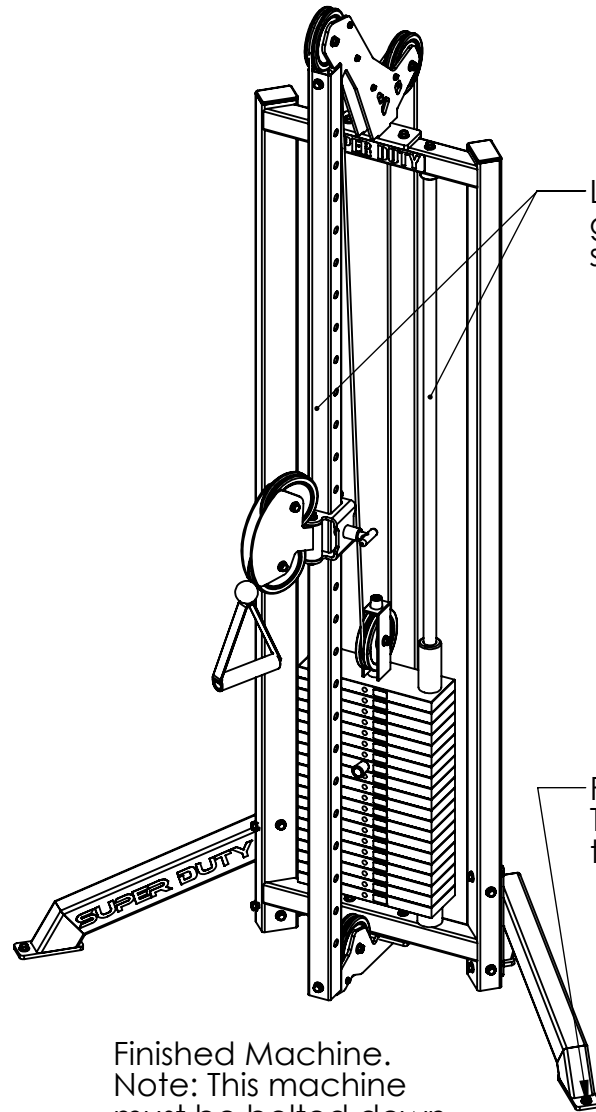


Feb22

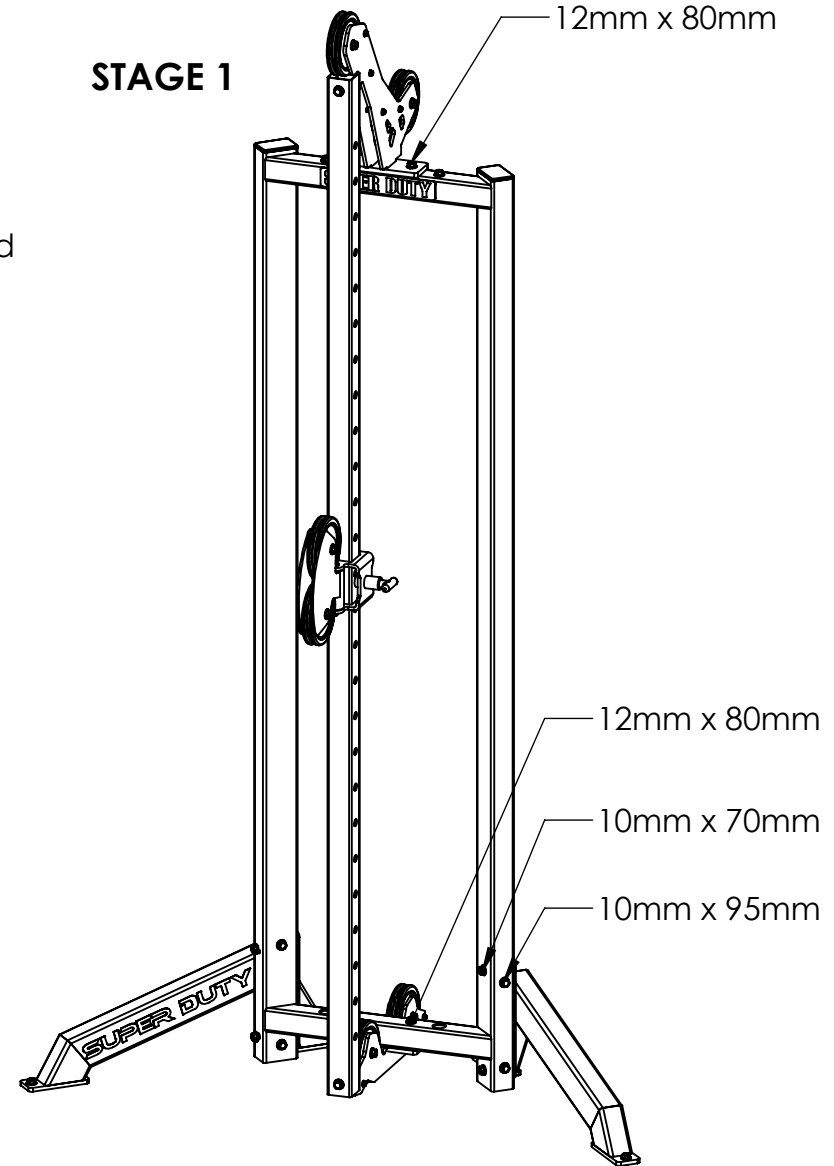


Finished Machine.
Note: This machine
must be bolted down.

Lubricate square column and
guide poles periodically with
silicone.

Floor fixing bolts not supplied
