



3 STACK MULTI-JUNGLE (SM30) UNPACKING AND ASSEMBLY INSTRUCTIONS

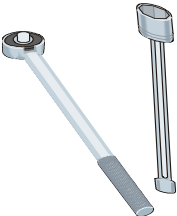


The SM30 comes partially assembled. Follow the steps below to complete the assembly.



WARNING: COMPONENTS OF THE SM30 ARE LARGE AND HEAVY. USE CAUTION WHEN ASSEMBLING THIS MACHINE.

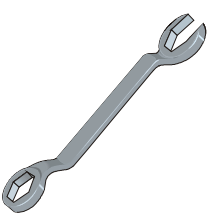
MATERIALS AND TOOLS REQUIRED FOR ASSEMBLY



1/2", 3/8", 5/8" & 9/16"
Socket wrench with
extension



1/8"
hex key wrench



5/8" & 9/16"
Combination wrench



Pinch bar

You will also need a piano dolly to lift and position the weight stacks and a ladder.

ASSEMBLY TIME

Two people can accomplish this assembly in approximately 1 hour.

ASSEMBLY

Figure 2 shows an assembled SM30.

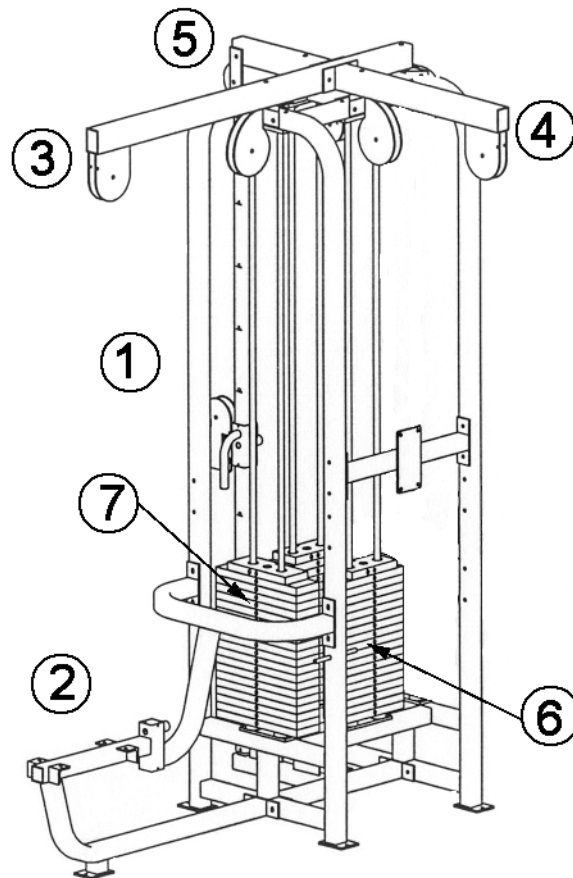


Figure 2. SM30 main components (seats and cables removed for clarity).

- | | |
|---------------|------------------------------|
| 1. Cube | 5. Adj. X-over top |
| 2. Lat bench | 6. 150 lb. Weight stacks (2) |
| 3. Lat top | 7. 300 lb. Weight stacks (1) |
| 4. Tricep top | |

- 1. Place the weight cube in its final resting spot.**

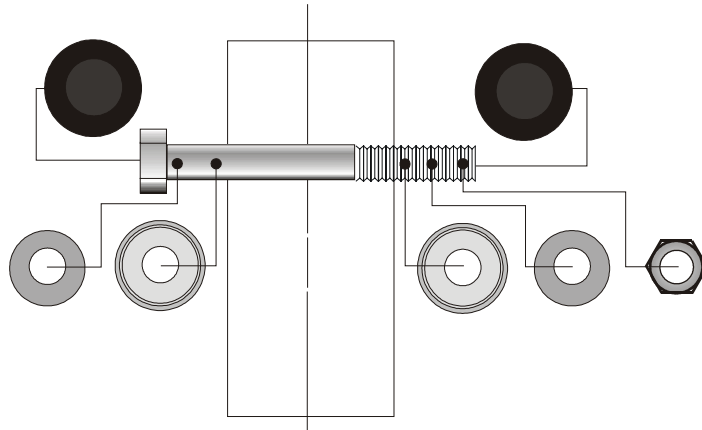


Figure 3. Configuration for 2-3/4" and 3" bolts.

- 2. Bolt on the teardrop pulleys** above the bench and the tricep pulldown (see Figure 3) on both cubes using six 3/8" x 2-3/4" hex head bolts. Include the 3/8" flat washer, end cap washers, end caps and 3/8" Nyloc (locknut). Use the bolt configuration shown in the figure. You may wish to use a pinch bar to align the bolt holes.

