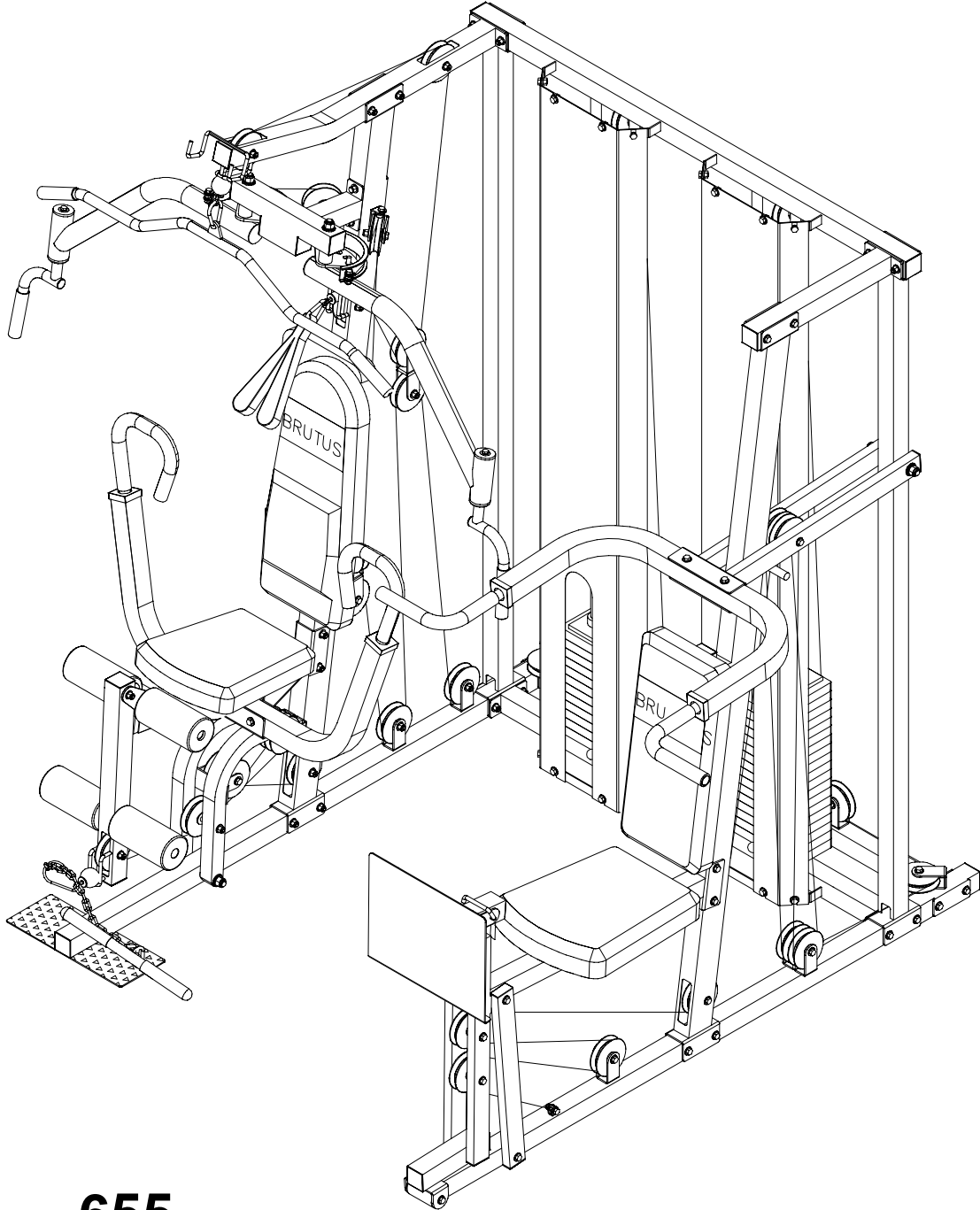


BRUTUS[®]



655 HOME GYM

FitnessQuest[®]
Inc.

Congratulations on purchasing your Brutus® 655 Home Gym

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your upper and lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift, and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this Owner's Manual carefully. **It is the authoritative source of information about your Brutus® 655 Home Gym.**

Retain this manual for future reference.

Table of Contents:

Important Safety Instructions.....	3
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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning and exercise program especially if you are over 35 years of age or suffer from heart respiratory problems.
3. Warm up before any exercise programs with 8 minutes of aerobic activity, followed by stretching from head to toe.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with nonslip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Perform exercises consistently with proper technique and pass through a full range of motion.
8. Always use a spotter for safety.
9. Avoid over training. You should be able to carry on a conversation while exercising.
10. After an exercise session, cool down with slow stretching, cycling or walking.
11. This machine should not be used by or near children.
12. Invalids, or disabled persons must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
13. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
14. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
15. Always use this machine on a level surface.
16. Never operate the machine if the machine is not functioning properly.
17. Start exercise slowly and gradually increase the amount of resistance.
18. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercising at once and consult a physician immediately.

KEEP THESE INSTRUCTIONS

Comments or Questions?

Dear Customer,
Congratulations on your purchase of the Brutus® 655 Home Gym.

We're sure that you will be completely satisfied with the product we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our web site, with any comments or questions you may have.

Brutus® 655 Home Gym
Customer Service Department
1400 Raff Road SW, Canton, OH 44750-0001

1-800-321-9236, Monday through Friday - 9:00am to 4:30pm, Eastern Time
www.fitnessquest.com

Ordering Missing or Defective Parts

When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT IS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (EHG00655)
5. PART ORDER NUMBER AND DESCRIPTION

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

BOX 1 of 6

Weight - 179 lbs.
Length - 52"
Width - 28"
Height - 7-1/2"

BOX 2 of 6

Weight - 205 lbs.
Length - 81"
Width - 21"
Height - 8-1/2"

BOX 3 of 6

Weight - 100 lbs.
Length - 11"
Width - 5-1/2"
Height - 12-1/2"

BOX 4 of 6

Weight - 100 lbs.
Length - 11"
Width - 5-1/2"
Height - 12-1/2"

BOX 5 of 6

Weight - 100 lbs.
Length - 11"
Width - 5-1/2"
Height - 11-1/4"

BOX 6 of 6

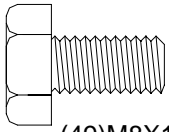
Weight - 50 lbs.
Length - 11"
Width - 5-1/2"
Height - 6"

ASSEMBLED DIMENSIONS OF UNIT

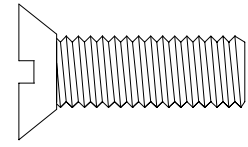
L 73" x W 100" x H 85"

Hardware Illustrations

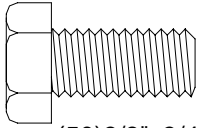
Page 1



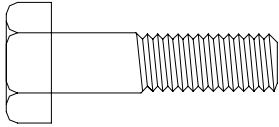
(49)M8X15 HEX BOLT



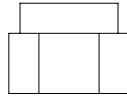
(47)M10x25mm SCREW



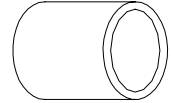
(50)3/8"x3/4" HEX BOLT



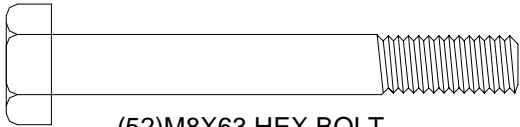
(48)M8X25 HEX BOLT



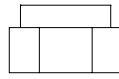
(67)3/8" LOCKNUT



(46)13mm BUSHING



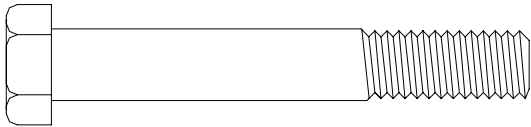
(52)M8X63 HEX BOLT



(69)M8mm LOCKNUT



(70)3/4" BUSHING



(53)3/8"x2-5/8" HEX BOLT

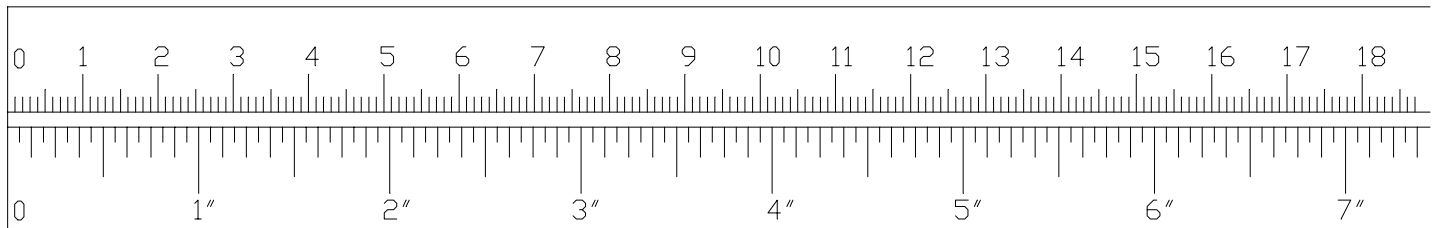


(60)5/8"x5-3/4" SHAFT BAR



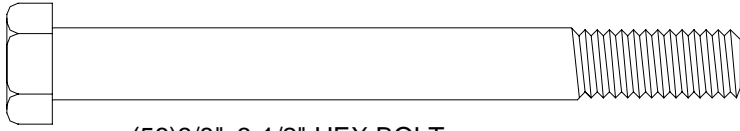
(61)5/8"x7-3/4" SHAFT BAR

mm

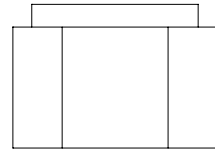


Hardware Illustrations

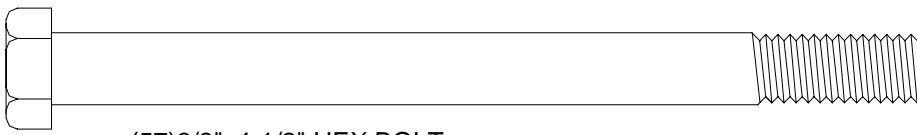
Page 2



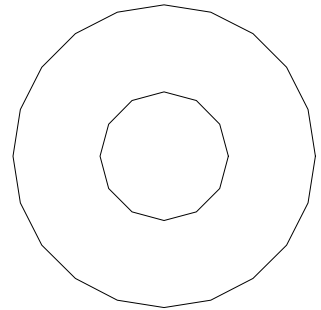
(56) 3/8"x3-1/2" HEX BOLT



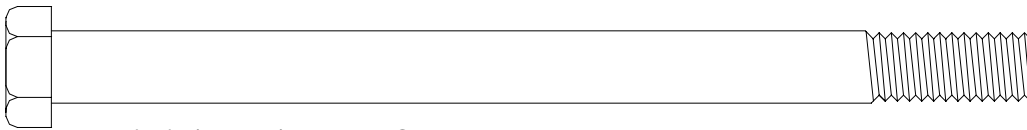
(66) 5/8" LOCKNUT



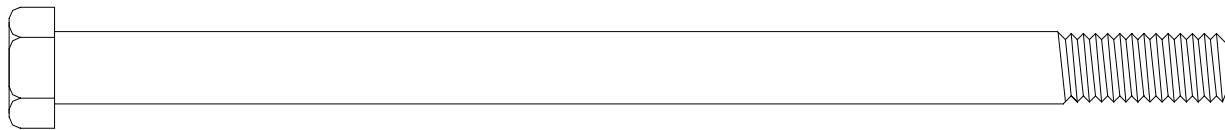
(57) 3/8"x4-1/2" HEX BOLT



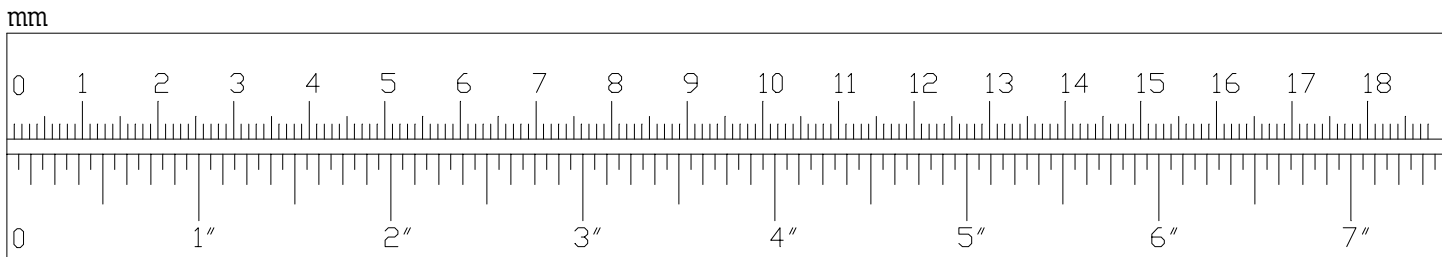
(65) 5/8" WASHER



(58) 3/8"x5-1/8" HEX BOLT

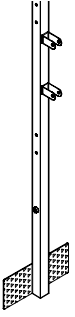


(59) 3/8"x6-1/8" HEX BOLT



Parts Identification

Page 1



(1)RIGHT BASE BEAM



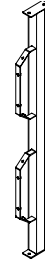
(2)RIGHT OBLIQUE FRAME



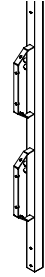
(6)LEFT BASE BEAM



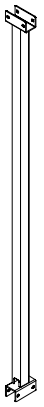
(7)CENTER BASE TUBE (A)



