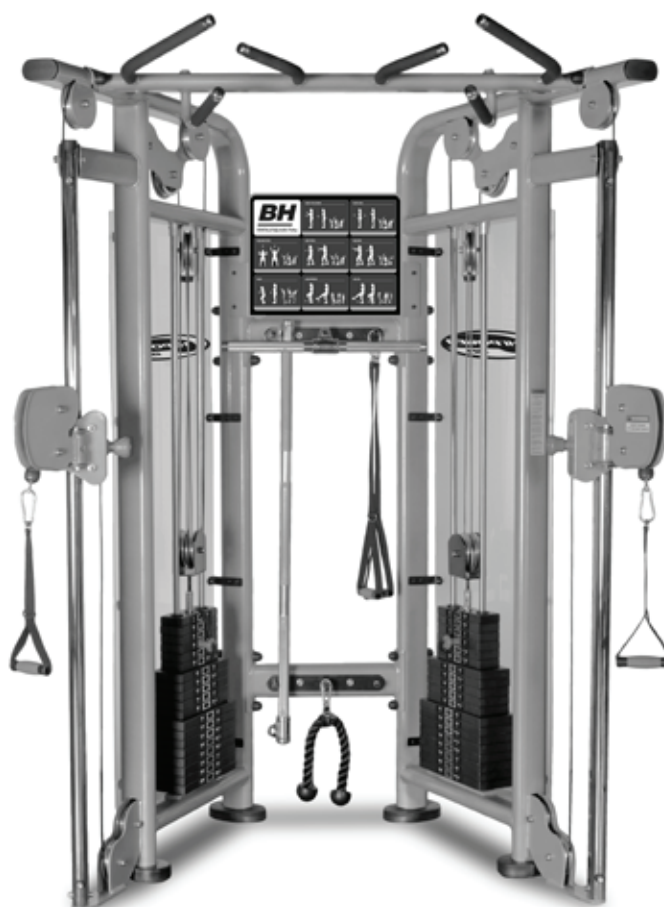




Dual Adjustable Pulley



OWNER'S MANUAL

Important: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

BH North America | 20155 Ellipse, Foothill Ranch, California 92610 | p.949.206.0330 | f.949.206.0013 | www.BHFitnessUSA.com



TABLE OF CONTENTS

Title	Page
Introduction	03
Safety Information	04
Exercise Instruction	05
Training Guidelines	06
Suggested Stretches	10
Assembly Instructions	12
Maintenance and Cleaning	24
Exploded View Drawing	25
Parts List	27
Warranty	28

INTRODUCTION

Congratulations on your purchase of BH strength equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from Strength Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at CustomerSupport@BHNorthAmerica.com.

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

SAFETY INFORMATION

PRECAUTIONS

This equipment has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by BH Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. Do warm-up stretching exercises before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Replace warning labels if damaged, illegible or removed.
16. The machine can only be used by one person at a time.



All BH Fitness Strength equipment MUST be secured to the floor using either 10mm or 3/8in. (grade 5 minimum) bolts. To accommodate this there are mounting points located in the metal/rubber feet

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

STRENGTH

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

MUSCULAR ENDURANCE

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

FLEXIBILITY

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

CARDIO-RESPIRATORY ENDURANCE

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

ANAEROBIC TRAINING

Is an exercise intense enough to trigger anaerobic metabolism. This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long term energy demands. (For example, a 100 meter sprint.)

OXYGEN UPTAKE

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased VO2 Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

THE TRAINING THRESHOLD

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

OVERLOAD

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

PROGRESSION

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

SPECIFICS

Different forms of exercise produce different results. The type of exercise that is carried out is specific to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

REVERSIBILITY

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles group to be involved later. Stretching should be included in both your warm-up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise.

WARM DOWN OR COOL DOWN

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

HEART RATE

As you exercise, your heart beat increases. This is often used as a measure of the required intensity of an exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important when developing an exercise program for you. When starting, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are more fit, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are “starting fitness.”

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

PULSE COUNT

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

Age Target Heart Rate	25	30	35	40	45	50	55	60	65
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you over exercise. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

MUSCLE SORENESS

For the first week or so, muscle soreness may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear a pair of athletic shoes.

BREATHING DURING EXERCISE

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

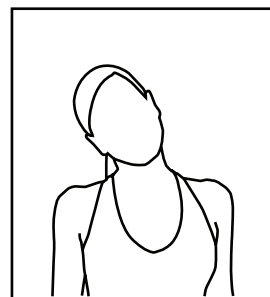
REST PERIODS

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between exercises may vary from person to person.

SUGGESTED STRETCHES

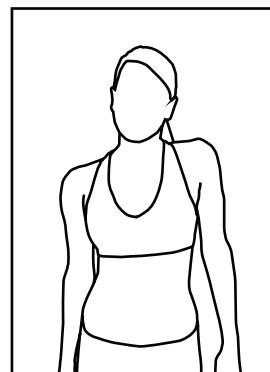
Head Rolls

Rotate your head to the right for one count while feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



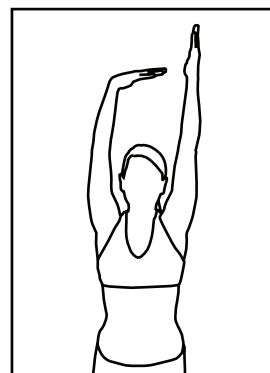
Shoulder Lifts

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your left shoulder.



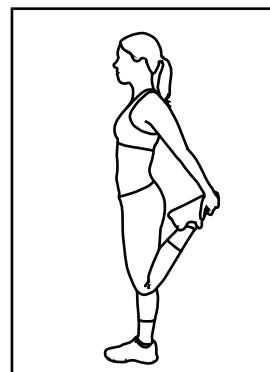
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your left arm as far upward as you can for one count. Feel the stretch up your left side. Repeat this action with your right arm.



Quadriceps Stretch

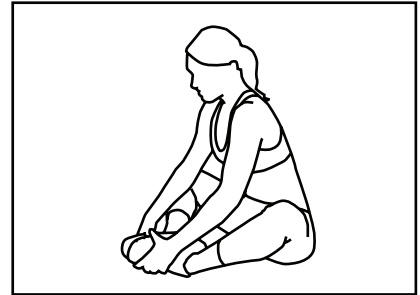
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



SUGGESTED STRETCHES

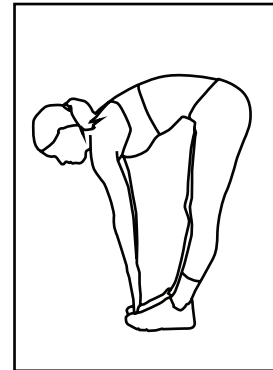
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



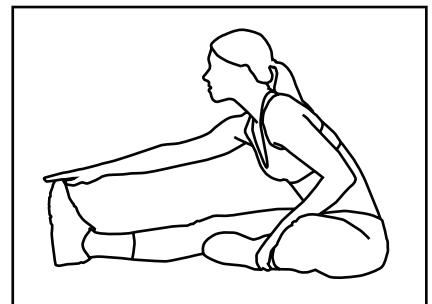
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



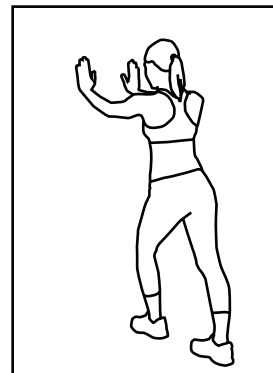
Hamstring Stretches

Sit with your right leg extended. Rest the soles of your left foot against your right inner thigh. Stretch toward your toes as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

