

MULTI - INNER / OUTER THIGH

MIO ASSEMBLY INSTRUCTIONS

IMPORTANT NOTICES

Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.

Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use the top weight only for the first machine movement.

Maintain your machine in good working order by following the maintenance schedule provided on the equipment.

It is strongly recommended that a qualified dealer assemble this Multi-Inner/Outer Thigh machine.

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

MIO PARTS AND HARDWARE

PARTS

WHITE / PLATINUM FRAME PARTS

Loop Upright	Seat Upright	Left Base Frame
Right Base Frame	Cross Brace	Bent Support Tube
Guide Rod Bracket	Thigh Brace (2)	Seat Handle
Cam Reversing Bar	Cable Retainer (3)	Bearing Bracket
Left Leg Support	Right Leg Support	Cam
Cable Attach Bracket	"U"-Bracket	Weight Stack Tubes (4)

BLACK FRAME PARTS

Pulley Shroud	Foot Plate
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CABLES AND PULLEYS

Upper MIO Cable	Lower MIO Cable	Equalizer Cables (2)
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MISCELLANEOUS

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Seat Pad	Back Pad	Leg Pads (8)
Weight Labels	Manual	Top Weight
Weight Selector Stem	Weight Pin with Lanyard	Instruction Placard
15 – 10# Weight Plates	Flange Bearings (2)	

MIO PARTS AND HARDWARE

HARDWARE

DESCRIPTION

QUANTITY

Bolts

3/8" x 7 3/4"	2
3/8" x 6 3/4"	2
3/8" x 5 1/4"	2
3/8" x 3 3/4"	1
3/8" x 3 1/2"	2
3/8" x 3"	2
3/8" x 2 3/4"	6
3/8" x 2 1/2"	4
3/8" x 2 1/4"	3
3/8" x 2"	4
3/8" x 1 3/4"	1
3/8" x 1 1/2"	2
3/8" x 1"	12
1/2" x 1 1/2"	4

Screws

3/8" x 1 1/2" Cap Screw	1
3/8" x 1" Button Head Screws	4
3/8" x 1" Flat Head Screws	4

