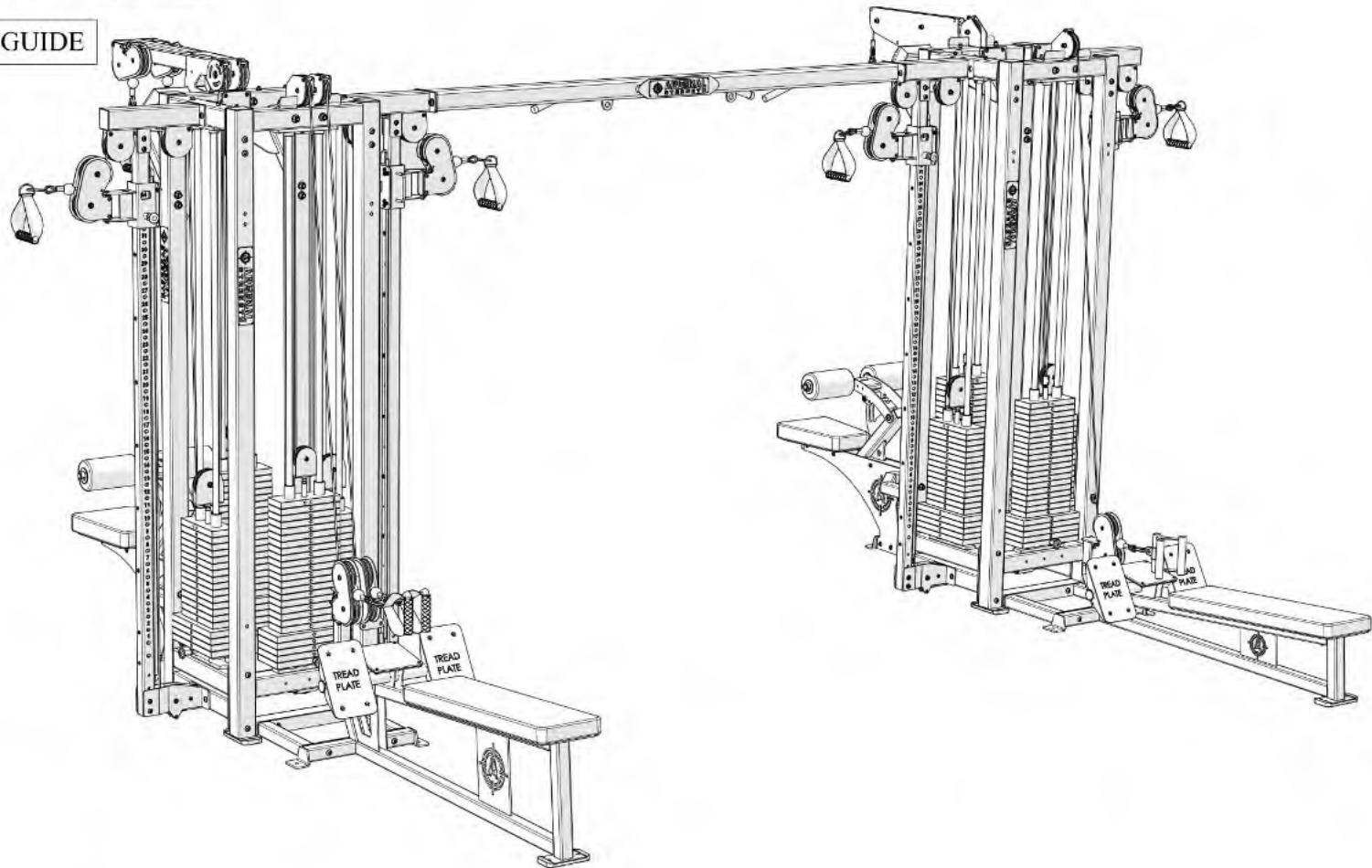
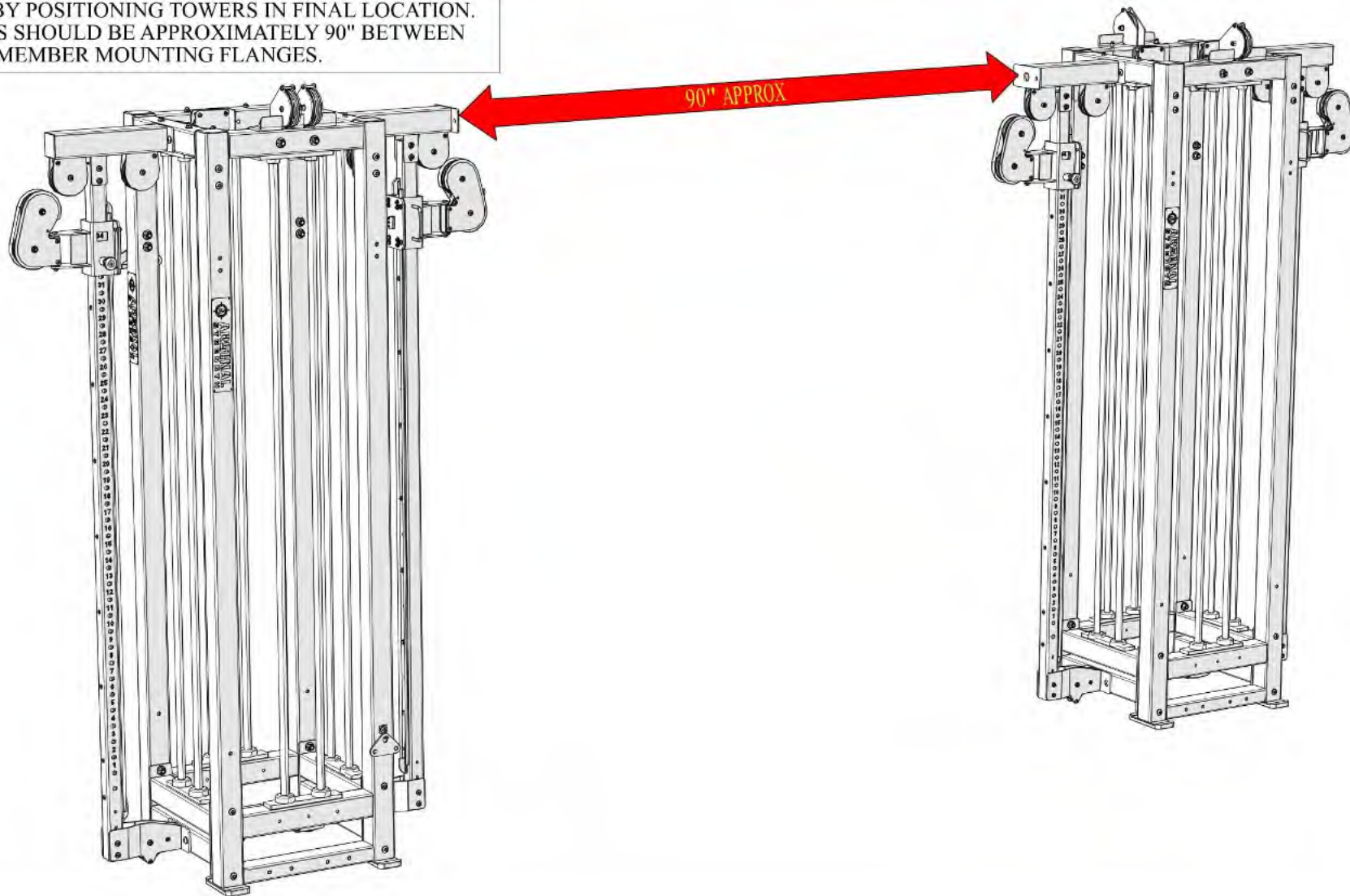


9075 8 STACK BASIC-DUAL TRAINER

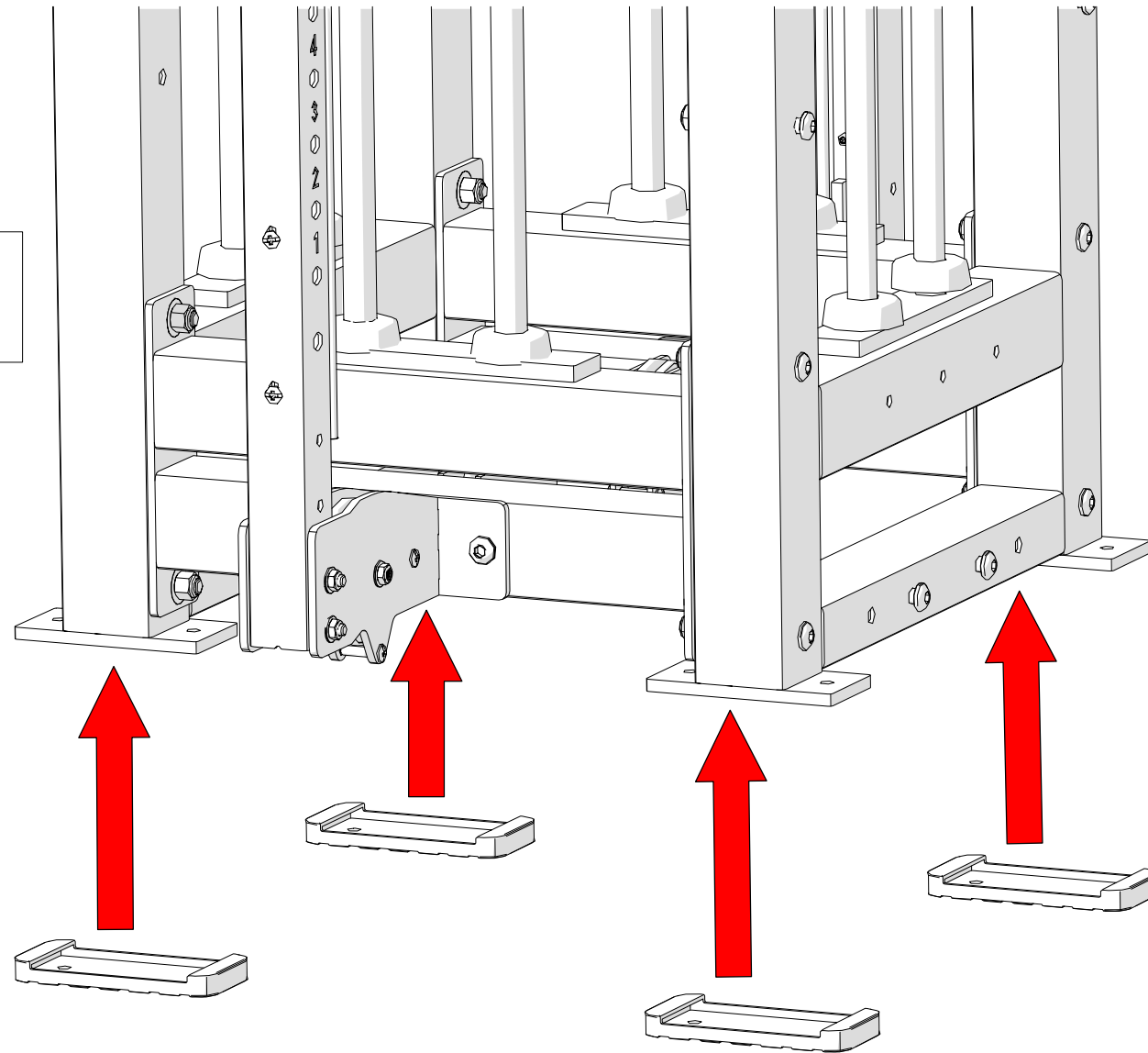
FINAL ASSEMBLY GUIDE



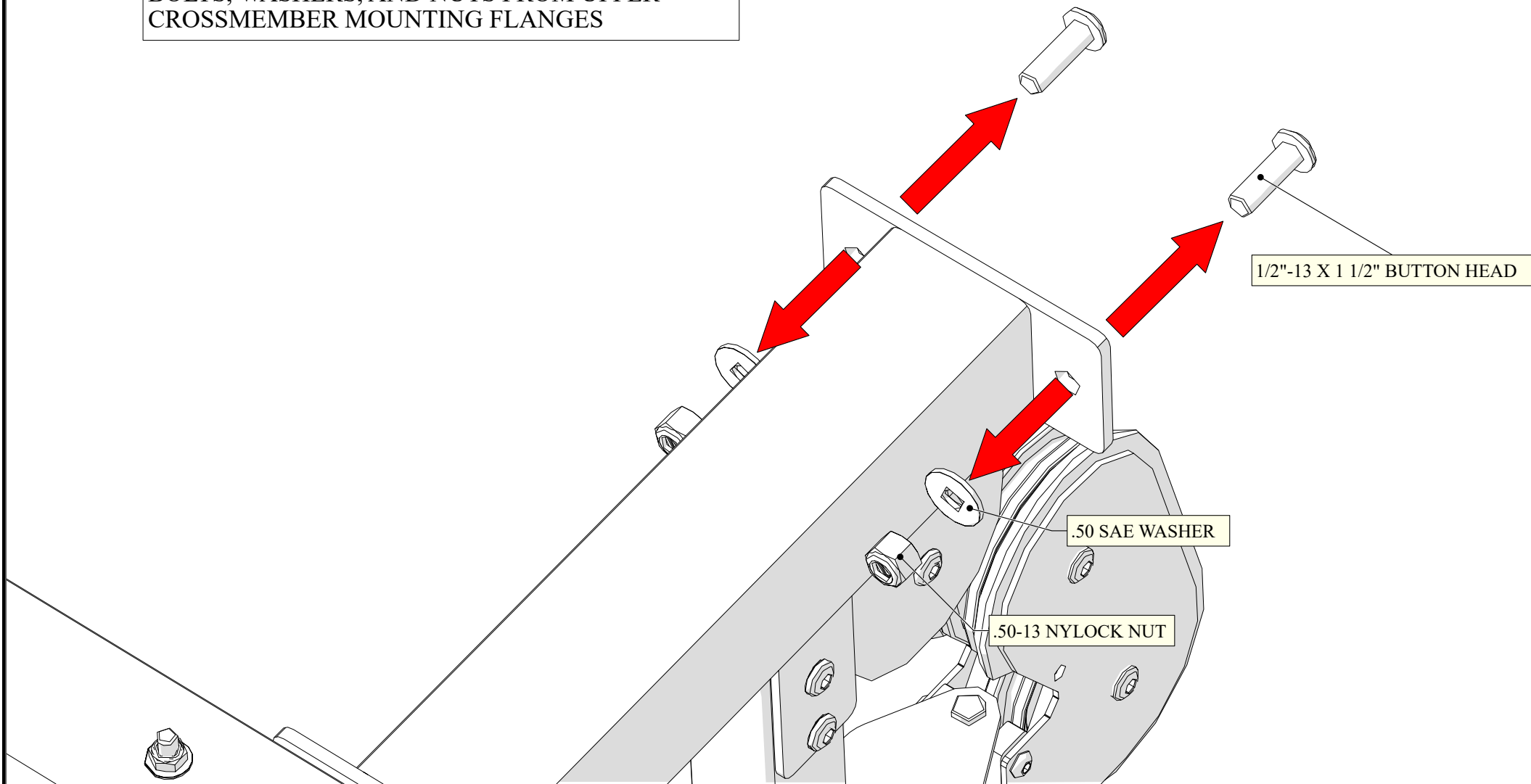
BEGIN BY POSITIONING TOWERS IN FINAL LOCATION.
TOWERS SHOULD BE APPROXIMATELY 90" BETWEEN
CROSS-MEMBER MOUNTING FLANGES.



BEFORE INSTALLING WEIGHT STACKS,
RUBBER FEET MAY BE INSTALLED ON
FRAME PADS IF DESIRED

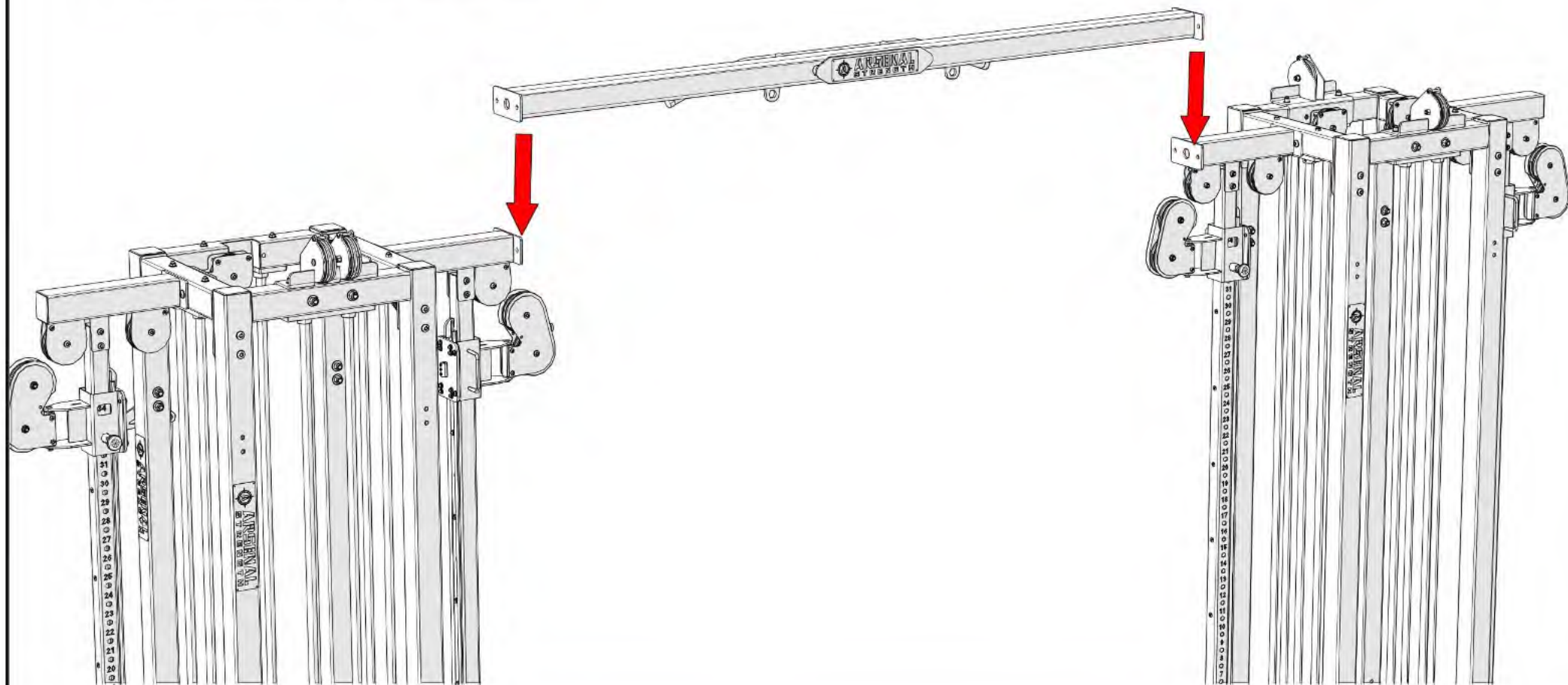


REMOVE (QTY 4) 1/2"-13 X 1/12"L BUTTON HEAD
BOLTS, WASHERS, AND NUTS FROM UPPER
CROSSMEMBER MOUNTING FLANGES

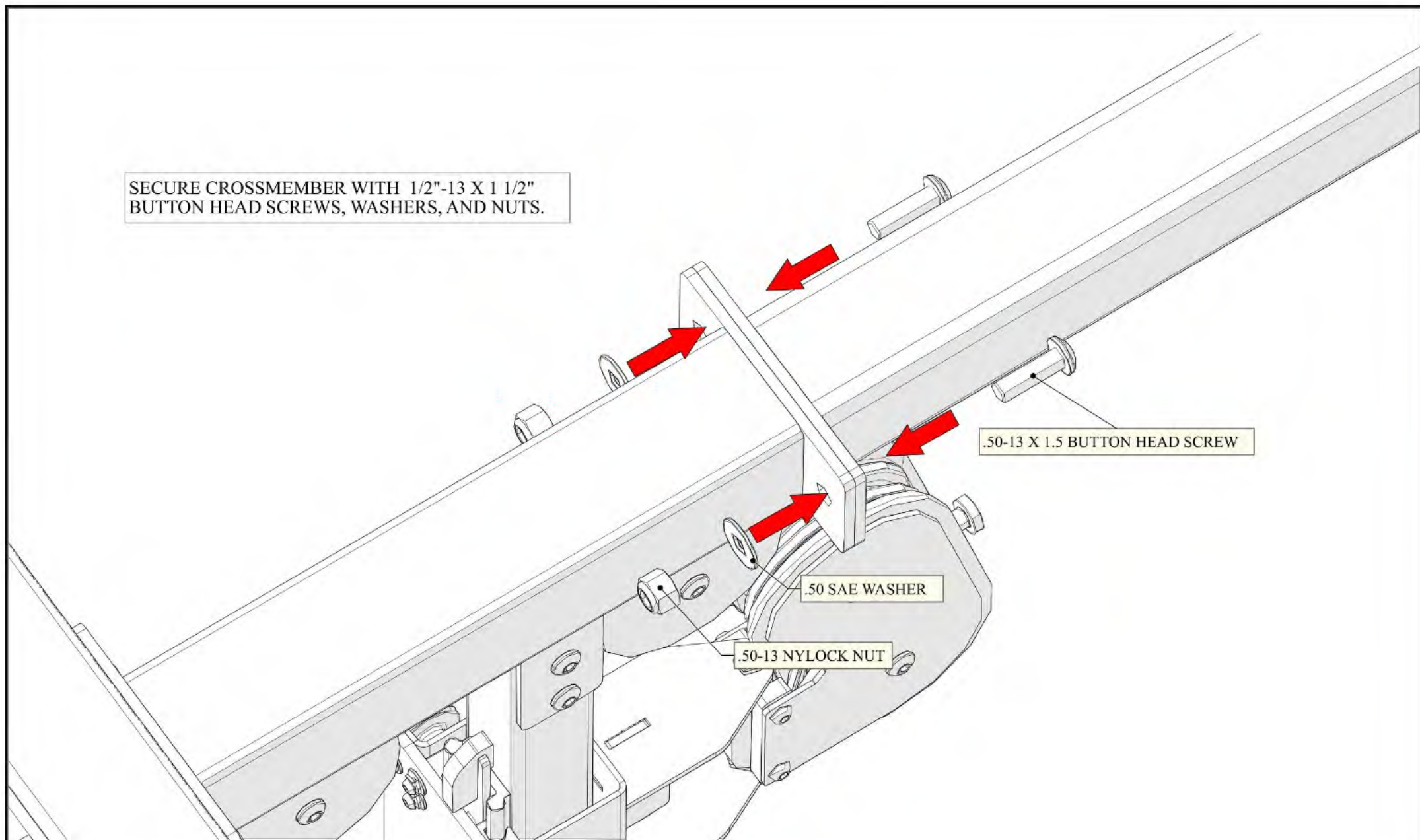


POSITION CENTER CROSSMEMBER
BETWEEN TOWERS AS SHOWN.

ANY FINAL ADJUSTMENTS TO TOWER
POSITIONS SHOULD BE MADE AT THIS TIME



SECURE CROSSMEMBER WITH 1/2"-13 X 1 1/2"
BUTTON HEAD SCREWS, WASHERS, AND NUTS.



