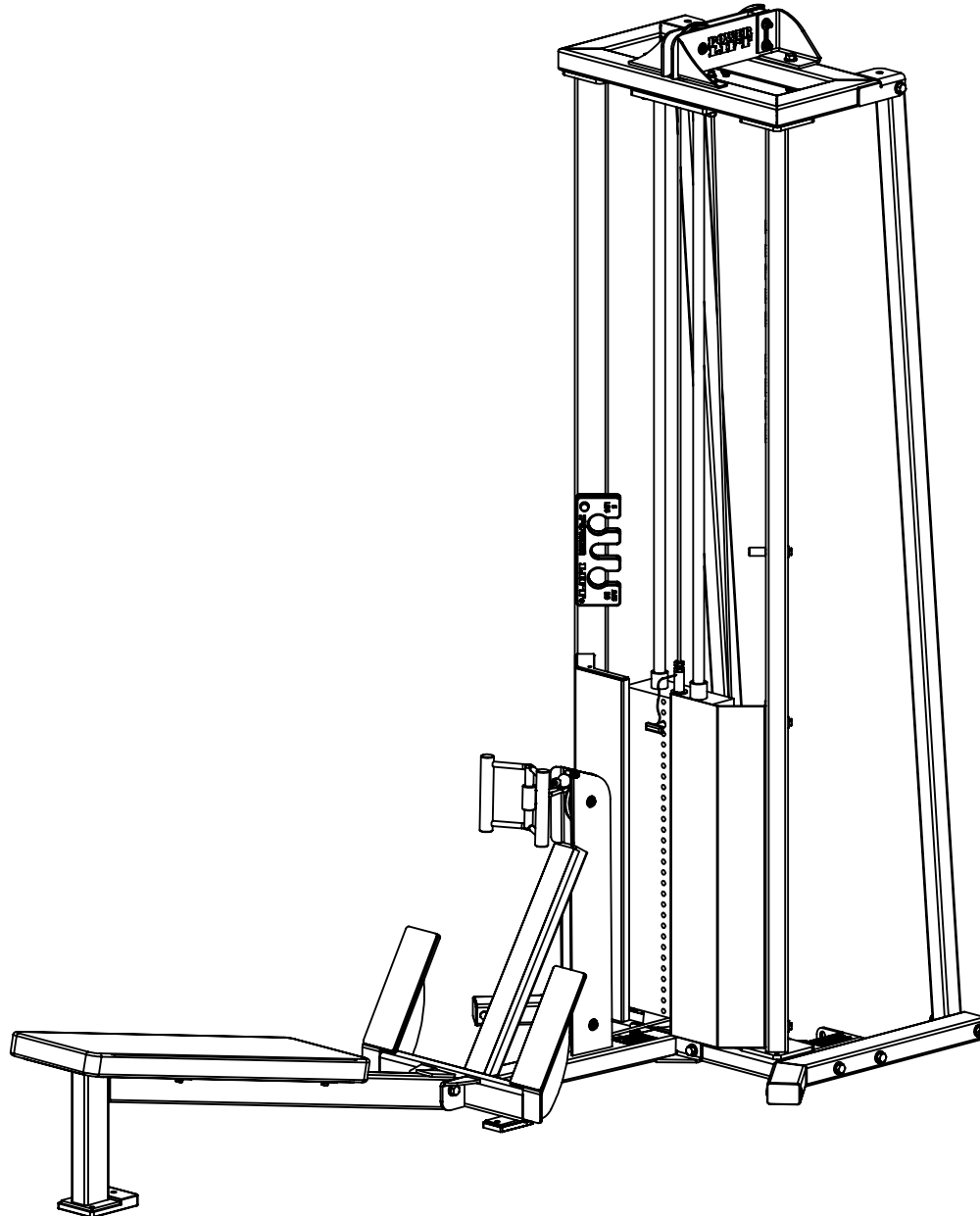


# Low Pull with Seat Pulley Machine



## Assembly Notes:

Fasteners provided to assemble machine:

- (4) 1/2"X7" BOLTS
- (4) 1/2"X6" BOLTS
- (3) 1/2"X4-1/2" BOLTS
- (2) 1/2"X3-3/4" BOLTS
- (2) 1/2"X3-1/4" BOLTS
- (4) 1/2"X1-3/4" BOLTS
- (4) 3/8"X2-3/4" BOLTS
- (4) 3/8"X2-3/4" BOLTS

Tools required (Not Included):

- 3/4" Open-End Wrench
- 3/4" Socket
- 9/16" Open-End Wrench
- 9/16" Socket
- Needle Nose Pliers
- 6' Ladder

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

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PART NUMBER

**63446C\_assembly cover**

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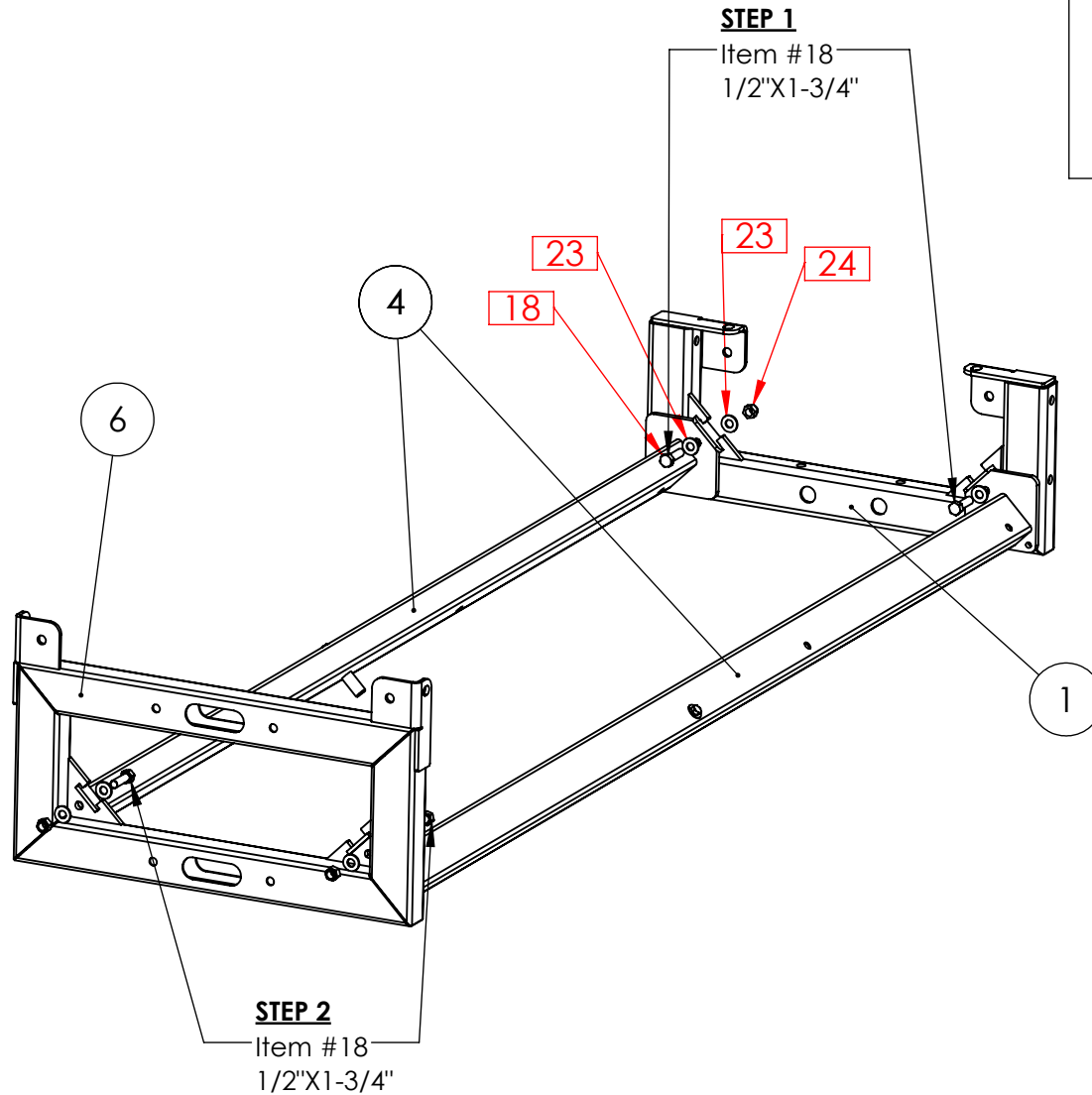
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### Instructions

