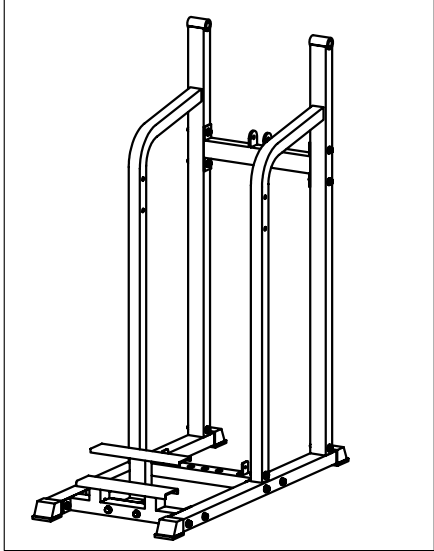


STEP 1

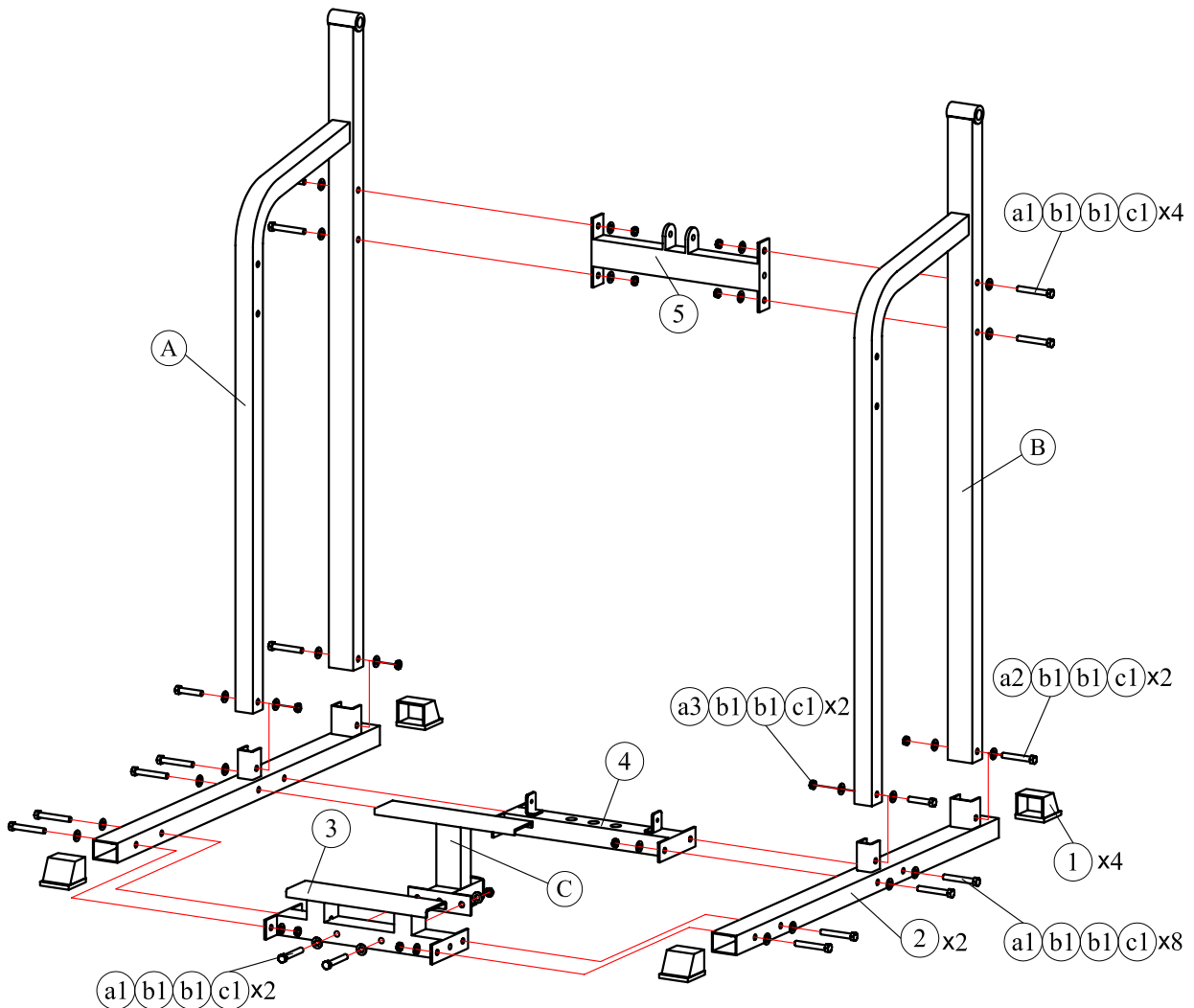
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 1 assembled and completed.

