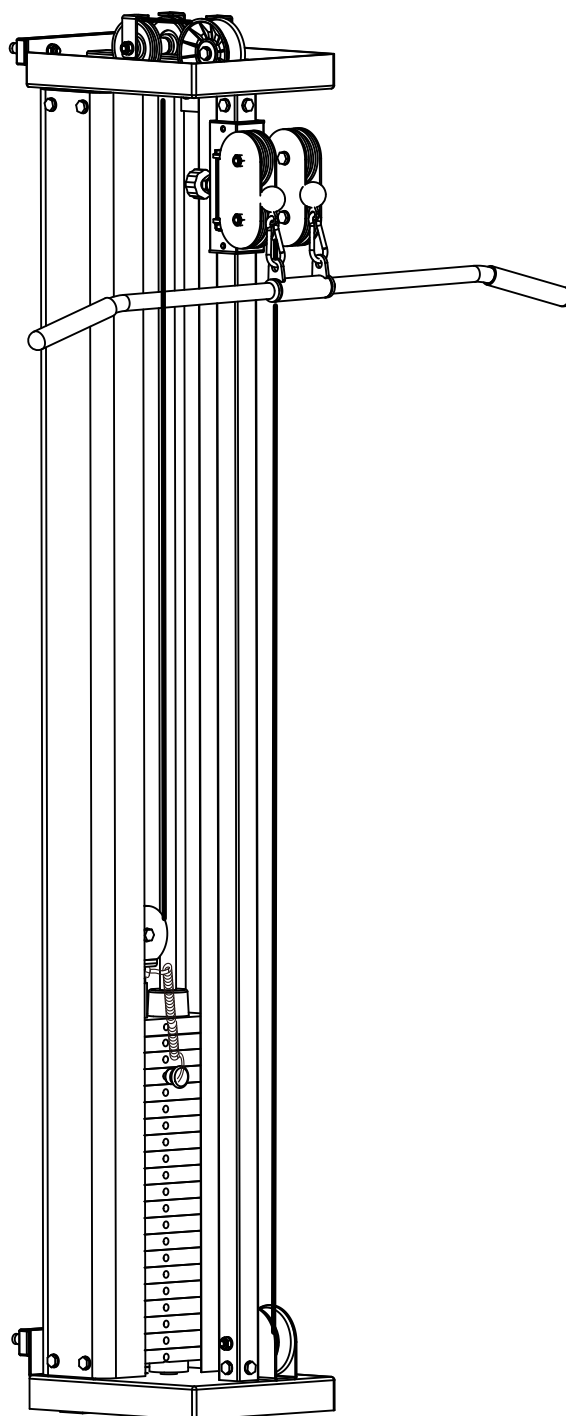


OWNER'S MANUAL

Dual Adj. High/Low Pulleys

Model #: 816 DP



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Assembly Size : Approx. L500 x W1200 x H2165 MM

