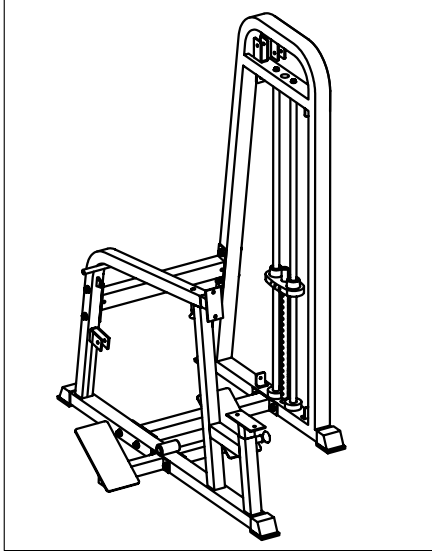


STEP 1

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.

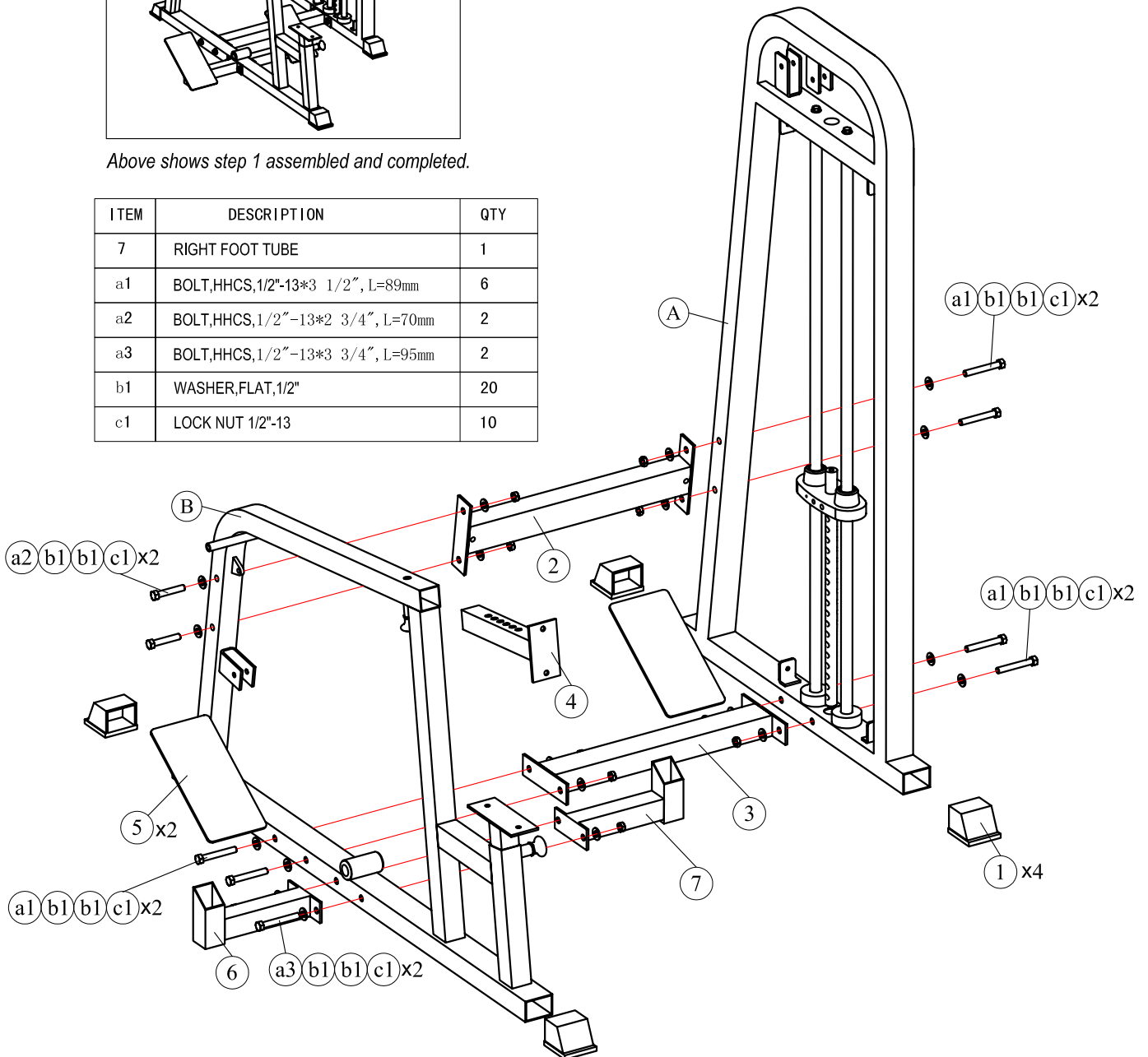


Above shows step 1 assembled and completed.

