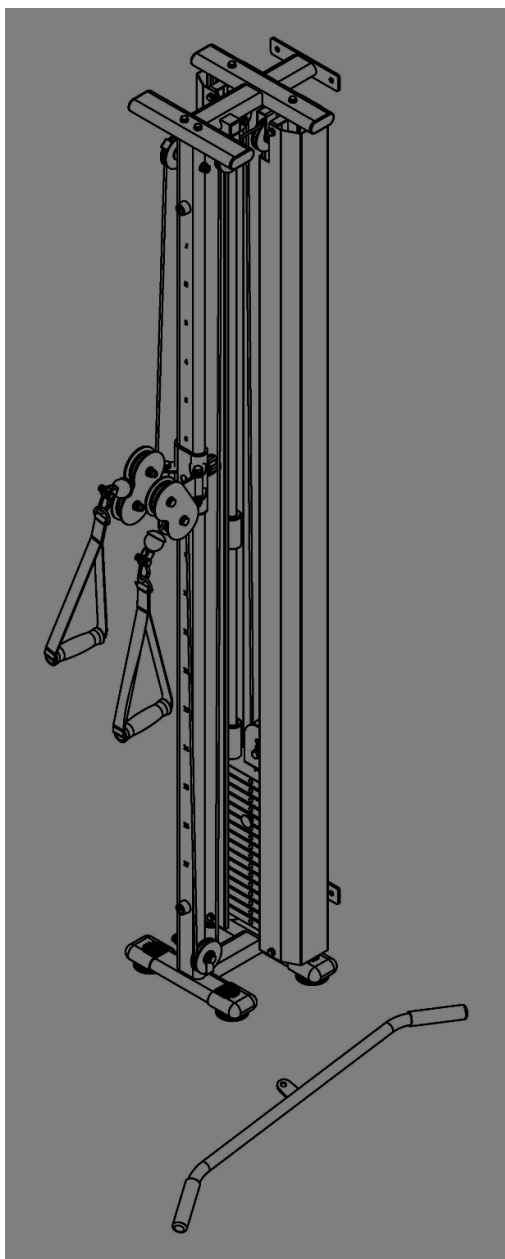
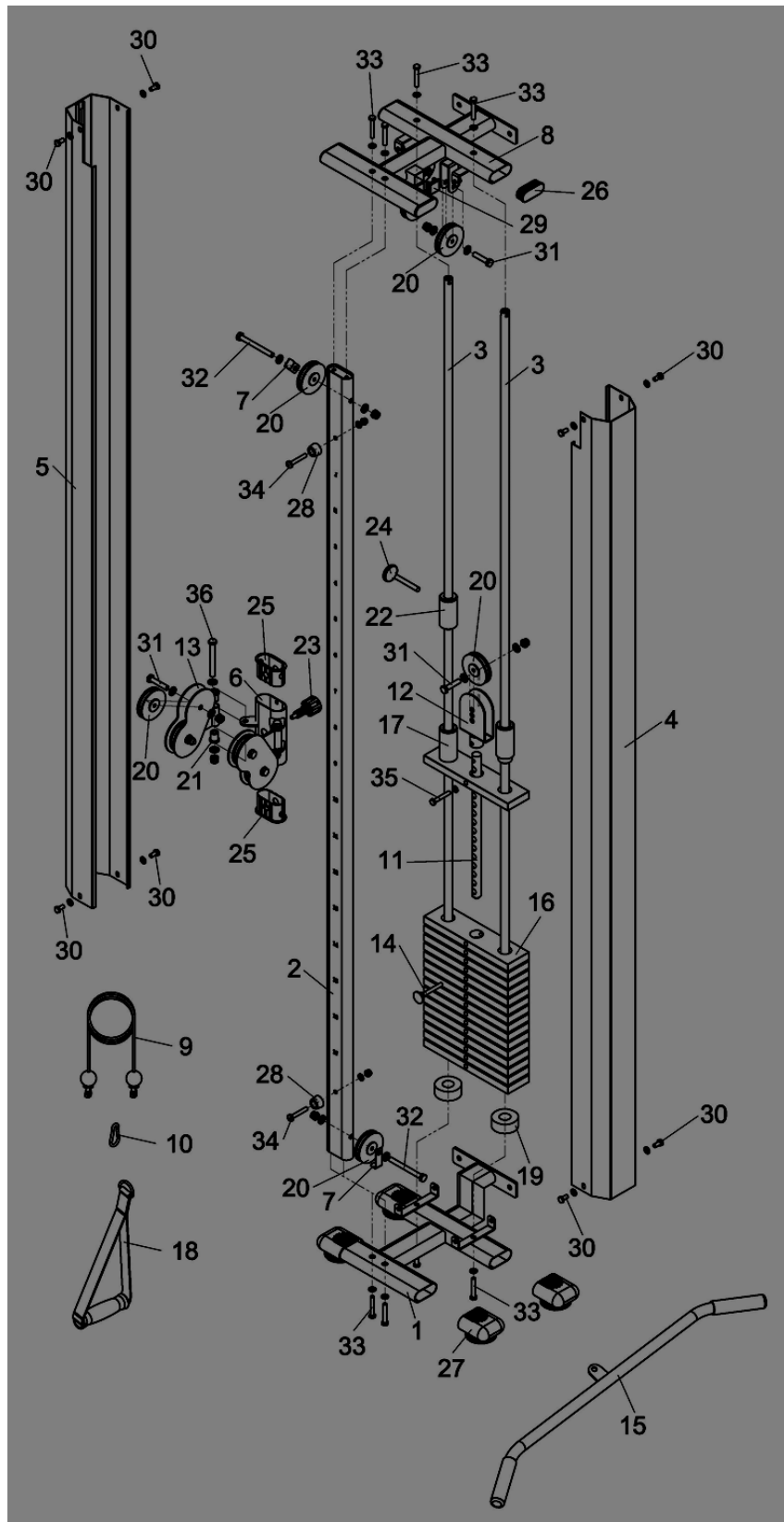