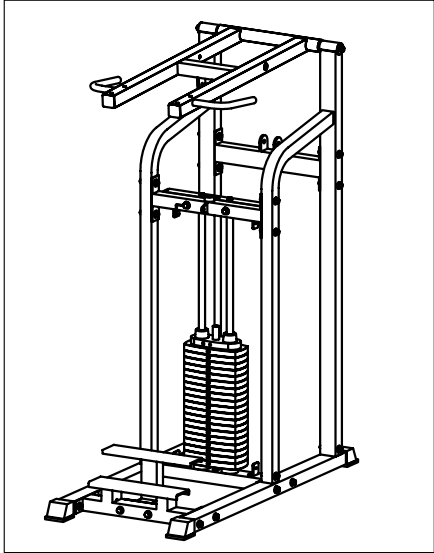
Part list of step 1

ITEM	DESCRIPTION	QTY
A	ASSY,LEFT MAIN FRAME	1
B	ASSY,RIGHT MAIN FRAME	1
C	ASSY,FOOT LEVER	1
1	FOOT COVER 2"x2.75"	4
2	BOTTOM TUBE	2
3	FOOT PLATE	1
4	BOTTOM CROSS BRACE	1
5	BOTTOM BRACE	1
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	14
a2	BOLT,HHCS,1/2"-13*3 1/4", L=82mm	2
a3	BOLT,HHCS,1/2"-13*2 1/2", L=63mm	2
b1	WASHER,FLAT,1/2"	36
c1	LOCK NUT 1/2"-13	18



