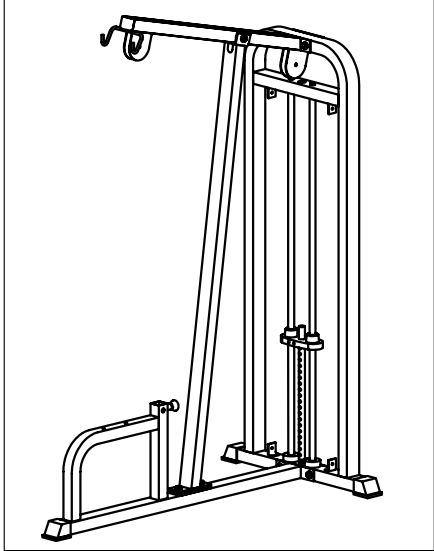


STEP 1

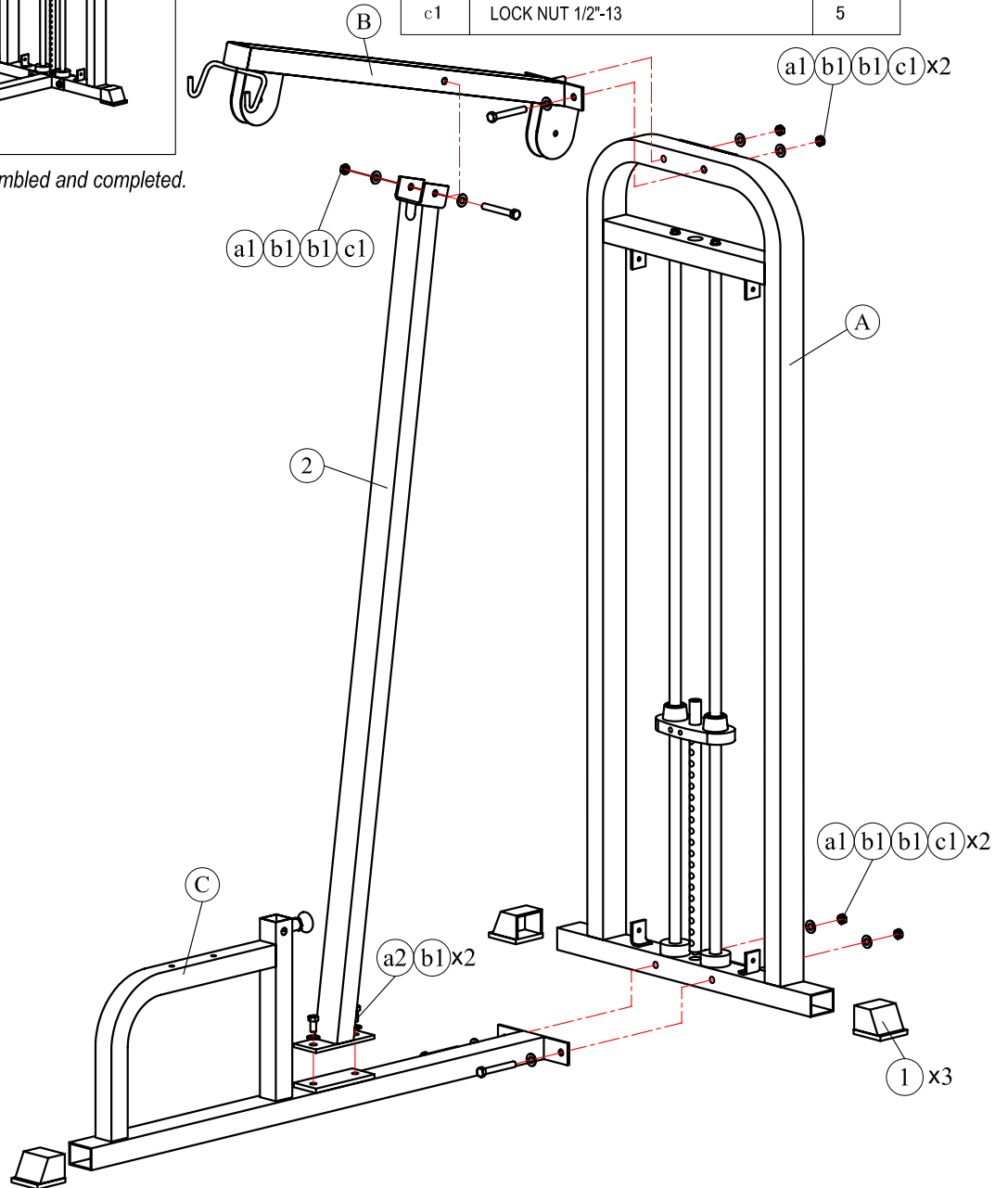
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 1 assembled and completed.

