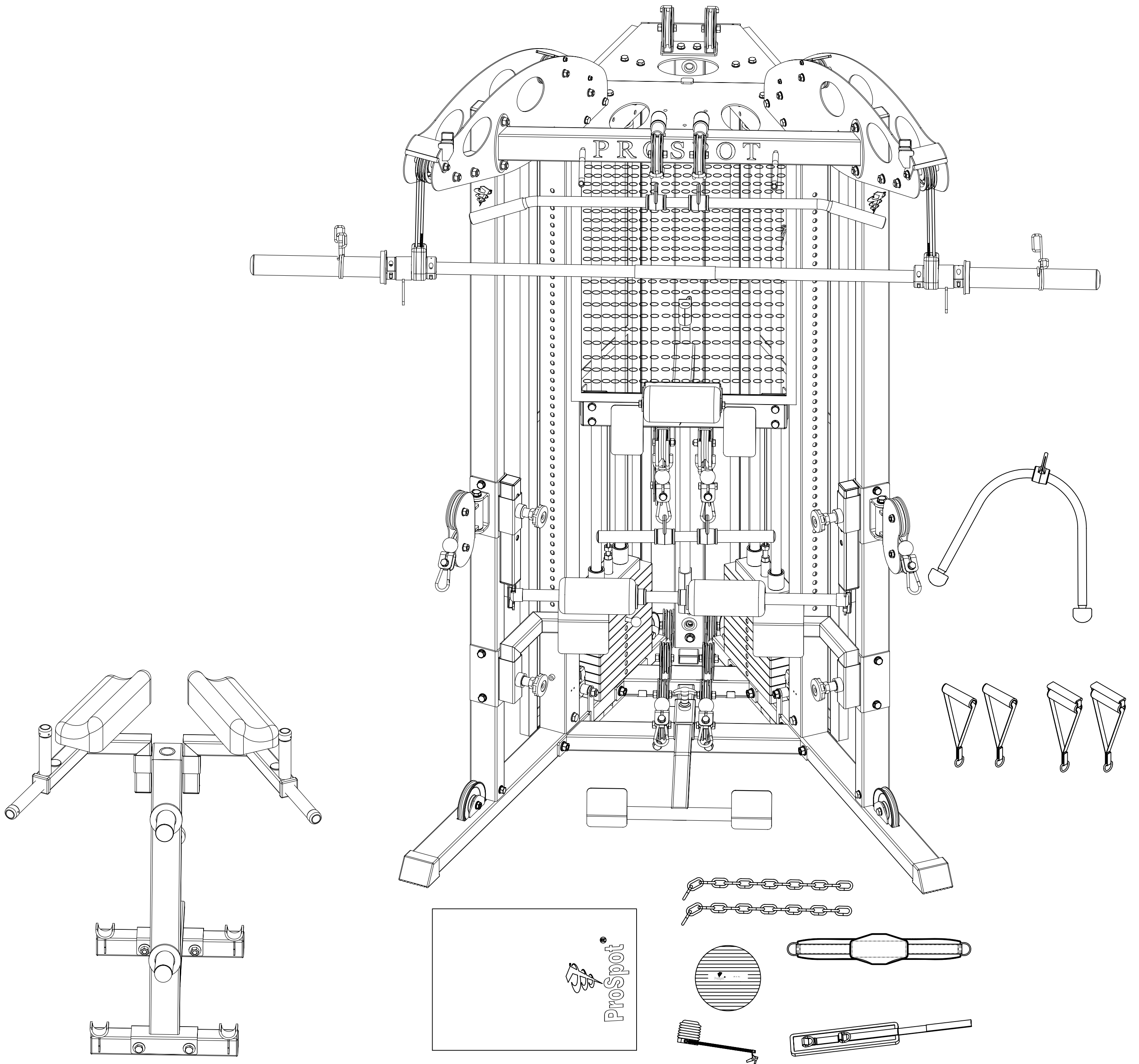


# PROSPOT *fitness*®

## Fusion Model HG-5

### Owners Manual



Serial Number: \_\_\_\_\_ HG5

# HG-5

# Owners Manual

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Note this unit consists of **six total boxes**:

Three Boxes Labeled Box 1-3, HG-5 & 6 Base unit common parts

One Box Labeled Box 4, HG-5 Kit Conversion

Two Weight stack boxes labeled plates 20-100 lbs

# Instructions for Assembly of the ProSpot*fitness*® HG-5

- Before assembly, choose a safe location for your **PROSPOT*fitness*® HG-6**. The **PROSPOT*fitness*® HG-5** 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-5** 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-5** unit is designed for climate controlled environments (indoor use only). Outdoor or non-climate controlled use may affect the proper function of HG-6 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-5**.
- 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-5** 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-5 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 ProSpot*fitness*® HG-5

## Step #1 MAIN FRAME ASSEMBLY

1. Referencing Diagrams 1 & 2, find the part Front Cross Brace (3). The Wire Harness (108) that runs thru this part. This 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. Now place the Rear Bottom Panel (5) in center of the assembly area. Next place the Right and Left Base Rails (1, 2) opposite each other on each side of the Rear Bottom Panel. Note the 7/8" access holes for wiring on side of Right and Left Base Rails (1, 2) should face inward. Now position the Front Plastic Bottom Panel (4) (Remove paper cover on plastic) in front of the Rear Bottom Panel (5) between the Base Rails. Insert Bolts (74) thru the Backing Plate (158) and attach the Side Rails (1 & 2) to the Rear Bottom Panel using M12 x105 Bolts (74), M12 Washers (72) & M12 Nuts (73). Do not fully tighten bolts at this time.
3. Now place the Front 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 wire harness that comes out of the middle of the Front Cross Brace (3) faces toward the back of the unit. Refer to Diagrams 1 & 2.
4. Next feed the two Wire Harnesses (108) thru the access holes in the Right and Left Base Rails (1 & 2). Pull up thru the round hole in the Right and Left Base Rails (1 & 2). Insert M12\*105 Bolts (74) thru the Backing Plate with Panel Hook (69) and attach the Side Rails (1 & 2) to the Front Cross Brace using M12 Washers (72) & M12 Nuts (73). Do not fully tighten bolts at this time.
5. Now place the Right & Left Locking Posts on the Bottom Base Rails (1 & 2) and secure with M10\*20 Bolts (71) and M10 Washers (70). Be careful not to crush wire harnesses at bottom of post. Then according to Diagram 2 connect the two Wire Harnesses (108) to the Locking Post Wire Harnesses (107). Pull Barbell Cables out of top of the Locking Posts and let Cable Knuckle and Barbell Cable hang towards the front of the Locking Post for now.
6. According to Diagram 1 place these Upright Posts (6) and place on the Bottom Base rails (1 & 2) and secure with M10 \*20 Bolts (71) and M10 Washers (70).
7. Before installing the Rear Upright Support Post (9), install the Neon Light (104 using M3\*10 Screws (105) and M3 Washers (106) according to Diagram 2.
8. Now place the Rear Upright Support Post (9) on the Rear Bottom Panel (5) and secure with M12\* 20 Bolt (75) and M12 Washer (72).

## Step #2 MAIN UPPER FRAME ASSEMBLY

1. According to Diagram 4 attach Lat Pulley Bracket (17) to the Rear Top Panel (16) using M10\*25 Bolts (88) and M10 Washers (70). Tighten Bolts Securely.
2. Now according to Diagram 3 attach the Rear Top Panel to the Rear Upright Support Post (9) using M12\*20 Bolt (75) and M12 Washer (72).
3. Now according to Diagram 3 install the Front Top Panel (15) to the Locking Posts (11) & (12) using M12\*100 Bolts (80), M12 Washers (72) and M12 Nuts (73). Make sure the Barbell Cables are positioned in front of the Bolts (80) just installed.
4. Now according to Diagram 3 install two Upper Linking Plates (26) on each side Front Upright Support Post (6) using M12\*100 Bolts (80), M12 Washers (72) and M12 Nuts (73).
5. Next attach the two Upper Linking Plates (26) to the Front top Panel (15) using M10\*20 Bolts (71) and M12 Washers (70).
6. Now according to Diagram 3 install the four Small Double Groove Pulleys (114) in the two Upper Linking Plates (26) in the using M10\*100 Bolts (84), M10 Washers (70) and M10 Nuts (82).

