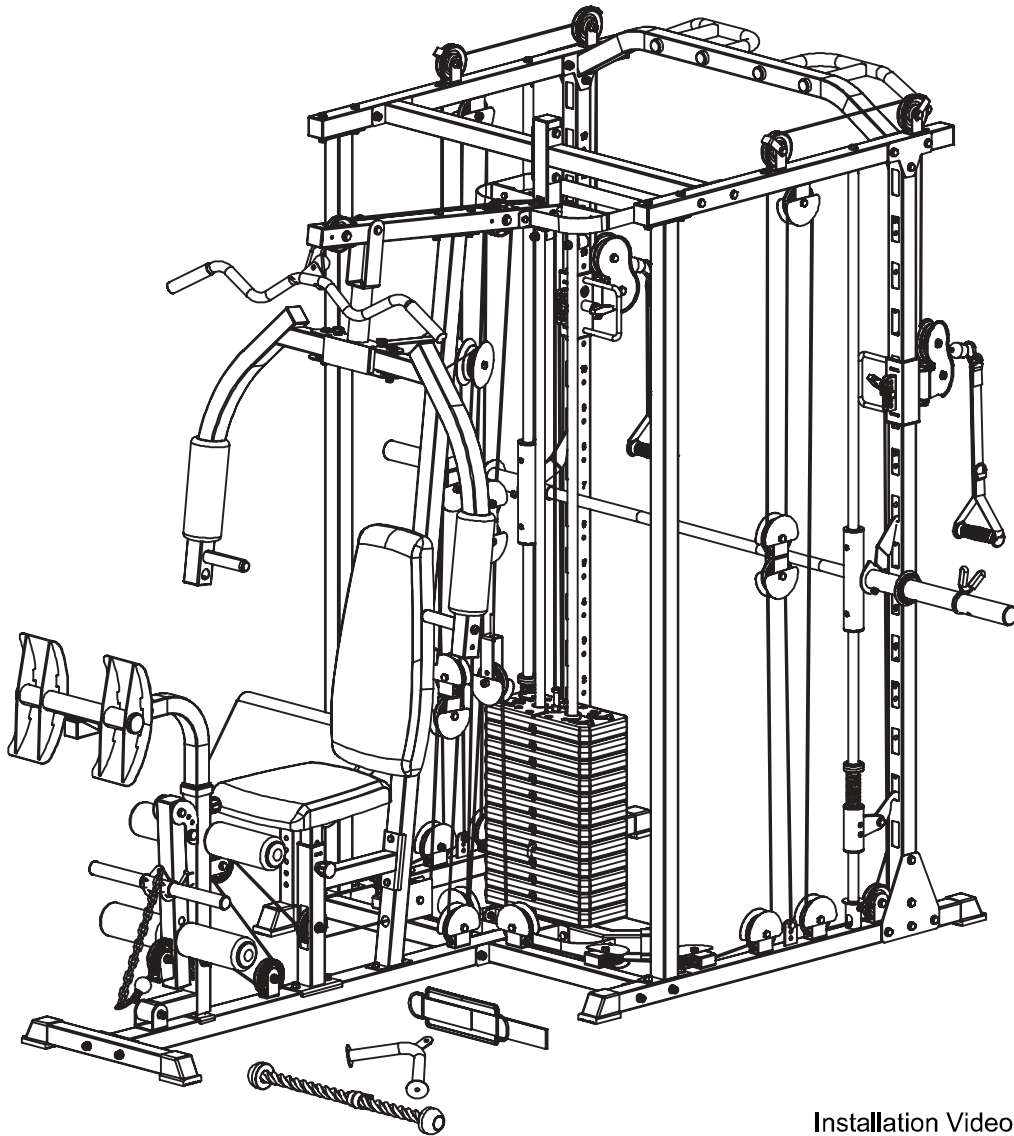


ASSEMBLY INSTRUCTIONS

SKU# DJ1035BK-119CM



⚠ SAFETY TIPS:

Static charge may cause dust on foam-clean with a dry or damp cloth. Small foam strands may be present-handle gently and dispose of properly. Do not burn or incinerate. Check local recycling guideline.

Installation Video QR



DJ1035

<https://vimeo.com/1130803864>

Have an assembly question or need a replacement part?
Please contact with our customer service.

Warnings

To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the equipment. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

⚠ WARNING

- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep children and pets away from it. Teenagers must be supervised.
- You must replace the sticker if it is damaged, illegible or missing.
- Keep your body, clothing, and hair free and clear of all moving parts. Tie long hair back so that it does not get in the way when exercising.
- Not suitable for therapeutic purposes.
- Do not exceed weight capacity.
- Always use the security devices.
- It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
- Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.
- Always wear sports shoes for foot protection while using the weight training system.
- Before each use, make sure your product is locked (pins engaged). Inspect and properly tighten all parts and replace any worn parts immediately.
- Users are responsible for maintaining the product in good condition after setting it up and before each use.
- This product is intended for home use only. Do not use the product in a commercial, rental or institutional environment.
- The equipment must be placed on a flat, stable surface.
- Leave enough space around the apparatus in order to exercise in complete safety.
- For your own safety, regularly inspect your product.
- Remove any jewellery that you're wearing.
- Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.

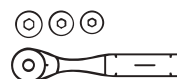
Adult assembly required

- It is recommended to assemble the product by three adults.
- Due to its weight and size, the product should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the product as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- We've provided tools to help with assembly, but you're more than welcome to use your own tools.

- one Phillips screwdriver



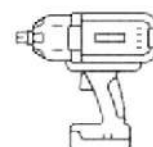
- Socket set



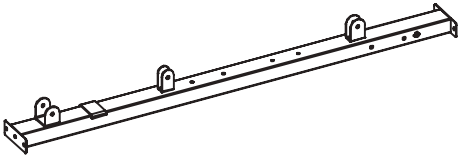
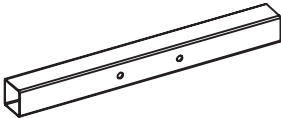
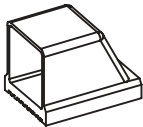
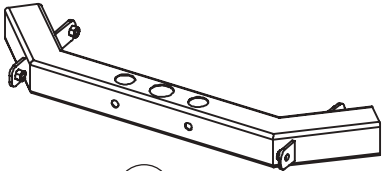
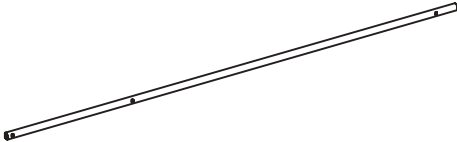
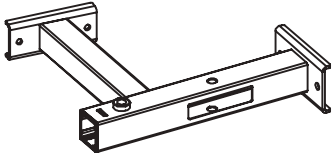
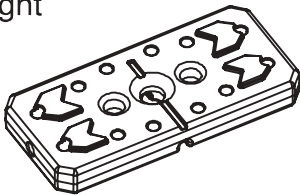
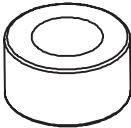
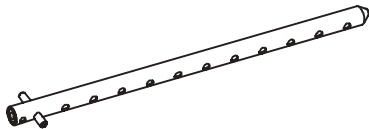
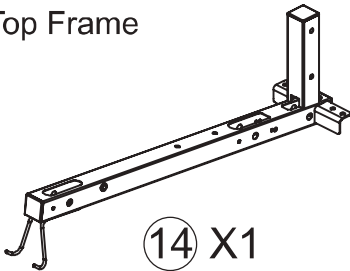
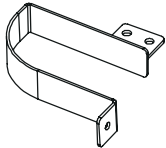
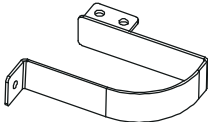
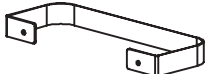
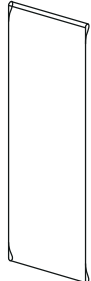
- Adjustable wrenches



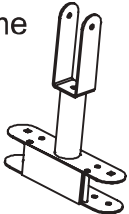
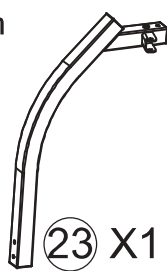
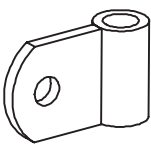
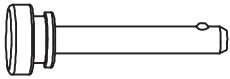
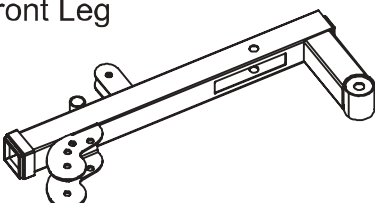
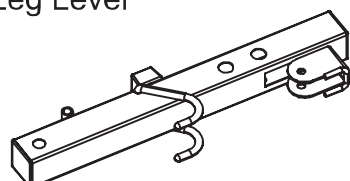
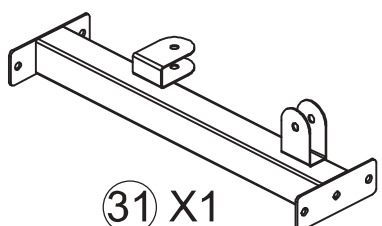
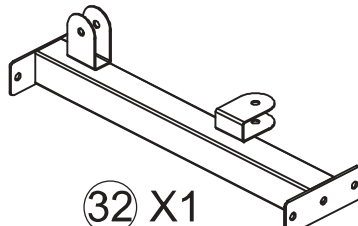
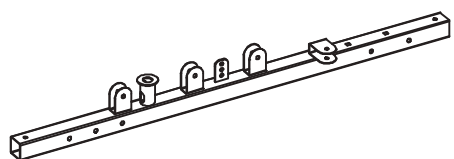
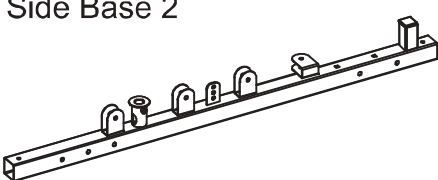
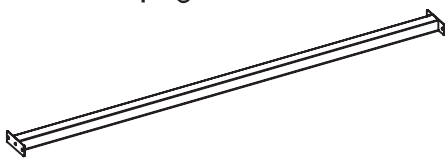
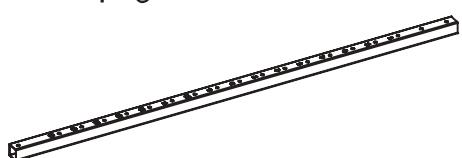
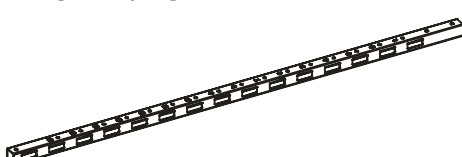
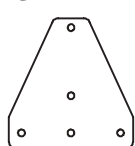
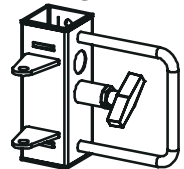
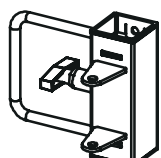
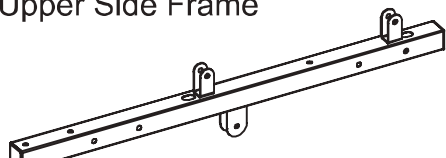
- Electric Wrench



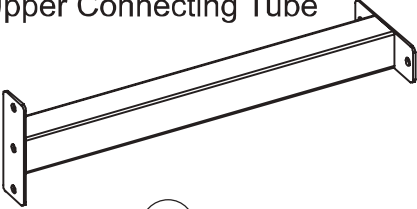
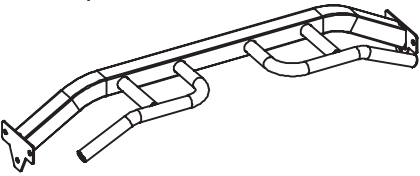
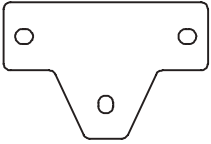
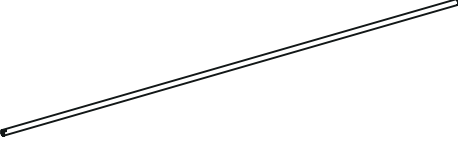
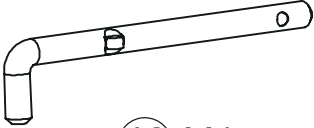
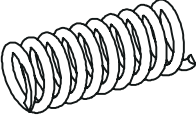
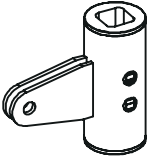
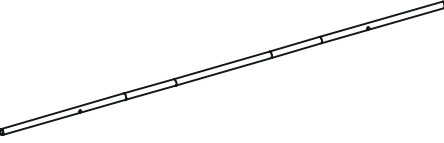
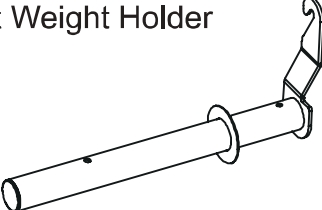
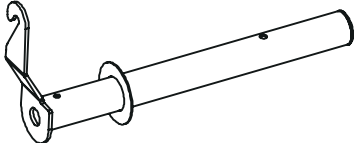
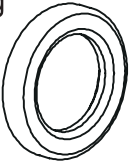
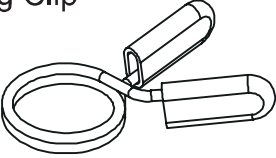
Parts List

Base  ① X1	Front Base  ② X1	Outer Cap  ③ X8
Stabilizer  ④ X1	Weight Guide  ⑤ X2	Front Upright  ⑥ X1
Square Outer Cap  ⑦ X1	Square Plate  ⑧ X1	Seat Tube  ⑨ X1
Weight  ⑩ X12	Weight Bumper  ⑪ X4	Weight Selector  ⑫ X1
Bumper  ⑬ X2	Top Frame  ⑭ X1	Right Shroud Support  ⑮ X1
Left Shroud Support  ⑯ X1	Lower Shroud Support  ⑰ X2	Front Shroud  ⑱ X2
Rear Upper Shroud Support  ⑲ X1	Rear Lower Shroud Support  ⑳ X1	Rear Shroud  ㉑ X1

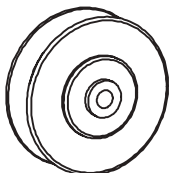
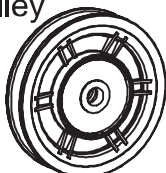
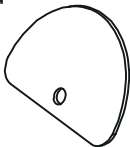
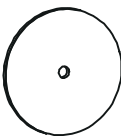
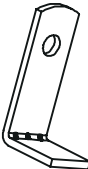
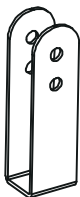
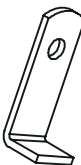
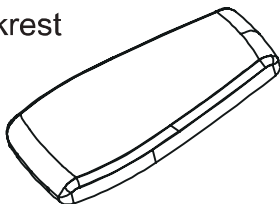
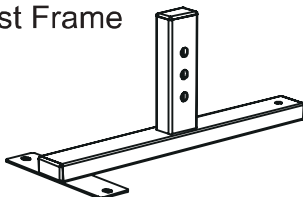
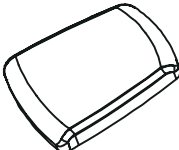
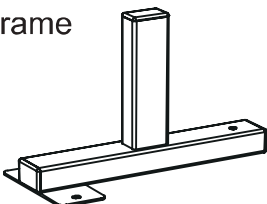
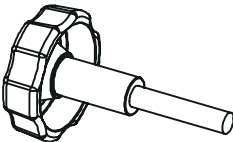
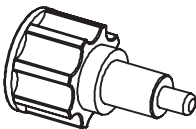
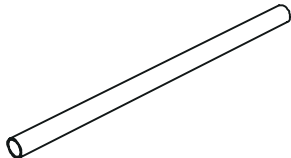
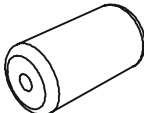
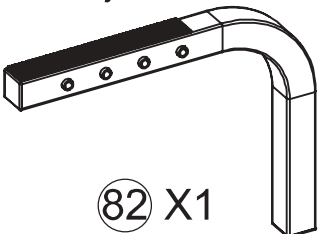
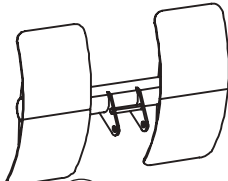
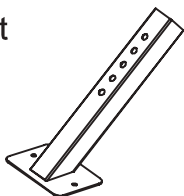
Parts List

Pivot Frame  ②② X1	Left Arm  ②③ X1	Right Arm  ②④ X1
Large Foam  ②⑤ X2	Handle  ②⑥ X2	Cable Pivot  ②⑦ X2
Pin  ②⑧ X4	Front Leg  ②⑨ X1	Leg Lever  ③⑦ X1
Middle Base 1  ③① X1	Middle Base 2  ③② X1	Side Base 1  ③③ X1
Side Base 2  ③④ X1	Middle Upright  ③⑤ X2	Left Upright  ③⑥ X1
Right Upright  ③⑦ X1	Connecting Plate  ③⑧ X4	Left Pulley Sliding Sleeve  ③⑨ X1
Right Pulley Sliding Sleeve  ④⑦ X1	Pulley Frame  ④① X2	Upper Side Frame  ④② X2

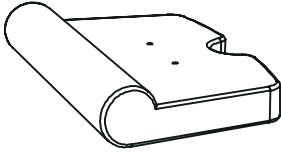
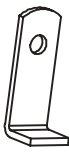
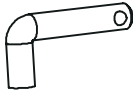
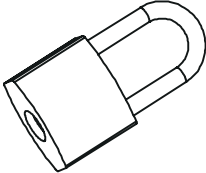
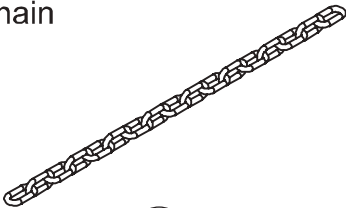
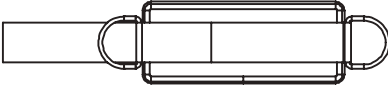
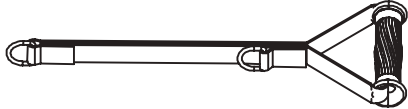
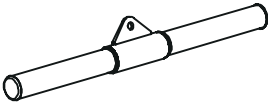
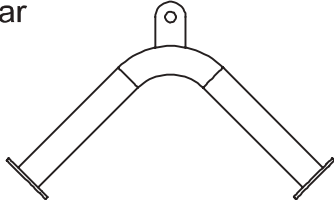
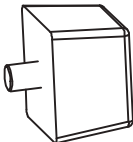
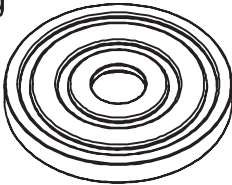
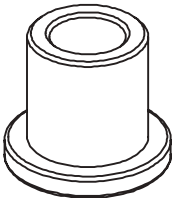
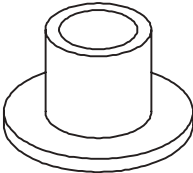
Parts List

Upper Connecting Tube  ④③ X2	Pull-up Bar  ④④ X1	Reinforcement Plate  ④⑤ X2
Guide Bar  ④⑥ X2	Guide Frame  ④⑦ X2	Weight Pin  ④⑧ X1
Spring  ④⑨ X2	Hook Frame  ⑤⑩ X2	Safety Hook  ⑤① X2
Barbell Bar  ⑤② X1	Left Weight Holder  ⑤③ X1	Right Weight Holder  ⑤④ X1
Buffer Ring  ⑤⑤ X2	Spring Clip  ⑤⑥ X2	High Cable  ⑤⑦ X1
Arm Cable  ⑤⑧ X1	Low Cable  ⑤⑨ X1	Crossover Cable  ⑥⑩ X2
Side Cable  ⑥① X1	Pulley  ⑥② X31	Thin Pulley  ⑥③ X2

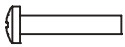
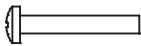
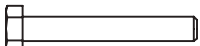
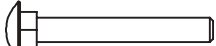
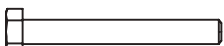
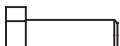
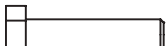
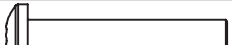
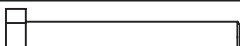
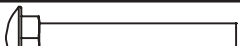
Parts List

V-pulley  64 X2	Thick Pulley  65 X5	Bracket  66 X3
Half Guard  67 X44	Full Guard  68 X4	Long Cable Trap  69 X2
Double U-bracket  70 X1	U-bracket  71 X1	L Plate  72 X4
Backrest  73 X1	Backrest Frame  74 X1	Seat  75 X1
Seat Frame  76 X1	Long Knob  77 X1	Plug  78 X2
Foam Tube  79 X2	Small Foam  80 X4	Foam Cap  81 X4
Leg Kick Adjustment Frame  82 X1	Foot Pedal  83 X1	Curl Post  84 X1

Parts List

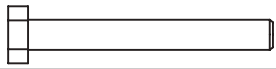
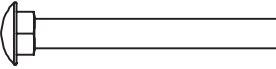
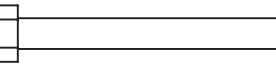
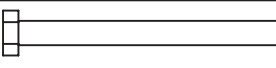
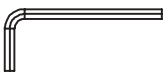
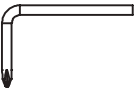
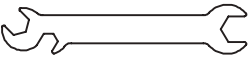
Curl Pad  85 X1	Short Cable Trap  86 X1	Lock Pin  87 X1
Cable Clip  88 X5	Lock  89 X1	Triceps Rope Handle  90 X1
Chain  91 X1	Ankle Ring  92 X1	Pull Handle  93 X2
Cable Bar  94 X1	Lat Bar  95 X1	V Bar  96 X1
Buffer Pad Block  97 X1	Arm Bushing  A1 X4	Bolt Bushing  A2 X2
Long Sleeve  A3 X4	Pulley Sleeve  A4 X10	

Hardware List

No.	Code	Diagram	Description	Quantity	Spare
1	B1		Bolt M6*16mm	6	
2	B2		Bolt M6*32mm	1	
3	B3		Bolt M6*38mm	1	
4	B4		Bolt M8*20mm	6	
5	B5		Bolt M8*20mm	4	
6	B6		Bolt M8*22mm	2	
7	B7		Bolt M8*57mm	2	
8	B8		Bolt M8*63mm	2	
9	B9		Bolt M8*65mm	3	
10	B10		Bolt M10*20mm	4	
11	B11		Bolt M10*25mm	2	
12	B12		Bolt M10*25mm	2	
13	B13		Bolt M10*30mm	4	
14	B14		Bolt M10*45mm	27	
15	B15		Bolt M10*50mm	7	
16	B16		Bolt M10*65mm	2	
17	B17		Bolt M10*70mm	43	6
18	B18		Bolt M10*70mm	6	2
19	B19		Bolt M10*75mm	2	

THE SPARE BAG INCLUDED EXTRA HARDWARE FOR DAMAGED OR MISSING SMALL HARDWARE WHILE YOU ARE ASSEMBLING

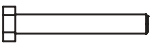
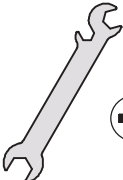
Hardware List

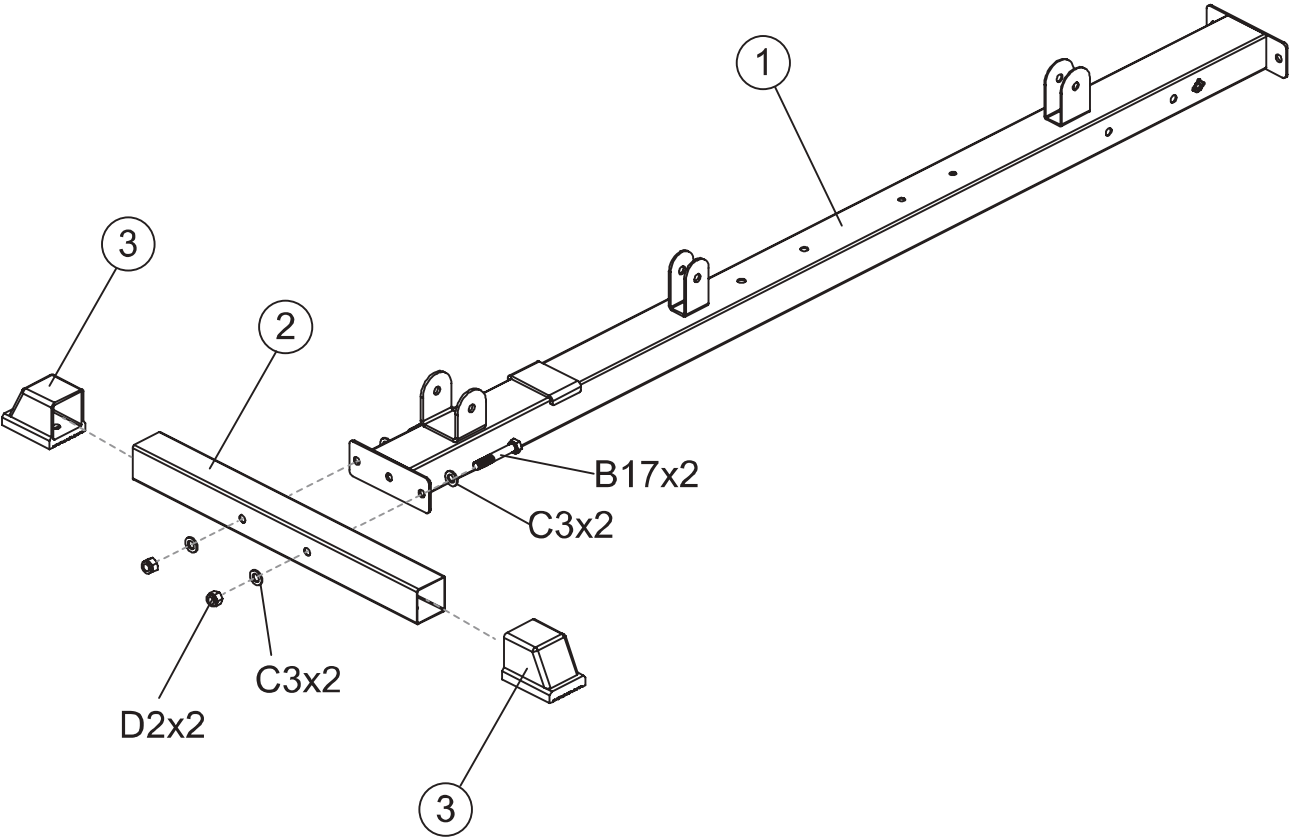
No.	Code	Diagram	Description	Quantity	Spare
20	B20		Bolt M10*80mm	3	
21	B21		Bolt M10*86mm	2	
22	B22		Bolt M10*90mm	2	
23	B23		Bolt M10*110mm	2	
24	C1		M6 Washer	2	
25	C2		M8 Washer	17	
26	C3		M10 Washer	124	14
27	C4		Large Washer	1	
28	D1		M8 Lock Nut	11	
29	D2		M10 Nut	102	14
30	D3		M8 Nut	1	
31	*		S6*96mm	1	
			S5*85mm	1	
			S3*66mm	1	
			50*80mm	1	
				1	

THE SPARE BAG INCLUDED EXTRA HARDWARE FOR DAMAGED OR MISSING SMALL HARDWARE WHILE YOU ARE ASSEMBLING

Assemble

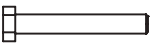
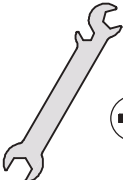
Step 1

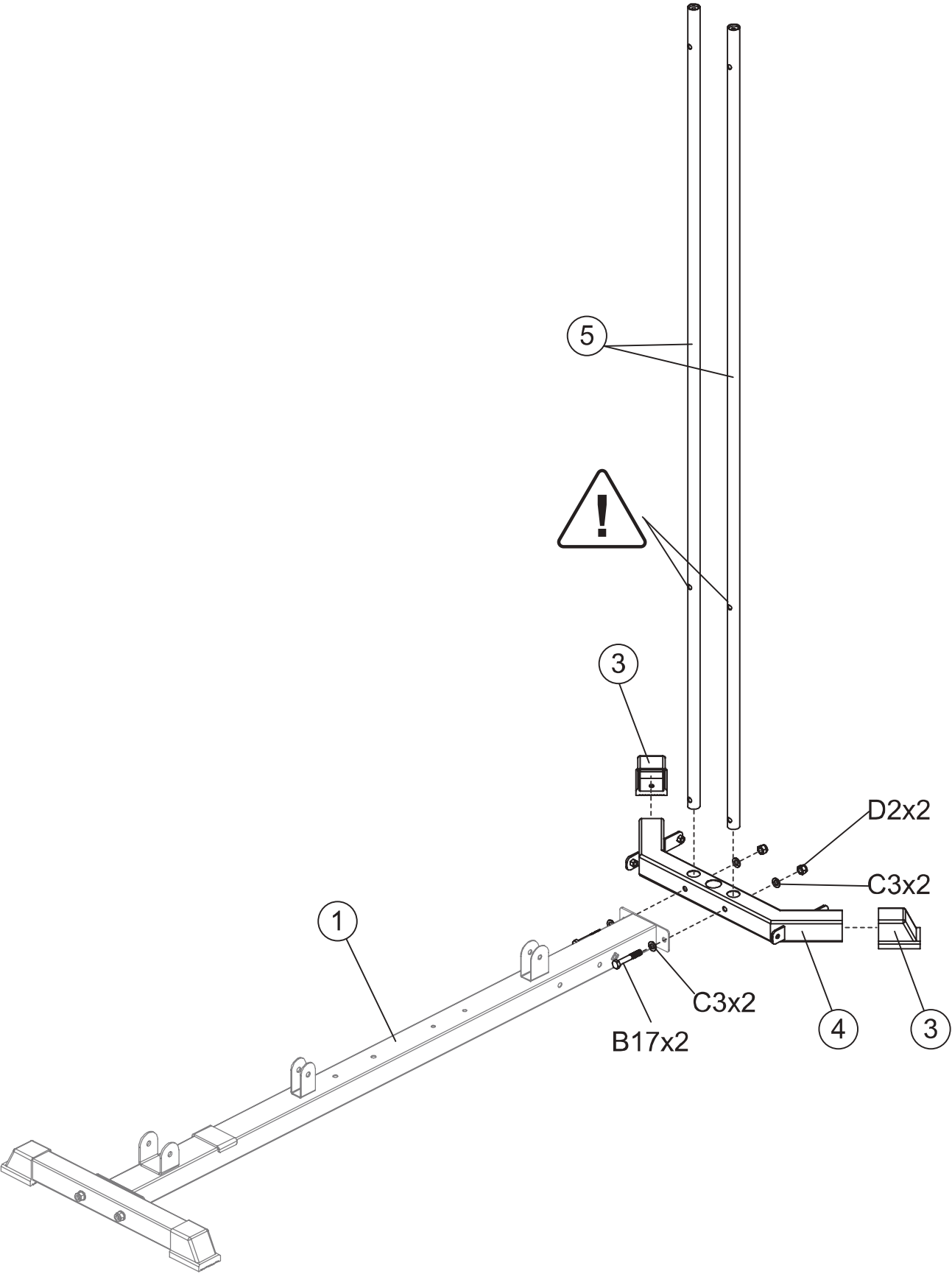
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 ⊕
B17	2PCS	C3	4PCS	D2	2PCS			



Assemble

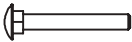
Step 2

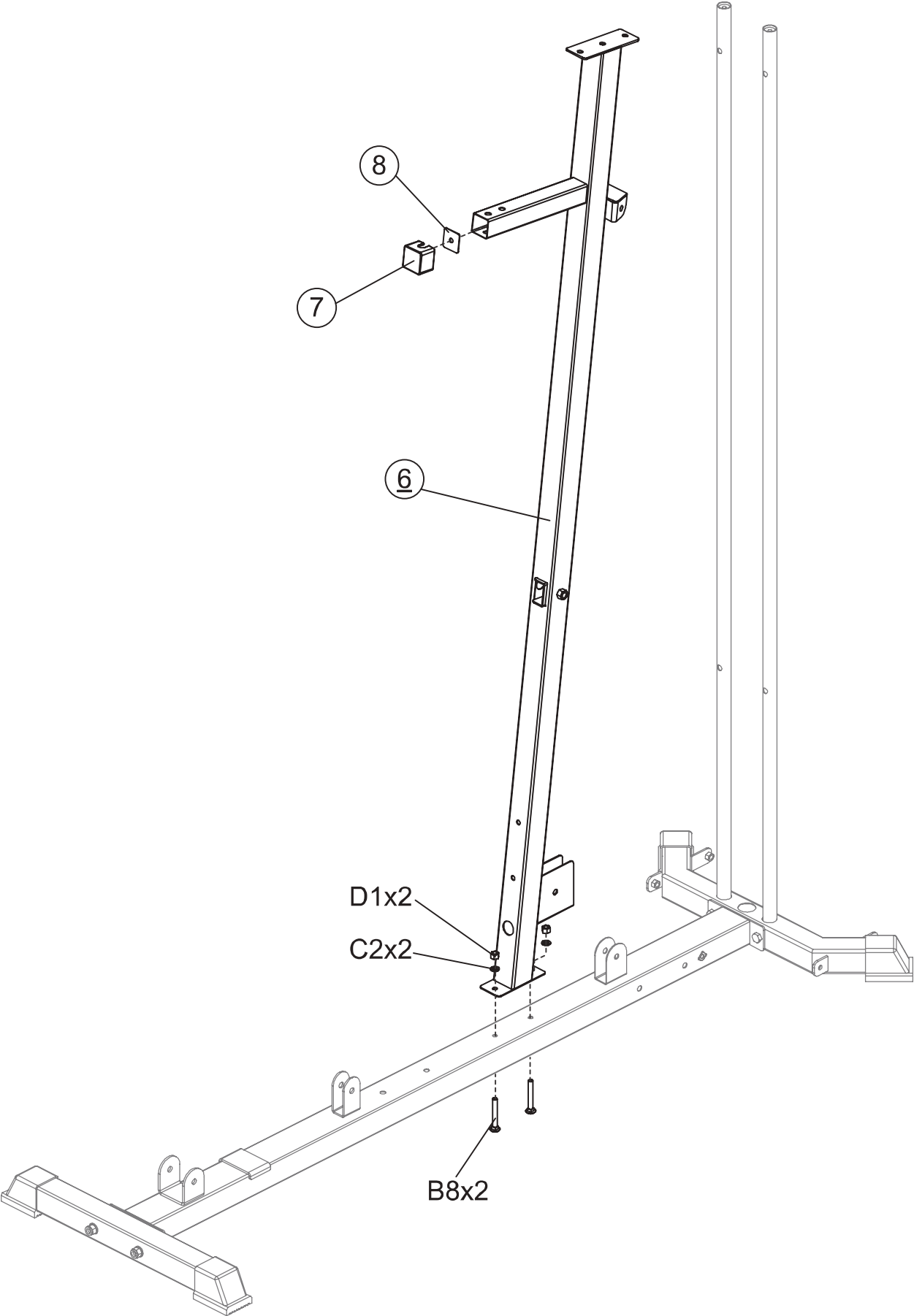
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 ⊕
B17	2PCS	C3	4PCS	D2	2PCS			



Assemble

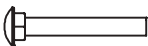
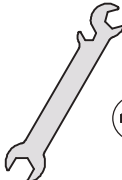
Step 3

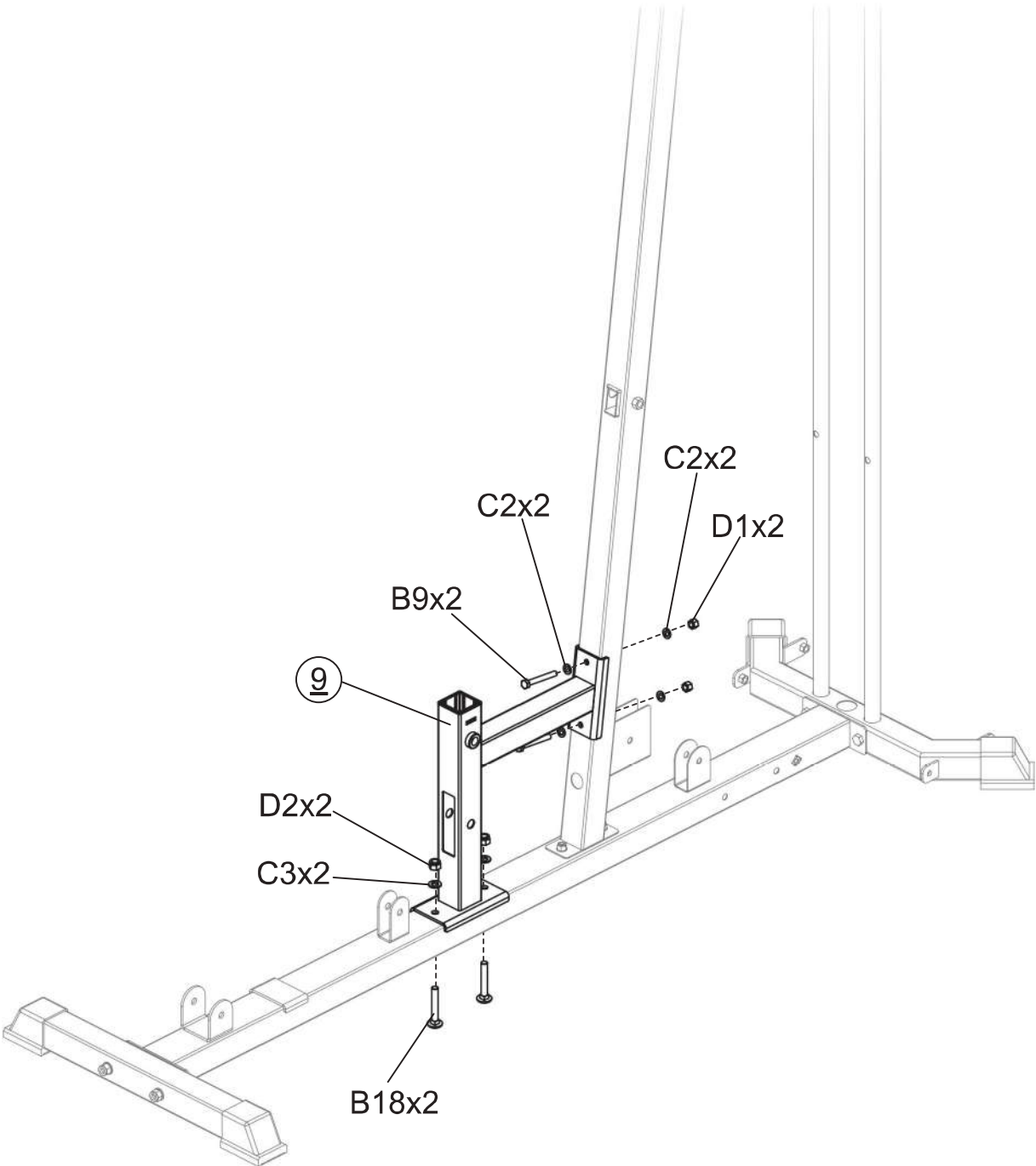
 Bolt M8*63mm		 M8 Washer		 M8 Lock Nut			
B8	2PCS	C2	2PCS	D1	2PCS		



Assemble

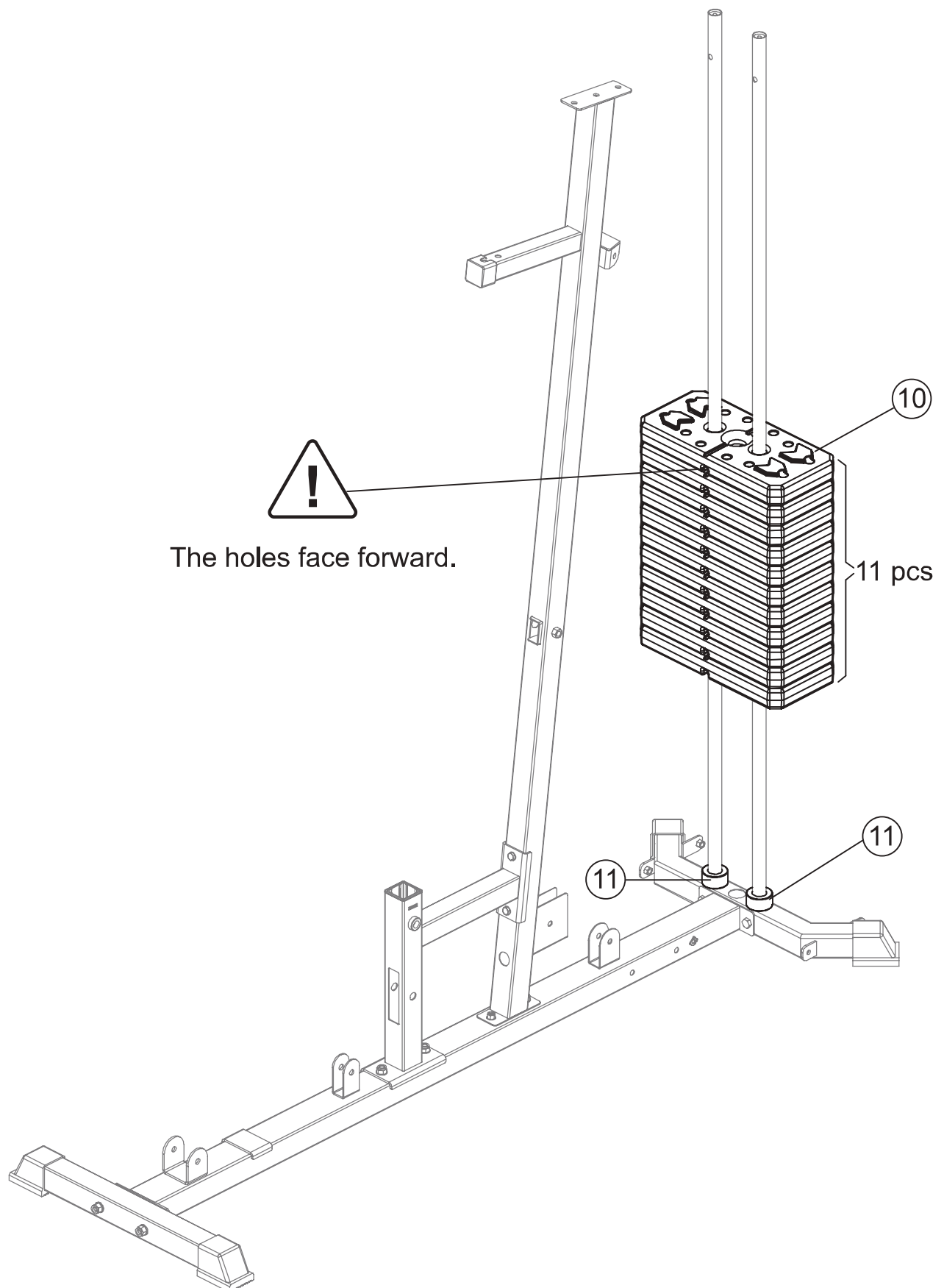
Step 4

				  Use wrenches to tighten the bolts and nuts in steps 3 and 4.
B18 2PCS	C3 2PCS	D2 2PCS		
				
B9 2PCS	C2 4PCS	D1 2PCS		



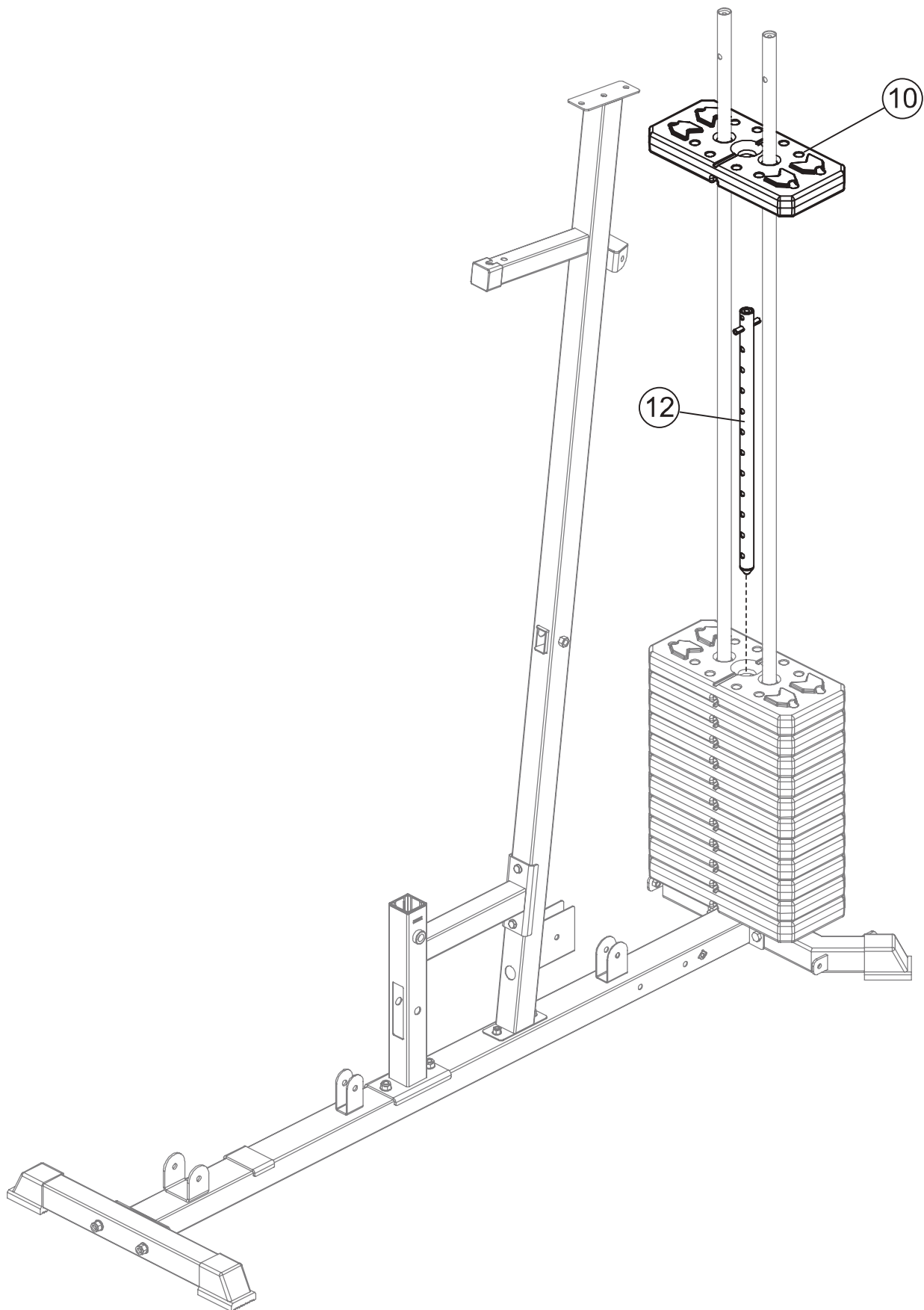
Assemble

Step 5



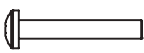
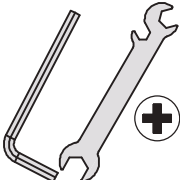
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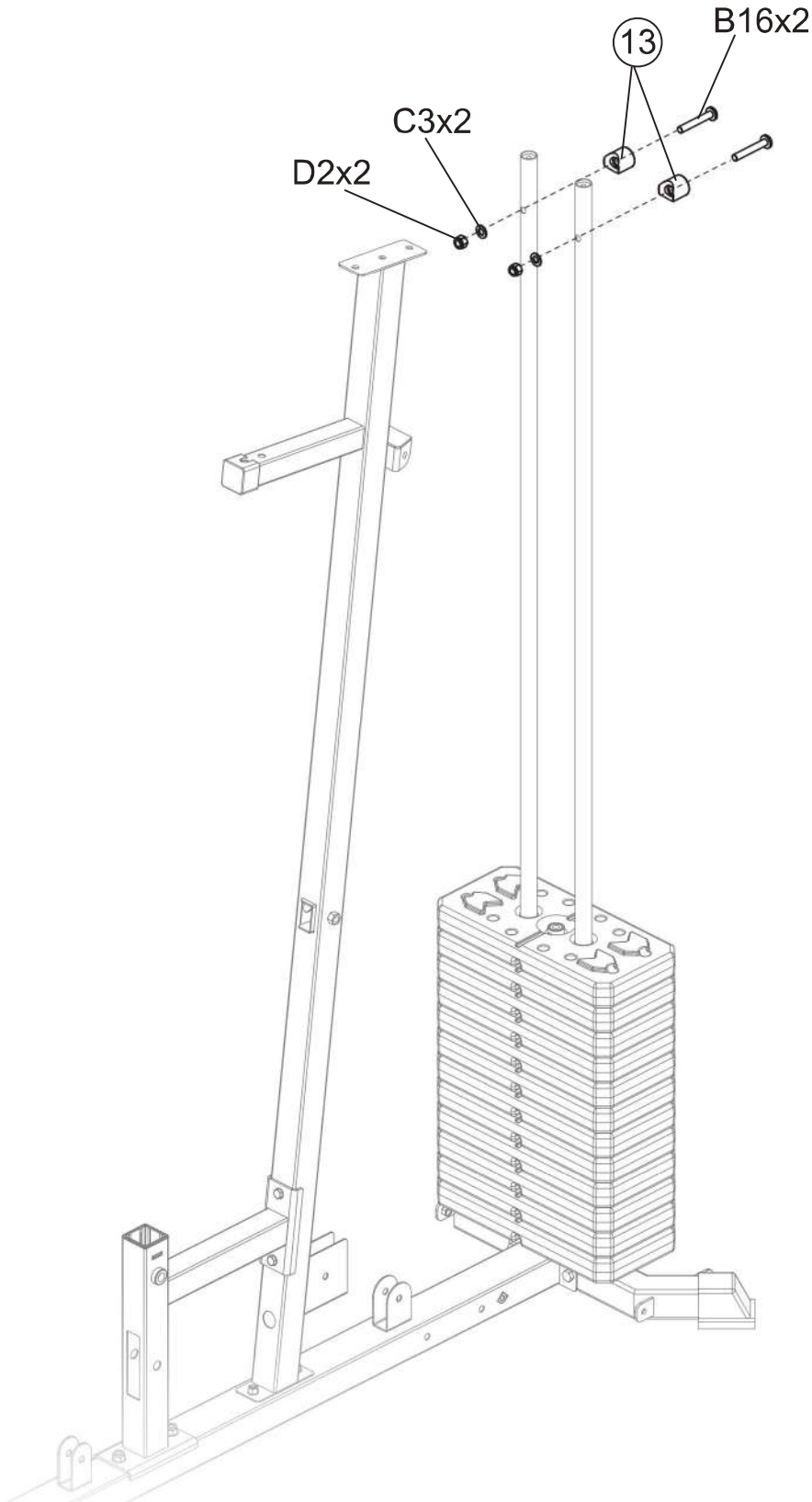
Step 6



Assemble

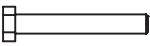
Step 7

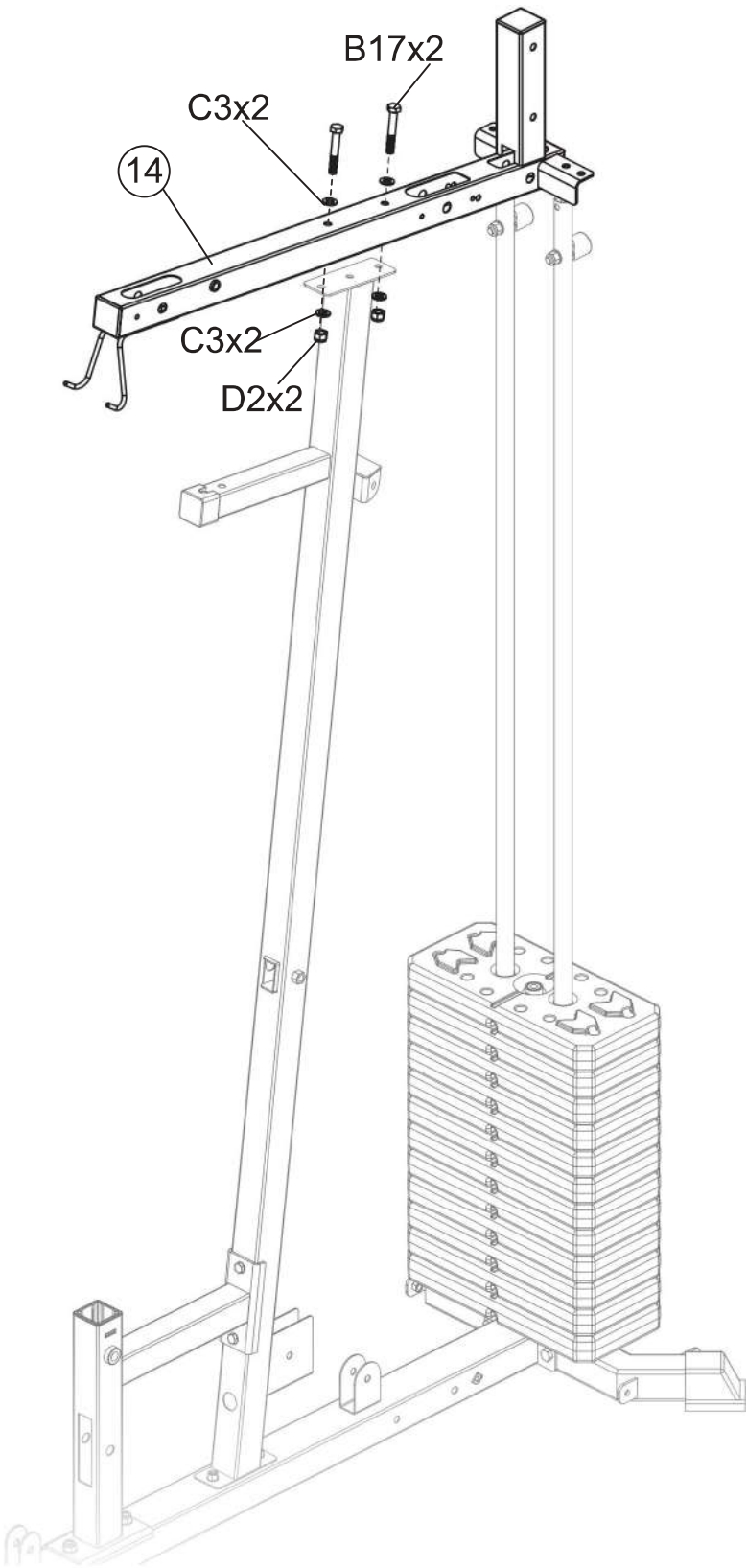
 Bolt M10*65mm		 M10 Washer		 M10 Nut					
B16	2PCS	C3	2PCS	D2	2PCS				



Assemble

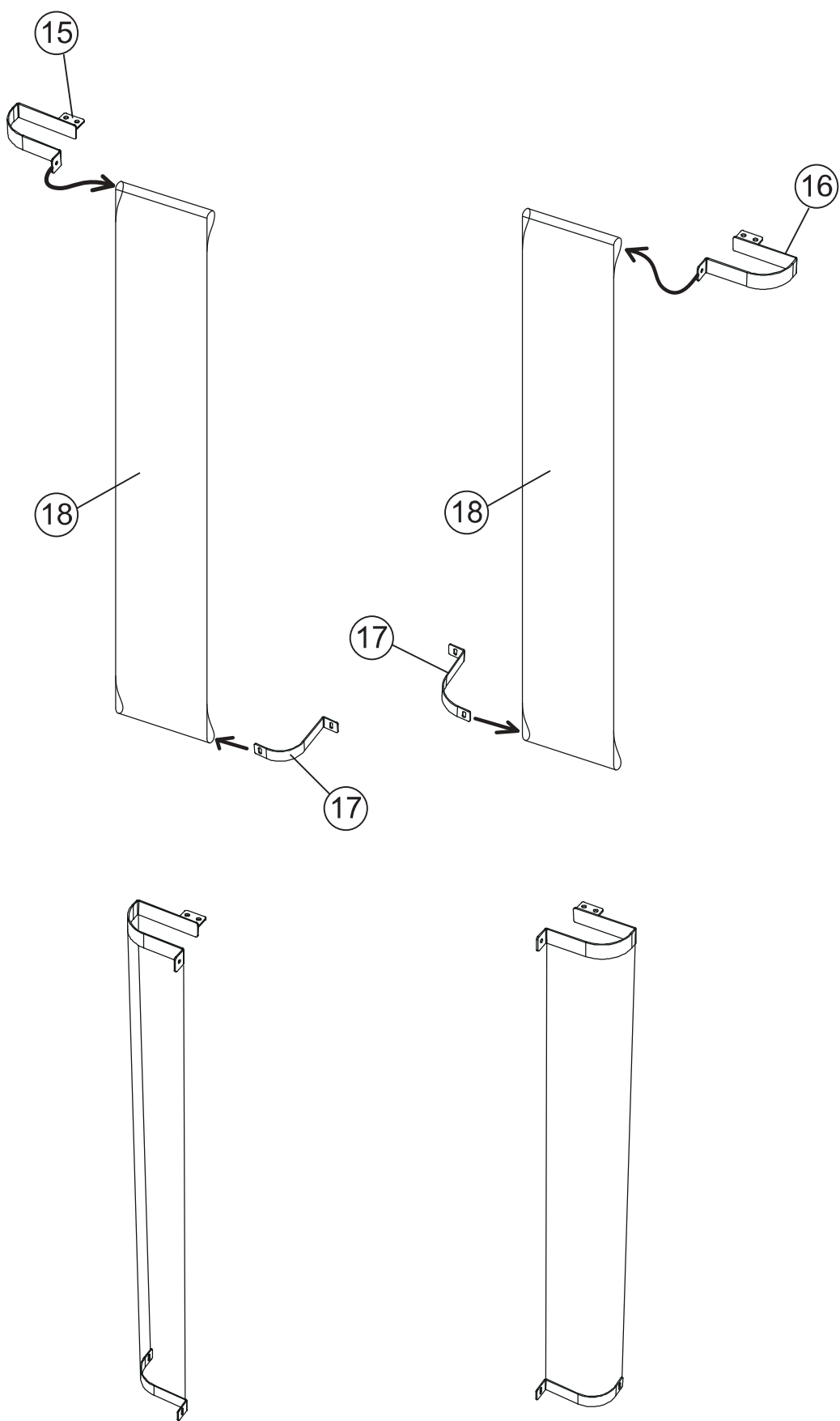
Step 8

 Bolt M10*70mm		 M10 Washer		 M10 Nut			
B17	2PCS	C3	4PCS	D2	2PCS		



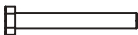
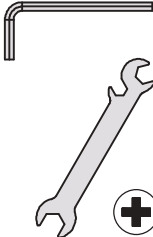
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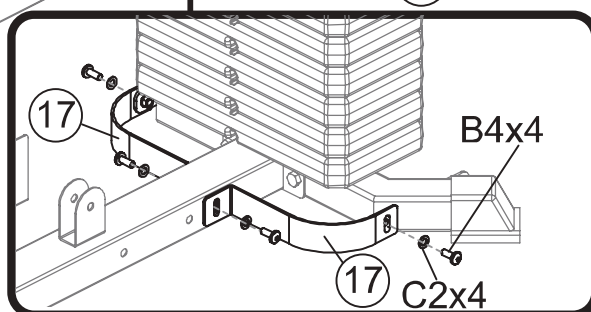
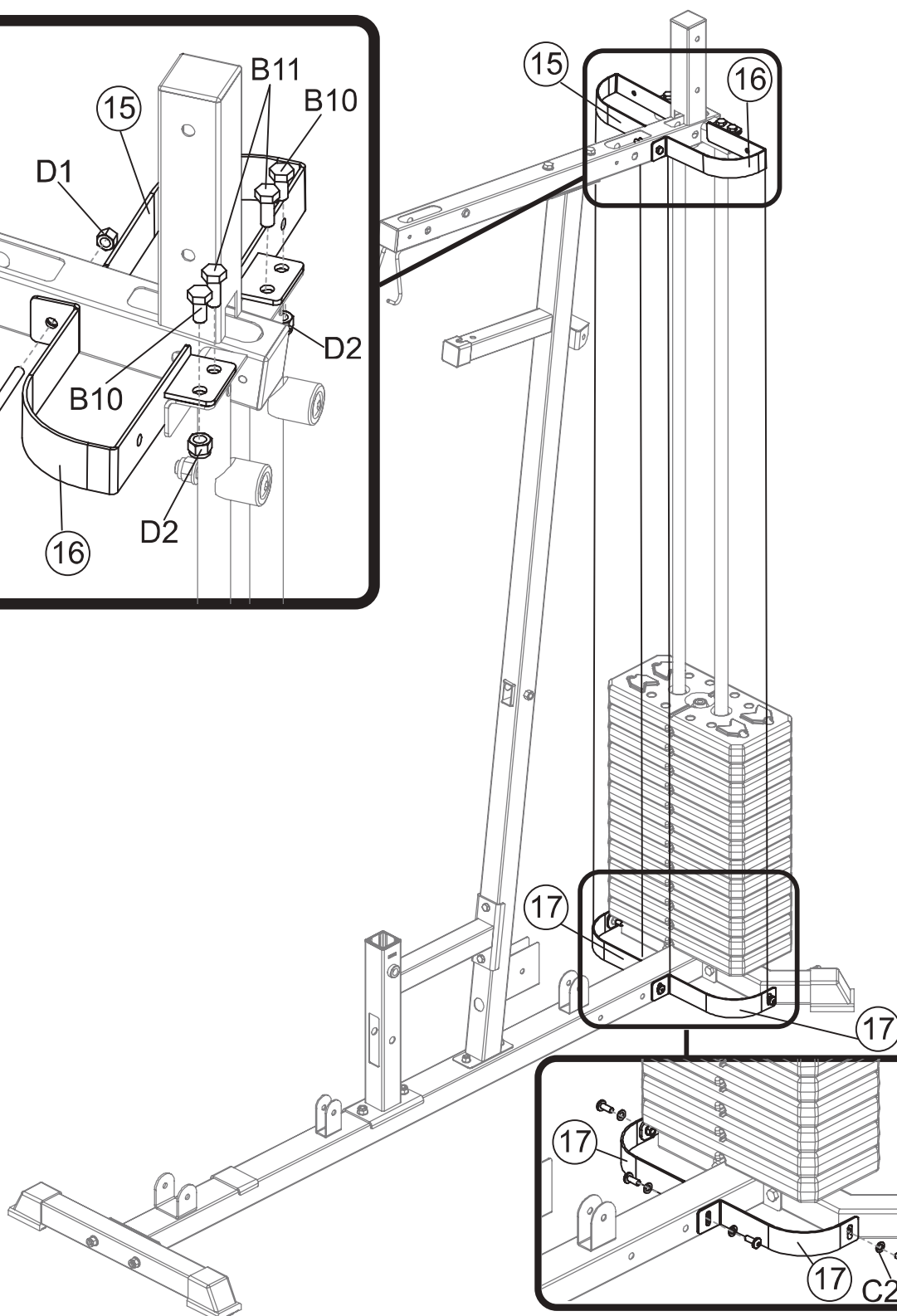
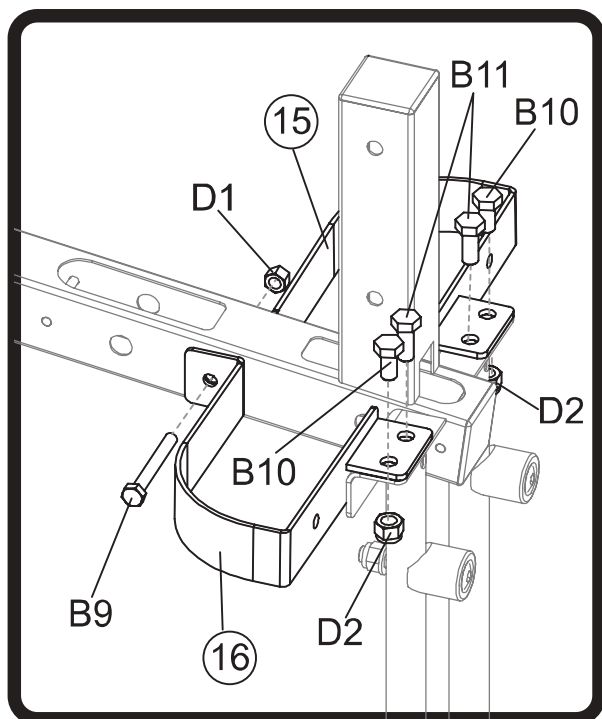
Step 9



Assemble

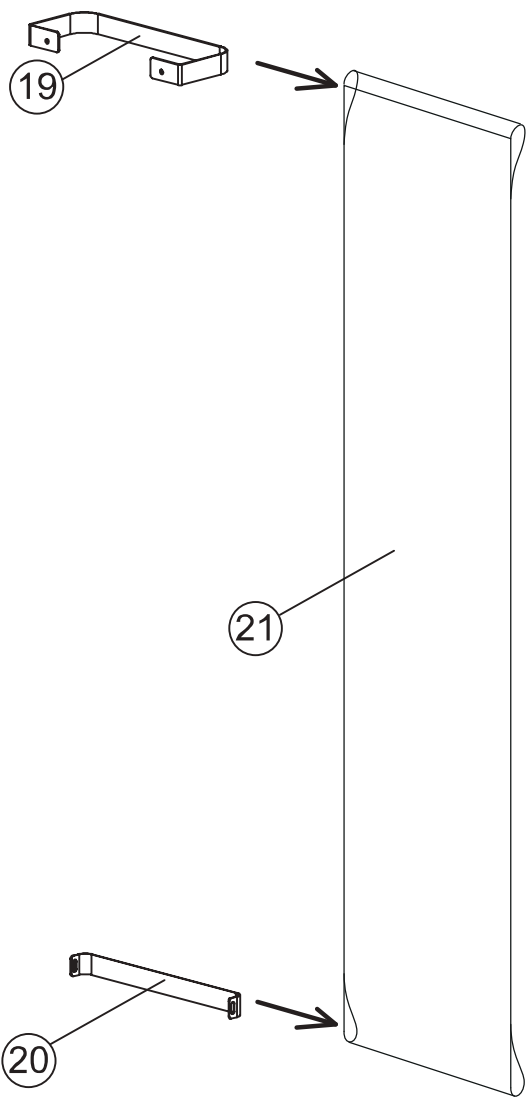
Step 10

								
Bolt M8*65mm		M8 Lock Nut		Bolt M10*25mm		Bolt M10*20mm		
B9	1PCS	D1	1PCS	B11	2PCS	B10	2PCS	
								
M10 Nut		M8 Washer		Bolt M8*20mm				
D2	2PCS	C2	4PCS	B4	4PCS			



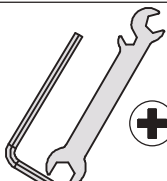
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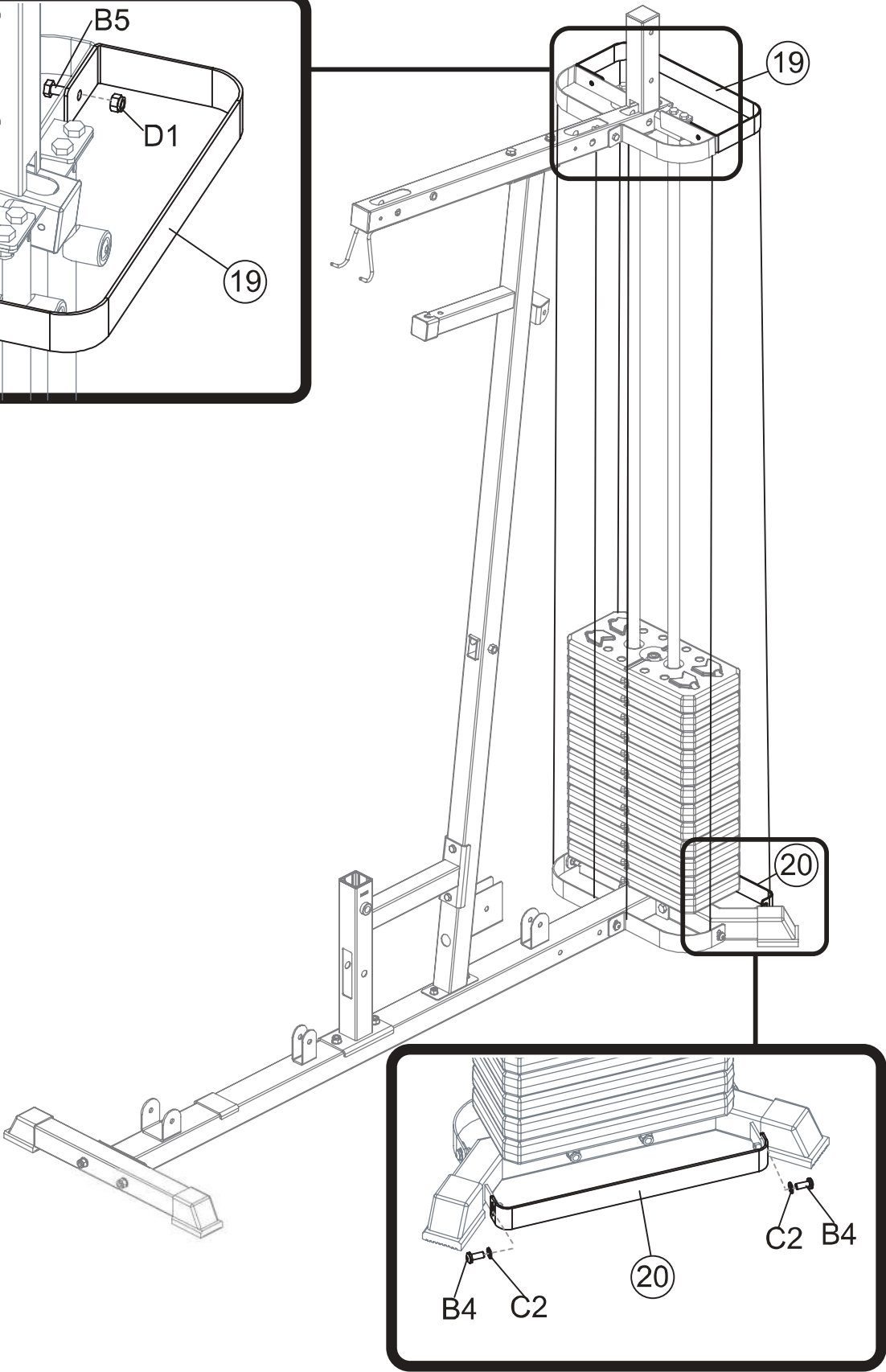
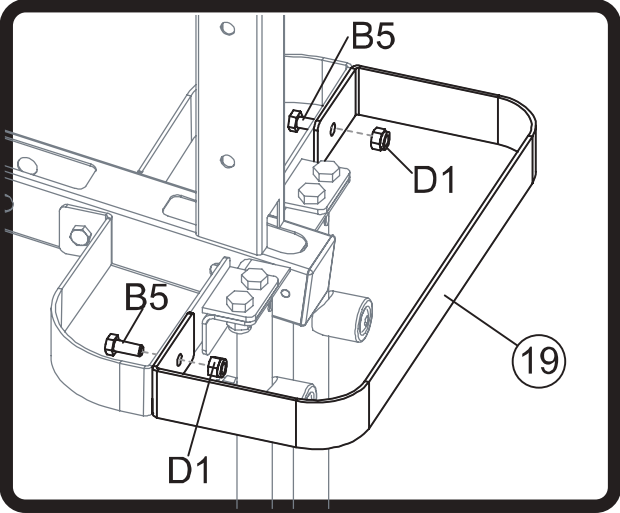
Step 11



Assemble

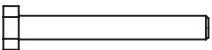
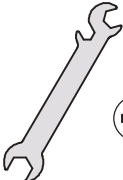
Step 12

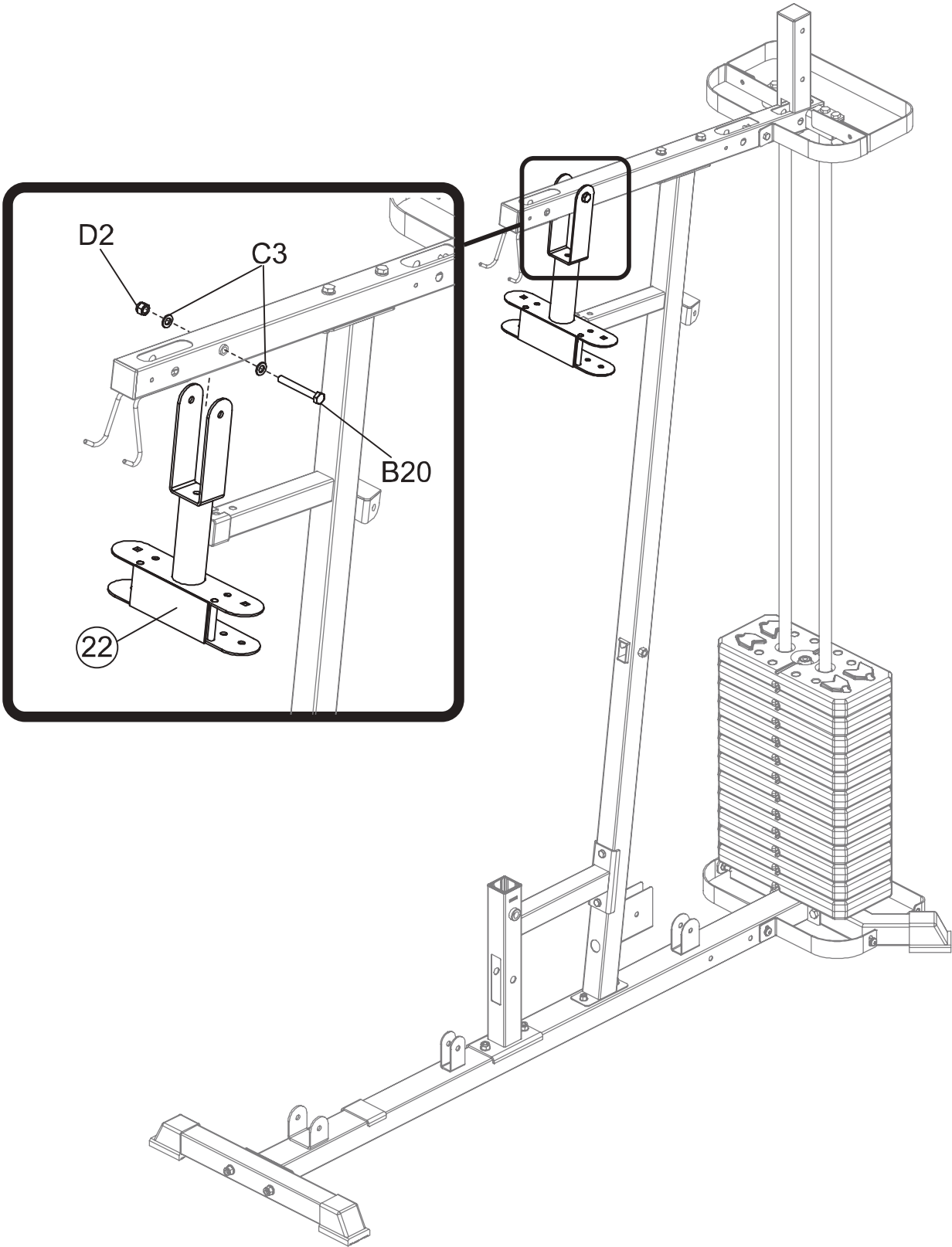
									
Bolt M8*20mm		Bolt M8*20mm		M8 Lock Nut		M8 Washer			
B5	2PCS	B4	2PCS	D1	2PCS	C2	2PCS		



Assemble

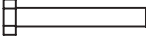
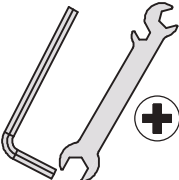
Step 13

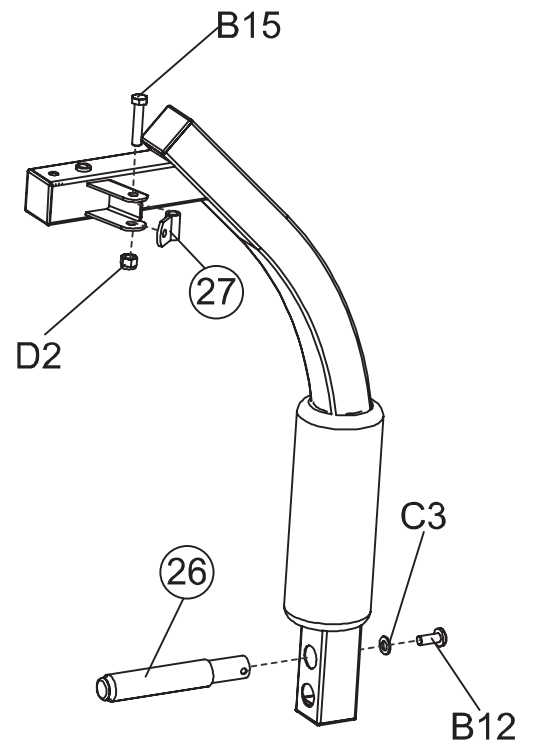
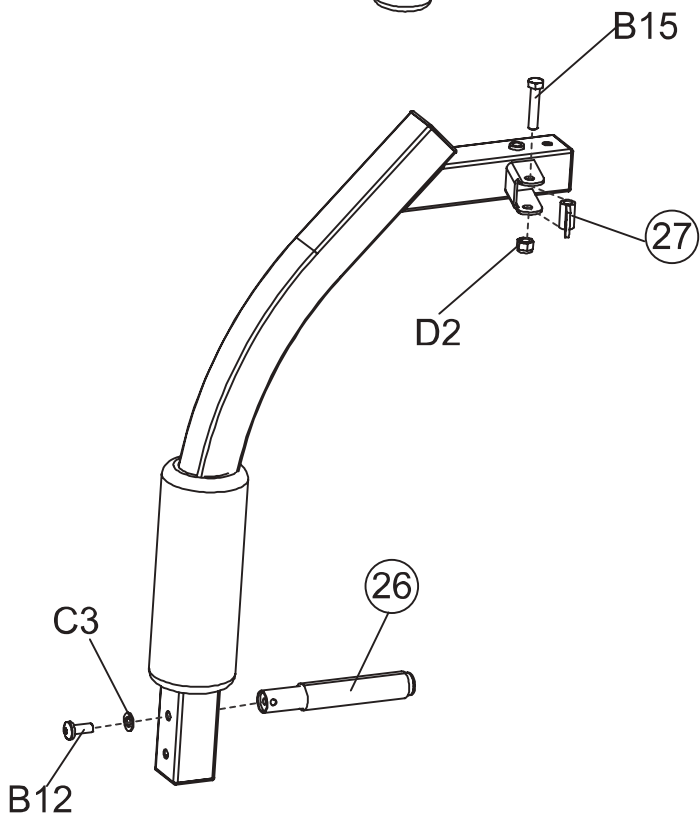
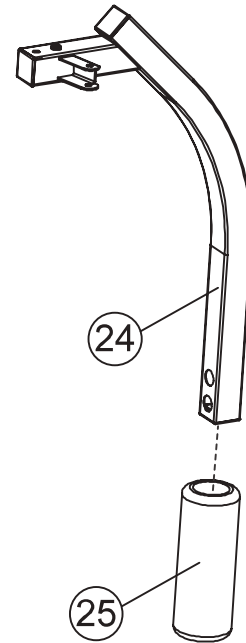
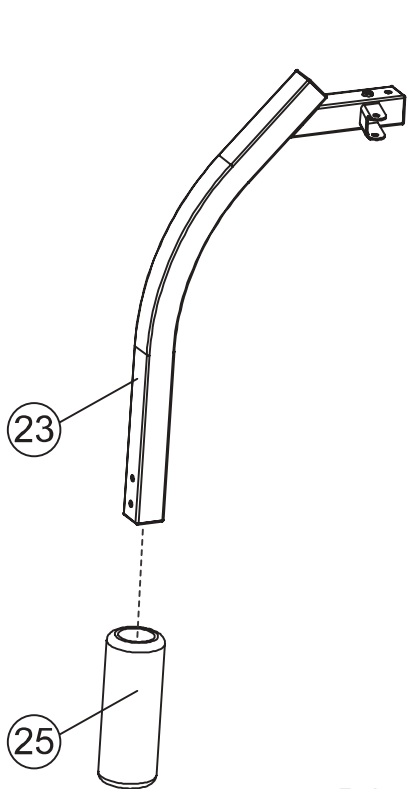
 Bolt M10*80mm		 M10 Washer		 M10 Nut				 ⊕	
B20	1PCS	C3	2PCS	D2	1PCS				



Assemble

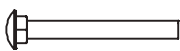
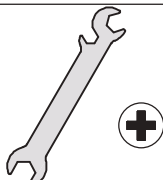
Step 14

									
B12	2PCS	C3	2PCS	D2	2PCS	B15	2PCS		

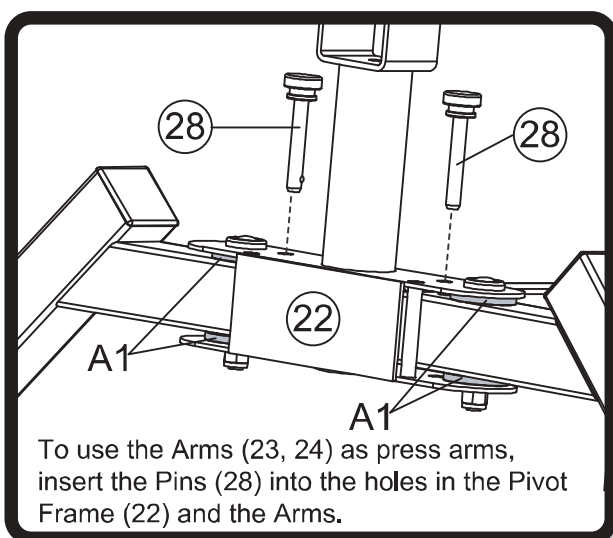
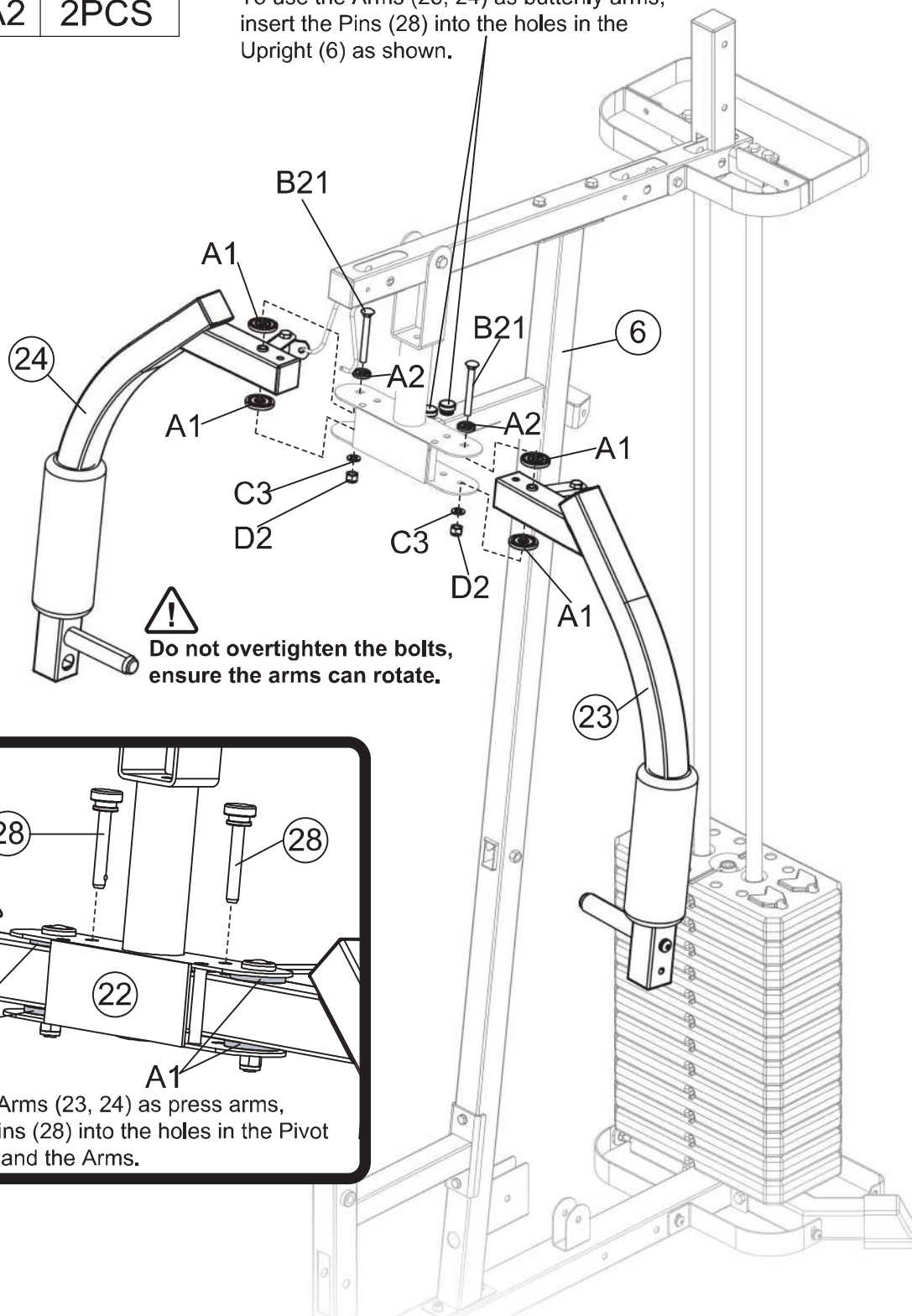


Assemble

Step 15

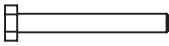
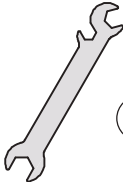
				
Bolt M10*86mm	M10 Washer	M10 Nut	Arm Bushing	
B21 2PCS	C3 2PCS	D2 2PCS	A1 4PCS	
				
Bolt Bushing				
A2 2PCS				

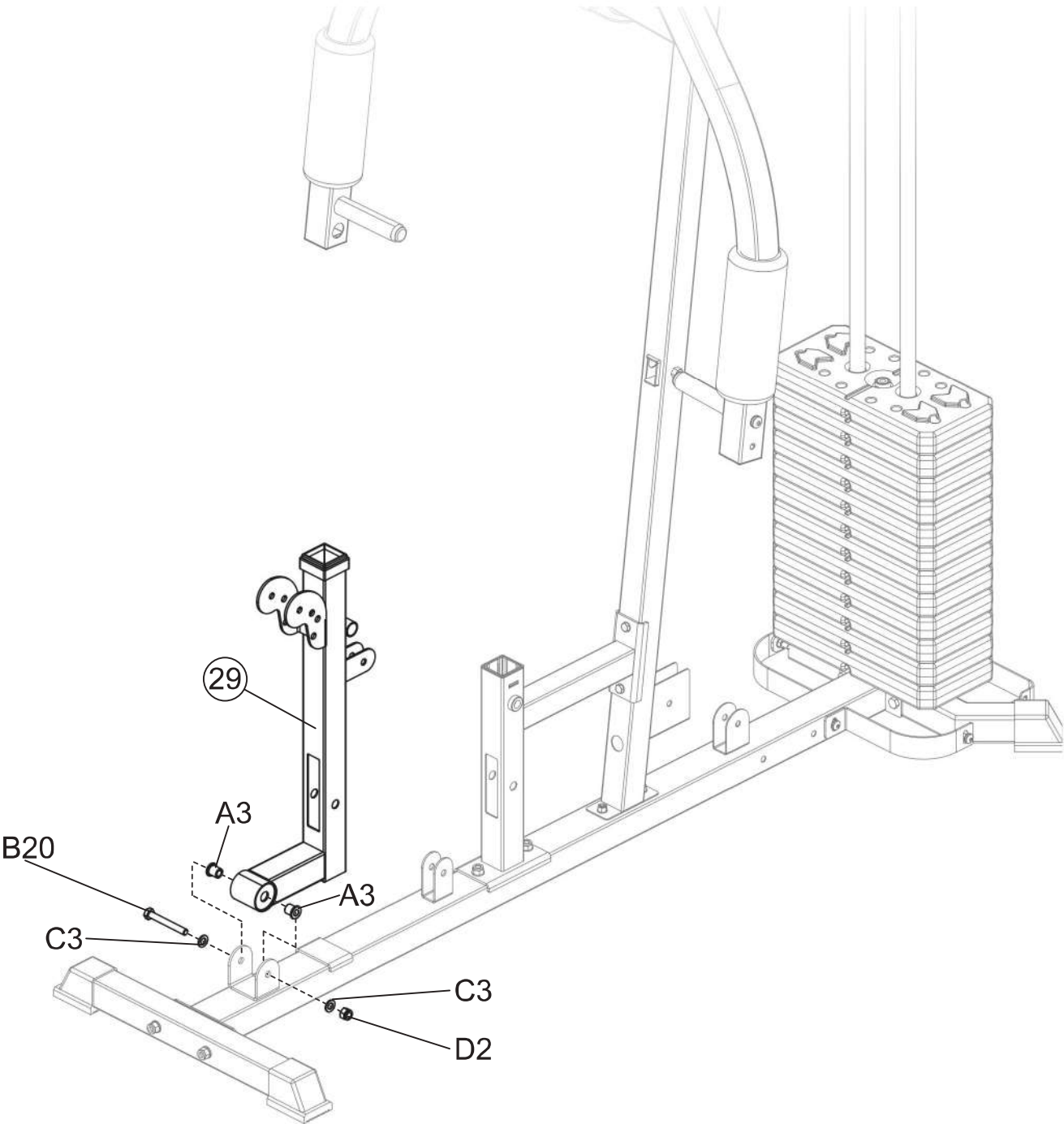
To use the Arms (23, 24) as butterfly arms, insert the Pins (28) into the holes in the Upright (6) as shown.



Assemble

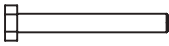
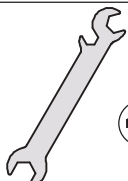
Step 16

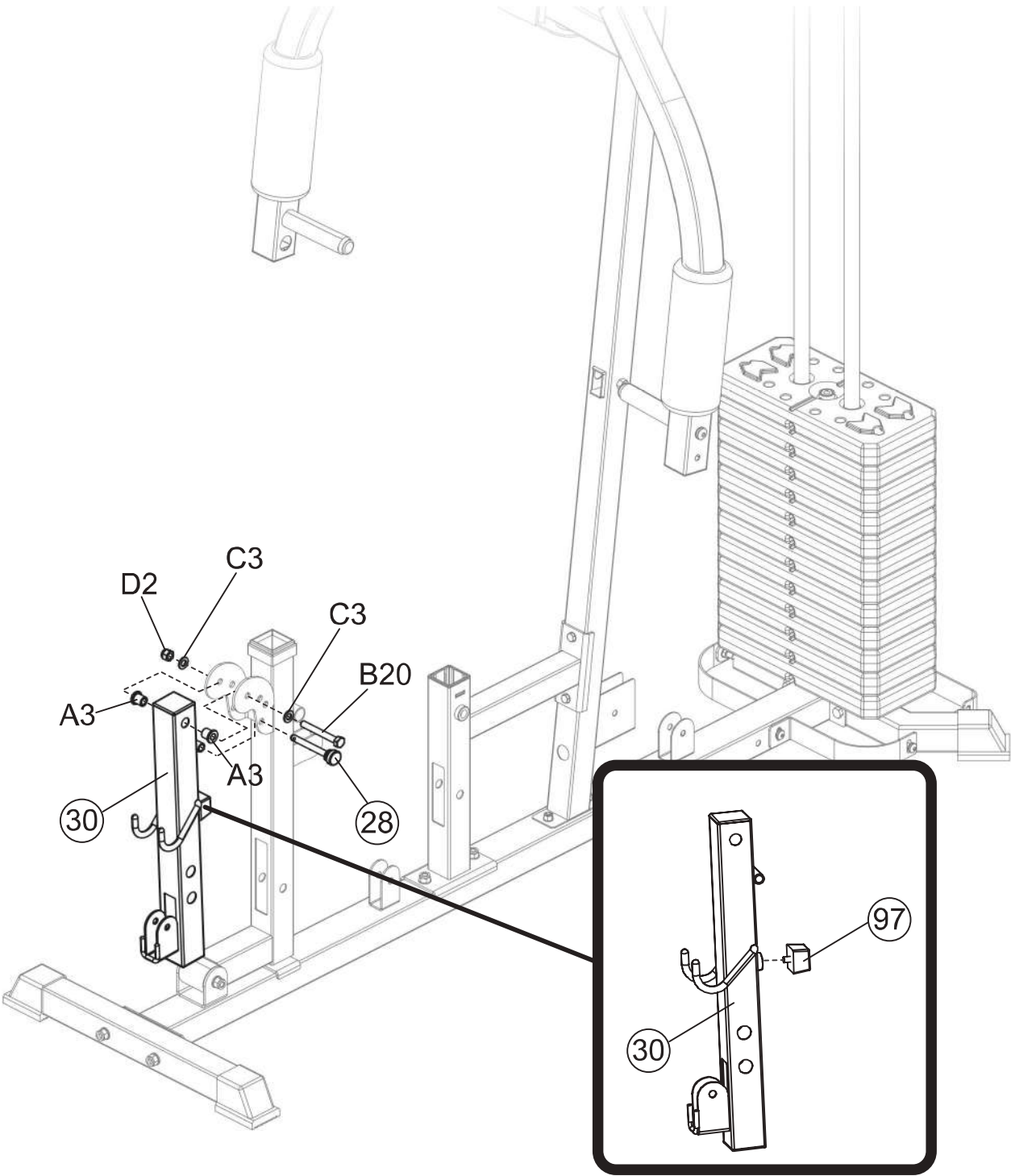
 Bolt M10*80mm		 M10 Washer		 M10 Nut		 Long Sleeve		 
B20	1PCS	C3	2PCS	D2	1PCS	A3	2PCS	



Assemble

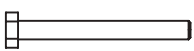
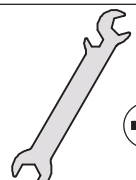
Step 17

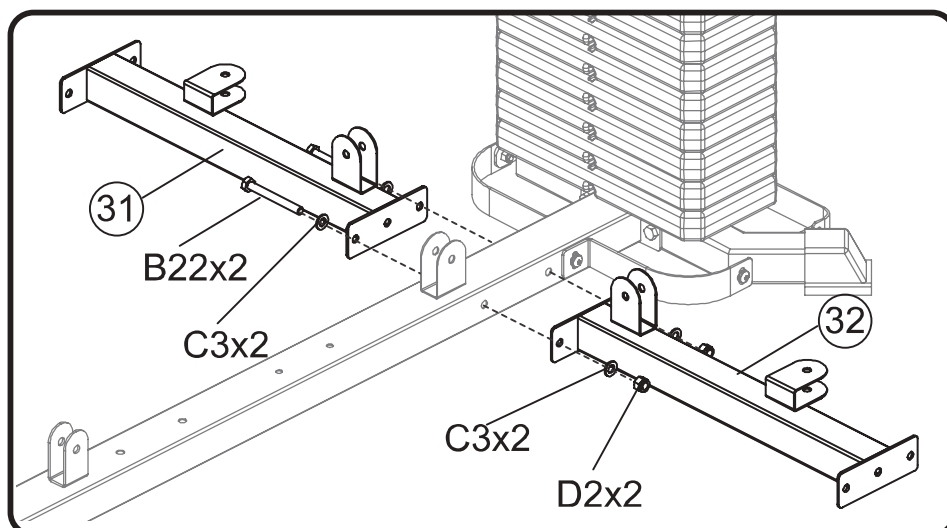
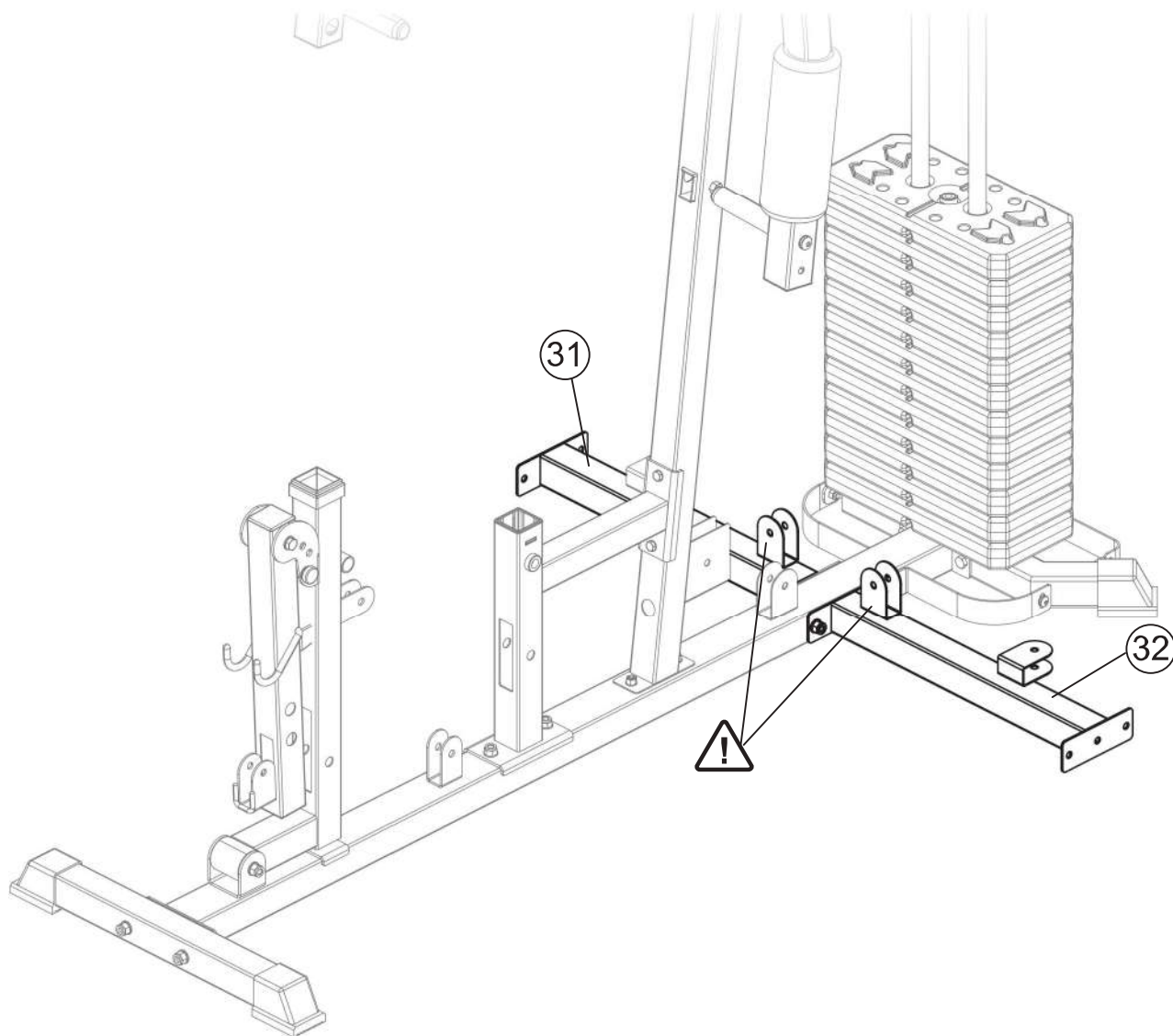
 Bolt M10*80mm		 M10 Washer		 M10 Nut		 Long Sleeve		 
B20	1PCS	C3	2PCS	D2	1PCS	A3	2PCS	



Assemble

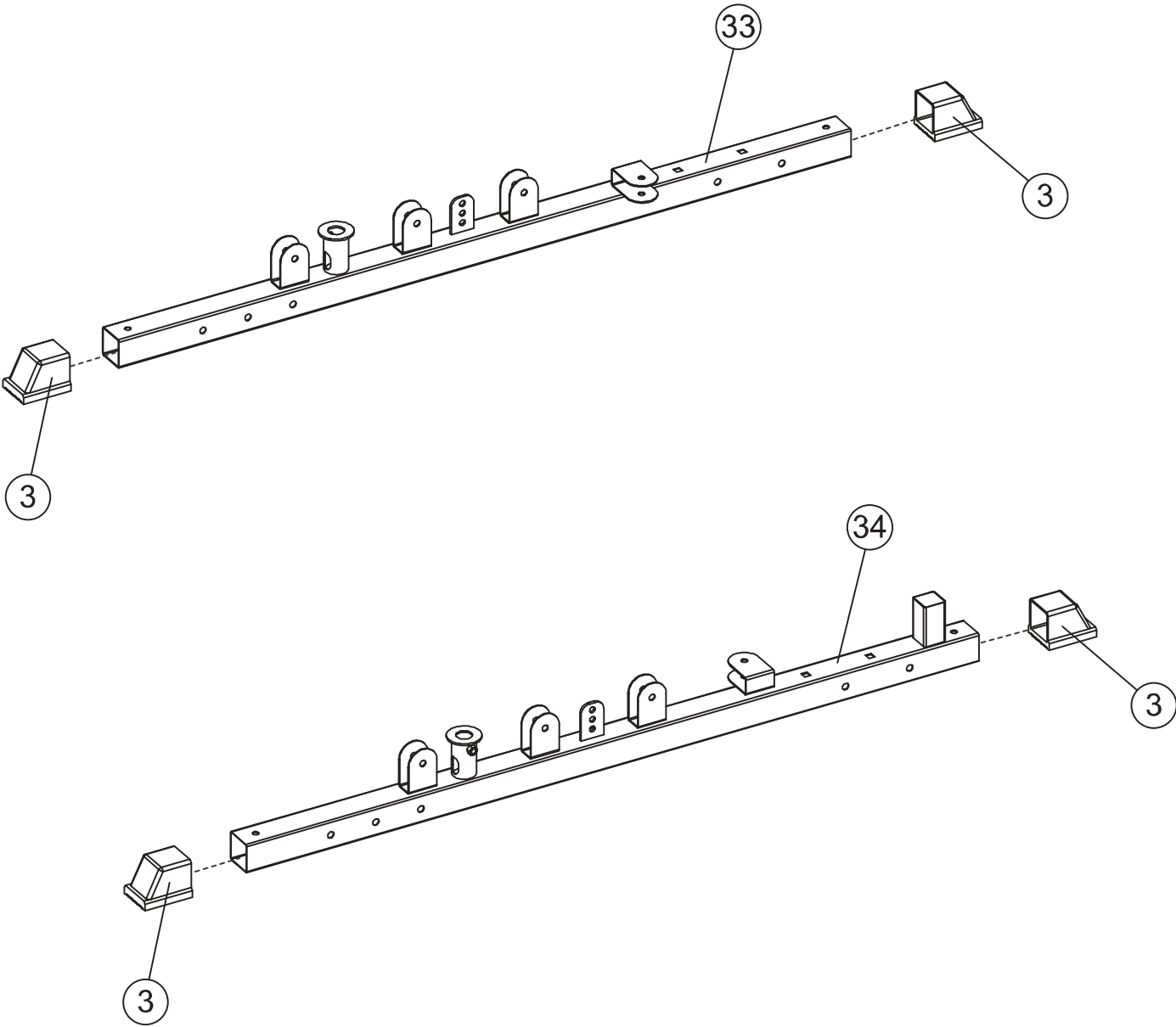
Step 18

 Bolt M10*90mm		 M10 Washer		 M10 Nut		 ⊕	
B22	2PCS	C3	4PCS	D2	2PCS		



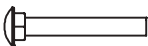
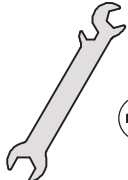
Assemble

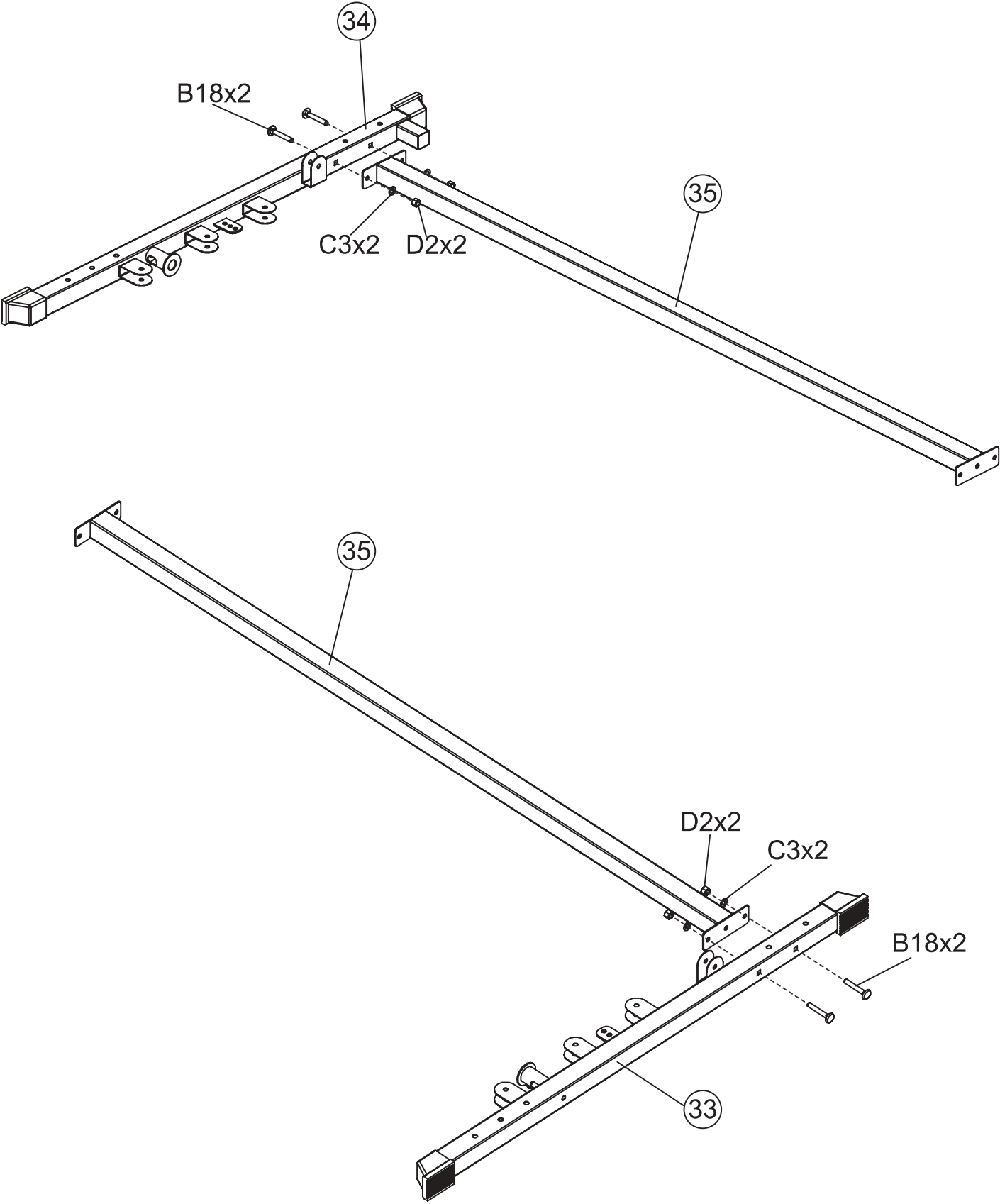
Step 19



Assemble

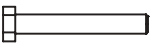
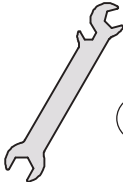
Step 20

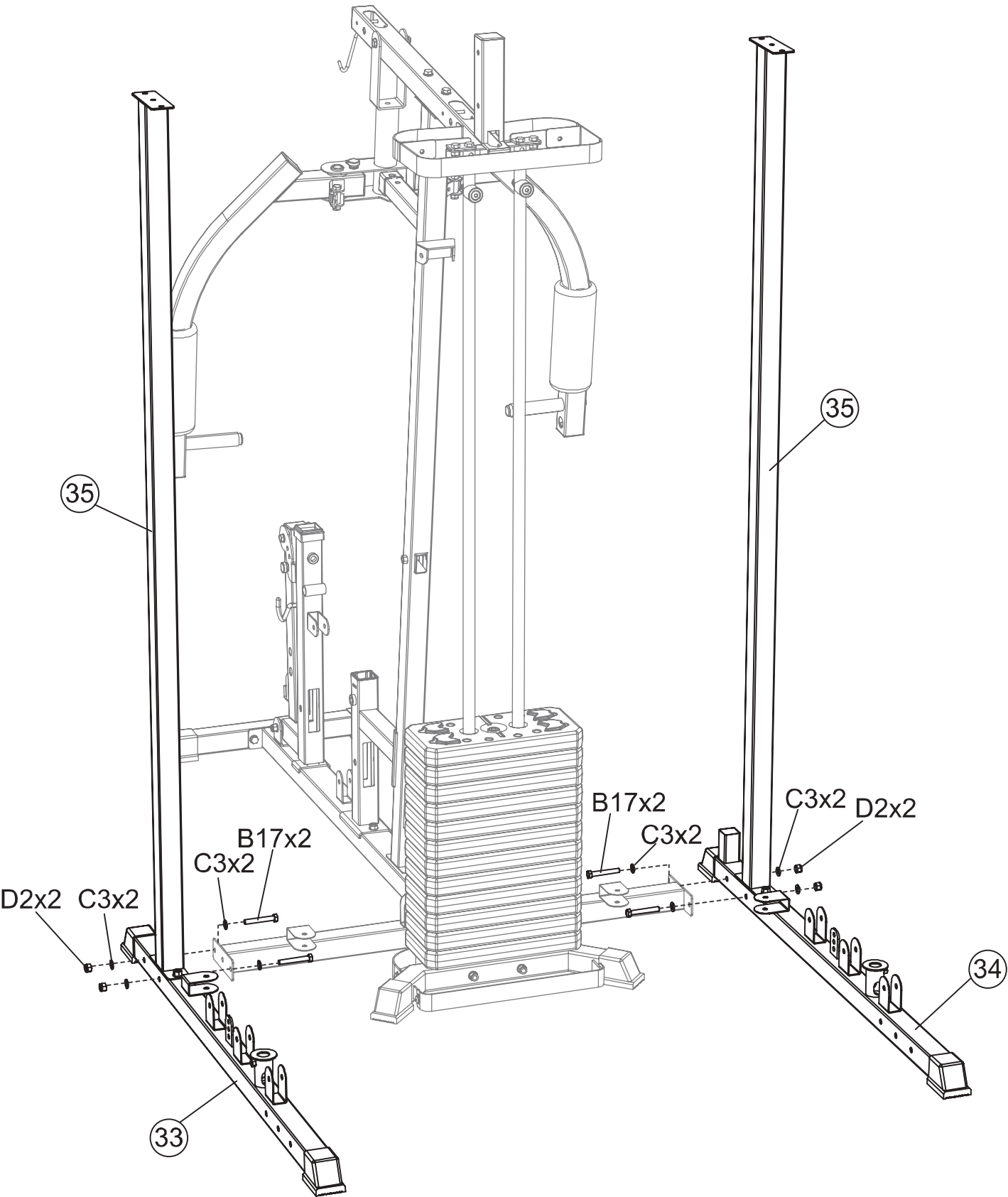
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 	
B18	4PCS	C3	4PCS	D2	4PCS		



Assemble

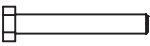
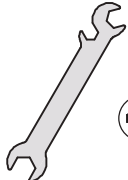
Step 21

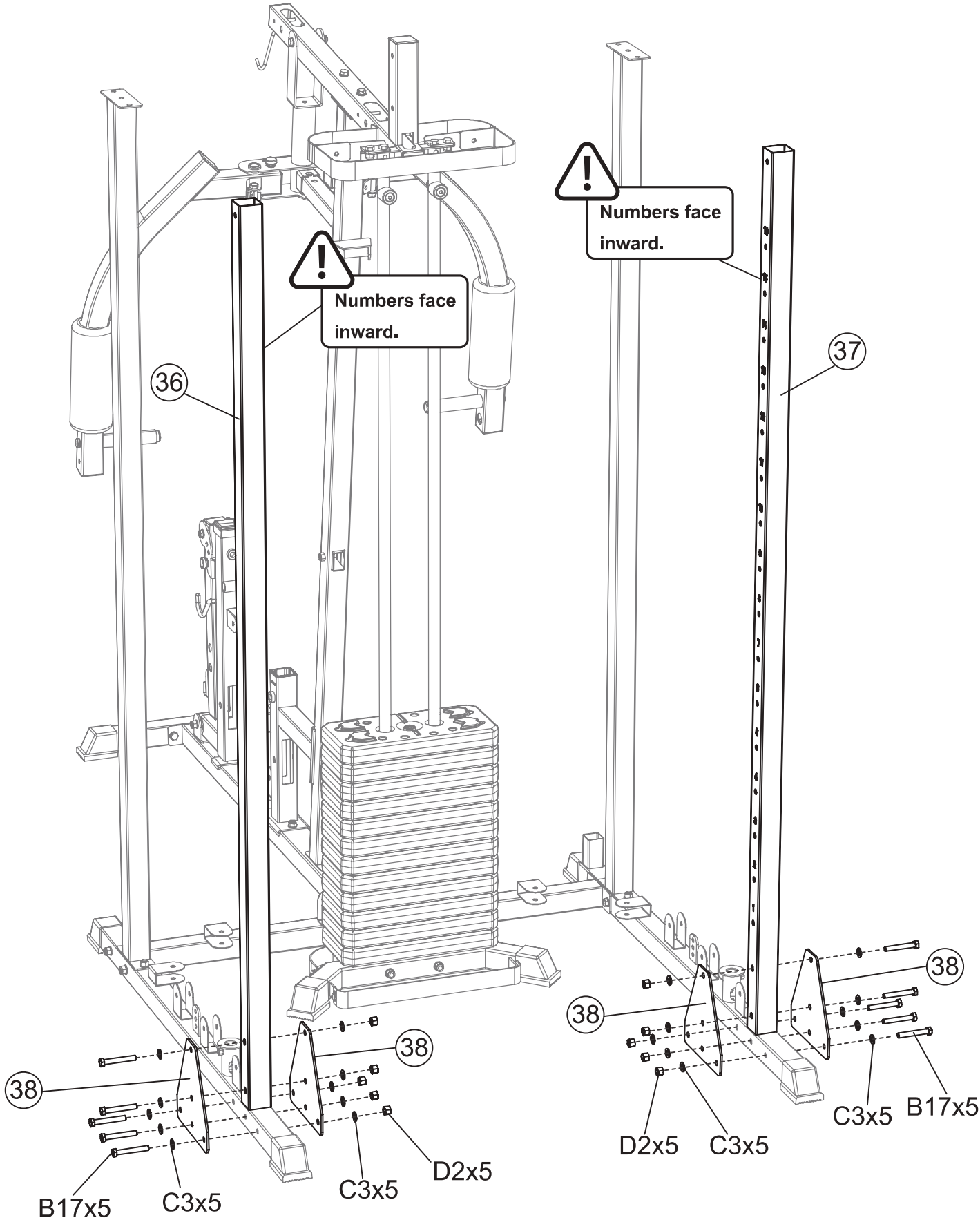
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 ⊕	
B17	4PCS	C3	8PCS	D2	4PCS		



Assemble

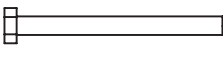
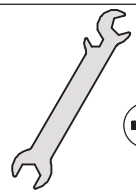
Step 22

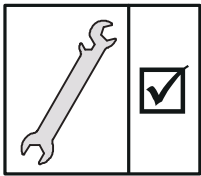
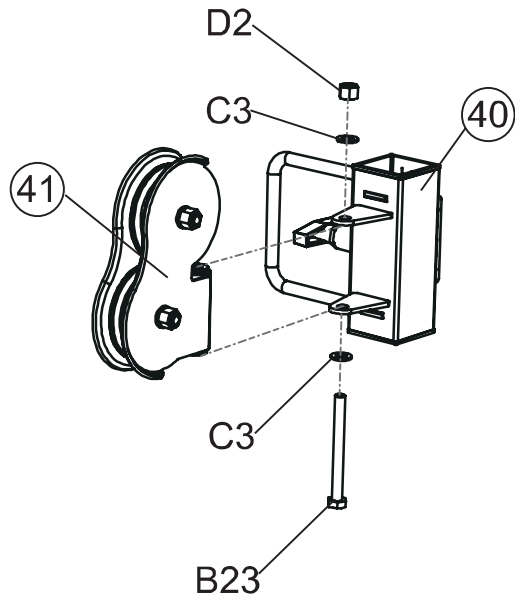
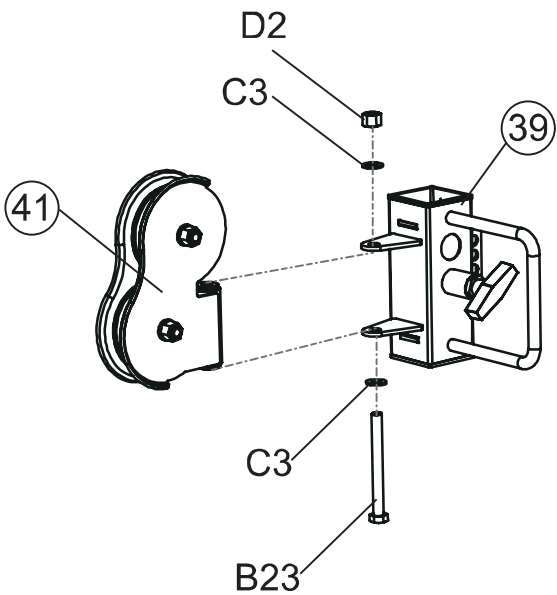
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 	
B17	10PCS	C3	20PCS	D2	10PCS		



Assemble

Step 23

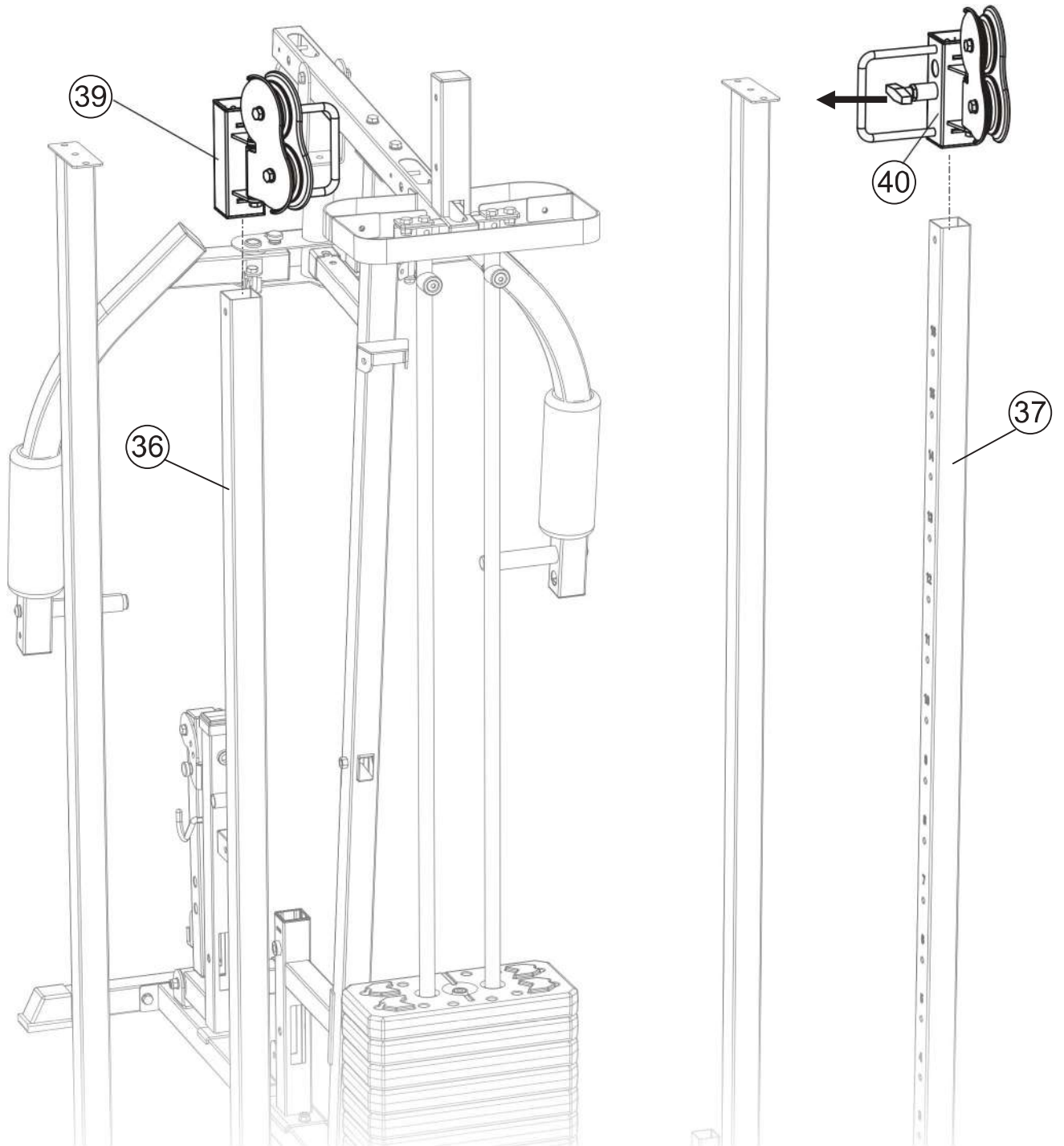
 Bolt M10*110mm		 M10 Washer		 M10 Nut		 ⊕	
B23	2PCS	C3	4PCS	D2	2PCS		



Do not overtighten the bolts, ensure the pulley frame can rotate.

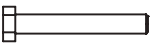
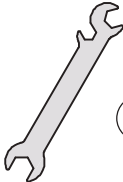
Assemble

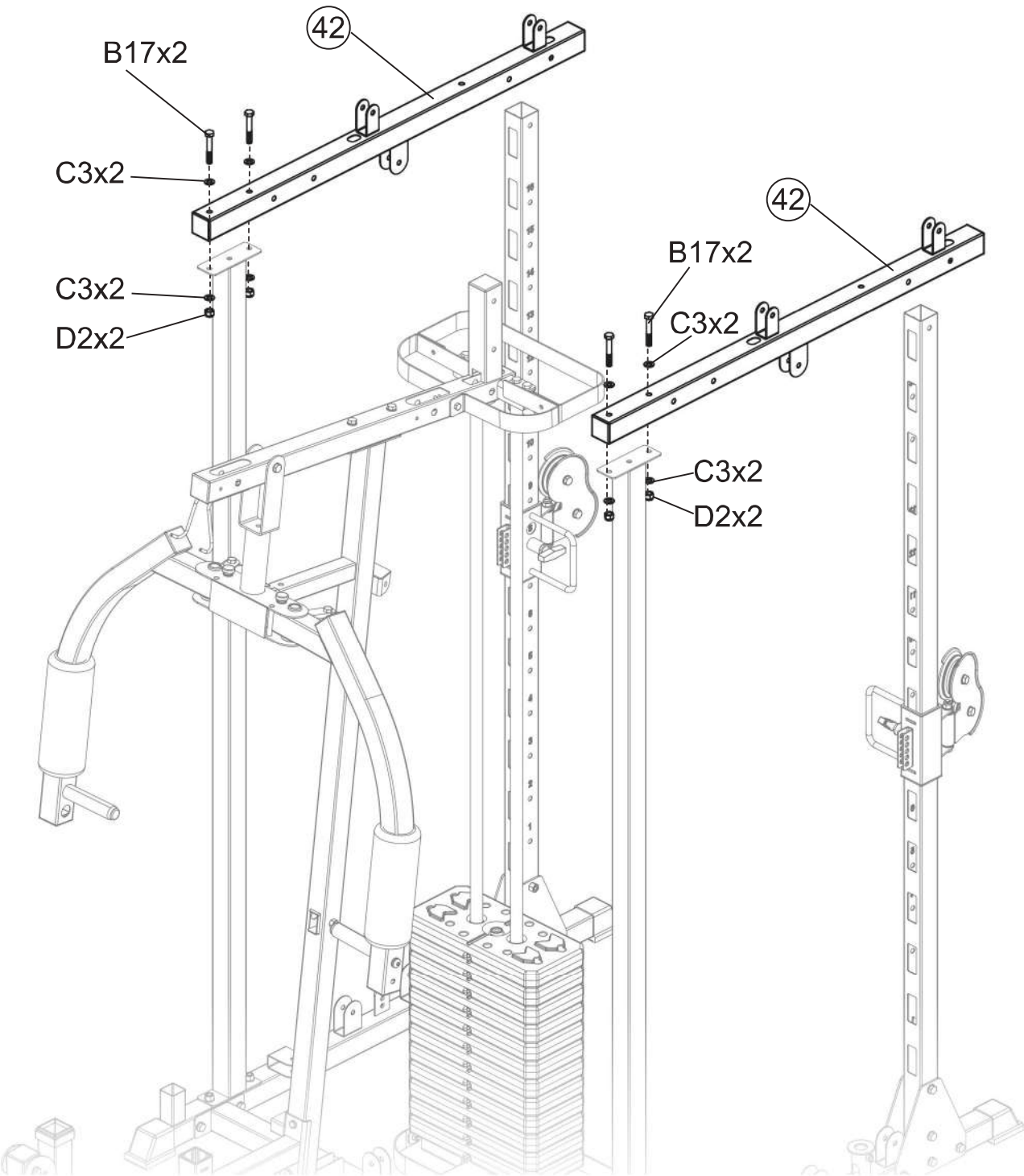
Step 24



Assemble

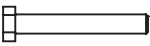
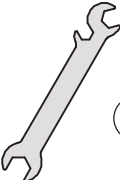
Step 25

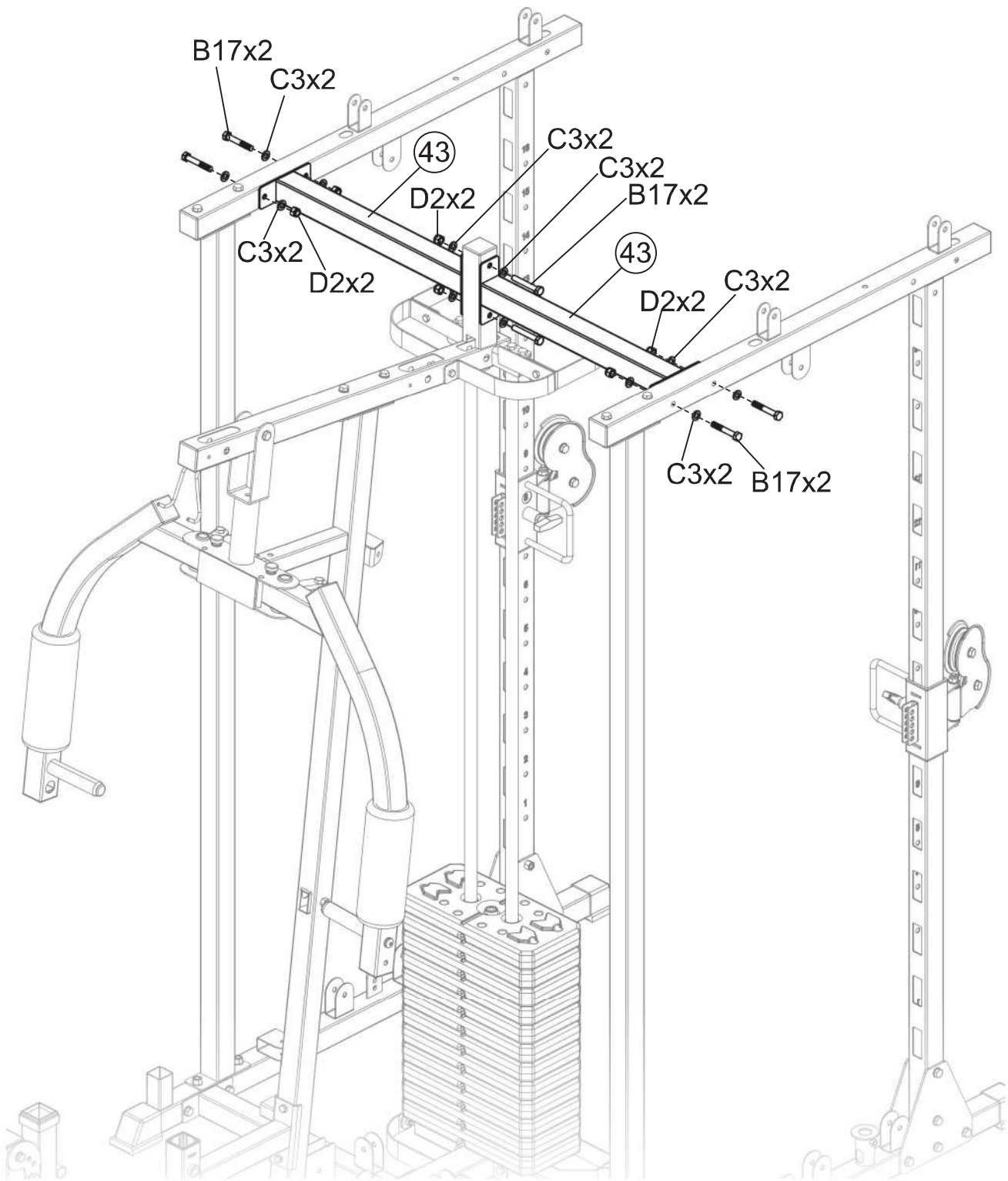
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 	
B17	4PCS	C3	8PCS	D2	4PCS		



Assemble

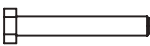
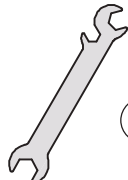
Step 26

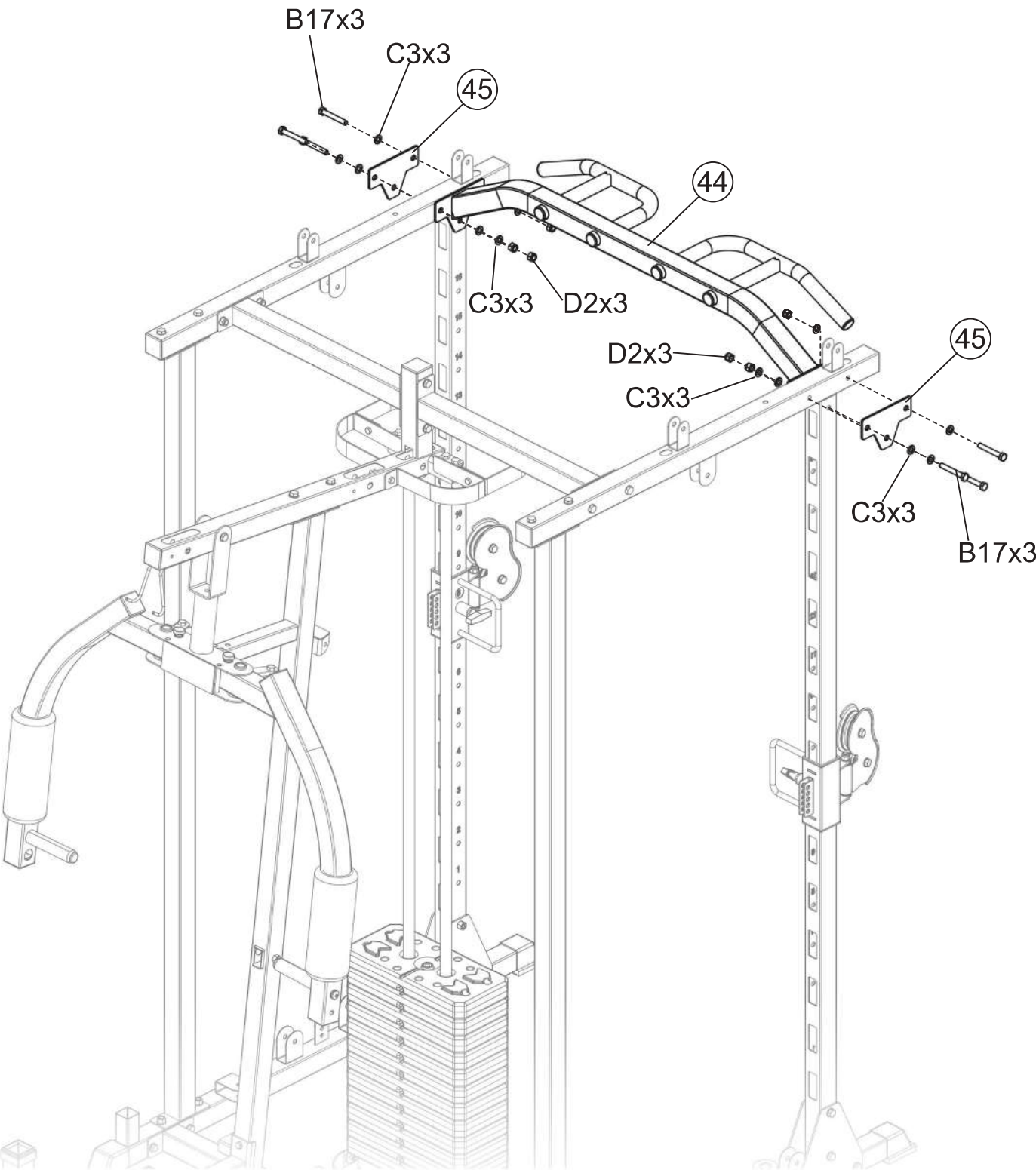
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 	
B17	6PCS	C3	12PCS	D2	6PCS		



Assemble

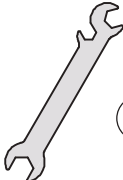
Step 27

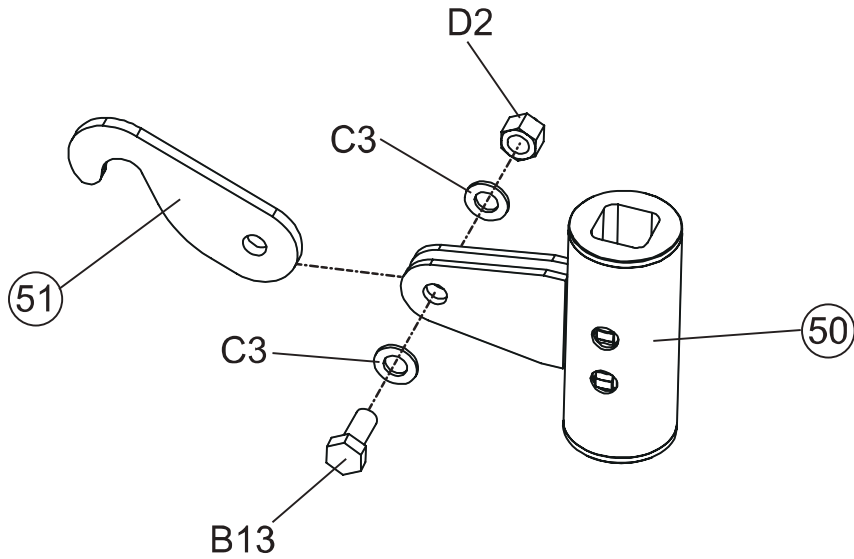
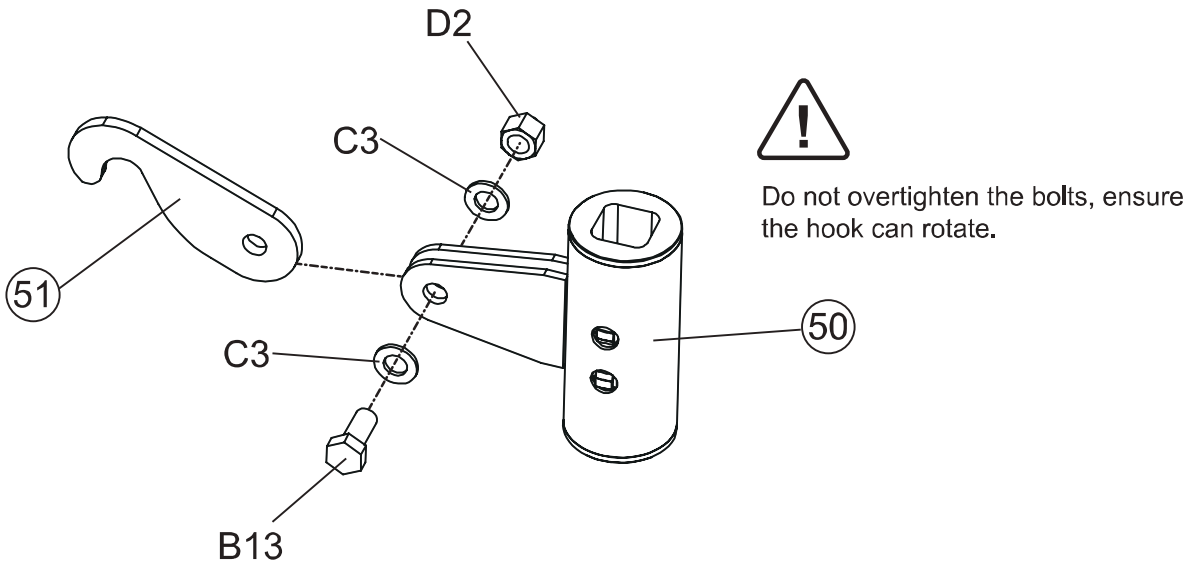
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 
B17	6PCS	C3	12PCS	D2	6PCS			



Assemble

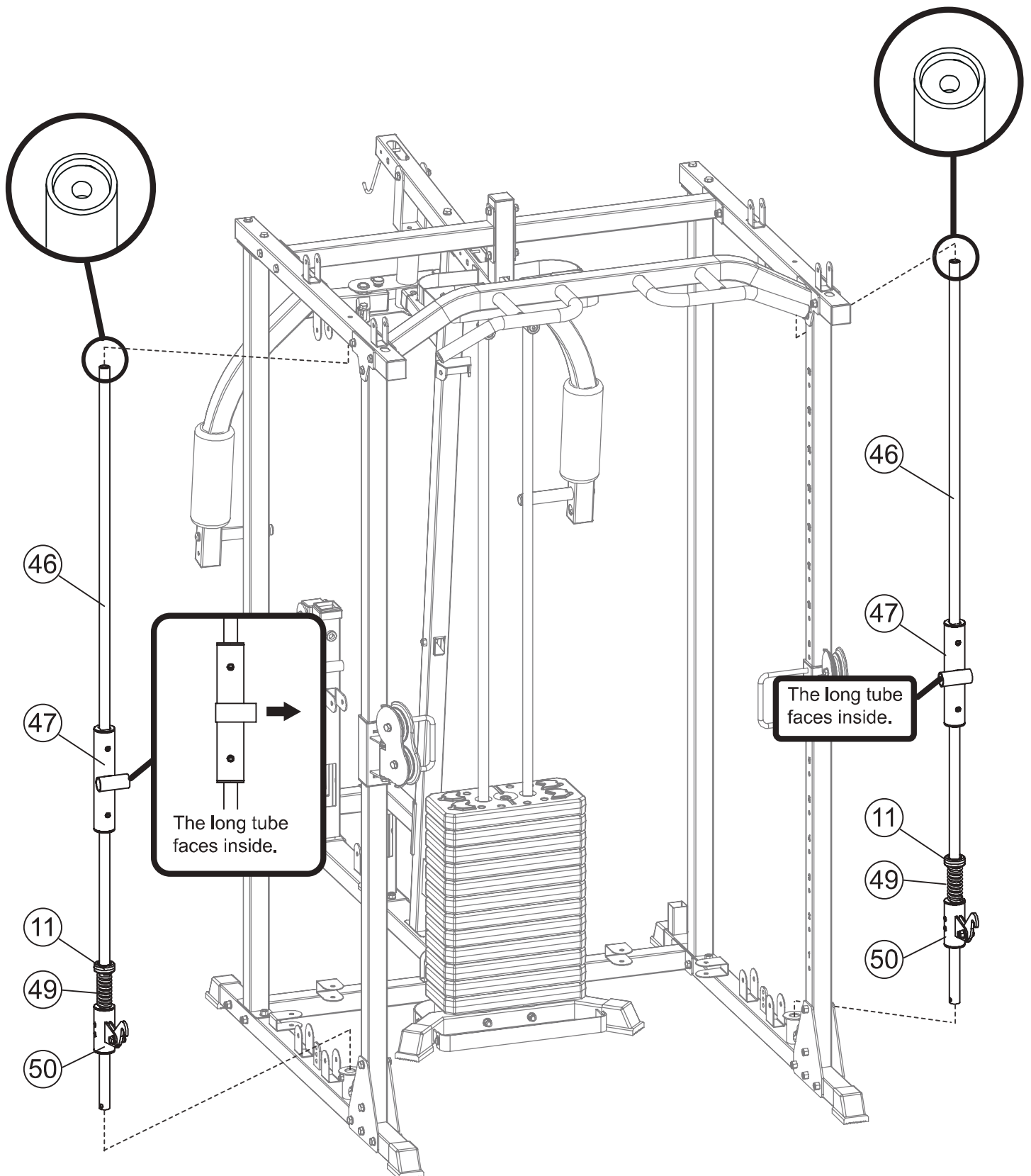
Step 28

 Bolt M10*30mm		 M10 Washer		 M10 Nut				 
B13	2PCS	C3	4PCS	D2	2PCS			



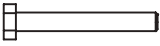
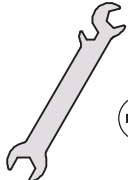
Assemble

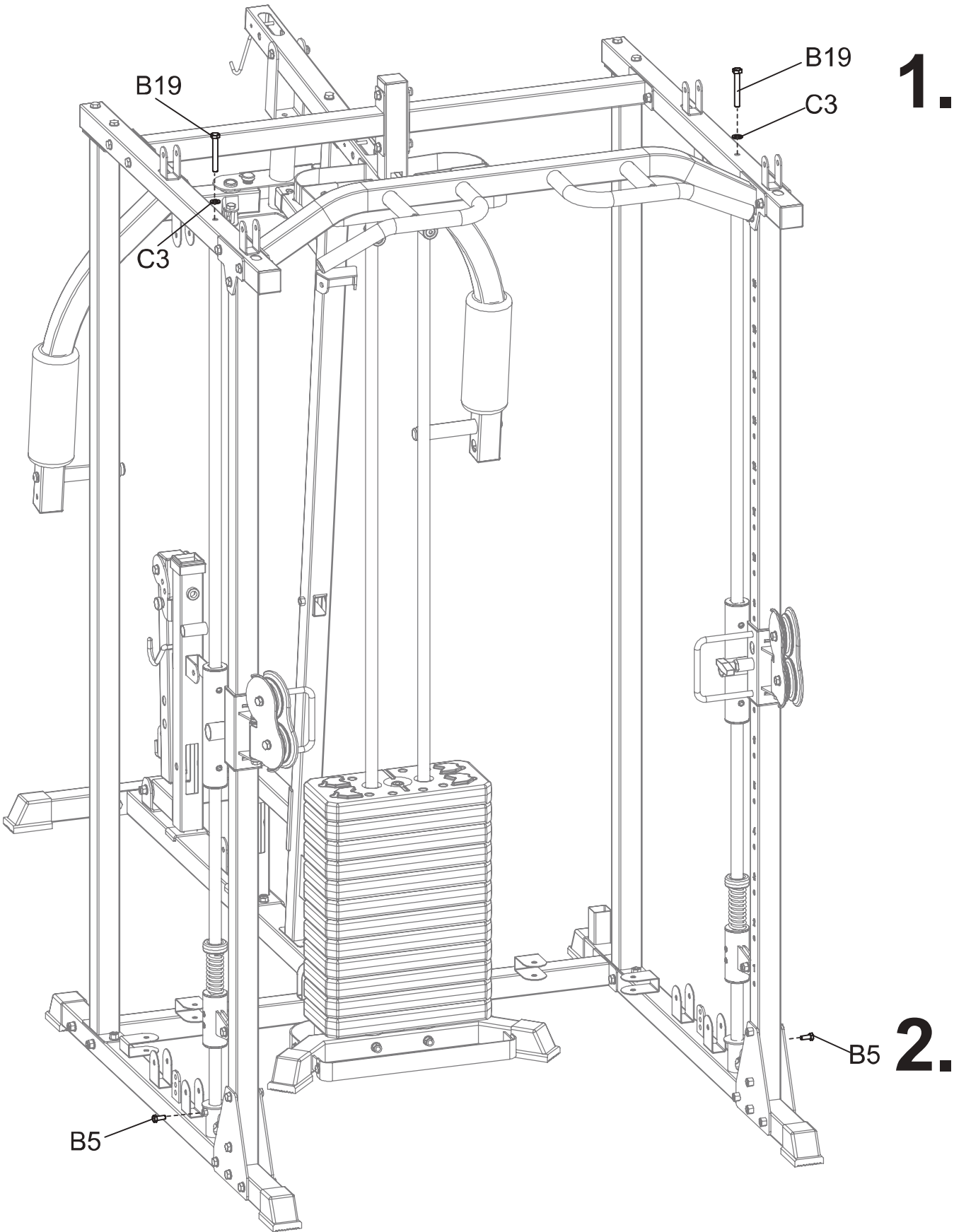
Step 29



Assemble

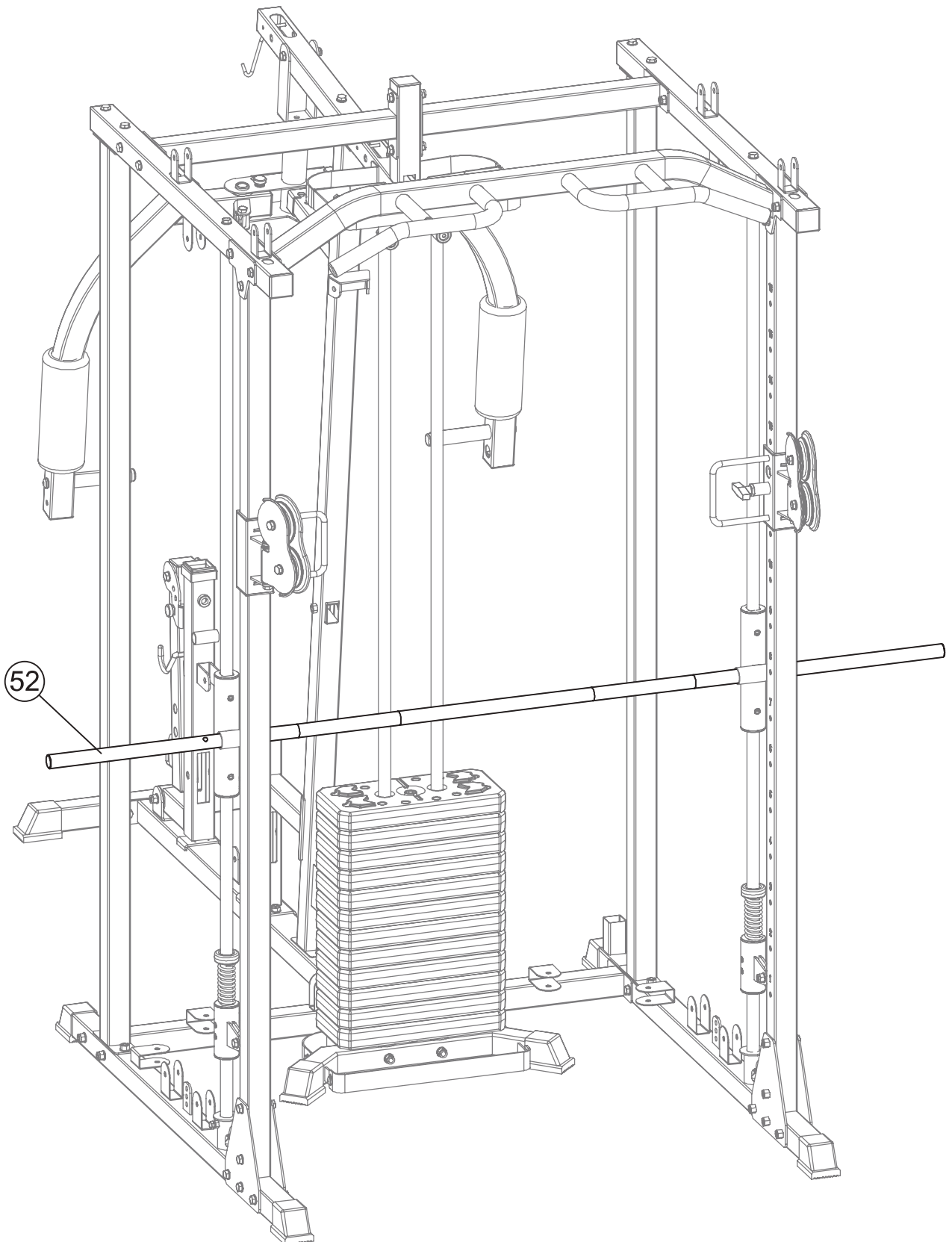
Step 30

 Bolt M10*75mm		 M10 Washer		 Bolt M8*20mm		 ⊕	
B19	2PCS	C3	2PCS	B5	2PCS		



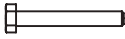
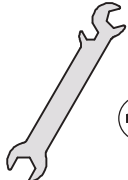
Assemble

Step 31



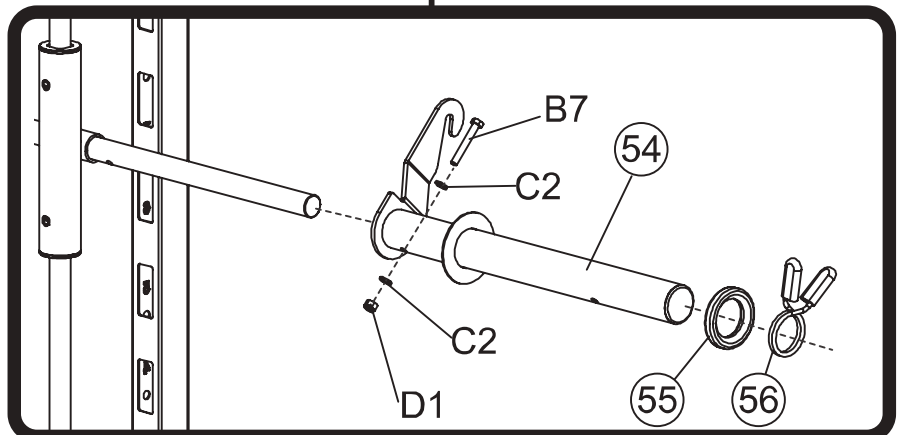
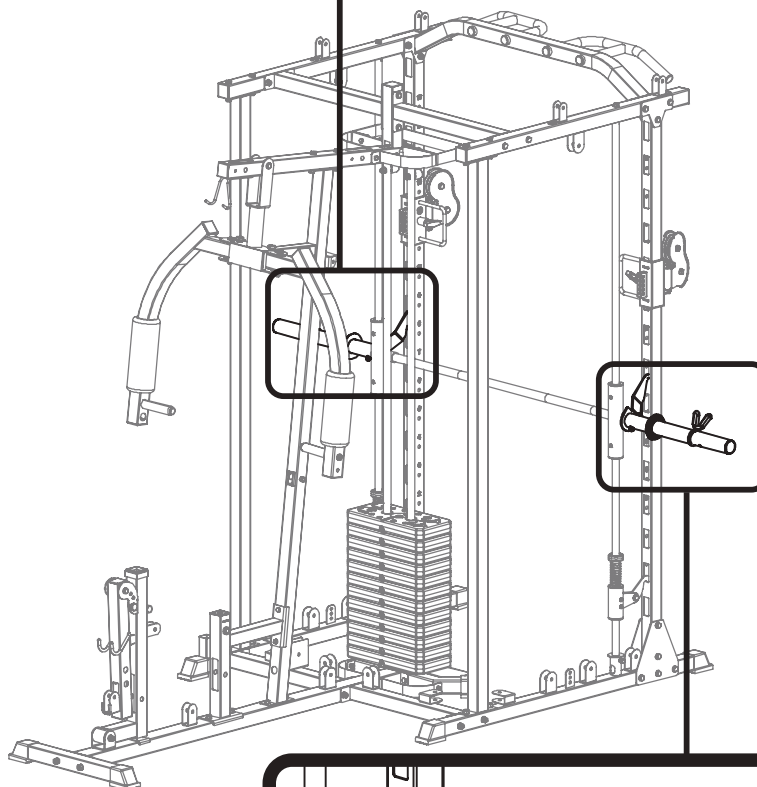
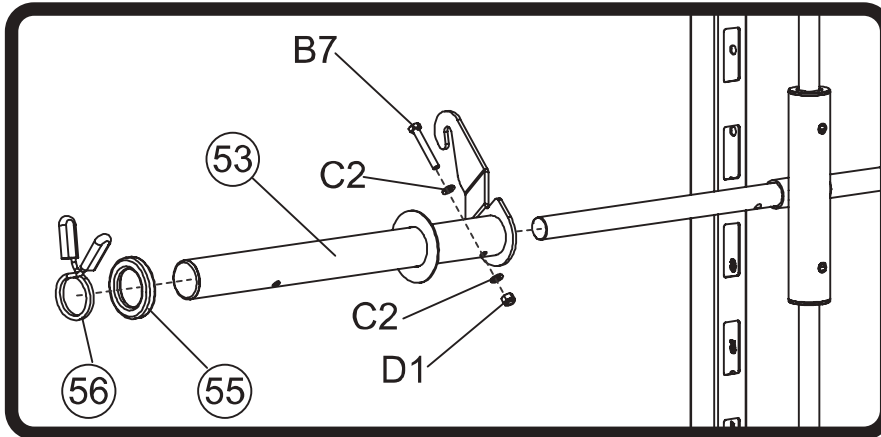
Assemble

Step 32

 Bolt M8*57mm		 M8 Washer		 M8 Lock Nut		 	
B7	2PCS	C2	4PCS	D1	2PCS		



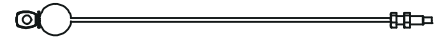
Tighten the bolts in step 8. Check and make sure all the bolts are tightened.



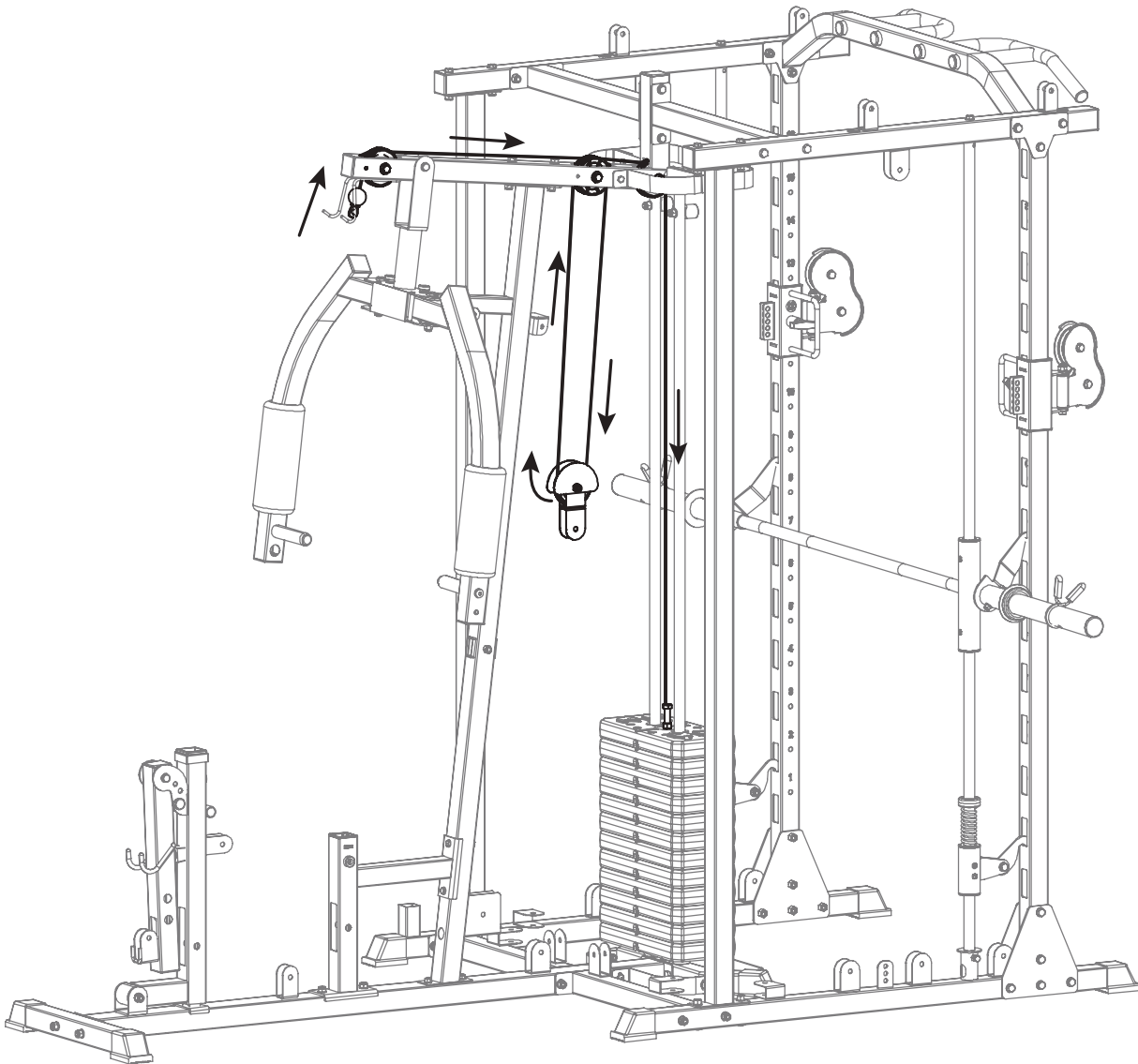
Assemble

High Cable (57) X1

Step 33

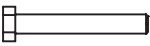
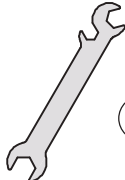


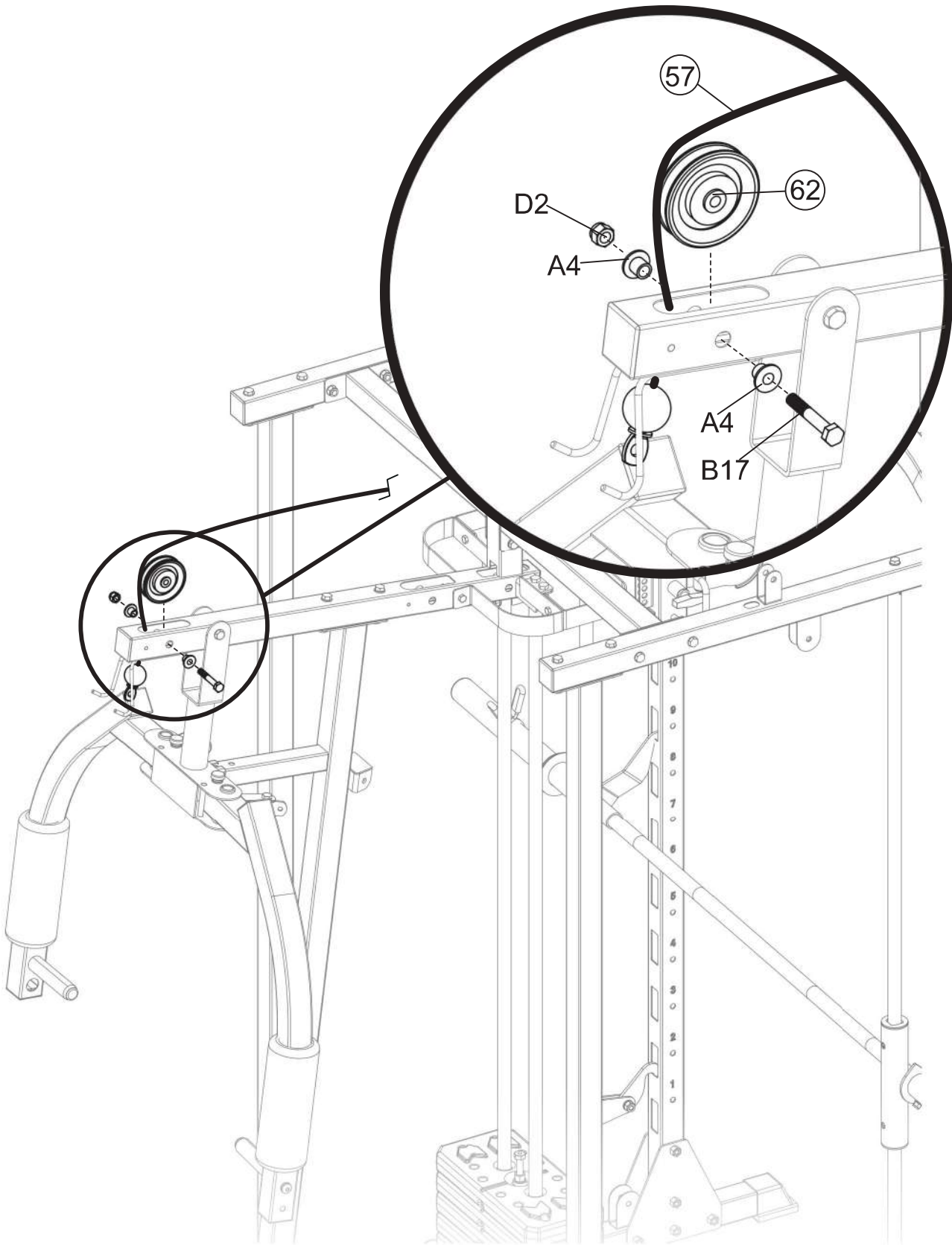
High Cable Assemble: Step 34 - Step 39



Assemble

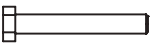
Step 34

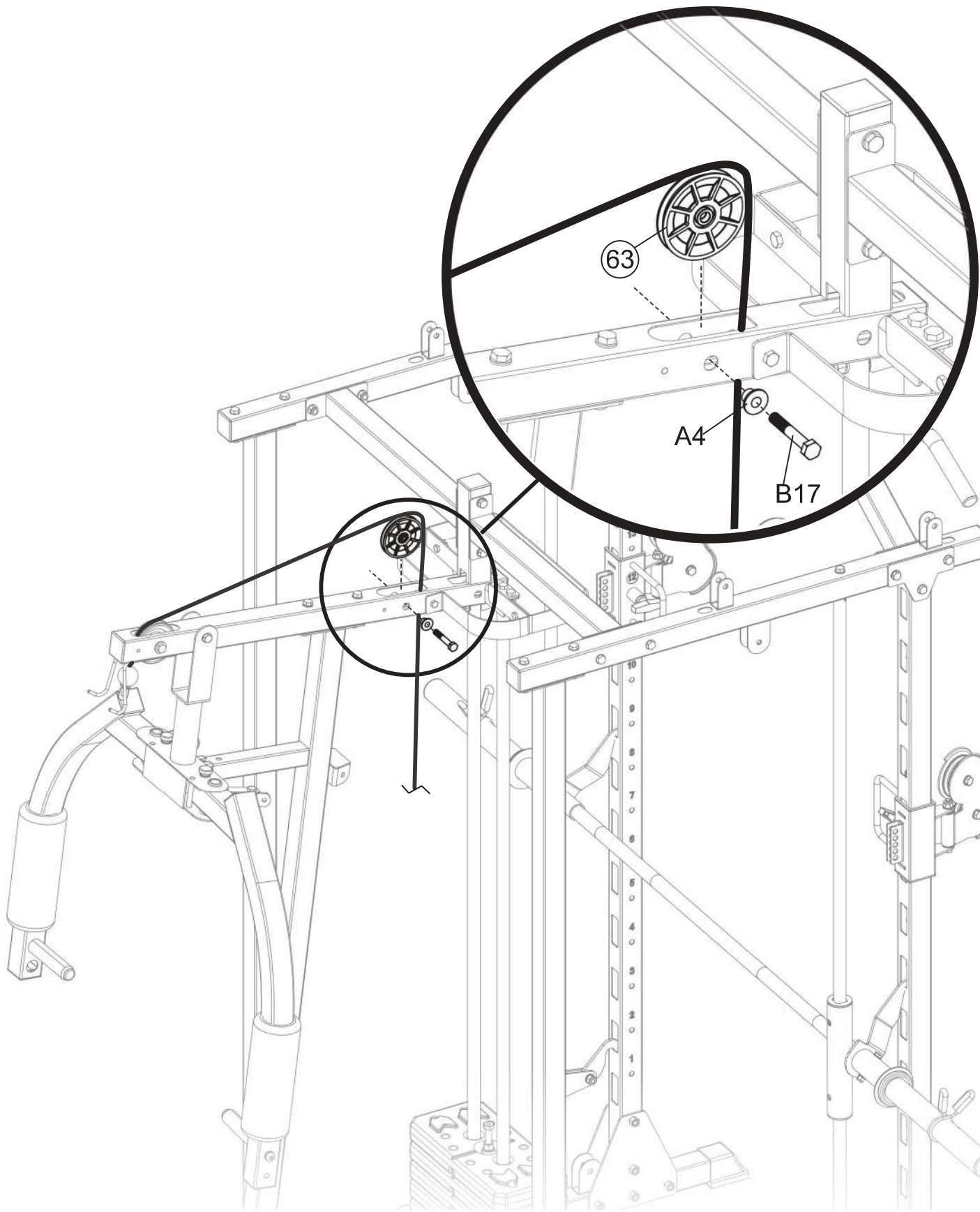
 Bolt M10*70mm		 M10 Nut		 Pulley Sleeve		 	
B17	1PCS	D2	1PCS	A4	2PCS		



Assemble

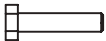
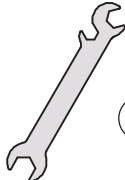
Step 35

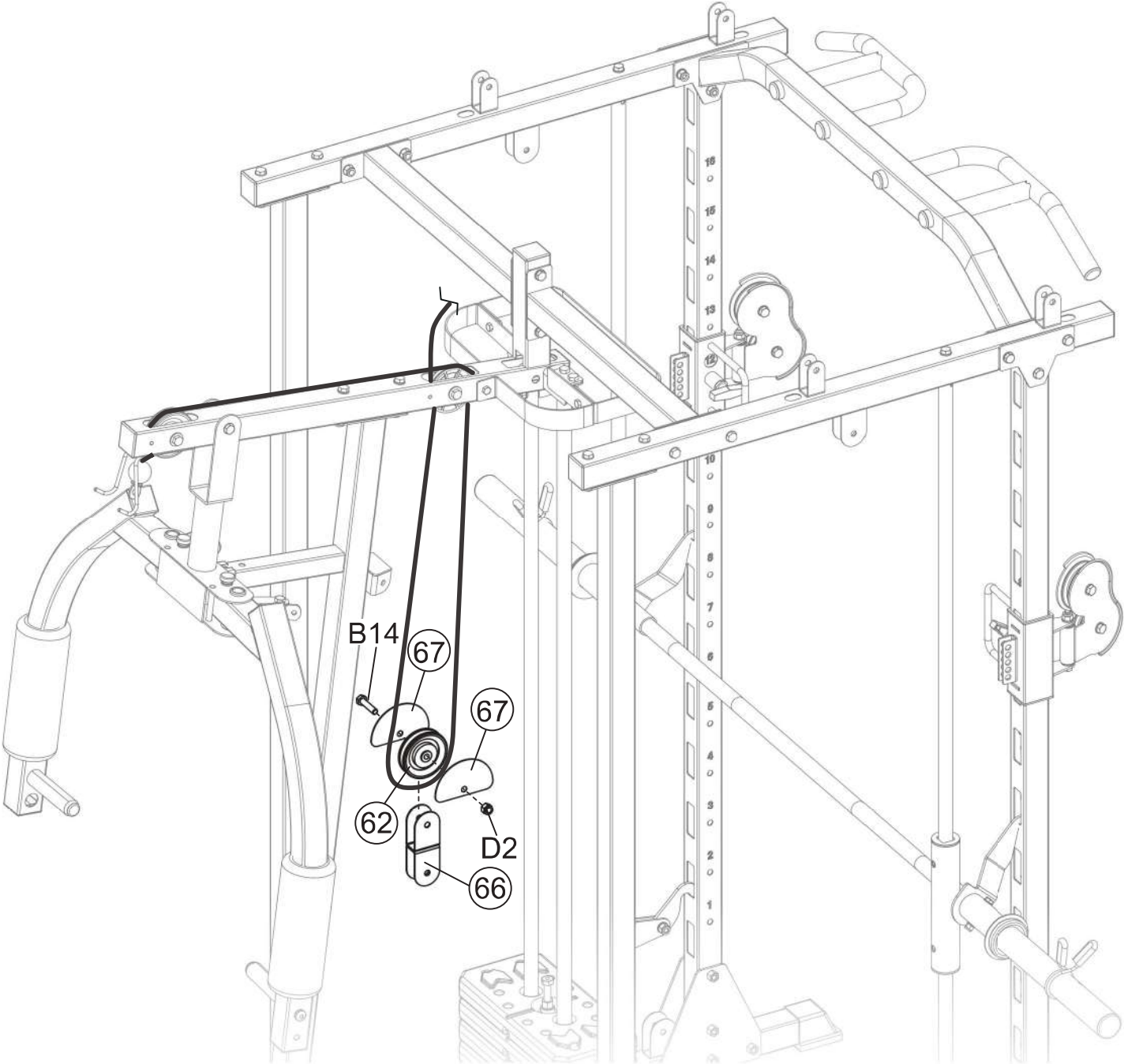
 Bolt M10*70mm		 Pulley Sleeve					
B17	1PCS	A4	1PCS				



Assemble

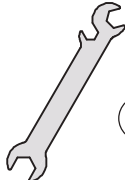
Step 36

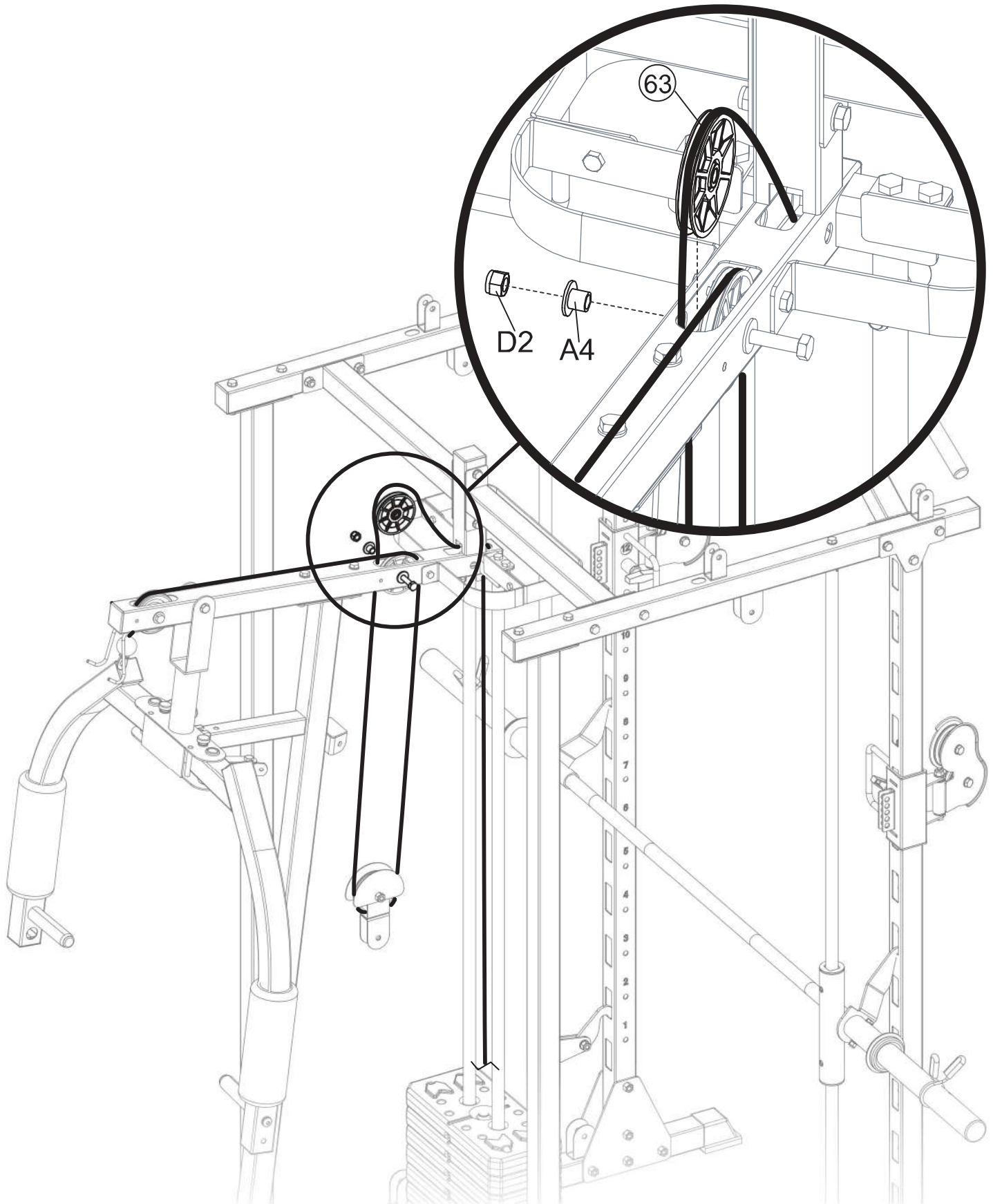
 Bolt M10*45mm		 M10 Nut						 
B14	1PCS	D2	1PCS					



Assemble

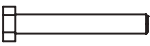
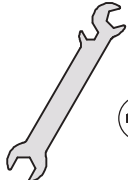
Step 37

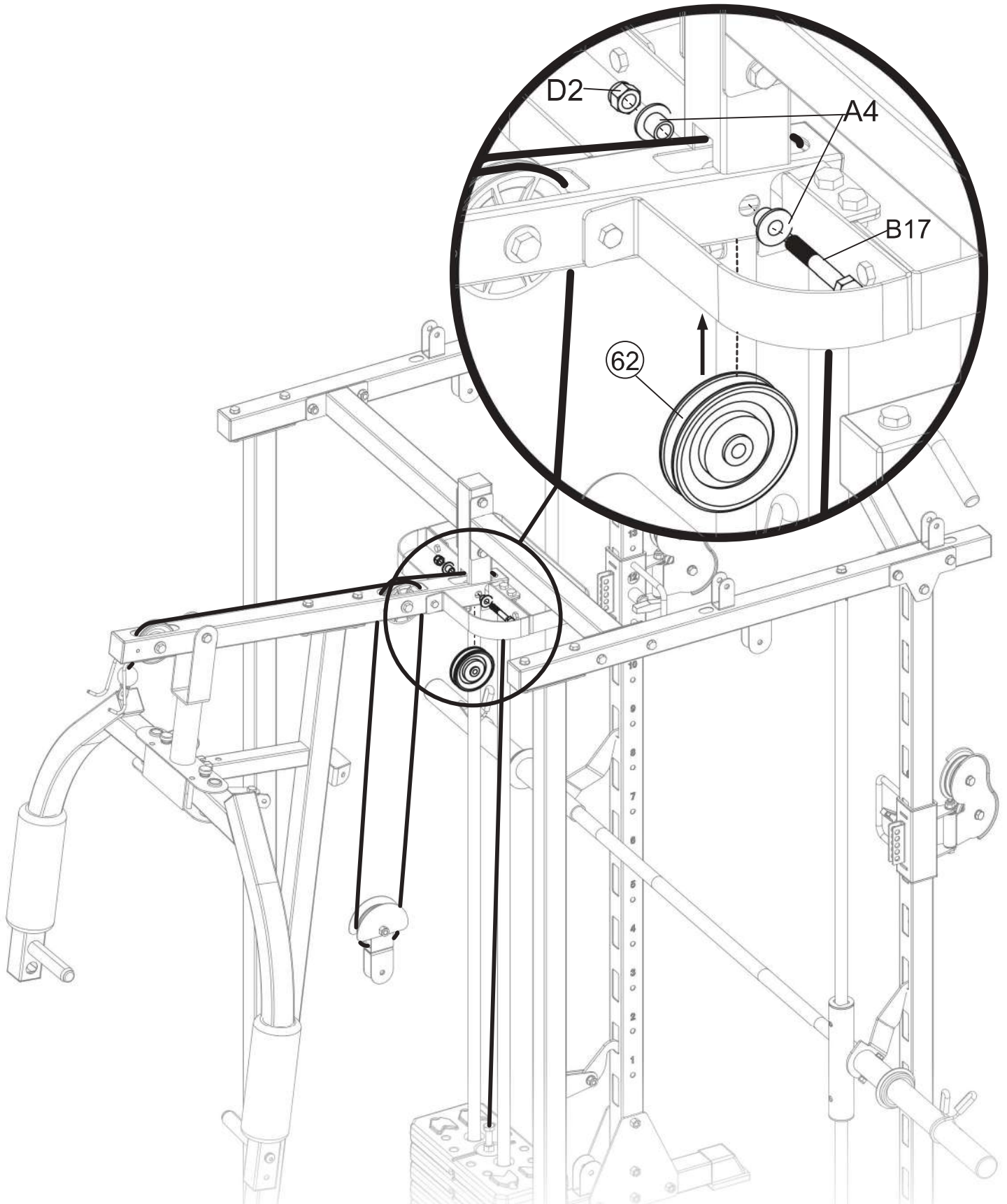
									
M10 Nut	Pulley Sleeve								
D2 1PCS	A4 1PCS								



Assemble

Step 38

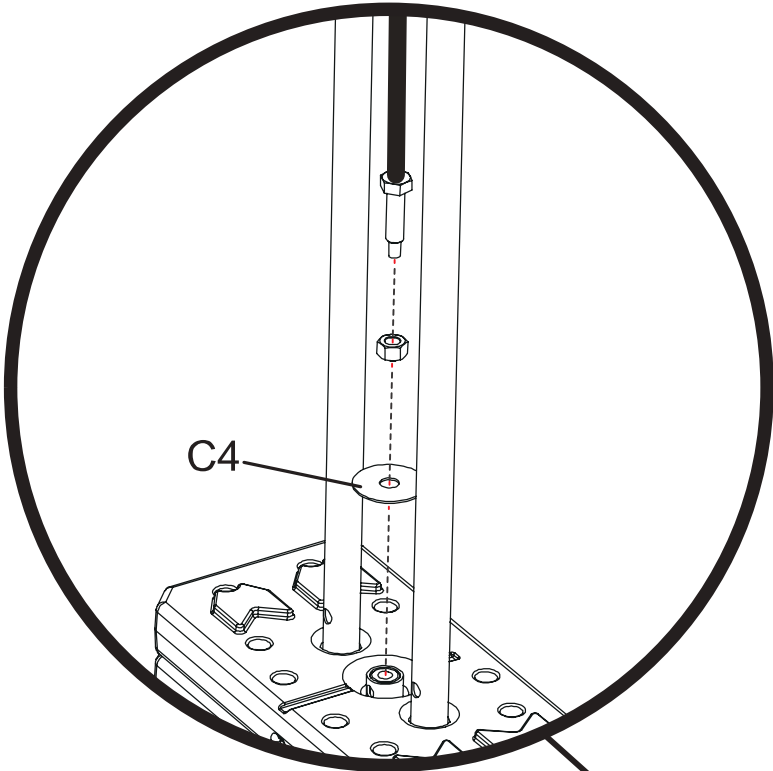
									
Bolt M10*70mm		M10 Nut		Pulley Sleeve					
B17	1PCS	D2	1PCS	A4	2PCS				



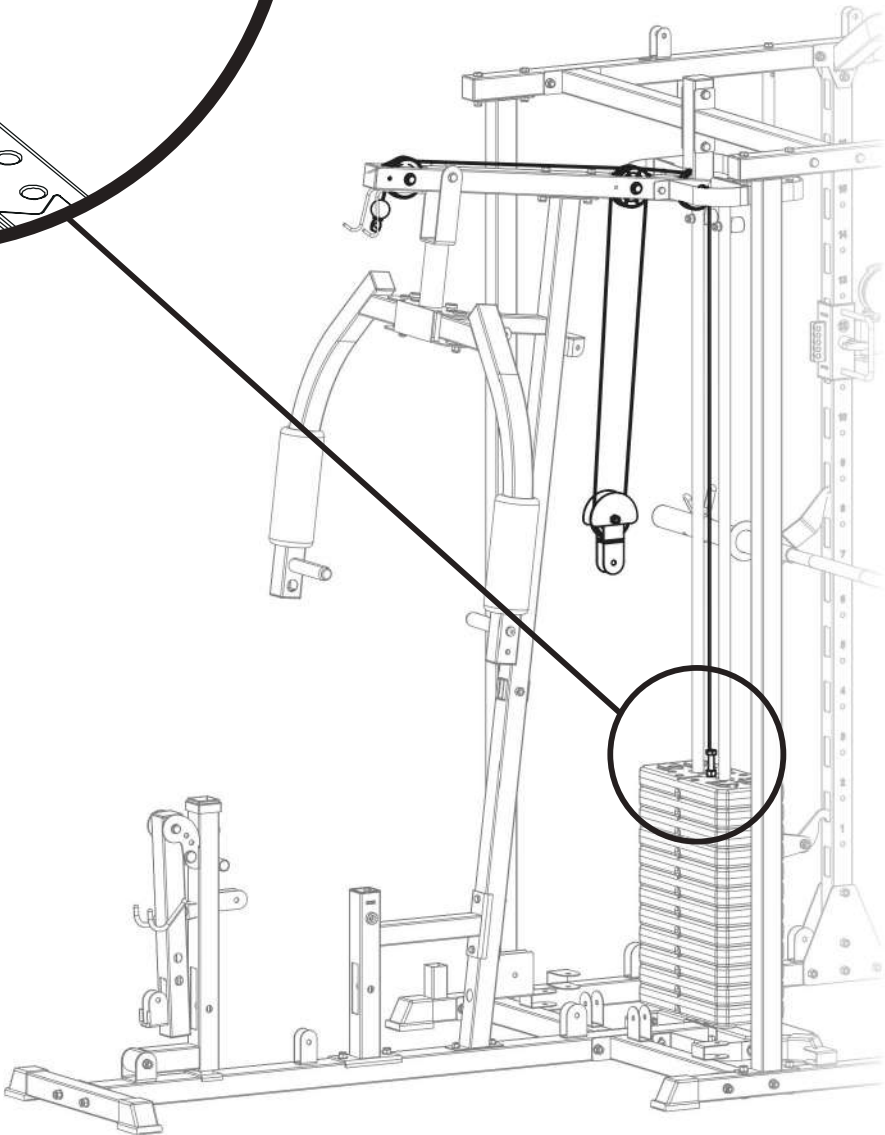
Assemble

Step 39

							
Large Washer							
C4	1PCS						



Don't tighten the bolt now.



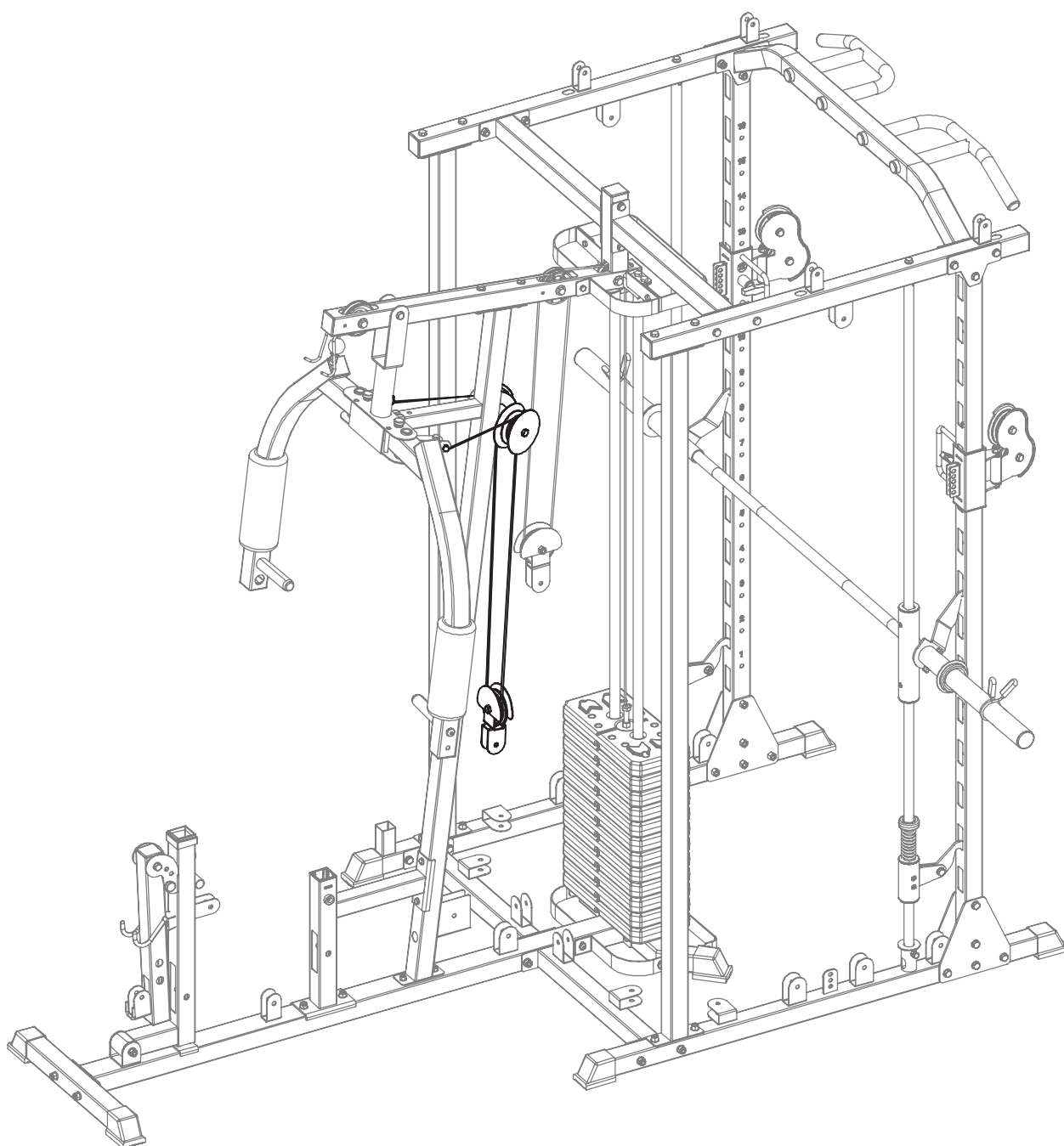
Assemble

Arm Cable (58) X1

Step 40

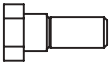
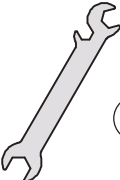


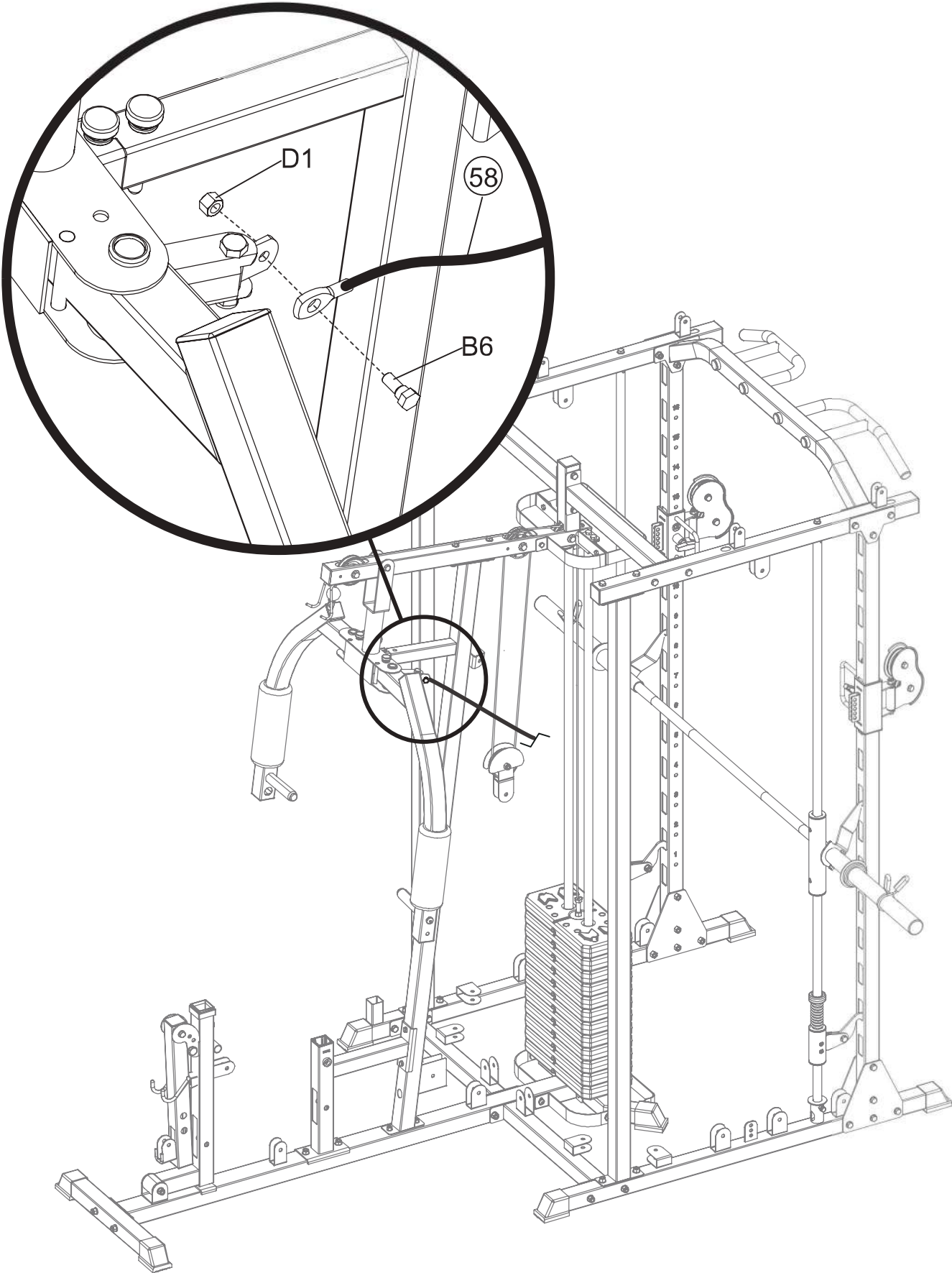
Arm Cable Assemble: Step 41 - Step 45



Assemble

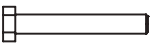
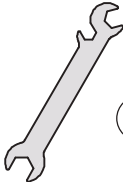
Step 41

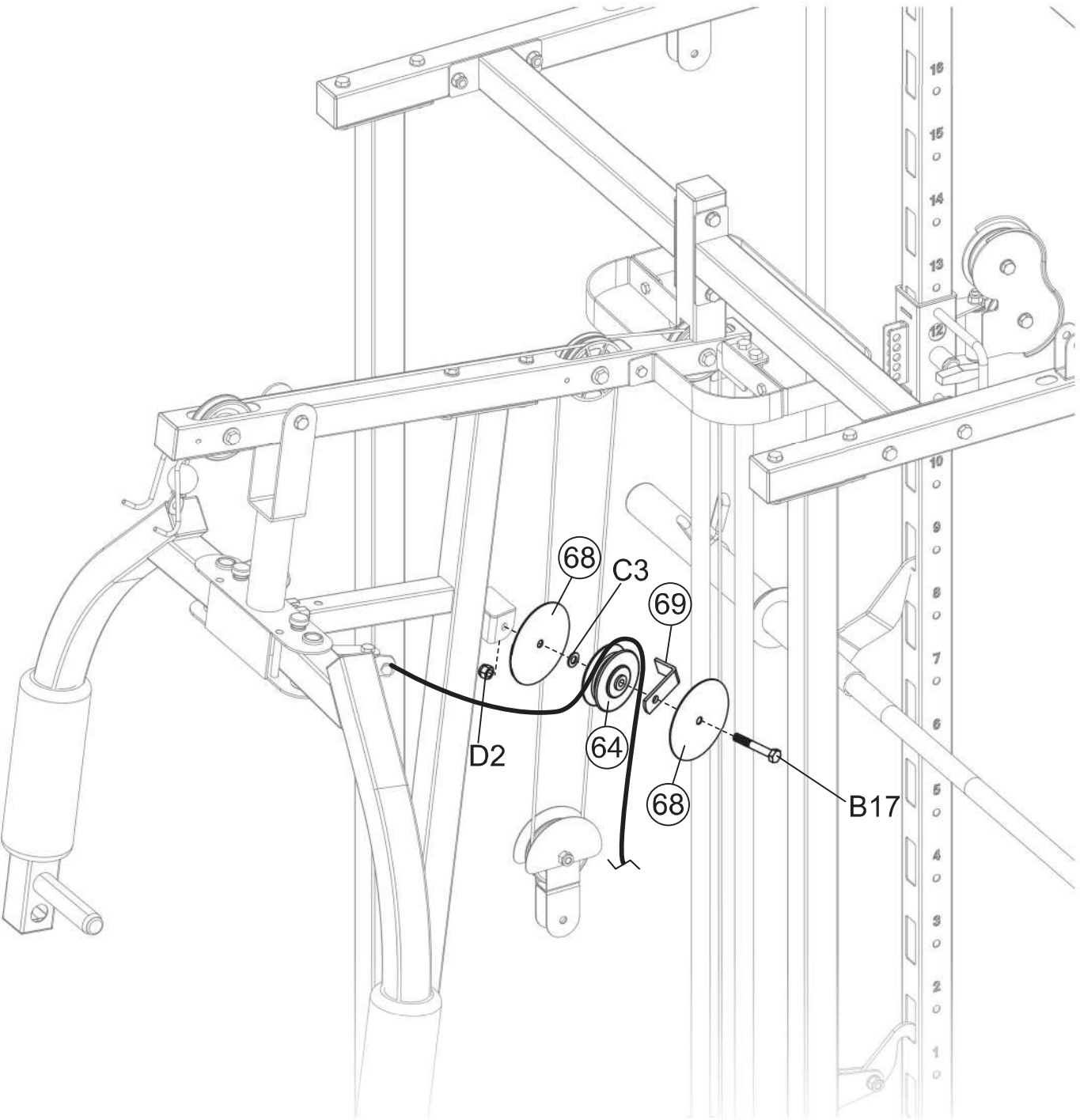
 Bolt M8*22mm		 M8 Lock Nut						 
B6	1PCS	D1	1PCS					



Assemble

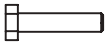
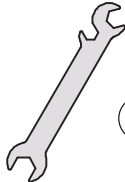
Step 42

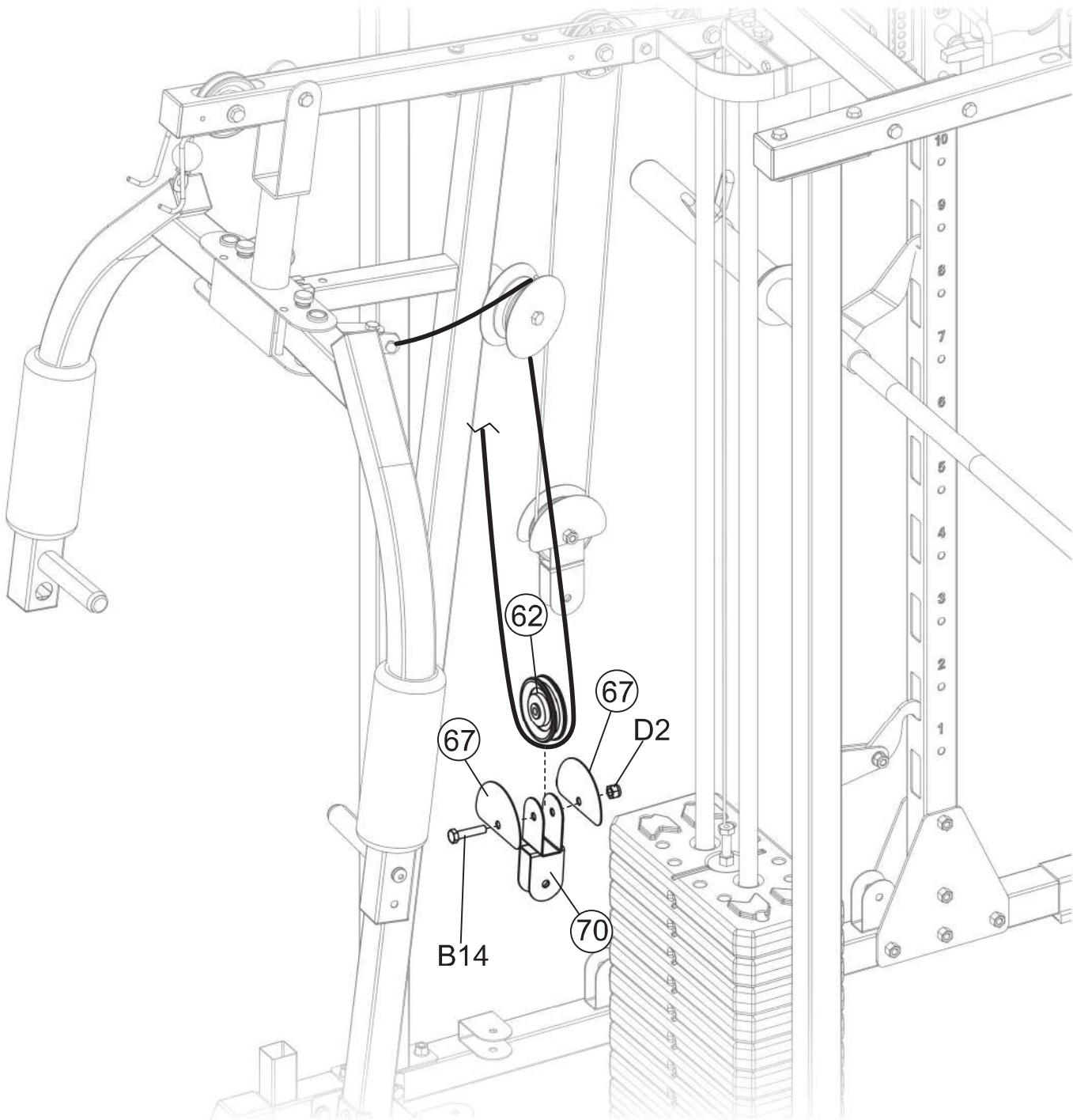
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 
B17	1PCS	C3	1PCS	D2	1PCS			



Assemble

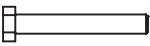
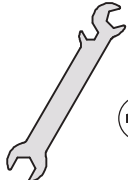
Step 43

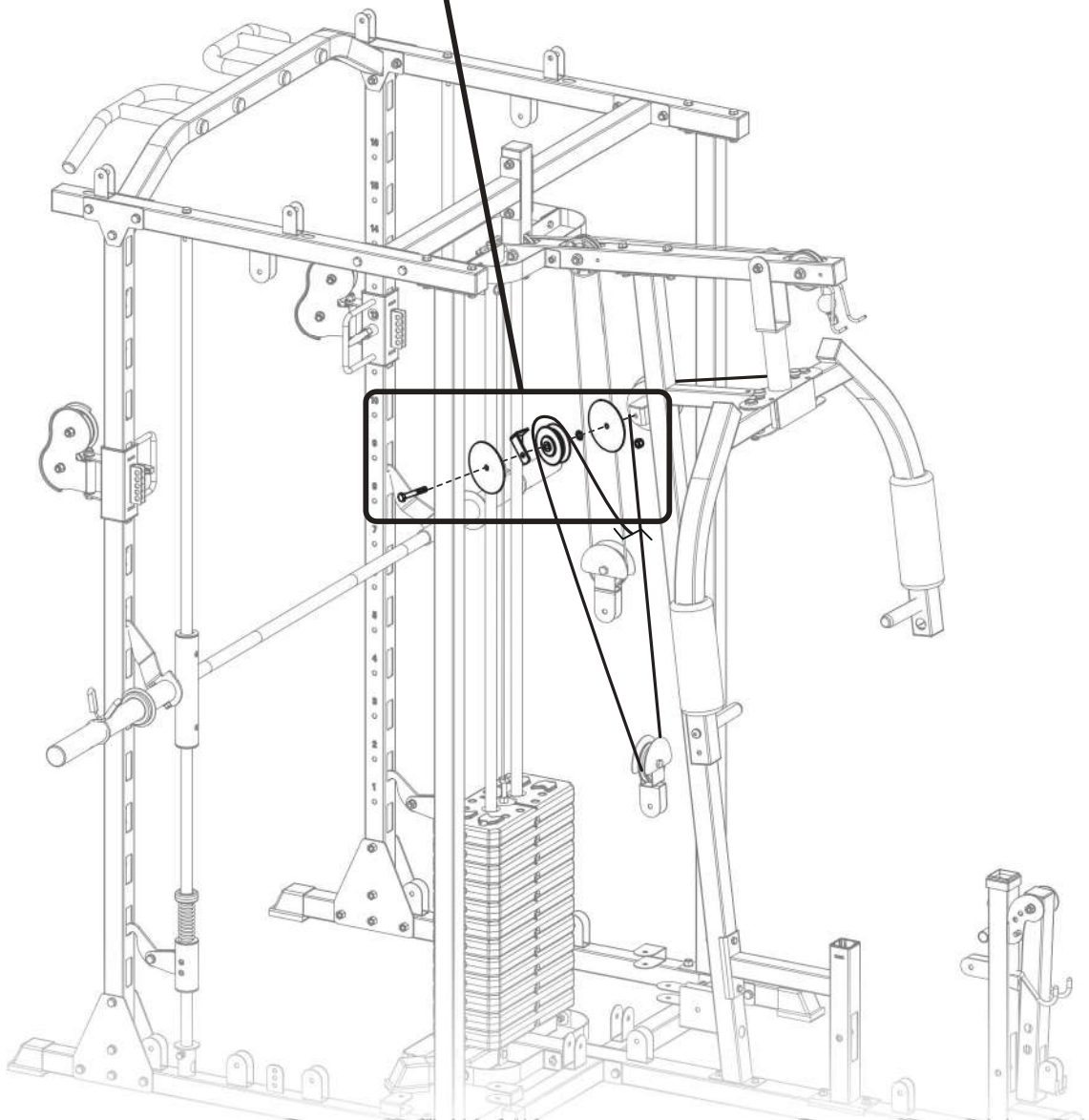
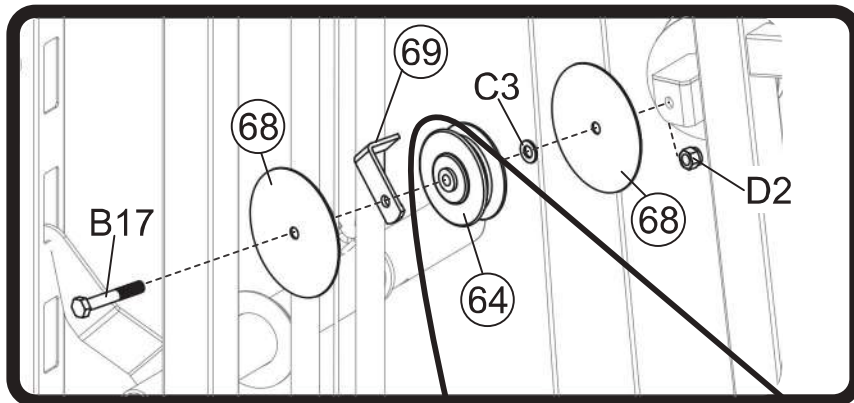
 Bolt M10*45mm		 M10 Nut						 
B14	1PCS	D2	1PCS					



Assemble

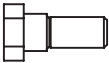
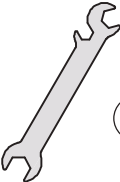
Step 44

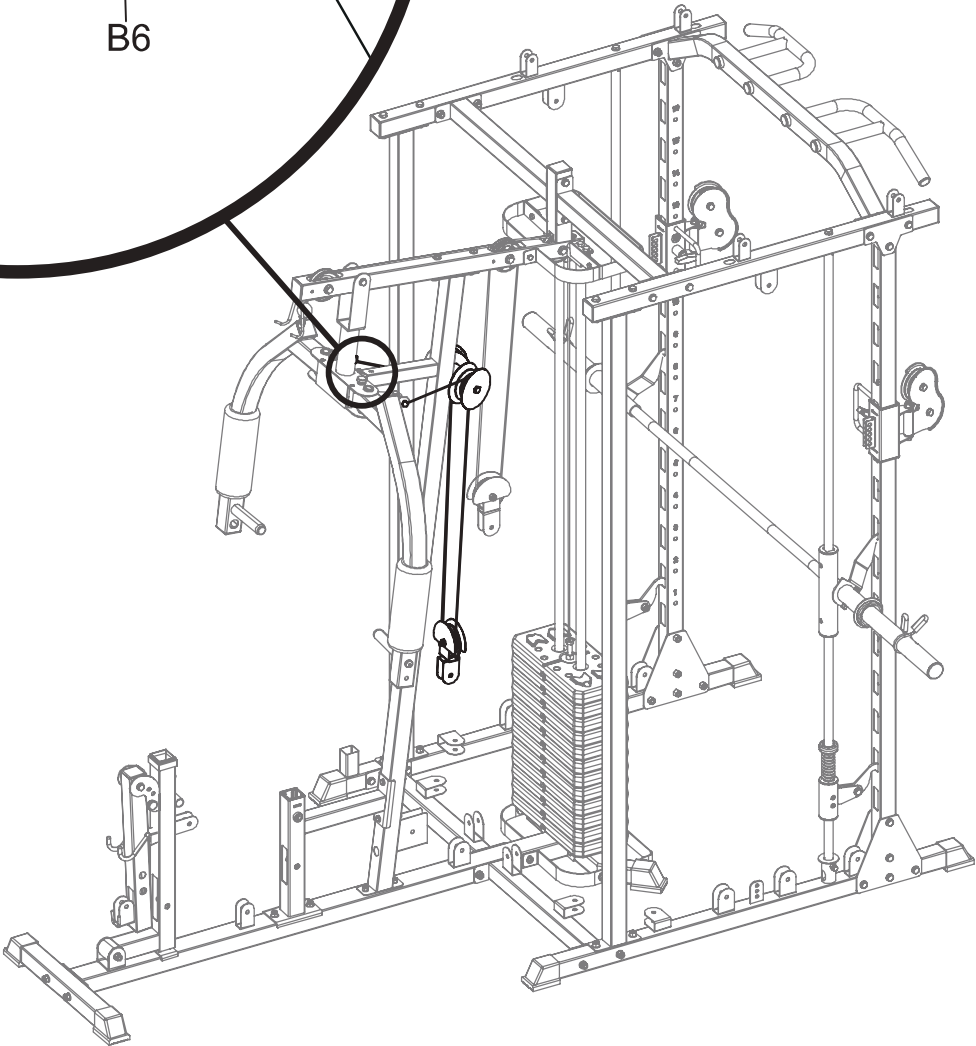
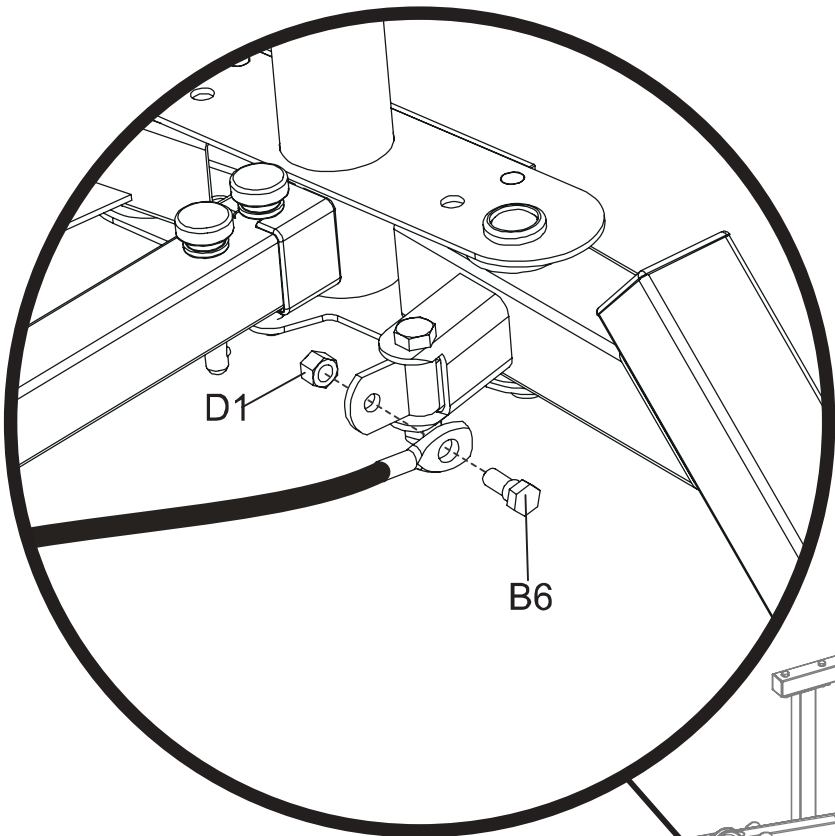
									
Bolt M10*70mm		M10 Washer		M10 Nut					
B17	1PCS	C3	1PCS	D2	1PCS				



Assemble

Step 45

 Bolt M8*22mm		 M8 Lock Nut						 
B6	1PCS	D1	1PCS					



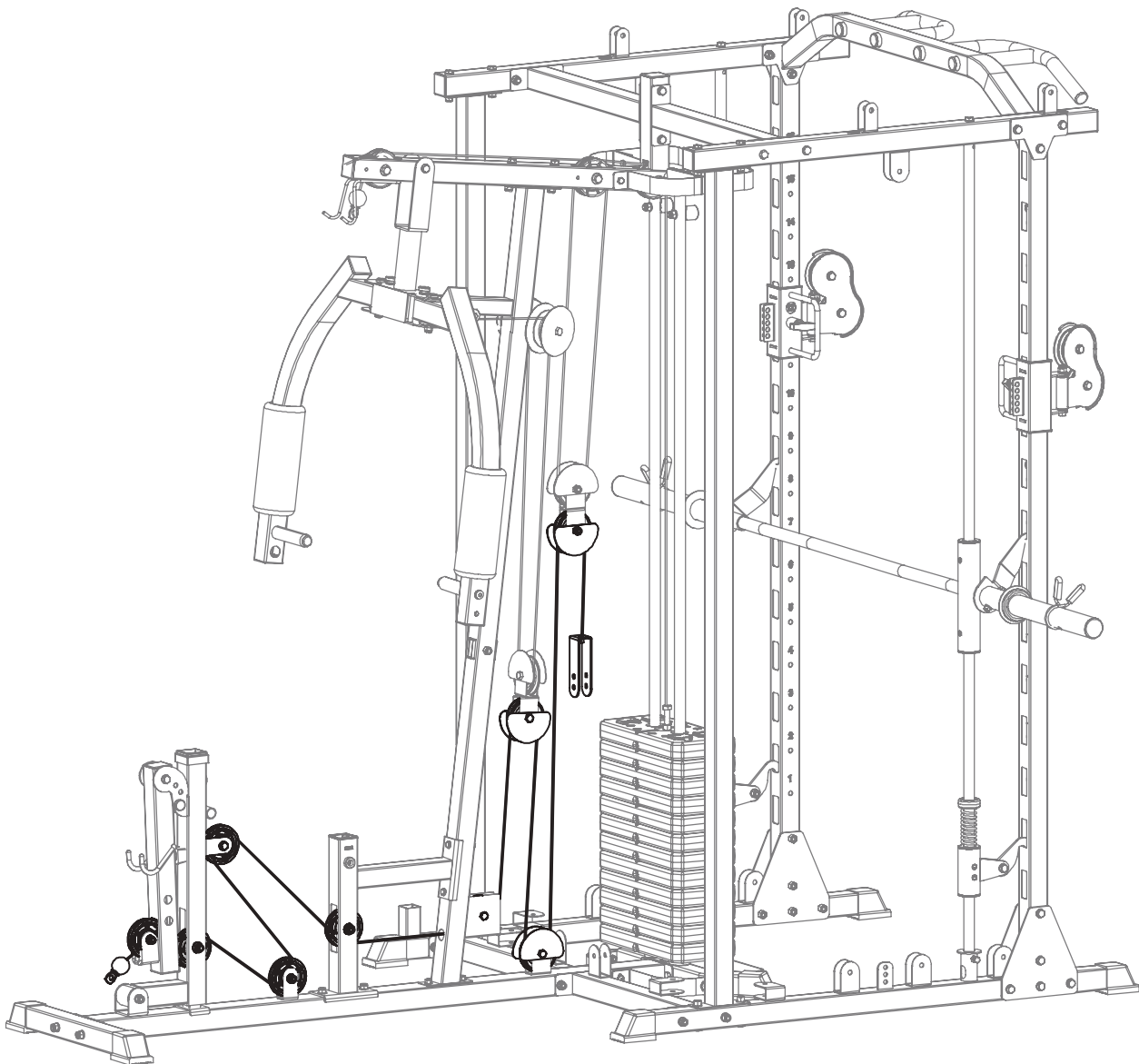
Assemble

Low Cable (59) X1

Step 46

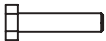
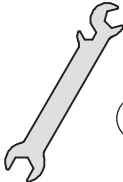


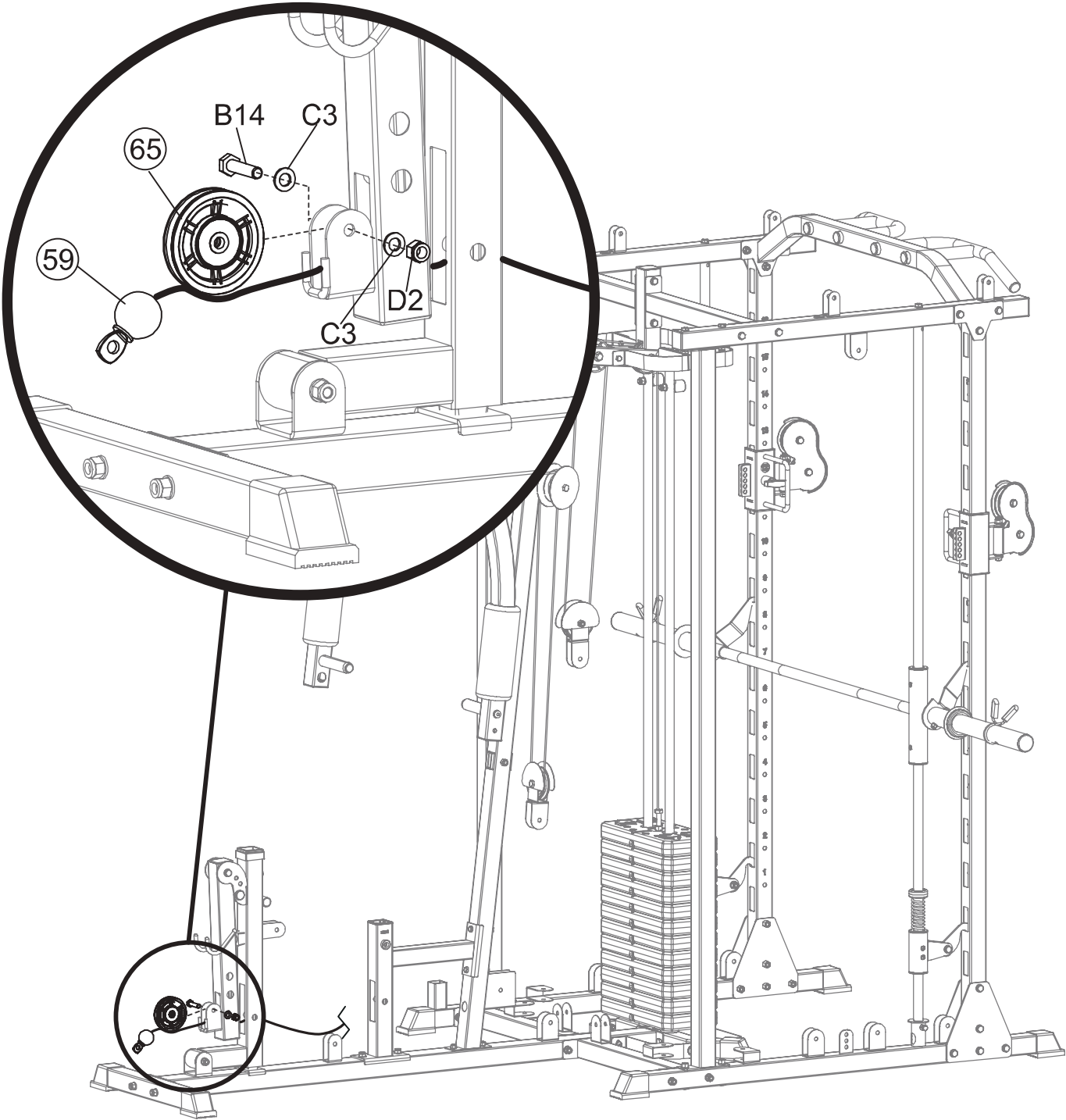
Low Cable Assemble: Step 47 - Step 52



Assemble

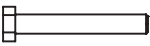
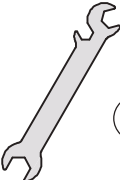
Step 47

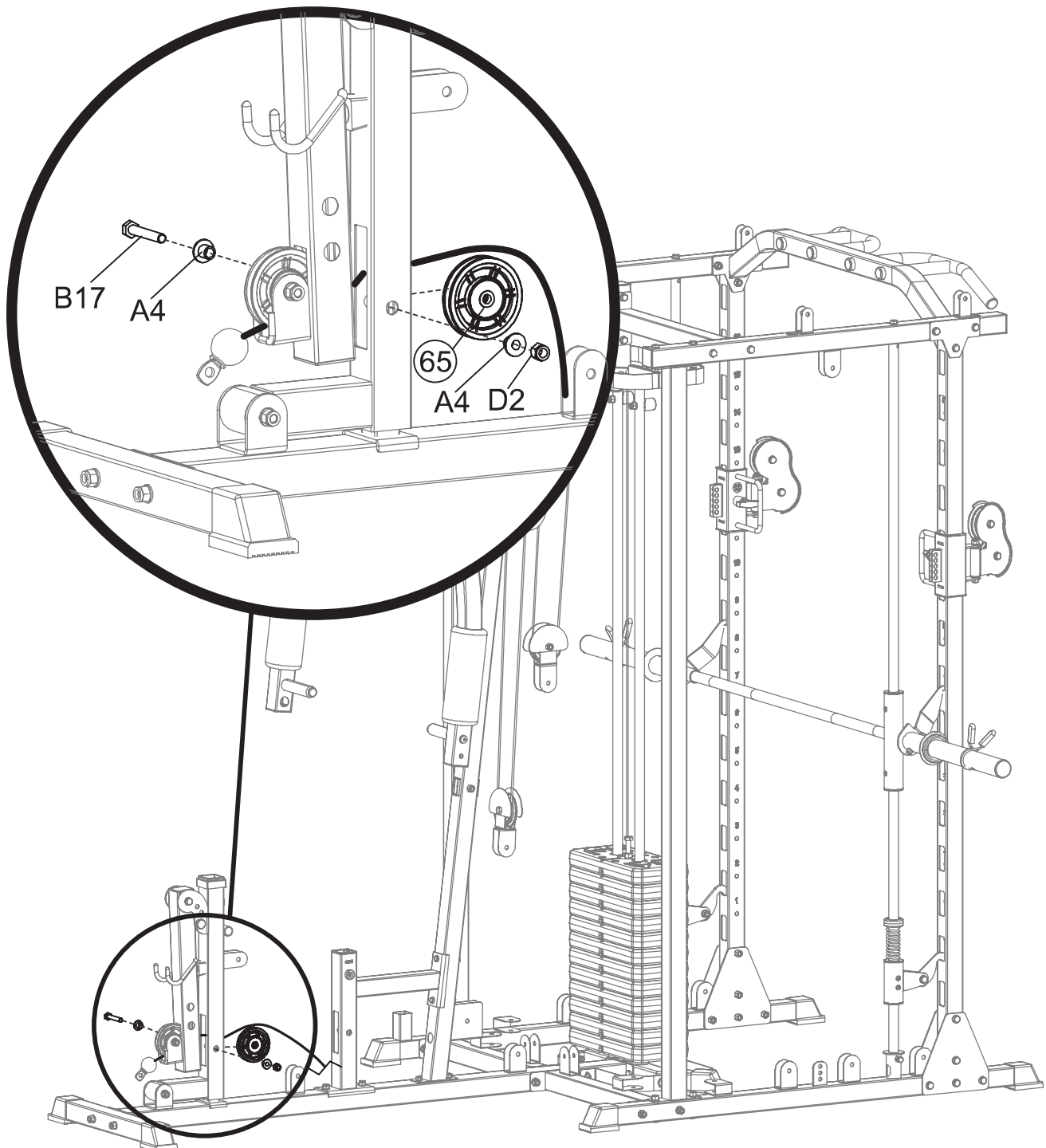
 Bolt M10*45mm		 M10 Washer		 M10 Nut				 
B14	1PCS	C3	2PCS	D2	1PCS			



Assemble

Step 48

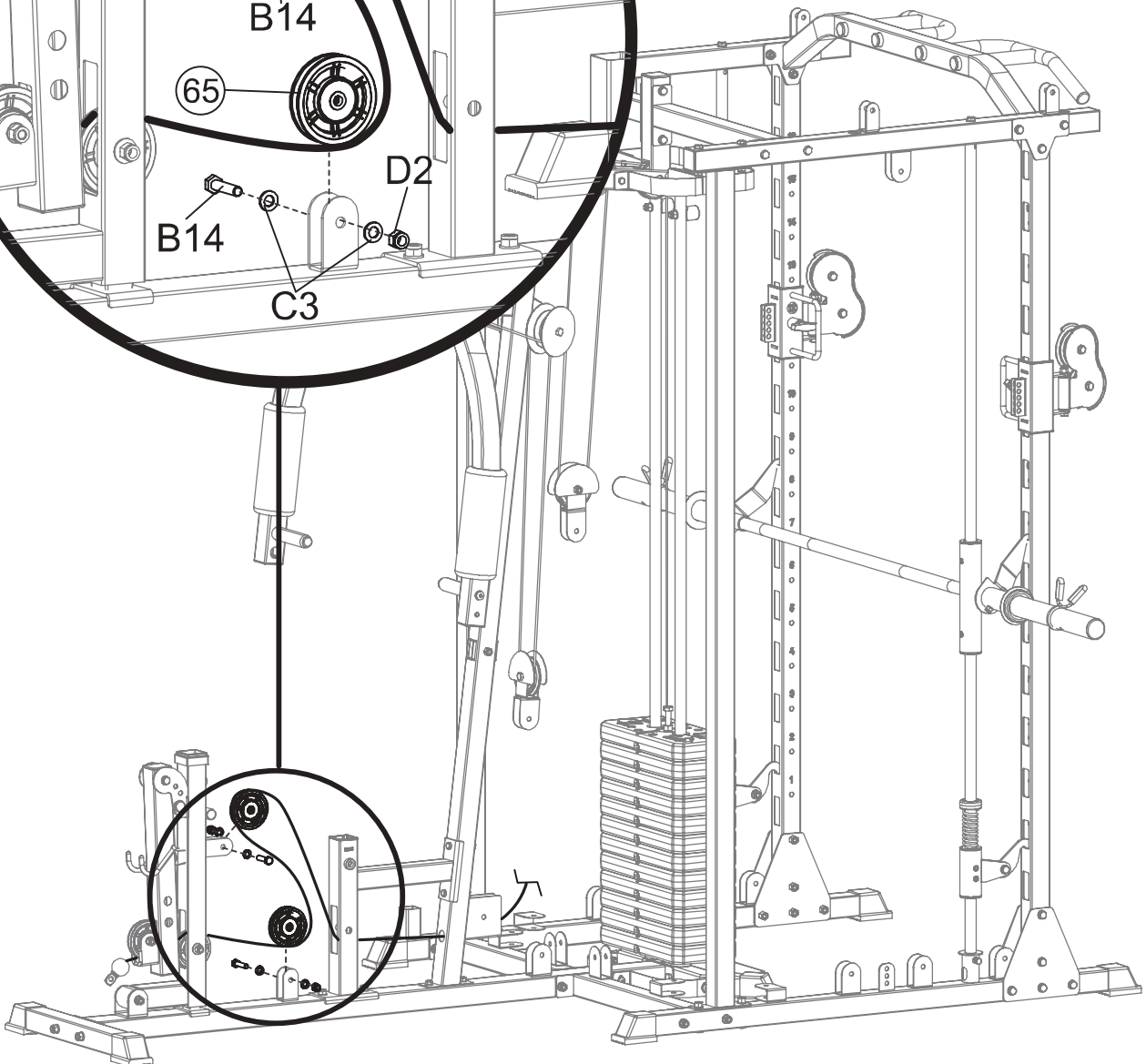
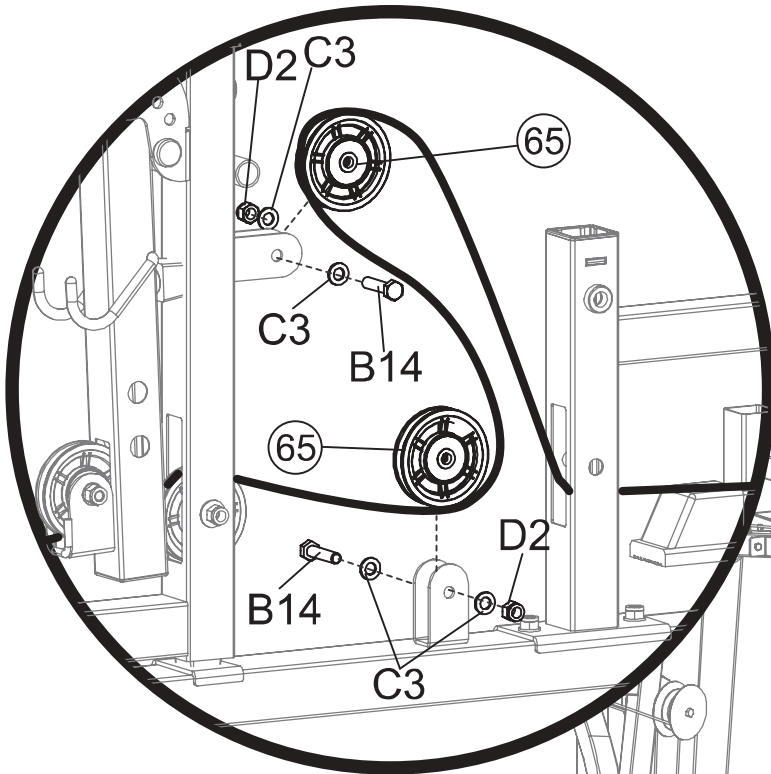
								 
B17	1PCS	D2	1PCS	A4	2PCS			



Assemble

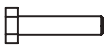
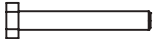
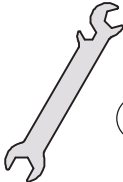
Step 49

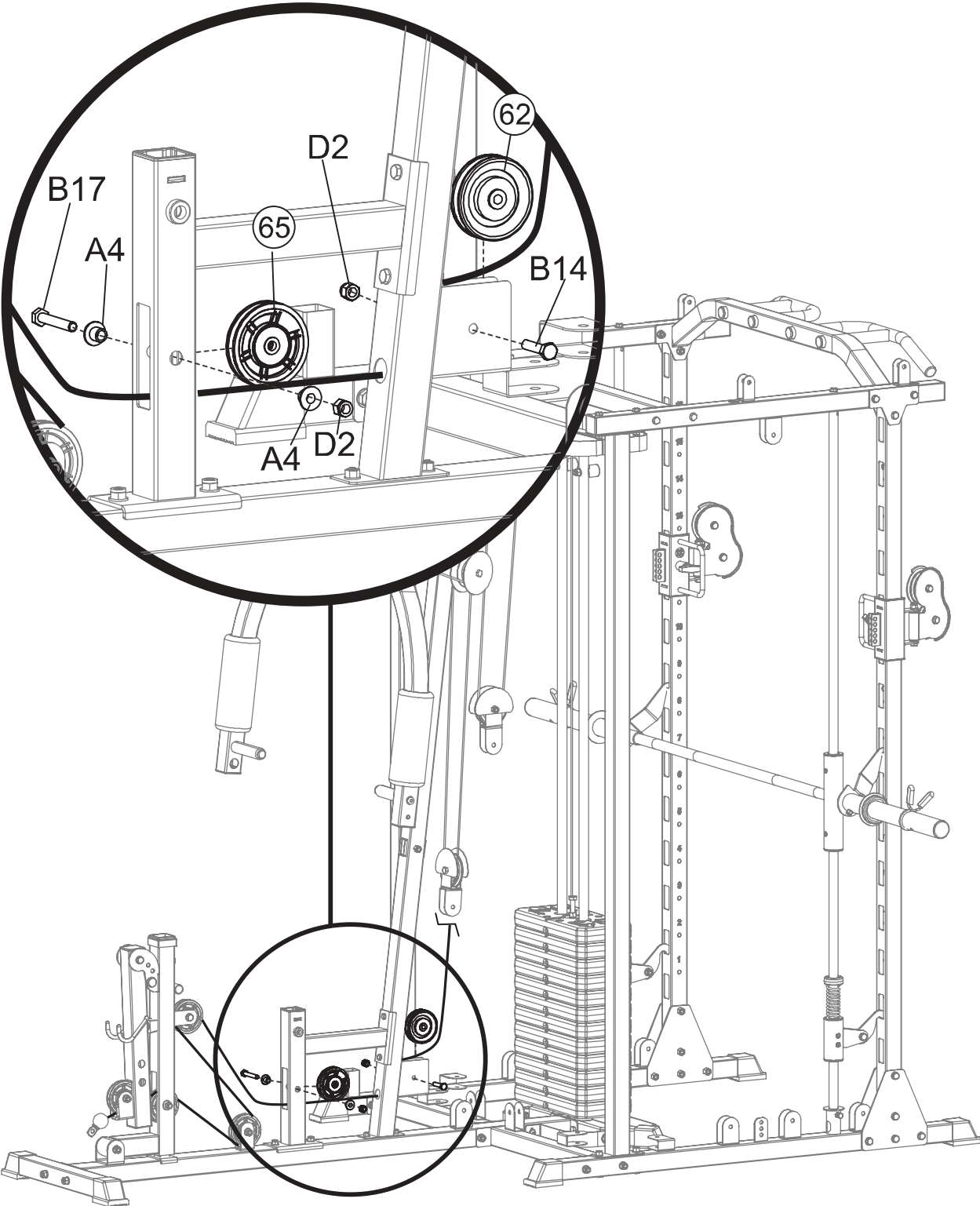
 Bolt M10*45mm		 M10 Washer		 M10 Nut				 
B14	2PCS	C3	4PCS	D2	2PCS			



Assemble

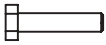
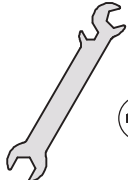
Step 50

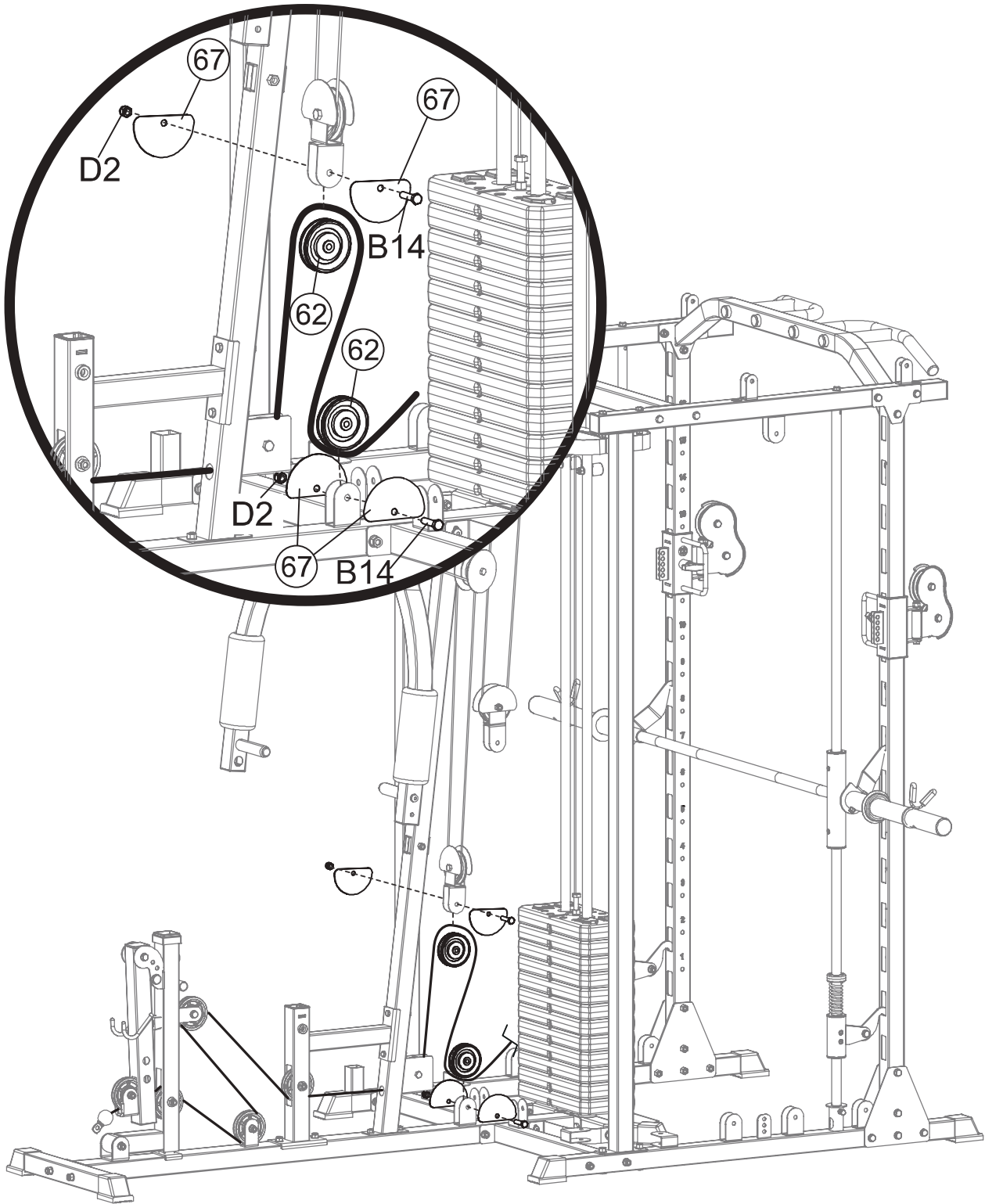
 Bolt M10*45mm		 M10 Nut		 Bolt M10*70mm		 Pulley Sleeve		 
B14	1PCS	D2	2PCS	B17	1PCS	A4	2PCS	



Assemble

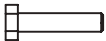
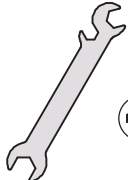
Step 51

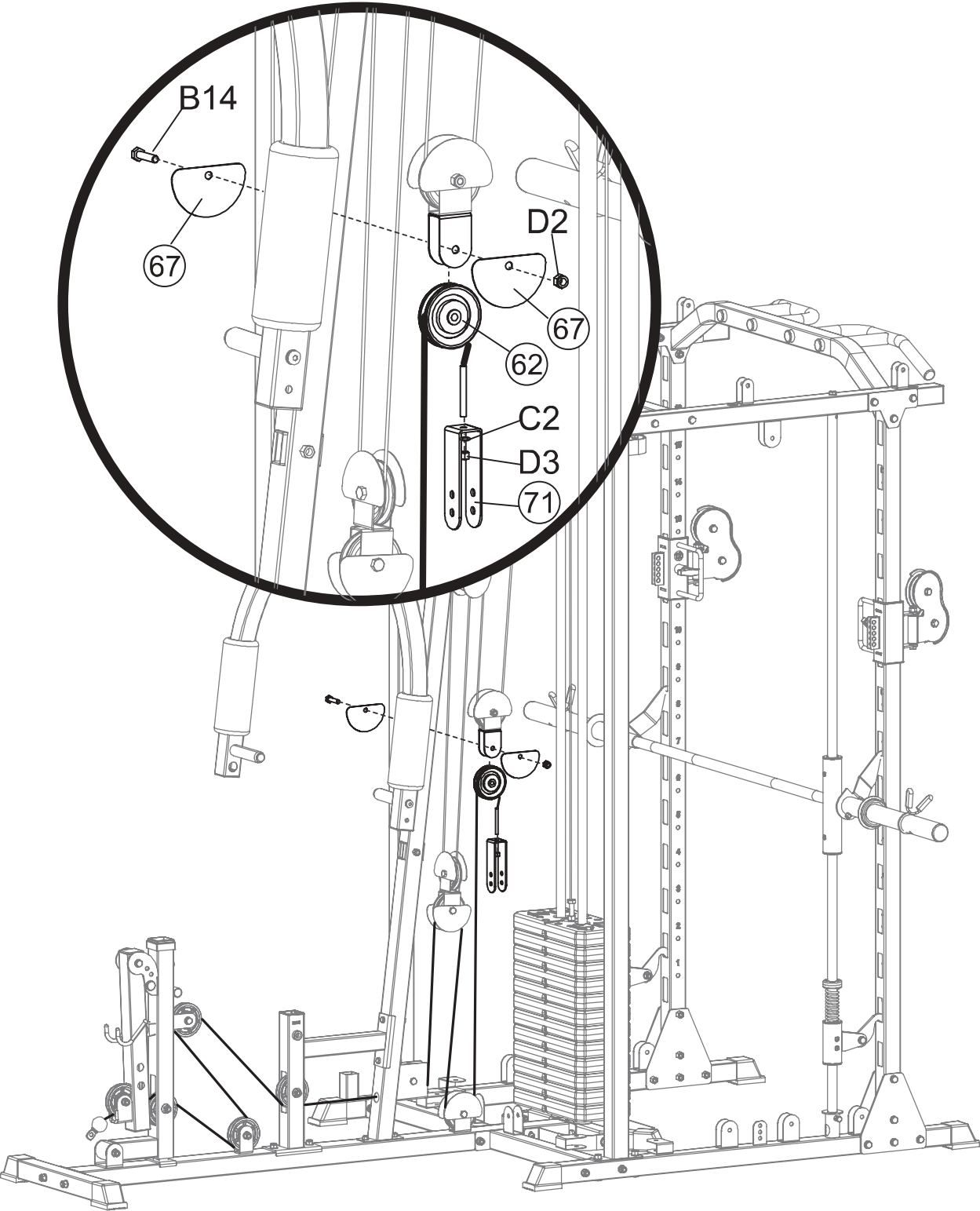
 Bolt M10*45mm		 M10 Nut						 
B14	2PCS	D2	2PCS					



Assemble

Step 52

 Bolt M10*45mm		 M10 Nut		 M8 Nut		 M8 Washer		 
B14	1PCS	D2	1PCS	D3	1PCS	C2	1PCS	



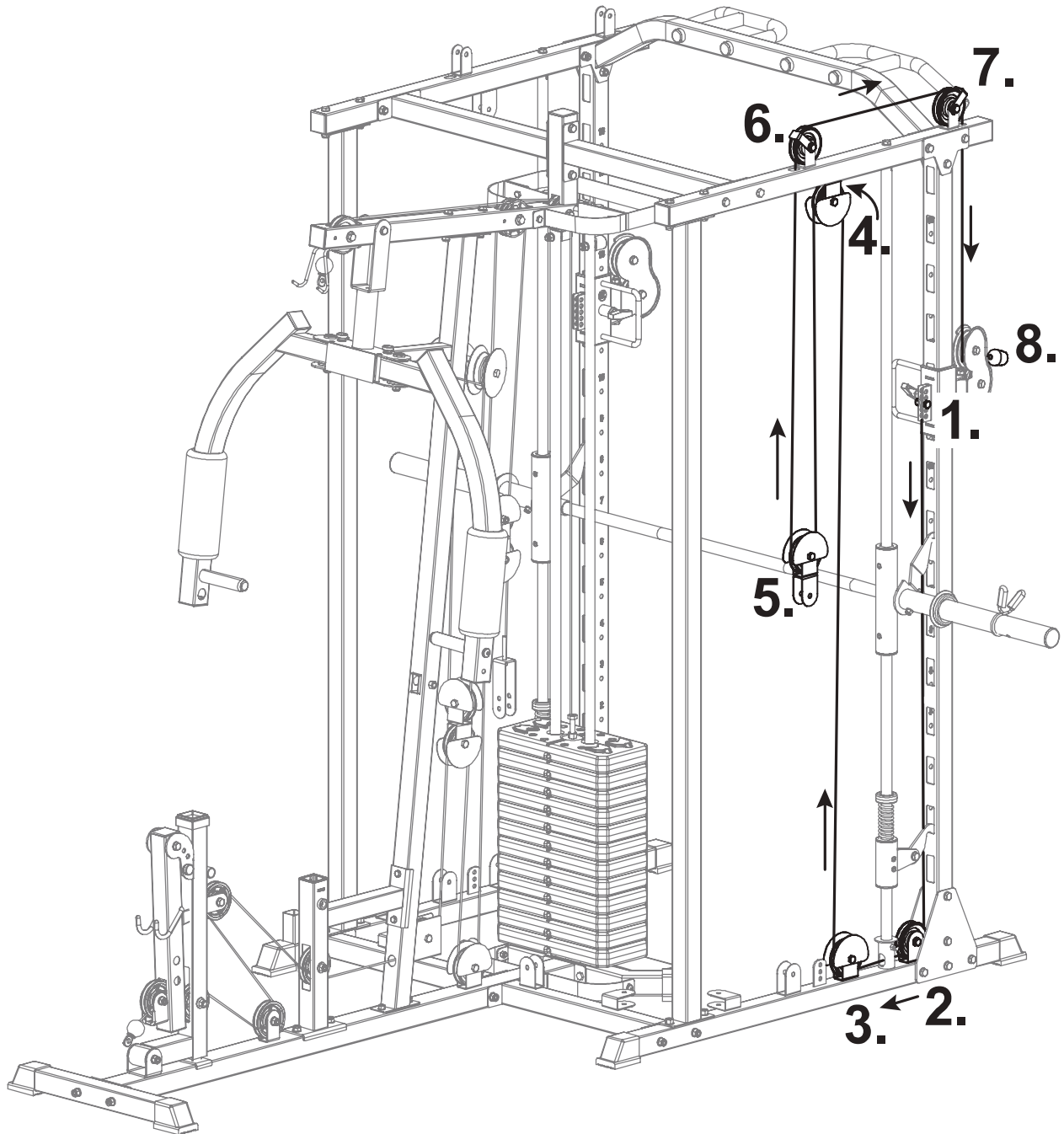
Assemble

Crossover Cable (60) X2

Step 53



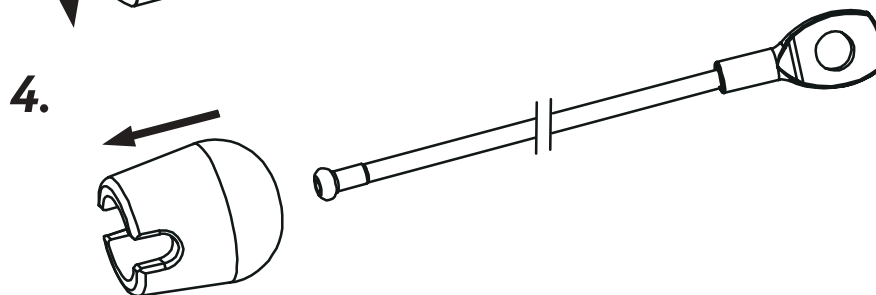
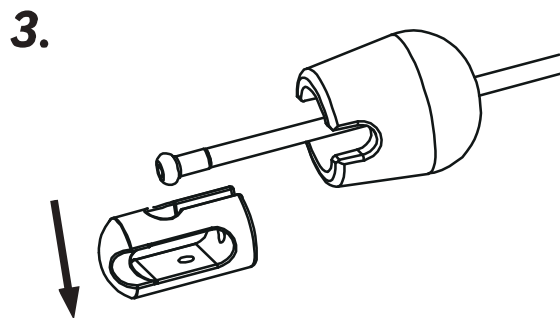
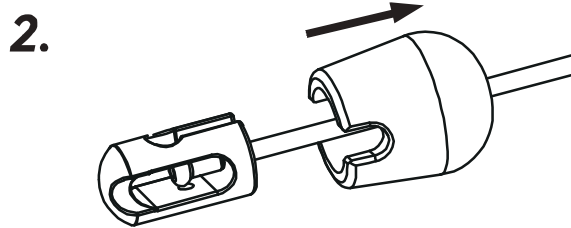
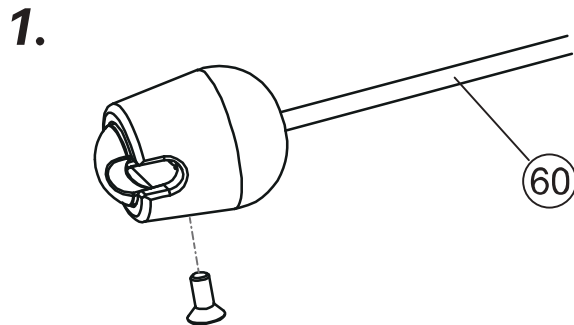
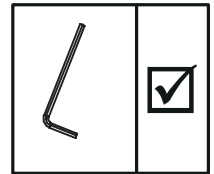
Crossover Cable Assemble: Step 54 - Step 59



Assemble

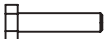
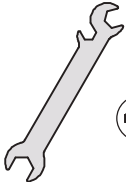
Step 54

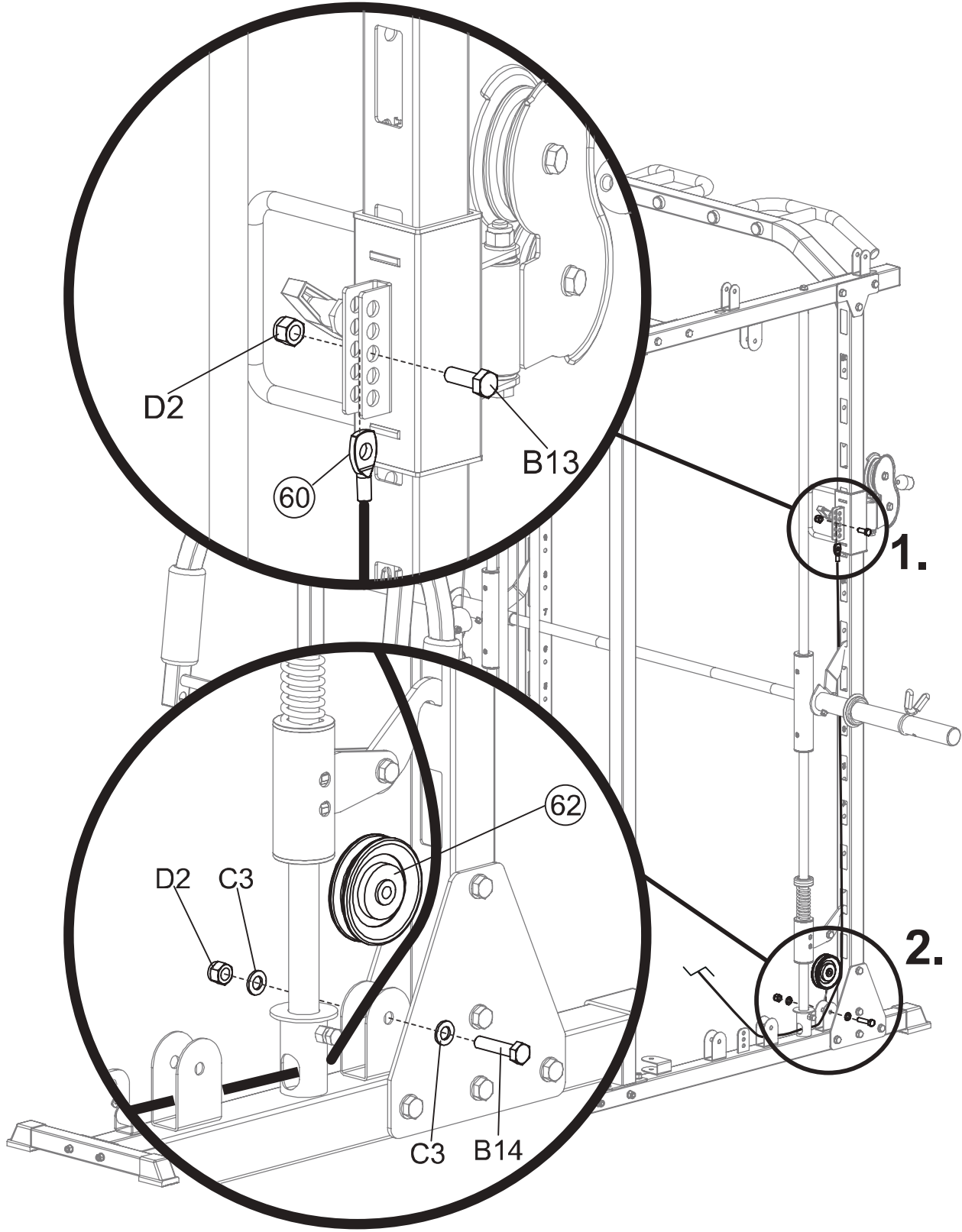
Follow below steps to disassemble the end of the cable.
Keep the disassembled parts properly for later use.



Assemble

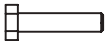
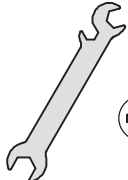
Step 55

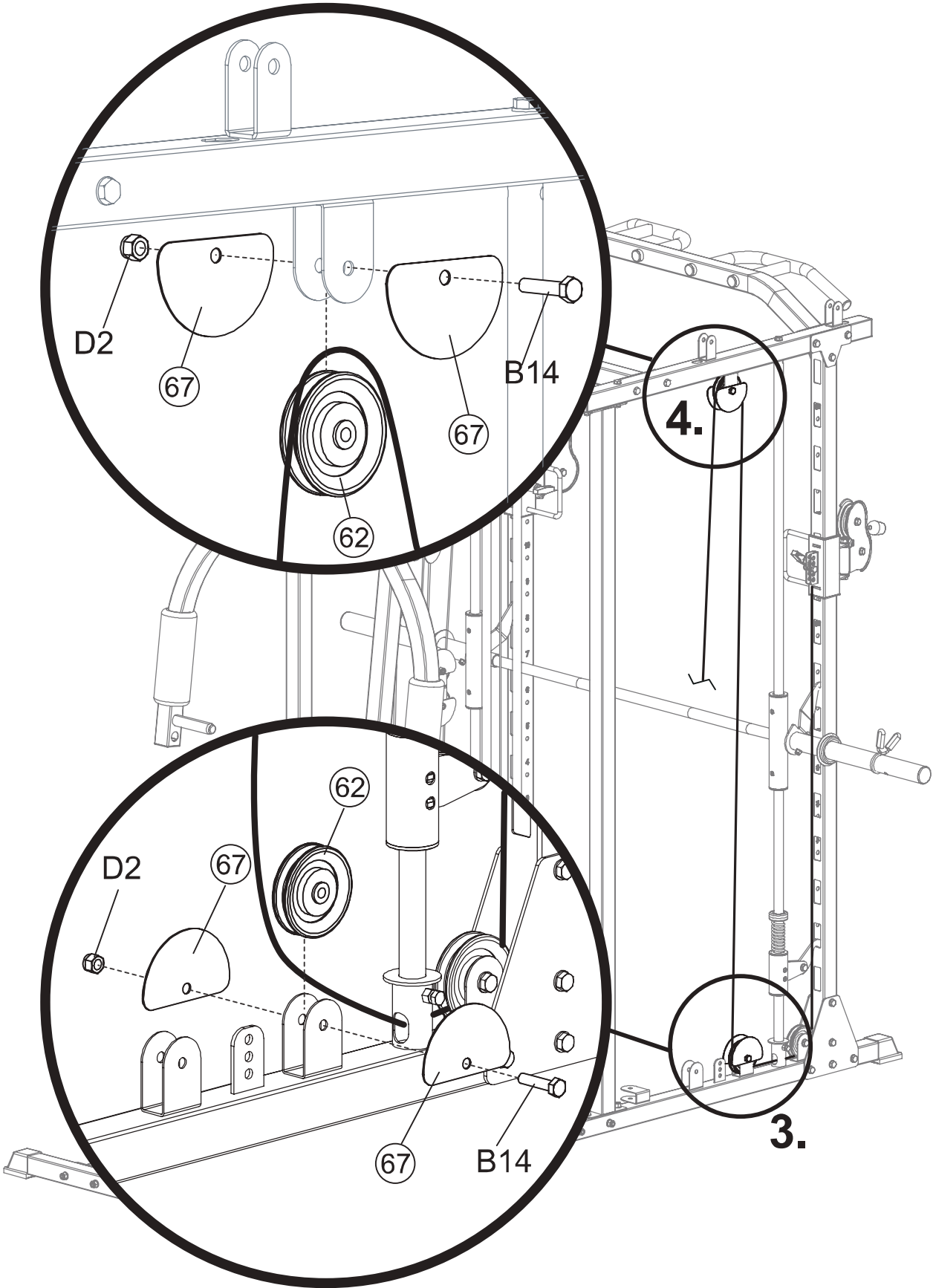
				
Bolt M10*30mm	M10 Nut	M10 Washer	Bolt M10*45mm	
B13 1PCS	D2 2PCS	C3 2PCS	B14 1PCS	+



Assemble

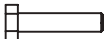
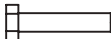
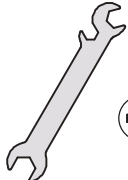
Step 56

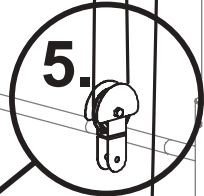
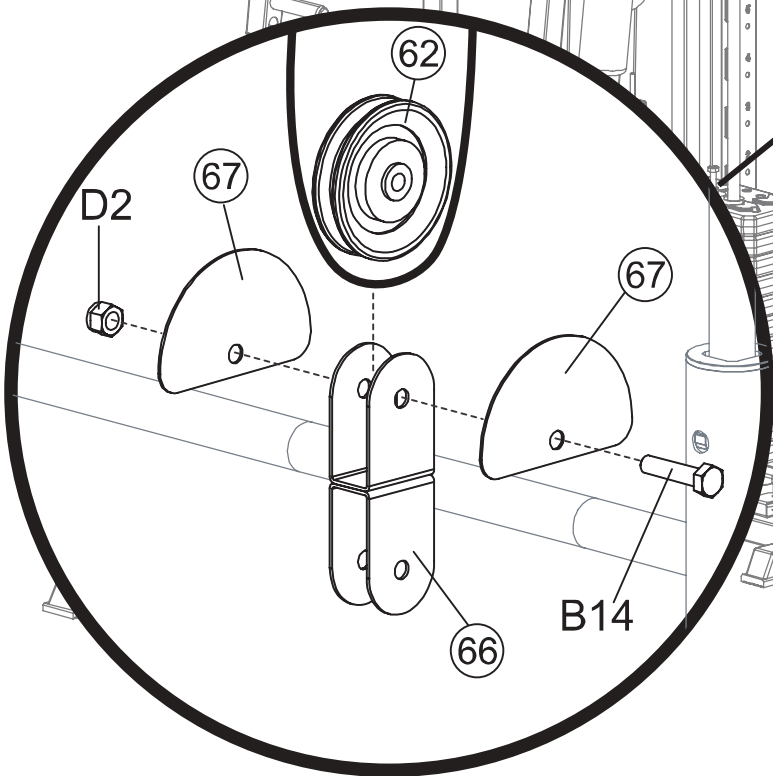
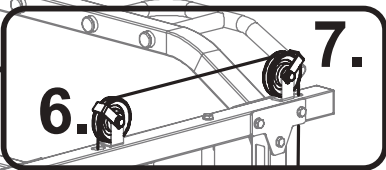
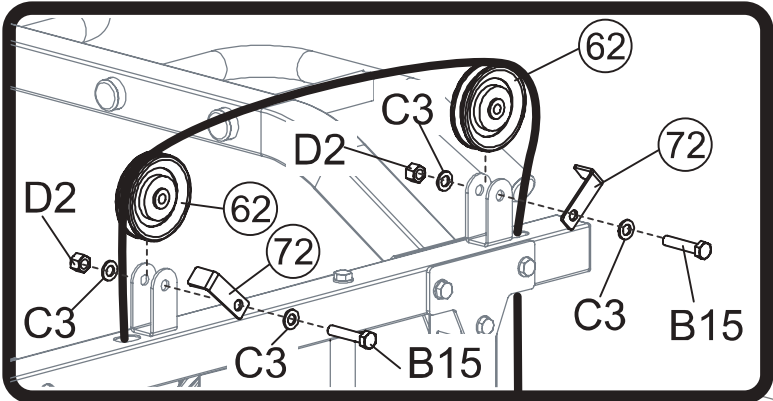
 Bolt M10*45mm		 M10 Nut						 
B14	2PCS	D2	2PCS					



Assemble

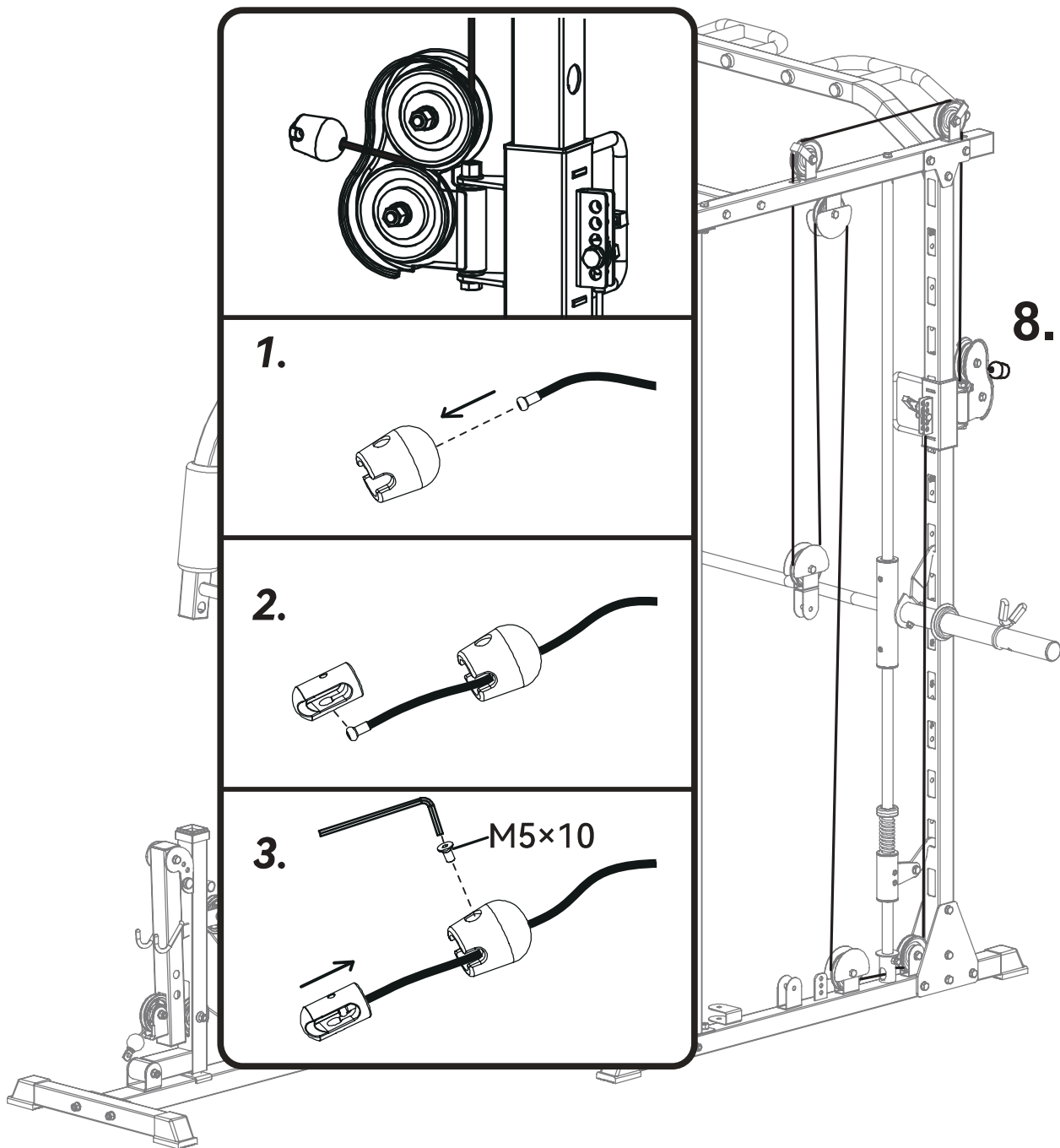
Step 57

 Bolt M10*45mm		 M10 Washer		 M10 Nut		 Bolt M10*50mm		 
B14	1PCS	C3	4PCS	D2	3PCS	B15	2PCS	



Assemble

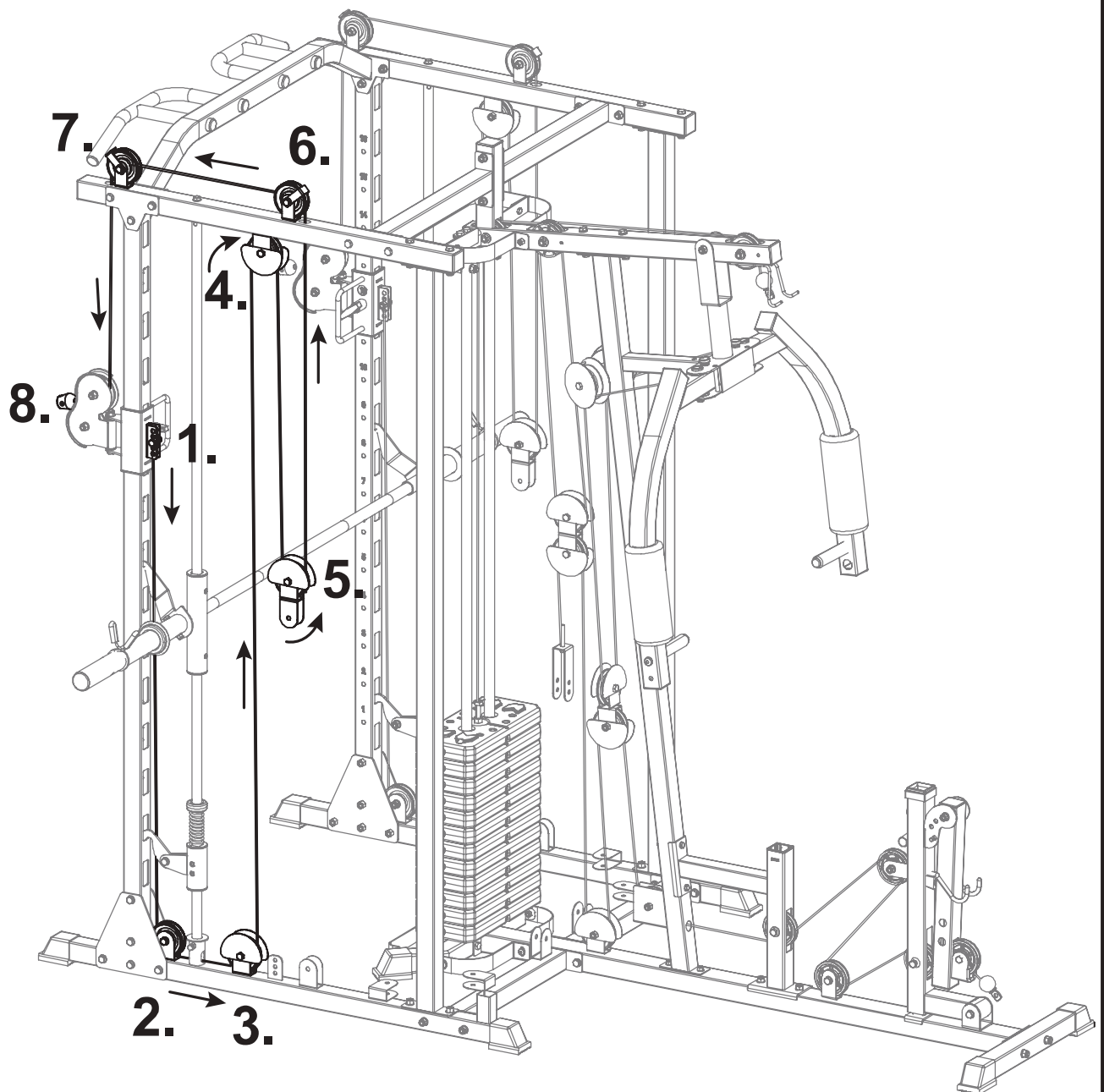
Step 58



Assemble

Step 59

Repeat steps 54-58 to assemble another crossover Cable.



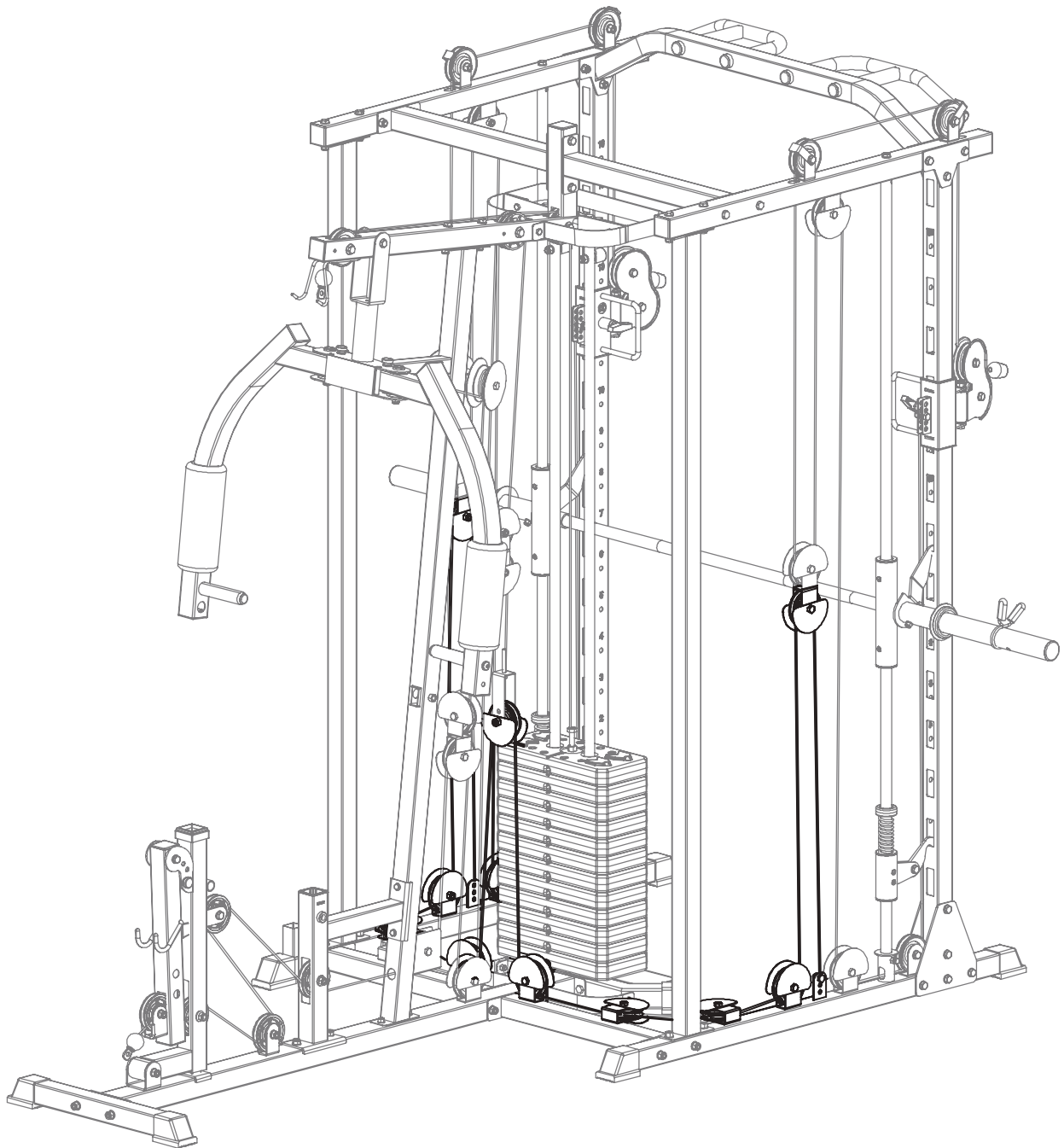
Assemble

Side Cable ⑥1 X1

Step 60

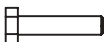
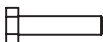
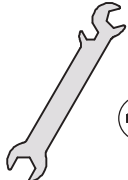


Side Cable Assemble: Step 61



Assemble

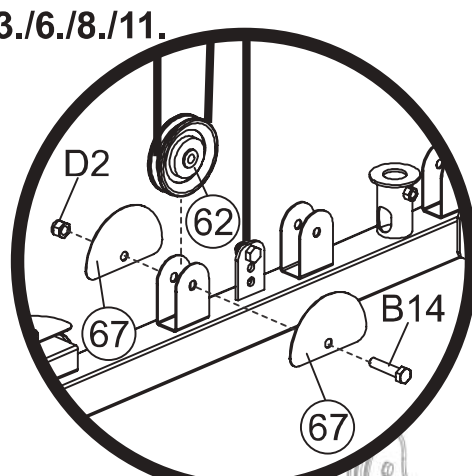
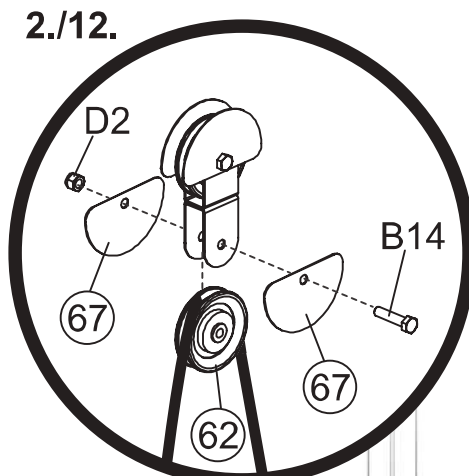
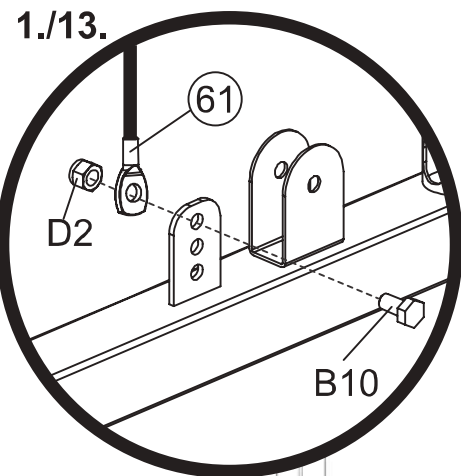
Step 61

				
Bolt M10*45mm	M10 Nut	Bolt M10*20mm	Bolt M10*50mm	
B14 10PCS	D2 13PCS	B10 2PCS	B15 1PCS	+

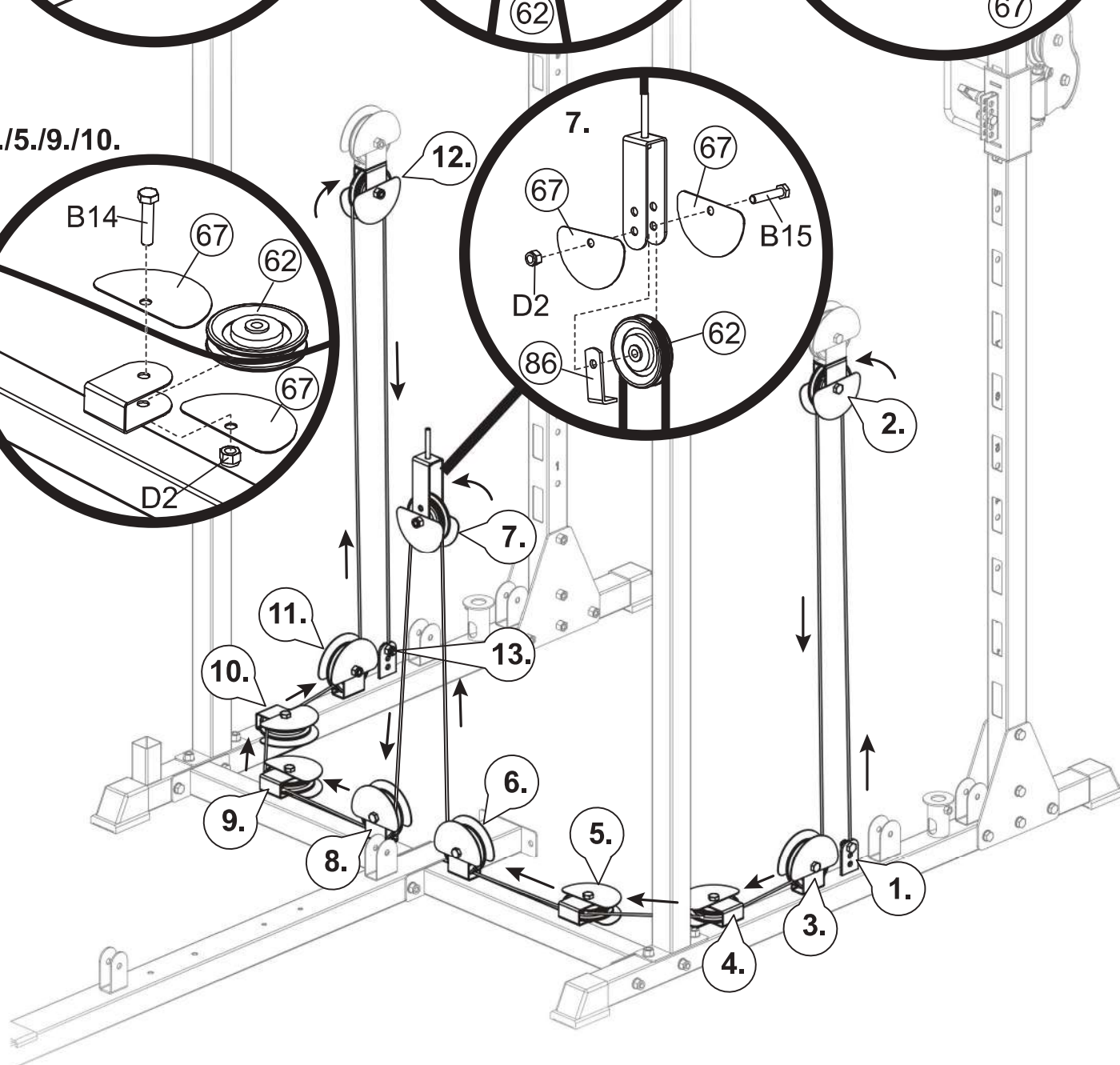
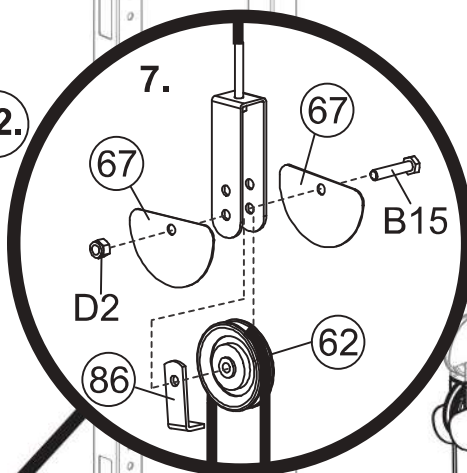
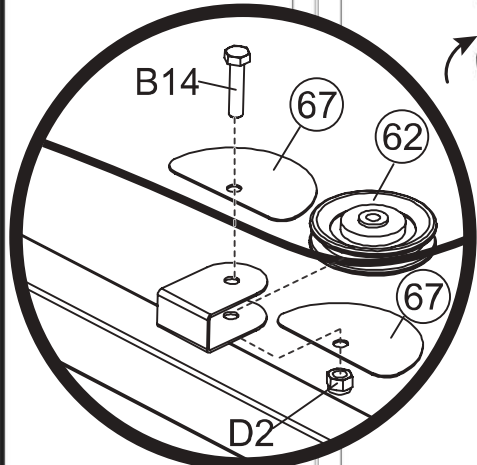
1./13.

2./12.

3./6./8./11.

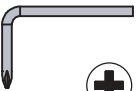


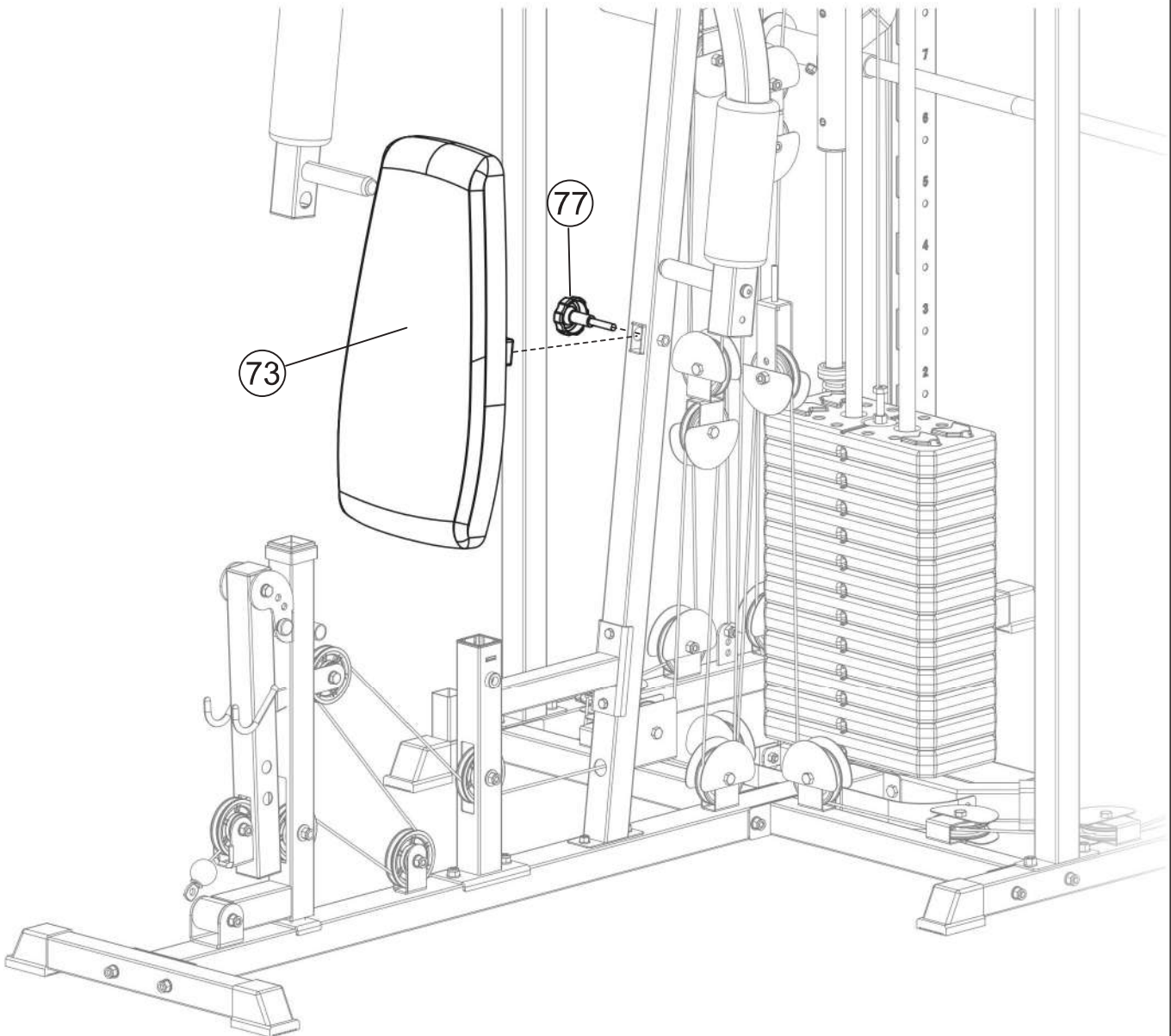
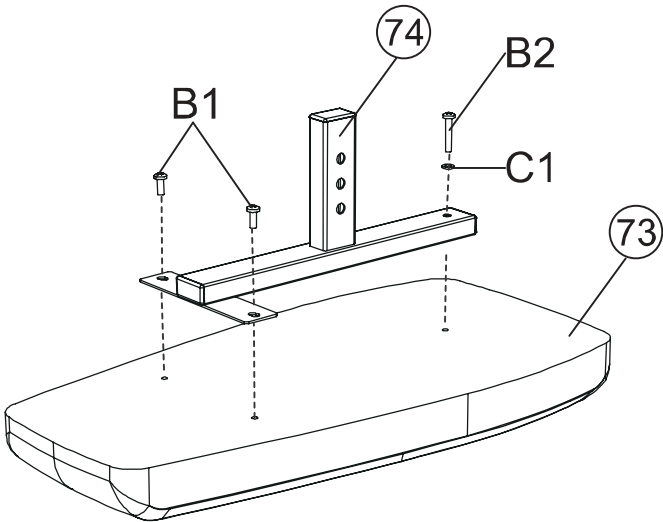
4./5./9./10.



Assemble

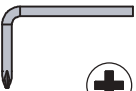
Step 62

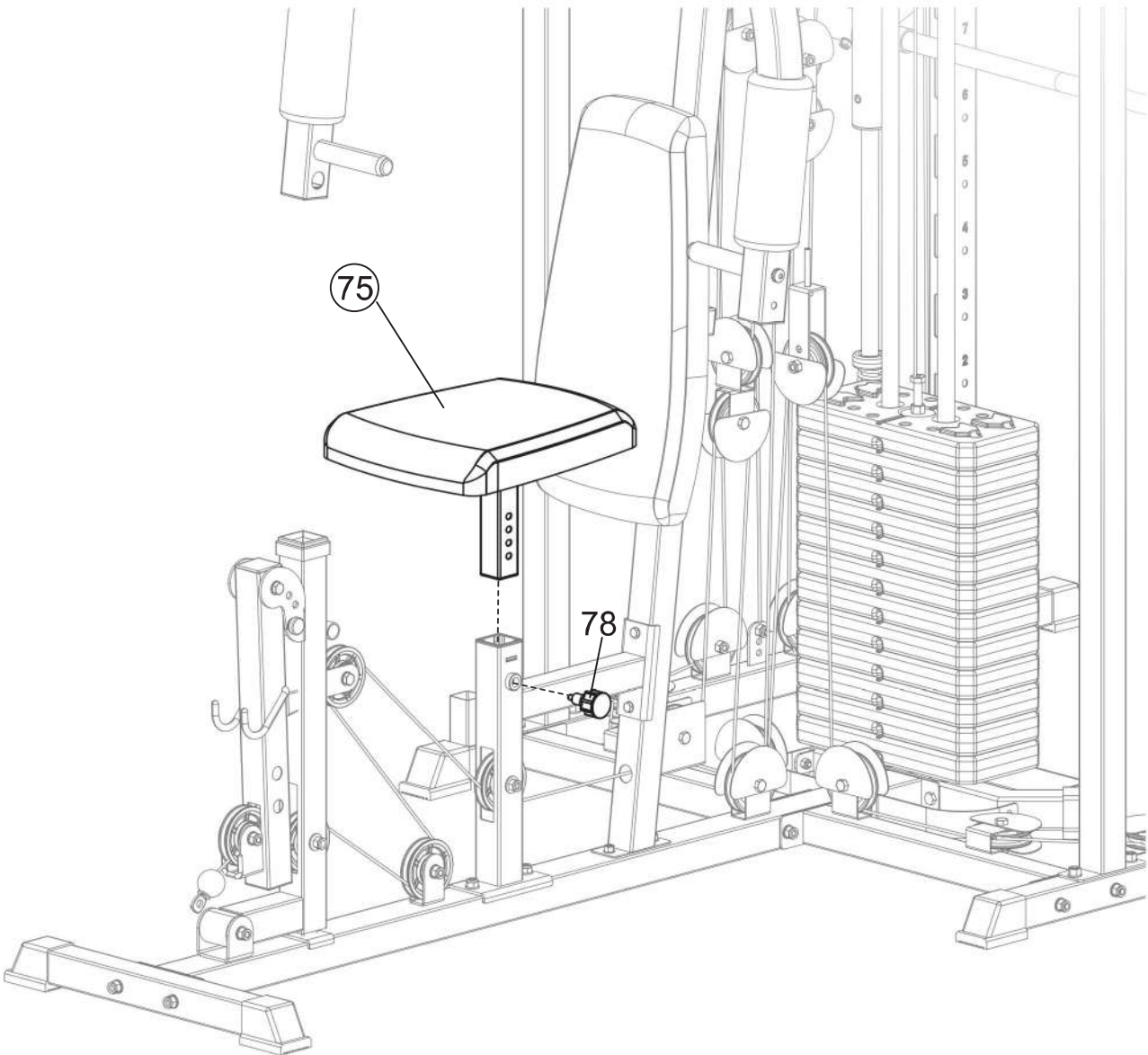
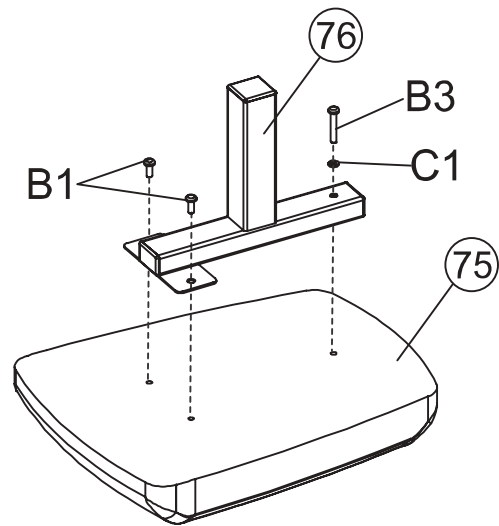
 Bolt M6*16mm		 Bolt M6*32mm		 M6 Washer		 	
B1	2PCS	B2	1PCS	C1	1PCS		



Assemble

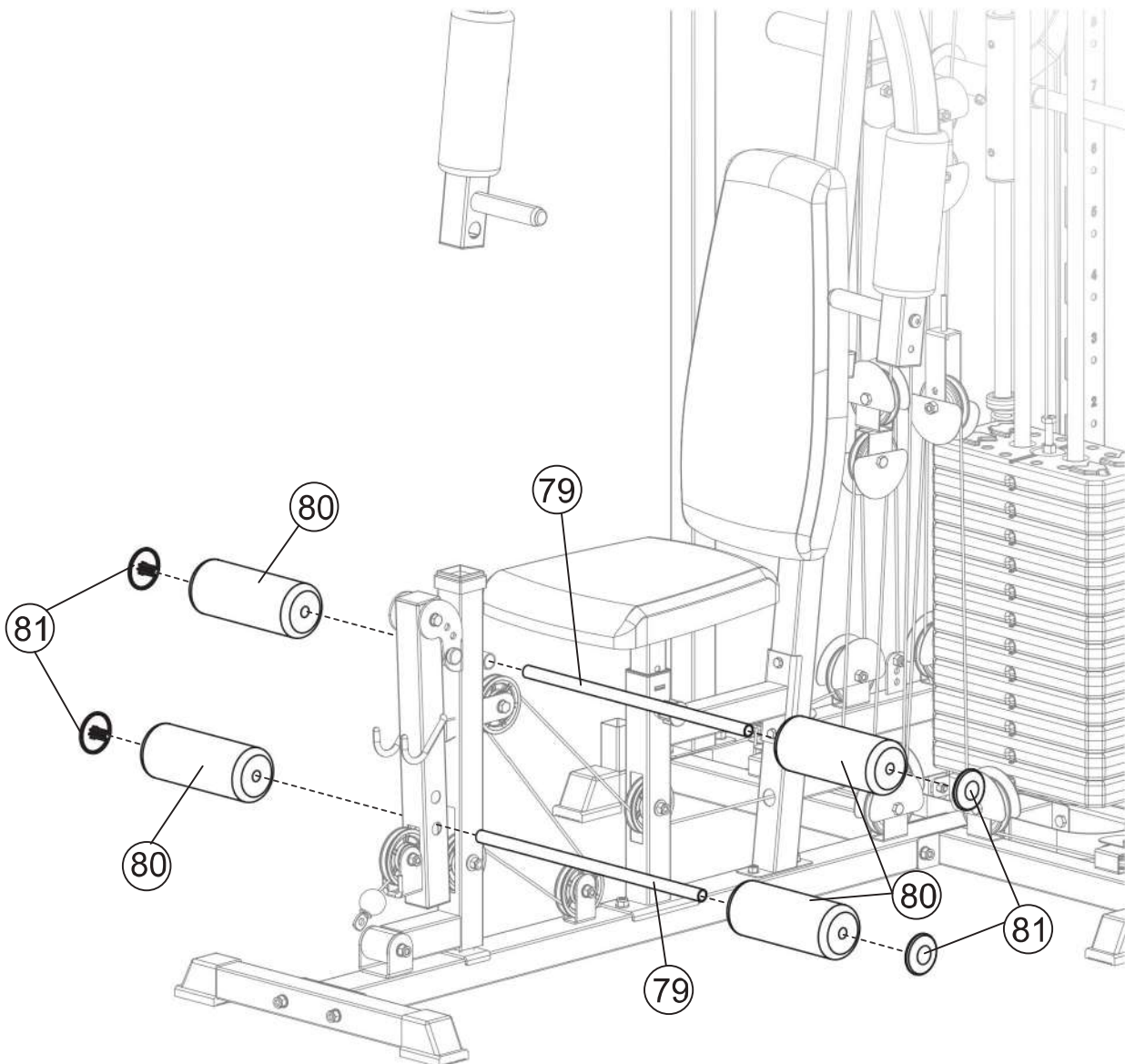
Step 63

 Bolt M6*16mm		 Bolt M6*38mm		 M6 Washer		 ⊕	
B1	2PCS	B3	1PCS	C1	1PCS		



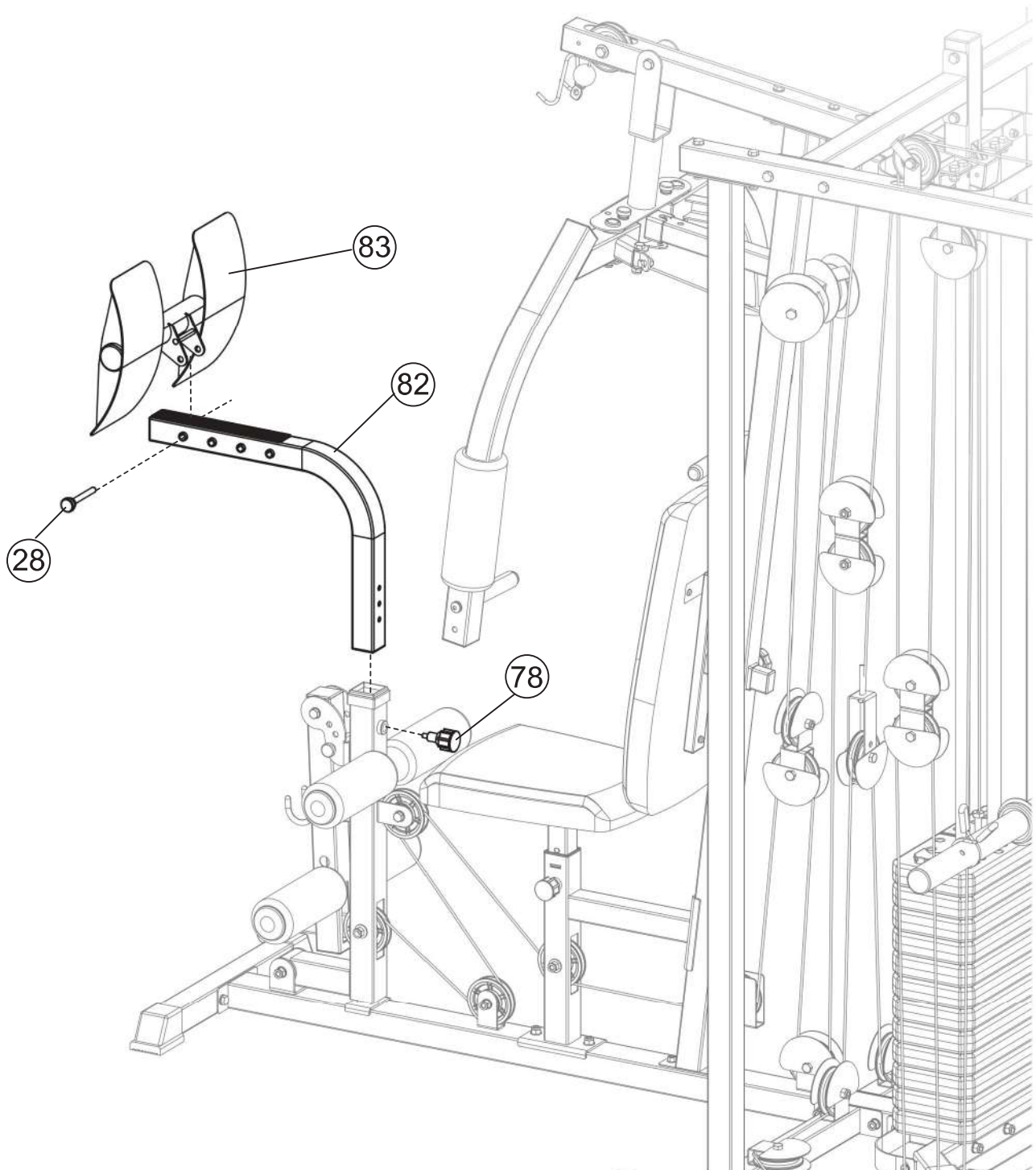
Assemble

Step 64



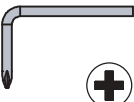
Assemble

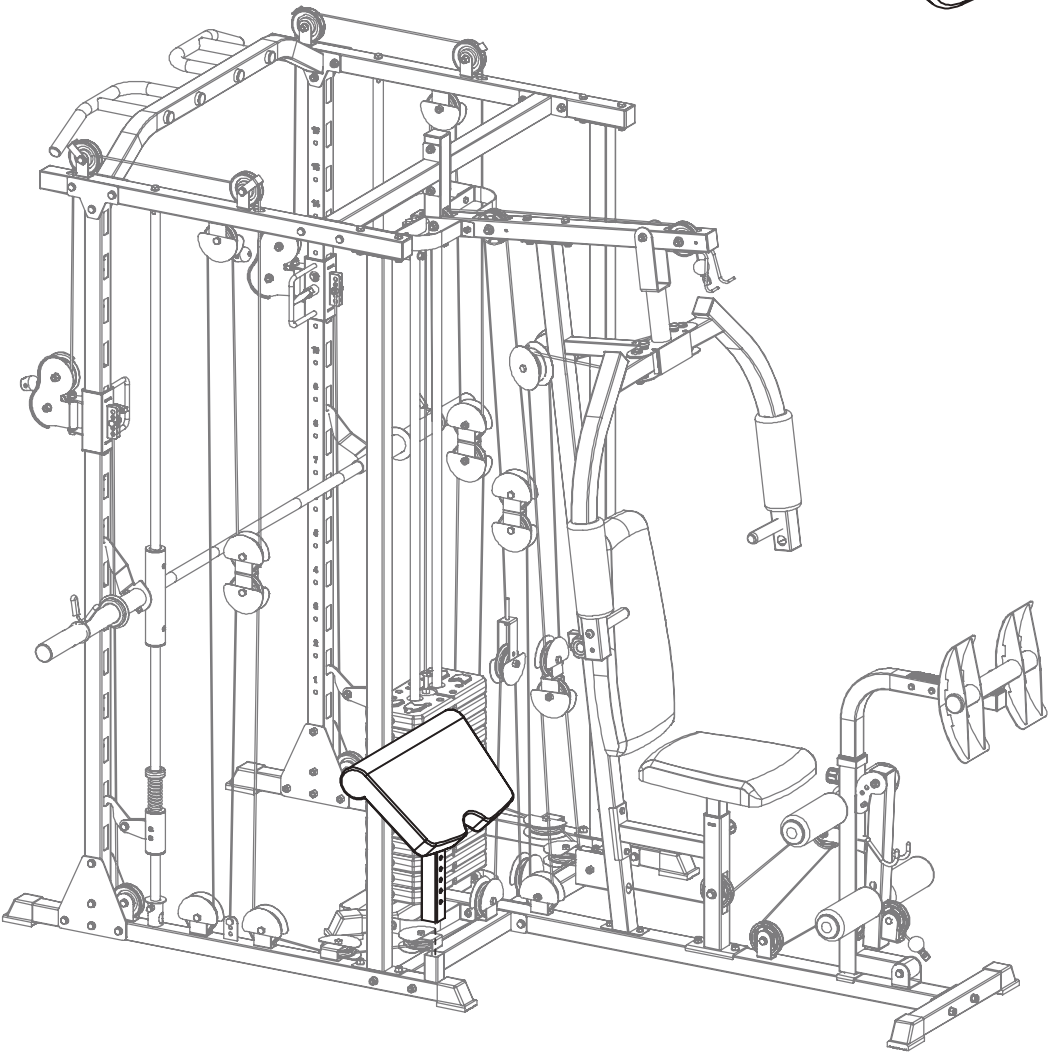
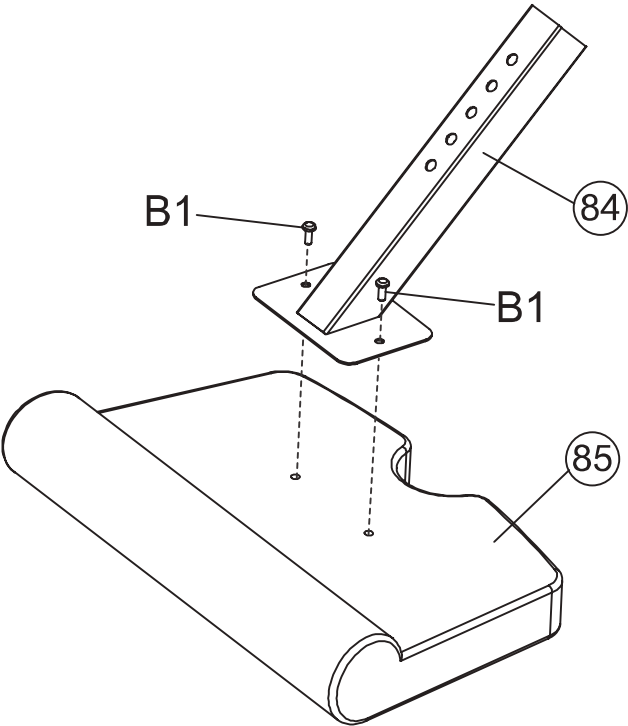
Step 65



Assemble

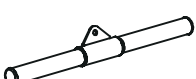
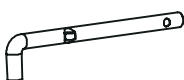
Step 66

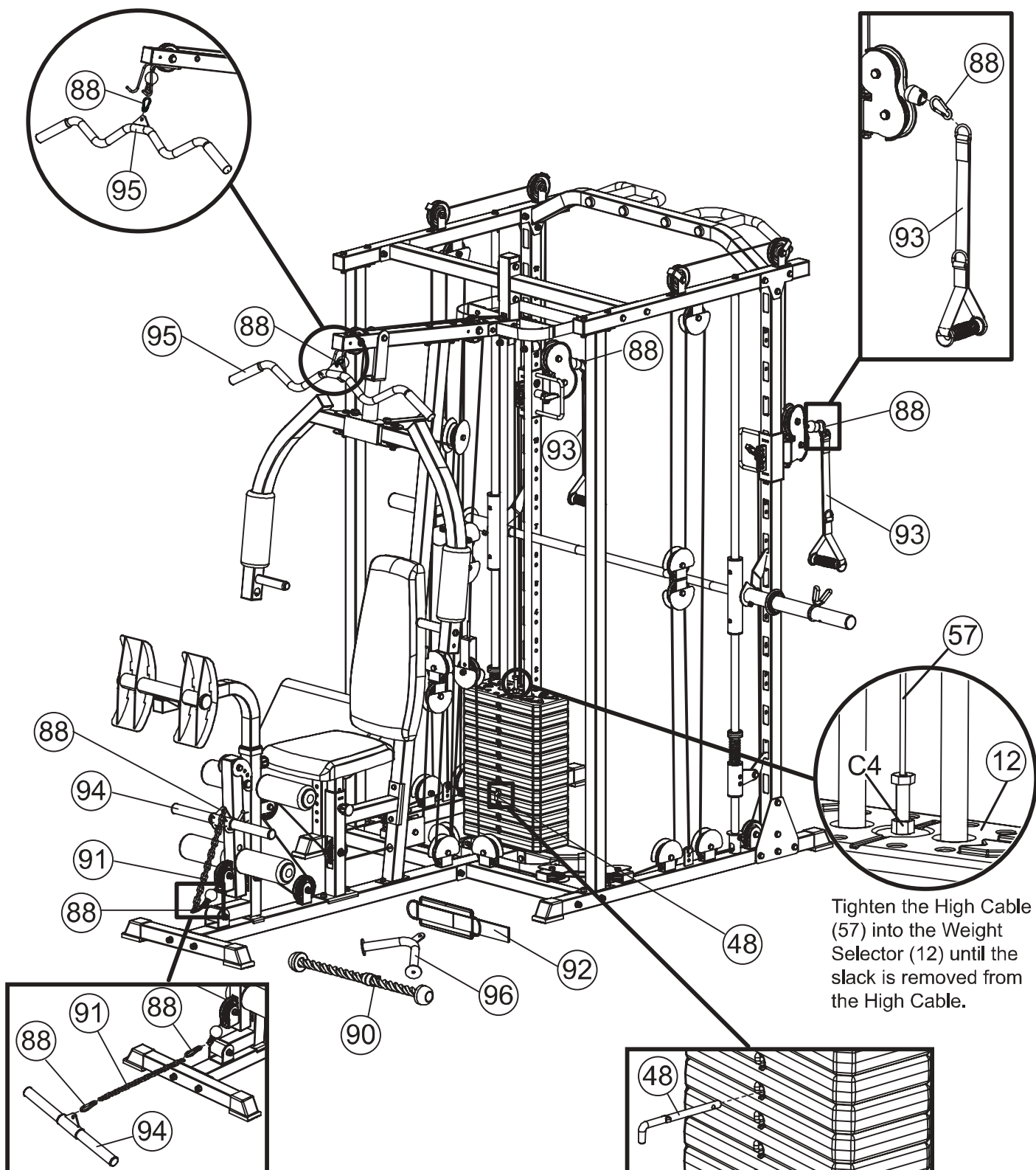
 Bolt M6*16mm								 ⊕
B1	2PCS							



Assemble

Step 67

 Triceps Rope Handle		 Chain		 Ankle Ring		 Pull Handle		 Cable Bar	
90	1PCS	91	1PCS	92	1PCS	93	2PCS	94	1PCS
 Lat Bar		 V Bar		 Cable Clip		 Weight Pin			
95	1PCS	96	1PCS	88	5PCS	48	1PCS		

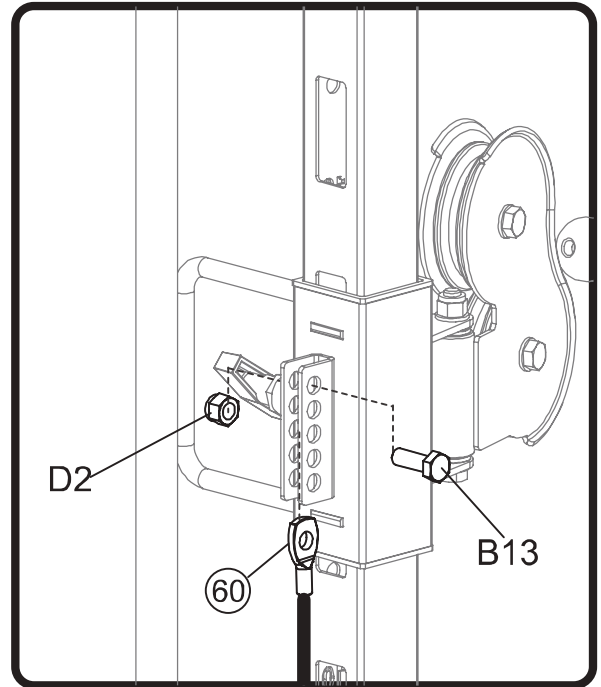


Tighten the High Cable (57) into the Weight Selector (12) until the slack is removed from the High Cable.

Tightening the cables

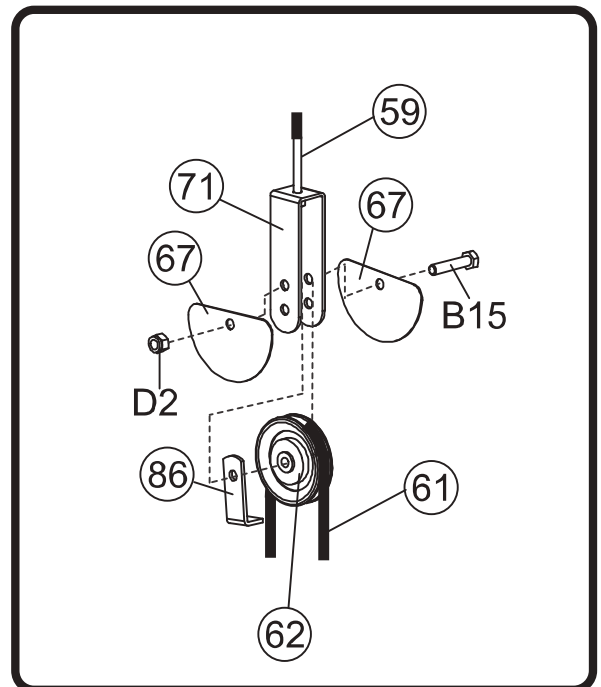
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from the cables several ways:

See the inset drawing. Connect the end of the Crossover Cable (60) to the first hole.



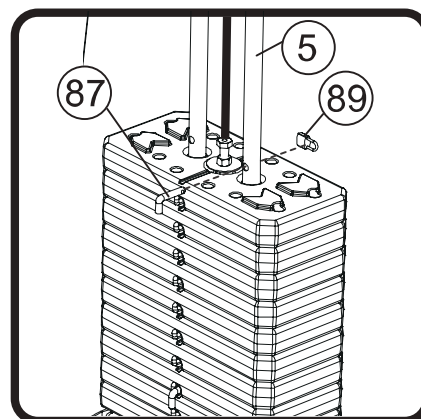
Reattach the Pulley (62), Short Cable Trap (86), and Half Guards (67) to the other hole in the U-bracket (71). Make sure that the Short Cable Trap is in the proper position and that the Low Cable (59) and the Pulley move smoothly.

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it.



Locking the weight stack

To lock the weight stack after each workout, insert the Lock Pin (87) through one of the Weight Guides (5), and secure the Lock (89) on the Lock Pin.



Using the Curl Pad

To use the Curl Pad (85), first remove the Leg Kick Adjustment Frame (82) from the Front Leg (29). Insert the Curl Post (84) into the Front Leg and secure it in place with the Plug (78).