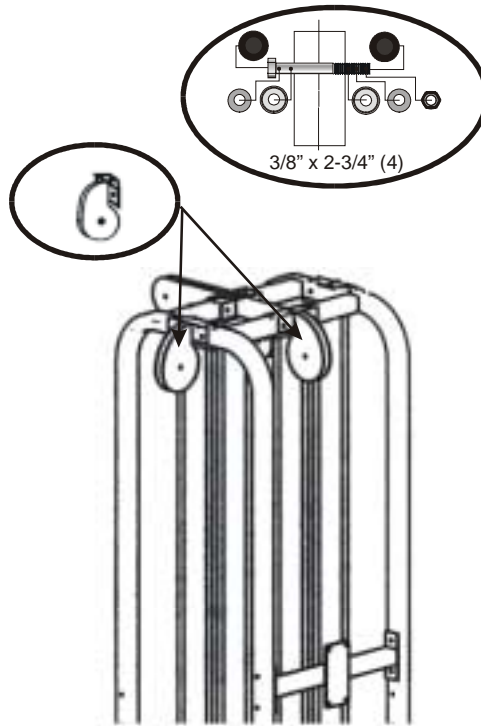


Figure 4. Bolt on the two teardrop pulleys.

- 3. Mount the tops.** Mount the 56" lat top to the cell by inserting two of the large 7/16" by 6" bolts using the hardware configuration shown in Figure 5. Use a 5/8" socket with extension and combination wrench. Mount the 29" tricep top and adjustable crossover top to the frame and connecting beam. You will need to remove the pulleys from the teardrop pulley assemblies to gain clearance for the socket wrench extension. Leave the pulleys out of the housings until the cables have been installed.

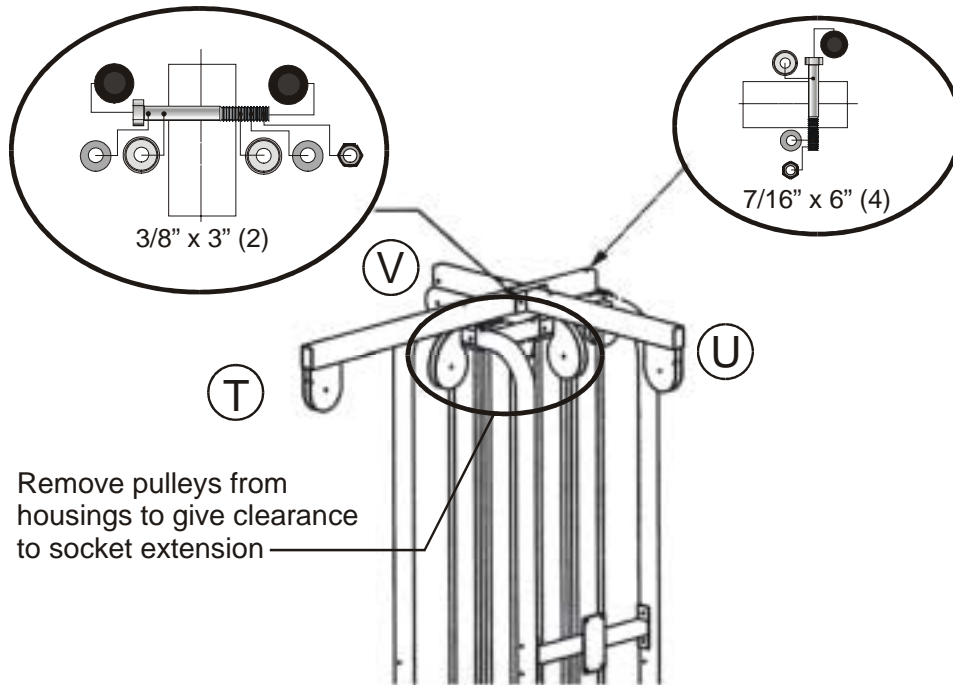


Figure 5. Mount lat top (V), tricep top (U), adjustable crossover top (V).

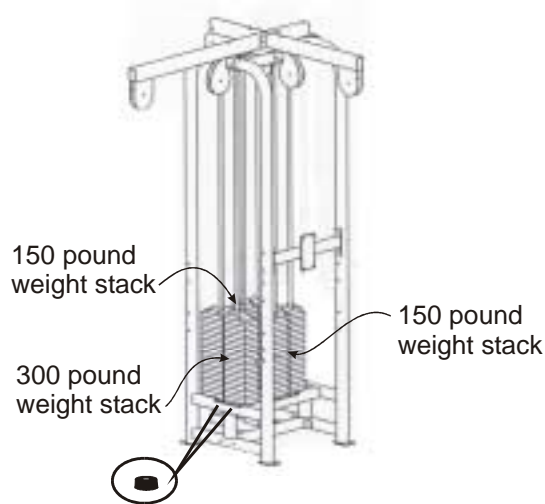


Figure 6. Mount rubber bumpers and the weight stacks.

4. Install the weight stacks. To do this:

- A. Using a 9/16" socket and combination wrench, remove the tricep back rest bolts (see Figure 10).
- B. Using a 9/16" socket and combination wrench, unbolt the top plate and remove the guide rods (see Figure 10). The SM30 includes two guide rods that are used to contain the shipping box. These guide rods are the ones opposite the lat pulldown bench and will not have a weight stack on them.