# Instructions for Assembly of the ProSpot*fitness*® HG-5 (con't.)

## Step #3 FINAL FRAME ASSEMBLY

1. Now according to Diagram 3 install the Middle Cross Brace (18) using M10\*65 Bolts (100), M10 Washers (70 and M10 Nuts (82).
2. Next find the Front Top Rail (27) and attach the Front Panel Tabs (49) to the back of the Rail using Pan Head Bolts M4\*10 (118) & M4 Washers. Make sure the Tabs are facing downward.
3. Now install the Front Top Rail (27) using M12 x 105 Bolts (74), M12 Washers (20) and M12 Nuts (73).
4. Now according to Diagram 1 attach the Cable Head assemblies (24) to each Front Upright Post (6) using M12\*70 Bolts, M12 Washers and M12 Nuts.
5. **Installation of Weight Bar Cables (128 & 129):** Uncoil the Cables coming out of the Locking Posts. Make sure the Bar Cables are untwisted all the way down to the pulleys on the Locking Blocks (54, 55). Now feed the Cables up and over the Small Double Groove Pulley (114). Then pull down the Rear Cable Knuckle and attach to the Right and Left Base Rails (1, 2) using M12\*100 Bolt (80), two Spacers (131), two M12 Washers (72) and M12 Nuts (73) on each side. Make sure cables run outside the brace on the Locking Posts. Reference Diagrams 7.
6. According to Diagrams 7 the rear cable knuckles part of the Weight Cables (128 & 129) when installed should face towards the Locking Posts (7, 8). Now plug in the single plug of the Locking Post Wire Harness (155) into the socket connection on the Rear Cable Knuckles on each side.
7. To finish the Weight Bar Cable installation take the Front Cable Knuckle 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.
8. Reference Diagrams 3, 7 & 11. The next step is to install the Double Groove Pulleys (112) with Right & Left Weight Bar Support Brackets (32 & 33) in each Upper Linking Plate assembly towards the front of the unit using M10\*105 Bolts (103), M10 Washers (70) and M10 Nuts (82). Make sure the Weight Bar Cables (128 & 129) are untwisted all the way down into the Locking Post to the pulleys on the Locking Blocks (54 & 55). Then lay the cables toward the front of the unit between the Linking Plates over the Double Pulley (112) to be installed.
9. Now install the two Cable Keeper M6\*90 Bolts (109), M6 Washers (110), M6 Lock nuts (111) in the Upper Linking Plate assemblies above the two rear Double Groove Pulleys (114). These bolts prevent the Weight Bar Cables from jumping off the pulleys during workout.
9. Next according to Diagram # 1 & 2, place the Electronic Box (101) on the Bottom Panel (4) 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 (108) to each of side Electronic Box (101). Now place the Electronic Box Cover (56) over the Electronic Box (101) and attach with two M10\*95 Bolts (157), four M10 Washers (70) and two M10 locknuts (82).
10. 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.
11. As shown in Diagram 2 feed the Power Supply Cord (102) thru the Rear Support Post into Electronic Box (101). Next plug Power Adapter into Surge Protector Power Strip. Once it is plugged in the green light should flash about once every second.
12. As shown in Diagram 2 feed the Neon power cord thru the Rear Support Post and connect to the Neon Light wire harness. Then plug in the Neon Power Cord (155) into Neon Power supply (154). Next plug Neon Power Cord (155) into a Surge Protector Power Strip. The Neon Light should turn on. If light does not turn on, check wiring.

# Instructions for Assembly of the ProSpot*fitness*® HG-5 (Con't.)

## Step #4 WEIGHT BAR ASSEMBLY

1. Now its time to install Sensor Weight Bar (34). Reference Diagram 11. Using a 5mm allen wrench remove the M8\*40 Screw (121) Head Screw & End Cap (45) off each end. Now using a 4mm allen wrench, remove the Spacer Collar (48) from each end of Sensor Weight Bar. Next remove the Rotating Loop (113) with the steel spacer bushings. Set these parts aside for the moment.
2. 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 (128 & 129) 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 (34) 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.
3. Now reinstall Rotating Loop (113) with the steel spacer bushings. (The same way they came off.) Next install the Spacer Collar (48) so that it is against the Rotating Loop (113) bushing and tighten with 4mm Allen wrench. Now install the Olympic adapters (35), End Caps (45) and tighten M8\*40 Screw (121) with M8 Lock Washer (120) and M8 Flat Washer (119) with 5mm Allen wrench.
4. 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 11 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 #5 WEIGHT STACK ASSEMBLY

1. As shown in Diagram 4 assemble the two Upper Pulley Brackets (14) to the Guide Rod Top Plate (53) using M10\*20 Bolts (71) and M10 Washers (70). Tighten bolts securely.
2. To get started remove Weight Stack plates (65) and Top Plate (66) from its Cartons.
3. Now working on one side of unit at a time, insert Guide Rod Cups (53) into Base Rails (1 & 2) if not already done. Next insert the Weight Stack Guide Rods (10) into each of the Guide Rod Cups.
4. Add Weight Plates (65) starting with the bottom #100 weight plate, slide down on Guide Rods. Keep Weight Plates in order and facing to front of unit. Repeat until all weight plates are installed. This step is easier with assistance from another person. Then install Top Plate (66).
5. Next install the Guide Rod Top Plate onto the Guide Rods (10) and bolt to Top Front Panel (15) using M10\*20 Bolts (71) and M10 Washers (70). Reference Diagram 4.

## Step #6 CABLE INSTALLATION

There are three separate sets of cables for the resistance exercises. There are three different points to adjust cables. 1. Weight Stack Adjuster Bolt 2. Large Equalizer Pulley Bracket

1. According to Diagram 7 install the Weight stack Cable (133). Found in Box 4. It runs thru the Weight Stack Pulley Bracket, around the Equalizer Pulley Bracket (135) and then attaches to the to Top Rear Panel with M10\*40 Bolts (76) M10 Washers (70) M10 Nuts (82).
2. Next install the Lat Cable (134) Found in Box 2.
3. Next install the Cross Over Cable (132). Found in Box 4

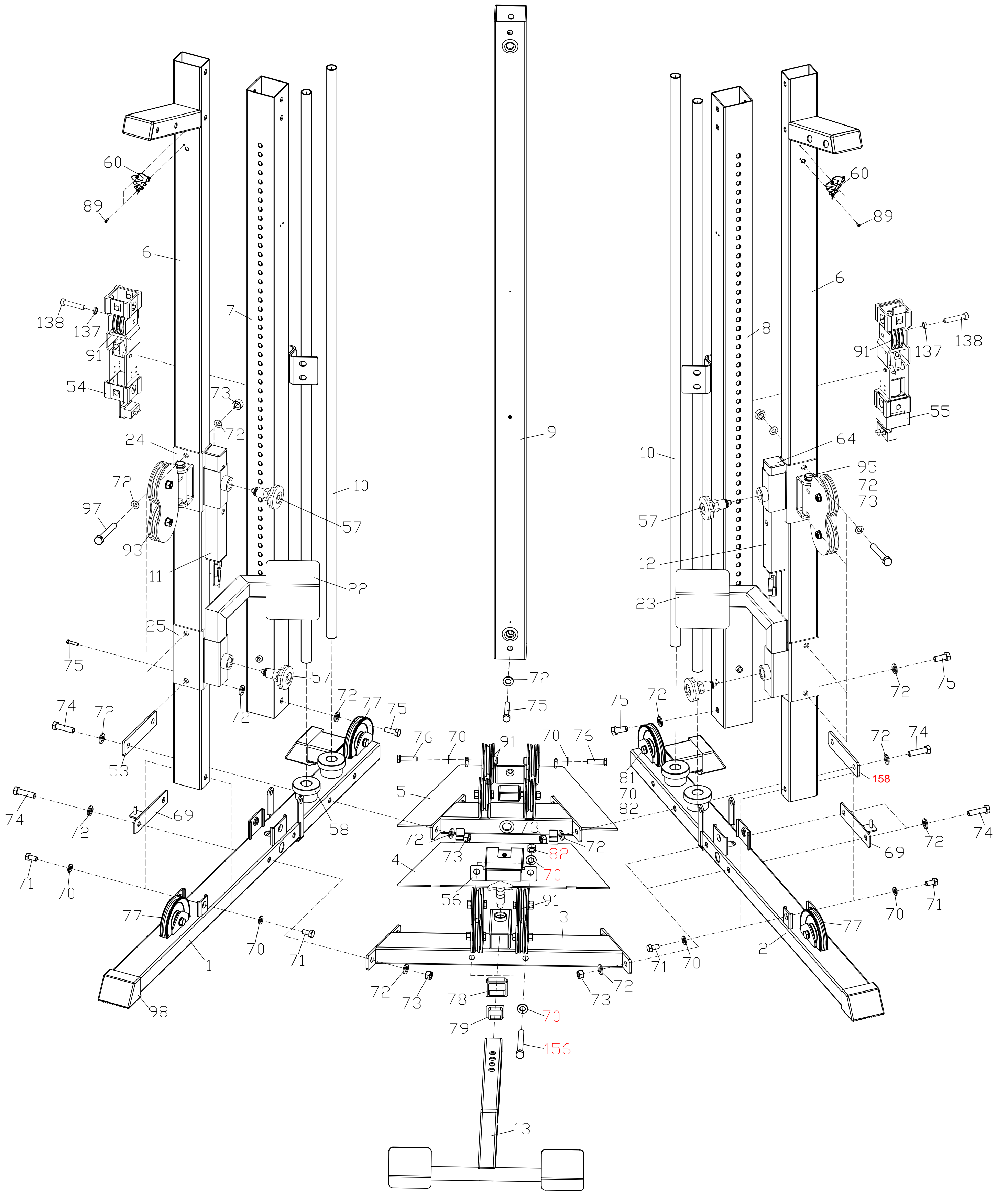
# Instructions for Assembly of the ProSpot*fitness*® HG-5 (Con't.)

