



Multi Adjustable Single Pulley ASSEMBLY INSTRUCTIONS



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

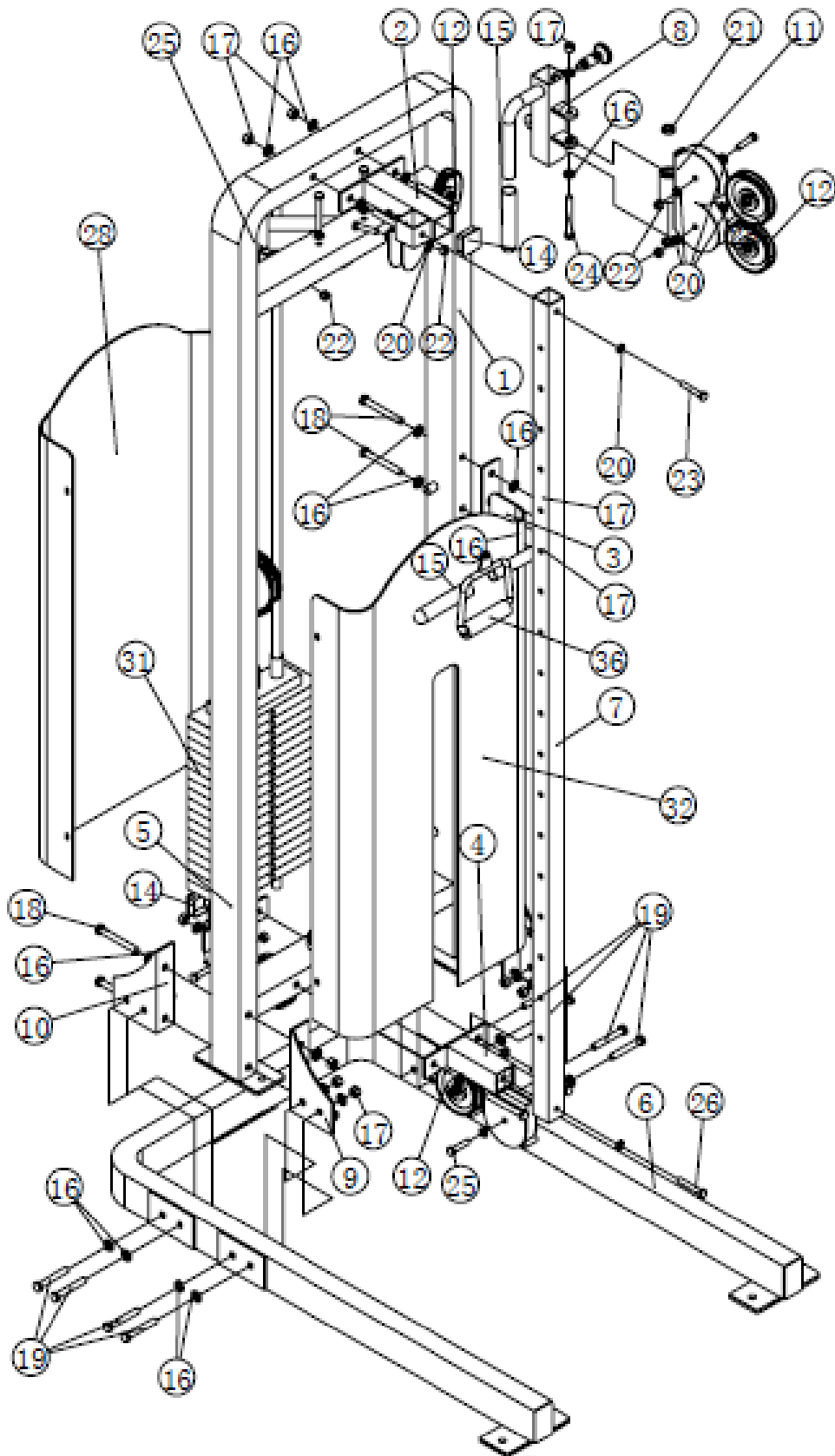
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Weight Cage	1
2	Upper Support	1
3	Handle	1
4	Bottom Support 01	1
5	Bottom Support 02	1
6	Base Frame	1
7	Cross Assembly	1
8	Right Pulley Mount Adjuster Tube	1
9	Bottom Cross Assembly	2
10	Bottom Cross Assembly 01	2
11	Pulley Mount	1
12	4.5" Cable Pulley	7
13	50 80 End Cap	2
14	50 50 End Cap	3
15	150 150 Rubber Grip	2
16	GB Fastener Washer SMWC 12	38
17	GB Fastener Washer SMWC 10	20
18	GB Fastener Nut SBC1 M12-N	19
19	GB Fastener Nut SNC1 M10-N	8
20	GB Fastener Bolt HHBC M12x100-N	10

