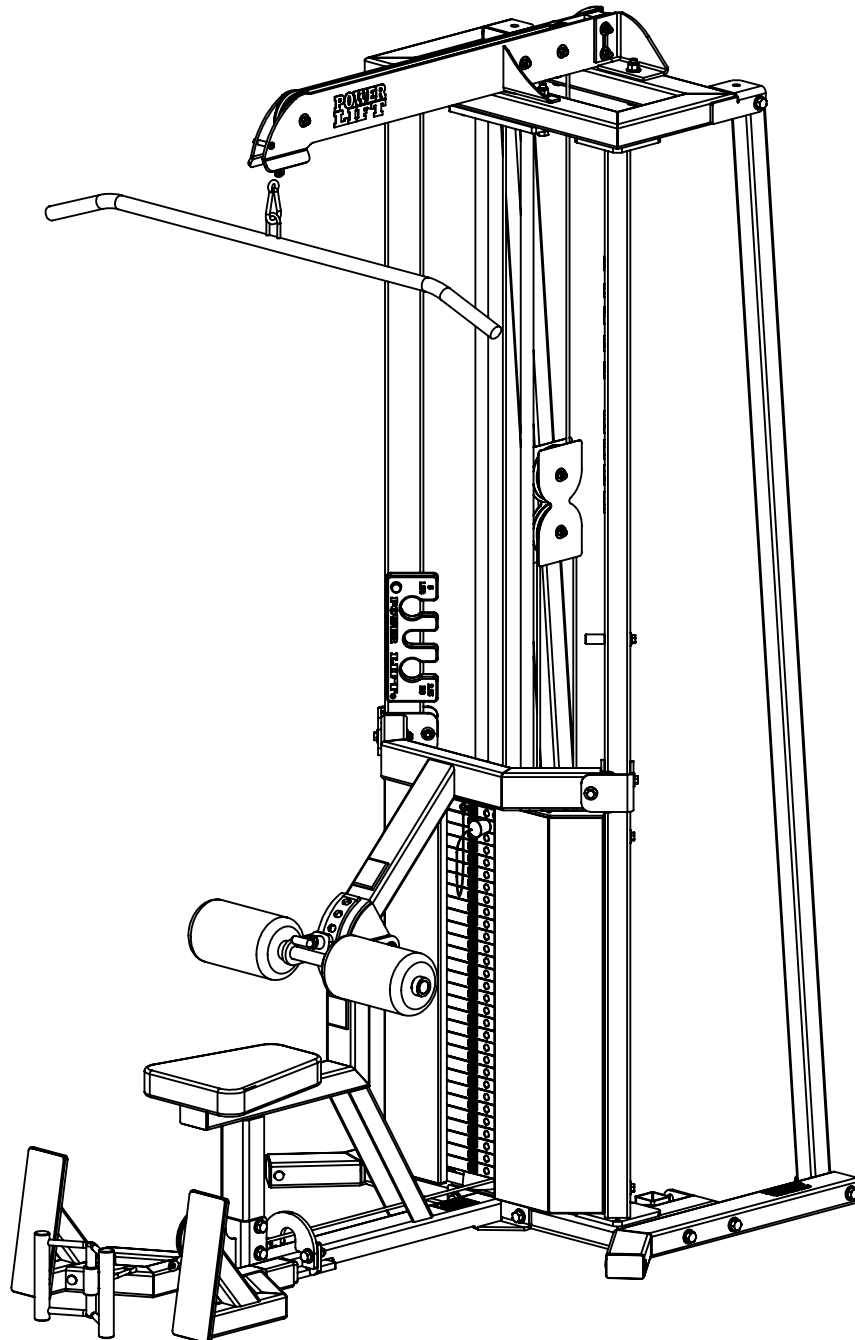


Combo High/Low Pull Pulley Machine



Assembly Notes:

Fasteners provided to assemble machine:

- (4) 1/2"X7" BOLTS
- (4) 1/2"X6" BOLTS
- (1) 1/2"X5-1/2" BOLTS
- (2) 1/2"X4" BOLTS
- (2) 1/2"X3-1/4" BOLTS
- (2) 1/2"X3-3/4" BOLTS
- (4) 1/2"X1-3/4" BOLTS
- (4) 1/2"X1-1/4" BOLTS
- (6) 3/8"X3" BOLTS
- (4) 3/8"X2-3/4" BOLTS

Tools required (Not Included):

- 3/4" Open-End Wrench
- 3/4" Socket
- 9/16" Open-End Wrench
- 9/16" Socket
- Needle Nose Pliers
- 6' Ladder

Note: When assembling unit DO NOT tighten any fasteners until specified.

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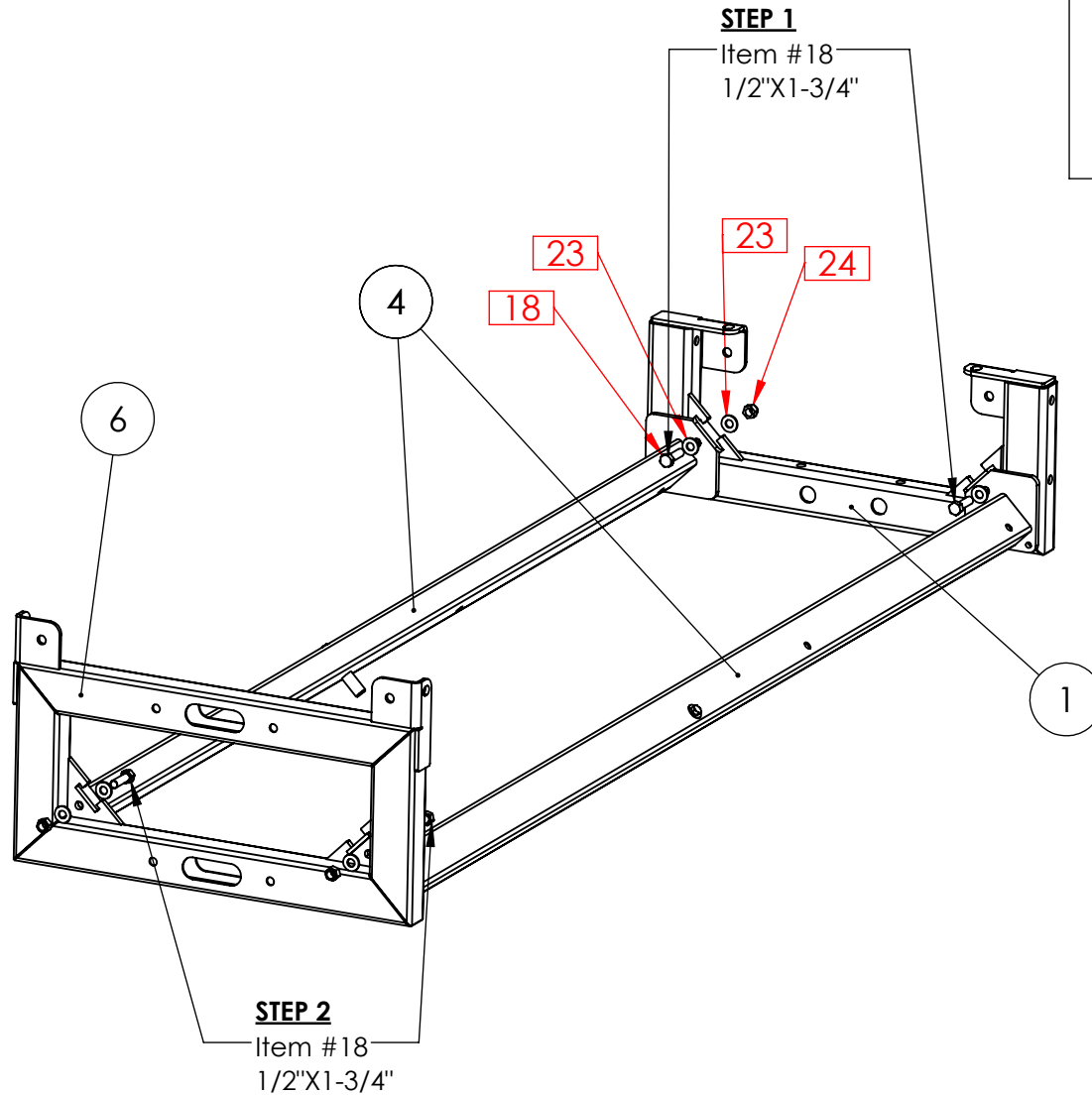
7/2/19

Instructions

Note: First two steps will be done with machine laying down, and then it will be stood up.

