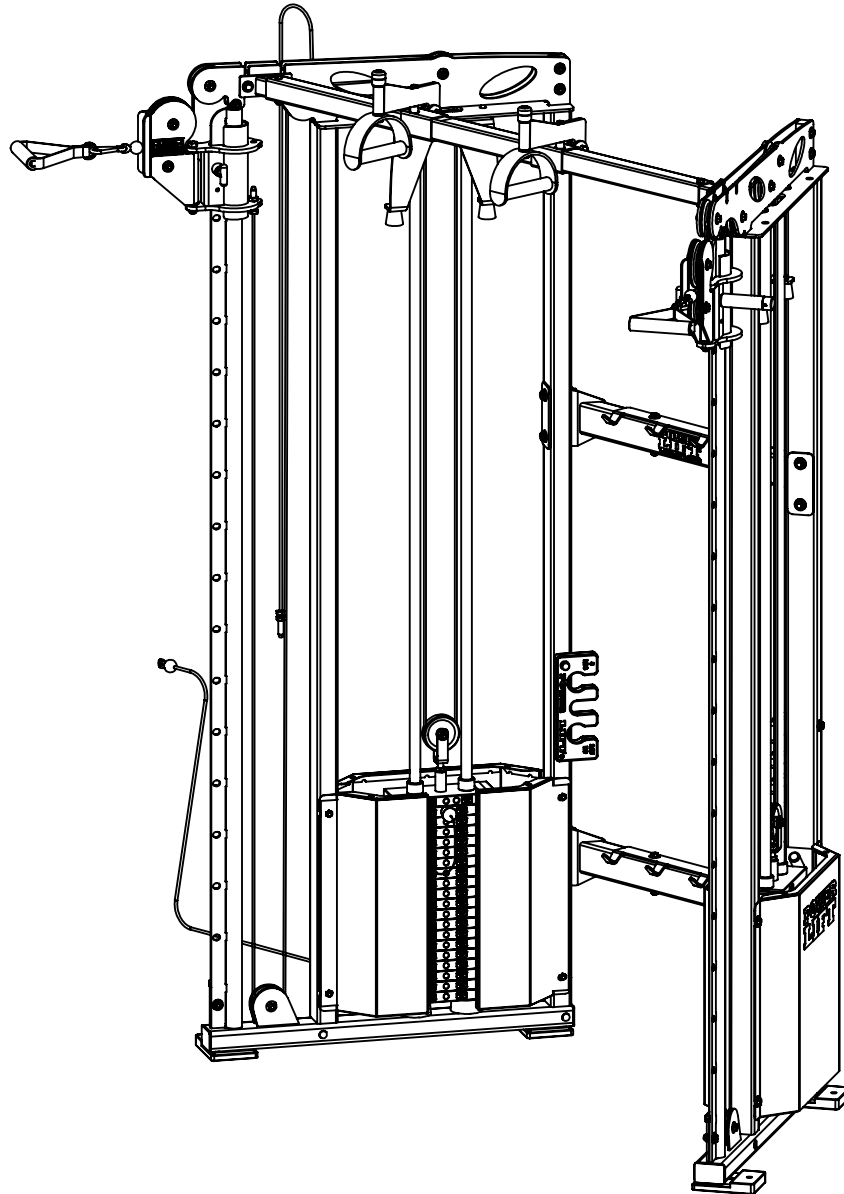


DUAL STACK FUNCTIONAL TRAINER



Assembly notes:

Fasteners provided to assemble machine:

- (4) 1/2"X1-1/2" BOLTS
- (8) 1/2"X3" BOLTS
- (6) 3/8"X1" BOLTS
- (2) 3/8"X2" BOLTS
- (12) 3/8"X3-3/4" 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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63600B_assembly cover

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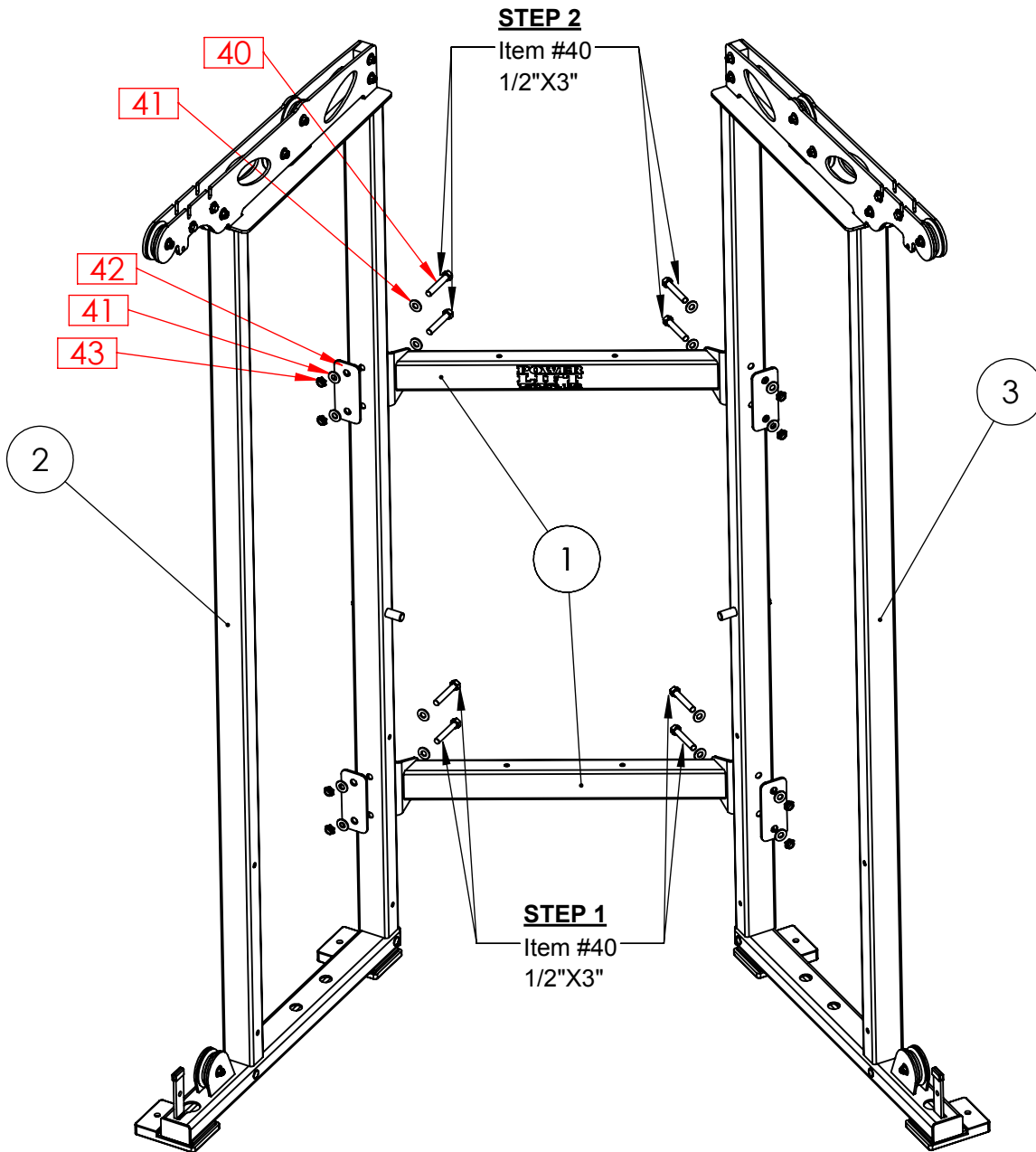
Instructions

