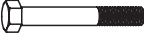




# ASSEMBLY STEP 1

## HARDWARE USED IN THIS STEP

  
**Bolts(A)** QTY: 6  
**HBOLT** 0.5-13 3.5

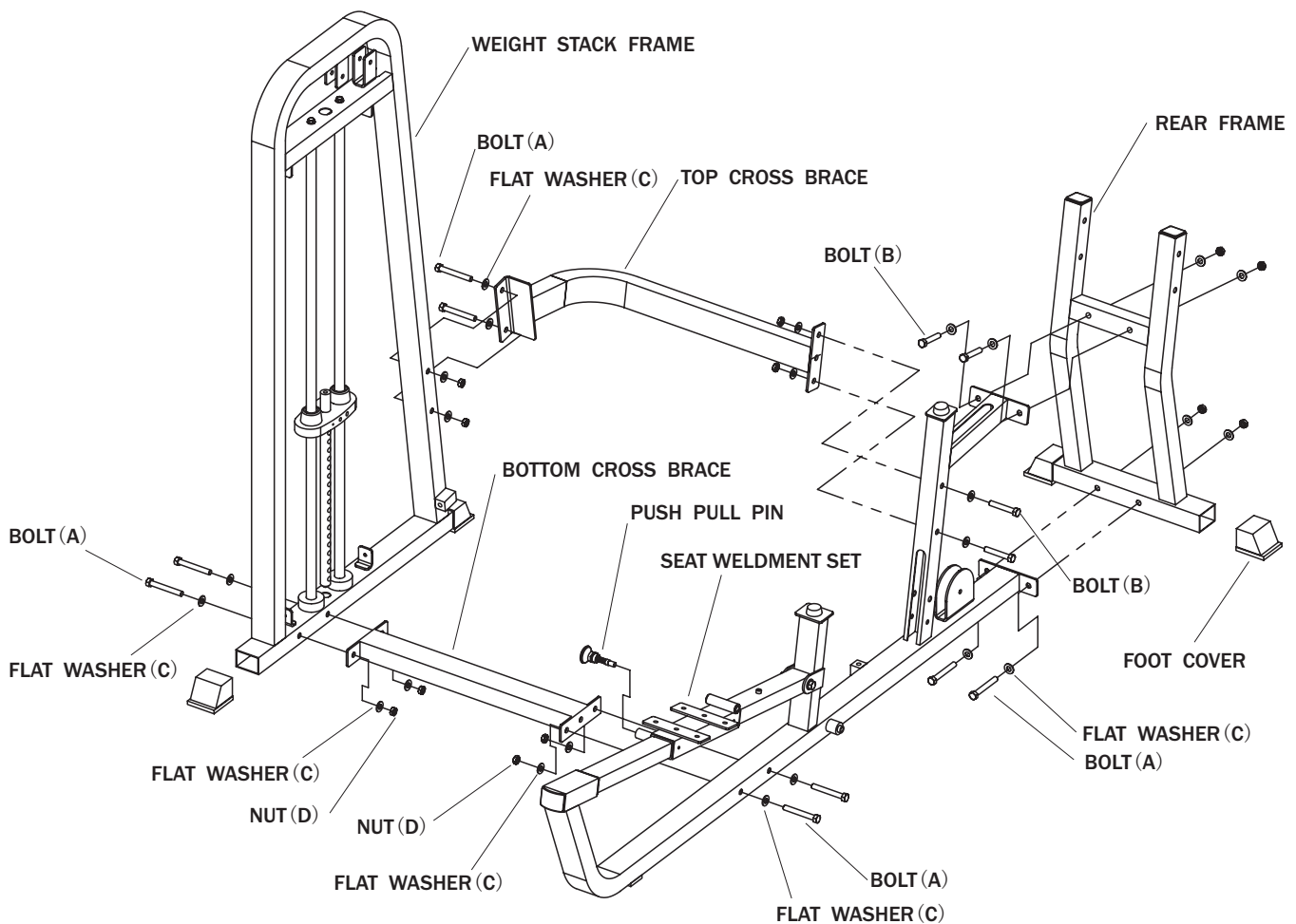
  
**Nuts(D)** QTY: 12  
**HJNUT** 0.5-13

  
**Bolts(B)** QTY: 6  
**HBOLT** 0.5-13 2.75

  
**Washers(C)** QTY: 24  
**FW** 0.5

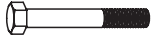
**NOTE:** During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely any one bolt.

