

# 9066 FUNCTIONAL TRAINER MACHINE INSTALLATION INSTRUCTIONS-OP1



1. REMOVE ALL SARAN WRAP AND SHIPPING BRACKETS. RETAIN FASTENERS. INSTALL ANY FOOTPADS.
2. WITH THE RH AND LH FRAMES IN AN UPRIGHT AND STABLE POSITION, INSTALL THE MIDDLE CROSSMEMBER, STARTING WITH THE TOP BHCS. 4EA UPPER AND LOWER BRACKET MIDDLE CROSSMEMBER OF .50-13X1.00 BHCS, LOCK WASHER AND WASHER. LEAVE LOOSE AT THIS TIME.
3. INSTALL UPPER CROSS MEMBER WITH EXISITING (4) .50-13X2.50 BHCS, AND WASHER, AND THIN NYLOCK. LEAVE LOOSE AT THIS TIME.
4. VERIFY MACHINE IS NOT RACKED AND TIGHTEN THE TOP MIDDLE CROSSMEMBER BHCS FIRST.
5. PROCEED TO BOTTOM MIDDLE BRACKET BOLTS AND TIGHTEN. FINISH WITH TOP CROSSMEMBER NUTS.

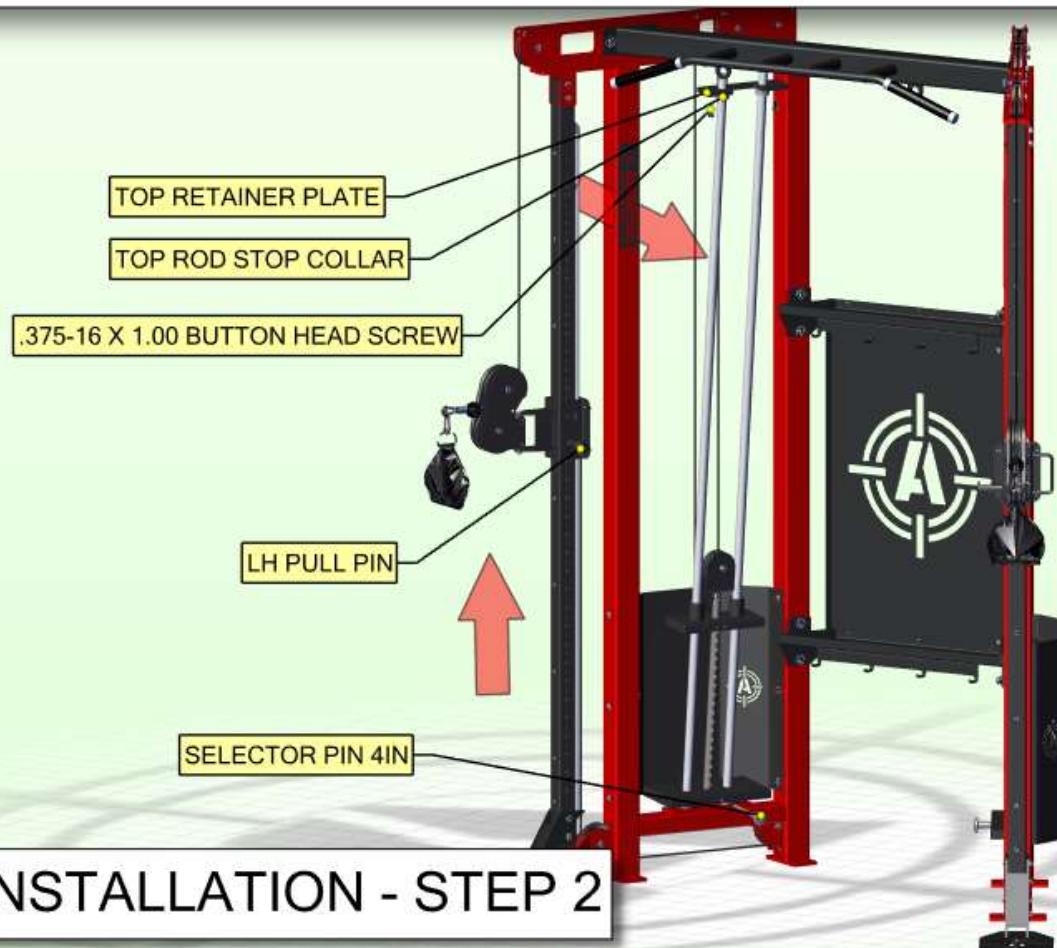


9066 | INSTALLATION - STEP 1

# 9066 FUNCTIONAL TRAINER MACHINE INSTALLATION INSTRUCTIONS-OP2



1. PULL THE LH PULL PIN AND RAISE THE LH SELECTOR 4-6 SPACES TO GIVE SLACK TO PERFORM THE FOLLOWING STEPS.
2. REMOVE THE WEIGHT SELECTOR PIN AND SET ASIDE. WITH AN ALLEN WRENCH, LOOSEN BOTH THE TOP STOP COLLARS AND SLIDE THE STOP COLLARS DOWN A MIN OF 3IN. TIGHTEN TO HOLD IN PLACE.
3. WHILE HOLDING TOP RETAINER PLATE, REMOVE (2) .375-16 X1.00 BHCS AND LET TOP RETAINER PLATE REST ON TOP ROD COLLARS.
4. WITH SLACK IN CABLE FROM STEP-1, WHILE PUSHING DOWN, LEAN RODS IN - ENSURING RODS MAINTAIN A POSITIVE BITE IN THE LOWER RECEIVER HOLES.
5. LIFT TOP PLATE ASSY WITH CABLE STILL ENCTACT OVER THE RODS AND TEMPORARILY SECURE OUT OF THE WAY OF THE RODS (ZIPTIE).
6. REPEAT FOR STEPS 1-5 FOR RH WEIGHT STACK ASSY.



