

ASSEMBLY INSTRUCTIONS
FOR SINGLE COLUMN DUPLEX PULLEY WEIGHTS

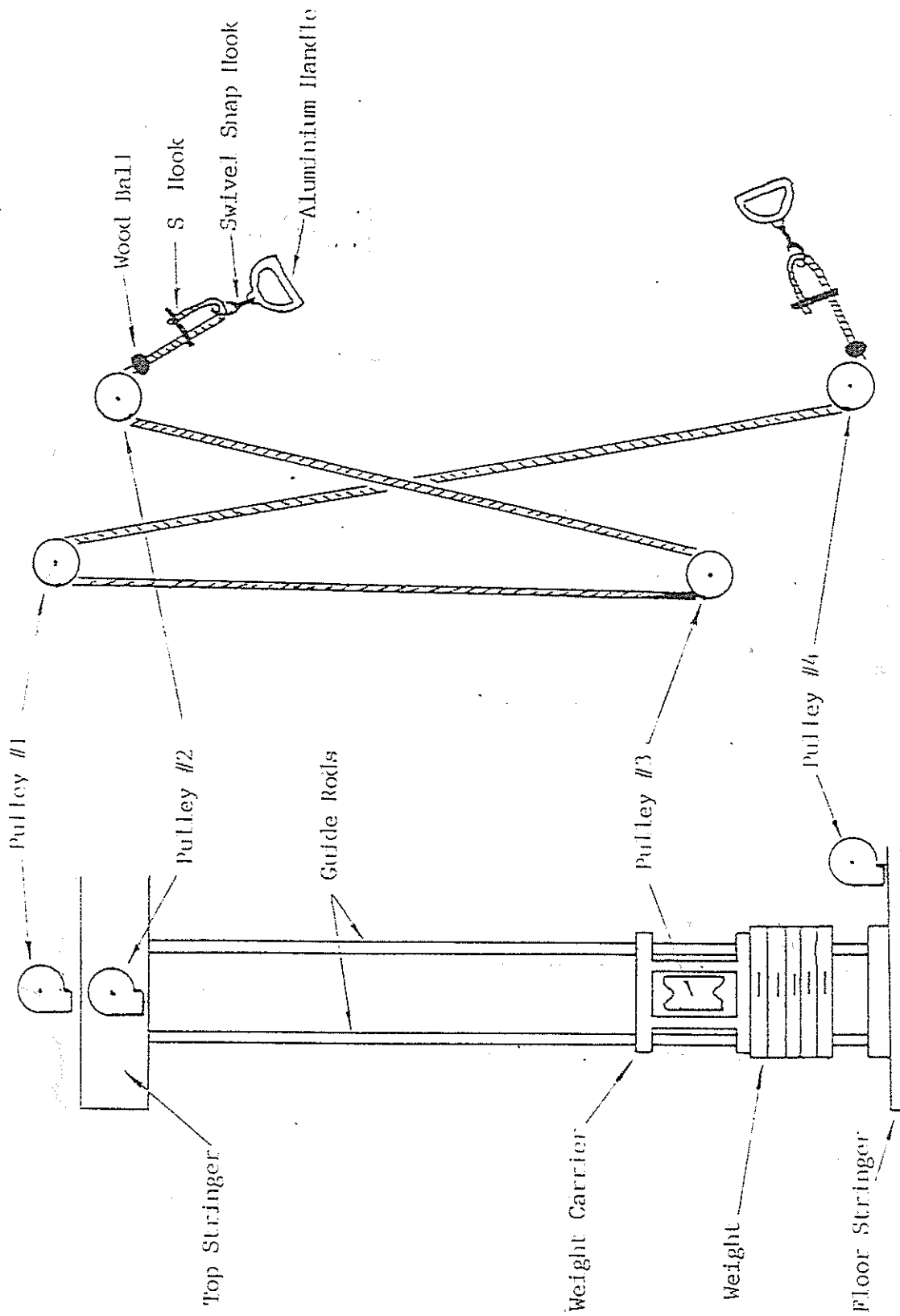
1. Secure the Floor Stringer to the floor 5/8 inch from the wall.
The Stringer should be positioned so the holes in the Baseplate for the Guide Rods are closest to the wall.

2. Assemble Weights Carriers and Weights (10 Weights).
Place Weights and Carriers on Baseplate with Carrier at top.
Insert Guide Rods through Wights and into Baseplate Holes.

3. Set wall Stringer in place with wood portion toward wall. Tops of Guide Rods are inserted into drilled holes in castings. Be sure Rods are perpendicular to floor. Secure Wall Striner to wall.

4. With Weights and Carriers resting on Baseplate, thread the cord over the Middle Pulley under the Weight Carrier Pulley from front to rear, over the Top Pulley and under the pulley located on the Floor Stringer (see diagram). The Cord should then be pulled snug. (The Stop Ball flush against the Middle Pulley). Slip the Second Stop Ball over the Cord. Double the Cord over the Swivel Snap and fasten Rope Clip. (Note how Top End of Cord is fastened). Any household pliers may be used to secure Rope Clips. Place Stop Ball flush against Bottom Pulley and tighten Screw on Stop Ball.

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THREADING DIAGRAM FOR DUPLEX PULLEY WEIGHTS