604-041
042	10LB Weight		24	SP-3604-042

# Parts List

No.	Description	Spec	Qty	Part No.
043	10LB Top Weight		4	SP-3604-043
044	Spring Pin		4	SP-3604-044
045	17-hole Weight Selector		4	SP-3604-045
046	20LB Weight		40	SP-3604-046
047	C Bracket		8	SP-3604-047
048	Chain		4	SP-3604-048
049	Ring		2	SP-3604-049
050	Inner End Cap		2	SP-3604-050
051	End Cap		2	SP-3604-051
052	End Cap		2	SP-3604-052
053	Guide Rod Fixing Plate		4	SP-3604-053
054	Seat Pad		1	SP-3604-054
055	Seat Pad		1	SP-3604-055
056	Back Pull Rope		2	SP-3604-056
057	Long Handle		1	SP-3604-057
058	Ring Handle		1	SP-3604-058
059	Short Handle		1	SP-3604-059
060	Leg Band		1	SP-3604-060
061	Weight Pin		4	SP-3604-061
062	Double Handles		1	SP-3604-062
063	Aluminium Collar		8	SP-3604-063
064	Guide Rod End Cap		16	SP-3604-064
065	Elliptical Tube Plug		9	SP-3604-065
066	Elliptical Tube Plug		2	SP-3604-066
067	Elliptical Tube Plug		1	SP-3604-067
068	Round Tube Plug		4	SP-3604-068
069	Pulley Set		18	SP-3604-069
070	Pulley Set		2	SP-3604-070
071	Locating Bush		2	SP-3604-071
072	Rubber Floor Mat		5	SP-3604-072
073	Floor Tube Plug		4	SP-3604-073
074	Endcap		1	SP-3604-074
075	Rubber Load-Bearing Cover		8	SP-3604-075
076	Tube Coupler Cover		2	SP-3604-076
077	Small Handle Cover		2	SP-3604-077
078	Roll Bearing		2	SP-3604-078
079	Button bolt	M10*25	64	SP-3604-079
080	Button bolt	M10*35	8	SP-3604-080
081	Button bolt	M10*50	22	SP-3604-081
082	Button bolt	M10*55	1	SP-3604-082

# Parts List

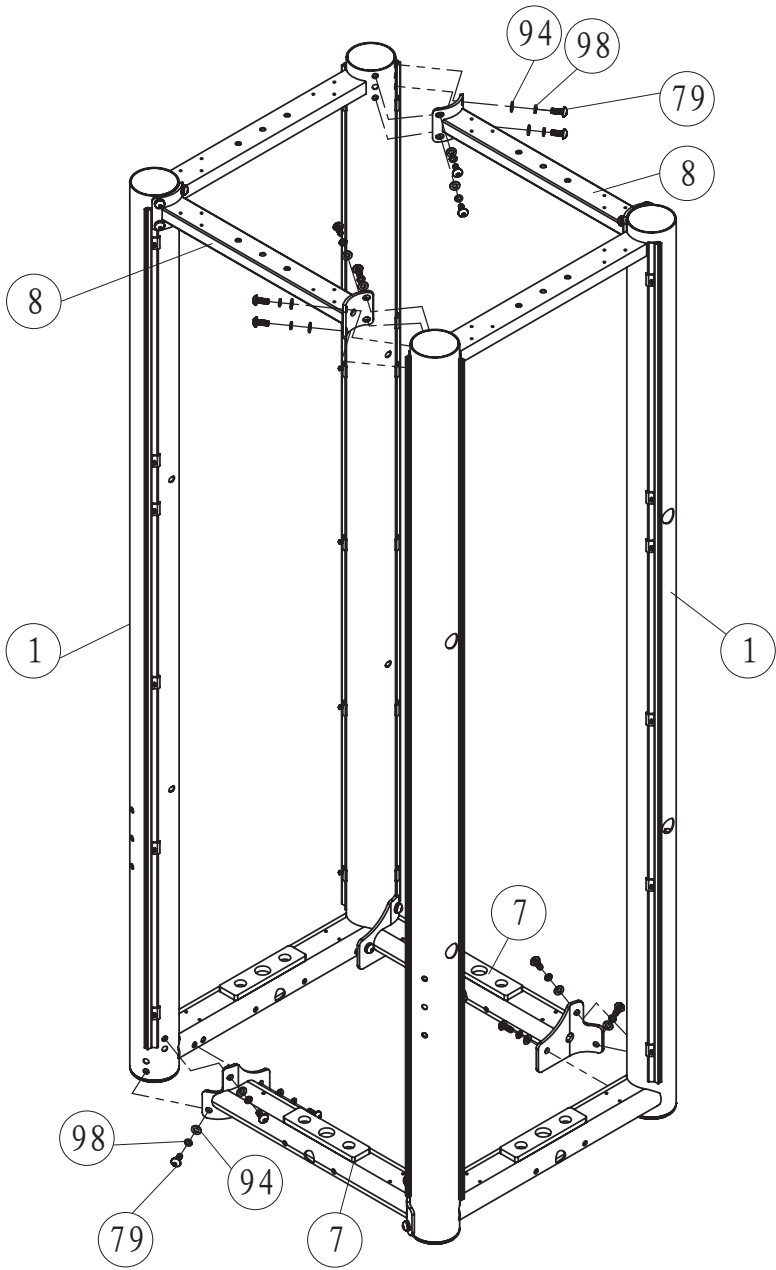
No.	Description	Spec	Qty	Part No.
083	Button bolt	M10*70	2	SP-3604-083
084	Socket Head Bolt	M10*120	2	SP-3604-084
085	Socket Head Bolt	M10*125	4	SP-3604-085
086	Button bolt	M12*90	1	SP-3604-086
087	Button bolt	M8*35	22	SP-3604-087
088	Button bolt	M8*15	4	SP-3604-088
089	Inner Hexagon Sunk Head Bolt		4	SP-3604-089
090	Hexagon Socket Set S with Cone		16	SP-3604-090
091	Countersunk Head Self-tapping Screws		2	SP-3604-091
092	Cross Flat Head Bolt		40	SP-3604-092
093	Cross Pan Head Screw		48	SP-3604-093
094	Flat Washer	Φ20*Φ10.5*2	134	SP-3604-094
095	Flat Washer	Φ16*Φ8.4*1.6	22	SP-3604-095
096	Flat Washer		4	SP-3604-096
097	Flat Washer		2	SP-3604-097
098	Spring Washer	M10	72	SP-3604-098
099	Spring Washer	M8	22	SP-3604-099
100	Nut	M10	30	SP-3604-100
101	Nut		1	SP-3604-101
102	Flat Washer	Φ12*Φ6.4*1.6	40	SP-3604-102
103	Hexagon Socket Set S with Cone		4	SP-3604-103
107	Limiting Plate 1	180*32*40*6	2	SP-3604-107
108	Limiting Plate 2	300*32*40*6	1	SP-3604-108