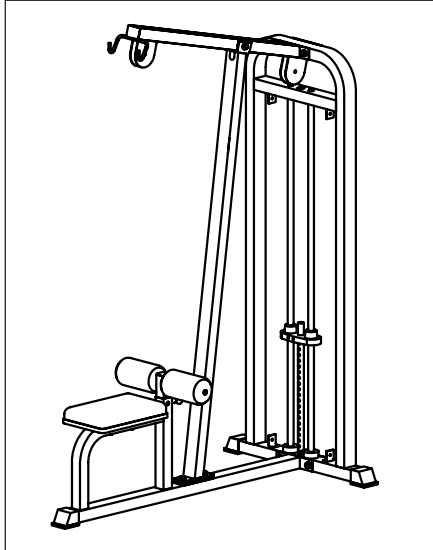
Part list of step 1

ITEM	DESCRIPTION	QTY
A	ASSY,WEIGHT SIDE FRAME	1
B	ASSY, TOP PULLEY TUBE	1
C	ASSY, SEAT FRAME	1
1	FOOT COVER 2"x2.75"	3
2	FRONT UPRIGHT	1
a1	BOLT, HHCS, 1/2"-13*3 3/4", L=95mm	5
a2	BOLT, HHCS, 1/2"-13*1", L=25mm	2
b1	WASHER, FLAT, 1/2"	12
c1	LOCK NUT 1/2"-13	5



STEP 2

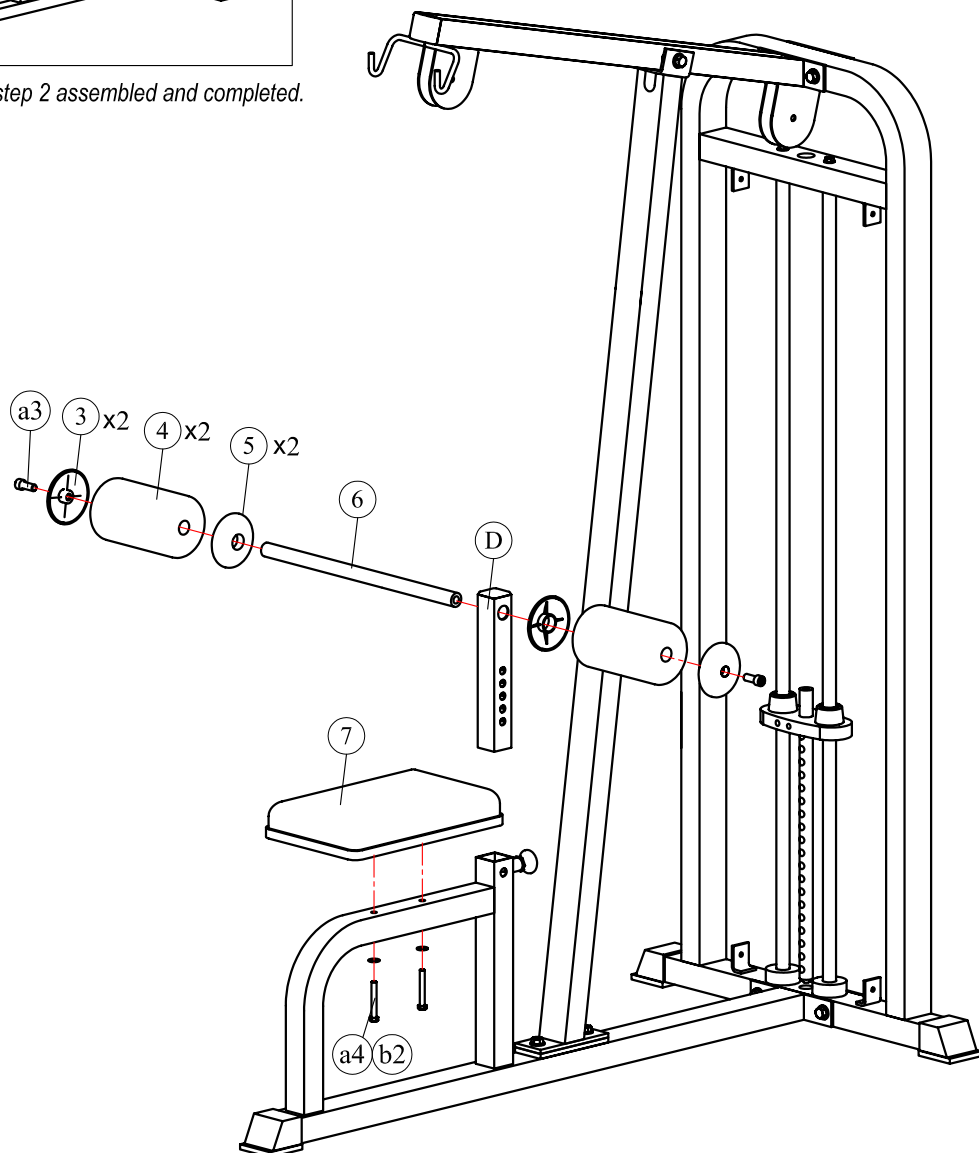
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt.
Two people will be required to perform this procedure.