9066 | INSTALLATION - STEP 2

# 9066 FUNCTIONAL TRAINER MACHINE INSTALLATION INSTRUCTIONS-OP3

1. UNWRAP AND PRESTAGE WEIGHT STACKS IN CLOSE PROXIMITY FOR LOADING, STARTING WITH RH SIDE.  
(4) MORE 20# AND (14) MORE 10# EACH SIDE. REFER TO DIAG-A AND DIAG-B FOR MORE DETAILS.
2. USING EXTREMEM CAUTION, LIFT 20# PLATE UP AND OVER RODS, SLIDE DOWN UNTIL RESTING ON EXISITING.
3. REPEAT STEP 2 FOR (3) MORE 20# PLATES. REFER TO DIAG-A AND DIAG-B FOR MORE DETAILS.
4. INSTALL (14) 10# PLATES ON TOP OF THE 20# PLATES INSTALLED IN STEPS 2-4.
5. UNSECURE TOP PLATE ASSY FROM PREVIOUS OPERATION AND SLIDE OVER THE RODS WITH THE MIDDLE ROD ALIGNING WITH THE PLATES. SLIDE (2) TOP ROD STOP COLLARS DOWN APPROX 3 " AND TEMPORARILY SECURE TO RODS.VERIFY ORIENTATION AND SLIDE TOP RETAINER DOWN TO REST ONTOP ROD STOP COLLARS.
6. WITH BOTH HANDS, WHILE PUSHING DOWN, PUSH BACK TO ALIGN RODS VERTICALLY. MOUNT TOP RETAINER PLATE.
7. SLIDE TOP ROD STOP COLLARS UP UNTIL TOUCHING THE RETAINER PLATE AND TIGHTEN. VERIFY ALL FASTENERS TIGHTENED.
8. REPEAT STEPS 1 - 9 FOR LH WEIGHT STACK.
8. RESET PULL-PINS FROM PREVIOUS OPERATION.  
ENSURE CABLE IS ROUTED CORRECTLY AND NOT TWISTED. INSERT SELECTOR PINS.



**CAUTION:**  
THE WEIGHT STACK ASSY IS INHERENTLY DANGEROUS UNTIL THE TOP IS SECURED. WEIGHTS MUST BE SLID OVER THE LEANING GUIDE ROD-ENDS  
THE GUIDE RODS CAN SLIDE OUT, FORWARD AND DOWN INJURING YOU OR A FELLOW ASSOCIATE - EXERCISE EXTREME CAUTION!

9066 | INSTALLATION - STEP 3

# 9066 FUNCTIONAL TRAINER MACHINE INSTALLATION DIAGRAMS