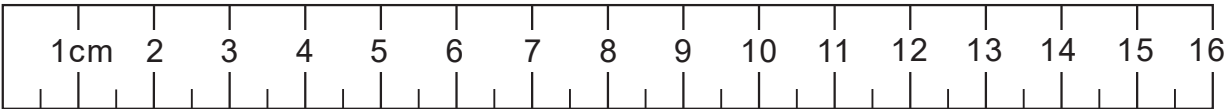
# Assembly Instructions

## STEP 1

No.	Description	Spec	Qty
001	Tower Frame		2
007	Tower Connection Frame		2
008	Top Connection Frame		2
079	Button bolt	M10*25	28
094	Flat Washer	Φ20*Φ10.5*2	28
098	Spring Washer	M10	28



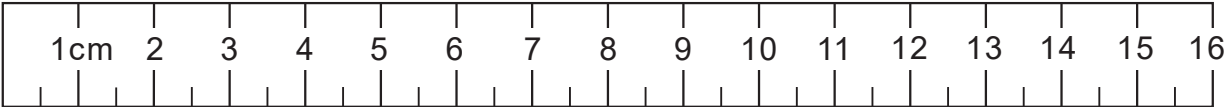
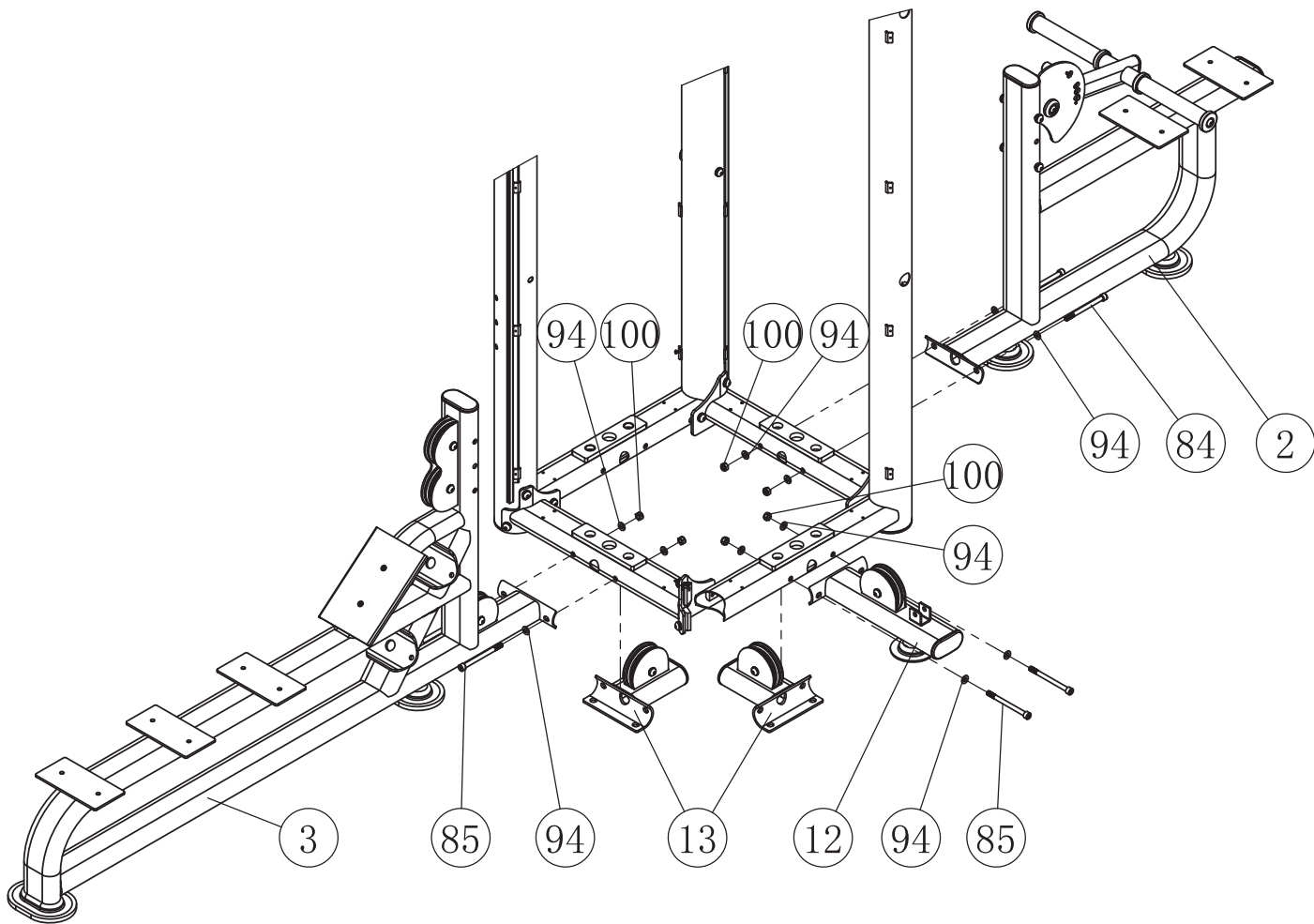
\*Assemble symmetrically



