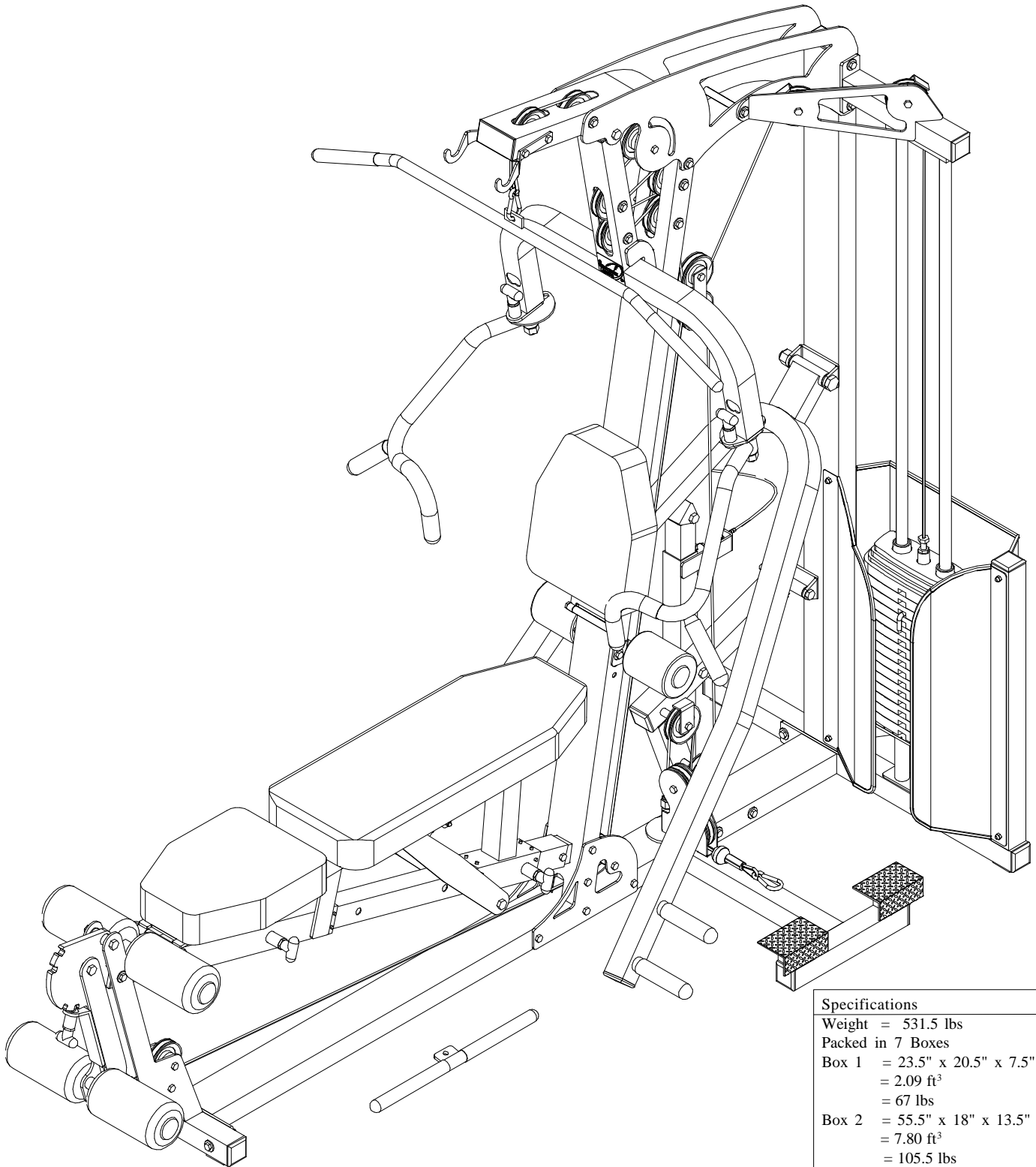


# AVALANCHE4 MULTI-GYM ASSEMBLY INSTRUCTIONS



## AVALANCHE4 Multi Gym, 150lb MG-AVALANCHE4

Overall Dimensions: 94.5" L x 48" W x 82.25" H

March 14, 2006

### Specifications

Weight = 531.5 lbs

Packed in 7 Boxes

Box 1 = 23.5" x 20.5" x 7.5"  
= 2.09 ft<sup>3</sup>  
= 67 lbs

Box 2 = 55.5" x 18" x 13.5"  
= 7.80 ft<sup>3</sup>  
= 105.5 lbs

Box 3 = 52.75" x 40" x 6.5"  
= 7.94 ft<sup>3</sup>  
= 84 lbs

Box 4 = 80" x 36" x 7"  
= 11.67 ft<sup>3</sup>  
= 125 lbs

Box 5, 6 & 7  
= 11.75" x 5.25" x 5.25"  
= 0.187 ft<sup>3</sup>  
= 50 lbs (each)

# Parts list

**Item Description ..... Qty .... Bag #**

AU Top Beam Cable ..... 1 ..... 1  
 AV Lower Cable ..... 1 ..... 1

**Item Description ..... Qty .... Box #**

1 Base ..... 1 ..... 4  
 2 Rear Upright ..... 1 ..... 4  
 3 Lower Press Arm Support ..... 1 ..... 1  
 4 Lower Press Arm ..... 1 ..... 1  
 5 Press Arm Outer Tube ..... 1 ..... 2  
 6 Main Upright ..... 1 ..... 4  
 7 Upright to Base Bracket ..... 2 ..... 1  
 8 Upper Guide Rod Support. .... 1 ..... 3  
 9 Weight Stack Support ..... 1 ..... 1  
 10 Seat Support Assy ..... 1 ..... 2  
 11 Selector Pin ..... 1 .... Bag 1  
 16 Leg Extension Assy ..... 1 ..... 2  
 17 Top Bracket ..... 2 ..... 2  
 19 Press Arm Adjustment Tube .... 1 ..... 2  
 20 Press Arm ..... 1 ..... 3  
 21 Back Rest Support ..... 1 ..... 1  
 22 Low Row Pulley Bracket ..... 1 ..... 4

**Item Description ..... Qty .... Box #**

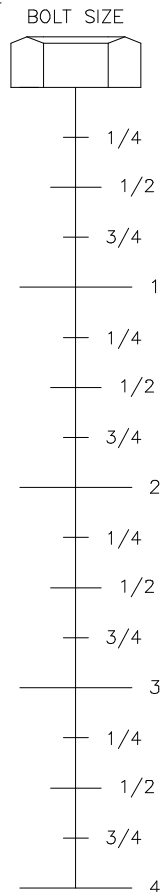
23 Left Swing Arm ..... 1 ..... 3  
 24 Right Swing Arm ..... 1 ..... 3  
 25 Arm Support ..... 1 ..... 3  
 26 Guide Rod ..... 2 ..... 4  
 27 Top Bracket Spacer 5/8" x 4" ..... 1 .... Bag 1  
 28 Knee Roller Support ..... 1 ..... 1  
 29 Low Row Calf Raise Attach. .... 1 ..... 1  
 30 Top Pulley Spacer 5/8" x 1-11/16" .... 2 .... Bag 1  
 32 Weight Stack Selector Rod Assem. .... 1 ..... 1  
 33 Cable Retainer ..... 4 ..... 1  
 34 Pulley Bracket (4- 9/16") ..... 2 ..... 1  
 35 Lat Bar Hooks (L&R) ..... 2 ..... 1  
 36 18" Straight Bar ..... 1 ..... 3  
 37 48" Lat Bar ..... 1 ..... 3  
 38 Weight Stack Plate ..... 15.....  
     3x50#  
 39 Foam Rollers ..... 4 ..... 3  
 40 Foam Rollers 5 inch ..... 2 ..... 3  
 41 Back Rest Small ..... 1 ..... 3  
 42 Back Rest Large ..... 1 ..... 3  
 43 Seat Pad ..... 1 ..... 3  
 44 Leg Extension Roller Tube ..... 1 ..... 1  
 45 Weight Stack Shroud ..... 1 ..... 4  
 46 Wt. Stack Front Shroud R&L ..... 2 ..... 4

