

## Cable Routing Instructions

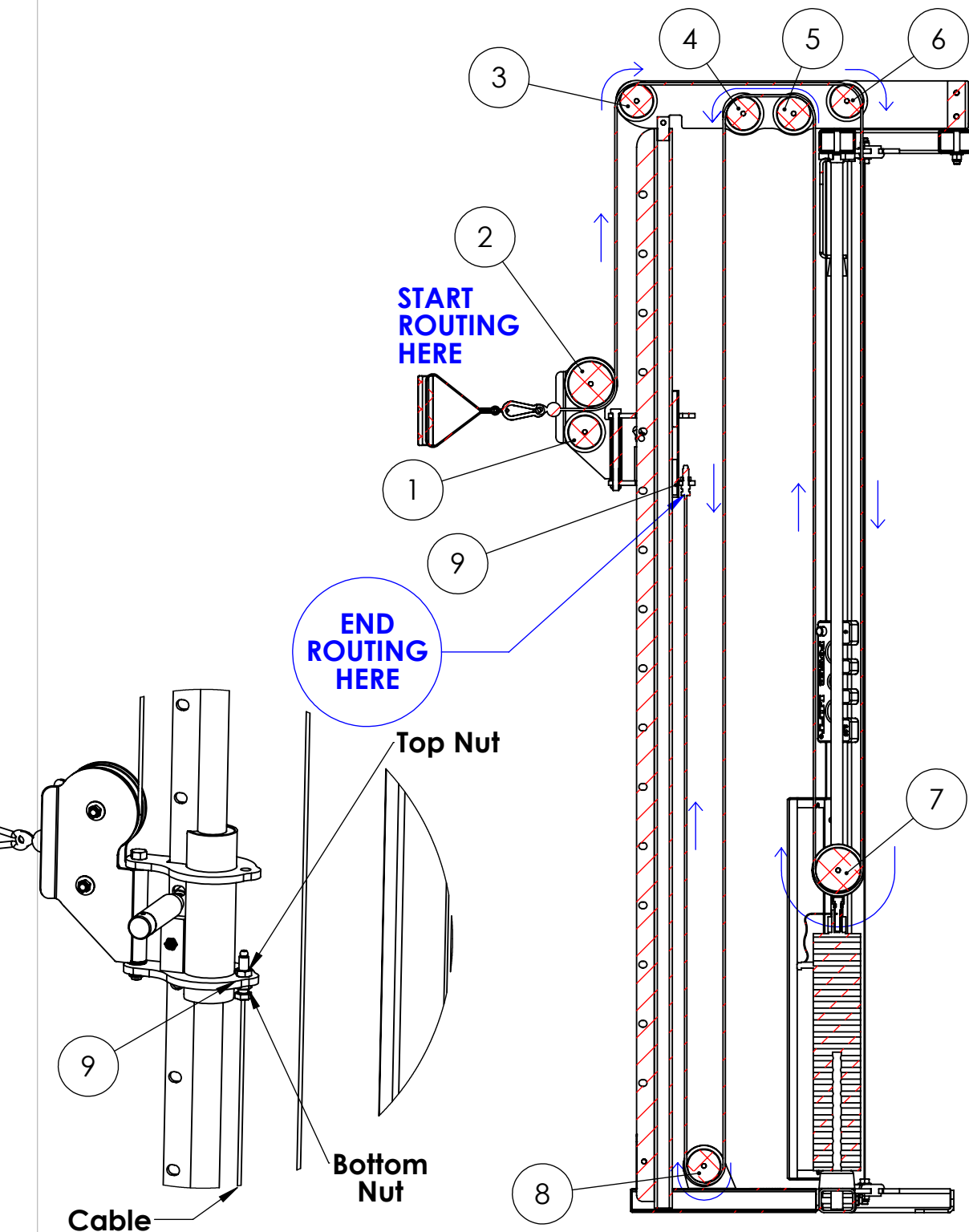
### Notes:

- 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 3/4" Wrenches

- 1.) Remove pulley 2, and pull cable between pulleys 1 & 2. Then replace pulley 2.
- 2.) Pull cable over pulleys 3 & 6.
- 3.) Remove pulley 7, route cable under pulley 7, and replace pulley 7.
- 4.) Pull cable up and over pulleys 5 & 4.
- 5.) Remove pulley 8, route cable under pulley 8, and replace pulley 8.
- 6.) Recheck all pulleys to make sure cable is sitting in groove of pulley.
- 7.) Recheck all pulley bolts to make sure they are tight.
- 8.) Attach cable to item 9 and tighten top nut until there is no more slack in the cable.
- 9.) Tighten bottom nut and top nut together using two 3/4" wrenches.
- 10.) Attach both handles 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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PART NUMBER