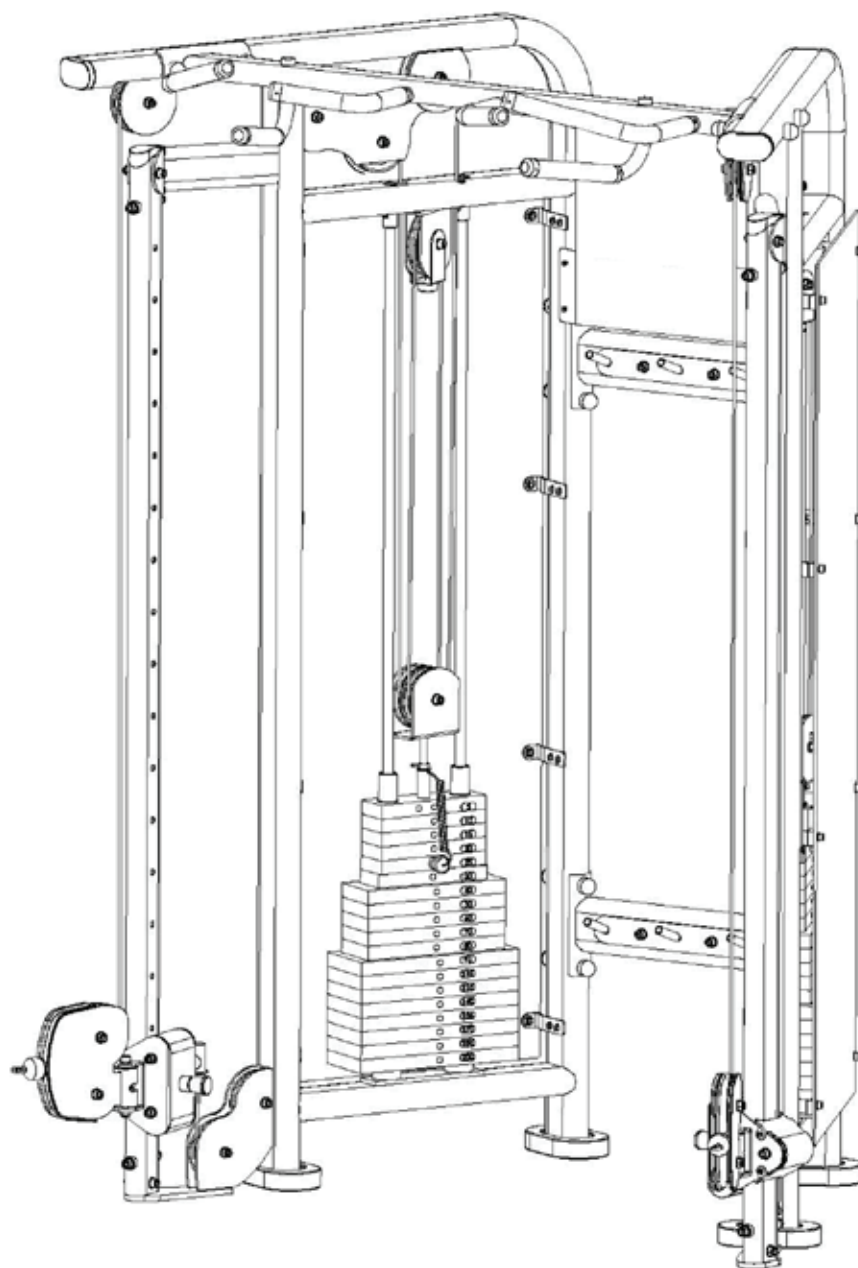


Calf/Achilles Stretches

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hip toward the wall. Hold, then repeat on the other side for 15 counts.



ASSEMBLY INSTRUCTIONS

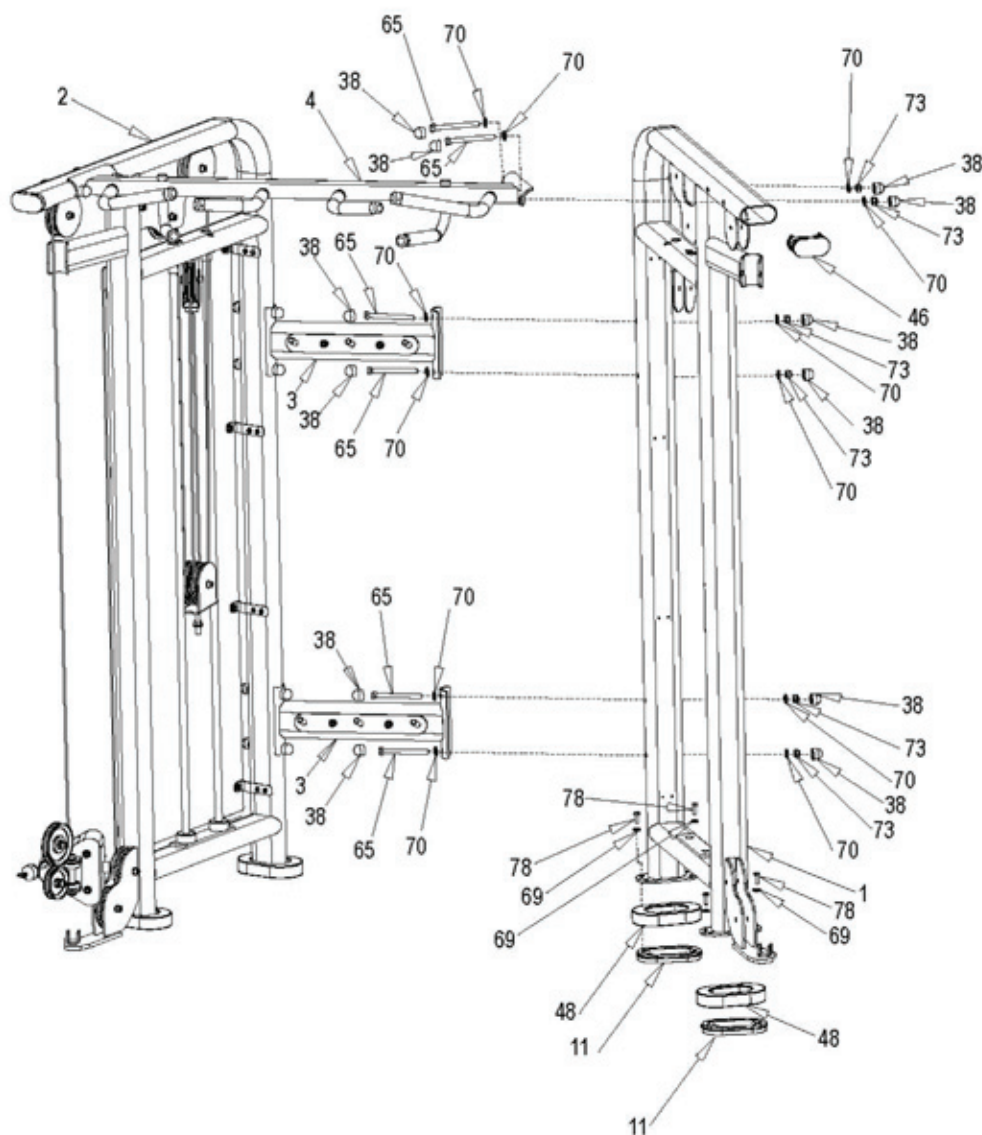


STEP 1

Tip: Fasten hardware only hand tight until all Crossbars have been attached, then fully tighten all hardware.

Use wrench (not supplied) to tighten the following:

Attach the 2 Crossbars (3) to the Right Frame (2) and the Left Frame (1) using attaching hardware (38, 65, 70, 73). Attach Upper Crossbar (4) to the front part of the Right Frame (2) and the Left Frame (1) using attaching hardware (38, 65, 70, 73).