- 1.) Assemble item 1 to 2 and 3 using (4) 1/2"X3" bolts provided.
- 2.) Then assemble other item 1 to 2 and 3 using (4) 1/2"X3" bolts provided

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

Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 40 | 99603 | 1/2"X3" BOLT | 8 |
| 41 | 99585 | 1/2" FLATWASHER | 16 |
| 42 | 63657 | BACK PLATE | 4 |
| 43 | 99571 | 1/2"-13 THIN NUT | 8 |



Frame Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 1 | 63609 | BACK BRACE | 2 |
| 2 | 63602B | LEFT SIDE FRAME | 1 |
| 3 | 63601B | RIGHT SIDE FRAME | 1 |

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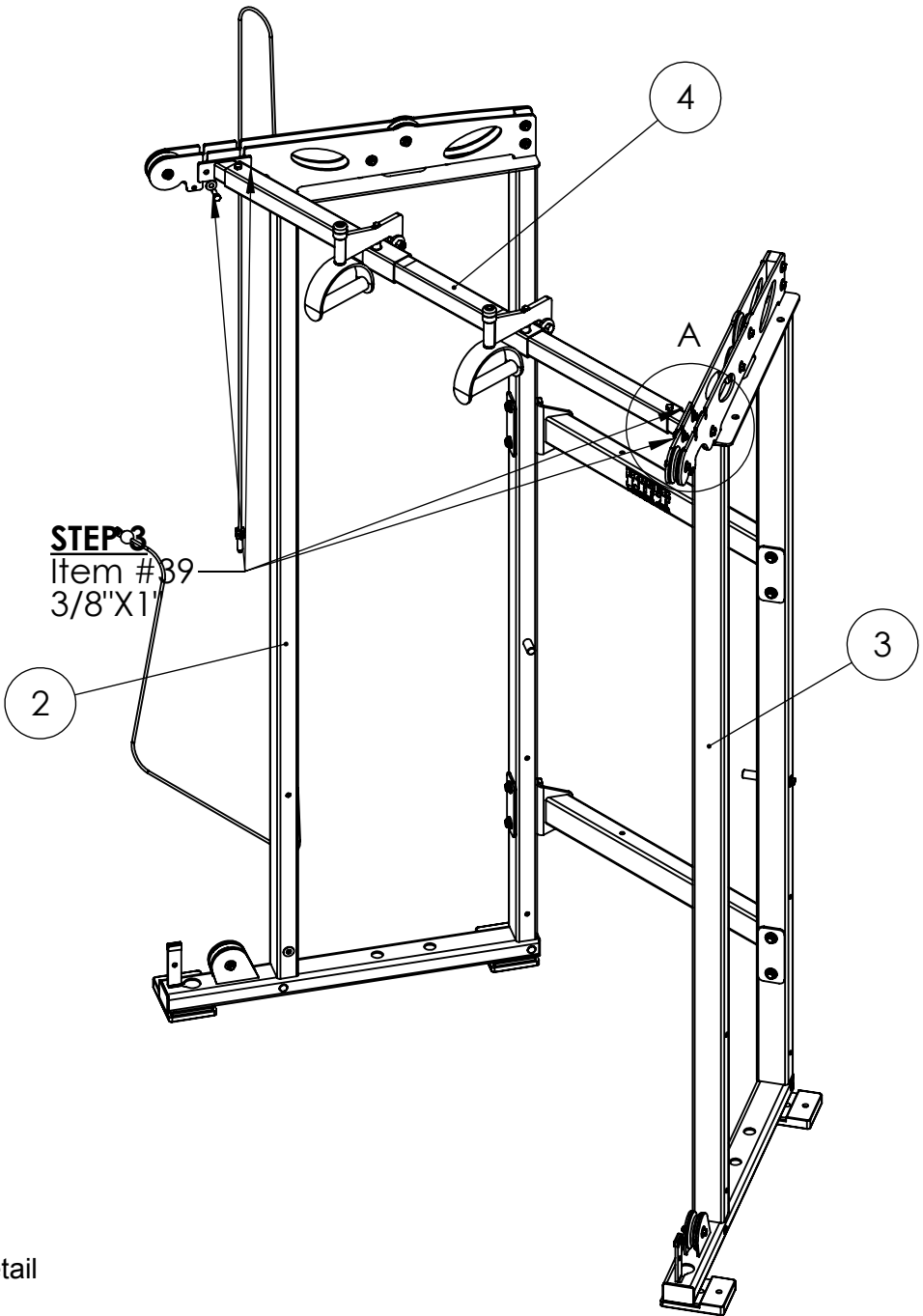
Date

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Instructions

3.) Assemble item 4 to 2 and 3 using (4) 3/8"X1" bolts provided.