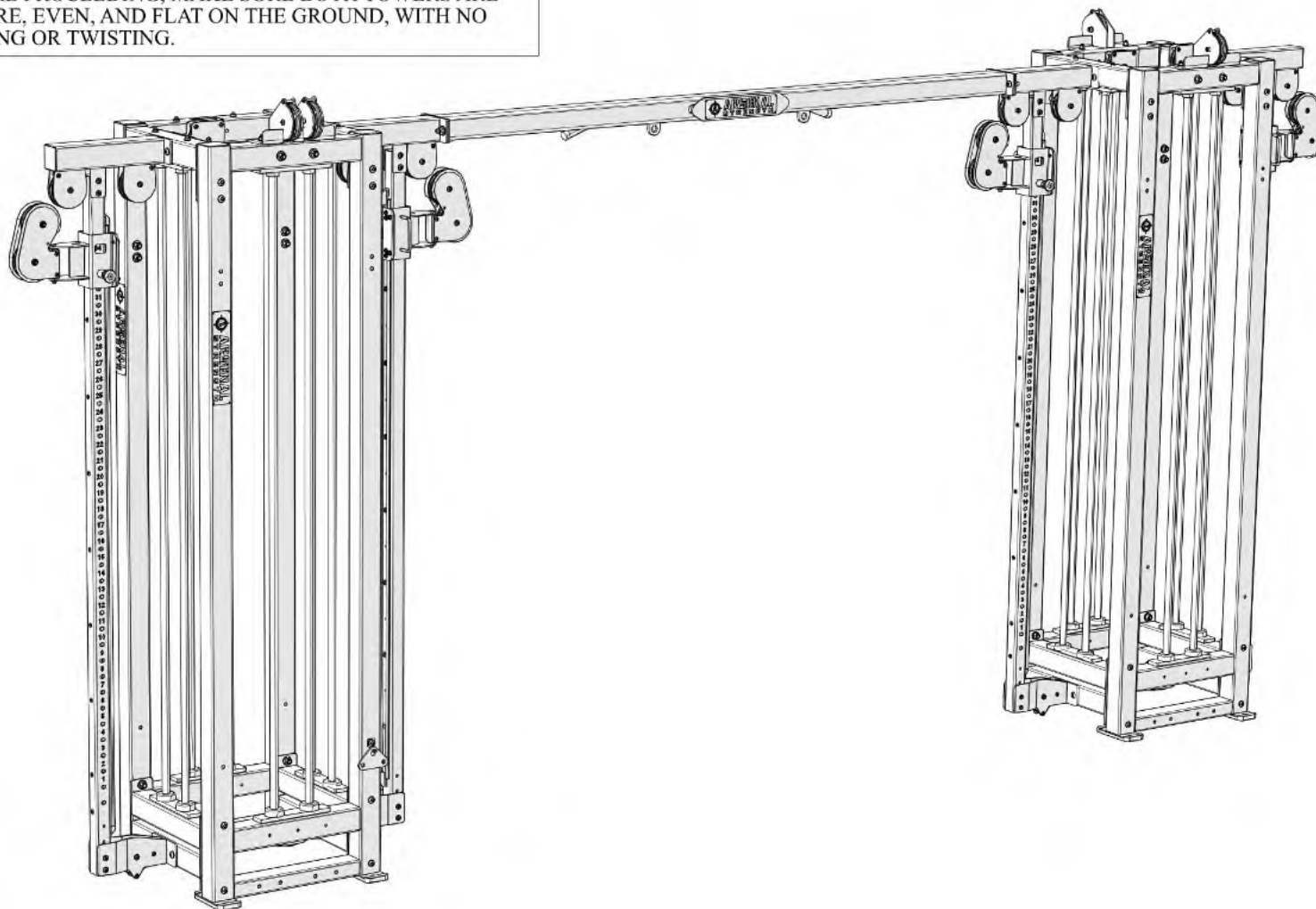
REPEAT FOR OPPOSITE SIDE

.50-13 X 1.5 BUTTON HEAD SCREW

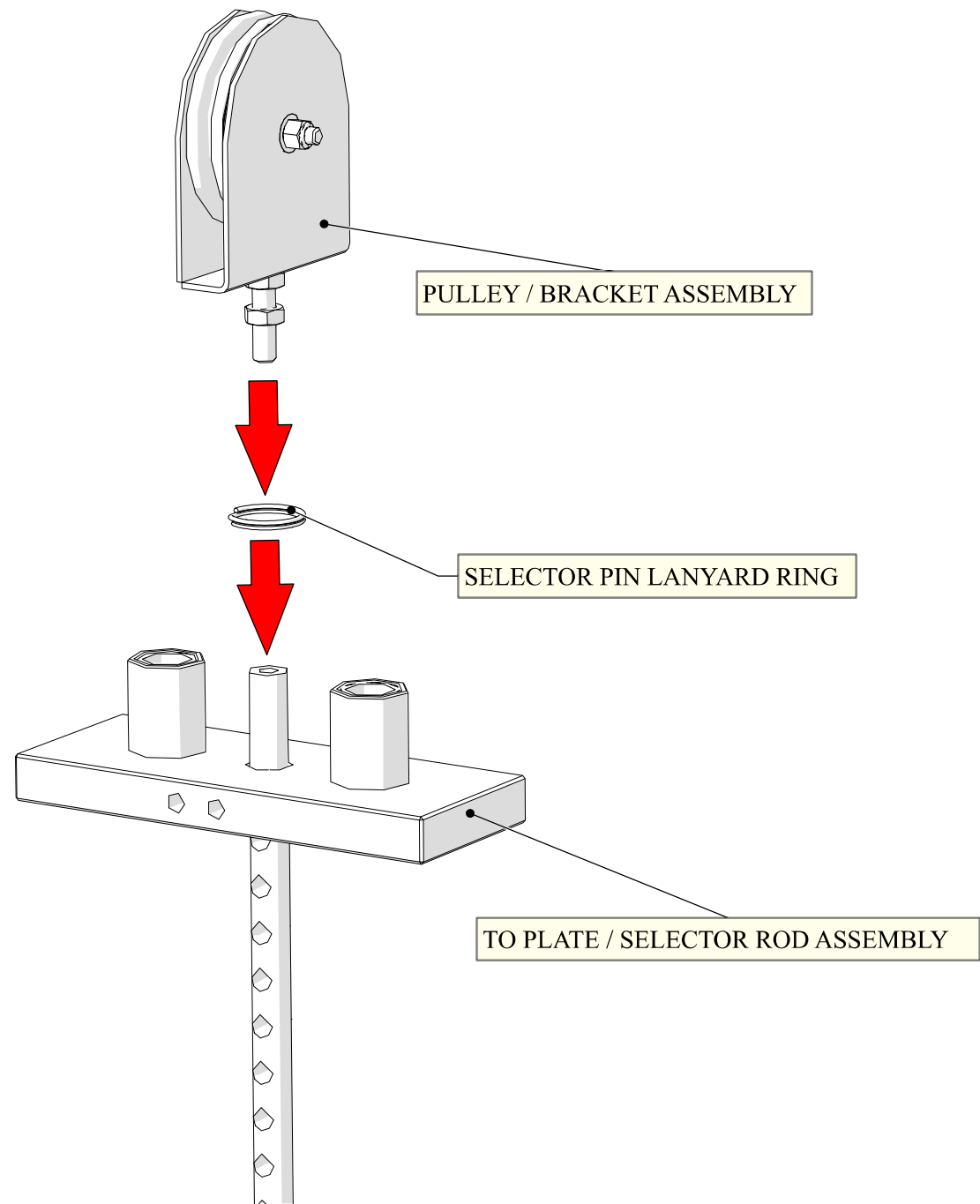
.50 SAE WASHER

.50-13 NYLOCK NUT

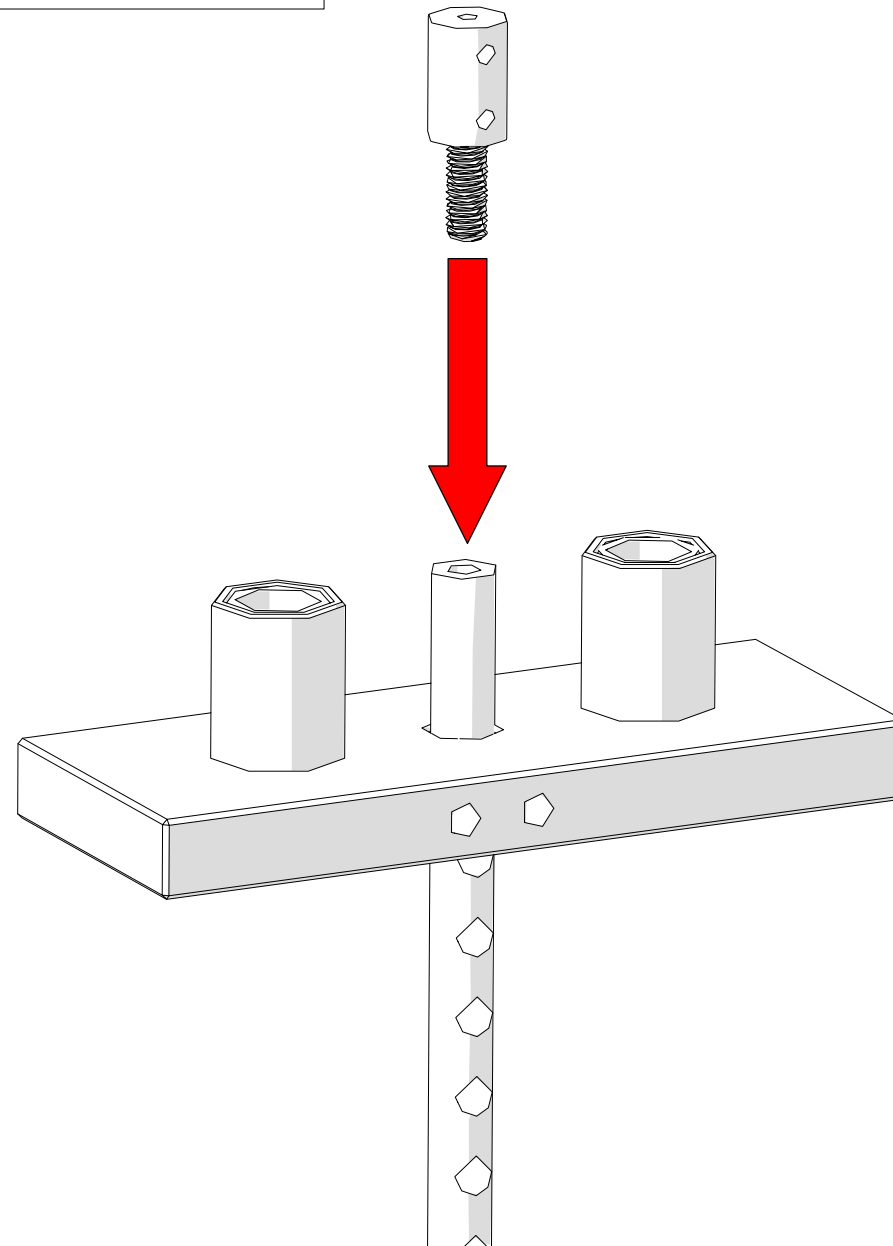
BEFORE PROCEEDING, MAKE SURE BOTH TOWERS ARE
SQUARE, EVEN, AND FLAT ON THE GROUND, WITH NO
BINDING OR TWISTING.



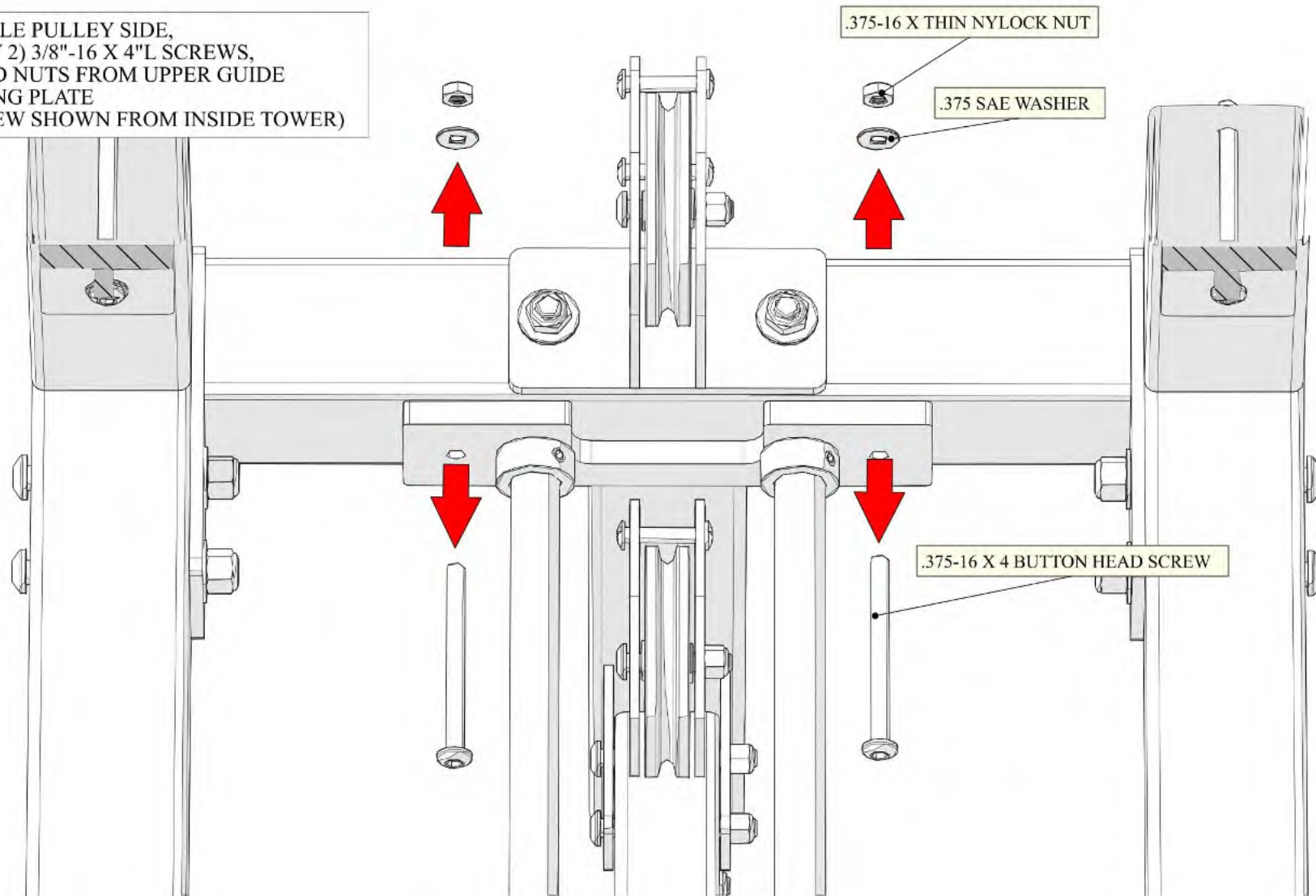
INSTALL PULLEY BRACKET ASSEMBLY
AND LANYARD RING AS SHOWN



INSTALL CABLE RETAINER ON REMAINING TOP
WEIGHT STACK PLATE / SELECTOR ROD ASSEMBLIES

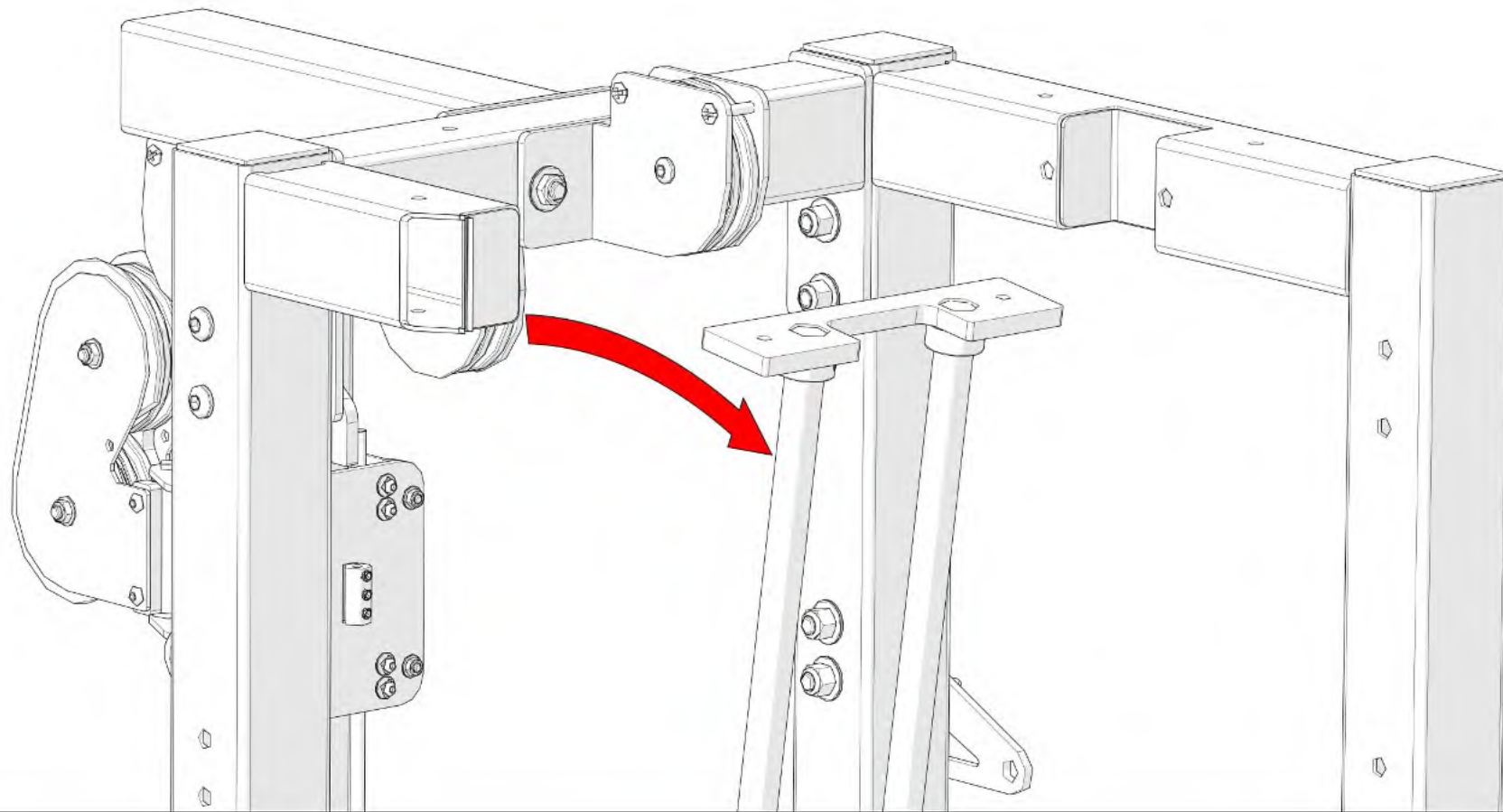


ON ADJUSTABLE PULLEY SIDE,
REMOVE (QTY 2) 3/8"-16 X 4"L SCREWS,
WASHERS AND NUTS FROM UPPER GUIDE
ROD MOUNTING PLATE
(CUTAWAY VIEW SHOWN FROM INSIDE TOWER)

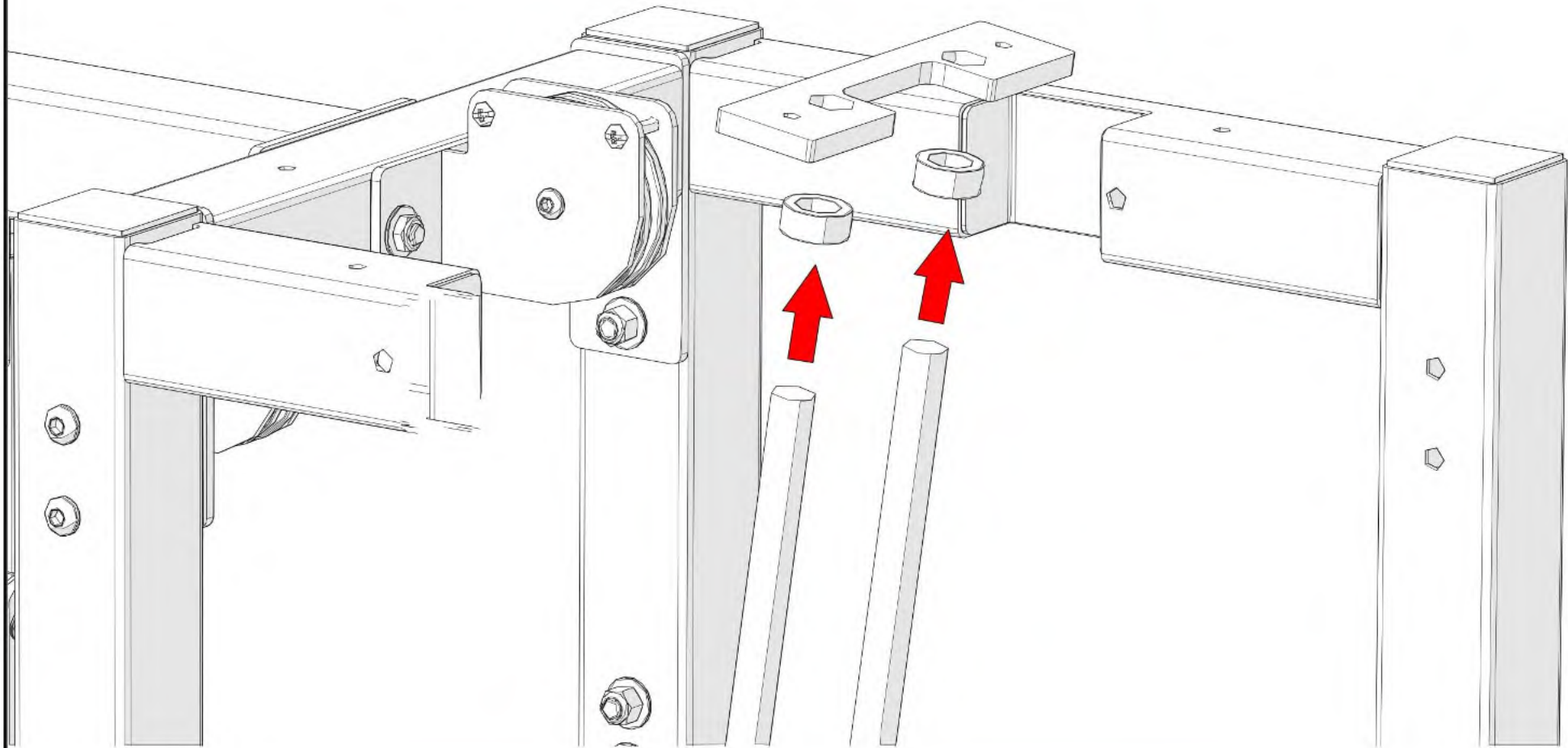


WITH MOUNTING PLATE SCREWS REMOVED, TILT
GUIDE RODS TOWARD INTERIOR OF TOWER CUBE.

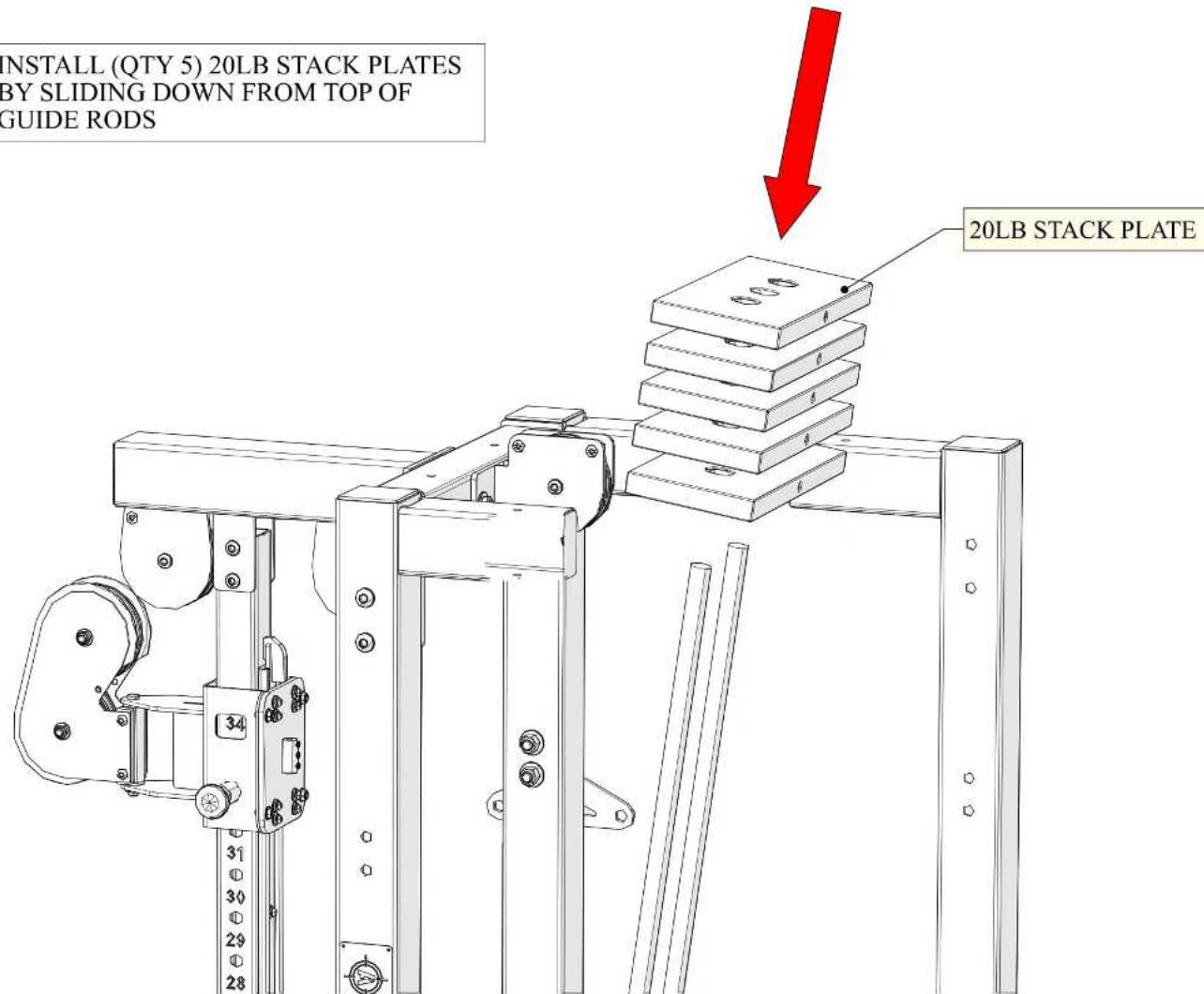
IT MAY BE NECESSARY TO LIFT UP SLIGHTLY
ON GUIDE RODS TO ALLOW MOVEMENT



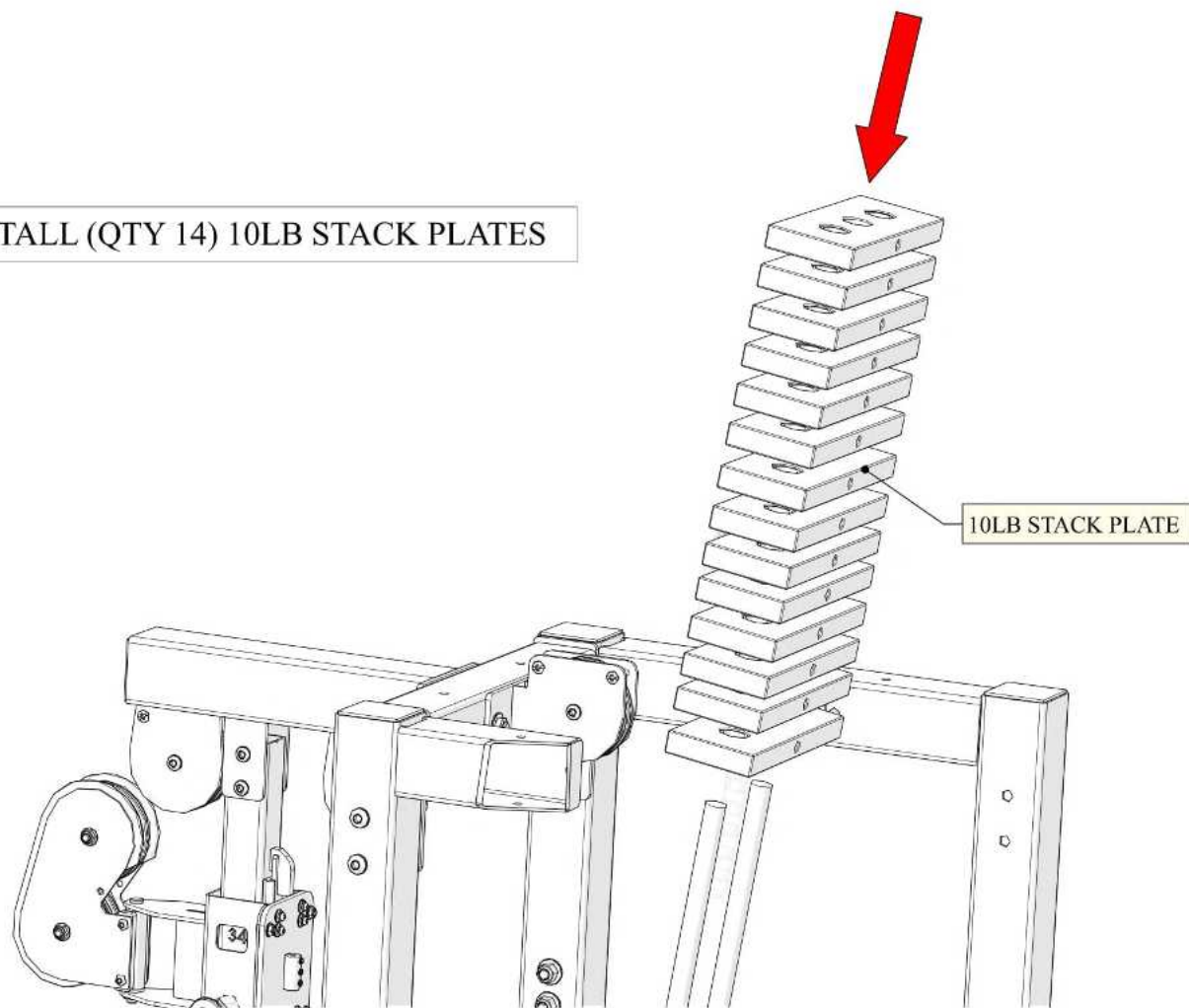
REMOVE MOUNTING PLATE, LOOSEN SET SCREWS
AND REMOVE RETENTION COLLARS FROM GUIDE RODS.



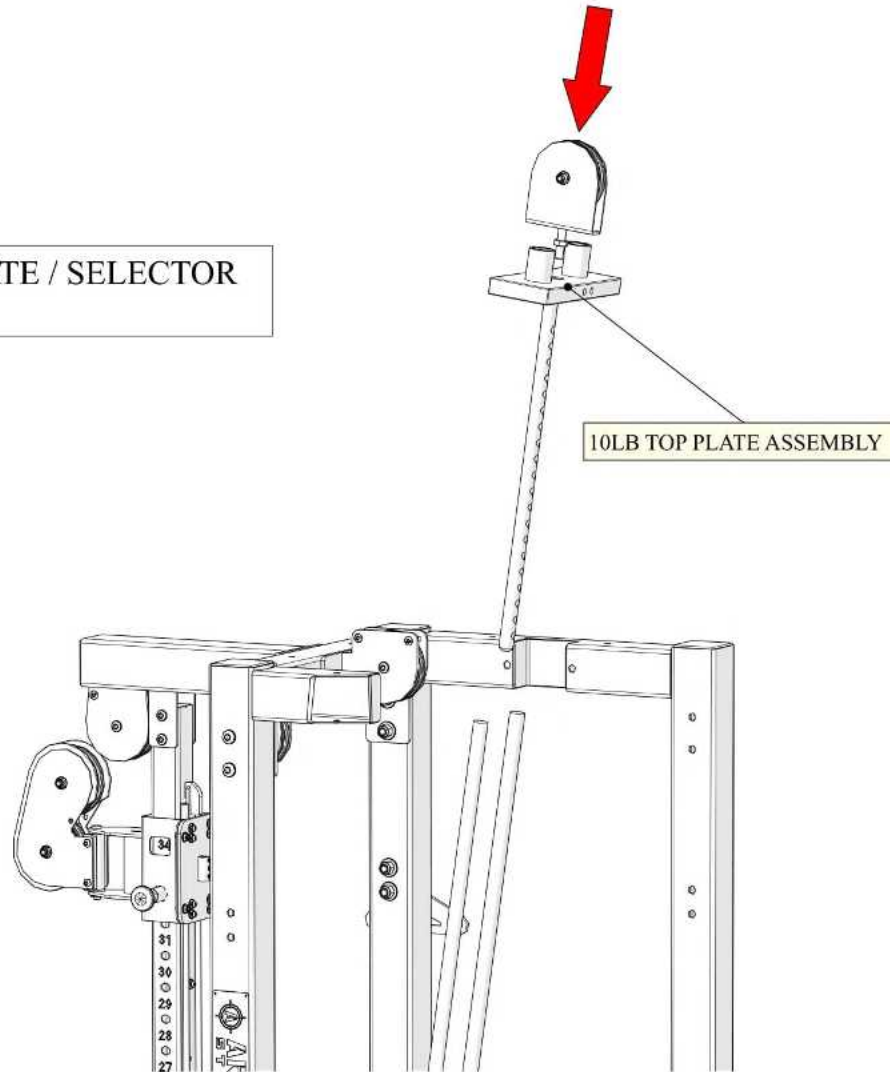
INSTALL (QTY 5) 20LB STACK PLATES
BY SLIDING DOWN FROM TOP OF
GUIDE RODS



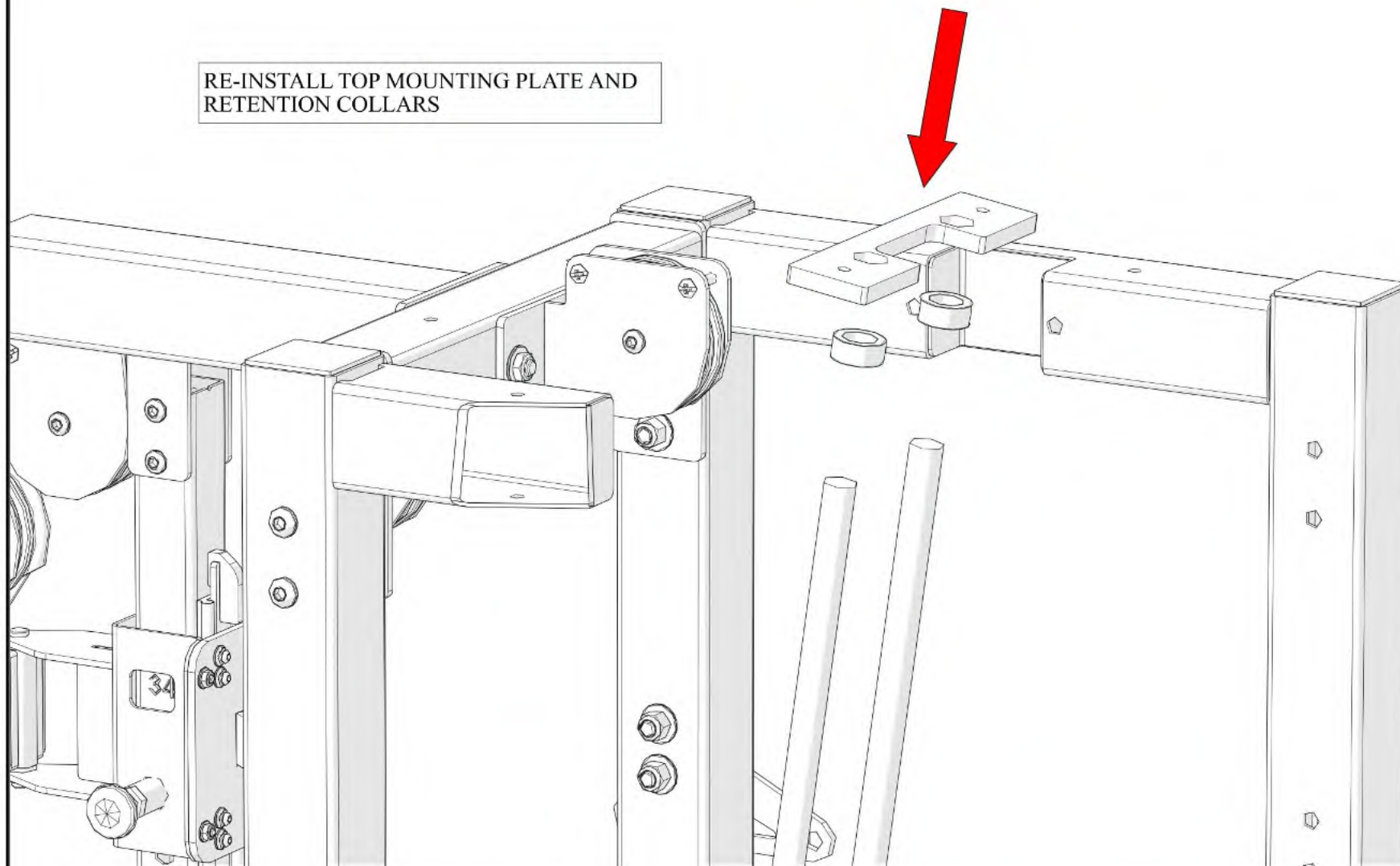
INSTALL (QTY 14) 10LB STACK PLATES



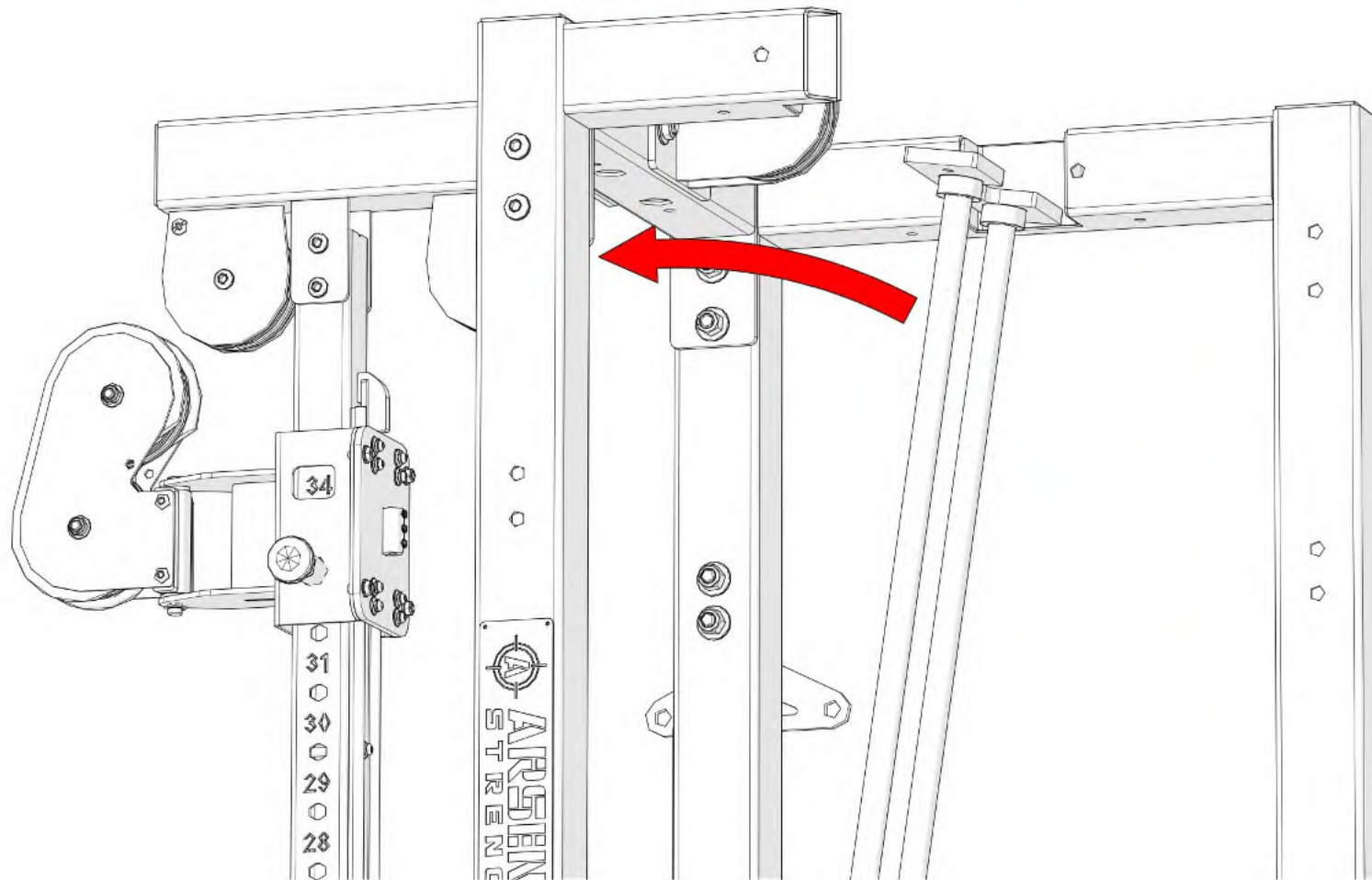
INSTALL TOP PLATE / SELECTOR
ROD ASSEMBLY

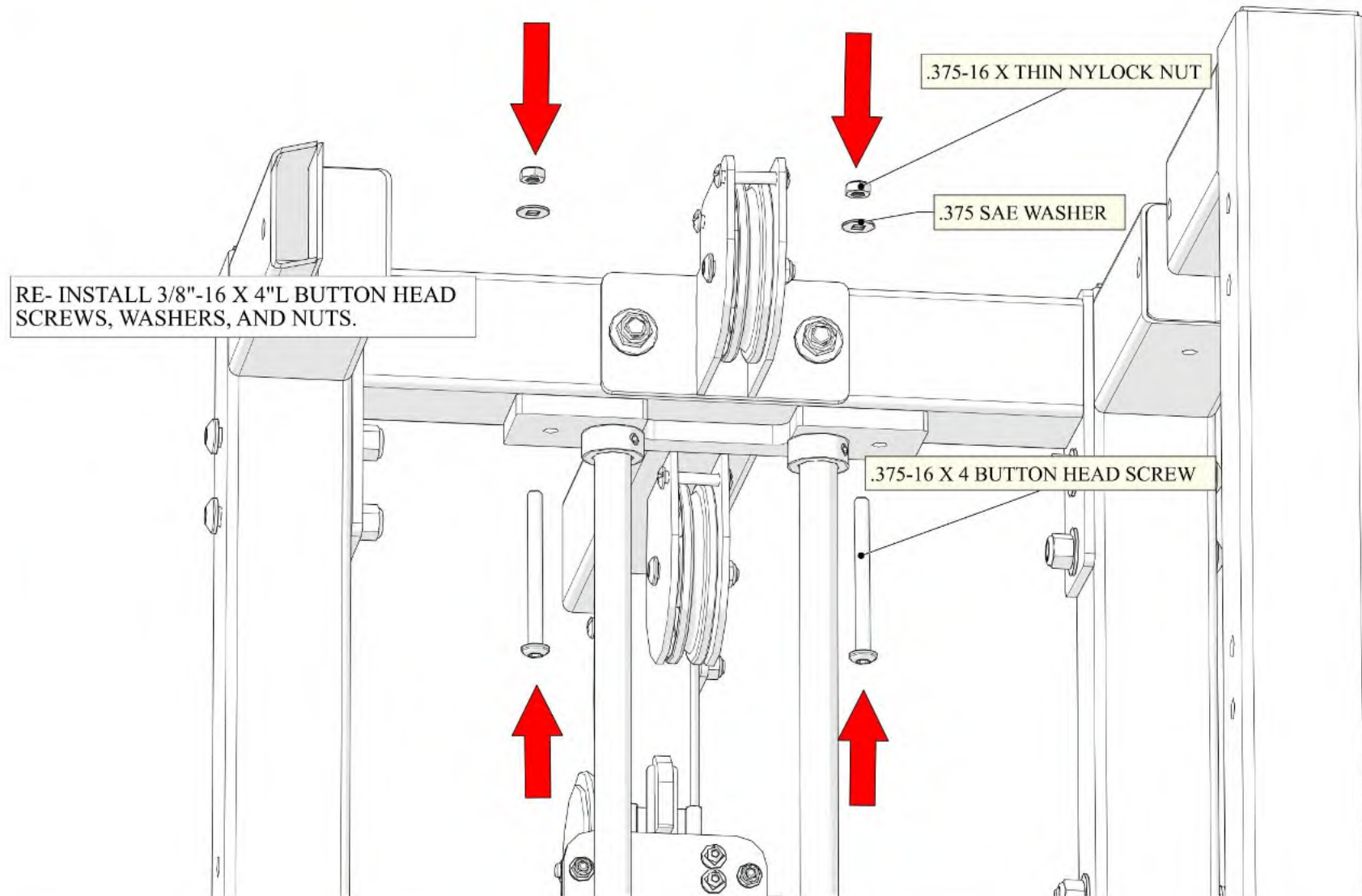


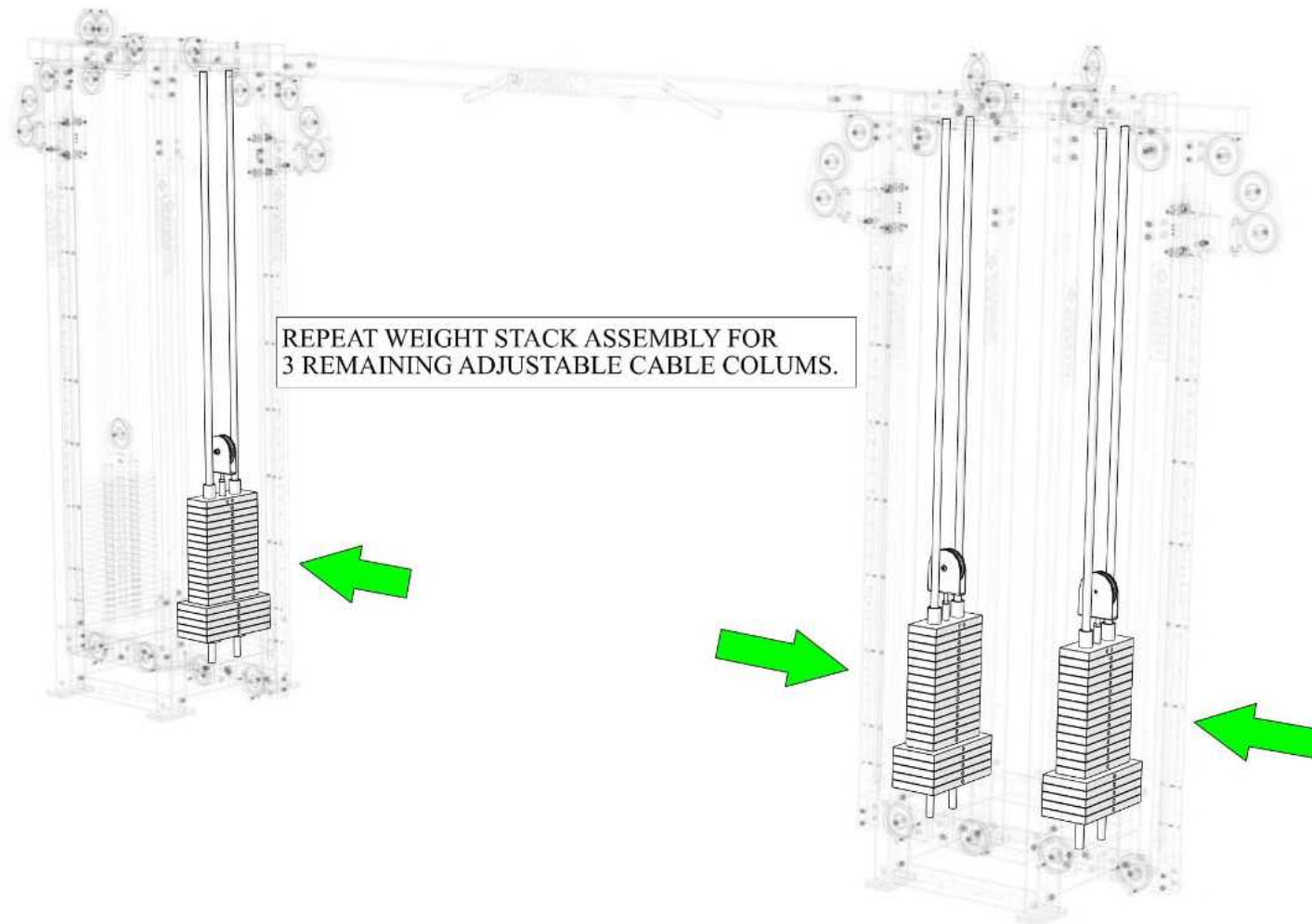
RE-INSTALL TOP MOUNTING PLATE AND
RETENTION COLLARS



CAREFULLY ROTATE GUIDE ROD / WEIGHT
STACK ASSEMBLY BACK INTO POSITION







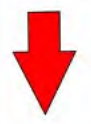
REMOVE (QTY 2) 3/8"-16 X 4.5"L BUTTON HEAD BOLTS, WASHERS AND NUTS FROM UPPER GUIDE ROD MOUNTING PLATE



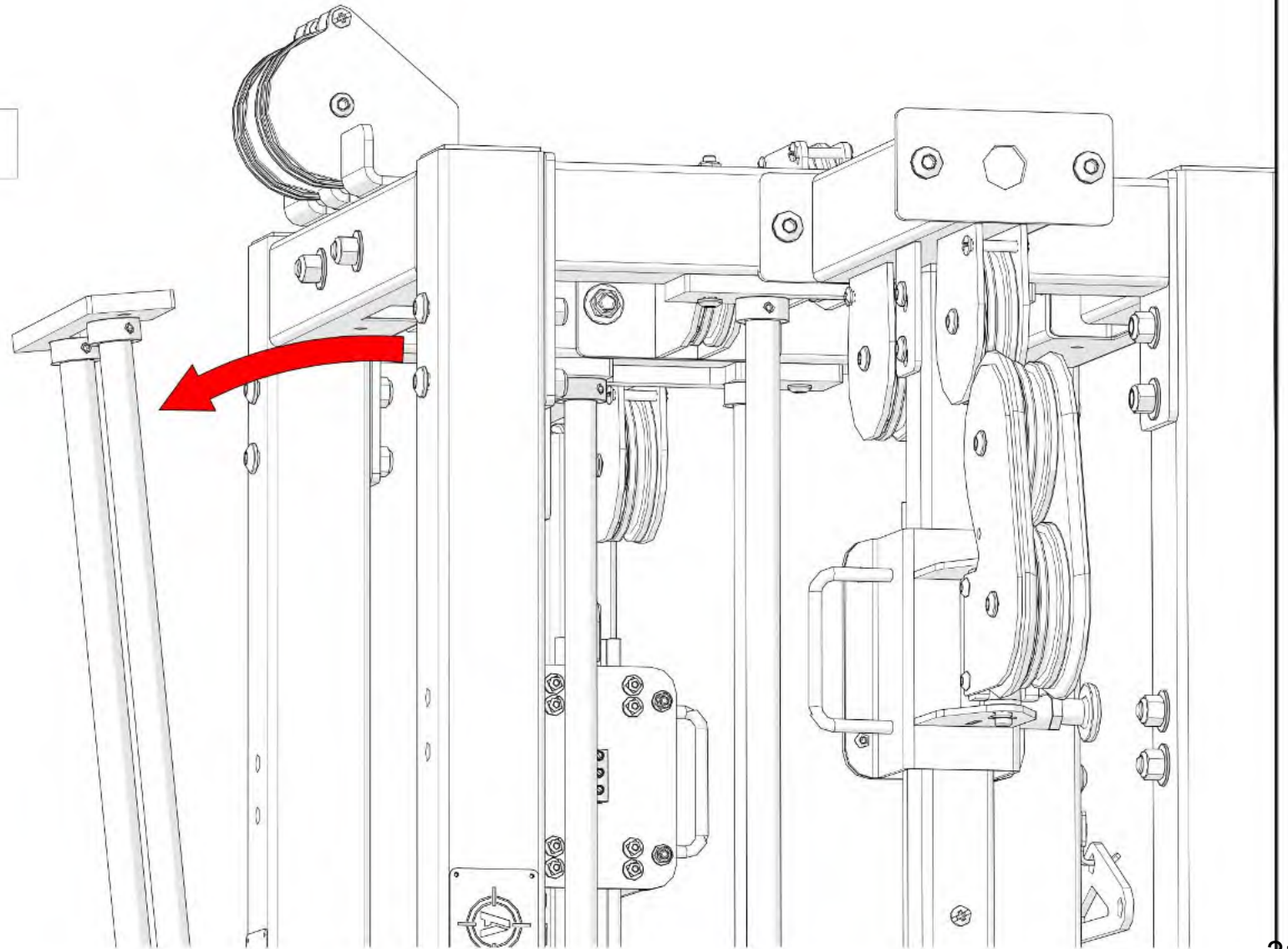
.375-16 X THICK NYLOCK NUT

.375 SAE WASHER

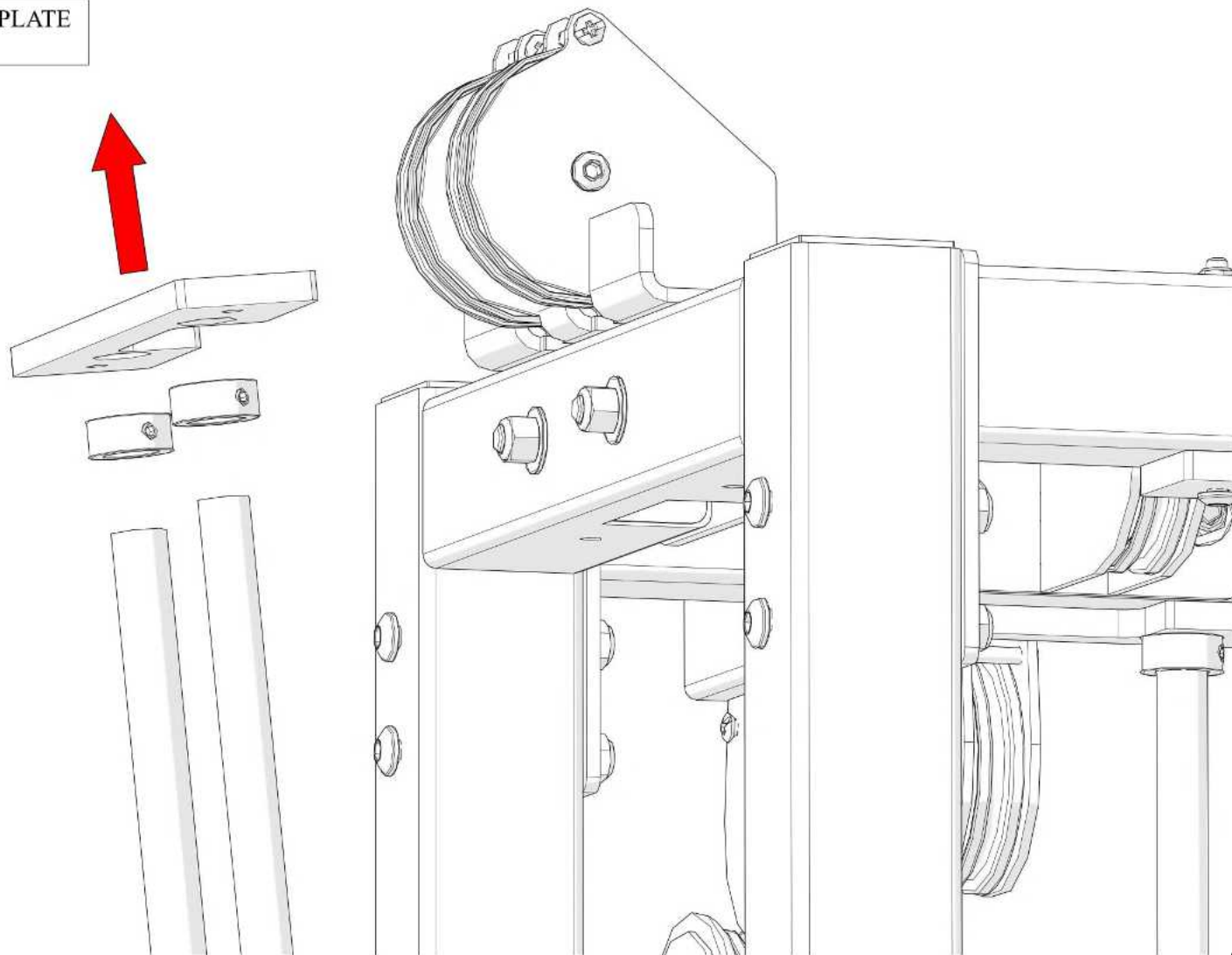
.375-16 X 4.50 BUTTON HEAD



ROTATE GUIDE RODS OUT AND
AWAY FROM TOWER.

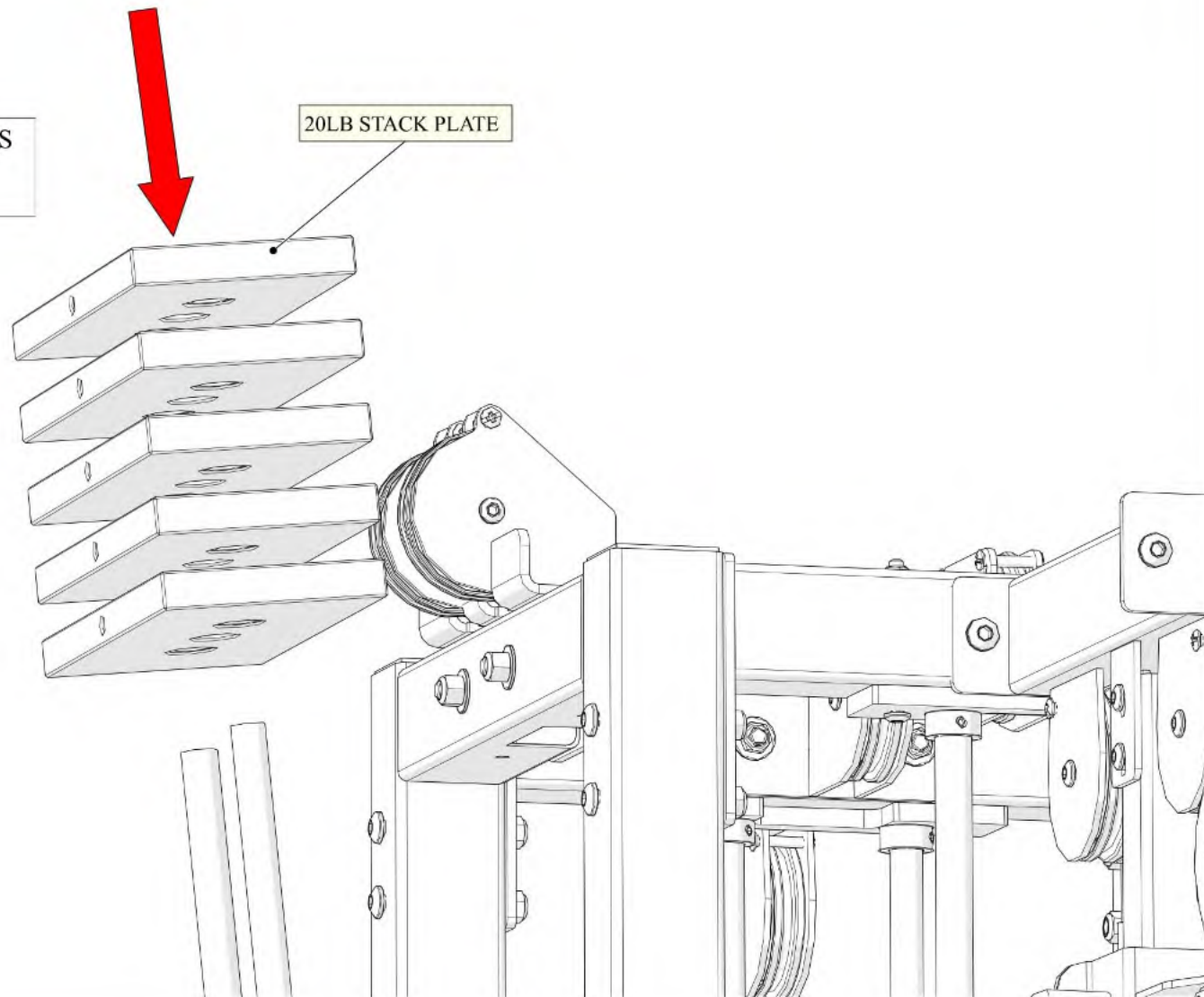


REMOVE GUIDE ROD MOUNTING PLATE
AND RETENTION COLLARS

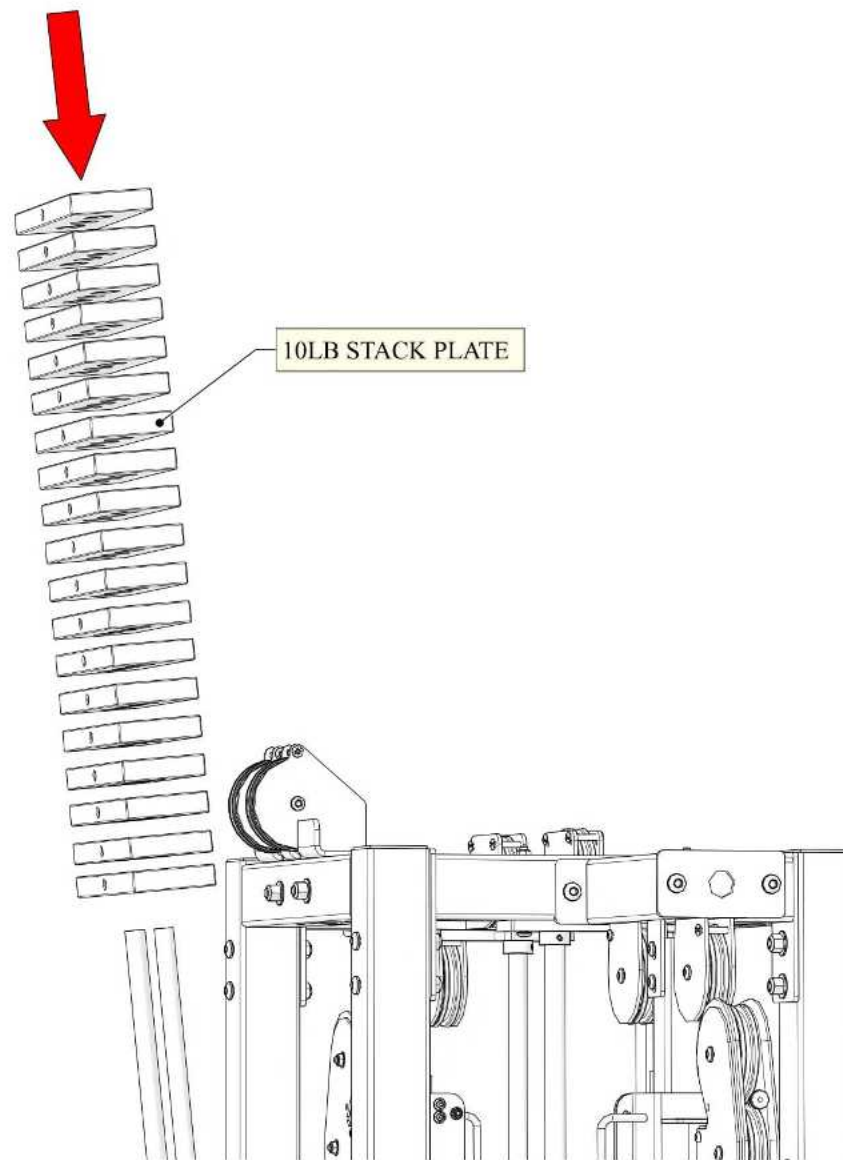


INSTALL (QTY 5) 20LB STACK PLATES
BY SLIDING DOWN FROM TOP OF
GUIDE RODS

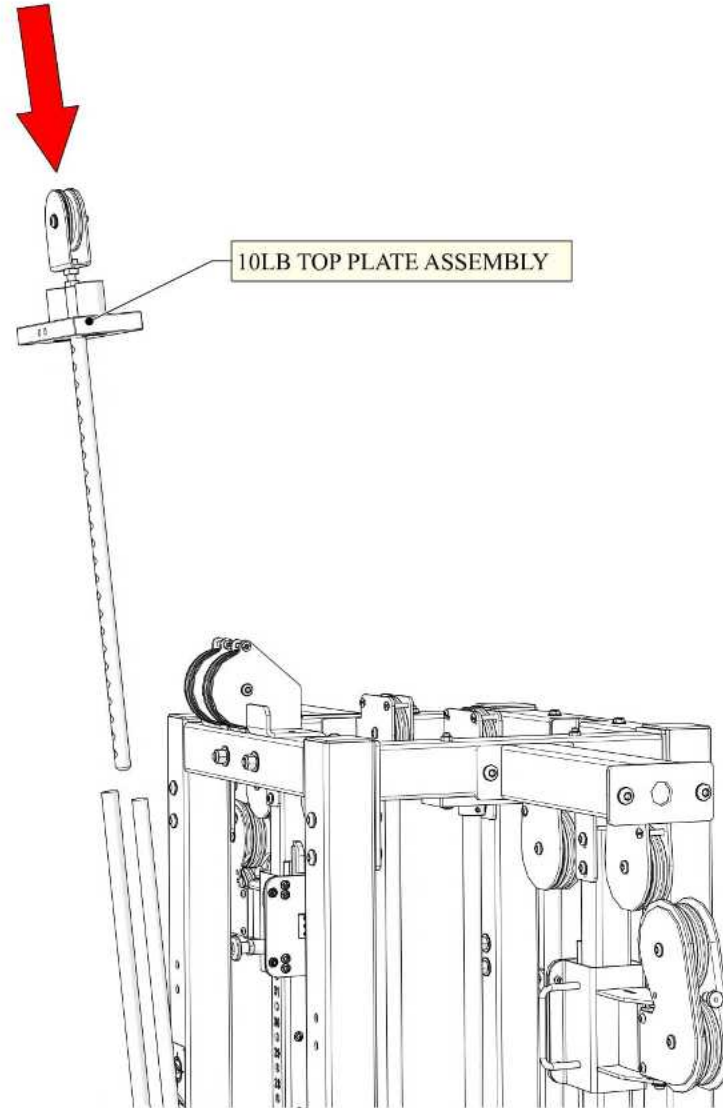
20LB STACK PLATE



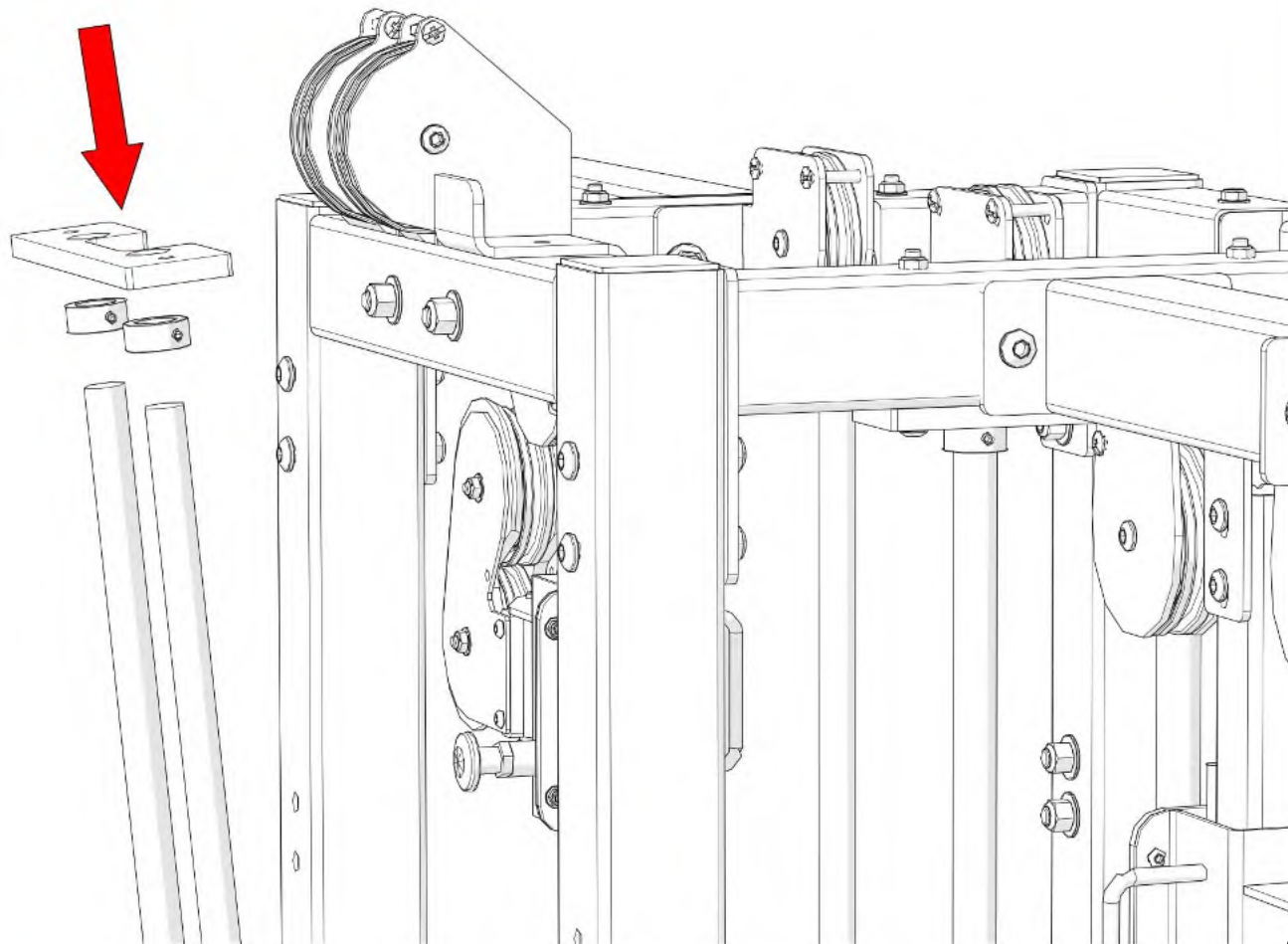
INSTALL (QTY 19) 10LB STACK PLATES BY
SLIDING DOWN FROM TOP OF GUIDE RODS.



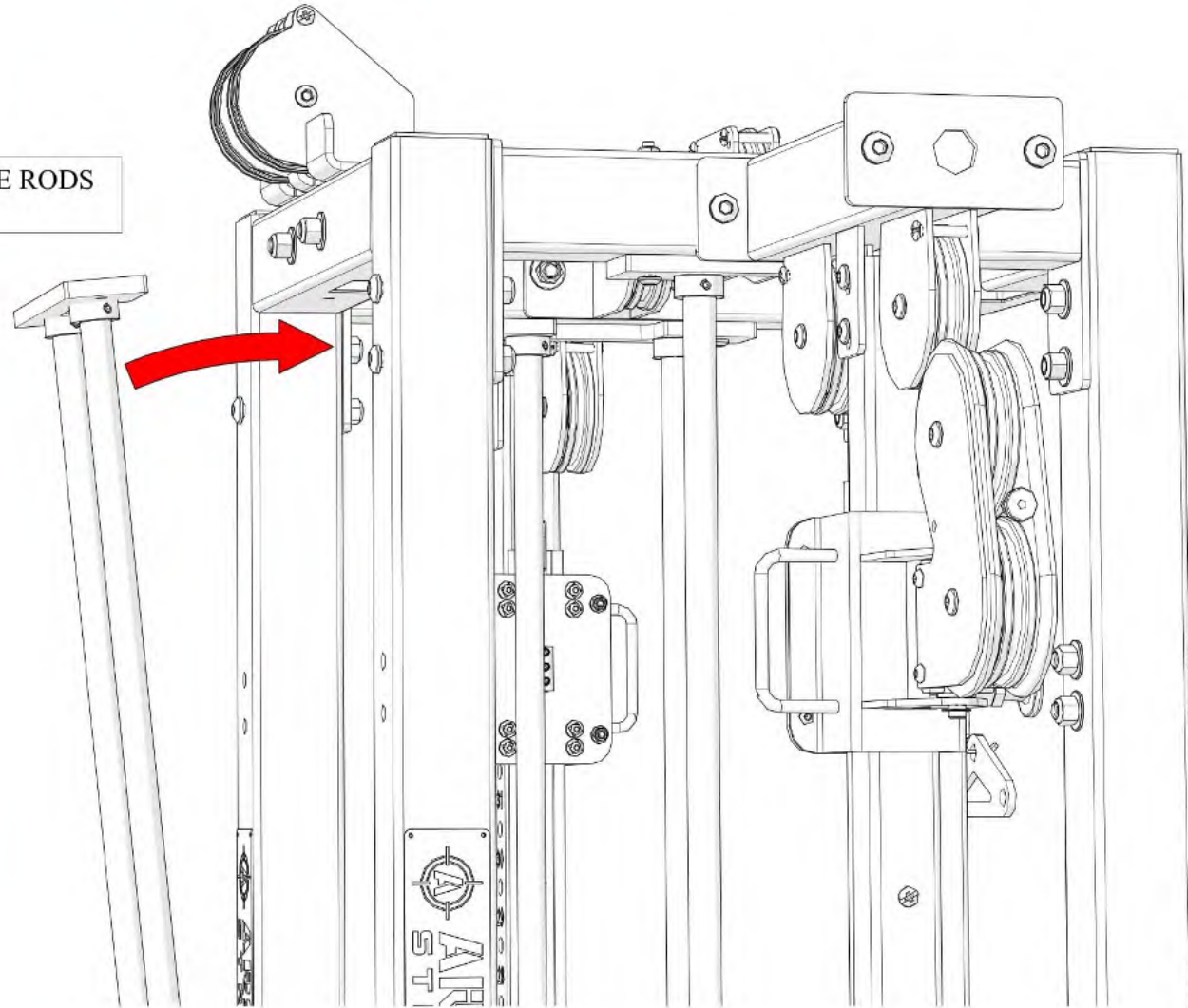
INSTALL TOP PLATE / SELECTOR
ROD ASSEMBLY



REPLACE TOP MOUNTING PLATE / RETENTION
COLLARS



CAREFULLY ROTATE GUIDE RODS
BACK INTO POSITION.



REPLACE 3/8"-16 X 4 1/2"L BUTTON HEAD
SCREWS, WASHERS, AND NUTS

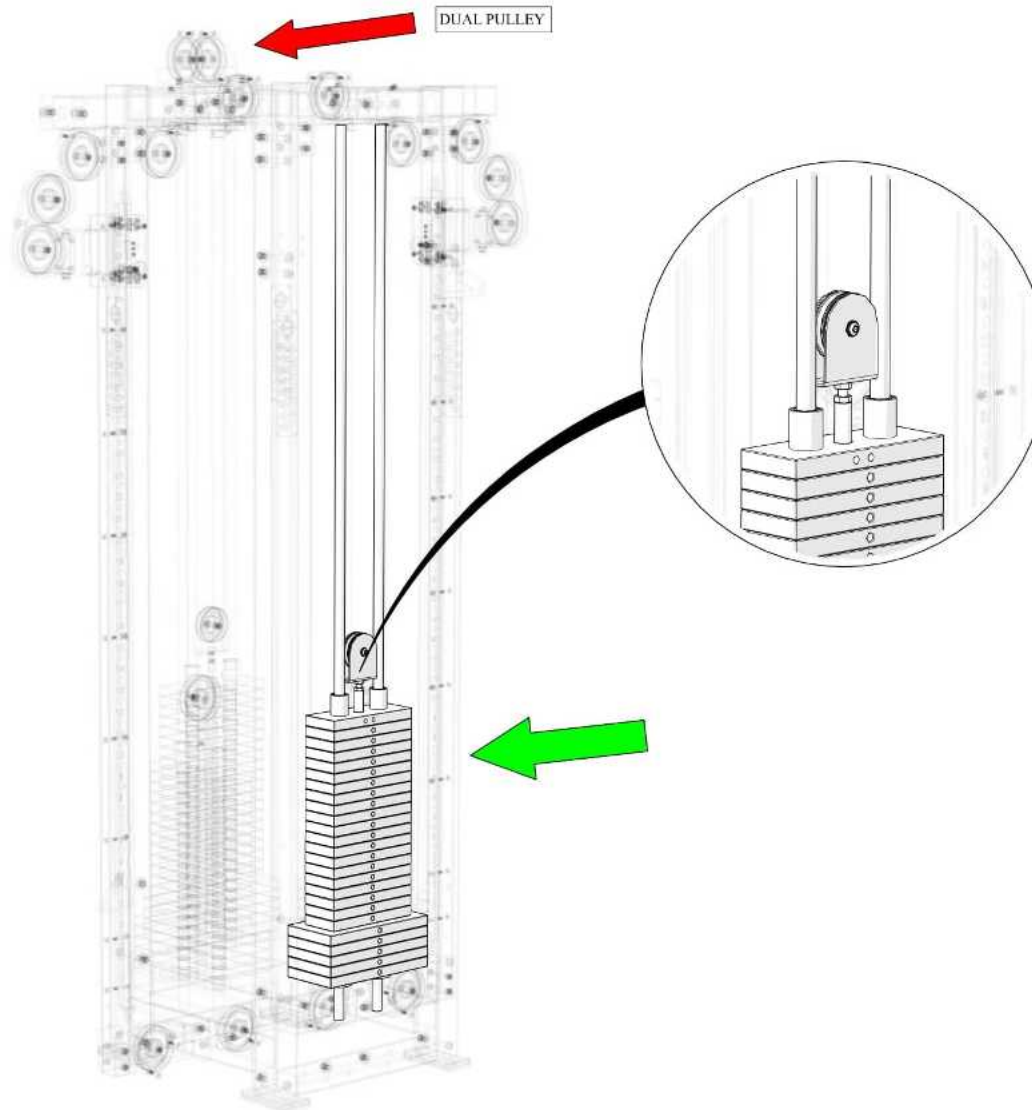
.375-16 X THICK NYLOCK NUT

.375 SAE WASHER

.375-16 X 4.50 BUTTON HEAD

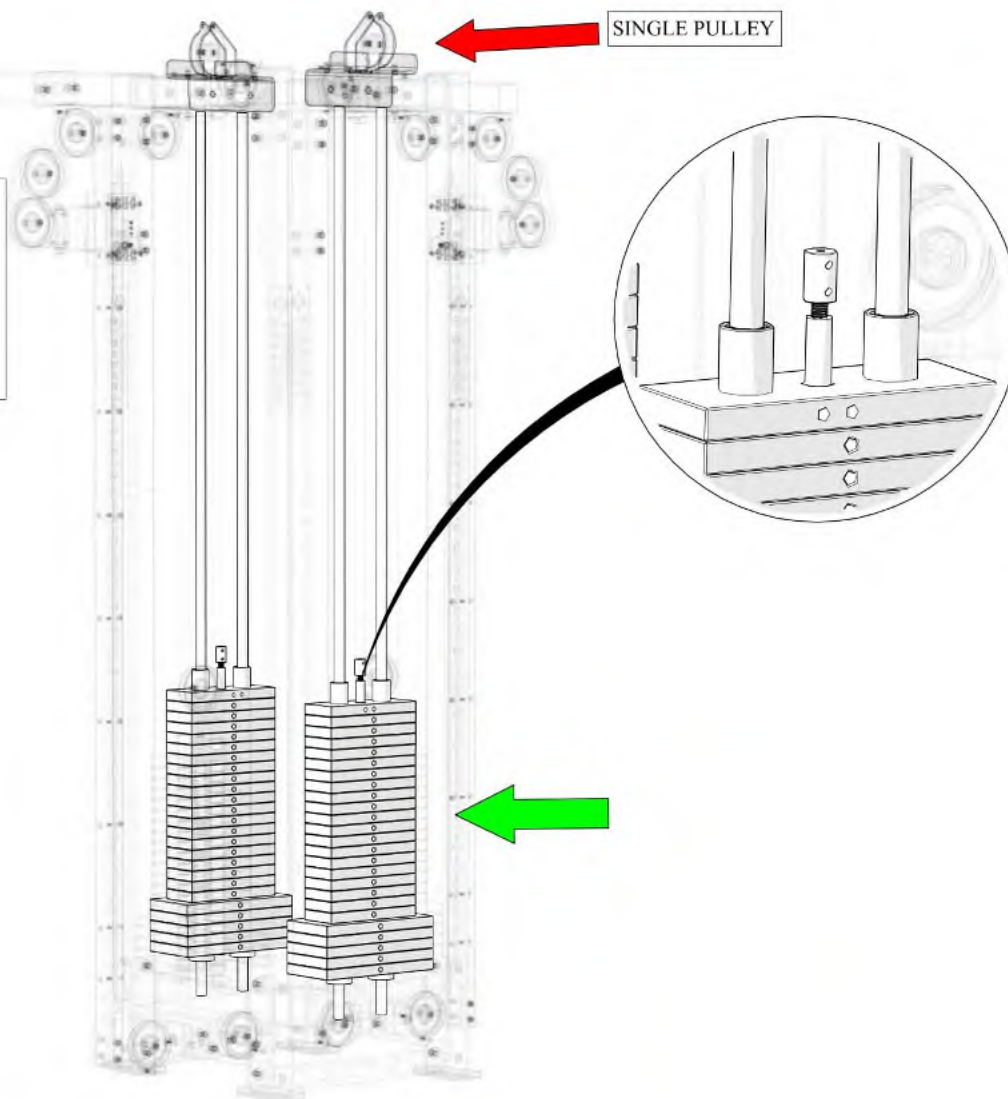
REPEAT PROCEDURE FOR WEIGHT STACK
ON OPPOSITE SIDE OF TOWER CUBE.

ALL WEIGHT STACKS ON DUAL PULLEY SIDE
WILL HAVE PULLEYS ON THE TOP PLATE.

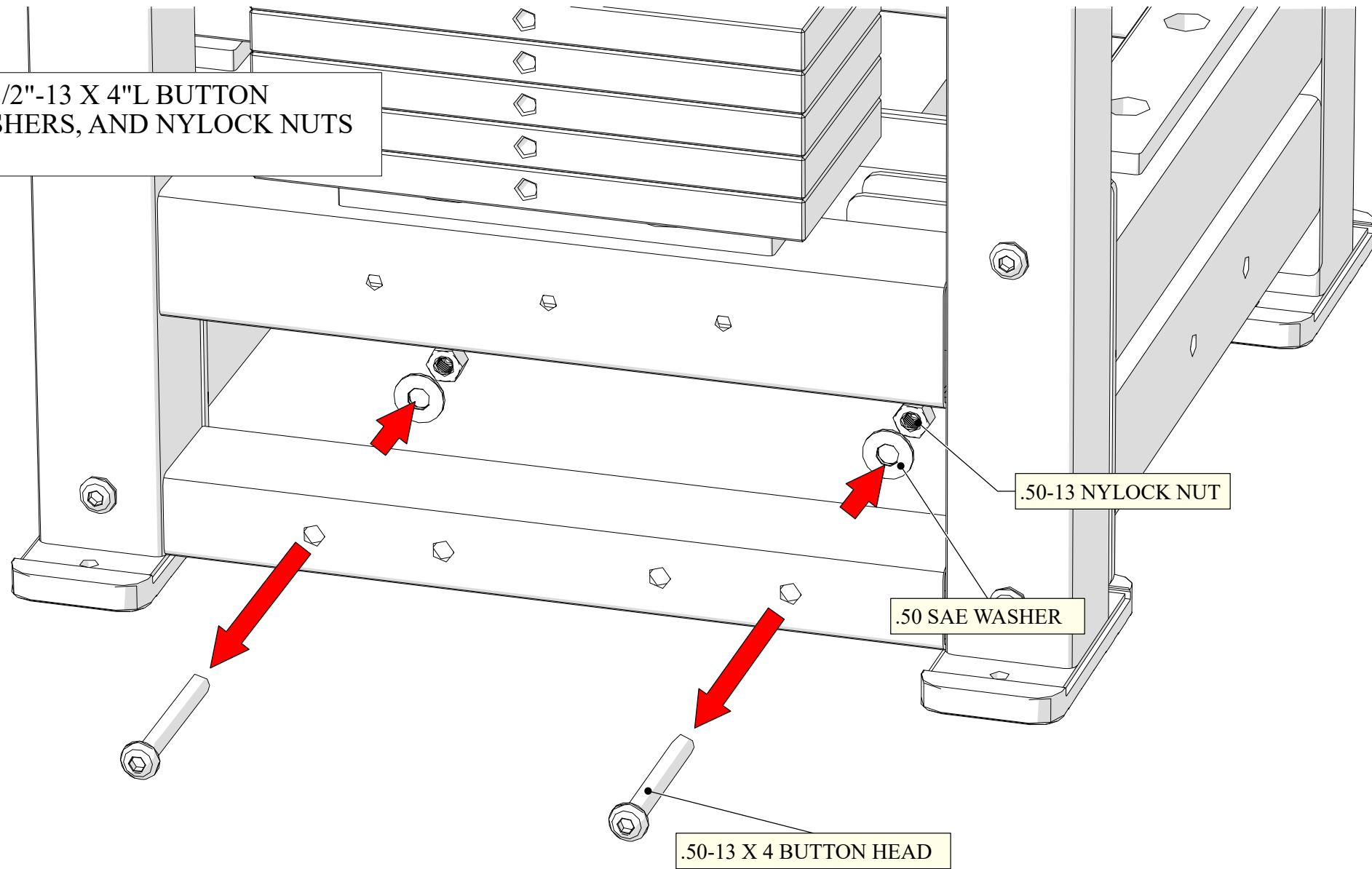


REPEAT PROCESS FOR BOTH 300LB STACKS
ON THE SINGLE PULLEY CUBE.

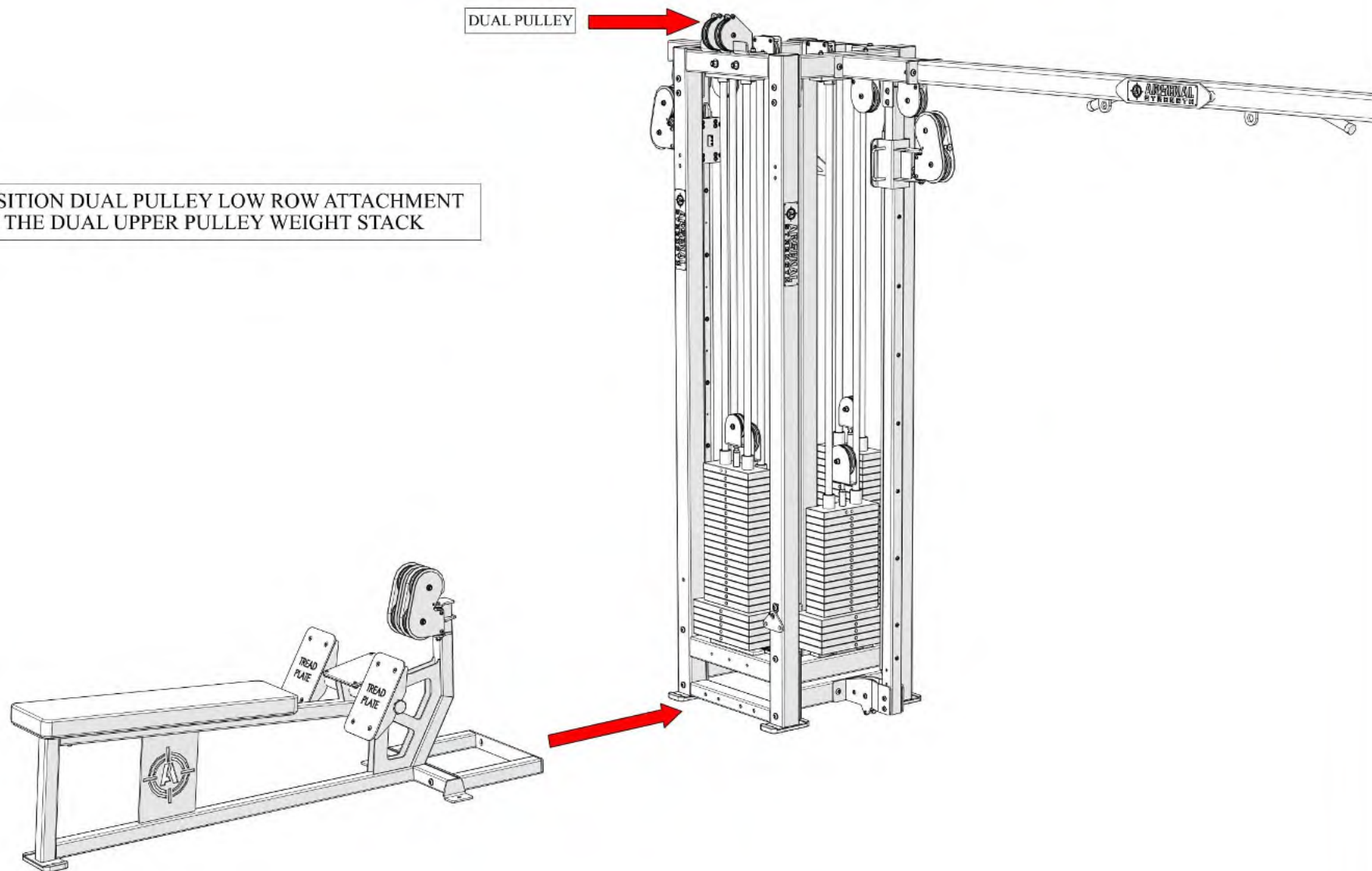
HOWEVER, THESE STACKS WILL USE TOP
PLATE/SELECTOR ROD ASSEMBLIES WITHOUT
PULLIES. THESE WILL BOTH USE THREADED
COLLARS AS A CABLE CONNECTION.



REMOVE (QTY 2) 1/2"-13 X 4"L BUTTON
HEAD BOLTS, WASHERS, AND NYLOCK NUTS
FROM FRAME



POSITION DUAL PULLEY LOW ROW ATTACHMENT
ON THE DUAL UPPER PULLEY WEIGHT STACK

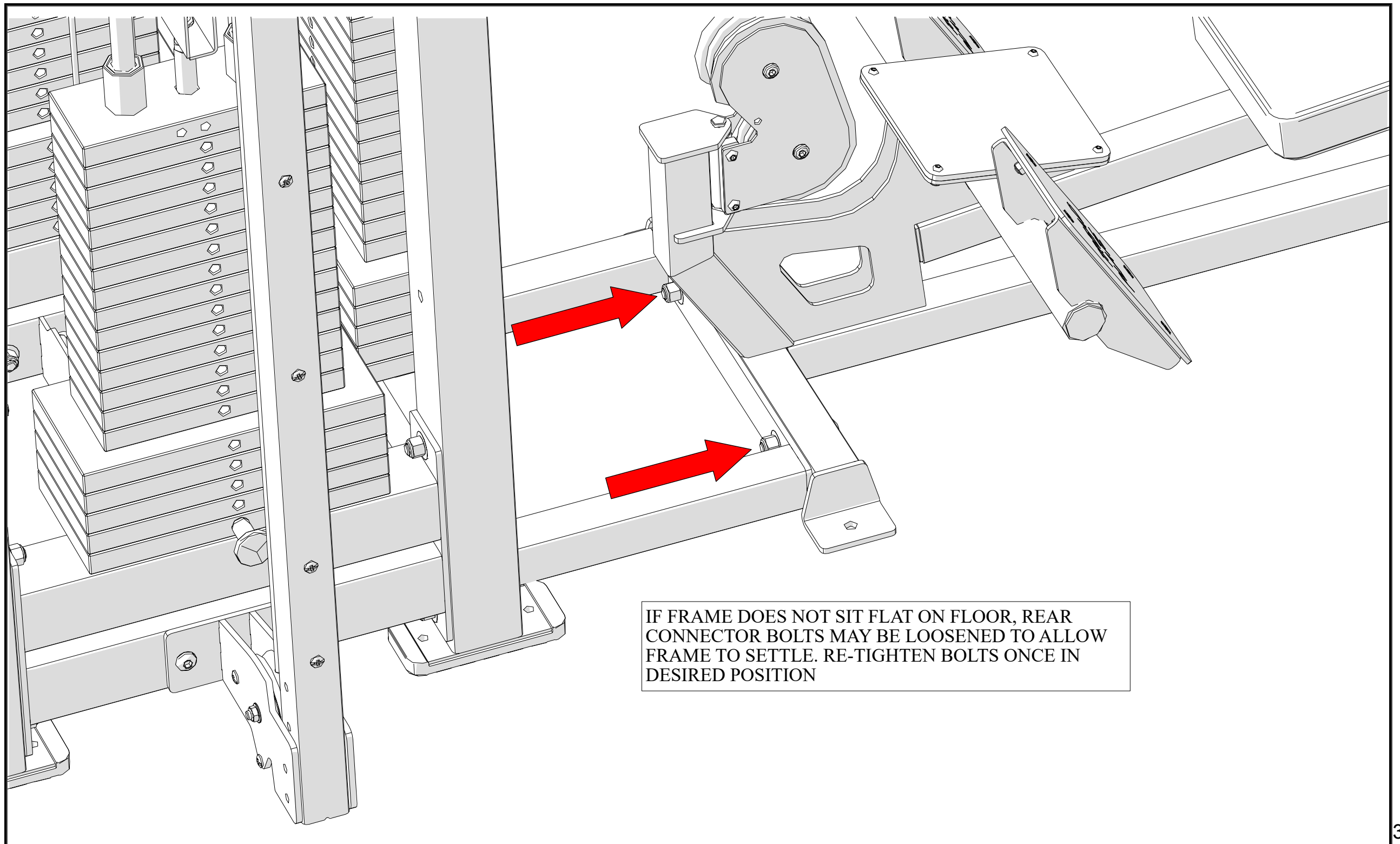


SECURE DUAL PULLEY LOW ROW ATTACHMENT
WITH (QTY 2) 1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS

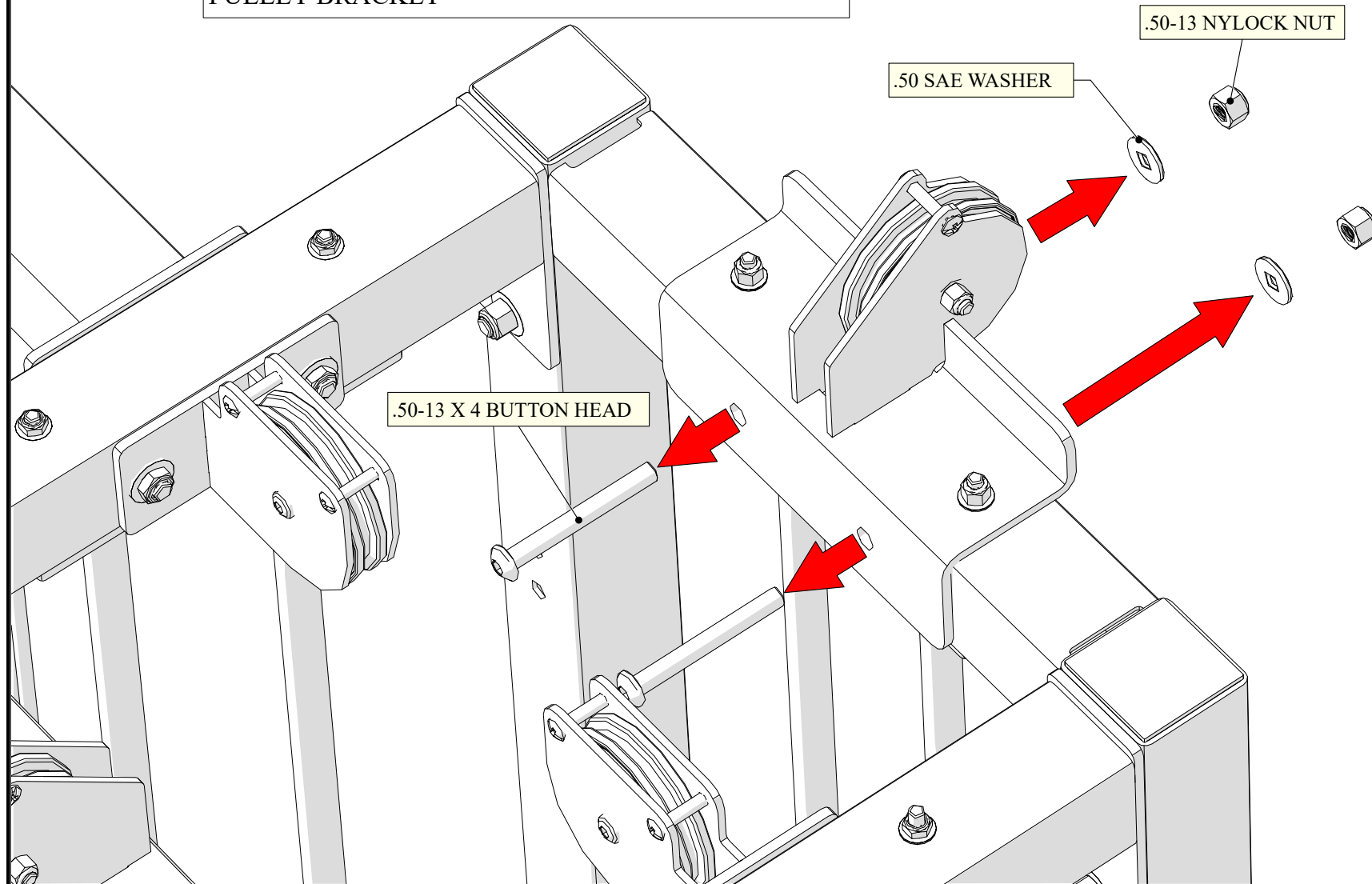
.50 SAE WASHER

.50-13 NYLOCK NUT

.50-13 X 4 BUTTON HEAD SCREW

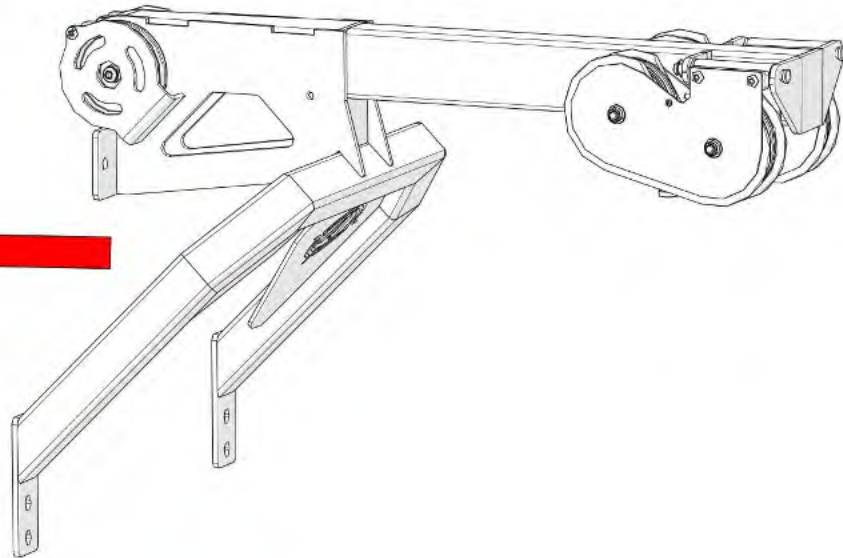
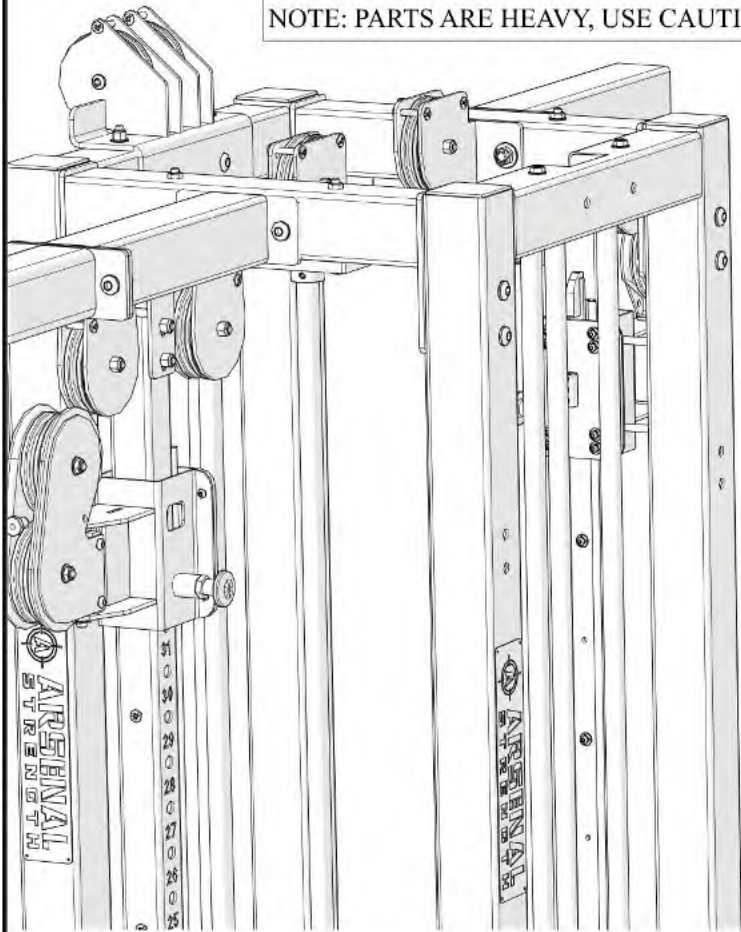


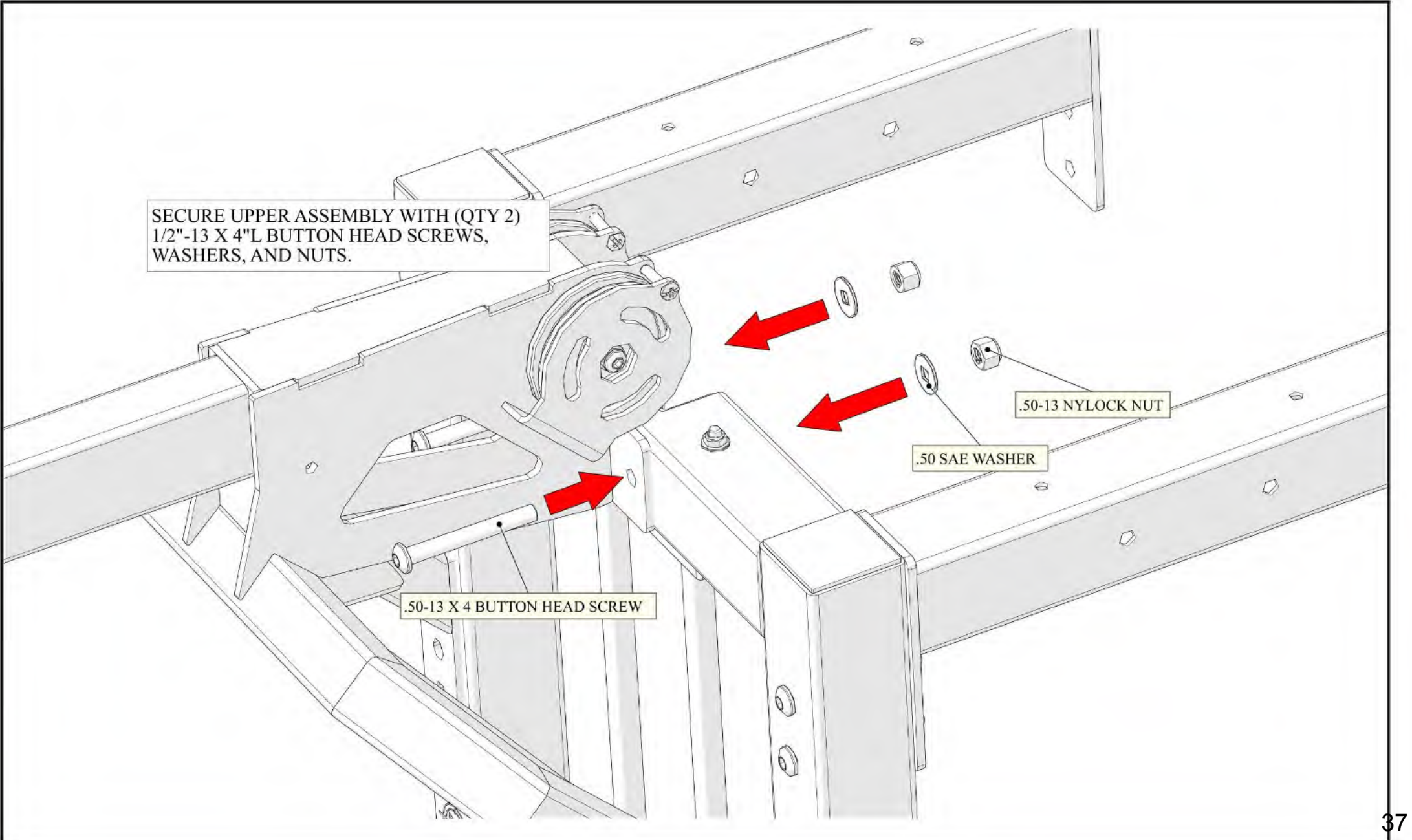
REMOVE (QTY 2) 1/2"-13 X 4"L HEX HEAD BOLTS,
WASHERS, AND NYLOCK NUTS FROM UPPER
PULLEY BRACKET



POSITION UPPER DUAL PULLEY LAT PULLDOWN
ATTACHMENT AS SHOWN

NOTE: PARTS ARE HEAVY, USE CAUTION





SECURE UPPER ASSEMBLY WITH (QTY 2)
1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS.

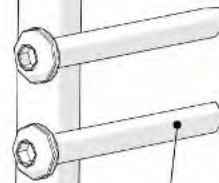
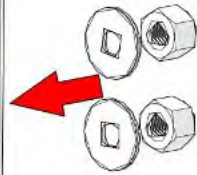
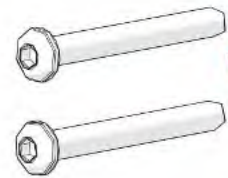
This technical diagram illustrates the assembly of a mechanical component. A central circular part with a flange is being secured to a horizontal beam. A red arrow points from a text box to the top of this circular part. Another red arrow points from a text box to a hole in the beam. A third red arrow points from a text box to a hole in the beam. A fourth red arrow points from a text box to a hole in the beam. A fifth red arrow points from a text box to a hole in the beam. A sixth red arrow points from a text box to a hole in the beam. A seventh red arrow points from a text box to a hole in the beam. A eighth red arrow points from a text box to a hole in the beam. A ninth red arrow points from a text box to a hole in the beam. A tenth red arrow points from a text box to a hole in the beam. A eleventh red arrow points from a text box to a hole in the beam. A twelfth red arrow points from a text box to a hole in the beam. A thirteenth red arrow points from a text box to a hole in the beam. A fourteenth red arrow points from a text box to a hole in the beam. A fifteenth red arrow points from a text box to a hole in the beam. A sixteenth red arrow points from a text box to a hole in the beam. A seventeenth red arrow points from a text box to a hole in the beam. An eighteenth red arrow points from a text box to a hole in the beam. A nineteenth red arrow points from a text box to a hole in the beam. A twentieth red arrow points from a text box to a hole in the beam. A twenty-first red arrow points from a text box to a hole in the beam. A twenty-second red arrow points from a text box to a hole in the beam. A twenty-third red arrow points from a text box to a hole in the beam. A twenty-fourth red arrow points from a text box to a hole in the beam. A twenty-fifth red arrow points from a text box to a hole in the beam. A twenty-sixth red arrow points from a text box to a hole in the beam. A twenty-seventh red arrow points from a text box to a hole in the beam. A twenty-eighth red arrow points from a text box to a hole in the beam. A twenty-ninth red arrow points from a text box to a hole in the beam. A thirtieth red arrow points from a text box to a hole in the beam. A thirty-first red arrow points from a text box to a hole in the beam. A thirty-second red arrow points from a text box to a hole in the beam. A thirty-third red arrow points from a text box to a hole in the beam. A thirty-fourth red arrow points from a text box to a hole in the beam. A thirty-fifth red arrow points from a text box to a hole in the beam. A thirty-sixth red arrow points from a text box to a hole in the beam. A thirty-seventh red arrow points from a text box to a hole in the beam. A thirty-eighth red arrow points from a text box to a hole in the beam. A thirty-ninth red arrow points from a text box to a hole in the beam. A fortieth red arrow points from a text box to a hole in the beam. A forty-first red arrow points from a text box to a hole in the beam. A forty-second red arrow points from a text box to a hole in the beam. A forty-third red arrow points from a text box to a hole in the beam. A forty-fourth red arrow points from a text box to a hole in the beam. A forty-fifth red arrow points from a text box to a hole in the beam. A forty-sixth red arrow points from a text box to a hole in the beam. A forty-seventh red arrow points from a text box to a hole in the beam. A forty-eighth red arrow points from a text box to a hole in the beam. A forty-ninth red arrow points from a text box to a hole in the beam. A fiftieth red arrow points from a text box to a hole in the beam. A fifty-first red arrow points from a text box to a hole in the beam. A fifty-second red arrow points from a text box to a hole in the beam. A fifty-third red arrow points from a text box to a hole in the beam. A fifty-fourth red arrow points from a text box to a hole in the beam. A fifty-fifth red arrow points from a text box to a hole in the beam. A fifty-sixth red arrow points from a text box to a hole in the beam. A fifty-seventh red arrow points from a text box to a hole in the beam. A fifty-eighth red arrow points from a text box to a hole in the beam. A fifty-ninth red arrow points from a text box to a hole in the beam. A sixtieth red arrow points from a text box to a hole in the beam. A sixty-first red arrow points from a text box to a hole in the beam. A sixty-second red arrow points from a text box to a hole in the beam. A sixty-third red arrow points from a text box to a hole in the beam. A sixty-fourth red arrow points from a text box to a hole in the beam. A sixty-fifth red arrow points from a text box to a hole in the beam. A sixty-sixth red arrow points from a text box to a hole in the beam. A sixty-seventh red arrow points from a text box to a hole in the beam. A sixty-eighth red arrow points from a text box to a hole in the beam. A sixty-ninth red arrow points from a text box to a hole in the beam. A seventieth red arrow points from a text box to a hole in the beam. A seventy-first red arrow points from a text box to a hole in the beam. A seventy-second red arrow points from a text box to a hole in the beam. A seventy-third red arrow points from a text box to a hole in the beam. A seventy-fourth red arrow points from a text box to a hole in the beam. A seventy-fifth red arrow points from a text box to a hole in the beam. A seventy-sixth red arrow points from a text box to a hole in the beam. A seventy-seventh red arrow points from a text box to a hole in the beam. A seventy-eighth red arrow points from a text box to a hole in the beam. A seventy-ninth red arrow points from a text box to a hole in the beam. An eightieth red arrow points from a text box to a hole in the beam. An eighty-first red arrow points from a text box to a hole in the beam. An eighty-second red arrow points from a text box to a hole in the beam. An eighty-third red arrow points from a text box to a hole in the beam. An eighty-fourth red arrow points from a text box to a hole in the beam. An eighty-fifth red arrow points from a text box to a hole in the beam. An eighty-sixth red arrow points from a text box to a hole in the beam. An eighty-seventh red arrow points from a text box to a hole in the beam. An eighty-eighth red arrow points from a text box to a hole in the beam. An eighty-ninth red arrow points from a text box to a hole in the beam. A ninetieth red arrow points from a text box to a hole in the beam. A ninety-first red arrow points from a text box to a hole in the beam. A ninety-second red arrow points from a text box to a hole in the beam. A ninety-third red arrow points from a text box to a hole in the beam. A ninety-fourth red arrow points from a text box to a hole in the beam. A ninety-fifth red arrow points from a text box to a hole in the beam. A ninety-sixth red arrow points from a text box to a hole in the beam. A ninety-seventh red arrow points from a text box to a hole in the beam. A ninety-eighth red arrow points from a text box to a hole in the beam. A ninety-ninth red arrow points from a text box to a hole in the beam. A hundredth red arrow points from a text box to a hole in the beam.

.50-13 X 4 BUTTON HEAD SCREW

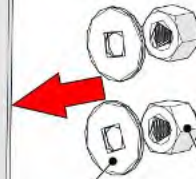
.50-13 NYLOCK NUT

.50 SAE WASHER

SECURE LOWER LEGS WITH (QTY 4)
1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS

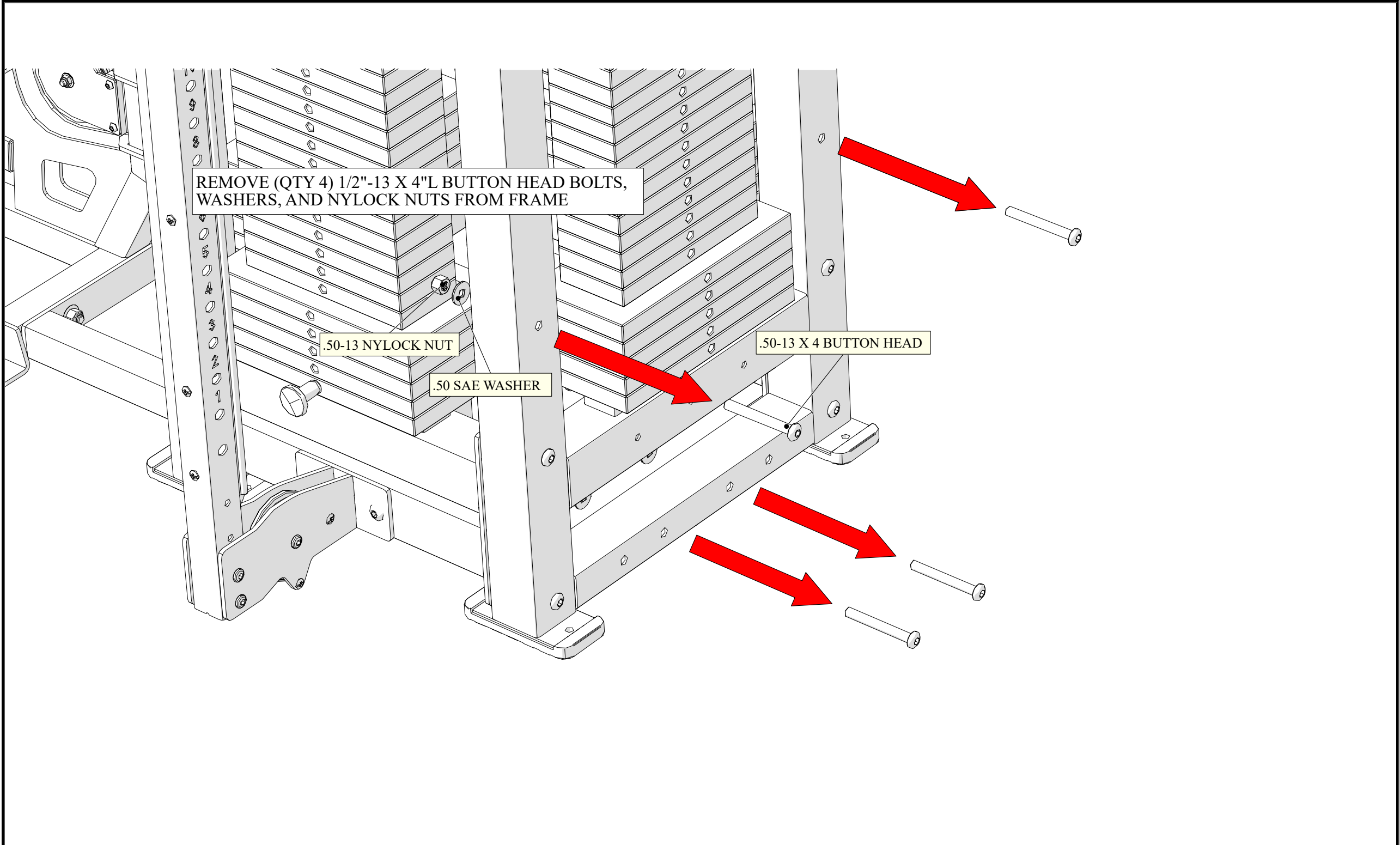


.50-13 X 4 BUTTON HEAD SCREW



.50 SAE WASHER

.50-13 NYLOCK NUT

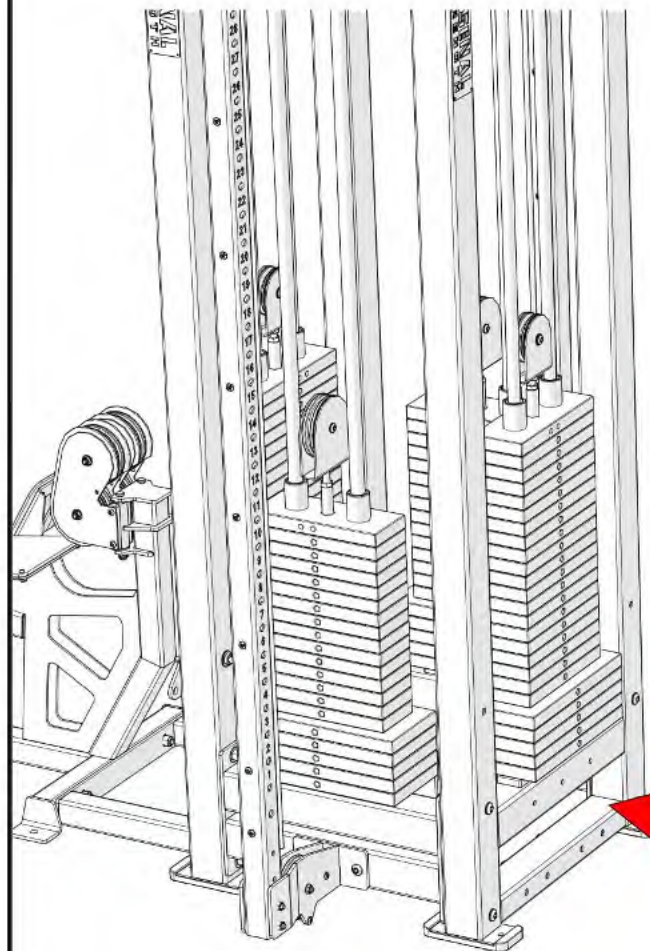


REMOVE (QTY 4) 1/2"-13 X 4"L BUTTON HEAD BOLTS, WASHERS, AND NYLOCK NUTS FROM FRAME

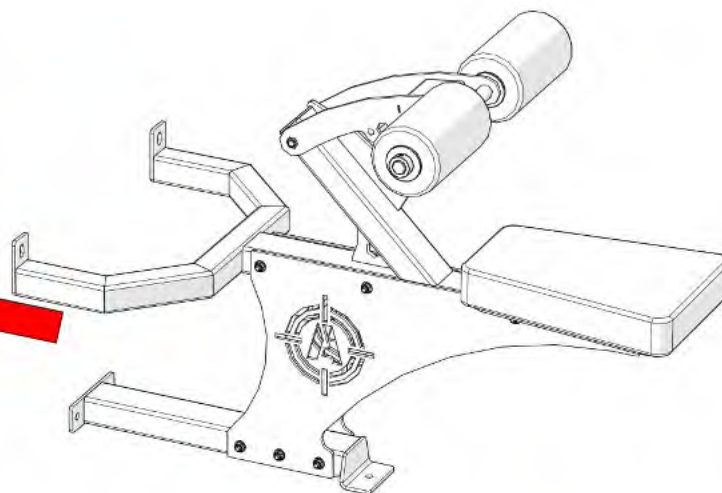
.50-13 NYLOCK NUT

.50 SAE WASHER

.50-13 X 4 BUTTON HEAD



POSITION LOWER PULLDOWN FRAME AS SHOWN



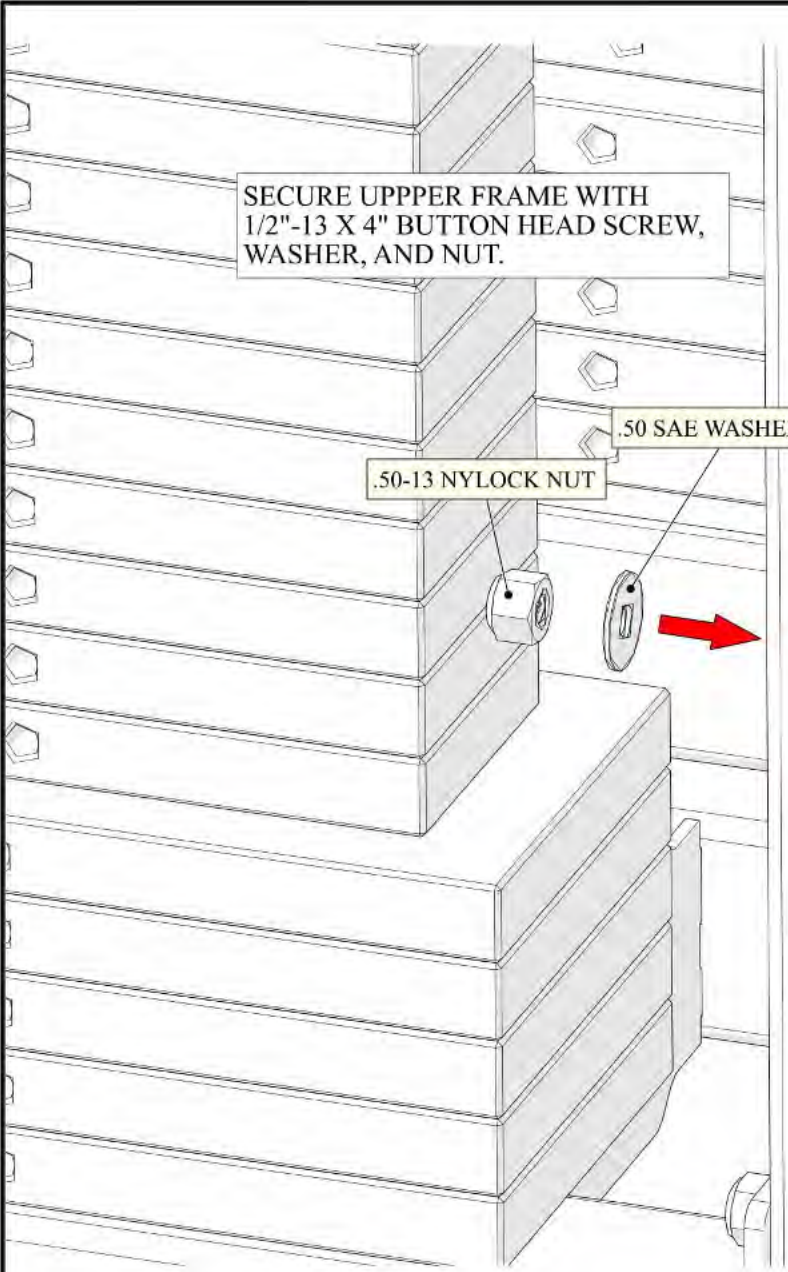


Diagram showing the assembly of a metal frame. A stack of horizontal bars is being secured to a vertical support. A .50-13 NYLOCK NUT is shown being placed over a .50 SAE WASHER, which is being inserted into a hole in the vertical support. A red arrow indicates the direction of assembly.

SECURE UPPPER FRAME WITH
1/2"-13 X 4" BUTTON HEAD SCREW,
WASHER, AND NUT.

.50 SAE WASHER

.50-13 NYLOCK NUT

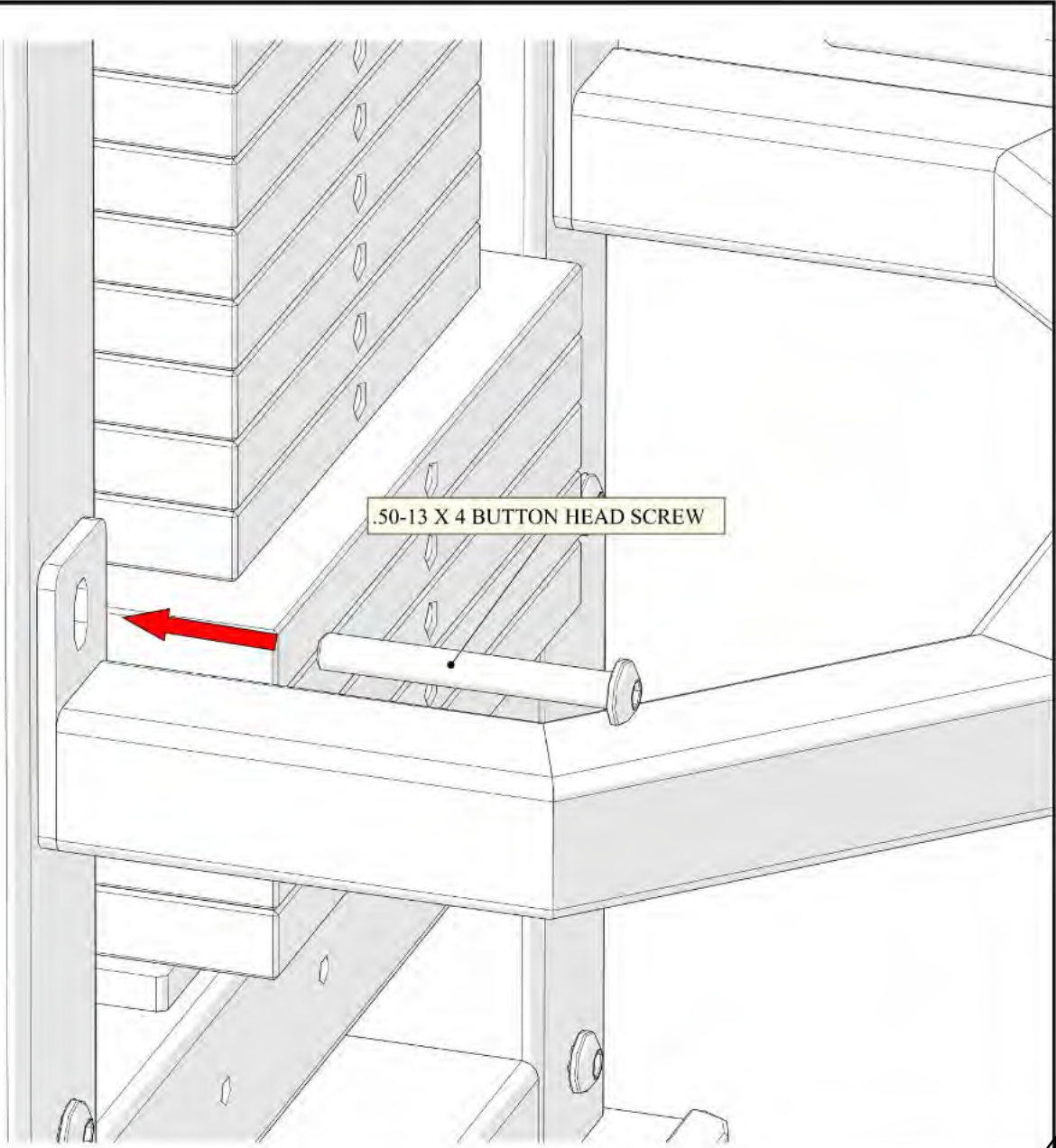
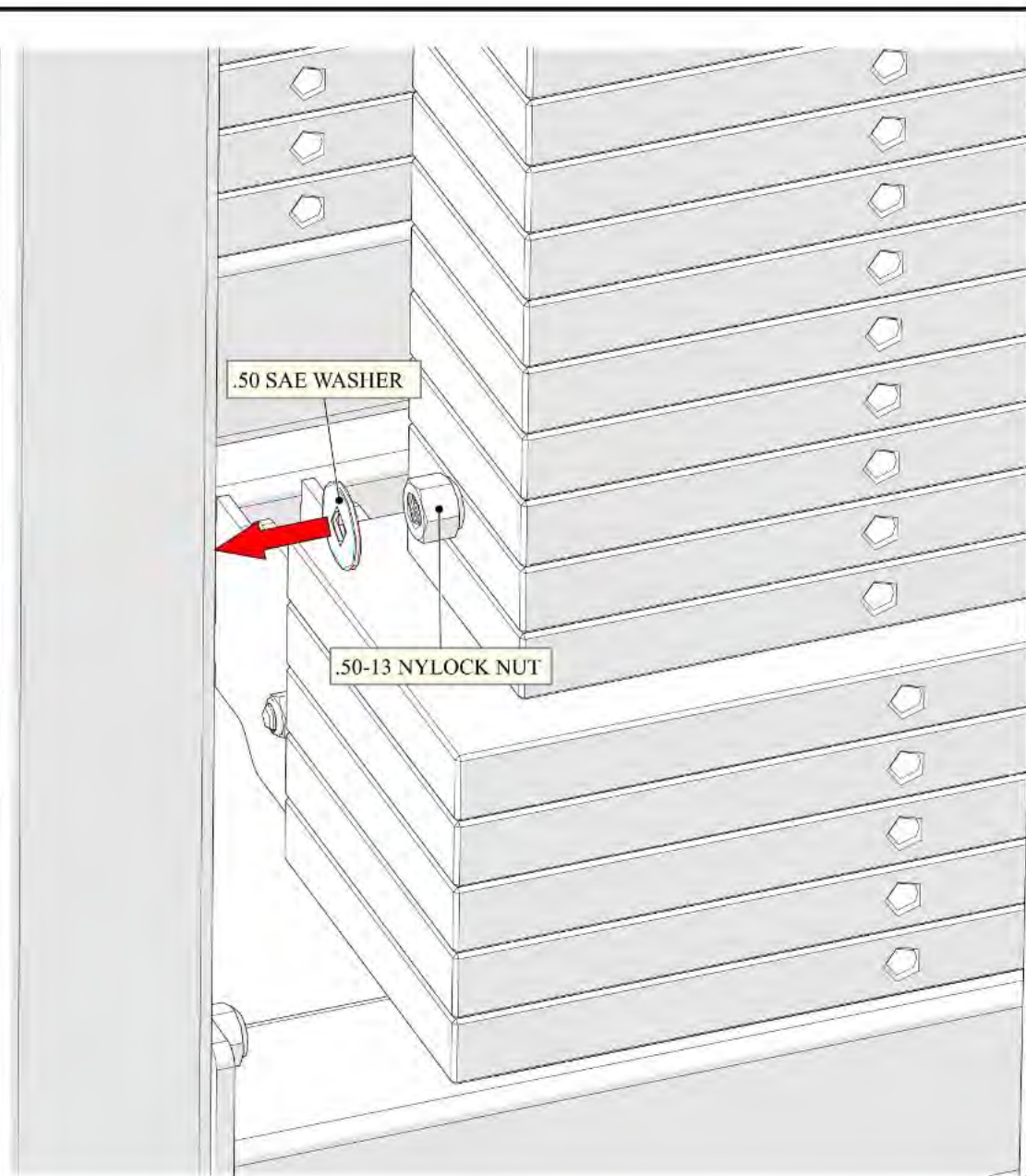
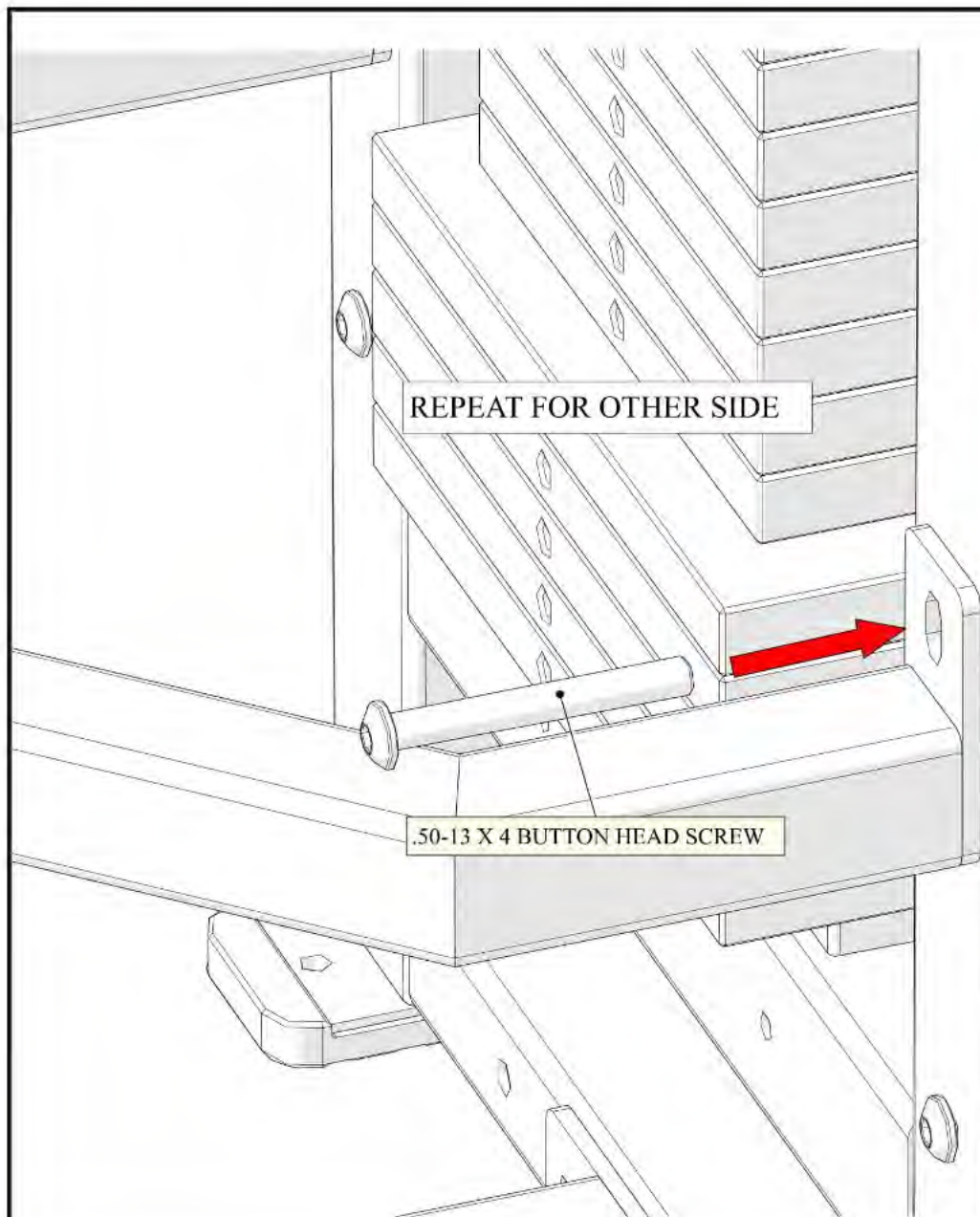
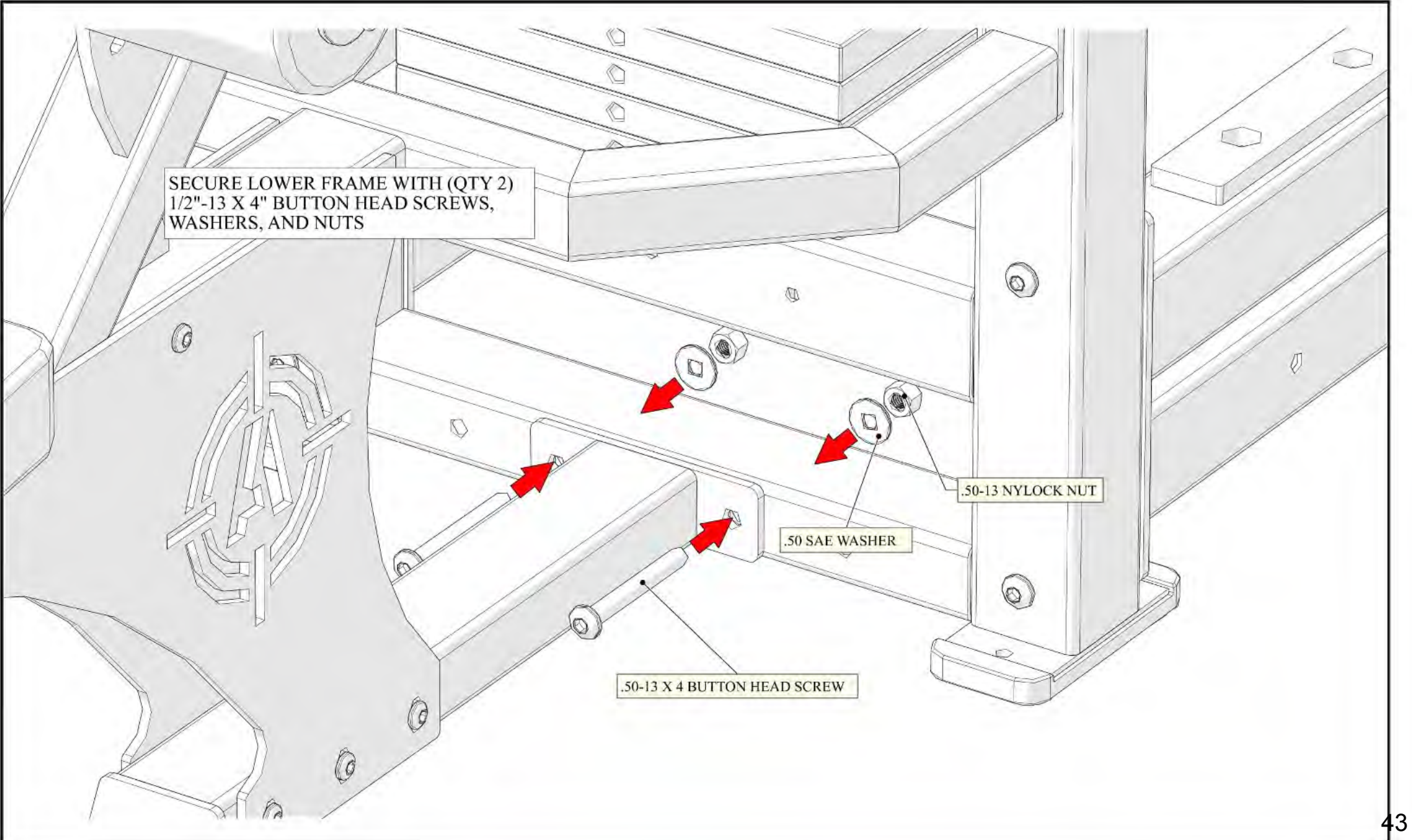


Diagram showing the assembly of a metal frame. A stack of horizontal bars is being secured to a vertical support. A .50-13 X 4 BUTTON HEAD SCREW is shown being inserted into a hole in the vertical support. A red arrow indicates the direction of assembly.

.50-13 X 4 BUTTON HEAD SCREW



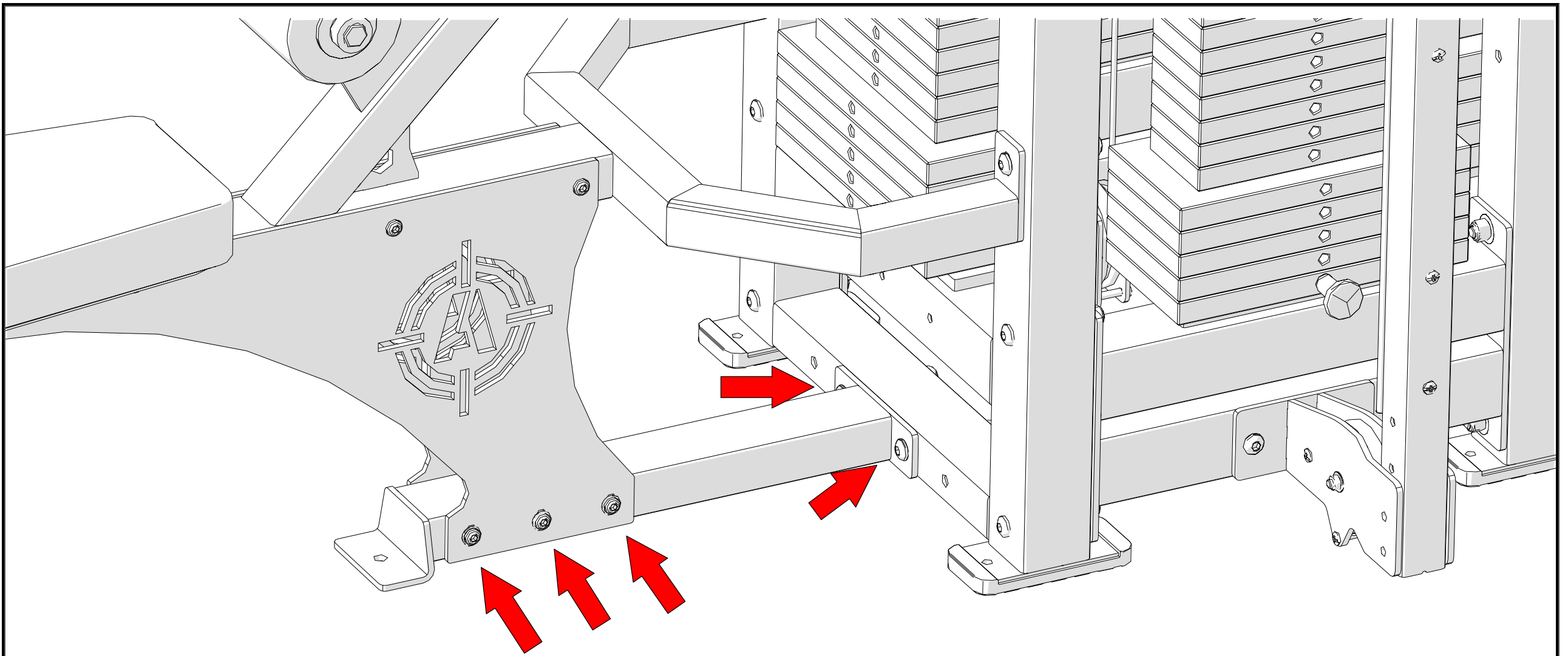


SECURE LOWER FRAME WITH (QTY 2)
1/2"-13 X 4" BUTTON HEAD SCREWS,
WASHERS, AND NUTS

.50-13 NYLOCK NUT

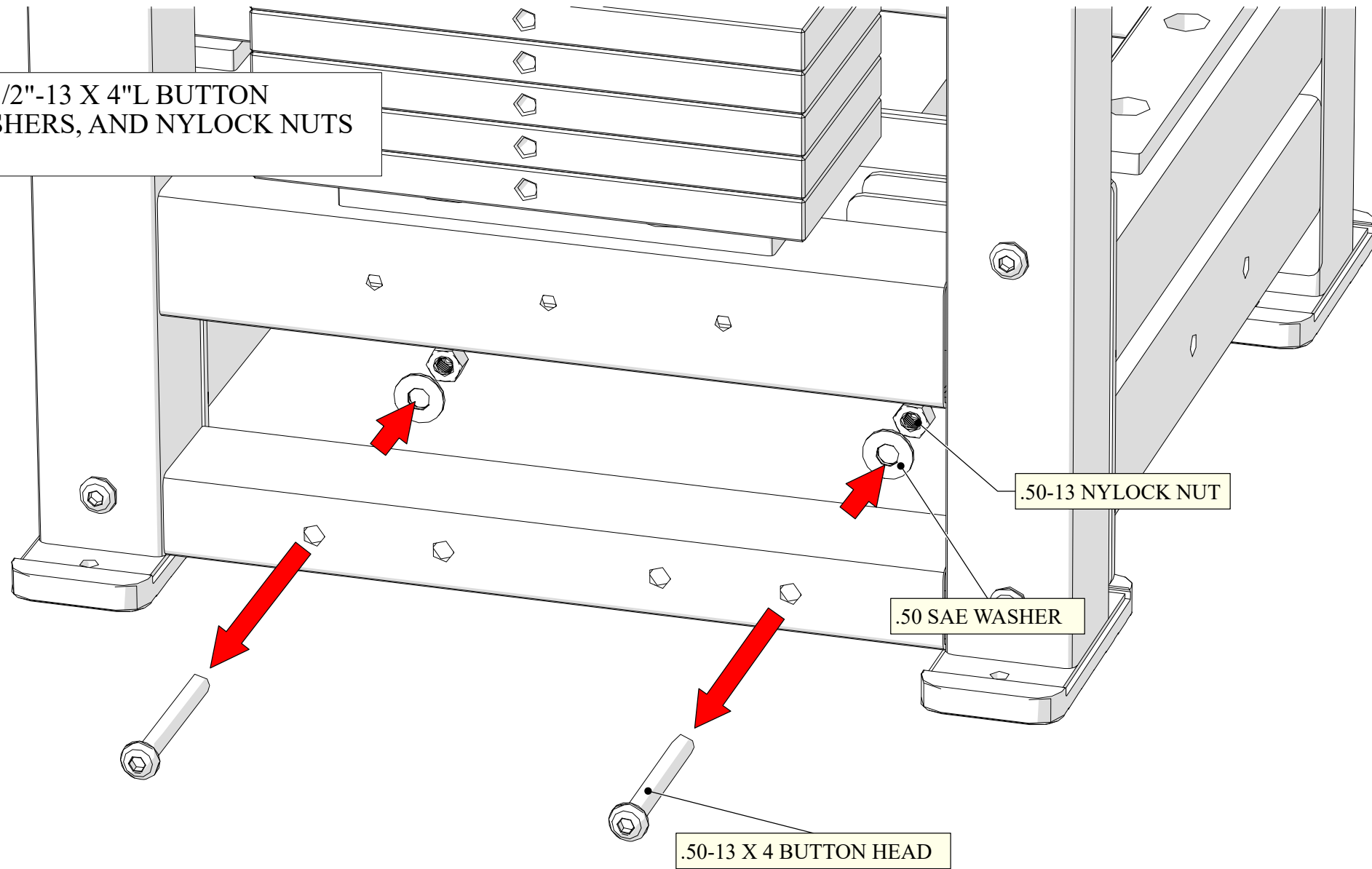
.50 SAE WASHER

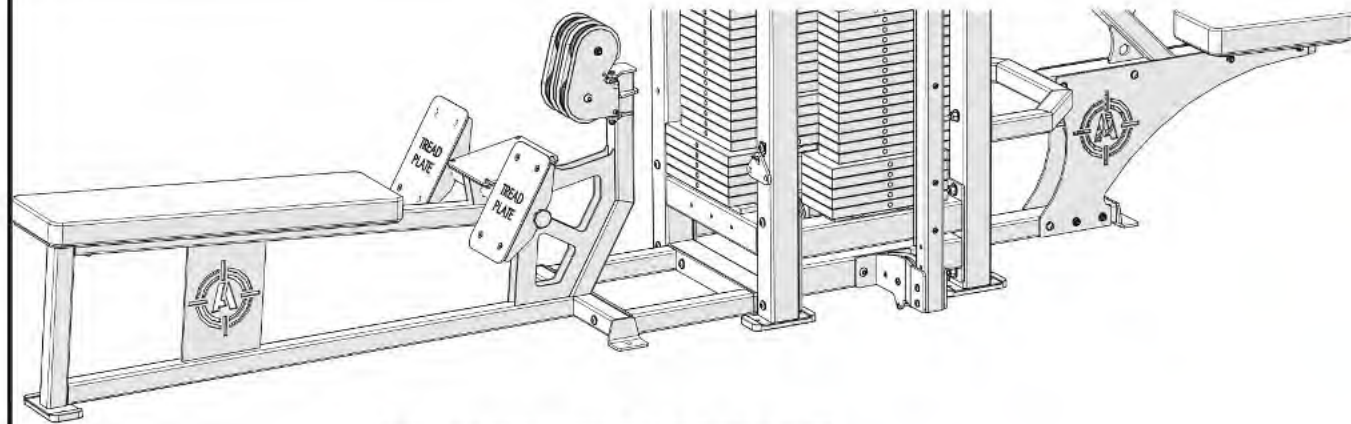
.50-13 X 4 BUTTON HEAD SCREW



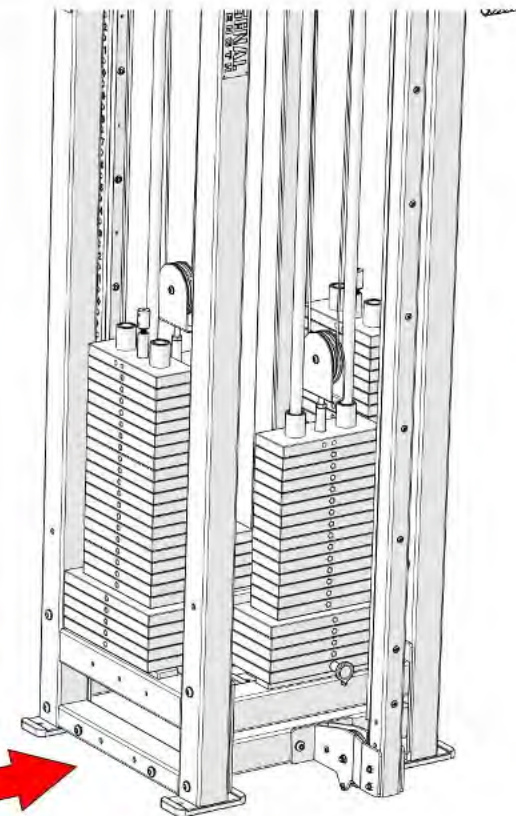
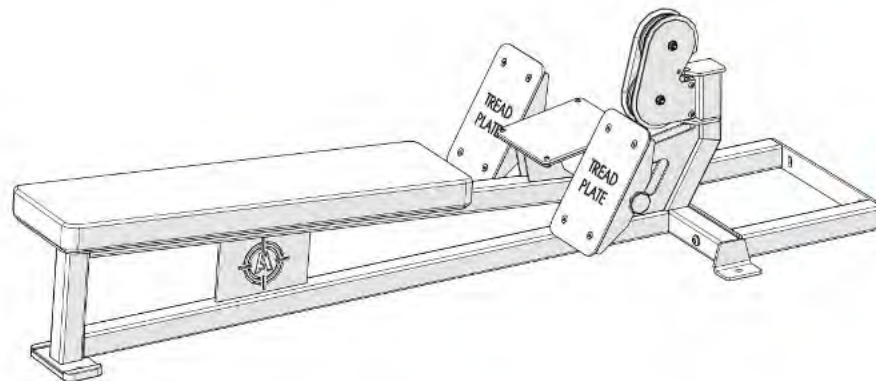
IF ASSEMBLY DOES NOT SIT FLAT ON FLOOR, LOOSEN
INDICATED BOLTS TO ALLOW PARTS TO SETTLE.
RE-TIGHTEN BOLTS ONCE IN DESIRED POSITION.

REMOVE (QTY 2) 1/2"-13 X 4"L BUTTON
HEAD BOLTS, WASHERS, AND NYLOCK NUTS
FROM FRAME





POSITION SINGLE-PULLEY ROW
ATTACHMENT AS SHOWN

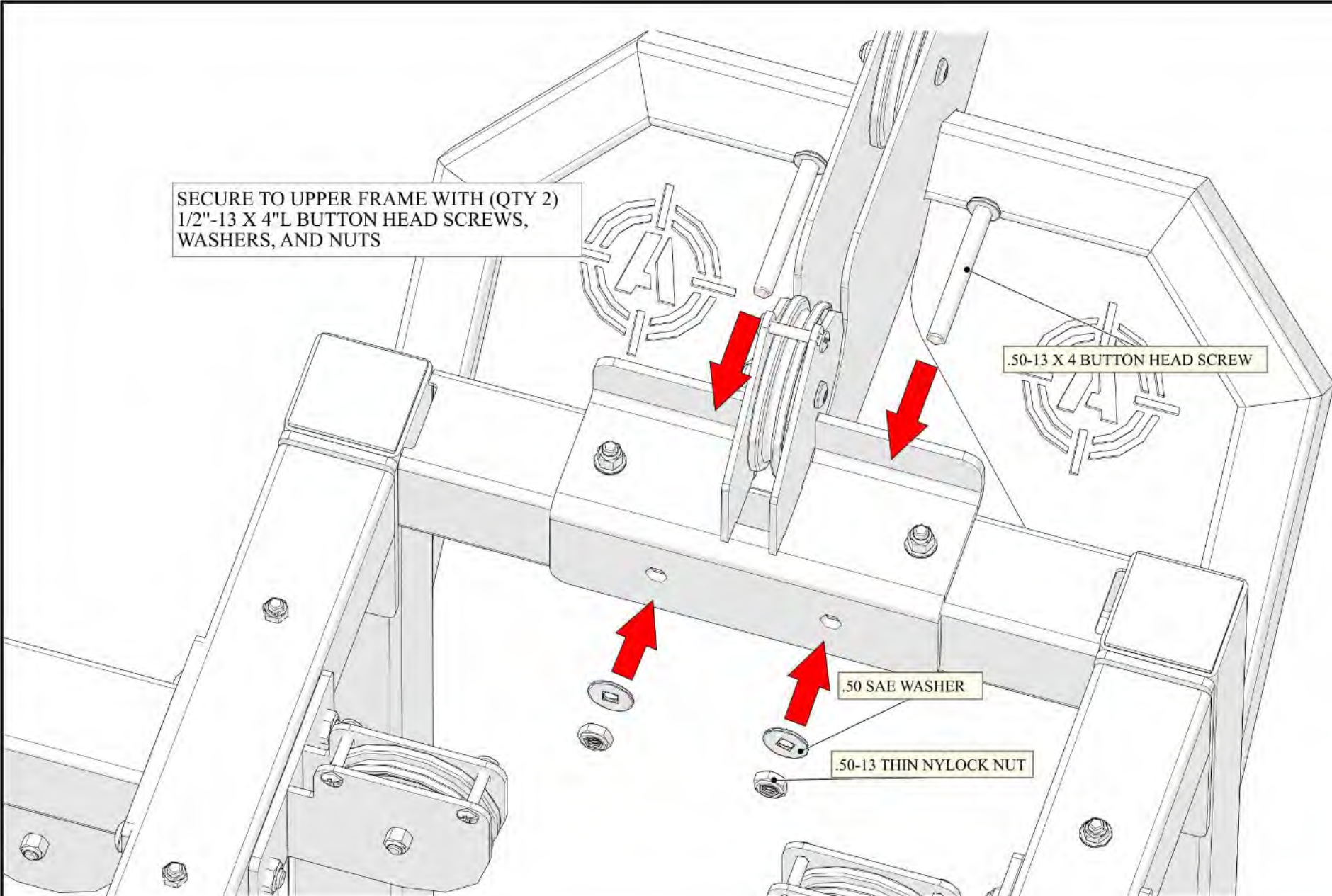


SECURE ROW ATTACHMENT TO FRAME
WITH (QTY 2) 1/2"-13 X 4" BUTTON HEAD
SCREWS, WASHERS, AND NUTS.

.50-13 NYLOCK NUT

.50 SAE WASHER

.50-13 X 4 BUTTON HEAD SCREW



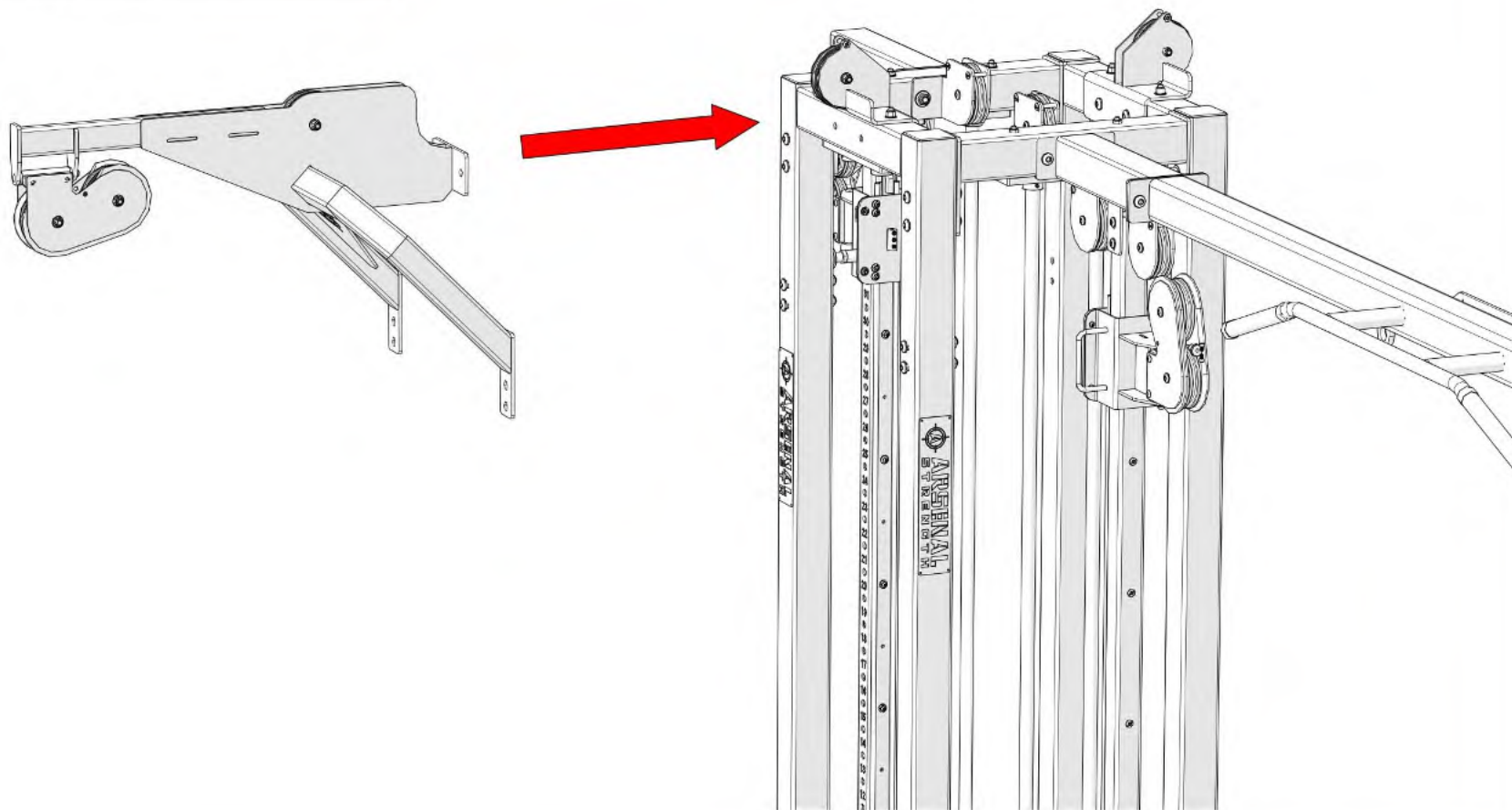
SECURE TO UPPER FRAME WITH (QTY 2)
1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS

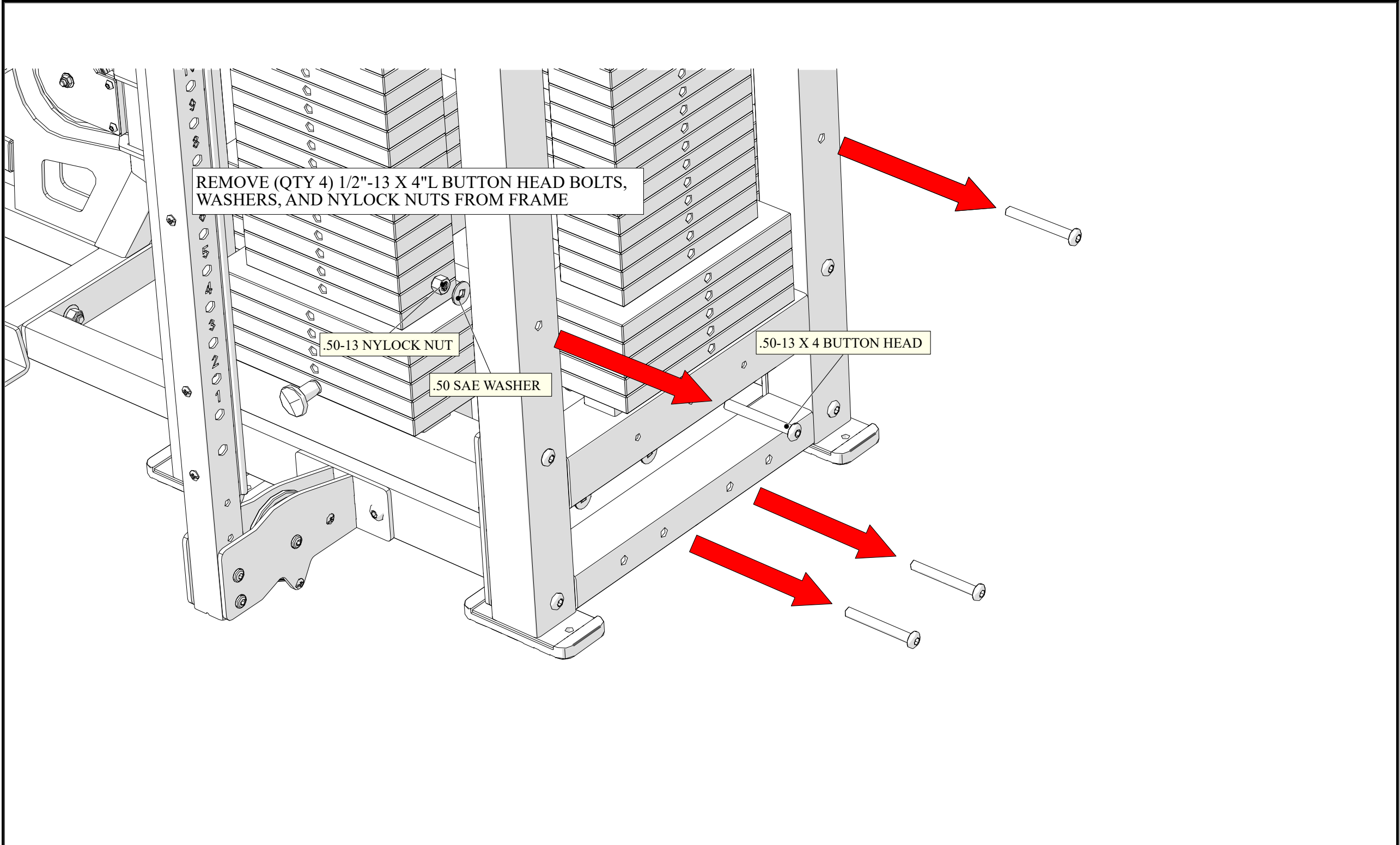
.50-13 X 4 BUTTON HEAD SCREW

.50 SAE WASHER

.50-13 THIN NYLOCK NUT

POSITION SINGLE PULLEY LAT PULL-DOWN
ASSEMBLY AS SHOWN





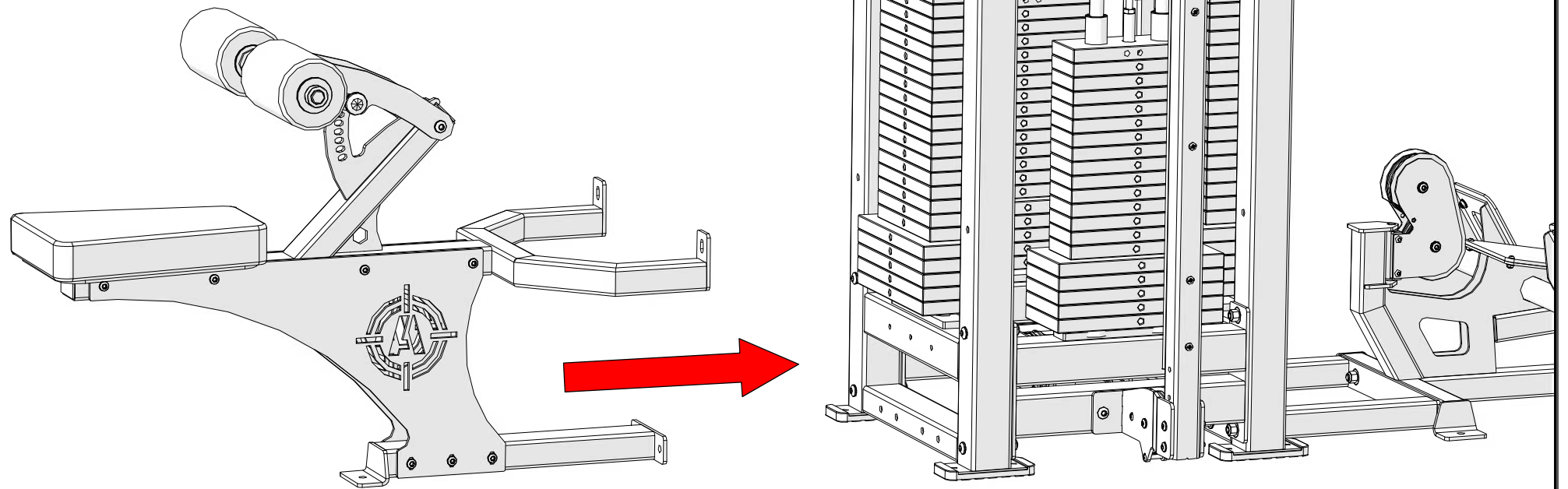
REMOVE (QTY 4) 1/2"-13 X 4"L BUTTON HEAD BOLTS,
WASHERS, AND NYLOCK NUTS FROM FRAME

.50-13 NYLOCK NUT

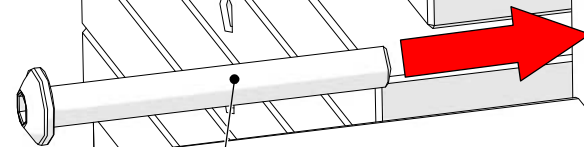
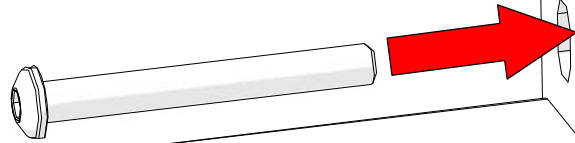
.50 SAE WASHER

.50-13 X 4 BUTTON HEAD

POSITION LOWER SINGLE-PULLEY LAT
PULLDOWN ASSEMBLY AS SHOWN

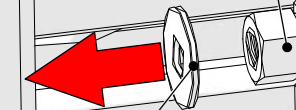


SECURE UPPER ASSEMBLY WITH (QTY 2)
1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS.