# Assembly Instructions

# STEP 2

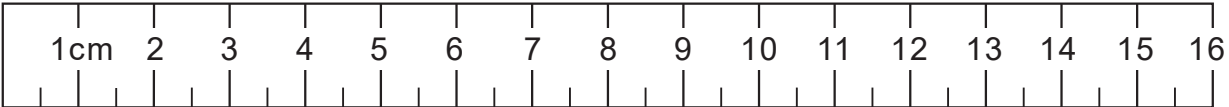
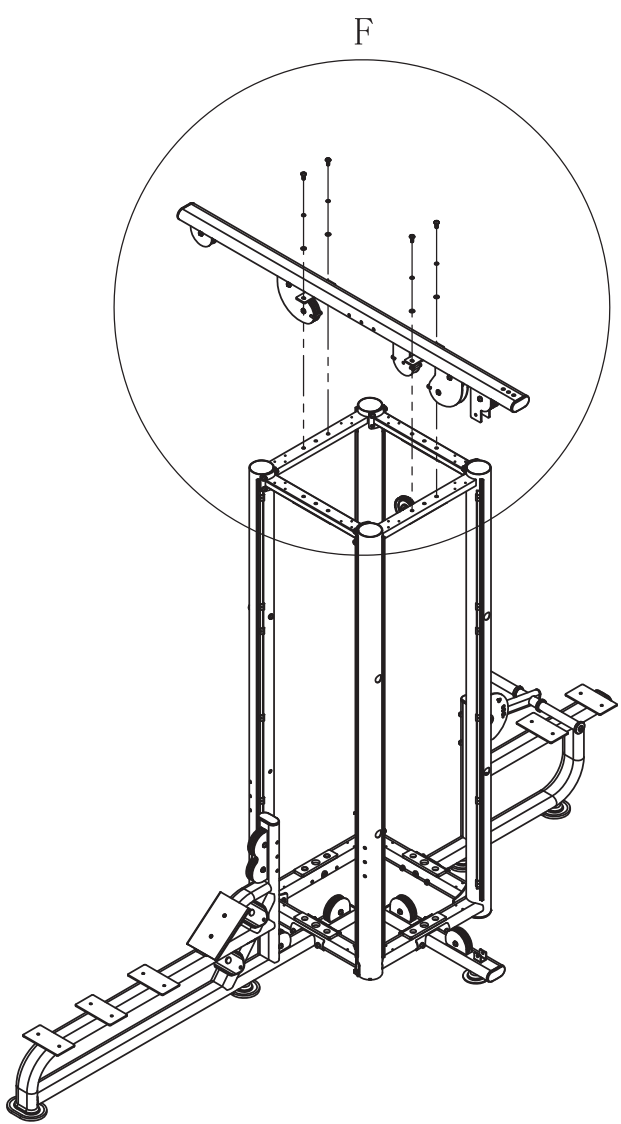
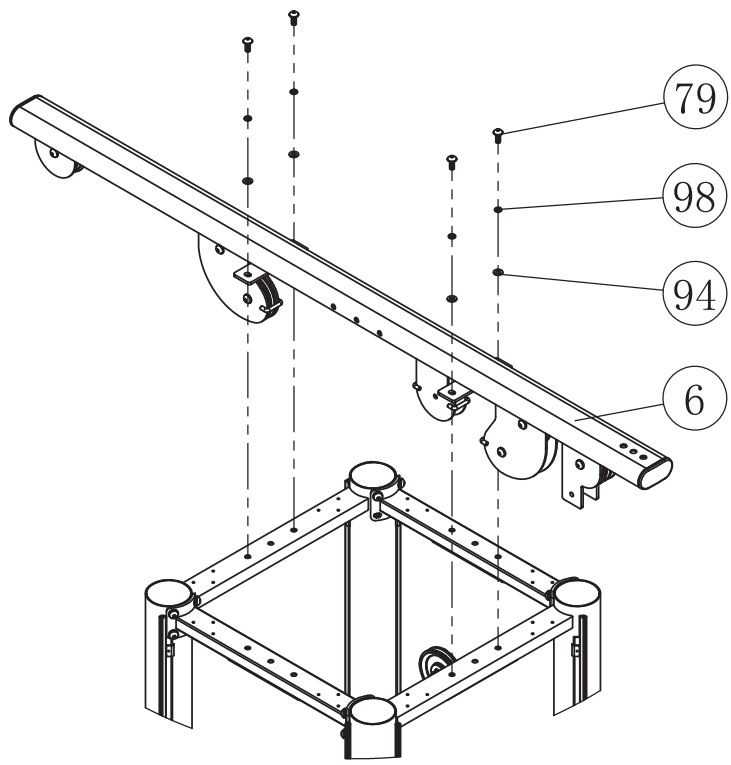
No.	Description	Spec	Qty
002	Floor Frame		1
003	Main Frame		1
012	Floor Frame		1
013	Short Floor Frame		2
084	Socket Head Bolt	M10*120	2
085	Socket Head Bolt	M10*125	4
094	Flat Washer	Φ20*Φ10.5*2	12
100	Nut	M10	6



# Assembly Instructions

## STEP 3

No.	Description	Spec	Qty
006	Connection Frame		1
079	Button bolt	M10*25	4
094	Flat Washer	Φ20*Φ10.5*2	4
098	Spring Washer	M10	4

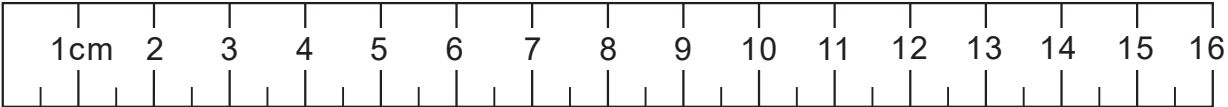
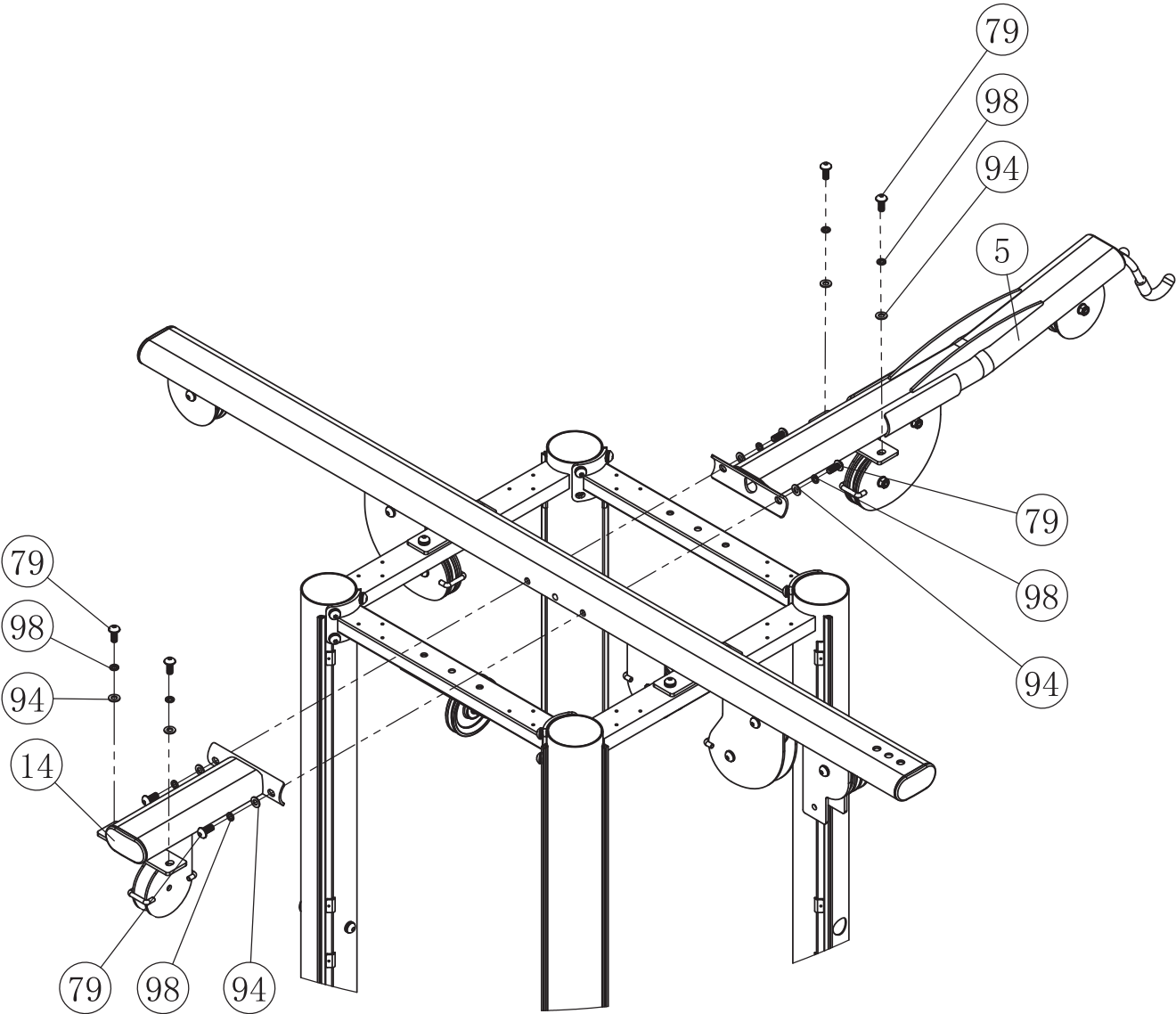




