

ORDERING REPLACEMENT PARTS

If you encounter any problems with this product or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS118JG

Tel: Country Code: 0345-089009

0345-089009

Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

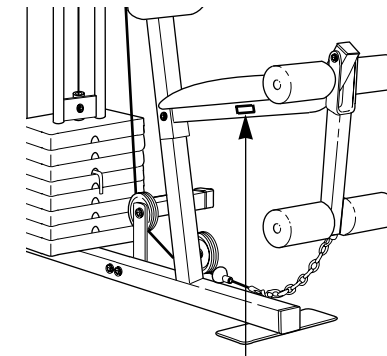
- The MODEL of the product (WLEMSY80000)
- The NAME of the product (WESLO® GYM 2000 weight system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 18 of this manual).

WESLO®

gym2000

USER'S MANUAL

Model No. WLEMSY80000
Serial No. _____



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

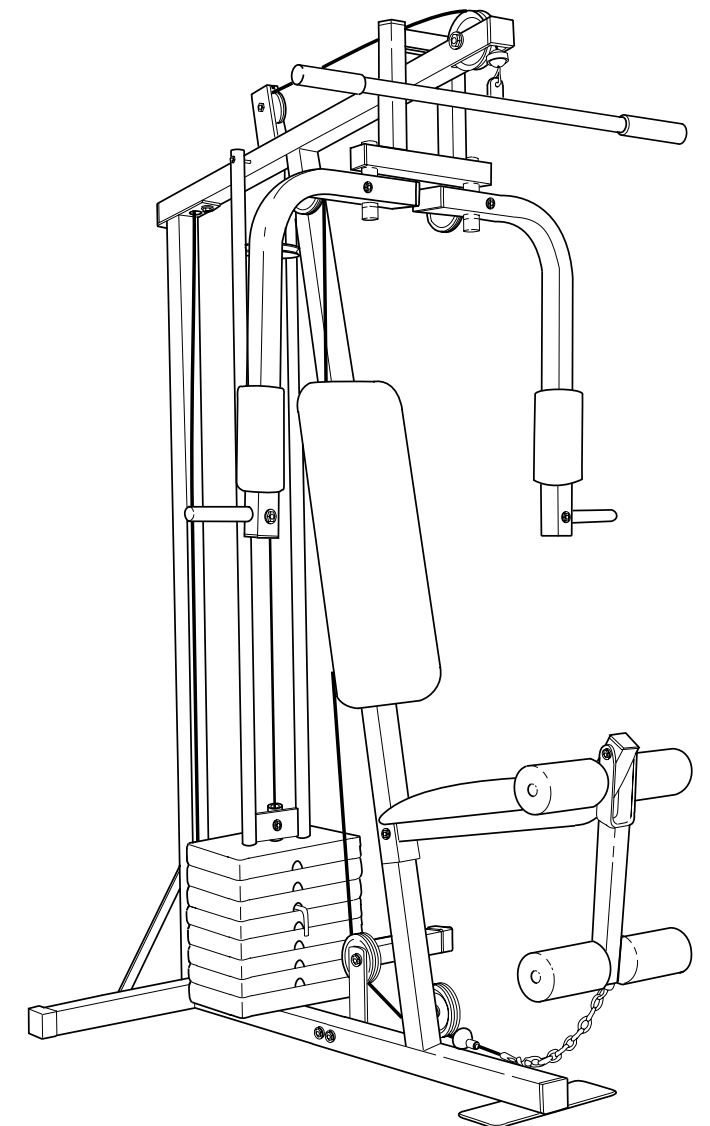
Please CALL:

0345-089009

Or WRITE:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Leeds
LS118JG

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.weslo.com

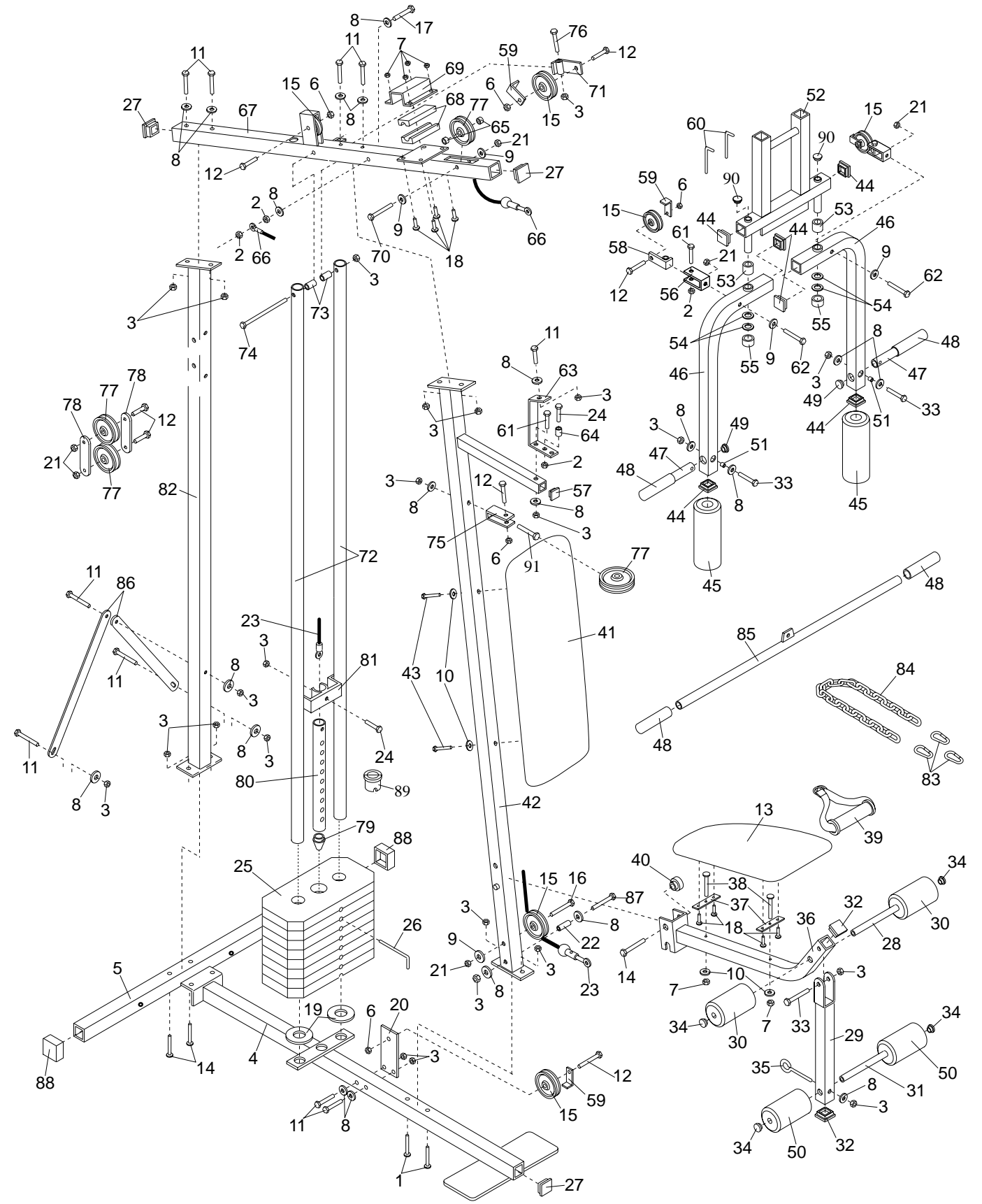
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 Note: A PART IDENTIFICATION CHART is attached in the centre of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

EXPLODED DRAWING—Model No. WLEMSY80000

R0301A



WESLO is a registered trademark of ICON Health & Fitness, Inc.

PART LIST—Model No. WLEMSY80000

R0301A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	5/16" x 2 1/2" Carriage Bolt	47	2	7" Handle
2	5	5/16" Jam Nut	48	4	Handgrip
3	24	5/16" Nylon Locknut	49	2	1" Round Inner Cap
4	1	Base	50	2	5 3/4" Pad
5	1	Stabiliser	51	2	1/2" x 3/8" Spacer
6	6	3/8" Jam Nut	52	1	Arm Frame
7	6	1/4" Nylon Locknut	53	2	Plastic Bushing
8	21	5/16" Flat Washer	54	4	1" Retainer
9	5	3/8" Flat Washer	55	2	1" Round Cover Cap
10	4	1/4" Flat Washer	56	2	Large "U" Bracket
11	10	5/16" x 2 3/4" Bolt	57	1	1 1/4" Inner Cap
12	8	3/8" x 1 3/4" Bolt	58	2	Narrow Swivel Bracket
13	1	Seat	59	4	Cable Trap
14	3	5/16" x 2 3/4" Carriage Bolt	60	2	4 1/2" "L" Pin
15	6	3 1/2" Pulley	61	3	5/16" x 2" Bolt
16	1	3/8" X 3 1/2" Bolt	62	2	3/8" x 2 1/2" Bolt
17	1	5/16" x 3" Bolt	63	1	Stop Bracket
18	8	1/4" x 3/4" Screw	64	1	1" Plastic Stop
19	2	Weight Bumper	65	2	1/2" x 1/2" Spacer
20	1	Pulley Plate	66	1	Long Cable
21	6	3/8" Nylon Locknut	67	1	Top Frame
22	1	1" Metal Spacer	68	2	Arm Frame Bushing
23	1	Short Cable	69	1	Arm Frame Cover
24	2	5/16" x 1 1/2" Bolt	70	1	3/8" x 2 3/4" Bolt
25	8	Weight	71	1	Wide Swivel Bracket
26	1	5" Weight Pin	72	2	Weight Guide
27	3	2" Inner Cap	73	2	Weight Guide Spacer
28	1	13 1/2" Pad Tube	74	1	5/16" x 6" Bolt
29	1	Leg Lever	75	1	Adjustment "U" Bracket
30	2	6" Pad	76	1	5/16" x 3 1/4" Bolt
31	1	13" Pad Tube	77	4	4 1/2" Pulley
32	2	1 1/2" Inner Cap	78	2	"I" Plate
33	3	5/16" x 2 1/4" Bolt	79	1	Weight Tube Bumper
34	4	3/4" Round Inner Cap	80	1	Weight Tube
35	1	5/16" x 2" Eyebolt	81	1	Weight Guide Bracket
36	1	Seat Frame	82	1	Rear Upright
37	2	Seat Plate	83	3	Cable Clip
38	2	1/4" x 2" Carriage Bolt	84	1	Chain
39	1	Nylon Strap	85	1	Lat Bar
40	1	Seat Knob	86	2	Brace
41	1	Backrest	87	1	5/16" x 3 1/2" Bolt
42	1	Front Upright	88	2	2" Outer Cap
43	2	1/4" x 2 1/2" Screw	89	1	Slotted Flange Bushing
44	6	1 3/4" Inner Cap	90	2	1" Inner Cap
45	2	10" Pad	91	1	5/16" x 3" Short Thread Bolt
46	2	Arm	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual before using the weight system. Use the weight system only as described.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions and instructions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor or carpet.
5. Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately.
6. Always wear athletic shoes for foot protection whilst exercising.
7. Keep hands and feet away from moving parts.
8. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
10. Never release the arms, leg lever, lat bar, or nylon strap whilst weights are raised; the weights will fall with great force.
11. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
12. If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.
13. Keep children under 12 away from the weight system at all times.
14. The decals shown at the right (1) and below (2) have been attached to the weight system in the locations shown on page 4. If a decal is missing or illegible, please call 0345-089009 to order a free replacement decal.

⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

⚠ WARNING

Keep hands and fingers clear of this area.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

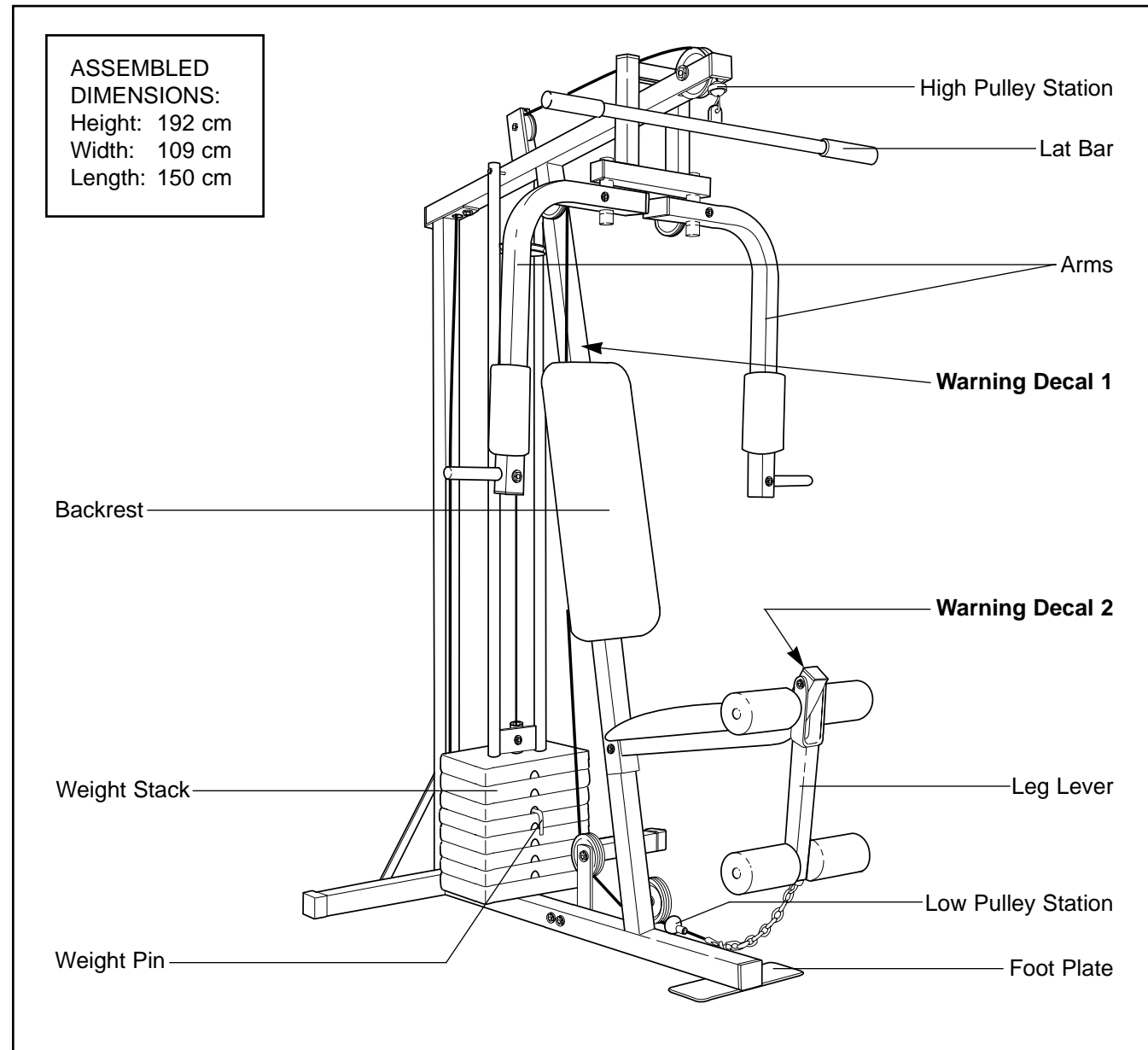
BEFORE YOU BEGIN

Thank you for selecting the versatile WESLO® GYM 2000 weight system. The GYM 2000 offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the GYM 2000 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the GYM 2000 weight system. If

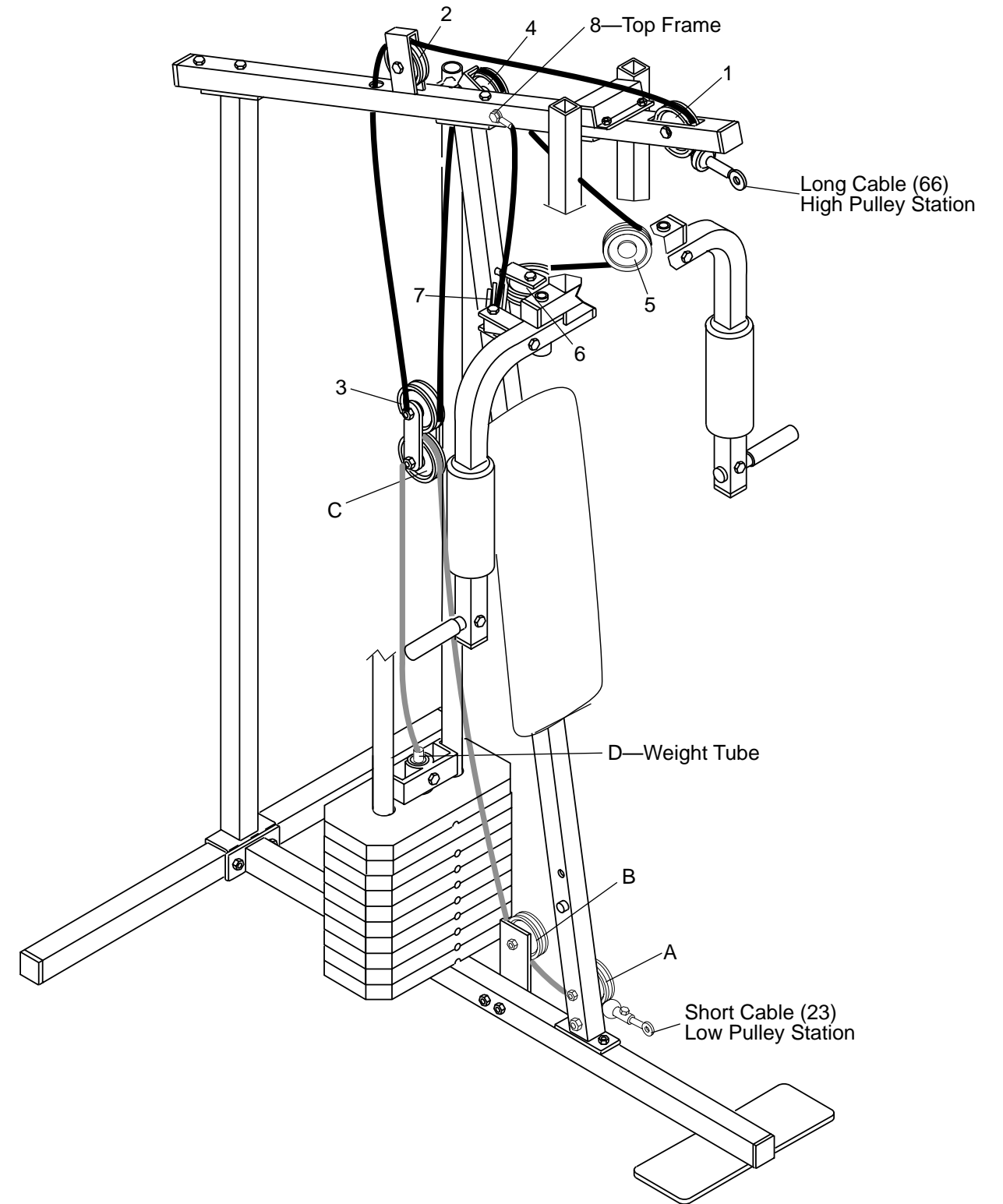
you have additional questions, please call our Customer Service Department toll-free at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number is WLEMSY80000. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



CABLE DIAGRAM

The cable diagram below shows the proper routing of the Short Cable (23) and the Long Cable (66). Use the diagram to make sure that the two cables are assembled correctly. The letters show the routing of the Short Cable; the numbers show the routing of the Long Cable.

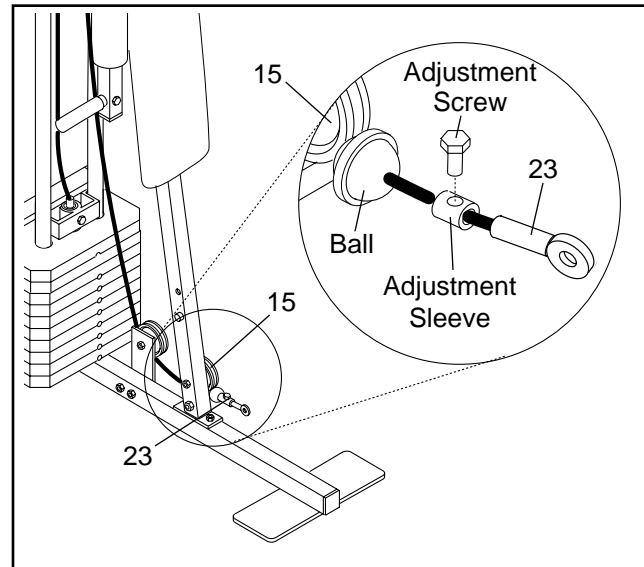


TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Locate the adjustment sleeve and adjustment screw near the lower end of the Short Cable (23). Loosen the adjustment screw. Pull the end of the Short Cable until there is no slack in the cables. Slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (15). Retighten the adjustment screw. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.



ASSEMBLY

Make Assembly Easier for Yourself.

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page; this brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.


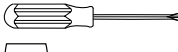

How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the centre of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

Make sure you have the following tools:

- Two adjustable spanners 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

How to Unpack the Box

Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

Questions?

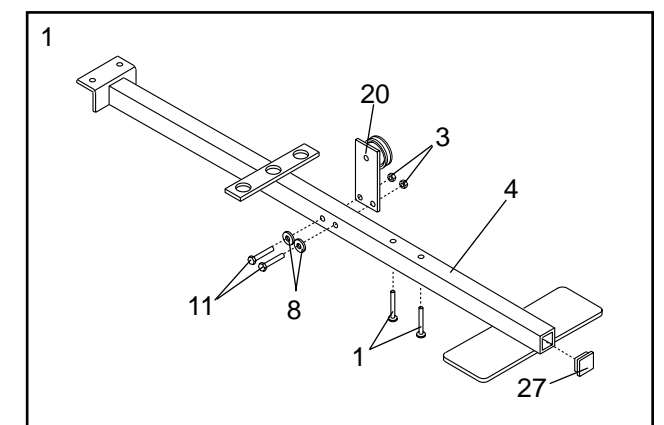
If you have questions after reading the assembly instructions, please call our Customer Service Department toll-free at **0345-089009**.