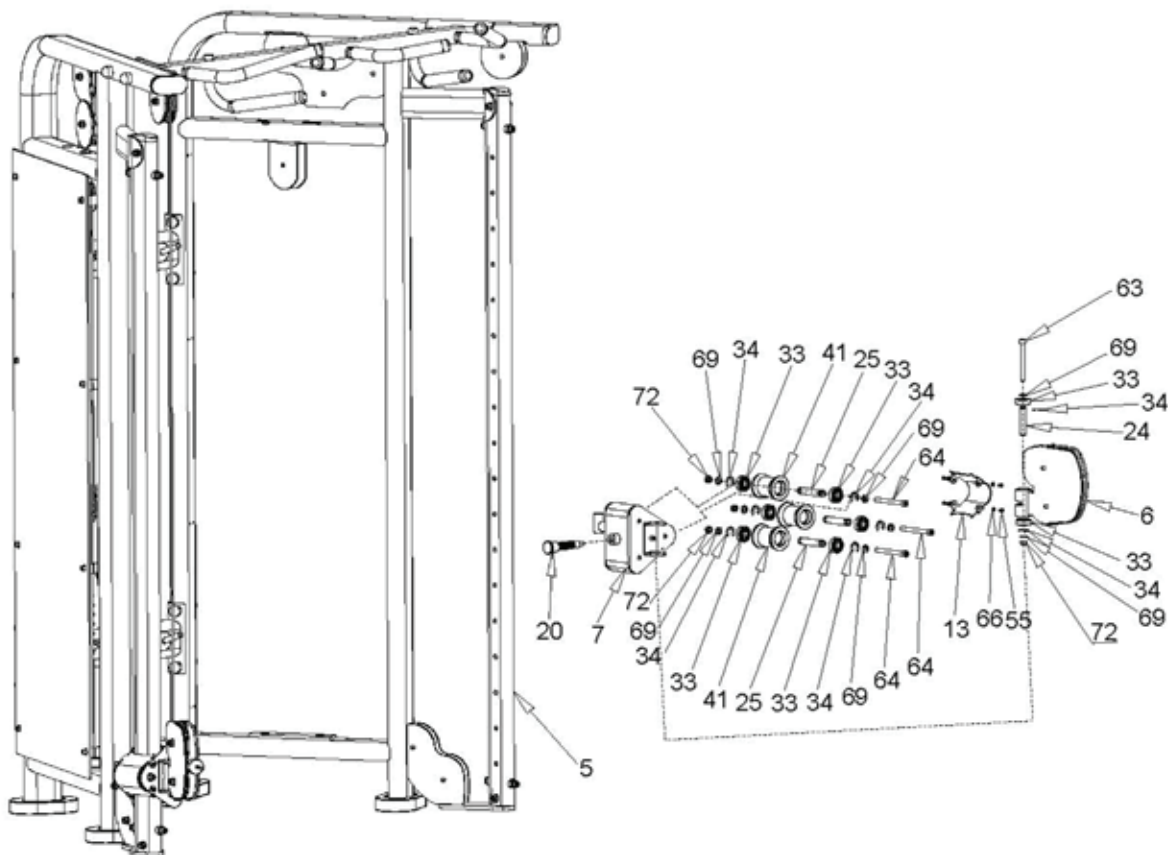
STEP 2

The Swivel Pulley Housing (6) and the Adjuster Lever Assembly (7, 8) are pre-assembled. Attach Swivel Pulley Housing (6) to Left Adjuster Lever Assembly (7) as seen below (dashed lines) using attaching hardware (24, 33, 34, 63, 69, 72).

Attach Swivel Pulley Housing (6) to Right Adjuster Lever Assembly (8) in the same manner.

Next, attach Left Adjuster Lever Assembly (7) to the Adjuster Tube (5), make sure the side with two Plastic Wheels (41) and the Pull Pin (20) are on the side with the adjustment holes. Fasten the Left Adjuster Lever Assembly (7) with attaching hardware (13, 55, 64, 66).

Attach Right Adjuster Lever Assembly (8) to the Adjuster Tube (5) in the same manner.

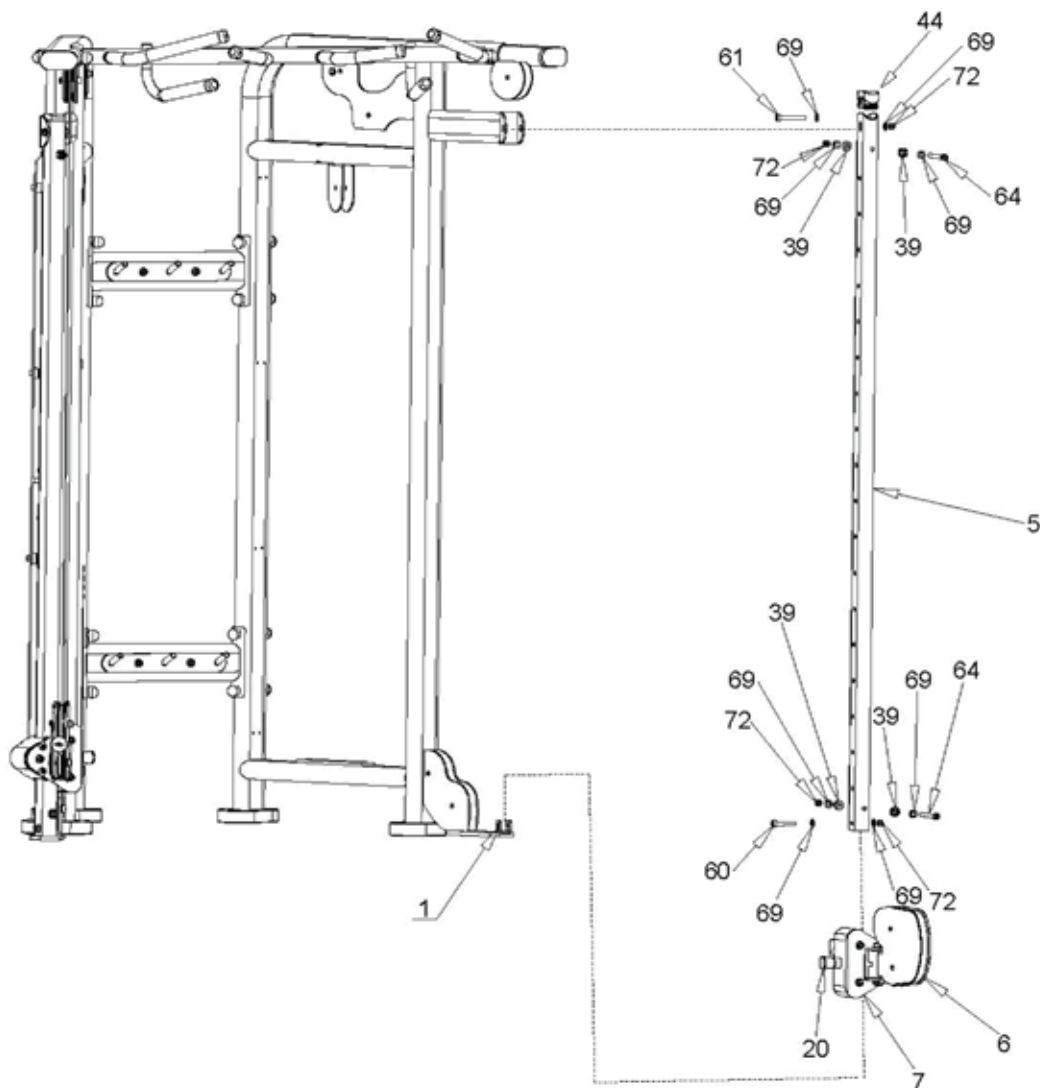


STEP 3

Make sure adjustment holes on Adjuster Tube (5) are facing the center of the machine and not outward.

Insert bottom part of the Adjuster Tube (5) on to the Left Frame (1) as shown below and attach the top part of Adjuster Tube (5) using attaching hardware (39, 44, 61, 64, 69, 72). Next, attach the bottom part of Adjuster Tube (5) using attaching hardware (39, 60, 64, 69, 72).