**63556 Cable Routing**

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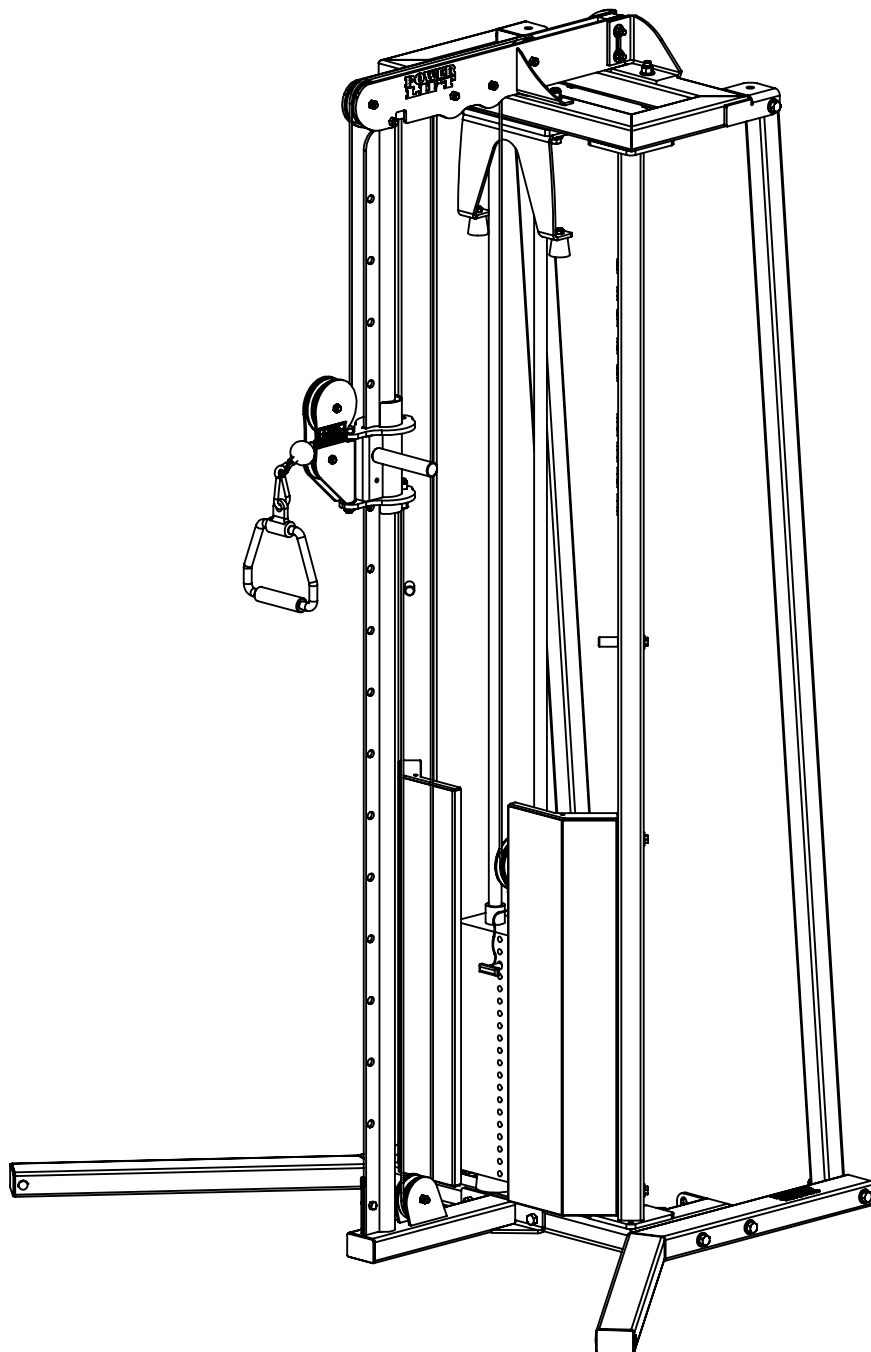
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# Adj. Cable Column Pulley Machine



## Assembly notes:

Fasteners provided to assemble machine:

- (4) 1/2"X7" BOLTS
- (4) 1/2"X6" BOLTS
- (4) 1/2"X4" BOLTS
- (2) 1/2"X3-1/4" BOLTS
- (4) 1/2"X1-3/4" BOLTS
- (4) 3/8"X2-3/4" BOLTS
- (1) 3/8"X2" BOLTS
- (1) 3/8"X1" 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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**63556\_assembly cover**

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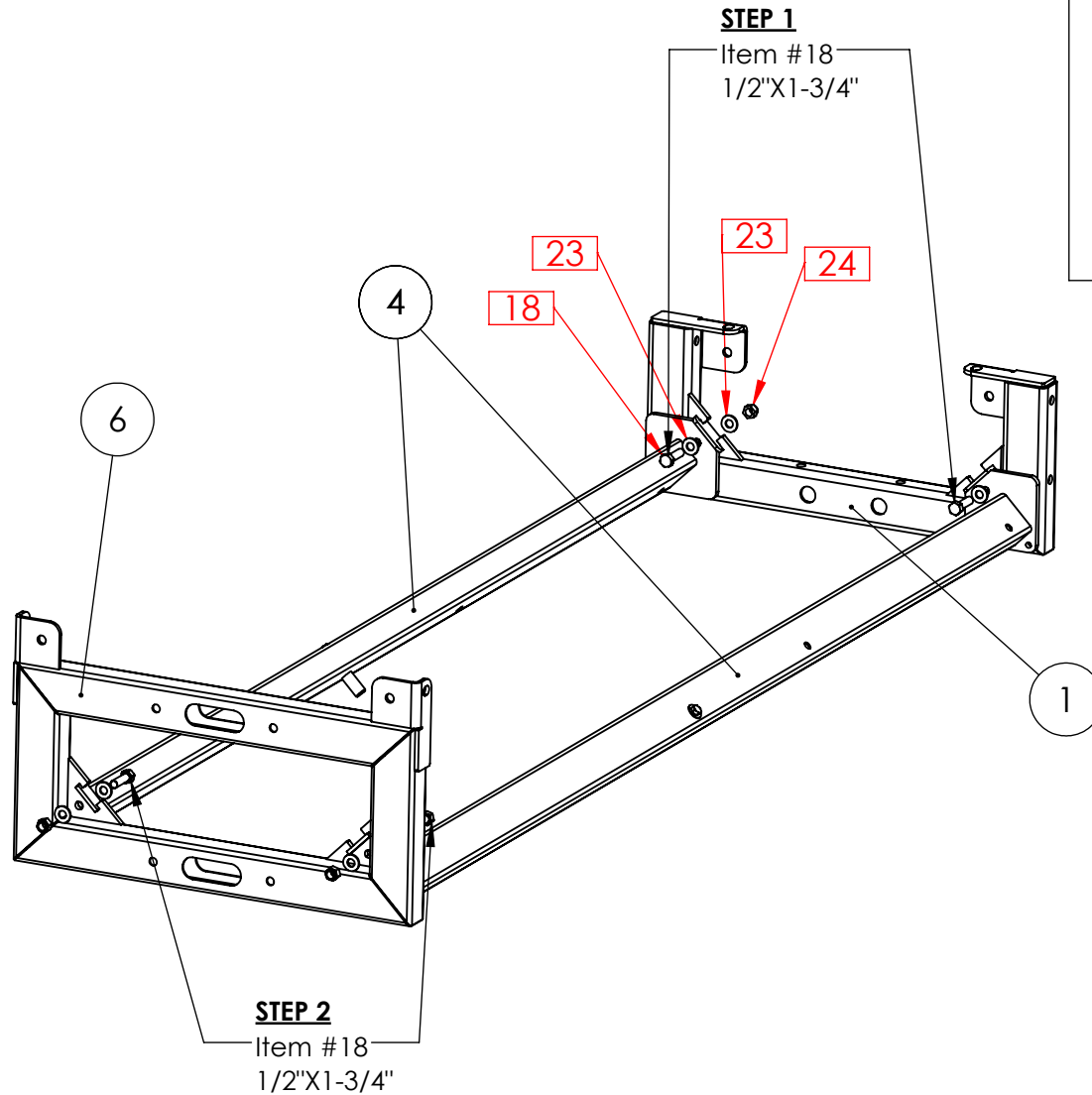
### Instructions