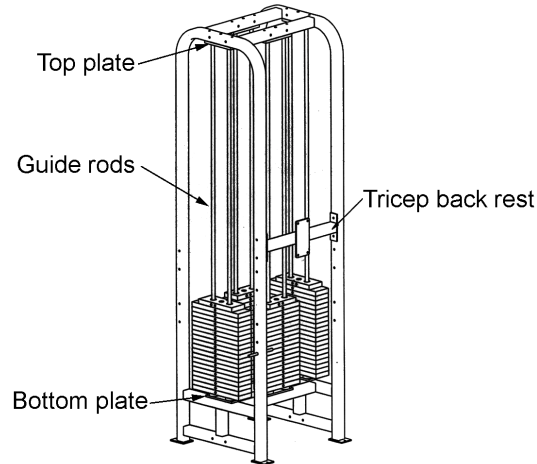
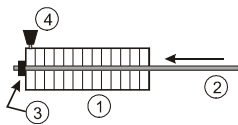
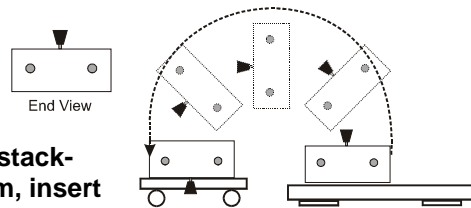


Figure 7. Remove the tricep back rest, the top plate and the guide rods.

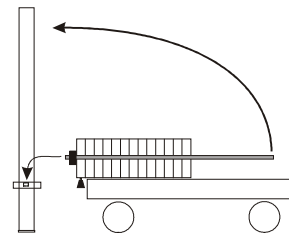
- C. **Prepare the weight stack.** Slide the guide rods (2) through the weight stacks (1) as shown below. Place rubber bumpers (3) on the bottoms of each guide rod. Make sure the pull pin (4) is in the bottom weight plate.
- D. **Flip over the weight stacks.** When shipped, the weight stacks have the pull pins facing upward. You will need to flip the stacks over so that the pull pins are facing outward when they are loaded onto the machine. Since the pull pins will be facing downward when they are flipped over, it is recommended that you put the stacks on a padded carpet to keep the pins from being damaged.
- E. **Set the weight stacks onto the machine.** Using a piano dolly, lift the weight stacks over the bottom plate and set the stacks onto the rubber bumpers with the plate numbers facing outward. The 300 lb weight stacks need to be facing the "sides" of the cells (where the benches will be attached- see Figure 6). The 190 lb weight stacks will need to be facing the "outsides" and "insides" of the cells (where the tricep pulley and adjustable pulley will be attached- see Figure 6). Make sure the pull pins are facing outward.



C. Prepare the weight stack-add bumpers to bottom, insert guide rods, put pull pin in bottom stack.



D. Flip over the weight stack onto piano dolly.



E. Hoist the weight stack onto the machine.

- F. With the top plate on the guide rods, bolt on the top plate to the top of the cells as shown in Figure 8 using a 9/16" socket and combination wrench and the 3" bolts (with cap washers) that were previously inserted.

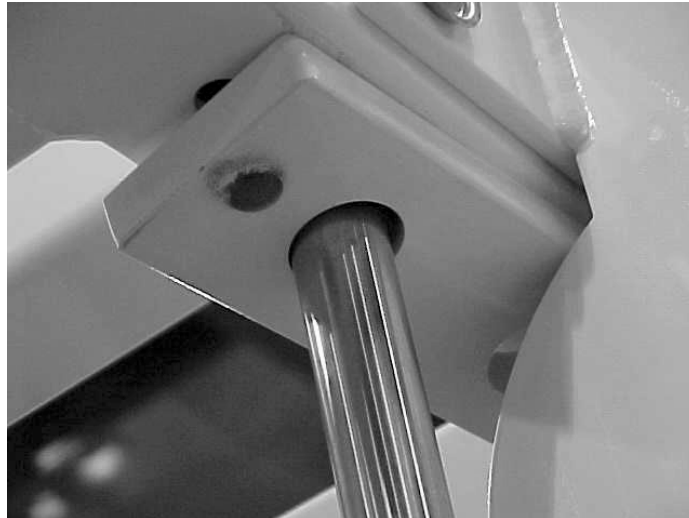


Figure 8. Bolt on the top plate.

5. **Bolt the floating pulley into the 190 lb weight stack** using a 7/8" combination wrench (NOT for the tricep pushdown weight stack- the one with the tricep back rest mounted to the frame as shown in Figure 7). You will need to remove the pulley from the housing to thread the plug into the weight stack bayonet. Make sure the 9/16" jam nut is threaded 1-5/8" away from the pulley as shown in Figure 9. Leave the pulleys out since you will need to have them out when the cable is routed.

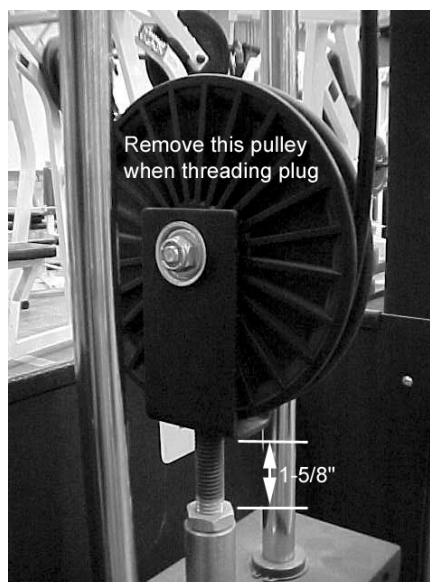


Figure 9. Bolt the floating pulleys into the 190 lb weight stacks.