STEP 2

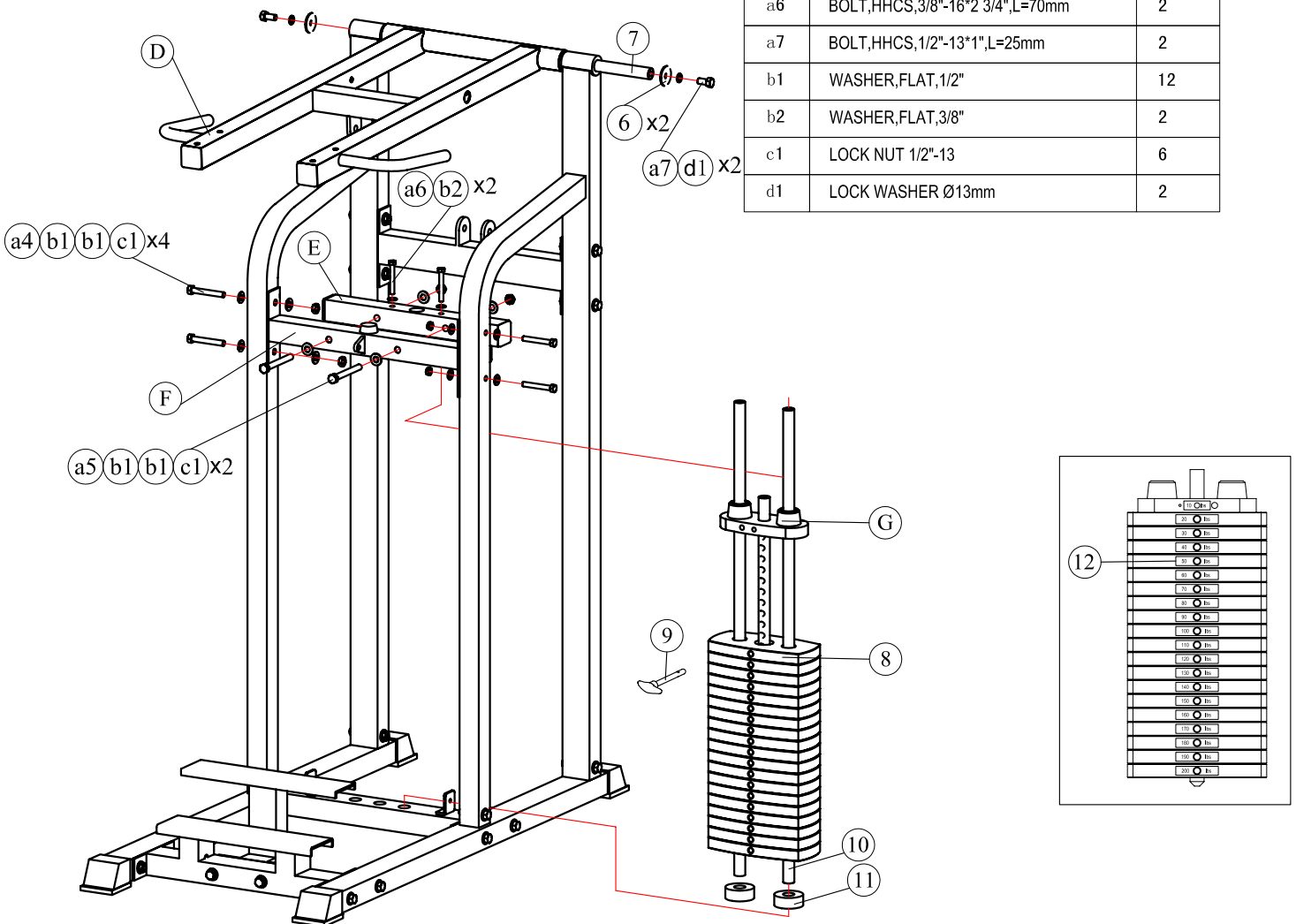
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 2 assembled and completed.

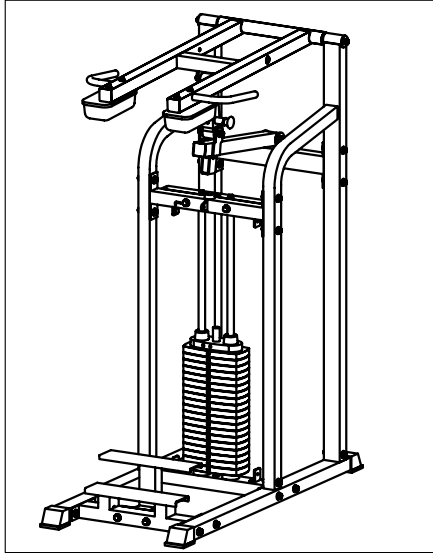
Part list of step 1

ITEM	DESCRIPTION	QTY
D	ASSY,ARM	1
E	ASSY, TOP TUBE	1
F	ASSY, TOP CROSS BRACE	1
G	ASSY, TOP WEIGHT	1
6	CHROME WASHER (Ø42*Ø13*4t)	2
7	AXLE (Ø25*630)	1
8	WEIGHT STACK	19
9	SELECTOR PIN	1
10	WEIGHT STACK GUIDE ROD(L=1080)	2
11	RUBBER DONUT	2
12	WEIGHT PLATE DECAL (10-200LBS)	1
a4	BOLT,HHCS,1/2"-13*2 3/4",L=70mm	4
a5	BOLT,HHCS,1/2"-13*4 1/2",L=115mm	2
a6	BOLT,HHCS,3/8"-16*2 3/4",L=70mm	2
a7	BOLT,HHCS,1/2"-13*1",L=25mm	2
b1	WASHER,FLAT,1/2"	12
b2	WASHER,FLAT,3/8"	2
c1	LOCK NUT 1/2"-13	6
d1	LOCK WASHER Ø13mm	2