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.

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

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



### 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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### Instructions

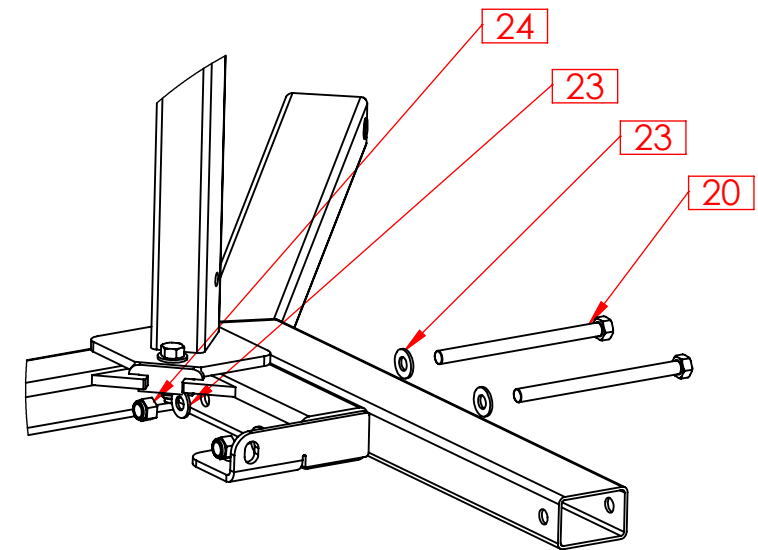
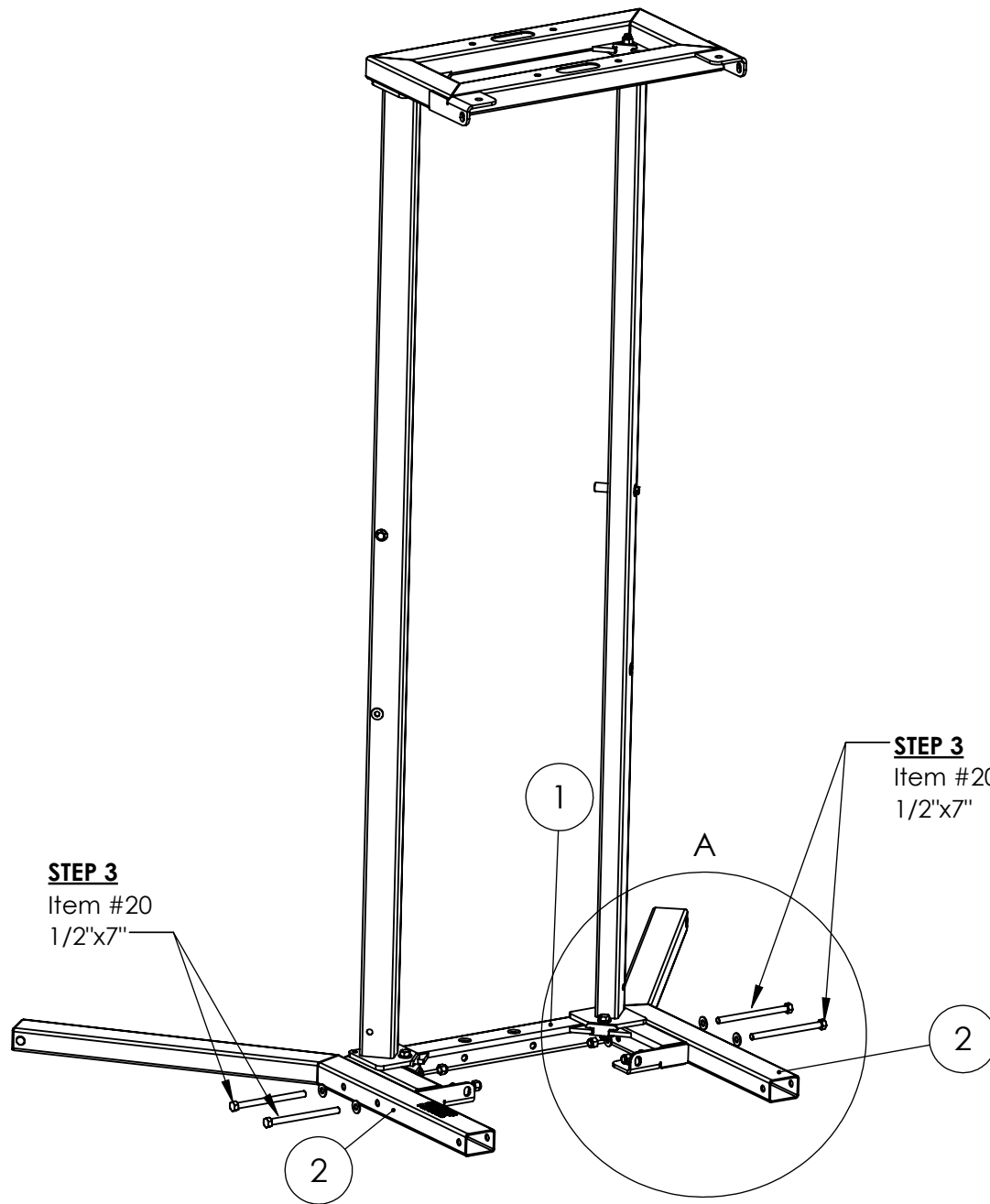
(Note: Skip steps 3-5 for wall mount.)