Note: First two steps will be done with machine laying down, and then it will be stood up.

1.) Assemble items 4 to each side of item 1 using (2) 1/2"X1-3/4" bolts provided. (Tighten bolts)

2.) Then assemble item 6 to items 4 using (2) 1/2"X1-3/4" bolts provided. (Tighten bolts)



### Hardware Detail

Item No.	Part Number	Part Name	Qty
18	99522	1/2"X1-3/4" BOLT	4
23	99585	1/2" FLATWASHER	8
24	99620	1/2"-13 NUT	4

### Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
4	63031	UPRIGHT	2
6	63547	FRAME TOP	1

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**63446C\_page1**

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**Instructions**

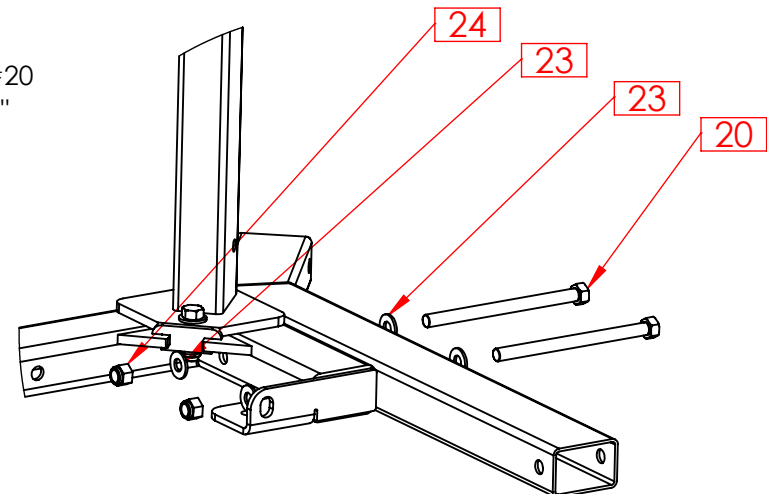
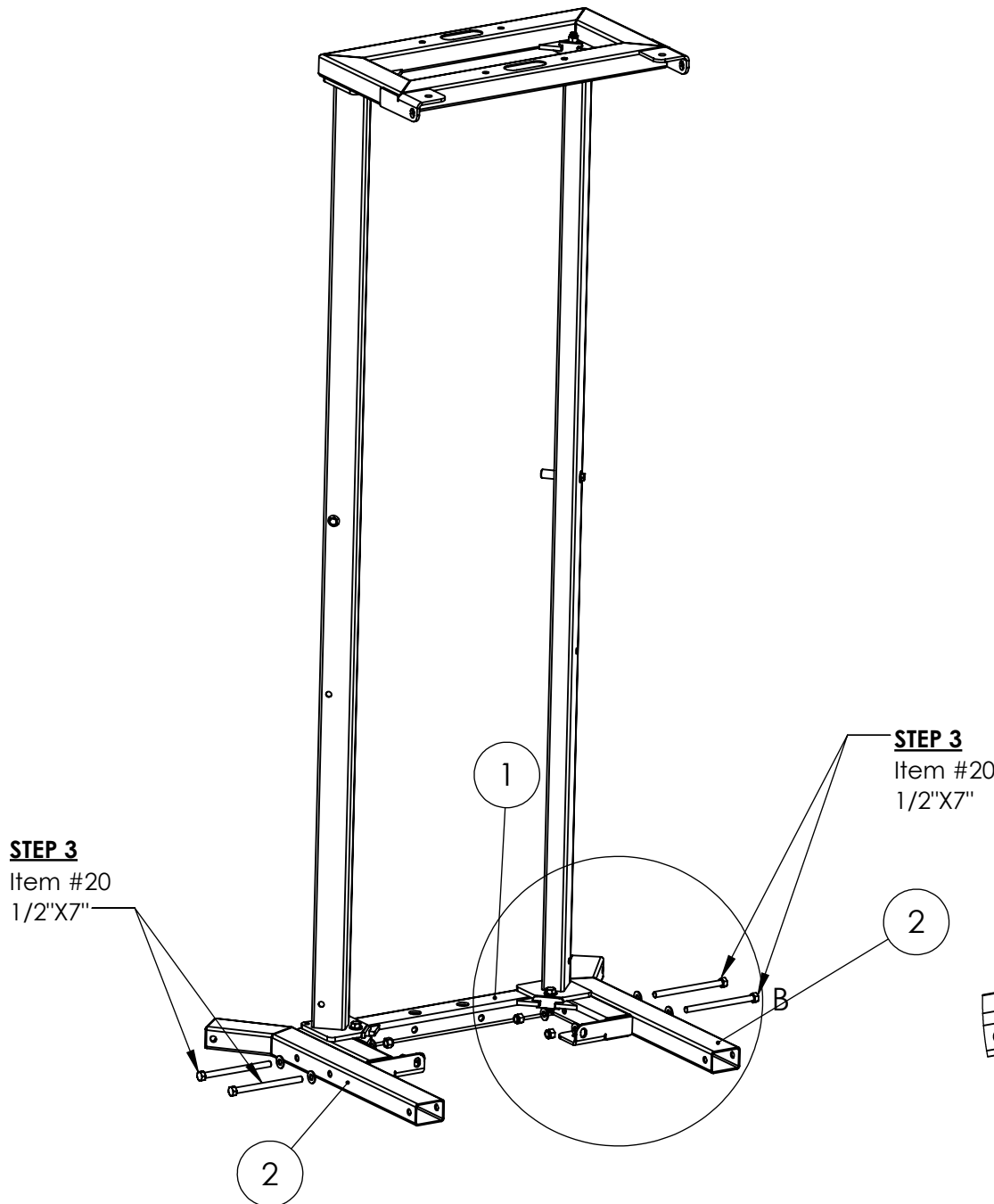
(Note: Skip steps 3-5 if wall mount.)