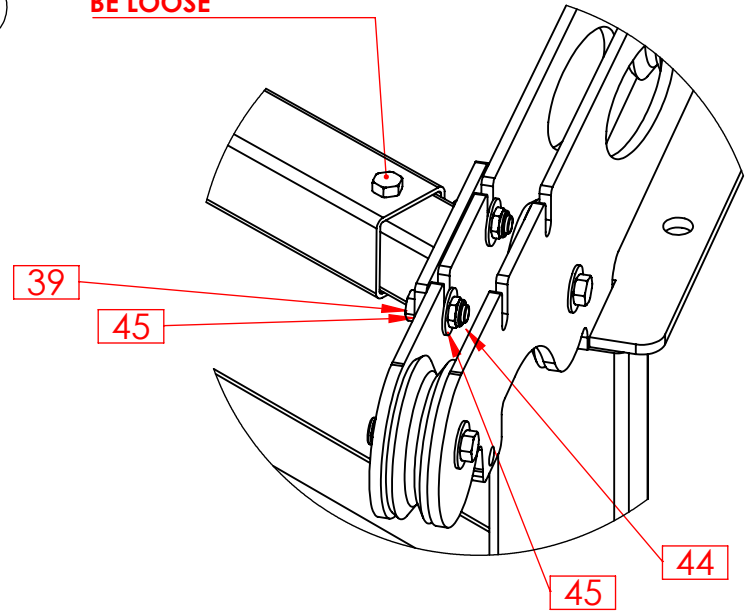
Note: When assembling unit **DO NOT** tighten any fasteners until specified.



Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 39 | 99589 | 3/8"X1" BOLT | 4 |
| 44 | 99619 | 3/8"-16 THIN NUT | 4 |
| 45 | 99531 | 3/8" FLATWASHER | 8 |

NOTE: THIS BOLT MUST BE LOOSE



Frame Detail

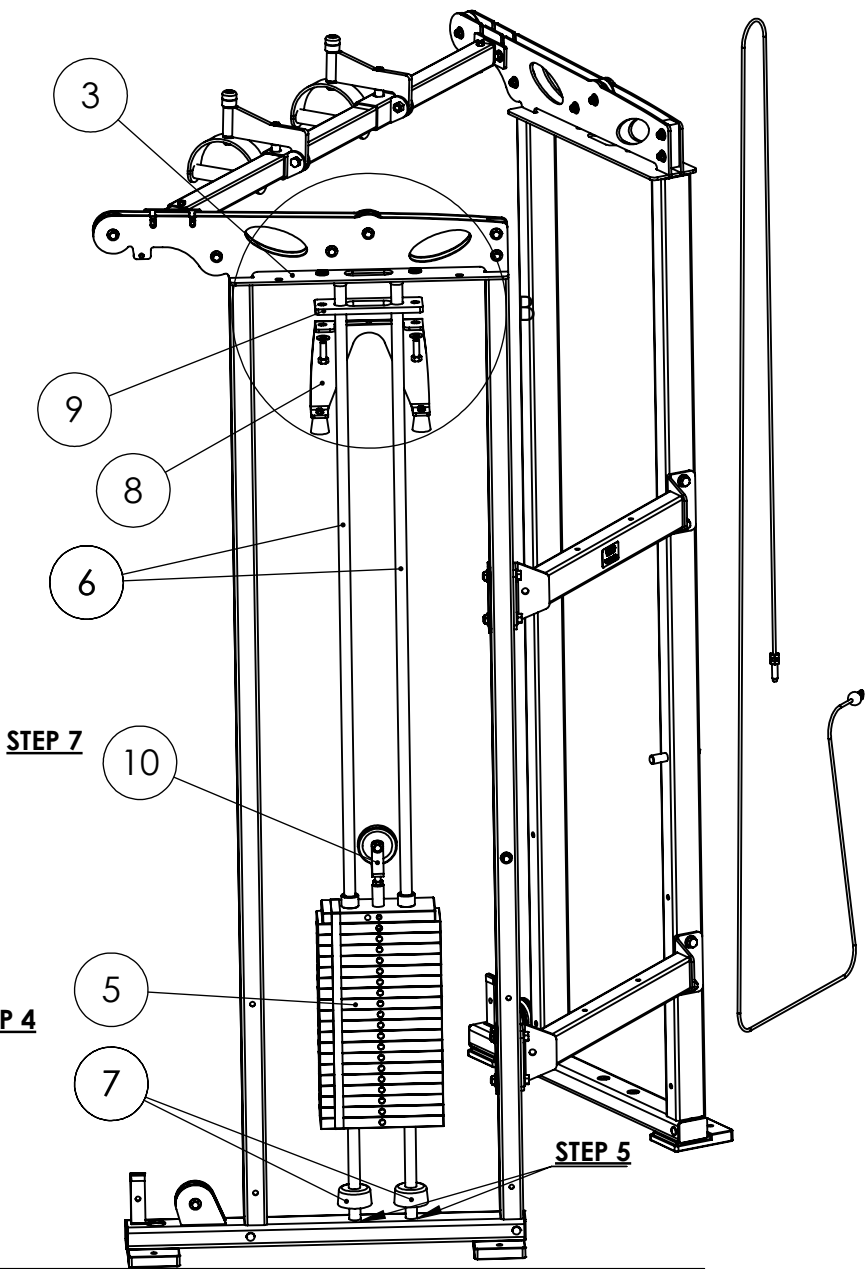
| Item No. | Part Number | Part Name | Qty |
|----------|-------------|-------------------|-----|
| 2 | 63602B | LEFT SIDE FRAME | 1 |
| 3 | 63601B | RIGHT SIDE FRAME | 1 |
| 4 | 63611A | ROTATING CHIN BAR | 1 |

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Instructions
(If weight stacks already assembled, skip to step 18 on page 5.)