Attach Adjuster Tube (5) on to Right Frame (2) in the same manner.

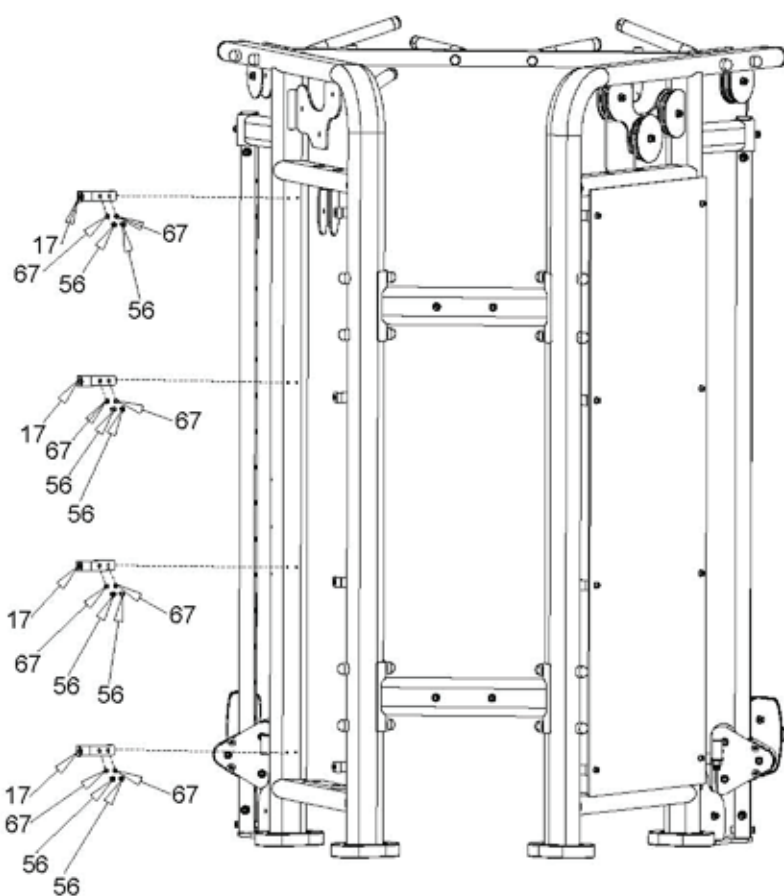


STEP 4

Tip: Fasten hardware only hand tight until Shield (45) is attached, then fully tighten all hardware.

Attach four Connect Plates (17) to the outer side of Left Frame (1) using attaching hardware (56, 67).

Attach four Connect Plates (17) to the outer side of Right Frame (2) in the same manner.

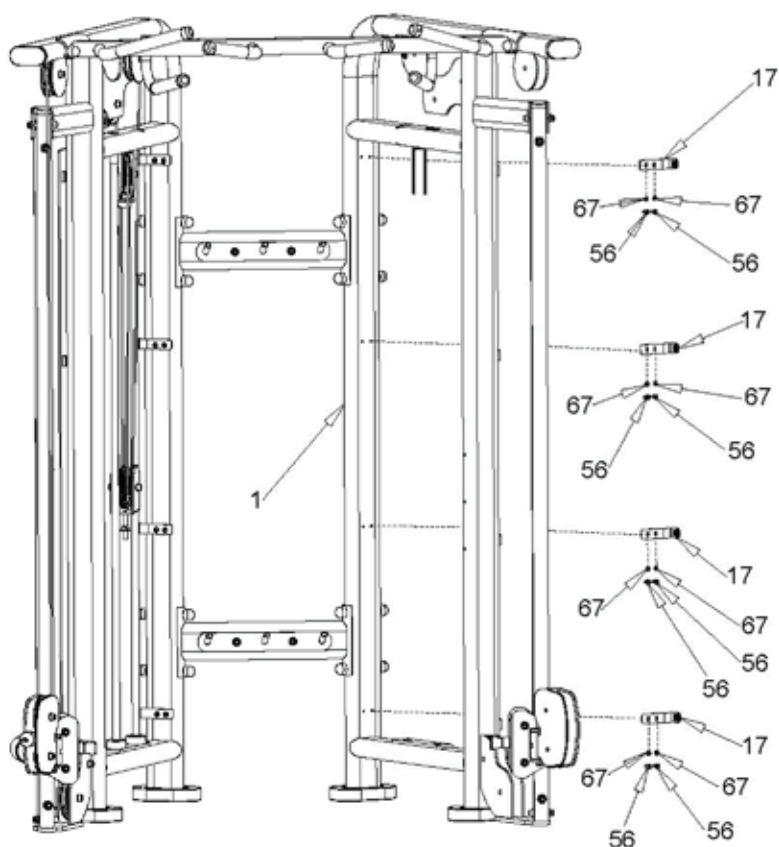


STEP 5

Tip: Fasten hardware only hand tight until Shield (45) is attached, then fully tighten all hardware.

Attach four Connect Plates (17) to the inner side of Left Frame (1) using attaching hardware (56, 67).

Attach four Connect Plates (17) to the inner side of Right Frame (2) in the same manner.

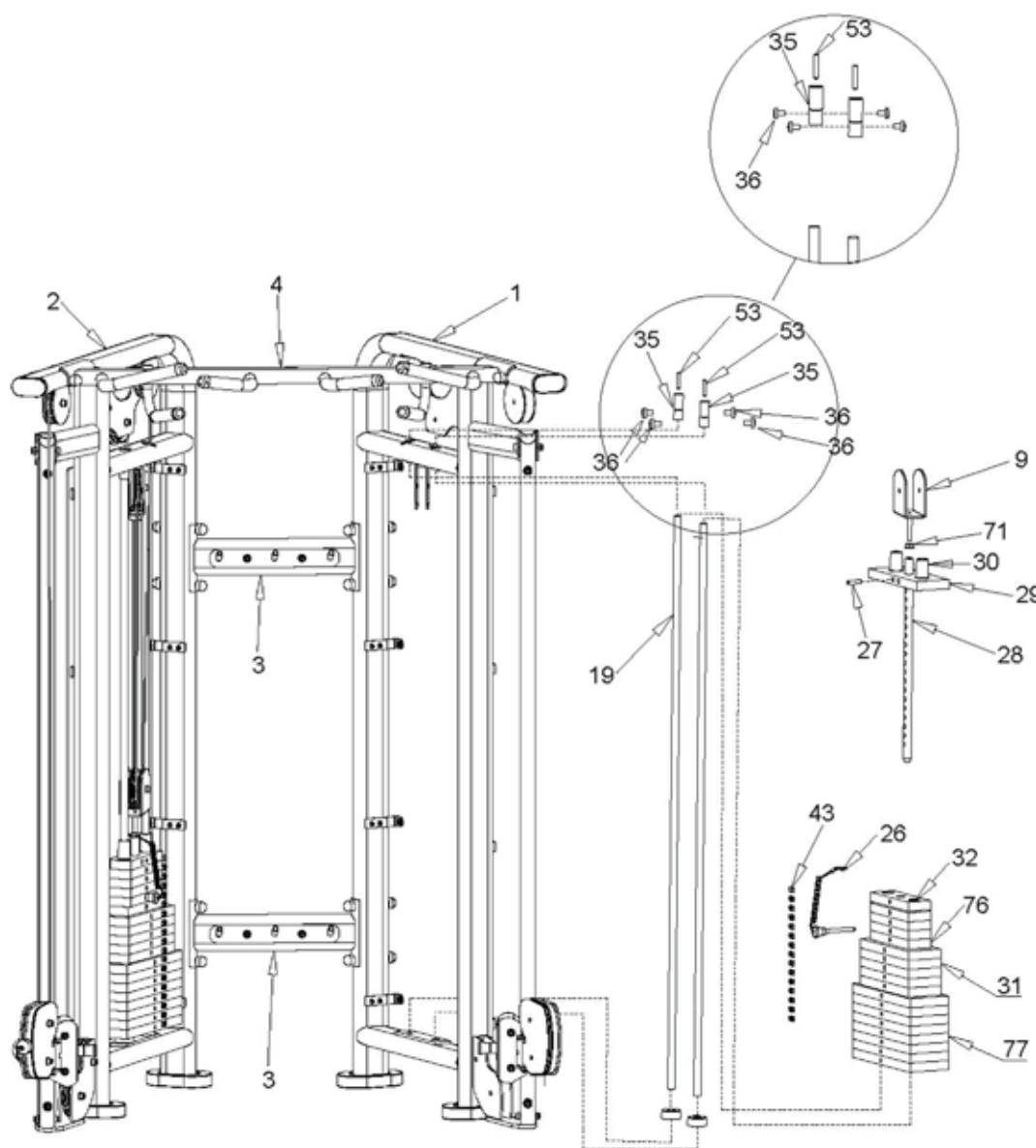


STEP 6

Caution: For safety, the following assembly will require two people.