1. Open **HARDWARE PACKAGE**.
2. Attach 2 **FOOT COVER** to ends of **WEIGHT STACK FRAME**.
3. Attach 2 **FOOT COVER** to ends of **REAR FRAME**.
4. Attach **BOTTOM CROSS BRACE** to **MAIN FRAME** using 2 **bolts(A)**, 4 **washers(C)** and 2 **nuts(D)**.
5. Attach **BOTTOM CROSS BRACE** to **WEIGHT STACK FRAME** using 2 **bolts(A)**, 4 **washers(C)** and 2 **nuts(D)**.
6. Attach **TOP CROSS BRACE** to **MAIN FRAME** using 2 **bolts(B)**, 4 **washers(C)** and 2 **nuts(D)**.
7. Attach **TOP CROSS BRACE** to **WEIGHT STACK FRAME** using 2 **bolts(A)**, 4 **washers(C)** and 2 **nuts(D)**.
8. Attach **REAR FRAME** to **MAIN FRAME** using 2 **bolts(B)**, 4 **washers(C)** and 2 **nuts(D)**.
9. Install **PUSH PULL PIN** into **SEAT WELDMENT SET** as shown in diagram.



# ASSEMBLY STEP 2

## HARDWARE USED IN THIS STEP



**Bolts(A)** QTY: 4  
HBOLT 0.5-13 3.25



**Nuts(D)** QTY: 4  
HJNUT 0.5-13



**Bolts(B)** QTY: 2  
HBOLT 0.5-13 1



**Washers(C)** QTY: 8  
FW 0.5



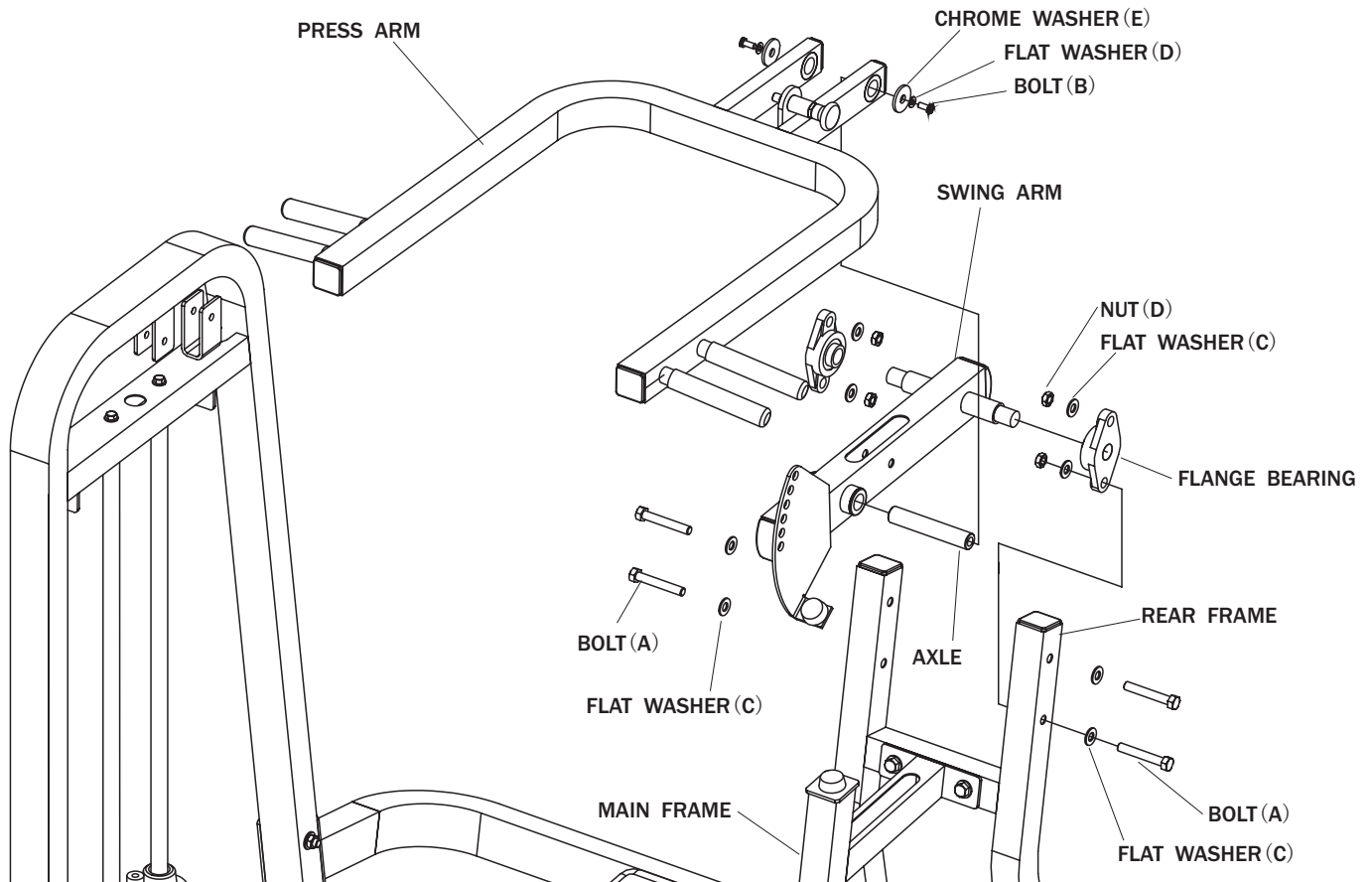
**Chrome Washers(C)** QTY: 2



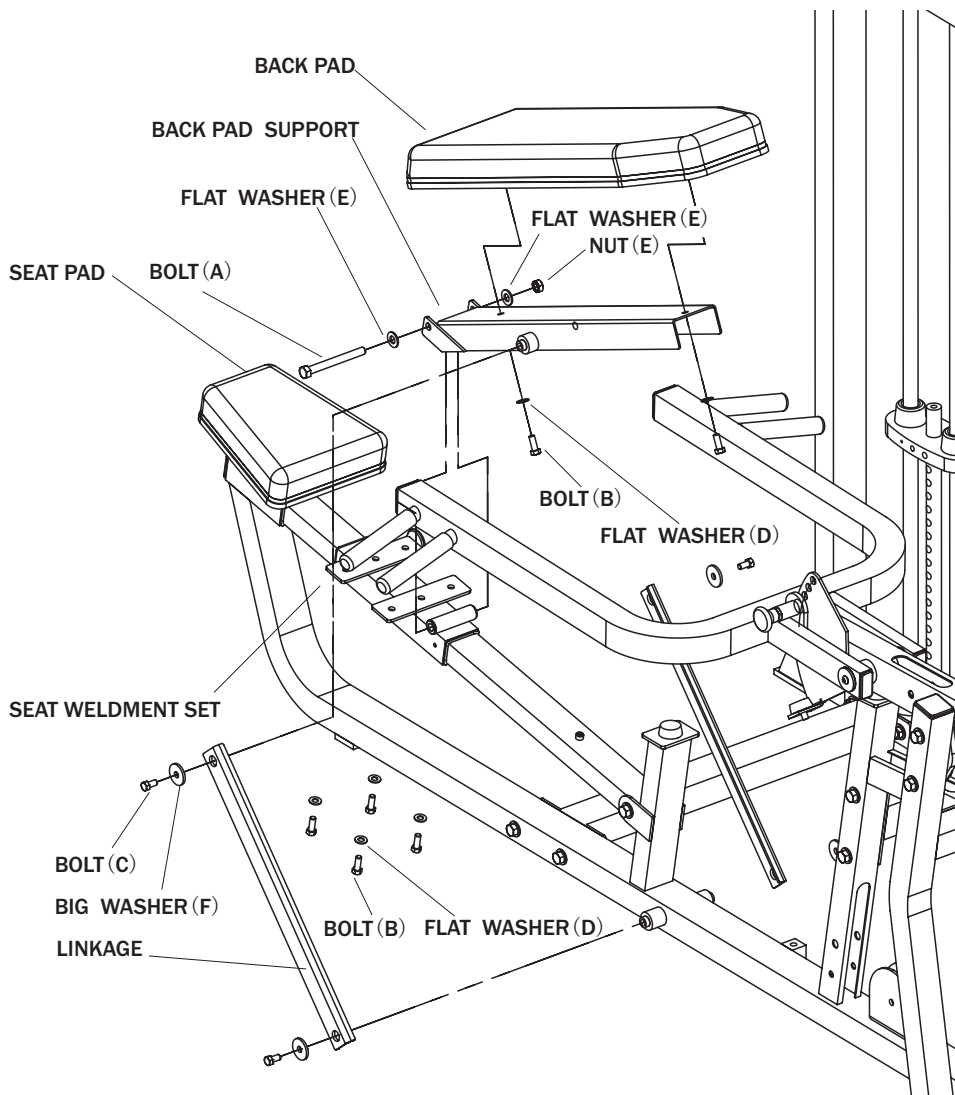
**Washers(D)** QTY: 2  
LW 0.5

**NOTE:** During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely any one bolt.








1. Attach 2 **FLANGE BEARINGS** to **SWING ARM** and attach **FLANGE BEARINGS** to **REAR FRAME** using 4 **BOLTS (A)** 8 **WASHERS (C)** AND 4 **NUTS (D)**
2. Align the **PRESS ARM** to **SWING ARM** on and insert the **AXLE** through all. Make sure the **PRESS ARM** can swing freely. Secure the **AXLE** to **PRESS ARM** with 2 **CHROME WASHERS (E)** 2 **WASHERS (D)** and 2 **BOLTS (B)**.



