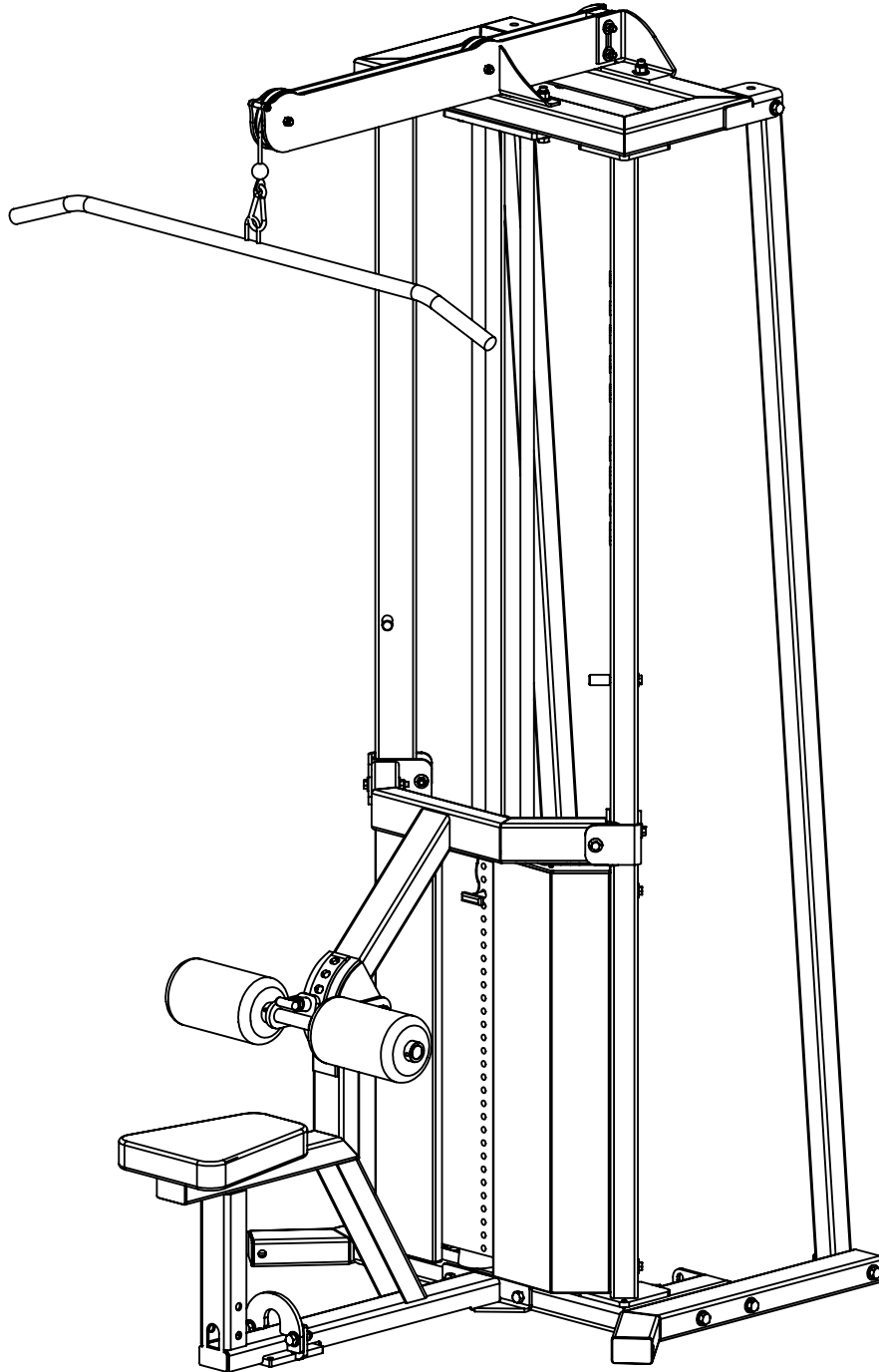


High Pull with Seat Pulley Machine



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
- (4) 1/2"X3-1/4" BOLTS
- (4) 1/2"X1-3/4" 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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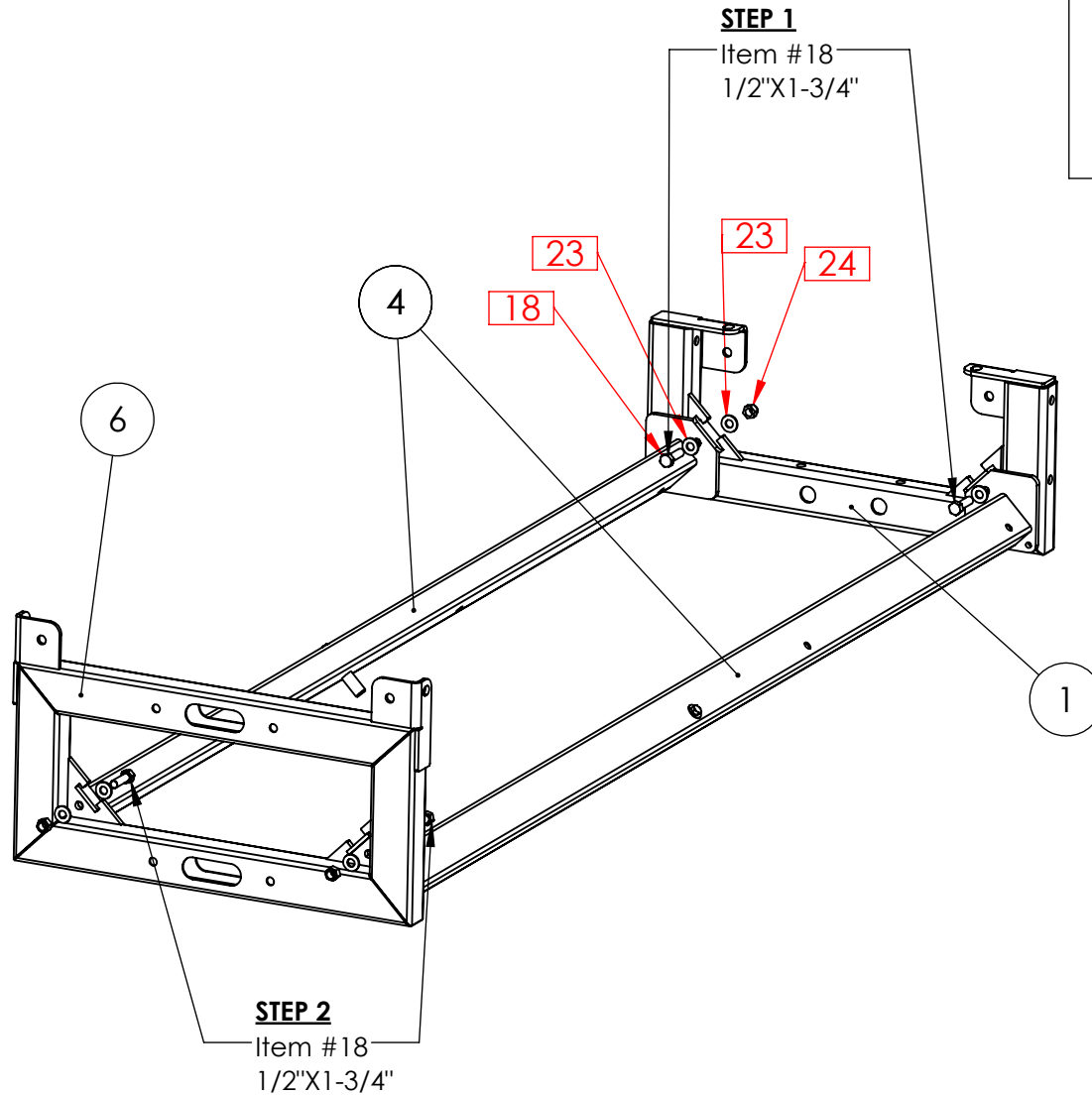