1.) Assemble items 4 to each side of item 1 using (2) 1/2"X1-3/4" bolts provided.

2.) Then assemble item 6 to items 4 using (2) 1/2"X1-3/4" bolts provided. (Tighten bolts)



Hardware Detail

Item No.	Part Number	Part Name	Qty
18	99522	1/2"X1-3/4" BOLT	4
23	99585	1/2" FLATWASHER	8
24	99620	1/2"-13 NUT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
4	63031	UPRIGHT	2
6	63547	FRAME TOP	1

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63410D_page1

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Instructions

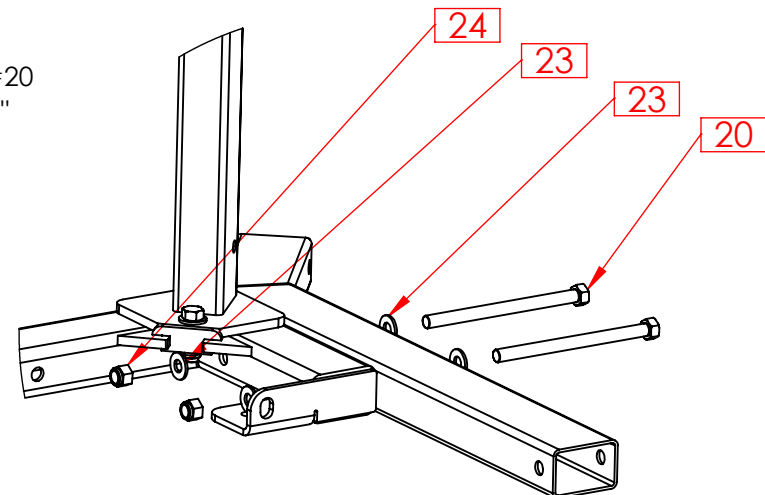
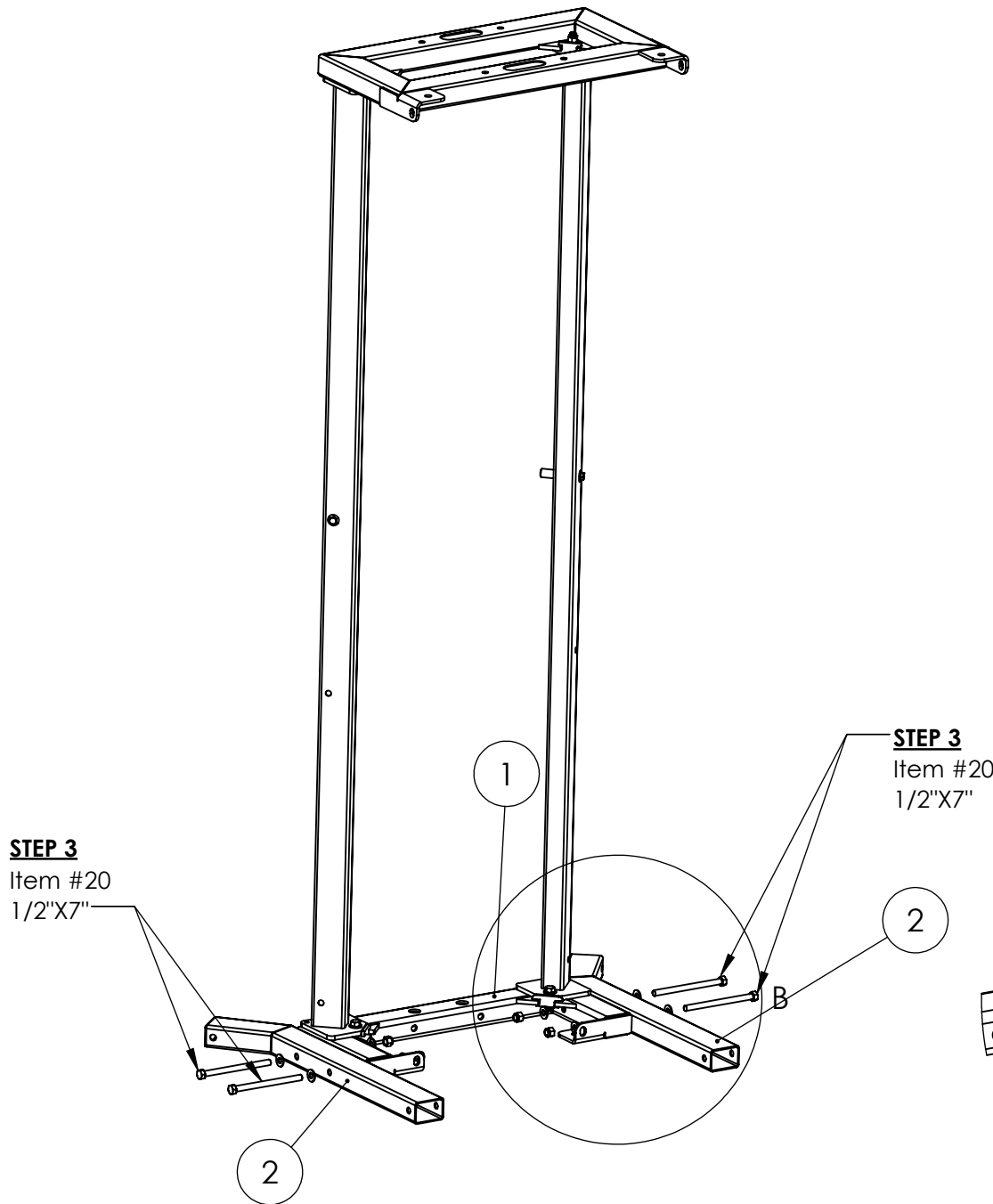
(Note: Skip steps 3-5 if wall mount.)

3.) If not done so, stand machine upright, and assemble items 2 to each side of item 1 using (4) 1/2"X7" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99523	1/2"X7" BOLT	4
23	99585	1/2" FLATWASHER	8
24	99620	1/2"-13 NUT	4



STEP 3
Item #20
1/2"X7"

STEP 3
Item #20
1/2"X7"

Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
2	63902	BASE LEG	2

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PART NUMBER

63410D_page2

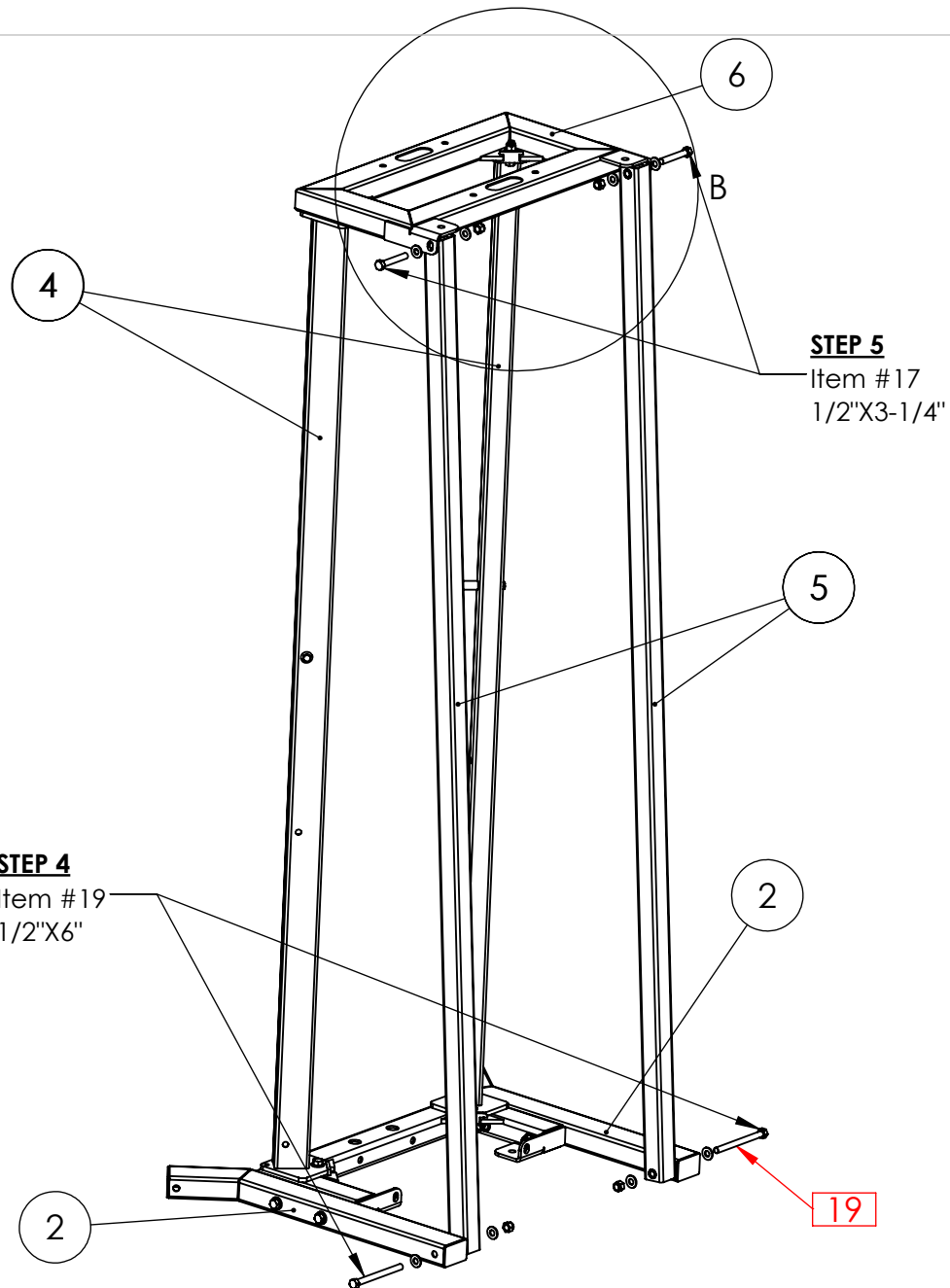
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Frame Detail

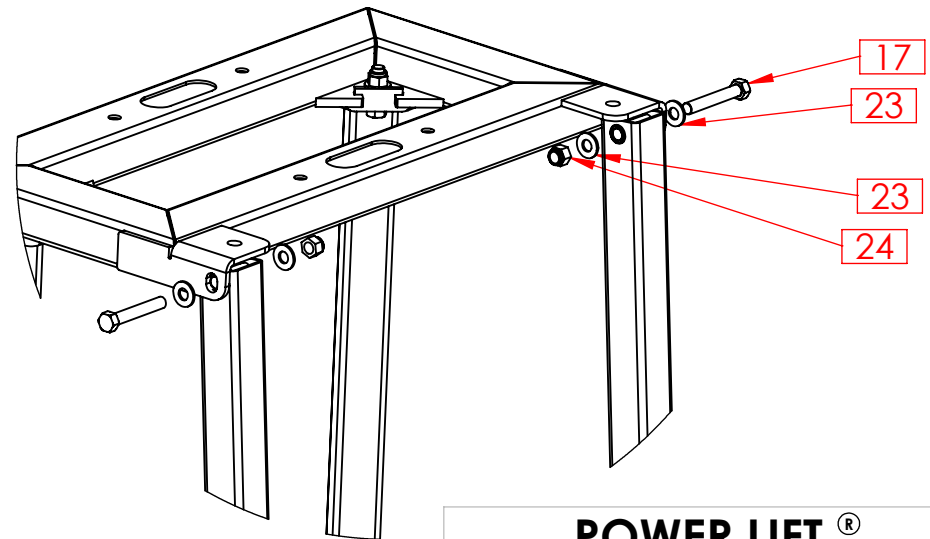
Item No.	Part Number	Part Name	Qty
2	63902	BASE LEG	2
4	63031	UPRIGHT	2
5	63529	REAR UPRIGHT	2
6	63547	FRAME TOP	1

- Instructions**
- 4.) Assemble items 5 to item 2 using (2) 1/2"X6" bolts provided.
 - 5.) Then assemble item 6 to items 5 using (2) 1/2"X3-1/4" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
17	99648	1/2"X3-1/4" BOLT	2
19	99813	1/2"X6" BOLT	2
23	99585	1/2" FLATWASHER	8
24	99620	1/2"-13 NUT	4

