

**PULLEY RACK
OWNER'S MANUAL**

ITEM CODE: RI-105

australianbarbellco.com



IMPORTANT– PLEASE READ MANUAL BEFORE ASSEMBLY OR USE

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling.

Remove all parts from packaging, separate and count all components to ensure everything has been correctly provided.

The innovative Modular Design and Preassembly ensures Quick and Easy installation of this machine.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- It is recommended two or more people assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Initially tighten nuts and bolts by hand until assembly is complete.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this Equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

AUSTRALIAN BARBELL COMPANY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

TABLE OF CONTENTS

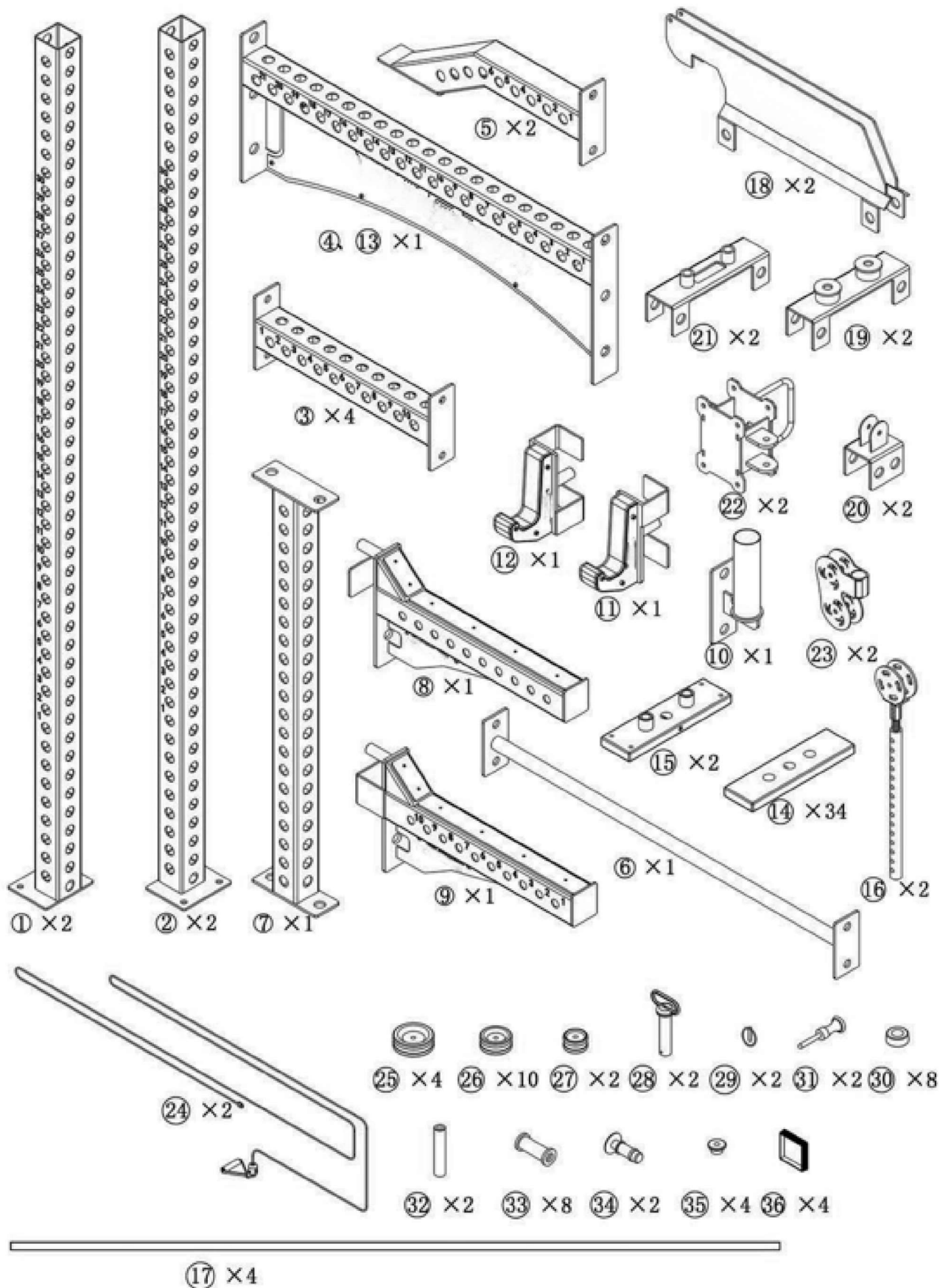
PART LIST.....	2
PART LISTING.....	3-4
ASSEMBLY STEP 1.....	5
ASSEMBLY STEP 2.....	6
ASSEMBLY STEP 3.....	7
ASSEMBLY STEP 4.....	8
EXPLODED DIAGRAM.....	9
ASSEMBLY DIAGRAM.....	10