Remove the four screws (36) and only loosen the Socket Set Screws (53) from the two Guide Rods (19). Have one person pull the two Guide Rods (19) away from the Left Frame (1) so as to allow room to install the 15 lb Weight Plates (77). Next install the 10 lb Weight Plates (31). Next install the 5 lb Weight Plates (76). Install the Cast Weight Bushings (32). Insert the 21 Hole Stem (28) through the center hole of the Cast Top Weight (29) and fasten using two Roll Pins (27). Install the two Guide Rod bushings (30) and fasten the Adjustable Pulley Mount Assembly (9) using nut (71). Insert the 21 Hole Stem (28) assembly through the center hole of all the stacked weights. Apply the Number Labels (43). The Weight Selector Pin Assembly (26) is used to lock the amount of weight desired for each exercise.

Use the same assembly instructions as above for the Right Frame (2).



STEP 7

Refer to Step 8 and Step 9 diagrams for reference on cable installation routing direction.

Remove Threaded Tube Nut from Threaded Tube. Take Cable (21) and tape (use any adhesive tape) Threaded Tube on to Cable as shown in Figure 7-3 below. This will prevent the Threaded Tube from sliding on the cable.

Insert cable end shown on Figure 7-3 into front top Left Frame (1) pulley housing (closest to Ellipse Inner Cap (46)) and feed the cable as shown in Step 8 and Step 9. For the cable routing on the inner pulleys above the weights refer to Figure 7-4. After cable has been installed on Left Frame (1), install Threaded Tube Nut on to Threaded Tube and thread the Threaded Tube into the threaded tube housing shown in Figure 7-1. Tighten the Threaded Tube nut. Insert the opposite end of the cable into the Swivel Pulley Housing (6) which will be installed between both pulleys as shown in Step 9.

Use the same assembly instructions as above for the Right Frame (2) and Cable (1).