- 6. Mount adjustable pulley bracket.** When shipped, the adjustable pulley bracket looks like the one shown in Figure 10. The bolts need to be removed and the bracket needs to be positioned so that the top of the bracket is in the top hole as shown by the arrow in Figure 10. Use a 3" bolt with flat washers, end cap washers and end caps. When you remove the bolts, leave the pulley bolt and pulley out since you will need to thread the cable with the pulley removed.

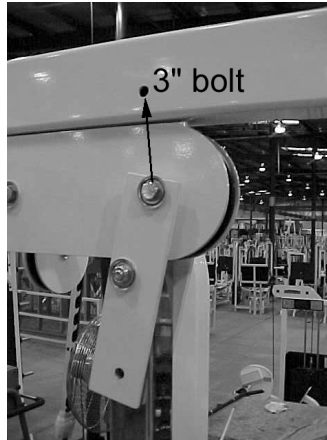


Figure 10. Mount adjustable pulley bracket.

- 7. Mount the lat bench to the frame.** Using the bolts specified and 9/16" socket and combination wrenches, mount the bench to either side of the frame as shown in Figures 11 and 12.

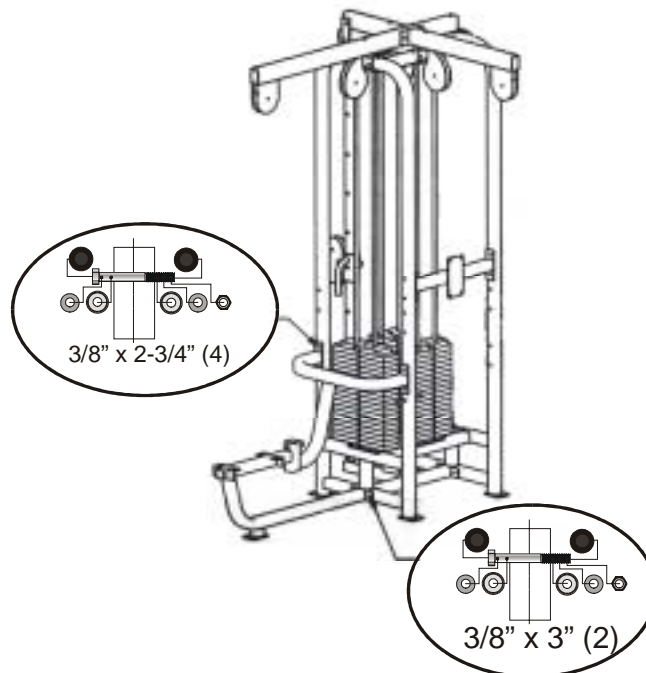


Figure 11. Mount the bench to the frame.

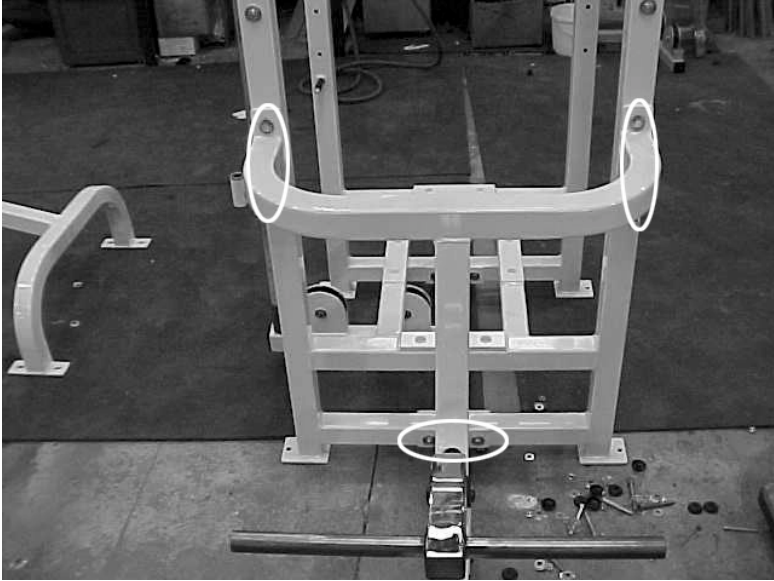


Figure 12. Bolt the benches to the frame.

INSTALLING THE CABLES

The SM30 uses three cables. There are two different types of cable used on the SM30. They are:

1. Adjustable cable (ball end cable) (1).
2. Lat pulldown and tricep cables (2).

The lat and tricep cables can be identified by their short length and the adjustable cable can be identified by the ball on the end of the cable. The routings for these cables are shown in Figures 16, 17, 18 and 19 below.

NOTE: YOU MUST REMOVE ALL PULLEYS TO ROUTE THE CABLES. USE A 9/16" COMBINATION WRENCH AND SOCKET TO DO THIS (SEE FIGURE 16). YOU MAY WISH TO REMOVE THE SHOULDER BOLTS (FIGURE 16 RIGHT SIDE) BY USING A 3/8" COMBINATION WRENCH AND A 1/8" HEX KEY WRENCH. WHEN YOU HAVE ROUTED THE CABLES, REPLACE ALL PULLEYS AND PLACE END CAPS ON NUT AND BOLT ENDS. YOU MAY NEED TO PRY THE PULLEY HOUSINGS OPEN TO REPLACE THE PULLEYS.

