ST700 (GM84) Troubleshooting

THE HEIGHT TRANSITION HANDLE DOESN'T MOVE UP AND DOWN THE CHROME UPRIGHT SMOOTHLY.

Solution:

1. Check to make sure the delrin sleeve is fully inserted on both ends and isn't cracked. Make sure there isn't any debris on the upright. If there is, wipe it down with a dry cloth. Transition the handle up and down several times.

THE PULLEYS ABOVE THE WEIGHT STACK OR THE ONE ATTACHED TO THE TOP PLATE ARE DAMAGED AFTER USE.

Solution:

1. Check to make sure the limiter ring on one of the guide rods is positioned at the correct height to prevent pulley to pulley contact.

THE WEIGHT SELECTOR PIN CAN'T BE EASILY INSERTED IN THE WEIGHT STACK.

Solution:

1. Check to make sure the connection points aren't over tightened. Back off one or more of the slotted bolt connections until the pin can be easily inserted.

THE UNIT DOESN'T FEEL SMOOTH DURING OPERATION.

Solution:

1. Check to make sure all cables are routed according to the diagram in the assembly guide.
2. Make sure the L-shaped brackets that prevent the cable from leaving the pulley's running surface are positioned so that they don't make contact with the cable.
3. Confirm that the two, dual floating pulley brackets, located inside the weight shrouds, are oriented with the bolt at the front. This prevents the cable from lodging inside the bracket.

THE DUAL-PULLEY BRACKET, ATTACHED TO THE HEIGHT TRANSITION HANDLE, DOESN'T SWIVEL FREELY.

Solution:

1. Check to make sure there isn't anything obstructing the rotation. After verifying this, you may need to remove the C-clip (axle retainer) from the bottom and remove the dual-pulley bracket. Rotate the upper and lower bearings with your fingers. They should move, without any obstruction. If they rotate freely, make sure there is a small amount of grease on the axle, before reinstalling. After the C-clip has been reattached, rotate the dual-pulley bracket again and verify it operates properly.

THE CABLE/S SEEMS TO HAVE TOO MUCH SLACK. ONE OR MORE OF THE EXERCISE STATIONS HAVE CONSIDERABLE CABLE MOVEMENT BEFORE THE RESISTANCE IS ENGAGED.

Solution:

1. Check to make sure the slotted bolt connections are threaded into their receivers far enough to promote the appropriate tension on each cable. Try tightening one or more connection points, until the desired amount of tension is created. One other adjustment point is the pulley that is threaded into the top plate. If this is the problem, remove the pulley from the bracket, loosen the locking nut, and thread the bracket into the top plate farther. When appropriate cable tension is achieved, retighten the locking nut.