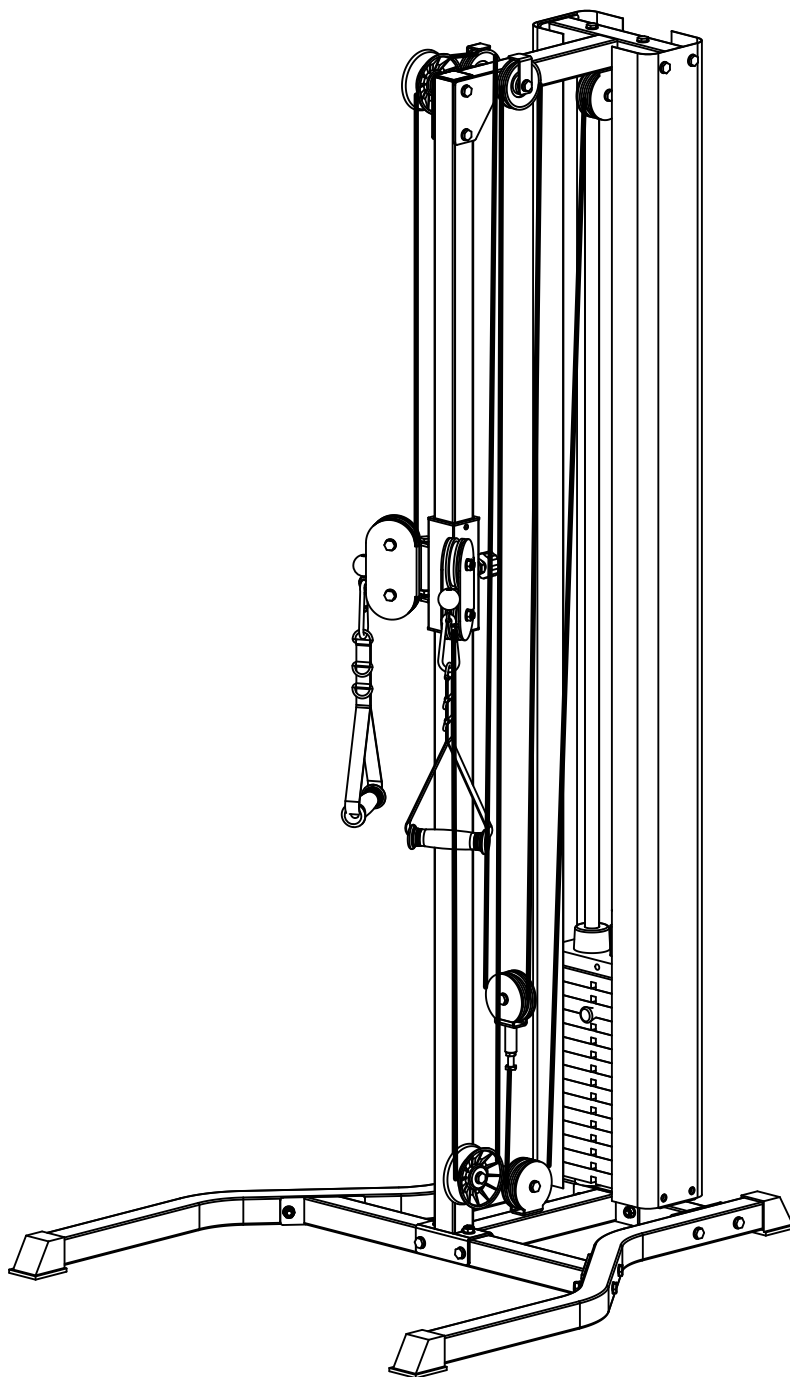


OWNER'S MANUAL

Dual Adj. High/Low Pulleys

Model #: N810 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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Total Parts List	16

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. L1200 x W1020 x H2195 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: 160 LB

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!