Above shows step 2 assembled and completed.

Part list of step 2


ITEM	DESCRIPTION	QTY
D	ASSY,ADJUSTING TUBE	1
3	PLASTIC INSERT CAP "B" 1 RD.	2
4	FOOT ROLL (Φ23*Φ120*200)	2
5	PLASTIC INSERT CAP "A" 1 RD.	2
6	AXLE (∅25*450)	1
7	SEAT PAD	1
a3	BOLT,SHCS,3/8"-16*1 3/8", L=35mm	2
a4	BOLT,HHCS,3/8"-16*2 3/4", L=70mm	2
b2	WASHER,FLAT,3/8"	2

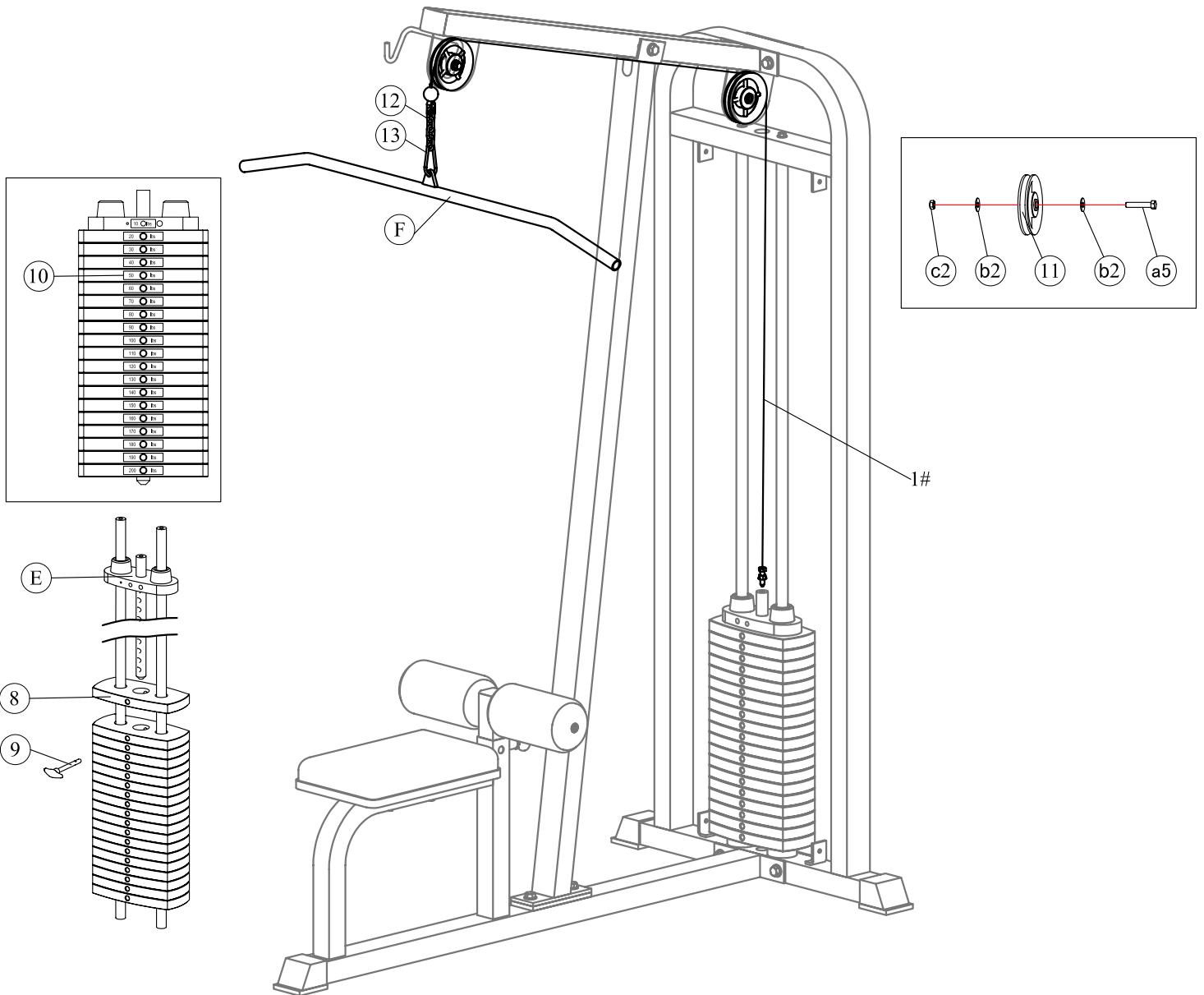


STEP 3

NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.