## Step #6 MESH COVERS & ACCESSORIES

1. Referencing Diagrams (1 & 12) first attach the Side Mesh Cover Frames (28 & 29) one side at a time. Set Side Frame on the hooks near the base of the unit. One hook is part (69) and the other hook is on the Rear Bottom Panel (5). Then attach the front top corner of the Side Frame (28 & 29) to the Front Top Panel with M4\*16) Screws (116) and M4 Washers (117).
2. To install the Rear Cover Frame (30) you need to temporarily unplug the power cords and then re-feed these power cords thru the grommet hole in the Rear frame after it is installed. To install the Rear Mesh Cover Frame (30) to the back of the unit align the pins of the two Side Frames with the holes in Rear Frame and slide down onto the pins of the Rear Bottom Panel (5). These sometimes are a tight fit because of paint build up on pins and holes.
3. Next find the correct Mesh Cover (150 Left side & 151 Right side) for installation. Starting at the front of the unit stick the Velcro Cover in place and wrap around the back keeping the cover tight. Do not over stretch Mesh material, this will cause wrinkles.
4. As shown in Diagram 10 install the Front Plastic Panel (152).
5. As shown in Diagram 7, drop in Angled Front Panel (130) between the Upper Linking Plate assemblies onto the Front Top Panel and rest it on the Panel Tabs.
6. **Weight Storage and Accessory Stand:** As shown in Diagram 12 attach the Bottom Rails (40) to the Weight Stand Main Frame (39) using M12\*75 Bolts M12 Washers (72) and M12 Nuts. Make sure the curved holders on the Bottom Rails (40) are facing inward toward each other. Tighten bolts securely.
7. Next Assemble the VKR Arm Pads (43 right & 44 left) to the respective VKR Frames (41 right & 42 left) using M8 x 60 Bolts (124), M8 Washers (119). Tighten bolts securely.
8. Next Install the VKR vertical Handles (101) on to the VKR Frames (41 & 42) using M10 x25 Bolts (88) and M10 Washers (119) Note there two positions for these handles.
9. Rubber Bumper Pad (94) goes on Storage Posts before any weights are put on it. Lat Leg Hold Down Bar (21) stores vertically in center hole of Weight Storage Accessory stand.
10. Using the Foot Pump (87) inflate Stability Ball (85) to required firmness. Do not over inflate.