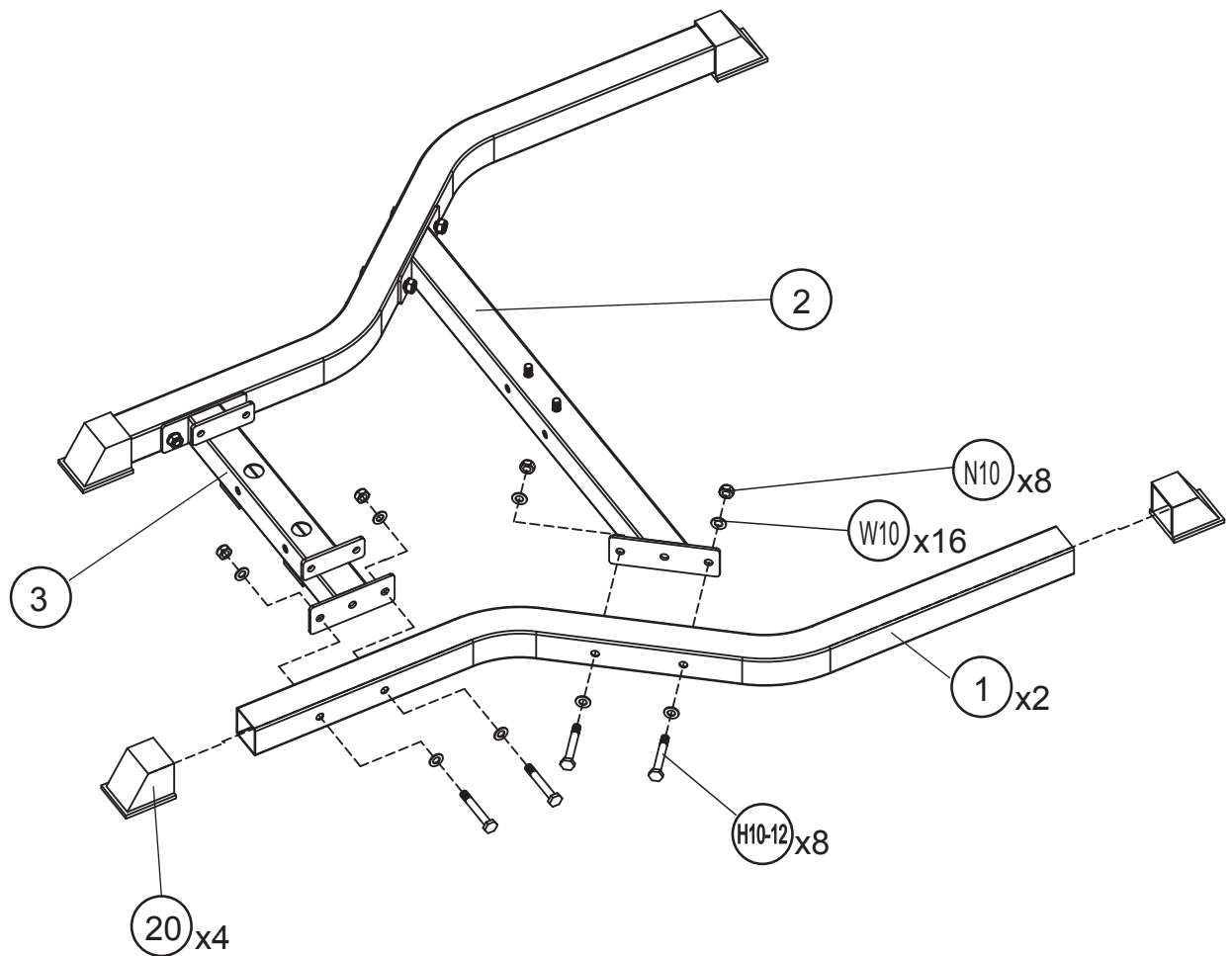
Assembly Instructions

Step 1-Parts & Hardware List

Part#	Description	Qty	Remark
1	Base Tube	2	
2	Front Base	1	
3	Rear Base	1	
20	F50x50mm Outer Cap	4	
H10-12	M10x70mm Hex Head Bolt	8	
W10	M10 Washer	16	
N10	M10 Nut	8	

