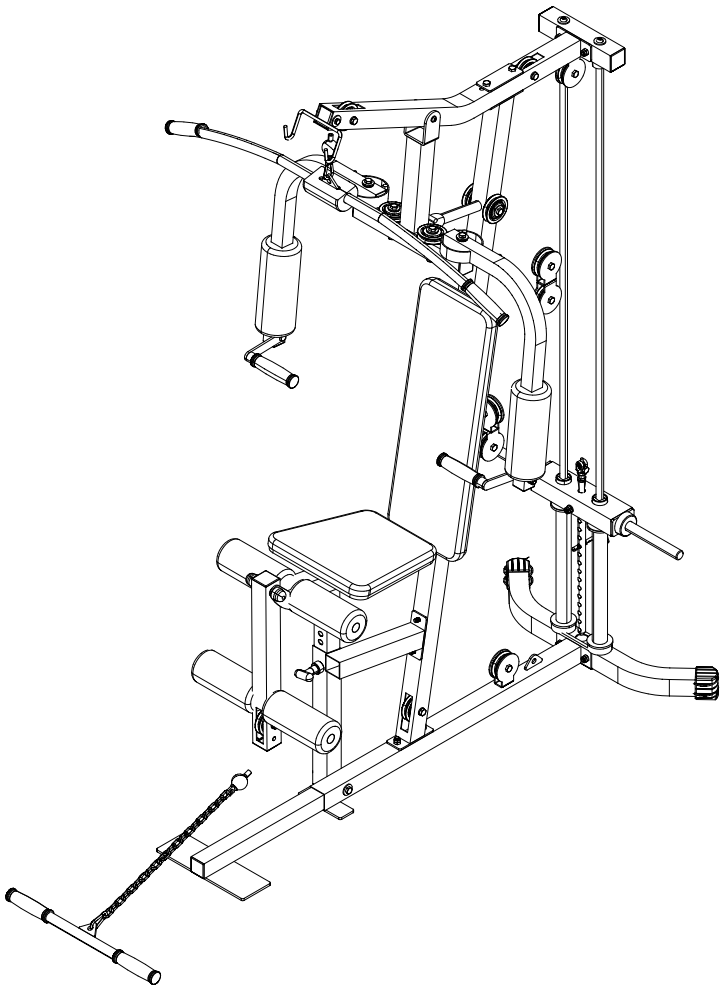
POWERLINE USA

by Body-Solid

PHG-1000X

HOME GYM

Owner's Manual



WWW.BODYSOLID.COM

V 032511.A

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for sign of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.

FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.

Keep clear of the cables and all moving parts when machine is in use.
Always make sure all Snap Links are closed when doing cable/pulley/strap exercises.
Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
It is recommended that you workout with a training partner.
Do not allow children or minors to play on or around this equipment.
If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service center at 1-800-556-3113.
WARNING: Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

DO NOT REMOVE WARNING LABELS FROM MANUAL OR MACHINE

PHG-1000X
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PHG-1000X
SAFETY INSTRUCTIONS

When using exercise equipment, you should always take basic precautions including the following:

- Read all instructions before using the PHG-1000X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause serious injuries.
- Wear proper excercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment
- Assemble and operate the PHG-1000X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PHG-1000X is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Powerline Multi-Gym.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at www.bodysolid.com or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Email: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for furture reference. Part numbers are required when ordering parts.

PHG-1000X
PREPARATION

Required tools

The basic tools that you must obtain before assembling the PHG-1000X include but are not limit to:

• Standard Wrench Set

• Metric Wrench Set

• Adjustable Wrench

• Allen Key Set

• Screwdriver (Standard/Phillips)

Installation Requirements

Follow these installation requirements when assembling the PHG-1000X:

Set up the PHG-1000X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Ordering Replacement Parts

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

Assembly Tips

Read all “Notes” on each page before beginning each step.

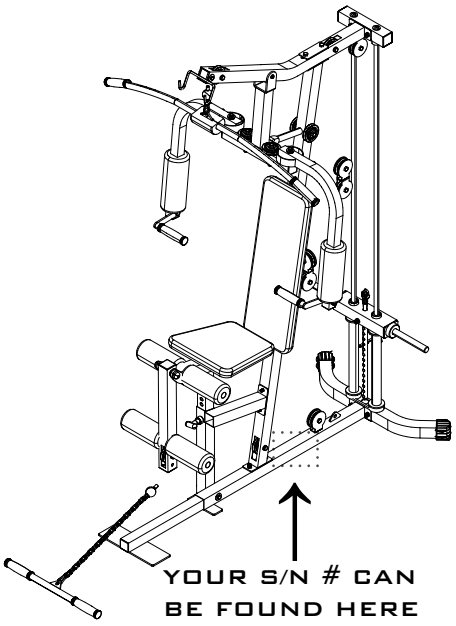
While you may be able to assemble the PHG-1000X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

NOTE: The bottles that are marked “Poison” is your touch up paint. Keep away from children.

CAUTION: Obtain assistance! If you feel like you can’t assemble the PHG-1000X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



PHG-1000X
HARDWARE LIST

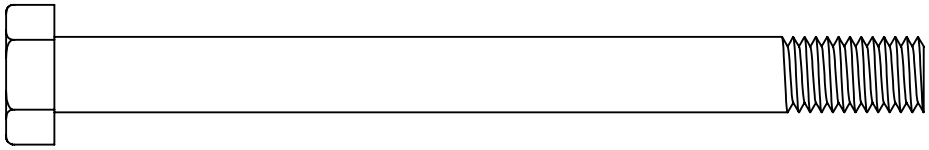
PART #	SIZE	DESCRIPTION	QUANTITY
1	M10X115mm	HEX HEAD BOLT	1 PCS.
2	M10X110mm	HEX HEAD BOLT	1 PCS.
3	M10X90mm	HEX HEAD BOLT	2 PCS.
4	M10X70mm	HEX HEAD BOLT	12 PCS.
5	M10X40mm	HEX HEAD BOLT	6 PCS.
6	M10X16mm	HEX HEAD BOLT	8 PCS.
7	M8X12mm	HEX HEAD BOLT	2 PCS.
8	M10X16mm	WASHER	4 PCS.
9	5/16”X2 3/4”	HEX HEAD BOLT	4 PCS.
10	M10X70mm	CARRIAGE BOLT	2 PCS.
11	M10X90mm	THREADED SHAFT	1 PCS.
12	3/8”X3 1/2”	CAP ROUND BOLT	1 PCS.
13	M10	NYLON LOCK NUT	28 PCS.
14	1/2”	LOCK NUT	1 PCS.
15	M10	WASHER	20 PCS.
16	M8	WASHER	6 PCS.
17	M8	SPRING WASHER	4 PCS.
18	1/2”	END CAP WASHER	2 PCS.
19	1/2”	SPRING WASHER	1 PCS.
20	M10X19mm	WASHER	2 PCS.
21	1/2”	BOLT CAP	2 PCS.

PHG-1000X
HARDWARE LIST CONT.

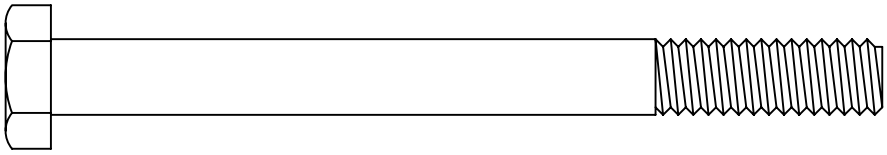
PART #	SIZE	DESCRIPTION	QUANTITY
22	50X50mm	FOOT CAP	2 PCS.
23	50X50mm	END CAP	8 PCS.
24	45X45mm	END CAP	1 PCS.
25	38X38mm	END CAP	2 PCS.
26	25mm	FLAT ROUND CAP	5 PCS.
27	74mm	PULLEY	14 PCS.
28		SELECTOR SHAFT	1 PCS.
29	64X26mm	RUBBER DONUT	2 PCS.
30	25mm	RUBBER DONUT	1 PCS.
31	6mm	SNAP LINK	3 PCS.
32	16mm	STEEL BUSHING	8 PCS.
33	25X135mm	RUBBER GRIP	2 PCS.
34	3 1/2”X8”	FOAM ROLLER	4 PCS.
35	4”X10”	FOAM ROLLER	2 PCS.
36	2 1/2”X3/4”	RUBBER DONUT	4 PCS.
37	3/4”	SHAFT COLLAR	2 PCS.
38	3330mm	STEEL CABLE	1 PCS.
39	3050mm	STEEL CABLE	1 PCS.
40	3790mm	STEEL CABLE	1 PCS.
41	1”	CONVEX END CAP	4 PCS.
42		WEIGHT PIN	1 PCS.
43	3/8”	NYLON LOCK NUT	1 PCS.

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HARDWARE ILLUSTRATION

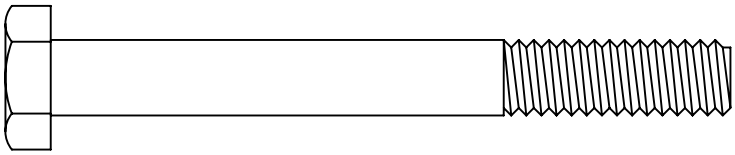
Part #1 M10X115mm hex head bolt **QTY. 1**



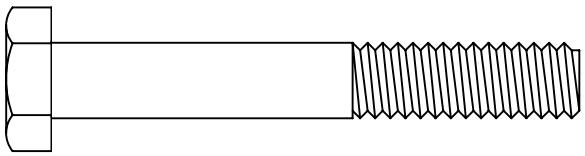
Part #2 M10X110mm hex head bolt **QTY. 1**



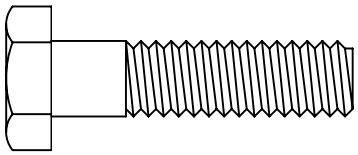
Part #3 M10X90mm hex head bolt **QTY. 2**



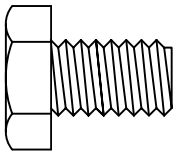
Part #4 M10X70mm hex head bolt **QTY. 12**

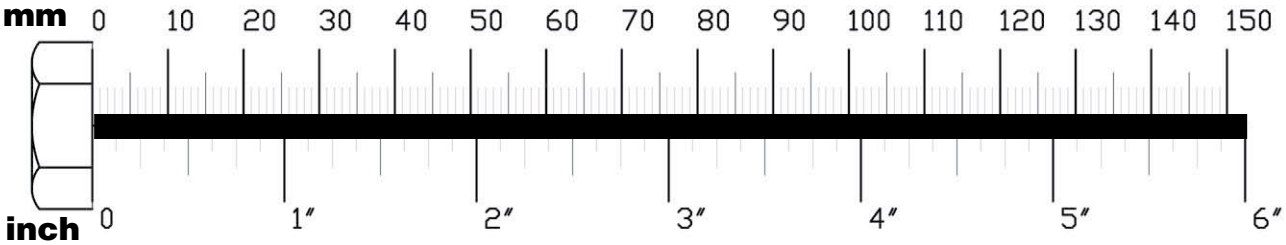


Part #5 M10X40mm hex head bolt **QTY. 6**



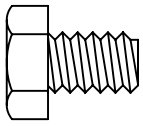
Part #6 M10X16mm hex head bolt **QTY. 8**



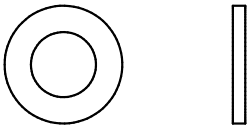


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HARDWARE ILLUSTRATION CONT.