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



### Frame Detail

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
2	63523	BASE LEG	2

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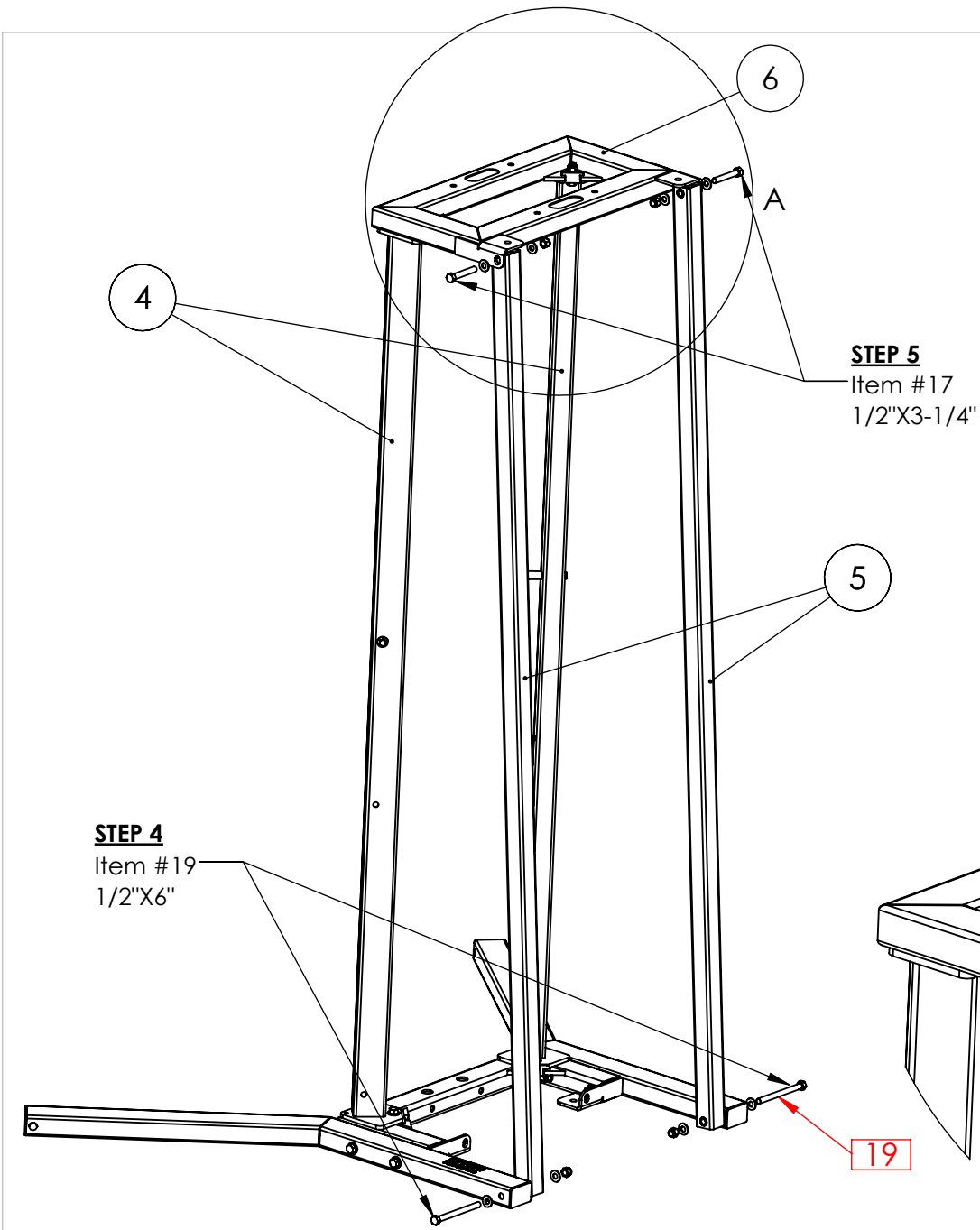
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**STEP 4**  
Item #19  
1/2"X6"

**STEP 5**  
Item #17  
1/2"X3-1/4"

**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.

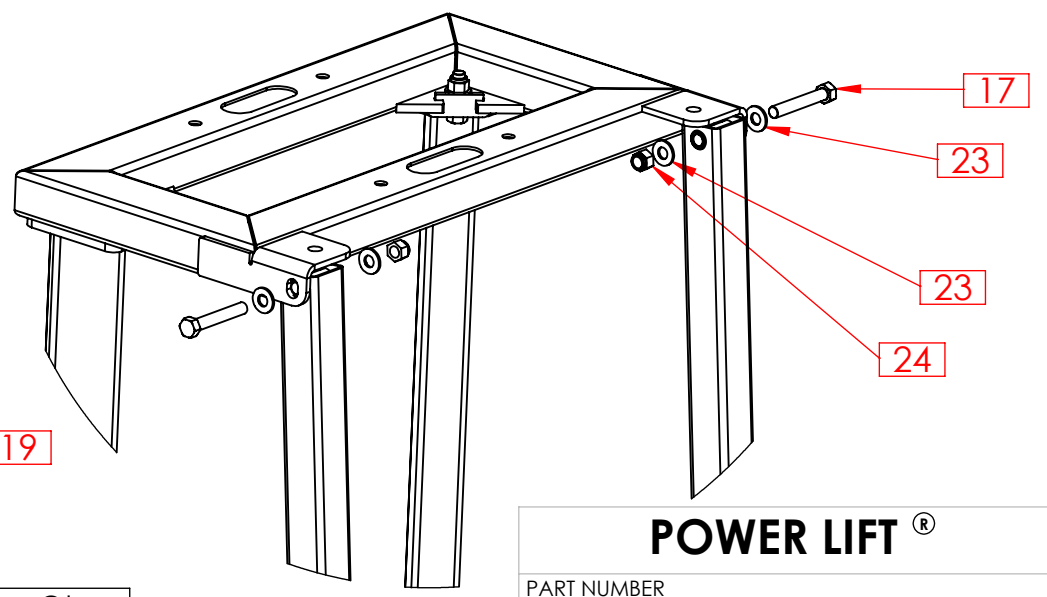
**Note: When assembling unit DO NOT tighten any fasteners until specified.**