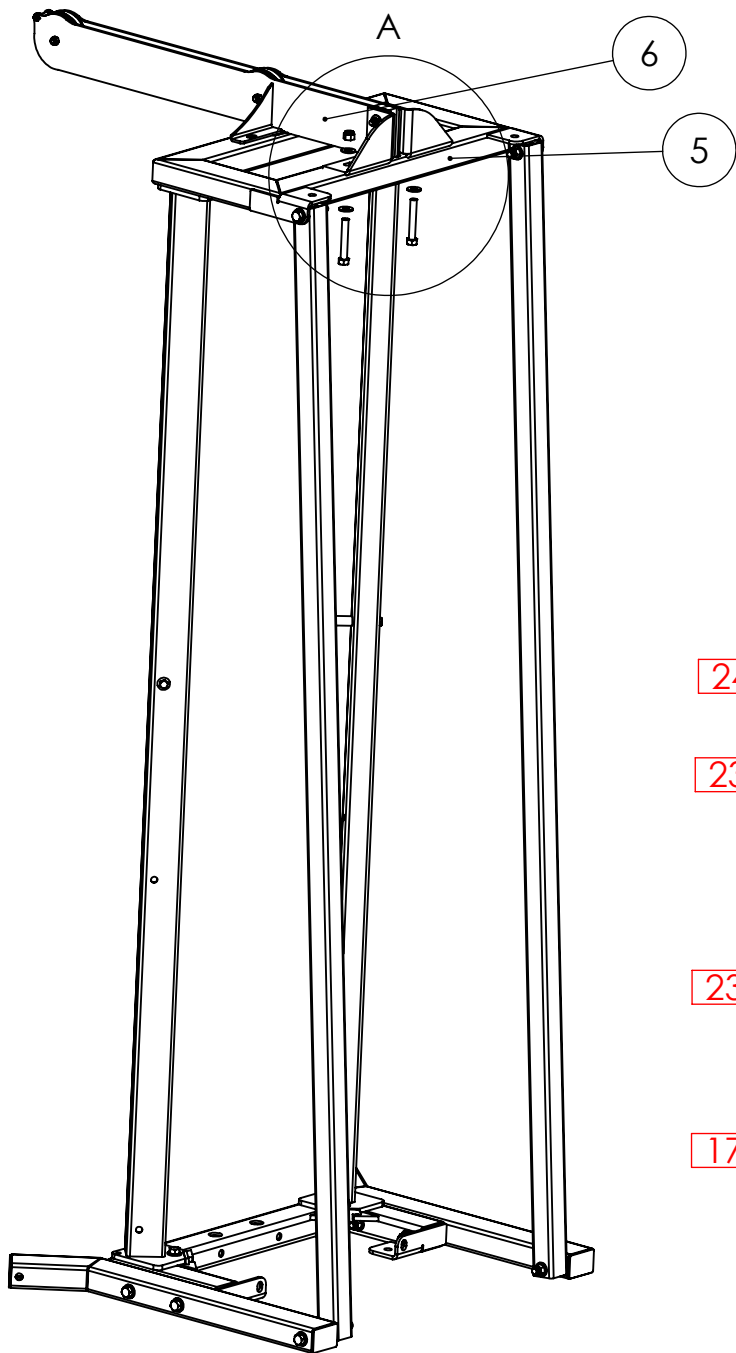


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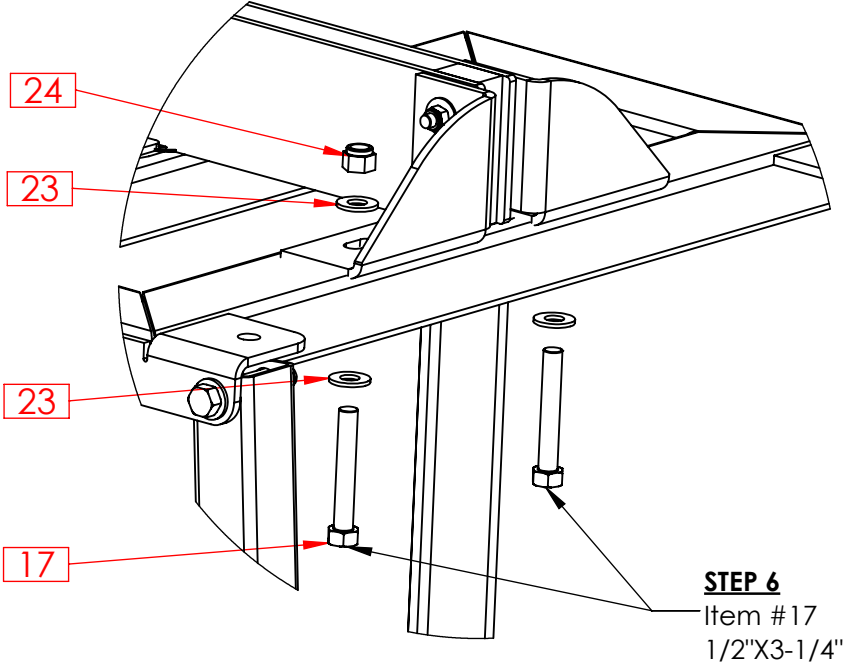
Instructions

6.) Assemble item 6 to item 5 using (2) 1/2"X3-1/4" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
17	99648	1/2"X3-1/4" BOLT	2
23	99585	1/2" FLATWASHER	4
24	99620	1/2"-13 NUT	2



Frame Detail

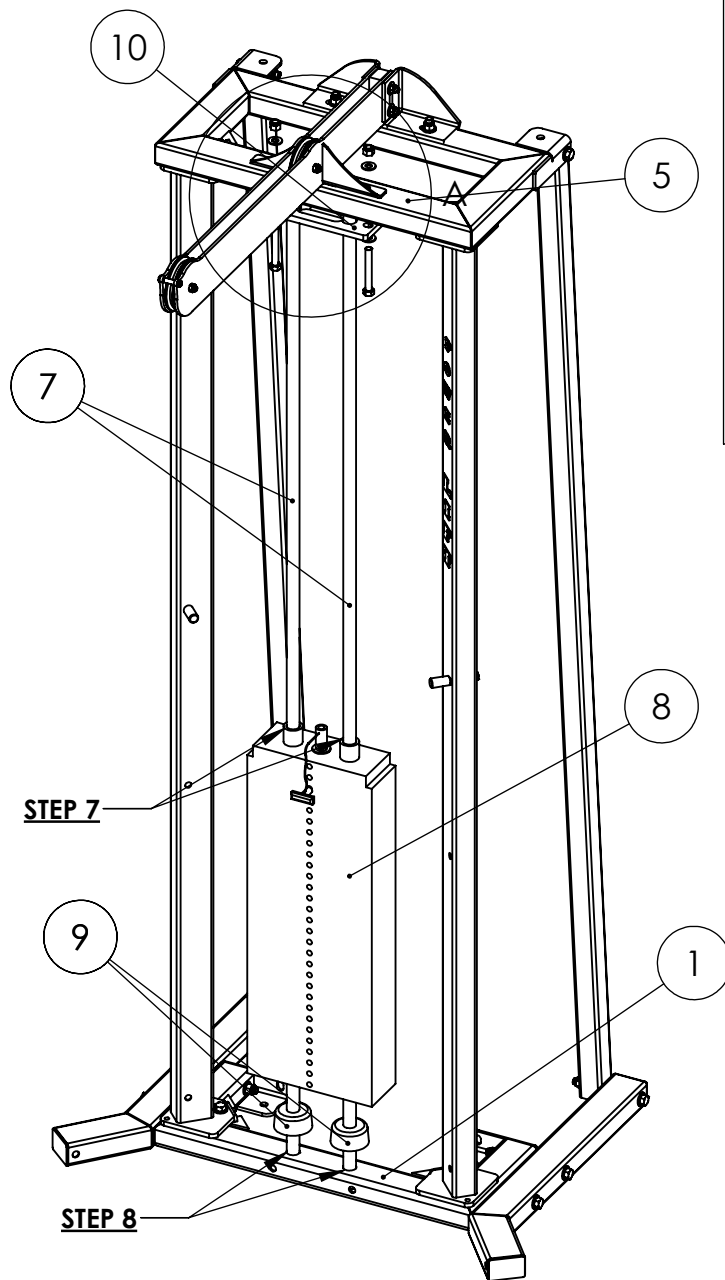
Item No.	Part Number	Part Name	Qty
5	63547	TOP FRAME	1
6	63088	UPPER PULLEY MOUNT	1

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Frame Detail

Item No.	Part Number	Part Name	Qty
1	63548	BASE	1
5	63547	TOP FRAME	1
7	63047	SHAFT	2
8	99646	300 LB WEIGHT STACK	1
9	99640	WEIGHT BUMPER	2
10	63628	WEIGHT STACK RETAINER	1

Instructions

7.) Insert both of items 9 onto bottom of items 7. Then place items 7 into holes on base of item 1. (Let items 7 lean forward all the way.)

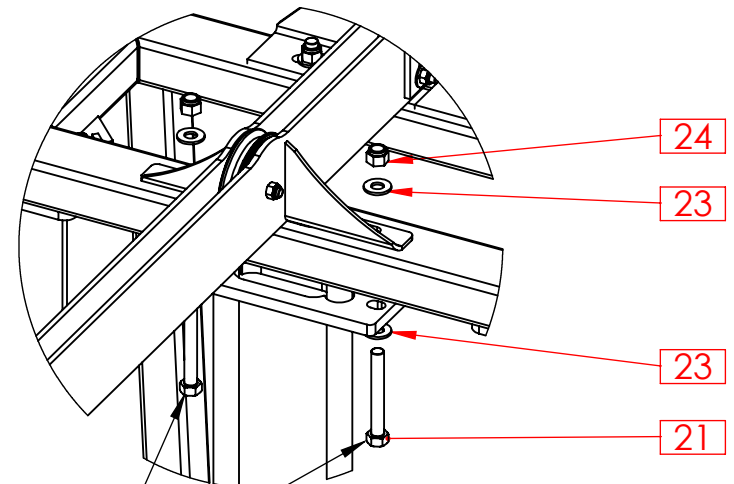
8.) Place weights one-by-one onto items 7. (Be sure numbers on weights are in correct order, and that the numbers face forward.)