1. **Before you begin, make sure you have carefully read the instructions at the top of this page.**

Press a 2" Inner Cap (27) into the Base (4).

Attach the Pulley Plate (20) to the Base (4) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3).

Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (4).

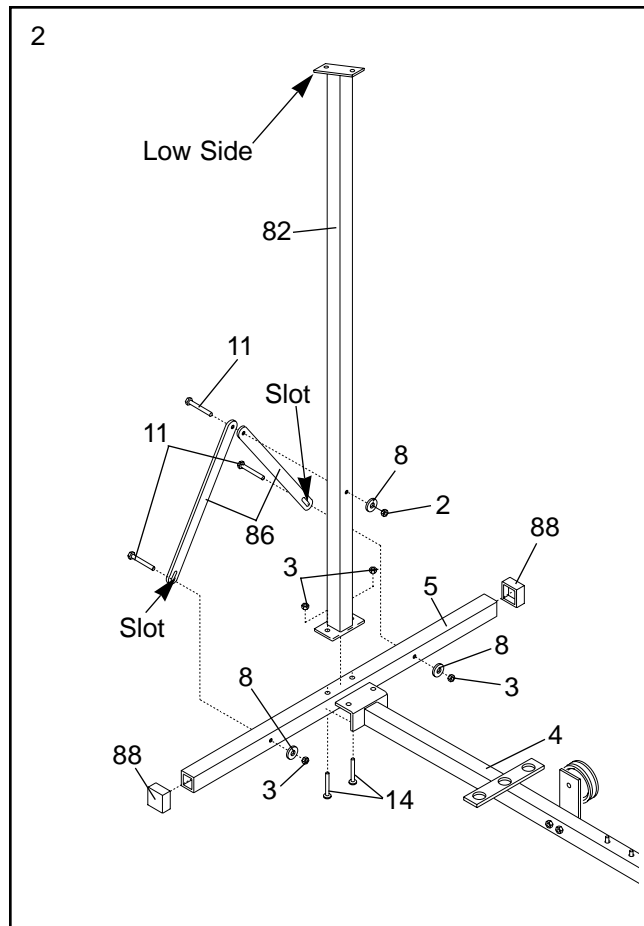


- Press the two 2" Outer Caps (88) onto the Stabiliser (5).

Insert two 5/16" x 2 3/4" Carriage Bolts (14) up through the Stabiliser (5). Slide the end of the Base (4) onto the Carriage Bolts. Slide the Rear Upright (82) onto the Carriage Bolts; make sure the sloped bracket is oriented as shown. Thread two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Attach the ends of the Braces (86) with slotted holes to the Stabiliser (5) with two 5/16" x 2 3/4" Bolts (11), two 5/16" Flat Washers (8), and two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

Attach the other ends of the Braces (86) to the Rear Upright (82) with a 5/16" x 2 3/4" Bolt (11), a 5/16" Flat Washer (8), and a 5/16" Jam Nut (2). **Do not tighten the Jam Nut yet.**

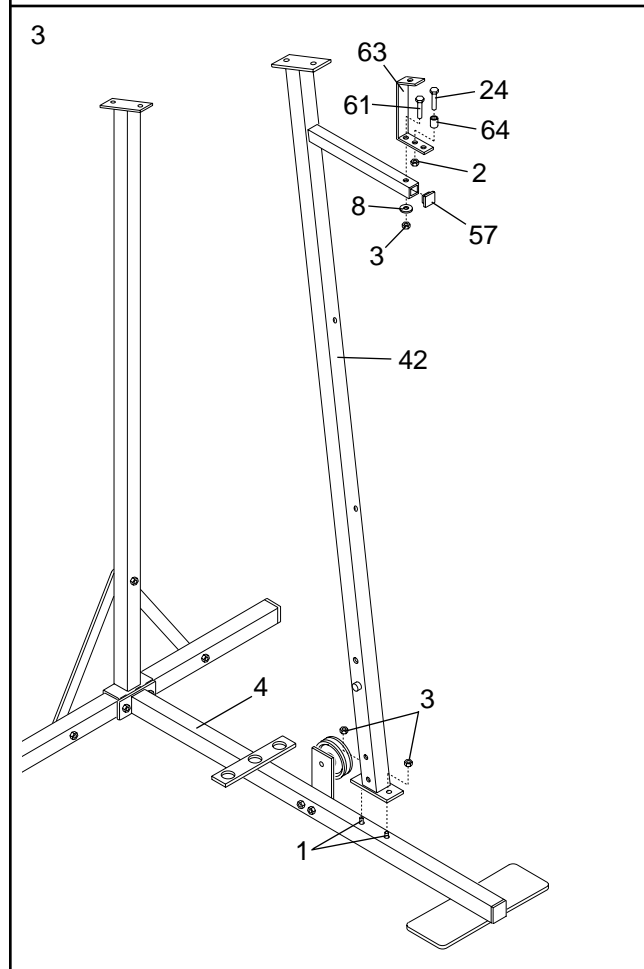


- Press the 1 1/4" Inner Cap (57) into the Front Upright (42).

Attach the 1" Plastic Stop (64) to the centre hole in the Stop Bracket (63) with a 5/16" x 1 1/2" Bolt (24) and a 5/16" Jam Nut (2).

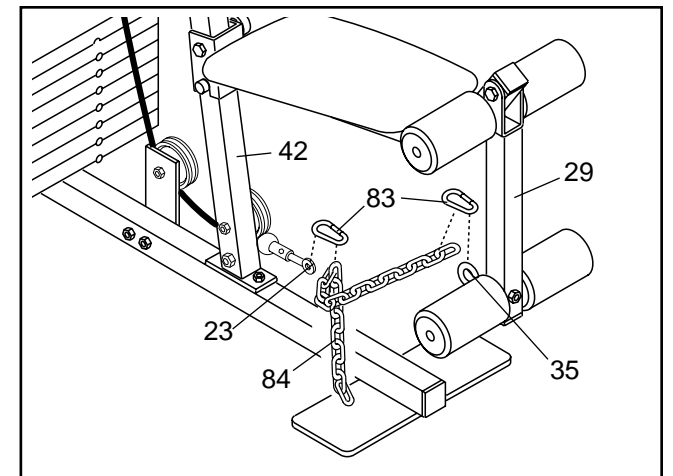
Attach the Stop Bracket (63) to the Front Upright (42) with the 5/16" x 2" Bolt (61), a 5/16" Flat Washer (8), and a 5/16" Nylon Locknut (3).

Slide the Front Upright (42) onto the two 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Attach the Front Upright to the Base with two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

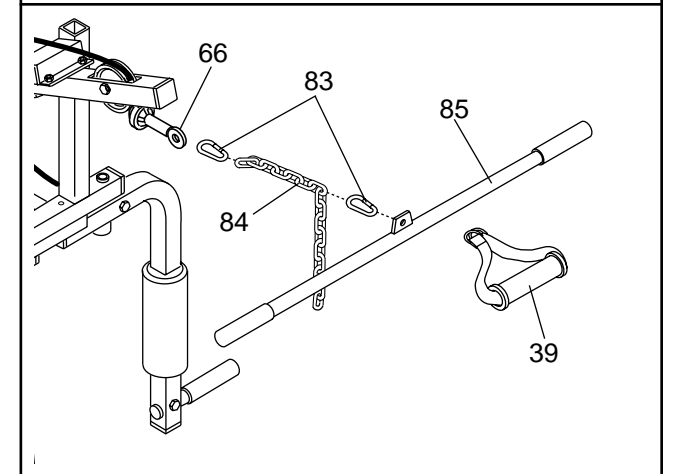
To use the Leg Lever (29), the seat must be attached to the Front Upright (42) (see ATTACHING AND REMOVING THE SEAT on page 14). Attach the Chain (84) between the Short Cable (23) and the 5/16" x 2" Eyebolt (35) on the Leg Lever with two Cable Clips (83).



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (85) to the Long Cable (66) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

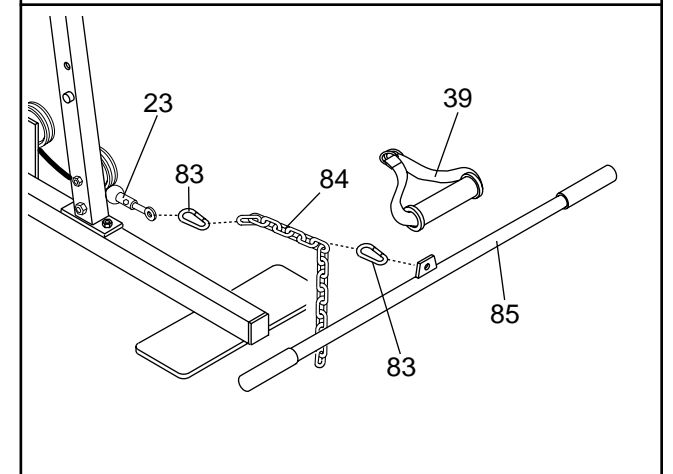
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (85) to the Short Cable (23) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) can be attached in the same manner.

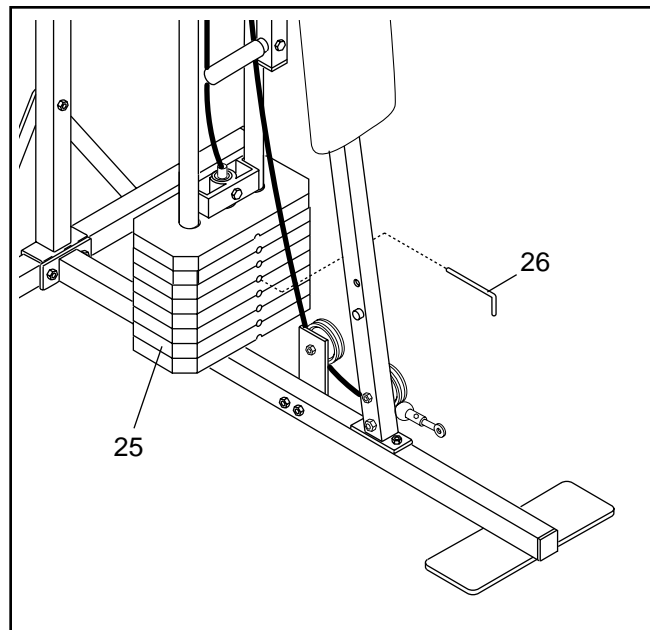


ADJUSTMENT

The instructions below describe how each part of the weight system can be adjusted. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