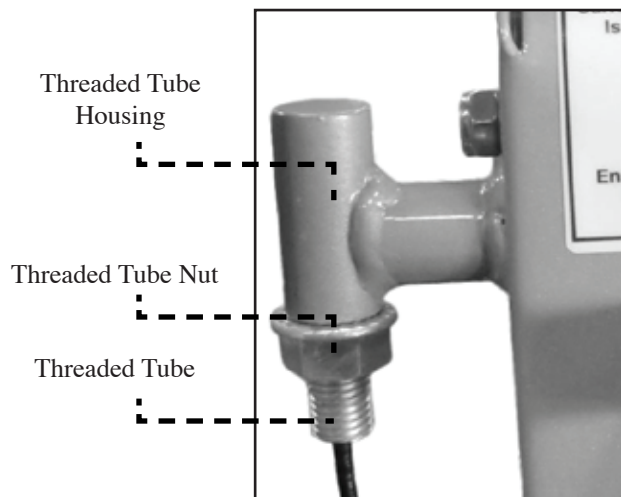


Figure 7-1

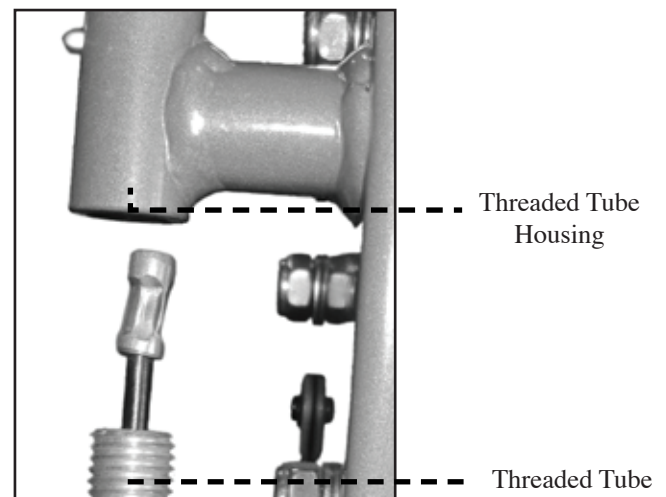


Figure 7-2

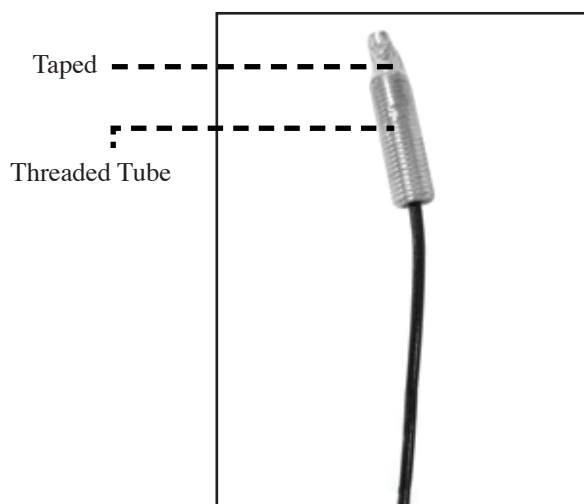


Figure 7-3

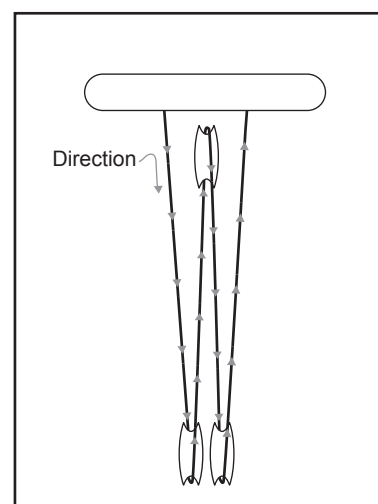


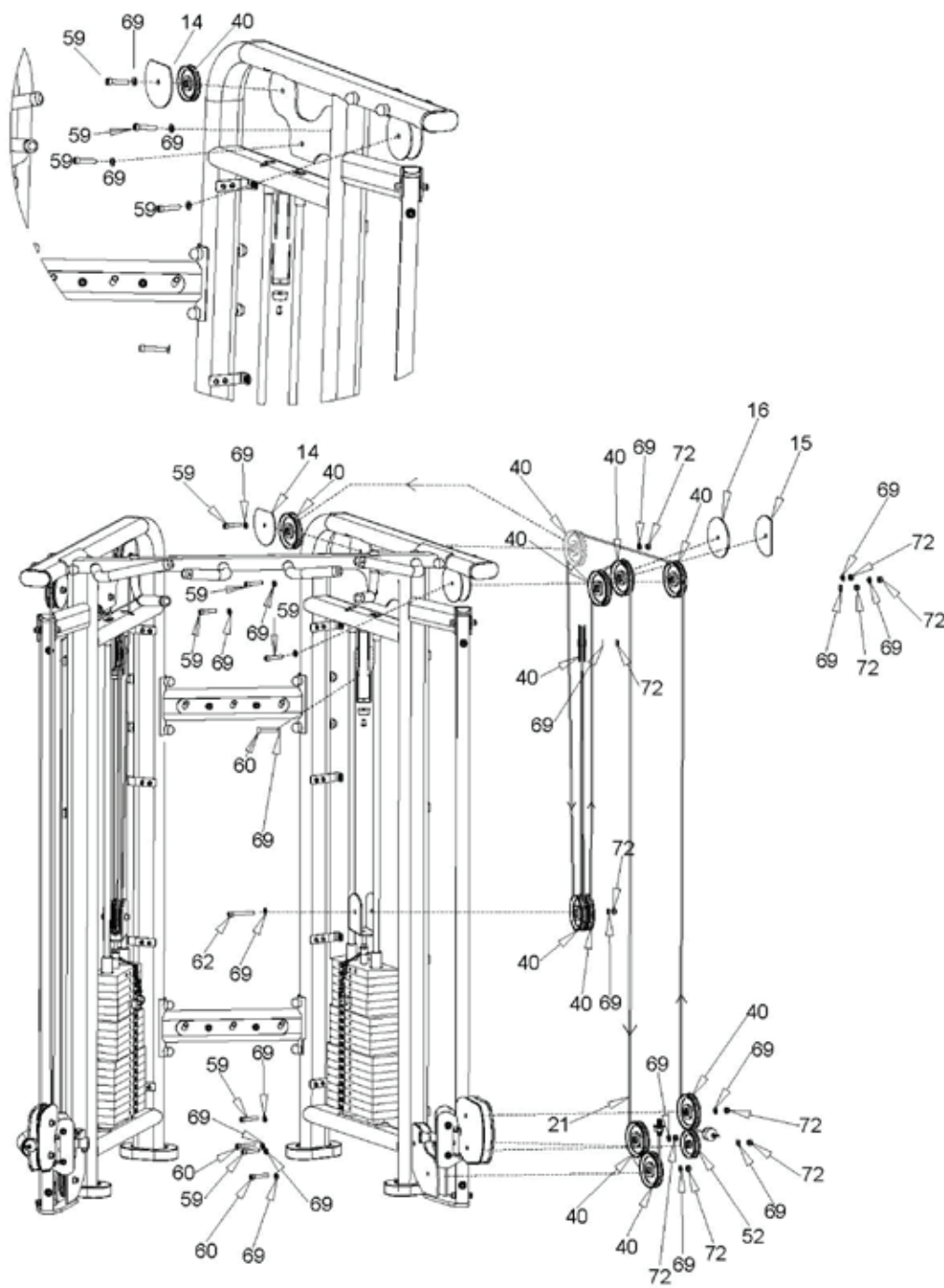
Figure 7-4

STEP 8

Install Big Pulley (40) hand tight using attaching hardware (59, 69, 72) on Left Frame (1), everywhere shown in Step 7 and Step 8 diagrams. Note the installation of the Big Half Round Plate (14), Small Half Round Plate (15) and Round Plate (16) locations shown below.

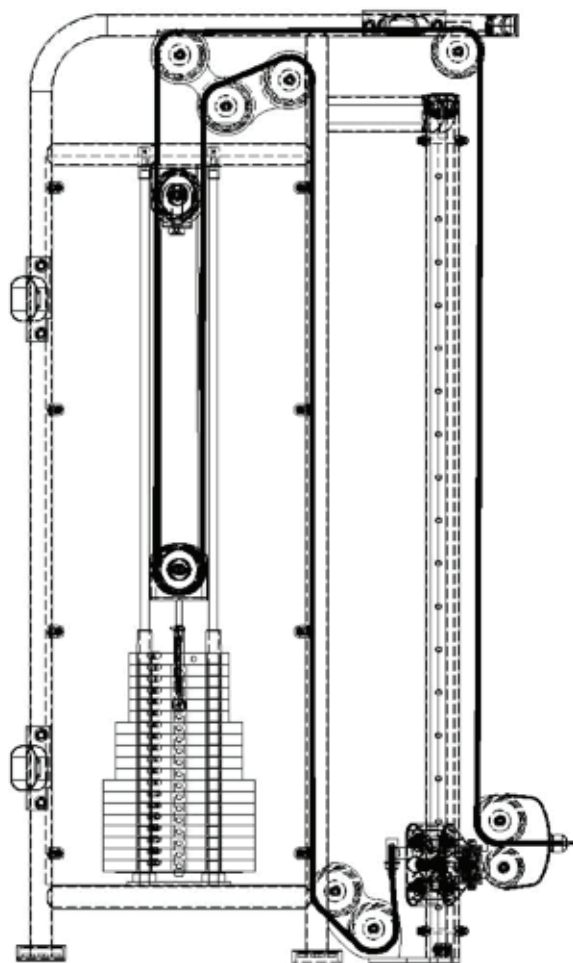
Use the same assembly instructions as above for the Right Frame (2).

PROPERLY INSTALLED VIEW



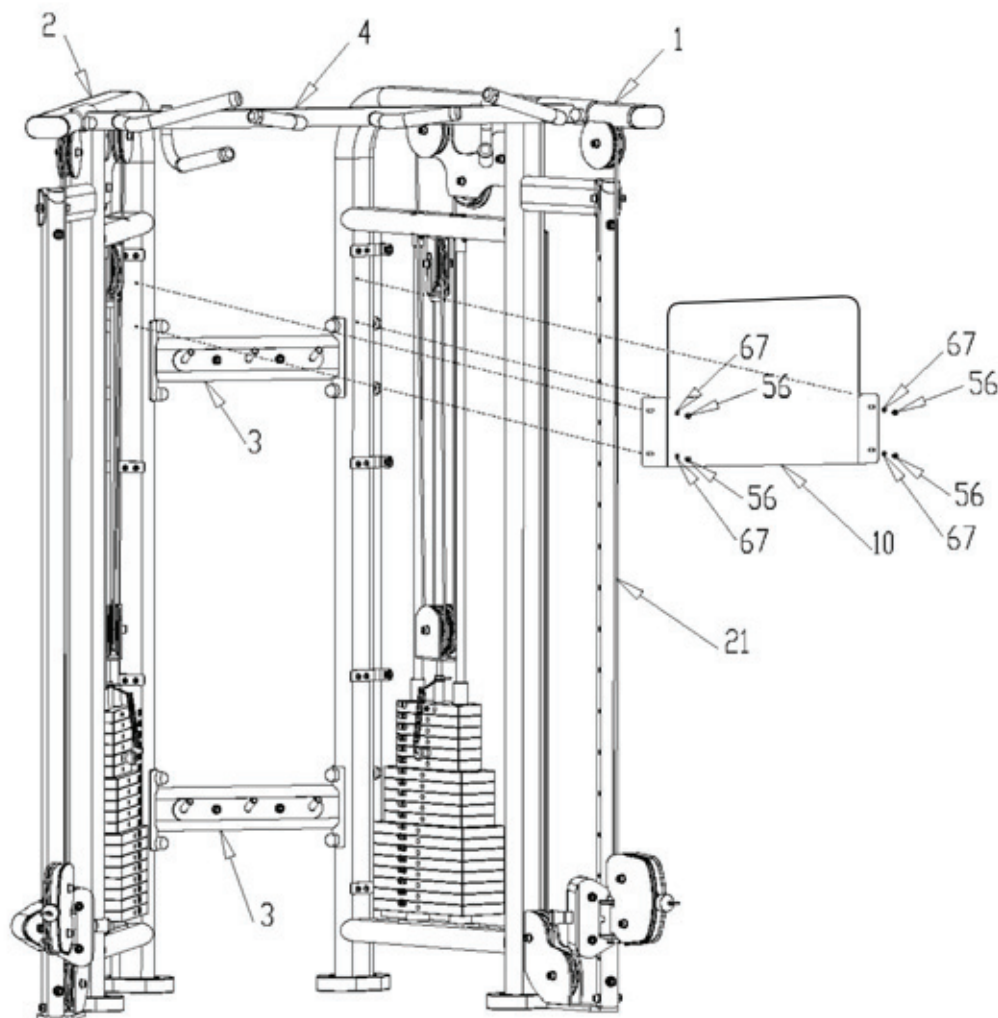
STEP 9

Tighten hardware with wrench.