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Instructions

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. (Tighten bolts)

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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Instructions

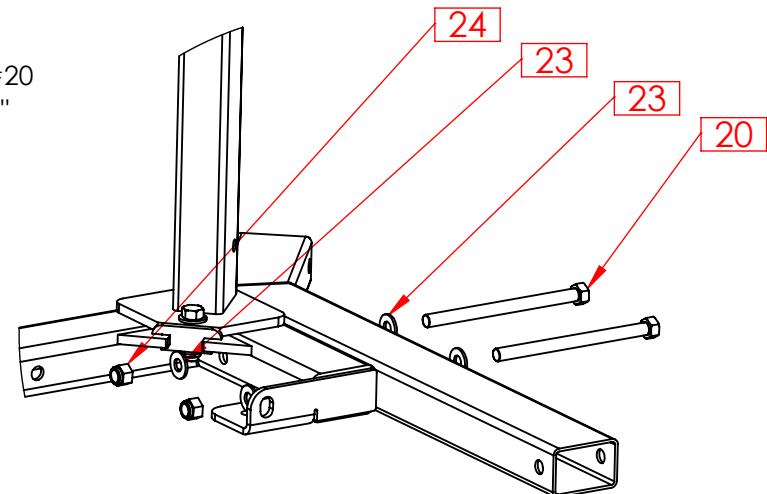
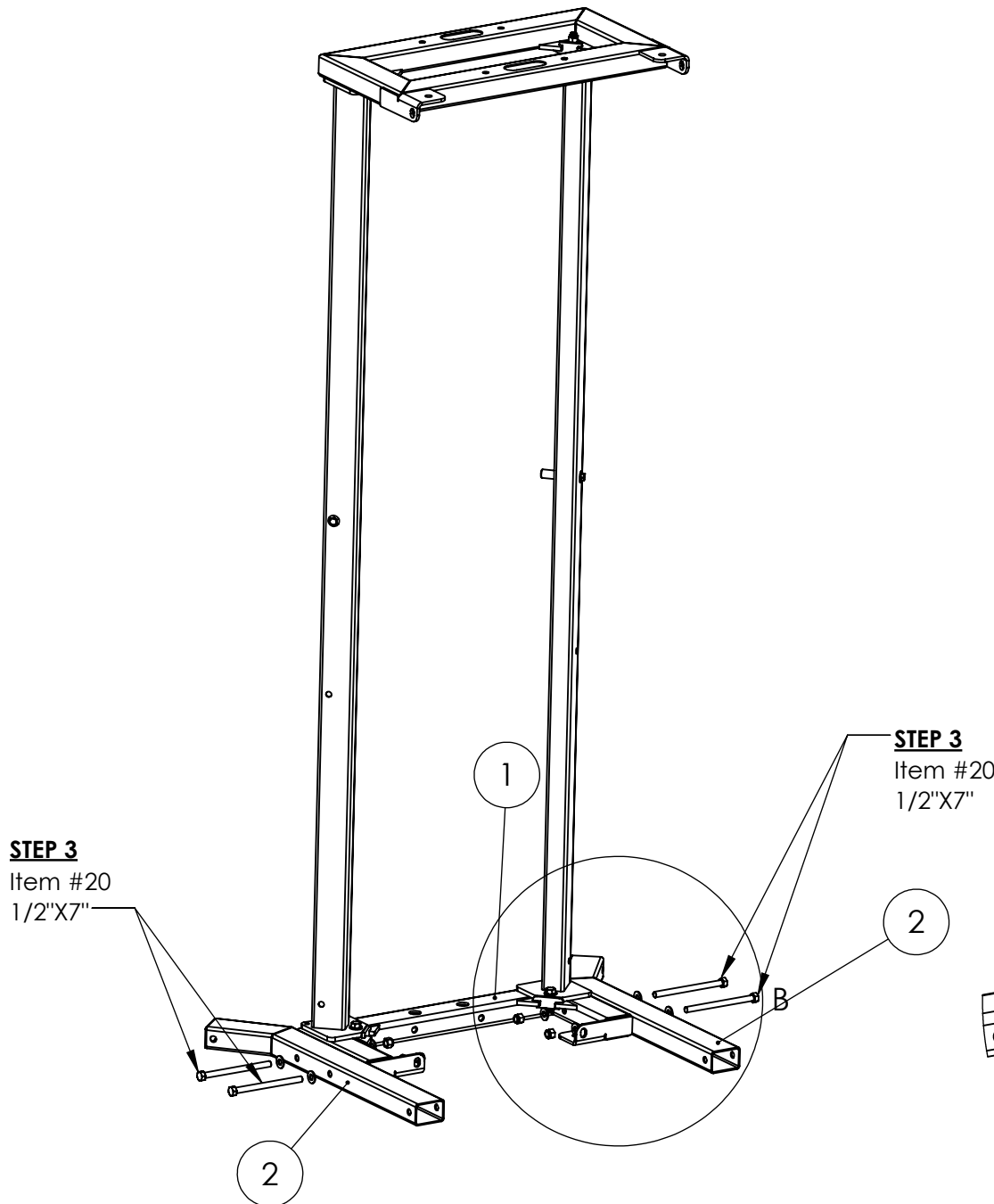
(Note: Skip steps 3-5 for wall mount.)