9.) Place item 10 onto top end of items 7, and attach to item 5 using (2) 1/2"X3-3/4" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99434	1/2"X3-3/4" BOLT	2
23	99585	1/2" FLATWASHER	4
24	99620	1/2"-13 NUT	2



STEP 9

Item #21
1/2"X3-3/4"

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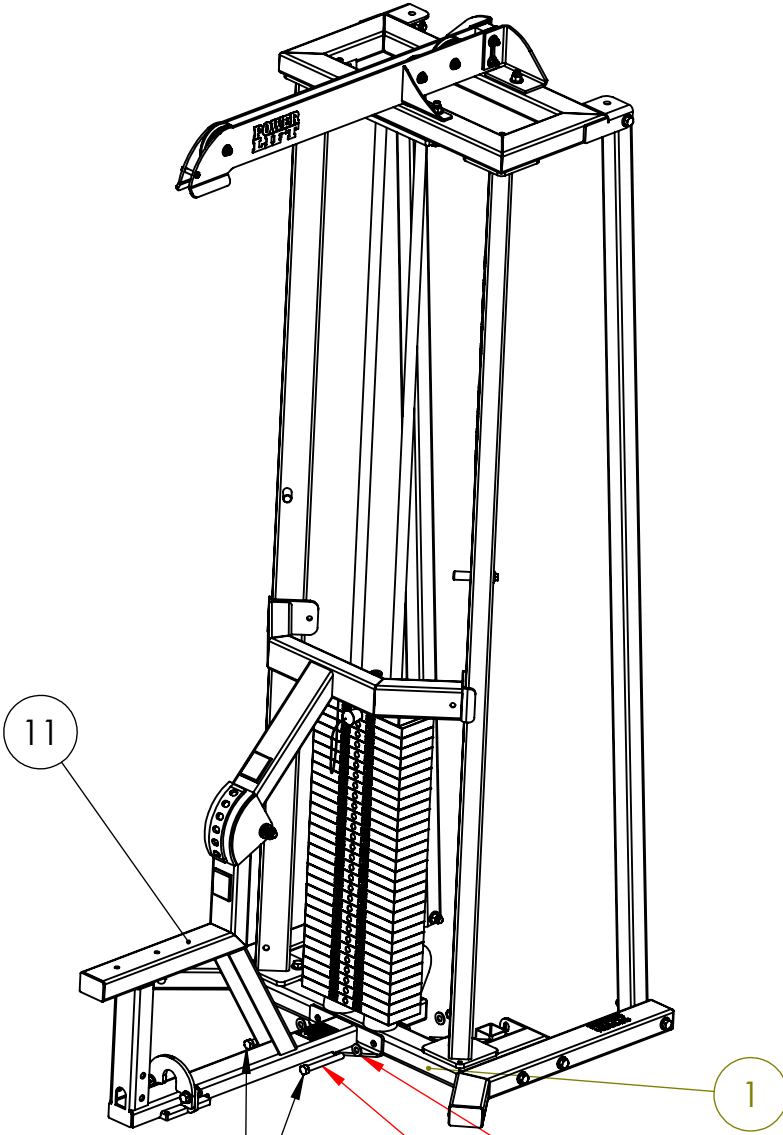
Instructions

10.) Assemble item 11 and 30 to item 1 using (2) 1/2"X4" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
18	99521	1/2"X4" BOLT	2
23	99585	1/2" FLATWASHER	2
24	99620	1/2"-13 NUT	2

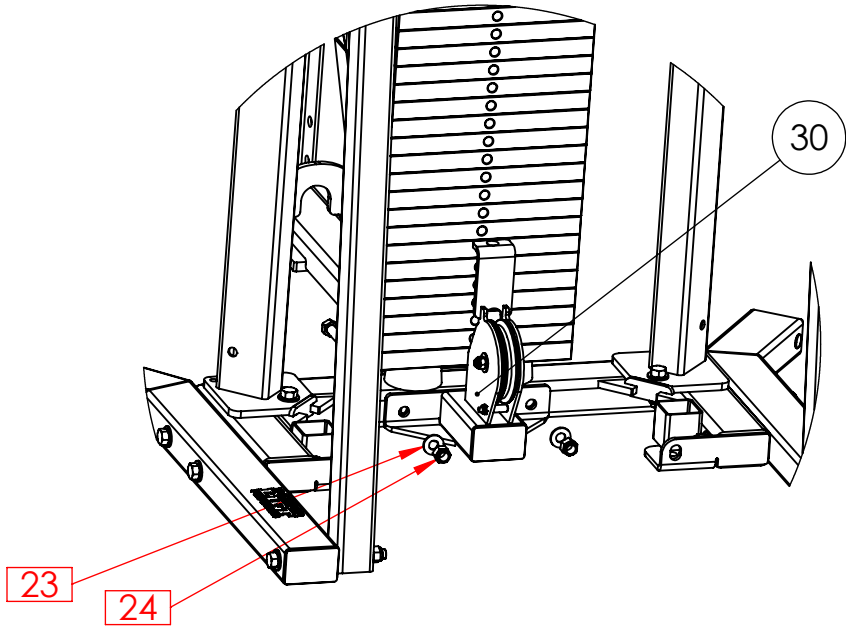


11

1

23
18

STEP 10
Item #18
1/2"X4"



30

23
24

Frame Detail

Item No.	Part Number	Part Name	Qty
1	63548	BASE	1
11	63454	SEAT FRAME	1
30	63413	BASE PULLEY MOUNT	1

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PART NUMBER
63410D_page6

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Instructions

11.) Attach items 12 to each side of item 11 using (2) 3/8"X3" bolts provided.

12.) Next attach item 12 to item 11 on the back side of each upright using (2) 3/8"X3" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.

STEP 11
Item #19
3/8"X3"

STEP 12
Item #19
3/8"X3"

STEP 11
Item #19
3/8"X3"

Hardware Detail

Item No.	Part Number	Part Name	Qty
19	99528	3/8"X3" BOLT	4
26	99531	3/8" FLATWASHER	8
27	99619	3/8" THIN NUT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
3	63002	UPRIGHT	2
11	63454	SEAT FRAME	1
12	63476	SEAT MOUNT	2

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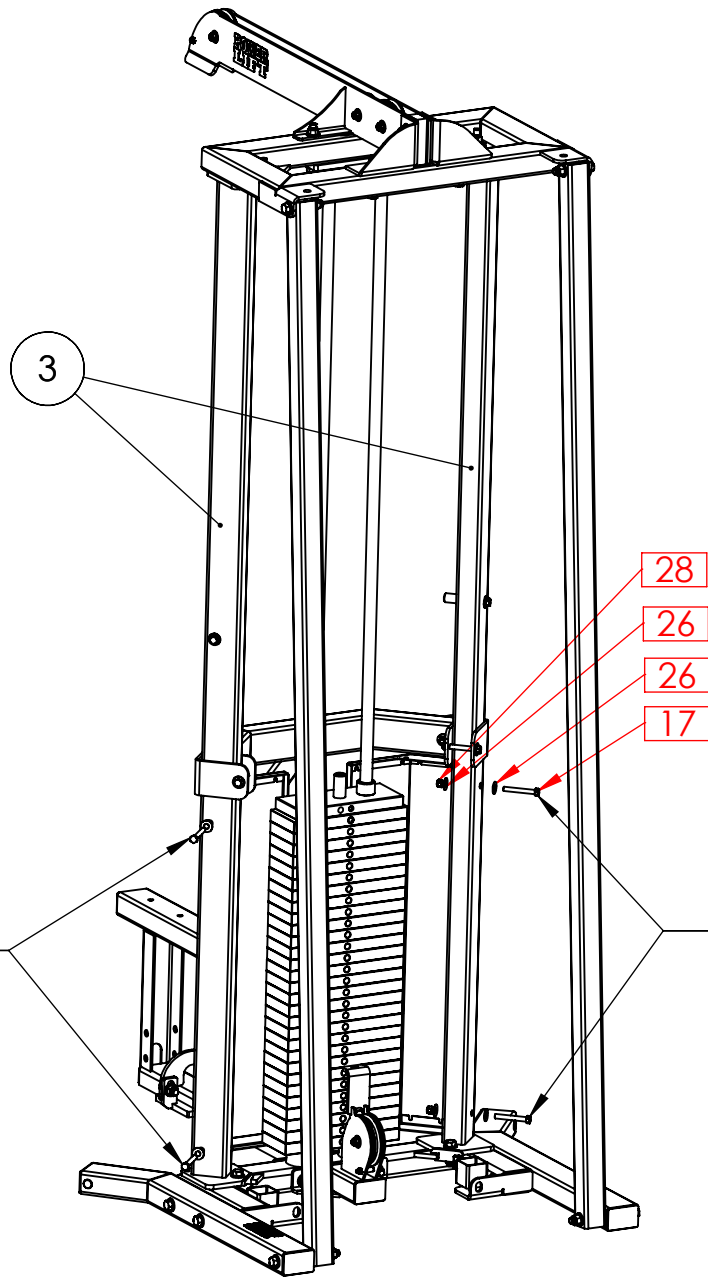
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Instructions

13.) Assemble items 13 to both of items 3 using (4) 3/8"X2-3/4" bolts provided.