Assembly Instructions

STEP 1



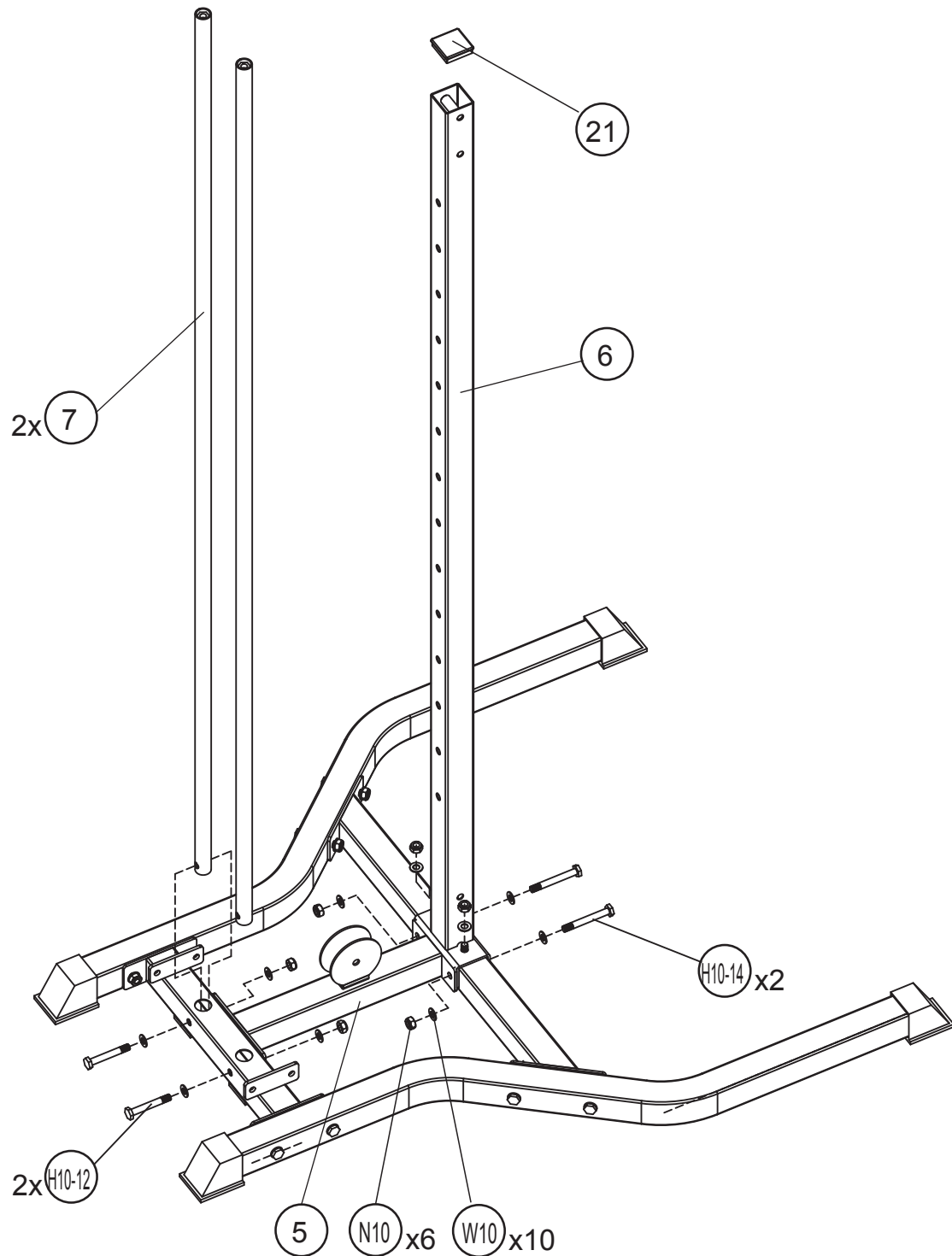
Assembly Instructions

Step 2-Parts & Hardware List

Part#	Description	Qty	Remark
5	Middle Base	1	
6	Front Upright	1	
7	Guide Rod	2	
21	F50x50mm Inner Cap	1	Pre-assembled
H10-12	M10x70mm Hex Head Bolt	2	
H10-14	M10x80mm Hex Head Bolt	2	
W10	M10 Washer	10	
N10	M10 Nut	6	