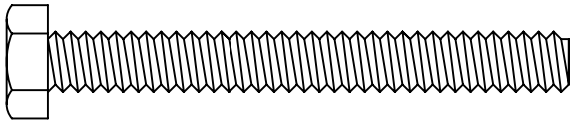
Part #7 M8X12mm hex head bolt **QTY. 2**



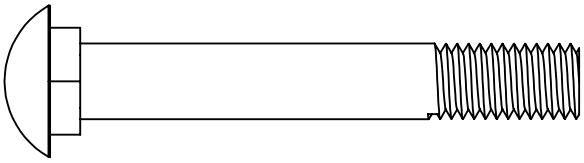
Part #8 M10X16mm washer **QTY. 4**



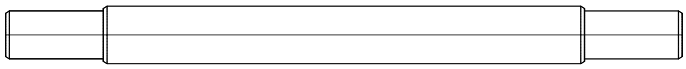
Part #9 5/16"X2 3/4" hex head bolt **QTY. 4**



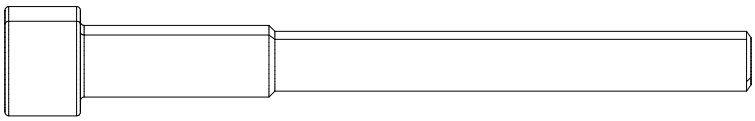
Part #10 M10X70mm carriage bolt **QTY. 2**

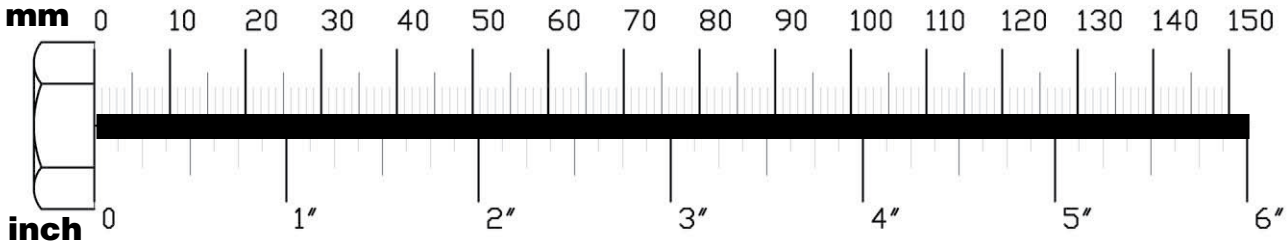


Part #11 M10X90mm threaded shaft **QTY. 1**



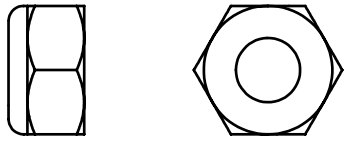
Part #12 3/8"X3 1/2" cap round bolt **QTY. 1**



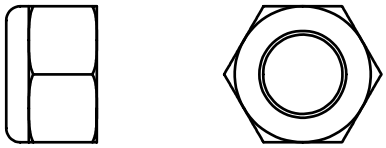


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HARDWARE ILLUSTRATION CONT.

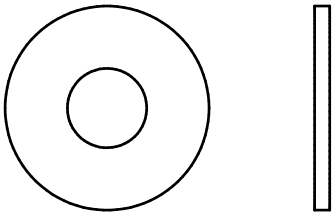
PART #13	M10 NYLON LOCK NUT	QTY. 28



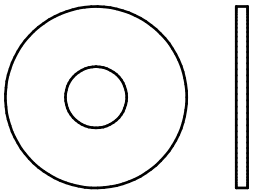
PART #14	1/2" LOCK NUT	QTY. 1



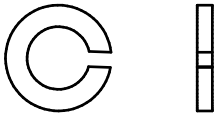
PART #15	M10 WASHER	QTY. 20



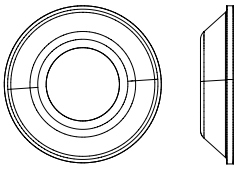
PART #16	M8 WASHER	QTY. 6

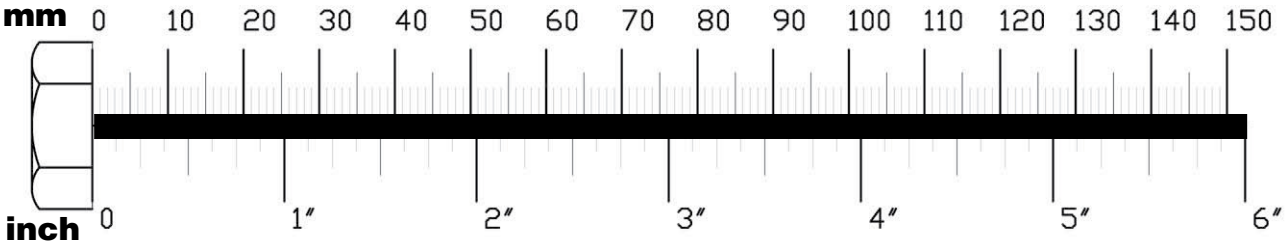


PART #17	M8 SPRING WASHER	QTY. 4



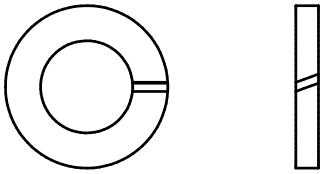
PART #18	1/2" END CAP WASHER	QTY. 2



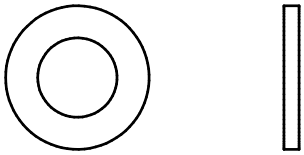


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HARDWARE ILLUSTRATION CONT.

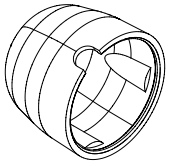
Part #19 1/2" spring washer **QTY. 1**



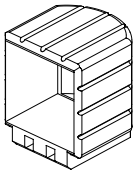
Part #20 M10X19mm washer **QTY. 2**



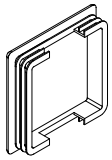
Part #21 1/2" bolt cap **QTY. 2**



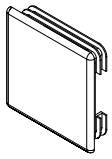
Part #22 50X50mm foot cap **QTY. 2**

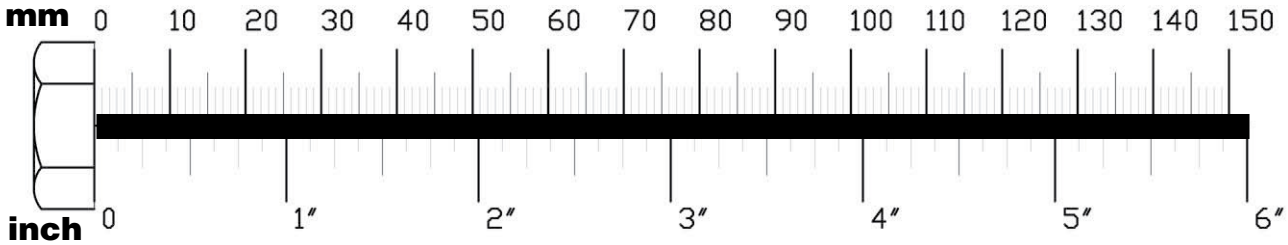


Part #23 50X50mm end cap **QTY. 8**



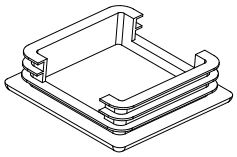
Part #24 45X45mm end cap **QTY. 1**



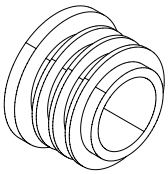


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HARDWARE ILLUSTRATION CONT.

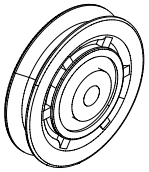
Part #25 38x38mm end cap **Qty. 2**



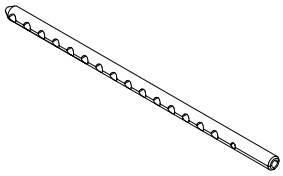
Part #26 25mm flat round cap **Qty. 5**



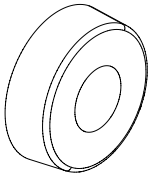
Part #27 74mm pulley **Qty. 14**



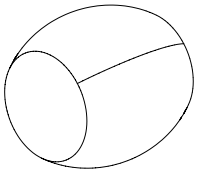
Part #28 selector shaft **Qty. 1**

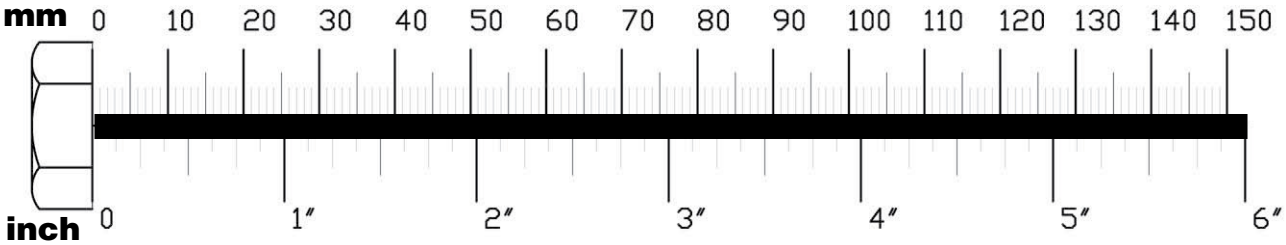


Part #29 64x26mm rubber donut **Qty. 2**



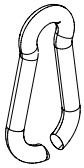
Part #30 25mm rubber stopper **Qty. 1**



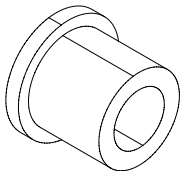


PHG-1000X
HARDWARE ILLUSTRATION CONT.