STEP 10

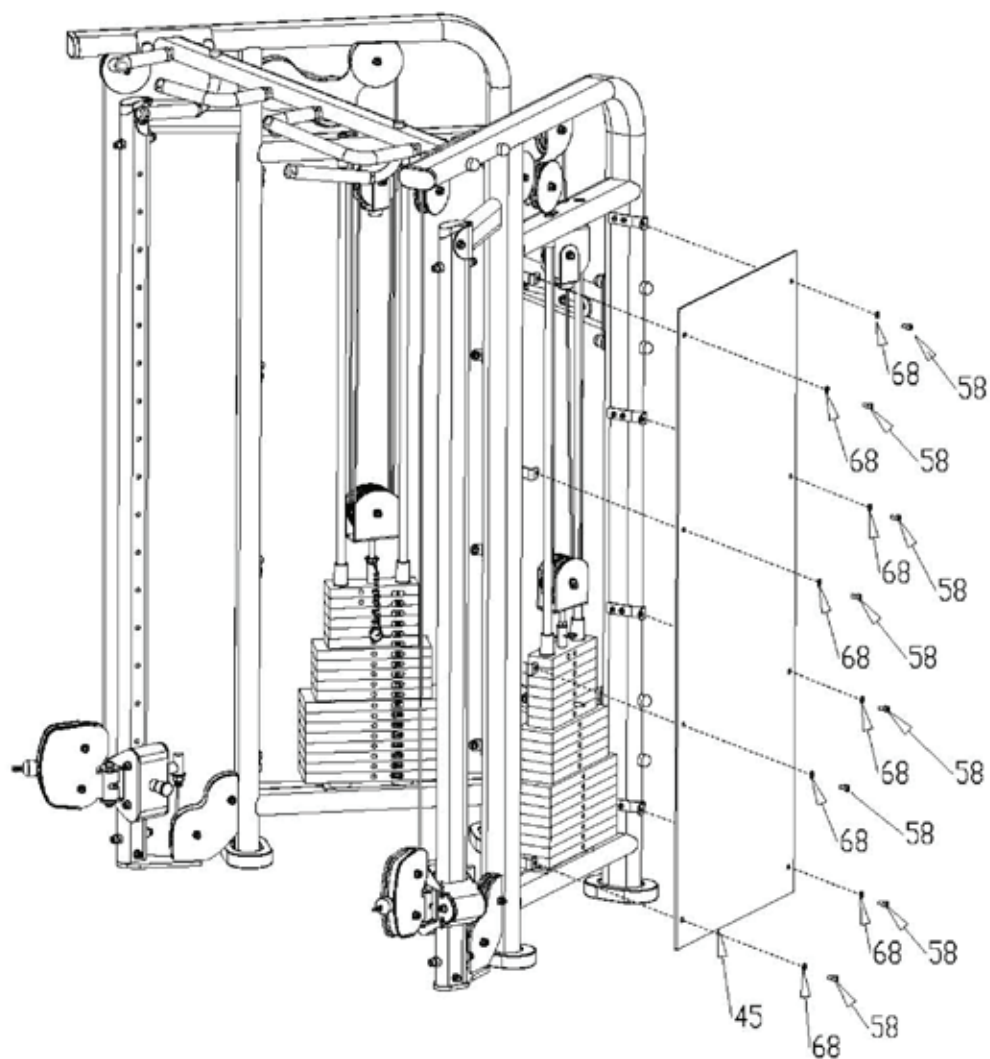
Install Poster Board (10) above upper Crossbar (3) with attaching hardware (56, 67) as shown in diagram below.



STEP 11

Install Shield (45) to Left Frame (1) with attaching hardware (58, 68) as shown in the diagram below.

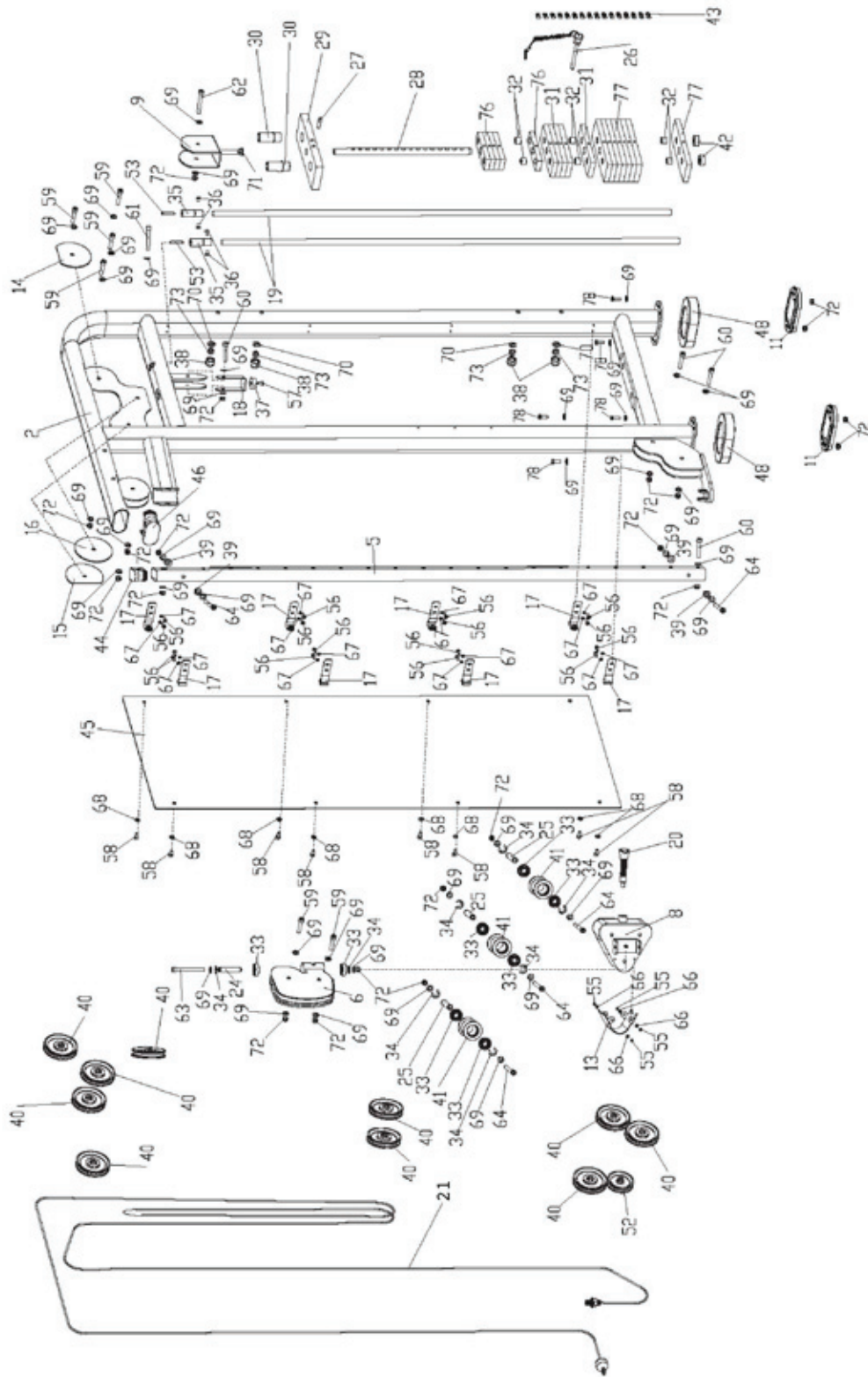
Use the same assembly instructions as above for the Right Frame (2).