STEP 3

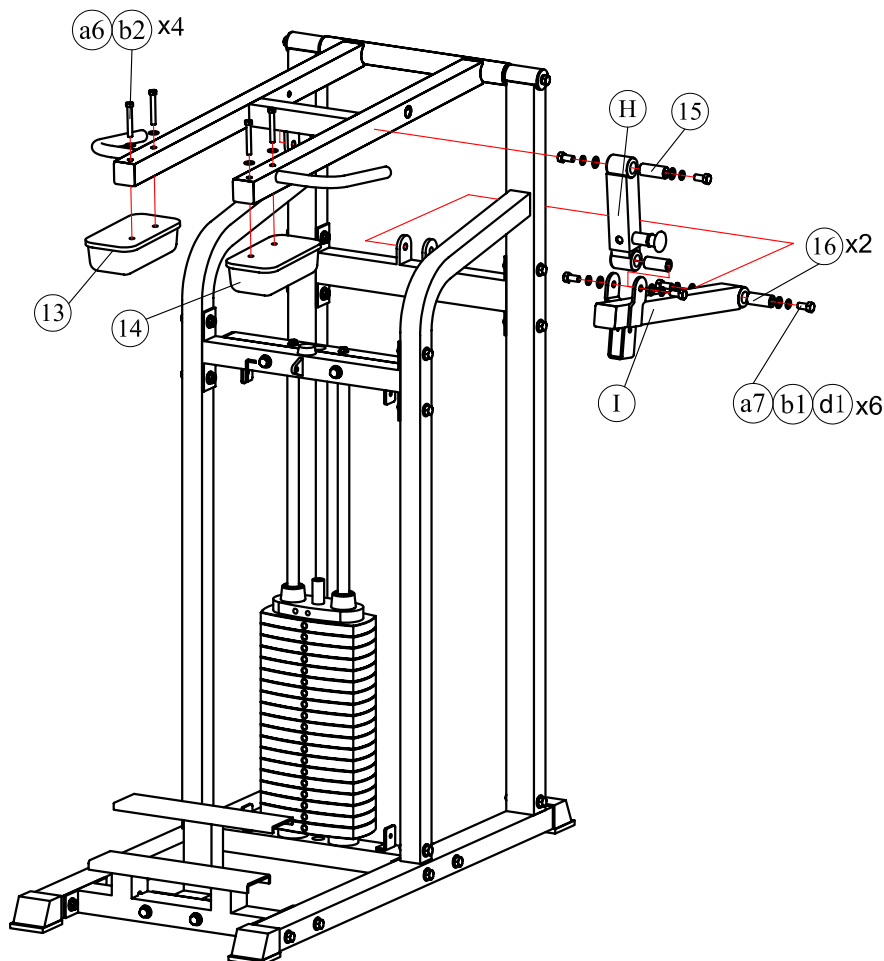
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 3 assembled and completed.

Part list of step 1


ITEM	DESCRIPTION	QTY
H	ASSY,ADJUSTING TUBE	1
I	ASSY, ASSISTANT ARM	1
13	SHOULDER PAD 1	1
14	SHOULDER PAD 2	1
15	PIVOT AXLE (Ø5*61.5mm)	1
16	PIVOT AXLE (Ø5*57.5mm)	2
a6	BOLT,HHCS,3/8"-16*2 3/4",L=70mm	4
a7	BOLT,HHCS,1/2"-13*1",L=25mm	6
b1	WASHER,FLAT,1/2"	6
b2	WASHER,FLAT,3/8"	4
d1	LOCK WASHER Ø13mm	6