Tools Required : Allen Wrench Set / Socket Wrench Set

Adjustable Wrench / Crescent Wrench

Rubber Mallet / Tape Measure

ASSEMBLY REQUIRES AT LEAST TWO PERSONS

Weight Capacity

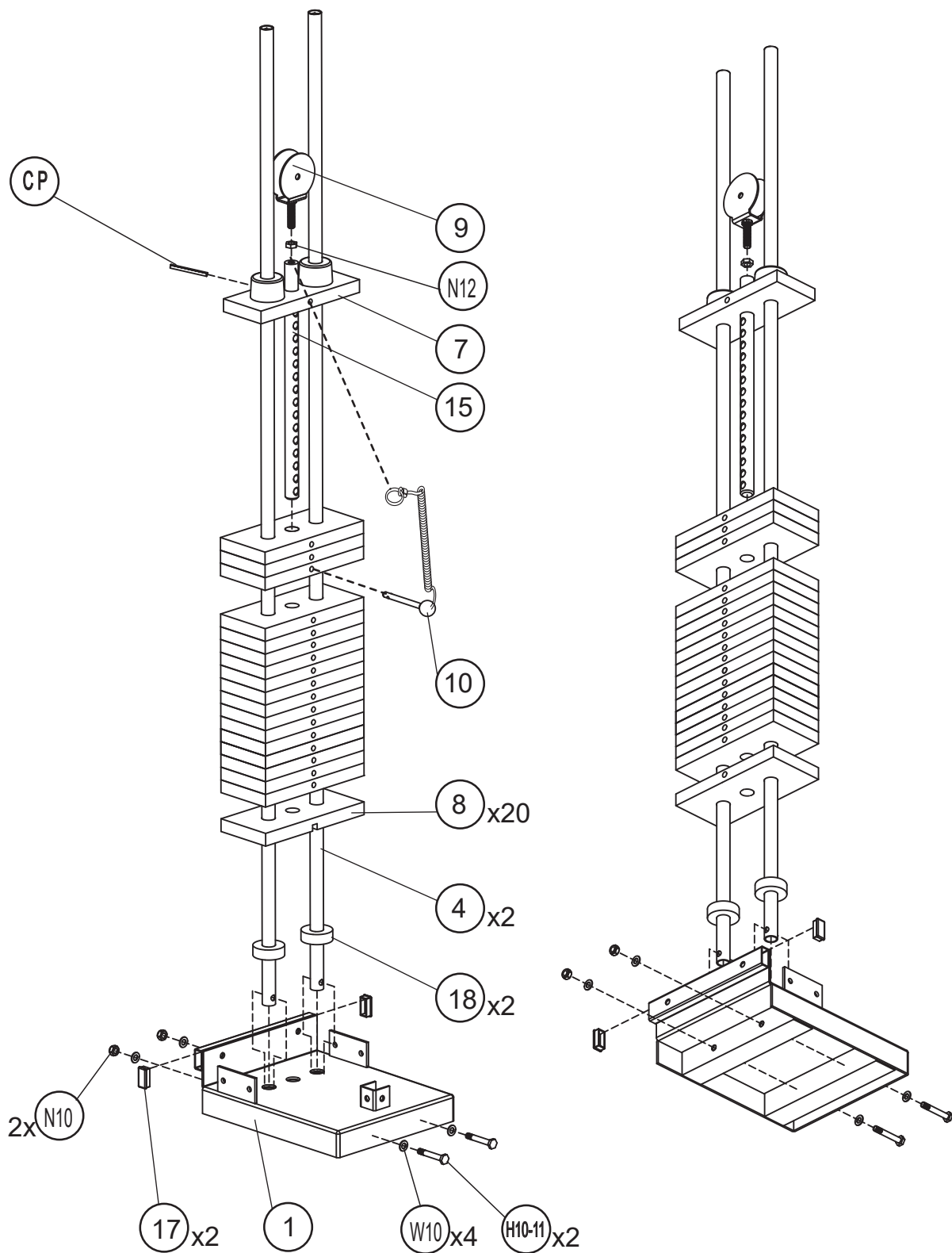
Maximum Weight of the Weight Stacks : **210LBS**

WARNING: This Product Is Rated for Home Use Only!