- 4.) Insert both of items 6 into holes of item 5. Then place item 7 on bottom of item 6.
- 5.) Then insert both of items 6 into holes on the base of item 3. (Make sure numbers on weights face toward middle.)
- 6.) Place items 8 and 9 onto top end of items 6, and attach to item 3 using (2) 1/2"X1-1/2" bolts provided.
- 7.) Screw item 10 into item 5.

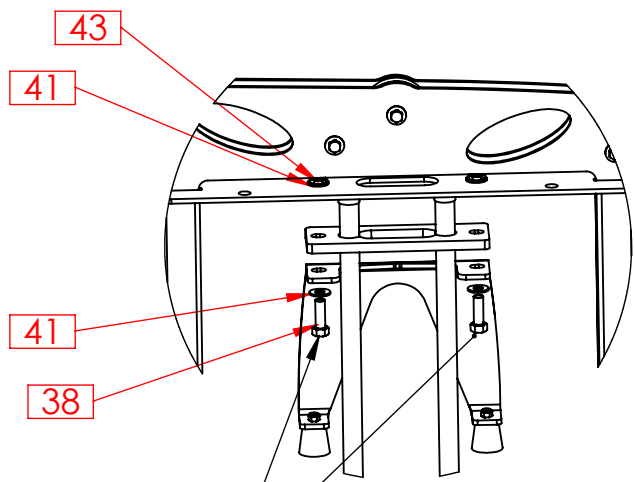
Note: When assembling unit **DO NOT** tighten any fasteners until specified.

Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 38 | 99572 | 1/2"X1-1/2" BOLT | 2 |
| 41 | 99585 | 1/2" FLATWASHER | 4 |
| 43 | 99571 | 1/2"-13 THIN NUT | 2 |

Frame Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|---------------------------|-----|
| 3 | 63601B | RIGHT SIDE FRAME | 1 |
| 5 | 99659 | 200 LB. WEIGHT STACK | 1 |
| 6 | 63047 | SHAFT | 2 |
| 7 | 99640 | RUBBER BUMPER | 2 |
| 8 | 63152 | PULLEY STOP | 1 |
| 9 | 63628 | WEIGHT STACK RETAINER | 2 |
| 10 | 63132 | WEIGHT STACK PULLEY MOUNT | 1 |



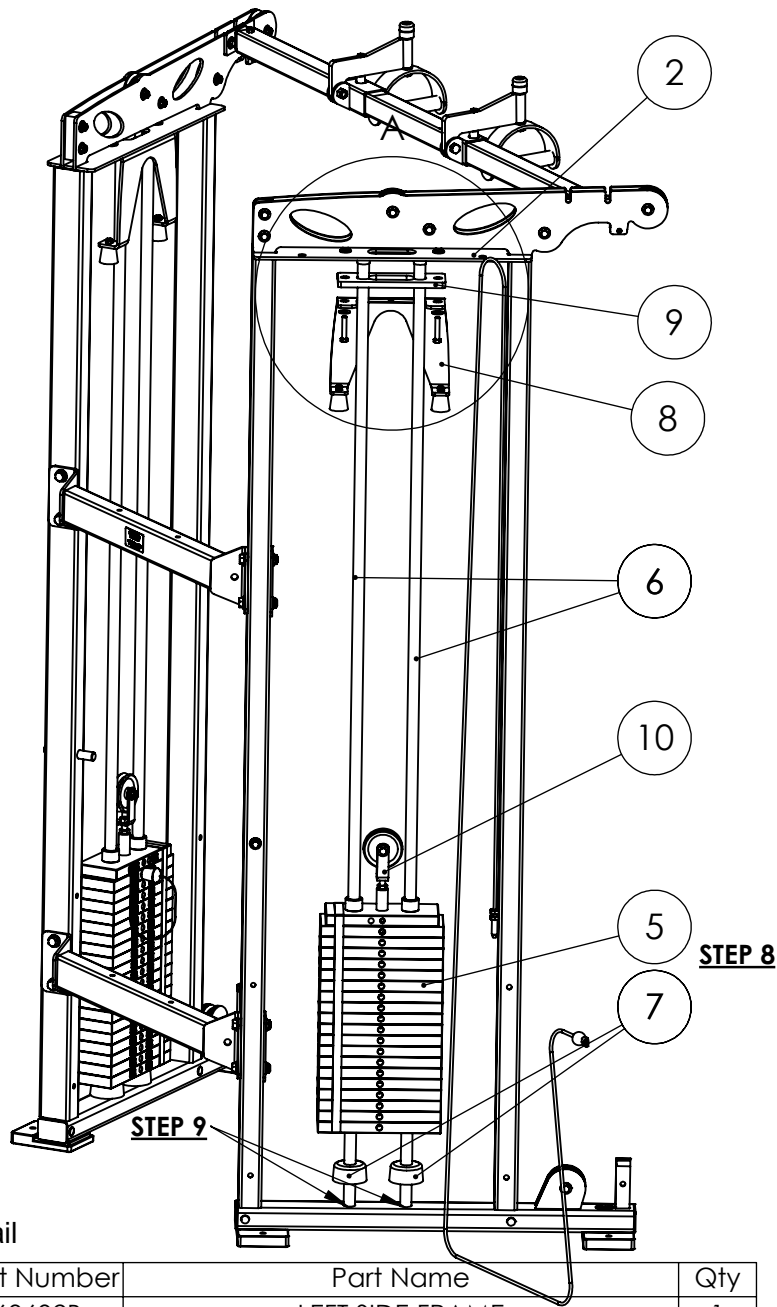
STEP 6
Item #38
1/2"X1-1/2"