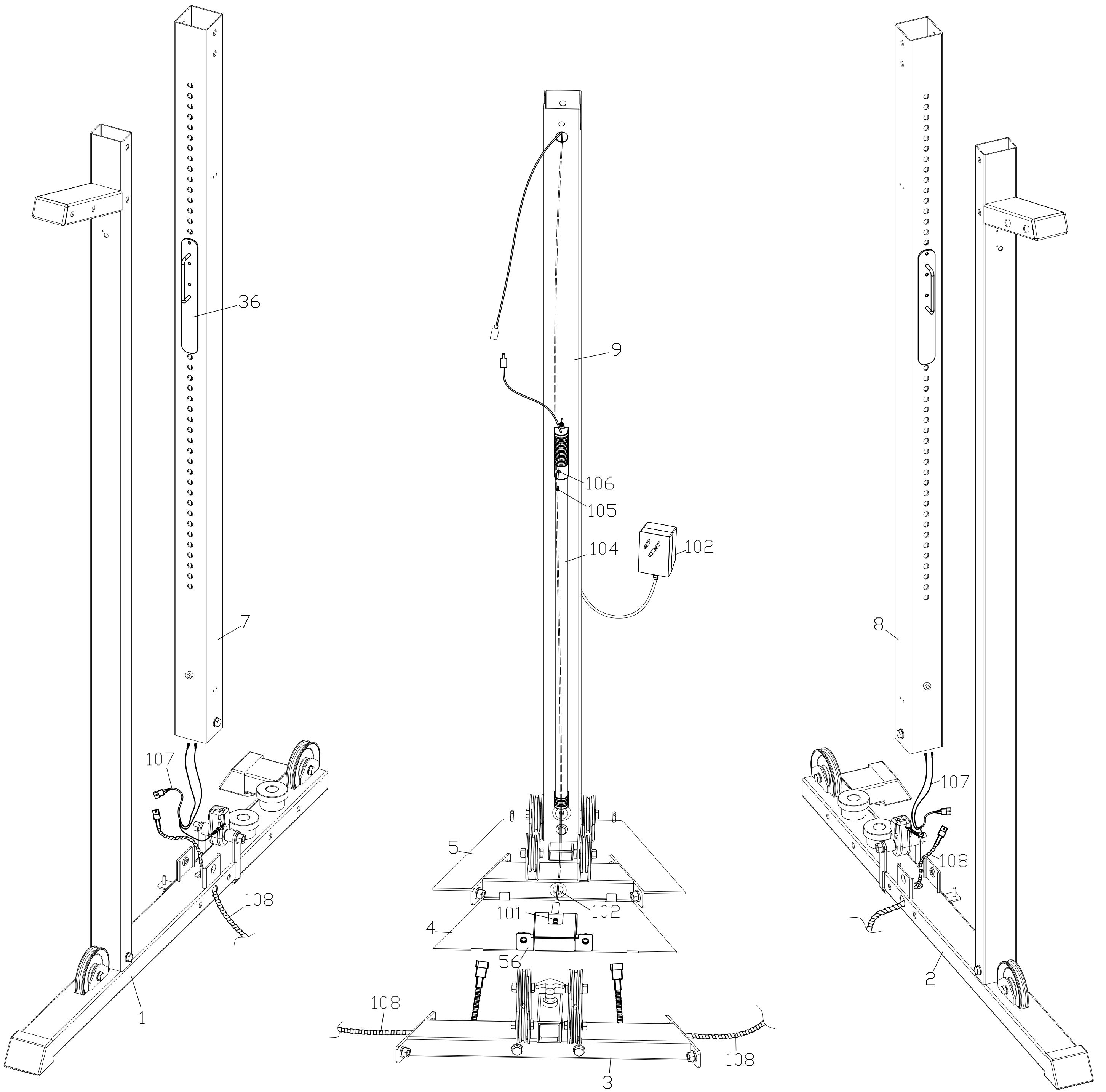
# HG-5 Diagram 1

## Main Frame Assembly

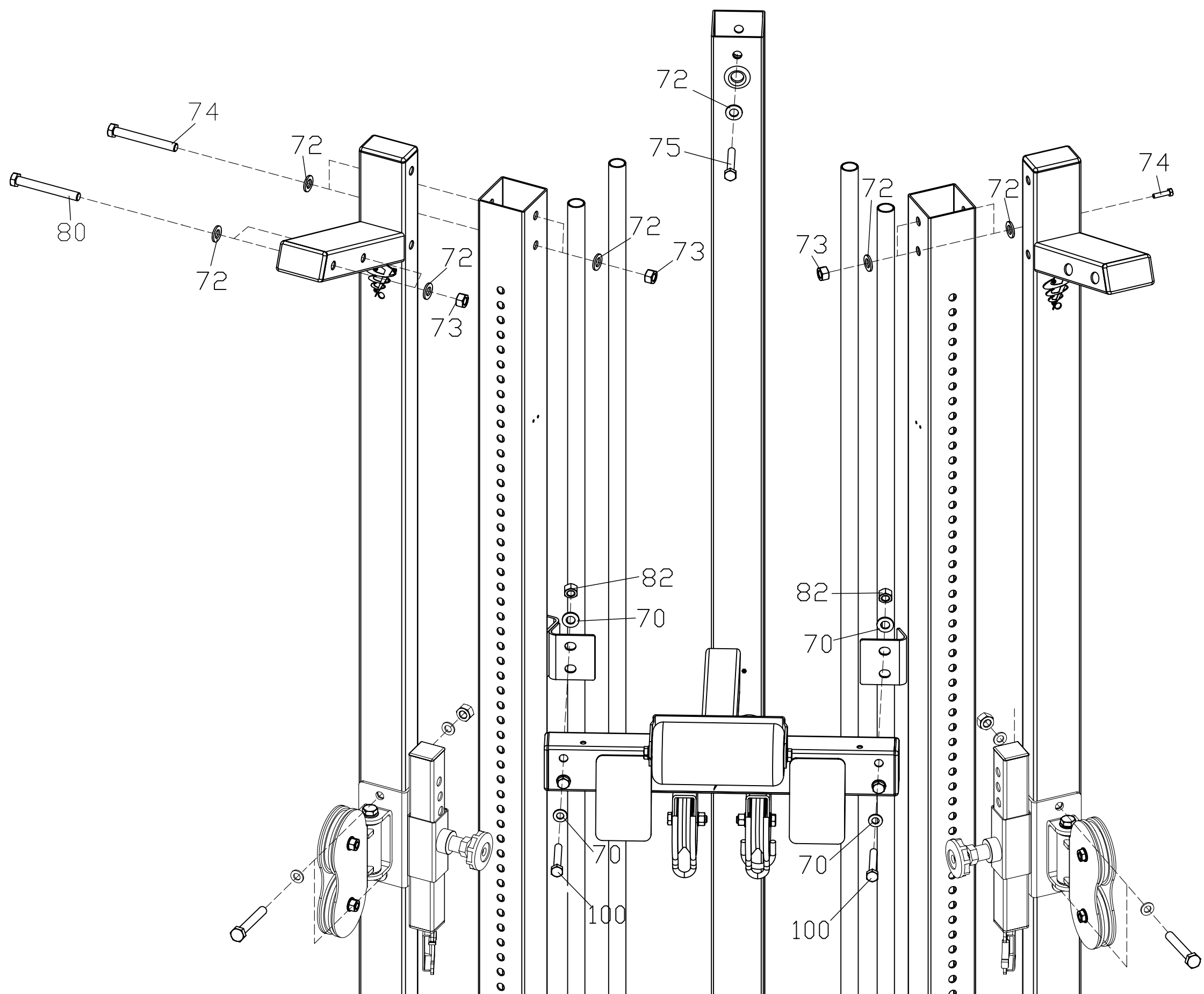
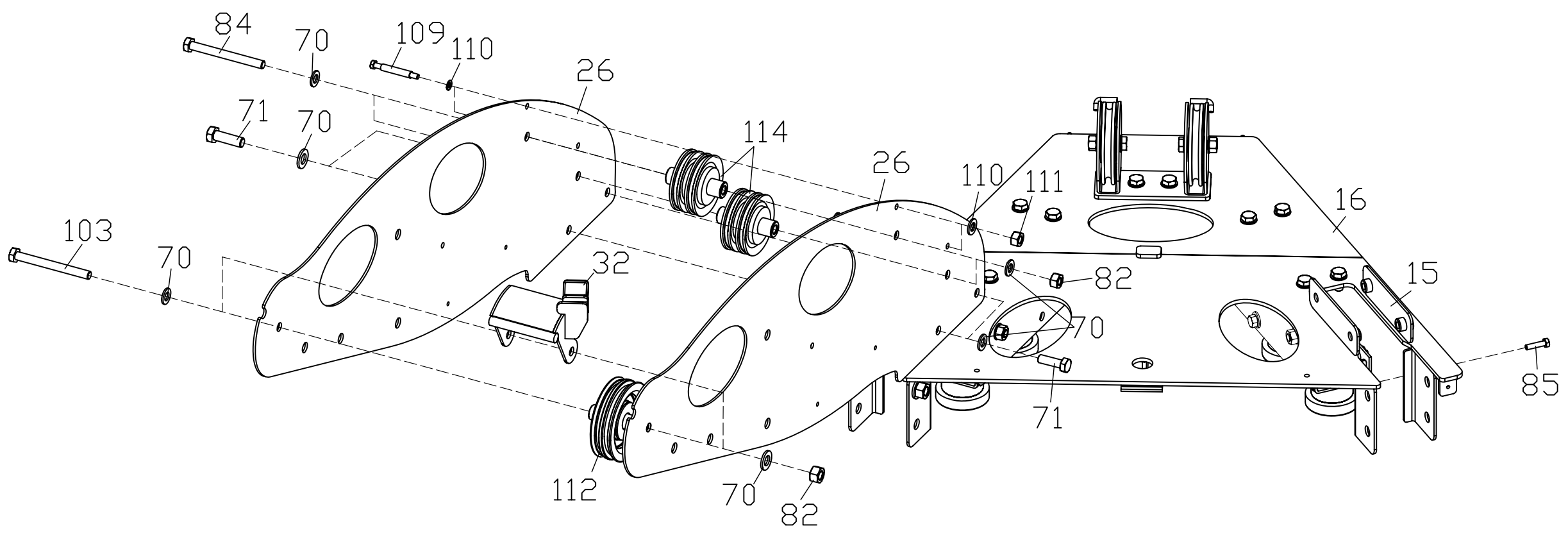