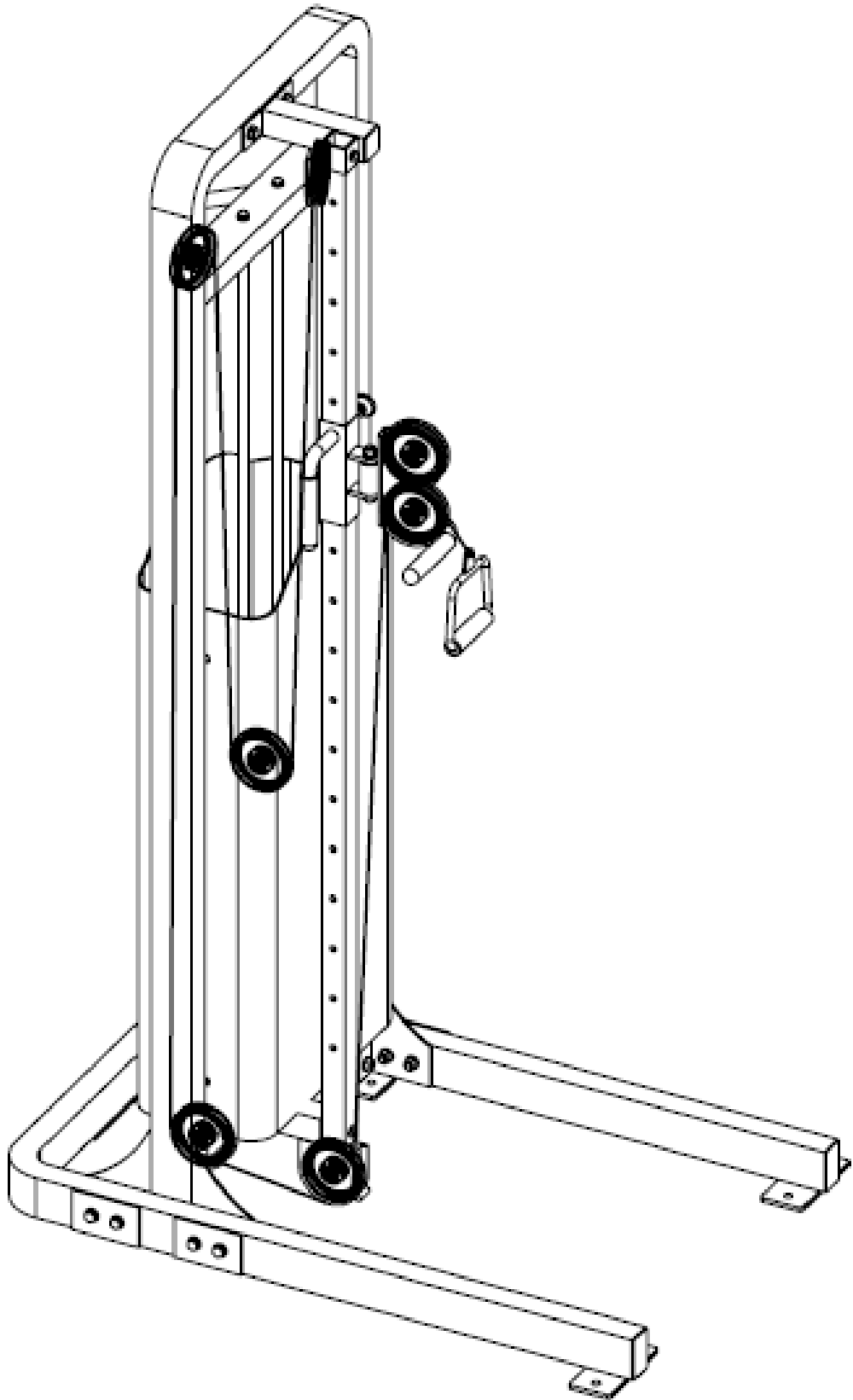
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	GB Fastener Bolt HHBC M12x80-N	8
22	GB Fastener Bolt HHBC M10x60-N	1
23	GB Fastener Bolt HHBC M12x90-N	1
24	GB Fastener Bolt HHBC M10x45-N	7
25	GB Fastener Bolt HHBC M10x65-N	1
26	6000RZ Bearing	2
27	Weight Stack Bumper	2
28	Outboard Shield	1
29	1525mm Guide Rod	2
30	Steel Top Plate	17
31	Intermediate Weight	17
32	Inboard Shield	1
33	Cable Anchor Adjustable	1
34	Pull Pin	1
35	GB Fastener Bolt HHBC M10x180-N	2
36	Handle	1

Assembly



Final Product



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

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Visit Our Website: www.gymbrofitness.com