Part list of step 1

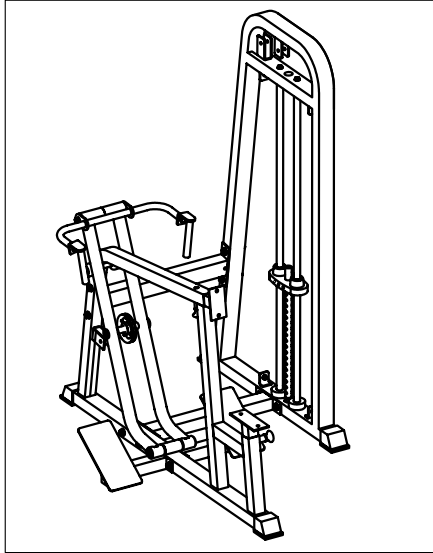
ITEM	DESCRIPTION	QTY
A	ASSY,WEIGHT SIDE FRAME	1
B	ASSY, MAIN FRAME	1
1	FOOT COVER 2"x2.75"	4
2	TOP CROSS BRACE	1
3	BOTTOM CROSS BRACE	1
4	ADJUSTING TUBE 1	1
5	FOOT PLATE	2
6	LEFT FOOT TUBE	1

ITEM	DESCRIPTION	QTY
7	RIGHT FOOT TUBE	1
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	6
a2	BOLT,HHCS,1/2"-13*2 3/4", L=70mm	2
a3	BOLT,HHCS,1/2"-13*3 3/4", L=95mm	2
b1	WASHER,FLAT,1/2"	20
c1	LOCK NUT 1/2"-13	10



STEP 2

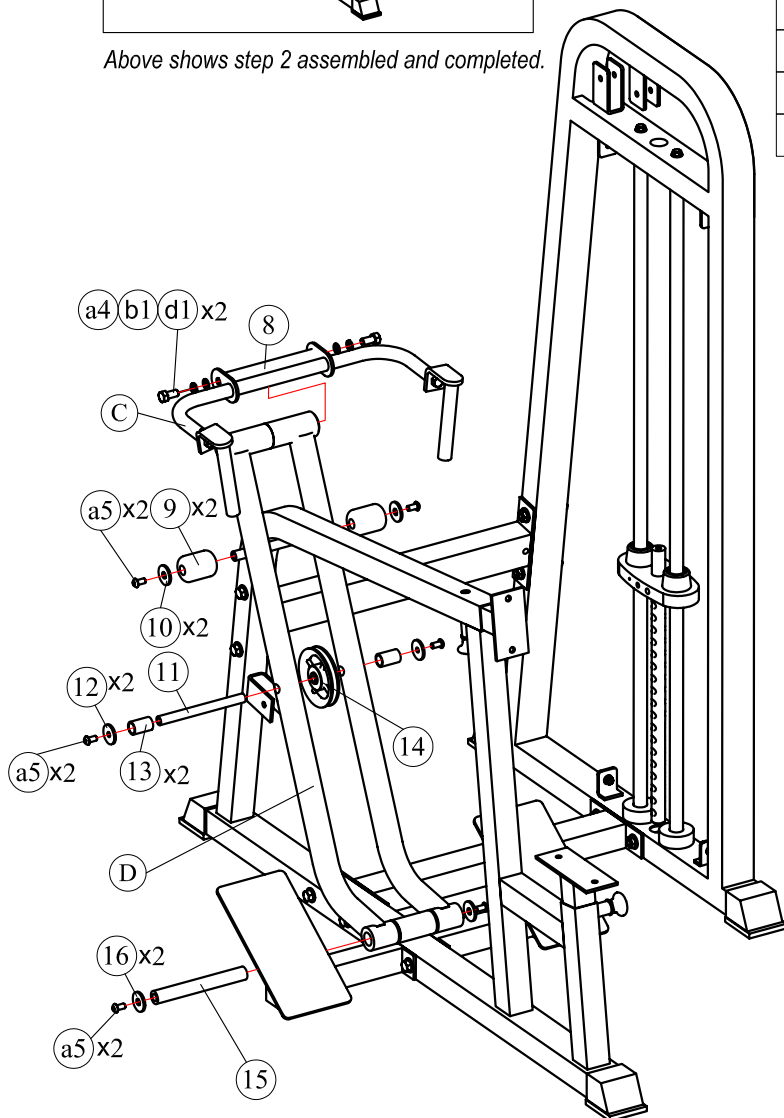
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 2 assembled and completed.

