

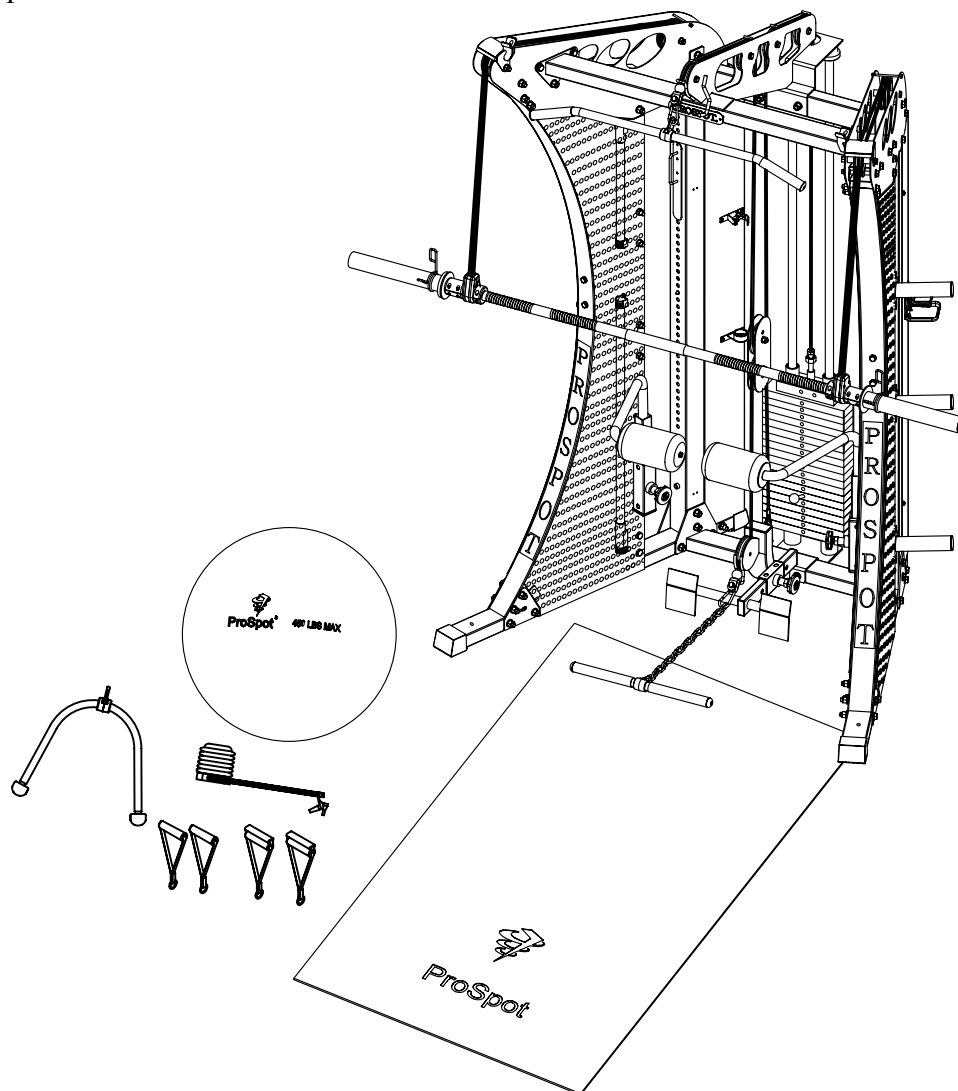
PROSPOTfitness® Model HG-1

Owners Manual

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Shown with optional FHL-200:



Serial Number: 18607D00175HG1

Instructions for Assembly of the ProSpot*fitness*® HG-1

- Before assembly, choose a safe location for your **PROSPOT*fitness*® HG-1**. The **PROSPOT*fitness*® HG-1** has a footprint of approximately 8'x 8'. The surface should be level and even. The barbell is approximately 7' long. Locate your **PROSPOT*fitness*® HG-1** away from any source of water. Do not allow any liquid to be near the machine or spilled on any electrical part. Do not insert any object into the electrical box.
- This unit uses standard 110-volt household current. Since there are two Power Adapters for this unit we recommend using a Surge Protector Plug Strip to protect and extend the life of the power supplies and the Electronic Box from power surges and lightening strikes. The Neon Lighting System does not have an on/off switch. Lights come on when Power supply is plugged into plug strip. A Surge Suppressor Plug strip with a switch will allow shutting Lights off when unit is not in use. A flashing green light will appear on the Electronic Box when power is on. When sensors are activated, a steady red light will also come on.
- The **HG-1** unit is designed for climate controlled environments (indoor use only). Outdoor or non-climate controlled use may affect the proper function of HG-1 and will void the warranty.
- Assembly time is approximate 2 hours.
- A flat area of 8' x 8' will be required to assemble and properly use the **PROSPOT*fitness*® HG-1**.
- You will need the following tools and a helper to complete the assembly:
 - 4 mm Allen Wrench
 - 5 mm Allen Wrench
 - 17 mm (11/16") Hex Head Wrench
 - 19 mm (3/4") Hex Head Wrench
 - Adjustable wrench
 - Metric Socket Set
 - Philips Screw Driver
 - Pliers
 - Scissors and or Razor knife
- Floor Padding, such as cardboard, to avoid scratching your floor during assembly.
- Carefully remove parts from packaging. A good pair of scissors will be helpful in separating the parts from one another while removing them from the cartons. Be careful not to cut or damage parts with scissors or razor knife. Remove all parts from packing. Make sure there are no small parts left in boxes. Do not discard boxes until assembly is complete.
- Before assembly, separate and identify the right-sided parts from the left-sided parts. These parts are easily distinguished by the manner in which the pre-drilled holes align with corresponding parts, or are identified by "L" & "R" stickers. Left and right are determined by facing the unit. Not the user's perspective.
- The **PROSPOT*fitness*® HG-1** uses several different lengths of bolts. All fasteners come in labeled Blister Packs by part number. Be careful to use the correct length of bolt called for at each step of assembly. Do not remove fasteners from Blister packs until part is needed.
- Note some parts mat come preassembled with fasteners.
- HAND TIGHTEN all bolts. DO NOT fully tighten bolts until instructed to do so.
- Assistance by a second person is recommended for some steps of this assembly.
- **WARNING: Never perform any maintenance on the ProSpot*fitness*® HG-1 while the Power Supply is plugged into the wall !!!**

ALWAYS REMEMBER: After the initial set up of the system or after performing any service on the unit, **RESET the Computer** on your ProSpot system before using it. Just unplug the power supply from the Electronic Box, wait 30 seconds and plug back in. Resetting the Computer allows it to recalibrate and work to its greatest efficiency.