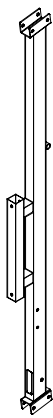
(8)CENTER BASE TUBE (B)



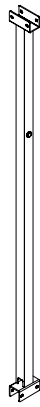
(10)TOP CROSS FRAME



(3)RIGHT VERTICAL FRAME



(4)LEFT OBLIQUE FRAME



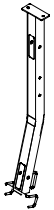
(5)LEFT VERTICAL FRAME



(9)GUIDE ROD



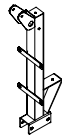
(36)SHROUD



(11)RIGHT TOP CROSS FRAME



(12)LEFT TOP CROSS FRAME



(13)RIGHT SEAT CUSHION FRAME



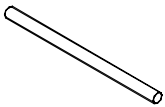
(14)LEG EXTENSION FRAME



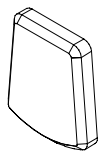
(15)LEFT SEAT CUSHION FRAME



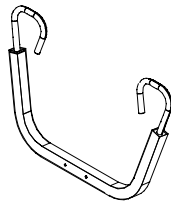
(16)CONNECTOR TUBE



(17)FOAM ROD



(18)SEAT CUSHION



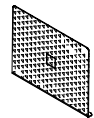
(19)RIGHT PRESS ARM



(20)RIGHT BENCH PRESS FRAME



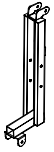
(21)ADJUST TUBE



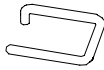
(22)FOOT PLATE

Parts Identification

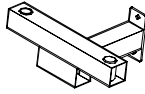
Page 2



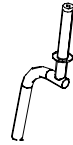
(23) LEG PRESS SUPPORT



(24) SAFETY CLASP



(25) BUTTERFLY EXTENSION



(26) HANDLE



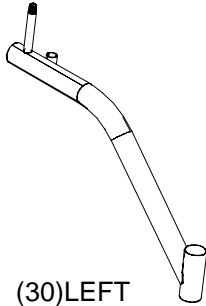
(29) LEFT ADJUSTABLE PLATE



(28) RIGHT BUTTERFLY ARM PLATE



(27) RIGHT ADJUSTABLE PLATE



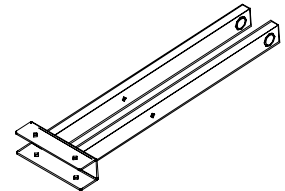
(30) LEFT BUTTERFLY ARM



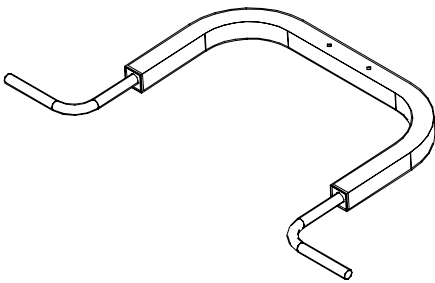
(31) RIGHT BACKREST CUSHION



(32) PIVOT PULLEY BRACKET



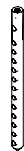
(33) LEFT BENCH PRESS FRAME



(34) LEFT PRESS ARM



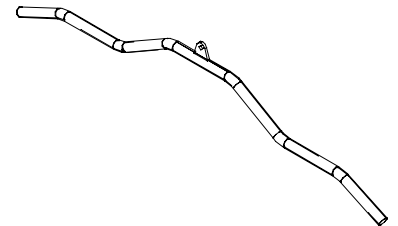
(35) STOP ROD



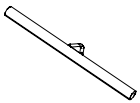
(42) WEIGHT SELECTION ROD(A)



(43) WEIGHT SELECTION ROD(B)



(37) LAT BAR



(38) CURL BAR



(39) DOUBLE PULLEY BRACKET(A)



(40) DOUBLE PULLEY BRACKET(B)



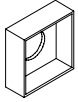
(41) LEFT BACKREST CUSHION



(44) WAIST BAND

Parts Identification

Page 3



(72) 2" SQUARE END CAP



(71) 2" SQUARE END PLUG



(73) 1"x2" END PLUG



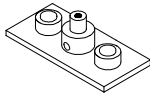
(74) 1" ROUND END PLUG



(75) 2" ROUND END PLUG



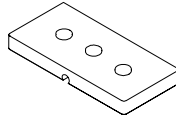
(76) PULLEY



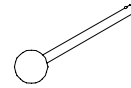
(77) TOP PLATE



(78) 7/16" ALLEN CAP SCREW



(79) WEIGHT



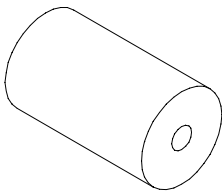
(80) PRESS BAR PIN



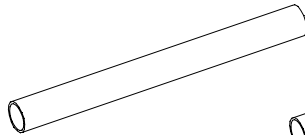
(81) 2" SQUARE RUBBER BUMPER



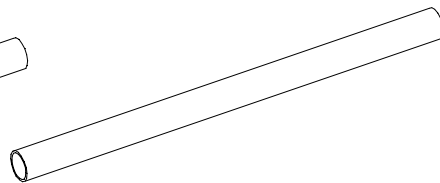
(82) RUBBER DONUT



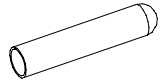
(83) FOAM ROLL



(85) SHORT FOAM GRIPS



(84) LONG FOAM GRIPS



(86) HAND GRIPS



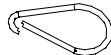
(87) BUSHING PLASTIC(A)



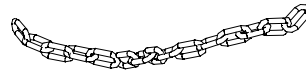
(88) BUSHING PLASTIC(B)



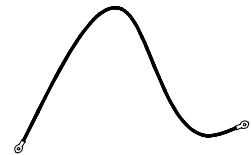
(89) POP PIN



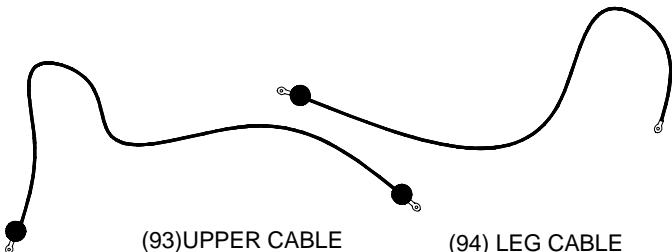
(90) CHAIN HOOK



(91) CHAIN

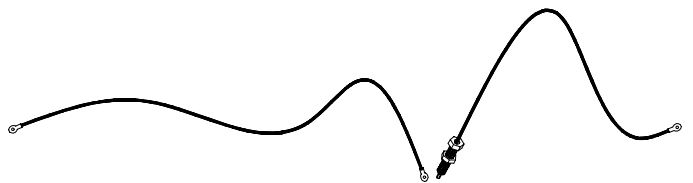


(92) BUTTERFLY CABLE



(93) UPPER CABLE

(94) LEG CABLE



(68) SQUAT CABLE

(55) PRESS CABLE

Parts List

Item	Q'ty	Part Name	Item	Q'ty	Part Name
1	1	Right Base Beam	49	8	M8 x 15mm Hex Bolt
2	1	Right Oblique Frame	50	18	3/8" x 3/4" Hex Bolt
3	1	Right Vertical Frame	51	15	3/8" x 2" Hex Bolt
4	1	Left Oblique Frame	52	4	M8 x 63mm Hex Bolt
5	1	Left Vertical Frame	53	7	3/8" x 2-5/8" Hex Bolt
6	1	Left Base Beam	54	25	3/8" x 3" Hex Bolt
7	1	Center Base Tube "A"	55	1	Press Cable
8	1	Center Base Tube "B"	56	3	3/8" x 3-1/2" Hex Bolt
9	4	Guide Rod	57	5	3/8" x 4-1/2" Hex Bolt
10	1	Top Cross Frame	58	1	3/8" x 5-1/8" Hex Bolt
11	1	Right Top Cross Frame	59	1	3/8" x 6-1/8" Hex Bolt
12	1	Left Top Cross Frame	60	1	5/8" x 5-3/4" Shaft Bar
13	1	Right Seat Cushion Frame	61	1	5/8" x 7-3/4" Shaft Bar
14	1	Leg Extension Frame	62	150	3/8" Washer
15	1	Left Seat Cushion Frame	63	2	3/8" Big Washer
16	2	Connector Tube	64	22	M8 Washer
17	2	Foam Rod	65	6	5/8" Washer
18	2	Seat Cushion	66	6	5/8" Locknut
19	1	Right Press Arm	67	66	3/8" Locknut
20	1	Right Bench Press Frame	68	1	Squat Cable
21	1	Adjust Tube	69	5	M8 Locknut
22	1	Foot Plate	70	16	3/4" Copper Bushing
23	1	Leg Press Support	71	18	2" Square End Plug
24	1	Safety Clasp	72	4	2" Square End Cap
25	1	Butterfly Extension	73	8	1" x 2" End Plug
26	2	Handle	74	10	1" Round End Plug
27	1	Right Adjustable Plate	75	2	2" Round End Plug
28	1	Right Butterfly Arm	76	32	Pulley
29	1	Left Adjustable Plate	77	2	Top Plate
30	1	Left Butterfly Arm	78	2	7/16" Allen Cap Screw
31	1	Right Backrest Cushion	79	33	Weight
32	2	Pivot Pulley Bracket	80	2	Press Bar Pin
33	1	Left Bench Press Frame	81	3	2" Square Rubber Bumper
34	1	Left Press Arm	82	4	Rubber Donut
35	1	Stop Rod	83	4	Foam Roll
36	2	Shroud	84	2	Long Foam Grip
37	1	Lat Bar	85	2	Short Foam Grip
38	1	Curl Bar	86	6	Hand Grip
39	1	Double Pulley Bracket "A"	87	4	Plastic Bushing "A"
40	1	Double Pulley Bracket "B"	88	2	Plastic Bushing "B"
41	1	Left Backrest Cushion	89	2	Pop Pin
42	1	Weight Selection Rod "A"	90	8	Chain Hook
43	1	Weight Selection Rod "B"	91	3	Chain
44	1	Waist Band	92	1	Butterfly Cable
45	1	Ankle Strap	93	1	Upper Cable
46	12	13mm Bushing	94	1	Leg Cable
47	3	M10 x 25mm Screw			
48	3	M8 x 25mm Hex Bolt			

NOTES

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING

FIGURE 1

- Step 1. Push 2" SQUARE END PLUGS (71) into ends of RIGHT BASE BEAM (1), LEFT BASE BEAM (6), and LEFT OBLIQUE FRAME (4).
- Step 2. Attach CENTER BASE TUBE "A" (7) to RIGHT BASE BEAM (1) and LEFT BASE BEAM (6) with 3/8" x 2-5/8" HEX BOLTS (53), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
NOTE: Do not tighten LOCKNUTS until CENTER BASE TUBE "B" has been attached.
- Step 3. Slide RIGHT VERTICAL FRAME (3) onto RIGHT BASE BEAM (1) and attach with CENTER BASE TUBE "B" (8) using 3/8" x 3" HEX BOLTS (54), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 4. Slide LEFT VERTICAL FRAME (5) onto LEFT BASE BEAM (6) and attach with CENTER BASE TUBE "B" (8) using 3/8" x 3" HEX BOLTS (54), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 5. Tighten 3/8" LOCKNUTS (67) attached in Step 2.
- Step 6. Attach RIGHT OBLIQUE FRAME (2) to RIGHT BASE BEAM (1) with 3/8" x 2-5/8" HEX BOLTS (53), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 7. Attach LEFT OBLIQUE FRAME (4) to LEFT BASE BEAM (6) with 3/8" x 2-5/8" HEX BOLTS (53), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

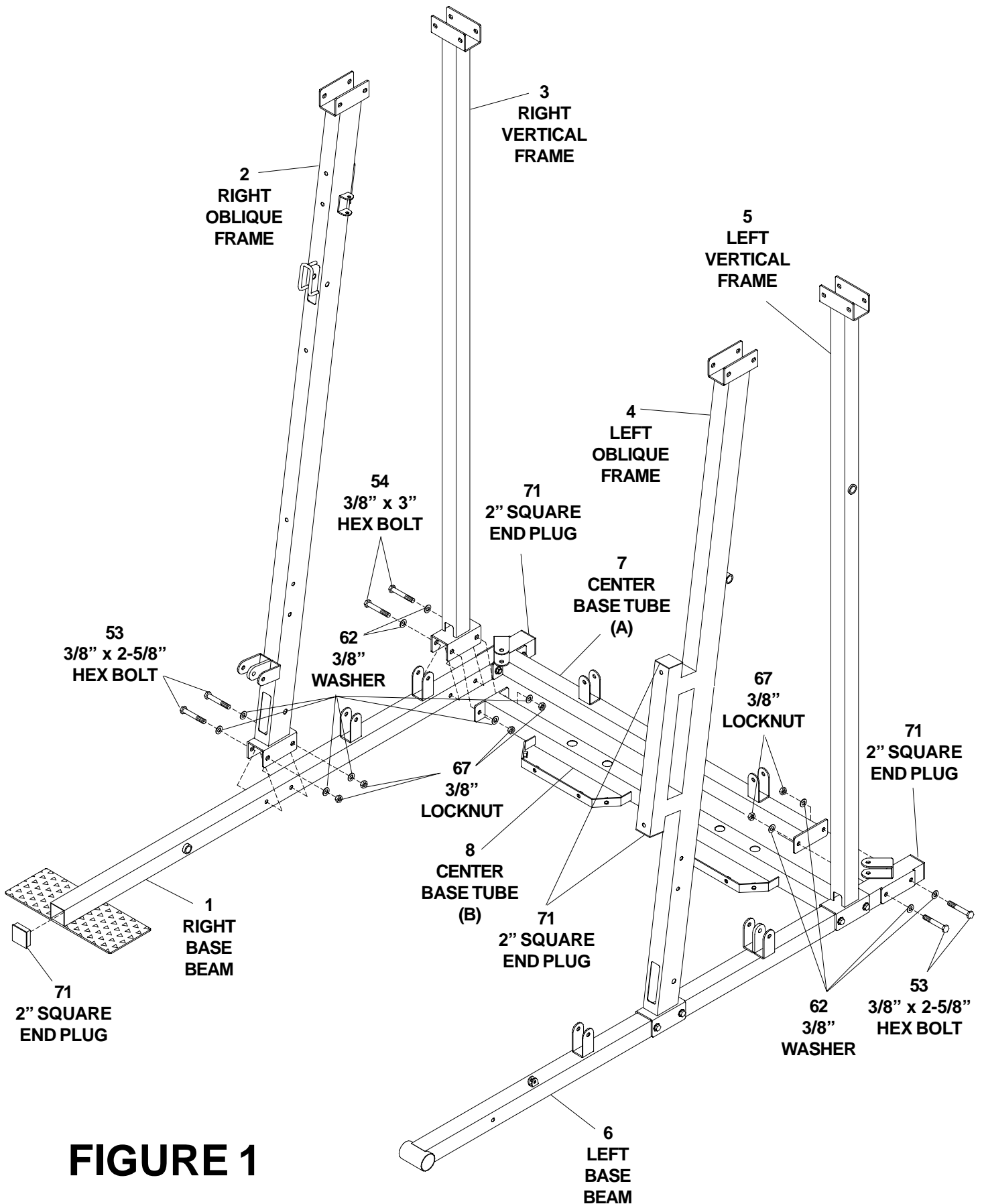


FIGURE 1

FIGURE 2

Step 8. Slide RUBBER DONUTS (82) onto one end of each GUIDE ROD (9) and insert into CENTER BASE TUBE "B" (8).