# Assembly Instructions

# STEP 4

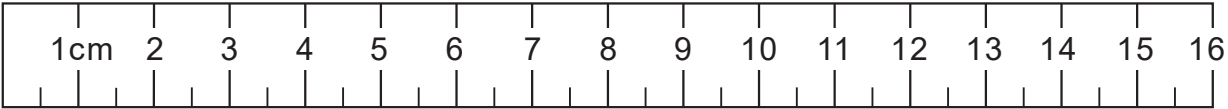
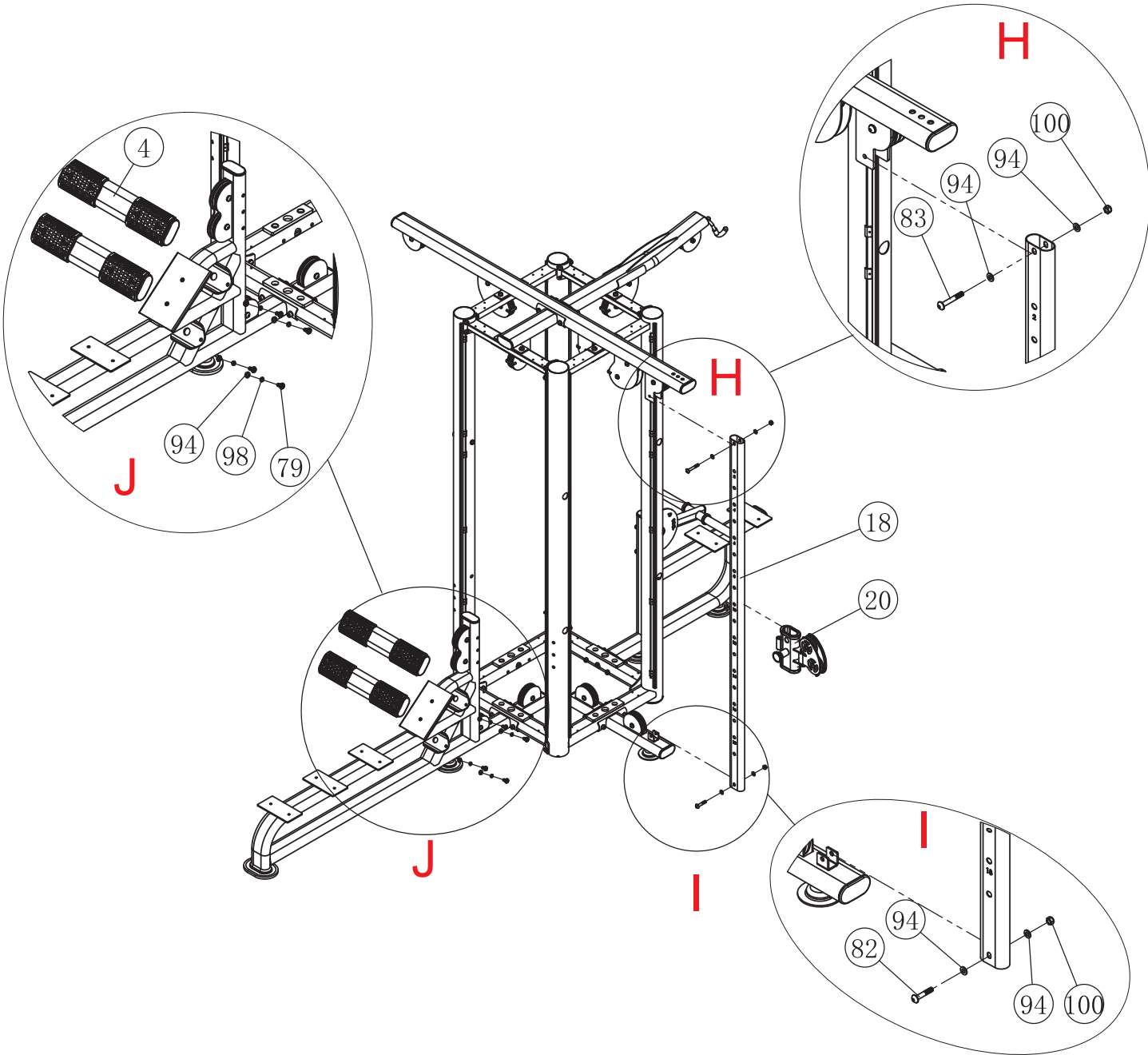
No.	Description	Spec	Qty
005	Pull Frame		1
014	Top Pulley Frame		1
079	Button bolt	M10*25	8
094	Flat Washer	Φ20*Φ10.5*2	8
098	Spring Washer	M10	8