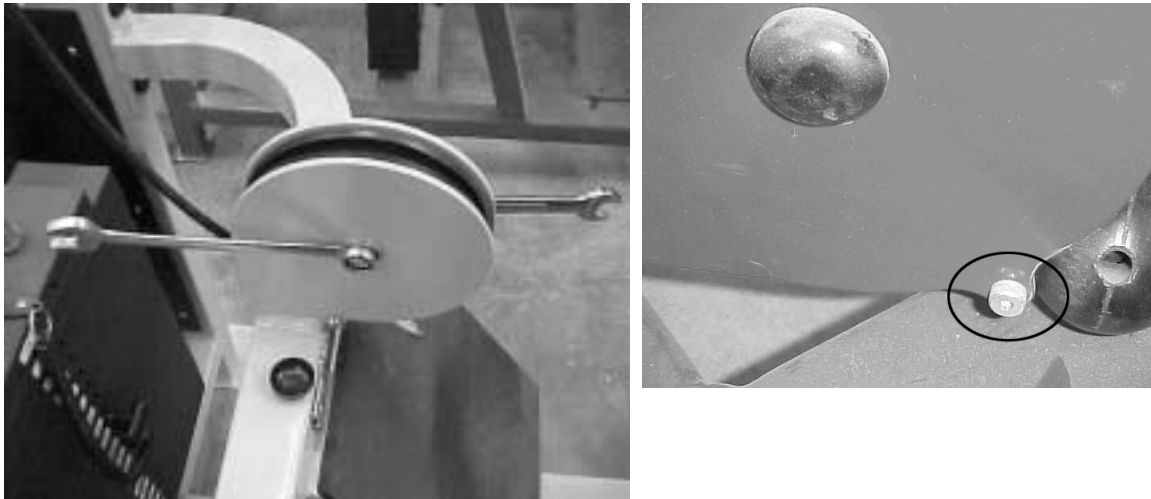


Figure 13. Removing the pulley bolts.

ADJUSTABLE CROSSOVER CABLE ROUTING

Once you've removed the pulleys as described previously, route the crossover cable as shown in Figure 14.

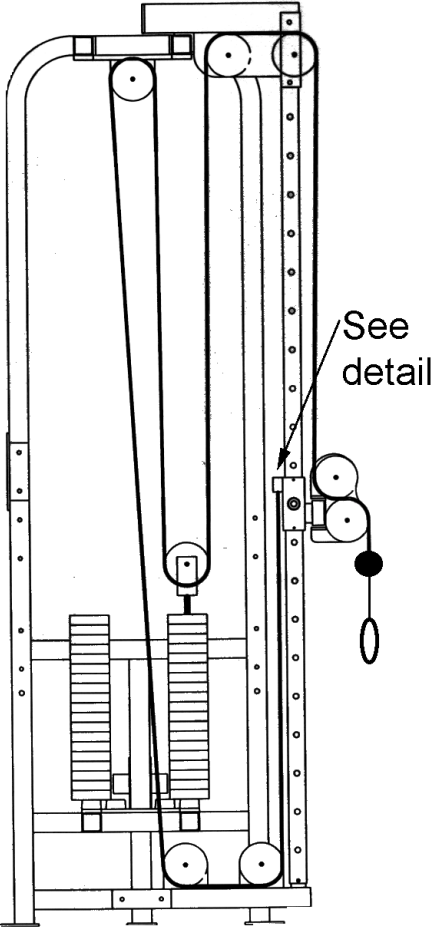


Figure 14. Adjustable crossover cable routing.

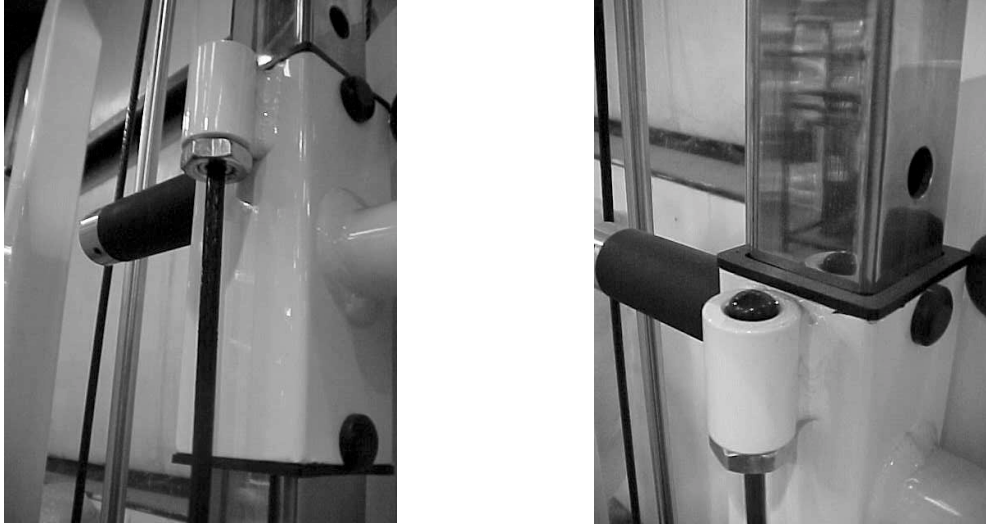


Figure 15. Adjustable crossover cable end detail.