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



Frame Detail

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

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PART NUMBER

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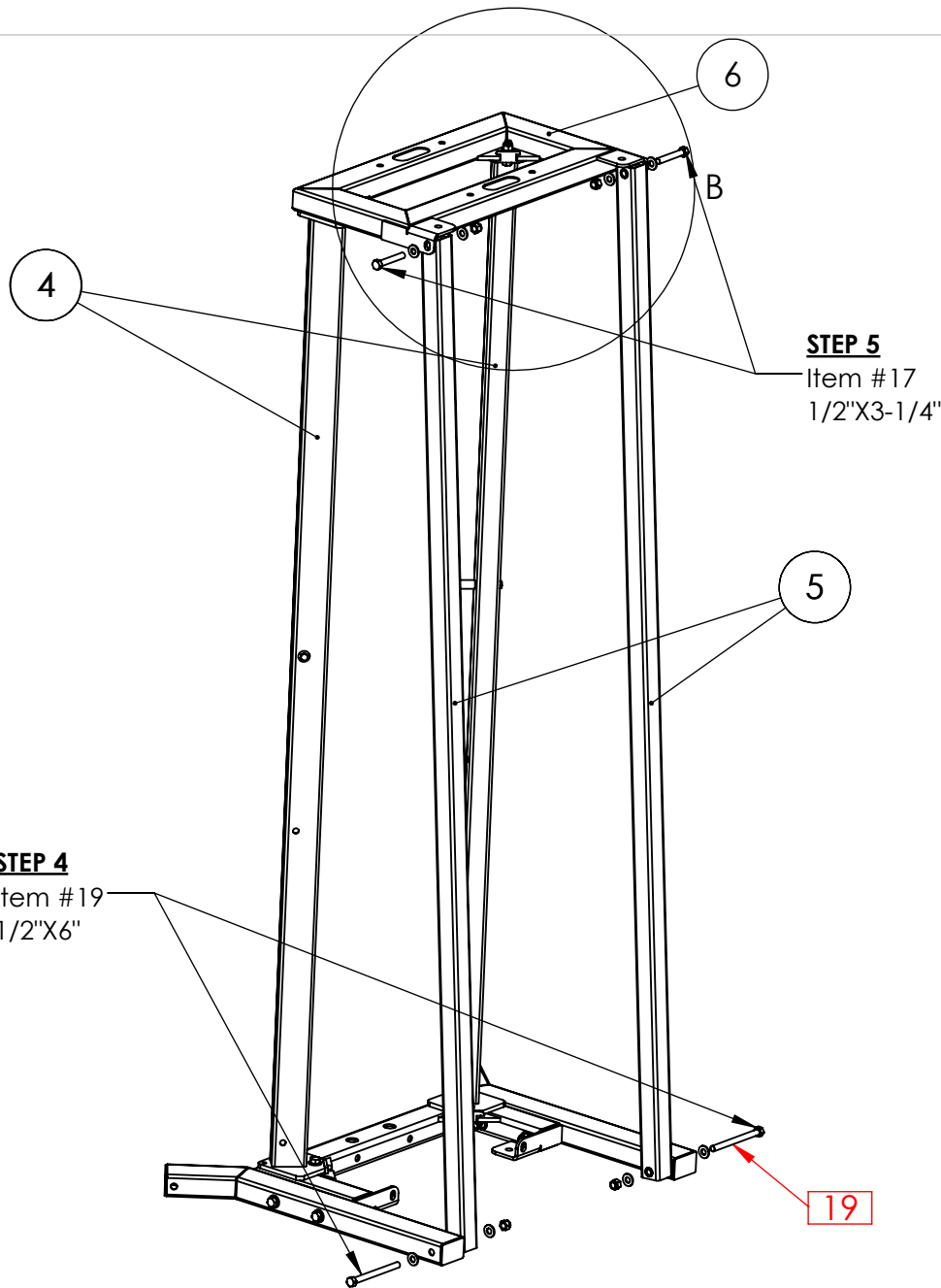
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STEP 4
Item #19
1/2"X6"