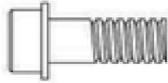
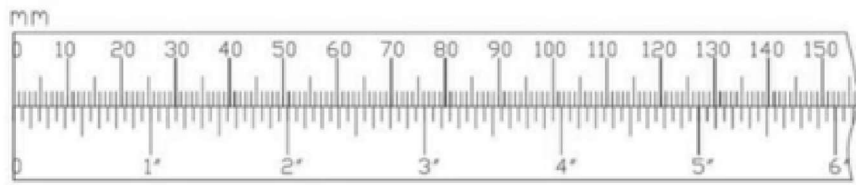
PART LIST

ITEM NO.	PARTS	SPECIFICATION	UNIT	QTY	MARKS
1	FRONT UPRIGHT	75×75×2300mm	PCS	2	
2	REAR UPRIGHT	75×75×2300mm	PCS	2	
3	CROSSMEMBER	75×75×550mm	PCS	4	
4	REAR CROSSBEAM WITH LOGO BASE	75×75×1100mm	PCS	1	LOGO PLATE
5	FRONT EXTRA LEG	75×75×550mm	PCS	2	
6	PULL UP BAR	φ32×1100mm	PCS	1	
7	REAR BOTTOM CROSSBEAM	75×75×1088mm	PCS	1	
8	RIGHT SAFETY SPOTTER	75×75×600mm	PCS	1	
9	LEFT SAFETY SPOTTER	75×75×600mm	PCS	1	
10	BARBELL HOLDER	φ50mm×250mm	PCS	1	
11	RIGHT J CUP		PCS	1	
12	LEFT J CUP		PCS	1	
13	STAINLESS STEEL LOGO PLATE		PCS	1	
14	WEIGHT STACKS	5kg	PCS	30	
15	FIRST WEIGHT STACKS	5kg	PCS	2	
16	WEIGHT STACK SELECTED BAR	15+1	PCS	2	15+1 Select Holes
17	WEIGHT STACK GUIDE ROD	φ20mm	PCS	4	
18	UPPER CABLE-PULLY SYSTEM ASSEMBLY PLATE		PCS	4	
19	WEIGHT STACK GUIDE ROD UPPER BRACKET		PCS	2	
20	PULLEY RETAINING BRACKET		PCS	2	
21	WEIGHT STACK GUIDE ROD BOTTOM BRACKET		PCS	2	
22	ADJUSTABLE ROLLER BOX		PCS	2	
23	FUNCTIONAL TRAINER PULLEY BOX		PCS	2	
24	CABLES	φ6mm	SET	2	
25	ALUMINUM PULLEY	φ90mm	PCS	4	
26	ALUMINUM PULLEY	φ70mm	PCS	10	
27	ALUMINUM PULLEY	φ54mm	PCS	2	
28	RED PIN	φ25mm	PCS	2	
29	RED PIN RING		PCS	2	
30	WEIGHT STACKS WASHER	φ20mm	PCS	8	
31	WEIGHT STACK SELECTED PINS	φ11mm	PCS	2	
32	ALUMINIUM ALLOY HANDLES		PCS	2	
33	NYLON ROLLER	φ30mm	PCS	8	for Adjustable Roller Box
34	SPRING COTTER	φ25mm	PCS	2	for Adjustable Roller Box
35	COPPER BUSH	φ12mm	PCS	4	
36	END CAP	75×75mm	PCS	4	
37	INSIDE HEX NUTS&BOLTS	M8×30mm	SET	8	
38	HEX NUTS&BOLTS	M10×50mm	SET	18	
39	HEX NUTS&BOLTS	M10×110mm	SET	8	
40	HEX NUTS&BOLTS	M12×80mm	SET	2	
41	HEX NUTS&BOLTS	M24×110mm	SET	48	
42	HEX NUTS&BOLTS	M12×30mm	SET	4	
43	HEX NUTS&BOLTS	M10×25mm	SET	2	