Instructions for Assembly of the ProSpotfitness® HG-1

Step #1 MAIN FRAME ASSEMBLY

1. Referencing Diagrams # 1, 2, & 3, find the part Rear Cross Brace (3). There are two wire harnesses that run thru this part. They may be packed in this Cross Brace to prevent damage. Pull on ties and harnesses so that connector ends hang loose out of access holes. Be careful not to pull too hard and remove or damage the wire harnesses.
2. Next place the Right and Left Base Rails (1, 2) opposite each other in center of the assembly area. Note the 7/8" access holes for wiring on side of Right and Left Base Rails (1, 2) should face inward. Now place Rear Cross Brace (3) between rails so that the access holes with the harnesses hanging out on the end of the Rear Cross Brace (3) align with the holes of the Base rails (1, 2). Make sure the Rear Cross Brace (3) that the wire harness that comes out of the middle of the rail faces toward the back of the unit. Refer to Diagram #3.
3. Next feed the two wire harnesses, Cross Brace wire Harness (80) & Neon Light wire Harness (76) already installed in Rear Cross Brace (3) thru the access holes in the Right and Left Base Rails (1, 2). Pull up thru large opening in top of the Right and Left Base Rails (1, 2).
4. Now as shown in Diagrams # 1 & 2 place the two Rear Upright Support Plate (4) on the outside of Right and Left Base Rails (1, 2), aligning the predrilled bolt holes and secure with two bolts (52), four washers (50) and two locknuts (49) on each side rail. Do not fully tighten bolts at this time.
5. Next take the Right & Left Locking Posts (7, 10) one at a time and pull the Weight Bar Cables (33, 34) and Cable Knuckle (37) out of the top of the posts and let it hang down off the back of the Right & Left Locking Posts (7, 10). Now as shown in Diagram 1 & 2, now place the Right & Left Locking Posts (7,10) on top of the Right & Left Base Rails (1,2), align with the predrilled holes of the Upright support Plates (4) just installed and secure with two bolts (52), four washers (50) and two locknuts (49) on each side. Check to make no wires are cut or crushed when installing Locking Posts. Do not fully tighten bolts at this time.
6. Now as shown in Diagrams 1 & 2, now place the Middle Side Upright Post (13) on top of the Right & Left Base Rails (1,2), align with the predrilled holes of the pre threaded tabs and secure with four bolts (54), four washers (50) on each side. Do not fully tighten bolts at this time.
7. Next is the assembly of the Upper Linking Plates (18, 19, 93, 94) and Top Side Filler Rail (20). Reference Diagrams #1, 2 & 3. Now using three Bolts (51), washers (50) and Nuts (49) assemble in sets, one Outside Upper Linking (18&94), one Inside Upper Linking Plate (19&93) and Side Filler Rail. There are four bolt holes in the Filler Rail but we are only inserting three bolts at this time. The second hole from the front of unit on the Filler Rail should be left open. Now repeat steps for opposite side. Do not fully tighten bolts at this time. Note make sure Velcro edge is facing out for Mesh Cover to attach to. If facing in switch parts with other side.
8. Now install the Double Groove Pulley (24) in each Upper linking Plate assembly towards the back of the unit using bolts (58), washers (57) and nuts (56). Do not fully tighten bolts at this time.
9. Now place right Upper Linking Plate assembly on the right side. Note this part of the assembly may require two people. Align bolt holes of Upper Linking Plate with Middle Side Upright Post and insert Bolts (51), Washers (50) & nuts (49). Now repeat steps for opposite side. Do not fully tighten bolts at this time.
10. Before you go on to the next step take the Weight Bar Cables (33, 34) and Cable Knuckle (37) that are hanging out of the top of each post and flip the cables forward toward the front of the unit between the Linking Plates over the double pulley just installed.
11. Next install the Top Back Cross Brace (17) between the two Locking Posts (7, 10) using two Bolts (52) & two washers (50). Align bolt holes in Upper Linking Plates with Locking Post and thread bolts into pre-threaded holes in Top Back Cross Brace (17). Make sure both the Weight Bar Cables are located in front of these bolts. Do not fully tighten bolts at this time.

Instructions for Assembly of the ProSpot*fitness*® HG-1 (Con't)

12. Next install the Front Top Cross Brace (21) using Bolts (52), Washers (50) for the lower bottom hole and Bolts (53) & Washers (50) for the top two holes on each side. Thread bolts (52) & Washers (50) thru the Upper Linking Plate assembly into pre-threaded holes in the Front Top Cross Brace (21). Now thread the shorter Bolts (53) & Washers (50) into pre-threaded holes into Upper Linking Plate. Do not fully tighten bolts at this time.
13. The next step is to install the Double Groove Pulleys (24) with Right & Left Weight Bar Support Brackets (26, 27) in each Upper linking Plate assembly towards the front of the unit using bolts (59), washers (57) and nuts (56). Before you do this, pull straight and untwist if necessary the Weight Bar Cables (33, 34) and Cable Knuckle (37) that is out of the top of each Locking Post. Make sure these Weight Bar Cables (33, 34) are untwisted all the way down into the Locking Post to the pulleys on the Locking Blocks (8, 11). Then lay the cables toward the front of the unit between the Linking Plates over the Double Pulley (24) to be installed. Reference Diagrams # 1, 2, & 4. Do not fully tighten bolts at this time.
14. The next step is to install the Small Double Groove Pulleys (25) in each Upper linking Plate assembly towards the back of the unit using bolts (59), washers (57) and nuts (56). Before you do this, pull straight and untwist if necessary the Weight Bar Cables (33, 34) and Rear Cable Knuckle (35,36) that is coming out of each Locking Blocks (8,11). Make sure these Weight Bar Cables (33, 34) are untwisted all the way down to the pulleys on the Locking Blocks (8, 11). Now feed the Cables up and over the Small Double Groove Pulley (25). Then pull down the Rear Cable Knuckle (35,36) and cables and attach to the Right and Left Base Rails (1, 2) using Bolt (51), two Spacers (55), two Washers (50) and Locknuts (49) on each side. Make sure cables run outside the brace on the Locking Posts. Reference Diagrams # 1, 2, & 4. Do not fully tighten bolts at this time.
15. According to Diagrams # 1, 2 & 7, the Rear Cable Knuckles (35, 36) when installed should face towards the Locking Posts (7, 10). Now plug in the single plug of the Locking Post Wire **Harness (75)** into the socket connection on the Rear Cable Knuckles (35, 36) on each side. Next plug in the 3-lead pin connector on the Locking Post Wire **Harness (75)** into the Cross Brace wire **Harness (80)** on each side.
16. Now according to Diagrams # 1, 2 & 7, plug in the Neon Cross Brace Wire Harness (76) into the Neon Wire Harness (77) on each side. Next plug Neon Lights (81, 82) into the Neon Wire Harness (77) on each side.
17. Next according to Diagrams #1& 2 install the Middle Cross Brace (16) using two Bolts (48), two Washers (57) to the Middle Side Upright Post (13). Thread bolts (48) & Washers (57) into the pre-threaded holes in the Middle Side Upright Post (13) according to diagrams (1 & 2). Do not fully tighten bolts at this time.
18. Next install the Right & Left Front Upright Support Plates to the Right & Left Base Rails using two Bolts (51), four Washers (50) and two nuts (49) on each side. Do not fully tighten bolts at this time.
19. Now install the two Curved Front Upright Rails (14) using four Bolts (51), eight washers (50) and four nuts (49) on each side. Do not fully tighten bolts at this time.
20. Next install the Right & Left Side Weight Plate Holders on each side according to diagrams # 1 & 2 using two bolts (51), four washers (50) and two locknuts (49) for each Holder. Note, make sure Holders are mounted tilted upward and the flange overlaps towards the back of the unit as shown in diagram # 3. Tighten Bolts securely.
21. According to Diagram # 3, place the Electronic Locating Board (5) in position behind the Rear Cross Brace (3). Now place the Electronic Box (83) on the Locating Board (5) so that the lights are facing up and power plug of the Box receptacle is facing toward the back of the unit. Plug in Cross Brace wire Harness (74) to each of side Electronic Box (83). Now attach Electronic Locating Board (5) and Electronic Box Protective Cover to Rear Cross Brace using two bolts (51), four washers (50) and two locknuts (49). Tighten Bolts securely.
22. Next install the four Cable Keeper Bolts (68), Washers (67), Lock nuts (66) in the Upper Linking Plate assemblies above the two rear Double Groove Pulleys (24, 25). These bolts prevent the Weight Bar Cables from jumping off the pulleys during workout.
23. Now its time to tighten all the bolts previously installed. Starting at the bottom of the unit working your way to the top. Tighten bolts securely but do not over tighten.