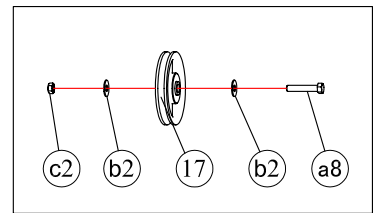
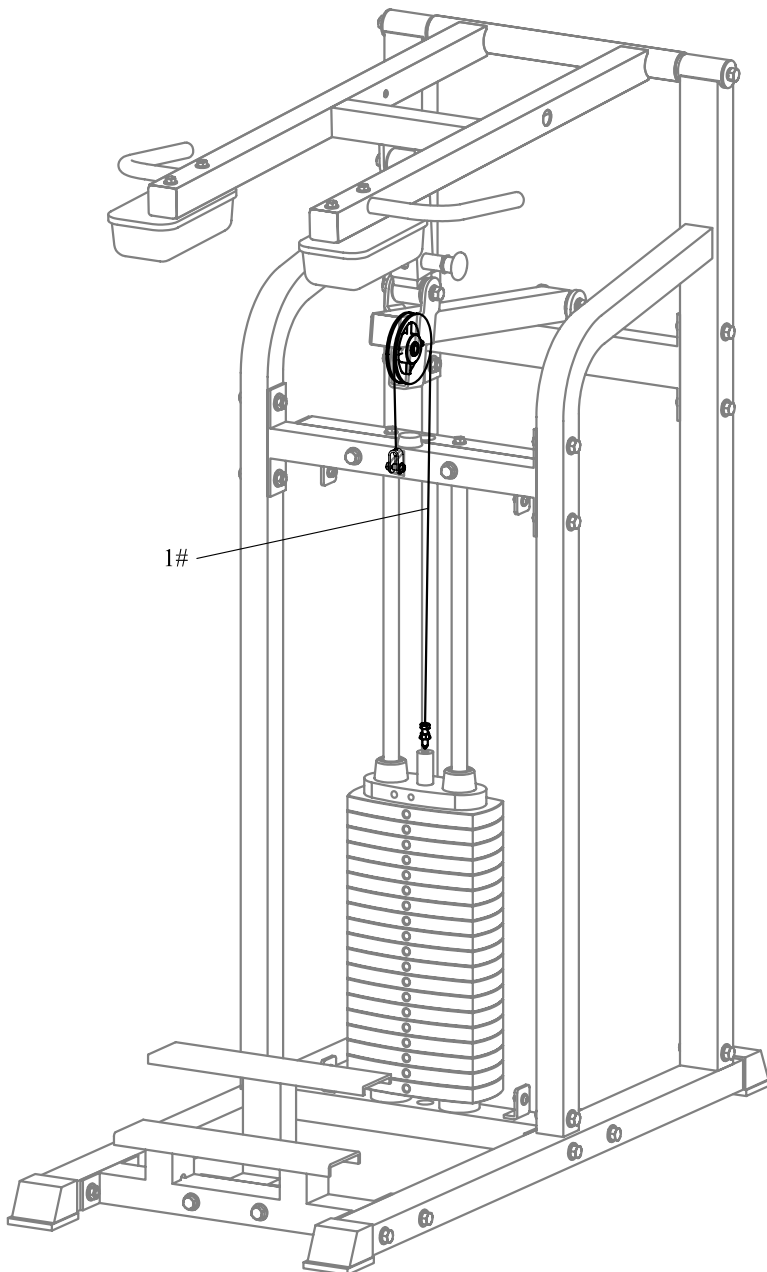


STEP 4

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.

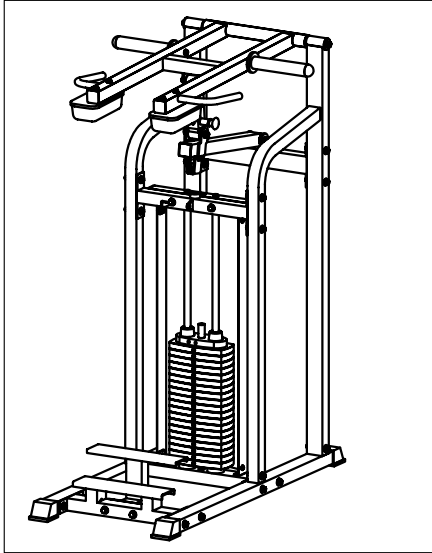
Part list of step 4

ITEM	DESCRIPTION	QTY
17	NYLON PULLEY ASSEMBLY(4.5")	1
a8	BOLT,HHCS,3/8"-16*2", L=50mm	1
b2	WASHER,FLAT,3/8"	2
c2	LOCK NUT 3/8"-16	1
1#		1