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63600B_page3

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Frame Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|---------------------------|-----|
| 2 | 63602B | LEFT SIDE FRAME | 1 |
| 5 | 99659 | 200 LB. WEIGHT STACK | 1 |
| 6 | 63047 | SHAFT | 2 |
| 7 | 99640 | RUBBER BUMPER | 2 |
| 8 | 63152 | PULLEY STOP | 1 |
| 9 | 63628 | WEIGHT STACK RETAINER | 2 |
| 10 | 63132 | WEIGHT STACK PULLEY MOUNT | 1 |

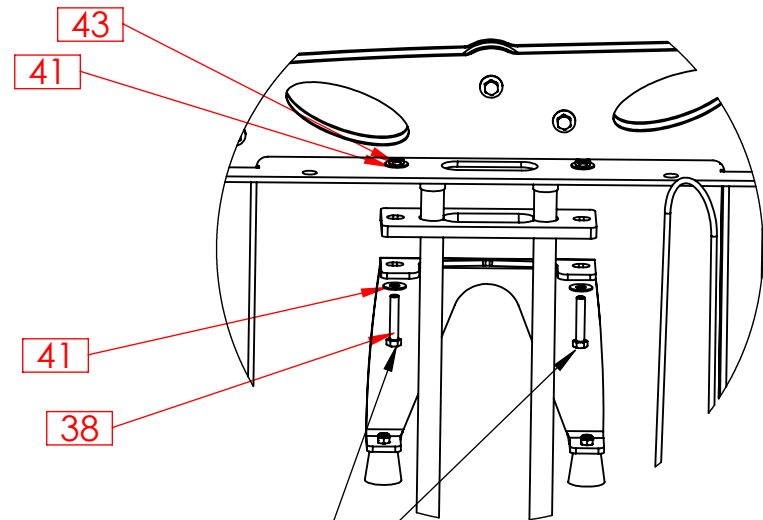
Instructions

- 8.) Insert both of items 6 into holes of item 5. Then place item 7 on bottom of item 6.
- 9.) Then insert both of items 6 into holes on the base of item 2. (Make sure numbers on weights face toward middle.)
- 10.) Place items 8 and 9 onto top end of items 6, and attach to item 2 using (2) 1/2"X1-1/2" bolts provided.
- 11.) Screw item 10 into item 5.

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

Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 38 | 99572 | 1/2"X1-1/2" BOLT | 2 |
| 41 | 99585 | 1/2" FLATWASHER | 4 |
| 43 | 99571 | 1/2"-13 THIN NUT | 2 |



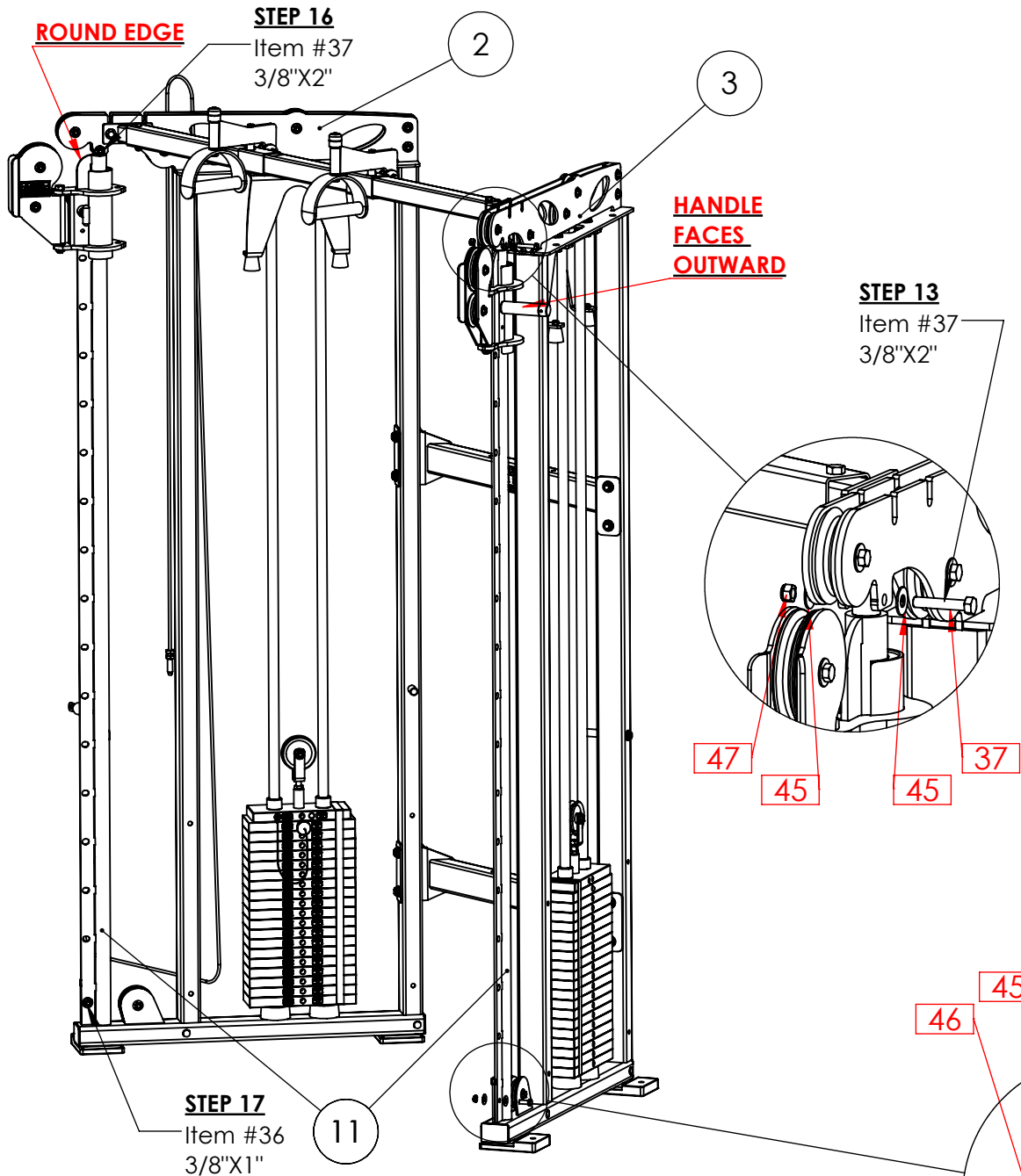
STEP 10
Item #38
1/2"X1-1/2"

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63600B_page4

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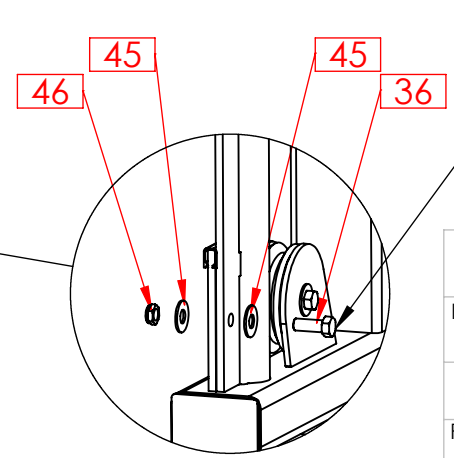
- Instructions**
- 12.) Insert bottom end of item 11 into slot at the base of item 3. (Note: top end has round edge, and handle faces outward.)
 - 13.) Then attach item 11 to the top of item 3 using (1) 3/8\"X2\" bolt provided.
 - 14.) Then attach item 11 to the bottom of item 3 using (1) 3/8\"X1\" bolt provided.
 - 15.) Insert bottom end of other item 11 into slot at the base of item 2. (Note: top end has round edge, and handle faces outward.)
 - 16.) Then attach item 11 to the top of item 2 using (1) 3/8\"X2\" bolt provided.
 - 17.) Then attach item 11 to the bottom of item 2 using (1) 3/8\"X1\" bolt provided.

Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|-------------------|-----|
| 36 | 99859 | 3/8\"X1\" BOLT | 2 |
| 37 | 99705 | 3/8\"X2\" BOLT | 2 |
| 45 | 99531 | 3/8\" FLATWASHER | 8 |
| 46 | 99619 | 3/8\"-16 THIN NUT | 2 |
| 47 | 99540 | 3/8\"-16 NUT | 2 |

Frame Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------------|-----|
| 2 | 63602B | LEFT SIDE FRAME | 1 |
| 3 | 63601B | RIGHT SIDE FRAME | 1 |
| 11 | 63006B | ADJUSTABLE CABLE SLIDE | 2 |



STEP 14
Item #36
3/8\"X1\"

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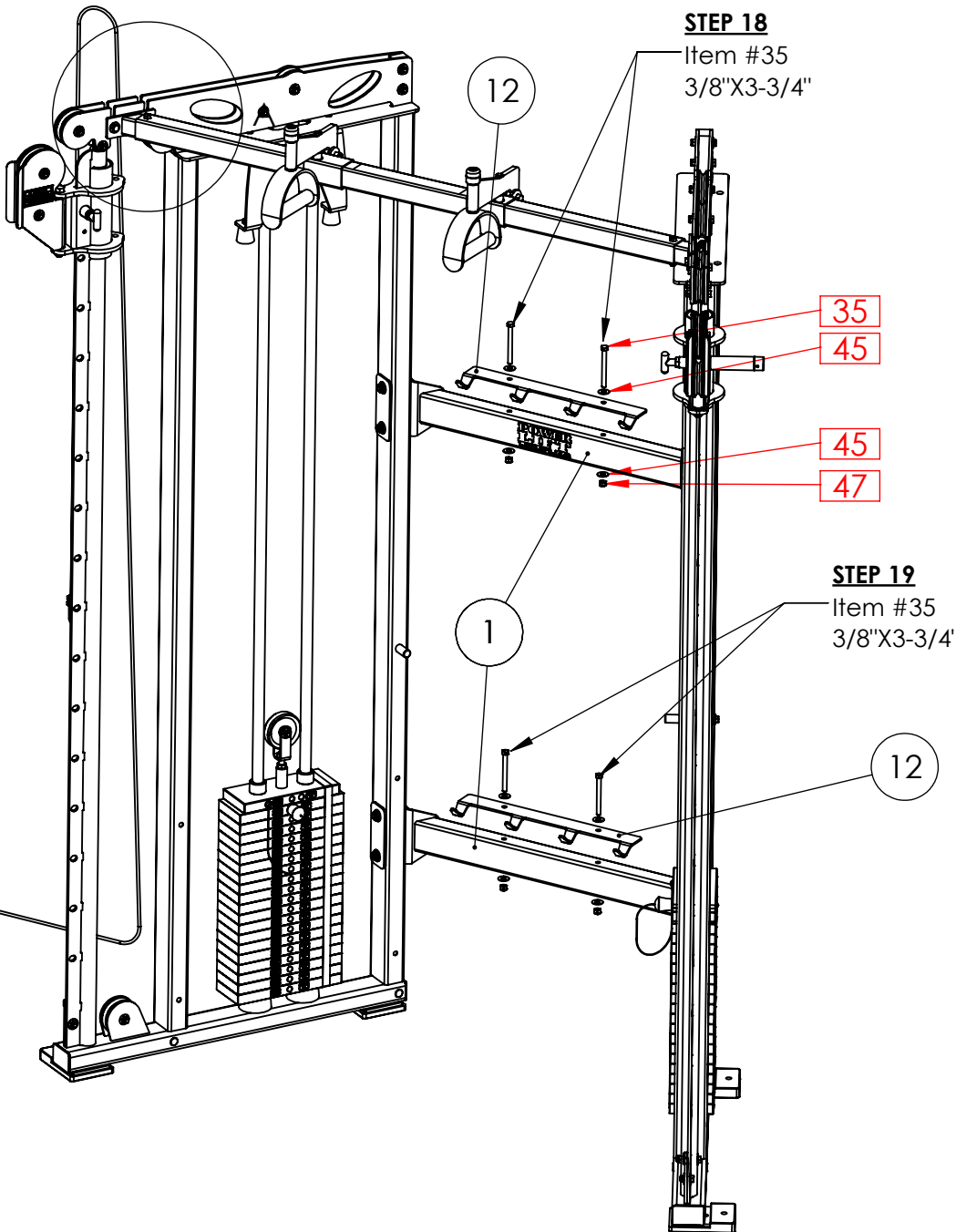
PART NUMBER
63600B_page5

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STEP 18

Item #35
3/8"X3-3/4"



STEP 19

Item #35
3/8"X3-3/4"

Frame Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|----------------|-----|
| 1 | 63609 | BACK BRACE | 2 |
| 12 | 63612 | ACCESSORY HOOK | 2 |

Instructions

18.) Assemble item 12 to the top of item 1 using (2) 3/8"X3-3/4" bolts provided.