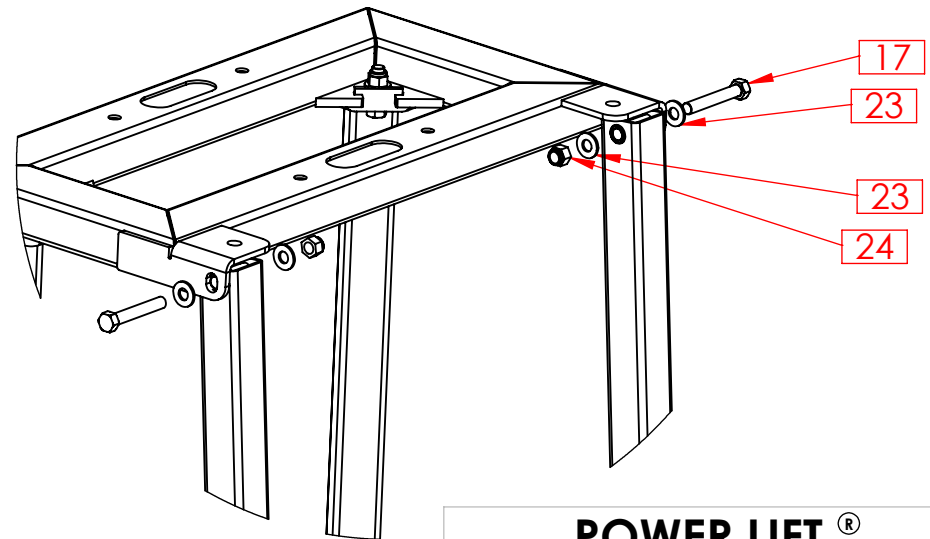
STEP 5
Item #17
1/2"X3-1/4"

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



Frame Detail

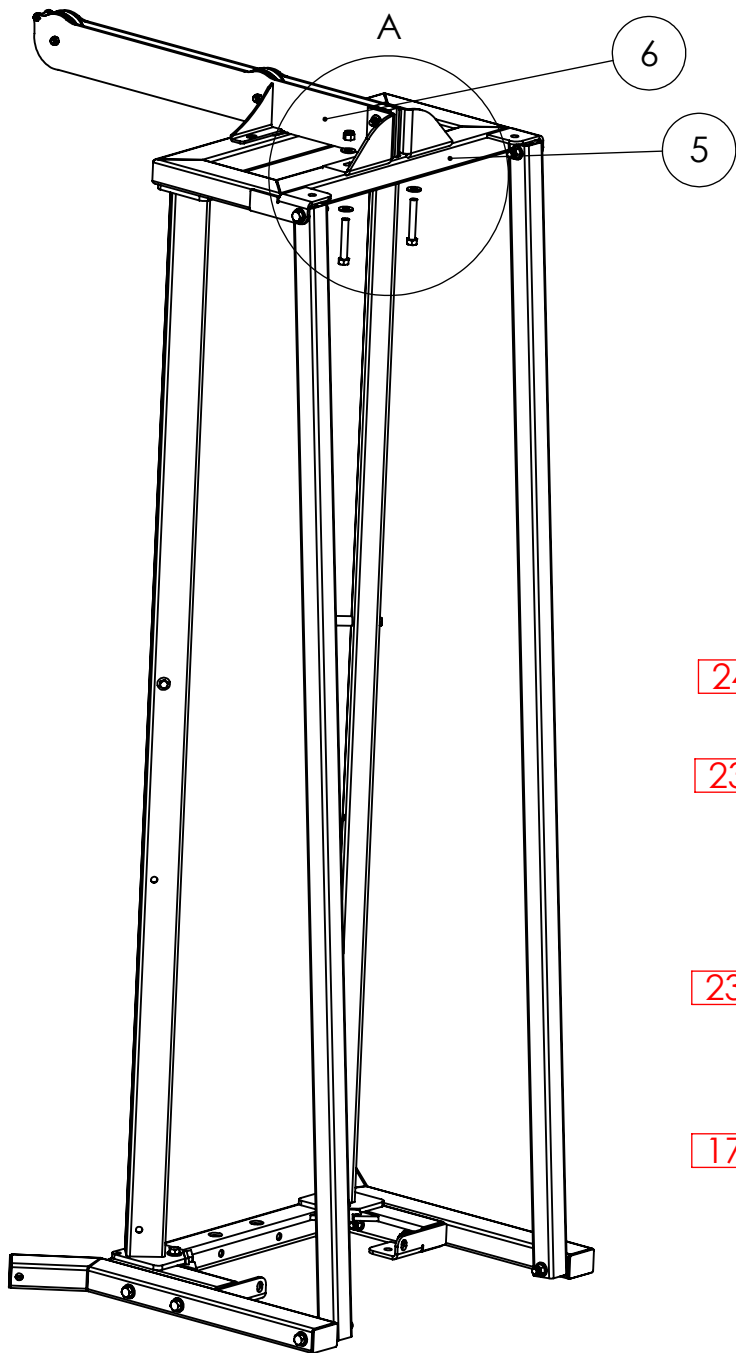
Item No.	Part Number	Part Name	Qty
4	63031	UPRIGHT	2
5	63529	REAR UPRIGHT	2
6	63547	FRAME TOP	1

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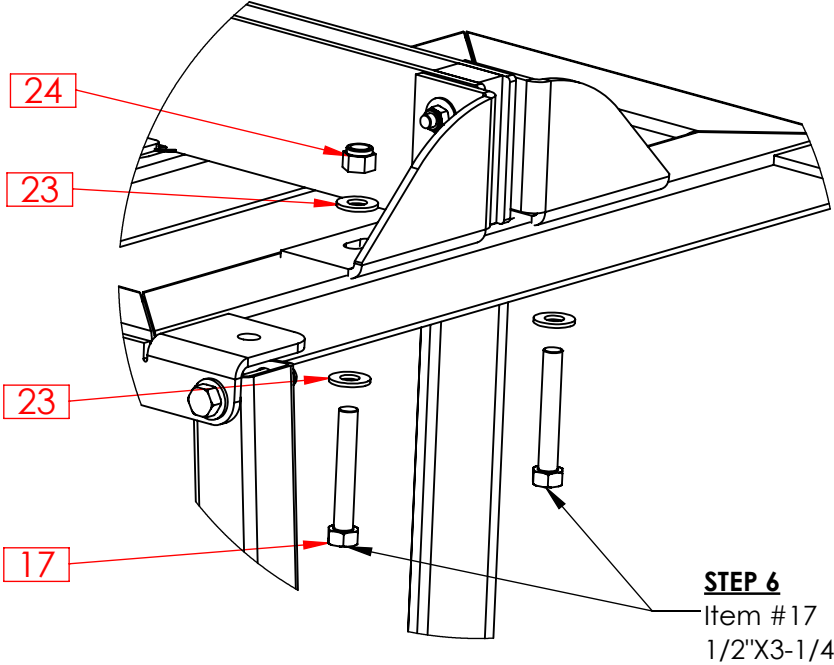
Instructions