Assembly Instructions

STEP 2



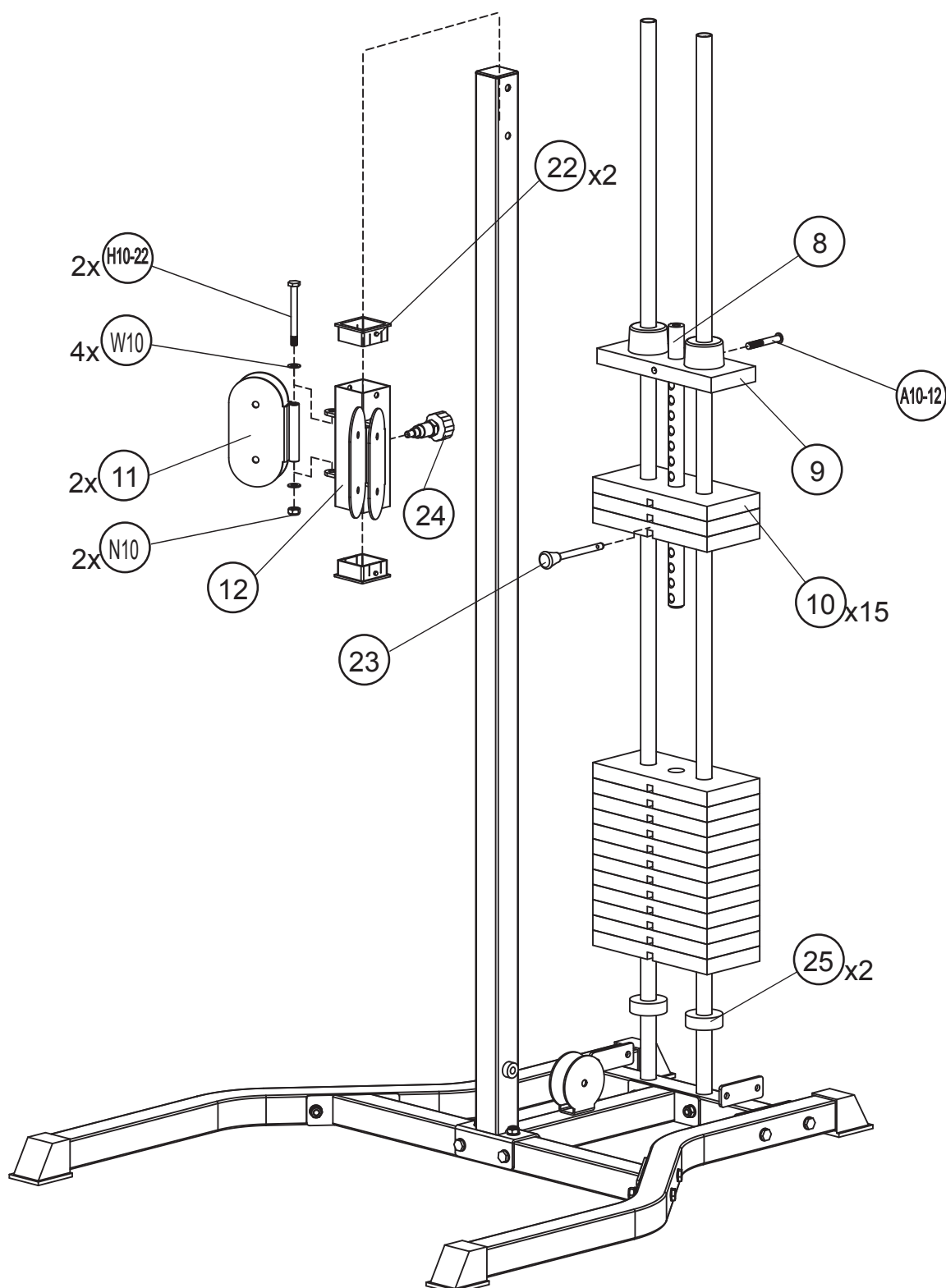
Assembly Instructions

Step 3-Parts & Hardware List

Part#	Description	Qty	Remark
8	Weight Selector Bar	1	
9	Weight Top Plate	1	
10	Weight Stack Plate	15	
11	Swivel Pulley Block	2	
12	Slider	1	
22	F60-50mm Sleeve	2	Pre-assembled
23	Weight Stack Pin	1	
24	Pop Pin	1	
25	Weight Stack Bumper	2	
H10-22	M10x120mm Hex Head Bolt	2	
A10-12	M10x70mm Allen Bolt	1	Pre-assembled
W10	M10 Washer	4	
N10	M10 Nut	2	