**IMPORTANT - Please record the product's Lot No.'s (found on the box label) onto the warranty form for your records.**

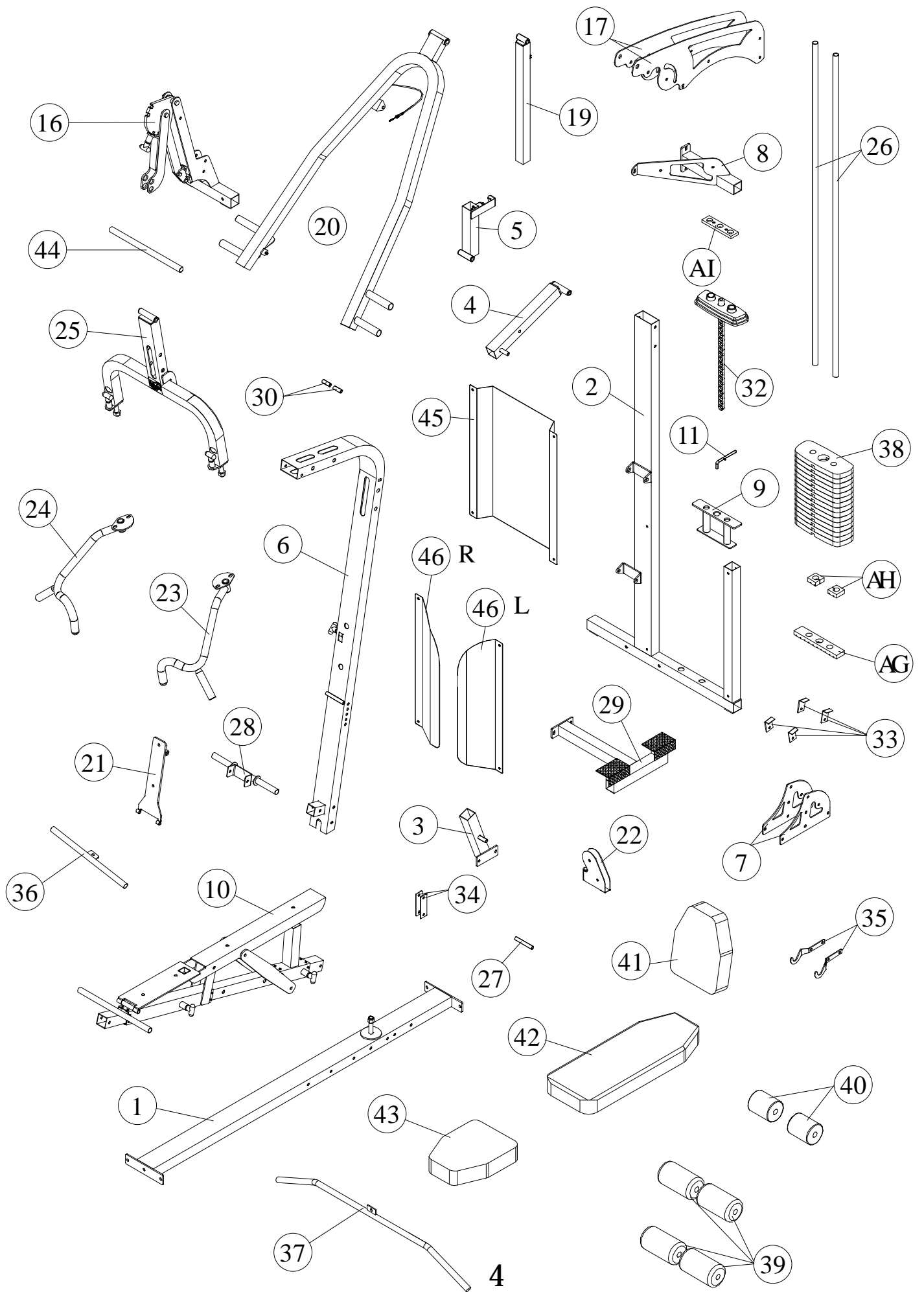
# Parts List (cont.)

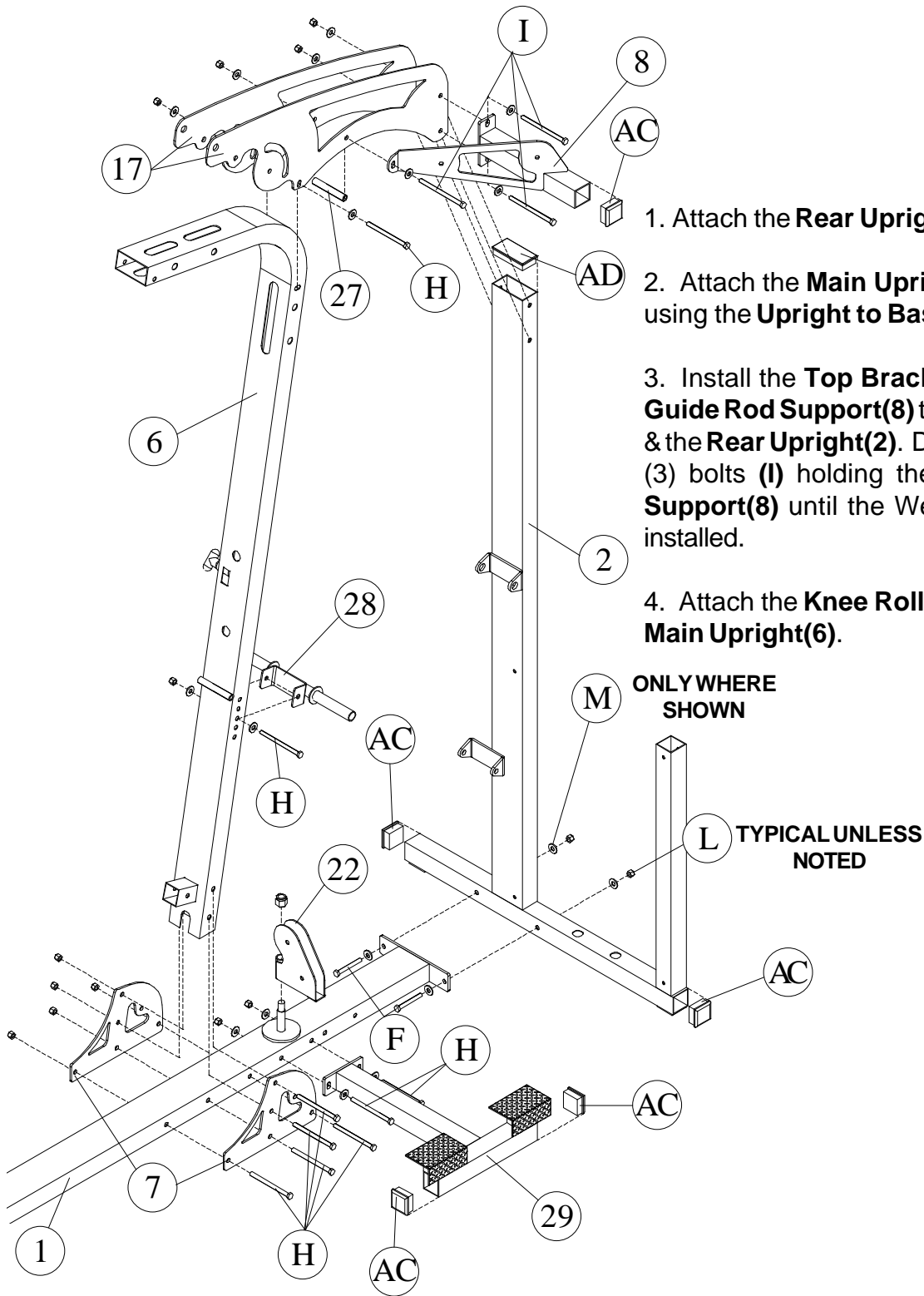
Item	Description .....	Qty .	Bag #
AA	1/2" thk spacer .....	40	2
AB	1-1/2" Plastic Cap - Sq Internal ..	1	4
AC	2" Plastic Cap - Sq Internal .....	13	4
AD	2"x 4" Plas. Cap - Rect Intern .....	2	4
AF	Foam Roller Caps .....	6	4
AG	Rubber Cushion 10-1/4" .....	1	1
AH	Rubber Cushion 3/4" thk 2" .....	2	1
AI	Plastic Rod Support .....	1	1
AJ	3-1/2" Pulley .....	17	3
AK	22" Chain .....	1	1
AM	Ankle Cuff .....	1	1
AN	Rubber Grip 5" x 1-1/4" .....	6	4
AO	Rubber Grip 8-1/2" .....	4	4
AP	Rubber Spacer 3/8" thk 2" .....	2	1
AQ	Edge Trim 20-1/4" .....	1	4
AR	Edge Trim 36" .....	2	4