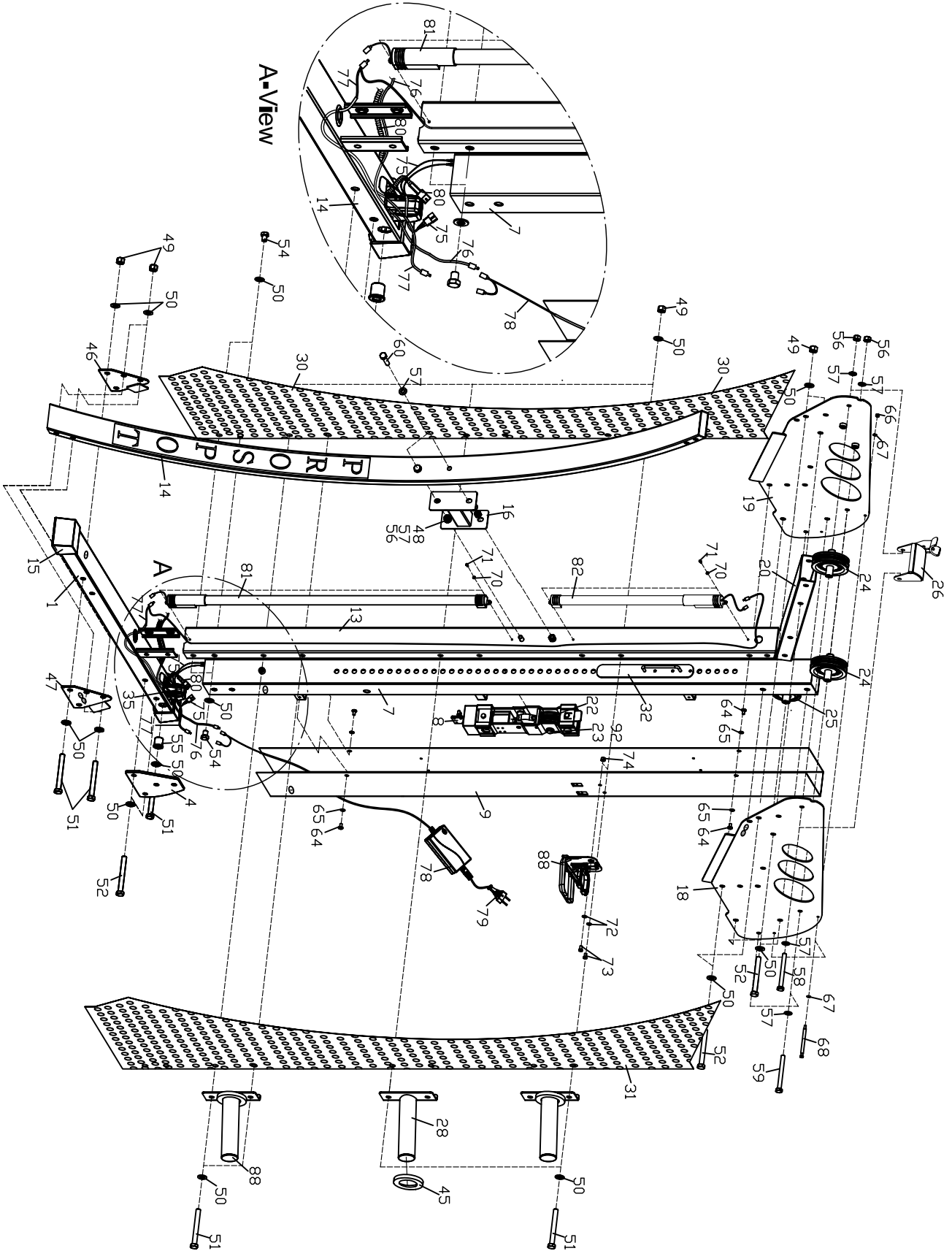
Step #2 WEIGHT BAR ASSEMBLY

1. Now its time to install Sensor Weight Bar (38). Using a 5mm allen wrench remove the Socket Button (61) Head Screw & End Cap (42) off each end. Now using a 4mm allen wrench, remove the Spacer Collar (40) from each end of Sensor Weight Bar. This may take two people to perform this next task. Place Sensor Weight Bar in front of unit. Grab and touch both at the same time the metal plate on the Weight Bar Cable Knuckles (37) that are on the front of the unit. This will trigger the sensor to release the Cables to allow down ward movement. Pull down to waist level and hold these at this position. Make sure Cables are not twisted and the metal face of Cable Knuckle is facing inward. If you let go the Cables, they will retract back into unit. Now have your assistant slide end of the (38) Sensor Weight Bar thru holes in knuckles on each side. Note: There is a key slot cut out in Cable Knuckle for a metal pin on Sensor Weight Bar to slide thru. You can now let go of Sensor weight Bar. It will not move unless Sensor is triggered. Now reinstall (40) Spacer collar so that it is against Cable Knuckle and tighten with 4mm allen wrench. Now install the Olympic adapters (41), End Caps (42) and tighten (61) Socket Button (61) Head Screw with 5mm allen wrench.
2. Now test movement of Weight Bar. Try lowering and raising the Weight Bar to the furthest points. If it sticks or doesn't work correctly, check the Weight Bar Cables over the pulleys to make sure they are not crossed or twisted. According to Diagram # 4, check for proper cable runs over pulleys and Cable Keepers are installed, not over tightened. Make sure all wire harnesses are plugged together correctly.