Assembly Instructions

STEP 3



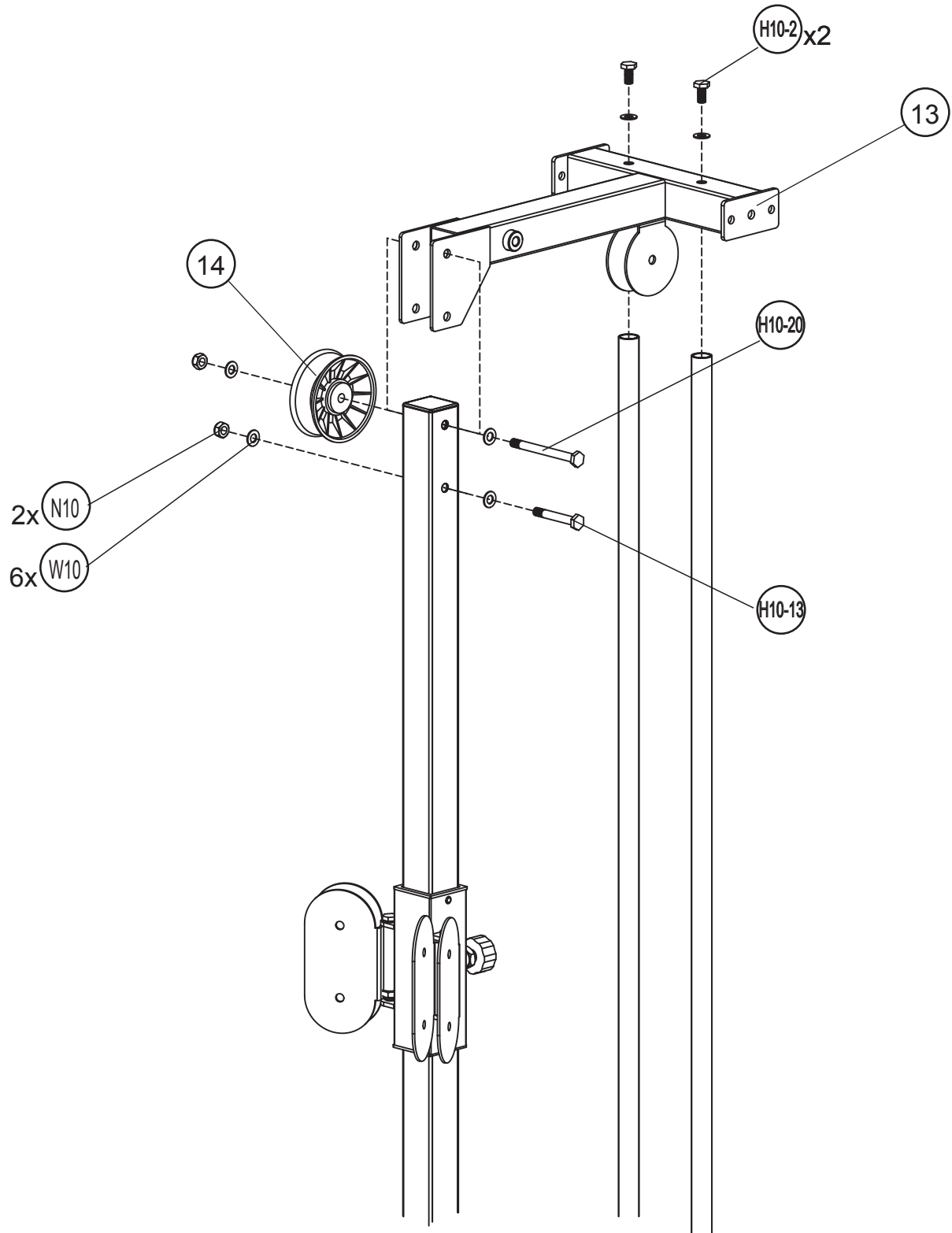
Assembly Instructions

Step 4-Parts & Hardware List

Part#	Description	Qty	Remark
13	Top Frame	1	
14	Big Pulley	1	
H10-2	M10x20mm Hex Head Bolt	2	
H10-13	M10x75mm Hex Head Bolt	1	
H10-20	M10x110mm Hex Head Bolt	1	
W10	M10 Washer	6	
N10	M10 Nut	2	

