

## ASSEMBLY INSTRUCTION FOR TRIPLEX PULLEY WEIGHTS

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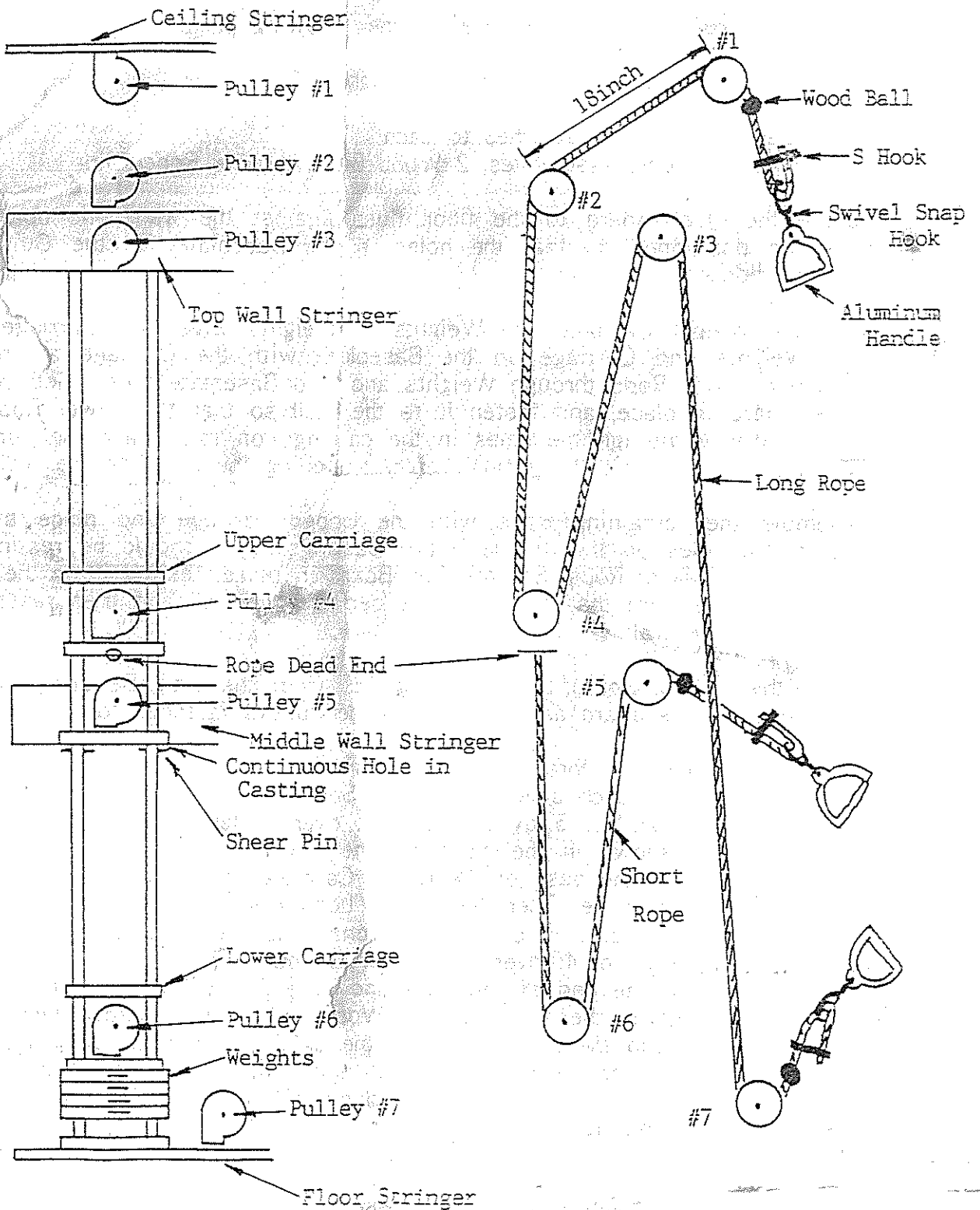
1. Hardware for attaching to wall, ceiling and floor is not supplied. Proper hardware can be obtained from any hardware store.
2. Check to make sure you have received the following parts :
  - A. 4 Boards With parts attached
  - B. 4 Pulley Carriages and 2 sets of 5 Weights
  - C. 8 Guide Rods
  - D. 4 Ropes with handles attached to each
  - E. 2 additional handle assemblies, 2 Wood Balls, 8 Wire Rope Clips
3. Secure the Floor Board to the floor flush against the wall. The board should be positioned so that the holes in the Baseplate for the Guide Rods are closest to the wall.
4. Assemble Weight Carriage and Weights (5 Weights with each Carriage). Place Weights and Carriage on the Baseplate with the Carriage at the top. Insert Guide Rods through Weights and into Baseplate holes. Set the Middle Board in place, and fasten it to the wall so that the Lower Rods will be halfway through the holes in the castings on this board. Be sure that the Rods are perfectly vertical before fastening the board to the wall.
5. Assemble the remaining Rods with the Upper Carriage and place the Rods in the holes on the Middle Board Castings. They should be resting on top of the Lower Rods. Set the Top Board in place, resting it on the Rods. Again, be sure that the Rods are perfectly vertical and then fasten the board to the wall.
6. Fasten the Ceiling Board to the ceiling 18" from the wall. Be sure that the Pulleys on this board are in line with the Pulleys fastened to the wall.
7. You are now ready to thread the Ropes through the Pulleys following the same procedure for each side. Thread the Short Rope through the Pulleys starting with Pulley No. 5 by threading it over Pulley No. 5 and under Pulley No. 6 as shown in the diagram. The end of the rope is threaded through the hole in the base of the Upper Carriage and tied in a knot to fasten it to the carriage. Then thread the Long Rope through the Pulleys starting with Pulley No. 7. The rope goes under Pulley No. 7, over Pulleys No. 3, under Pulley No. 4, over Pulley No. 2, and over Pulley No. 1. Slip the Wood Ball on the end of the rope and slide it until it is flush with Pulley No. 1. Tighten the screw in the Wood Ball with a screwdriver to hold it in place. Slip the rope ends into the snap fastener on the handle, slide handle to proper height from floor and fasten the rope with the Wire Clips supplied. The Wire Clips are clamped shut with pliers. Be sure to test all Pulleys before using the unit

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THREADING DIAGRAM FOR TRIPLEX PULLEY WEIGHT