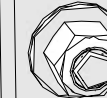
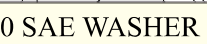


.50-13 X 4 BUTTON HEAD SCREW

.50-13 NYLOCK NUT



.50 SAE WASHER



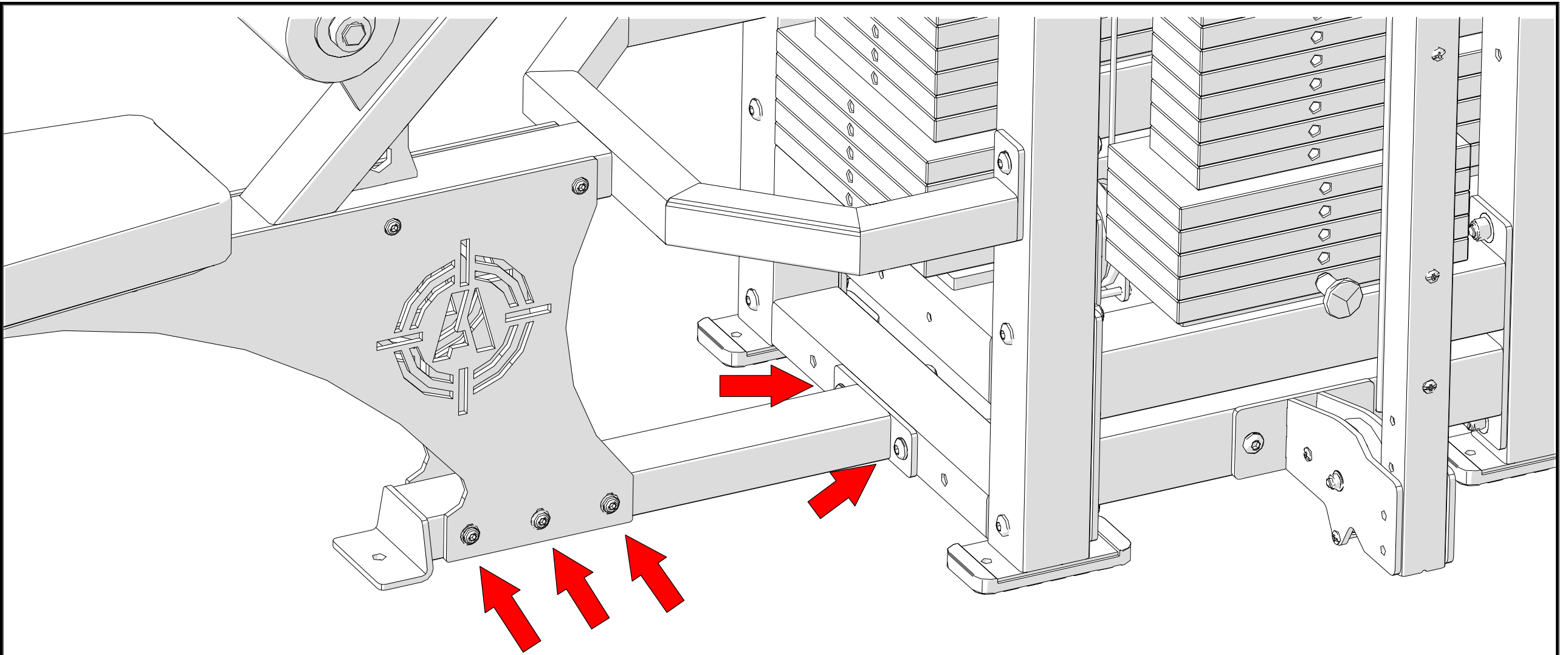
SECURE LOWER FRAME WITH (QTY 2)
1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS.



.50-13 NYLOCK NUT

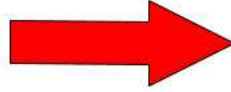
.50 SAE WASHER

.50-13 X 4 BUTTON HEAD SCREW



IF ASSEMBLY DOES NOT SIT FLAT ON FLOOR, LOOSEN
INDICATED BOLTS TO ALLOW PARTS TO SETTLE.
RE-TIGHTEN BOLTS ONCE IN DESIRED POSITION.

START



ROUTE ADJUSTABLE COLUMN
CABLES AS SHOWN- ALL 4 COLUMNS

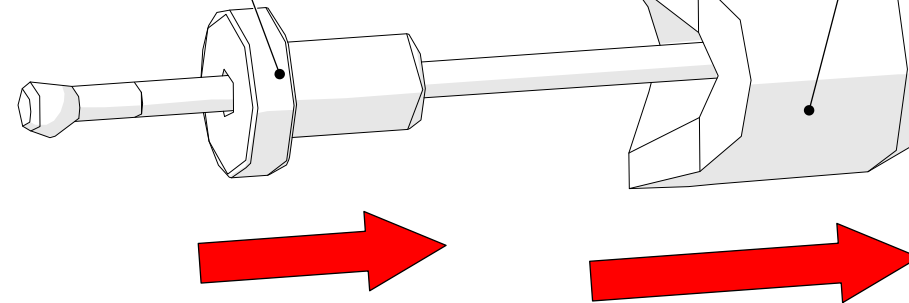
CABLE END STOPPER INSTRUCTIONS ON
FOLLOWING PAGES

CABLE .187-9203

CABLE STOPPER INSTALLATION

RUBBER CABLE END INSERT

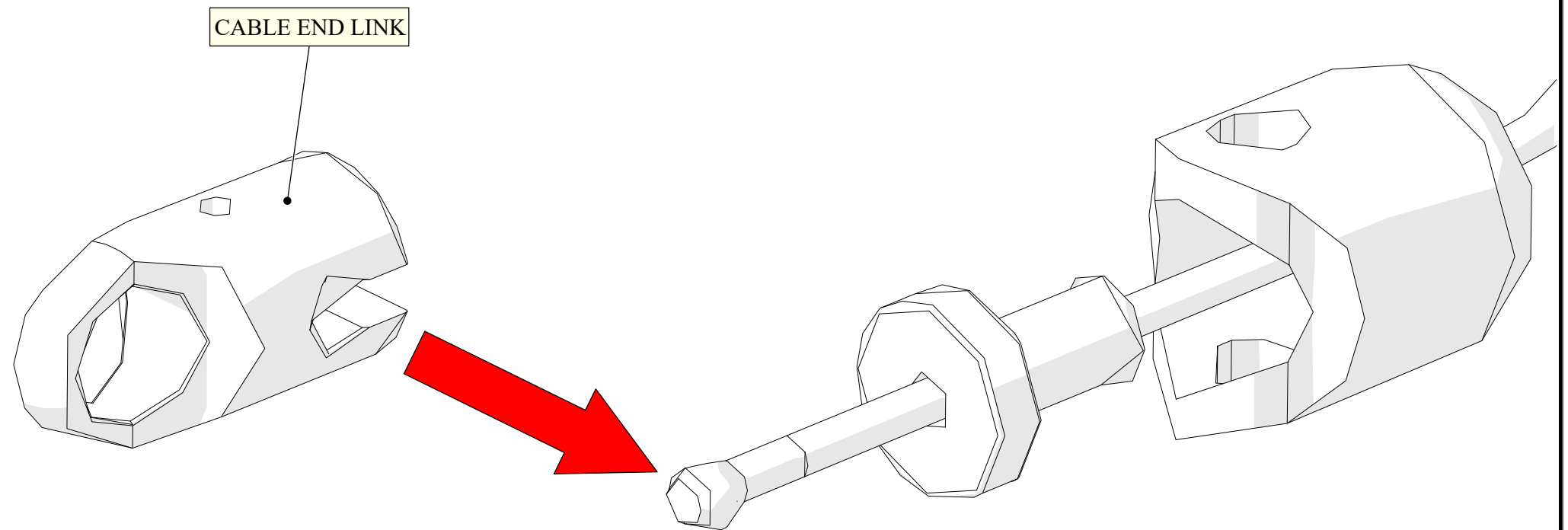
CABLE END HOUSING



SLIDE CABLE END HOUSING AND
RUBBER CABLE INSERT ONTO CABLE
(BALL END)

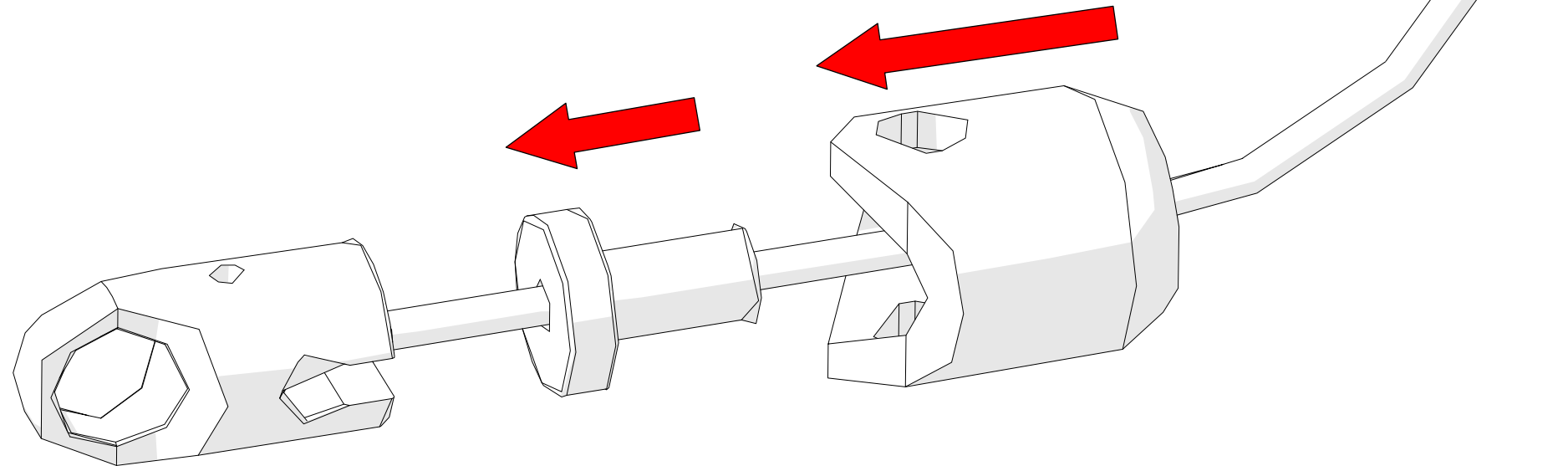
CABLE STOPPER INSTALLATION

PUSH CABLE END LINK ONTO CABLE BALL END



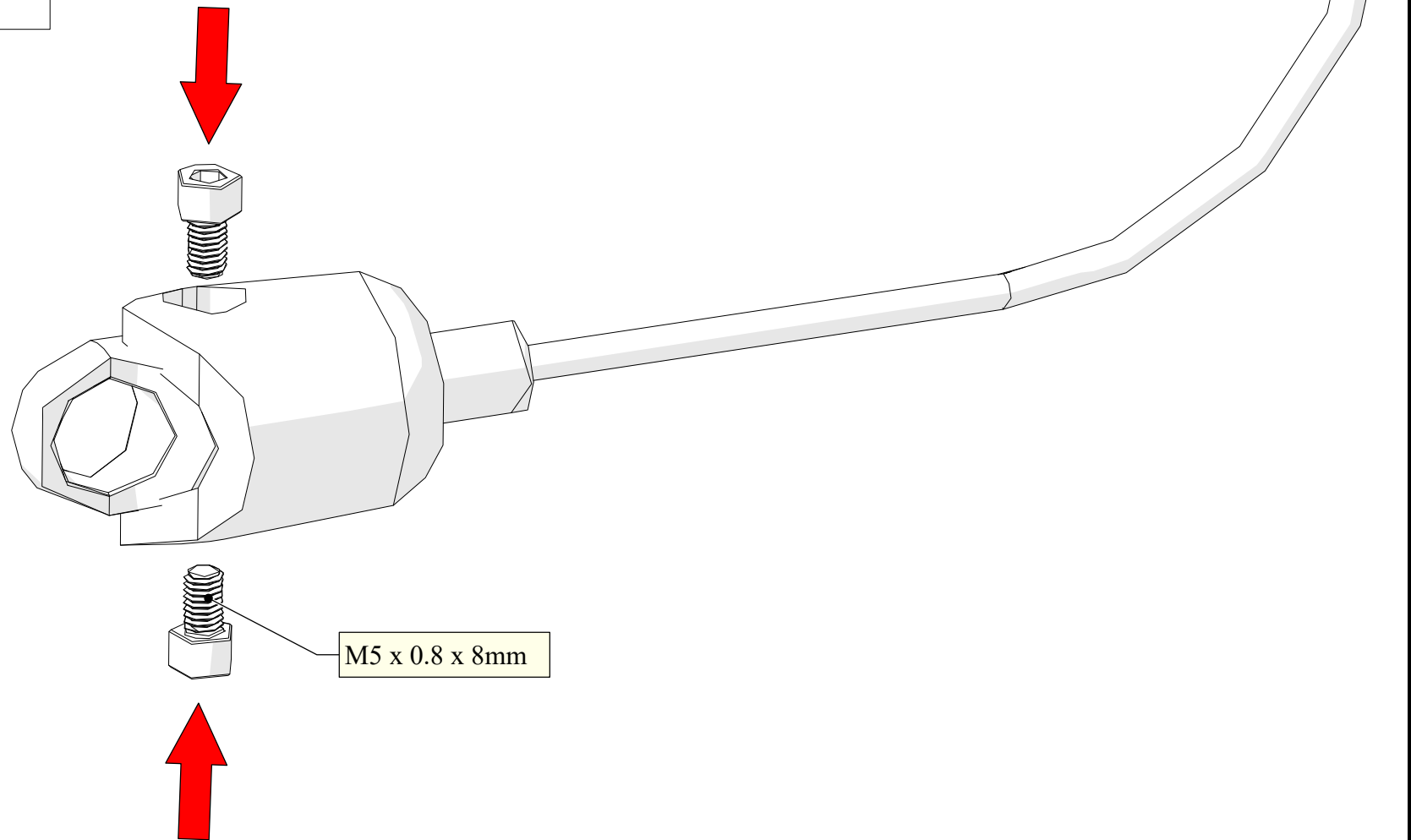
CABLE STOPPER INSTALLATION

SLIDE CABLE END HOUSING OVER RUBBER CABLE
INSERT AND CABLE END LINK

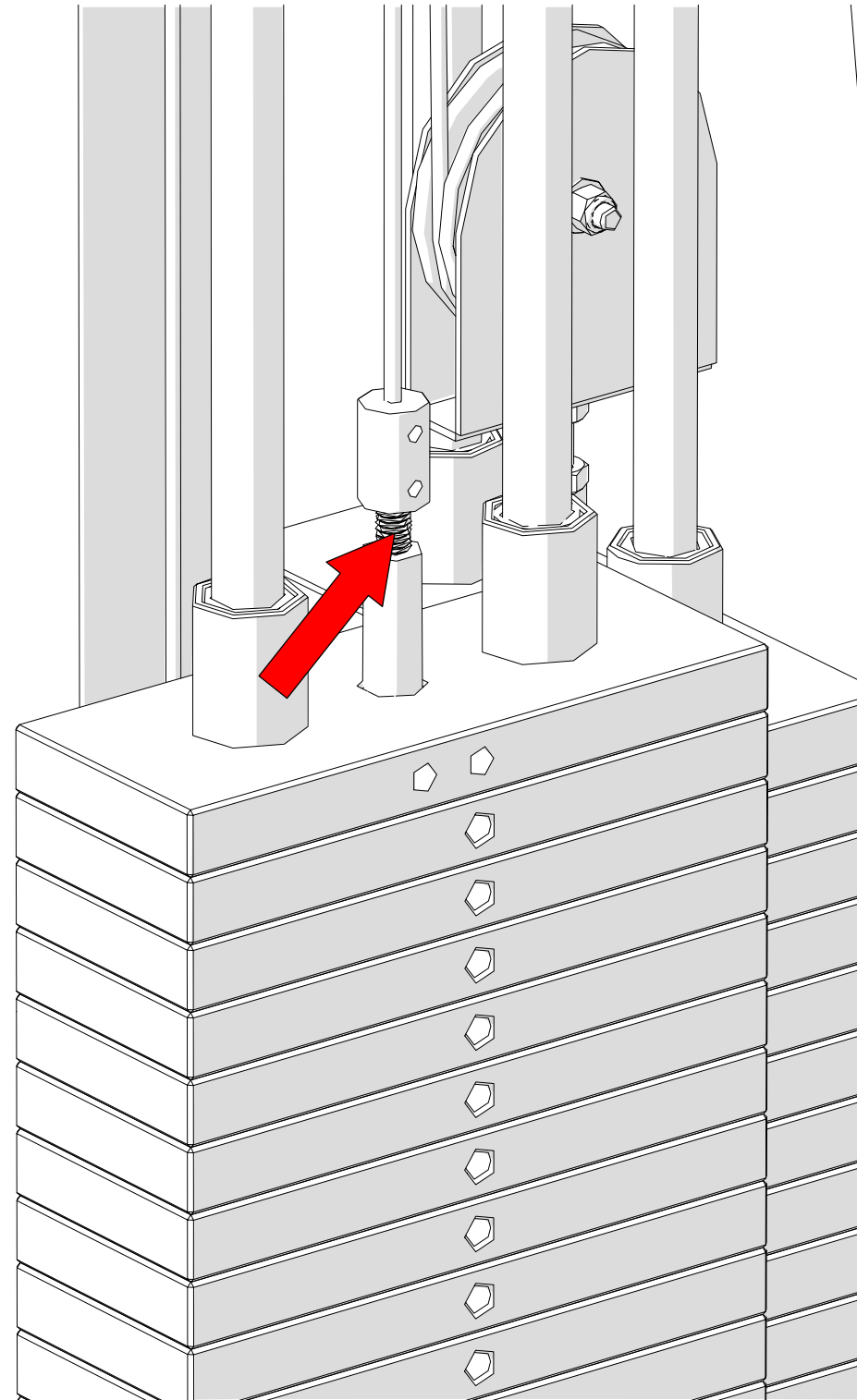
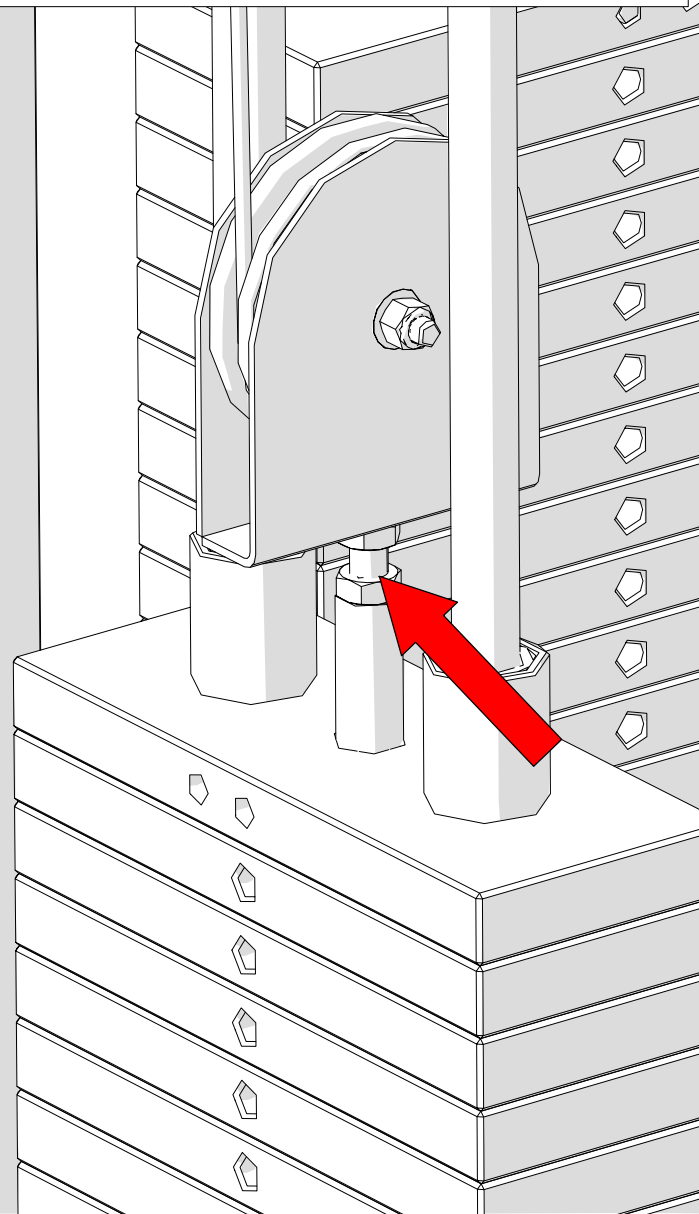


CABLE STOPPER INSTALLATION

SECURE CABLE END LINK AND HOUSING WITH
(QTY 2) 5MM X 8MM L SOCKET HEAD
CAP SCREWS



CABLE TENSION CAN BE ADJUSTED
BY CHANGING HEIGHT OF PULLEY
BRACKET / CABLE RETAINER



ROUTE LAT PULLDOWN CABLE AS SHOWN
(SINGLE PULLEY SIDE)

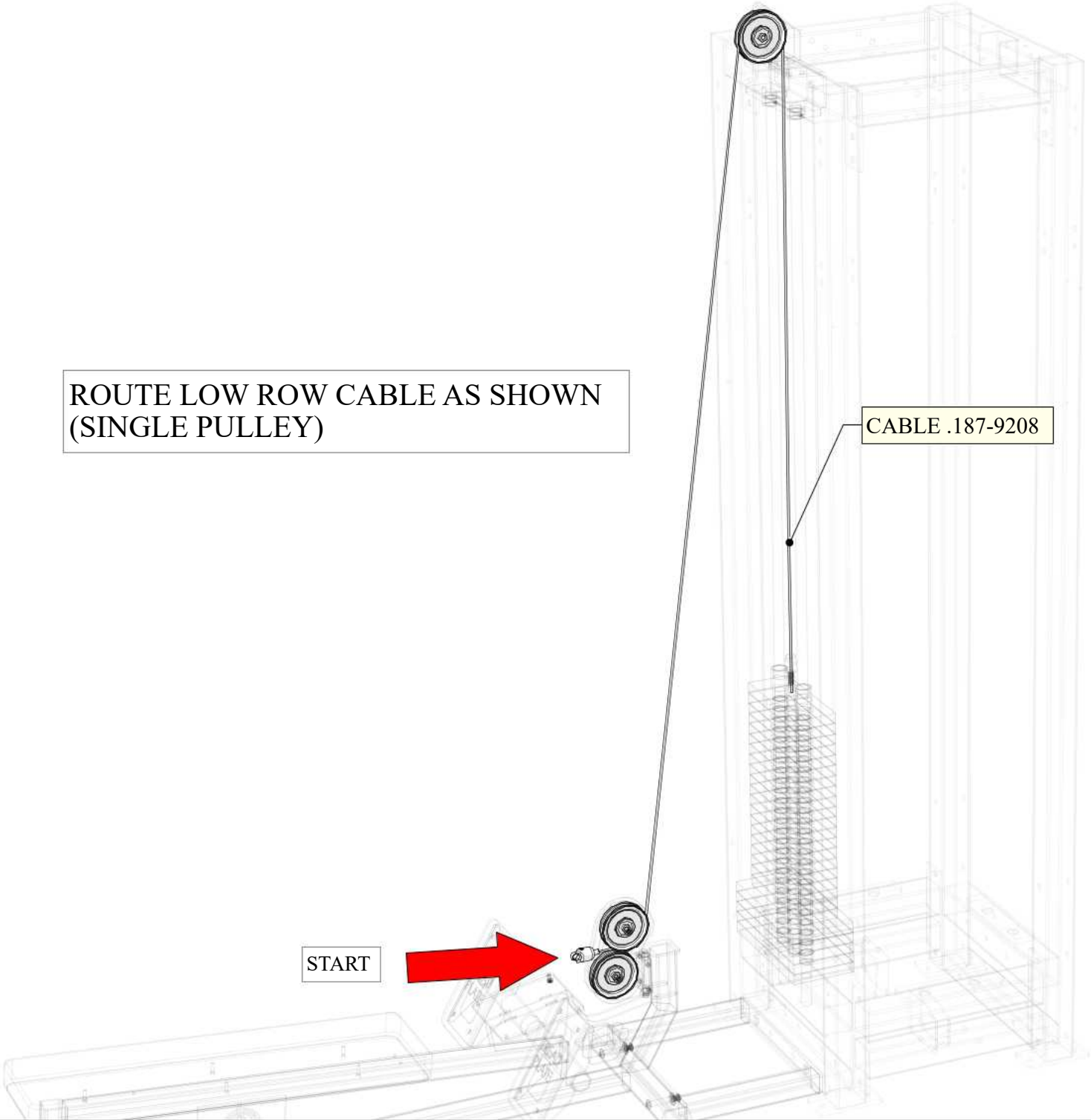
CABLE .187-9206

START

ROUTE LOW ROW CABLE AS SHOWN
(SINGLE PULLEY)

CABLE .187-9208

START



ROUTE LOW ROW CABLE AS SHOWN
(DUAL PULLEY)

CABLE .187-9209

START



END



ROUTE LAT PULLDOWN CABLE AS SHOWN
(DUAL PULLEY)