# Assembly Instructions

# STEP 5

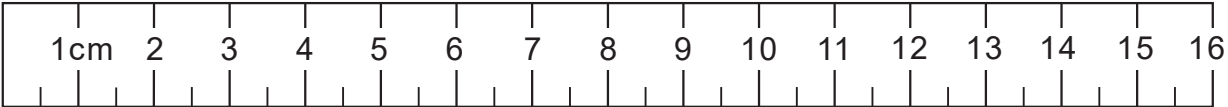
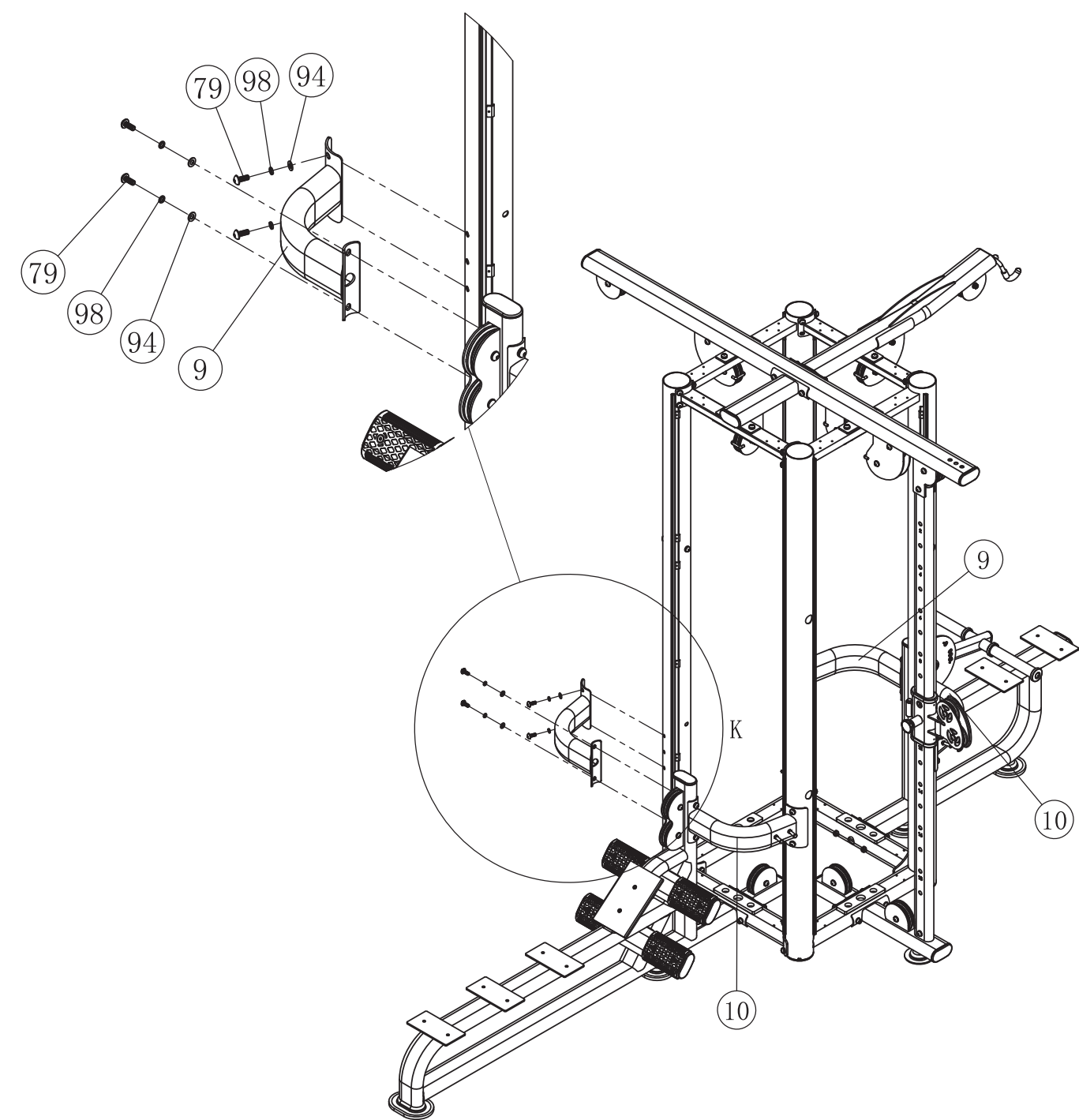
No.	Description	Spec	Qty
004	Pedal Frame		2
018	Adjustment Frame		1
020	Sliding Frame		1
079	Button bolt	M10*25	4
082	Button bolt	M10*55	1
083	Button bolt	M10*70	1
094	Flat Washer	Φ20*Φ10.5*2	8
098	Spring Washer	M10	4
100	Nut	M10	4



# Assembly Instructions

# STEP 6

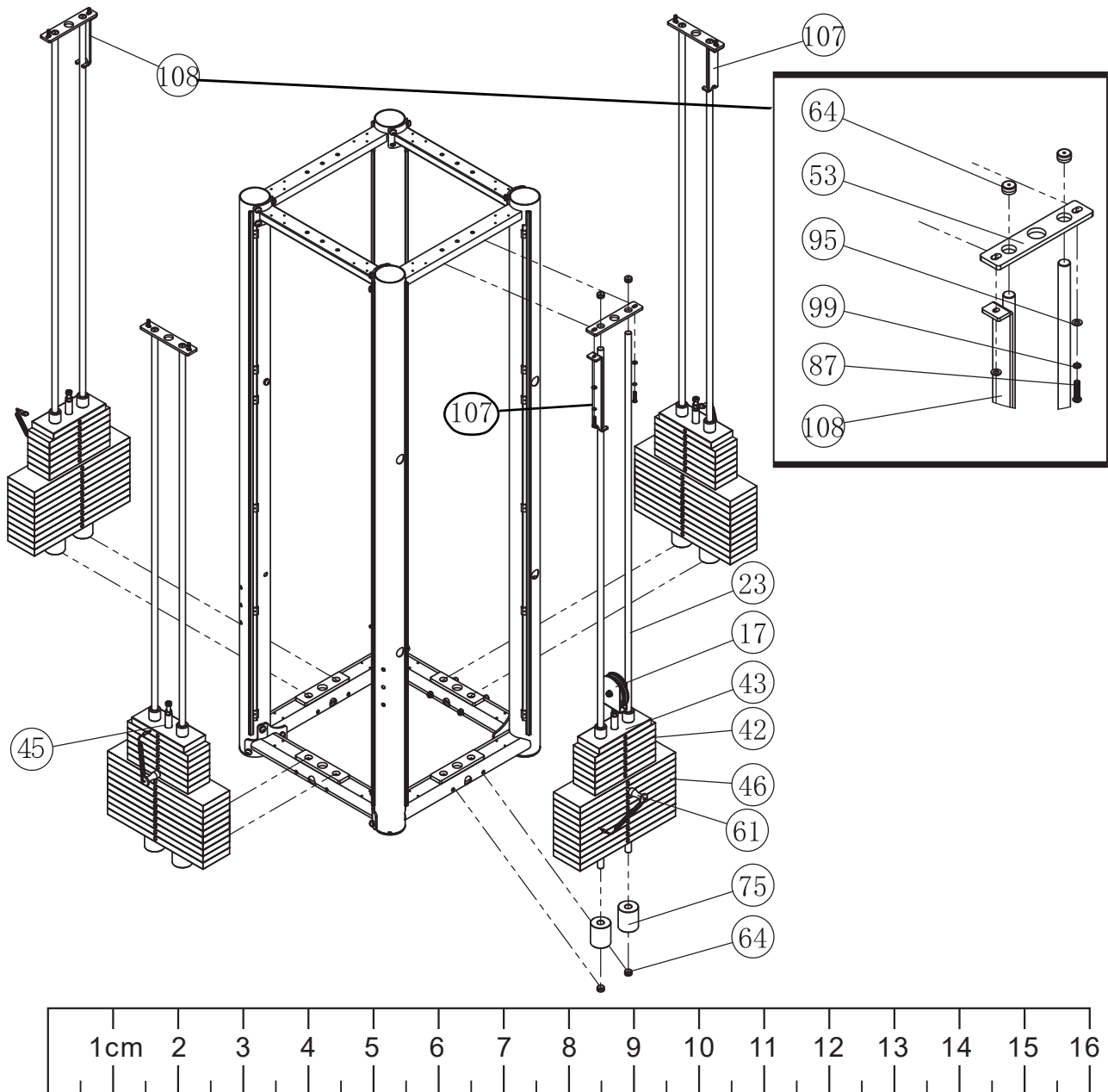
No.	Description	Spec	Qty
009	Support Frame		2
010	Support Frame		2
079	Button bolt	M10*25	12
094	Flat Washer	Φ20*Φ10.5*2	12
098	Spring Washer	M10	12