Item	Description .....	Qty	Bag #
A	3/8" x 1" Bolt .....	6	2
B	3/8" x 1-1/4" Bolt .....	1	2
D	3/8" x 1-3/4" Bolt .....	6	2
E	3/8" x 2-1/2" Bolt .....	1	2
F	3/8" x 3" Bolt .....	7	2
G	3/8" x 3-3/4" Bolt .....	2	2
H	3/8" x 5" Bolt .....	16	2
I	3/8" x 5-1/2" Bolt .....	5	2
J	3/8" x 6" Bolt .....	1	2
K	3/8" Locknut Thin .....	3	2
L	3/8" Locknut .....	38	2
M	3/8" Plate Washer .....	40	2
N	1/4" x 2-1/2" Bolt .....	4	2
O	1/4" Acorn Nut .....	4	2
P	1/2" x 4" Bolt .....	1	2
Q	1/2" x 5" Bolt .....	1	2
R	1/2" x 5-1/2" Bolt .....	1	2
S	1/2" x 6" Bolt .....	1	2
T	1/2" Locknut .....	4	2
V	3/4" x 5-1/2" Bolt .....	1	2
W	3/4" Locknut .....	1	2
X	3/8" x 5/8" Flat Head Bolt .....	2	1
Y	3/8" x 4-1/2" Bolt .....	2	2



**Items on this page are contained in bags packed in Box #1.**





1. Attach the **Rear Upright (2)** to the **Base(1)**.

2. Attach the **Main Upright(6)** to the **Base(1)** using the **Upright to Base Brackets(7)**.

3. Install the **Top Brackets(17)** & the **Upper Guide Rod Support(8)** to the **Main Upright(6)** & the **Rear Upright(2)**. Do not tighten the three (3) bolts (**I**) holding the **Upper Guide Rod Support(8)** until the Weight Stack has been installed.

4. Attach the **Knee Roller Support(28)** to the **Main Upright(6)**.

ONLY WHERE SHOWN

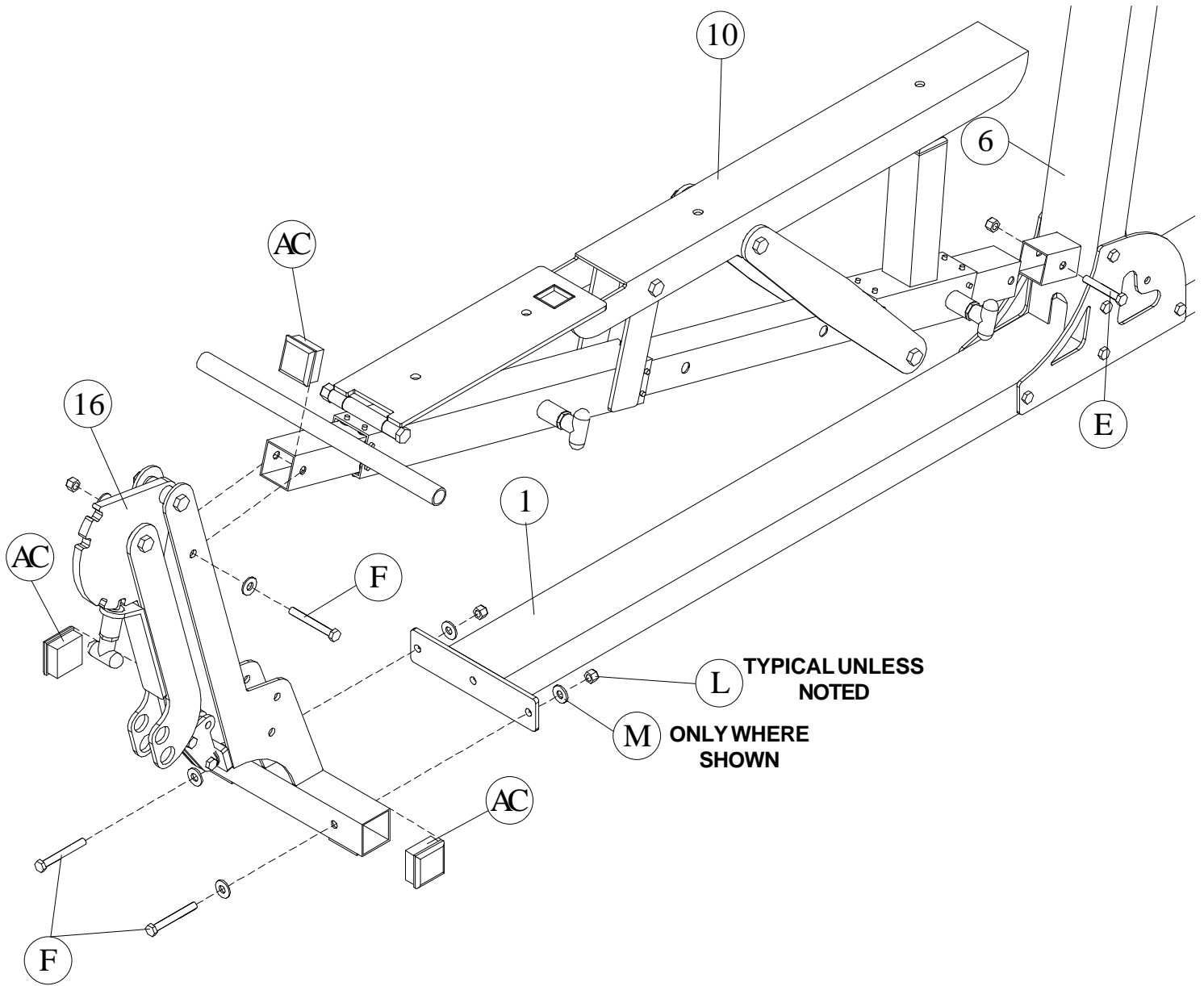
TYPICAL UNLESS NOTED

5. Remove the 5/8" Locknut from the shoulder bolt in the **Base(1)**, position the **Low Row Pulley Bracket(22)** over the shoulder bolt and replace the Locknut. **Do not over tighten the Locknut.**

6. Attach the **Low Row Calf Raise Attachment(29)** to the **Base(1)**.

**NOTE: THE LOW ROW CALF RAISE ATTACHMENT CAN BE CONNECTED TO BASE IN THIS STEP OR CAN BE CONNECTED AT A LATER TIME, TO ALLOW FOR ADDITIONAL WORKING SPACE.**