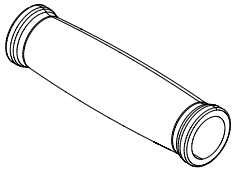
Part #31 6mm snap link **QTY. 3**



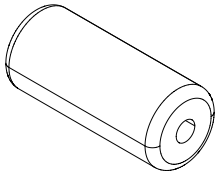
Part #32 16mm steel bushing **QTY. 8**



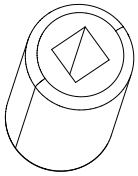
Part #33 25x135mm rubber grip **QTY. 2**



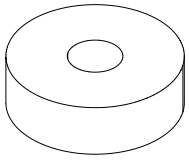
Part #34 3 1/2”x8” foam roller **QTY. 4**

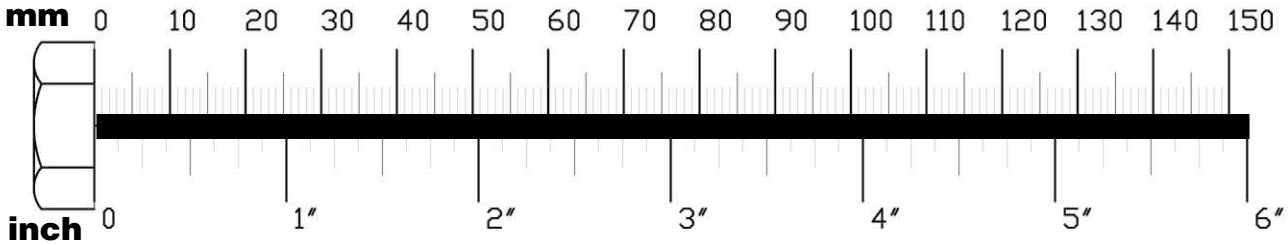


Part #35 4”x10” foam roller **QTY. 2**

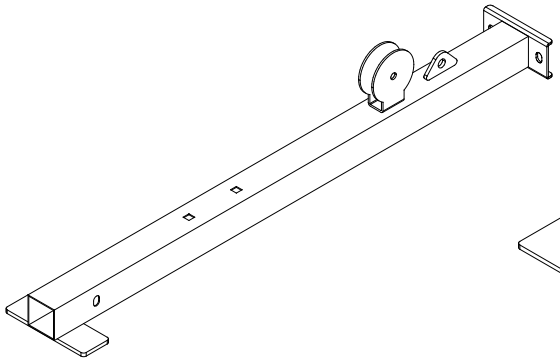


Part #36 2 1/2”x3/4” rubber donut **QTY. 4**

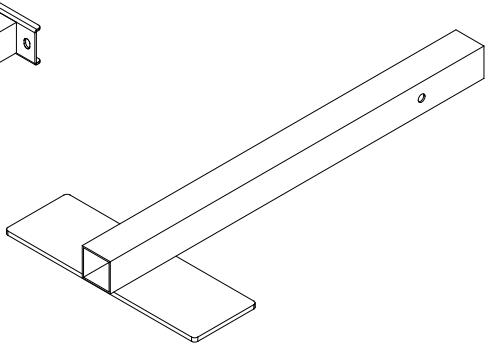




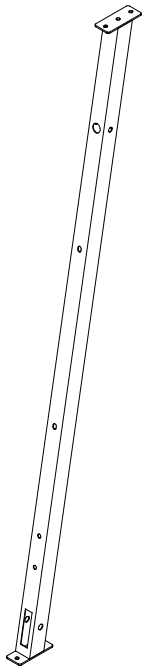
PHG-1000X
PART LIST



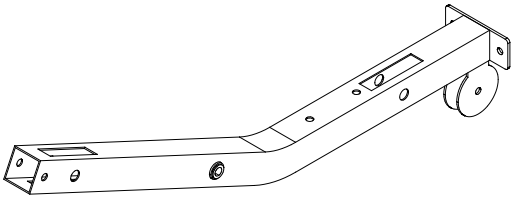
PART A
MAINFRAME
[1 PCS]



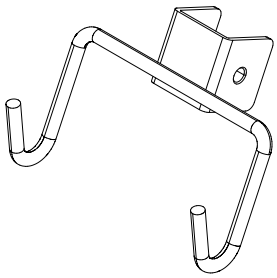
PART B
FRONT FRAME
[1 PCS]



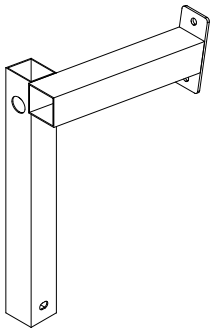
PART C
ANGLED FRAME
[1 PCS]



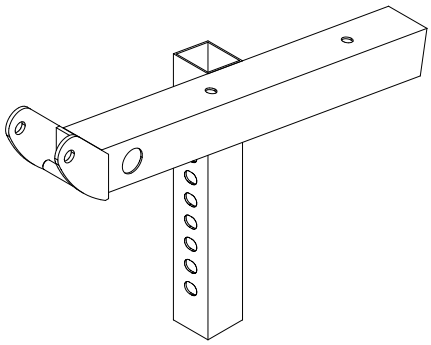
PART D
TOP FRAME
[1 PCS]



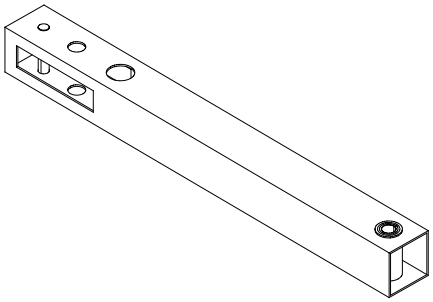
PART E
LAT HOLDER
[1 PCS]



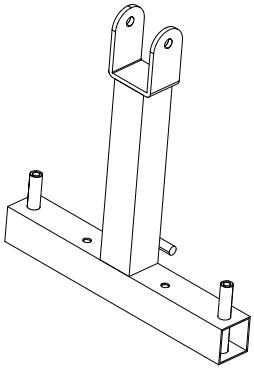
PART F
LEG FRAME
[1 PCS]



PART G
SEAT FRAME
[1 PCS]

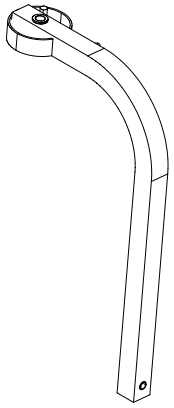


PART H
PULLEY FRAME
[1 PCS]

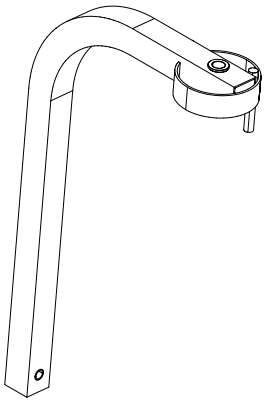


PART I
FLY FRAME
[1 PCS]

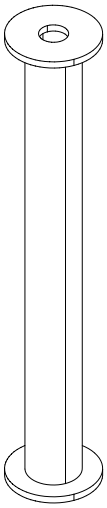
PHG-1000X
PART LIST CONT.



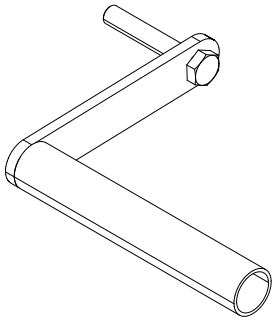
PART J
LEFT FLY FRAME
[1 PCS]



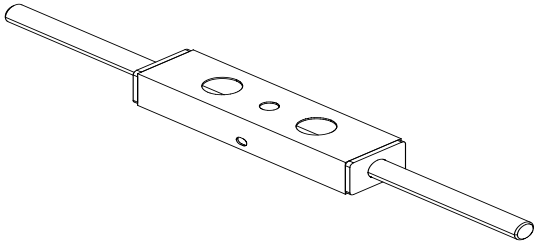
PART K
RIGHT FLY FRAME
[1 PCS]



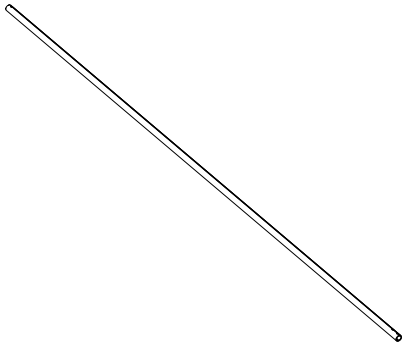
PART L
WEIGHT RODS
[2PCS]



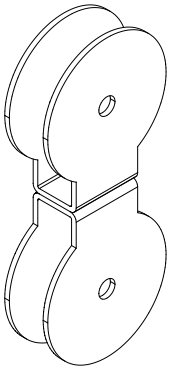
PART M
HANDLE
[2PCS]



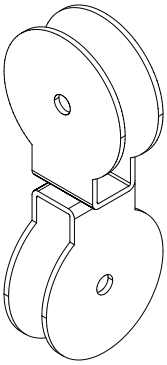
PART N
TOP PLATE
[1 PCS]



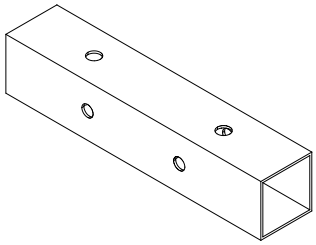
PART O
GUIDE RODS
[2PCS]



PART P
TOP PULLEY HOLDER
[1 PCS]

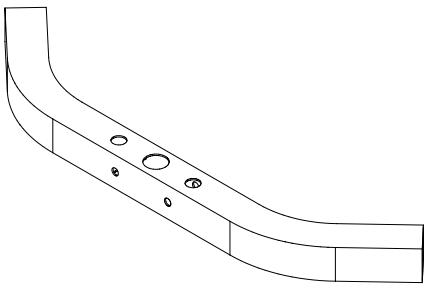


PART Q
BOTTOM PULLEY HOLDER
[1 PCS]

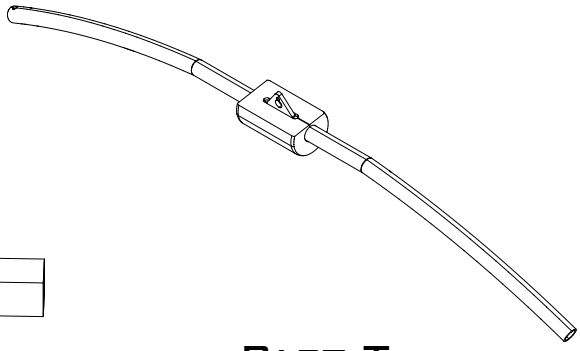


PART R
ROD FRAME
[1 PCS]

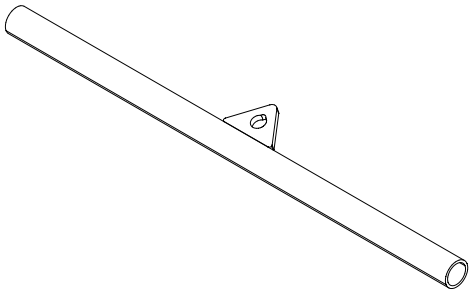
PHG-1000X
PART LIST CONT.



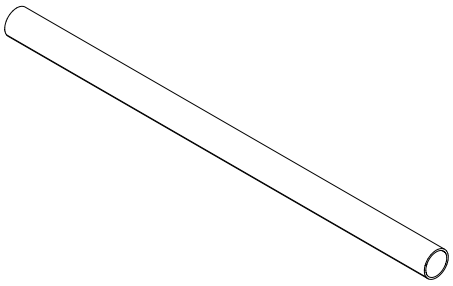
PART S
BASE FRAME
[1 PCS]



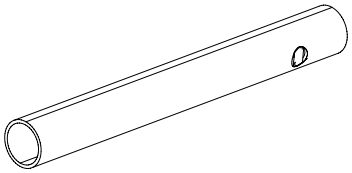
PART T
LAT BAR
[1 PCS]



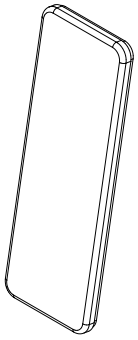
PART U
ROW BAR
[1 PCS]



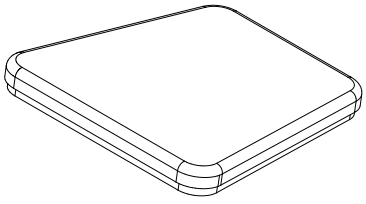
PART V
ROLLER ROD
[2PCS]



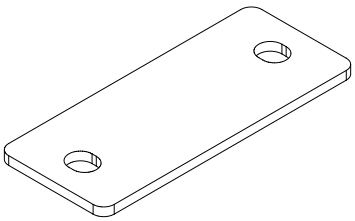
PART W
STOPPER ROD
[1 PCS]



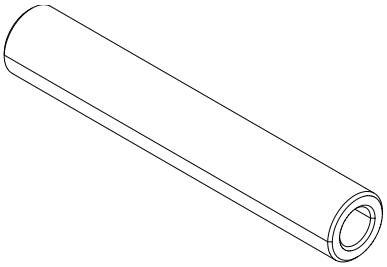
PART X
BACK PAD
[1 PCS]



PART Y
SEAT PAD
[1 PCS]



PART Z
FLAT PLATE
[1 PCS]



PART AA
FLY ROD
[1 PCS]

PHG-1000X
NOTES

PHG-1000X

STEP 1

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN. LEFT, RIGHT, BOTTOM, TOP, FRONT, AND REAR ARE REFERENCED FROM YOUR BACK TO MACHINE.

1A. ATTACH BASE FRAME (S) TO MAINFRAME (A) USING:
- 2 - (#4) M10X70MM HEX HEAD BOLT
- 2 - (#15) M10 WASHER
- 2 - (#13) M10 NYLON LOCK NUT

1B. INSERT FRONT FRAME (B) INTO MAINFRAME (A), ATTACH FRONT FRAME (B) AND LEG FRAME (F) TO MAINFRAME (A) USING:
- 1 - (#1) M10X115MM HEX HEAD BOLT
- 2 - (#15) M10 WASHER
- 1 - (#13) M10 NYLON LOCK NUT

1C. INSERT FOOT CAPS ONTO ENDS OF BASE FRAME (S) USING:
- 2 - (#22) 50X50MM FOOT CAP

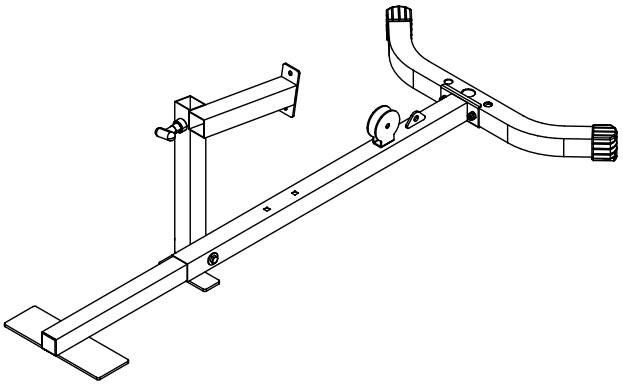
1D. INSERT END CAP INTO BOTTOM END OF LEG FRAME (F) USING:
- 1 - (#23) 50X50MM END CAP

1E. INSERT END CAP INTO FRONT END OF FRONT FRAME (B) USING:
- 1 - (#24) 45X45MM END CAP

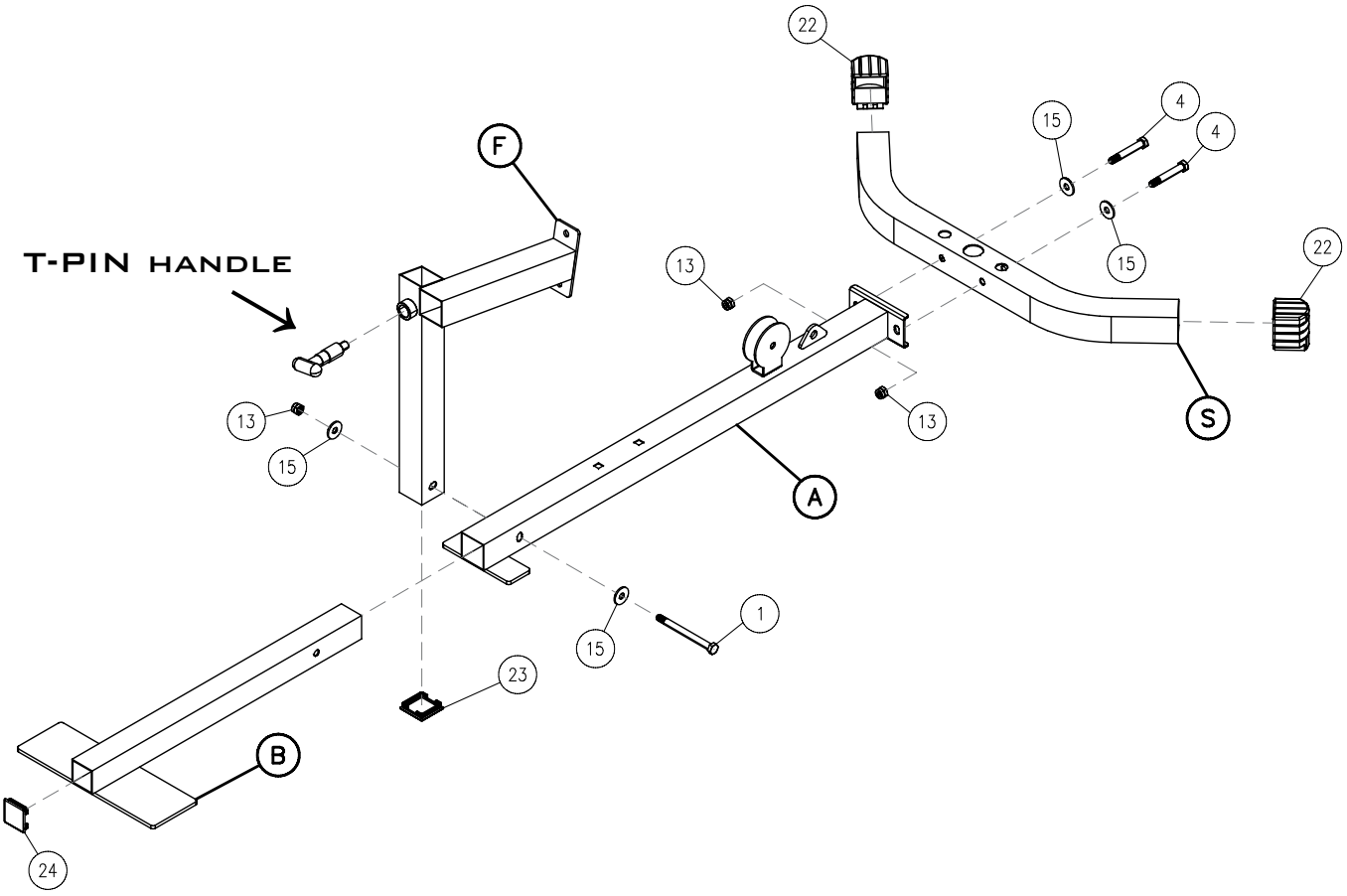
NOTE: IF NOT ATTACHED SCREW T-PIN HANDLE INTO LEG FRAME (F) AS SHOWN IN THE PICTURE TO THE RIGHT.

PHG-1000X

STEP 1



Above shows STEP 1
assembled and completed



PHG-1000X

STEP 2

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

2A. ATTACH ANGLED FRAME (C) TO LEG FRAME (F) USING:
- 2 - (#4) M10X70MM HEX HEAD BOLT
- 2 - (#15) M10 WASHER
- 2 - (#13) M10 NYLON LOCK NUT

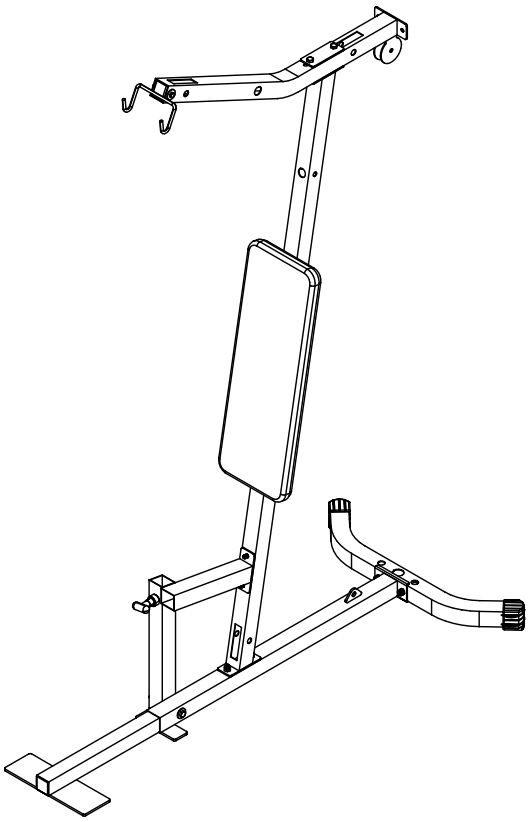
2B. ATTACH ANGLED FRAME (C) TO MAINFRAME (A) USING:
- 2 - (#10) M10X70MM CARRIAGE BOLT
- 2 - (#13) M10 NYLON LOCK NUT