STEP 5

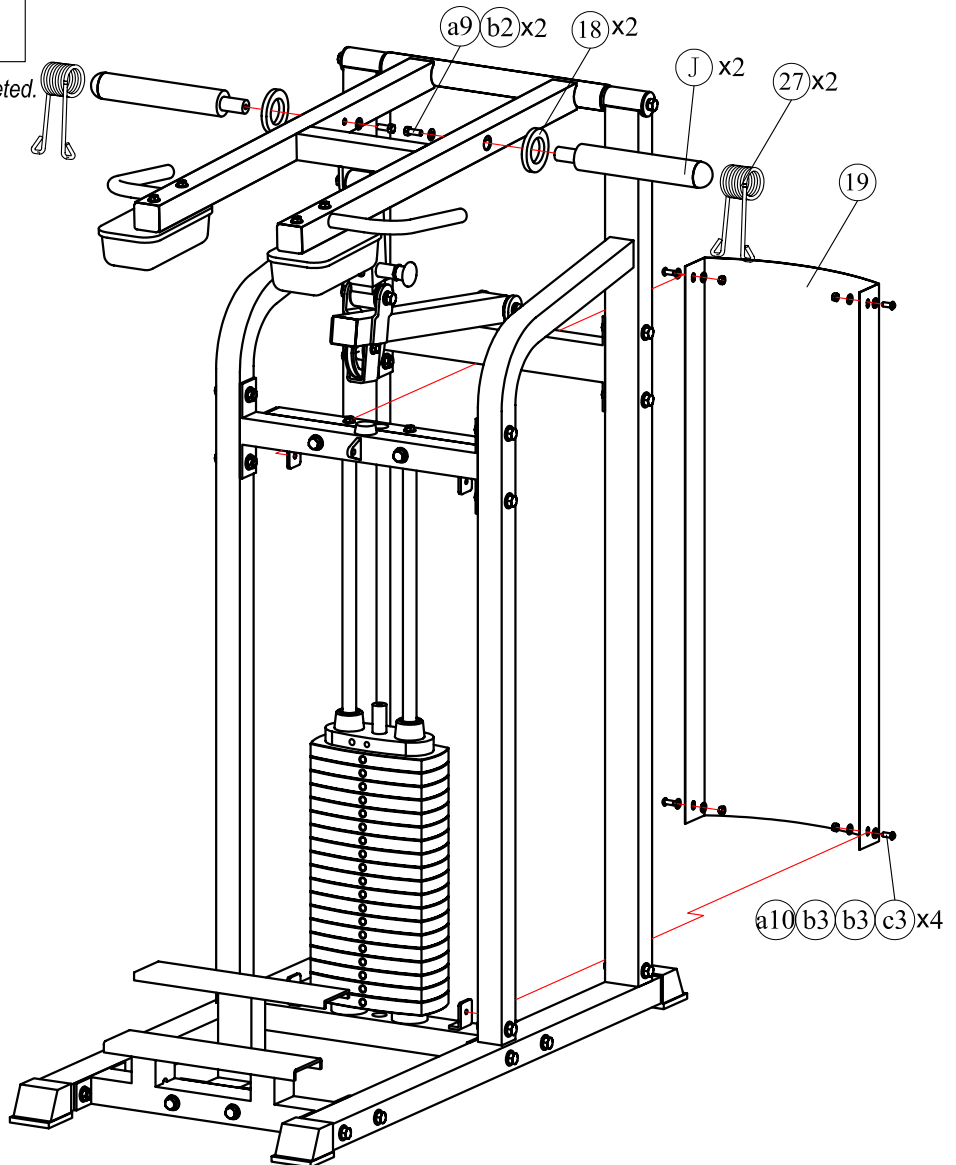
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt.