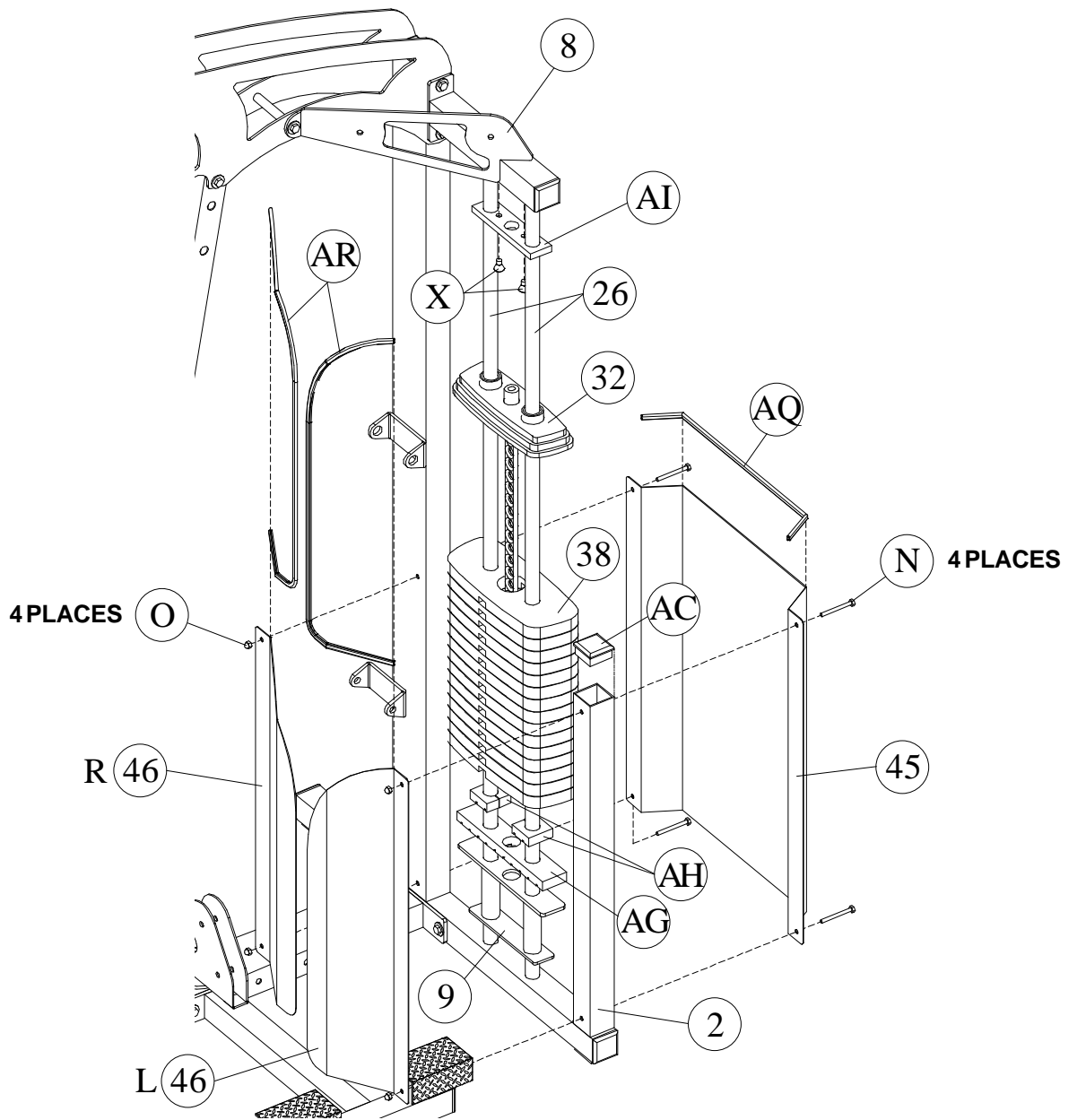
7. Insert **plastic caps(AC & AD)** where shown.



8. Attach the **Leg Extension Assembly (16)** to the **Base(1)**.

9. Attach the **Seat Support Assembly(10)** to the **Main Upright(6)** & **Leg Extension Assembly(16)**.

10. Insert **plastic caps(AC)** where shown.



11. Place **Weight Stack Support(9)**, **Rubber Cushion 10-1/4"(AG)** & two(2) **Rubber Cushions 3/4"thk x 2"(AH)** over holes in the base of the **Rear Upright(2)** and slide both **Guide Rods(26)** into them. **NOTE:** For improved performance, we recommend you apply a silicone lubricant to the guide rods prior to their installation.

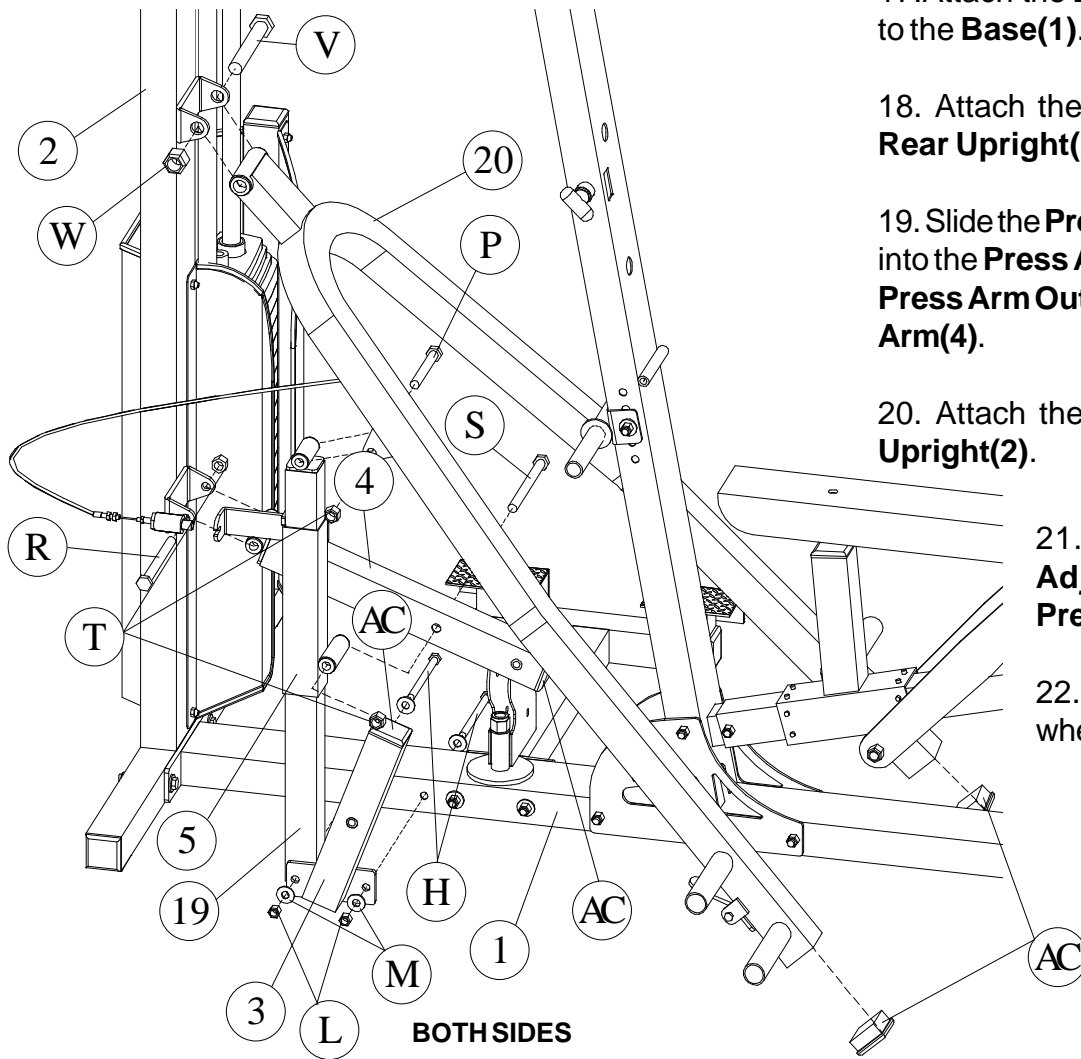
12. Leaning the **Guide Rods(26)** toward you, slide the fifteen(15) **Weight Stack Plates(38)** onto **Guide Rods(26)**.

13. Slide the **Weight Stack Selector Rod Assembly(32)** over the **Guide Rods(26)** and onto the **Weight Stack Plates(38)**.

14. Slide the **Plastic Rod Support(AI)** onto **Guide Rods(26)** and bolt to the **Upper Guide Rod Support(8)**. Tighten the three (3) bolts holding the **Upper Guide Rod Support(8)** which were previously left loose on Pg 5.

15. Install **Edge Trim 20-1/4"(AQ)** on **Weight Stack Shroud(45)** & two(2) **Edge Trims 36"(AR)** on **Wt. Stack Front Shrouds R&L(46)**.

16. Bolt **Weight Stack Shroud(45)** and **Wt. Stack Front Shrouds R&L(46)** to **Rear Upright(2)** using bolting shown. Install **2" Plastic Cap(AC)** where shown.



17. Attach the **Lower Press Arm Support(3)** to the **Base(1)**.

18. Attach the **Lower Press Arm(4)** to the **Rear Upright(2)**.

19. Slide the **Press Arm Adjustment Tube(19)** into the **Press Arm Outer Tube(5)**. Attach the **Press Arm Outer Tube(5)** to the **Lower Press Arm(4)**.

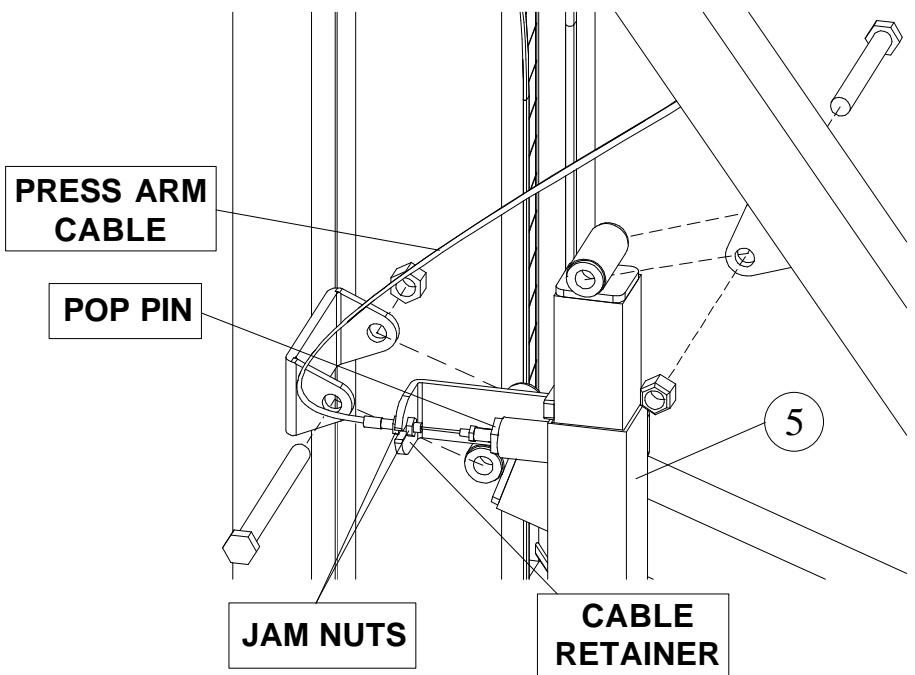
20. Attach the **Press Arm(20)** to the **Rear Upright(2)**.

21. Attach the **Press Arm Adjustment Tube(19)** to the **Press Arm(20)**.

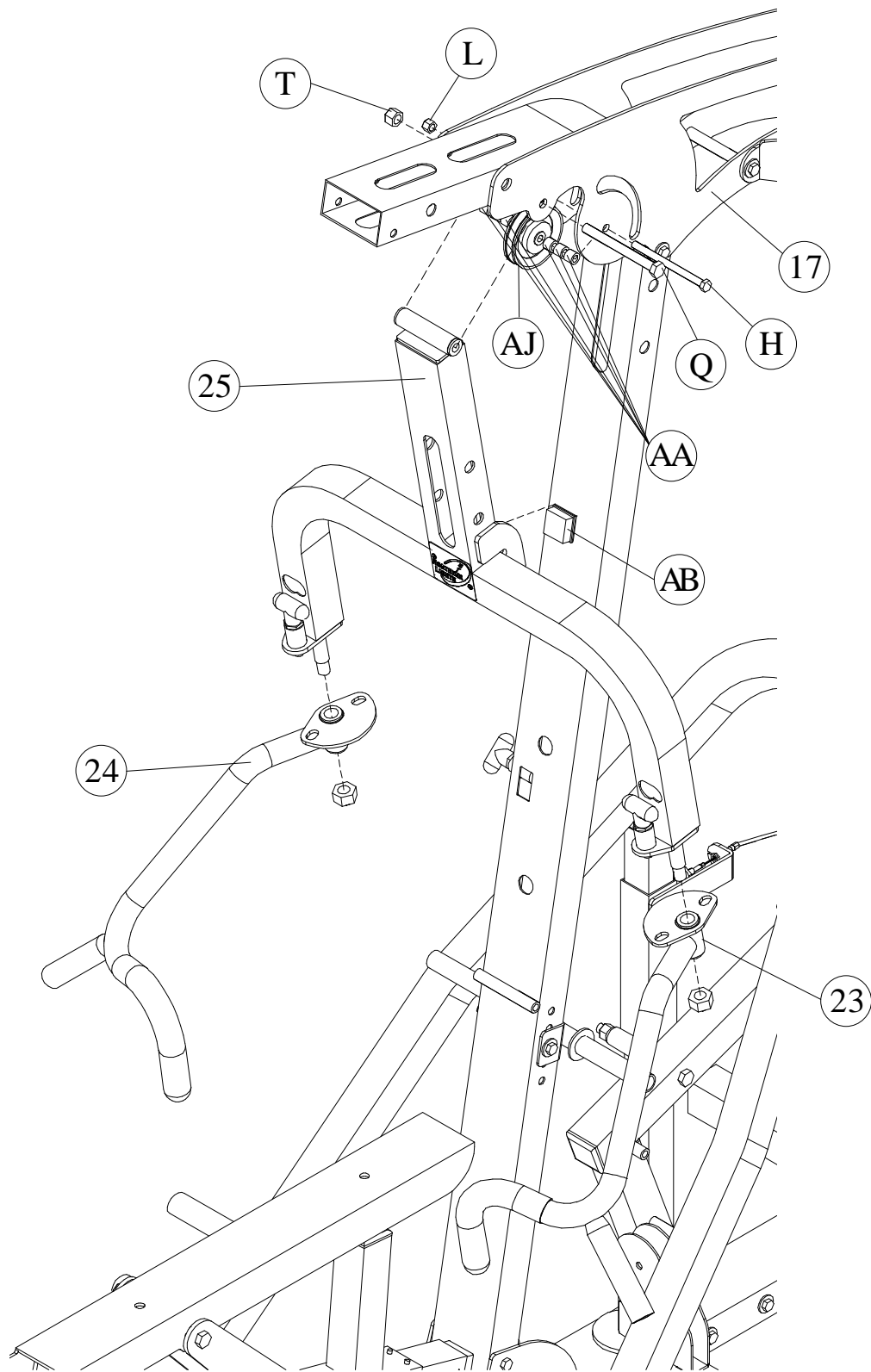
22. Insert **plastic caps(AC)** where shown.

**NOTE: Do NOT over tighten bolted connections where bronze bushings are used.**

23. With the Press Arm at its lowest position, screw the pop pin internals which are attached to the end of the press arm cable into pop pin outer sleeve on the **Press Arm Outer Tube(5)** and tighten securely. Position the threaded part of the cable into the slot of the cable retainer which is attached to the **Press Arm Outer Tube(5)**; the two jam nuts must straddle the cable retainer. Remove any slack from the steel cable to the pop pin and tighten the two jam nuts against the cable retainer.