# ASSEMBLY STEP 3



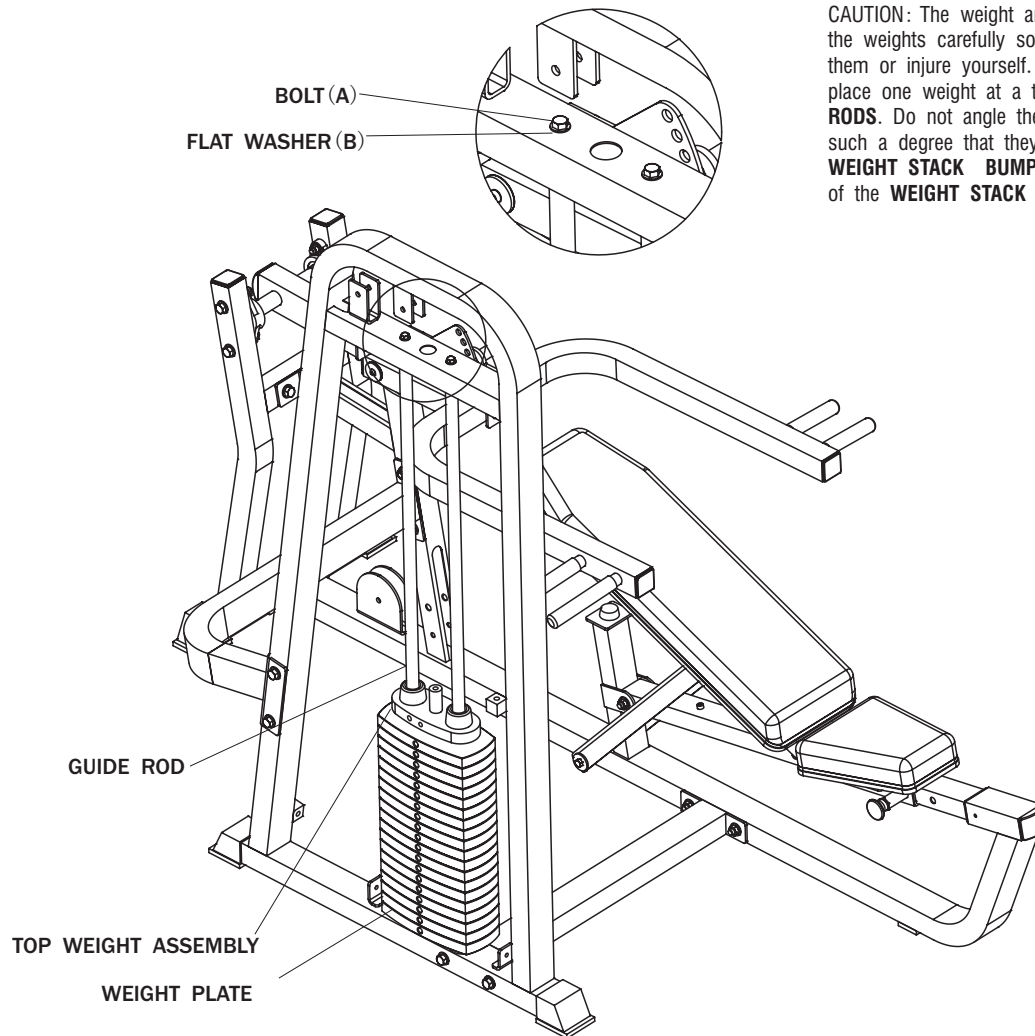
## HARDWARE USED IN THIS STEP

	<b>Bolts(A)</b> QTY:1 HBOLT 0.5-13 4.5		<b>Nuts(D)</b> QTY:1 HJNUT 0.5-13		<b>BIG Washers(F)</b> QTY:4
	<b>Bolts(B)</b> QTY:6 HBOLT 0.375-16 1		<b>Washers(D)</b> QTY:6 FW 0.375		
	<b>Bolts(C)</b> QTY:4 HBOLT 0.375-16 0.75		<b>Washers(E)</b> QTY:2 FW 0.5		

**NOTE:** During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely any one bolt.

1. Attach **BACK PAD SUPPORT** to **SEAT WELDMENT** using A **BOLT (A)** 2 **WASHERS (E)** A **NUT (E)**.
2. Attach **LINKAGES** to both sides of **MAIN FRAME** and **BACK PAD SUPPORT** using 4 **BIG WASHERS (F)** 4 **BOLT (C)**
3. Attach **BACK PAD** to **BACK PAD SUPPORT** using 2 **BOLTS (B)** 2 **WASHERS (D)**
4. Attach **SEAT PAD** to **SEAT WELDMENT SET** using 4 **BOLTS (B)** 4 **WASHERS (D)**