Washers

3/8" Flat Washers	67
3/8" Curved Washers	4
1/2" Flat Washers	10
Cam Washer	1

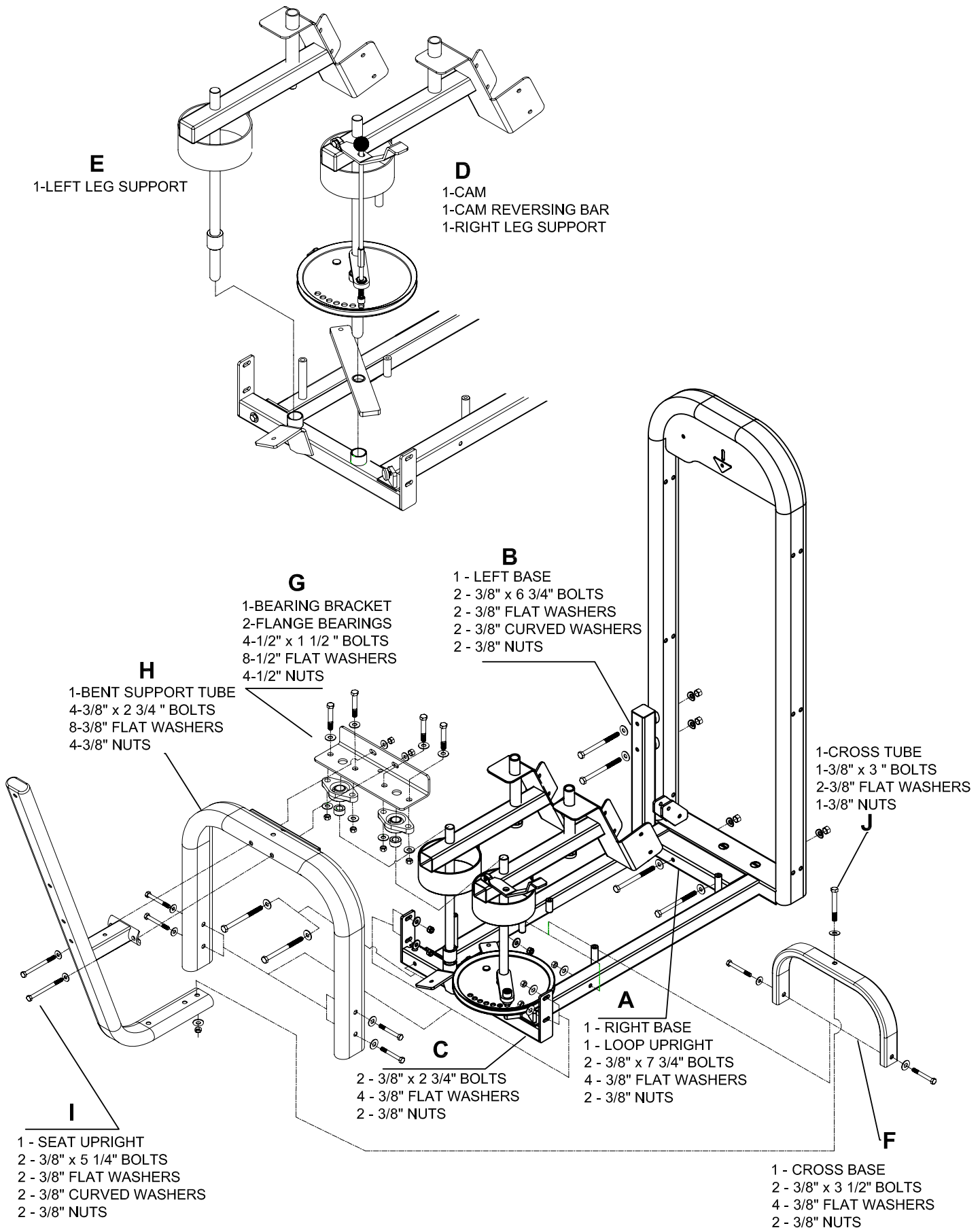
Nuts

3/8" Nuts	24
1/2" Nuts	6

MIO ASSEMBLY INSTRUCTIONS

MAIN STRUCTURE ASSEMBLY

- A.** Assemble the Right Base to the Loop Upright using 2 – 3/8" x 7 3/4" bolts, 4 – 3/8" flat washers and 2 – 3/8" nuts.
- B.** Assemble the Left Base to the Loop Upright using 2 – 3/8" x 6 3/4" bolts, 2 – 3/8" flat washers, 2 – 3/8" curved washers, and 2 – 3/8" nuts.
- C.** Assemble the Left Base to the Right Base using 2 - 3/8" x 2 3/4" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts.
- D.** Place Cam (pin to go down) and Cam Reversing Bar (tab and stop down) onto the Right Leg Support and insert the Right Leg Support into the right hand hole of the Right Base.
- E.** Insert the Left Leg Support into the left hand hole of the Right Base.
- F.** Attach the Cross Brace to the Left Base and Right Base using 2 – 3/8" x 3 1/2" bolts, 4 – 3/8" flat washers, and 2 - 3/8" nuts.
- G.** Attach the two Flange Bearings to the Bearing Bracket using 4 – 1/2" x 1 1/2" bolts, 8 – 1/2" flat washers, and 4 – 1/2" nuts. Do not fully tighten at this time.
- H.** Place the Bearing Bracket and Flange Bearings onto the Left and Right Leg Supports. Place the Bent Support Tube onto the Bearing Bracket and attach to the Left and Right Bases using 4 – 3/8" x 2 3/4" bolts, 8 – 3/8" flat washers, and 4 – 3/8" nuts. Do not fully tighten at this time.
- I.** Assemble Seat Upright to the Bent Support Tube and Bearing Bracket using 2 – 3/8" x 5 1/4" bolts, 2 – 3/8" curved washers, 2 - 3/8" flat washers, and 2 – 3/8" nuts. Do not fully tighten at this time.
- J.** Attach the first hole of the lower end of the Seat Upright to the Cross Tube using 1 – 3/8" x 3" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nuts. Do not fully tighten at this time.
- K.** At this time, using the slots and hole clearances, align the Bent Support Tube, the Bearing Bracket, and the Flange Bearings so that the Cam does not "rock" and the Leg Supports are straight up and down. The Bent Support Tube should be perpendicular to the Bases. It is best to begin alignment with the attaching bolts centered in the slots and then adjust as necessary. Tighten all the bolts after alignment.



