



HIGHEST QUALITY HEALTH

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PRODUCT SAFETY NOTICE

July 23, 2009

Dear Valued Customer:

The process of product development is dynamic. When new findings emerge, we at HQH and efi Sports Medicine in America are quick to communicate to customers who currently own our products. To that end, we are advising inspection and replacement of certain parts.

It has come to our attention that the round bushings that seat the rail crossbar into the GTS® Tower hooks may be wearing faster than normal on some GTS units. Normal wear creates a slight groove in the bushing. We recommend that you perform a safety check every month to ensure that your GTS rails always seat properly and that wear on the bushings do not negatively affect the safe use of the machine.

IMPORTANT NOTE: Holes or cracks in the round bushing on the rail crossbar may cause the rails to stick on the top part of the Tower hook and can cause the rails to drop during use. Should this occur during use, the user may be injured.

Please take some time to inspect and replace the round bushings on the rail crossbar before wear occurs that penetrates the thickness of the bushing and causes a hole or crack. If wear is present that penetrates the thickness of the bushing, causing a hole or crack, discontinue use of the equipment immediately and replace the part before resuming use.



NOTE PHOTO TO LEFT:

Left Bushing is new and shows no wear. As part wears, a small groove is acceptable

Right Bushing shows extreme wear. Any penetration of the bushing thickness indicates overuse of the part and dictates immediate replacement of the part before resuming use of the equipment.

Highest Quality Health and Fitness Products Ltd. 75 Sunrise Ave, Murrays Bay, North Shore City, New Zealand

Toll Free AUS 1 800 552 8789 NZ 0 800 552 8789 website: www.hqh.com

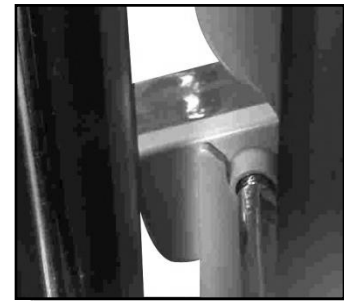


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INSPECTING FOR WEAR: The round bushing resides on both sides of the rail crossbar that goes through the Tower (PHOTOS AT RIGHT). You may need to remove the LAT Bars to check thoroughly for wear.

However, if you notice significant wear by viewing the bushings through the Tower back or through the hook slots, or if you notice sticking when trying to seat the rails into the Tower hooks, we suggest that you replace the parts.



Please contact us on (NZ) 0800 552 8789 or (AUS) 1800 552 8789 to order your replacement GTS round bushings, part # 6645-02. You can also email your request to gravity@hqh.com. Units sold for commercial use have a one year warranty; if the unit(s) is less than one year old, the bushings will be sent to the customer at no cost. If the unit(s) is older than one year, there will be a small charge and postage. When you contact us, we will determine if you unit(s) are under warranty.

Your satisfaction with products from HQH and efi Sports Medicine is very important to us, today and for years to come.

Yours in Good Health,

Andrea Brett
Customer Service and Support
Highest Quality Health and Fitness

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IMPORTANT SAFETY NOTICE:

The GTS tower is designed to rock forward and automatically catch the rails when they are lowered. This is a safety feature of the design of the GTS. Therefore, it is important to set the GTS tower on a level surface and particularly, remove any rug or mat that may cause unevenness under the front portion of the tower. Any uneven surface placed directly under the front portion of the tower will nullify the safety feature of the forward rock and place the user in danger should they not seat the rails properly in the lower hooks.

SAFETY CHECK PROCEDURE:

1. After removing any uneven flooring surface and after replacing and tightening all the fasteners, make sure the rails move freely on the tower by following this simple test procedure:
2. Raise and hold the rails above the hooks of level 8.
3. While holding the rails push the tower back with one hand and then let go of the tower.
4. The tower should rock forward immediately. If the tower does not rock forward by itself:
5. Loosen the nyloc nuts with the 14mm wrench on the tower crossbar up to ½ turn each.
6. If this does not correct the problem, contact HQH customer service at +800-5528789. You can also email your request for information to gravity@hqh.com
7. Then, slowly lower the rails all the way to the bottom to ensure there are no tight places that bind the movement up and down the rails.