3.) If not done so, stand machine upright, and assemble items 2 to each side of item 1 using (4) 1/2"X7" bolts provided.

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

**Hardware Detail**

Item No.	Part Number	Part Name	Qty
20	99523	1/2"X7" BOLT	4
23	99585	1/2" FLATWASHER	8
24	99620	1/2"-13 NUT	4



**STEP 3**  
Item #20  
1/2"X7"

**STEP 3**  
Item #20  
1/2"X7"

**Frame Detail**

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
2	63902	BASE LEG	2

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PART NUMBER

**63446C\_page2**

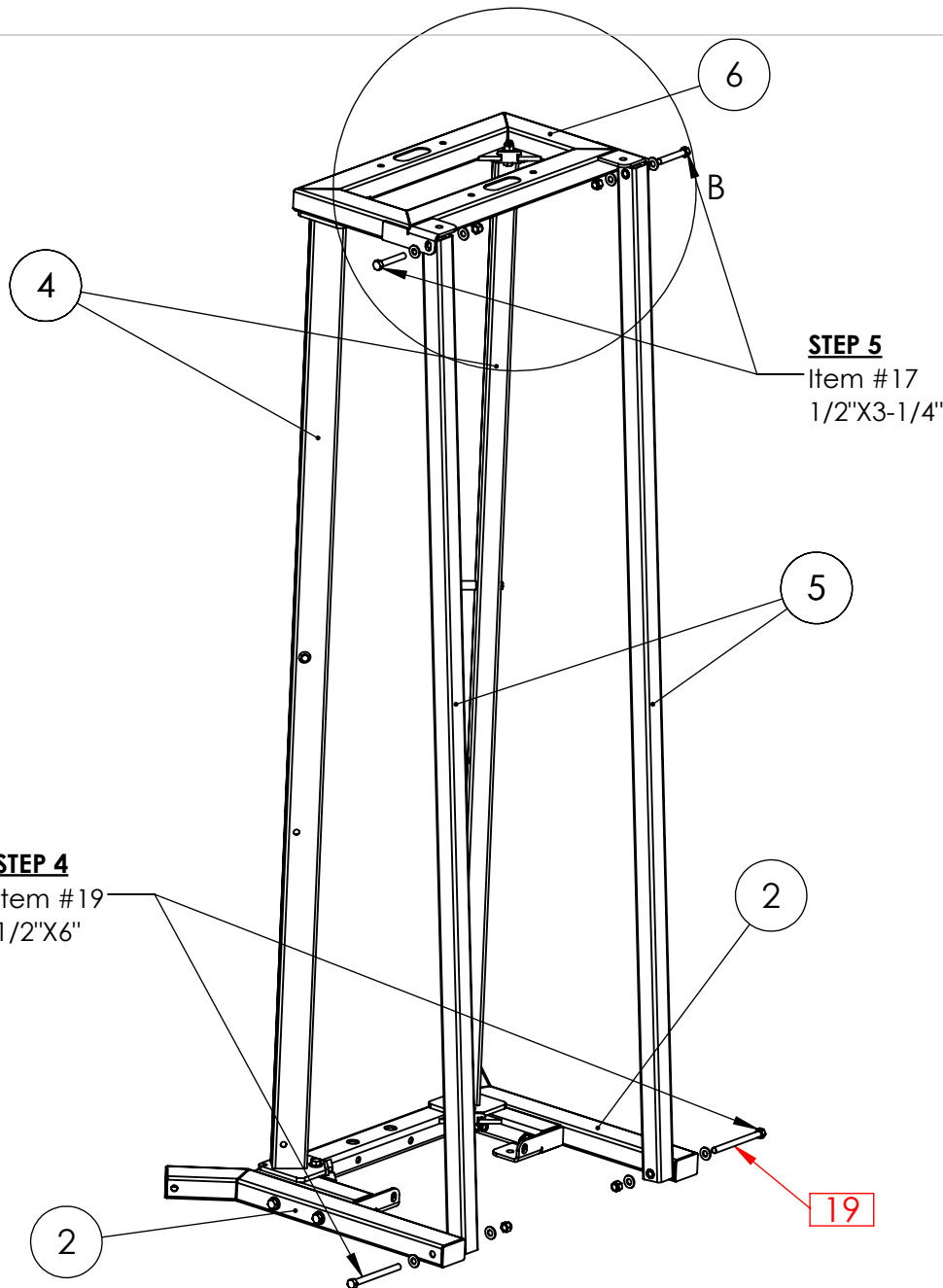
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Frame Detail

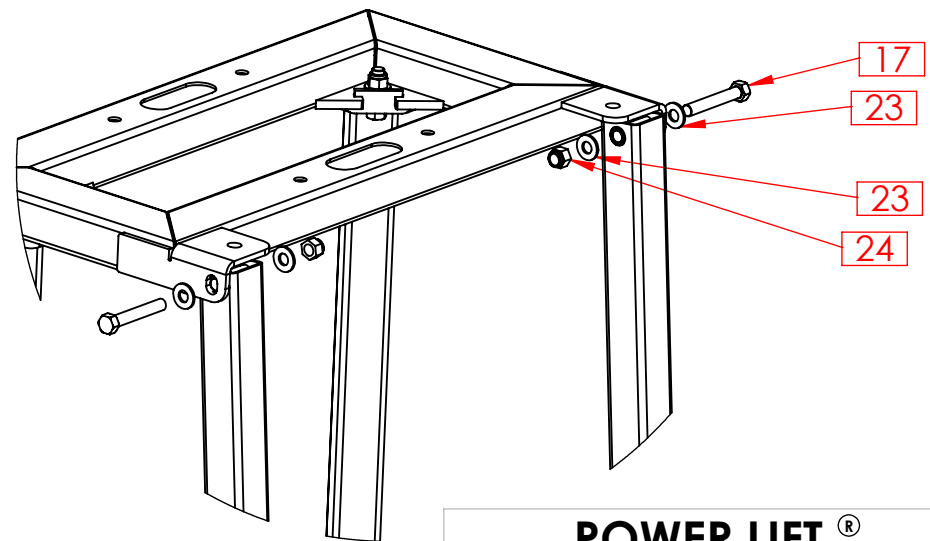
Item No.	Part Number	Part Name	Qty
2	63902	BASE LEG	2
4	63031	UPRIGHT	2
5	63529	REAR UPRIGHT	2
6	63547	FRAME TOP	1