Step 9. Slide a total of 14 WEIGHTS (79), **ONE AT A TIME**, down GUIDE RODS (9) on the RIGHT BASE BEAM (1) side, with SLOT on bottom and facing forward as shown.

Step 10. Slide the other 19 WEIGHTS (79), **ONE AT A TIME**, down GUIDE RODS (9) on the LEFT BASE BEAM (6) side, with SLOT on bottom and facing forward as shown.

Step 11. Insert WEIGHT SELECTOR ROD "A" (42) through center of 14 high WEIGHT (79) stack.

Step 12. Insert WEIGHT SELECTOR ROD "B" (43) through center of 19 high WEIGHT (79) stack.

WARNING: Someone will need to hold this stack until Step 21 is completed.

Step 13. Slide TOP PLATES (77) onto both WEIGHT (79) stacks.

Step 14. Fasten TOP PLATES (77) through top hole of WEIGHT SELECTOR RODS (42 & 43) with 7/16" ALLEN CAP SCREW (78).

Step 15. Thread PRESS CABLES (55) into WEIGHT SELECTOR RODS (42 & 43).

Step 16. Insert PRESS BAR PIN (80) into desired SLOT in WEIGHTS (79) and through WEIGHT SELECTOR RODS (42 & 43).

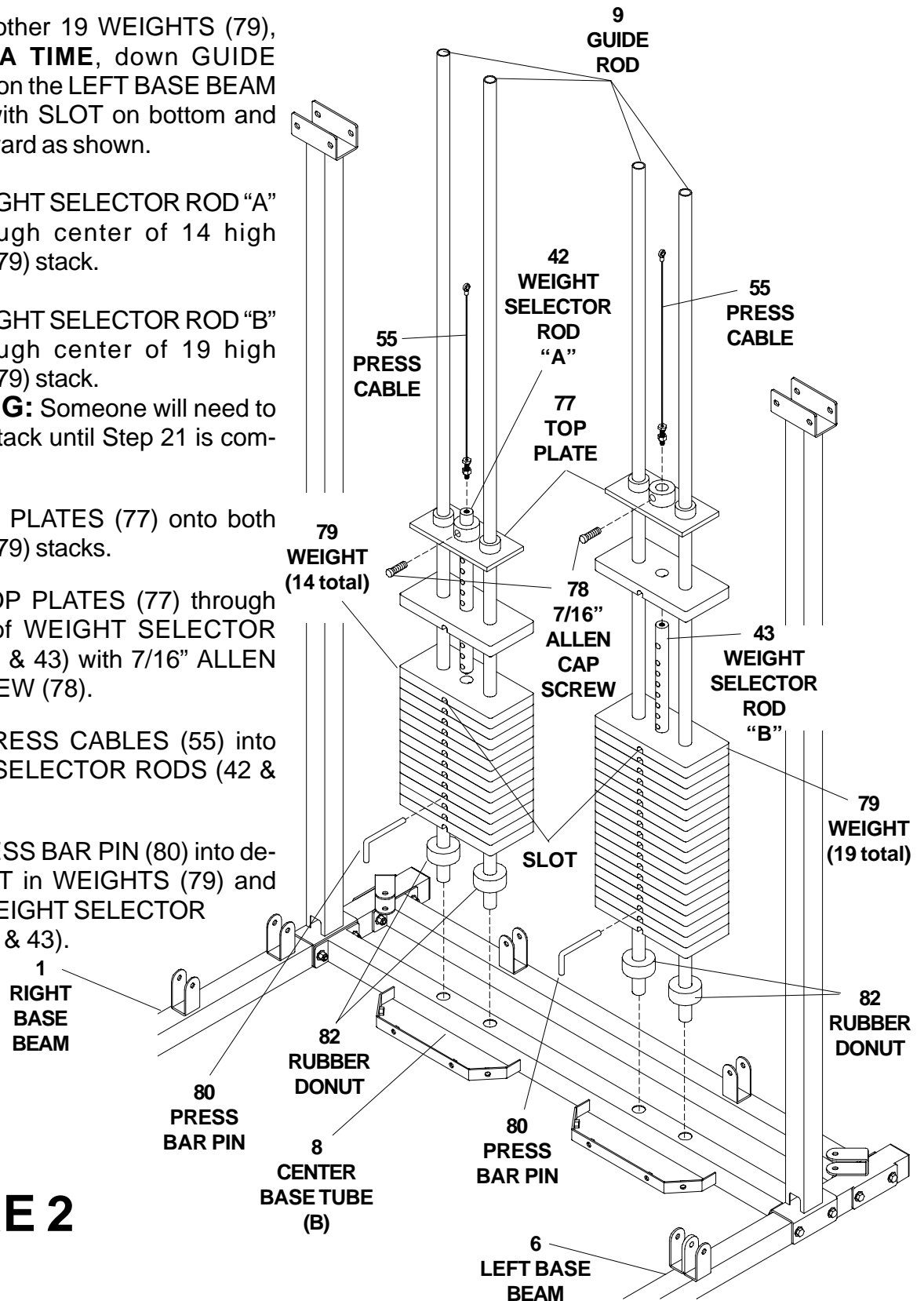


FIGURE 2

FIGURE 3

Step 17. Push 2" SQUARE END PLUG (71) into end of TOP CROSS FRAMES (11 RIGHT and 12 LEFT).

Step 18. Attach RIGHT TOP CROSS FRAME (11) to RIGHT OBLIQUE FRAME (2) with 3/8" x 2-5/8" HEX BOLTS (53), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

Step 19. Attach LEFT TOP CROSS FRAME (12) to LEFT OBLIQUE FRAME (4) with 3/8" x 2-5/8" HEX BOLTS (53), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

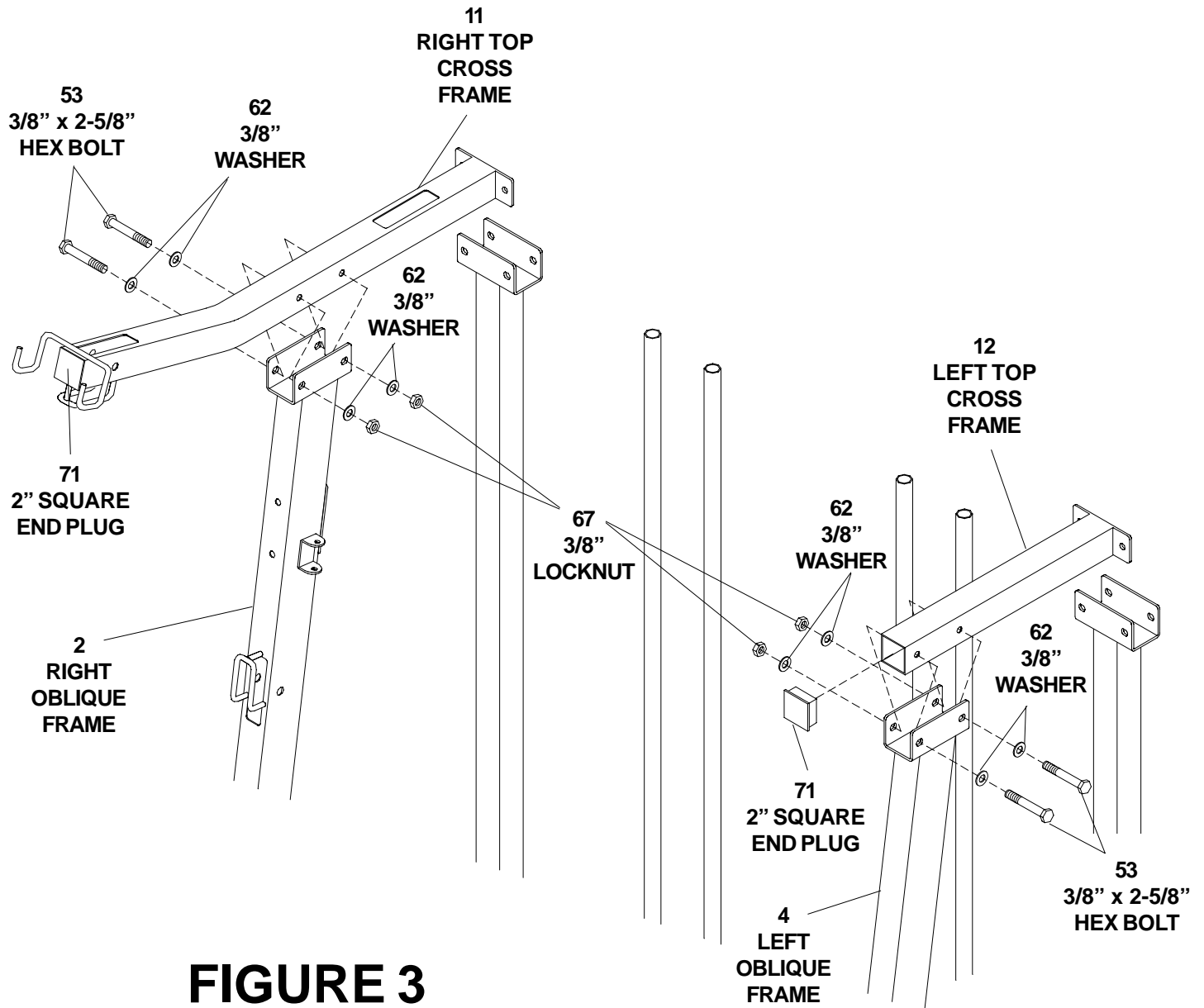


FIGURE 3

FIGURE 4

Step 20. Push 2" SQUARE END PLUGS (71) into each end of TOP CROSS FRAME (10).

Step 21. Place TOP CROSS FRAME (10) into top of VERTICAL FRAMES (3 RIGHT & 5 LEFT) and over GUIDE RODS (9) with SHROUD BRACKETS facing front as shown.