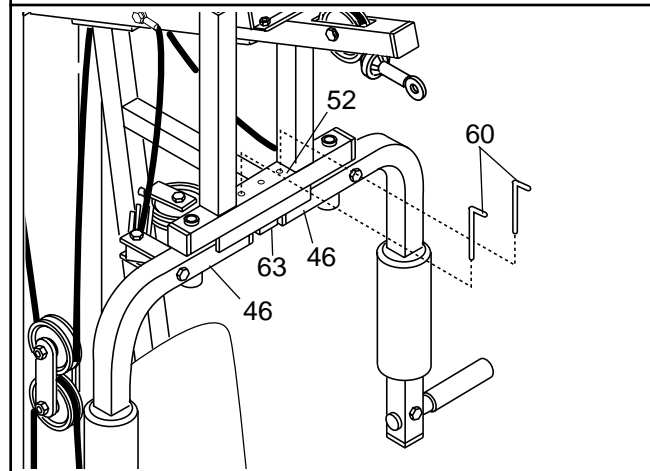
CHANGING THE WEIGHT SETTING

To change the weight setting, insert the 5" Weight Pin (26) under one of the Weights (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and to turn the bent end downward. The weight setting can be changed from 12.5 pounds to 100 pounds, in increments of 12.5 pounds (one pound is equal to .454 kg). **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting.**



SWITCHING THE ARMS TO THE PRESS MODE OR THE BUTTERFLY MODE

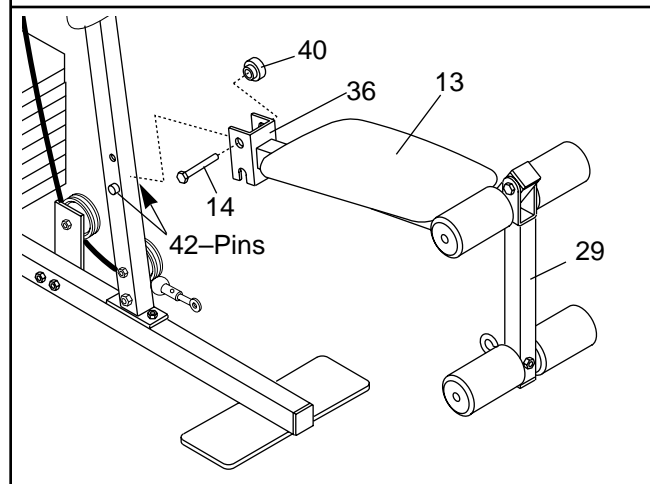
To perform the bench press exercise, switch the Arms (46) to the press mode by inserting the two 4 1/2" "L" Pins (60) into the indicated holes in the Arm Frame (52) and the Arms.



To perform the butterfly exercise, switch the Arms (46) to the butterfly mode by inserting one of the 4 1/2" "L" Pins (60) into the hole in the centre of the Arm Frame (52) and the Stop Bracket (63). Set the other "L" Pin aside.

ATTACHING AND REMOVING THE SEAT

Set the bracket on the Seat Frame (36) onto the pins on the Front Upright (42). Secure the Seat Frame with the 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

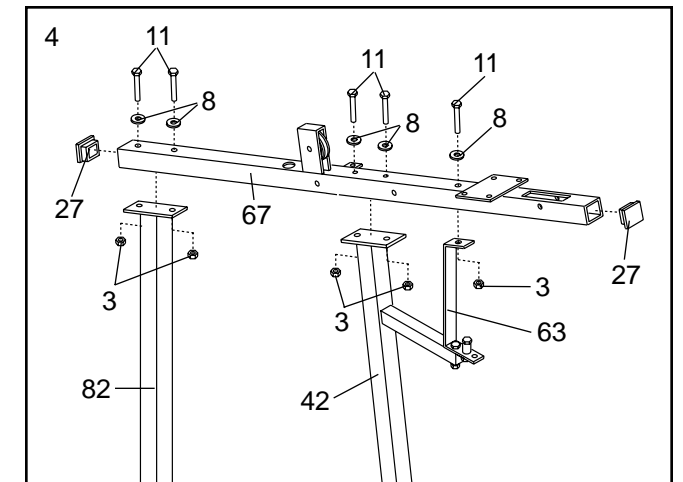


For some exercises, the Seat (13) must be removed. First, make sure that the Chain (not shown) is not attached to the Leg Lever (29). Next, remove the Seat Knob (40) and the 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).

- Press two 2" Inner Caps (27) into the Top Frame (67).

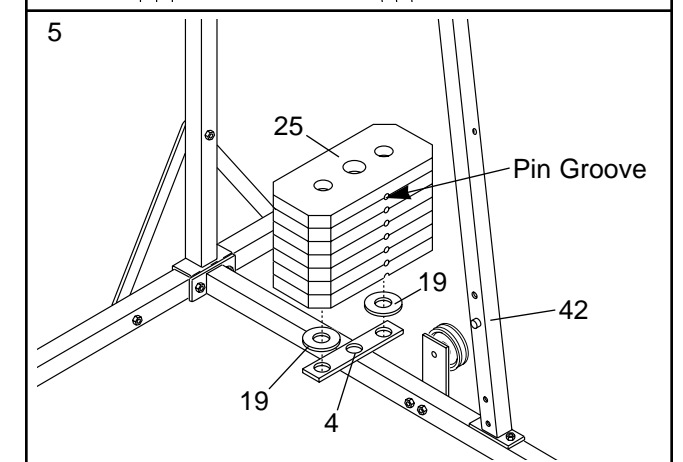
Attach the Top Frame (67) to the Rear Upright (82), the Front Upright (42), and the Stop Bracket (63) with 5/16" x 2 3/4" Bolts (11), 5/16" Flat Washers (8), and 5/16" Nylon Locknuts (3) as shown. **Do not tighten the Nylon Locknuts yet.**

Tighten all nuts used in steps 2-4.



- Set the two Weight Bumpers (19) on the indicated plate on the Base (4). Align the holes in the Weight Bumpers with the holes in the plate.

Stack seven Weights (25) on the Weight Bumpers (19). Each Weight must be turned so the pin groove is facing the Front Upright (42). The holes in the Weights must be aligned with the holes in the Weight Bumpers.

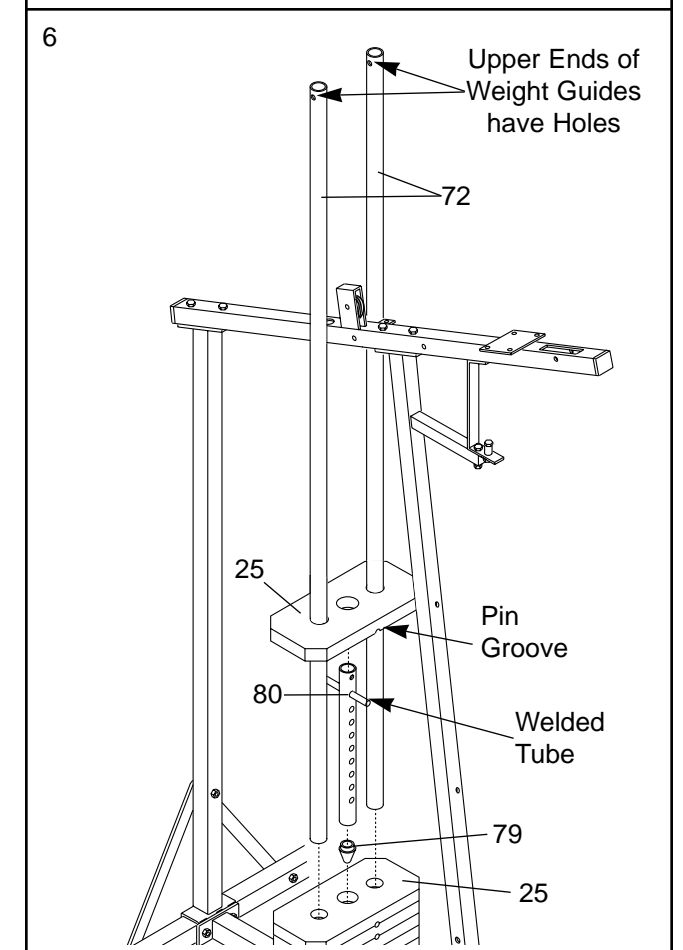


CAUTION: Be careful to avoid tipping the stack of Weights (25) until step 6 is completed.

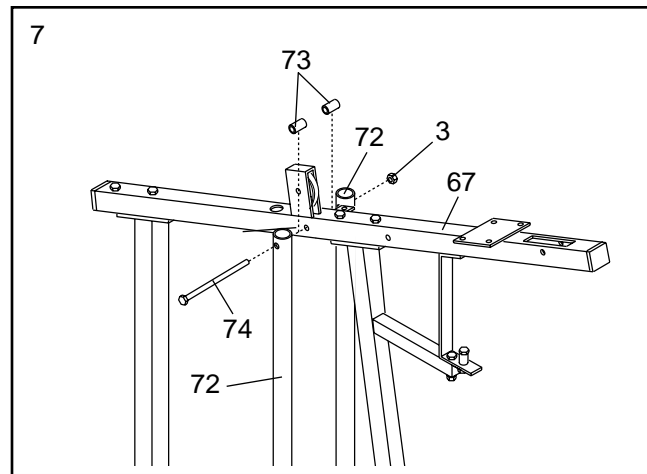
- Press the Weight Tube Bumper (79) into the lower end of the Weight Tube (80).

Insert the Weight Tube (80) into the stack of Weights (25). Slide the eighth Weight onto the upper end of the Weight Tube. The Weight Tube must be turned so the welded pin is in the pin groove in the Weight.

Locate the lower ends of the Weight Guides (72); there are holes near the upper ends. Insert the lower ends of the Weight Guides into the eight Weights (25).

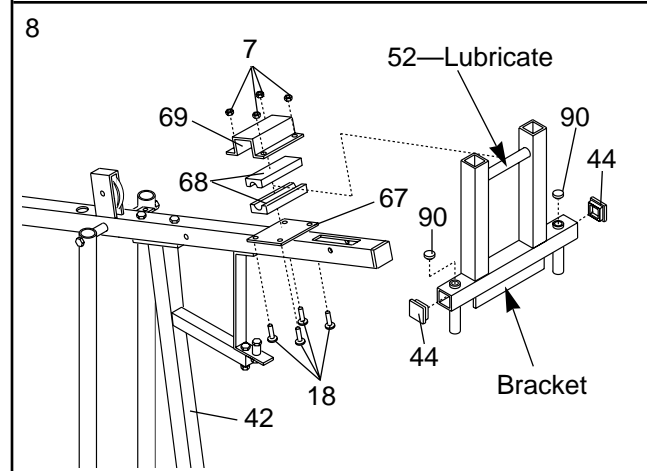


7. Attach the upper ends of the Weight Guides (72) to the Top Frame (67) with the 5/16" x 6" Bolt (74), the two Weight Guide Spacers (73), and a 5/16" Nylon Locknut (3).