# Assembly Instructions

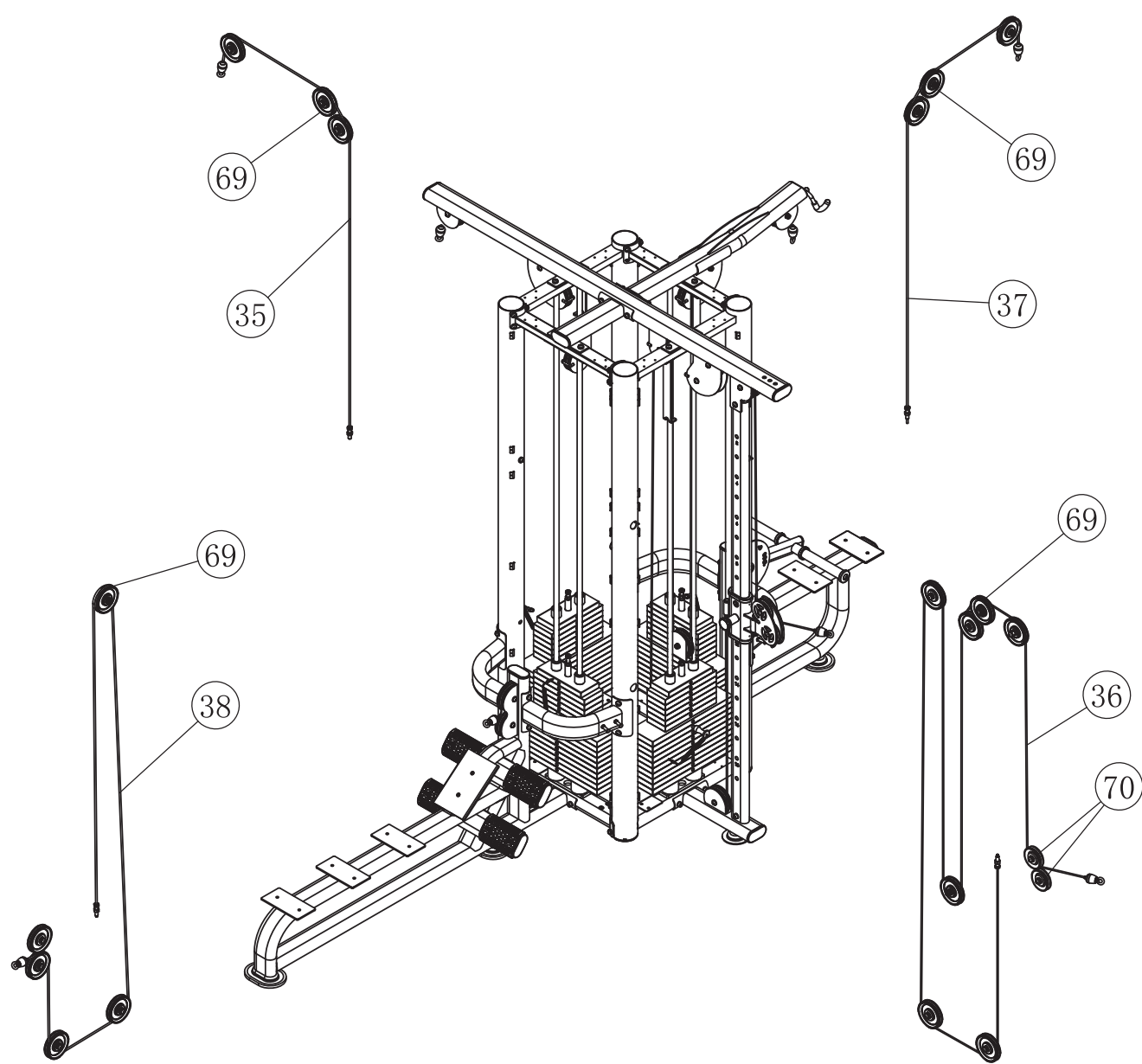
## STEP 7

No.	Description	Spec	Qty
017	Moving Pulley Frame		1
023	Guide Rod		4
042	10LB Weight		24
043	10LB Top Weight		4
045	17-hole Weight Selector		4
046	20LB Weight		40
053	Guide Rod Fixing Plate		2
061	Weight Pin		2
064	Guide Rod End Cap		8
075	Rubber Load-Bearing Cover		4
087	Button bolt	M8*35	4
095	Flat Washer	$\Phi 16 \times \Phi 8.4 \times 1.6$	4
099	Spring Washer	M8	4
107	Limiting Plate 1	180*32*40*6	2
108	Limiting Plate 2	300*32*40*6	1



No.	Description	Spec	Qty
035	Cable 1	2200 mm	1
036	Cable 2	8070 mm	1
037	Cable 3	2300 mm	1
038	Cable 4	4700 mm	1
069	Pulley Set	φ114*25.8	18
070	Pulley Set	φ89*25.8	2

