

# PBC Application News



## Gym Workout Machine Gets Retrofitted PBC Style

### Setting the Scene

A local gym owner had a piece of weight stack equipment fail. Since there is no place that typically services this type of equipment, an opportunity was seen by a PBC associate who trained there. Representatives from PBC visited and explained the proposed solution to the owner, who gave his permission to retrofit the lateral pull machine with Simplicity® bearings and FeatherShafting®.

### The Challenge

Plastic bearings in the top plate of the lateral pull machine wore out and the piece of equipment was rendered inoperable. The objective was to return the piece of equipment back to operational status so that gym members could use it again.

### The Solution

Smooth motion is essential to proper exercise form and benefits, and Simplicity provides that characteristic for weight stack equipment. The self lubricating feature combined with the FeatherShaft removed the requirement for periodic lubrication. Aesthetically, the FeatherShaft is also very appealing in this type of equipment.

### Products Used

Simplicity FL12 bearings in the top plate and replace the guide shafts with FeatherShafting. The lateral machine itself is a simple weight stack piece of equipment. The bearings are pressed into the top plate of the weight stack, and guide the weights up and down the shaft as the operator exercises.



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