**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

**Frame Detail**

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



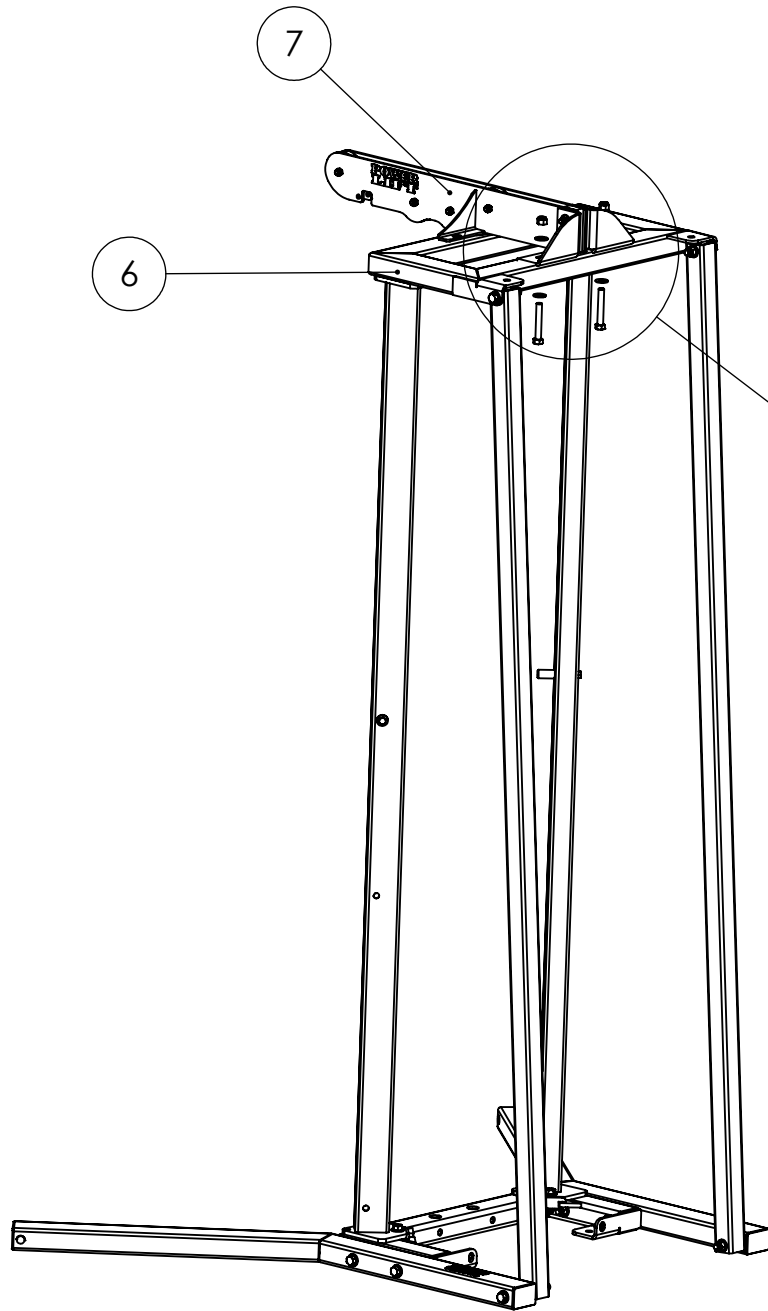
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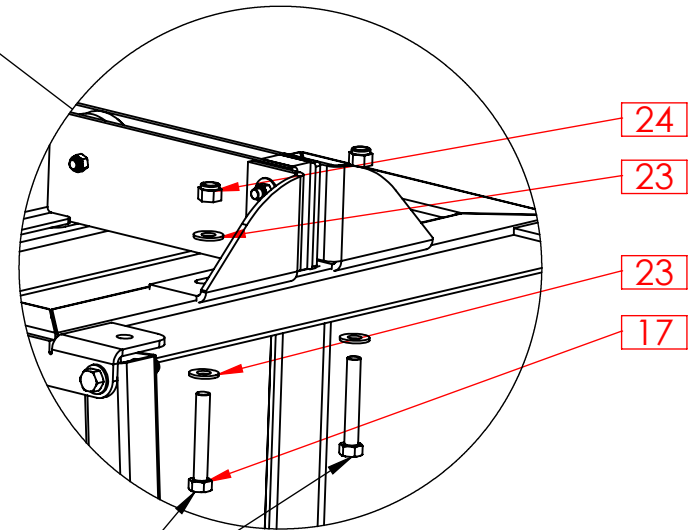
6.) Assemble item 7 to items 6 using (2) 1/2"X1-3/4" bolts provided.