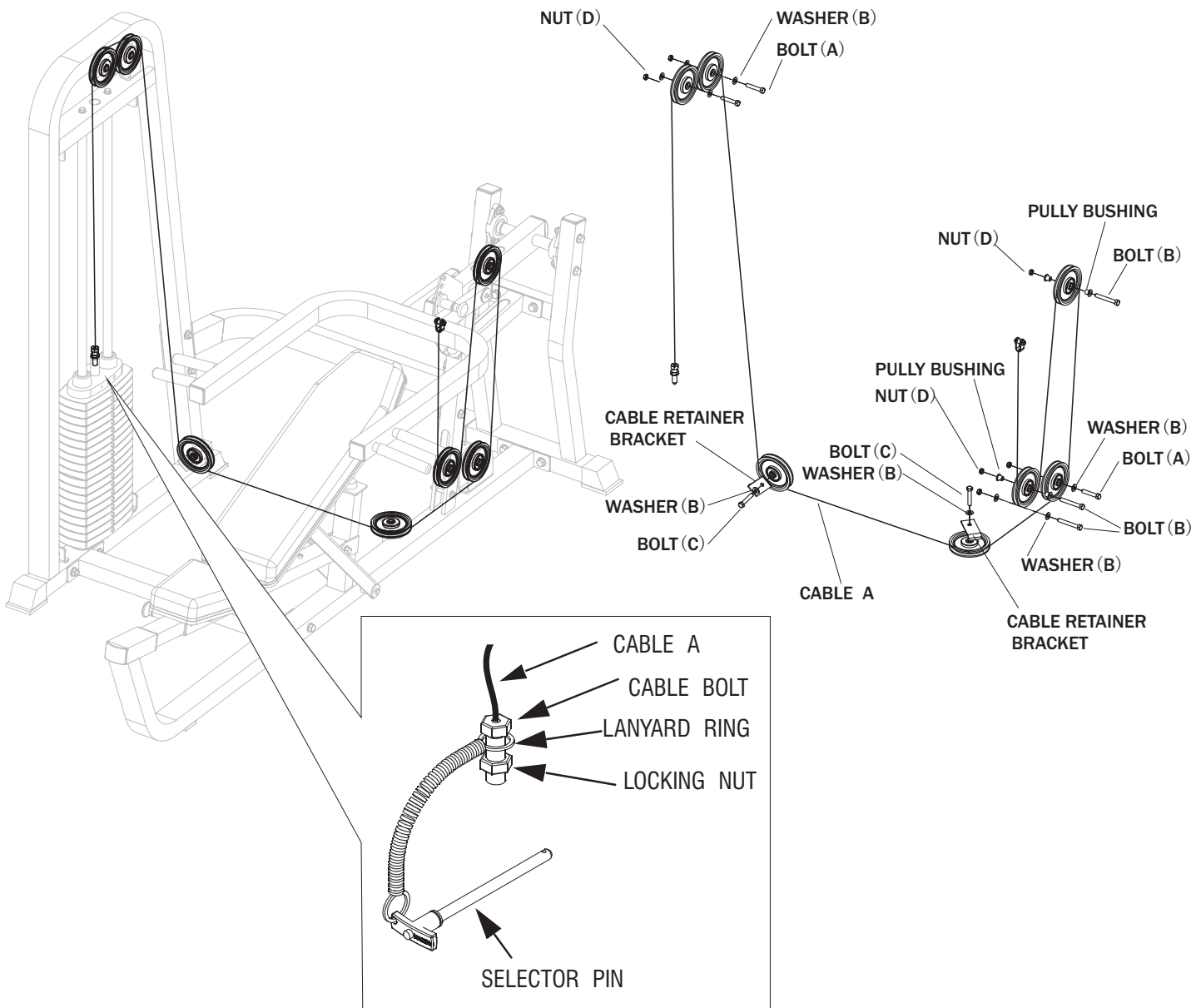
# ASSEMBLY STEP 4





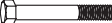


**CAUTION:** The weights are heavy! Handle the weights carefully so as not to drop them or injure yourself. Pick up and place one weight at a time on the **GUIDE RODS**. Do not angle the **GUIDE RODS** to such a degree that they dislodge the **WEIGHT STACK BUMPERS** and come out of the **WEIGHT STACK FRAME**.

1. Remove two **BOLTS (A)** and two **WASHERS (B)** above the **GUIDE RODS**.
2. Have your assistant slide the **TOP WEIGHT ASSEMBLY**. Ask your assistant to hold the **TOP WEIGHT ASSEMBLY** away from the **GUIDE RODS** while you install the weights.
3. Slide each weight over the guide rods. When all weights are installed, slide the **TOP WEIGHT ASSEMBLY** into position.
4. Re-install two **BOLTS (A)** and two **WASHERS (B)** above the **GUIDE RODS**.
5. Install the weight stack number labels on each weight at right position.