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

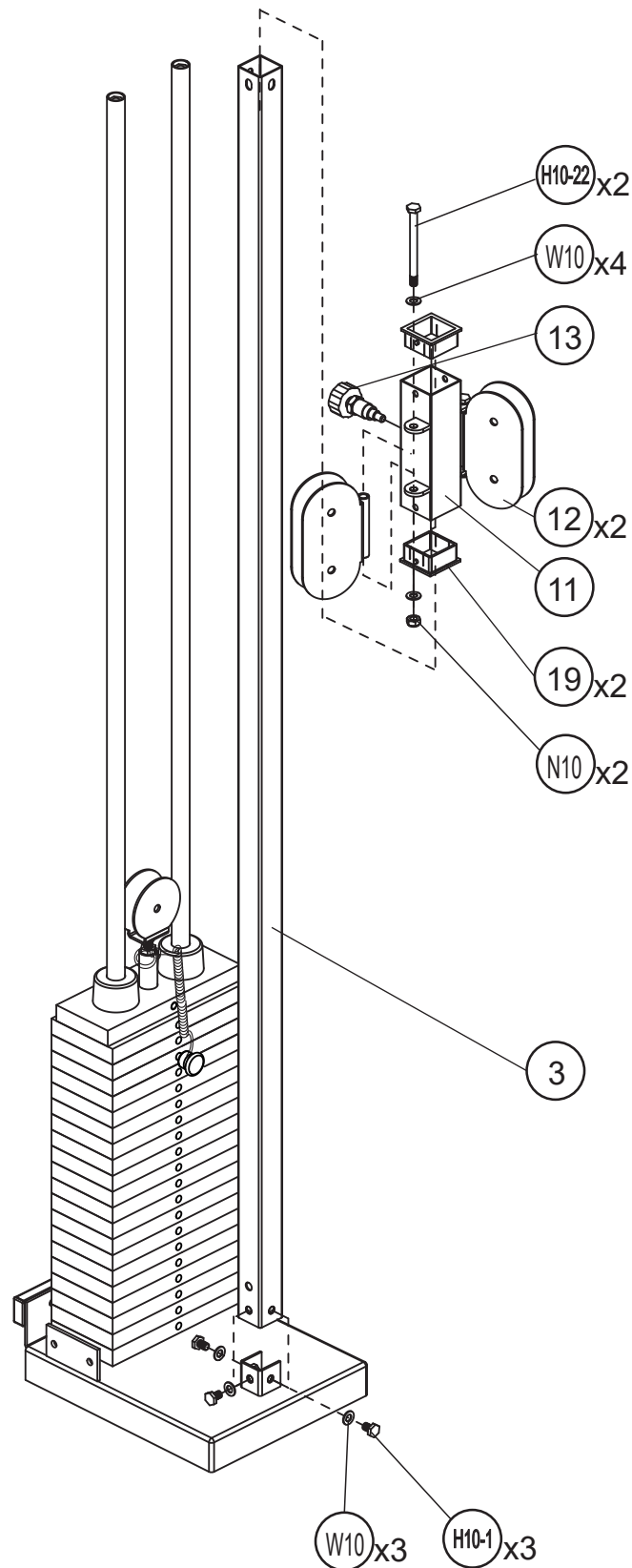
Assembly Instructions