8. Press two 1 3/4" Inner Caps (44) and two 1" Inner Caps (90) into the Arm Frame (52).

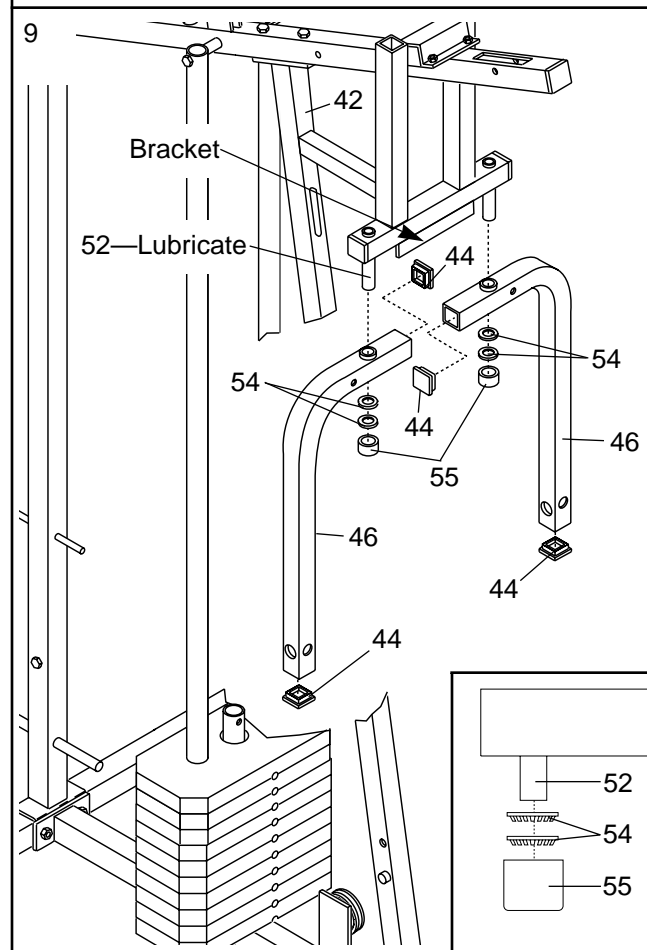
Apply lubricant to the upper axle on the Arm Frame (52). Hold the axle between the two Arm Frame Bushings (68). Set the Arm Frame Bushings and the Arm Frame on the plate welded to the top of the Top Frame (67). **Note: Be sure the bracket is toward the front of the Arm Frame.** Place the Arm Frame Cover (69) over the Arm Frame Bushings. Attach the Arm Frame Cover to the Top Frame with four 1/4" x 3/4" Screws (18) and four 1/4" Nylon Locknuts (7).



9. Press two 1 3/4" Inner Caps (44) into each of the Arms (46).

Apply lubricant to the lower axles on the Arm Frame (52). Slide an Arm (46) onto one of the axles. The Arm must be behind the bracket on the Arm Frame. Hold two 1" Retainers (54) and a 1" Round Cover Cap (55) against the lower end of the axle. **The teeth on the Retainers must bend toward the Round Cover Cap (see inset drawing).** Tap the Retainers and Round Cover Cap onto the axle.

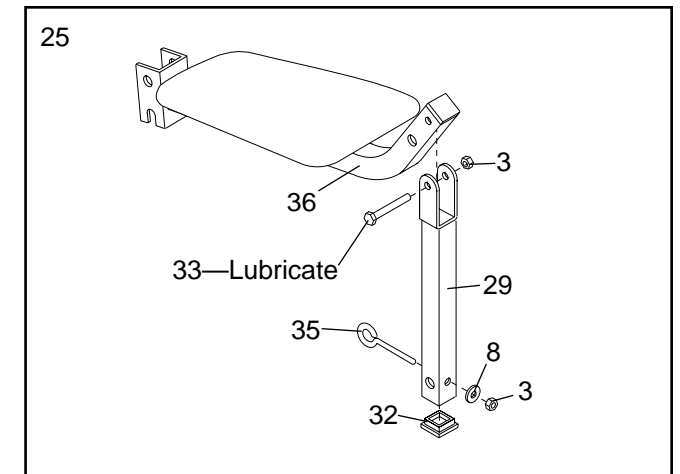
Attach the other Arm (46) to the Arm Frame (52) in the same manner.



25. Press a 1 1/2" Inner Cap (32) into the Leg Lever (29).

Lubricate a 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

Insert the 5/16" x 2" Eyebolt (35) into the Leg Lever (29) from the indicated side. Tighten a 5/16" Flat Washer (8) onto the Eyebolt with a 5/16" Nylon Locknut (3).

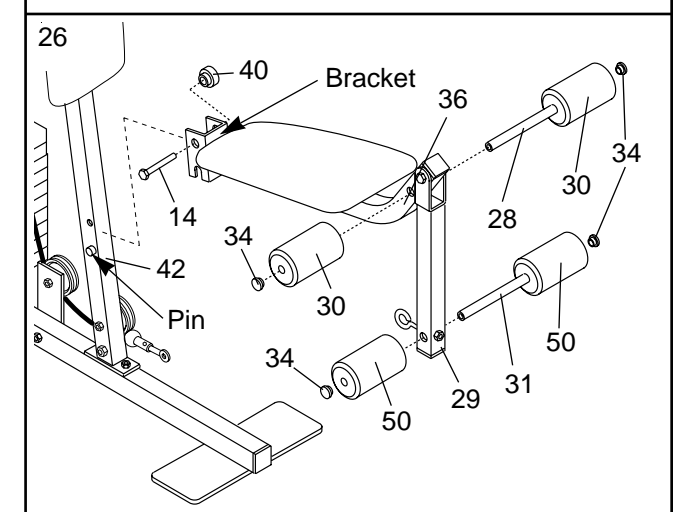


26. Set the bracket on the Seat Frame (36) over the indicated pins on the Front Upright (42). Secure the Seat Frame with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

Press four 3/4" Round Inner Caps (34) into the ends of the 13 1/2" Pad Tube (28) and the 13" Pad Tube (31).

Insert the 13 1/2" Pad Tube (28) into the Seat Frame (36). Slide a 6" Pad (30) onto each end of the Pad Tube.

Insert the 13" Pad Tube (31) into the Leg Lever (29). Slide a 5 3/4" Pad (50) onto each end of the Pad Tube.



27. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 14 of this user's manual.

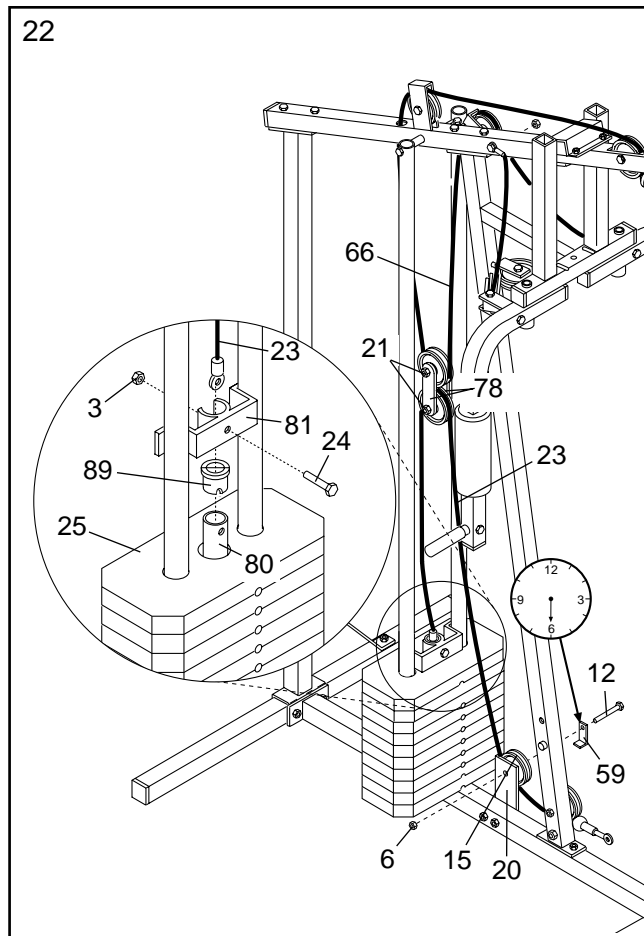
Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the weight system. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 17 of this user's manual.**

22. Remove the preattached 3 1/2" Pulley (15) and Cable Trap (59) from the Pulley Plate (20). Wrap the Short Cable (23) under the Pulley. Reattach the Pulley and the Cable Trap to the Pulley Plate with the 3/8" x 1 3/4" Bolt (12) and the 3/8" Jam Nut (6). The Cable Trap must be turned to the "6 o'clock" position.

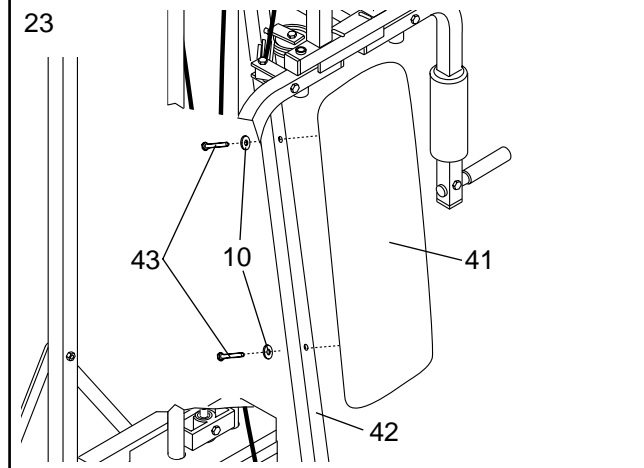
Slide the Short Cable (23) over the lower 3 1/2" Pulley (15) attached to the "I" Plates (78). **Tighten the two 3/8" Nylon Locknuts (21) attaching the "I" Plates.**

See the inset drawing. Slide the Slotted Flange Bushing (89) over the Weight Tube (80), making sure it is oriented as shown. Insert the end of the Short Cable (23) into the upper end of the Weight Tube. Slide the Weight Guide Bracket (81) onto the top of the Weight Tube. Insert a 5/16" x 1 1/2" Bolt (24) through the Weight Guide Bracket, the Weight Tube and the end of the Short Cable. Tighten a 5/16" Nylon Locknut (3) onto the Bolt.

IMPORTANT: The Short and Long Cables (23, 66) must be properly routed on the pulleys, and the Cables must be properly tightened. To tighten the Cables, refer to TROUBLE-SHOOTING AND MAINTENANCE on page 16 of this manual.



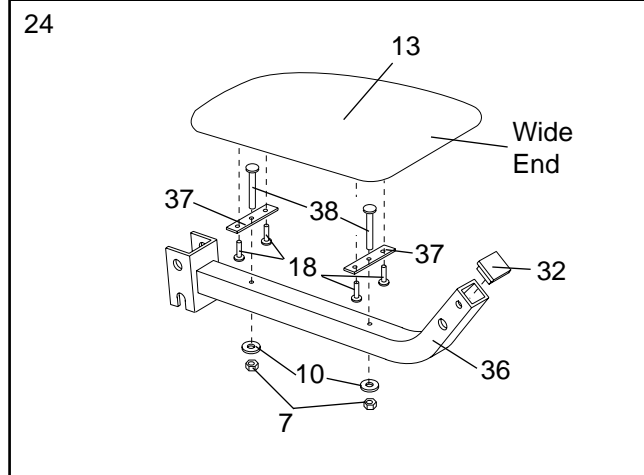
23. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and two 1/4" Flat Washers (10).