Step 22. Attach RIGHT TOP CROSS FRAME (11), LEFT TOP CROSS FRAME (4) and TOP CROSS FRAME (10) to RIGHT VERTICAL FRAME (3) and LEFT VERTICAL FRAME (5) with 3/8" x 3" HEX BOLTS (54), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

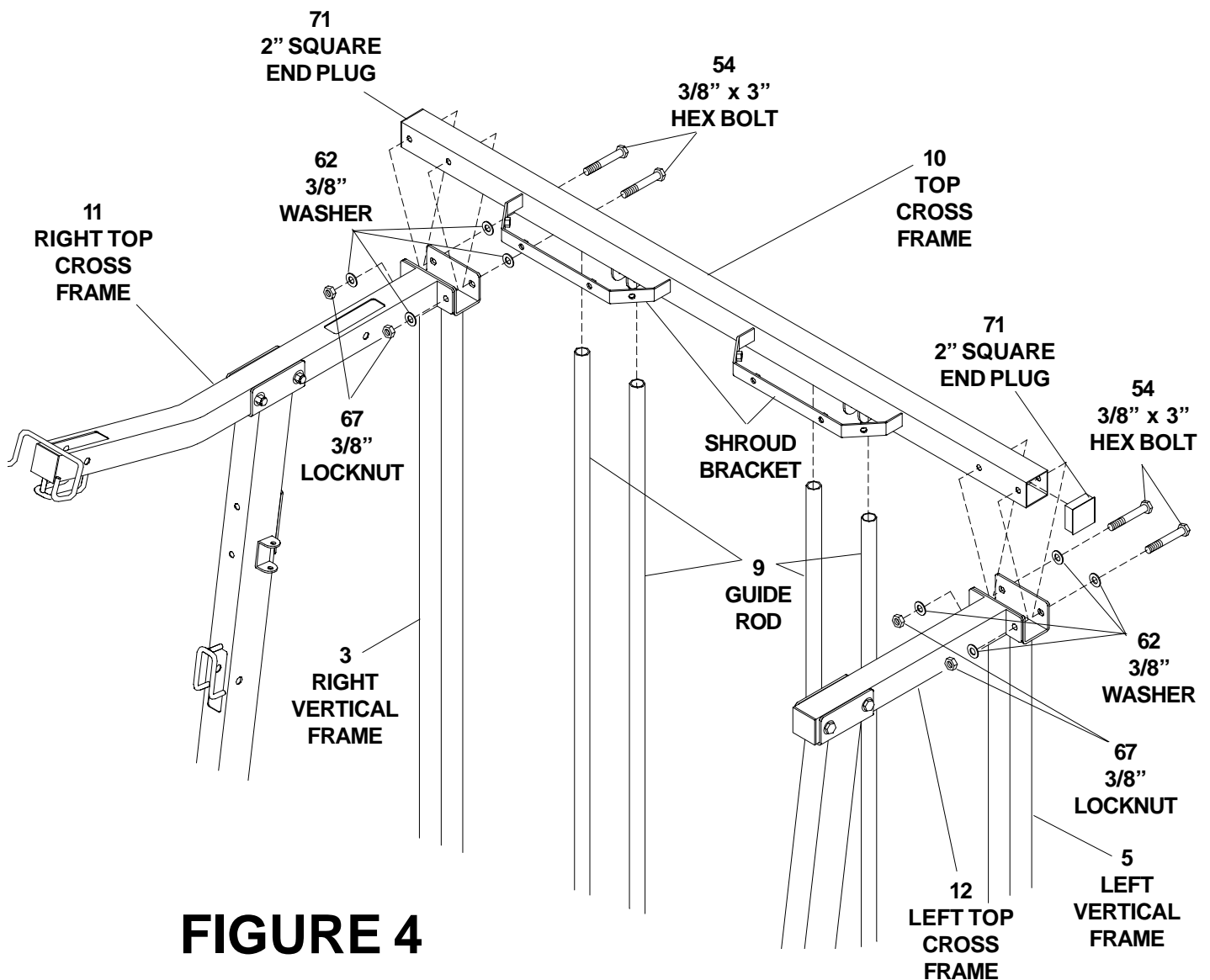


FIGURE 4

FIGURE 5

Step 23. Attach 2" SQUARE RUBBER BUMPERS (81) to RIGHT SEAT CUSHION FRAME (13) with M10 x 25mm SCREW (47).

Step 24. Attach RIGHT SEAT CUSHION FRAME (13) to RIGHT OBLIQUE FRAME (2) with 3/8" x 2-5/8" HEX BOLTS (53) 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

Step 25. Attach SEAT CUSHION (18) to RIGHT SEAT CUSHION FRAME (13) with M8 x 15mm HEX BOLTS (49) and M8 WASHERS (64).

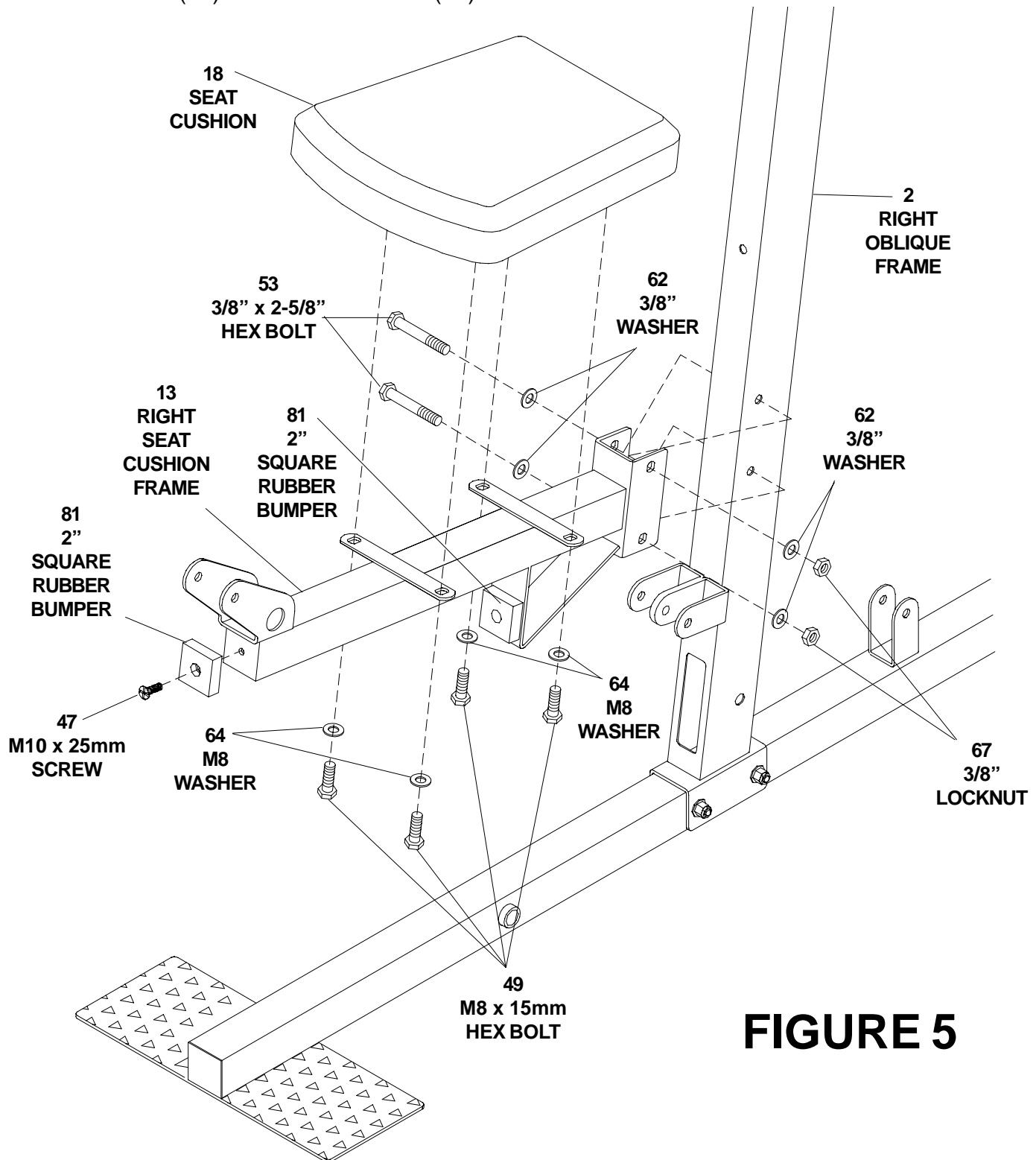


FIGURE 5

FIGURE 6

Step 26. Push 2" SQUARE END PLUGS (71) into each end of LEG EXTENSION FRAME (14).

Step 27. Attach LEG EXTENSION FRAME (14) to RIGHT SEAT CUSHION FRAME (13) with 3/8" x 2-5/8" HEX BOLT (53), 3/8" WASHER (62) and 3/8" LOCKNUT (67).

Step 28. Place a PULLEY (76) into SLOT in LEG EXTENSION FRAME (14) and fasten with 3/8" x 2" HEX BOLTS (51), 3/8" WASHERS (62), 13mm BUSHINGS (46) and 3/8" LOCKNUTS (67).

Step 29. Push 1" ROUND END PLUGS (74) into ends of FOAM RODS (17).

Step 30. **NOTE:** Liquid soap applied to FOAM RODS (17) will help FOAM ROLLS (83) slide on easier. Slide one FOAM ROLL onto one end of FOAM ROD, insert one FOAM ROD through RIGHT SEAT CUSHION FRAME (13) and the other through the LEG EXTENSION FRAME (14) and slide other FOAM ROLL onto other end.

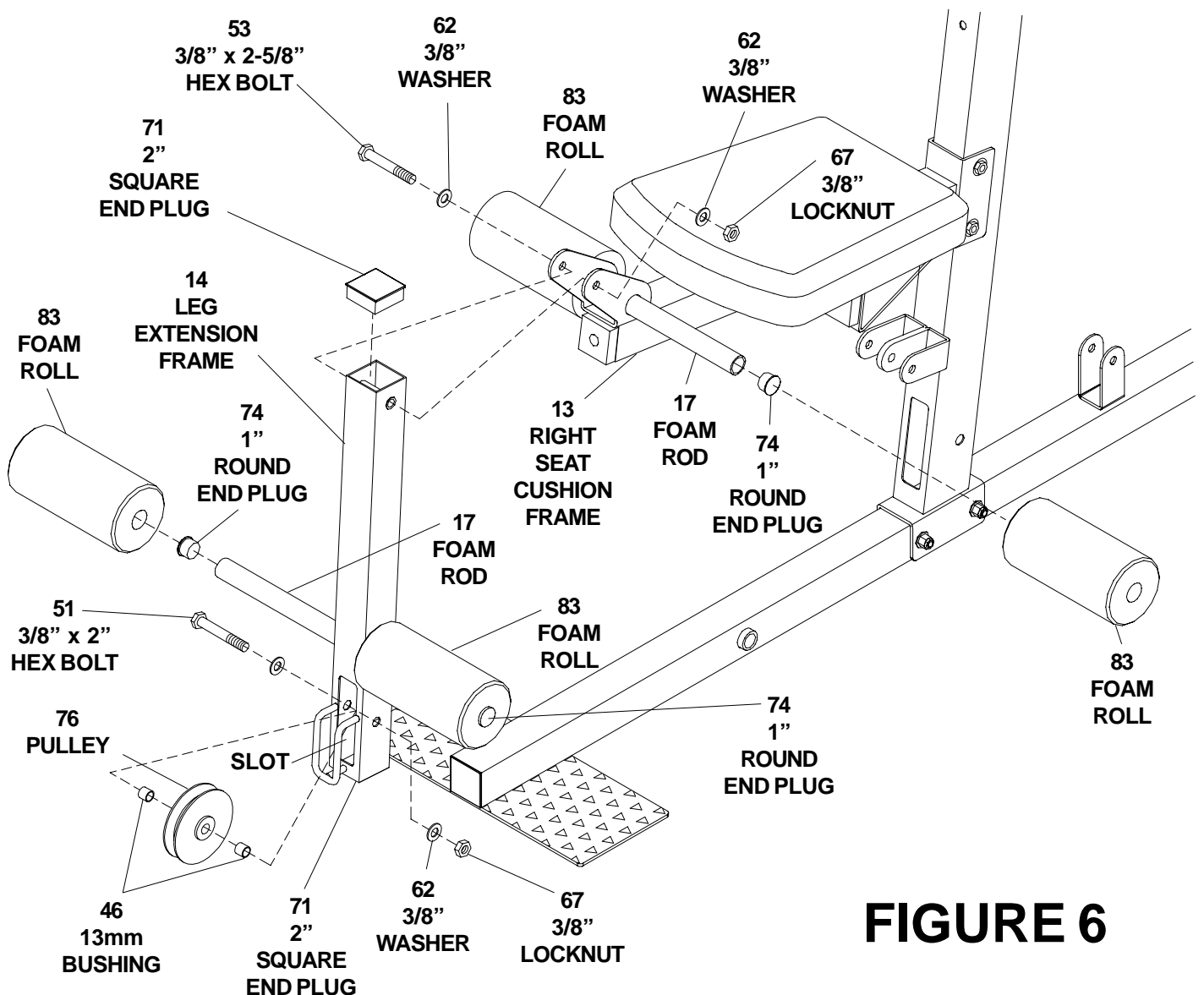


FIGURE 6

FIGURE 7

- Step 31. Attach 2" SQUARE RUBBER BUMPER (81) to LEFT SEAT CUSHION FRAME (15) with M10 x 25mm SCREW (47).
- Step 32. Attach LEFT SEAT CUSHION FRAME (15) to LEFT OBLIQUE FRAME (4) with 3/8" x 2-5/8" HEX BOLTS (53) 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 33. Attach SEAT CUSHION (18) to LEFT SEAT CUSHION FRAME (15) with M8 x 15mm HEX BOLTS (49) and M8 WASHERS (64).
- Step 34. Push 1-3/8" x 2" END CAP (72) into ends of CONNECTOR TUBES (16).
- Step 35. Attach CONNECTOR TUBES (16) to LEFT SEAT CUSHION FRAME (15) and LEFT BASE BEAM (6) with 3/8" x 4-1/2" HEX BOLTS (57), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