HG1098C



EXPLODED VIEW

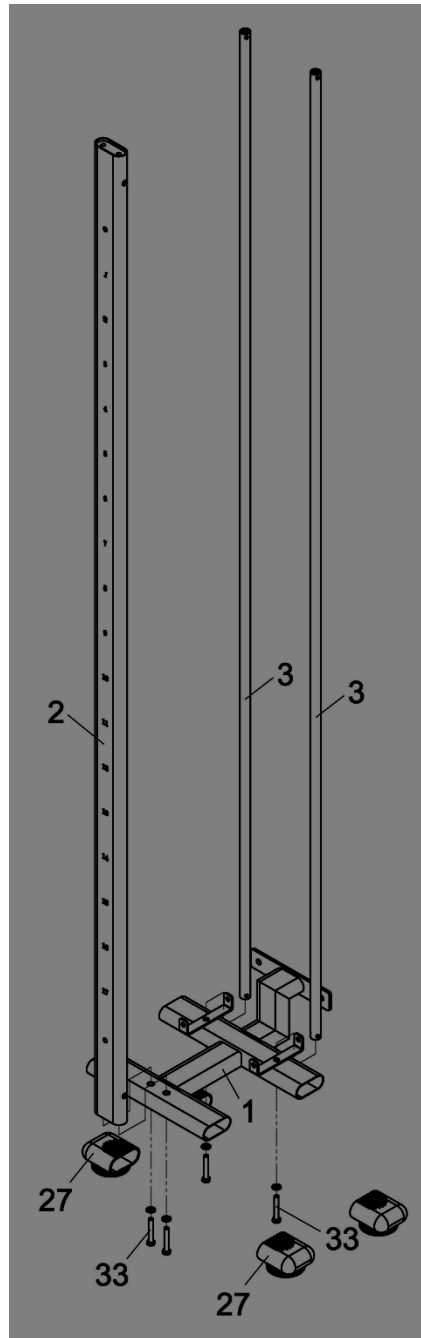


PART LIST

NUMBER	DESCRIPTION	QUANTITY
1	BOTTOM BASE	1
2	UPRIGHT FRAME	1
3	GUIDE ROD	2
4	LEFT COVER	1
5	RIGHT COVER	1
6	UPPER SLIDE BLOCK	1
7	PROTECT PLATE	2
8	UPPER BEAM	1
9	CABLE	1
10	HOOK	2
11	SELECTOR SHARFT	1
12	PULLEY BLOCK	1
13	DOUBLE PULLEY BLOCK	2
14	PIN	1
15	LONG LAT BAR	1
16	HEAVY WEIGHT PLATE	16
17	PLASTIC BUSHING FOR TOP PLATE	2
18	HANDLE STRAP	2
19	RUBBER DONUT	2
20	PULLEY	10
21	PLASTIC BUSHING	4
22	NYLON LOCK BUSHING	1
23	FAST PIN	1
24	PLASTIC HEAD BOLT	1
25	OVAL BUSHING	2
26	OVAL PLUG	4
27	OVAL END CAP	4
28	BUFFER	2
29	SQUARE PLUG	1
30	BOLT M8*12 + WASHER	8
31	BOLT M10*45 + WASHERS + LOCK NUT	8
32	BOLT M10*105 + WASHER+BEND WASHER + LOCK NUT	2
33	BOLT M8*50 + WASHER	8
34	CROSS PAD HEAD SCREW M8*50 + WASHER + LOCK NUT	2
35	BOLT M8*55 + WASHER	1
36	BOLT M10*80 + WASHERS + LOCK NUT	2