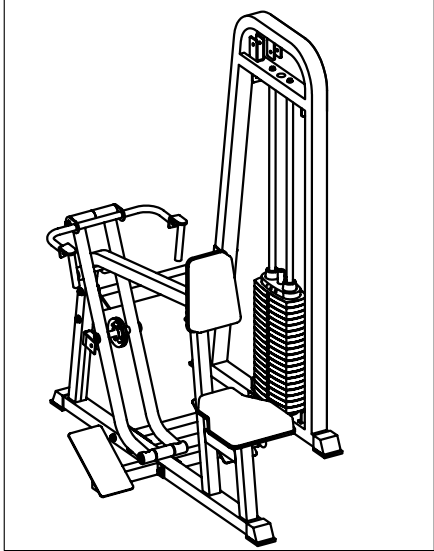
Part list of step 1

ITEM	DESCRIPTION	QTY
C	ASSY,HANDLE TUBE	1
D	ASSY,ARM	1
8	AXLE(Ø25*207mm)	1
9	NYLON BUMPER	2
10	CHROME WASHER (Φ38*Φ11*3t)	2
11	AXLE(Ø25*187mm)	1
12	ARC WASHER (Φ38*Φ11*5t)	2
13	BUSH	2
14	NYLON PULLEY ASSEMBLY (4.5")	1
15	AXLE(Ø25*198mm)	1
16	CHROME WASHER (Φ38*Φ11*5t)	2
a4	BOLT,HHCS,1/2"-13*1", L=25mm	2
a5	BOLT,BHCS,3/8"-16*3/4", L=18mm	6
b1	WASHER,FLAT,1/2"	2
d1	LOCK WASHER Ø13mm	2