Above shows step 4 assembled and completed.

Part list of step 5

ITEM	DESCRIPTION	QTY
J	ASSY, WEIGHT STORAGE BAR	2
18	RUBBER WASHER 2" ID X 3" OD X 3/8" TK	2
19	WEIGHT STACK SHIELD	1
27	SNAP LINK	2
a9	BOLT, HHCS, 3/8" - 16 * 3/4", L=18mm	2
a10	BOLT, BHCS, 5/16" - 18 * 3/4", L=16mm	4
b2	WASHER, FLAT, 3/8"	2
b3	WASHER, FLAT, 5/16"	8
c3	NUT, 5/16" - 18	4

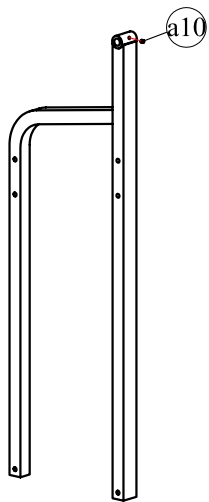


PRE-ASSEMBLY

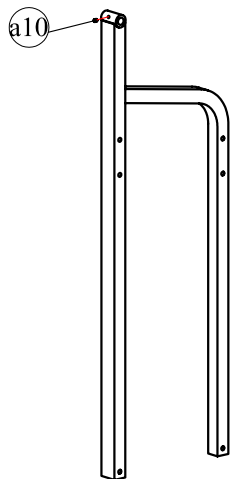
PART LIST:

ITEM	DESCRIPTION	QTY
A	ASSY,LEFT MAIN FRAME	1
B	ASSY,RIGHT MAIN FRAME	1
C	ASSY,FOOT LEVER	1
D	ASSY,ARM	1
E	ASSY, TOP TUBE	1
F	ASSY, TOP CROSS BRACE	1
G	ASSY, TOP WEIGHT	1
H	ASSY, ADJUSTING TUBE	1
I	ASSY, ASSISTANT ARM	1
J	ASSY, WEIGHT STORAGE BAR	2

