

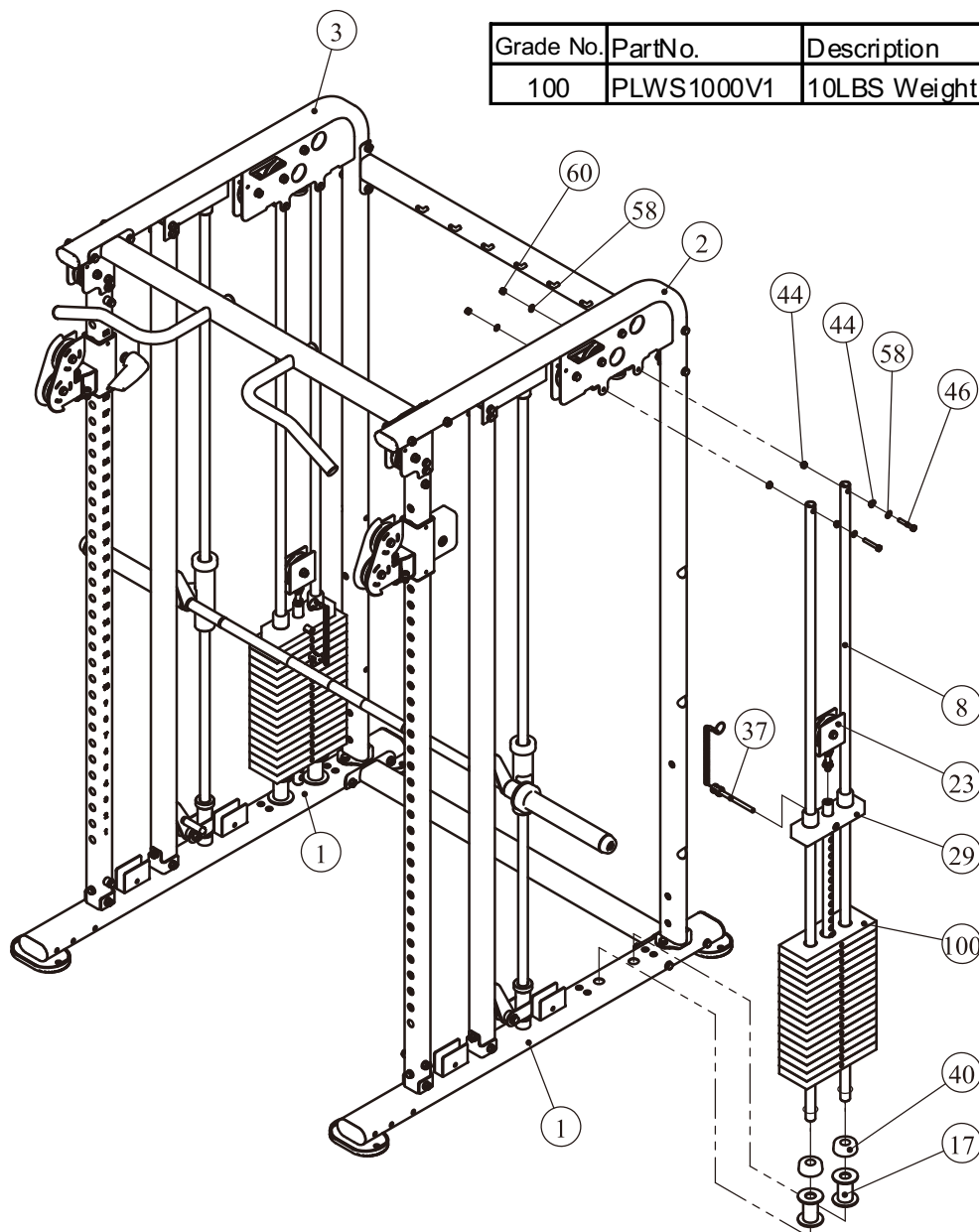
Assembly

STEP 6

Here is the assembly instruction for **170LBS Weights !**

1. Attach four $\Phi 25 \times 1948$ Guide Rod (#8), four $\Phi 62 \times \Phi 25.2 \times 25$ Rubber Bumper (#40), thirty-two 10lbs Weight Plate (#100), two Top Plate (#29), four Weight Stack Space (#17) to the Right Standing Frame II ASSY (#2), the Left Standing Frame II ASSY (#3) and the Foot Frame ASSY (#1) using:
 four M8*50 HHB (#46) eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#58)
 four M8 Nylon Lock Nut (#60) eight Stop Nylon Sleeve $\Phi 16 \times \Phi 8.5 \times 6$ (#44)
2. Attach two Pulley Frame ASSY (#23) to the Top Plate (#29).
3. Attach two Selector Pin W/Coil (#37) to the Weight Plate.

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Grade No.	PartNo.	Description	QTY
100	PLWS1000V1	10LBS Weight Plate	32

Assembly

STEP 6

Here is the assembly instruction for **200LBS Weights !**

1. Attach four $\Phi 25 \times 1948$ Guide Rod (#8), four $\Phi 62 \times \Phi 25.2 \times 25$ Rubber Bumper (#40), thirty-eight 10lbs Weight Plate (#101), two Top Plate (#29) to the Right Standing Frame II ASSY (#2), the Left Standing Frame II ASSY (#3) and the Foot Frame ASSY (#1) using:
 four M8*50 HHB (#46) eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#58)
 four M8 Nylon Lock Nut (#60) eight Stop Nylon Sleeve $\Phi 16 \times \Phi 8.5 \times 6$ (#44)
2. Attach two Pulley Frame ASSY (#23) to the Top Plate (#29).
3. Attach two Selector Pin W/Coil (#37) to the Weight Plate.

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.