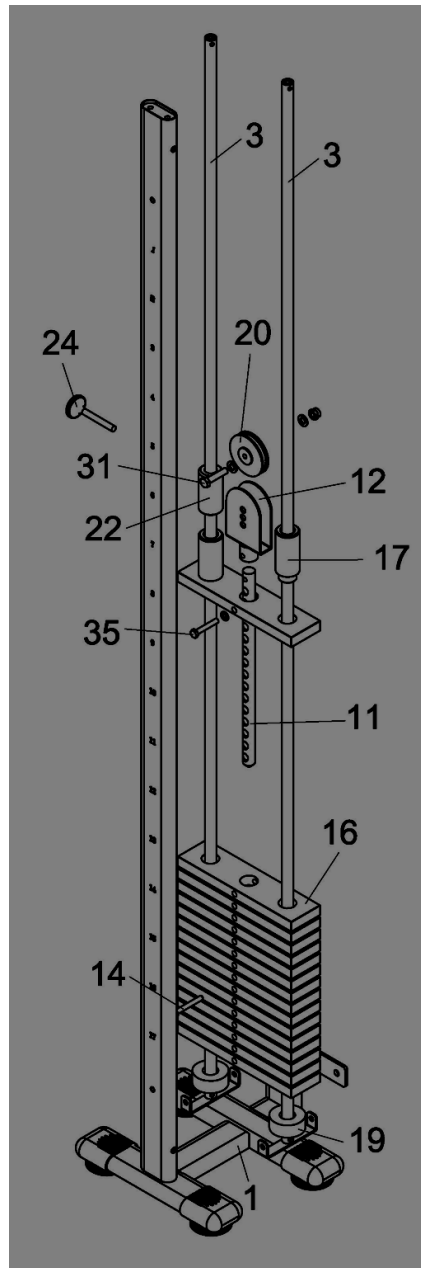
ASSEMBLE INSTRUCTION

STEP01



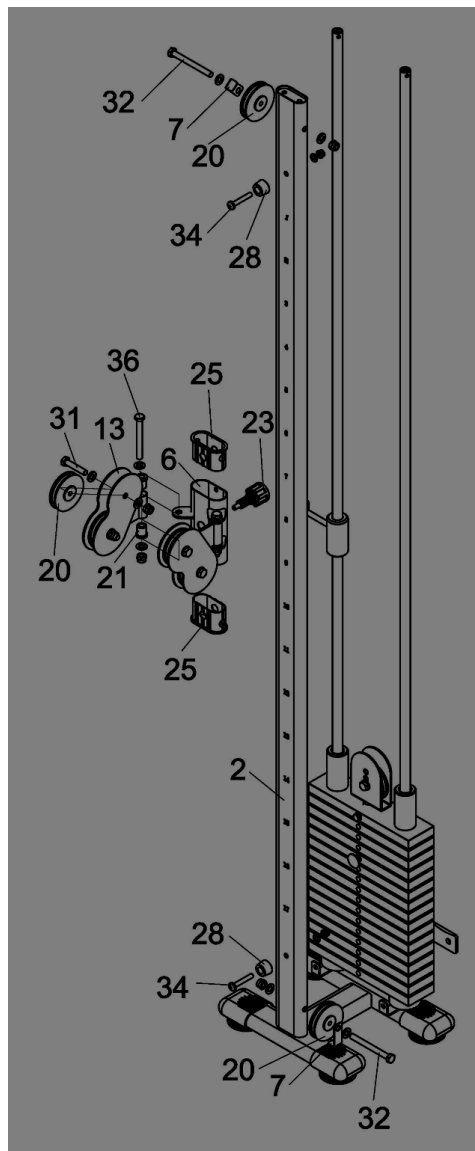
1. Attach four OVAL END CAPS (27) to the BOTTOM BASE (1).
2. Attach the UPRIGHT FRAME (2) to the BOTTOM BASE (1) with two bolt assemblies (33).
3. Attach two GUIDE RODS (3) to the BOTTOM BASE (1) with two bolt assemblies (33).

STEP02



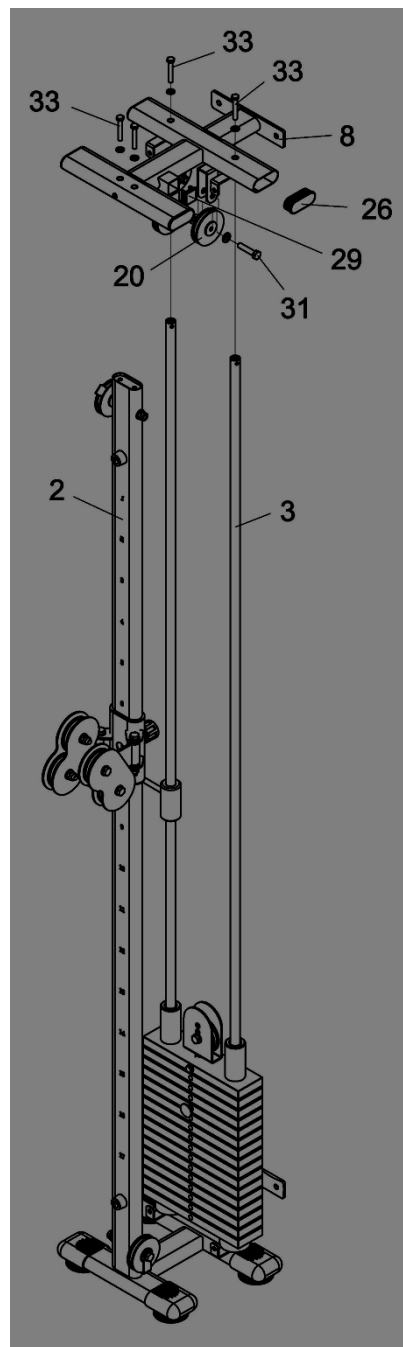
1. Attach two RUBBER DONUTS (19) to each GUIDE ROD (3); attach the HEAVY WEIGHT PLATES (16) to GUIDE RODS (3).
2. Attach the PLASTIC BUSHING FOR TOP PLATE (17) to the top of the HEAVY WEIGHT PLATE (16); insert the SELECTOR SHARFT (11) to the HEAVY WEIGHT PLATES (16) with the PIN (14), and attach PULLEY BLOCK (12) to the SELECTOR SHARFT (11) with bolt assembly (35).
3. Attach the NYLON LOCK BUSHING (22) to one GUIDE ROD (3) with PLASTIC HEAD BOLT (24).
4. Attach the PULLEY (20) to the PULLEY BLOCK (12) with bolt assembly (31).