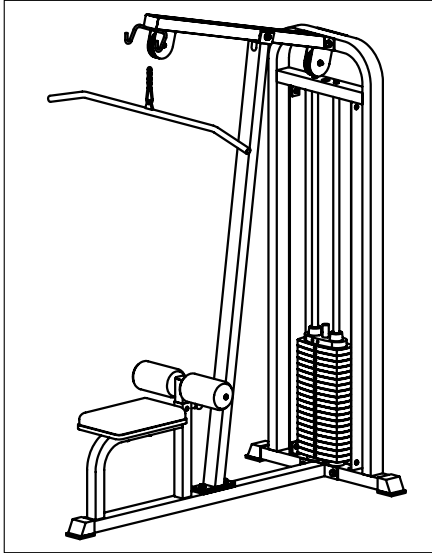
Part list of step 4

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
E	ASSY, TOP WEIGHT	1	12	COIL CHAIN (4)	1
F	ASSY, LAT BAR	1	13	TWO SNAP LINKS (Ø8)	1
8	WEIGHT STACK	19	a5	BOLT, HHCS, 3/8" - 16 * 2", L=50mm	2
9	SELECTOR PIN	1	b2	WASHER, FLAT, 3/8"	4
10	WEIGHT PLATE DECAL (10-200LBS)	1	c2	LOCK NUT 3/8"-16	2
11	NYLON PULLEY ASSEMBLY (4.5")	2	1#		1