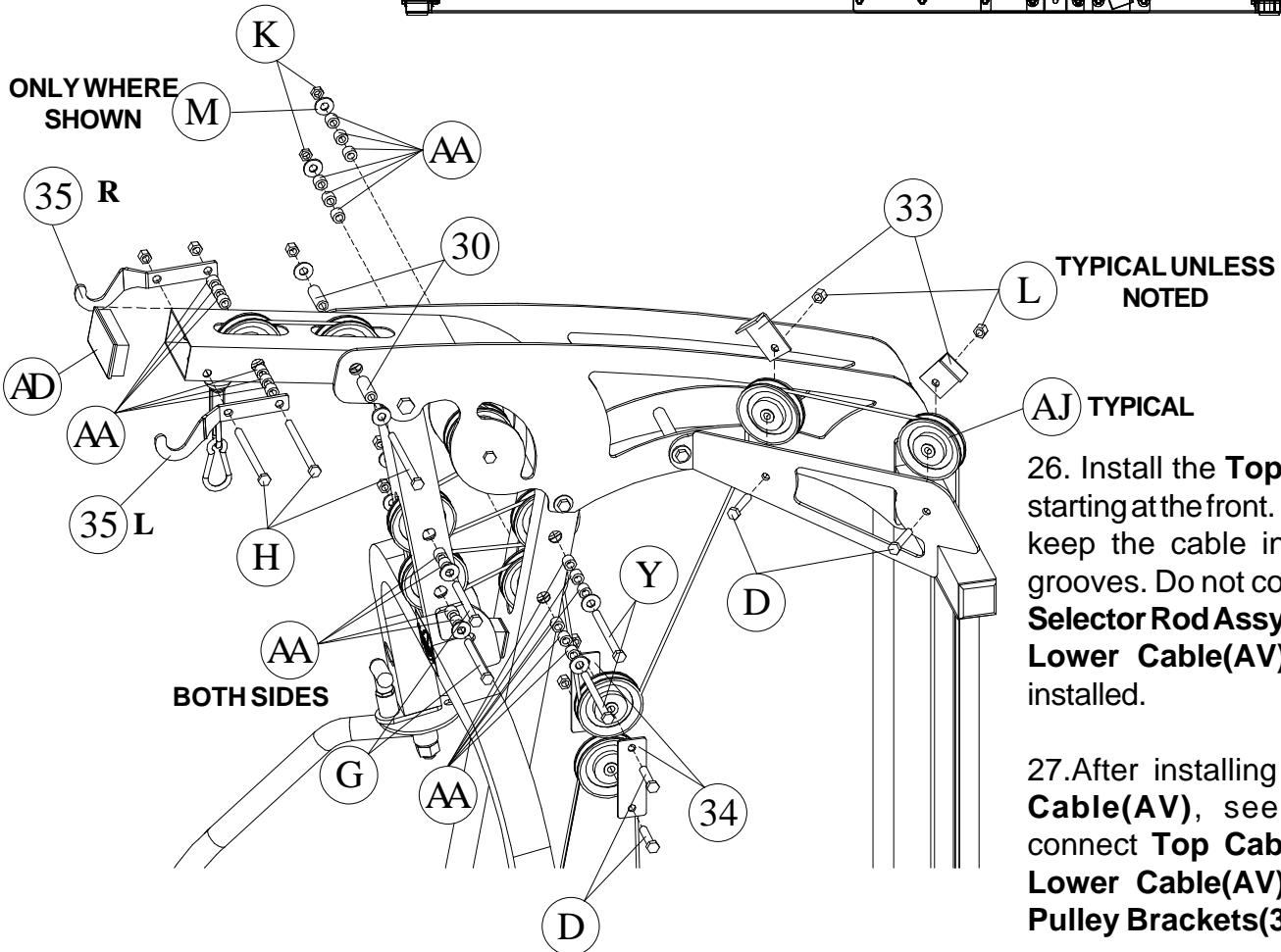
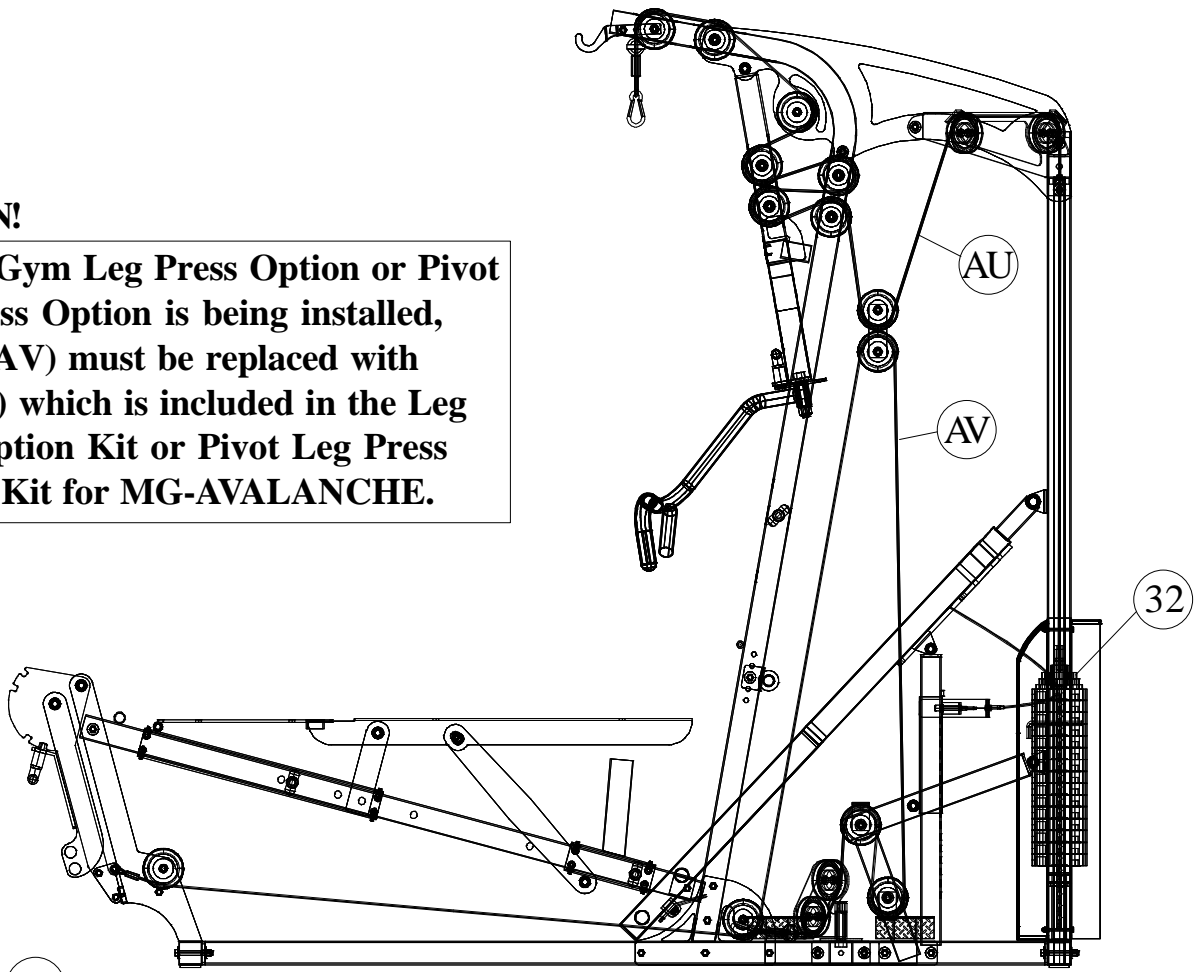


24. Install the **Arm Support(25)**, **Pulley(AJ)** and six(6) **1/2" thk spacers(AA)** between the **Top Brackets(17)**. Install the **plastic cap(AB)** where shown.