STEP03



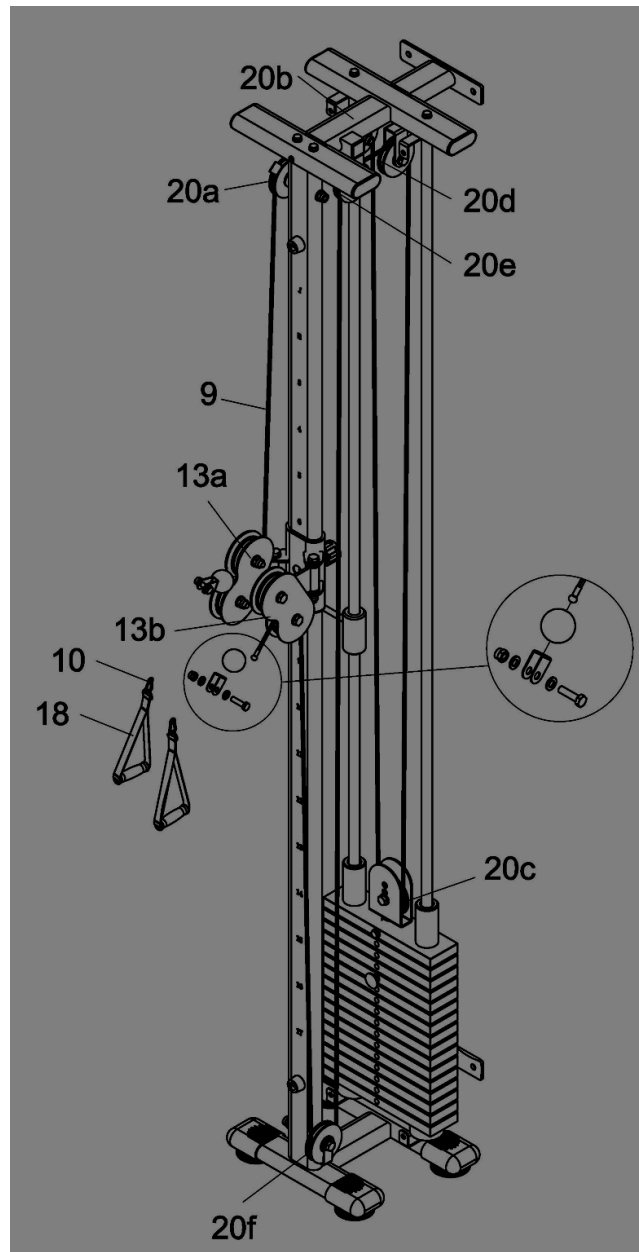
1. Attach two OVAL BUSHINGS (25) to the UPPER SLIDE BLOCK (6).
2. Attach two PLASTIC BUSHINGS (21) to the DOUBLE PULLEY BLOCK (13), and then attach the DOUBLE PULLEY BLOCK (13) to the UPPER SLIDE BLOCK (6) with bolt assembly (36).
3. Attach two PULLEYS (20) to the DOUBLE PULLEY BLOCK (13) with two bolt assemblies (31).
4. Another installation steps with the above.
5. In the UPRIGHT FRAME (2) below, attach the PULLEY (20) and the PROTECT PLATE (7) to the UPRIGHT FRAME (2) with bolt assembly (32); and attach the BUFFER (28) to the UPRIGHT FRAME (2) with bolt assembly (34).
6. Attach the UPPER SLIDE BLOCK (6) to the UPRIGHT FRAME (2) with FAST PIN (23).
7. In the UPRIGHT FRAME (2) above, attach the PULLEY (20) and the PROTECT PLATE (7) to the UPRIGHT FRAME (2) with bolt assembly (32); and attach the BUFFER (28) to the UPRIGHT FRAME (2) with bolt assembly (34).