19.) Assemble item 12 to the top of item 1 using (2) 3/8"X3-3/4" bolts provided.

20.) Now all bolts may be tightened from the bottom to the top.

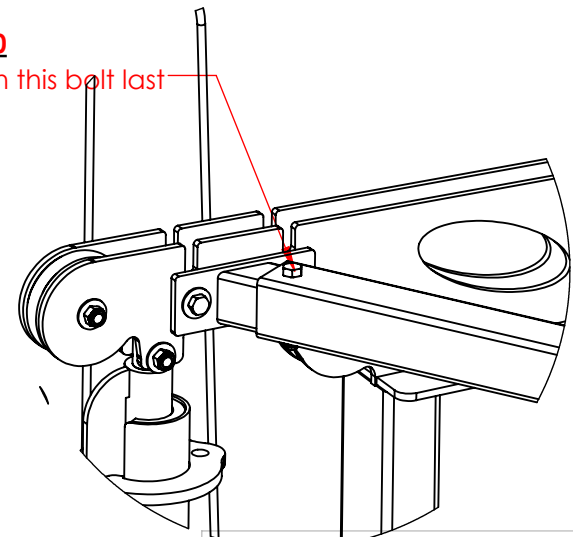
(Note: Tighten bolts on pull-up bar last.)

Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 35 | 99664 | 3/8"X3-3/4" BOLT | 4 |
| 45 | 99531 | 3/8" FLATWASHER | 8 |
| 47 | 99540 | 3/8"-16 NUT | 4 |

STEP 20

Tighten this bolt last



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63600B_page6

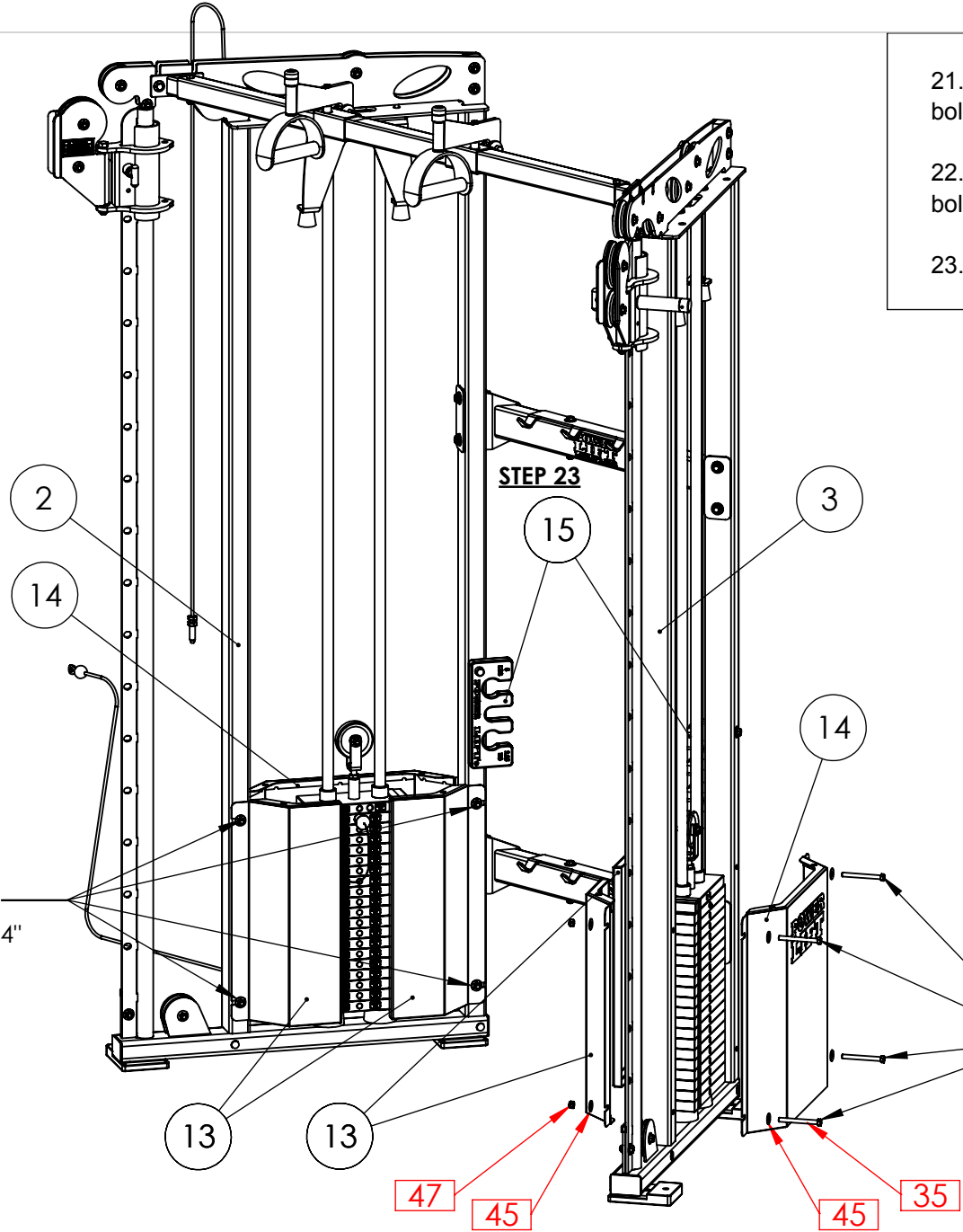
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Instructions

21.) Assemble items 13 and 14 to item 3 using (4) 3/8"X3-3/4" bolts provided. (Tighten bolts)

22.) Assemble items 13 and 14 to item 3 using (4) 3/8"X3-3/4" bolts provided. (Tighten bolts)

23.) Hang item 15 onto pin of item 2 and 3.