Also, test each rectangular bushing by hand by wiggling it. If you cannot move them at all, they may be too tight.

Do not put your fingers in the hook slots.

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GTS® Tower Bushings Replacement

INSTRUCTIONS: Replace GTS Bushings

The bushings in the tower need to be replaced one or more times per year depending on use. The GTS has four bushing between the rails and the tower to protect the paint and chrome and to reduce noise. There are two identical rectangular bushings and two round bushings. Normally, the rectangular bushings should not wear out. However, we have discovered that in some of the early production units, the rectangular bushings may wear out prematurely. The early bushings would be solid (Figure 1) as and some may have tape stripes applied. With the longer lasting acetyl bushings, there is a notch in the bushing visible from the back (Figure 2).

Figure 1

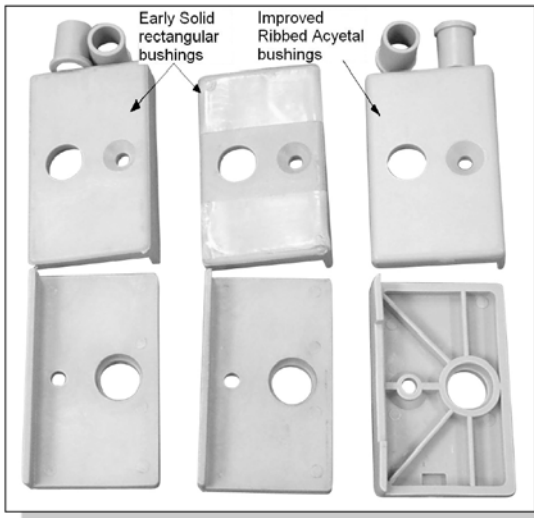
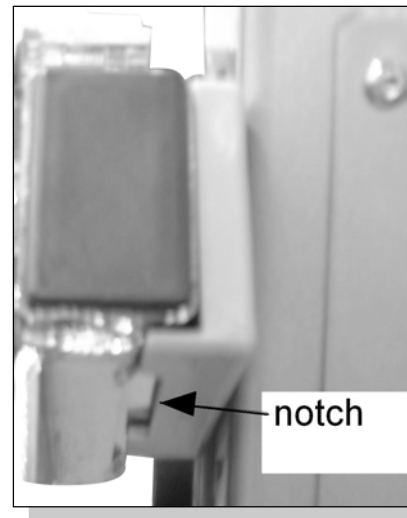


Figure 2



To replace the bushings, you must remove the LAT Bars. Use both of the two wrenches supplied with your GTS. First, remove the limit screw in the back (Figure 3) using the hex key end of one the wrenches supplied with your GTS. To remove the first nut from the shaft, loosen the first nut with one wrench while you hold the nut on the opposite side in place with the other wrench (Figure 4).

Figure 3

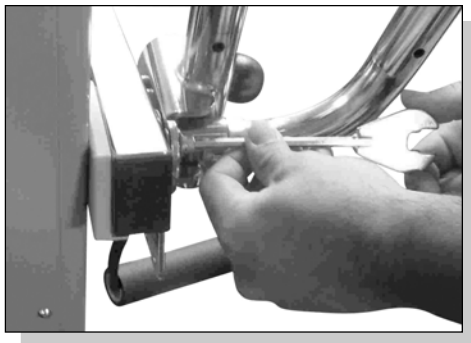


Figure 4



With one nut removed, you can remove one of the LAT Bars (Figure 5). Use the second size of the wrench to hold the shaft in place while you remove the second nut from the other end of the shaft (Figure 6).