14.) Now all bolts may be tightened starting from the bottom.

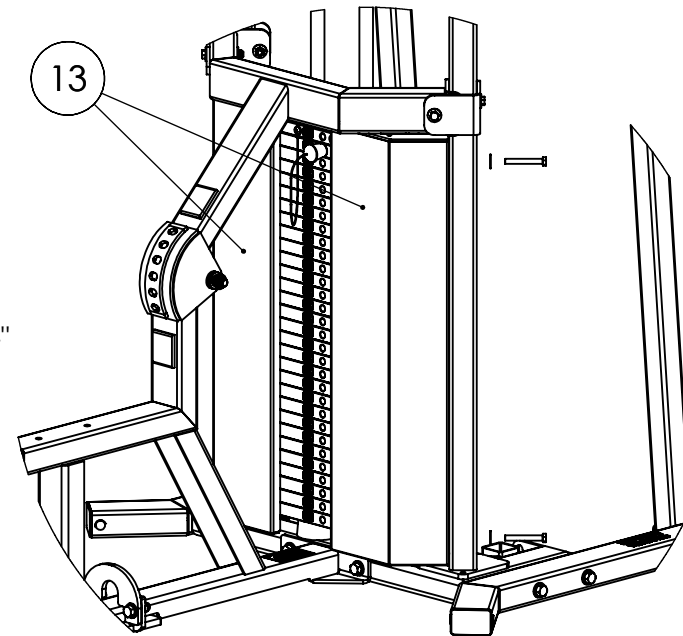


STEP 13
Item #17
3/8"X2-3/4"

STEP 13
Item #17
3/8"X2-3/4"

Hardware Detail

Item No.	Part Number	Part Name	Qty
17	99880	3/8"X2-3/4" BOLT	4
26	99531	3/8" FLATWASHER	8
28	99540	3/8" NUT	4



Frame Detail

Item No.	Part Number	Part Name	Qty
3	63002	UPRIGHT	2
13	63011B	GUARD	2

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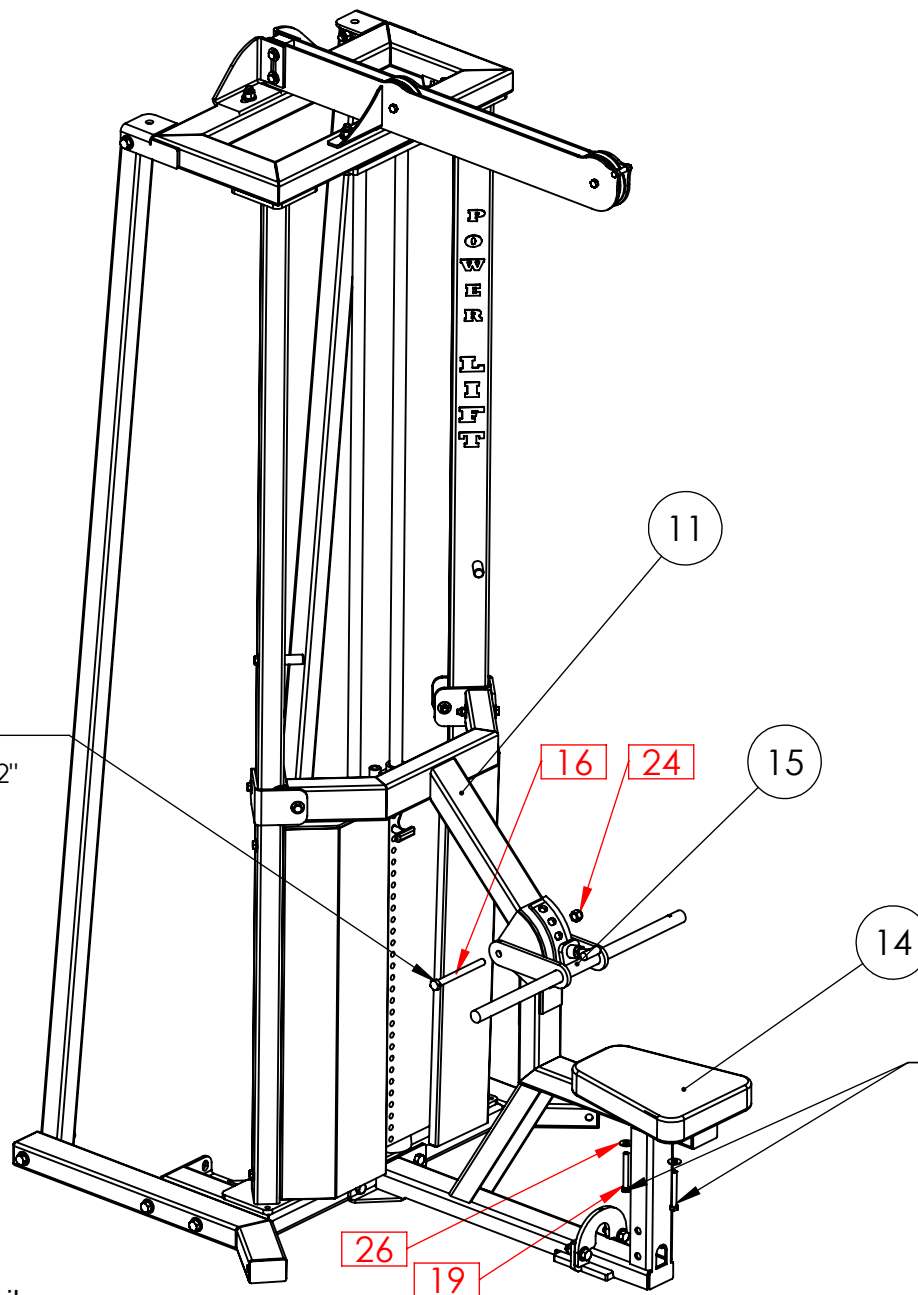
15.) Assemble item 14 to 11 using (2) 3/8"X3" bolts provided. (DO NOT over tighten bolt into seat.)

16.) Then assemble item 15 to item 11 using (1) 1/2"X5-1/2" bolt provided.

17.) Lastly, assemble pads onto item 15 as shown below using (4) 1" shaft collars with set screws.