MIO ASSEMBLY INSTRUCTIONS

WEIGHT STACK, CABLE AND PULLEY INSTALLATION

- L.** Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back away from the machine. Place the four Weight Stack Tubes onto the Guide Rods and slide down to the base. Place one weight stack cushion on each Guide Rod and slide down to the base.

Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the machine and that the three pads are facing down slide onto the Guide Rods: 15 – 10lb. Weights.

Place Top Weight on the Guide Rods with the drilled hole facing the machine and slide down to the stack.

- M.** Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the Upper MIO Cable down to the top weight.
- N.** Install Guide Rod Bracket onto top of guide rods. Loop MIO Upper Cable over one 4 ½" pulley and slide up between the plates of the Loop Upright at the slot. The large cylindrical clevis end of the MIO Upper Cable will align with the center of the weight stack. Stand the weight stack assembly upright and bolt the Guide Rod Bracket, Pulley and Loop Upright together using 1 – 3/8" x 2 ¼" bolt, 1 Cam Washer, 2 – 3/8" flat washers, and 1 – 3/8" nut. Do not tighten completely at this time.
- O.** Install a 4 ½" pulley under the cable and insert the pulley between the plates of the Loop Upright. Attach the pulley to the Loop Upright and Cable Attach Bracket using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut. Attach the clevis end of the cable to the Cable Attach Bracket using the pin and clip found pre-installed in the clevis end.
- P.** Attach the ball end of the MIO Lower Cable to the "U"-Bracket. Place a 4 ½" pulley onto the MIO Upper Cable below the Cable Attach Bracket using the "U"-Bracket, 1 – 3/8" x 1 ¾" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- Q.** Route the MIO Lower Cable down between the plates welded to the base of the Loop Upright. Install a 4 ½" pulley over the cable and attach to the plates using 1 – 3/8" x 2" bolt and 1 – 3/8" flat washer.

MIO ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

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O

- 1 - 4 1/2" PULLEY
- 1 - CABLE ATTACH BRACKET
- 1 - 3/8" X 2" BOLT
- 2 - 3/8" FLAT WASHERS
- 1 - 3/8" NUT
- 1 - PIN & CLIP

N

- 1 - GUIDE ROD BRACKET
- 1 - 4 1/2" PULLEY
- 1 - 3/8" x 2 1/4" BOLTS
- 1 - CAM WASHER
- 2 - 3/8" FLAT WASHERS
- 1 - 3/8" NUTS

L

- 2 - GUIDE ROD
- 4 - WEIGHT STACK TUBES
- 2 - WEIGHT STACK CUSHIONS
- 15 - 10 Lb WEIGHTS
- 1 - TOP WEIGHT

M

P

- 1 - 4 1/2" PULLEY
- 1 - "U" BRACKET
- 1 - 3/8" X 1 3/4" BOLT
- 2 - 3/8" FLAT WASHERS
- 1 - 3/8" NUT

M

- 1 - WEIGHT PIN AND LANYARD

T

- 1 - 4 1/2" PULLEY
- 1 - CABLE RETAINER
- 1 - 3/8" X 2" BOLT
- 2 - 3/8" FLAT WASHERS
- 1 - 3/8" NUT

S

- 1 - 4 1/2" PULLEY
- 1 - CABLE RETAINER
- 1 - 3/8" X 2" BOLT
- 2 - 3/8" FLAT WASHERS
- 1 - 3/8" NUT

R

- 1 - 4 1/2" PULLEY
- 1 - CABLE RETAINER
- 1 - 3/8" X 1 1/2" BOLT
- 1 - 3/8" FLAT WASHERS

Q

- 1 - 4 1/2" PULLEY
- 1 - 3/8" X 2" BOLT
- 1 - 3/8" FLAT WASHERS

MIO ASSEMBLY INSTRUCTIONS

CABLE INSTALLATION (CONTINUED)