STEP04



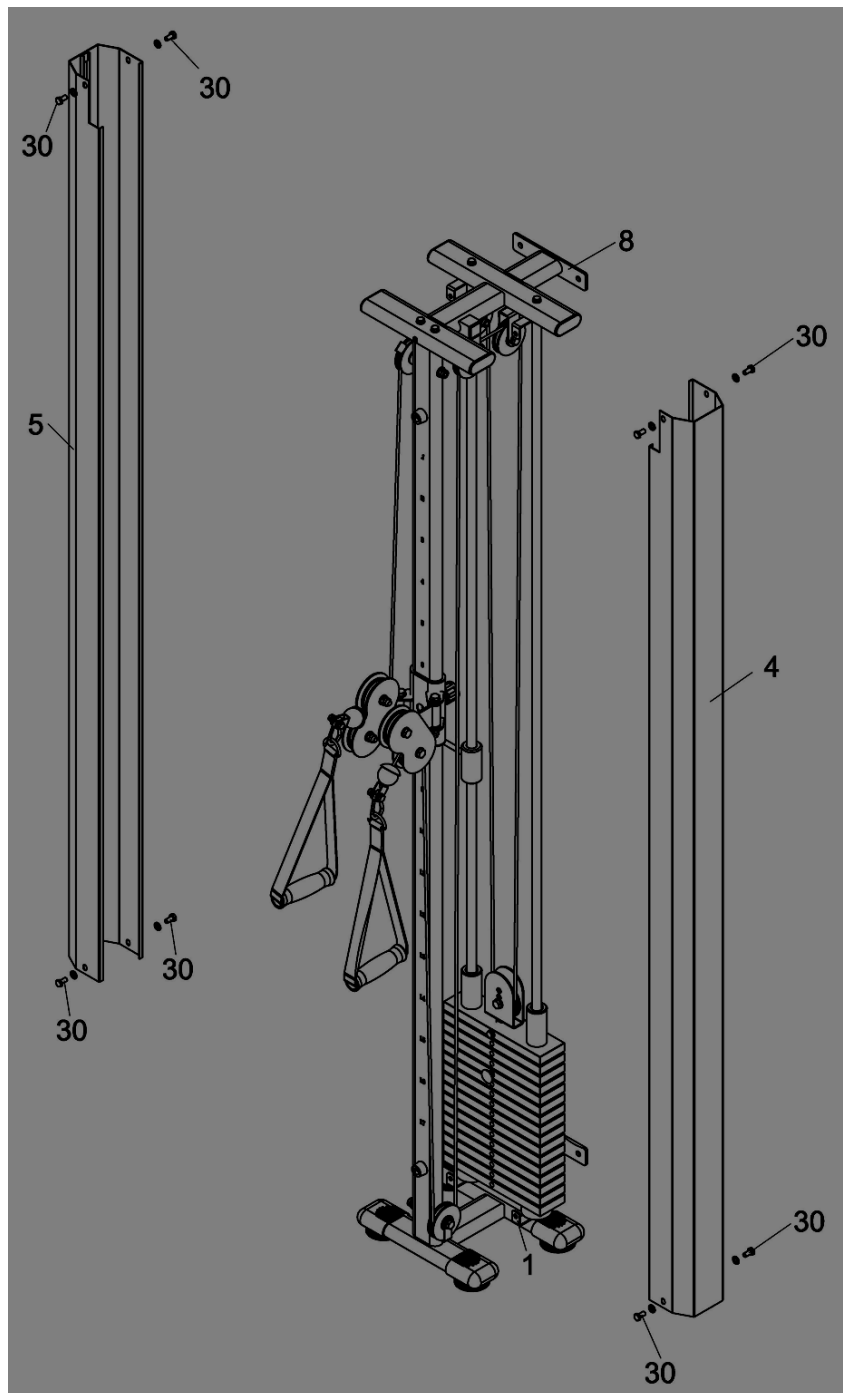
1. Attach one SQUARE PLUG (29) and four OVAL PLUGS (26) to the UPPER BEAM (8).
2. Attach three PULLEYS (20) to the UPPER BEAM (8) with three bolt assemblies (31).
3. Attach the UPPER BEAM (8) to the UPRIGHT FRAME (2) and GUIDE ROD (3) with four bolt assemblies (33).

