



Cable Routing Instructions

- 1.) Start with the short cable (Red instructions) by bolting in one end to the bolt by pulley ⑧ .
- 2.) Route cable over pulley ⑧ , and under pulley ⑦ .
- 3.) Finish by routing cable over pulley ⑨ , and attach the end to the bolt.
- 4.) Using the long cable(Blue instructions) start by screwing in the ball end only a few threads into the weight stack.
- 5.) Route the cable up over pulley ① and down and under pulley ② .
- 6.) Route cable around the outside of pulley ③ and ④ .
- 7.) Route the cable under pulley ⑤ , and over pulley ⑥ . Fasten the end to the bolt.
- 8.) To finish, screw in the end connected to the weight stack until there is no slack in the cable.

UNLESS OTHERWISE SPECIFIED
DIMENSIONS ARE IN INCHES
TOLERANCES ARE:
FRACTIONS DECIMALS ANGLES
±1/16" .XX=±.02 ±1°
.XXX=±.005

REFERENCE CODE

POWER LIFT®

PART NUMBER **80375A**

PART NAME
ASSY, SELECTORIZED LATERAL RAISE

CAD GENERATED DRAWING
DO NOT MANUALLY UPDATE.

SHEET 10 OF 10 REV. B
SCALE 1:32 SIZE A