STEP 1



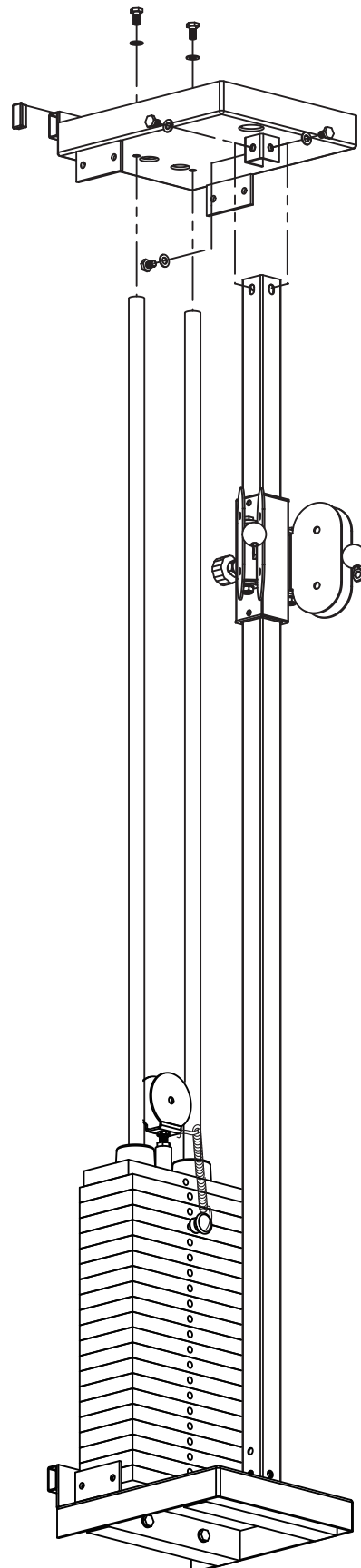
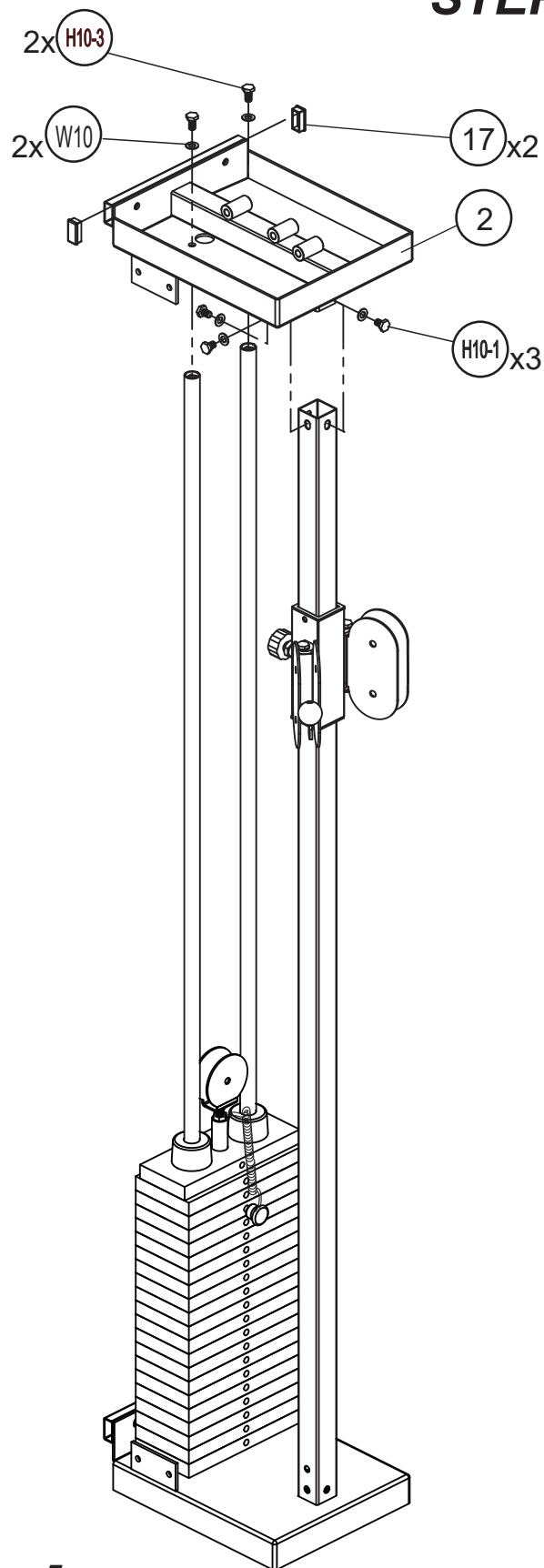
Assembly Instructions