**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 7**

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

Frame Detail

Item No.	Part Number	Part Name	Qty
6	63547	FRAME TOP	1
7	63088B	ADJ CABLE COLUMN TOP	1

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PART NUMBER

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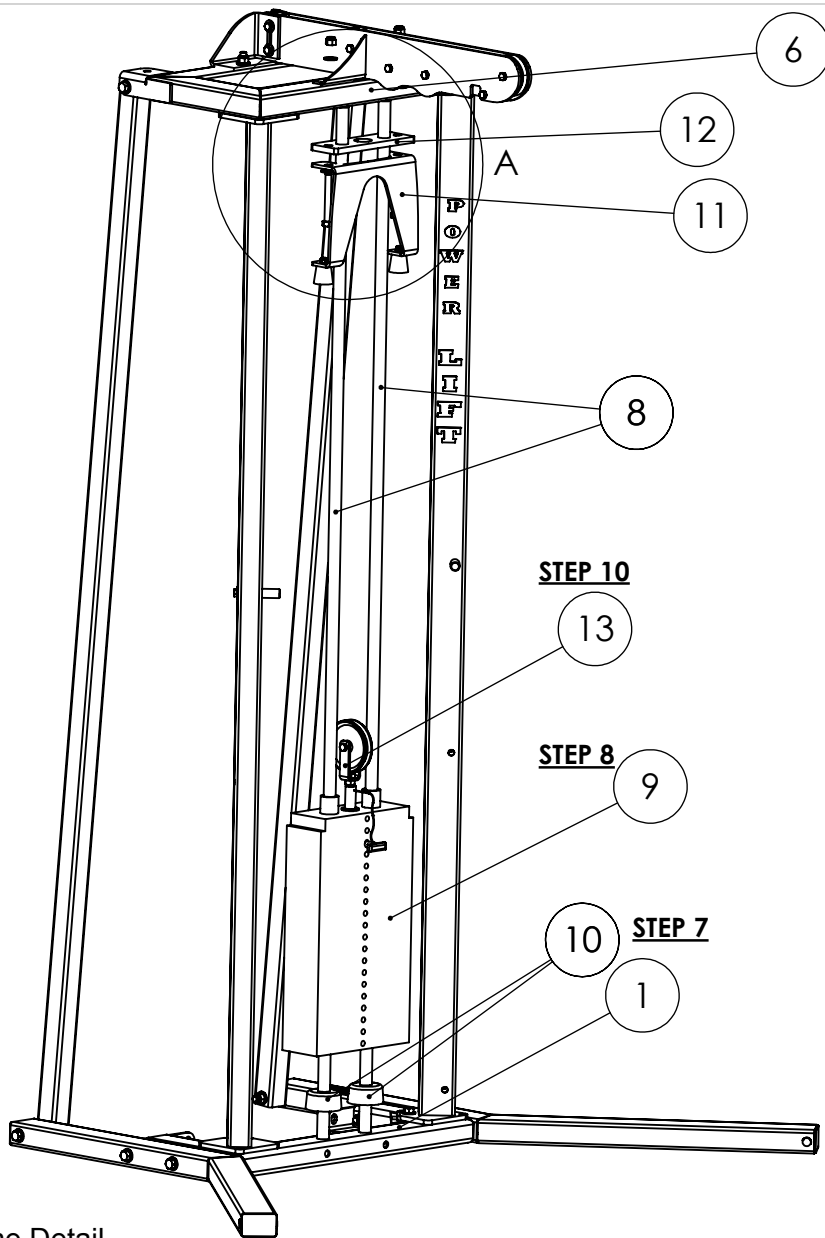
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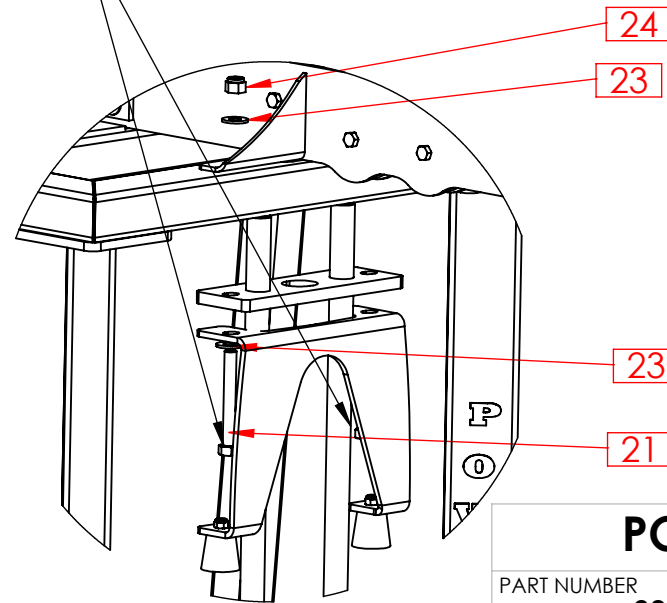
- Instructions**
- 7.) Insert both of items 10 onto bottom of items 8. Then place items 8 into holes on base of item 1. ( Let items 8 lean forward all the way.)
  - 8.) Place weights one-by-one onto items 8. ( Be sure numbers on weights are in correct order, and that the numbers face forward.)
  - 9.) Place items 11 and 12 onto top end of items 8, and attach to item 6 using (2) 1/2"X4" bolts provided.
  - 10.) Screw item 13 into item 9.