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

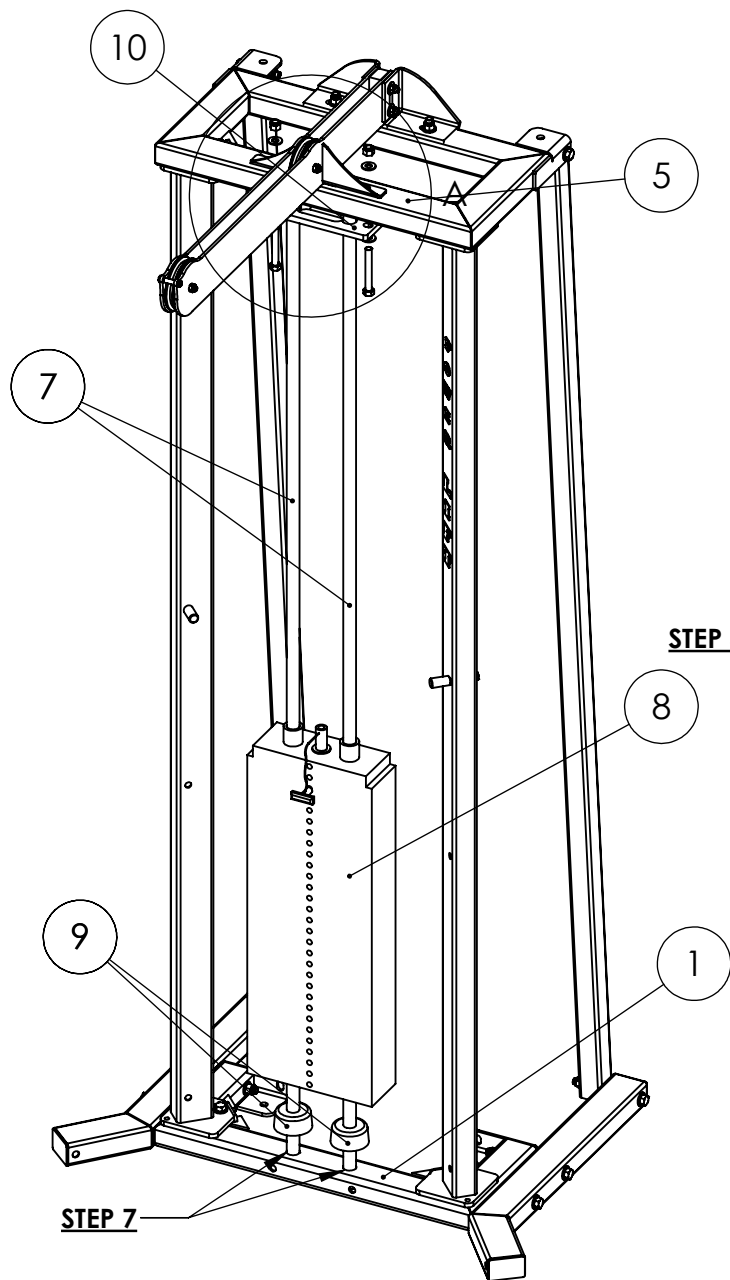
Item No.	Part Number	Part Name	Qty
5	63547	TOP FRAME	1
6	63088	UPPER PULLEY MOUNT	1

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Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	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.)

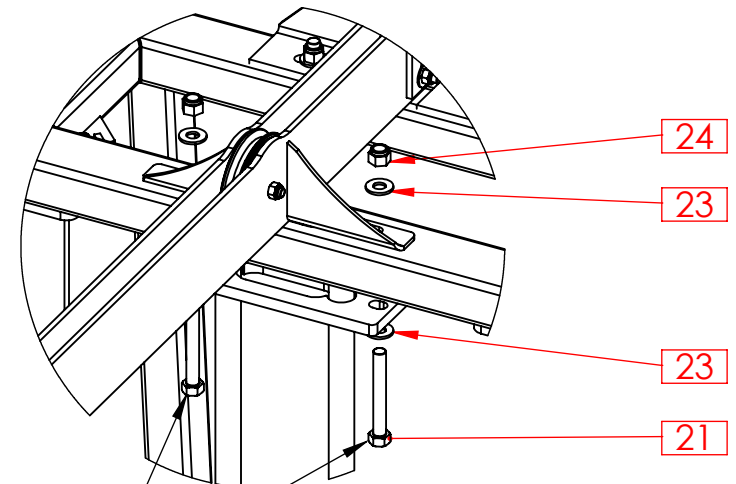
8.) Place weights one-by-one onto items 7. (Be sure numbers on weights are in correct order, and that the numbers face forward.)