Figure 5

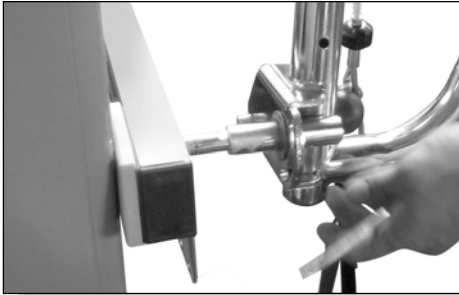
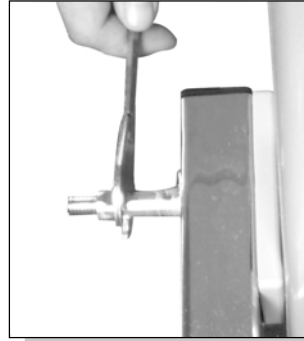


Figure 6



When both LAT Bars are removed, slide the rail shaft out one side (Figure 7) until it is completely removed from the round bushing on the far side of the tower (Figure 8).

Figure 7



Figure 8



Remove the bushings from the rail by lifting the rail and sliding the bushing forward into the tower slot (Figure 9). The bushing can then be lowered below the rail (Figure 10).

Figure 9



Figure 10



Install a new round bushing into the rectangular bushing (Figure 11). (If the rectangular bushing is of the solid type, replace it with the new ribbed acetyl bushing.) Slide the replacement bushings into the tower slot beneath the rail (Figure 12).

Figure 11

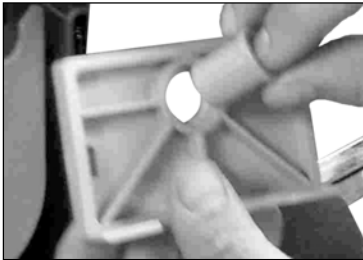
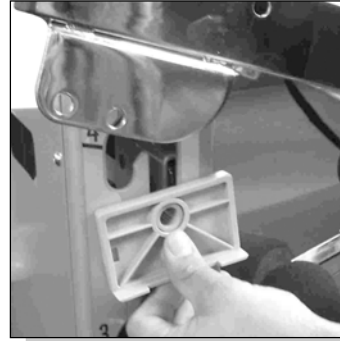


Figure 12



Lift the rail while you slide the bushing over the hook in the tower (Figure 13). Insert the rail shaft into the new bushing and slide it through the rail (Figure 14). Safety hint: aim the shaft into the bushing from the opposite side of the tower (Figure 15). Do not guide the rail shaft into the bushing with your finger. Always keep fingers clear of moving parts.

Figure 13

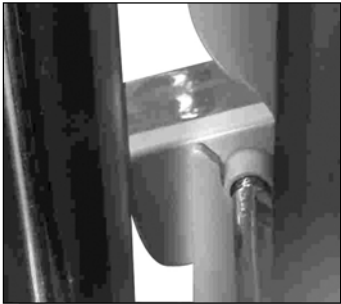


Figure 14

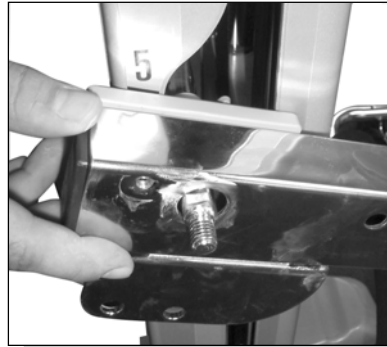
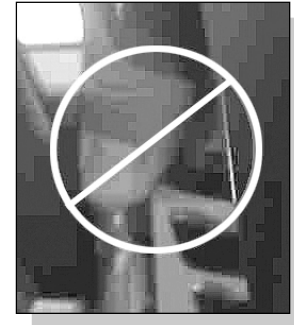


Figure 15



Repeat the process on the other side and reinstall the LAT Bars. When both LAT Bars are re-installed, raise the rails to the top level to center the counter weight belt (as shown below).