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

**Hardware Detail**

Item No.	Part Number	Part Name	Qty
21	99521	1/2"X4" BOLT	2
23	99585	1/2" FLATWASHER	4
24	99620	1/2"-13 NUT	2

**STEP 9**  
Item #21  
1/2"X4"



**Frame Detail**

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
6	63547	FRAME TOP	1
8	63047	SHAFT	2
9	99569	200 LB WEIGHT STACK	1
10	99640	WEIGHT BUMPER	2
11	63152	PULLEY STOP	1
12	63049	WEIGHT STACK RETAINER	1
13	63132	WEIGHT STACK PULLEY MOUNT	1

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PART NUMBER

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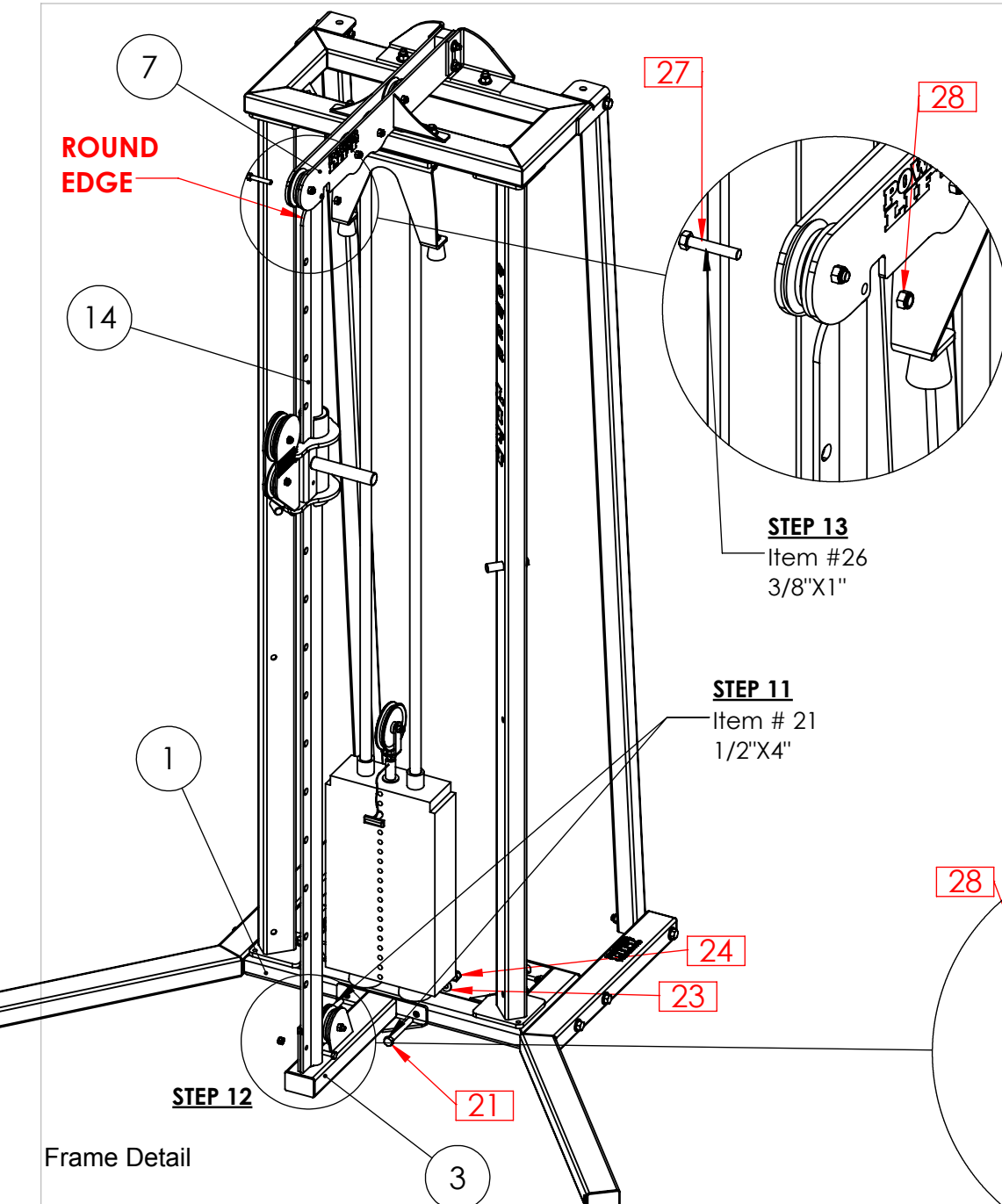
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**ROUND  
EDGE**

**Instructions**

11.) Assemble item 3 to item 1 using (2) 1/2"X4" bolts provided.

12.) Insert bottom end of item 14 into slot at the base of item 3.  
(Note: top end has round edge.)

13.) Then attach item 14 to the top of item 7 using (1) 3/8"X2" bolt provided.

14.) Then attach item 14 to the bottom of item 3 using (1) 3/8"X1" bolt provided.

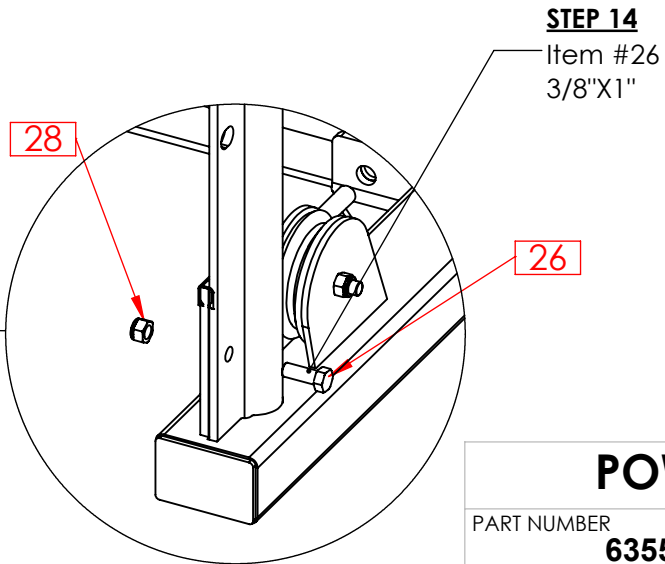
**Note: When assembling unit DO NOT tighten any fasteners until specified.**

**Hardware Detail**

Item No.	Part Number	Part Name	Qty
21	99521	1/2"X4" BOLT	2
23	99585	1/2" FLATWASHER	2
24	99620	1/2"-13 NUT	2
26	99859	3/8"X1" BOLT	1
27	99705	3/8"X2" BOLT	1
28	99540	3/8"-16 NUT	2