Hardware Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|------------------|-----|
| 35 | 99664 | 3/8"X3-3/4" BOLT | 8 |
| 45 | 99531 | 3/8" FLATWASHER | 16 |
| 47 | 99540 | 3/8"-16 NUT | 8 |

STEP 22
Item #35
3/8"X3-3/4"

STEP 21
Item #35
3/8"X3-3/4"

Frame Detail

| Item No. | Part Number | Part Name | Qty |
|----------|-------------|--------------------|-----|
| 2 | 63602B | LEFT SIDE FRAME | 1 |
| 3 | B3601B | RIGHT SIDE FRAME | 1 |
| 13 | 63607 | GUARD, DUAL COLUMN | 4 |
| 14 | 63608 | GUARD, REAR | 2 |
| 15 | 99632 | 5 LB ADD ON WEIGHT | 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 3/4" Wrenches

1.) Remove pulley 2 using two 9/16" wrenches, and pull cable between pulleys 1 & 2. Then replace pulley 2.

2.) Pull cable over pulleys 3 & 6.

3.) Remove pulley 7 using two 9/16" wrenches, route cable under pulley 7, and replace pulley 7.

4.) Remove pulley 5 using two 9/16" wrenches, route cable through pulley 5 & 6. Replace pulley 5. Route cable over pulley 4.

5.) Remove pulley 8 using two 9/16" wrenches, route cable under pulley 8, and replace pulley 8.

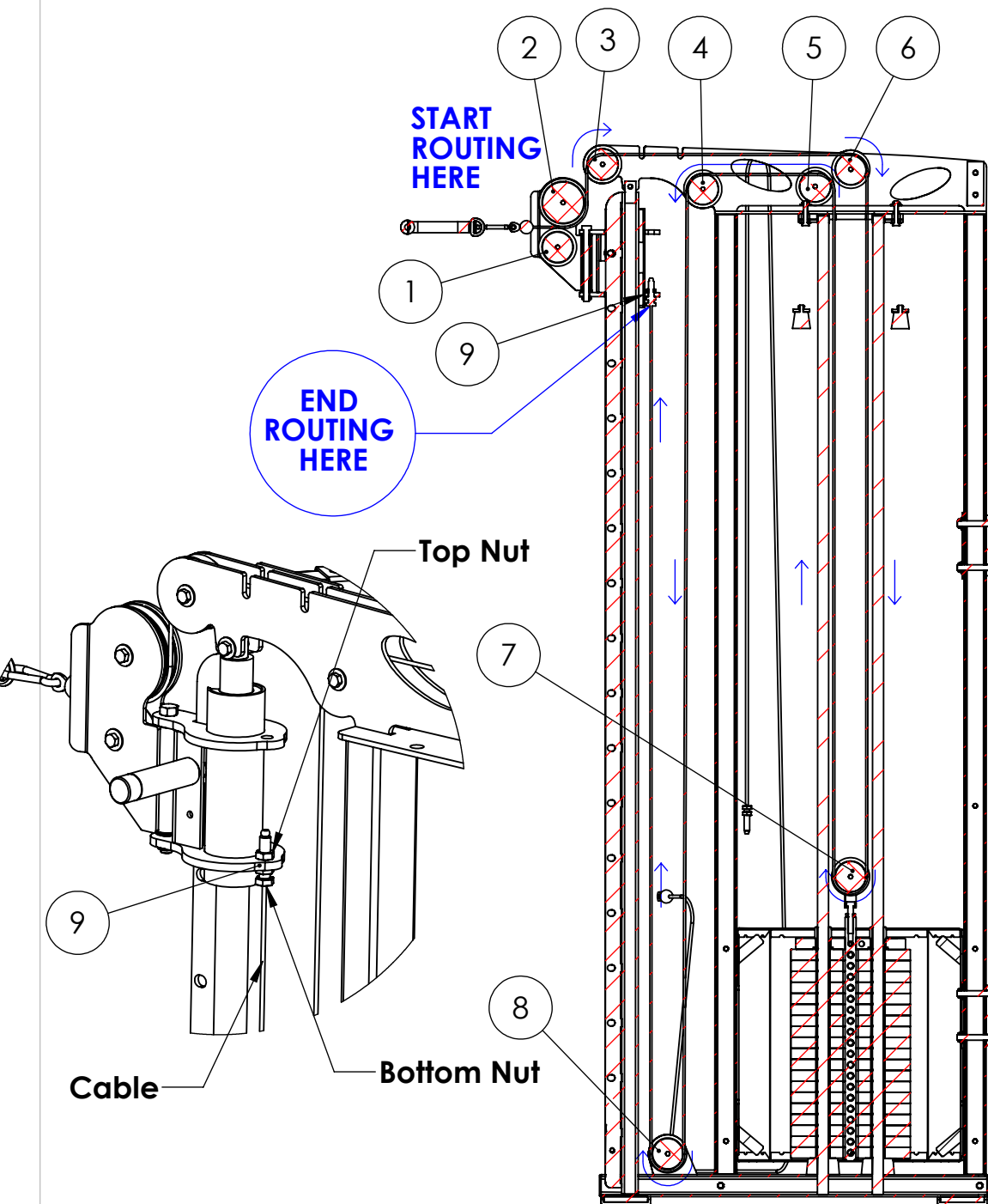
6.) Recheck all pulleys to make sure cable is sitting in groove of pulley.

7.) Recheck all pulley bolts to make sure they are tight.

8.) Attach cable to item 9 and tighten top nut until there is no more slack in the cable.

9.) Tighten bottom nut and top nut together using two 3/4" wrenches.

10.) 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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