- R. Continue the cable to the short threaded shaft welded to the inside of the Left Base. Routing the cable along the outside of a 4 ½" pulley, attach the pulley and a Cable Retainer using 1 – 3/8" x 1 ½", 1 – 3/8" flat washer.
- S. Continue the cable over to the plate welded on the Base Frame near the Upright Support. Attach a 4 ½" pulley and the Cable Retainer using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- T. Attach a 4 ½" pulley and a Cable Retainer to the Cam Reversing Bar using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut. Route the cable around this pulley and attach the ball end into the hook on the Cam.

STRUCTURE DETAILS

- U. Attach the Leg Pads to the Right Support Leg using 4 – 3/8" x 1" bolts and 4 – 3/8" flat washers.

Attach the Leg Pads to the Left Support Leg using 3 – 3/8" x 1" bolts and 3 – 3/8" flat washers. Attach Rubber Bumper to the inside lower hole using 1 – 3/8" x 1 ½" bolt and 1 – 3/8" flat washer.

- V. Attach the lower Leg Pads to the Thigh Braces using 4 – 3/8" x 1" bolts and 4 – 3/8" flat washers.
Attach the upper Leg Pads to the Thigh Braces using 4 – 3/8" x 1" flat head screws.
Install the Thigh Braces into the Leg Supports and secure using 2 – ½" flat washers and 2 – ½" nuts. Make sure Thigh Braces rotate easily.
- W. Attach the Foot Plate using 4 – 3/8" x 1" button head screws and 4 – 3/8" flat washers.
- X. Attach Pulley Shroud beneath the Seat Upright using 2 – 3/8" x 2 ¼" bolts, 4 – 3/8" washers, and 2 – 3/8" nuts. Fasten the Pulley Shroud to the threaded shaft on the Left Base using 1 – 3/8" x 1" bolt and 1 – 3/8" flat washer.
- Y. Attach the Back Pad and Seat Handle to the Seat Upright using 4 – 3/8" x 2 ½" bolts and 6 – 3/8" flat washers, and 2 – 3/8" nuts.
- Z. Attach the Bottom Pad to the Seat Upright using 1 – 3/8" x 3" bolt, 1 – 3/8" x 3 ¾" bolt and 2 – 3/8" flat washers.

V

- 2 - LEG PADS
- 1 - THIGH BRACE
- 2 - 3/8" X 1" BOLTS
- 2 - 3/8" X 1" FLAT HEAD SCREWS
- 2 - 3/8" FLAT WASHERS
- 1 - 1/2" FLAT WASHERS
- 1 - 1/2" NUTS

Y

- 1 - BACK PAD
- 1 - SEAT HANDLE
- 4 - 3/8" x 2 1/2" BOLTS
- 6 - 3/8" FLAT WASHERS
- 2 - 3/8" NUTS

Z

- 1 - SEAT PAD
- 1 - 3/8" X 3" BOLT
- 1 - 3/8" X 3 3/4" BOLT
- 2 - 3/8" FLAT WASHERS

U

- 2 - LEG PADS
- 1 - RUBBER BUMPER
- 3 - 3/8" x 1" BOLTS
- 1 - 3/8" X 1 1/2" BOLT
- 4 - 3/8" FLAT WASHERS
- 1 - 3/8" NUTS