STEP 16

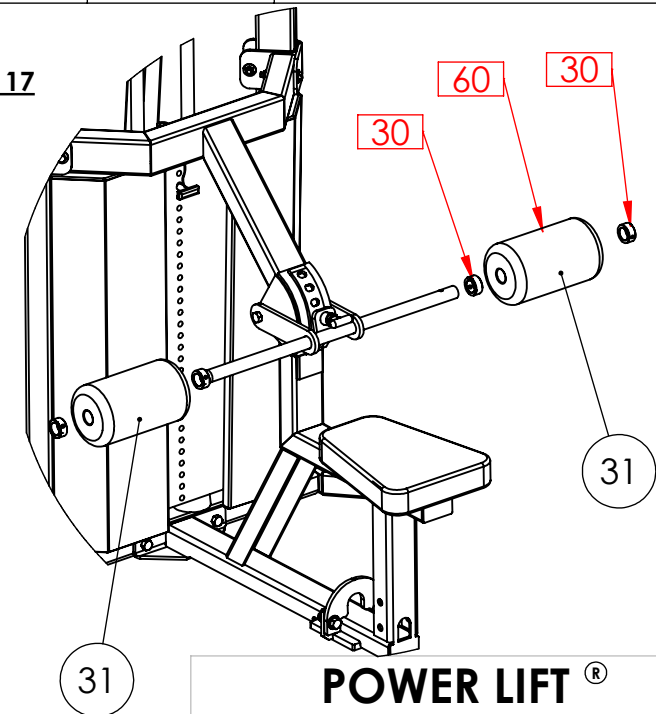
Item #16
1/2"X5-1/2"



STEP 17

STEP 15

Item #19
3/8"X3"



Hardware Detail

Item No.	Part Number	Part Name	Qty
16	99663	1/2"X5-1/2" BOLT	1
19	99528	3/8"X3" BOLT	2
24	99620	1/2"-13 NUT	1
26	99531	3/8" FLATWASHER	2
30	99503	1" SHAFT COLLAR	4

Frame Detail

Item No.	Part Number	Part Name	Qty
11	63454	SEAT FRAME	1
14	16586B	SEAT PAD	1
15	63084	SEAT LEG HOLDDOWN	1
31	99579	ROUND PAD	2

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63410D_page9

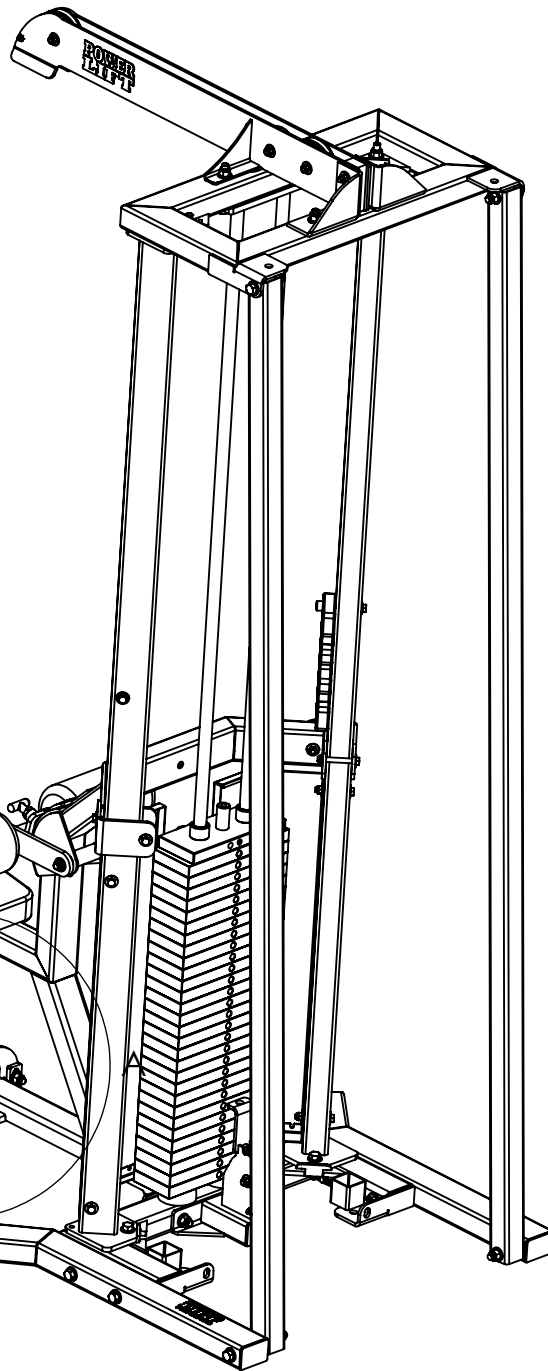
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Frame Detail

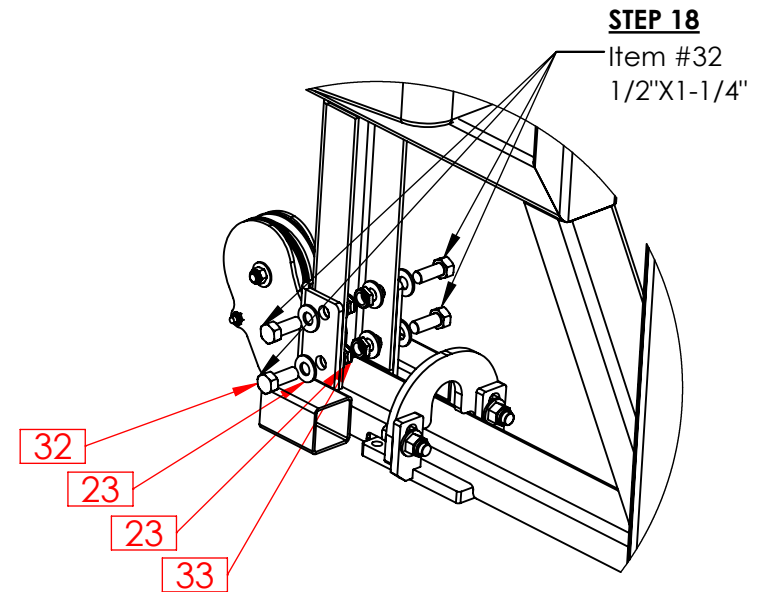
Item No.	Part Number	Part Name	Qty
11	63454	SEAT FRAME	1
31	63498	SEAT FRAME PULLEY MOUNT	1

Instructions

18.) Assemble items 31 to item 11 using (4) 1/2"X1-1/4" bolts provided.
(Tighten bolts)

Hardware Detail

Item No.	Part Number	Part Name	Qty
23	99585	1/2" FLATWASHER	8
32	99582	1/2"X1-1/4" BOLT	4
33	99571	1/2" THIN NUT	4



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63410D_page10

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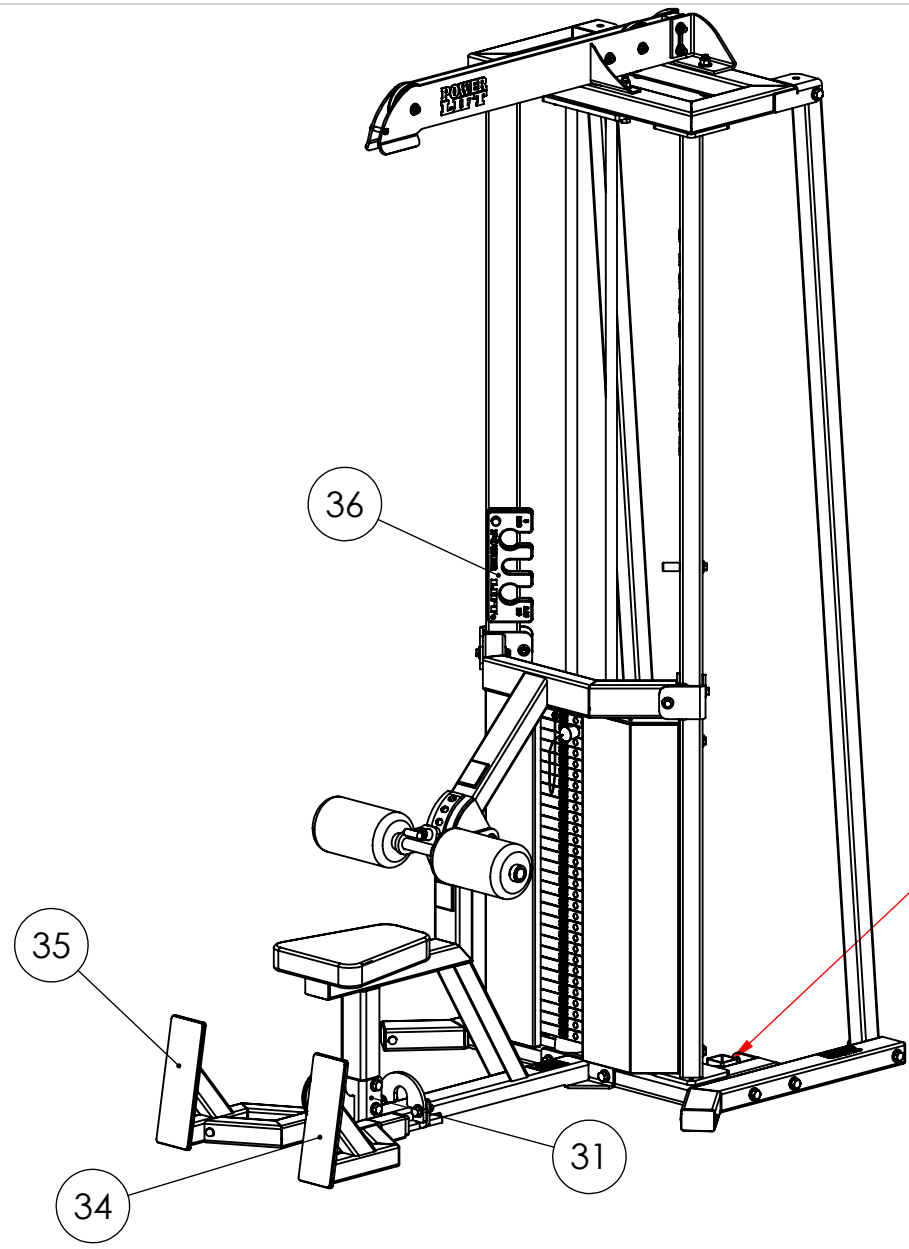
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Instructions