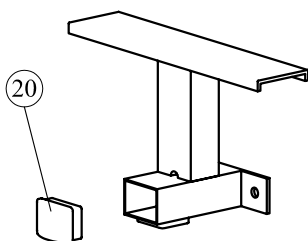
A.ASSY,LEFT MAIN FRAME



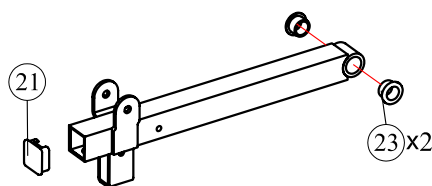
B.ASSY,RIGHT MAIN FRAME



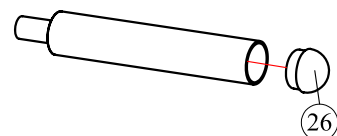
C.ASSY,FOOT LEVER



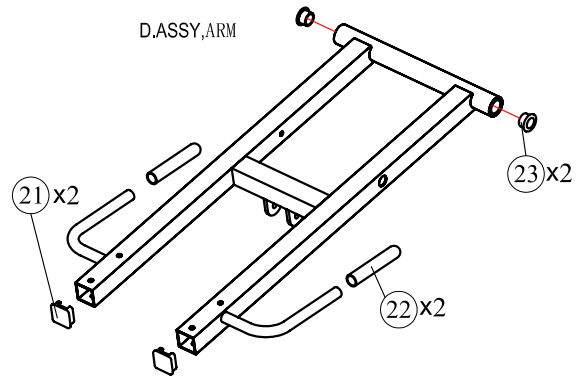
I.ASSY, ASSISTANT ARM



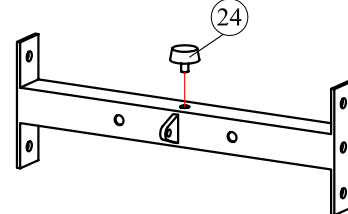
J.ASSY, WEIGHT STORAGE BAR



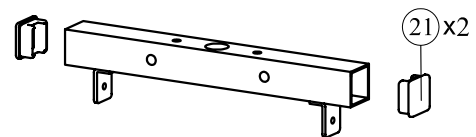
D.ASSY,ARM



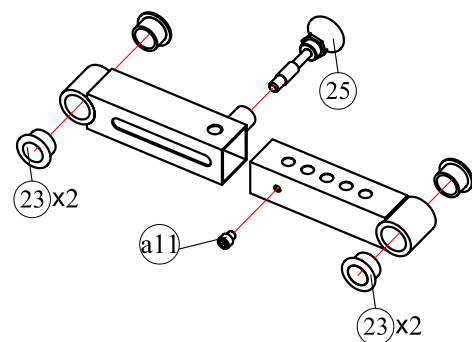
E.ASSY, TOP TUBE



F.ASSY, TOP CROSS BRACE



H.ASSY, ADJUSTING TUBE



PART LIST 1


PART LIST:

ITEM	DESCRIPTION	QTY
1	FOOT COVER 2"x2.75"	4
2	BOTTOM TUBE	2
3	FOOT PLATE	1
4	BOTTOM CROSS BRACE	1
5	BOTTOM BRACE	1
6	CHROME WASHER (Ø42*Ø13*4t)	2
7	AXLE (Ø25*630)	1
8	WEIGHT STACK	19
9	SELECTOR PIN	1
10	WEIGHT STACK GUIDE ROD(L=1080)	2
11	RUBBER DONUT	2
12	WEIGHT PLATE DECAL (10-200LBS)	1
13	SHOULDER PAD 1	1
14	SHOULDER PAD 2	1
15	PIVOT AXLE (Ø5*61.5mm)	1
16	PIVOT AXLE (Ø5*57.5mm)	2
17	NYLON PULLEY ASSEMBLY(4.5")	1
18	RUBBER WASHER 2" ID X 3" OD X 3/8" TK	2
19	WEIGHT STACK SHIELD	1
20	PLASTIC INSERT CAP 2x2.75	1
21	PLASTIC INSERT CAP 2SQ.	5
22	HANDLE (Ø24*380mm)	2
23	POWDER METALLURGY BUSHING 1 IDx1 1/4 OD	8
24	RUBBER BUMPER(3/8"-16)	1
25	ASSY,PUSH PULL PIN (L=72mm)	1
26	PLASTIC INSERT CAP DIA(Ø48mm)	2
27	SNAP LINK	2

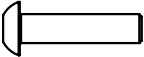
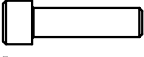
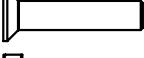
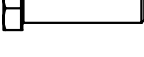
HARDWARE LIST:

ITEM	DESCRIPTION	QTY
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	14
a2	BOLT,HHCS,1/2"-13*3 1/4", L=82mm	2
a3	BOLT,HHCS,1/2"-13*2 1/2", L=63mm	2
a4	BOLT,HHCS,1/2"-13*2 3/4",L=70mm	4
a5	BOLT,HHCS,1/2"-13*4 1/2",L=115mm	2
a6	BOLT,HHCS,3/8"-16*2 3/4",L=70mm	6
a7	BOLT,HHCS,1/2"-13*1",L=25mm	8
a8	BOLT,HHCS,3/8"-16*2", L=50mm	1
a9	BOLT,HHCS,3/8"-16*3/4", L=18mm	2
a10	BOLT,BHCS,5/16"-18*3/4", L=16mm	4
a11	SET SCREW,M10x10	2
a12	BOLT,SHCS,M8x 10	1
b1	WASHER,FLAT,1/2"	54
b2	WASHER,FLAT,3/8"	10
b3	WASHER,FLAT,5/16"	8
c1	LOCK NUT 1/2"-13	24
c2	LOCK NUT 3/8"-16	1
c3	NUT , 5/16"-18	4
d1	LOCK WASHER Ø13mm	8

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