STEP 2



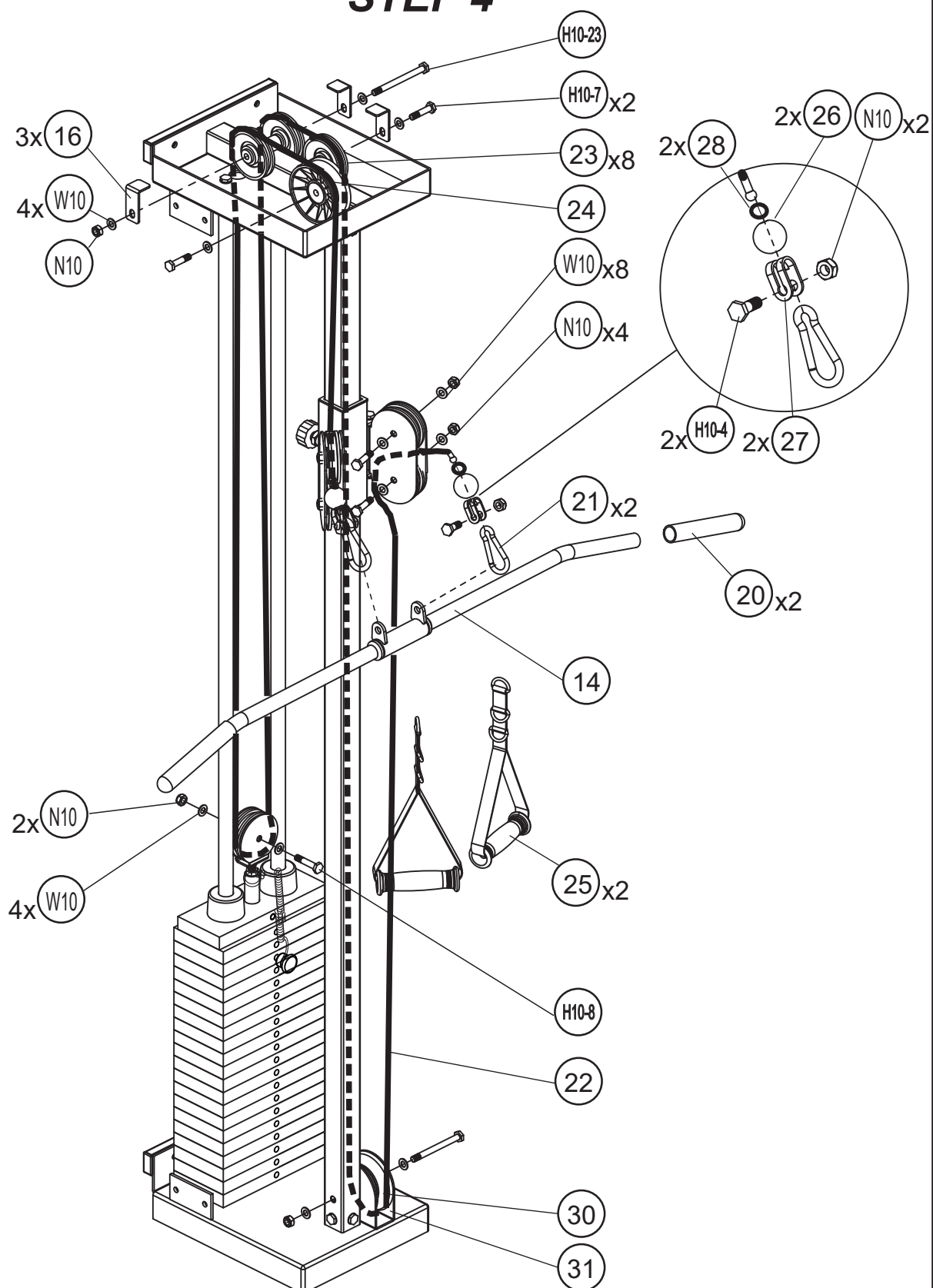
Assembly Instructions

STEP 3



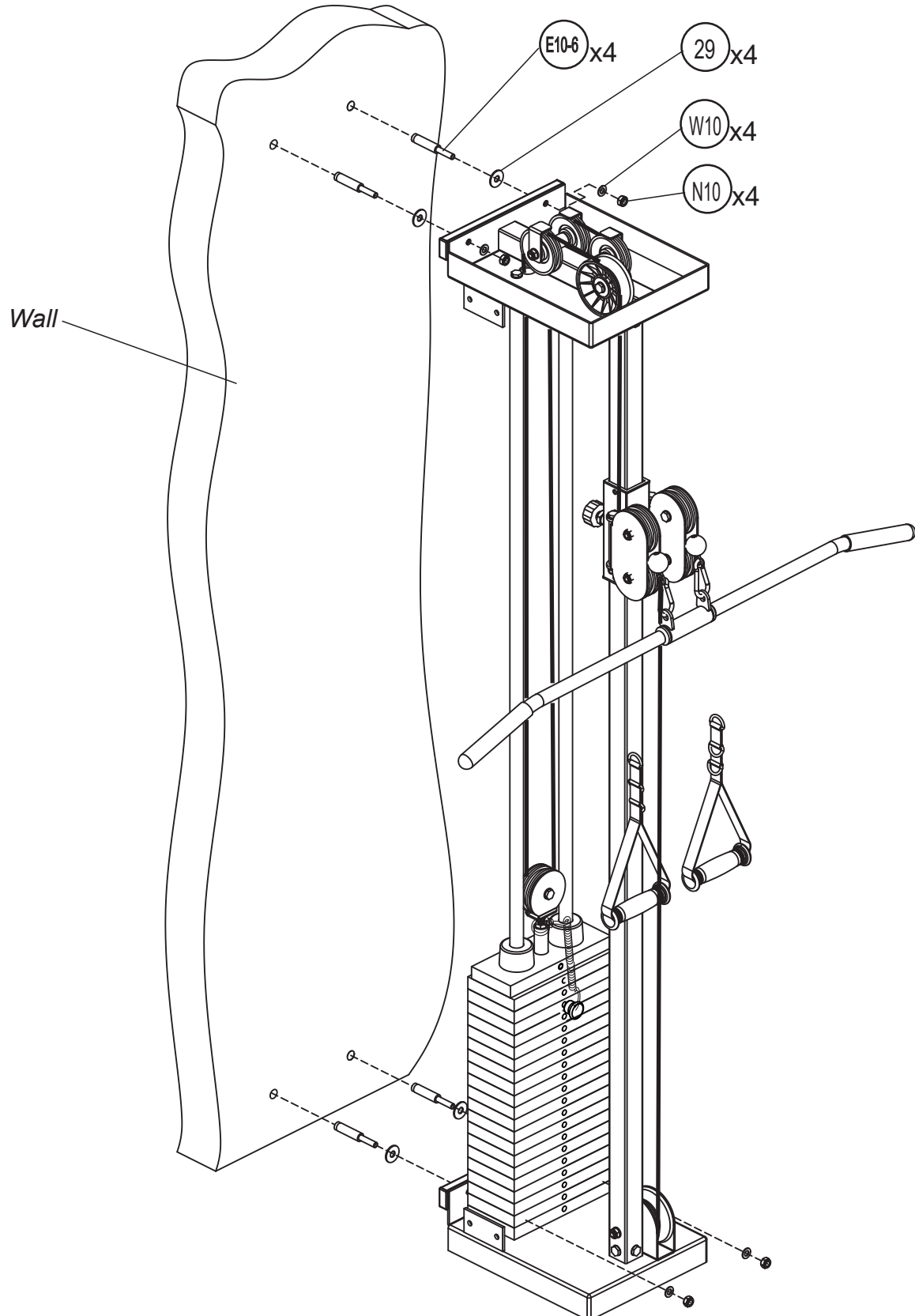
Assembly Instructions

STEP 4



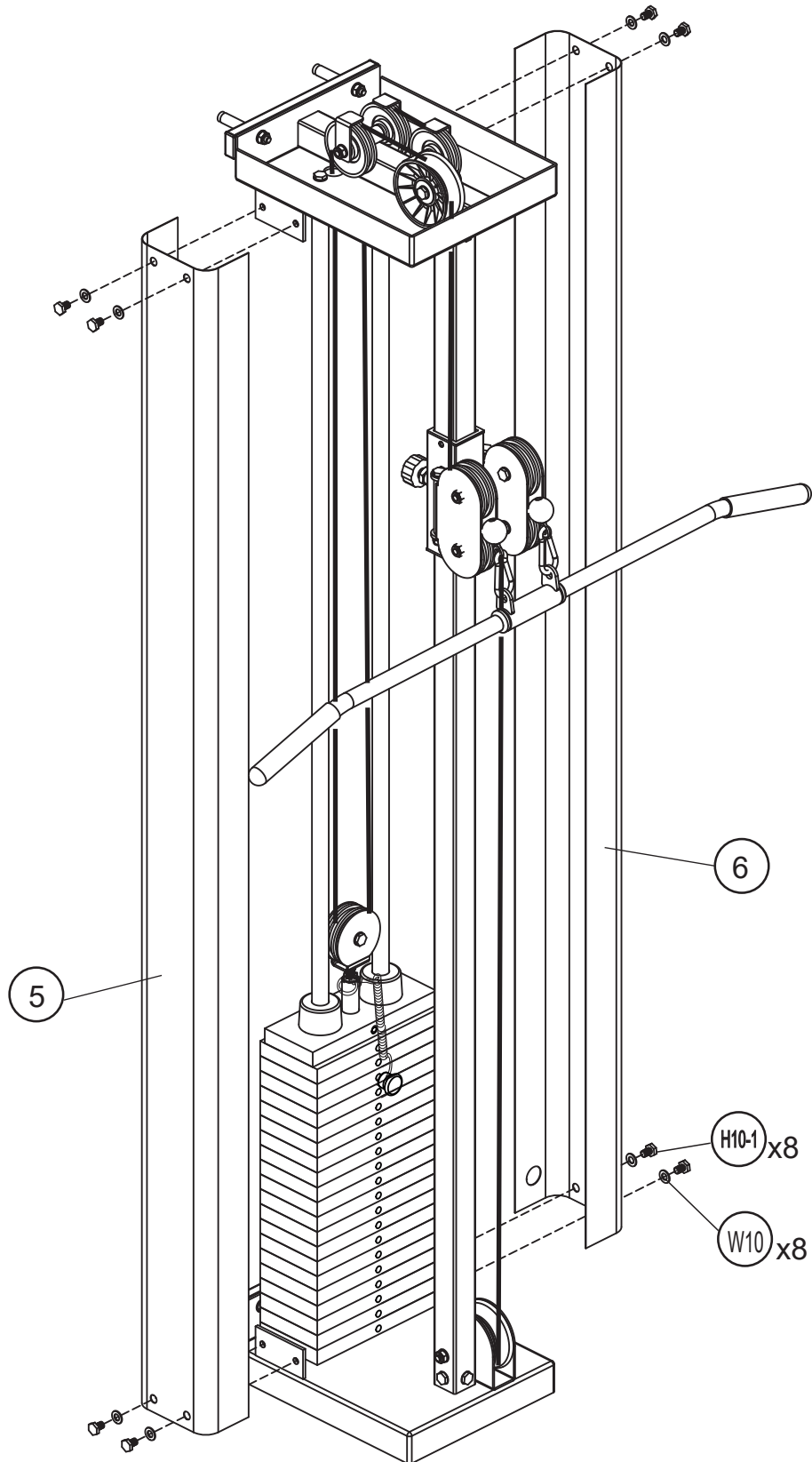
Assembly Instructions

STEP 5



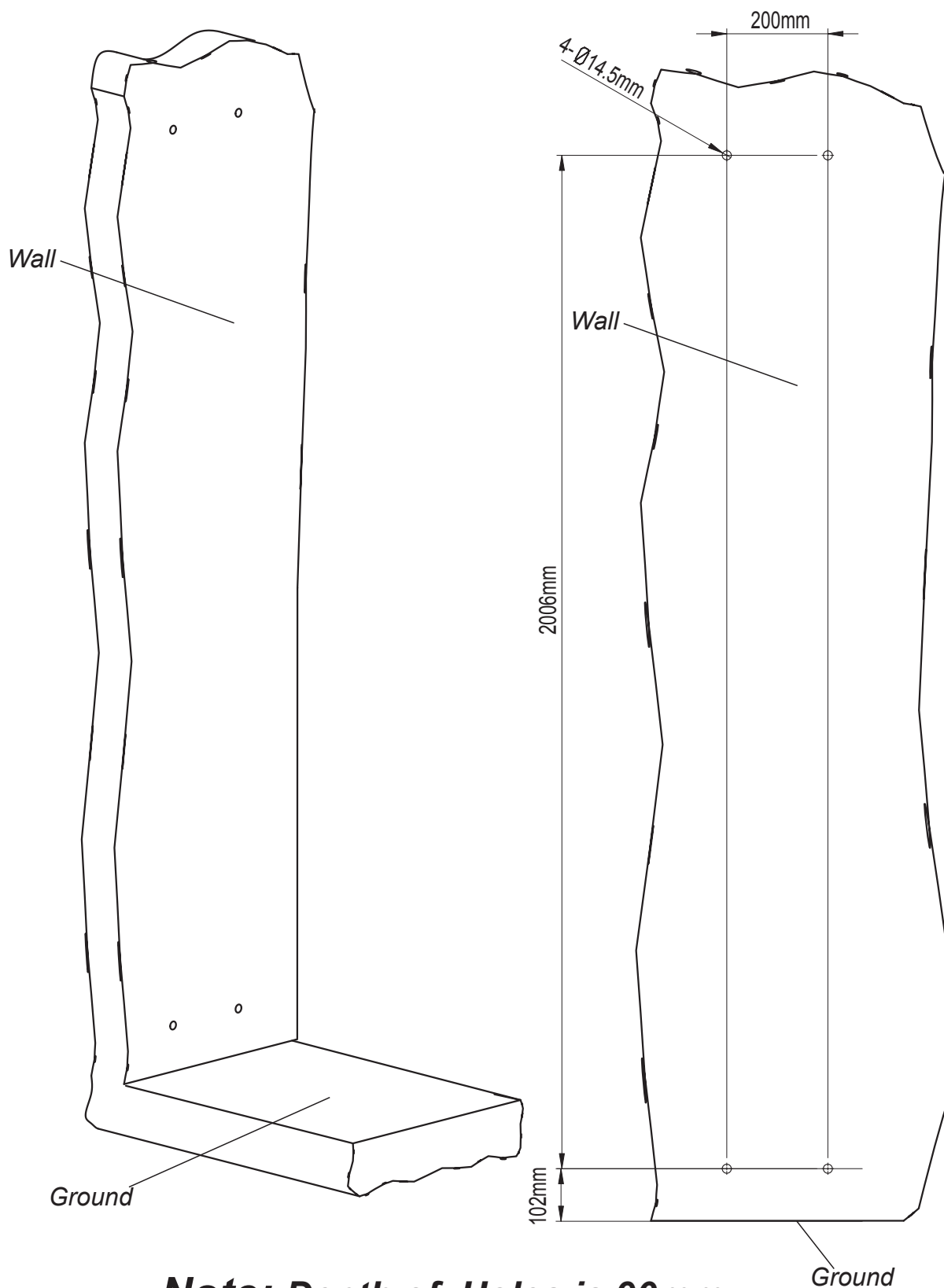
Assembly Instructions

STEP 6



Assembly Instructions

Dimension of 4 Holes On the Wall



Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Base	1	
2	Top Cap	1	
3	Front Upright	1	
4	Guide Rod	2	
5	Right Shield	1	
6	Left Shield	1	
7	Weight Top Plate	1	
8	Weight Stack Plate	20	
9	Pulley Bracket	1	
10	Weight Stack Pin	1	
11	Slider	1	
12	Swivel Pulley Block	2	
13	Pop Pin	1	
14	Lat Bar	1	
15	Weight Selector Bar	1	
16	Cable Hook	3	
17	F20x40mm Inner Cap	4	Pre-assembled
18	Weight Stack Bumper	2	
19	F60-50mm Sleeve	2	Pre-assembled
20	Handle Sleeve	2	Pre-assembled
21	Clip	2	
22	Cable	1	
23	Pulley	8	
24	Big Pulley	1	
25	Strap Handle	2	
26	Cable Ball	2	
27	Cable Connector	2	
28	Rubber Ring	2	
29	M10 Big Washer	4	
30	Big Pulley #2	1	
31	Big Pulley Bracket	1	
CP	Cotter Pin	1	
E10-6	M10x40mm Expansion Bolt	4	
H10-1	M10x15mm Hex Head Bolt	14	
H10-3	M10x25mm Hex Head Bolt	2	
H10-4	M10x30mm Hex Head Bolt	2	
H10-7	M10x45mm Hex Head Bolt	2	
H10-8	M10x50mm Hex Head Bolt	5	
H10-11	M10x65mm Hex Head Bolt	2	
H10-20	M10x110mm Hex Head Bolt	1	
H10-22	M10x120mm Hex Head Bolt	2	
H10-23	M10x125mm Hex Head Bolt	1	
W10	M10 Washer	44	
N10	M10 Nut	17	
N12	M12 Nut	1	

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.