STEP 3

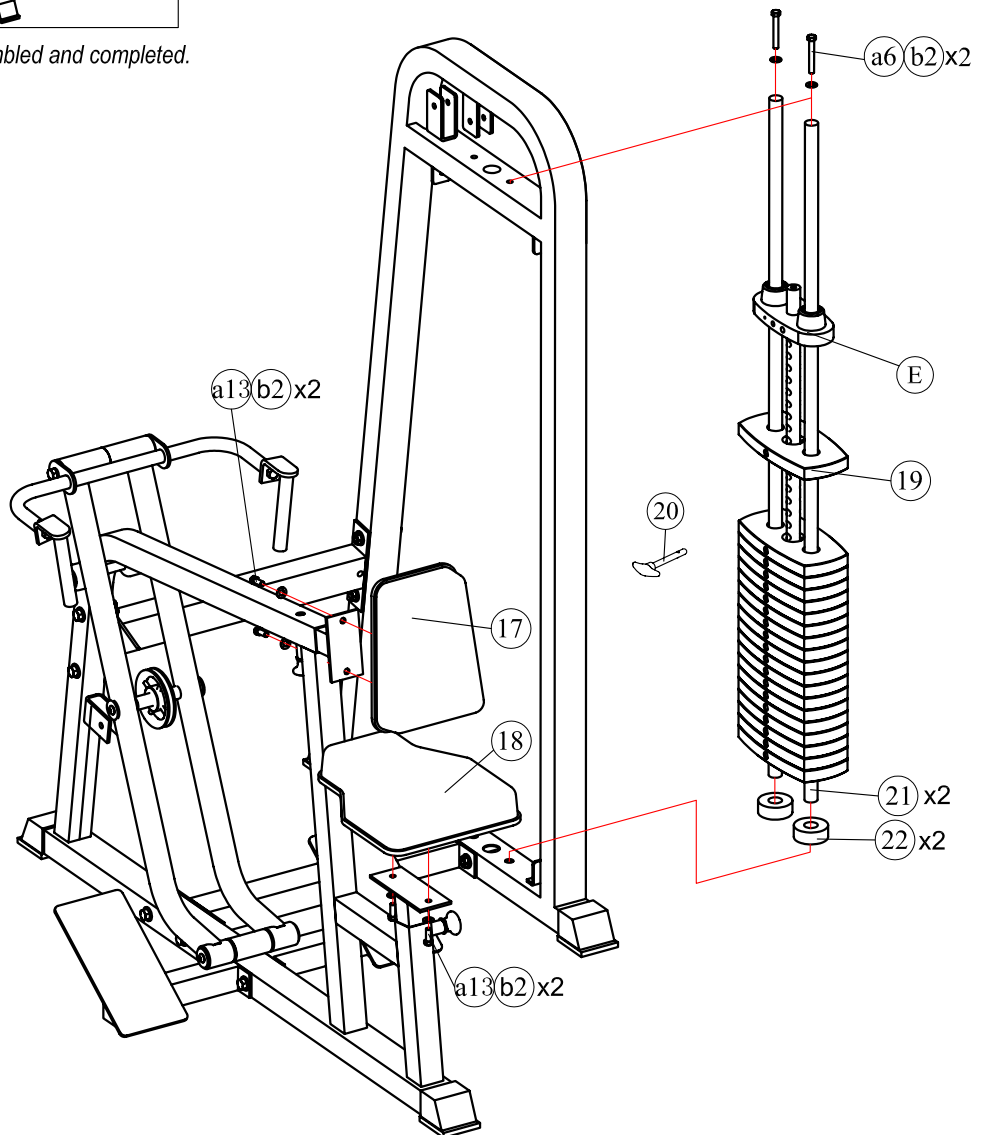
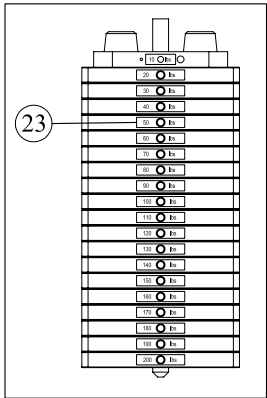
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 3 assembled and completed.

Part list of step 1


ITEM	DESCRIPTION	QTY
E	ASSY, TOP WEIGHT	1
17	CHEST PAD	1
18	SEAT PAD	1
19	WEIGHT STACK	19
20	SELECTOR PIN	1
21	WEIGHT STACK GUIDE ROD(L=1400)	2
22	RUBBER DONUT	2
23	WEIGHT PLATE DECAL (10-200LBS)	1
a6	BOLT, HHCS, 3/8"-16*2 3/4", L=70mm	2
a13	BOLT, HHCS, 3/8"-16*1", L=25mm	4
b2	WASHER, FLAT, 3/8"	6