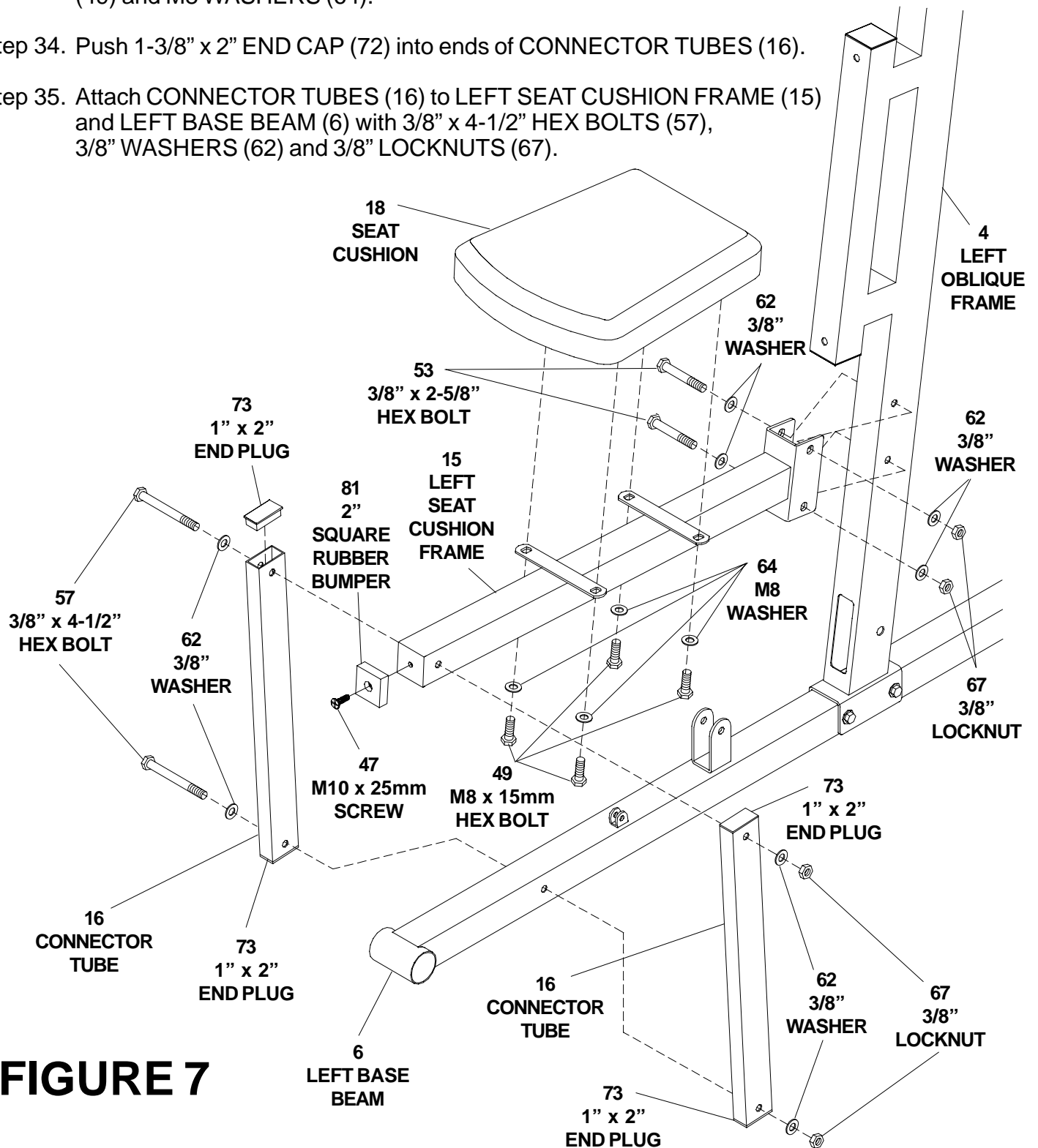


FIGURE 7

FIGURE 8

- Step 36. Attach RIGHT BACKREST CUSHION (31) to RIGHT OBLIQUE FRAME (2) with 3/8" x 2-5/8" HEX BOLTS (53) and 3/8" WASHERS (62).
- Step 37. Push 3/4" BUSHINGS (70) into RIGHT BENCH PRESS FRAME (20).
- Step 38. Attach PULLEY (76) to RIGHT BENCH PRESS FRAME (20) with 3/8" x 6-1/8" HEX BOLT (59), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).
- Step 39. Attach RIGHT BENCH PRESS FRAME (20) to RIGHT BASE BEAM (1) with 5/8" x 7-3/4" SHAFT BAR (61), 5/8" WASHERS (65) and 5/8" LOCKNUTS (66).
- Step 40. Attach RIGHT PRESS ARM (19) to RIGHT BENCH PRESS FRAME (20) with 3/8" x 3" HEX BOLTS (54), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 41. Push 1" ROUND END PLUGS (74) into ends of RIGHT PRESS ARM (19) and slide 2" SQUARE END CAPS (72) over ends.
- Step 42. **NOTE:** Liquid soap applied to RIGHT PRESS ARM (19) will help LONG FOAM GRIPS (84) slide on easier.
Slide LONG FOAM GRIPS onto ends of RIGHT PRESS ARM (19) until flush with end.

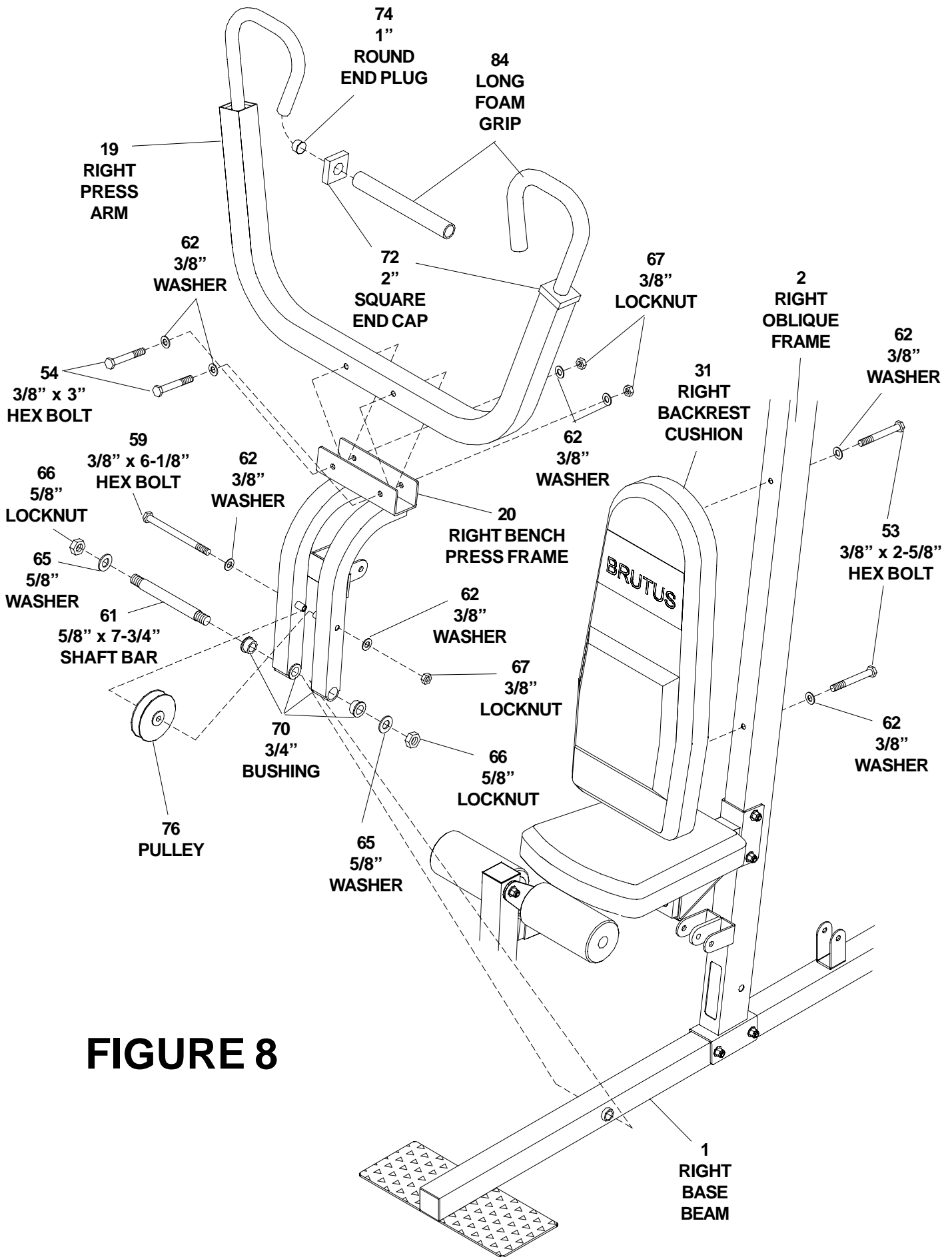


FIGURE 8

FIGURE 9

Step 43. Attach LEFT BACKREST CUSHION (41) to LEFT OBLIQUE FRAME (4) with 3/8" x 2-5/8" HEX BOLTS (53) and 3/8" WASHERS (62).

Step 44. Push PLASTIC BUSHINGS "B" (88) into LEFT BASE BEAM (6).

Step 45. Push 2" SQUARE END PLUG (71) and 1" x 2" END PLUGS (73) into LEG PRESS SUPPORT (23).

Step 46. Attach LEG PRESS SUPPORT (23) to LEFT BASE BEAM (6) with 3/8" x 3-1/2" HEX BOLT (56), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).

Step 47. Attach ADJUST TUBE (21) to FOOT PLATE (22) with 3/8" x 2-5/8" HEX BOLTS (53) and 3/8" WASHERS (62).

Step 48. Attach ADJUST TUBE (21), at desired position, to LEG PRESS SUPPORT (23) with SAFETY CLASP (24).

Step 49. Push 2" SQUARE END PLUG (71) into end of ADJUST TUBE (21).

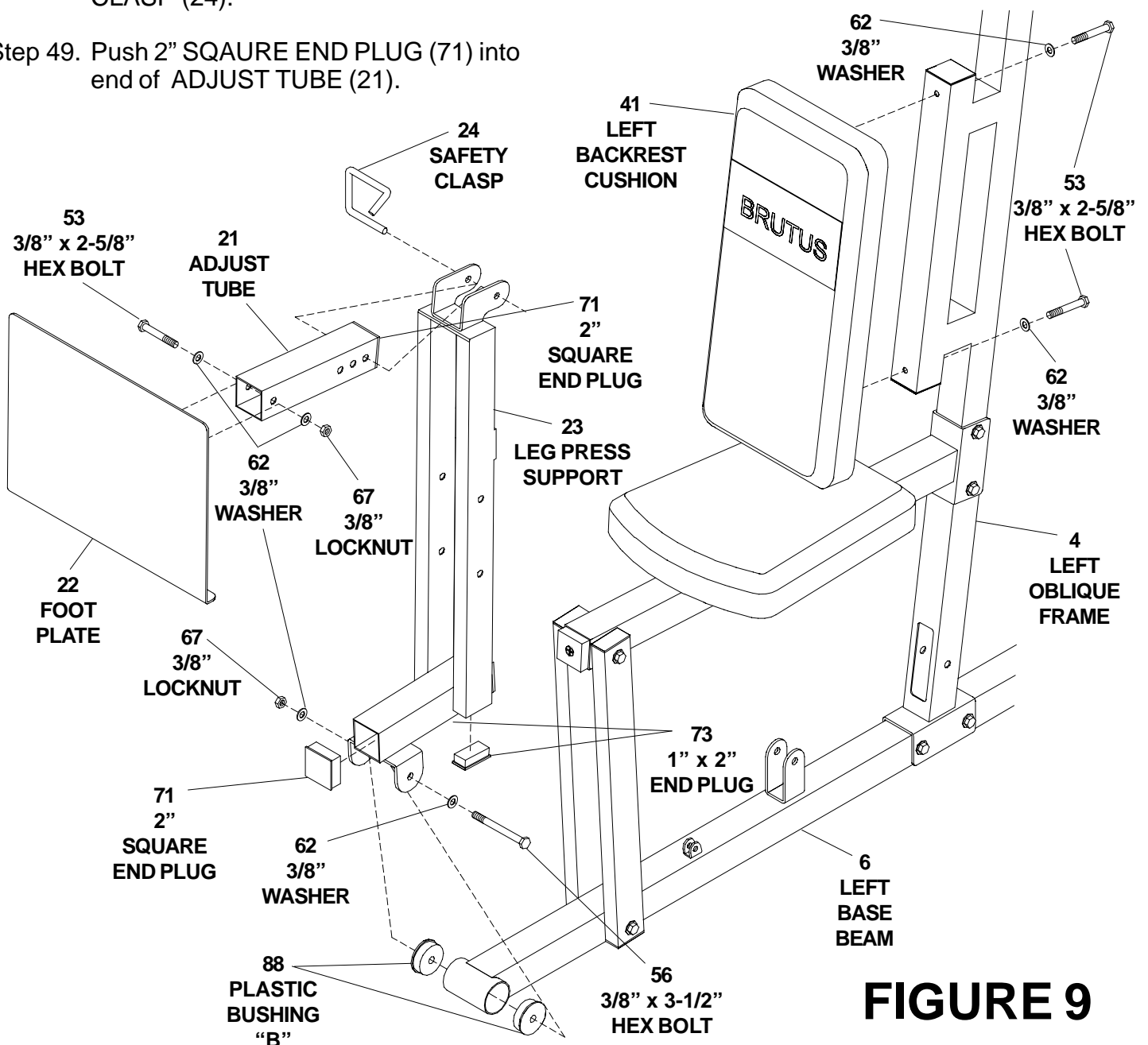


FIGURE 9

NOTES

FIGURE 10

- Step 50. Attach PIVOT PULLEY BRACKETS (32) to RIGHT OBLIQUE FRAME (2) with M8 x 63mm HEX BOLTS (52), M8 WASHERS (64) and M8 LOCKNUTS (69).
- Step 51. Attach PULLEYS (76) to PIVOT PULLEY BRACKETS (32) with 3/8" x 2" HEX BOLTS (51), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
NOTE: Do not overtighten. PULLEYS **must** rotate freely.
- Step 52. Push 2" SQUARE END PLUGS (71) into ends of BUTTERFLY EXTENSION (25) and attach to RIGHT OBLIQUE FRAME (2) with 3/8" x 3-1/2" HEX BOLTS (56), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 53. Push 3/4" BUSHINGS (70) into BUTTERFLY EXTENSION (25) and ADJUSTABLE PLATES (27 RIGHT and 29 LEFT).
- Step 54. Insert RIGHT BUTTERFLY ARM (28) through RIGHT ADJUSTABLE PLATE (27), BUTTERFLY EXTENSION (25) and fasten with 5/8" WASHER (65) and 5/8" LOCKNUT (66).
NOTE: Do not overtighten. RIGHT BUTTERFLY ARM **must** pivot freely.
- Step 55. Insert LEFT BUTTERFLY ARM (30) through LEFT ADJUSTABLE PLATE (29), BUTTERFLY EXTENSION (25) and fasten with 5/8" WASHER (65) and 5/8" LOCKNUT (66).
NOTE: Do not overtighten. LEFT BUTTERFLY ARM **must** pivot freely.
- Step 56. **NOTE:** Liquid soap applied to HANDLES (26) will help HAND GRIPS (86) slide on easier. Slide HAND GRIPS onto HANDLES.
- Step 57. Push 1" ROUND END PLUG (74) into HANDLES (26).
- Step 58. Push PLASTIC BUSHINGS "A" (87) into BUTTERFLY ARMS (28 RIGHT and 30 LEFT).
- Step 59. Insert HANDLES (26) through PLASTIC BUSHINGS "A" (87) and fasten with M8 x 25mm HEX BOLT (48) and 3/8" BIG WASHER (63) and 5/8" WASHER (65).
- Step 60. Push 2" ROUND END PLUG (75) into end of BUTTERFLY ARMS (28 RIGHT and 30 LEFT).
- Step 61. Use POP PIN (89) in BUTTERFLY ARMS (28 RIGHT and 30 LEFT) to select desired hole in ADJUSTABLE PLATES (27 RIGHT and 29 LEFT).