STEP05



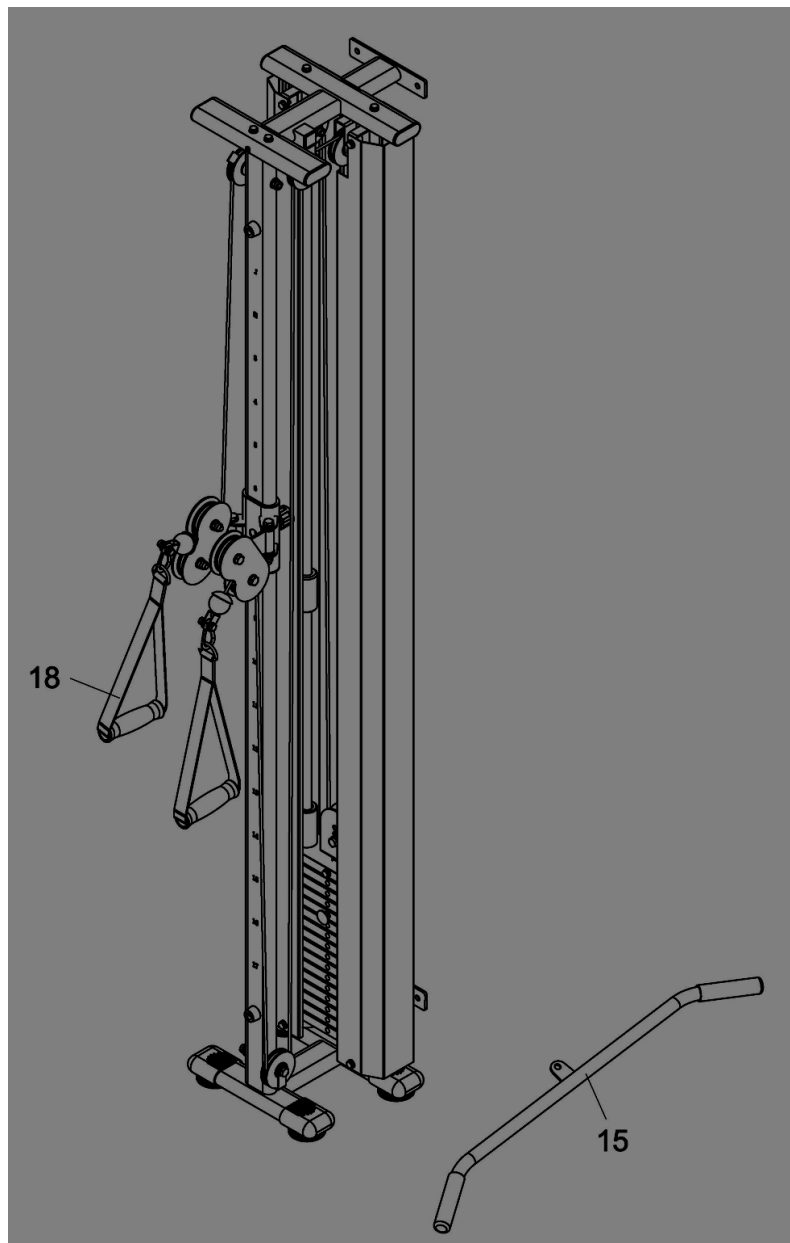
1. Attach the CABLE (9) from the no ball end, through the DOUBLE PULLEY BLOCK (13a) to PULLEY (20a), PULLEY (20b), PULLEY (20c), PULLEY (20d), PULLEY (20e), PULLEY (20f), then through the DOUBLE PULLEY BLOCK (13b), attach the parts of the cable.
2. Attach two HANDLE STRAPS (18) to the end of the CABLE (9) with HOOKS (10).