- Instructions**
- 4.) Assemble items 5 to item 2 using (2) 1/2"X6" bolts provided.
  - 5.) Then assemble item 6 to items 5 using (2) 1/2"X3-1/4" bolts provided.

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

Hardware Detail

Item No.	Part Number	Part Name	Qty
17	99648	1/2"X3-1/4" BOLT	2
19	99813	1/2"X6" BOLT	2
23	99585	1/2" FLATWASHER	8
24	99620	1/2"-13 NUT	4



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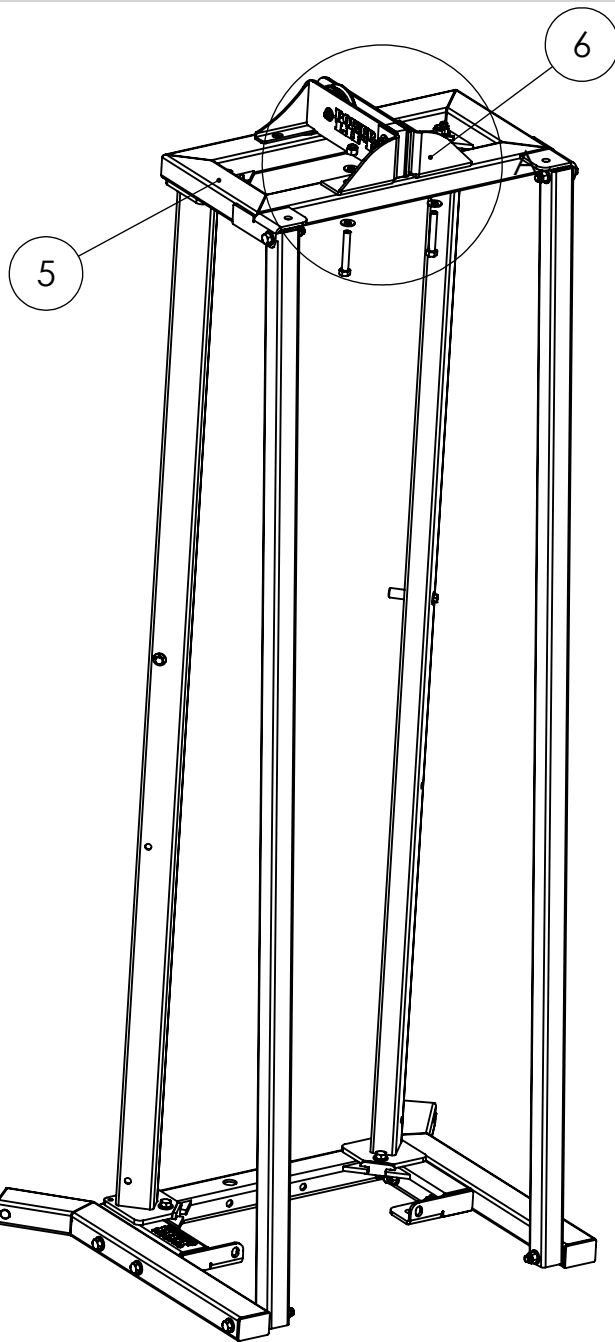
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Instructions

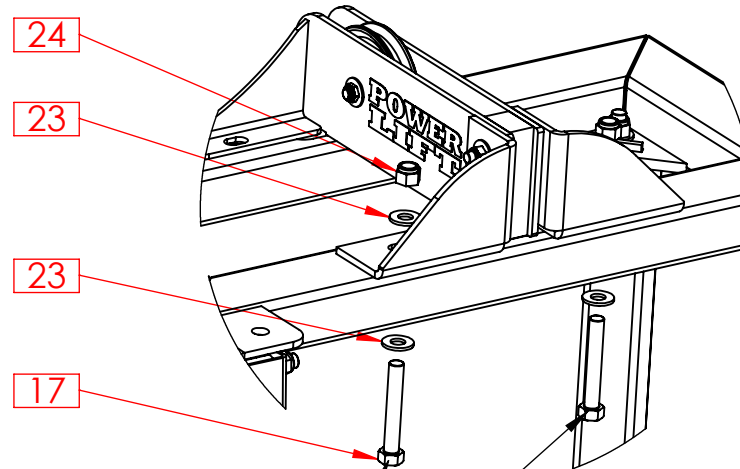
6.) Assemble item 6 to item 5 using (2) 1/2"X3-1/4" bolts provided.

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



Hardware Detail

Item No.	Part Number	Part Name	Qty
17	99648	1/2"X3-1/4" BOLT	2
23	99585	1/2" FLATWASHER	4
24	99620	1/2"-13 NUT	2



**STEP 6**

Item #17  
1/2"X3-1/4"

Frame Detail

Item No.	Part Number	Part Name	Qty
5	63547	TOP FRAME	1
6	63018	UPPER PULLEY MOUNT	1