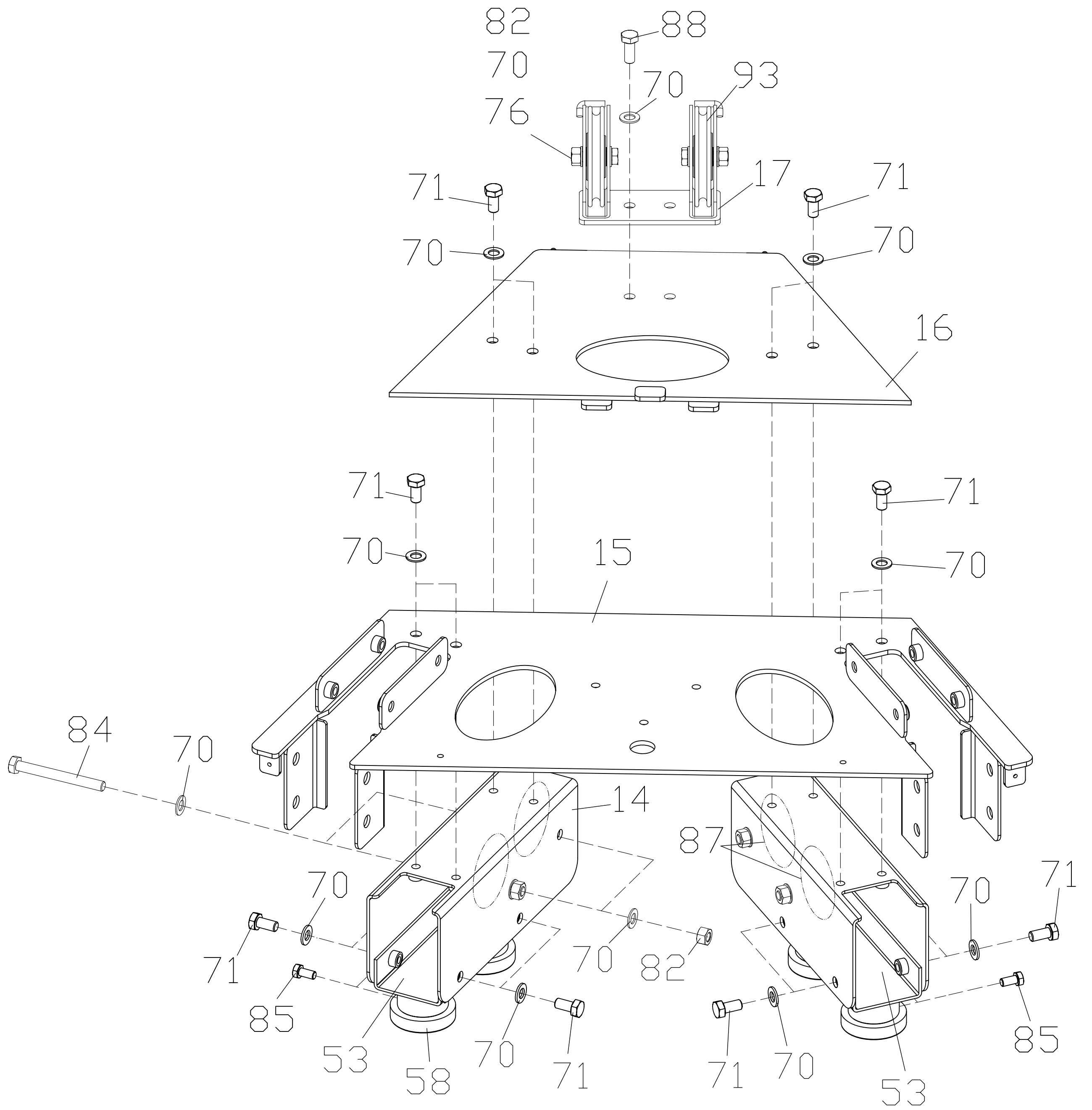
# HG-5 Diagram 2 Wiring Assembly



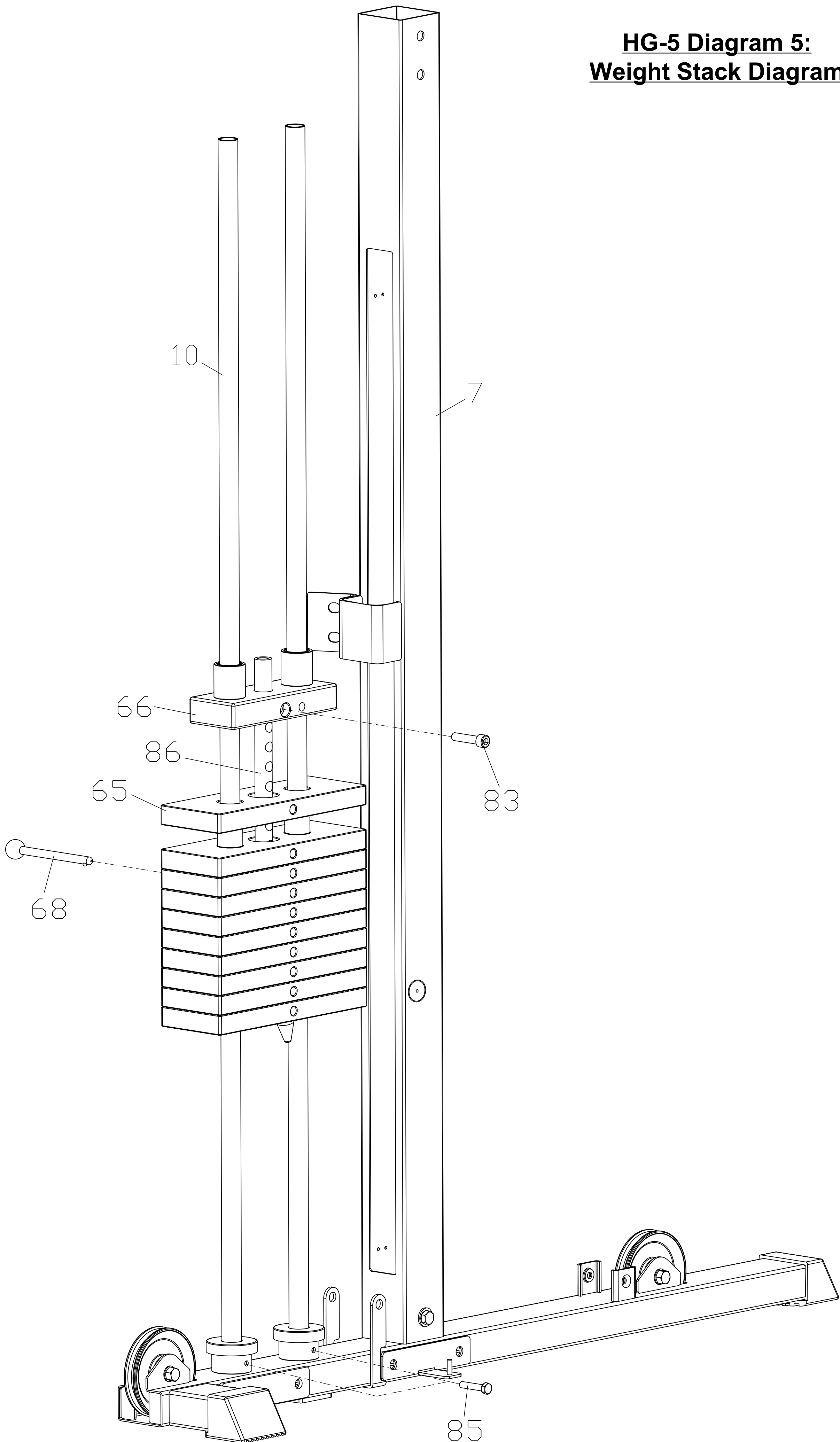
**HG-5 Diagram 3:  
Main Upper Frame  
Assembly**



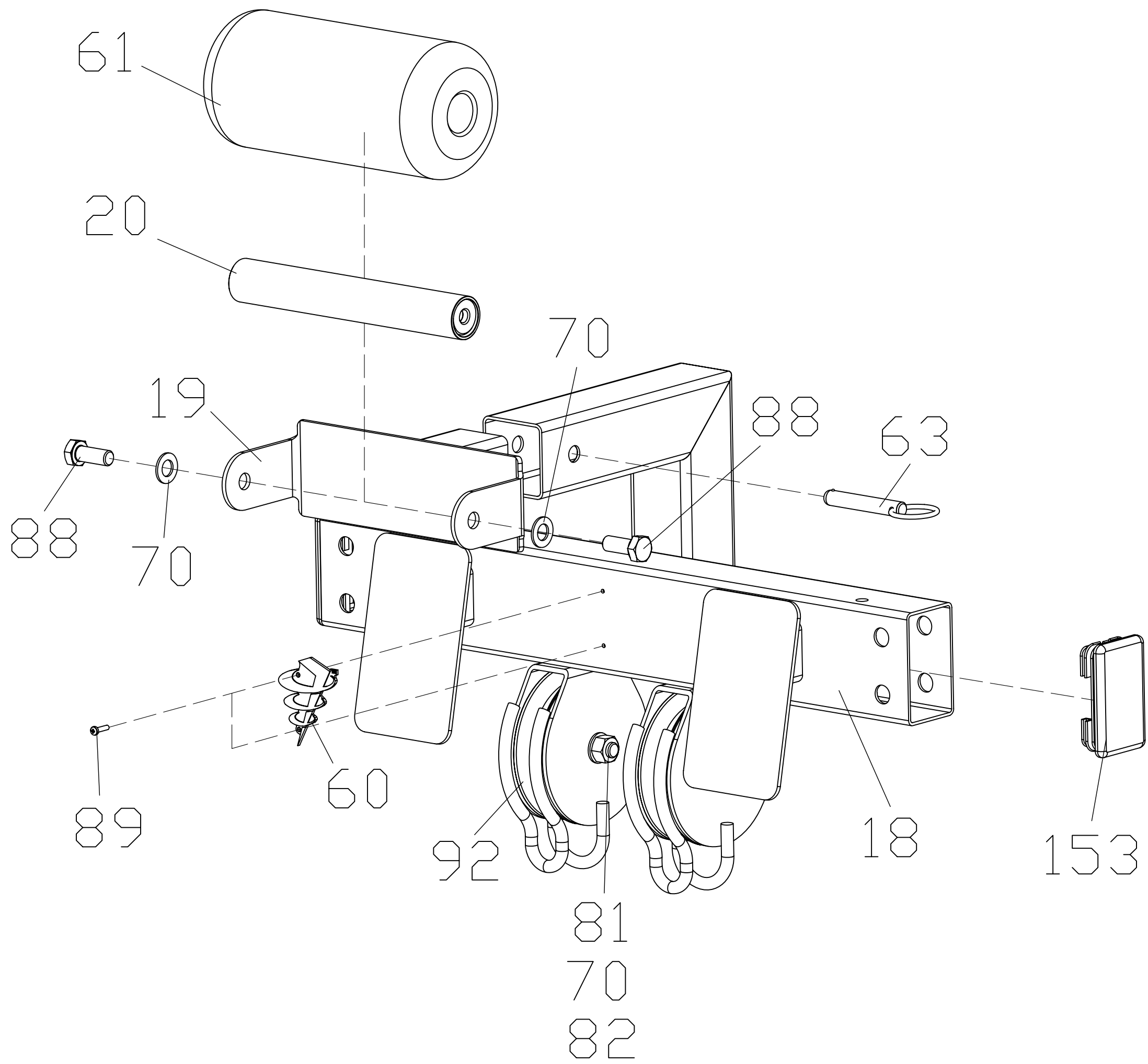
**HG-5 Diagram 4:  
Top Panel Assembly**



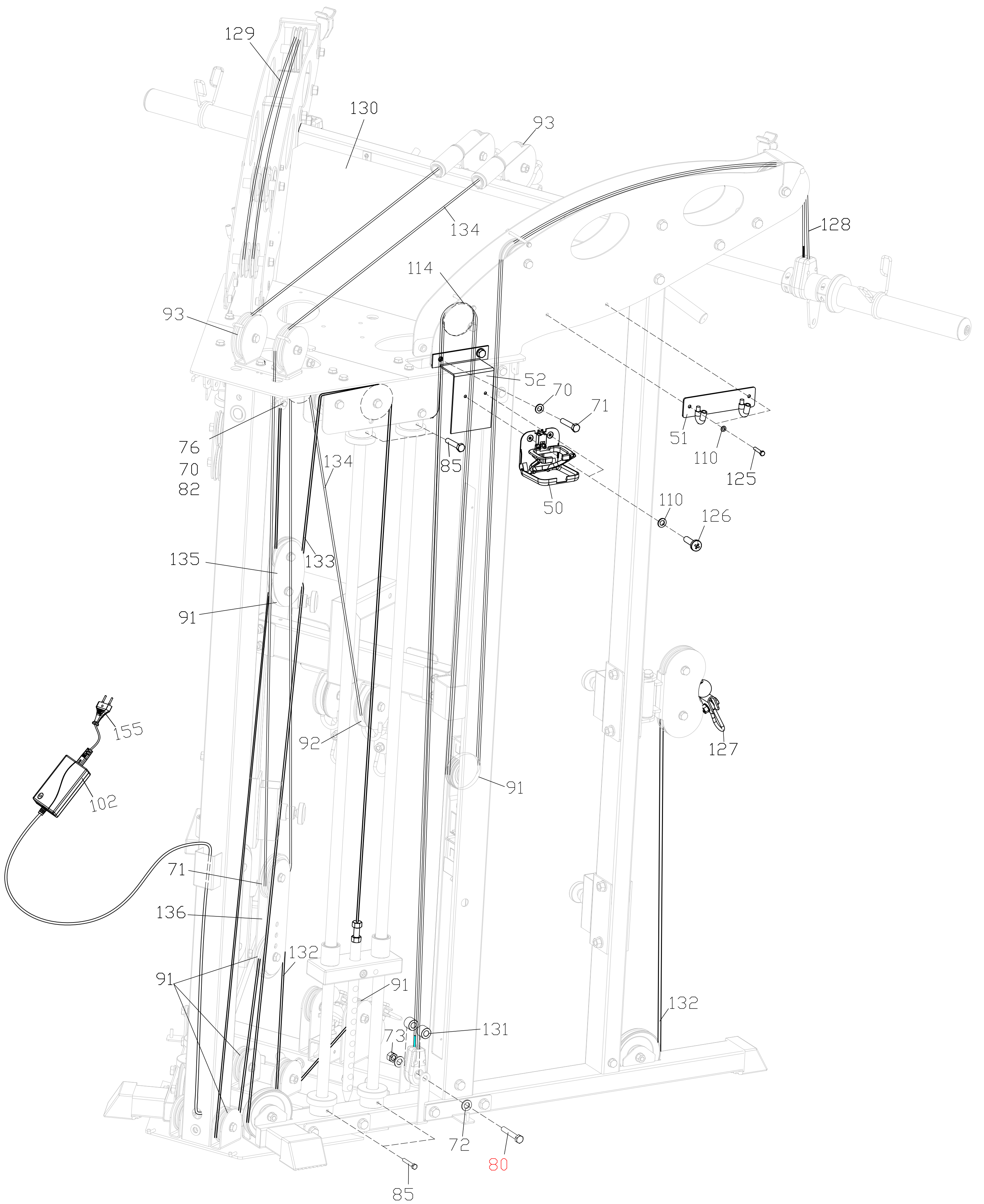
**HG-5 Diagram 5:  
Weight Stack Diagram**