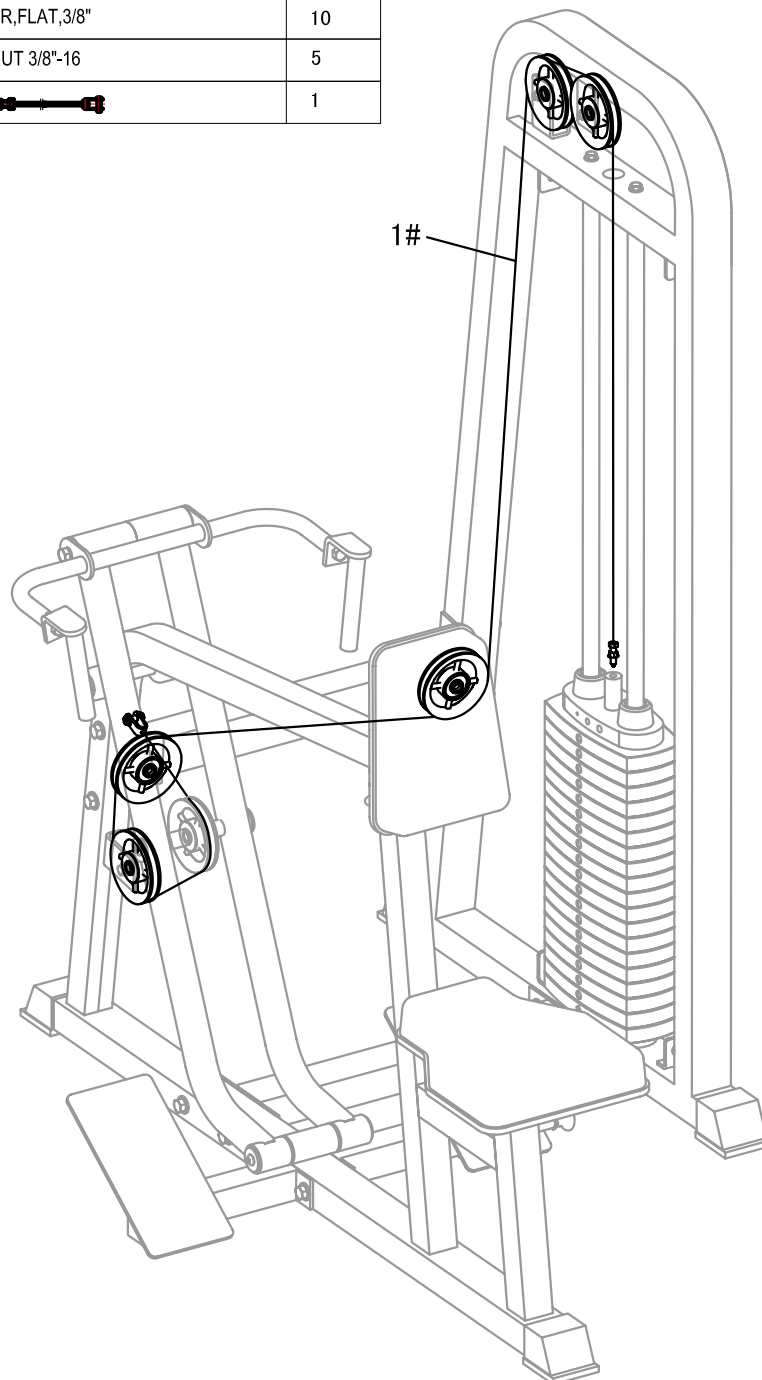
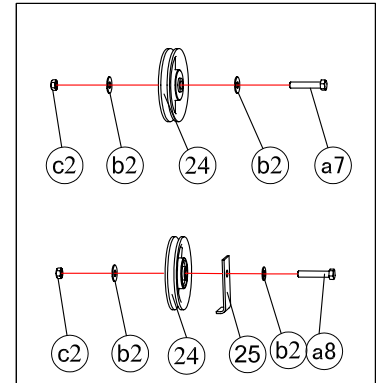


STEP 4

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

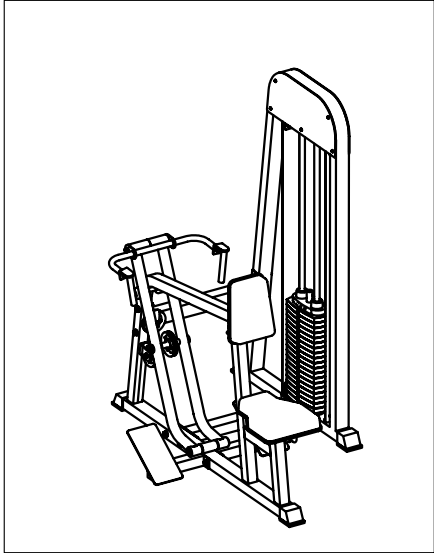
Part list of step 4

ITEM	DESCRIPTION	QTY
24	NYLON PULLEY ASSEMBLY(4.5")	5
25	CABLE RETAINER BRACKET(4.5")	2
a7	BOLT,HHCS,3/8"-16*2", L=50mm	3
a8	BOLT,HHCS,3/8"-16*3 3/4", L=95mm	2
b2	WASHER,FLAT,3/8"	10
c2	LOCK NUT 3/8"-16	5
1#		1