STEP 4

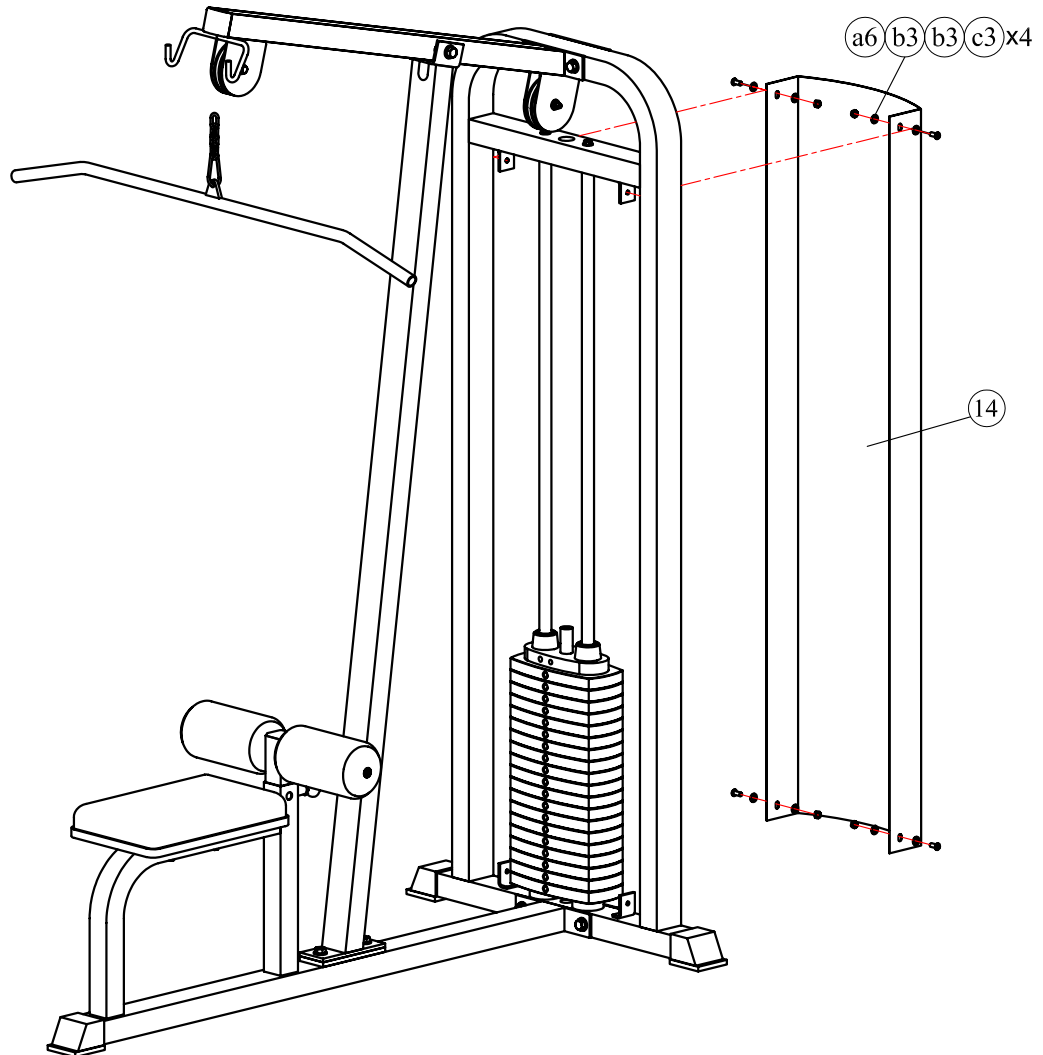
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt.



Above shows step 3 assembled and completed.

Part list of step 5

ITEM	DESCRIPTION	QTY
14	WEIGHT STACK SHIELD	1
a6	BOLT,BHCS,5/16"-18*3/4", L=16mm	4
b3	WASHER,FLAT,5/16"	8
c3	NUT , 5/16"-18	4

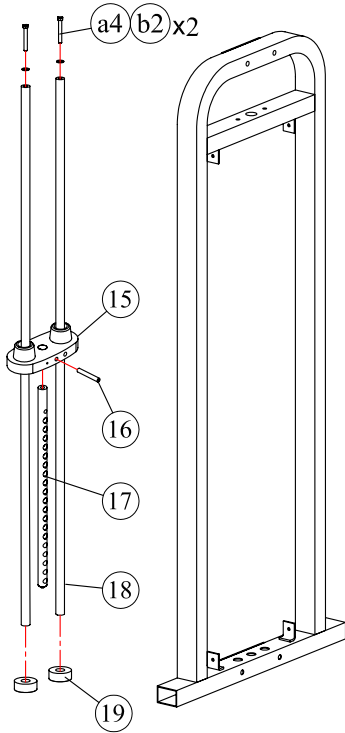


PRE-ASSEMBLY

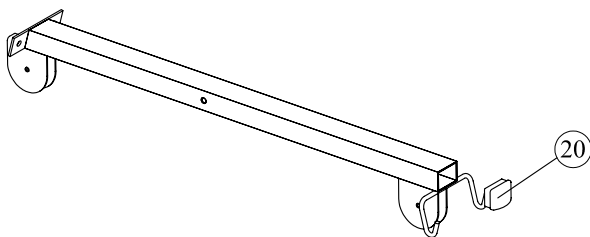
PART LIST:

ITEM	DESCRIPTION	QTY
A	ASSY,WEIGHT SIDE FRAME	1
B	ASSY, TOP PULLEY TUBE	1
C	ASSY, SEAT FRAME	1
D	ASSY, ADJUSTING TUBE	1
E	ASSY, TOP WEIGHT	1
F	ASSY, LAT BAR	1

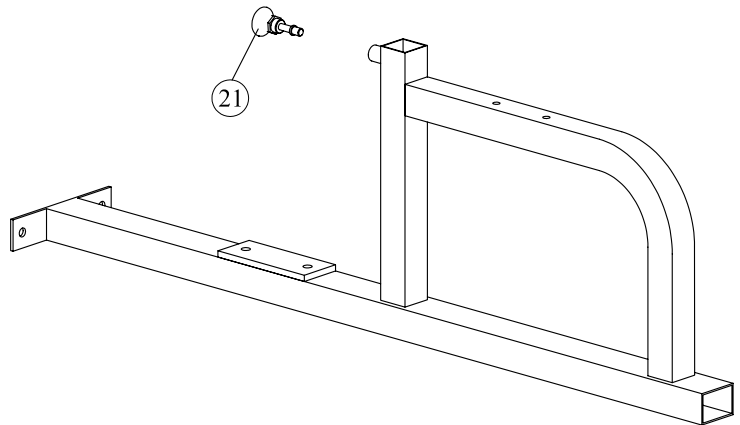
A. ASSY, WEIGHT SIDE FRAME
E. ASSY, TOP WEIGHT



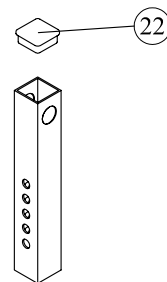
B. ASSY, TOP PULLEY TUBE



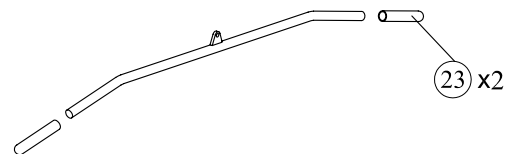
C. ASSY, SEAT FRAME



D. ASSY, ADJUSTING TUBE



F. ASSY, LAT BAR



PART LIST 1


PART LIST:

ITEM	DESCRIPTION	QTY
1	FOOT COVER 2"x2.75"	3
2	FRONT UPRIGHT	1
3	PLASTIC INSERT CAP "B" 1 RD.	2
4	FOOT ROLL (Φ23*Φ120*200)	2
5	PLASTIC INSERT CAP "A" 1 RD.	2
6	AXLE (∅25*450)	1
7	SEAT PAD	1
8	WEIGHT STACK	19
9	SELECTOR PIN	1
10	WEIGHT PLATE DECAL (10-200LBS)	1
11	NYLON PULLEY ASSEMBLY(4.5")	2
12	COIL CHAIN (4)	1
13	TWO SNAP LINKS (∅8)	1
14	WEIGHT STACK SHIELD	1
15	TOP WEIGHT	1
16	SPRING PIN(∅10*70)	1
17	WEIGHT STACK PIN 19 HOLE	1
18	WEIGHT STACK GUIDE ROD(L=1600)	2
19	RUBBER DONUT	2
20	PLASTIC INSERT CAP 2x2.75	1
21	PUSH PULL PIN (L=72,LOCKED)	1
22	PLASTIC INSERT CAP 1.75SQ.	1
23	HANDLE (∅24*165mm)	2

HARDWARE LIST:

ITEM	DESCRIPTION	QTY
a1	BOLT,HHCS,1/2"-13*3 3/4", L=95mm	5
a2	BOLT,HHCS,1/2"-13*1", L=25mm	2
a3	BOLT,SHCS,3/8"-16*1 3/8", L=35mm	2
a4	BOLT,HHCS,3/8"-16*2 3/4", L=70mm	4
a5	BOLT,HHCS,3/8"-16*2", L=50mm	2
a6	BOLT,BHCS,5/16"-18*3/4", L=16mm	4
b1	WASHER,FLAT,1/2"	12
b2	WASHER,FLAT,3/8"	8
b3	WASHER,FLAT,5/16"	8
c1	LOCK NUT 1/2"-13	5
c2	LOCK NUT 3/8"-16	2
c3	NUT, 5/16"-18	4

CABLE LIST:

ITEM	DESCRIPTION	QTY
1#		1

Hardware guide:

