



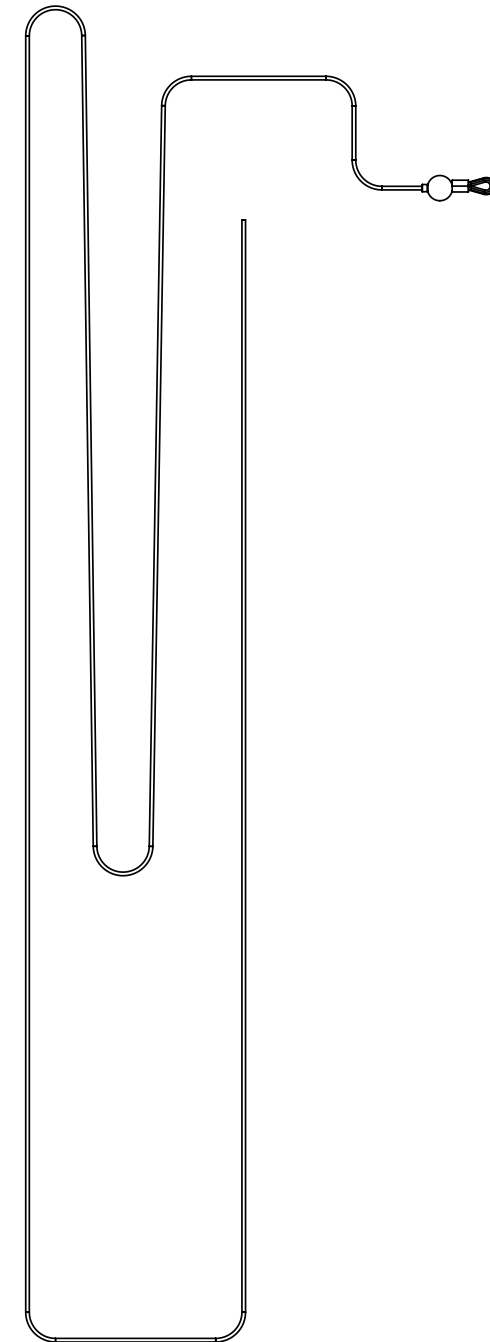
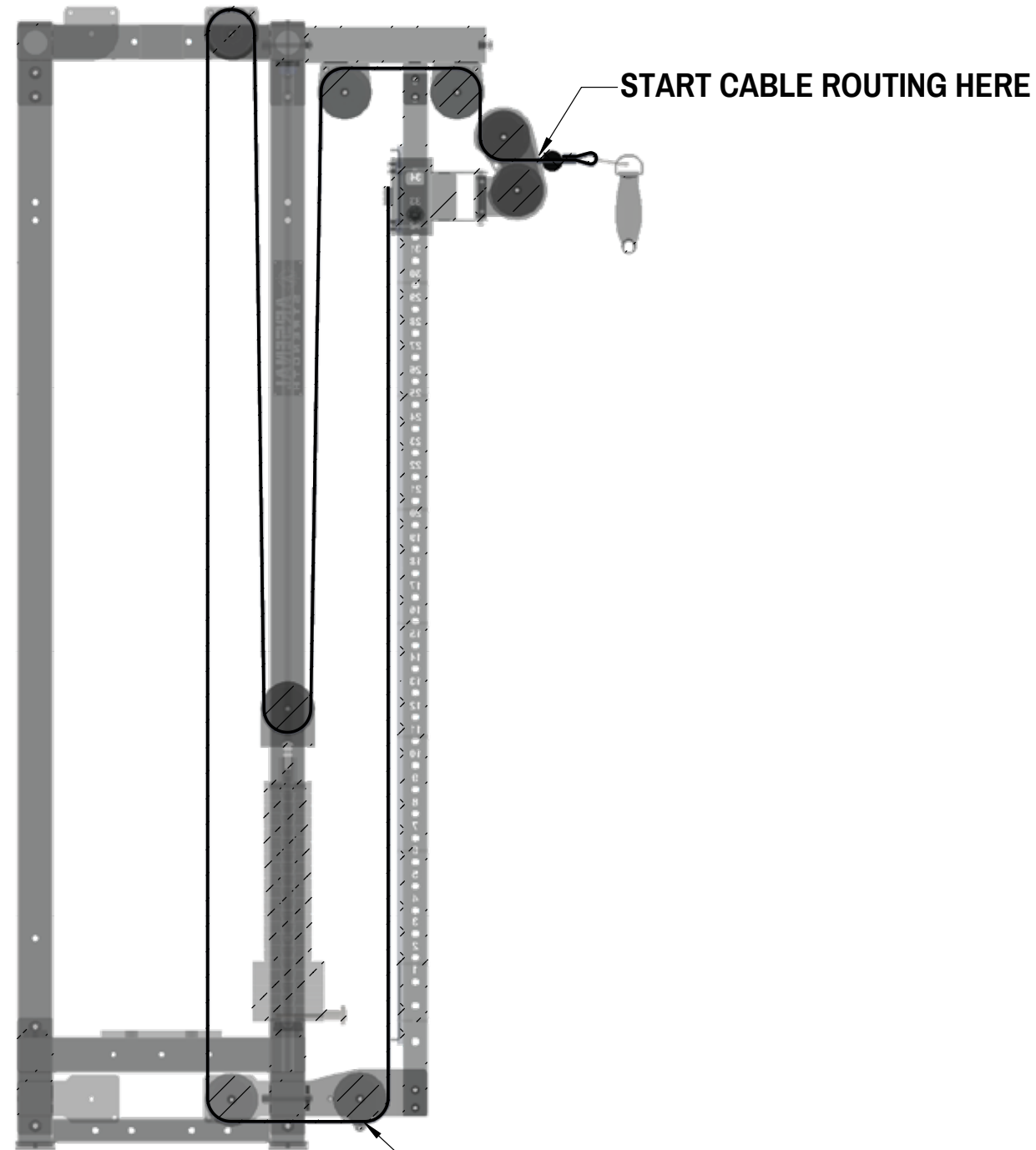
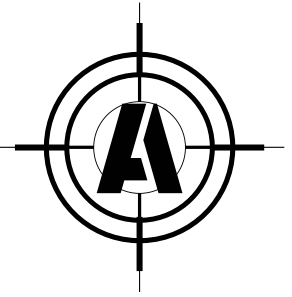
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**M1 BASIC TRAINER
ASSEMBLY.**

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M1 BASIC TRAINER ASSEMBLY

CABLES



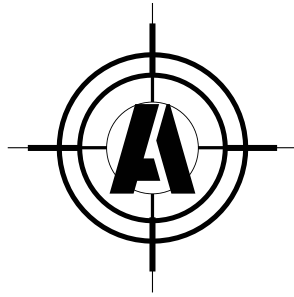
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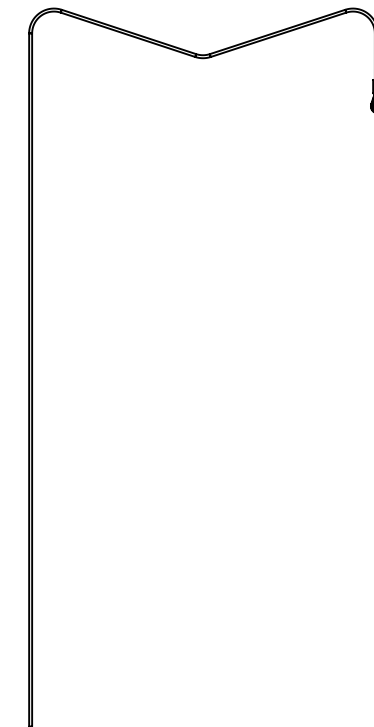
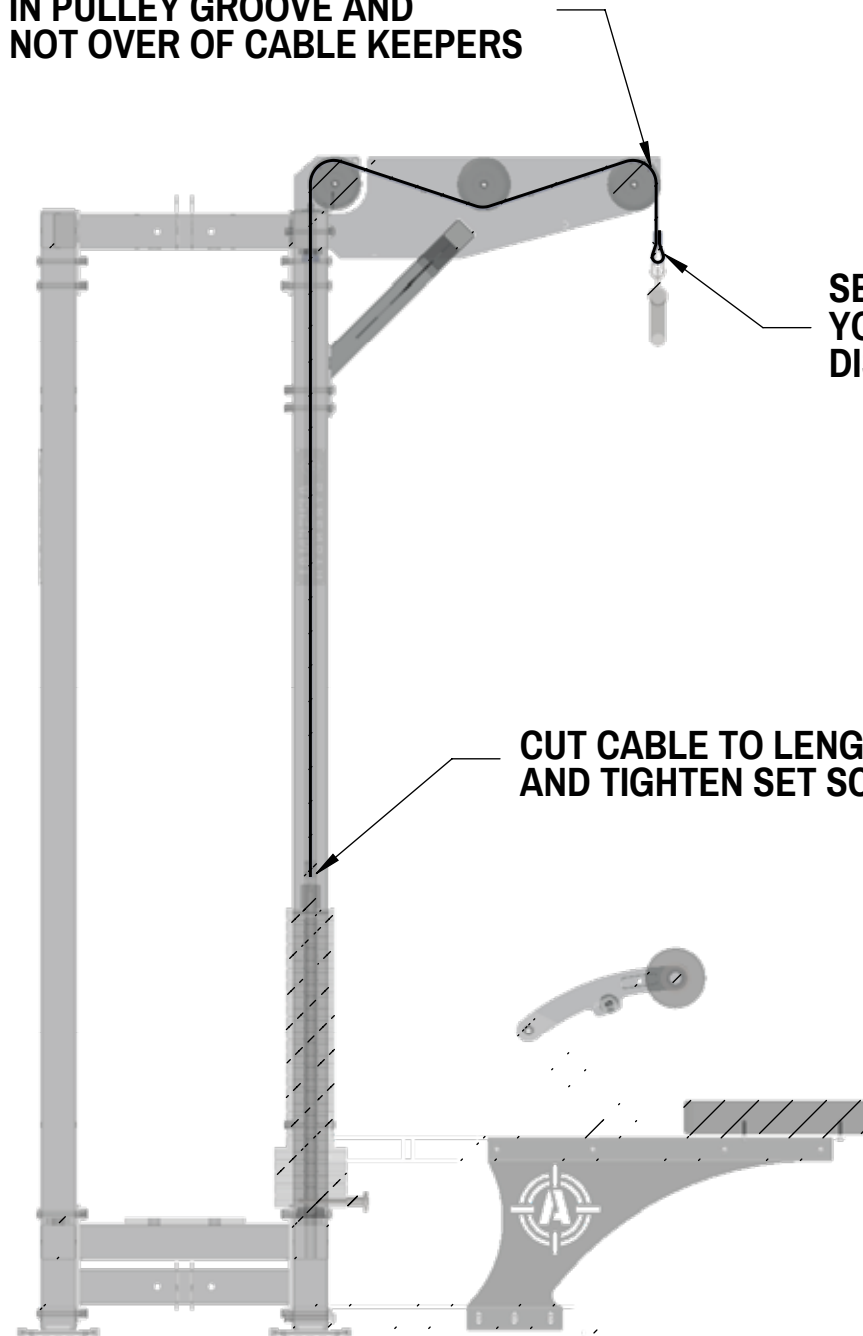
CABLES



BE SURE CABLE IS ROUTED
IN PULLEY GROOVE AND
NOT OVER OF CABLE KEEPERS

SET LOOP HEIGHT AT
YOUR PREFERENCE
DISTANCE FROM SEAT

CUT CABLE TO LENGTH
AND TIGHTEN SET SCREWS



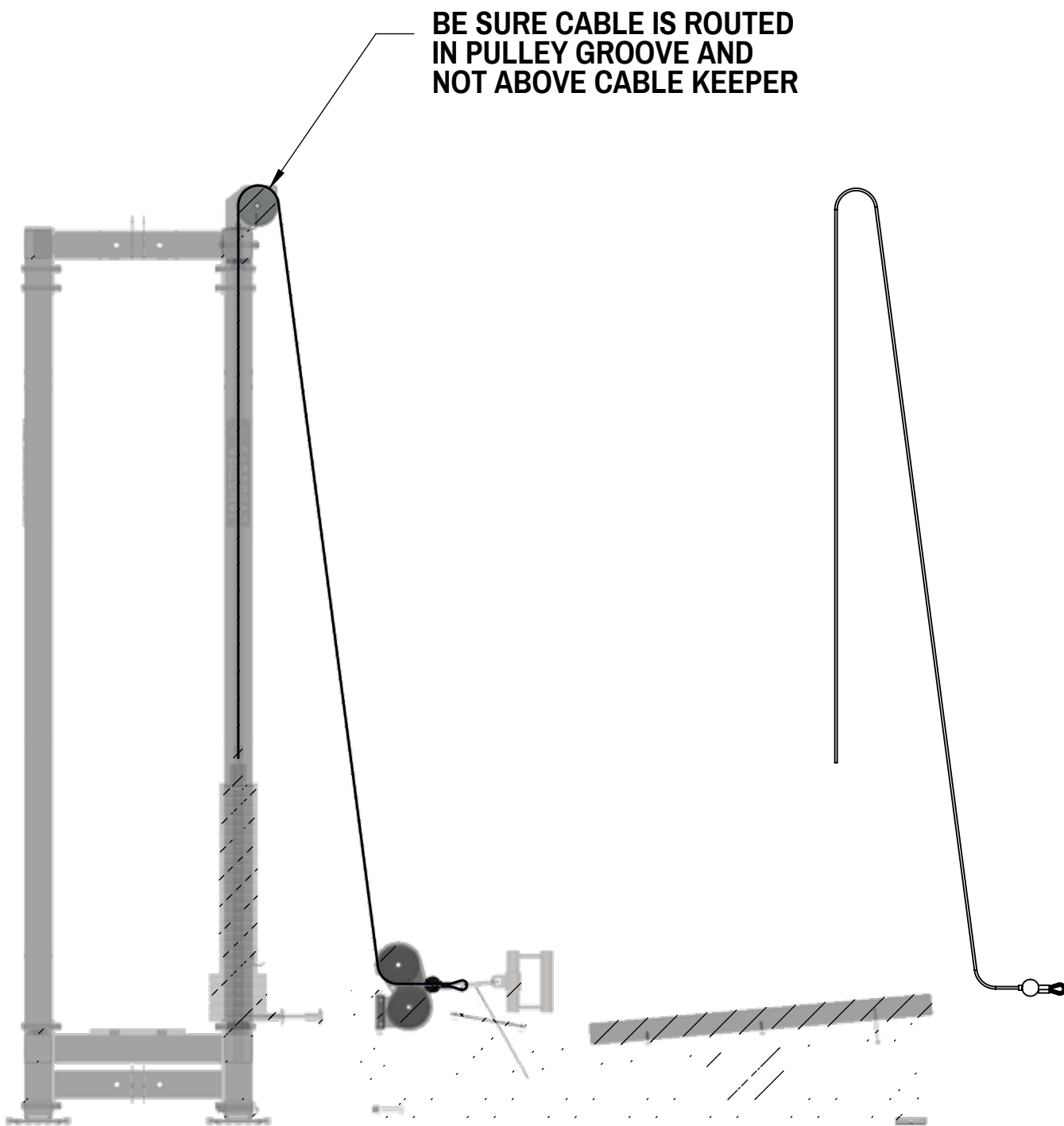
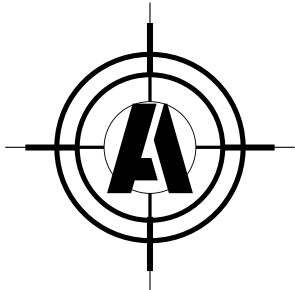
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M1 BASIC TRAINER ASSEMBLY

CABLES



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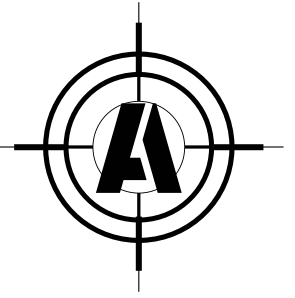
SECTION A-A

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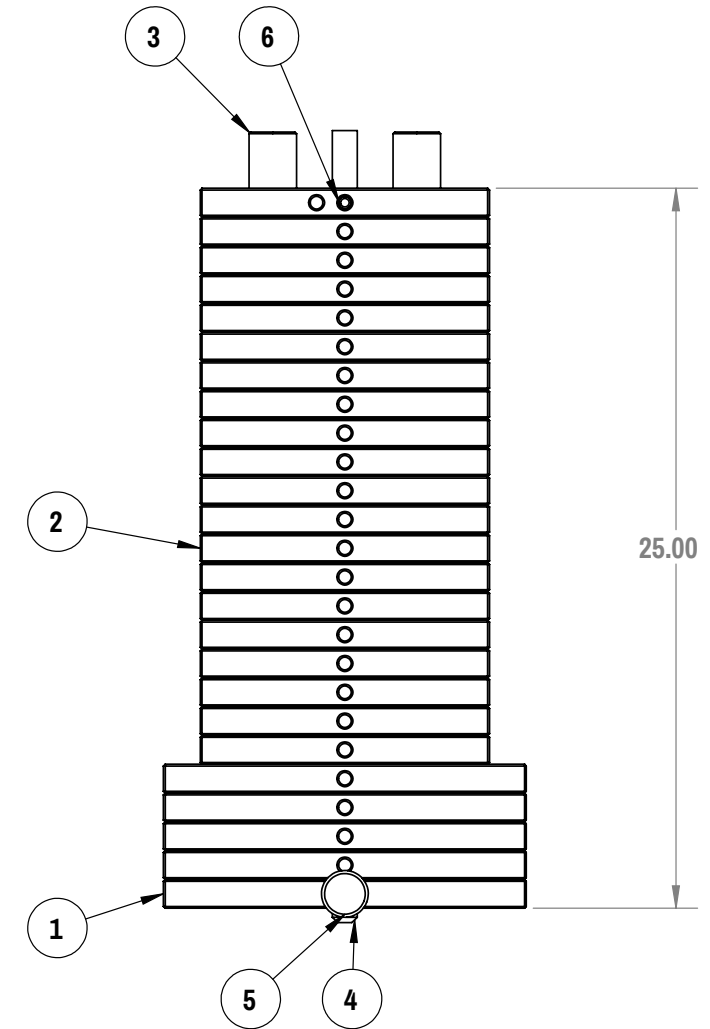
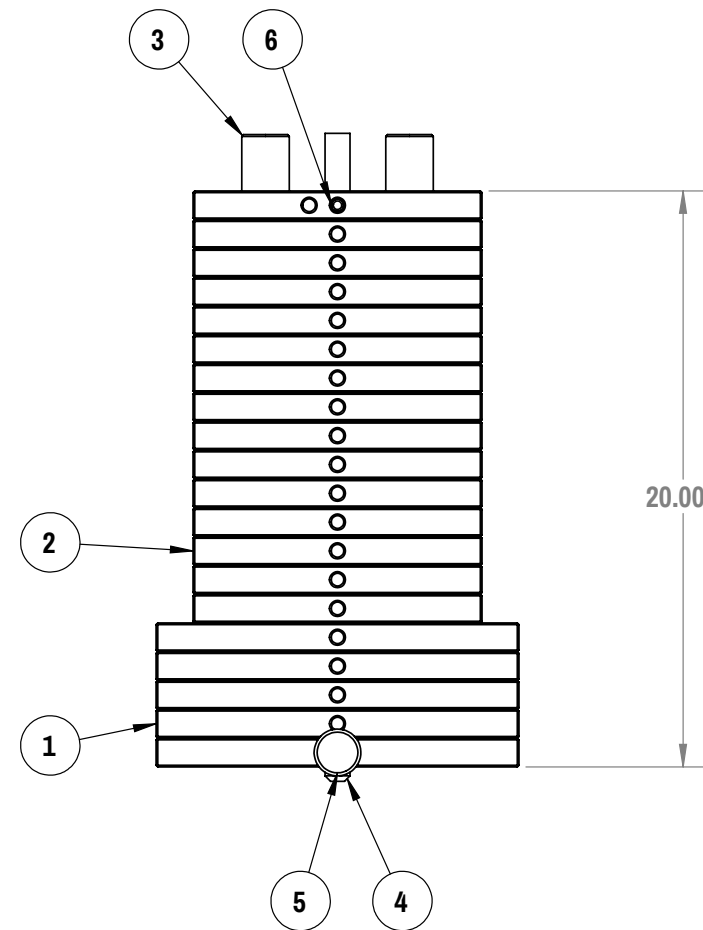
M1 BASIC TRAINER ASSEMBLY

CABLES



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	/X4 STACKS
1	20LB STACK PLATE	152MM X 320MM X 25.4MM PLATE	5	20
2	10LB STACK PLATE	4" X 10" X 1" PLATE	14	56
3	10LB TOP PLATE	4" X 10" X 1" TOP PLATE	1	4
4	SELECTOR ROD 20	SELECT SHAFT (20 PIN)	1	4
5	SELECTOR PIN 4IN	WEIGHT STACK PIN	1	4
6	SPLIT PIN .437 X 3.00L	98296A808 STEEL SLOTTED SPRING PIN	1	4
7	250LB MIXED STICKER KIT	VINYL STICKER KIT	1	4

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	/X4 STACKS
1	20LB STACK PLATE	152MM X 320MM X 25.4MM PLATE	5	20
2	10LB STACK PLATE	4" X 10" X 1" PLATE	19	76
3	10LB TOP PLATE	4" X 10" X 1" TOP PLATE	1	4
4	SELECTOR ROD 25	SELECT SHAFT (25 PIN)	1	4
5	SELECTOR PIN 4IN	WEIGHT STACK PIN	1	4
6	SPLIT PIN .437 X 3.00L	98296A808 STEEL SLOTTED SPRING PIN	1	4
7	300LB MIXED STICKER KIT	VINYL STICKER KIT	1	4



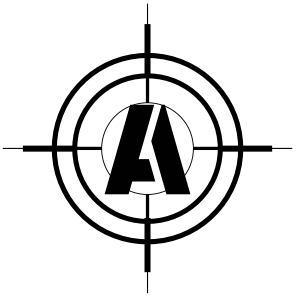
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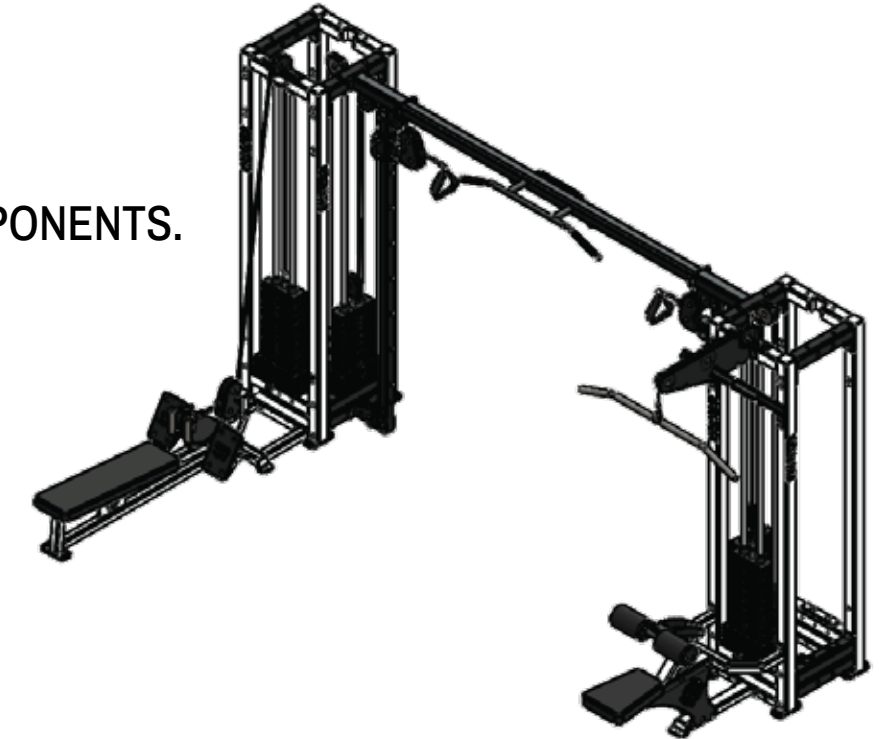
M1 BASIC TRAINER ASSEMBLY

STEP 1



BASIC TRAINER ASSEMBLY INSTRUCTIONS

- PLEASE NOTE ASSEMBLY HARDWARE IS PRE-INSTALLED IN REQUIRED LOCATIONS.
- DO NOT REMOVE THIS HARDWARE UNTIL YOU ARE READY TO ATTACH MATING COMPONENTS.



STEP 1:

- SET BOTH CUBE TOWERS AND CROSSBAR IN DESIRED LOCATION.
- REMOVE HARDWARE FROM CROSSBAR MOUNTING FLANGE ON CUBE TOWERS.
- LIFT CROSSBAR INTO PLACE AND INSTALL HARDWARE.
- MAKE SURE UNIT IS IN EXACT DESIRED LOCATION BEFORE ADDING WEIGHT STACKS.

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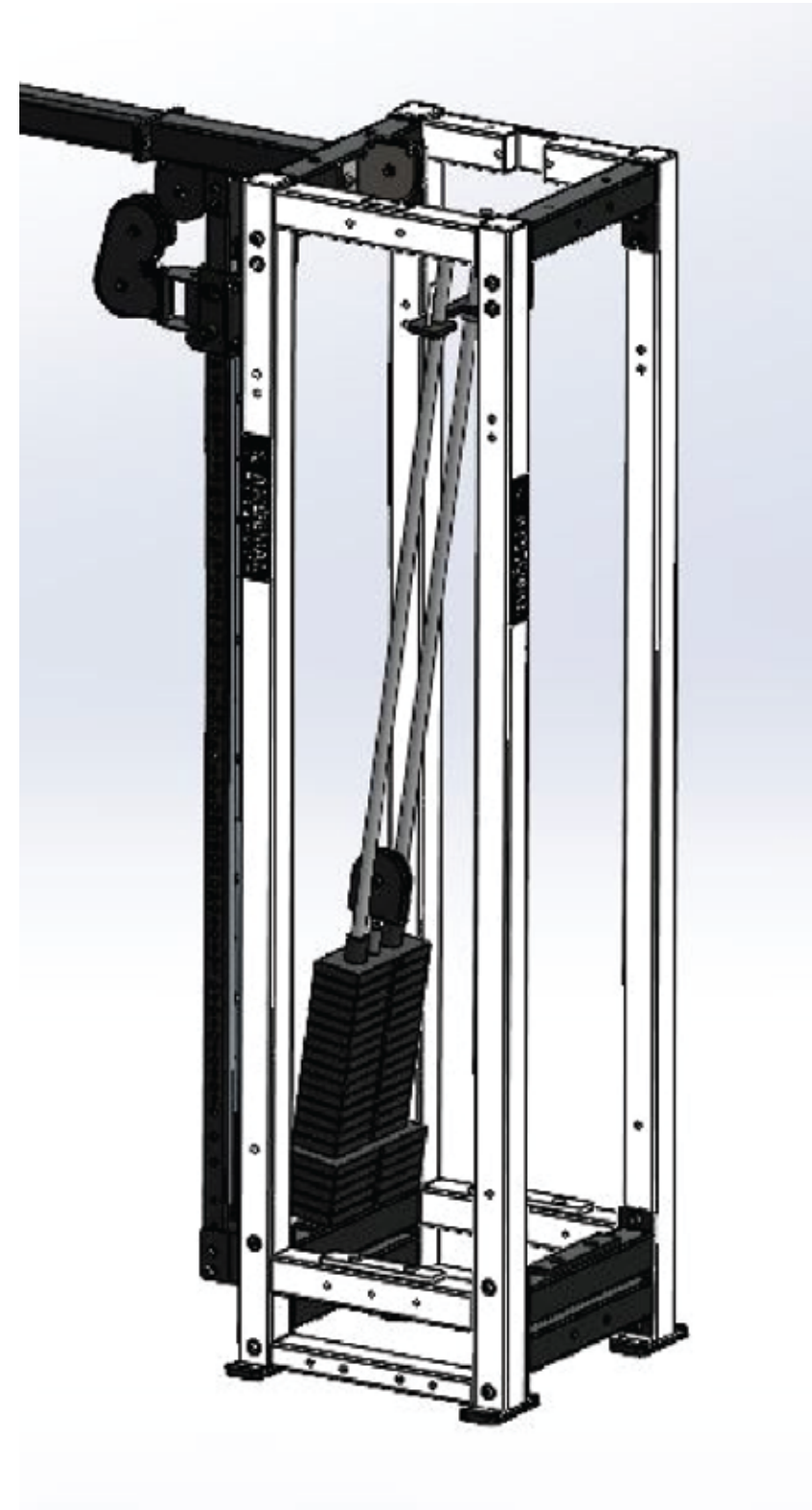
M1 BASIC TRAINER ASSEMBLY

STEP 2



STEP 2: ADJUSTABLE CABLE COLUMN WEIGHT STACK INSTALLATION

- LOOSEN GUIDE ROD SHAFT COLLARS AND REMOVE BOLTS FROM UPPER GUIDE ROD KEEPER PLATE.
- LEAVING GUIDE RODS IN LOWER FRAME TUBE. TILT BOTH GUIDE RODS TOWARDS INSIDE CUBE TOWER.
- REMOVE SHAFT COLLARS AND KEEPER PLATE.
- STARTING WITH A 20LB PLATE, LOWER TO BOTTOM OF GUIDE RODS UNTIL IT RESTS ON RUBBER BUMPERS.
- INSTALL (QTY 5) 20LB PLATES AND (QTY 14) 10LB PLATES.
- BEFORE SLIDING TOP PLATE/SELECTOR SHAFT ON TO GUIDE RODS, THREAD IN PULLEY BRACKET TO TOP PLATE AND TIGHTEN JAM NUT.
- INSTALL (QTY 1) 10LB TOP PLATE/SELECTOR SHAFT ON TO GUIDE RODS.
- SLIDE SHAFT COLLARS AND GUIDE ROD KEEPER PLATE BACK ON TO GUIDE RODS.
- TILT ENTIRE ASSEMBLY BACK TO UPRIGHT POSITION IN CUBE FRAME.
- REINSTALL HARDWARE THROUGH KEEPER PLATE AND TOP FRAME TUBE.
- USE ADJUSTABLE CABLE COLUMN CABLE ROUTING DOCUMENT FOR CABLE INSTALLATION.



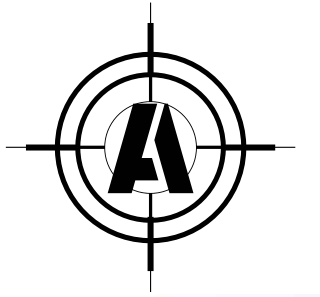
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M1 BASIC TRAINER ASSEMBLY

STEP 3



STEP 3: PULL DOWN AND LOW ROW WEIGHT STACK INSTALLATION

- LOOSEN GUIDE ROD SHAFT COLLARS AND REMOVE BOLTS FROM UPPER GUIDE ROD KEEPER PLATE.
- LEAVING GUIDE RODS IN LOWER FRAME TUBE. TILT BOTH GUIDE RODS TOWARDS OUTSIDE OF CUBE TOWER.
- REMOVE SHAFT COLLARS AND KEEPER PLATE.
- START WEIGHT PLATE INSTALLATION BY LINING UP HOLES IN WEIGHT PLATE TO TOP OF GUIDE RODS.
- STARTING WITH A 20LB PLATE, LOWER TO BOTTOM OF GUIDE RODS UNTIL IT RESTS ON RUBBER BUMPERS.
- INSTALL (QTY 5) 20LB PLATES AND (QTY 19) 10LB PLATES.
- INSTALL (QTY 1) 10LB TOP PLATE/SELECTOR SHAFT ON TO GUIDE RODS.
- SLIDE SHAFT COLLARS AND GUIDE ROD KEEPER PLATE BACK ON TO GUIDE RODS.
- TILT ENTIRE ASSEMBLY BACK TO UPRIGHT POSITION IN CUBE FRAME.
- REINSTALL HARDWARE THROUGH KEEPER PLATE AND TOP FRAME TUBE.
- THREAD CABLE RETAINER INTO TOP PLATE SHAFT AND TIGHTEN JAM NUT.



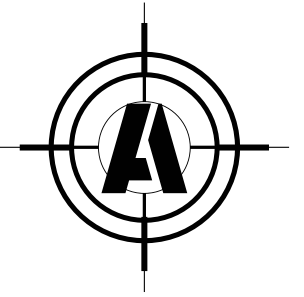
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STEP 4

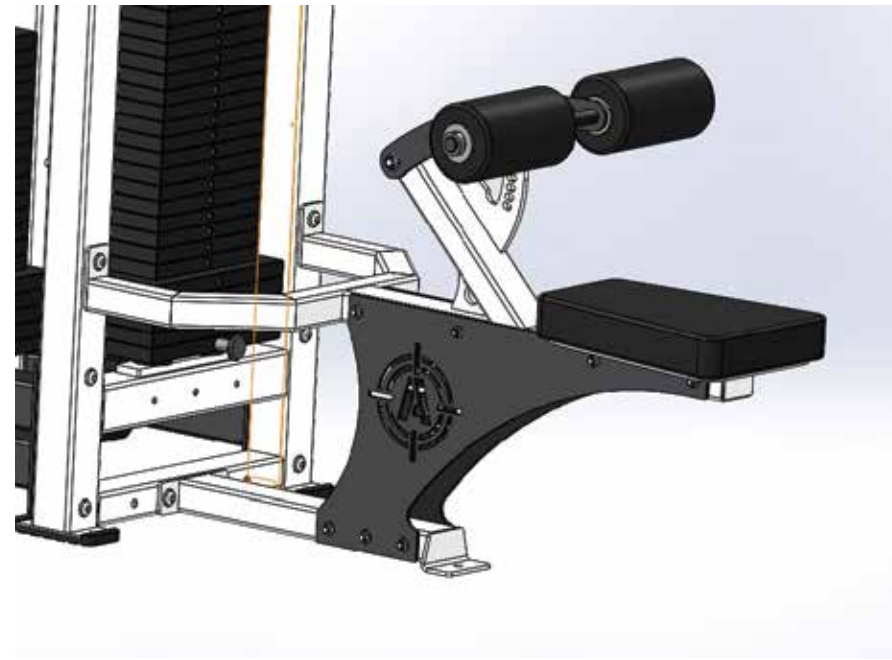
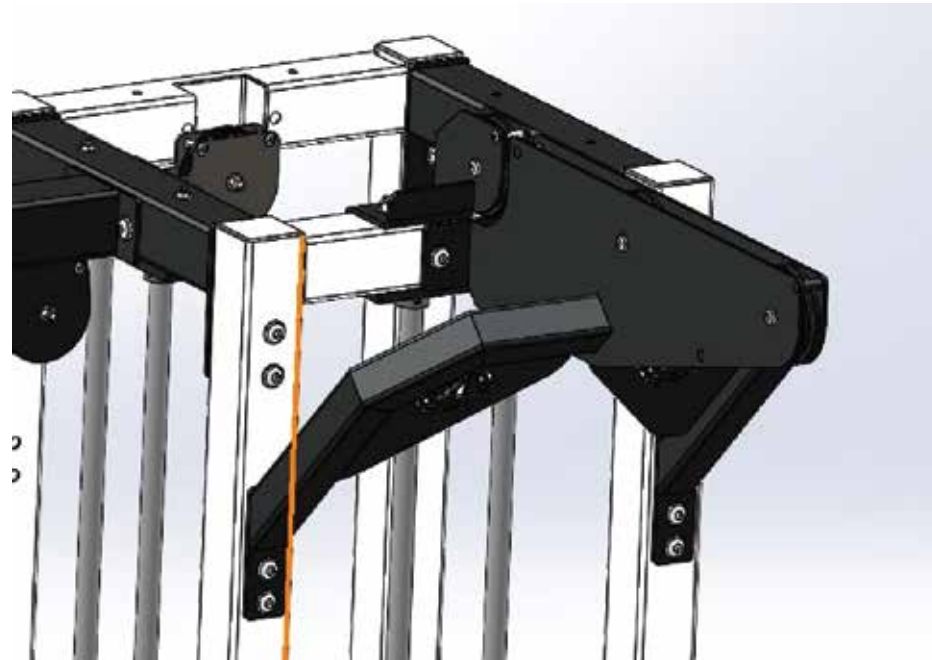


STEP 4:

LAT PULL DOWN STATION INSTALLATION

(NOTE: THIS STATION CAN BE LOCATED TO LH OR RH CUBE FRAME)

- REMOVE HARDWARE FROM CUBE FRAME.
- LIFT AND HOLD UPPER PULLEY ASSEMBLY INTO PLACE.
- A LINE-UP OR TAPERED PUNCH CAN BE USED TO HELP ALIGN HOLES FOR HARDWARE INSTALLATION.
- REINSTALL HARDWARE INTO ASSEMBLY AND CUBE FRAME.
- PERFORM THE SAME PROCESS FOR INSTALLING PULLDOWN LOWER SEAT ASSEMBLY.
- USE LAT PULLDOWN CABLE ROUTING DOCUMENT FOR CABLE INSTALLATION.



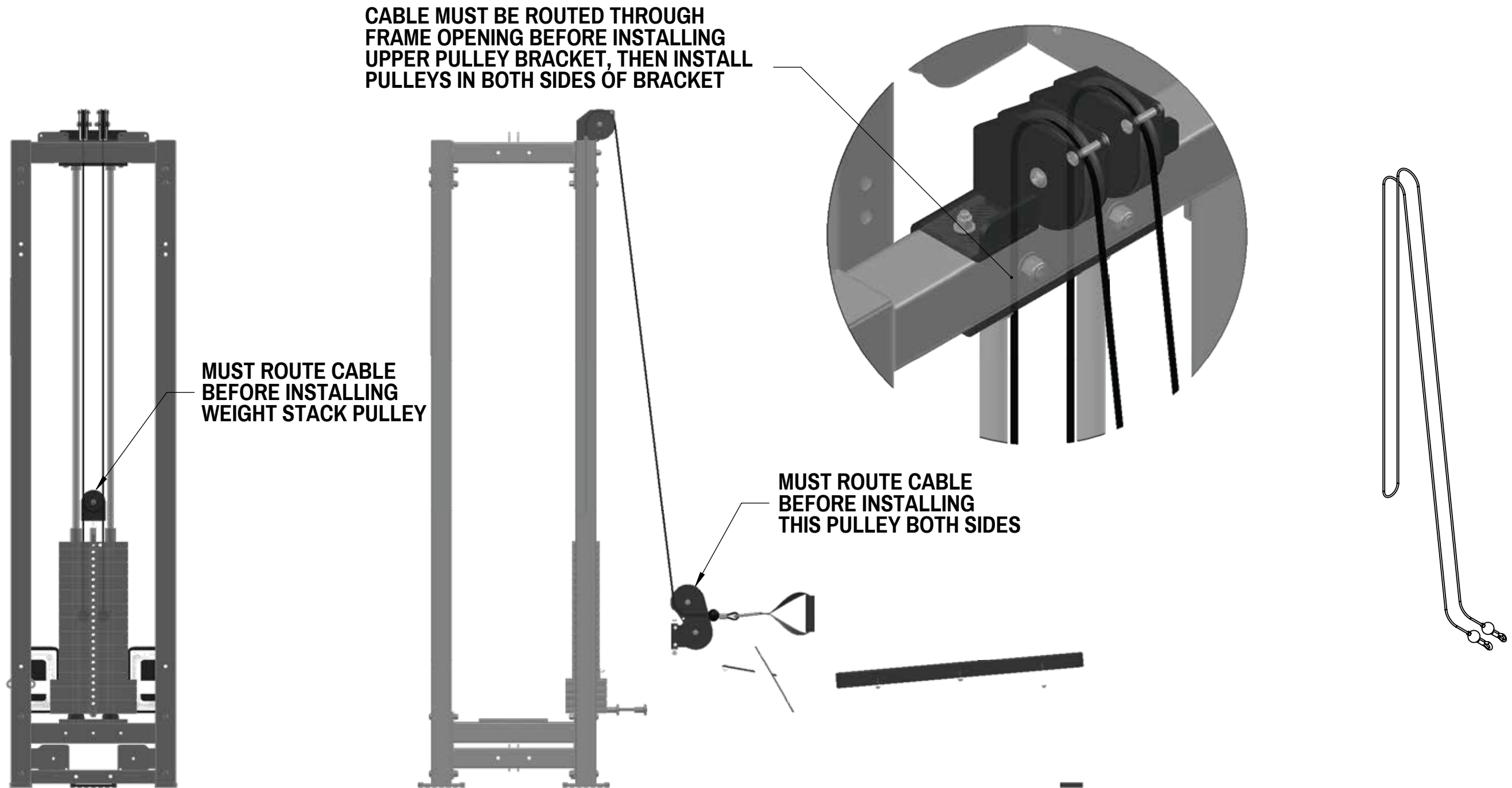
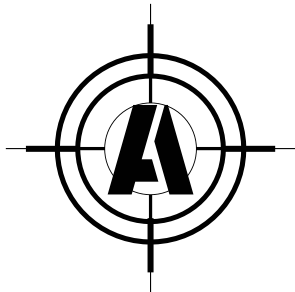
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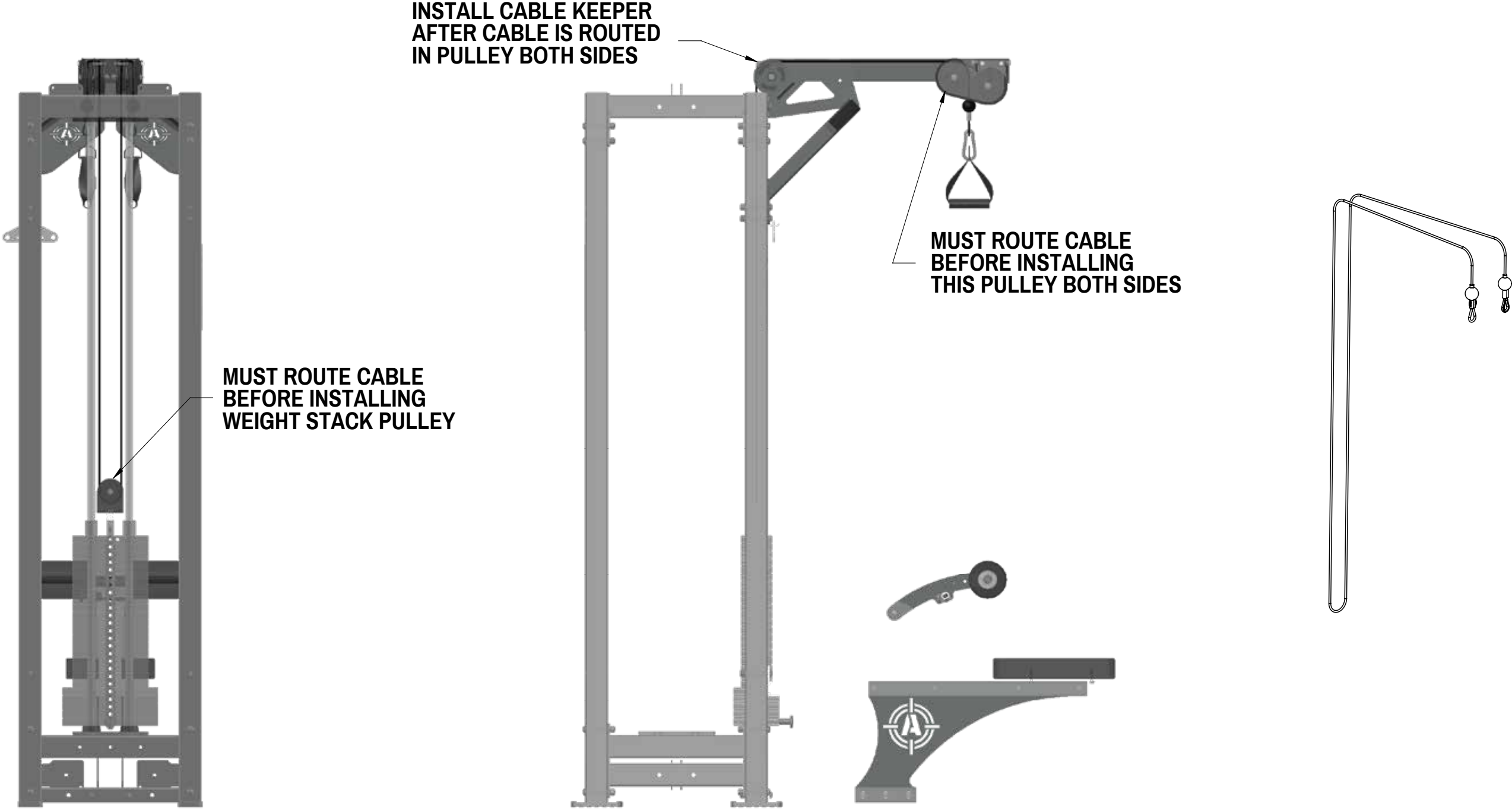
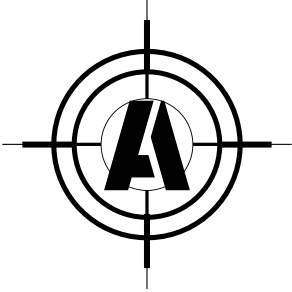
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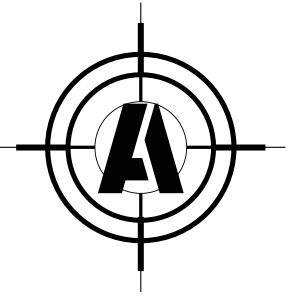
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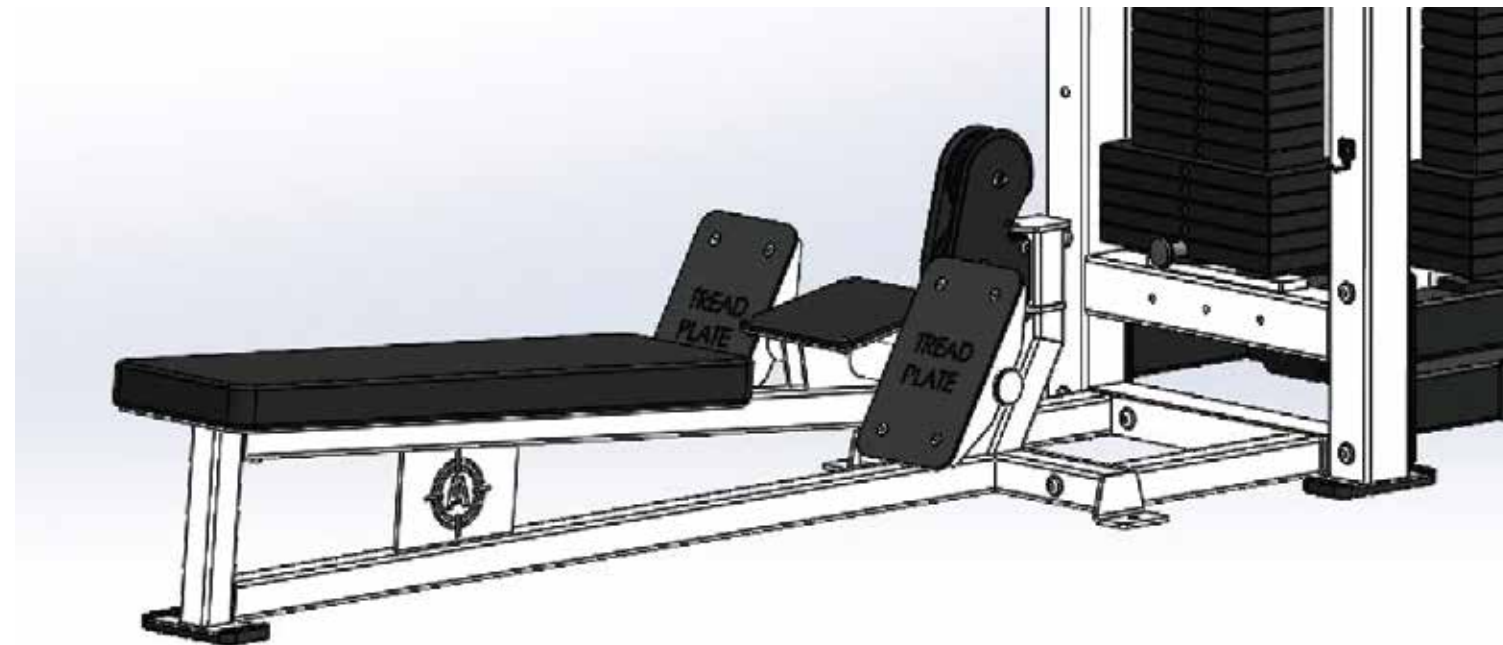
STEP 4



STEP 4: LOW ROW STATION INSTALLATION.

(NOTE: THIS STATION CAN BE LOCATED TO LH OR RH CUBE FRAME)

- REMOVE HARDWARE FROM CUBE FRAME.
- MOVE LOW ROW ASSEMBLY INTO DESIRED POSITION.
- A LINE-UP OR TAPERED PUNCH CAN BE USED TO HELP ALIGN HOLES FOR HARDWARE INSTALLATION.
- REINSTALL HARDWARE INTO ASSEMBLY AND CUBE FRAME.
- USE LOW ROW CABLE ROUTING DOCUMENT FOR CABLE INSTALLATION.



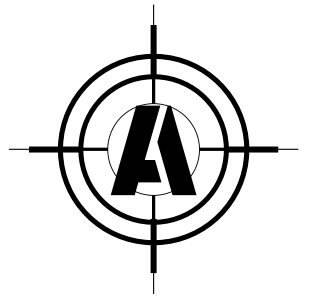
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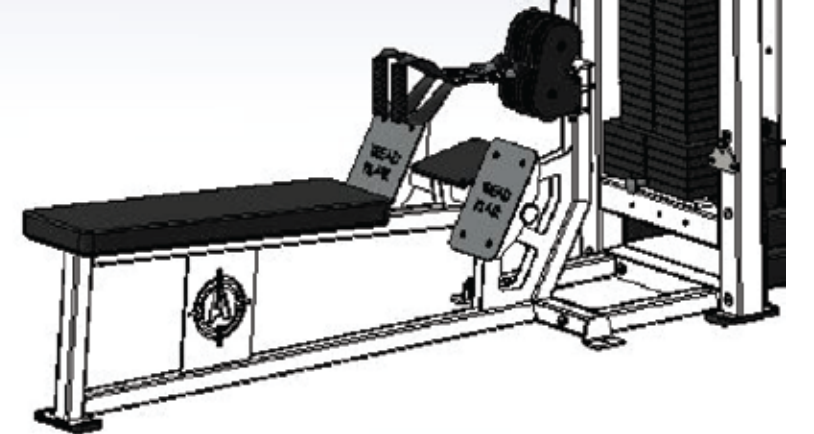
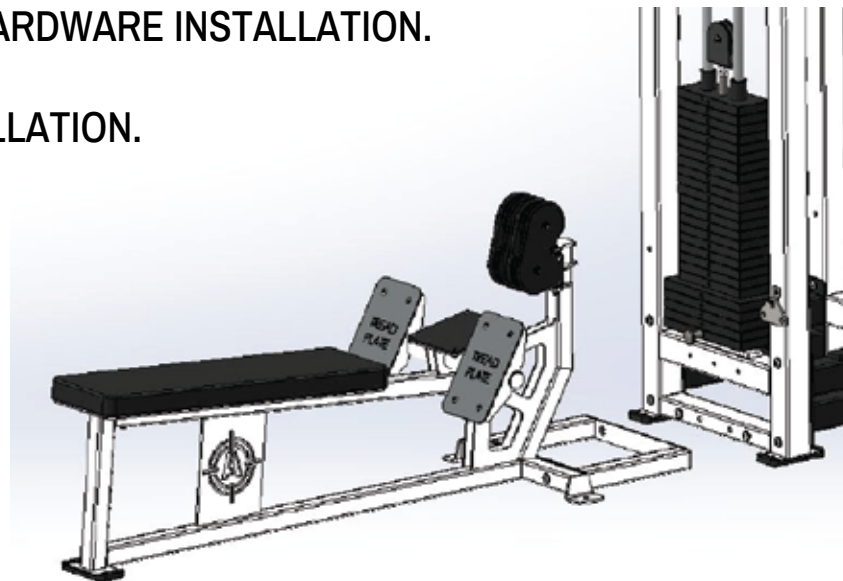
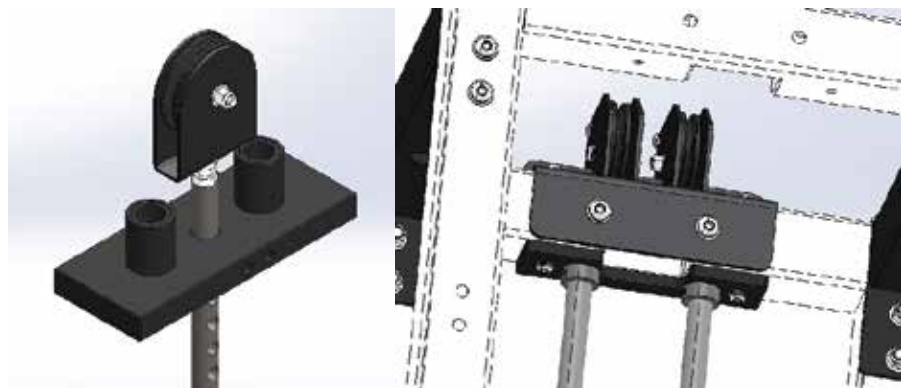
DUAL PULLEY



DUAL PULLEY: LOW ROW WEIGHT STACK INSTALLATION

(NOTE: THIS STATION CAN BE LOCATED TO LH OR RH CUBE FRAME)

- LOOSEN GUIDE ROD SHAFT COLLARS AND REMOVE BOLTS FROM UPPER GUIDE ROD KEEPER PLATE.
- LEAVING GUIDE RODS IN LOWER FRAME TUBE. TILT BOTH GUIDE RODS TOWARDS OUTSIDE OF CUBE TOWER.
- REMOVE SHAFT COLLARS AND KEEPER PLATE.
- START WEIGHT PLATE INSTALLATION BY LINING UP HOLES IN WEIGHT PLATE TO TOP OF GUIDE RODS.
- STARTING WITH A 20LB PLATE, LOWER TO BOTTOM OF GUIDE RODS UNTIL IT RESTS ON RUBBER BUMPERS.
- INSTALL (QTY 5) 20LB PLATES AND (QTY 19) 10LB PLATES.
- INSTALL (QTY 1) 10LB TOP PLATE/SELECTOR SHAFT ON TO GUIDE RODS WITH PULLEY BRACKET (AS SHOWN).
- SLIDE SHAFT COLLARS AND GUIDE ROD KEEPER PLATE BACK ON TO GUIDE RODS.
- TILT ENTIRE ASSEMBLY BACK TO UPRIGHT POSITION IN CUBE FRAME.
- REINSTALL HARDWARE THROUGH KEEPER PLATE, TOP FRAME TUBE, AND TOP DUAL PULLEY ASSEMBLY (AS SHOWN).
- NOW START INSTALLING THE LOW ROW BENCH ASSEMBLY BY REMOVING HARDWARE FROM CUBE FRAME.
- MOVE LOW ROW BENCH ASSEMBLY INTO POSITION.
- A LINE-UP OR TAPERED PUNCH CAN BE USED TO HELP ALIGN HOLES FOR HARDWARE INSTALLATION.
- REINSTALL HARDWARE INTO ASSEMBLY AND CUBE FRAME.
- USE DUAL PULLEY LOW ROW CABLE ROUTING DOCUMENT FOR CABLE INSTALLATION.