2C. ATTACH BACK PAD (X) TO ANGLED FRAME (C) USING:
- 2 - (#9) 5/16"X2 3/4" HEX HEAD BOLT
- 2 - (#17) 5/16" SPRING WASHER
- 2 - (#16) 5/15" WASHER

2D. ATTACH TOP FRAME (D) FOLLOWED BY FLAT PLATE (Z) TO ANGLED FRAME (C) USING:
- 2 - (#4) M10X70MM HEX HEAD BOLT
- 2 - (#13) M10 NYLON LOCK NUT

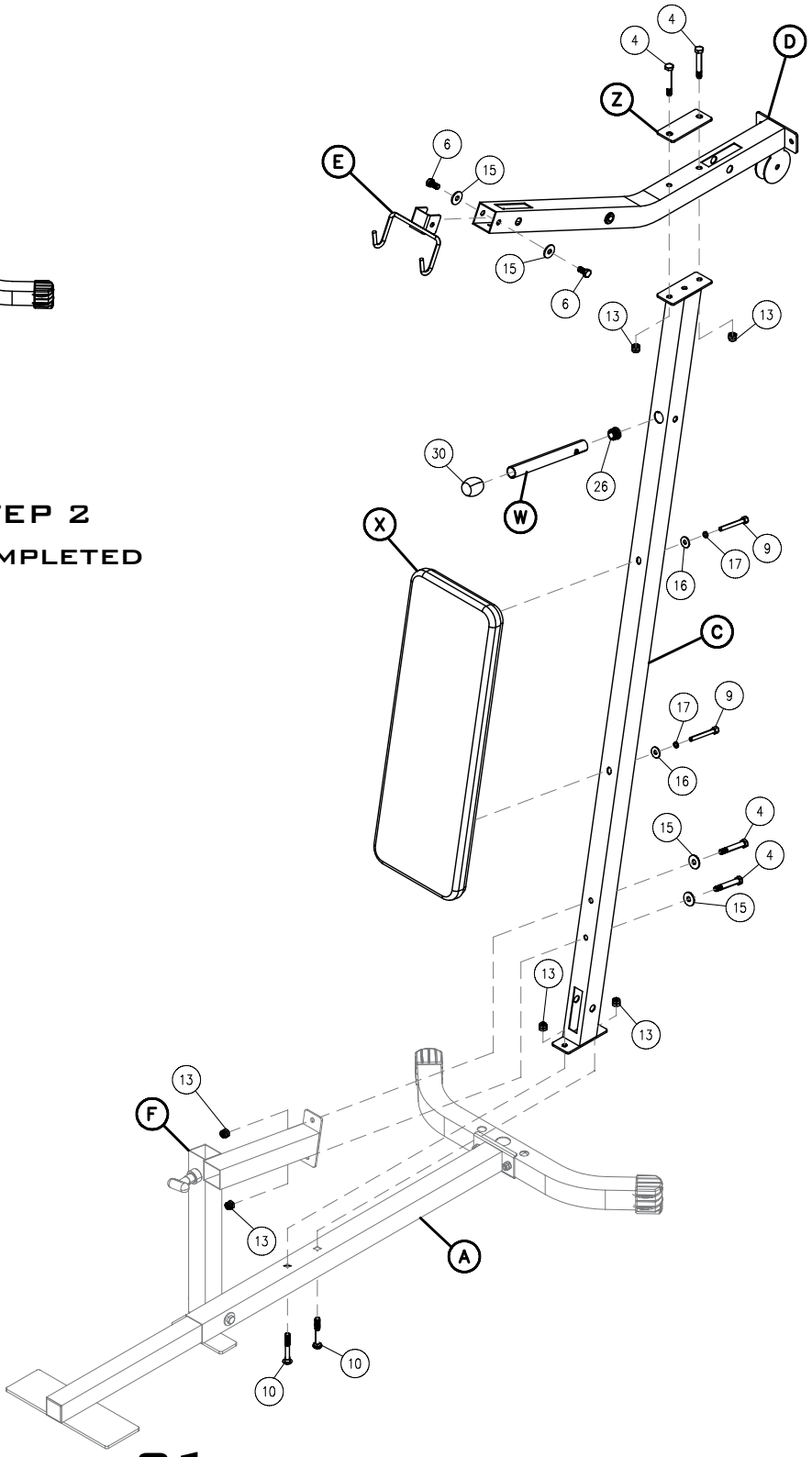
2E. ATTACH LAT HOLDER (E) TO TOP FRAME (D) USING:
- 2 - (#6) M10X16MM HEX HEAD BOLT
- 2 - (#15) M10 WASHER

2F. INSERT ROUND END CAP (#26) INTO HOLE END OF STOPPER ROD (W) AND RUBBER STOPPER (#30) ONTO OPPOSITE END. INSERT STOPPER ROD (W) INTO ROUND SLOT OF ANGLED FRAME (C).



PHG-1000X

STEP 2



Above shows STEP 2
assembled and completed

PHG-1000X

STEP 3

BE CAREFUL TO ASSEMBLE ALL COMPONENTS

IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

IMPORTANT: IN THIS STEP YOU HAVE THE OPTION OF INSTALLING A WEIGHT STACK IF ONE WAS PURCHASED. IF YOU ARE INSTALLING A WEIGHT STACK THEN YOU WILL NOT BE INSTALLING PART (L) THE WEIGHT RODS. SEE STEP 3B BELOW ON HOW TO INSTALL BOTH.

3A. INSERT BOTH GUIDE RODS (O) THRU RUBBER DONUTS (#36) AND INTO BASE FRAME (S) AND SECURE USING:
2 - (#6) M10X16MM HEX HEAD BOLT
2 - (#8) M10X16MM WASHER

3B. INSERT ONTO GUIDE RODS (O) EITHER WEIGHT PLATES OR WEIGHT RODS (L) FOLLOWED BY RUBBER DONUTS (#36), THEN TOP PLATE (N), AND FINISH WITH SHAFT COLLAR (#37) .
NOTE: ONLY ATTACH TOP RUBBER DONUTS IF YOUR USING WEIGHT RODS, MAKE SURE ALL WEIGHT PLATES ARE IN SAME DIRECTION.

3C. ATTACH ROD FRAME (R) TO GUIDE RODS (O) AND TOP FRAME (D) USING:
2 - (#6) M10X16MM HEX HEAD BOLT
2 - (#8) M10X16MM WASHER
2 - (#4) M10X70MM HEX HEAD BOLT
2 - (#15) M10 WASHER
2 - (#13) M10 NYLON LOCK NUT

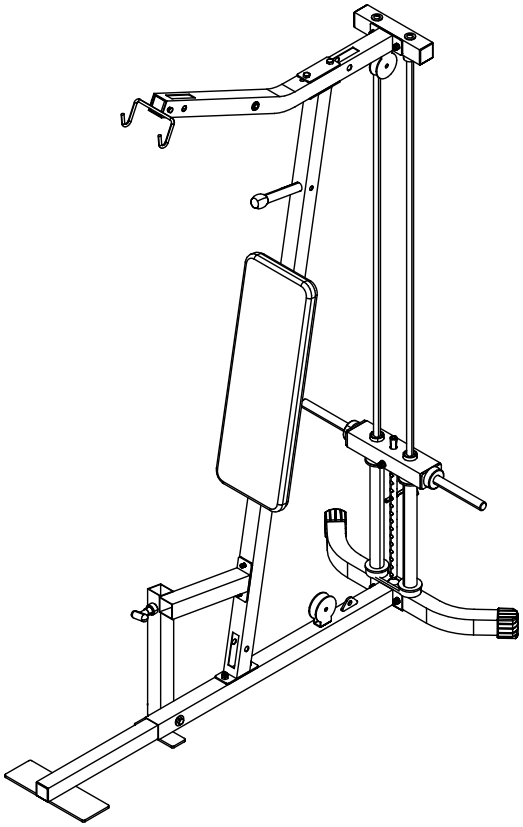
3D. ATTACH SELECTOR SHAFT (#28) TO TOP PLATE (N) USING:
1 - (#12) 3/8"X3 1/2" CAP ROUND BOLT
2 - (#20) M10X19MM WASHER
1 - (#43) 3/8" NYLON LOCK NUT

3E. INSERT ONE 50X50MM END CAP (#23) INTO EACH END OF ROD FRAME (R).

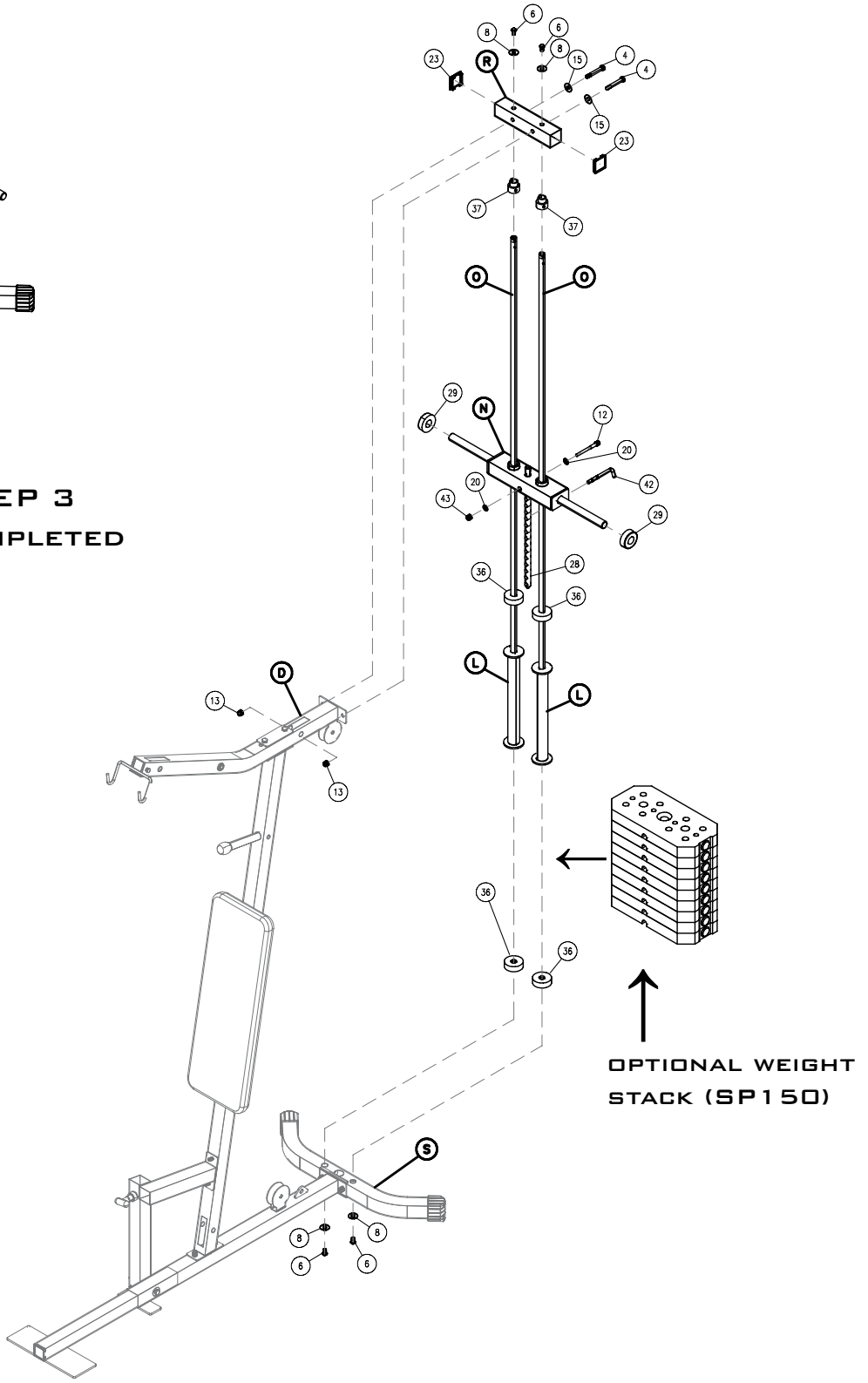
3F. INSERT ONE 64X26MM RUBBER DONUT (#29) ONTO EACH END OF TOP PLATE (N).