Using a 7/8" wrench, tighten the jam nut onto the adjustable pulley threads as shown in Figure 15. Place a rubber cap on the top of the cable as shown in Figure 15 (right).

LAT PULLDOWN CABLE ROUTING

Route the lat pulldown cable as shown in Figure 16. Screw the cable into the weight stack as shown in Figure 17.

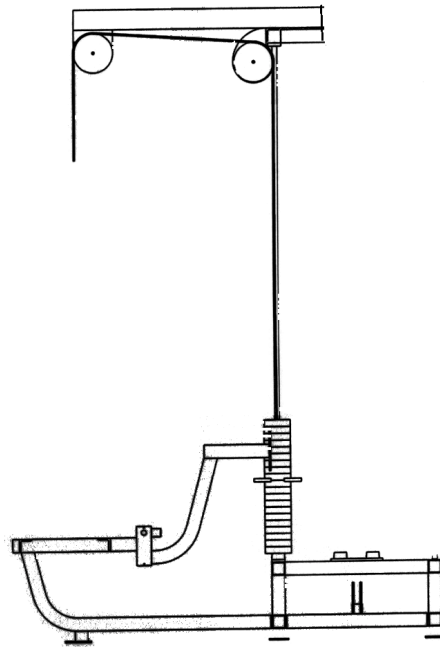


Figure 16. Lat pulldown cable routing.

Bolt the cable to the weight stacks as shown in Figure 17. Thread the 7/8" nut up on the cable bolt as shown at left. Screw the bolt down into the weight stack as shown at right. Tighten the bolt with a 7/8" combination wrench.

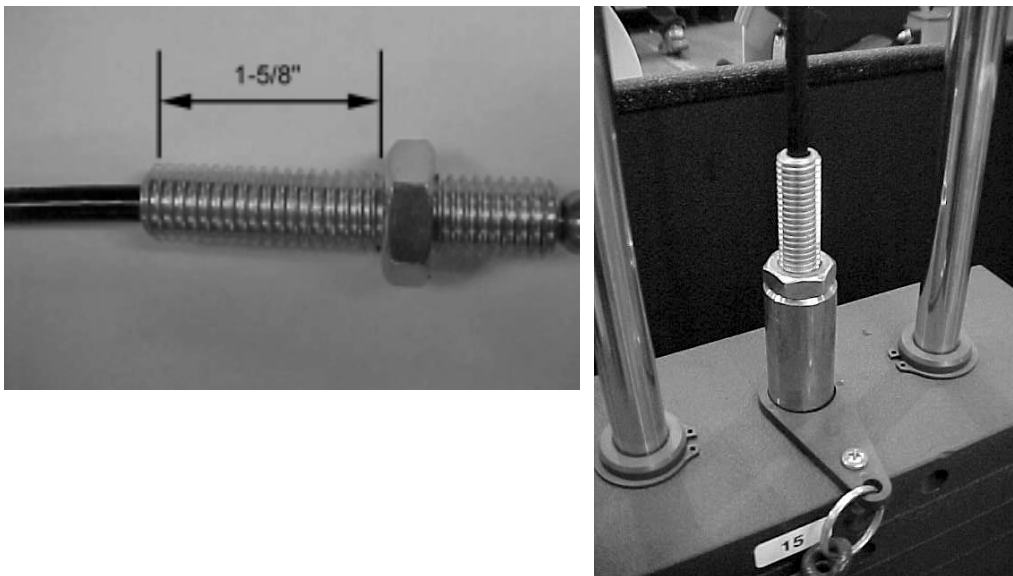


Figure 17. Screw the cable into the weight stack.

TRICEP PUSHDOWN CABLE ROUTING

Route the tricep pushdown cable as shown in Figure 19. Screw the cable into the weight stack as shown previously in Figure 17.