W

- 1 - FOOT PLATE
- 4 - 3/8" x 1" BOLTS
- 4 - 3/8" FLAT WASHERS

U

- 2 - LEG PADS
- 4 - 3/8" x 1" BOLTS
- 4 - 3/8" FLAT WASHERS

X

- 2 - PULLEY SHROUD
- 2 - 3/8" X 2 1/4" BOLTS
- 1 - 3/8" x 1" BOLTS
- 5 - 3/8" FLAT WASHERS
- 2 - 3/8" NUTS

V

- 2 - LEG PADS
- 1 - THIGH BRACE
- 2 - 3/8" X 1" BOLTS
- 2 - 3/8" X 1" FLAT HEAD SCREWS
- 2 - 3/8" FLAT WASHERS
- 1 - 1/2" FLAT WASHERS
- 1 - 1/2" NUTS

MIO ASSEMBLY INSTRUCTIONS

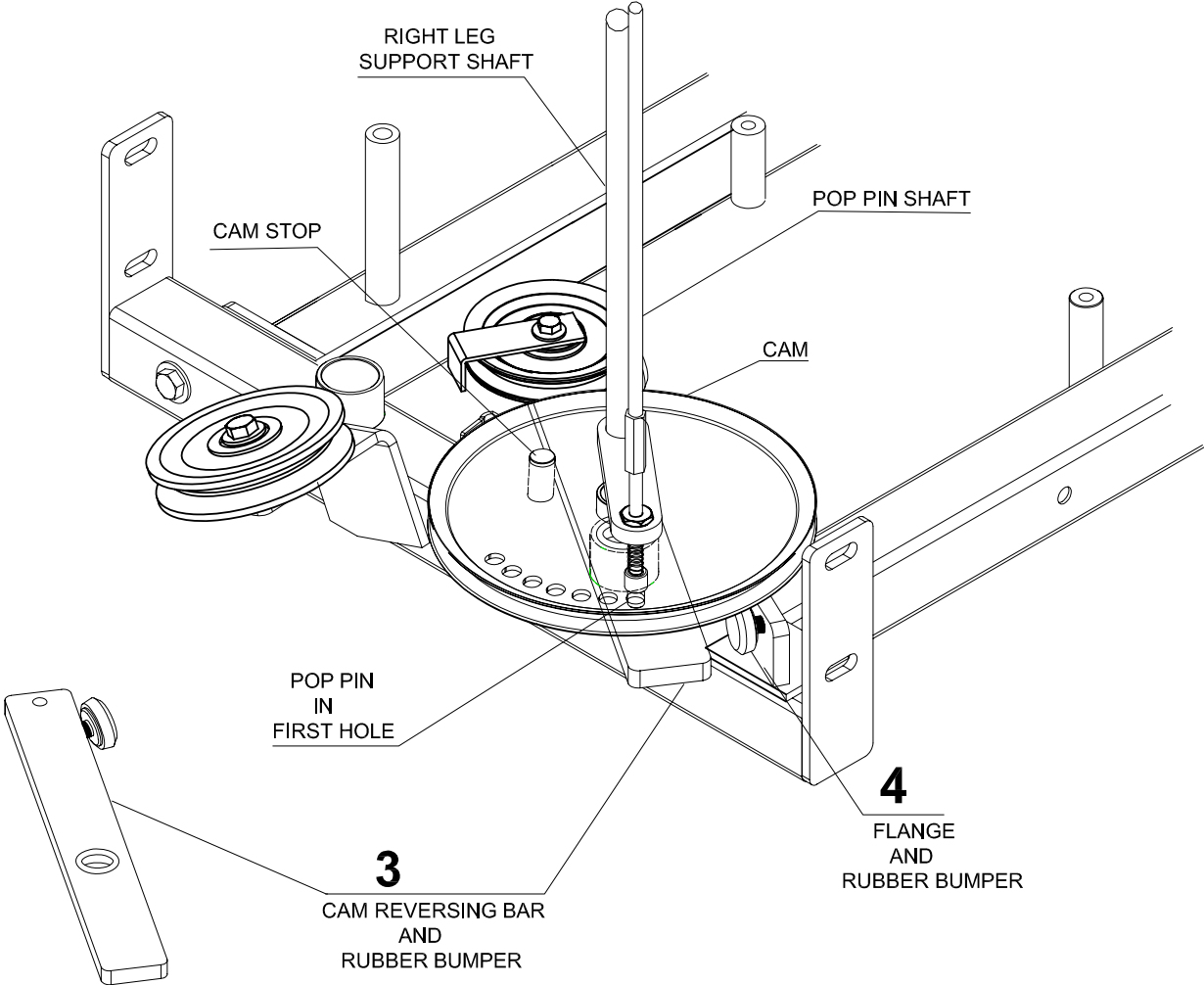
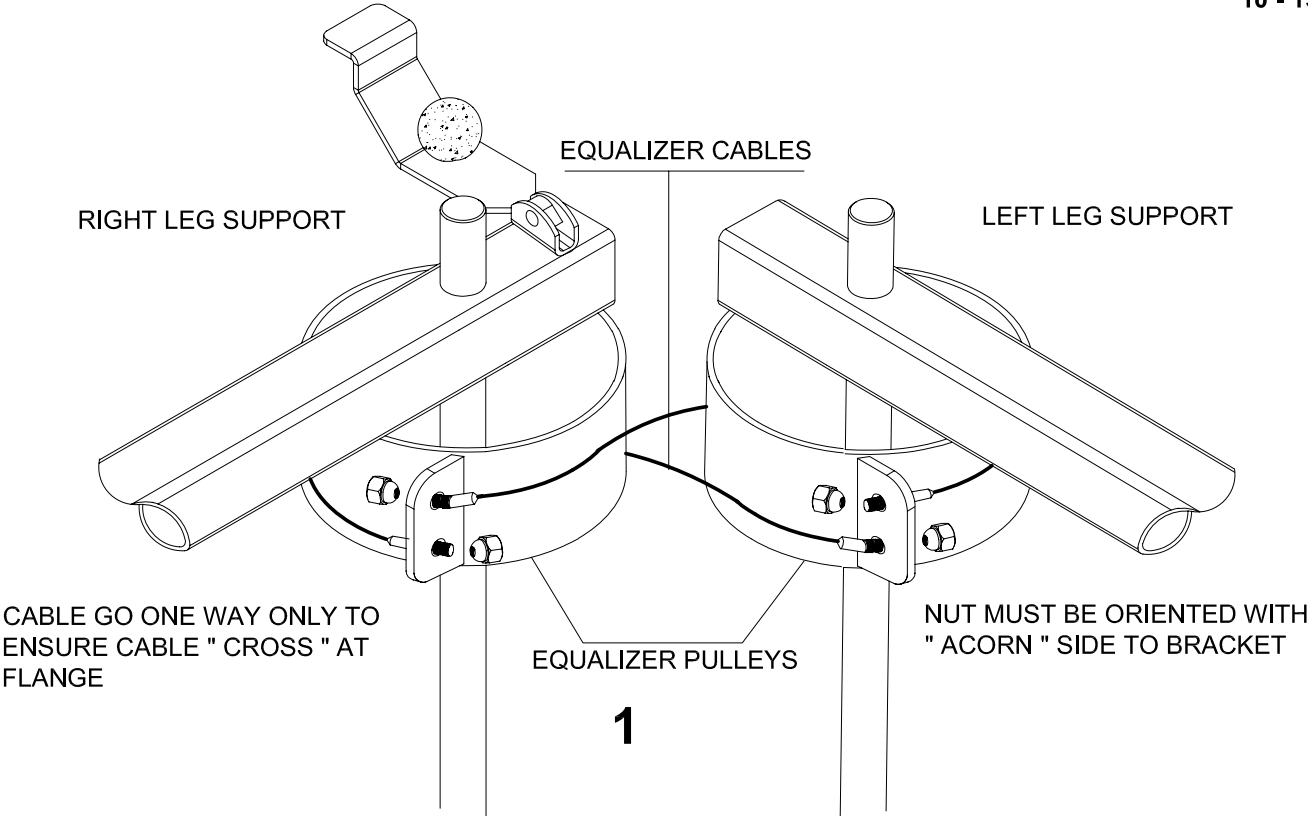
EQUALIZER CABLES AND CABLE ADJUSTMENT

1. Remove the acorn nuts from each of the two equalizer cables. Place the threaded end of one cable through the upper hole of the flange on the Left Leg Support. Fasten loosely with an acorn nut with the round side toward the flange. Route the other end of the cable around one side of the Left Leg Support and around the opposite side of the Right Leg Support in an “S” pattern. Place the threaded end through the upper hole of the flange on the Right Leg Support and fasten with an acorn nut. Thread the rounded side of the nut against the flange. Do not tighten fully.