25. Remove the two(2) 5/8" Locknuts from the shoulder bolts in the **Arm Support(25)**, position the **Left & Right Swing Arms(23 & 24)** over the shoulder bolts and replace the Locknut. **Do not over tighten the Locknut.**

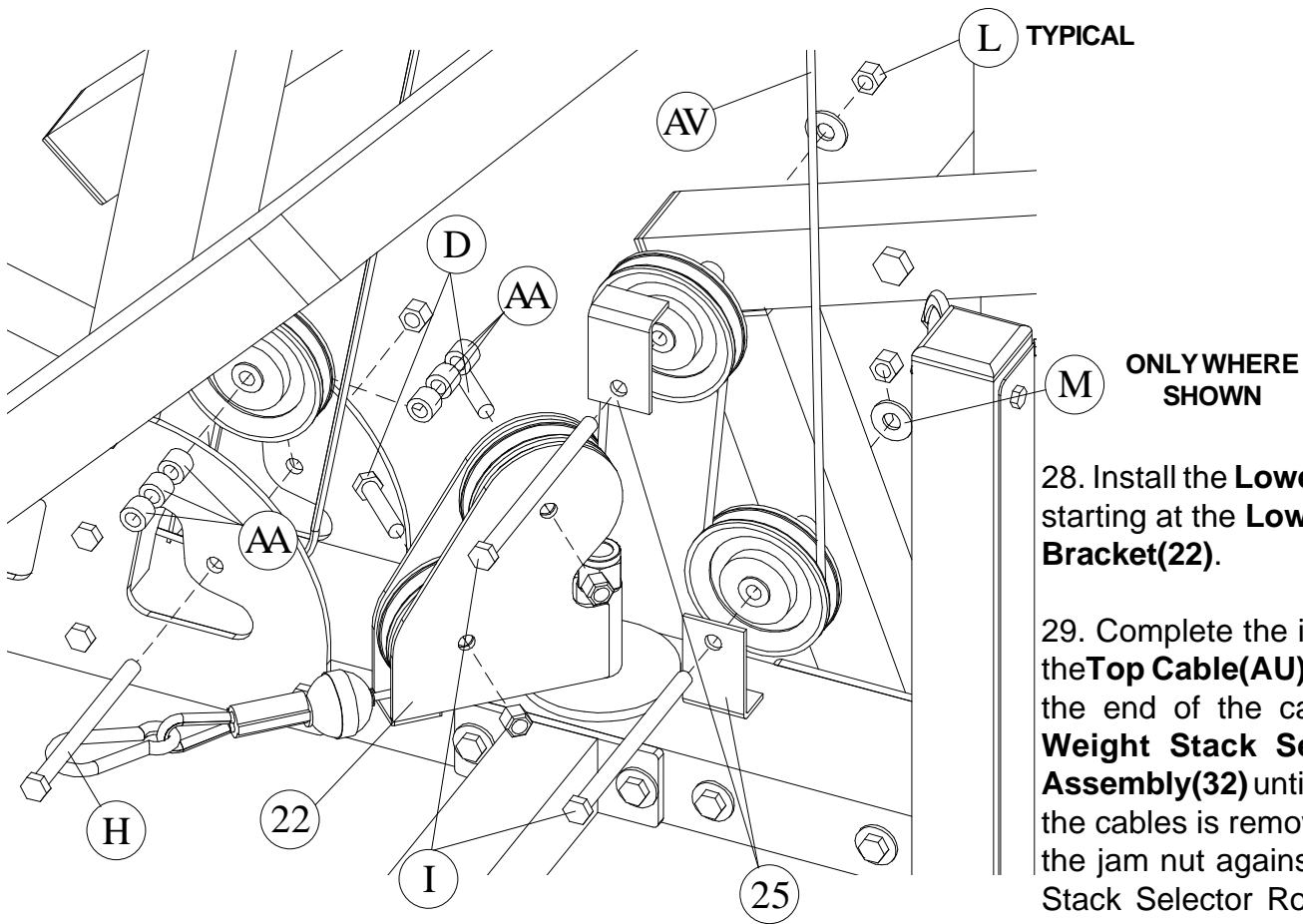
**ATTENTION!**

**If a Multi-Gym Leg Press Option or Pivot Leg Press Option is being installed, cable(AV) must be replaced with cable(AA) which is included in the Leg Press Option Kit or Pivot Leg Press Option Kit for MG-AVALANCHE.**



26. Install the **Top Cable(AU)** starting at the front. Take care to keep the cable in the pulley grooves. Do not connect to the **Selector Rod Assy(32)** until the **Lower Cable(AV)** has been installed.

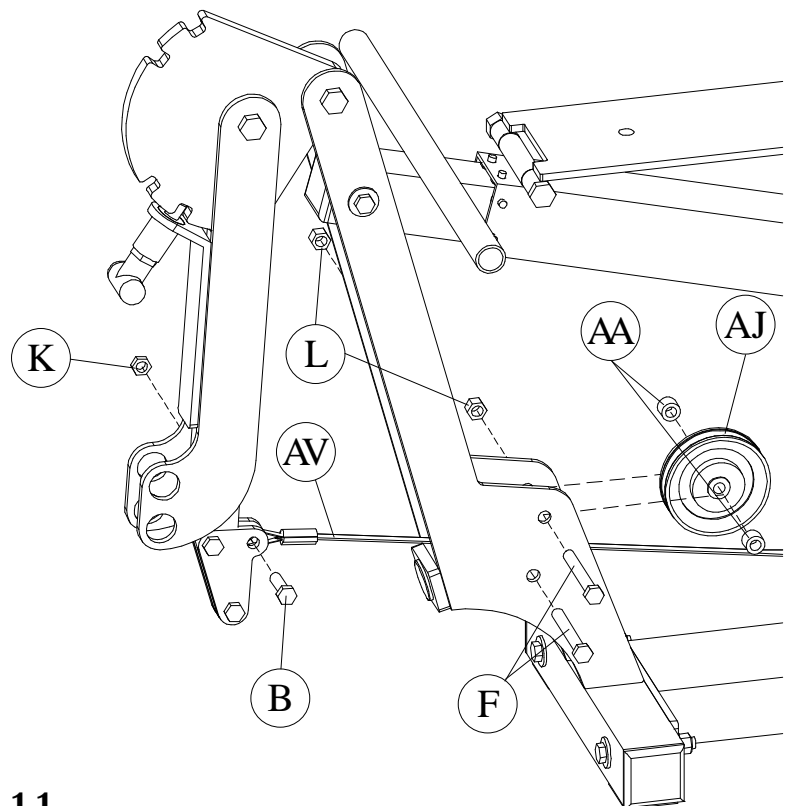
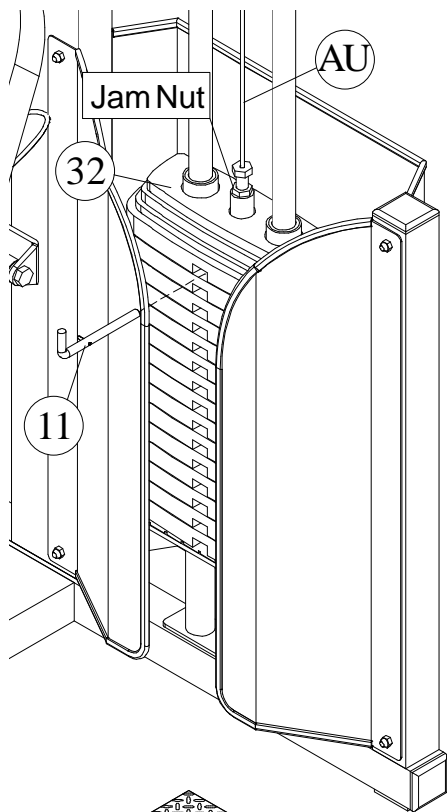
27. After installing the **Lower Cable(AV)**, see page 11, connect **Top Cable(AU)** and **Lower Cable(AV)** using two **Pulley Brackets(34)**.