STEP 5

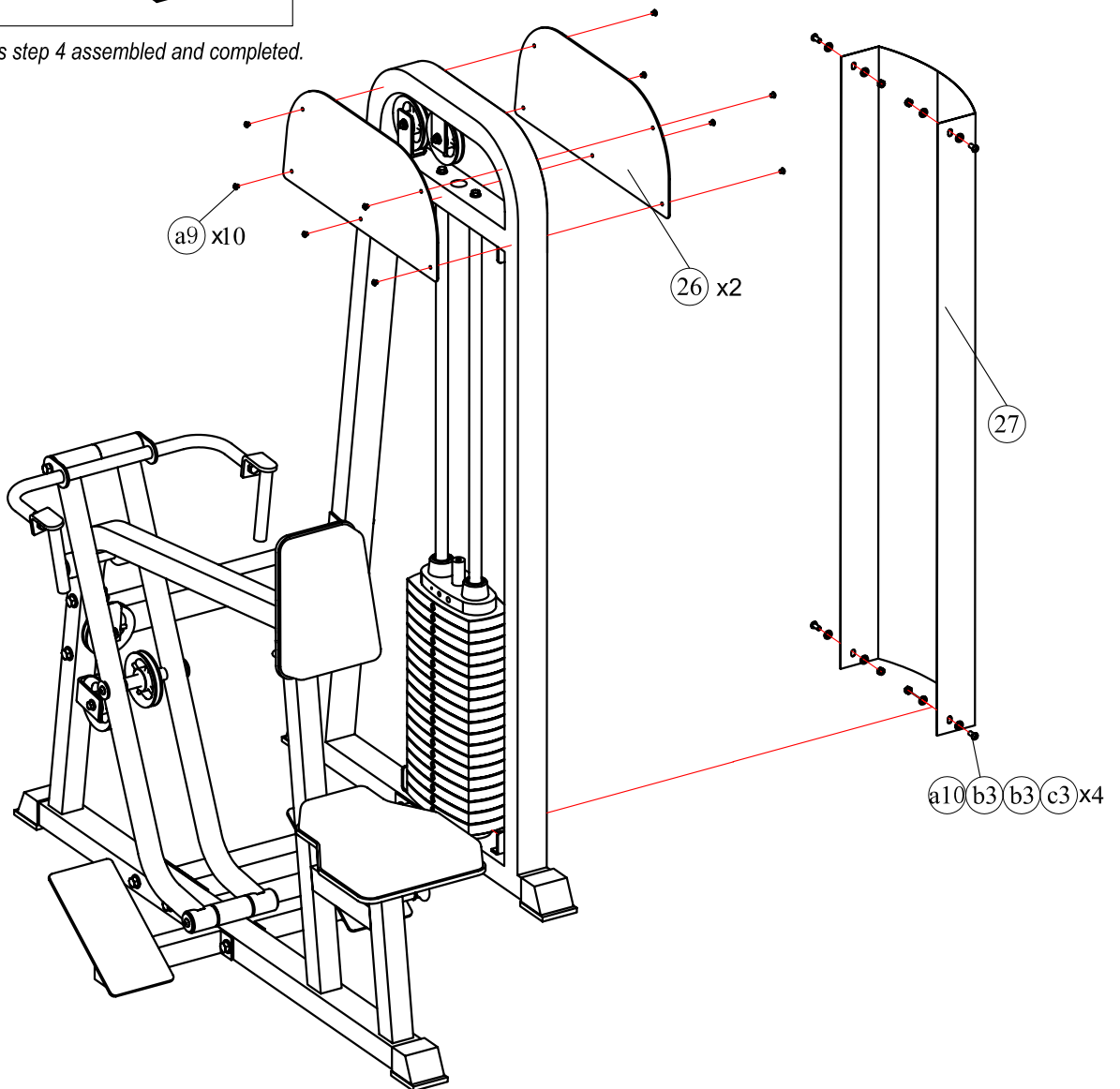
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt.



Above shows step 4 assembled and completed.