Place one threaded end of the second cable through the lower hole of the flange on the Left Leg Support from the opposite direction you placed the first cable. Fasten loosely with an acorn nut with the round side of the nut toward the flange. Route the cable in the opposite direction of the first cable in an “S” pattern to the lower hole of the flange on the Right Leg Support. Fasten with an acorn nut, threading the rounded side of the nut against the flange. The threaded ends of the two cables should be going through the flange from opposite directions.

Note: Make sure you have routed the cables from upper hole to upper hole and from lower hole to lower hole. Misrouting will result in damage to the cables. In the next step it may be necessary to hold the cables to avoid rotation when tightening the nuts.

2. Bring both the legs together and see that they are centered. If legs are off-center adjust the equalizer cables alternately by tightening or loosening the acorn nuts. When legs are centered tighten both acorn nuts equally until both cables are snug.
3. Loosen the jam-nut behind the rubber bumper on the Cam Reversing Bar. Thread the bumper in or out so that maximum travel is achieved without the Leg Supports hitting the Bent Support Tube. Tighten the jam-nut.
4. Loosen the jam-nut behind the bumper on the flange welded to the Right Base. Thread the bumper in or out to adjust the alignment of the pop pin to the first slot in the Cam. Tighten the jam-nut.
5. Once the Multi-Inner/Outer is completely assembled, loosen bolt that attaches pulley and Guide Rod Bracket to the Loop Upright (installed at step **M.**). Raise or lower the bolt and pulley to remove slack from the cables. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct, rotate the Cam Washer so it rests against the triangle support and re-tighten bolt.



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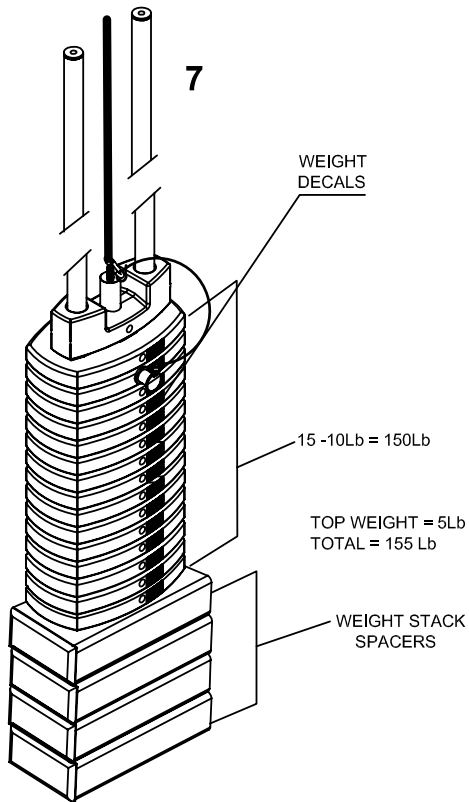
PLACARDS AND LABELS

6. Remove backing from foam tape on Instruction Placard. Align the Instruction Placard parallel to the top of the Loop Upright and place approximately 3/8" equally in from the edges of the Loop.
7. Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.

SHROUD HOLES AND SHROUD OPTION

8. If no Optional Shroud Kit was purchased install plastic caps in all 24 shroud holes. If installing Shrouds, fasten to Loop Upright using 11 – 3/8 x 2 1/2" bolts, 19 – 3/8" flat washers and 8 – 3/8" nuts (hardware found in Shroud box). The middle and lower bolts on the right side and the middle bolt on the left side of the Front Shroud fasten into threaded fasteners pre-installed into the Front Shroud.

WEIGHT LABELS



INSTALLING PLACARD

6