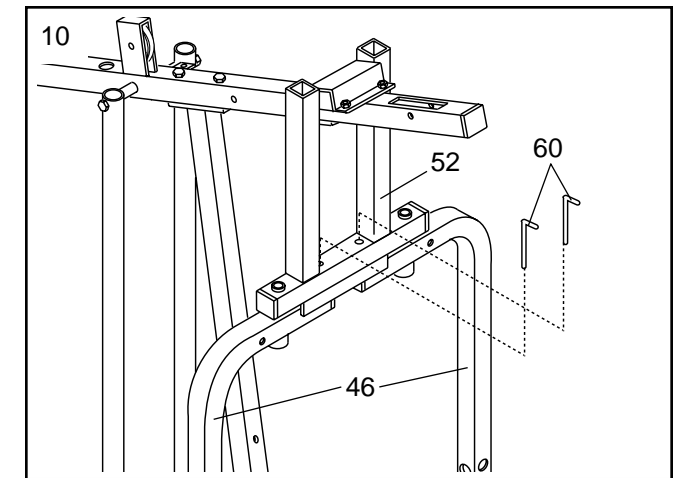
24. Press a 1 1/2" Inner Cap (32) into the Seat Frame (36).

Insert a 1/4" x 2" Carriage Bolt (38) into the centre of each Seat Plate (37). Attach the Seat Plates to the Seat (13) with four 1/4" x 3/4" Screws (18).

Insert the two 1/4" x 2" Carriage Bolts (38) into the Seat Frame (36). Make sure that the Seat (13) is turned so the wide end is toward the 1 1/2" Inner Cap (32). Tighten two 1/4" Nylon Locknuts (7) with two 1/4" Flat Washers (10) onto the Carriage Bolts.



10. Insert the two 4 1/2" "L" Pins (60) down into the indicated holes in the Arm Frame (52) and the Arms (46).

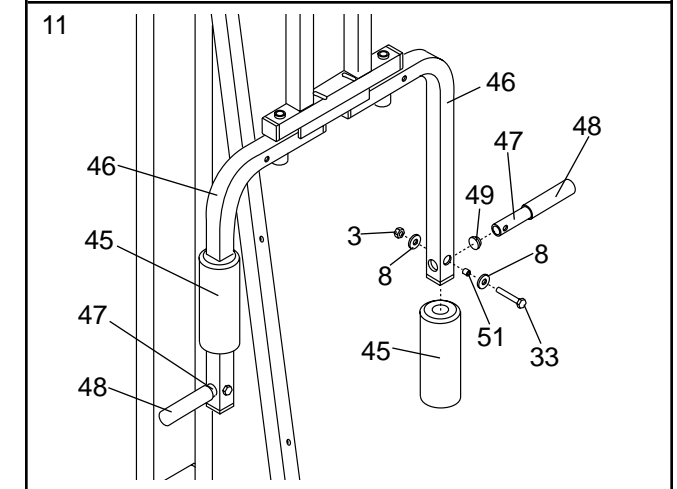


11. Wet the lower ends of the Arms (46) and the insides of the two 10" Pads (45) with soapy water. Slide a Pad about halfway up each Arm.

Insert a 7" Handle (47) with a Handgrip (48) into one of the Arms (46). Attach the Handle with a 5/16" x 2 1/4" Bolt (33), two 5/16" Flat Washers (8), a 1/2" x 3/8" Spacer (51), and a 5/16" Nylon Locknut (3).

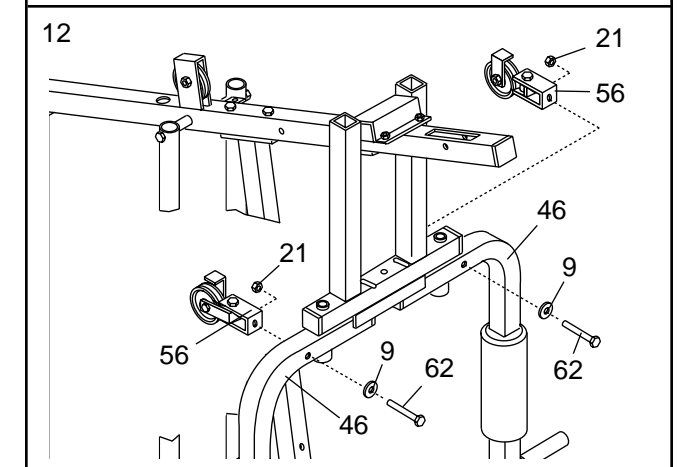
Attach a 7" Handle (47) with a Handgrip (48) to the other Arm (46) in the same manner.

Press a 1" Round Inner Cap (49) into each 7" Handle (47).

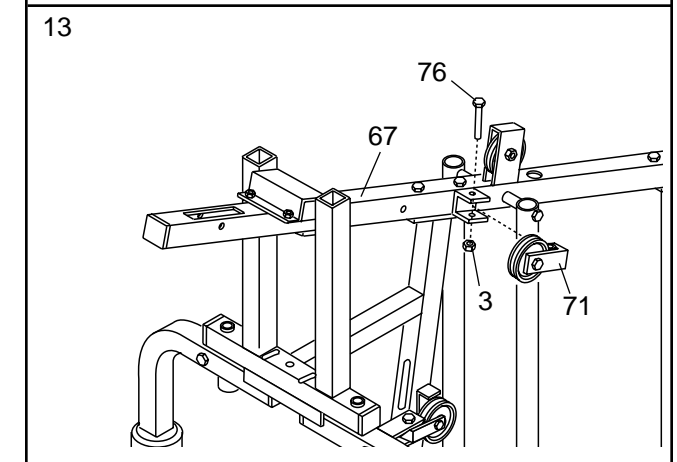


12. Attach a Large "U" Bracket (56) to one of the Arms (46) with a 3/8" x 2 1/2" Bolt (62), a 3/8" Flat Washer (9) and a 3/8" Nylon Locknut (21).

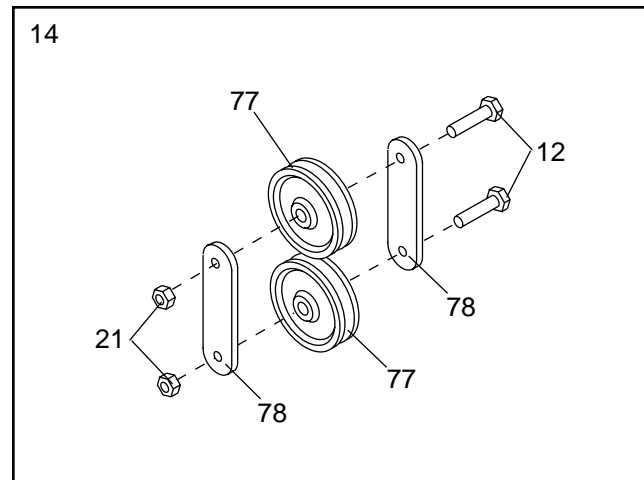
Attach a Large "U" Bracket (56) to the other Arm (46) in the same manner.



13. Attach the Wide Swivel Bracket (71) to the bracket on the side of the Top Frame (67) with the 5/16" x 3 1/4" Bolt (76) and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Wide Swivel Bracket must be able to swivel freely.**



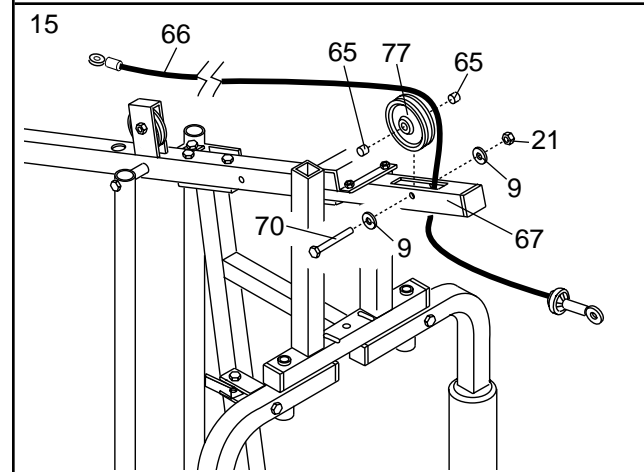
14. Insert two 3/8" x 1 3/4" Bolts (12) through the two "I" Plates (78) and two 4 1/2" Pulleys (77) as shown. Finger tighten two 3/8" Nylon Locknuts (21) onto the Bolts. **Do not thread the Nylon Locknuts fully onto the Bolts yet.**



15. **IMPORTANT: As you assemble the Long Cable (66) and the Short Cable (not shown), refer to the CABLE DIAGRAM on page 17 of this manual to make sure that the Cables are properly routed.**

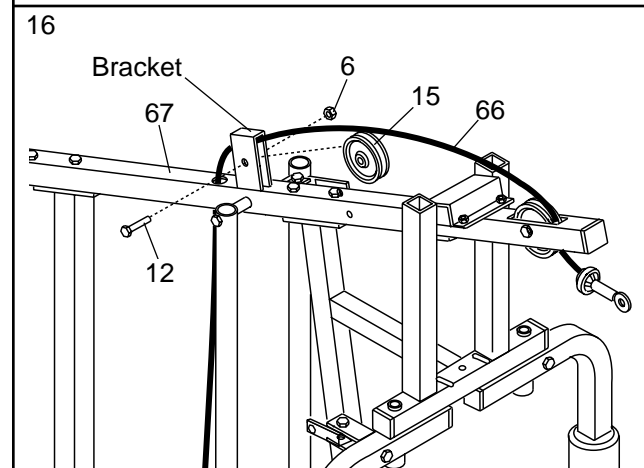
Find the end of the Long Cable (66) that has a metal eyelet without a rubber ball. Insert that end of the Long Cable up through the indicated opening in the Top Frame (67).

Lay the Long Cable (66) over a 4 1/2" Pulley (77). Attach the Pulley inside the Top Frame (67) with a 3/8" x 2 3/4" Bolt (70), two 3/8" Flat Washers (9), two 1/2" x 1/2" Spacers (65), and a 3/8" Nylon Locknut (21).



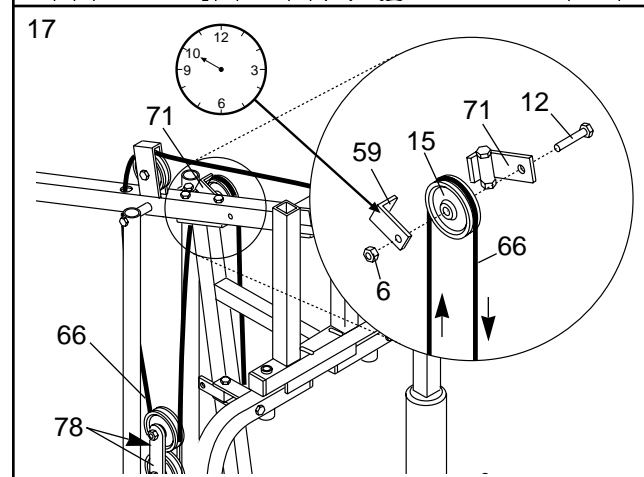
16. Remove the 3 1/2" Pulley (15) from inside the bracket on the Top Frame (67). Insert the end of the Long Cable (66) through the bracket and down through the indicated hole in the Top Frame.