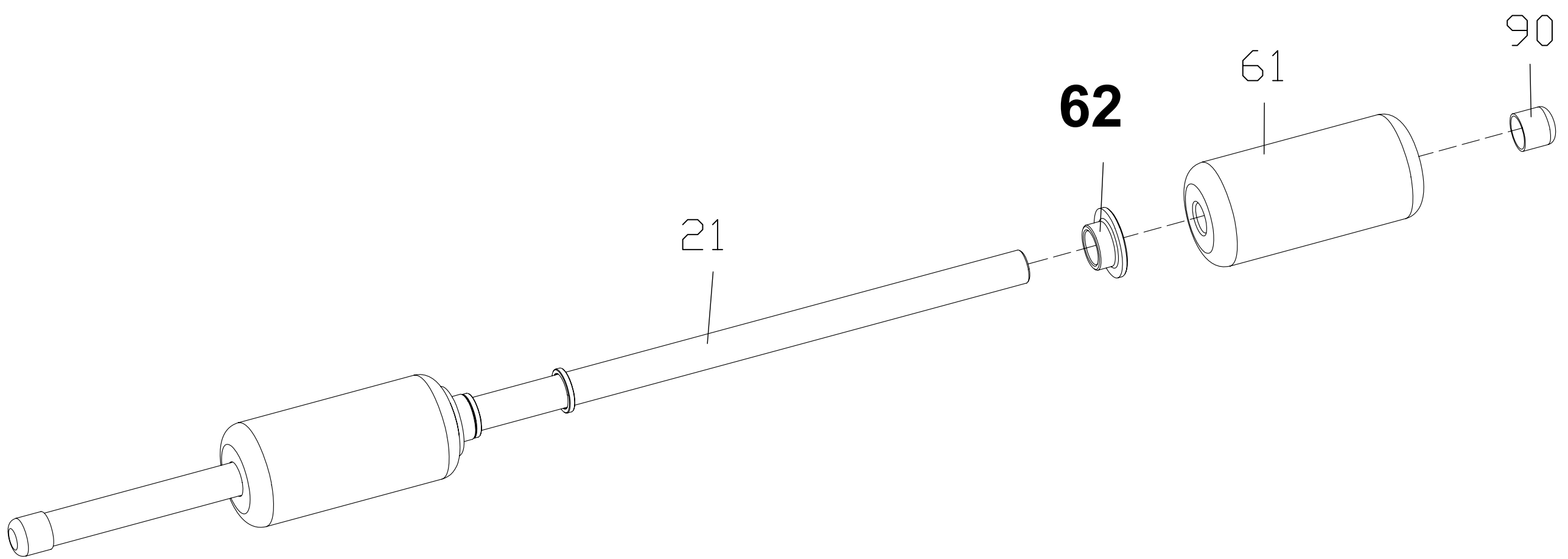
**HG-5 Diagram 6:  
Middle Cross Brace Assembly**



# HG-5 Diagram 7: Cable Run Assembly Detail



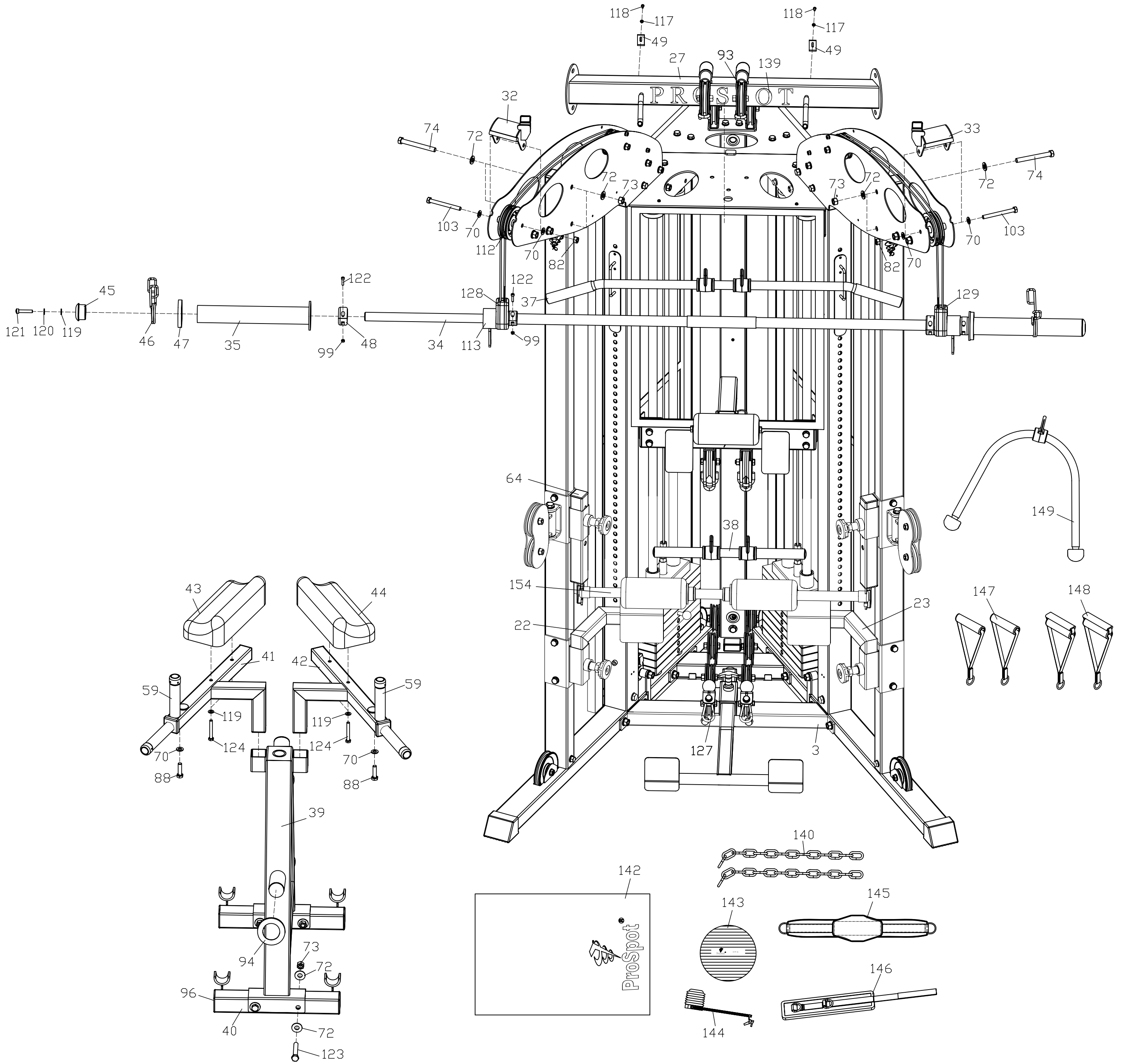
**HG-5 Diagram 8:**  
**Lat Leg Hold Down Assembly**  
**Diagram**







# HG-5 Diagram 10: Weight Bar & Accessories Assembly Detail



# **!!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-5

### 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-6** 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. The starting weight of the Sensor Barbell is 30 lbs.
3. 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. Always use the Spring Clips to hold plates tight. For heavy lifting, an after market Locking Bar Collar is recommended.

**Note: The HG-5 unit has a 750-pound capacity. Do not exceed capacity!**

## User Instructions for the HG-5 (cont')

### **Storage of Accessories:**

- There Accessory hooks on the side of the Upper Linking plates for storing the two sets stirrup handles, Nylon Rope.
- Weight Plate Tree with accessory hooks and holders for Lat Leg hold down Bar, VKR handles, T-bar, & Lat Bar
- Lat Bar can be stored on hooks on Front top Rail of unit.
- Sensor Weight Bar can be stored on Chin-Up hooks.

### **Cable Exercises:**

Note: When using the weight stack resistance on the HG-6 unit, the weight shown by the weight indicator numbers is not amount of weight resistance being used. There are two independent, 200-lb selector weight stacks with 2:1 ratio for extra cable length travel. For example, if set at 60 pounds the actual weight resistance for that stack is 30 pounds.