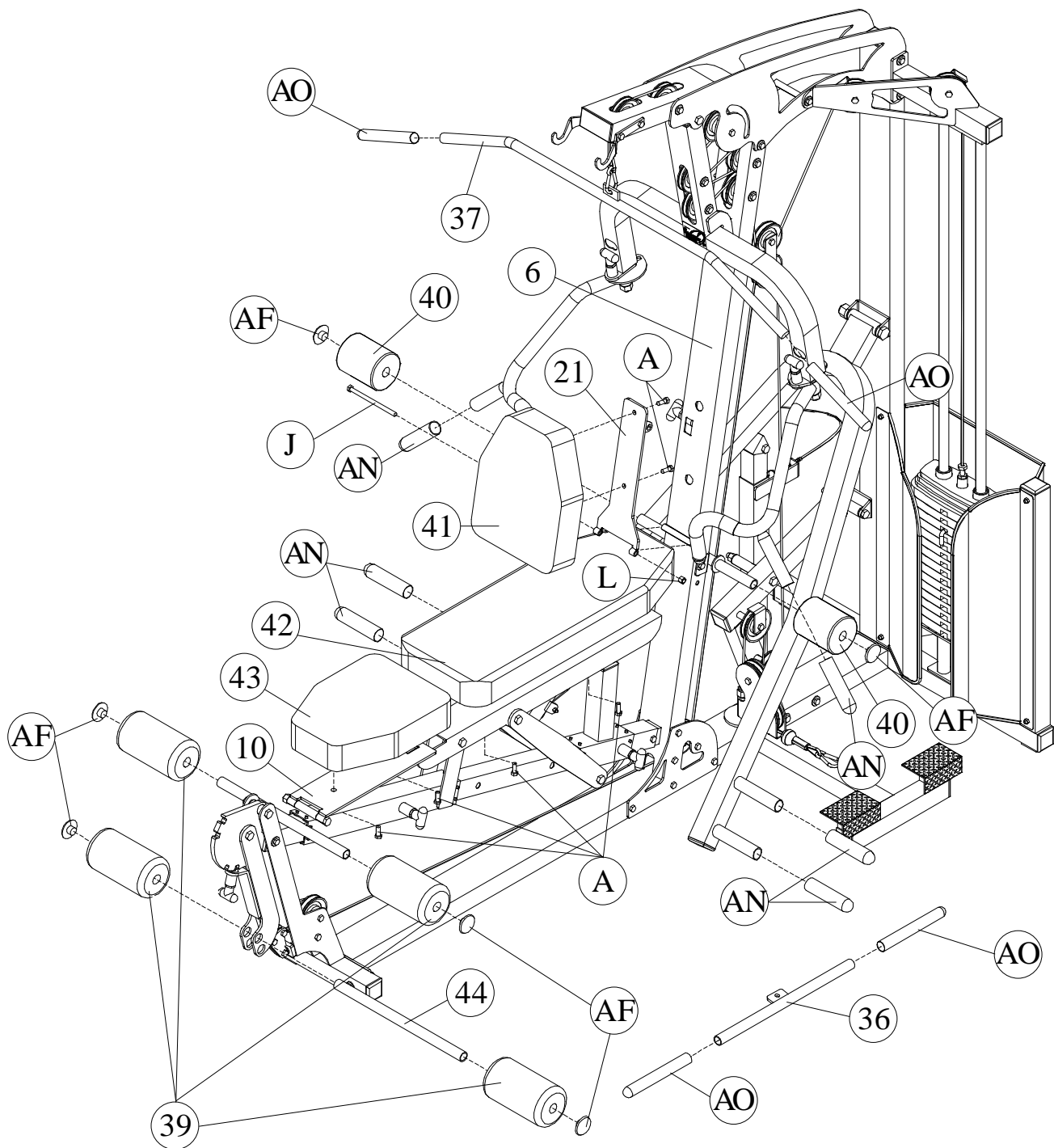


28. Install the **Lower Cable(AV)** starting at the **Low Row Pulley Bracket(22)**.

29. Complete the installation of the **Top Cable(AU)** by threading the end of the cable into the **Weight Stack Selector Rod Assembly(32)** until slackness in the cables is removed. Tighten the jam nut against the Weight Stack Selector Rod Assembly. Periodic cable tightening may be required.

While the hollow bolt provides approximately 1-1/4" adjustment, 3/8" thick **Rubber Spacers 3/8"thk x 2"(AP)** have been provided to give further cable adjustment. These spacers can be used by themselves or in addition to **Rubber Cushions 3/4"thk x 2"(AH)** which were installed on Page 7.





30. Attach the **Back Rest Small(41)** to the **Back Rest Support(21)** then attach them to the **Main Upright(6)** making sure that the back adjustment tab is positioned in the main upright openings.

31. Attach the **Back Rest Large(42)** and the **Seat Pad(43)** to the **Seat Support Assy(10)**.

32. Select the location for the **Leg Extension Roller Tube(44)**. Slide on all **Foam Rollers(39)** and **Foam Rollers 5"(40)**. Insert the **Foam Roller Caps(AF)**.

33. Slide on the **Rubber Grips(AN & AO)** where shown. Grips slide on easiest when a solution of soapy water is first applied to the bar. This will dry in a short time and causes no damage to the machine. Do NOT use any other lubricant.

**NOTE: Make certain that all cables are properly positioned on/around pulleys before use and that all nuts have been tightened.**

**Cables are a consumable and must be treated as such. As a minimum, an annual inspection must be performed on all cable ends and full lengths. A cable must be replaced immediately if broken exposed wires and/or a break in cable coating are found.**

# NORTHERN LIGHTS FITNESS PRODUCTS INC.

Dear Customer:

Thank you for selecting Northern Lights Exercise Equipment. We hope that you will enjoy and benefit from your new fitness product for years to come. If you have any questions regarding your new equipment or would like to find out what other products are available to add to your workout, feel free to contact the authorized Northern Lights showroom in your area.

## WARRANTY

### Manufacturer's Limited Lifetime Warranty

Northern Lights Fitness Products Inc. offers its customers a lifetime warranty against broken welds and manufacturer defects on all products. Simply return the defective part, insured and prepaid to Northern Lights and we will replace it at no charge.

This warranty is for original product owners and does not cover damage resulting from product alterations, misuse, abuse, improper assembly, normal wear and tear or other conditions, which are beyond our control.

No other express warranty has been made or will be made on behalf of Northern Lights with respect to any Northern Lights product or the operation, repair or replacement of any Northern Lights product. Northern Lights shall not be responsible for injury, loss of use of the product, inconvenience, loss or damage to personal property, whether direct or indirect.

This warranty does not include any implied warranties or liability for incidental or consequential damages created by any provincial or state law.

If you feel that a Northern Lights product is defective, please contact our parts department at (800) 461-1709.

**Please record Lot No.'s from the box labels here and retain for any future warranty claim:**

**Box 1-**

**Box 2-**

**Box 3-**

**Box 4-**

# NORTHERN LIGHTS FITNESS PRODUCTS INC.

Cher Client:

Merci d'avoir sélectionné un produit Northern Lights. Nous espérons que vous aimerez et bénéficierez de votre nouveau produit pour des années à venir. Si vous avez des questions concernant votre nouveau produit ou si vous aimeriez trouver d'autres produits disponibles de Northern Lights, contactez un détaillant autorisé Northern Lights.

## La GARANTIE

### Garantie à Vie Limitée du Fabricant

Northern Lights Fitness Products Inc. offre à ses clients une garantie à vie contre toutes soudures casées et contre tout défaut de matériau et de fabrication dans le cadre d'un entretien soigneux et d'une utilisation conforme à l'usage prévu réalisée dans des conditions normales. Simplement, retournez la pièce défectueuse à Northern Lights, payé et assuré, et nous la remplacerons sans frais.

Cette garantie s'étend uniquement au propriétaire d'origine seulement et n'est pas transférable. Elle ne couvre pas les produits soumis à une mauvaise utilisation, à un manque de soins, à des accidents, à des réparations ou à des modifications non autorisées.

Aucune autre garantie n'a été faite ou sera faite de la part de Northern Lights en ce qui concerne tout produit de Northern Lights ou son opération, réparation ou échange. Northern Lights ne sera pas responsable pour blessure, perte d'usage du produit, dérangement, perte ou dommage de propriété personnelle, direct ou indirect.

Cette garantie n'inclut pas toutes autres garanties implicites pour incidents ou dommages consécutifs créés par les lois provinciales ou les lois d'état.

Si un produit de Northern Lights est défectueux, s'il vous plaît contactez notre département de Pièces et Service au (800) 461-1709.

**Box 5-**

**Box 6-**

**Box 7-**