Hold the 3 1/2" Pulley (15) inside the bracket on the Top Frame (67). The Long Cable (66) must be between the Pulley and the top of the bracket. Attach the Pulley to the bracket with a 3/8" x 1 3/4" Bolt (12) and 3/8" Jam Nut (6) that were removed.

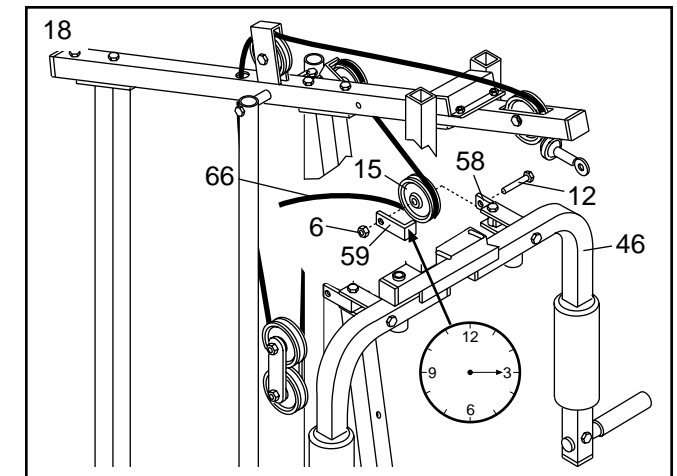


17. Insert the Long Cable (66) between the "I" Plates (78).

See the inset drawing. Slide the Long Cable (66) between the 3 1/2" Pulley (15) and the Cable Trap (59) attached to the Wide Swivel Bracket (71), in the direction shown. **Note: The Pulley, Cable Trap, 3/8" x 1 3/4" Bolt (12), and 3/8" Jam Nut (6) are shown apart for clarity.**

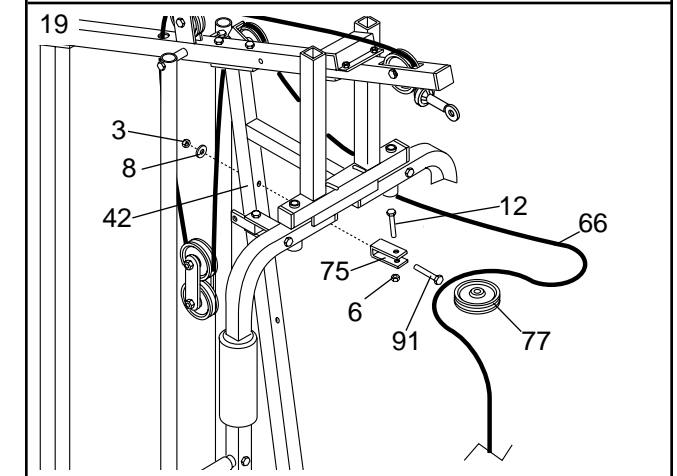


18. Slide the Long Cable (66) between the 3 1/2" Pulley (15) and the Cable Trap (59) on the Narrow Swivel Bracket (58) on the left Arm (46), in the direction shown. **Note: The Pulley, the Cable Trap, the 3/8" x 1 3/4" Bolt (12), and the 3/8" Jam Nut (6) are shown removed for clarity.** The Cable Trap must be turned to the 3 o'clock position.



19. Remove the 4 1/2" Pulley (77) from the Adjustment "U" Bracket (75). Attach the Adjustment "U" Bracket to the Front Upright (42) with a 5/16" x 3" Short Thread Bolt (91), a 5/16" Flat Washer (8), and a 5/16" Nylon Locknut (3). **Note: This Bracket is used to adjust the tension of the Long Cable (66). Thread the Nylon Locknut onto the Bolt only two complete turns.**

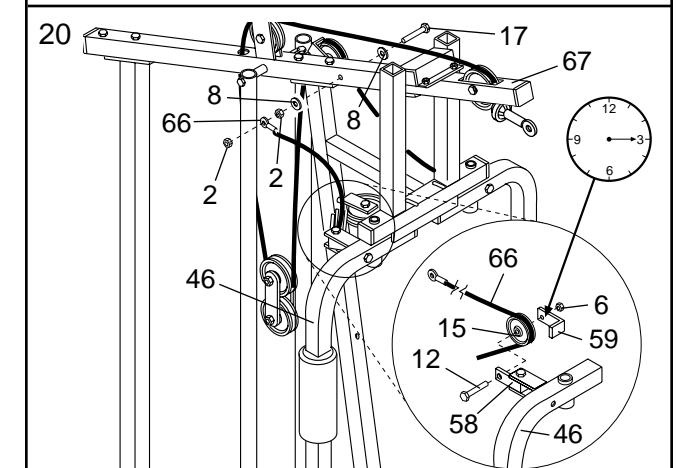
Wrap the Long Cable (66) around the 4 1/2" Pulley (77). Reattach the Pulley to the Adjustment "U" Bracket (75) with the 3/8" x 1 3/4" Bolt (12) and the 3/8" Jam Nut (6) that were removed.



20. **See the inset drawing.** Slide the Long Cable (66) between the 3 1/2" Pulley (15) and the Cable Trap (59) on the Narrow Swivel Bracket (58) on the right Arm (46), in the direction shown. **Note: The Pulley, the Cable Trap, the 3/8" x 1 3/4" Bolt (12), and the 3/8" Jam Nut (6) are shown removed for clarity.** The Cable Trap must be turned to the 3 o'clock position.

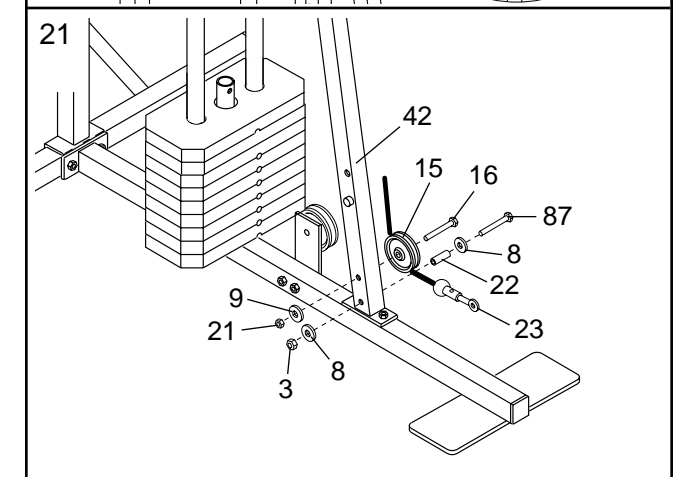
Attach a 5/16" x 3" Bolt (17), two 5/16" Flat Washers (8), and a 5/16" Jam Nut (2) to the indicated hole in the Top Frame (67).

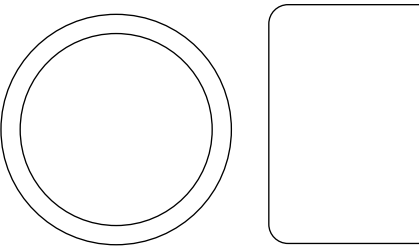
Slide the end of the Long Cable (66) onto the end of the 5/16" x 3" Bolt (17). Tighten another 5/16" Jam Nut (2) onto the Bolt. **Do not overtighten the Jam Nut.**



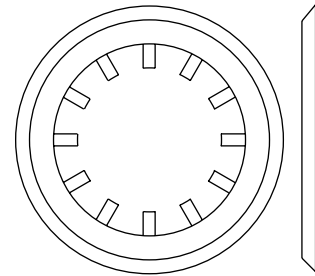
21. Attach the 5/16" x 3 1/2" Bolt (87), two 5/16" Flat Washers (8), the 1" Metal Spacer (22), and a 5/16" Nylon Locknut (3) to the lower hole in the Front Upright (42) as shown.

Wrap the indicated end of the Short Cable (23) under a 3 1/2" Pulley (15). Attach the Pulley to the Front Upright (42) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Flat Washer (9), and a 3/8" Nylon Locknut (21). The Short Cable must be between the Pulley and the Metal Spacer (22).

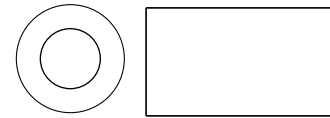




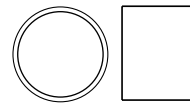
1" Cover Cap (55)



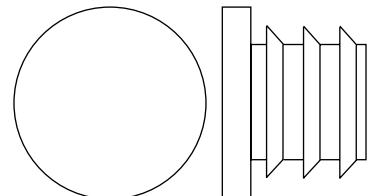
1" Retainer (54)



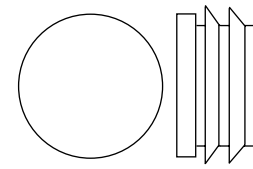
1" Plastic Stop (64)



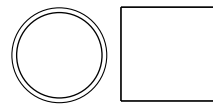
1/2" x 3/8" Spacer (51)



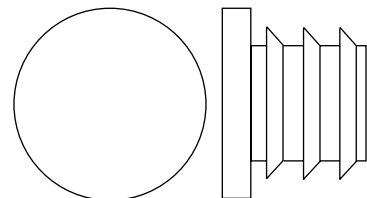
1" Round Inner Cap (49)



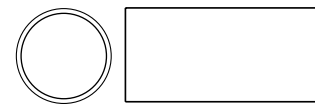
3/4" Round Inner Cap (34)



1/2" x 1/2" Spacer (65)



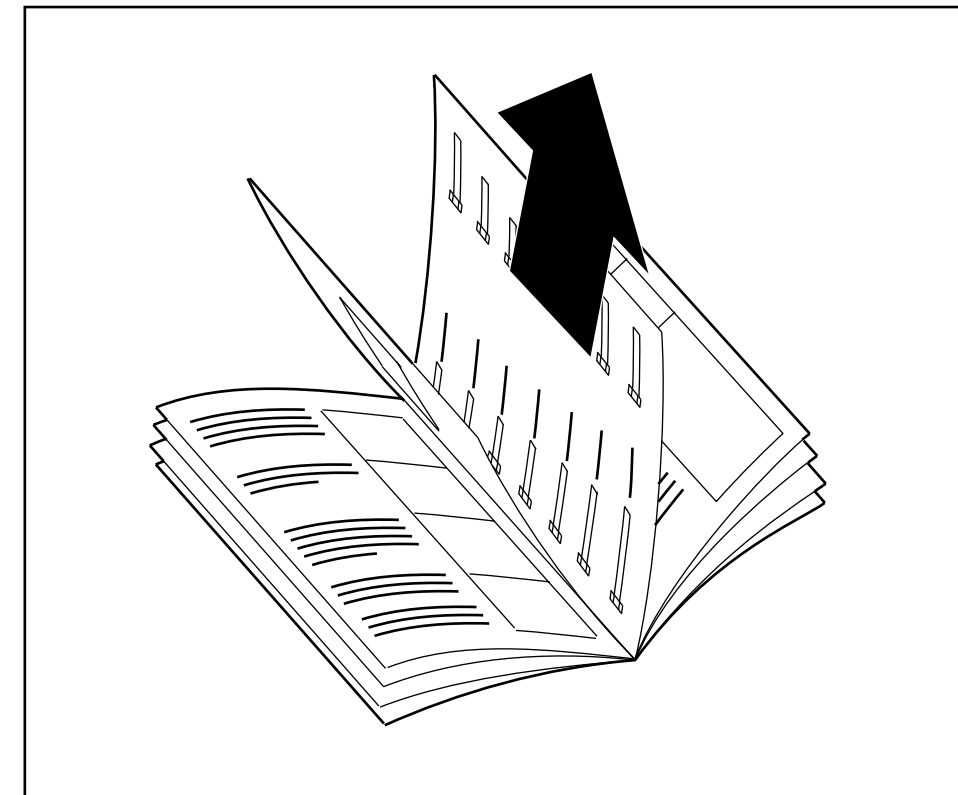
1" Inner Cap (90)