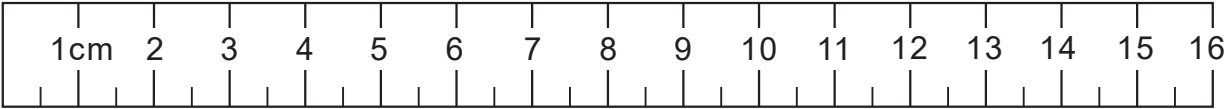
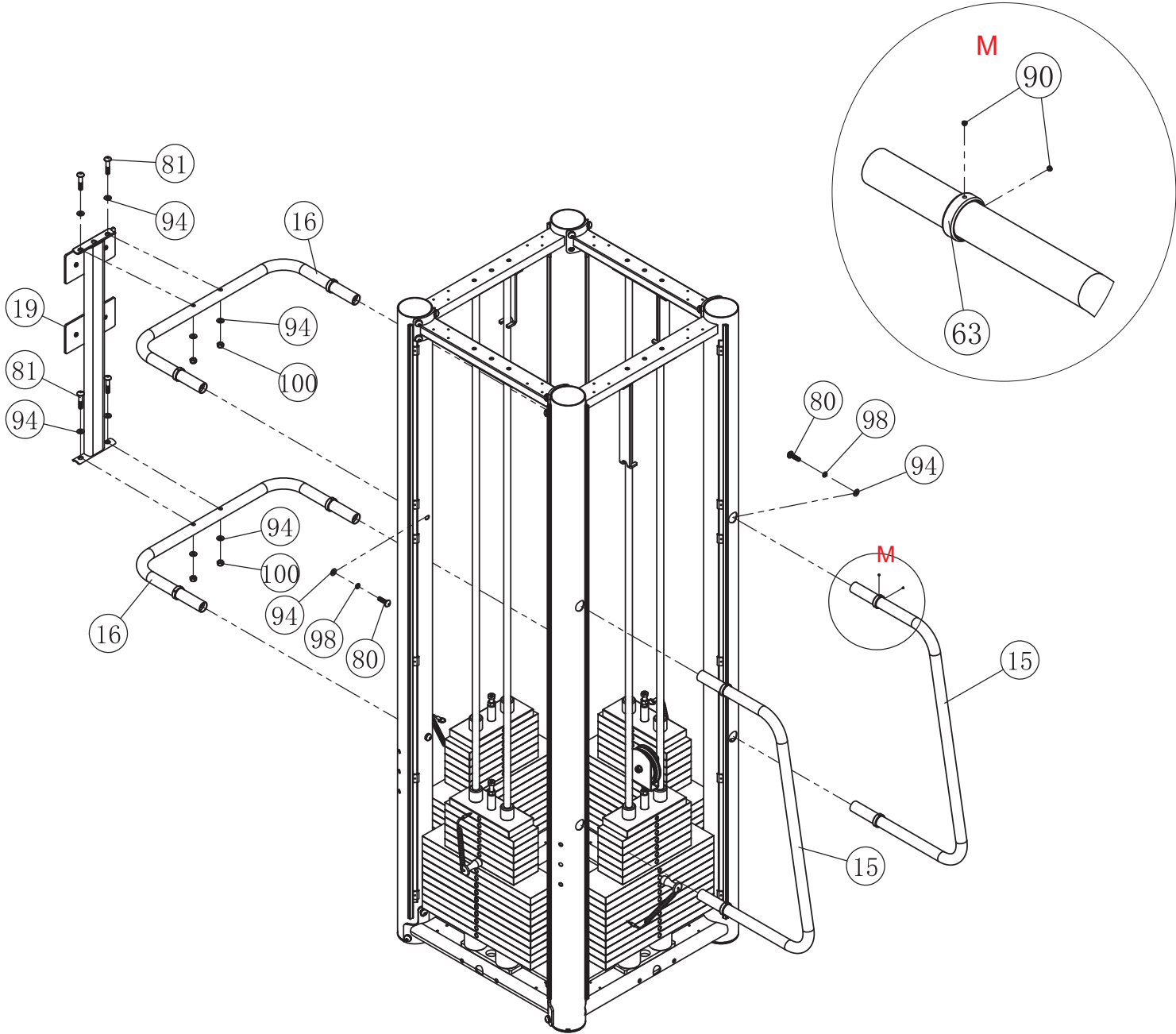
Cable assembling



# Assembly Instructions

## STEP 9

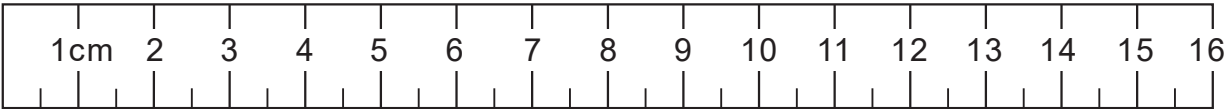
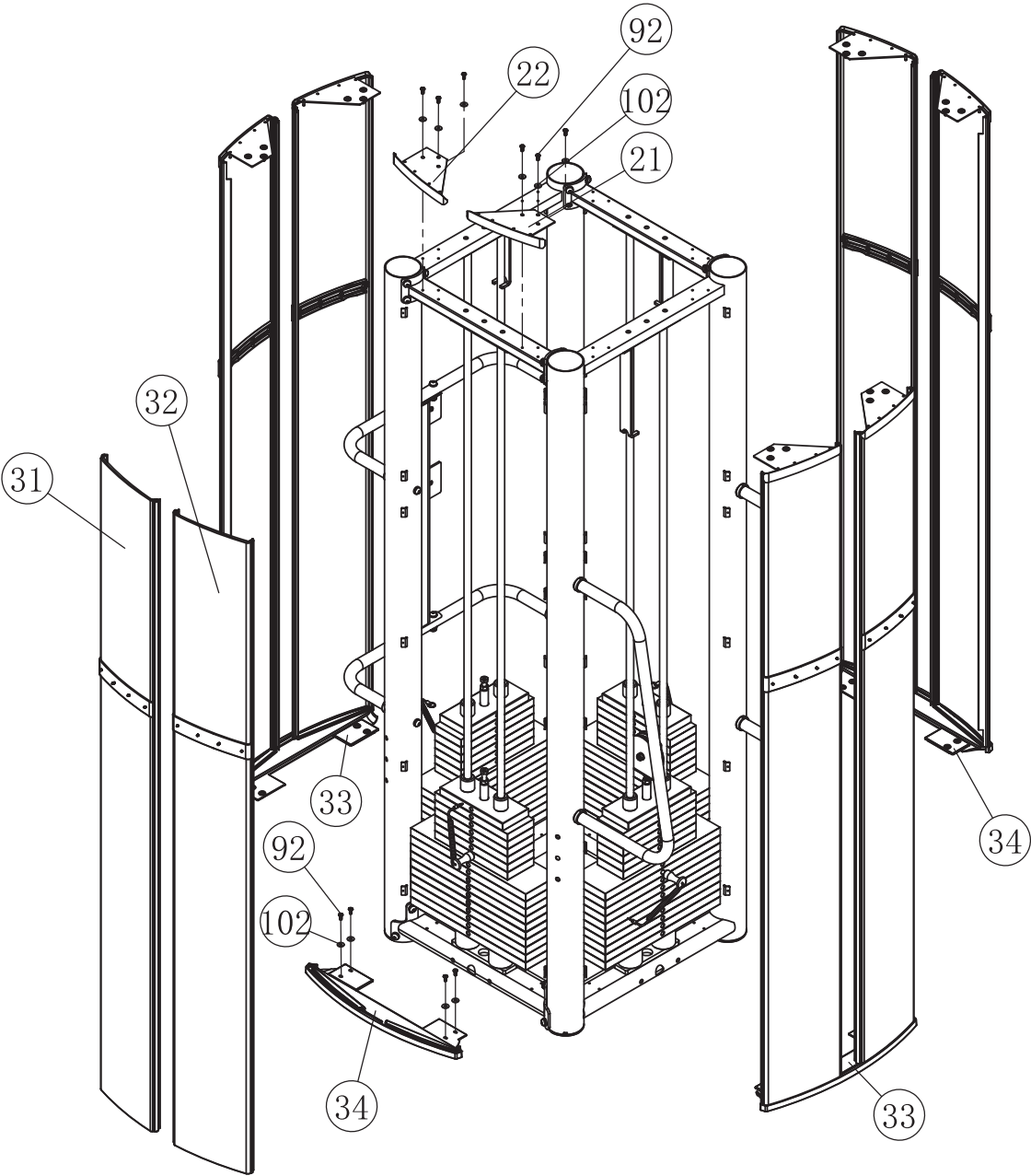
No.	Description	Spec	Qty
015	Handle Frame		2
016	Back Pad Round Frame		2
019	Back Pad Frame		1
063	Aluminium Collar		8
080	Button bolt	M10*35	8
081	Button bolt	M10*50	4
094	Flat Washer	Φ20*Φ10.5*2	16
098	Spring Washer	M10	8
100	Nut	M10	4