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PART NUMBER

**63446C\_page4**

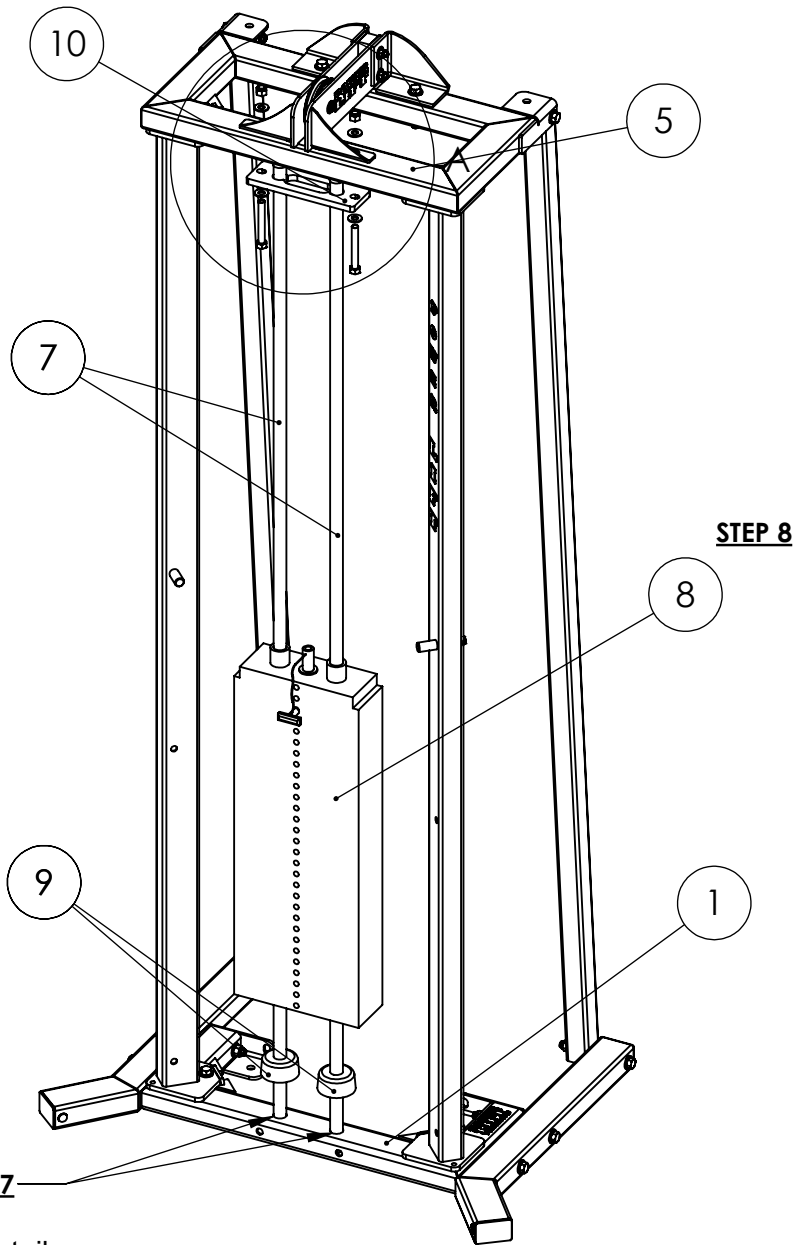
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Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
5	63547	TOP FRAME	1
7	63047	SHAFT	2
8	99646	300 LB WEIGHT STACK	1
9	99640	WEIGHT BUMPER	2
10	63628	WEIGHT STACK RETAINER	1

Instructions

7.) Insert both of items 9 onto bottom of items 7. Then place items 7 into holes on base of item 1. ( Let items 7 lean forward all the way.)

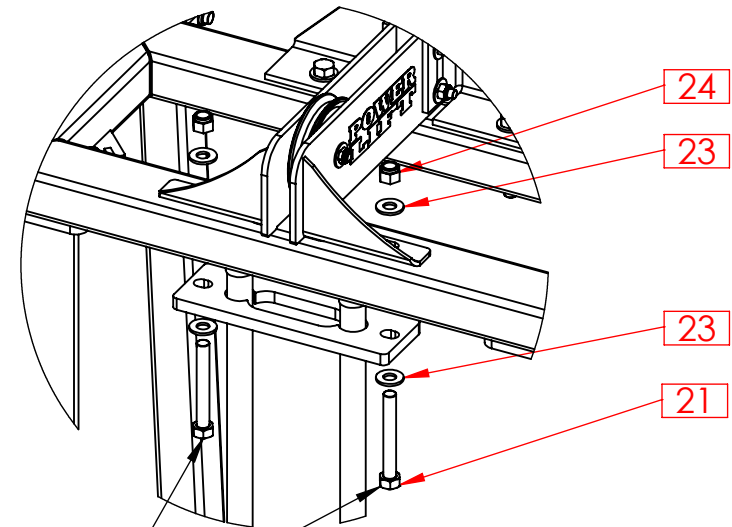
8.) Place weights one-by-one onto items 7. ( Be sure numbers on weights are in correct order, and that the numbers face forward.)

9.) Place item 10 onto top end of items 7, and attach to item 5 using (2) 1/2"X3-3/4" bolts provided.

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

Hardware Detail

Item No.	Part Number	Part Name	Qty
21	99434	1/2"X3-3/4" BOLT	2
23	99585	1/2" FLATWASHER	4
24	99620	1/2"-13 NUT	2



STEP 9

Item #21  
1/2"X3-3/4"

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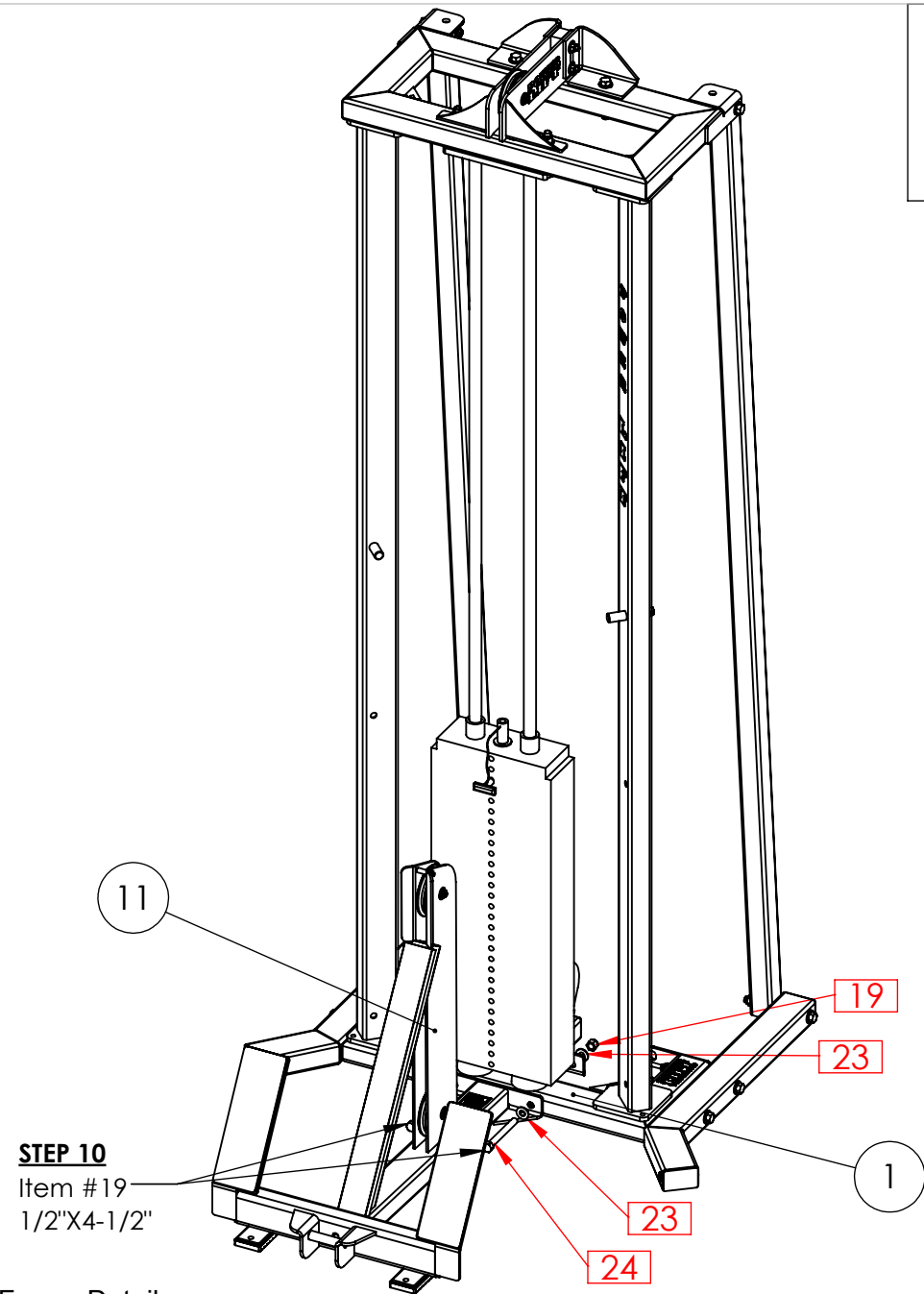
Instructions