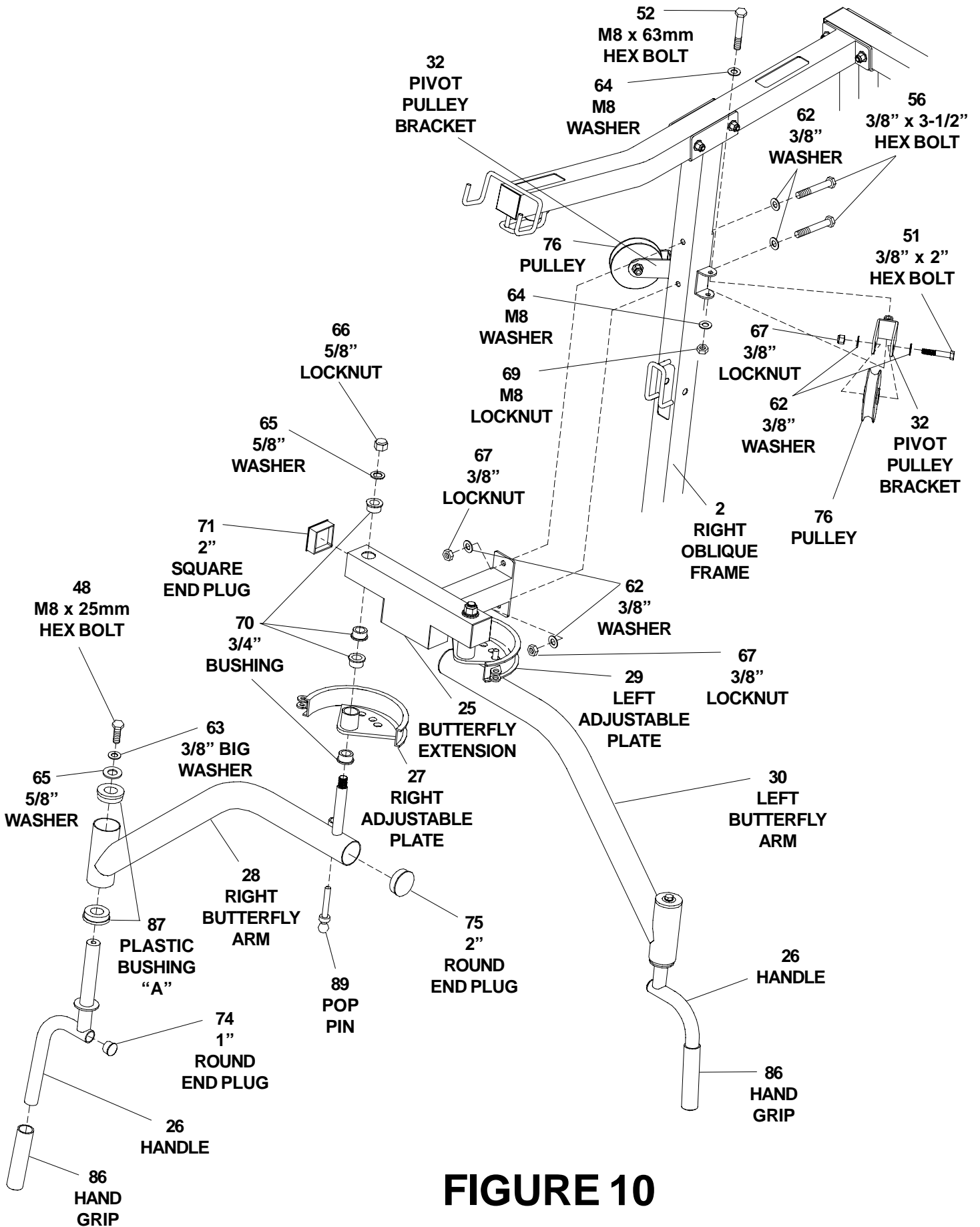


FIGURE 10

FIGURE 11

Step 62. Push 1" x 2" END PLUGS (73) into ends of LEFT BENCH PRESS FRAME (33).

Step 63. Push 3/4" BUSHINGS (70) into LEFT BENCH PRESS FRAME (33).

Step 64. Attach LEFT BENCH PRESS FRAME (33) to LEFT VERTICAL FRAME (5) with 5/8" x 6-3/4" SHAFT BAR (60), 5/8" WASHERS (65) and 5/8" LOCKNUTS (66).

Step 65. Lift LEFT BENCH PRESS FRAME (33), insert STOP ROD (35) and lower LEFT BENCH PRESS FRAME until it rest on STOP ROD.

NOTE: Make sure STOP ROD is locked around LEFT OBLIQUE FRAME (4).

Step 66. Attach two PULLEYS (76) to LEFT BENCH PRESS FRAME (33) with 3/8" x 5-1/8" HEX BOLT (58), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).

Step 67. Attach LEFT PRESS ARM (34) to LEFT BENCH PRESS FRAME (33) with 3/8" x 3" HEX BOLT (54), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).

Step 68. Push 1" ROUND END PLUGS (74) into ends of LEFT PRESS ARM (34) and slide 2" SQUARE END CAPS (72) over ends.

Step 69. **NOTE:** Liquid soap applied to LEFT PRESS ARM (34) will help SHORT FOAM GRIPS (85) slide on easier.

Slide SHORT FOAM GRIPS onto ends of LEFT PRESS ARM until flush with end.

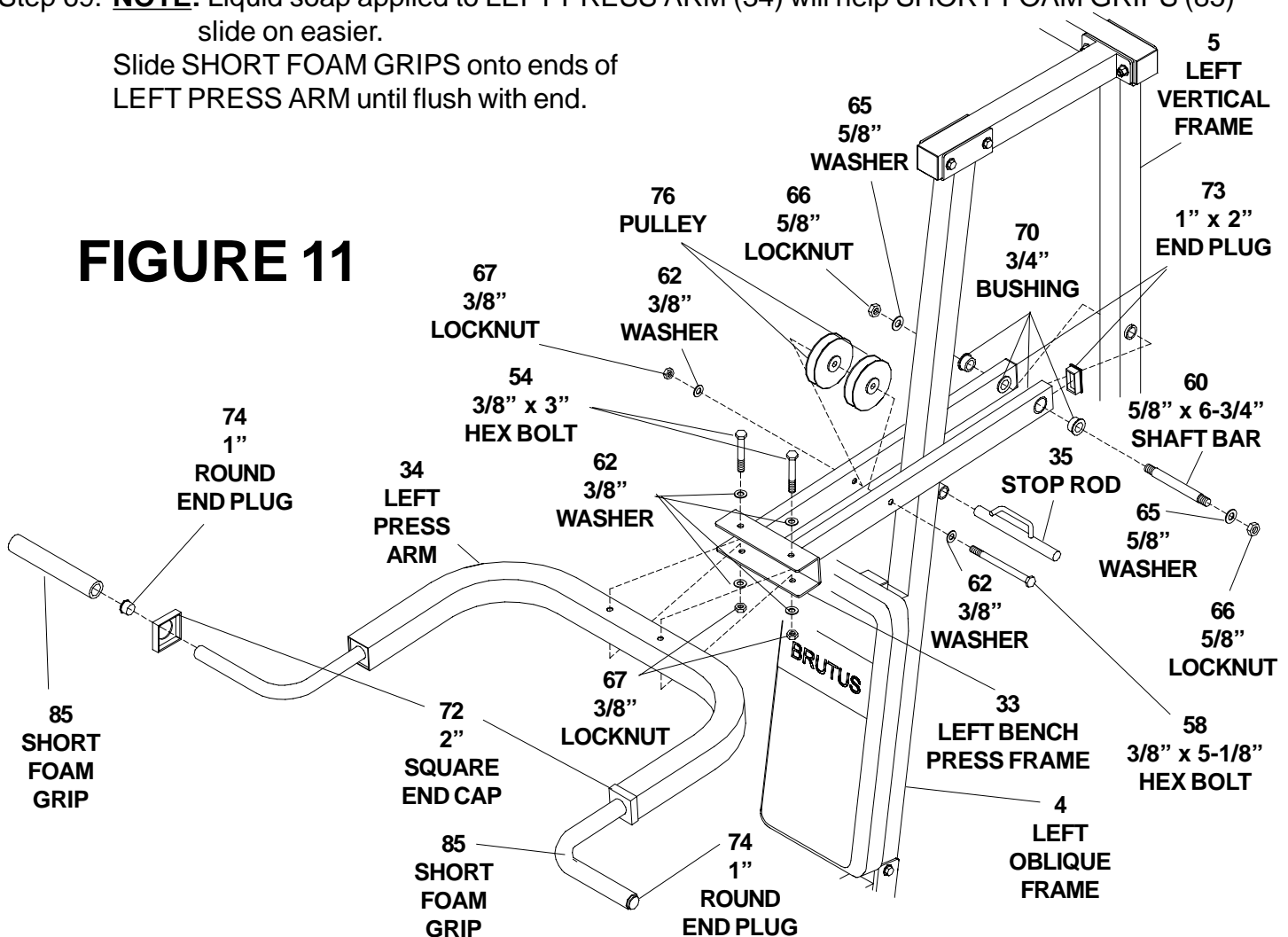


FIGURE 11

FIGURE 12

Step 70. Attach SHROUDS (36), with SLOT at bottom, to TOP CROSS FRAME (10) and CENTER BRACE TUBE "B" (8) using 3/8" x 3/4" HEX BOLTS (50) and 3/8" WASHERS (62).