# ASSEMBLY STEP 5



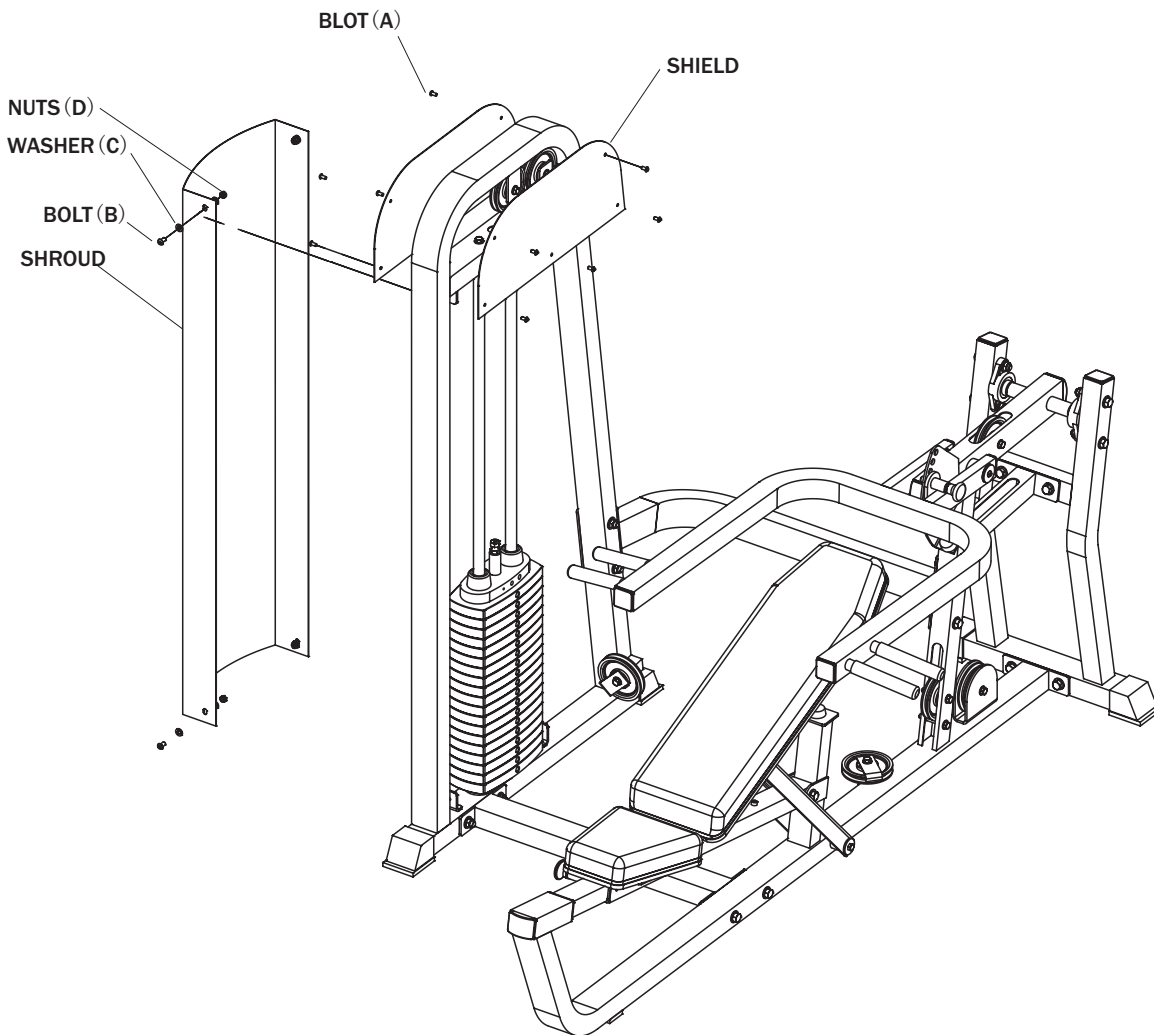
## HARDWARE USED IN THIS STEP

	
<b>Bolts(A) QTY: 3</b> HBOLT 0. 375-16 2	<b>Nuts(D) QTY: 8</b> HJNUT 0. 375-16
	
<b>Bolts(B) QTY: 3</b> HBOLT 0. 375-16 2. 5	<b>Washers(B) QTY: 8</b> FW 0. 375
	
<b>Bolts(C) QTY: 2</b> HBOLT 0. 375-16 1. 75	

1. Route **CABLE A** through pulley as shown in diagram.
2. After **CABLE A** routing is complete, thread CABLE BOLT on the end of CABLE A through weight selection pin tether into bayonet .



# ASSEMBLY STEP 6



## HARDWARE USED IN THIS STEP

 Bolts(A) QTY: 10  
SBHCSCREW 0.25-20x0.3125

 Bolts(B) QTY: 4  
SBHCSCREW 0.315-18x0.625

 Nuts(D) QTY: 4  
HNUT 0.315-18

 Washer(C) QTY: 4  
FWO. 315

1. Attach **SHROUD** to WEIGHT STACK FRAME USING **4 BOLTS (B)** **8 FLAT WASHERS (C)** AND **4 NUTS (D)**
2. Attach 2 Attach **WEIGHT STACK FRAME SHIELD** to **WEIGHT STACK FRAME** USING **10 BOLTS (A)**