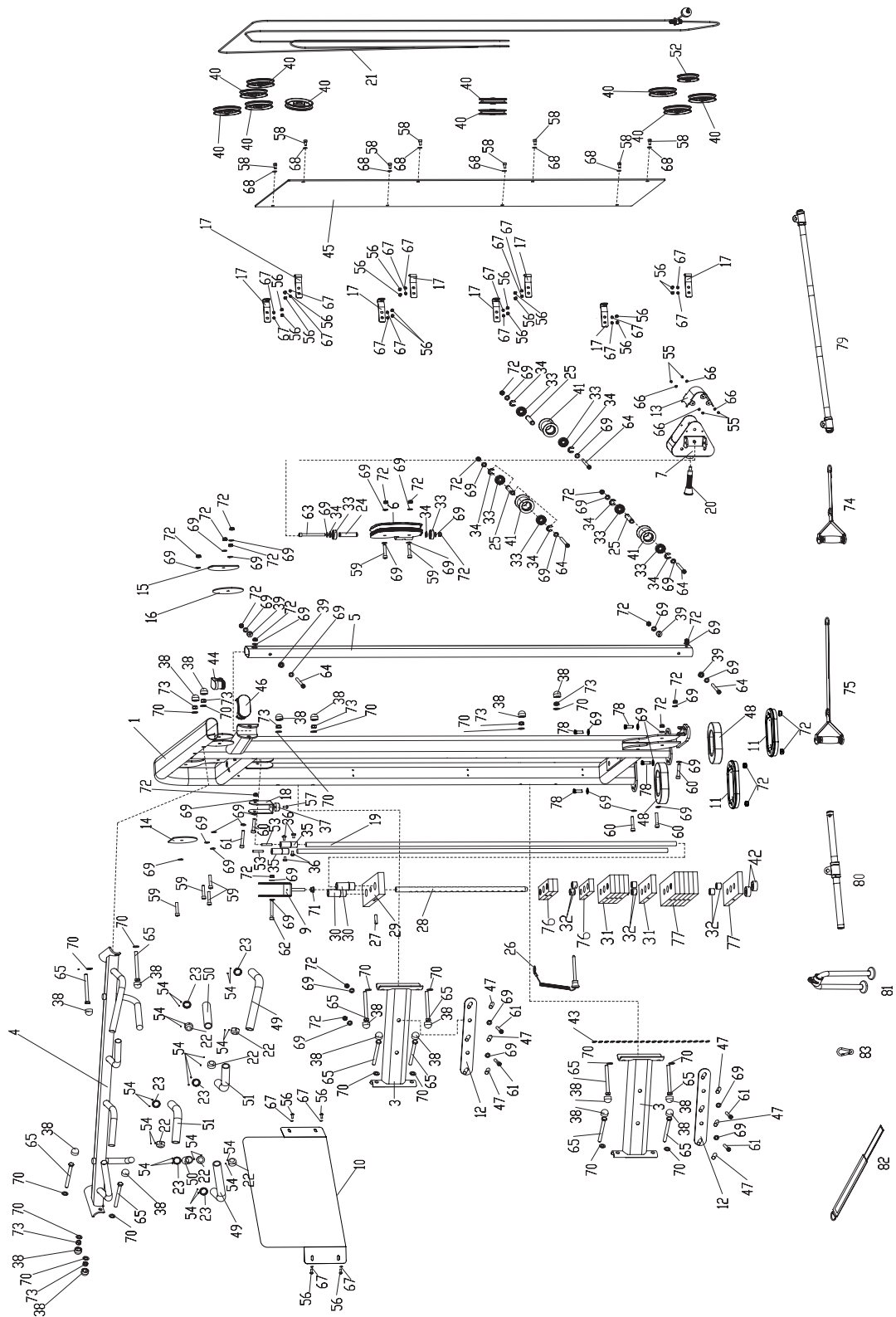
MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

EXPLODED VIEW DRAWING



EXPLODED VIEW DRAWING



PARTS LIST

To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Left Frame	1	43	Number Label	2
2	Right Frame	1	44	40X80mm Ellipse Inner Cap	2
3	Crossbar	2	45	Shield	2
4	Upper Crossbar	1	46	50X100mm Ellipse Inner Cap	2
5	Adjuster Tube	2	47	Plastic Pipe	6
6	Swivel Pulley Housing	2	48	Plastic Cover	4
7	Left Adjuster Lever Assembly	1	49	Hand Grip 375mm LG	2
8	Right Adjuster Lever Assembly	1	50	Hand Grip 185mm LG	2
9	Adjustable Pulley Mount Assembly	2	51	Hand grip 250mm LG	2
10	Poster Board	1	52	Small Pulley	2
11	Plastic Underlay	4	53	M8X45 Socket Set Screw	4
12	Hook Plate Assembly	2	54	M4X3 Socket Set Screw	24
13	Adjuster Lever Door Plate	2	55	M4X10 Allen Bolt	8
14	Big Half Round Plate	2	56	M6X10 Allen Bolt	36
15	Small Half Round Plate	2	57	M8X15 Allen Bolt	2
16	Round Plate	2	58	M8X15 Socket Cap Screw	16
17	Connect Plate	16	59	M10X50 Socket Cap Screw	12
18	U Type Plate	2	60	M10X55 Socket Cap Screw	8
19	Guide Rod	4	61	M10X70 Socket Cap Screw	6
20	Pull Pin	2	62	M10X75 Socket Cap Screw	2
21	Cable	2	63	M10X100 Socket Cap Screw	2
22	Hand Cap	6	64	M10X110 Socket Cap Screw	10
23	Hand Ring	6	65	M12X125 Hex Head Bolt	12
24	Bushing OD17X76mm	2	66	Ø5 Washer	8
25	Bushing OD17X90.5mm	6	67	Ø6 Washer	36
26	WT Selector Pin Assembly	2	68	Ø8 Washer	16
27	Roll Pin	2	69	Ø10 Washer	88
28	19 Hole Stem	2	70	Ø12 Washer	24
29	Cast Top Weight	2	71	M12 Nut	2
30	Guide Rod Bushing	4	72	M10 Nylon Nut	48
31	10 LBS Weight Plate	10	73	M12 Nylon Nut	12
32	Cast Weight Bushing	72	74	Strap Handle With(2)-Rings(Lower)	2
33	Rolling Bearing 6203	16	75	Strap Handle With(2)-Rings(Long)	2
34	"E" Rings	16	76	5 LBS Weight Plate	10
35	Aluminium Solenoid	4	77	15 LBS Weight Plate	16
36	M5x8 Screw	8	78	M10X25 Hex Head Bolt	8
37	Thick Rubber Donut	2	79	Long Bar	1
38	Nut Plastic Cap	24	80	Short Bar	1
39	Pastic Stop	8	81	Triceps Rope	1
40	Big Pulley	20	82	Ankle Strap	1
41	Plastic Wheel	6	83	C - Clip	4
42	Plastic Stopper	4		Ø=Diameter	

WARRANTY*

FULL AND LIGHT COMMERCIAL USE

Body/ Frame: 10 years
Structural Moving Parts: 5 Years
Bearings, Bushings and Straps: 3 years
Coatings, Cables, Exterior Upholstery and
Accessories: 1 Year

RESIDENTIAL/CONSUMER USE

Body/ Frame: Lifetime
Structural Moving Parts: 10 Years
Coatings, Straps, Exterior Upholstery and
Accessories: 10 Years

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

* Applies to defects from the manufacturer only.

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE
BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.**

BH North America Corporation
20155 Ellipse
Foothill Ranch, CA 92610
Phone: 949.206.0330; Toll Free: 866.325.2339; Fax: 949.206.0013
Web: www.BHFitnessUSA.com
Mon - Fri 8am - 5pm PST