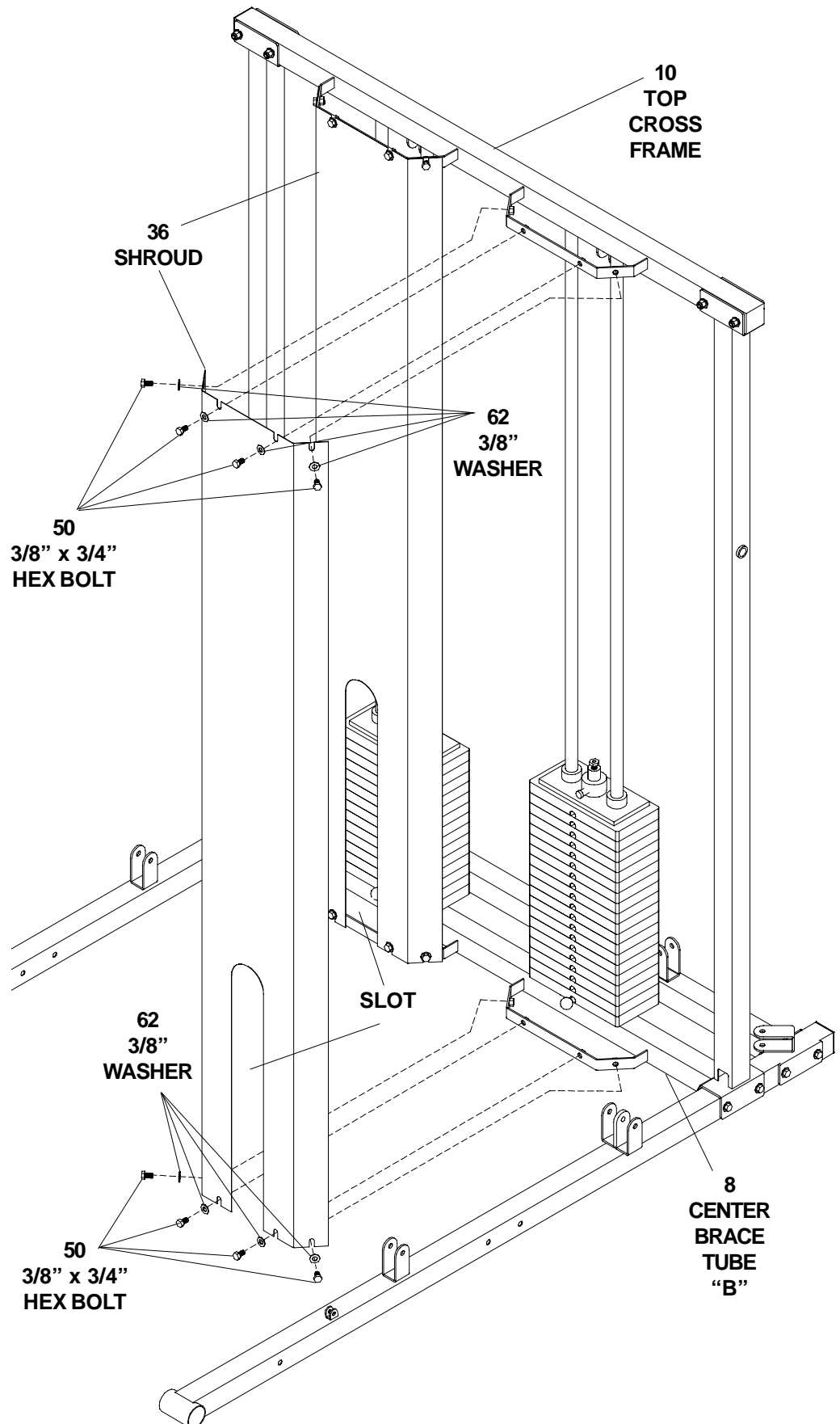


FIGURE 12

FIGURE 13

- Step 71. Attach two PULLEYS (76) to LEG PRESS SUPPORT (23) with 3/8" x 4-1/2" HEX BOLT (57), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 72. Attach a PULLEY (76) to four SINGLE BRACKETS with 3/8" x 2" HEX BOLT (51), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).
- Step 73. Insert PULLEY (76) into SLOT of LEFT OBLIQUE FRAME (4) and fasten with 3/8" x 2-5/8" HEX BOLT (53), 3/8" WASHERS (62), 13mm BUSHINGS (46) and 3/8" LOCKNUT (67).
- Step 74. Attach two PULLEYS (76) to DOUBLE BRACKET with 3/8" x 3-1/2" HEX BOLT (56), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).
- Step 75. Attach one end of SQUAT CABLE (68) to CABLE LOCK on LEFT BASE BEAM (6) with M8 x 25mm HEX BOLT (48), M8 WASHERS (64) and M8 LOCKNUT (69).
- Step 76. The other end of the SQUAT CABLE (68) can be inserted around all remaining PULLEYS (76) as shown in FIGURE 13 and DETAIL. Follow the cable route starting at position "A" and ending with position "K".
- Step 77. Attach CHAIN (91) to end of SQUAT CABLE (68) with CHAIN HOOK (90).
- Step 78. Attach other end of CHAIN (91) to PRESS CABLE (55) with CHAIN HOOK (90).
NOTE: The CHAIN is used to remove large amounts of slack in cable. The HEFT CABLE ADJUSTER is used to remove small amounts of slack.
- Step 79. Make sure SQUAT CABLE (68) is riding in groove of PULLEYS (76).

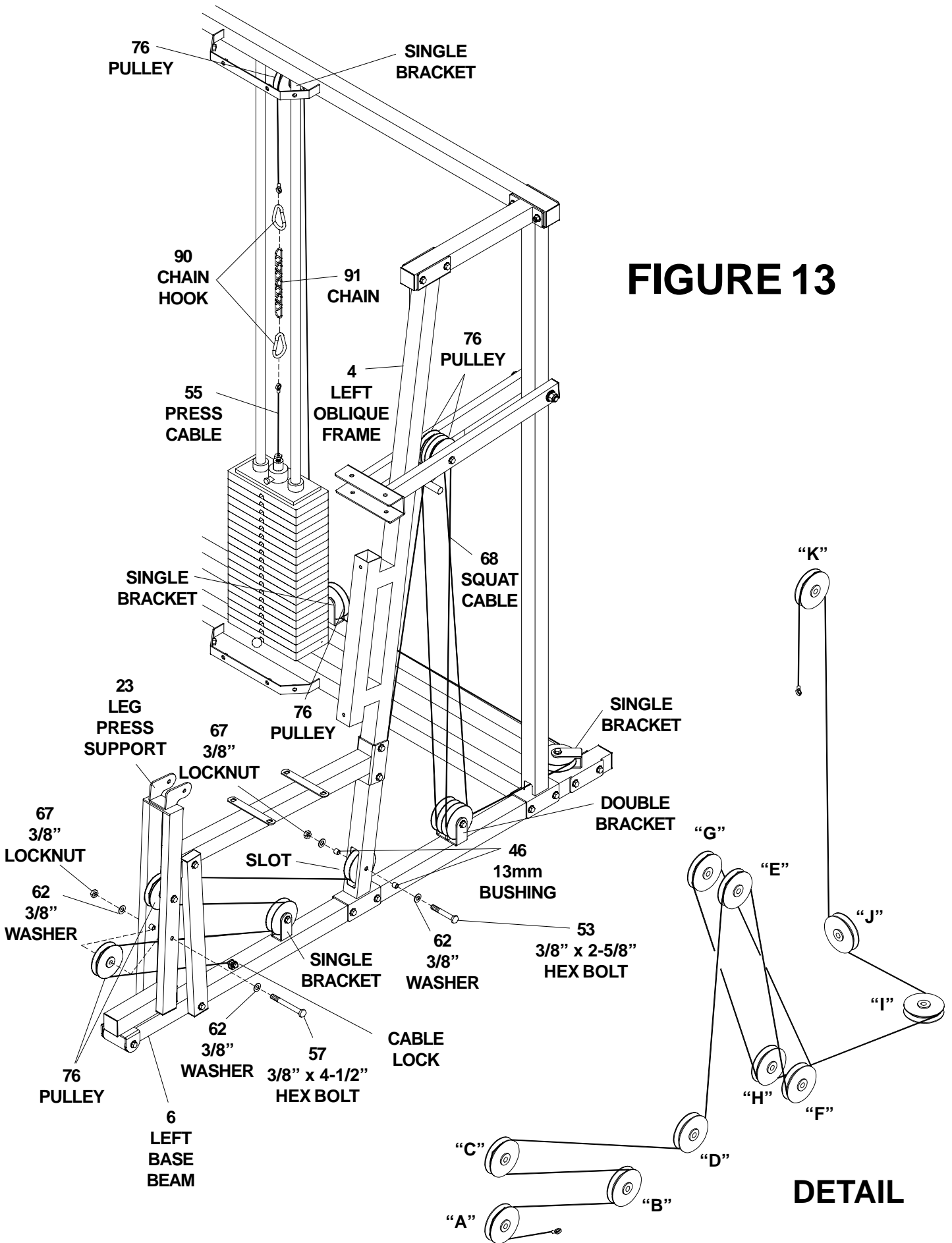


FIGURE 14

- Step 80. Attach two PULLEYS (76) to DOUBLE BRACKET on RIGHT BENCH PRESS FRAME (20) and DOUBLE BRACKET on RIGHT OBLIQUE FRAME (2) with 3/8" x 3-1/2" HEX BOLTS (56), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 81. Insert PULLEY (76) into SLOT of RIGHT OBLIQUE FRAME (2) and LEG EXTENSION FRAME (14) and fasten with 3/8" x 2-5/8" HEX BOLTS (53), 3/8" WASHERS (62), 13mm BUSHINGS (46) and 3/8" LOCKNUTS (67).
- Step 82. Attach a PULLEY (76) to five SINGLE BRACKETS with 3/8" x 2" HEX BOLT (51), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).
- Step 83. Attach a PULLEY (76) to one side of DOUBLE PULLEY BRACKET "A" (39) and one side of DOUBLE PULLEY BRACKET "B" (40) with 3/8" x 2" HEX BOLT (51), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).
- Step 84. Insert EYE END of LEG CABLE (94) under PULLEY (76) in LEG EXTENSION FRAME (14), and then insert around all remaining PULLEYS as shown in FIGURE 14 and DETAIL. Follow the cable route starting at position "A" and ending with position "N".
- Step 85. Attach CHAIN (91) to end of LEG CABLE (94) with CHAIN HOOK (90).
- Step 86. Attach other end of CHAIN (91) to PRESS CABLE (55) with CHAIN HOOK (90).
NOTE: The CHAIN is used to remove large amounts of slack in cable. The HEFT CABLE ADJUSTER is used to remove small amounts of slack.
- Step 87. Make sure LEG CABLE (94) is riding in groove of PULLEYS (76).

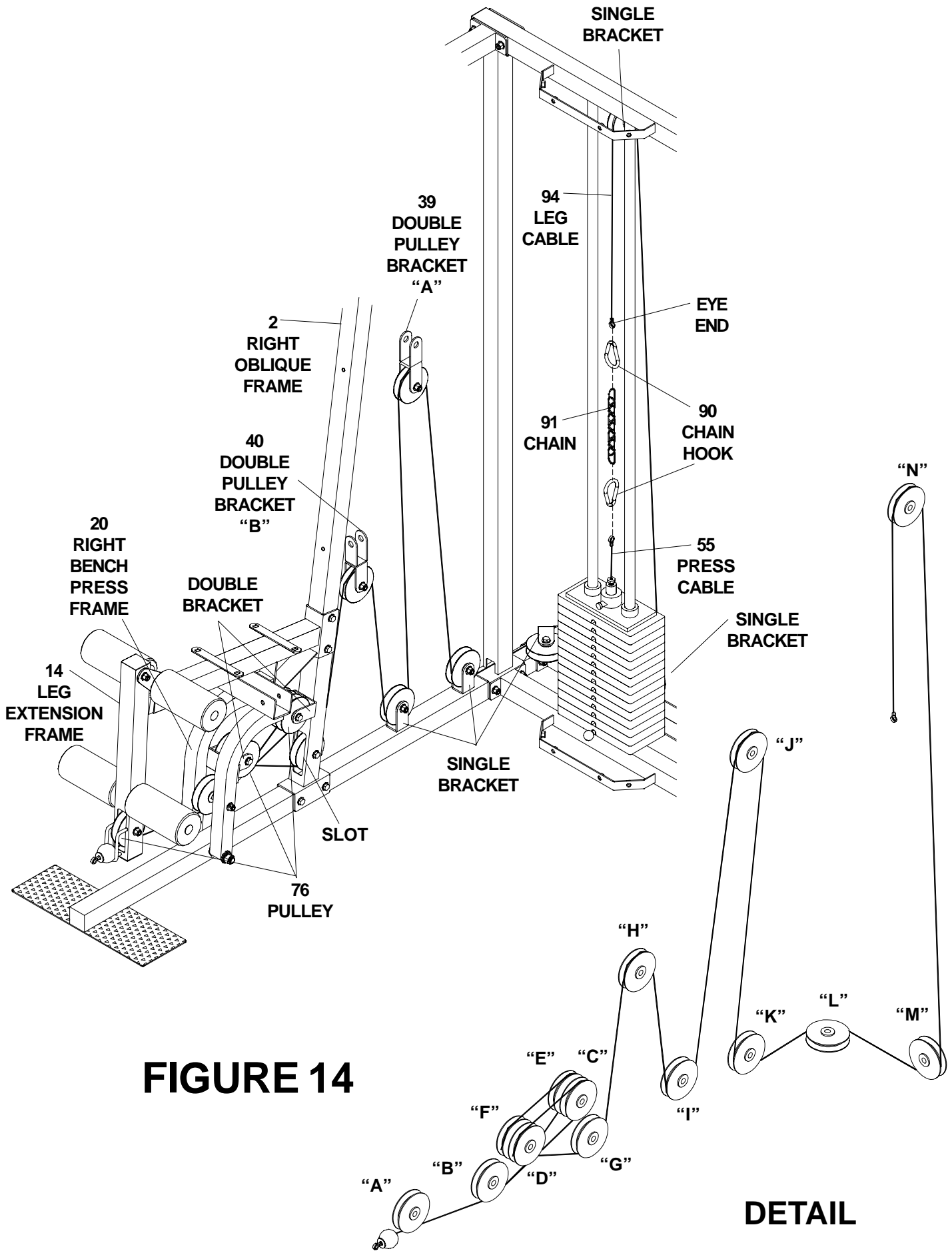


FIGURE 14

DETAIL

FIGURE 15

- Step 88. Insert one BALL end of UPPER CABLE (93) down through one SLOT in RIGHT TOP CROSS FRAME (11) and the other BALL down through other SLOT.
- Step 89. Place a PULLEY (76) into each SLOT in RIGHT TOP CROSS FRAME (11) and fasten with 3/8" x 2" HEX BOLTS (51), 3/8" WASHERS (62), 13mm BUSHINGS (46) and 3/8" LOCKNUTS (67).
- Step 90. Insert BALL end of UPPER CABLE (93) through SLOT in RIGHT OBLIQUE FRAME (2) and fasten with 3/8" x 2" HEX BOLTS (51), 3/8" WASHERS (62), 13mm BUSHINGS (46) and 3/8" LOCKNUTS (67).
- Step 91. Place UPPER CABLE (93) in groove of PULLEY (76) and attach to DOUBLE PULLEY BRACKET "A" (39) with 3/8" x 2" HEX BOLT (51), 3/8" WASHERS (62) and 3/8" LOCKNUTS (67).
- Step 92. Attach PULLEY (76) to DOUBLE PULLEY BRACKET "B" (40) with 3/8" x 2" HEX BOLT (51), 3/8" WASHERS (62) and 3/8" LOCKNUT (67).
- Step 93. Attach one end of BUTTERFLY CABLE (92) to either ADJUSTABLE PLATE (27 RIGHT or 29 LEFT) with M8 x 25mm HEX BOLT (48), M8 WASHERS (64) and M8 LOCKNUT (69).
- Step 94. Insert BUTTERFLY CABLE (92) down through PIVOT PULLEY BRACKET (32), under PULLEY (76) in DOUBLE PULLEY BRACKET "A" (39), up through other TURN PULLEY BRACKET, and attach to other ADJUSTABLE PLATE (27 RIGHT or 29 LEFT) with M8 x 25mm HEX BOLT (48), M8 WASHERS (64) and M8 LOCKNUT (69).
- Step 95. Make sure cables are riding in groove of PULLEYS (76).
- Step 96. See DETAIL for proper cable routing.