# Assembly Instructions

## STEP 10

No.	Description	Spec	Qty
021	Shroud Connection Part1		4
022	Connection Part 2		4
031	Left Shroud Set		4
032	Right Shroud Set		4
033	Under Shroud Set 1		2
034	Under Shroud Set 2		2
092	Cross Flat Head Bolt	M6*15	40
102	Flat Washer	Φ12*Φ6.4*1.6	40



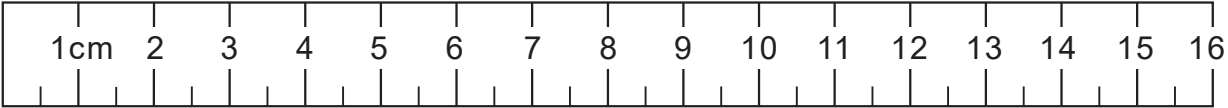
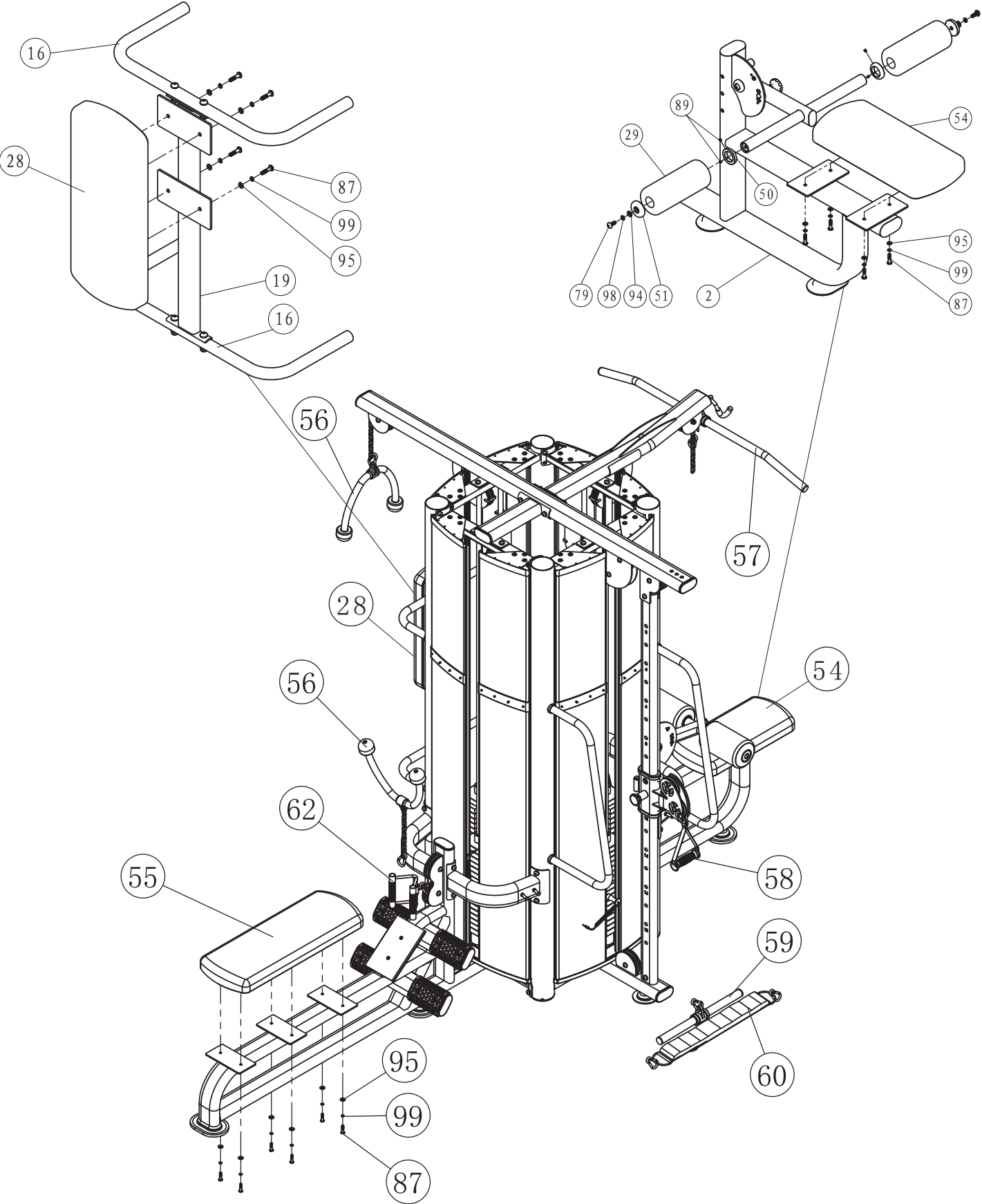
# Assembly Instructions

## STEP 11

No.	Description	Spec	Qty
028	Back Pad		1
029	Round Pad		2
050	Inner End Cap		2
051	End Cap		2
054	Seat Pad		1
055	Seat Pad		1
056	Back Pull Rope		2
057	Long Handle		1
058	Ring Handle		1
059	Short Handle		1
060	Leg Band		1
062	Double Handles		1
079	Button bolt	M10*25	2
087	Button bolt	M8*35	22
089	Inner Hexagon Sunk Head Bolt	M6*8	4
094	Flat Washer	Φ20*Φ10.5*2	12
095	Flat Washer	Φ16*Φ8.4*1.6	22
098	Spring Washer	M10	72
099	Spring Washer	M8	22







# Maintenance

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly activities. Details on each activity can be found in the “Maintenance” section of this document.

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all SPIRIT equipment. SPIRIT is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

Item	Time Frame	Instructions
Frame	Bi-Annually	Wipe down with lint free cloth.
Belt & Cable	Daily	Wipe down with lint free cloth.
Upholstery	Daily	Wipe down with lint free cloth.
Machine	As Needed	Wipe down with lint free cloth.
Lubricate Guide Rods	As Needed	Apply the Teflon based lubricant to a cotton cloth and then apply up and down the guide rods.

Owner's Manual  
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