PHG-1000X

STEP 3



Above shows STEP 3
assembled and completed



optional weight
stack (SP150)

PHG-1000X

STEP 4

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

4A. ATTACH SEAT PAD (Y) TO SEAT FRAME (G) USING:
- 2 - (#9) 5/16"X2 3/4" HEX HEAD BOLT
- 2 - (#17) 5/16" SPRING WASHER
- 2 - (#16) 5/16" WASHER

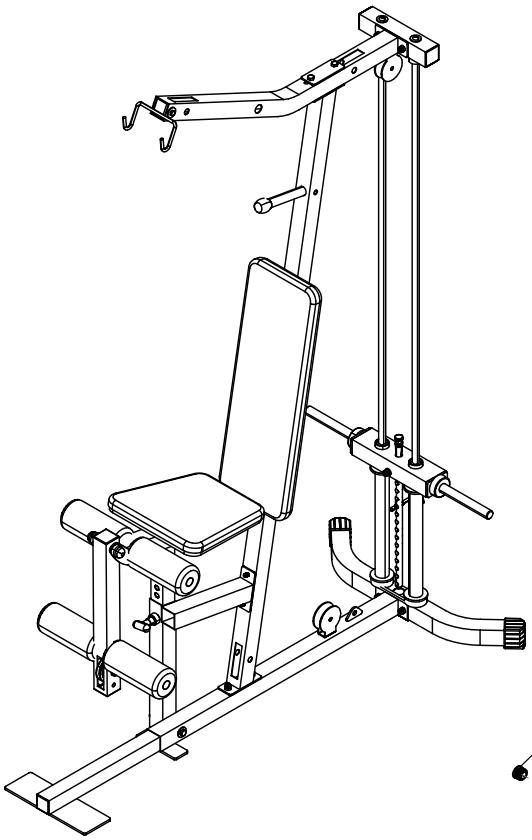
4B. INSERT SEAT FRAME (G) INTO TOP OPENING OF LEG FRAME (F) AND SECURE USING T-PIN HANDLE

4C. ATTACH PULLEY FRAME (H) TO SEAT FRAME (G) USING:
- 1 - (#11) THREADED SHAFT
- 2 - (#18) 1/2" END CAP WASHER
- 2 - (#13) M10 NYLON LOCK NUT
- 2 - (#21) 1/2" BOLT CAP

4D. INSERT A ROLLER ROD (V) HALFWAY INTO ROUND SLOT ON SEAT FRAME (G) AND PULLEY FRAME (H).

4E. INSERT ONTO EACH END OF EACH ROLLER ROD (V) A FOAM ROLLER FOLLOWED BY A ROUND END CAP USING:
- 4 - (#34) 3 1/2"X8" FOAM ROLLER
- 4 - (#26) 25MM ROUND END CAP

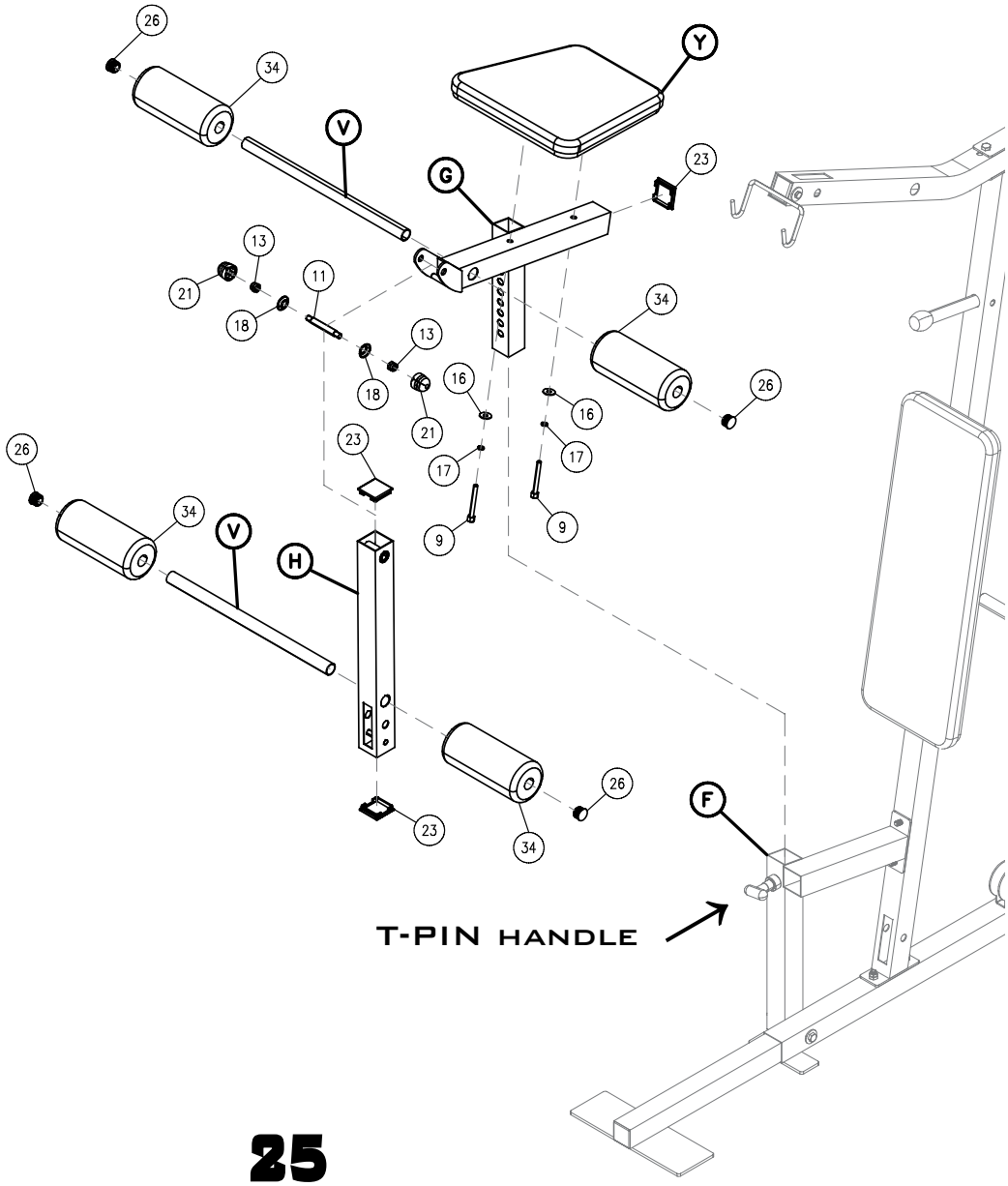
4F. INSERT END CAP INTO REAR END OF SEAT FRAME (G), AND TOP AND BOTTOM END OF PULLEY FRAME (H) USING:
- 3 - (#23) 50X50MM END CAP



PHG-1000X

STEP 4

LEFT SHOWS STEP 4
ASSEMBLED AND COMPLETED



PHG-1000X

STEP 5

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

5A. ATTACH FLY ROD (AA) AND FLY FRAME (I) TO TOP FRAME (D) USING:

2 - (#7) M8X12MM HEX HEAD BOLT
2 - (#16) M8 WASHER

5B. INSERT FOAM ROLLERS AND END CAPS ONTO LEFT FLY FRAME (J) AND RIGHT FLY FRAME (K) USING:

2 - (#35) 4"X10" FOAM ROLLER
2 - (#25) 38X38MM END CAP

5C. INSERT A RUBBER GRIP ONTO EACH HANDLE (M) USING:

2 - (#33) 25X135MM RUBBER GRIP

5D. ATTACH HANDLES (M) TO LEFT FLY FRAME (J) AND RIGHT FLY FRAME (K), MAKING SURE THEY FACE INWARD, USING:

2 - (#13) M10 NYLON LOCK NUT
2 - (#15) M10 WASHER

5E. ATTACH LEFT FLY FRAME (J) AND RIGHT FLY FRAME (K) TO FLY FRAME (I) USING:

2 - (#6) M10X16MM HEX HEAD BOLT
2 - (#15) M10 WASHER

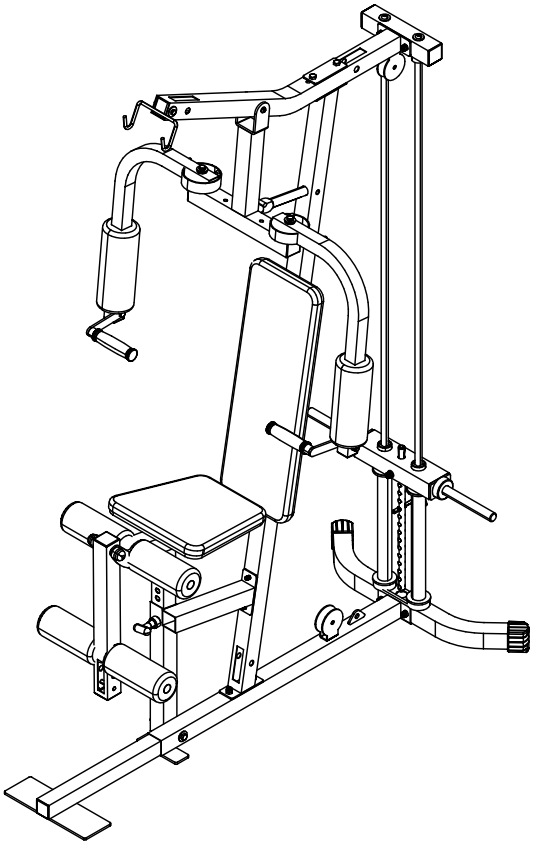
5F. INSERT END CAPS INTO EACH END OF FLY FRAME (I) USING:

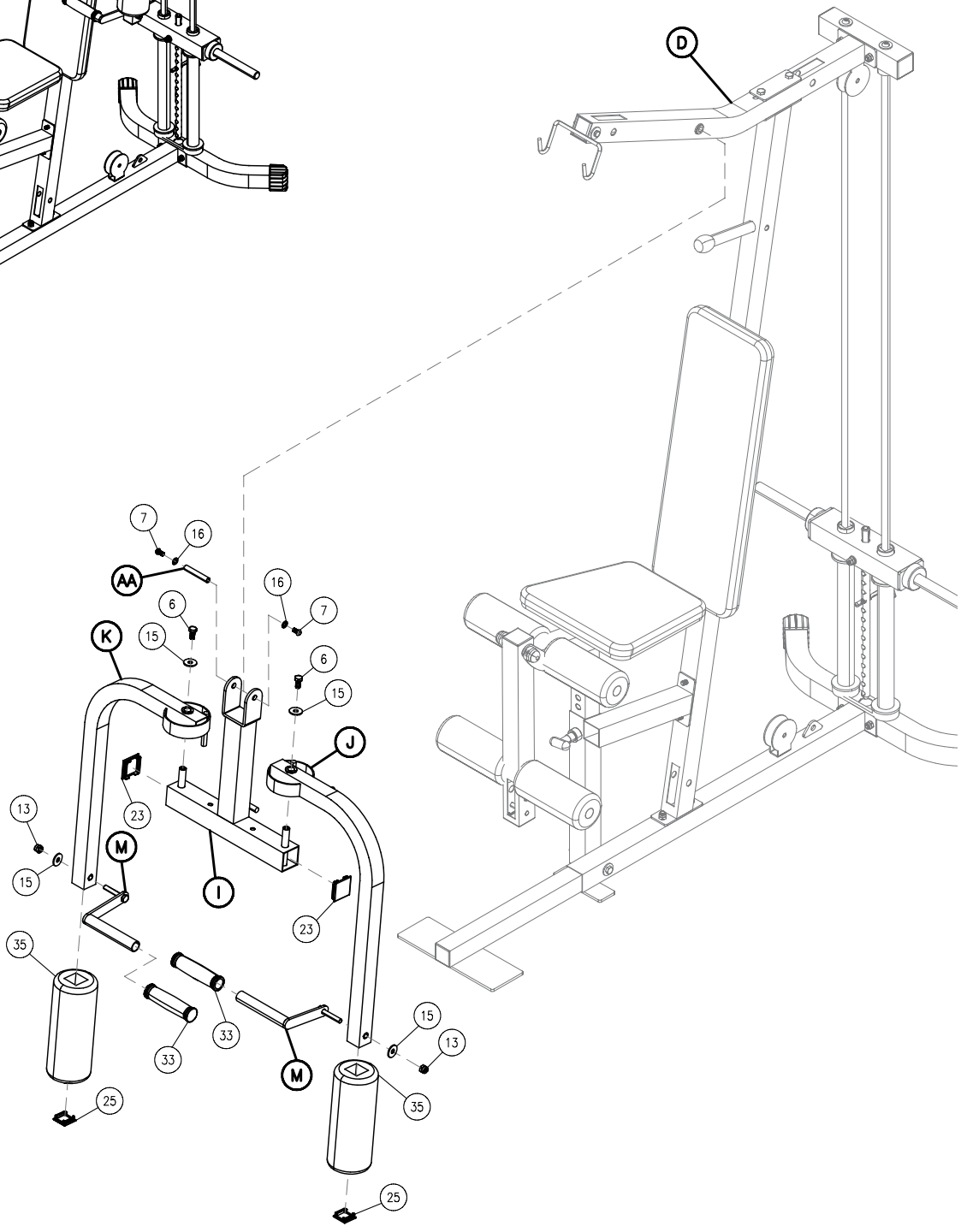
2 - (#23) 50X50MM END CAP

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STEP 5

LEFT SHOWS STEP 5
ASSEMBLED AND COMPLETED





PHG-1000X

STEP 6

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

IMPORTANT: THIS STEP IS TO SHOW YOU WHERE EACH PULLEY SHOULD BE ASSEMBLED AND WHAT HARDWARE TO USE. HOWEVER, SOME OF THESE PULLEYS MUST BE INSTALLED WHILE ROUTING THE CABLES. BE SURE NOT TO TIGHTEN THE HARDWARE ON PULLEYS UNTIL CABLE ROUTING IS COMPLETE, WHICH CAN BE FOUND IN STEP 7.

6A. USING THE SAME HARDWARE ATTACH A PULLEY IN THE FRONT AND REAR OPENINGS OF TOP FRAME (D), BOTTOM OF PULLEY FRAME (H), AND BOTTOM OF ANGLED FRAME (C) USING:
4 - (#4) M10X70MM HEX HEAD BOLT
8 - (#32) 16MM STEEL BUSHING
4 - (#27) 74MM PULLEY
4 - (#13) M10 NYLON LOCK NUT

6B. USING THE SAME HARDWARE ATTACH A PULLEY TO THE PULLEY HOLDERS ON TOP FRAME (D) AND MAINFRAME (A), AS WELL AS TO TOP PULLEY HOLDER (P) AND BOTTOM PULLEY HOLDER (Q) USING:
6 - (#5) M10X40MM HEX HEAD BOLT
6 - (#27) 74MM PULLEY
6 - (#13) M10 NYLON LOCK NUT

6C. ATTACH TWO PULLEYS TO FLY FRAME (I) USING:
2 - (#3) M10X90MM HEX HEAD BOLT
4 - (#15) M10 WASHER
2 - (#27) 74MM PULLEY
2 - (#13) M10 NYLON LOCK NUT

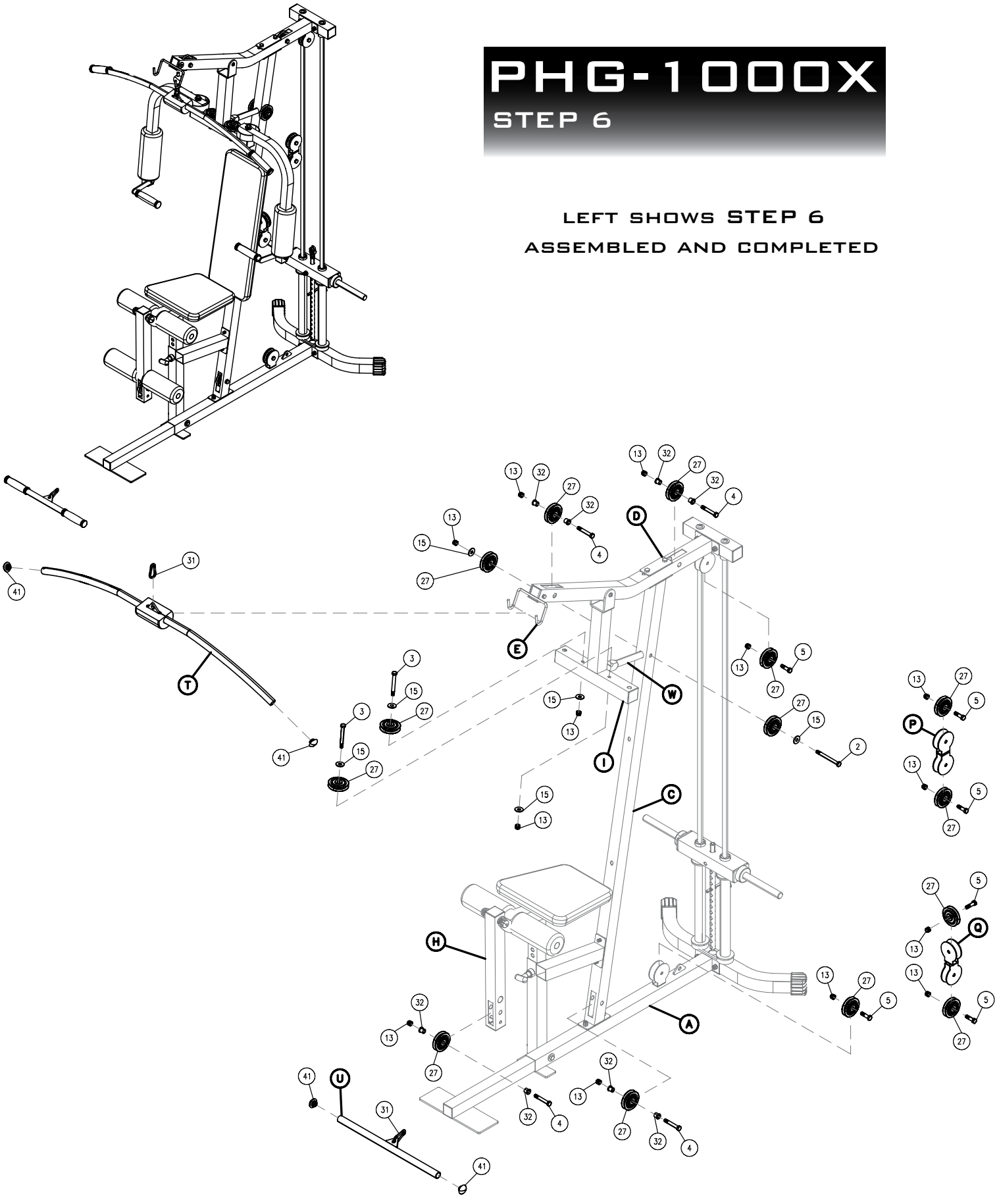
6D. ATTACH TWO PULLEYS, ONE ON EACH SIDE TO ANGLED FRAME (C) AND STOPPER ROD (W) USING:
1 - (#2) M10X110MM HEX HEAD BOLT
2 - (#15) M10 WASHER
2 - (#27) 74MM PULLEY
1 - (#13) M10 NYLON LOCK NUT

6E. ATTACH A SNAP LINK (#31) AND INSERT 1" ROUND END CAP (#44) ONTO ENDS OF LAT BAR (T) AND ROW BAR (U).

PHG-1000X

STEP 6

LEFT SHOWS STEP 6
ASSEMBLED AND COMPLETED



PHG-1000X

STEP 7

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

*THE DIRECTIONS BELOW ARE FOR ROUTING THE CABLES FOR THE ROW BAR, LAT BAR, AND THE RIGHT AND LEFT FLY FRAMES.