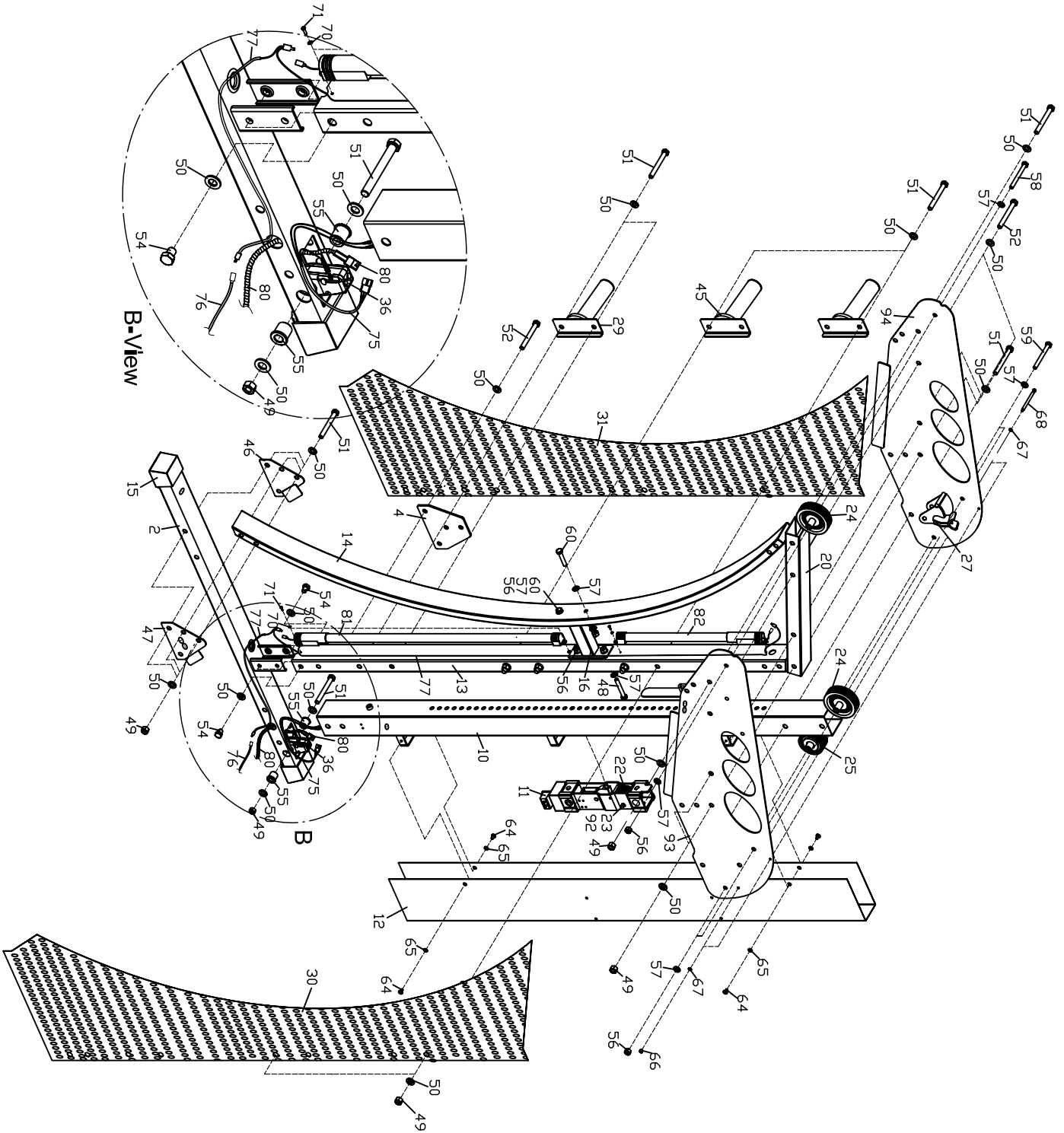
Step #3 FINAL ASSEMBLY

1. Now according to Diagram # 2 install the Left Locking Post Cover (12) using four Machine Screws (64) and four Washers (65). Make sure Cover goes over the tabs for machine screws but goes between plates on top and bottom of the Cover. Tighten securely but be careful not to strip the screw heads.
2. Now before installing Right Locking Post Cover there two steps that need to be done. According to Diagram # 1, attach Cup Holder (88) to outside face of shroud using **Pan Cross Head Bolts (73)**, Washers (72) and Nuts (74). There are pre drill holes in Cover for this. Next feed Neon Wire Harness (78) thru hole near bottom inside face of Cover and plug into both the Neon Light Cross Brace Harness and Neon Light Wire Harness (77) Reference diagrams # 1 & 7. Make sure Cover goes over the tabs for Machine Screws but goes between plates on top and bottom of the Cover. Tighten securely but be careful not to strip the screw heads.
3. Now plug in Neon Power Cord (79) in to Power supply (78). Next plug Neon Power Cord (79) into surge Protector Power Strip. All four Neon Lights should turn on. If light or lights do not turn on, check wiring according to Diagram # 7.
4. Next install Mesh Covers (30) & (31) to both sides. Stretch and adjust for proper fit with no creases.
5. According to diagram # 5, next install the Prospot Logo Plate (90) to the Front Top Rail (21).
6. Now according to Diagrams # 1 & 2 install "PROSPOT" letters to the Front Curved Rails (14).
7. Using the Foot Pump (87) inflate Stability Ball (85) to required firmness. Do not over inflate.