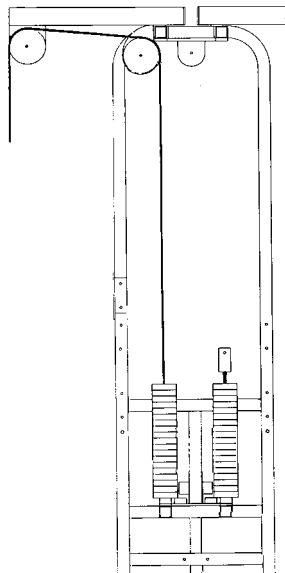
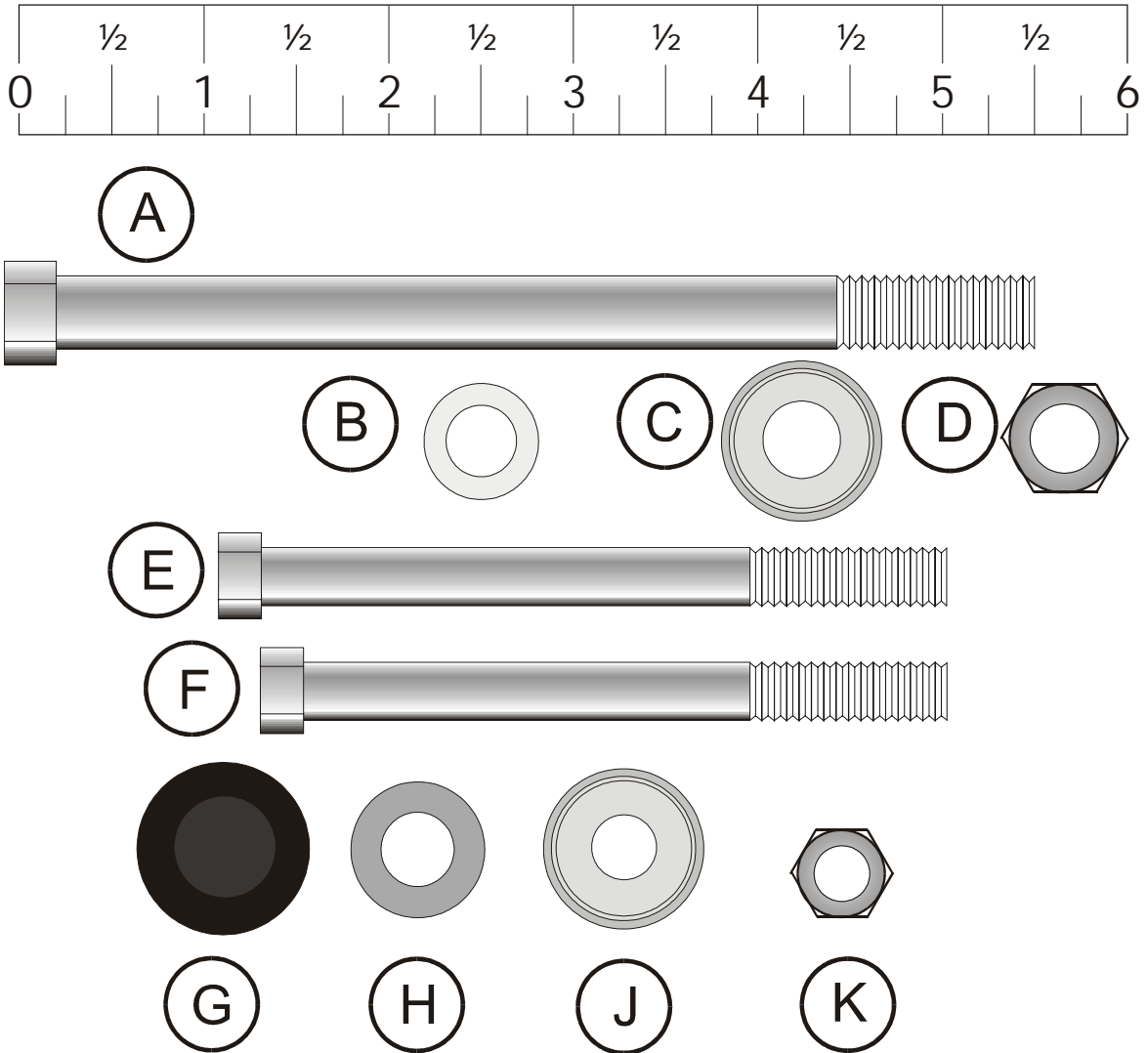


Figure 18. Tricep pushdown cable routing.

HARDWARE

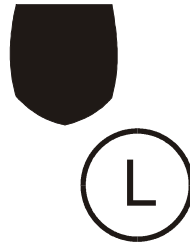


Hardware Figure 1. Assembly Parts.

The parts shown in Hardware Figure 1 are used to assemble the SM30. They are:

- A. 7/16" x 6" hex head bolt (used to bolt the tricep top beam, adjustable crossover top beam, lat top beams, and connecting beam to the tops of the cubes)
- B. 7/16" flat washer
- C. 7/16" cap washer (used on the head end of the 6" bolt so end cap will fit on the nut)
- D. 7/16" hex head nut
- E. 3/8" x 3" hex head bolt (used to bolt the cross beam to the cross members, the adjustable pulley tops to the top beams, and the bottom bolts on the lat benches)
- F. 3/8" x 2-3/4" hex head bolt (used for all other connections)
- G. End caps (bolt covers)
- H. 3/8" flat washer
- J. 3/8" end cap washers (end caps snap onto them)
- K. 3/8" Nyloc (locknut)

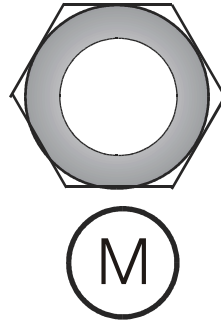
The black rubber caps shown in Hardware Figure 2 are used to cap the ends of the cables that are threaded to the adjustable pulleys.



Hardware Figure 2. Rubber caps.

