

# LEGEND FITNESS®

## WEIGHT STACK REPLACEMENT PROCEDURES

For most Legend Fitness pin select equipment. If your equipment comes with specific instructions, be sure to follow those.

### IMPORTANT NOTICE

All repairs and maintenance should be performed by qualified maintenance personnel with experience in this field and basic mechanical aptitude. During the weight stack replacement, heavy items will be manipulated. It is recommended that a minimum of three strong people work together to complete these procedures.

#### You Will Need

- 1 3/4" Combo Wrench
- 1 Hex Wrench Set (5/32", 9/16", 3/16", 1/8" Needed)
- 1 Cable Cutter
- 1 Screwdriver
- 1 Hammer

#### Provided by Legend Fitness

- 1 Eye Bolt
- 1 Lifting Bar
- 1 Lifting Block

#### Old Weight Stack Removal Process

1. If the machine has one, remove the rear shroud using a 3/16" hex wrench.
2. Loosen and remove the cable from the chrome hex cable retainer on top of weight stack by loosening the three hex set screws using a 1/8" hex wrench. For all adjustable column machines, the cable would be removed from the back of the double pulley system on the chrome column.
3. Remove the chrome hex cable retainer or pulley bracket (located on top of the weight stack), by loosening the jam nut underneath the chrome hex cable retainer/pulley bracket with a 3/4" combo wrench. Turn out and remove the chrome hex cable retainer/pulley bracket.
4. Screw the provided eyebolt in place of the cable retainer/pulley bracket. Thread in completely.
5. Using a 5/32" hex wrench, loosen the set screws in the shaft collars at the top of the two chrome guide rods upon which the weight stack travels. This will allow the shaft collars to slide down against the weight stack top plate.
6. Remove the pulley above the guide rod hole with two 9/16" hex wrenches.
7. Insert the selector pin into the bottom plate of the weight stack and then slide the provided lifting bar through the eye bolt.
8. With one strong person on each end of the lifting bar and one person grasping the chrome guide rods, lift the stack with the lifting bar while the third person slides the guide rods up through the frame.
9. Lay the weight stack on its back on the ground and slide the guide rods and shaft collar out. Unscrew the eyebolt. *Do not remove the selector pin as this holds the weight stack together.*

#### New Weight Stack Installation

1. The new weight stack should be laying on its back on the ground with the top plate on and selector pin inserted.
2. Slide the chrome guide rods through the top plate and into the weight stack, and then slide the shaft collar onto the guide rods.
3. Carefully lift the stack to an upright position next to the machine.
4. Screw the eye bolt into the top plate, making sure to thread it in completely.
5. Slide the lifting bar through the eyebolt. With one strong person on each end of the lifting bar and one person holding chrome guide rods, you are ready to install weight stack.
6. Lift the stack. While suspended, insert the chrome guide rods through the rubber grommet at the top of the machine, taking care to not slide them out of the weight stack while doing so. Then slide the chrome guide rods up through holes in the bottom of the machine.
7. Slowly lower the stack onto the provided lifting block.
8. Lift one chrome guide rod, about four to five inches and apply the washer, then the spring, then the second washer. Repeat on the other guide rod.
9. Using the lifting bar, lift the stack and remove the lifting block from underneath. Slowly lower the stack onto springs.
10. Remove the eyebolt and replace it with the cable retainer, locking it into place with the jam nut. Slide the bungee cord loop over the cable retainer.
11. A drive pin is located in the selector pin hole of the bottom plate on the weight stack. It must be removed, as it keeps the weight stack together for shipment. Use a screwdriver that fits into the selector pin hole and a hammer to lightly tap it back through the rear of the weight stack.
12. Lift the weight stack top plate about six to eight inches and insert the pin into the selector rod to hold it in place above the weight stack.
13. Replace the pulley into the pulley bracket above the weight stack frame.
14. Run the cable back through the pulley and down into the cable retainer on the weight stack. Tighten the hex screws with a 1/8" hex wrench.
15. Support the weight stack top plate and remove the pin. Carefully lower the top plate down to the stack, replacing the pin in the stack when it is completely lowered.
16. Slide the shaft collars up to the top of the frame and tighten them with a 5/32" hex wrench.
17. Replace the rear cover (if applicable) with six hex screws using a 5/32" hex wrench.

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## WEIGHT STACK REPLACEMENT DIAGRAM