STEP06

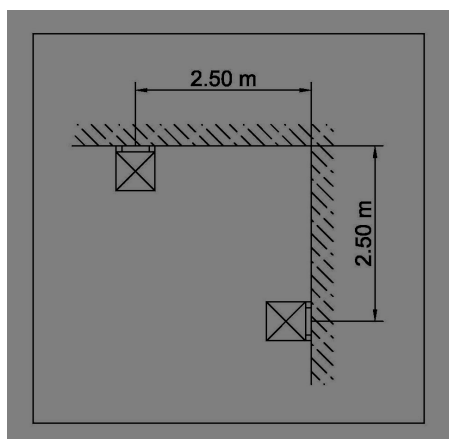


1. Attach the LEFT COVER (4) to the BOTTOM BASE (1) and UPPER BEAM (8) with four bolt assemblies (30).
2. Attach the RIGHT COVER (5) to the BOTTOM BASE (1) and UPPER BEAM (8) with four bolt assemblies (30).

STEP07



1. The installation is complete.
2. If you want to use the LONG LAT BAR (15), attach the LONG LAT BAR (15) to one end of the CABLE (9), instead of one HANDLE STRAP (18).



Installation

The Pulley must be installed in such a way that its use is not limited by other objects. Keep at least 2.5m free around unit.

The units must be attached to the wall with suitable fittings. The Pulley must only be mounted on a brick or concrete wall. Position the plugs firmly in the centre of a brick in case of a brick wall. The fixation must be able to resist a horizontal pulling force of 950 N.

Safety instructions

During exercising hands must be kept clear from the guiding bars of the weights.

Never re-set weights during exercising.

Avoid the cord grating along sharp parts.

When selecting a weight, always push the pin in to its full extent.

When using the latissimus grip, first the load must be selected, before the grip is mounted. If you change the weight in the meantime you have to hold the upperweight to prevent the grip falling down.

The 45 degrees pull down accessory is only intended for support during exercising. Never apply the full body weight to the pull down accessory. The maximum admissible weight for the 45 degrees pull down accessory is 50 kilogrammes.

When used by children, supervision by a knowledgeable is obligatory. At all times keep children away from the equipment when no supervision is at hand!

A correct bio mechanical positioning of the body is necessary

When the pulley is not used in the correct way, injury may occur. Supervision by a knowledgeable is therefore obligatory.

Maintenance

The steel undercarriage can be cleaned with a damp cloth and a (non abrasive) liquid household cleaner.

After some time, the sliding and turning parts could run less smoothly, because of pollution and dehydration.

You can re-grease the pulley with ball bearings grease (which you can obtain at a bicycle shop). If required, the guiding bars of the weights can be greased with a little oil.

Check the cord and the cord fixations regularly for signs of wear. In case of excessive wear and tear, the cord must be replaced and use of the pulley is not recommended until the cord has been replaced.

In order to obtain spare parts, you please contact your supplier.

Your pulley contains materials which can be recycled and/or are noxious for the environment.

At the end of the duration of life, specialised concerns can take apart the pulley and sort out the noxious materials and materials for recycling. By doing so you contribute to a better environment.

Please ensure that you are well informed of the local rules and regulations regarding to the removal of equipment and accessories.