**Frame Detail**

Item No.	Part Number	Part Name	Qty
1	63311	BASE	1
3	63014	ADJ SLIDE BASE	1
7	63088B	ADJ CABLE COLUMN TOP	1
14	63006	ADJ CABLE SLIDE	1



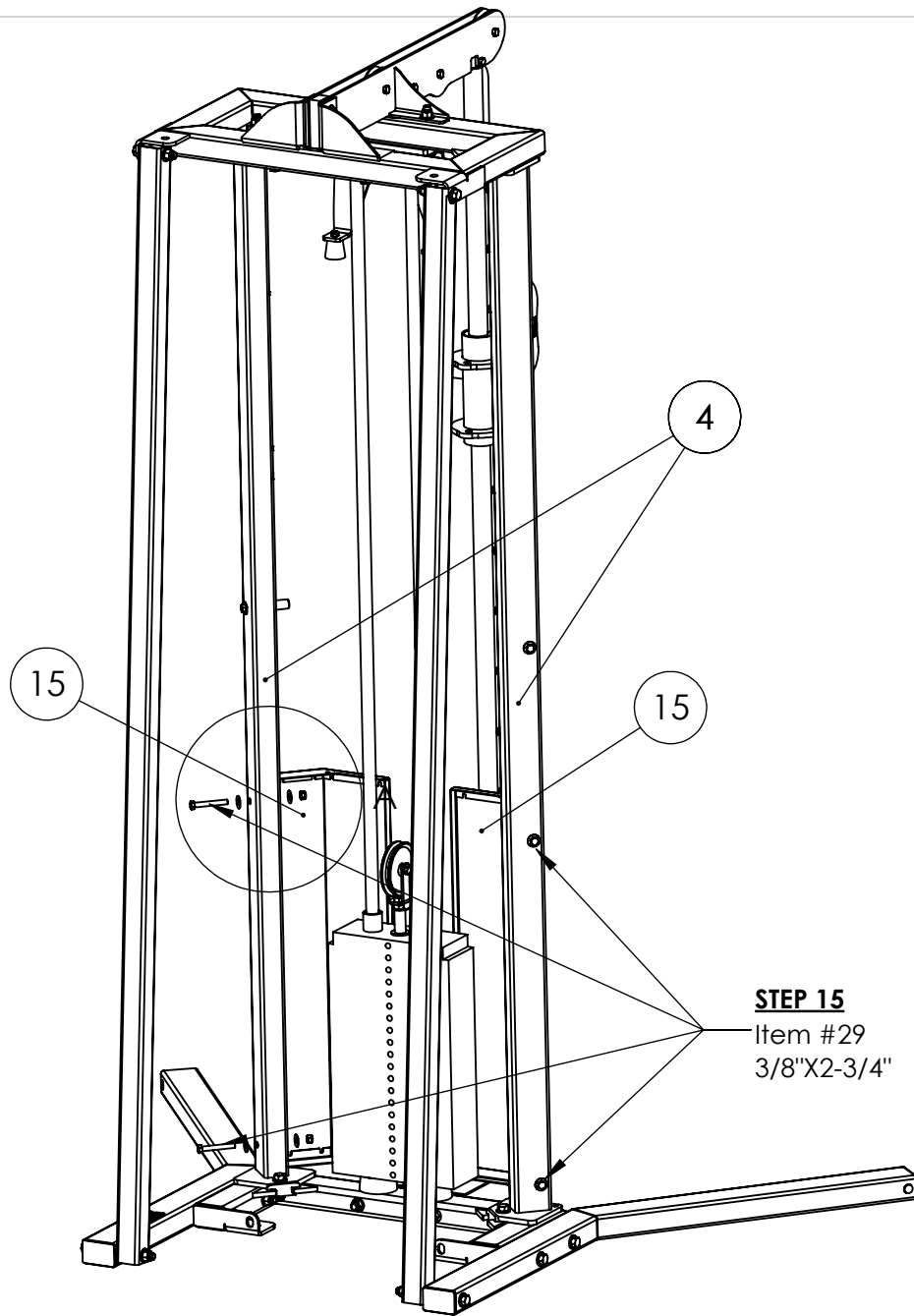
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**STEP 15**  
Item #29  
3/8"X2-3/4"

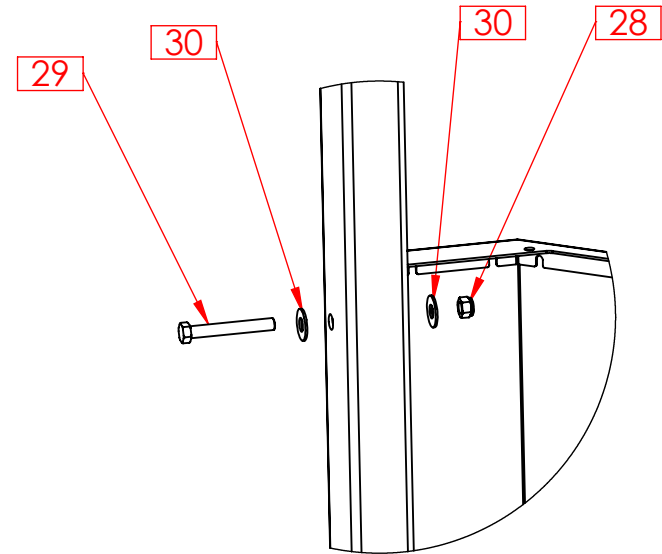
**Instructions**

15.) Assemble item 15 to both of items 4 using (4) 3/8"X2-3/4" bolts provided.

16.) Now all bolts may be tightened starting from the bottom.

**Hardware Detail**

Item No.	Part Number	Part Name	Qty
28	99540	3/8"-16 NUT	4
29	99880	3/8"X2-3/4" BOLT	4
30	99531	3/8" FLATWASHER	8



**Frame Detail**

Item No.	Part Number	Part Name	Qty
4	63031	UPRIGHT	2
15	63011B	GUARD	2

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