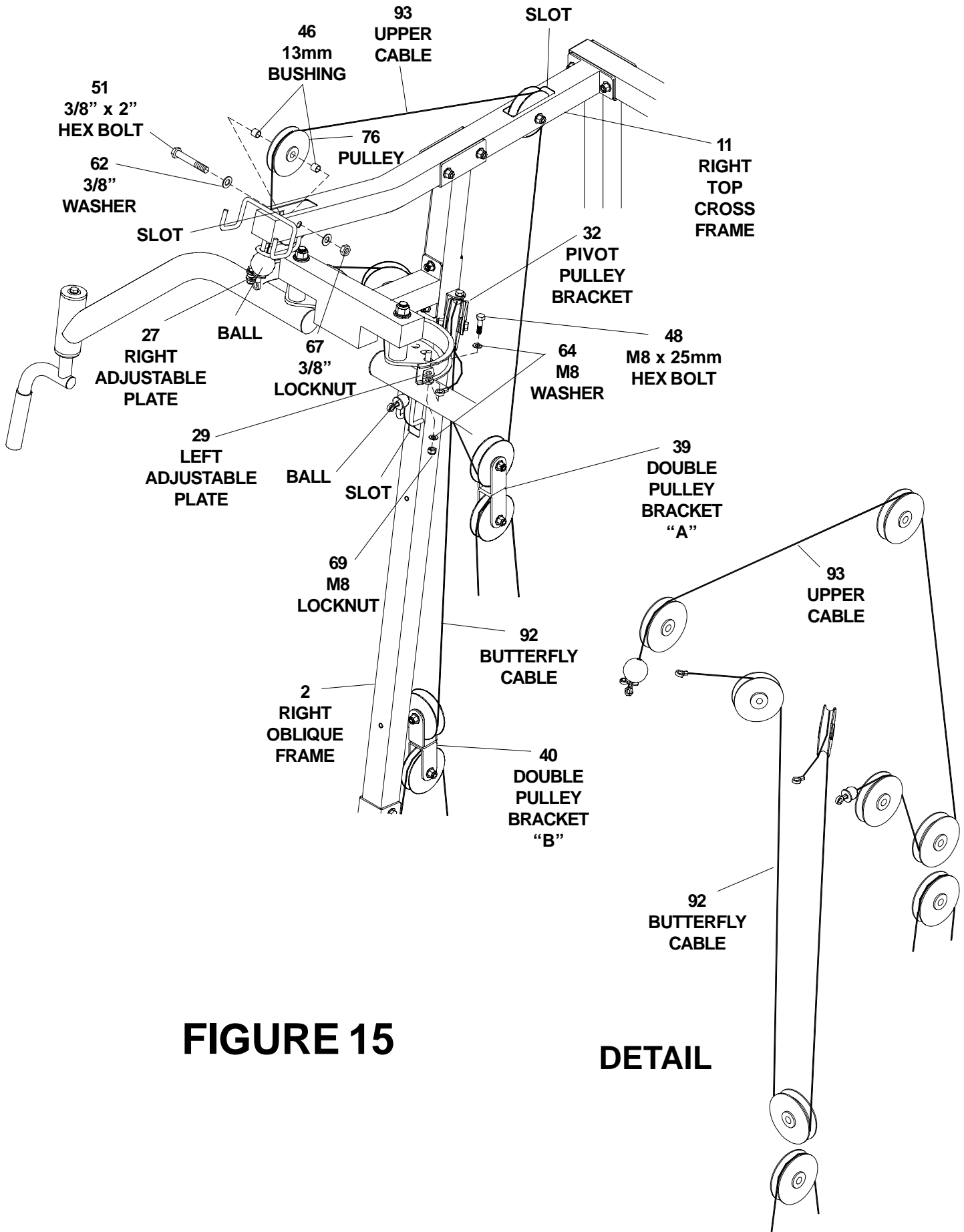


FIGURE 16

Step 97. Slide HAND GRIPS (86) over ends of LAT BAR (37) and CURL BAR (38).

Step 98. The following items can be attached to BALL end of UPPER CABLE (93) with CHAIN HOOK (90):

- a. LAT BAR (37) (shown attached)
- b. CURL BAR (38)
- c. WAIST BAND (44) (shown attached)
- d. CHAIN (91)

Step 99. The following items can be attached to BALL end of LEG CABLE (94) with CHAIN HOOK (90):

- a. CURL BAR (38) (shown attached)
- b. CHAIN (91)
- c. WAIST BAND (44)
- d. ANKLE STRAP (45)(not shown)

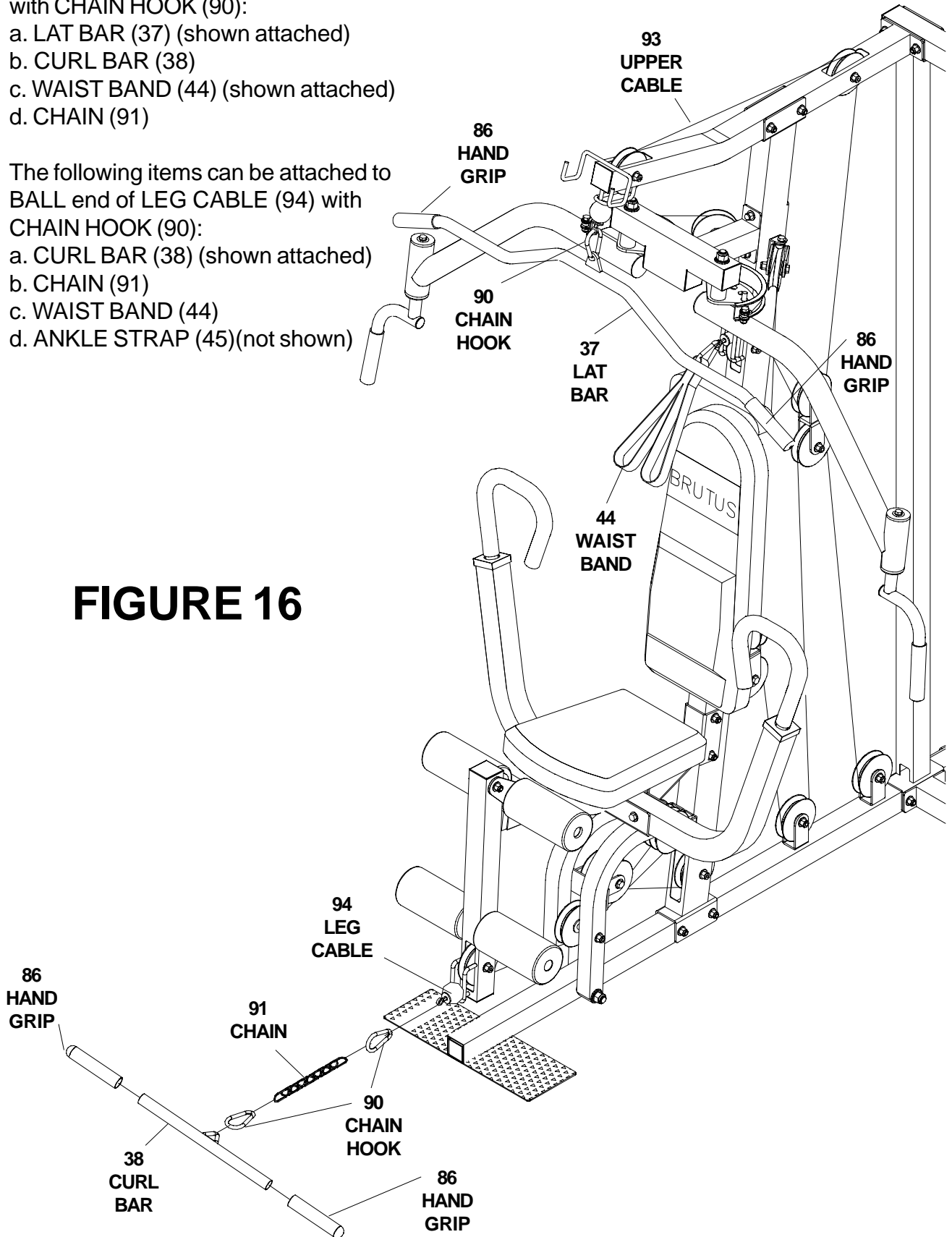
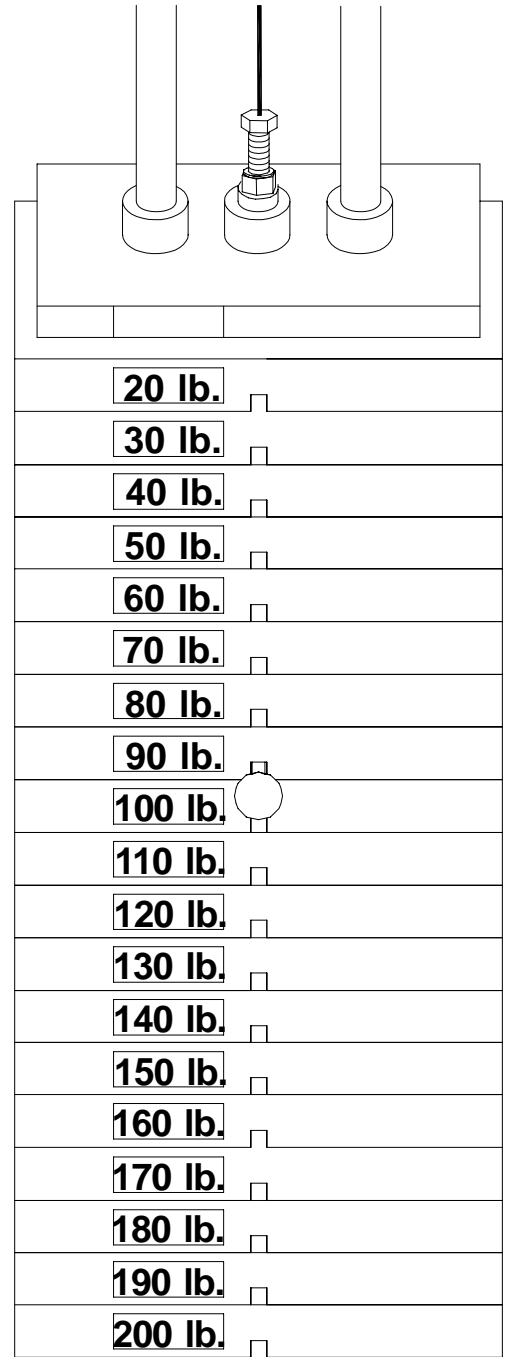
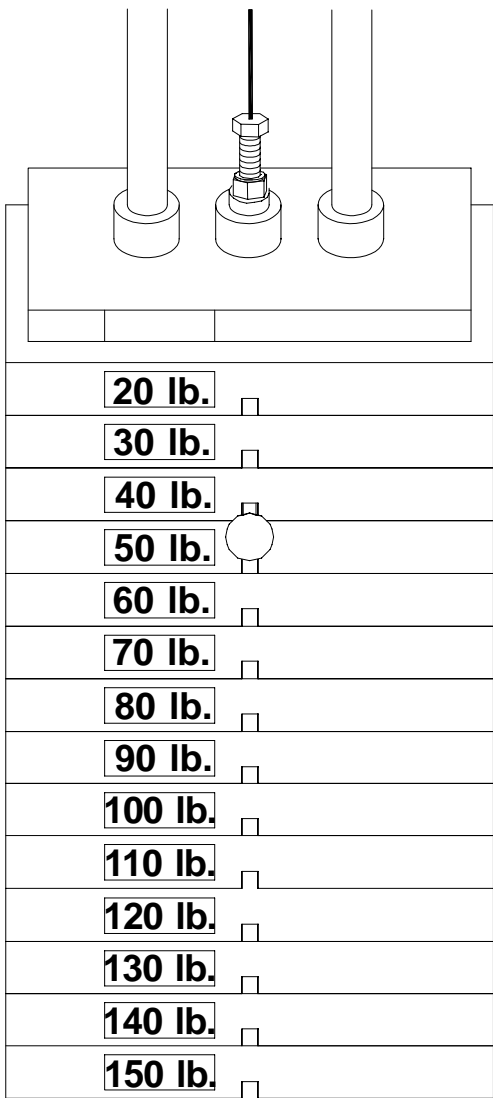


FIGURE 16

FIGURE 16

Step 100. Apply LABELS to both stacks of WEIGHTS starting with 20lb at top weight as shown.



Owner's Purchase Record

Brutus® 655 Home Gym (Model # EHG00655)

Date Purchased _____

Purchased From _____

IMPORTANT

Save your sales receipt.
You may wish to tape or staple it into this manual.

COLOR: White

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Inc.®

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