PART IDENTIFICATION

IMPORTANT: IF YOU CANNOT FIND A PART IN THE HARDWARE KIT, CHECK TO SEE IF IT HAS BEEN PREASSEMBLED.

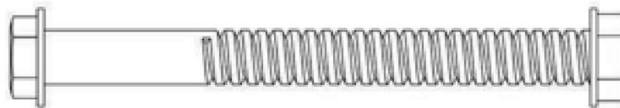




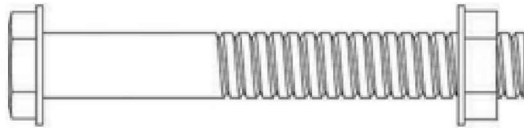
③⑦ × 8



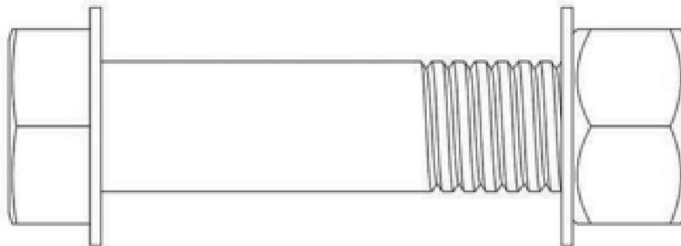
③⑧ × 18



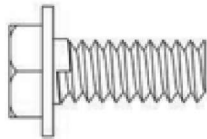
③⑨ × 8



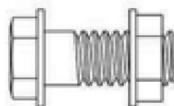
④⑩ × 2



④① × 48







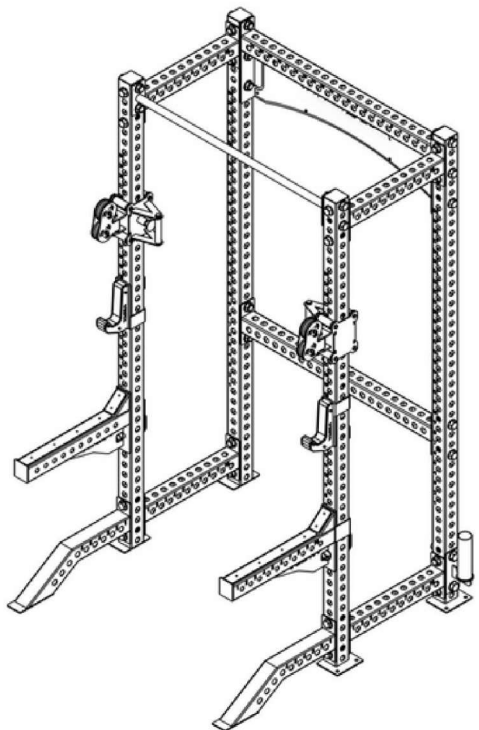
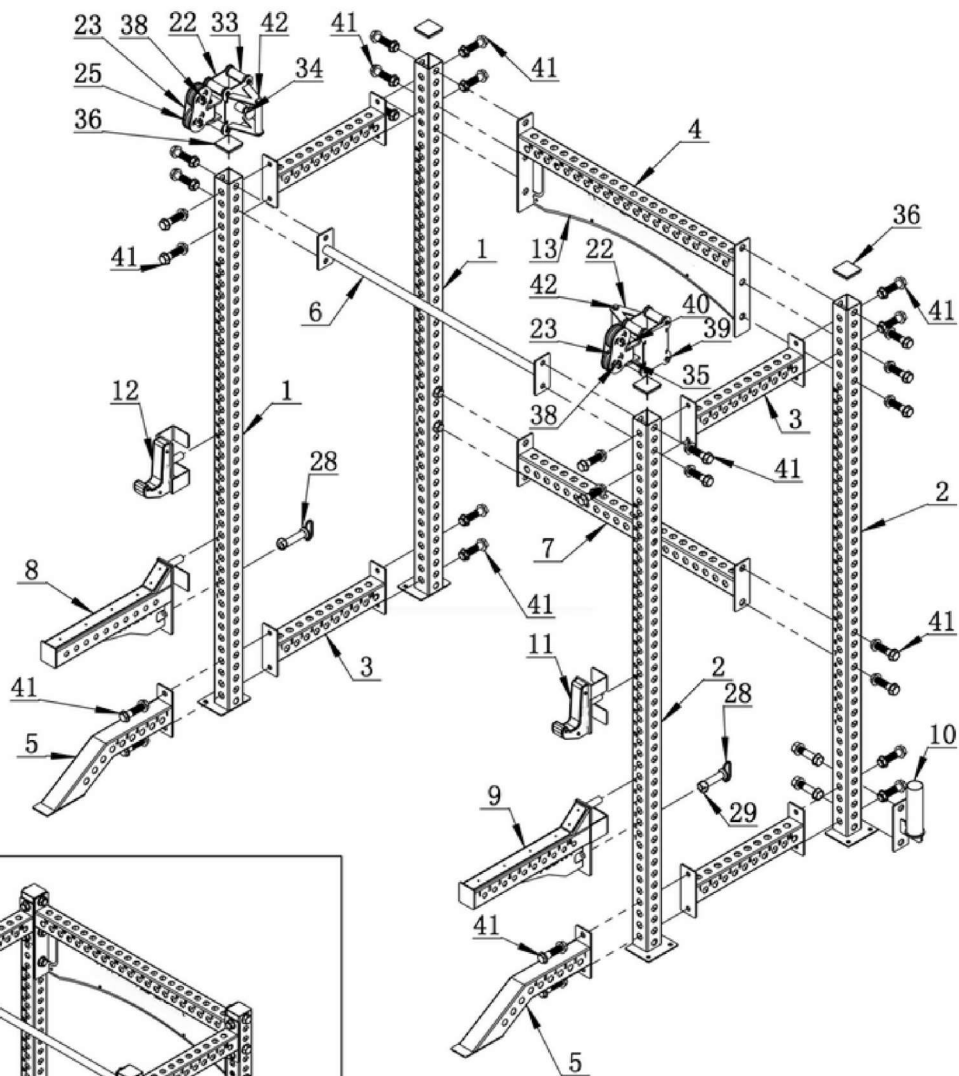
④② × 4