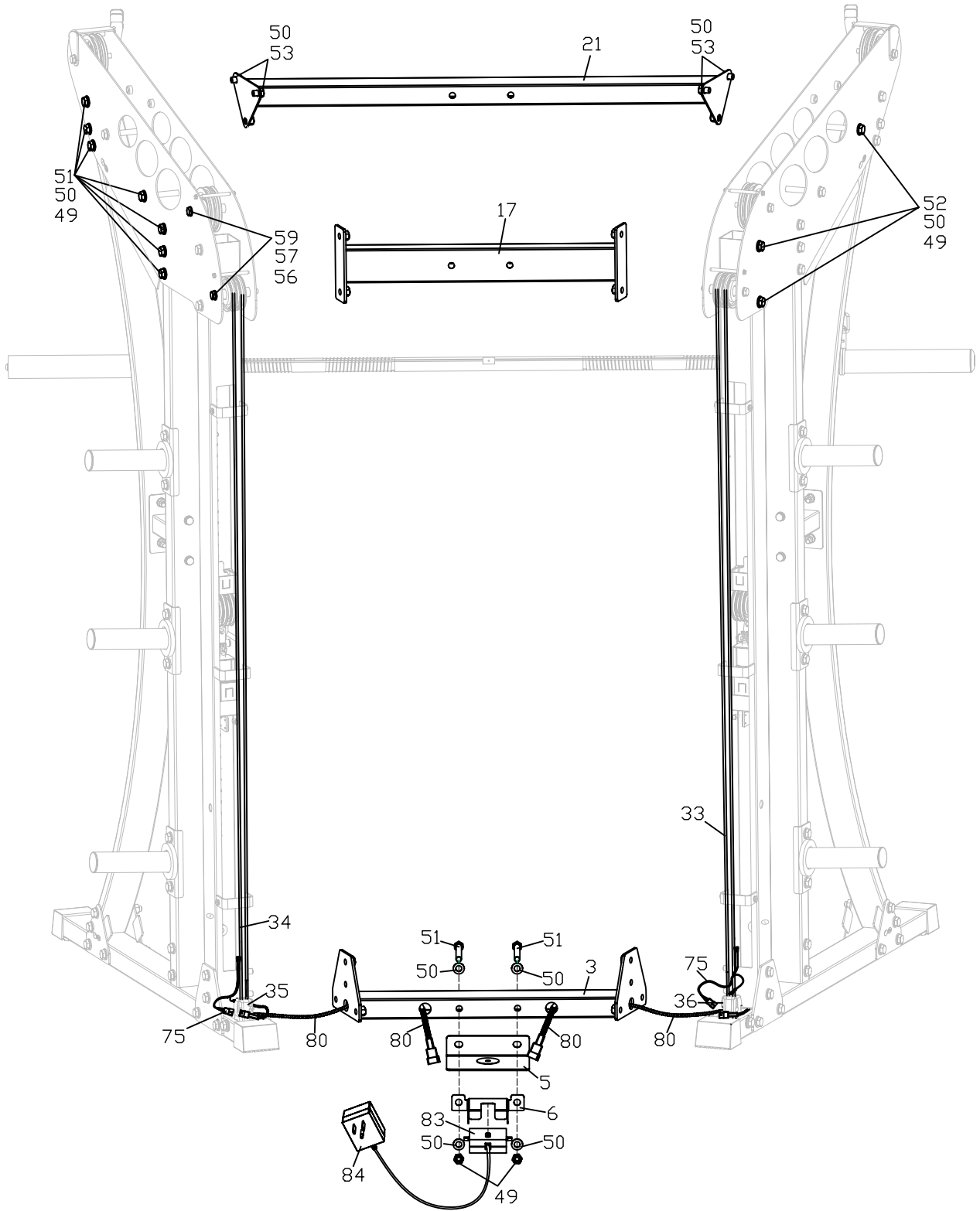
HG-1 Diagram 1



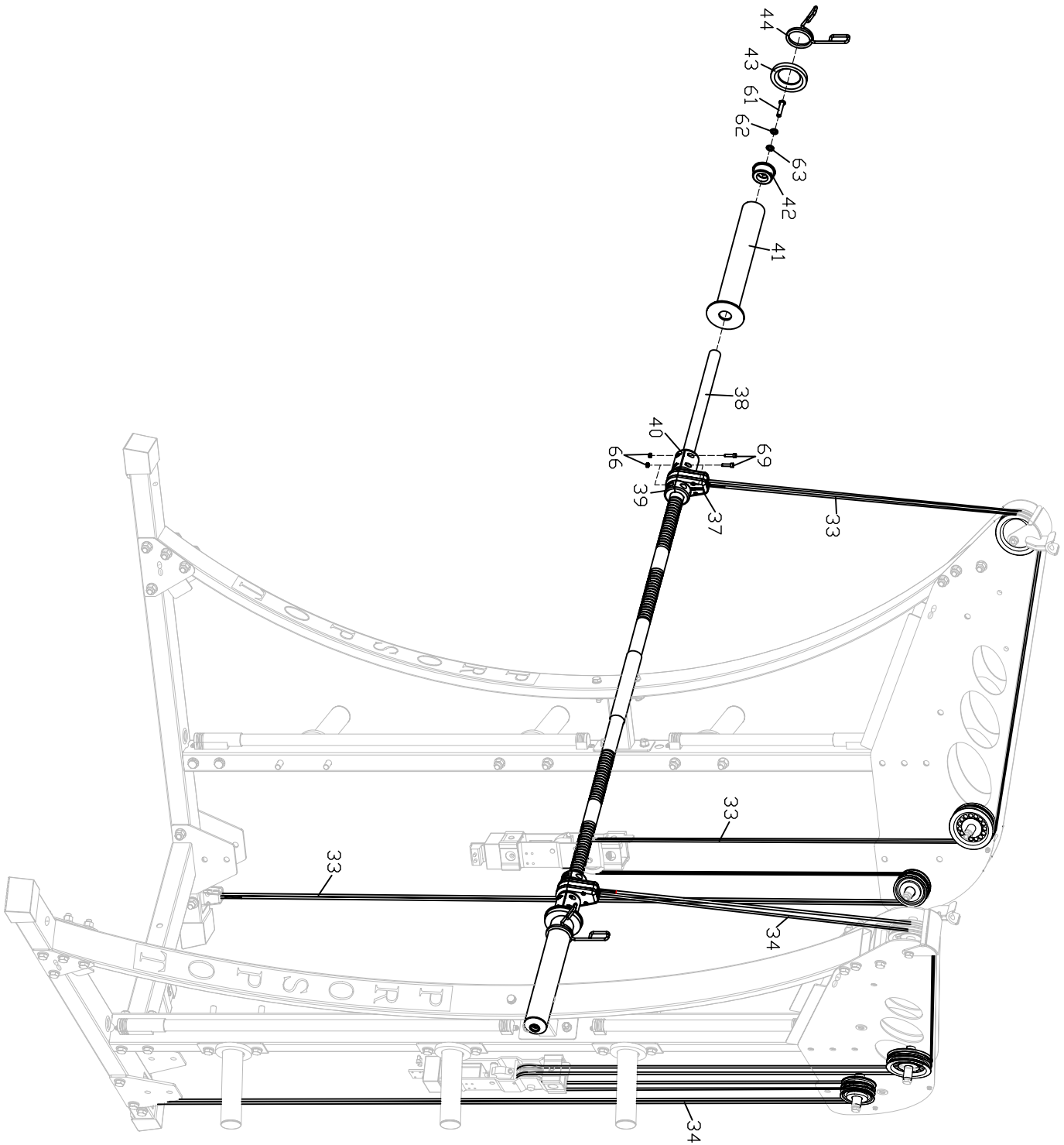
HG-1 Diagram 2



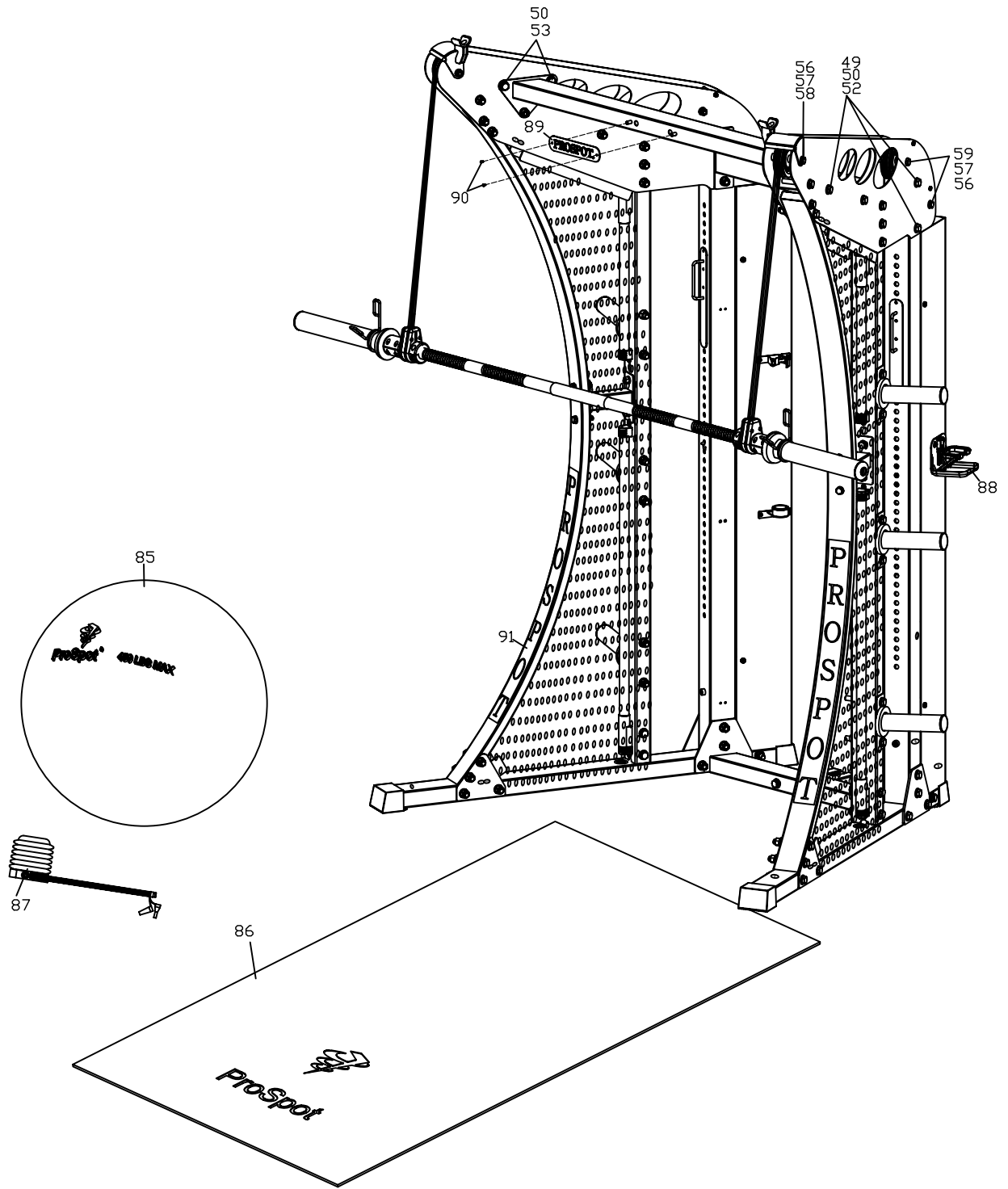
HG-1 Diagram 3: Rear View



HG-1 Diagram 4: Cable Runs & Weight Bar

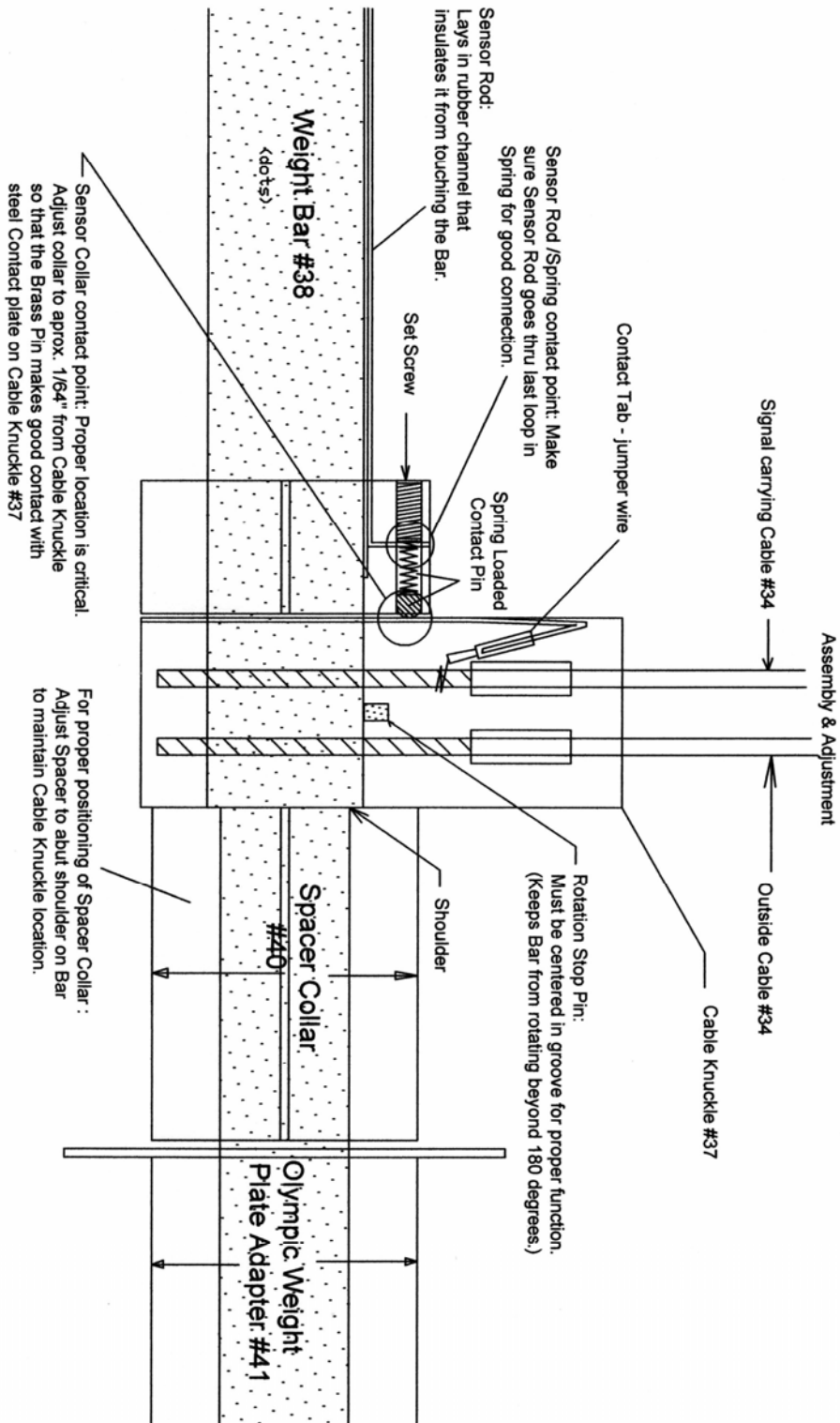


HG-1 Diagram 5: Assembled View

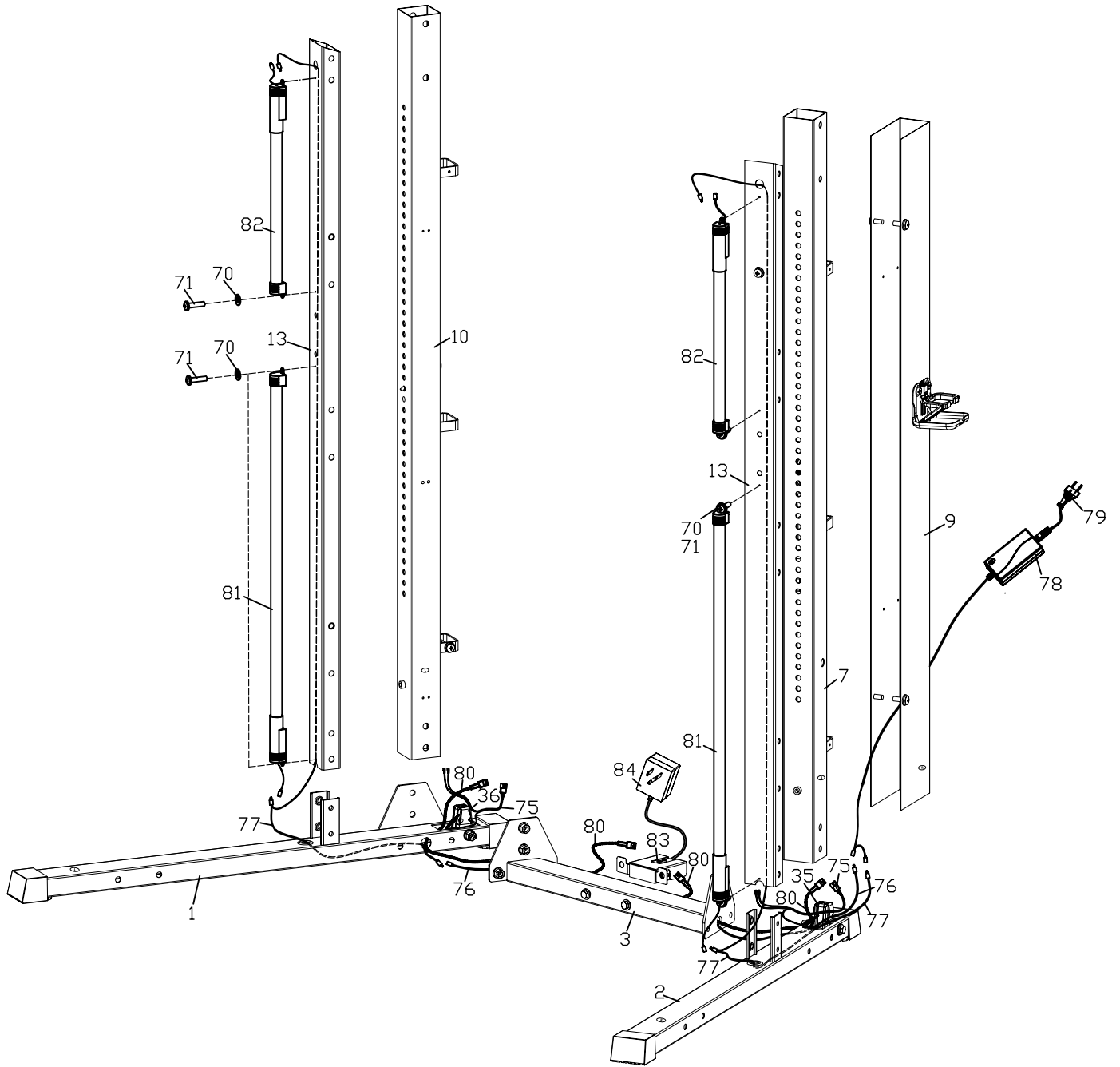


HG-1 Diagram 6: Detail of Weight Bar

Fusion-Series Weight Bar -Cable Knuckle Diagram



HG-1 Diagram 7: Detail Wiring for Neon Lighting



!!Read!! This Page Before Using Your ProSpotfitness® Product

Safe Use of Your ProSpotfitness® Product

1. **CAUTION:**
This machine involves the risk of possible injury by its user.