- 19.) Insert items 34 and 35 into slots of item 31
- 20.) Hang item 36 to peg on upright.



Note: Storage for foot stops

Frame Detail

Item No.	Part Number	Part Name	Qty
31	63498	SEAT FRAME PULLEY MOUNT	1
34	62655	RIGHT FOOT STOP	1
35	62650	LEFT FOOT STOP	1
36	99632	5 LB ADD ON WEIGHT	1

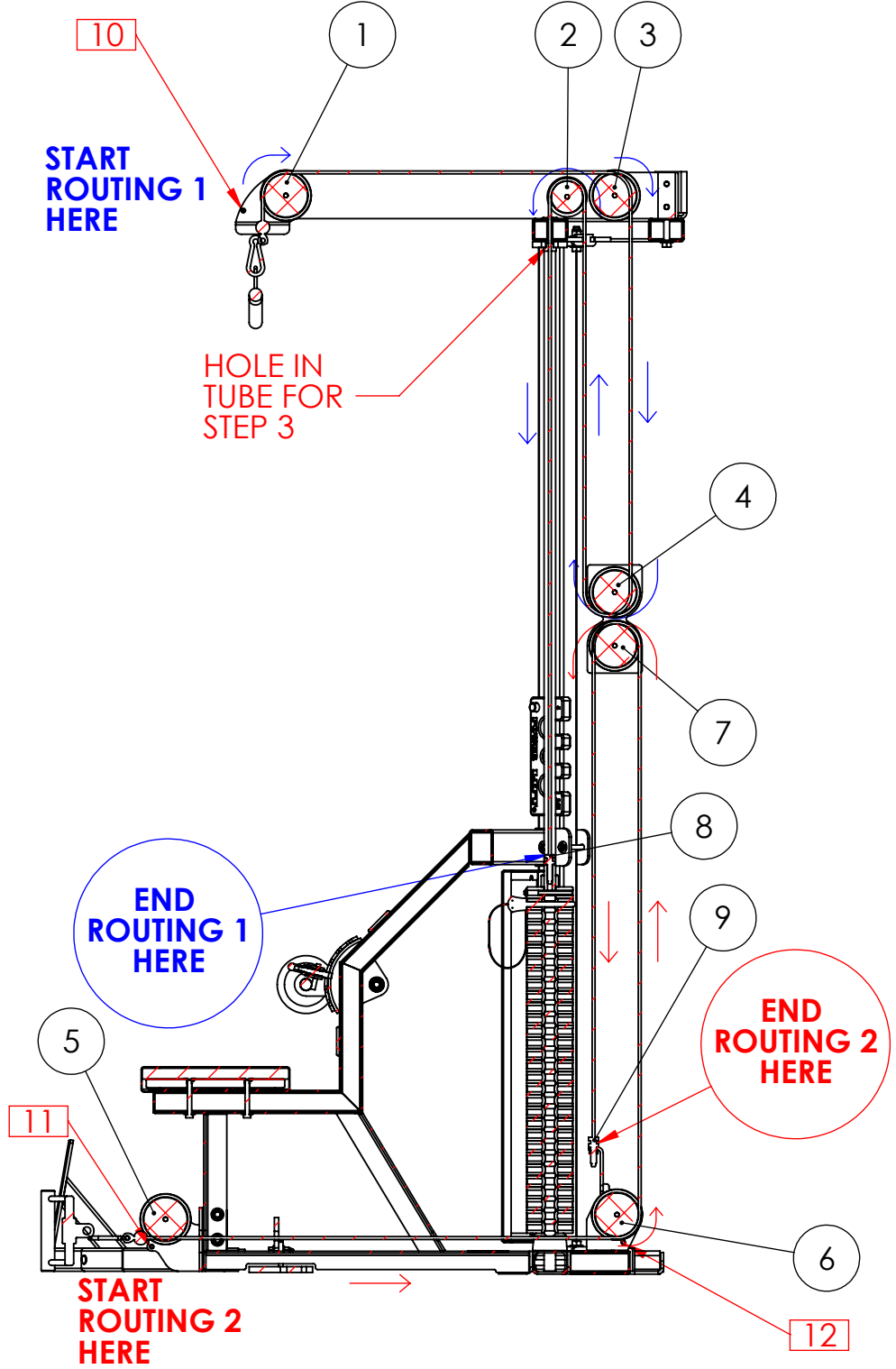
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Cable Routing Instructions



Notes:

- Leave pulleys in place, and only remove as needed for each routing step.
- Pull cable through machine as you route the cable. Be very careful not to kink the cable during the routing, as this will shorten cable life.

Tools Required:

- 6' Ladder
- Needle Nose Pliers
- Two 9/16" Wrenches
- Two 7/16" Wrenches
- Two 3/4" Wrenches

- 1.) Remove bolt 10 using two 7/16" wrenches, and pull cable over pulleys 1 & 3. Then replace bolt 10.
- 2.) Remove pulley 7 and route cable under pulley 4 and then up and over pulley 2. (Leave pulley 7 off for now.)
- 3.) Then remove pulley 2 and route cable up and over pulley 2. Replace pulley 2. Once cable is over pulley 2 make sure to route cable through hole in tube.
- 4.) Insert cable stud 5 full turns into item 8. Do not thread all the way on. Then tighten lock nut to stem using two 3/4" wrenches.
- 5.) Remove bolt 11 using two 7/16" wrenches, and route cable under pulley 5. Then replace bolt 11.
- 6.) Remove bolt 12 using two 7/16" wrenches, and pull cable through. Route the cable under pulley 6. Then replace bolt 12.
- 7.) Route cable between pulleys 4 & 7. Then replace pulley 7.
- 8.) Recheck all pulleys to make sure cable is sitting in groove of pulley.
- 9.) Recheck all pulley bolts to make sure they are tight.
- 10.) Attach cable stud to item 9 and tighten top nut until there is no more slack in the cable.
- 11.) Tighten bottom nut and top nut together using two 3/4" wrenches.
- 12.) Attach both handles to pulley and operate unit to make sure it pulls smoothly. (Note: If rough, recheck pulleys to make sure cable is in groove.)

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63410D page12 Cable Routing	
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