10.) Assemble both item 11 and 12 to item 1 as shown using (2) 1/2"X4-1/2" bolts provided.

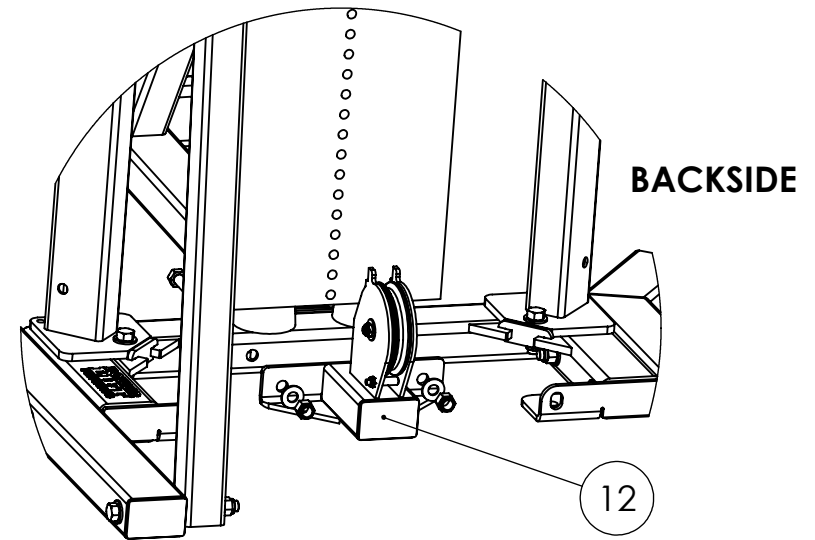
**Note: When assembling unit DO NOT tighten any fasteners until specified.**

Hardware Detail

Item No.	Part Number	Part Name	Qty
19	99539	1/2"X4-1/2" BOLT	2
23	99585	1/2" FLATWASHER	4
24	99620	1/2"-13 NUT	2



**STEP 10**  
Item #19  
1/2"X4-1/2"



**BACKSIDE**

Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
11	63426	LOW PULL BASE	1
12	63406	LOW PULL INNER PULLEY MOUNT	1

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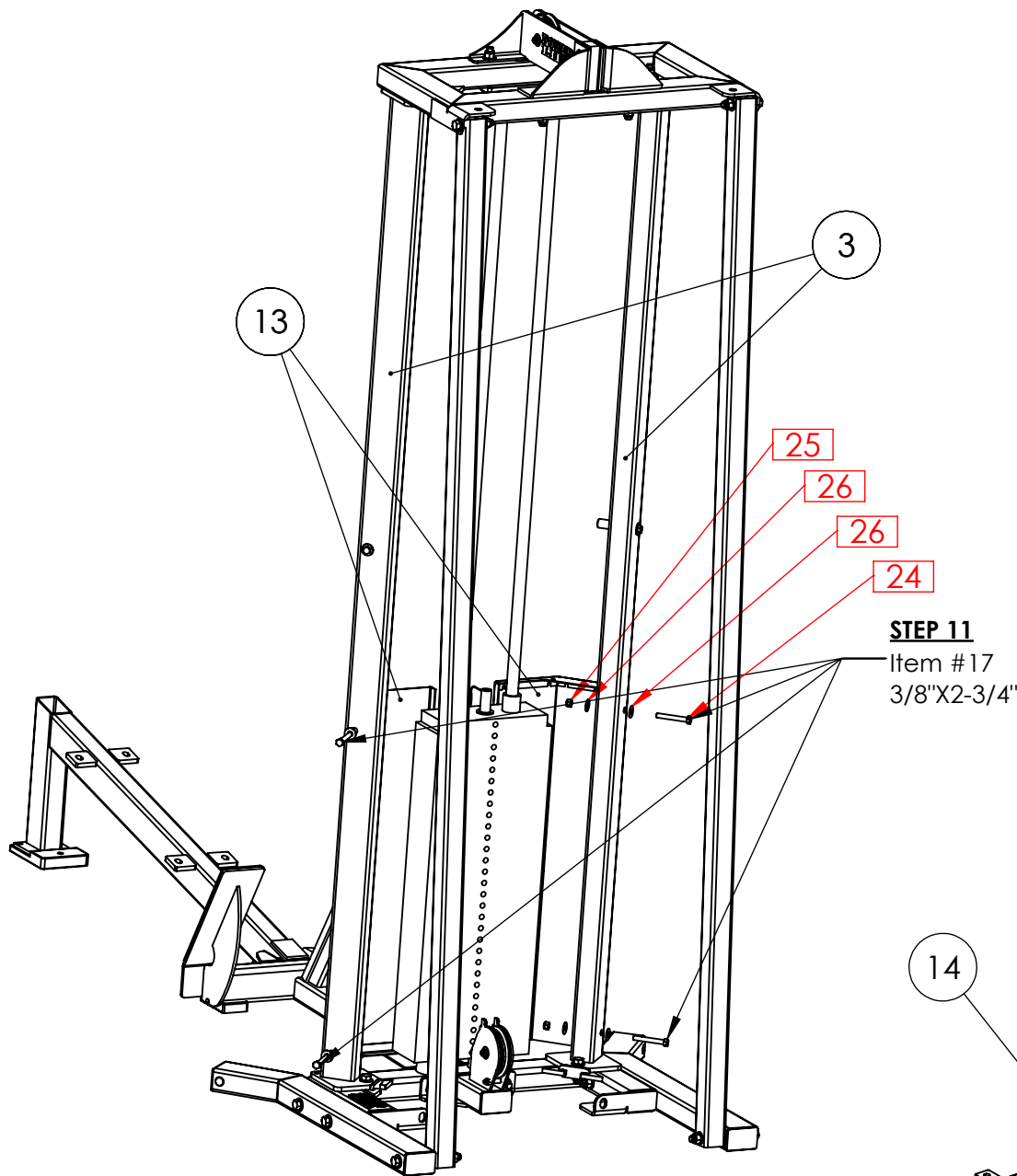
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### Instructions