Part list of step 5

ITEM	DESCRIPTION	QTY
26	WEIGHT STACK FRAME SHIELD	2
27	WEIGHT STACK SHIELD	1
a9	BOLT,BHCS,1/4"-20*1/4",L=8mm	10
a10	BOLT,BHCS,5/16"-18*3/4",L=16mm	4
b3	WASHER,FLAT,5/16"	8
c3	NUT , 5/16"-18	4

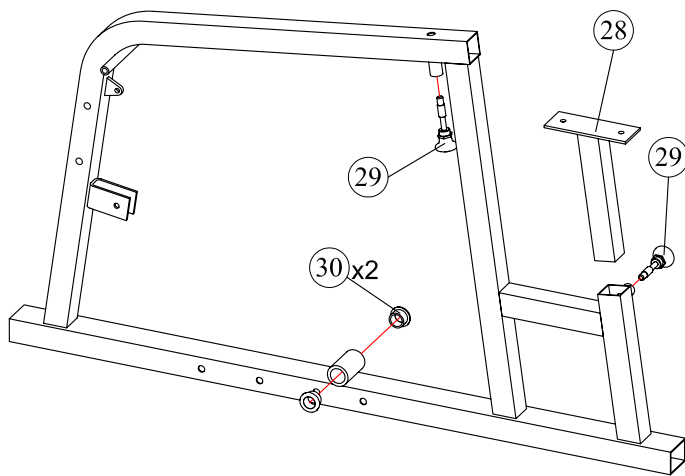


PRE-ASSEMBLY

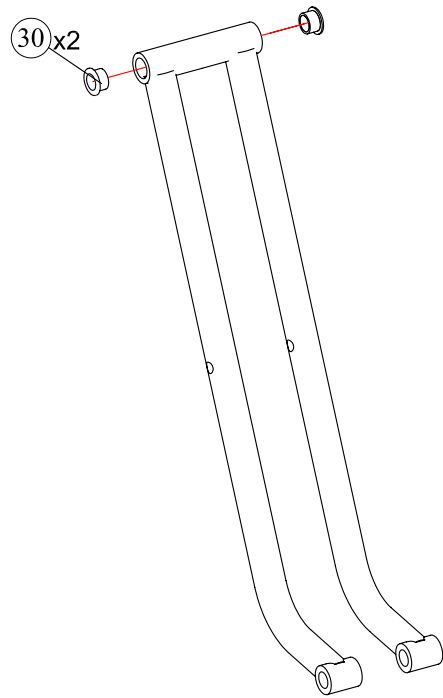
PART LIST:

ITEM	DESCRIPTION	QTY
B	ASSY, MAIN FRAME	1
C	ASSY,HANDLE TUBE	1
D	ASSY,ARM	1

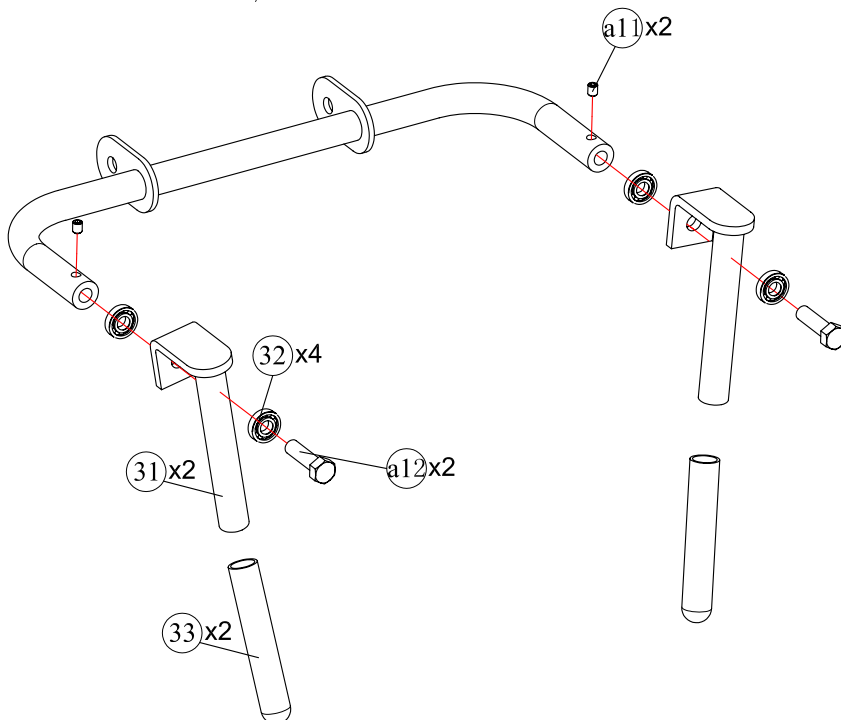
B.ASSY,MAIN FRAME



D.ASSY,ARM



C.ASSY,HANDLE TUBE



PART LIST 1


PART LIST:

ITEM	DESCRIPTION	QTY
1	FOOT COVER 2"x2.75"	4
2	TOP CROSS BRACE	1
3	BOTTOM CROSS BRACE	1
4	ADJUSTING TUBE	1
5	FOOT PLATE	2
6	LEFT FOOT TUBE	1
7	RIGHT FOOT TUBE	1
8	AXLE(Ø25*207mm)	1
9	NYLON BUMPER	2
10	CHROME WASHER (Φ38*Φ11*3t)	2
11	AXLE(Ø25*187mm)	1
12	ARC WASHER (Φ38*Φ11*5t)	2
13	BUSH	2
14	NYLON PULLEY ASSEMBLY(4.5")	1
15	AXLE(Ø25*198mm)	1
16	CHROME WASHER (Φ38*Φ11*5t)	2
17	CHEST PAD	1
18	SEAT PAD	1
19	WEIGHT STACK	19
20	SELECTOR PIN	1
21	WEIGHT STACK GUIDE ROD(L=1400)	2
22	RUBBER DONUT	2
23	WEIGHT PLATE DECAL (10-200LBS)	1
24	NYLON PULLEY ASSEMBLY(4.5")	5
25	CABLE RETAINER BRACKET(4.5")	2
26	WEIGHT STACK FRAME SHIELD	2
27	WEIGHT STACK SHIELD	1
28	ADJUSTING TUBE 2	1
29	ASSY,PUSH PULL PIN (L=72mm)	2
30	POWDER METALLURGY BUSHING 1 IDx1 1/4 OD	4
31	HANDLE	2
32	BALL THRUST BEARING (8102)	4
33	HANDLE (Ø24*165mm)	2

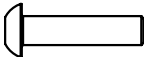
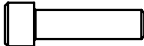
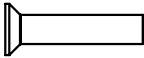
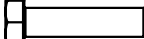
HARDWARE LIST:

ITEM	DESCRIPTION	QTY
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	6
a2	BOLT,HHCS,1/2"-13*2 3/4", L=70mm	2
a3	BOLT,HHCS,1/2"-13*3 3/4", L=95mm	2
a4	BOLT,HHCS,1/2"-13*1", L=25mm	2
a5	BOLT,BHCS,3/8"-16*3/4", L=18mm	6
a6	BOLT,HHCS,3/8"-16*2 3/4",L=70mm	2
a7	BOLT,HHCS,3/8"-16*2", L=50mm	3
a8	BOLT,HHCS,3/8"-16*3 3/4", L=95mm	2
a9	BOLT,BHCS,1/4"-20*1/4",L=8mm	10
a10	BOLT,BHCS,5/16"-18*3/4", L=16mm	4
a11	SET SCREW,M8x 10	2
a12	BOLT,HHCS,1/2"-13*1 3/4", L=45mm	2
a13	BOLT,HHCS,3/8"-16*1", L=25mm	4
b1	WASHER,FLAT,1/2"	22
b2	WASHER,FLAT,3/8"	16
b3	WASHER,FLAT,5/16"	8
c1	LOCK NUT 1/2"-13	10
c2	LOCK NUT 3/8"-16	5
c3	NUT , 5/16"-18	4
d1	LOCK WASHER Ø13mm	2

CABLE LIST:

ITEM	DESCRIPTION	QTY
1#		1

Hardware guide:

	BHCS-BUTTON HEAD CAP SCREW
	SHCS-SOCKET HEAD CAP SCREW
	FHCS-FLAT HEAD CAP SCREW
	HHCS-HEX HEAD CAP SCREW