Type required vary with floor
type

STAGE 1



12mm x 80mm

12mm x 80mm

10mm x 70mm

10mm x 95mm

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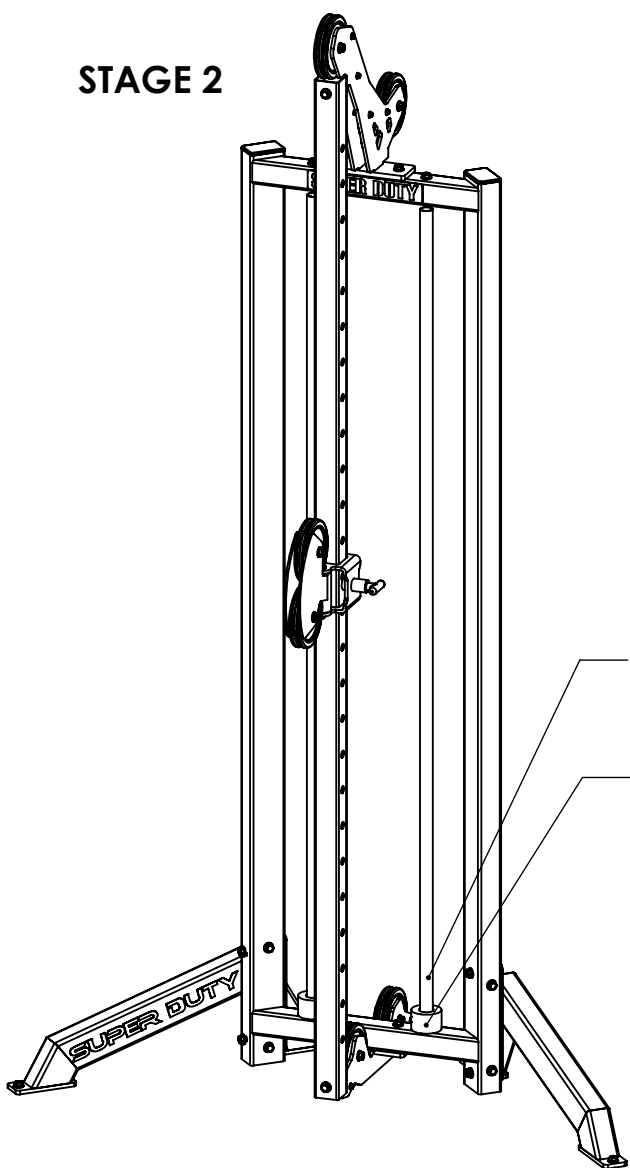
Corner Pulley Assembly

WEIGHT:

SHEET 1 OF 3

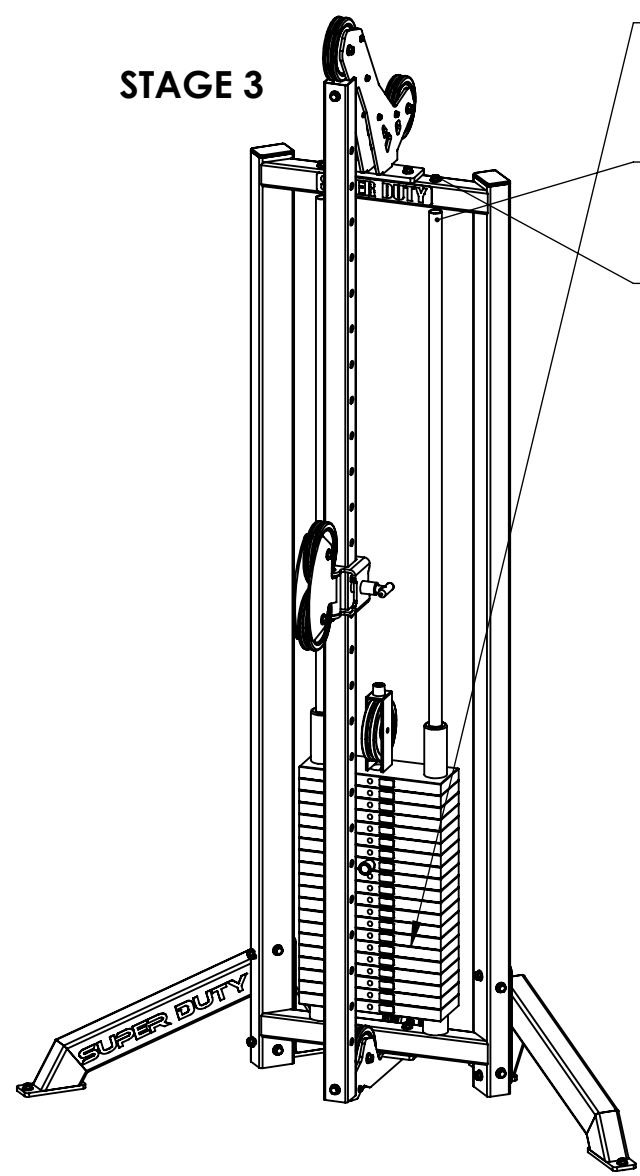
6 5 4 3 2 1

STAGE 2



Sit Guide Poles in Bottom holes.
Large Rubber Bumpers.

STAGE 3



Slide weights down the guide poles one at a time.
Push small rubber rings onto guide poles.
Bolt guide poles in with 10mm x 76mm bolts.

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Corner Pulley Assembly

WEIGHT:

SHEET 2 OF 3

6 5 4 3 2 1

6

5

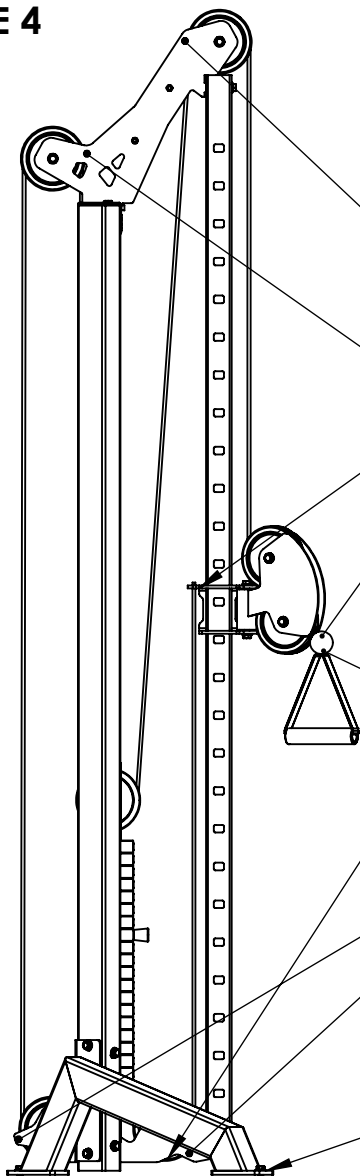
4

3

2

1

STAGE 4



Use allen key to remove black plastic stopper. This will allow cable to be fitted without removing pulleys.

Attach cable to sliding bracket with 6mm threaded fitting before routing through machine.

Feed cable through machine beginning at front lower pulley. Make sure cable is between pulleys and cable keepers. There is a cable keeper on every pulley. Do not use machine until checking if cable is on the correct side of all 4 cable keepers. **Cable will be damaged if not between pulleys and cable keepers.**

Cable Keeper

Cable Keeper

Cable Keeper

Cable Keeper

Adjust cable so black plastic stopper hangs down slightly.

Floor fixing bolts not supplied
Type required vary with floor
type. Machine **MUST BE**
BOLTED DOWN.

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Corner Pulley Assembly

WEIGHT:

SHEET 3 OF 3

SUPER DUTY

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6

5

4

3

2

1