11.) Assemble both items 13 to item 3 as shown using (4) 3/8"X2-3/4" bolts provided.

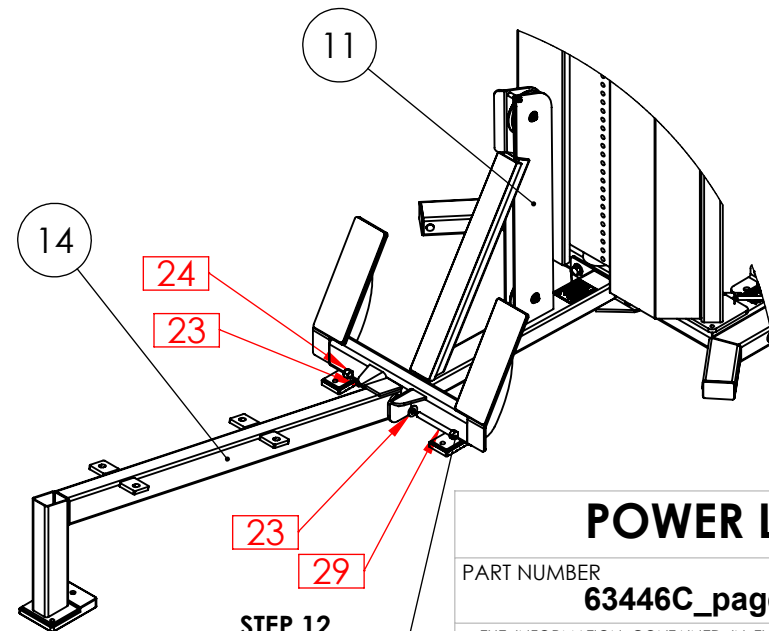
12.) Attach item 14 to item 11 using (1) 1/2"X4-1/2" bolt provided.

13. Now all bolts may be tightened starting from the bottom.



### Hardware Detail

Item No.	Part Number	Part Name	Qty
17	99880	3/8"X2-3/4" BOLT	4
23	99585	1/2" FLATWASHER	2
24	99620	1/2"-13 NUT	1
26	99531	3/8" FLATWASHER	8
28	99540	3/8"-16 NUT	4
29	99539	1/2"X4-1/2" BOLT	1



### STEP 12

Item #29  
1/2"X4-1/2"

### Frame Detail

Item No.	Part Number	Part Name	Qty
3	63002	UPRIGHT	2
11	63426	LOW PULL BASE	1
13	63011B	GUARD	2
14	63228	FOLDING SEAT	1

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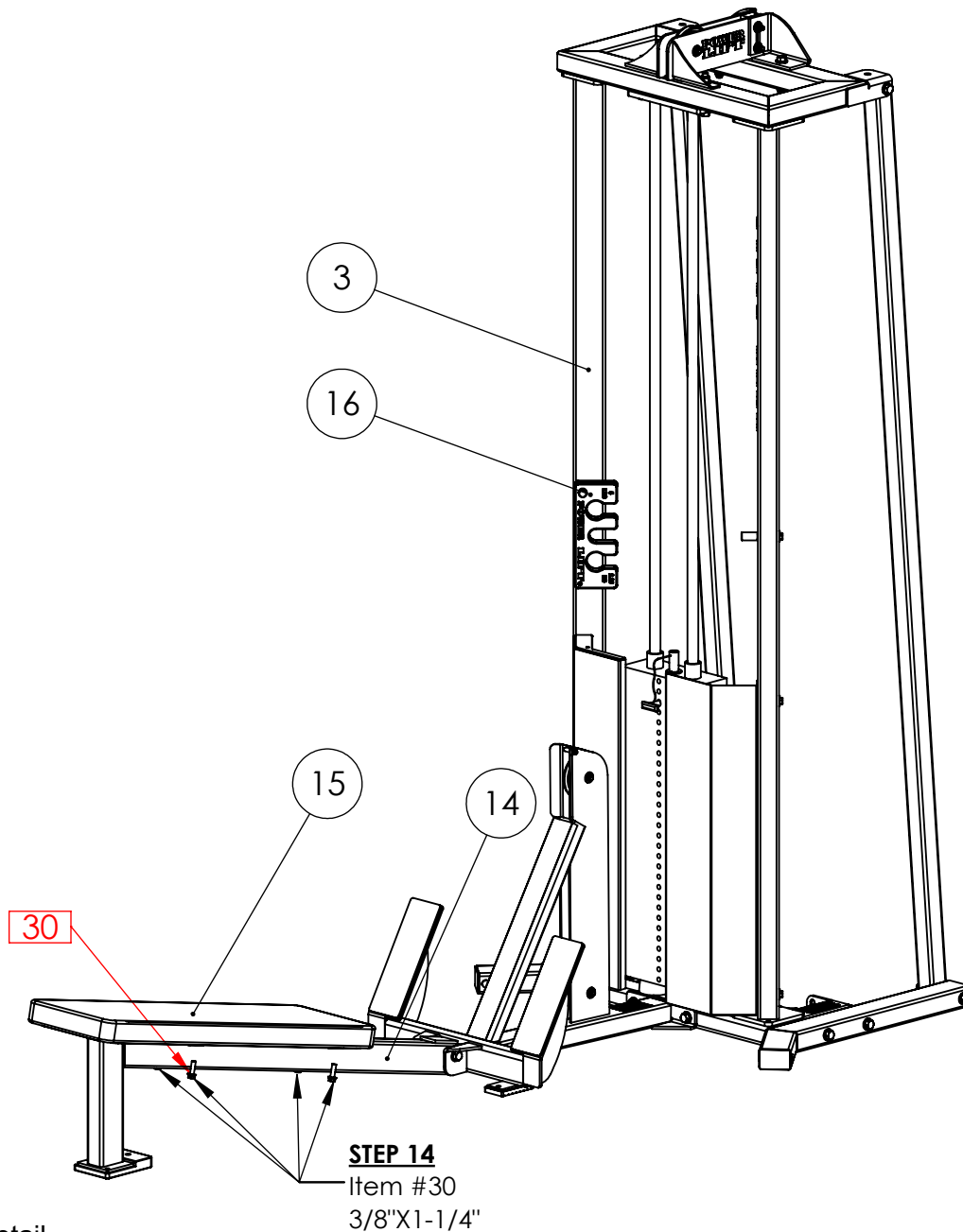
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Instructions