Listed below are a few sample Cable exercises:

- **Cable Cross Over Exercise** can be performed standing or sitting on an a slightly inclined bench. Set each selector Pin on each Weight Stack to the desired resistance. Attach Stirrup handles to Cable Head Assemblies for hand grips.
- **Lat Pull Exercises:** Connect the Lat Bar to the Lat cables. Set each selector Pin on each Weight Stack to the desired resistance. Set Bench to flat position. Sit on the back pad of the bench so that you are under Lat Bar. Pull Lat Bar to chest. For heavy Lat Pull exercises use the Lat Leg Down Bar. Insert the Left and Right Lat Leg Adjustable Tube in each Cable Head receiver and lock into place with Pop Pin. Place Lat Leg Down Bar in notches on Adjustable Tubes. Get in exercise position. Now adjust Lat Leg Adjustable Tube in each Cable Head receiver up or down so pads on Lat Leg Down Bar are resting on your thighs. This will hold you down on the bench while you are doing the Lat exercise.
- **Standing Curl:** Remove bench from unit. Attach T-Bar to the two extension chains. Attach Chains to Low Pulley Cables. Set each selector Pin on each Weight Stack to the desired resistance. While facing the machine pull, grip the T-Bar in the Curl position and pull upward keeping elbows stationary and next to your body. Adjust Extension Chains for your height so that there is consistent resistance thru exercise.
- **Sitting Row:** Remove bench from unit. Place Prospot Mat in front of unit. Attach T-Bar to the two Low Pulley Cables. Set each selector Pin on each Weight Stack to the desired resistance. While facing the machine, place your feet on the adjustable Foot Board, grip the T-Bar and pull backward and perform Rowing Exercise. Adjust Foot Board for your height so that there is consistent resistance thru exercise
- **Rope Pull:** Attach Rope Handles to the Lat Pull Cables. Now set selector Pin on Weight Stack to the desired resistance. Perform exercise by pulling down on Rope handles. Many types of exercises can be performed working muscle groups as Triceps, Abs, back etc.

## User Instructions for the HG-5 (cont')

### **VKR & Dip Station Exercises:**

- **VKR Exercise** Place right & left VKR Attachments in receivers on Cable Head Assemblies. Attach Padded Back Rollers in Cross Frame in center position and lock with Pin. With your lower back against the Back Pad Roller Place elbows on the VKR Arm Pads, grab vertical handles and perform exercise by lifting legs or knees up. Re-adjust VKR Frames up or down using the Pop Pin on the Cable Head Assemblies if necessary for your height and comfort.
- **Dip Station Exercises:** Place right & left VKR Attachments in receivers on Cable Head Assemblies. Facing the machine grab horizontal handles and perform the Dip Exercise. For assistance doing this exercise, attach the Dip Assist Belt to the Cable Head Assemblies connection. Set each selector Pin on each Weight Stack to the amount of assistance needed to perform Dip Exercise. Once again facing the machine grab horizontal handles, place knees on belt and lower body and perform Dip exercise. Caution: Be careful not to fall off.
- **Performing Chin-Ups:** Chin-Ups can be performed using the barbell when it is placed onto the notched grooves on top of the HG-5. Ensure that the barbell is secure before performing chin-ups. For assistance doing this exercise, attach the Dip Assist Belt to the Cable Head Assemblies connection. Set each selector Pin on each Weight Stack to the amount of assistance needed to perform Chin-Up Exercise. Facing the machine grab the Weight Bar, place knees on belt and lower body and perform exercise. Caution: Be careful not to fall off.

### **Stability Ball Exercises:**

This unit has been provided with a 24" Stability Ball and 39" x 70" Exercise Mat to perform exercises that work the "Core" muscle groups in your body and other specialize floor work. Here are a few sample exercises:

- **Flat Bench Exercise:** Remove bench from unit. Place Prospot Mat in front of unit. The Stability Ball can be substituted for the bench during Flat Bench exercises. This increases the difficulty of the exercise because it works more of the Core and stabilizer muscles. Start with lower weights and work your way up.
- **Push-Up Exercise:** Remove bench from unit. Place Prospot Mat in front of unit. Lower Sensor Weight Bar to approximately one foot from the floor. With your feet on Stability Ball, perform push up by placing hands on the Sensor Weight Bar and pushing up. Be care full not to fall down. Note this type of exercise increases the difficulty because it works more of the Core and stabilizer muscles. Adjust Sensor Weight Bar to other heights to ease or lessen the difficulty of this exercise.
- **Pull-Up Exercise:** Remove bench from unit. Place Prospot Mat in front of unit. Lower Sensor Weight Bar to approximately two feet from the floor. With your feet on Stability Ball, perform pull-up by placing hands on the Sensor Weight Bar and pulling up. Be care full not to fall down. Note this type of exercise increases the difficulty because it works more of the Core and stabilizer muscles. Adjust Sensor Weight Bar to other heights to ease or lessen the difficulty of this exercise.

## User Instructions for the HG-5 (cont')

### Using optional FS-150 Bench:

- **Leg Extension:**

1. Set Selector Pin on each Weight Stack to 10lbs.
2. Adjust Foot Board to the second hole by pulling on Pop Pin Knob.
3. Then attach the long Bench Cables to the low-pulley connection using two cable clips on each. Make sure the cable is taut by pulling out the bench until there is no slack in the cable.
4. Now set each Selector Pin on each Weight Stack to the desired resistance.
5. Next Position Bench Back Pad in the incline position close to 90 degrees.
6. Tilt Seat Pad to first incline position. Adjust Leg Support Rollers to Seat Pad Height.
7. Adjust Leg Rollers on Leg Developer by pulling on Pop Pin and position the Roller close to your ankle.
8. Grab Handles on Bench Seat while performing the Leg Extension exercise.

- **Leg Curl:**

1. Set Selector Pin on each Weight Stack to 10lbs.
2. Adjust Foot Board to the second hole by pulling on Pop Pin Knob.
3. Then attach the long Bench Cables to the low-pulley connection using two cable clips on each. Make sure the cable is taut by pulling out the bench until there is no slack in the cable.
4. Now set each Selector Pin on each Weight Stack to the desired resistance.
5. Slide Bench Slider Frame toward Leg developer and lock into place with knob on side.
6. Next Position Bench Back Pad in the flat position.
7. Tilt Seat Pad to first incline position. Adjust Leg Support Rollers to Seat Pad Height.
8. Adjust Leg Rollers on Leg Developer by pulling on Pop Pin and position the Roller close to your ankle.
9. Next adjust each Leg Developer into the Leg Curl position by pulling the Pop Pin on the adjuster Plate and lock into one of the top two holes.
10. Lay flat on Bench, hook your legs under leg rollers and grab handles on Bench Bottom Rail while performing the Leg Curl exercise.
11. Re-adjust any or all of the previous adjustments to your height and comfort.

- **Leg Press:**

1. Adjust Foot Board all the way in by pulling on Pop Pin Knob and sliding in.
2. Place the Foot Plates in the in receptacles on Cable Head Assemblies.
3. Slide Bench all the way in. Set Bench Back Pad in flat position. Set Seat Pad in vertical position.
4. Pull and turn knob on side of Bench Slider Frame so that it is free moving. Slide toward unit.
5. Then attach the Short Cables to the low-pulley connection using two cable clips on each. Make sure the cable is taut by pulling out the bench until there is no slack in the cable.
6. Now set each Selector Pin on each Weight Stack to the desired resistance.
7. Sit on Bench Back Pad facing unit and place feet on Foot Plates on Cross Brace and grab handles on side of Bench Back Pad. Push out and place your feet on the secondary Foot Plates in the in receptacles on Cable Head Assemblies.
8. Adjust the Foot Plates in the Cable Head Assemblies up or down for different angles of press and comfort.

- **Rowing Exercise:**

1. Use set up from Leg Press exercise.
2. Attach Stirrup Handles to pulleys on Middle Cross Brace.
3. Sit on Bench Back Pad facing unit and place feet on Foot Plates on Cross Brace and grab handles on Middle Cross Brace. Push out and place your feet on the secondary Foot Plates in the in receptacles on Cable Head Assemblies.
4. Grip the Handles and pull backward and push with your legs.

# Maintenance Program

The **HG-5** 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-5** 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-5** 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 & 8 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.