2. **THE FOLLOWING RULES SHOULD BE CAREFULLY FOLLOWED:**
 - Consult a physician or other healthcare provider before beginning an exercise program.
 - If you are in bad health or are handicapped, ask for the opinion of your physician and exercise only under qualified supervision.
 - Discontinue exercising if you experience any light-headedness, dizziness or shortness of breath and consult your physician.

3. Keep small children and others at a safe distance from all moving parts. The up and down movement of the weights can be dangerous.
 - Never allow your fingers, toes, hair, other body parts or loose clothing to come near weights while they are in motion.
 - Never attempt to exercise with more weight than you are physically able to handle.
 - Prior to every use, inspect your machine to ensure all parts are free from defect and are fully operational.
 - Check all fasteners to make sure none have loosened with use. Tighten any loose fasteners if necessary.

4. **Warning:** Never perform any maintenance on the unit while the power supply is plugged into the wall.

User Instructions for the HG-1

Touch Sensor Barbell Operation

1. Rotate the barbell so that the Touch Sensor Strip embedded in the barbell is touching your fingertips. It is necessary for your fingertips to maintain skin contact with the Touch Sensor Strip throughout your free-weight exercise.
2. Grasp the barbell using what is called a 'false' grip in which the thumb does not wrap around the bar but rests alongside the index fingers. Using this type of grip will prevent your thumb from maintaining skin contact with the Touch Sensor Strip when you attempt to lock the bar in place.
3. Once you have grasped the barbell, you will hear a soft 'click' and a solid red light will appear on the Electronic Box in addition to the flashing green power light.
4. While still grasping the barbell, lift about 1", using an even upward lifting motion on both sides of the barbell. This upward movement will disengage the locking mechanism. If you have performed this step correctly, the barbell will now be under your control.
5. Always remember to secure all weight plates with supplied spring clips. You are now ready to begin your free-weight exercise routine.
6. Always maintain control of the movement of the barbell. Do not allow the barbell to swing against the machine frame, as this may cause damage to the finish. Do not attempt to throw or slam the barbell attached to the cables, as this may result in damage to the locking mechanism. Intentional misuse of the **HG-1** will void any and all warranties.

Spot Block Plates and Barbell Loading

Always use Spot Block Plates when using barbell as a secondary locking backup. The Spot Block Plates can also be used as a training aid by limiting barbell movement when exercising. To position the Spot Block Plates:

1. Place the barbell into the lowest position for the exercise you will be performing. To move the Spot Blocks Plates, remove by grabbing handles and lifting up. You will see the top hook and stop pin that goes in the holes. Place the Spot Blocks Plates above exposed tip of locking pin on rear support posts. This will now restrict the movement of Sensor Weight Bar beyond this point.
2. Make certain the barbell is level before loading weight plates. Level the barbell by raising up one end of the barbell until it is level. Load weights evenly on both sides of the barbell.

Note: The HG-1 unit has a 750-pound capacity. Do not exceed capacity!

Performing Chin-Ups:

Chin-Ups can be performed using the barbell when it is placed into the notched grooves on top of the HG-1. Ensure that the barbell is secure before performing chin-ups.

Using optional PBL-65 Bench with optional FHL-200 High/Low Pull:

1. Insert the weight-selector pin into the weight stack to add resistance for use with the high-pulley and low-pulley exercises.
2. To perform leg extension and leg curl exercises, attach the bench cable to the low-pulley. Make sure the cable is taut by pulling out the bench until there is no slack in the cable.

Note: When using the optional FHL-200 weight stack, the weight shown by the weight indicator numbers is the actual amount of weight being used. For example, if using 50 pounds to perform a cable curl, the actual weight being used is 50 pounds.

For more detailed instructions regarding the use of the optional PBL-65 Bench and optional FHL-200 High/low pull, refer to bench and high/low pull user instructions.

Maintenance Program

The **HG-1** is made of durable materials and has been factory tested to assure proper function and reliability. It is designed in a way to allow easy replacement of parts both mechanical and electrical if the need should ever arise. If you are a new owner of an **HG-1** system, three important things need to be done to assure prompt service under the warranty:

1. Fill out and fax or mail to us your Product Warranty Registration Card along with a copy of your sales receipt (proof of purchase).
2. Your system needs to be set up properly according to the assembly manual.
3. Follow user instructions on how to properly use the system.

Note: The **HG-1** is recommended for climate-controlled environments. Outdoor use is not recommended and will void the warranty. Carefully inspect machine before each use to determine that it is free from defects.

Do **NOT** use the machine if you find:

1. A loose, broken or frayed power cord – (needs to be replaced)
2. Any broken, cracked, torn, frayed or defective part of the machine – (needs to be replaced)
3. Loose bolts or fasteners. Check all fasteners to make sure none have loosened with use. Tighten any loose fasteners.
4. Pulleys sticking or Cables binding. Check for free movement of all cable and pulleys. Adjust or replace if necessary.

Lubrication:

Lubricate the Internal Locking Blocks periodically by spraying a standard silicone lubricant (found in hardware stores) into the top of the # 7 & 10 Locking Upright Posts in the inside corners of the tube. Do not over lubricate.

Warning: Never perform any maintenance on the unit while the power supply is plugged into the wall.

ProSpotfitness® HG-1 Parts list

Revised Part#	Description	QTY	Revised Part#	Description	QTY
1	Left Base Rail	1	48	Hex Head Bolt M10*65	4
2	Right Base Rail	1	49	Hex Nut M12	52
3	Rear Cross Brace	1	50	Flat Washer M12	116
4	Rear Upright Support Plate	2	51	Hex Head Bolt M12*100	38
5	Electronic Box Locating Board	1	52	Hex Head Bolt M12*105	14
6	Electronic Box Protective Cover	1	53	Hex Head Bolt M12*25	4
7	Right Locking Post	1	54	Hex Head Bolt M12*15	8
8	Right Locking Block	1	55	Spacer 12mm ID	4
9	Right Locking Post Cover	1	56	Hex Nut M10	14
10	Left Locking Post	1	57	Flat Washer M10	28
11	Left Locking Block	1	58	Hex Head Bolt M10*105	2
12	Left Locking Post Cover	1	59	Hex Head Bolt M10*100	4
13	Middle Side Upright Post	2	60	Hex Head Bolt M10*45	4
14	Curved front Upright Rail	2	61	Pan Cross Head M8*40	2
15	Foot End Cap 75 x 45mm	4	62	Flat Washer M8	2
16	Middle Cross Brace	2	63	Spring Washer 8mm	2
17	Top Back Cross Brace	1	64	Pan Cross Head M6*10	8
18	Right Outside Upper Linking Plate	1	65	Flat Washer M6	8
19	Right Inside Upper Linking Plate	1	66	Hex Nut M5	12
20	Top Side Filler Rail	2	67	Flat Washer M5	8
21	Front Top Cross Brace	1	68	Hex Head Bolt with Sleeve M5*90	4
22	Small Single Groove Pulley (L-Blk)	4	69	Socket Head Cap Sleeve M5*20	8
23	Pulley Retaining Pin (L-Block)	2	70	Flat Washer M3	8
24	Large Double Groove Pulley	4	71	Pan Cross Head M3*10	8
25	Small Double Groove Pulley	2	72	Flat Washer M4	4
26	Right Weight Bar Support Bracket	1	73	Pan Cross Head Bolt M4x10 mm	2
27	Left Weight Bar Support Bracket	1	74	Hex Nut M4	2
28	Right Side Weight Plate Holder	3	75	Locking Post Wire Harness	2
29	Left Side Weight Plate Holder	3	76	Neon Light Cross Brace Harness	1
30	Left Mesh Cover	2	77	Neon Light Wire Harness	2
31	Right Mesh Cover	2	78	Neon Light s12V Power Adapter	1
32	Spot Block Plate	2	79	Neon light Power Cord	1
33	Weight Bar Inner Cable	2	80	Cross Brace Wire Harness	2
34	Weight Bar Outer Cable	2	81	Large Neon Light	2
35	Right Rear Cable Knuckle	1	82	Small Neon Light	2
36	Left Rear Cable Knuckle	1	83	Electronic Box	1
37	Weight Bar Cable Knuckle	2	84	Power Supply 12V	1
38	Sensor Weight Bar	1	85	Exercise Ball	1
39	Sensor Retaining Collar	2	86	Work Out Mat	1
40	Plastic Locking Sleeve	2	87	Foot Pump for Ball	1
41	Olympic Adapter	2	88	Cup Holder	1
42	Olympic Adapter Retaining Plug	2	89	Logo Plate	1
43	W-Bar Bumper Ring 50/80mm	2	90	C-FH Cross Recess Screw M3*8	2
44	Weight Bar Spring Clip	2	91	Logo Assembly	2
45	Rubber Bumper Ring 45/72mm	6	92	Magnet Washer	2
46	Left Front Upright Support Plate	2	93	Left Inside Upper Linking Plate	1
47	Right Front Upright Support Plate	2	94	Left Outside Upper Linking Plate	1