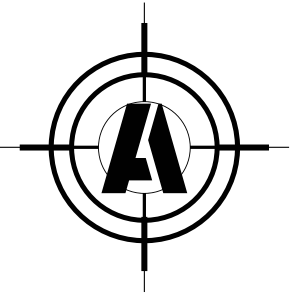
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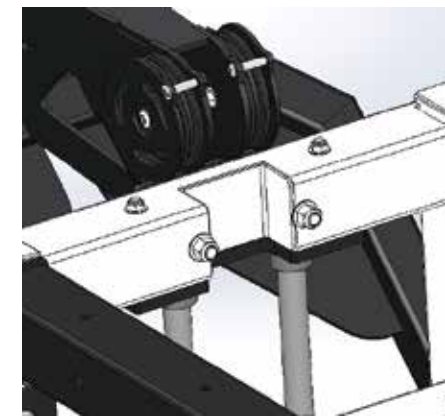
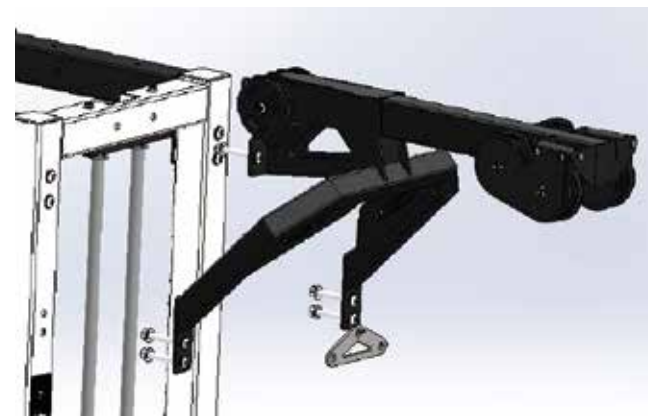
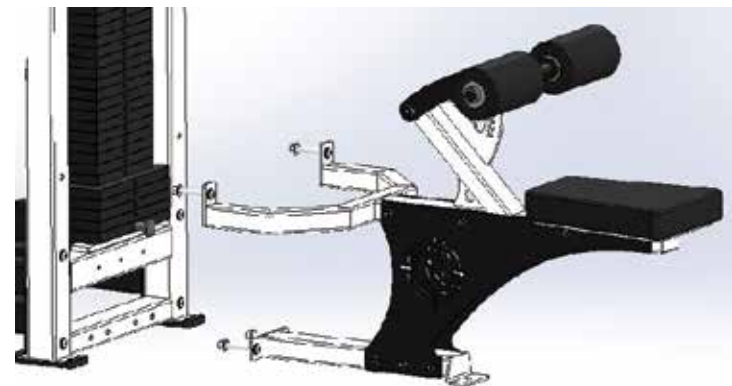
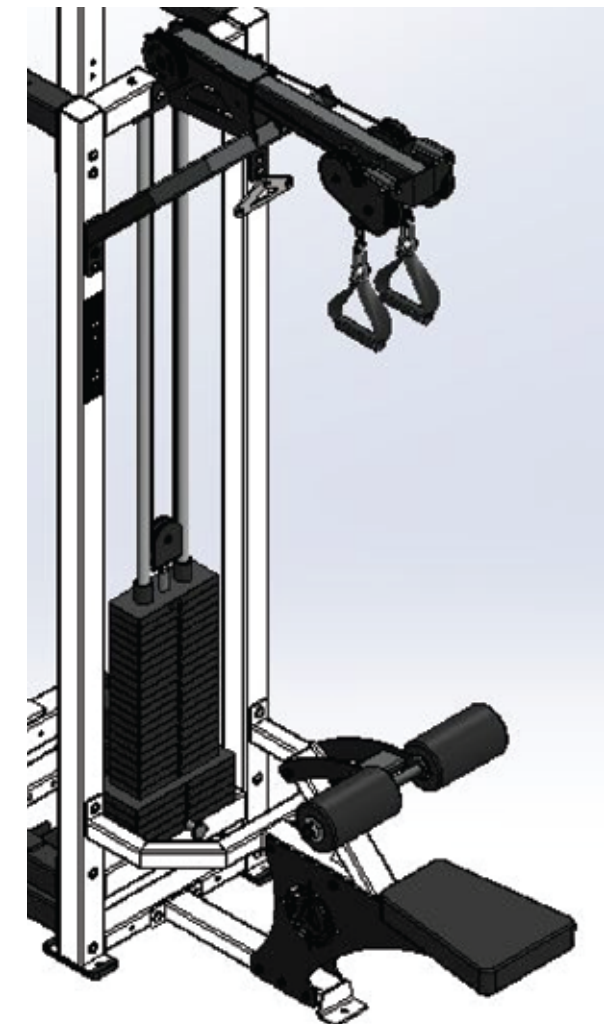
DUAL PULLEY



DUAL PULLEY: LOW ROW WEIGHT STACK INSTALLATION

(NOTE: THIS STATION CAN BE LOCATED TO LH OR RH CUBE FRAME)

- LOOSEN GUIDE ROD SHAFT COLLARS AND REMOVE BOLTS FROM UPPER GUIDE ROD KEEPER PLATE.
- LEAVING GUIDE RODS IN LOWER FRAME TUBE. TILT BOTH GUIDE RODS TOWARDS OUTSIDE OF CUBE TOWER.
- REMOVE SHAFT COLLARS AND KEEPER PLATE.
- START WEIGHT PLATE INSTALLATION BY LINING UP HOLES IN WEIGHT PLATE TO TOP OF GUIDE RODS.
- STARTING WITH A 20LB PLATE, LOWER TO BOTTOM OF GUIDE RODS UNTIL IT RESTS ON RUBBER BUMPERS.
- INSTALL (QTY 5) 20LB PLATES AND (QTY 19) 10LB PLATES.
- INSTALL (QTY 1) 10LB TOP PLATE/SELECTOR SHAFT ON TO GUIDE RODS WITH PULLEY BRACKET (AS SHOWN).
- SLIDE SHAFT COLLARS AND GUIDE ROD KEEPER PLATE BACK ON TO GUIDE RODS.
- TILT ENTIRE ASSEMBLY BACK TO UPRIGHT POSITION IN CUBE FRAME.
- REINSTALL HARDWARE THROUGH KEEPER PLATE, TOP FRAME TUBE, AND TOP DUAL PULLEY ASSEMBLY (AS SHOWN).
- NOW START INSTALLING THE DUAL PULLEY LAT PULLDOWN ASSEMBLIES REMOVING HARDWARE FROM CUBE FRAME.
- LIFT AND HOLD UPPER PULLEY ASSEMBLY INTO PLACE.
- A LINE-UP OR TAPERED PUNCH CAN BE USED TO HELP ALIGN HOLES FOR HARDWARE INSTALLATION.
- REINSTALL HARDWARE INTO ASSEMBLY AND CUBE FRAME.
- PERFORM THE SAME PROCESS FOR INSTALLING PULLDOWN LOWER SEAT ASSEMBLY.
- USE DUAL PULLEY LAT PULLDOWN CABLE ROUTING DOCUMENT FOR CABLE INSTALLATION.



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