Assembly Instructions

STEP 4



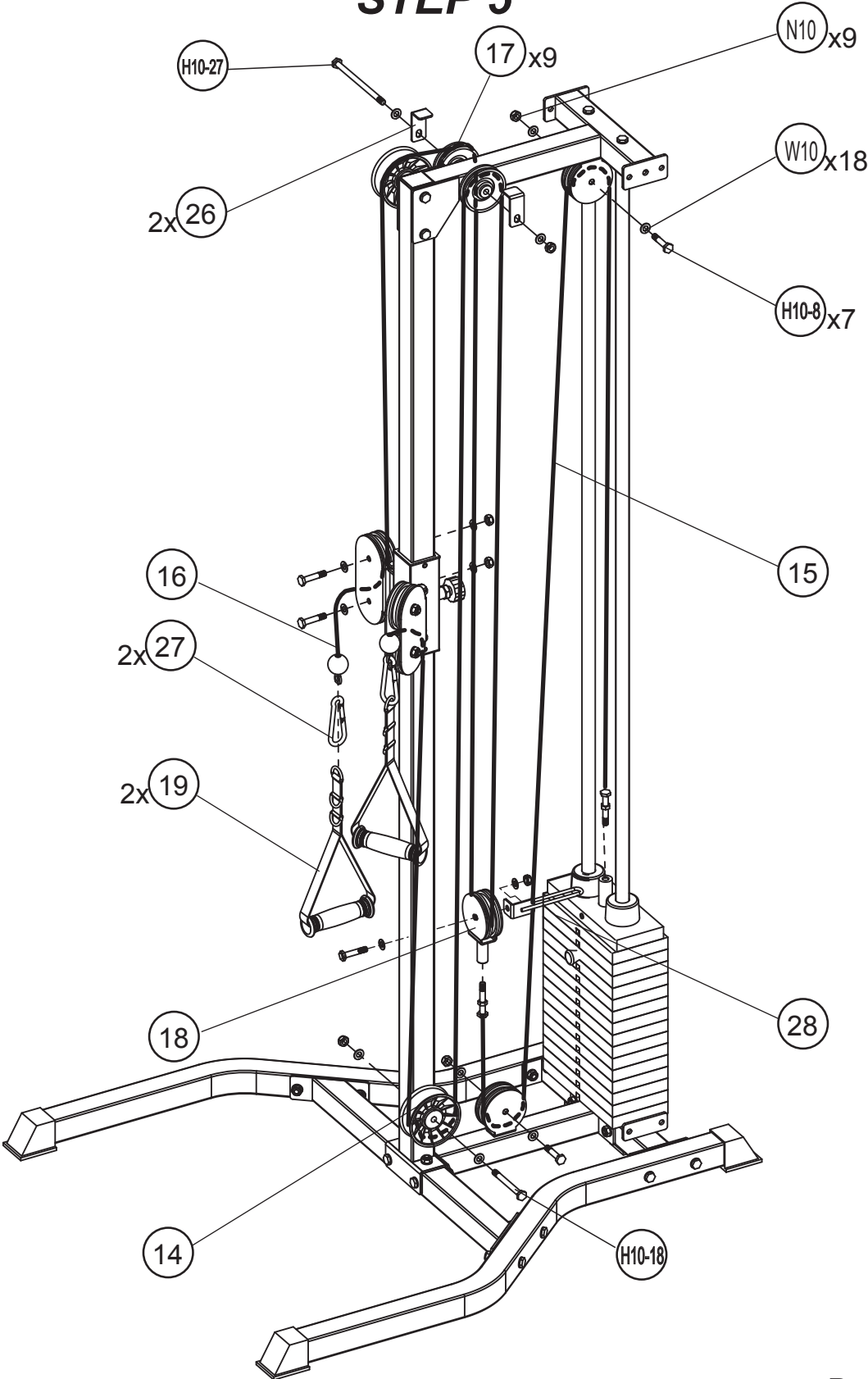
Assembly Instructions

Step 5-Parts & Hardware List

Part#	Description	Qty	Remark
14	Big Pulley	1	
15	Weight Stack Cable	1	
16	Handle Cable	1	
17	Small Pulley	9	
18	Pulley Bracket	1	
19	Strap Handle	2	
26	Cable Hook	2	
27	Clip	2	
28	Rotation Against Bracket	1	
H10-8	M10x50mm Hex Head Bolt	7	
H10-18	M10x100mm Hex Head Bolt	1	
H10-27	M10x145mm Hex Head Bolt	1	
W10	M10 Washer	18	
N10	M10 Nut	9	