14.) Assemble item 15 to item 14 using (4) 3/8"X1-1/4" flange bolts provided. ( DO NOT over tighten bolt into seat cushion.)

15.) Hang item 16 to item 3.



Frame Detail

Item No.	Part Number	Part Name	Qty
3	63002	UPRIGHT	2
14	63228	FOLDING SEAT	1
15	16605	SEAT PAD	1
16	99362	5 LB ADD ON WEIGHT	1

Hardware Detail

Item No.	Part Number	Part Name	Qty
30	99954	3/8"x1-1/4" FLANGE BOLT	4

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## Cable Routing Instructions

### Notes:

- Leave pulleys in place, and only remove as needed for each routing step.
- Pull cable through machine as you route the cable. Be very careful not to kink the cable during the routing, as this will shorten cable life.

### Tools Required:

- 6' Ladder
- Needle Nose Pliers
- Two 9/16" Wrenches
- Two 7/16" Wrenches
- Two 3/4" Wrenches

1.) Remove bolt 10 using two 7/16" wrenches, and pull cable over pulley 1. Then replace bolt 10.

2.) Remove pulley 2 using two 9/16" wrenches, and route cable under. Replace pulley 2.

3.) Remove bolt 11 using two 7/16" wrenches. Pull cable through and route under pulley 3. Replace bolt 11.

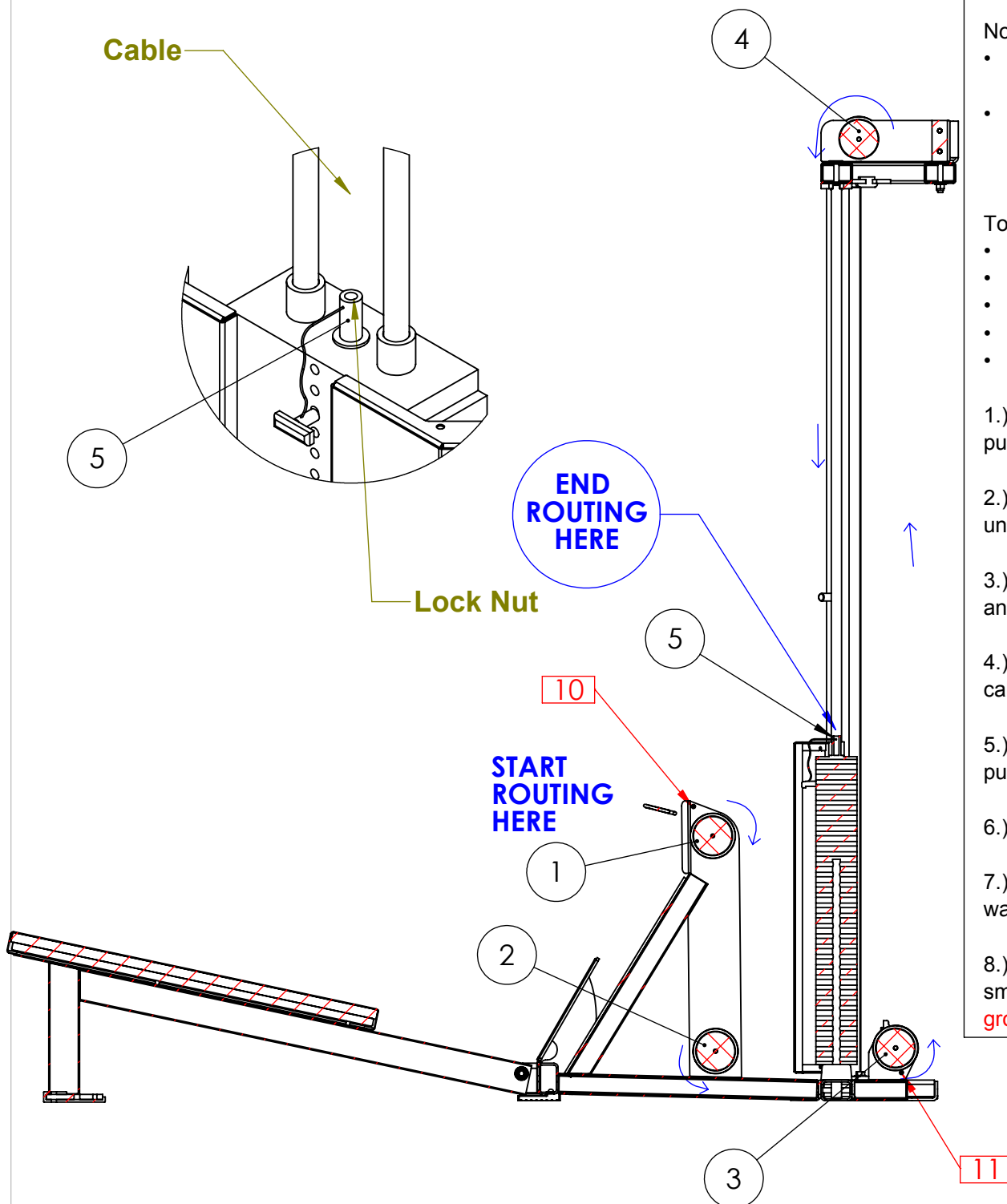
4.) Pull cable up and over pulley 4. Once over pulley 4, route cable through hole in tube.

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

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

7.) Insert cable stud 5 full turns into item 5. Do not thread all the way on. Then tighten lock nut to stem using two 3/4" wrenches.

8.) Attach handle to pulley and operate unit to make sure it pulls smoothly. **(Note: If rough, recheck pulleys to make sure cable is in groove.)**



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**63446C\_page9 Cable Routing**

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