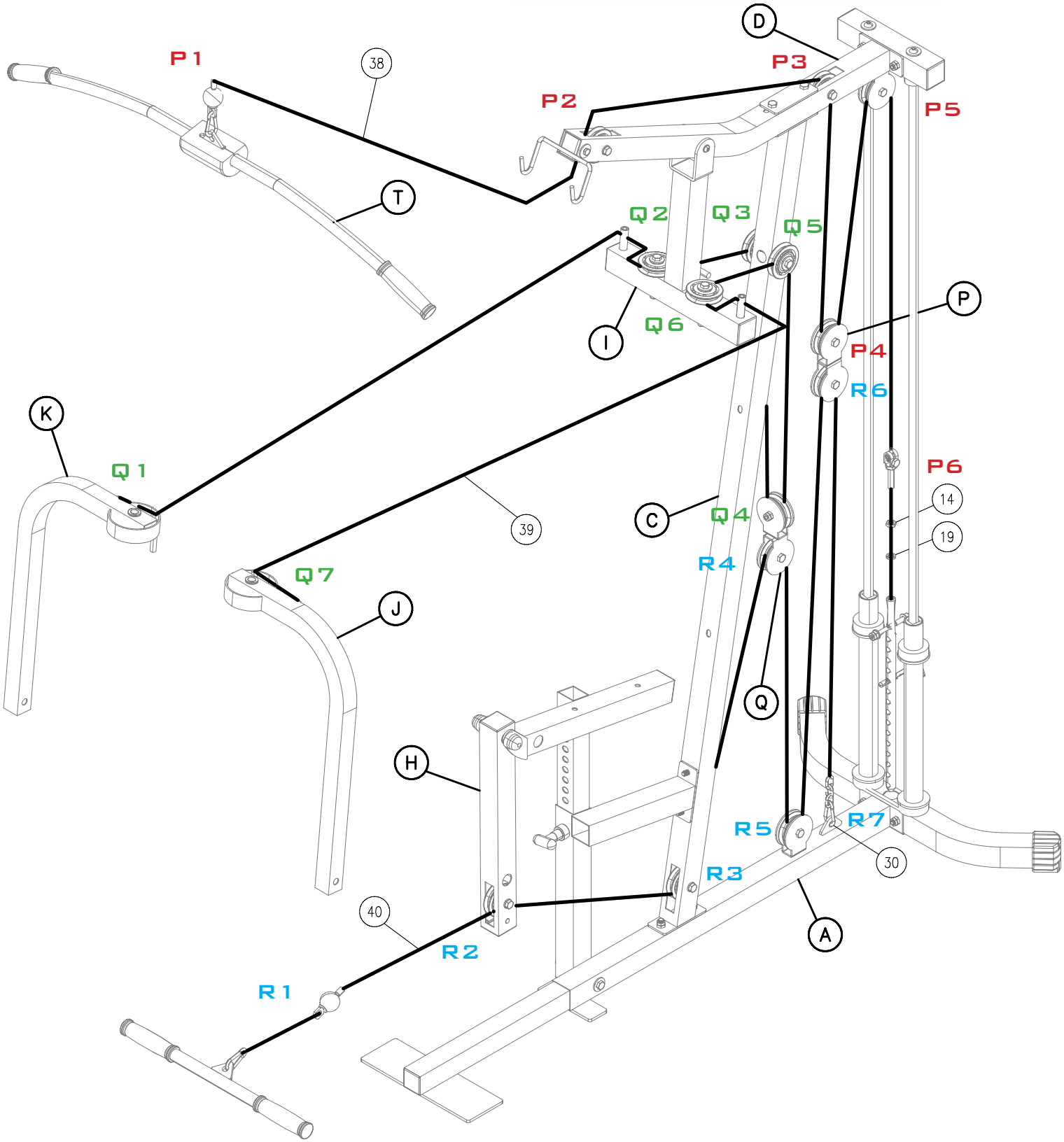
LAT BAR: USE (#38) 3440MM STEEL CABLE. P1-ATTACH BALL END TO SNAP LINK ON LAT BAR. P2-ROUTE BOLT SIDE OF CABLE UP AND OVER PULLEY ATTACHED TO FRONT OPENING OF TOP FRAME (D). P3-ROUTE CABLE OVER AND DOWN PULLEY ATTACHED TO REAR OPENING OF TOP FRAME (D). P4-ROUTE CABLE DOWN AND AROUND PULLEY ATTACHED TO TOP OF TOP PULLEY HOLDER (P). P5-ROUTE CABLE UP AND OVER PULLEY ATTACHED TO REAR OF TOP FRAME (D). P6-ROUTE CABLE DOWN TO WEIGHT STACK AND ATTACH BOLT ALONG WITH (#19) 1/2" SPRING WASHER AND (#14) 1/2" LOCK NUT TO SELECTOR ROD.

FLY FRAMES: USE (#39) 3050MM STEEL CABLE. Q1-ATTACH STAMPED EYE END TO HOOK ON BACK SIDE OF RIGHT FLY FRAME (K). Q2-ROUTE CABLE AROUND RIGHT PULLEY ATTACHED TO FLY FRAME (I). Q3-ROUTE CABLE OVER AND DOWN RIGHT PULLEY ATTACHED TO ANGLED FRAME (C). Q4-ROUTE CABLE DOWN AND AROUND TOP PULLEY ATTACHED TO BOTTOM PULLEY HOLDER (Q). Q5-ROUTE CABLE UP AND OVER LEFT PULLEY ATTACHED TO ANGLED FRAME (C). Q6-ROUTE CABLE AROUND LEFT PULLEY ATTACHED TO FLY FRAME (I). Q7-ATTACH OTHER STAMPED EYE END OF CABLE TO HOOK ON BACK SIDE OF LEFT FLY FRAME (J).

ROW BAR: USE (#40) 3790MM STEEL CABLE. R1-ATTACH THE BALL END TO SNAP LINK ON ROW BAR. R2-ROUTE THE CHAIN SIDE END UNDER AND THROUGH THE PULLEY ATTACHED TO PULLEY FRAME (H). R3-ROUTE THE CABLE UNDER THE PULLEY ATTACHED TO ANGLED FRAME (C). R4-ROUTE THE CABLE UP AND OVER THE BOTTOM PULLEY ATTACHED TO BOTTOM PULLEY HOLDER (Q). R5-ROUTE THE CABLE DOWN AND AROUND THE PULLEY ATTACHED TO MAINFRAME (A). R6-ROUTE THE CABLE BACK UP AND AROUND THE BOTTOM PULLEY ATTACHED TO TOP PULLEY HOLDER (P). R7-ROUTE THE CABLE DOWN TO MAINFRAME (A) AND ATTACH TO EYE HOLDER USING SNAP LINK (#30).

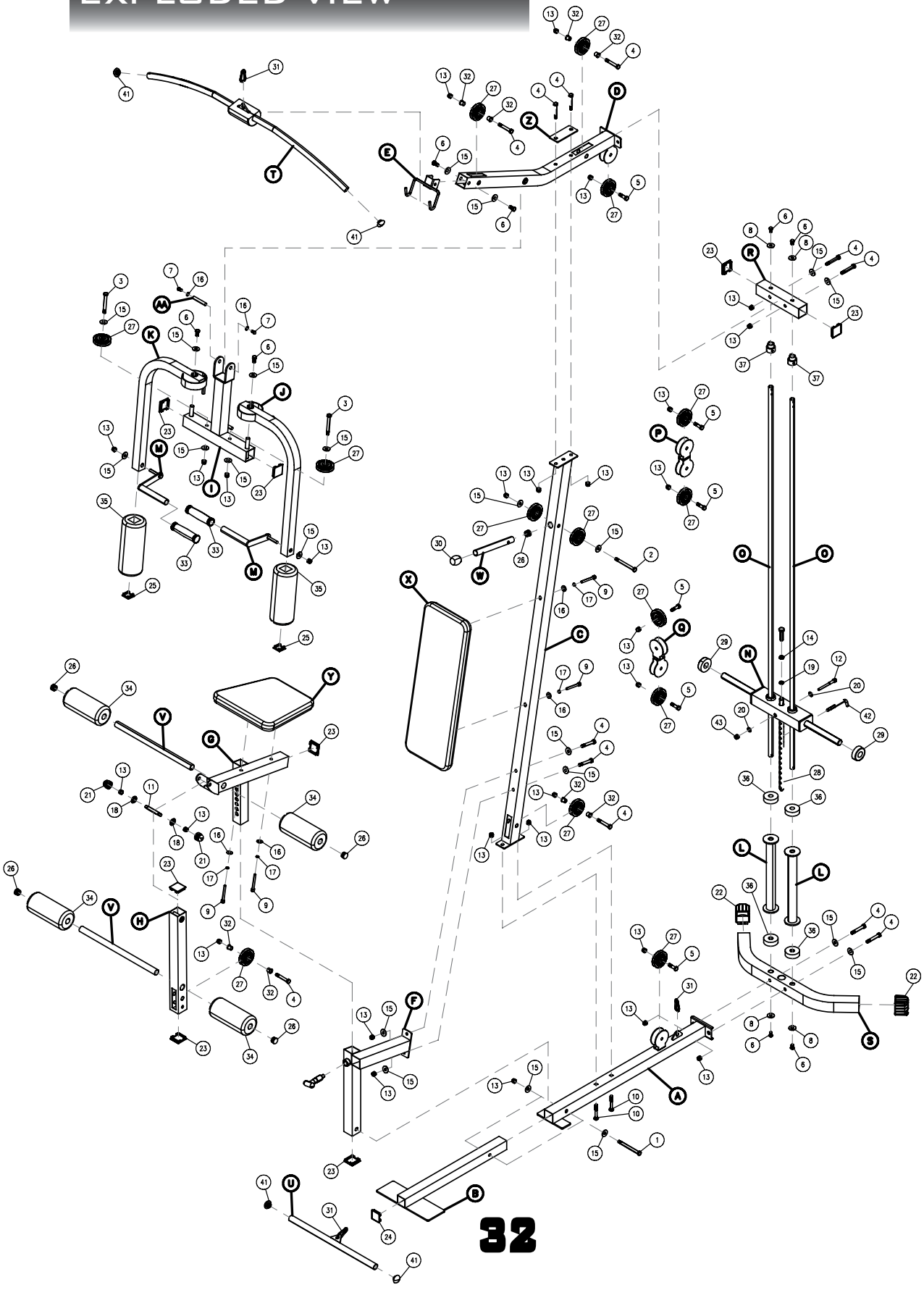
PHG-1000X

STEP 7



PHG-1000X

EXPLODED VIEW



PHG-1000X
NOTES

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