- L. Rubber cap

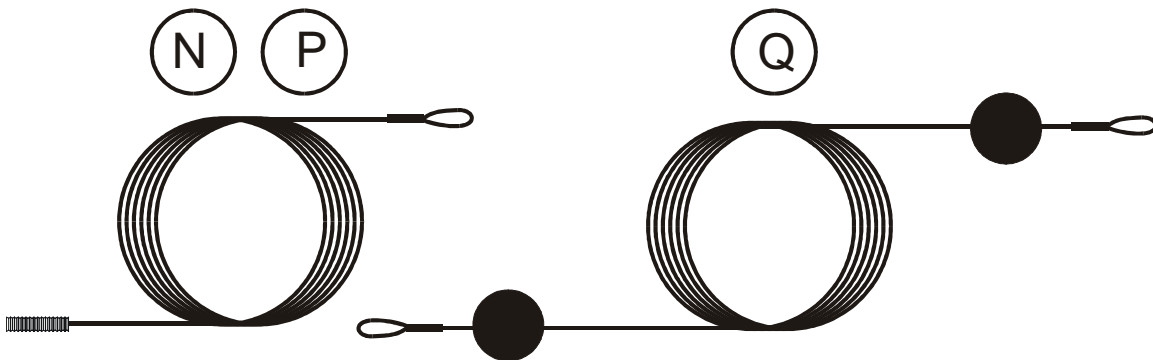
The part shown in Hardware Figure 3 is the 9/16" cable jam nut that's used to secure the cables to the weight stacks.



Hardware Figure 3. Cable jam nut.

M. Cable jam nut

Hardware Figure 4 shows the types of cables that are included with the SM30.

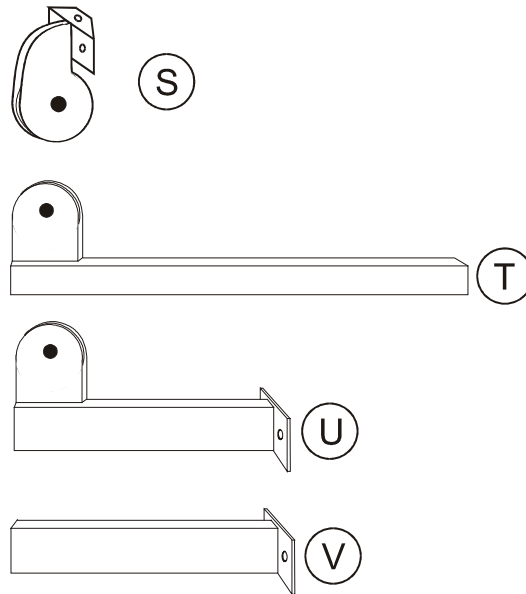


Hardware Figure 4. Cables.

N. Lat pulldown cable (same as tricep cable)

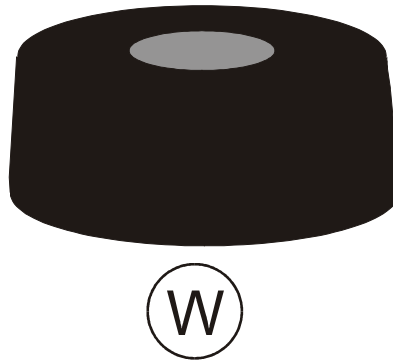
P. Tricep cable (same as lat pulldown cable)

Q. Adjustable cable (ball end)



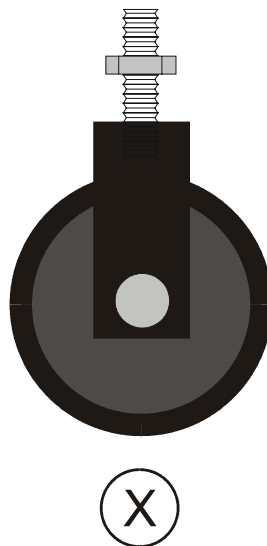
Hardware Figure 5. Top assemblies.

- S. Teardrop pulleys (bolt on above tricep station and lat pulldown)
- T. 56" Lat top (bolt to top of cells with pulleys above lat benches)
- U. 29" Tricep top (bolt on to 56" lat top bar)
- V. Adjustable crossover top (bolt on to 56" lat top bar)



Hardware Figure 6. Weight stack rubber bumpers.

W. Weight stack rubber bumpers (inserted under weight stacks)



Hardware Figure 7. Floating pulley.

X. Floating pulley (bolt to 190 lb weight stacks other than tricep pushdown stack)

PARTS LIST Hardware Kit: SK50-S0081-0000

Part #	ID	Description	Quantity
	Main components	Cubes Lat bench Lat tops Tricep top Teardrop pulley Adj. crossover top 300 lb weight stack 190 lb weight stack	1 1 1 1 1 1 1 2
0017-00042-0936 0017-00103-0234	Cables, caps & nuts	Rubber cap Cable jam nut Lat pulldown cable Tricep cable Adjustable cable	1 4 1 1 1
0017-00101-1561 0017-00104-0363 0017-00104-0366 0017-00103-0233	6" bolt hardware	7/16" x 6" hex head bolt 7/16" flat washer 7/16" cap washer 7/16" Nyloc nut	4 4 4 4
0017-00101-1422 0017-00101-1408 0017-00042-0969 0017-00104-0313 0017-00104-0368 0017-00103-0217	2-3/4" & 3" bolt hardware	3/8" x 3" hex head bolt 3/8" x 2-3/4" hex head bolt End cap 3/8" flat washer 3/8" end cap washer 3/8" Nyloc nut	3 6 75 20 20 11
0017-00042-0993	Pulleys and bumpers	Weight stack rubber bumper Floating pulley	6 1
	Handle and bar hardware	Safety carabiner Crossover handle Tricep bar Lat bar Leg strap	4 1 1 1 1