**Prospot Fitness Fusion HG-5 Parts List Page 1**

Part#	Description	QTY	Part#	Description	QTY
1	Left Base Rail	1	47	Barbell 50mm Rubber Bumper	2
2	Right Base Rail	1	48	Locking Barbell Spacer	2
3	Front Cross Base Rail	1	49	Front Panel Tabs	2
4	Plastic Bottom Panel	1	50	Cup holder	1
5	Rear Bottom Panel	1	51	Accessory Hook	2
6	Front Upright Post	2	52	Cup Holder Bracket	1
7	Left Locking Post	1	53	Guide Rod Top Plate	2
8	Right Locking Post	1	54	Left Locking Block	1
9	Rear upright Support post	1	55	Right Locking Block	1
10	Weight Stack Guide Rod	4	56	Electronic Box Cover	1
11	Left Leg Hold Down Adj Tube	1	57	Screw Down Pull Pin	2
12	Right Leg Hold Down Adj Tube	1	58	Weight Stack Guide Rod Cup	8
13	Footboard	1	59	VKR Vertical Handle	2
14	Upper Pulley Bracket	2	60	Logo Plate	3
15	Front Top Panel	1	61	Foam Roller with cover	3
16	Rear Top Panel	1	62		
17	Lat Pulley Bracket	1	63	Roller Locking Pin	1
18	Middle Cross Brace	1	64		
19	VKR Roller Bracket	1	65	Weight Stack Plates	18
20	VKR Roller Tube	1	66	Weight Stack Top Plate	2
21	Lat Leg Hold Bar	1	67	Plastic Space Bushing	2
22	Left Foot Plate	1	68	Weight Stack Pin	2
23	Right Foot Plate	1	69	Backing Plate w/ Panel hook	2
24	Cable Head assembly	2	70	Flat Washer M10	130
25	Screw Down Pull Pin	1	71	Hex Head Bolt M10*20	28
26	Upper Linking Plate	4	72	Flat Washer M12	80
27	Front Top Rail	1	73	Hex Nut M12	36
28	Left side Mesh Cover Frame	1	74	Hex Head Bolt M12*105	16
29	Right Side Mesh Cover Frame	1	75	Hex Head Bolt M12*20	8
30	Rear Mesh Cover Frame	1	76	Hex Head Bolt M10*40	26
31	Front Cover Frame	1	77	Large Single Pulley	4
32	Left Weight Bar Support Bracket	1	78	Plastic Nylon Insert	2
33	Right Weight Bar Support Bracket	1	79	Plastic Square End Cap	1
34	Sensor Weight Bar	1	80	Hex Head Bolt M12*100	6
35	Barbell End Adapter	2	81	Hex Head Bolt M10*45	6
36	Spot Block Plate	2	82	Hex Nut M10	48
37	Lat Bar (dual rotating)	1	83	Socket Head Bolt M10*45	2
38	Row Bar (dual rotating)	1	84	Hex Head Bolt M10*100	8
39	Weight Stand Main Frame	1	85	Hex Head Bolt M8*20	8
40	Weight Stand Bottom Rails	2	86	Weight Stack Selector Rod 9 holes	2
41	Right VKR Frame	1	87	Rear Single Groove Pulley	4
42	Left VKR Frame	1	88	Hex Head Bolt M10*25	4
43	Right VKR Arm Pad	1	89	Pan Cross Self-Threaded Screw ST2.9*12	6
44	Left VKR Arm Pad	1	90	Round Rubber End Cap	2
45	Barbell end Cap	2	91	Small Single Groove Pulley	20
46	Barbell Spring Clip	2	92	Wide Groove Pulley	2



**Prospot Fitness Fusion HG-5 Parts List Page 2**

Part#	Description	QTY	Part#	Description	QTY
93	Medium Single Groove Pulley	10	138	Locking Block DBL Pulley Pin	2
94	Rubber 48mm Bumper	3	139	Prospot Letters (set)	1
95	Hex Head Bolt M12*85	2	140	Extension Chain	2
96	Square End Cap	4	141		
97	Hex Head Bolt M12*70	4	142	Work Out Floor Mat	1
98	Foot Caps	4	143	65cm Stability Ball	1
99	Hex Nut M5	8	144	Foot Pump	1
100	Hex Head Bolt M10*65	4	145	Dip Assist Belt	1
101	Electronic Box	1	146	Back Belt	1
102	Electronic Box Power Supply	1	147	Short Stirrup Handle	2
103	Hex Head Bolt M10*105	2	148	Long Stirrup Handle	2
104	Neon Light	1	149	Rope Pull	1
105	Pan Cross Head Bolt M3*10	2	150	Left Side Mesh Cover	1
106	Flat Washer M3	2	151	Right Side Mesh Cover	1
107	Locking Post Wire Harness	2	152	Front Plastic Panel	1
108	Cross Brace Wire Harness	2	153	Plastic End Cap	6
109	Hex Head Bolt with Sleeve M6*90	4	154	Neon Power Supply	1
110	Flat Washer M6	14	155	Power Cord	1
111	Hex Nut M6	4	156		
112	Dbl Groove Pulley	2	157	Hex Head Bolt M10*95	2
113	Weight Bar Rotating Loop	2	158	Connection Plate	2
114	Small Dbl Groove Pulley	4			
115					
116	Pan Cross Head Bolt M4*16	4			
117	Flat Washer M4	6			
118	Pan Cross Head Bolt M4*10	2			
119	Flat Washer M8	6			
120	Spring Washer 8mm	2			
121	Pan Cross Head Bolt M8*40	2			
122	Socket Head Cap M5*20	8			
123	Hex Head Bolt M12*75	4			
124	Hex Head Bolt M8*60	4			
125	Hex Head Bolt M6*10	4			
126	Pan Cross Head Bolt M6*10	2			
127	Snap Clip	6			
128	Left Weight Bar Cable Assembly	1			
129	Right Weight Bar Cable Assembly	1			
130	Angled Plastic Panel	1			
131	Spacer Bushings	4			
132	Cross over Cable	2			
133	Weight Stack Cable	2			
134	Lat Cable	2			
135	Small Equalizer Pulley Bracket	2			
136	LG Adj. Equalizer Pulley Bracket	2			
137	Magnet Washer	2			

# 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 on page 28).
  - 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 page 28.
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 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. Realign Contacts Pins to stay on track on Contact Strips. Adjust Bracket that holds the Pins on bottom of Locking Block by loosening the screws and slide Bracket Plate in or out. Then tighten screws. You may have to hold Bracket in place while tightening screws. Most of time this Bracket will need to be adjusted go inward.
5. 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.

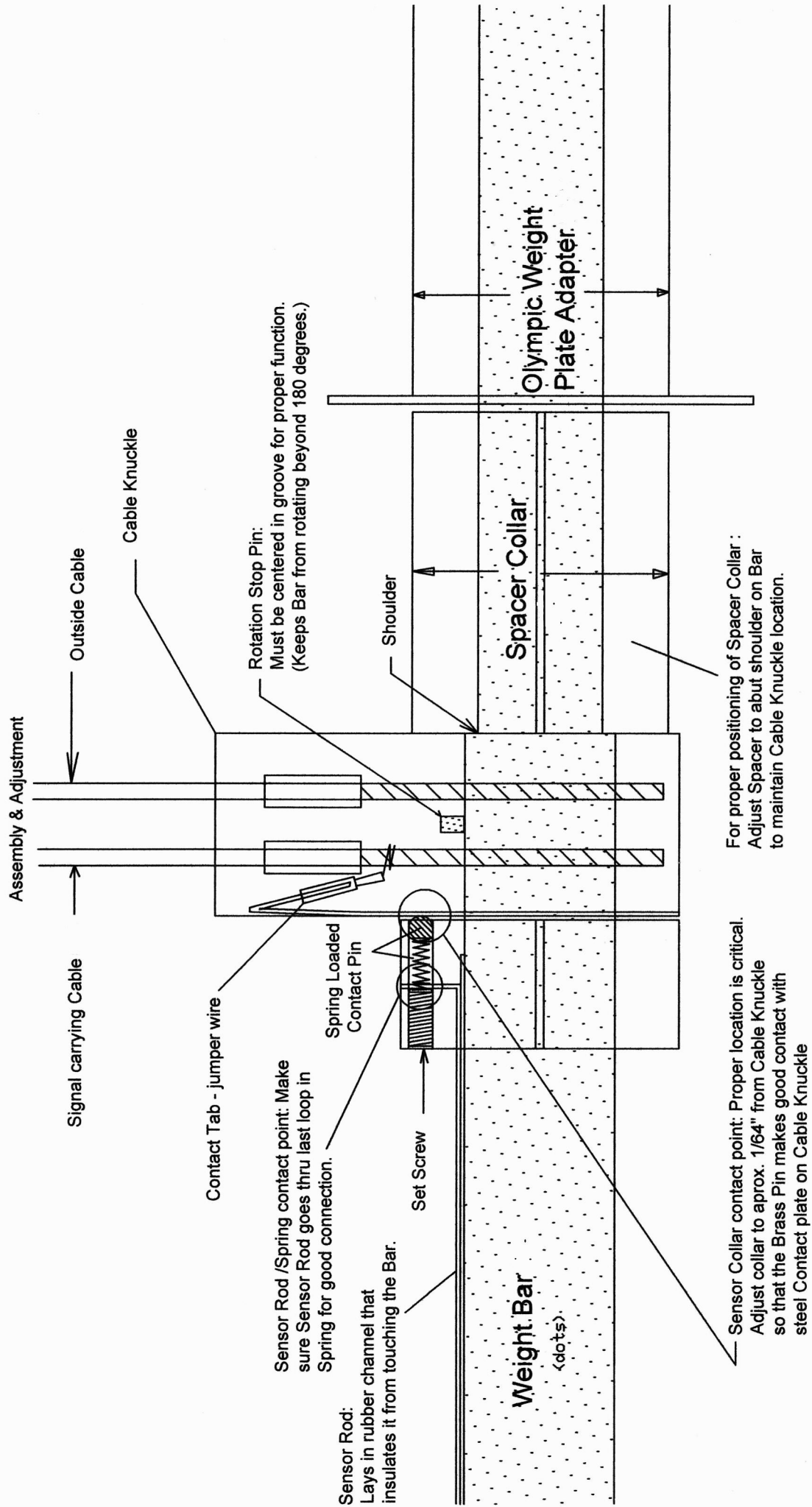
**Symptom:** If one of the Neon Lights fail to turn on.

**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.net](http://www.prospotfitness.net) under the technical section and go to the Service Manual for the Fusion Series.

# Fusion-Series Weight Bar -Cable Knuckle Diagram



# 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](mailto: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.net](http://www.prospotfitness.net)*