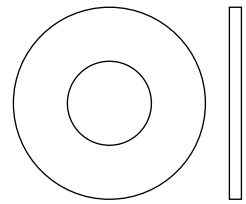


1" Metal Spacer (22)

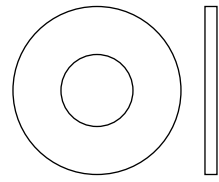
REMOVE THIS PART IDENTIFICATION SHEET FROM THE MANUAL

This chart is provided to help identify the small parts used in assembly. The number in parenthesis following each part refers to the key number of the part. **Note: Some parts may have been pre-assembled for shipping purposes. If a part cannot be found in the parts bags, check to see if it has been pre-assembled.**

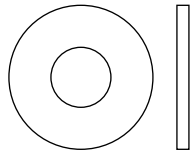




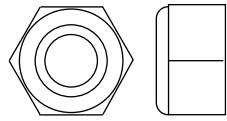
3/8" Flat Washer (9)



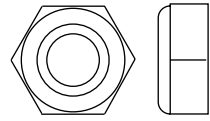
5/16" Flat Washer (8)



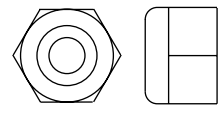
1/4" Flat Washer (10)



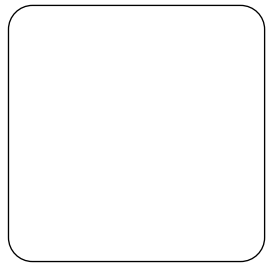
3/8" Nylon Locknut (21)



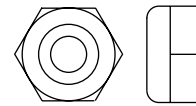
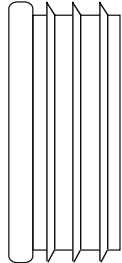
3/8" Jam Nut (6)



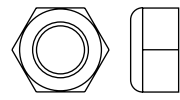
5/16" Nylon Locknut (3)



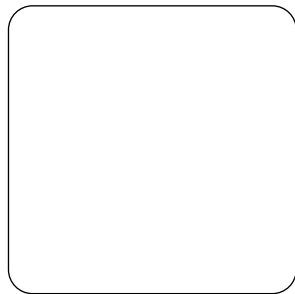
1 1/4" Inner Cap (57)



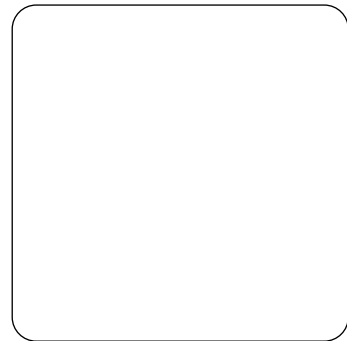
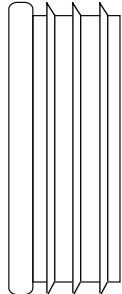
5/16" Jam Nut (2)



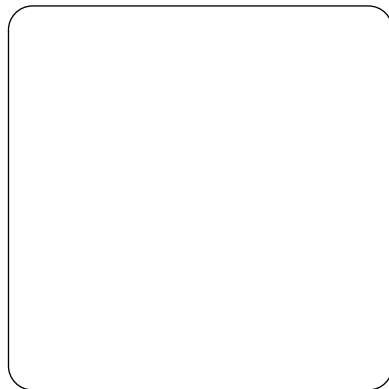
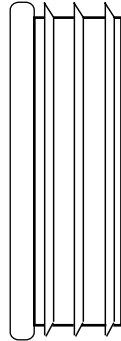
1/4" Nylon Locknut (7)



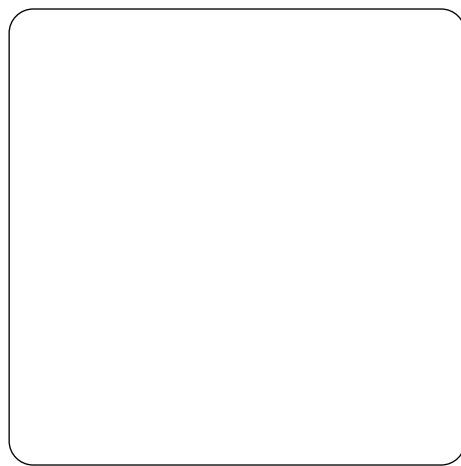
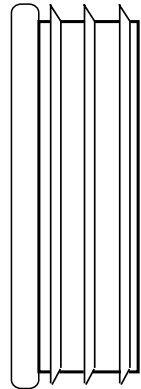
1 1/2" Inner Cap (32)



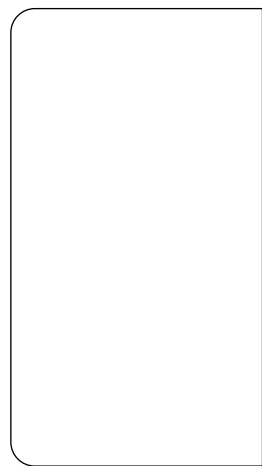
1 3/4" Inner Cap (44)



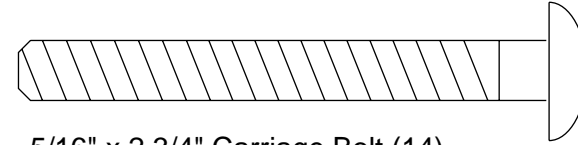
2" Inner Cap (27)



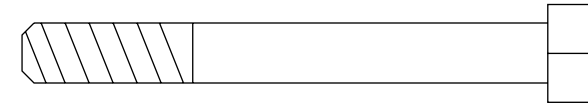
2" Outer Cap (88)



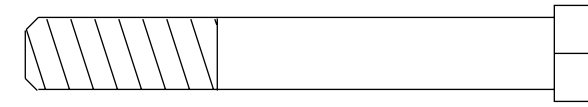
5/16" x 2 1/2" Carriage Bolt (1)



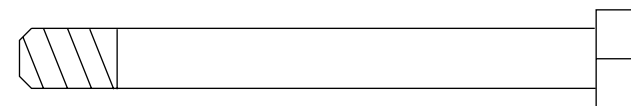
5/16" x 2 3/4" Carriage Bolt (14)



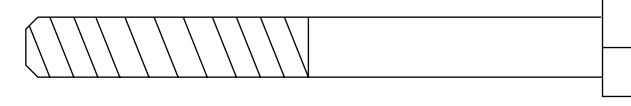
5/16" x 2 3/4" Bolt (11)



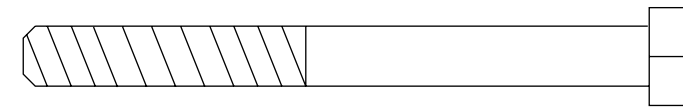
3/8" x 2 3/4" Bolt (70)



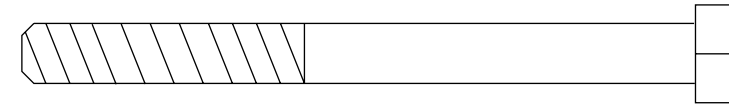
5/16" x 3" Special Thread Bolt (91)



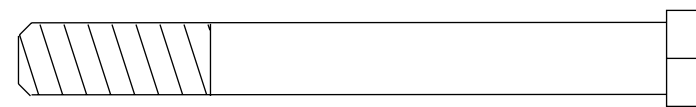
5/16" x 3" Bolt (17)



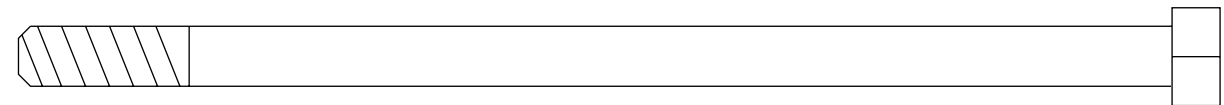
5/16" x 3 1/4" Bolt (76)



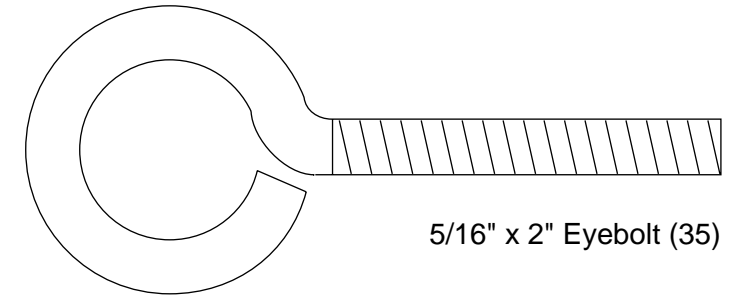
5/16" x 3 1/2" Bolt (87)



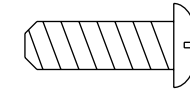
3/8" x 2 1/2" Bolt (62)



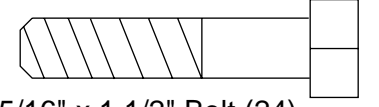
5/16" x 6" Bolt (74)



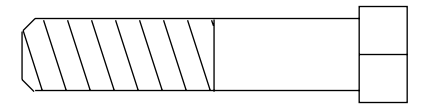
5/16" x 2" Eyebolt (35)



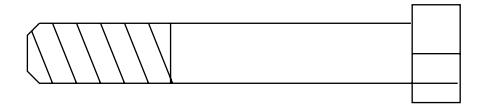
1/4" x 3/4" Screw (18)



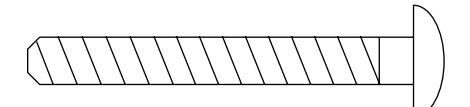
5/16" x 1 1/2" Bolt (24)



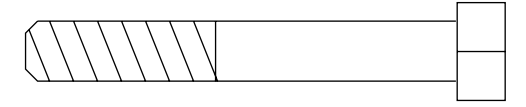
3/8" x 1 3/4" Bolt (12)



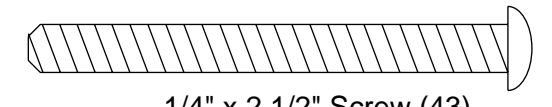
5/16" x 2" Bolt (61)



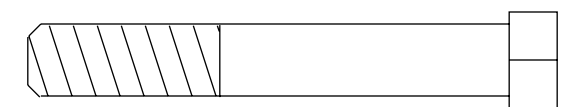
1/4" x 2" Carriage Bolt (38)



5/16" x 2 1/4" Bolt (33)



1/4" x 2 1/2" Screw (43)



3/8" x 2 1/2" Bolt (62)