Trouble-Shooting

How the Patented ProSpot System works:

Starting from the Computer Brain, a signal is sent from the left & right side, thru the L & R Grey Base Frame Wire Harness (white lead), Locking Post wire harness to the Lower rear Cable Knuckle connector, to inside Barbell Cable to the Sensor on the Barbell. When skin contacts is made with Barbell Sensors, the signals return to the Computer Brain, at which a 12-volt charge is sent via the Base Frame Wire Harness to the contact strips in the Locking Post to the solenoids, to release the spring loaded Slider Block Locking Pins when the Barbell is lifted, allowing the Barbell to move up and down. When skin contact with Barbell Sensor is broken by either hand, the Computer Brain reads this and stops the 12-volt charge to the solenoids, at which time, the spring loaded Locking Pins instantaneously engages the hole on the Guide Post and locks the Barbell from any downward movement.

Trouble Shooting of ProSpot Systems

ALWAYS REMEMBER: After performing any service on the unit **RESET** the Computer on your ProSpot system before using it. Just unplug the power supply Electronic Box, wait 30 seconds and plug back in. Resetting the Computer allows it to recalibrate and work to its greatest efficiency.

Electrical Service Inspection Checklist:

1. Check for proper functioning of wall receptacle. (Test plug for power)
 - a. If bad, find new 110V AC power supply.
 - b. Check surge suppressor plug strip for proper function.
2. Check wall transformer connection to Electronic Box. Should not be bent or loose.
 - a. If bad, replace Electronic Box.
3. Check for green flashing light, the indication power to Electronic Box.
 - a. If no green light, test 12V Wall Adapter for 12-17 volts output. If voltage is less or none, replace 12V power supply.
4. Inspect white connectors from Base Frame Wire Harness connection on Electronic Box for loose wires.
 - a. If loose, plug in tight.
 - b. If broken, replace Base Frame Wire Harness.
5. Inspect Base Frame Wire Harness for possible pinching in frame during assembly.
 - a. Replace Base Frame Wire Harness if damaged or defective.
6. Inspect Base Frame Wire Harness connection to Locking Post Wire harness.
 - a. If loose, plug in tight.
 - b. If broken, replace Base Frame Wire Harness or Locking Post Wire Harness.
7. Inspect Locking Post Wire Harness connection to Contact Strips.
 - a. If loose, plug in tight.
 - b. If broken, replace Locking Post Wire Harness.
 - a. Inspect Locking Post Wire Harness plug in connector to Lower Cable Knuckle.
 - b. If loose, plug in tight.
 - c. If broken, replace Locking Post Wire harness.
8. Check contact points of Sensor Weight Bar (Reference Diagram #6).
 - a. Check Sensor Collar for proper adjustment. Sensor Collar Brass Pin must make contact with metal plate on Cable Knuckle.
 - b. Check Brass Contact Pin and Spring for proper continuity.
 - c. Check Spacer Collar for proper positioning.

Trouble-Shooting (con't)

Before performing the trouble shooting on this page, go thru the Electrical Service Inspection on the previous page.

Symptom: Sensor Weight Bar locks prematurely during work out.

Solution:

1. Perform Adjustments on Weight Bar / Cable-Knuckle assembly. See Diagram # 6.
2. Check Wire Harness for defective wire. (Continuity test)

Symptom: Sensor Weight Bar will not unlock at all.

Solution:

1. Remove covers on both sides to gain access to Locking Post Wire Harness.
2. Unplug Sensor plugs from Rear Cable Knuckle (35 & 36) and hold one in each hand at the same time.
3. If sensor triggers (red light comes on) then Wire Harness is good.
 - a. Recheck connections on Weight Bar / Cable-Knuckle Assembly. Make adjustments.
4. If sensor fails to trigger (no red light) then:
 - a. Re-check both Wire Harness's with Meter (Continuity test) for defective wire and replace.

Symptom: One side of system will not unlock.

Solution:

1. Check Double Cable Pulleys for free movement.
2. Check connections from Locking Post Wire Harness to contact strips.
3. Check free movement of Locking Pin. (Manually pull down Pin)
4. Trigger Sensor and test for 10-12 volts at Solenoid connection.
 - a. If it reads 10-12 volts then replace Solenoid.
 - b. If no voltage, then check Wire Harness for defective wire. (Continuity test)
 - c. If Wire Harness is good the replace Electronic Box.

Symptom: Sensor Rod on Weight bar keeps popping up.

Solution:

1. Remove Sensor Collar and Sensor Rod.
2. Straighten any bends. (If too bent up, replace.)
3. Before reinstalling, bend angle in Sensor Rod slightly downward, so that there is tension on Sensor Rod to seat it.

Symptom: If all Neon Lights fail to turn on.

Solution:

1. Check surge suppressor plug strip for proper function and 110v output.
2. Test 12V Wall Adapter for 12-17 volts output.
3. Check Neon Light Wire Harnesses for possible broken wires or loose connections.

Symptom: If one of the Neon Lights fail to turn on.

Solution:

1. Check Neon Light Wire Harness for that Neon Light possible broken wires or loose connections. Repair or replace if necessary.
2. Check for 12-17 volts output from where light plugs into Wire Harness.
 - a. If there is proper power then replace Neon Light.
 - b. If there is no power at connection then repair or replace bad wire harness.

For more detailed information go to our web site www.prospotfitness.com under the technical section and go to the Service Manual for the Fusion Series.

Warranty & Contact Information

Each **PROSPOTfitness**® Product comes with a limited parts replacement warranty. Please refer to the actual warranty card included with your system for specific coverage.

Remember: To activate your Warranty, fill out and fax or mail to us your Product Warranty Registration Card along with a copy of your sales receipt (proof of purchase) if your dealer has not done this at time of purchase.

If you have any questions about performance under this limited warranty, please write us at:

PROSPOTfitness, Inc.
Attn: Warranty Service
2000 Newpoint Pl Pkwy. Suite 500
Lawrenceville, GA 30043

Office (770) 446-9299
Fax (770)-446-7213

Contacting ProSpot Fitness Technical Support:

Our Service Department can be reached M-F 9-5 pm EST.

Or e-mail us: support@prospotfitness.com

If ordering replacement parts, please refer to the Owners Manual for part numbers and description.

Note: Owners Manuals & Warranty Registration cards can be down loaded from our web site.

For more information please refer to our Website at: www.prospotfitness.com