Assembly Instructions

STEP 5



Part#	Discription	Qty
28	Rotation Against Bracket	1

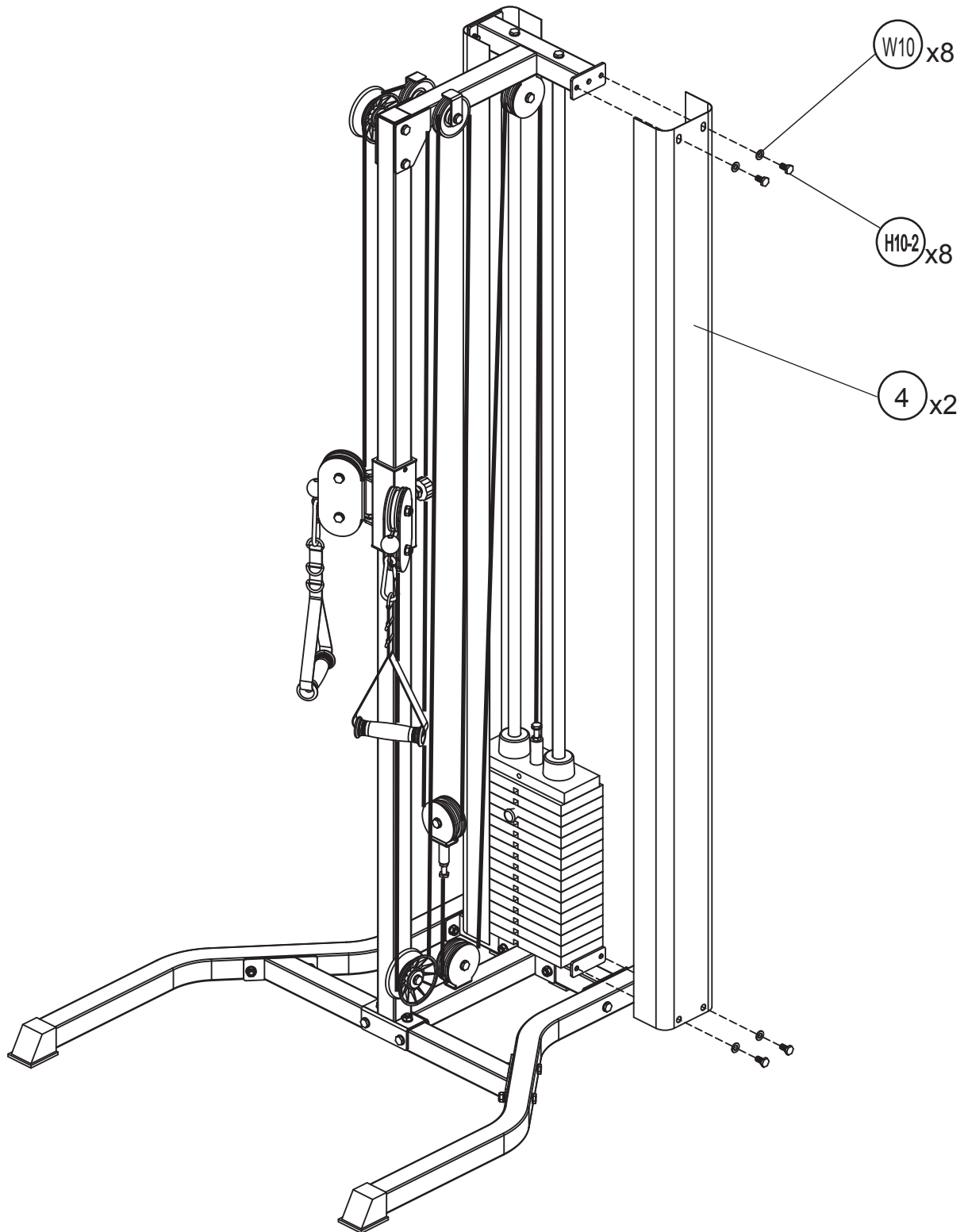
Assembly Instructions

Step 6-Parts & Hardware List

Part#	Description	Qty	Remark
4	Shield	2	
H10-2	M10x20mm Hex Head Bolt	8	
W10	M10 Washer	8	

Assembly Instructions

STEP 6



Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Base Tube	2	
2	Front Base	1	
3	Rear Base	1	
4	Shield	2	
5	Middle Base	1	
6	Front Upright	1	
7	Guide Rod	2	
8	Weight Selector Bar	1	
9	Weight Top Plate	1	
10	Weight Stack Plate	15	
11	Swivel Pulley Block	2	
12	Slider	1	
13	Top Frame	1	
14	Big Pulley	2	
15	Weight Stack Cable	1	
16	Handle Cable	1	
17	Small Pulley	9	
18	Pulley Bracket	1	
19	Strap Handle	2	
20	F50x50mm Outer Cap	4	
21	F50x50mm Inner Cap	1	Pre-assembled
22	F60-50mm Sleeve	2	Pre-assembled
23	Weight Stack Pin	1	
24	Pop Pin	1	
25	Weight Stack Bumper	2	
26	Cable Hook	2	
27	Clip	2	
28	Rotation Against Bracket	1	
H10-2	M10x20mm Hex Head Bolt	10	
H10-8	M10x50mm Hex Head Bolt	7	
H10-12	M10x70mm Hex Head Bolt	10	
H10-13	M10x75mm Hex Head Bolt	1	
H10-14	M10x80mm Hex Head Bolt	2	
H10-18	M10x100mm Hex Head Bolt	1	
H10-20	M10x110mm Hex Head Bolt	1	
H10-22	M10x120mm Hex Head Bolt	2	
H10-27	M10x145mm Hex Head Bolt	1	
A10-12	M10x70mm Allen Bolt	1	Pre-assembled
W10	M10 Washer	62	
N10	M10 Nut	27	

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.