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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PART NUMBER
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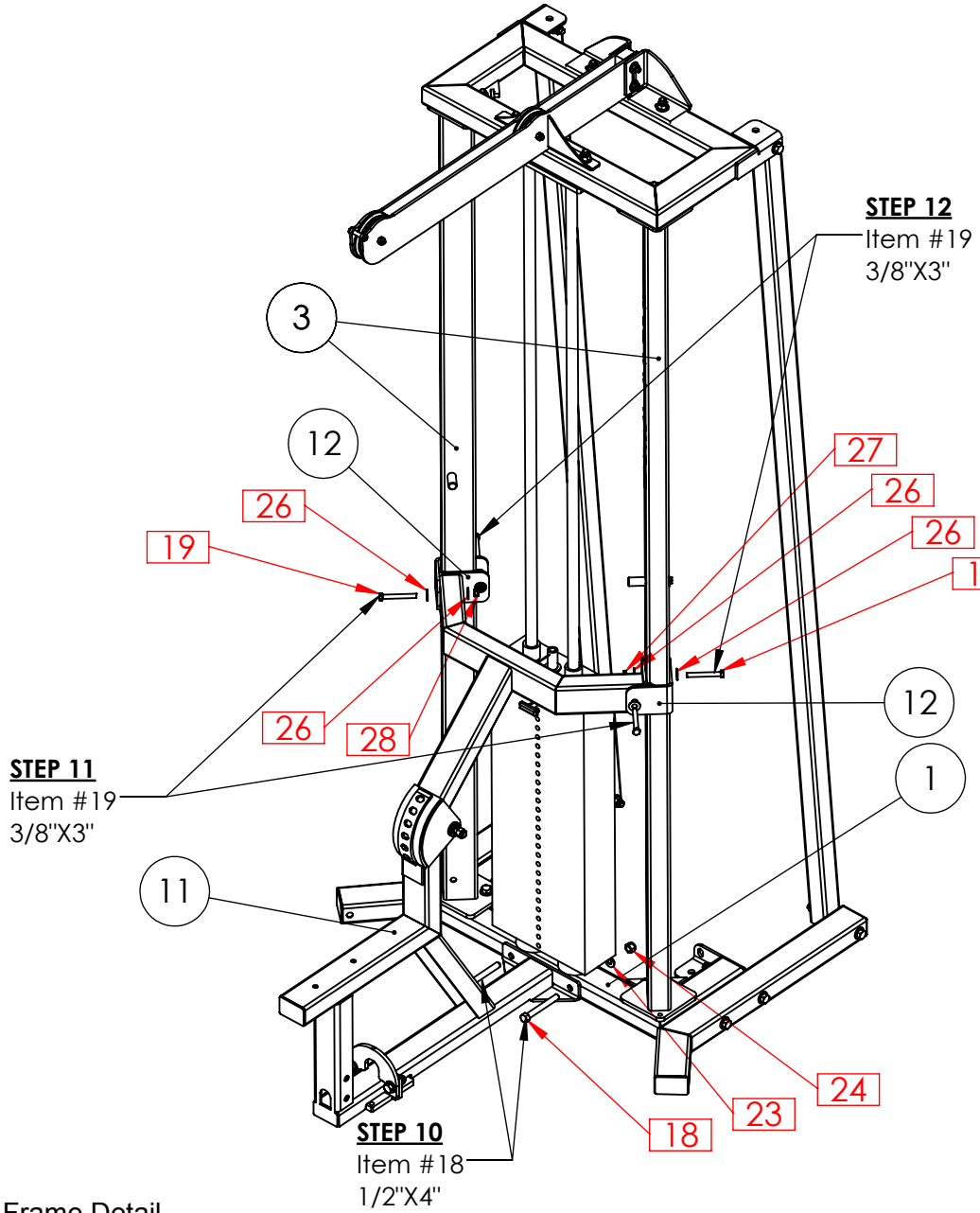
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Instructions

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



Hardware Detail

Item No.	Part Number	Part Name	Qty
18	99521	1/2"X4" BOLT	2
19	99528	3/8"X3" BOLT	4
23	99585	1/2" FLATWASHER	2
24	99620	1/2"-13 NUT	2
26	99531	3/8" FLATWASHER	8
27	99619	3/8" THIN NUT	2
28	99540	3/8" NUT	2

Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
3	63002	UPRIGHT	2
11	63454	SEAT FRAME	1
12	63476	SEAT MOUNT	2

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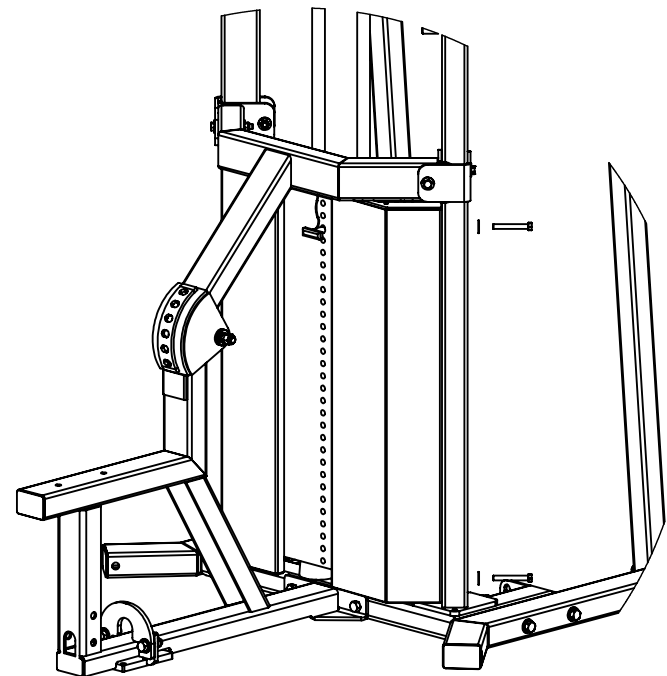
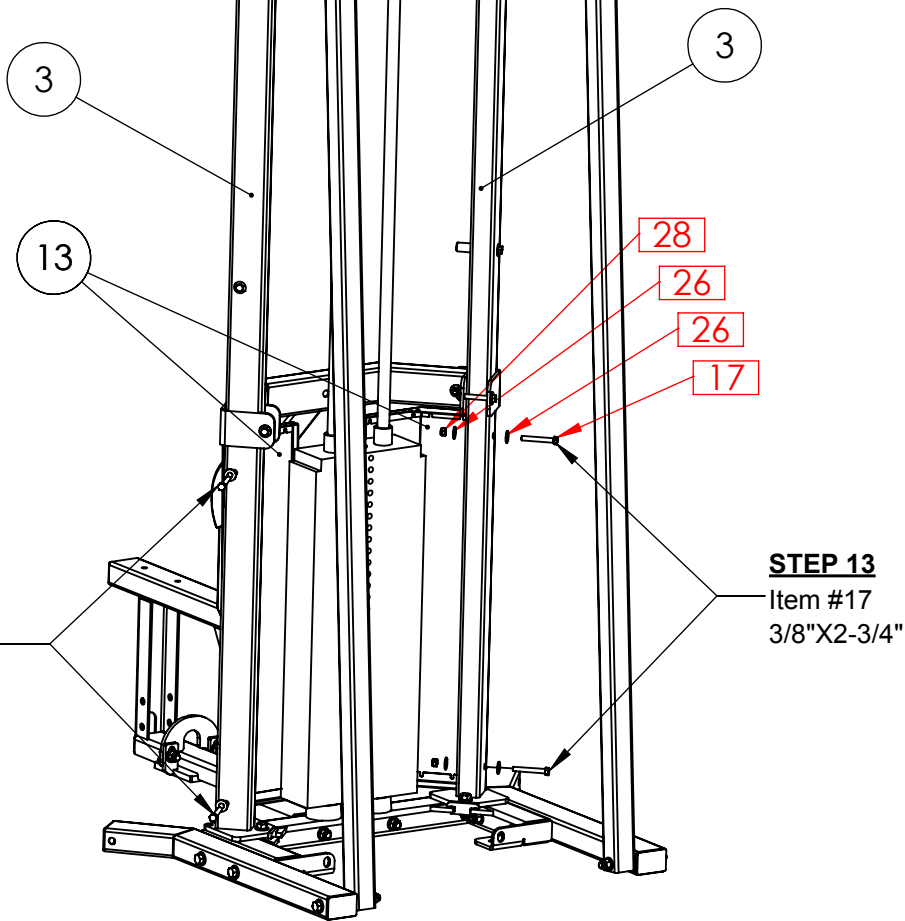
Instructions

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.

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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Instructions

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.

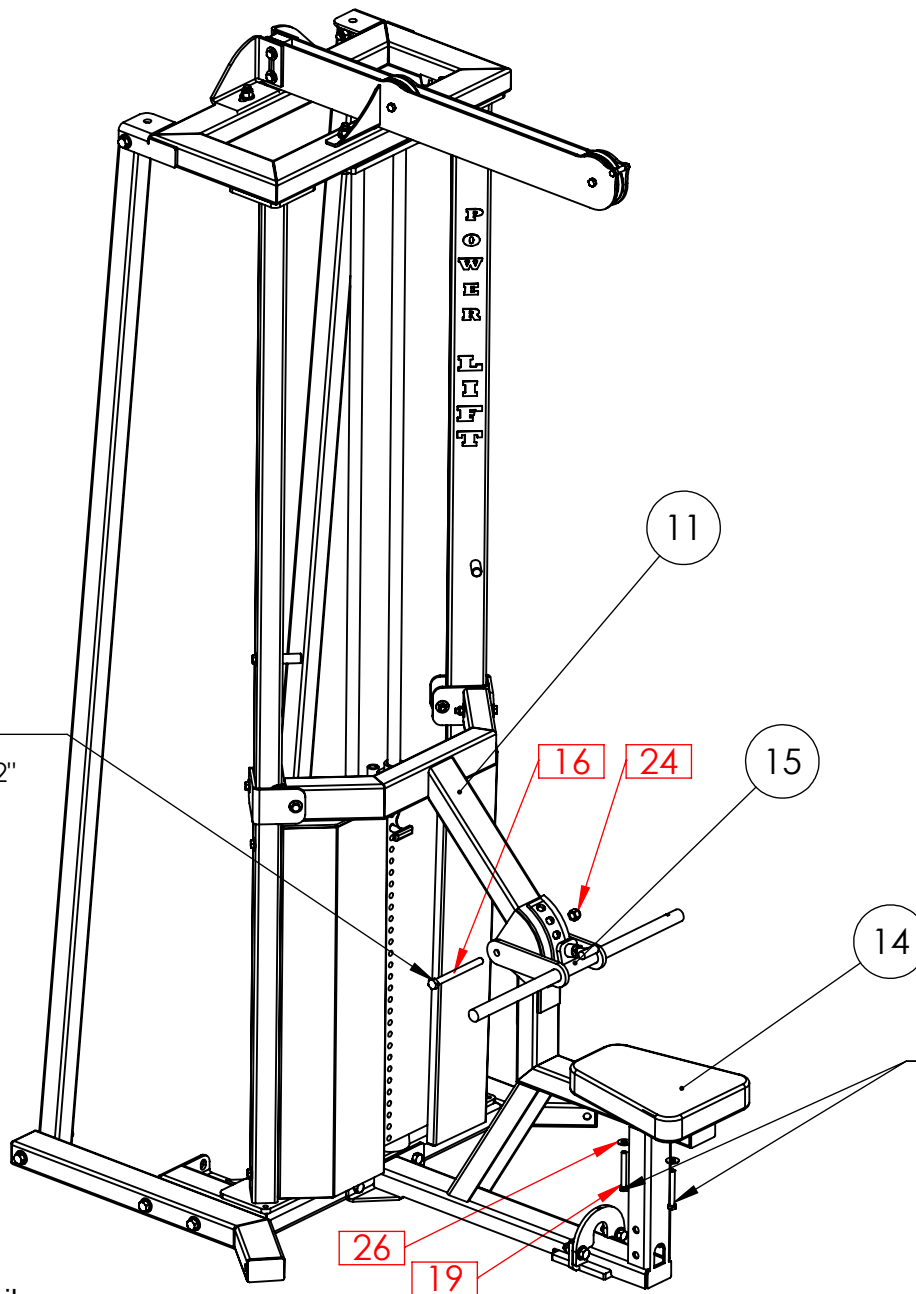
17.) Lastly, assemble pads onto item 15 as shown below using (4) 1" shaft collars with set screws.

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

STEP 16

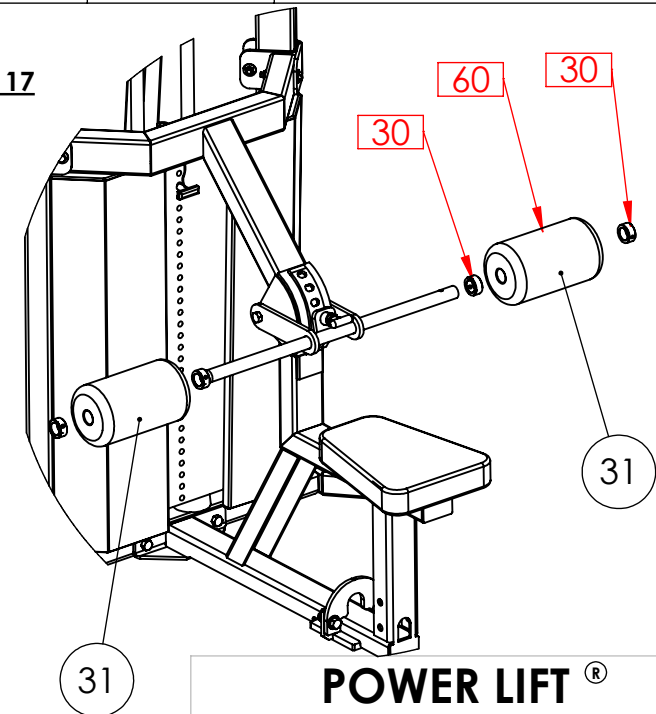
Item #16
1/2"X5-1/2"



STEP 17

STEP 15

Item #19
3/8"X3"



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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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

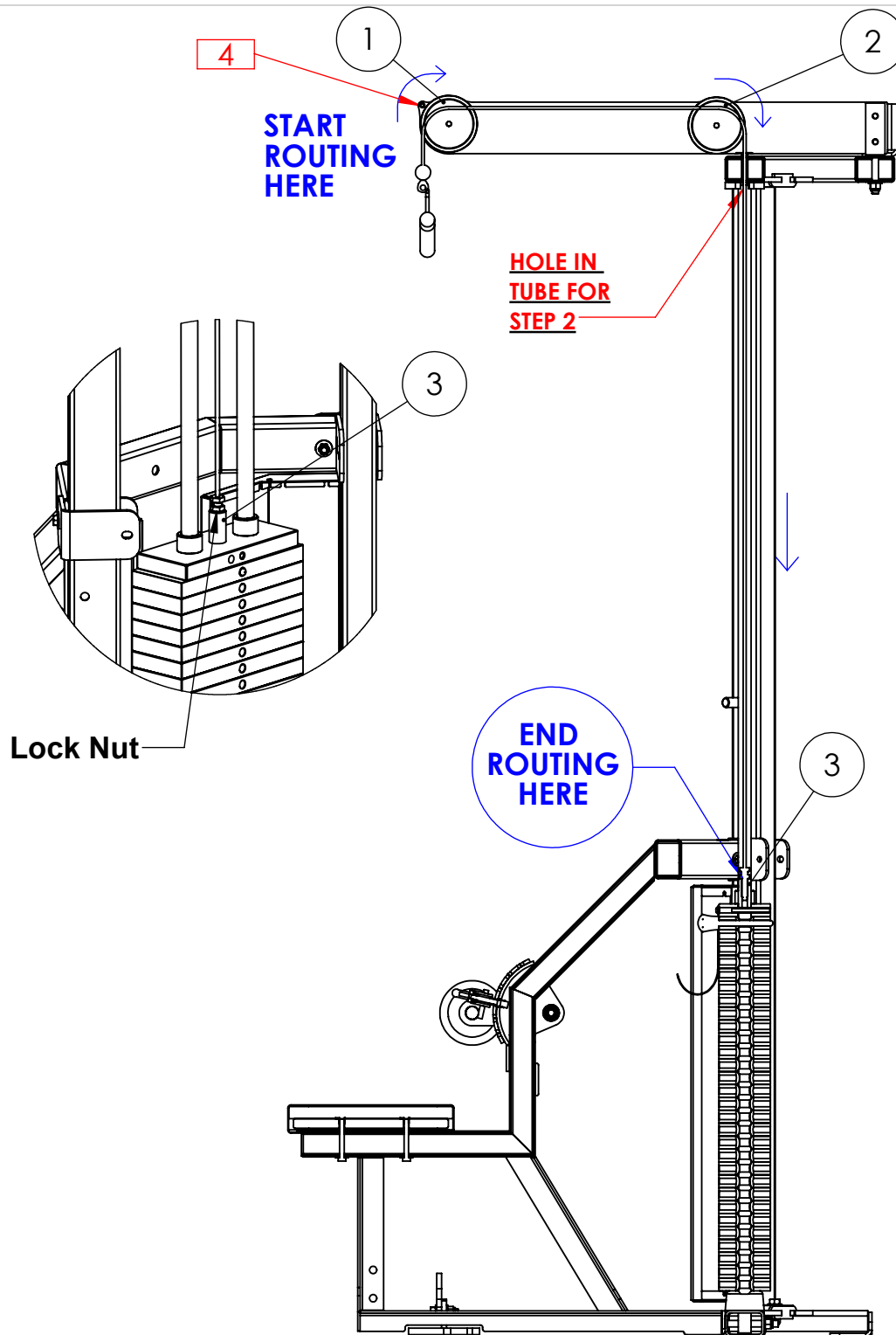
1.) Remove bolt 4 using two 7/16" wrenches, and pull cable over pulleys 1 & 2. Then replace bolt 4.

2.) Once cable is over pulley 2, make sure cable is routed through hole in tube.

3.) Recheck all pulleys to make sure cable is sitting in groove of pulley.

4.) Attach cable stud to item 3. Tighten bolt using two 3/4" wrenches so there is no slack in cable. Then tighten lock nut onto stem.

5.) Attach handle 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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63438B_page9 Cable Routing

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