④③ × 2

ASSEMBLY STEP 1

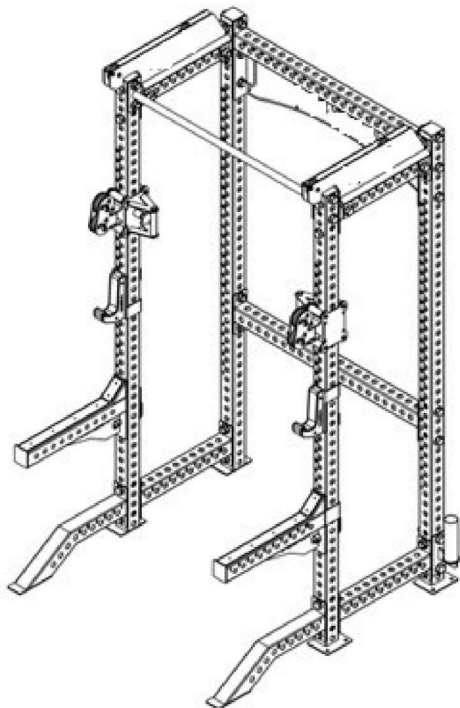
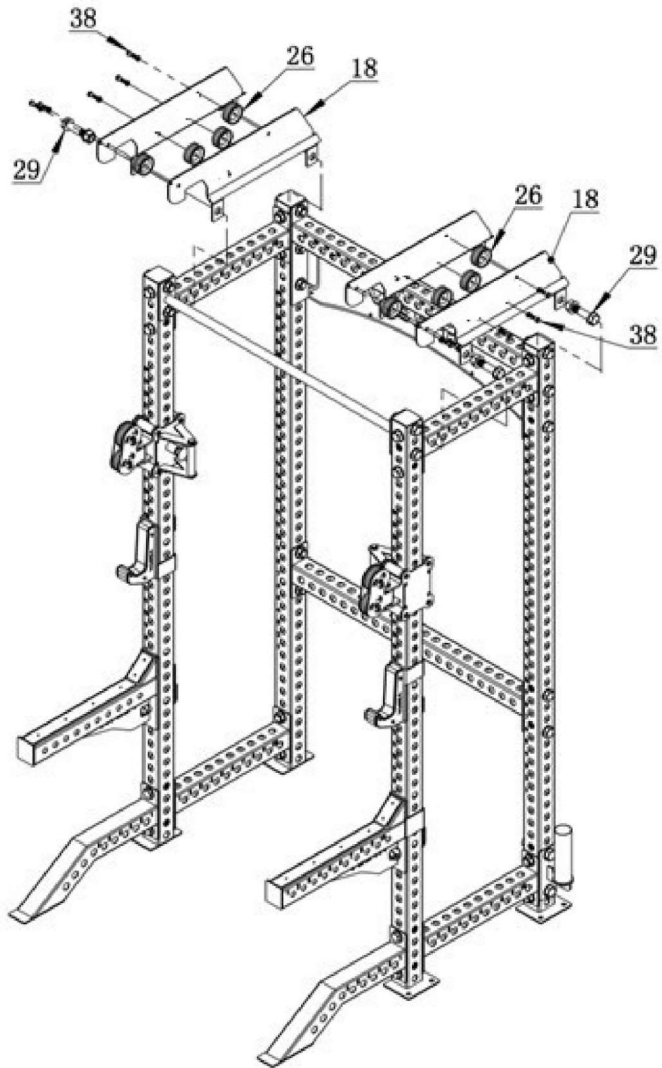
- | | | | | | |
|----|---|---------------|----|---|--------------|
| 41 |  | ×32 M24×110mm | 39 |  | ×8 M10×110mm |
| 38 |  | ×4 M10×50mm | 42 |  | ×4 M12×30mm |



ASSEMBLY STEP 2

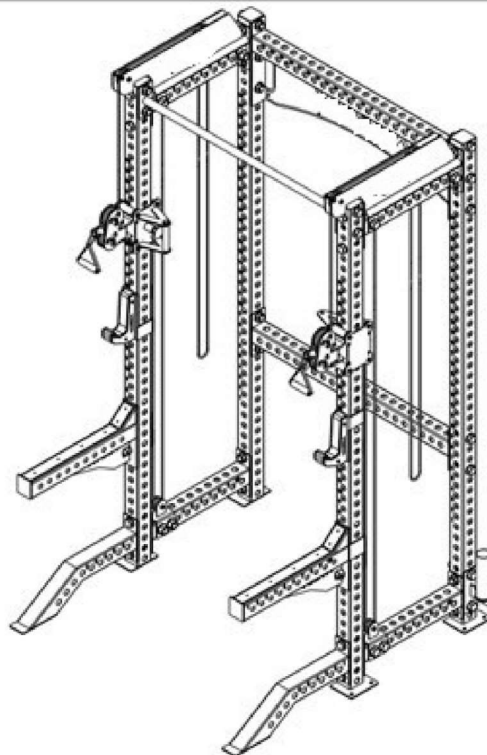
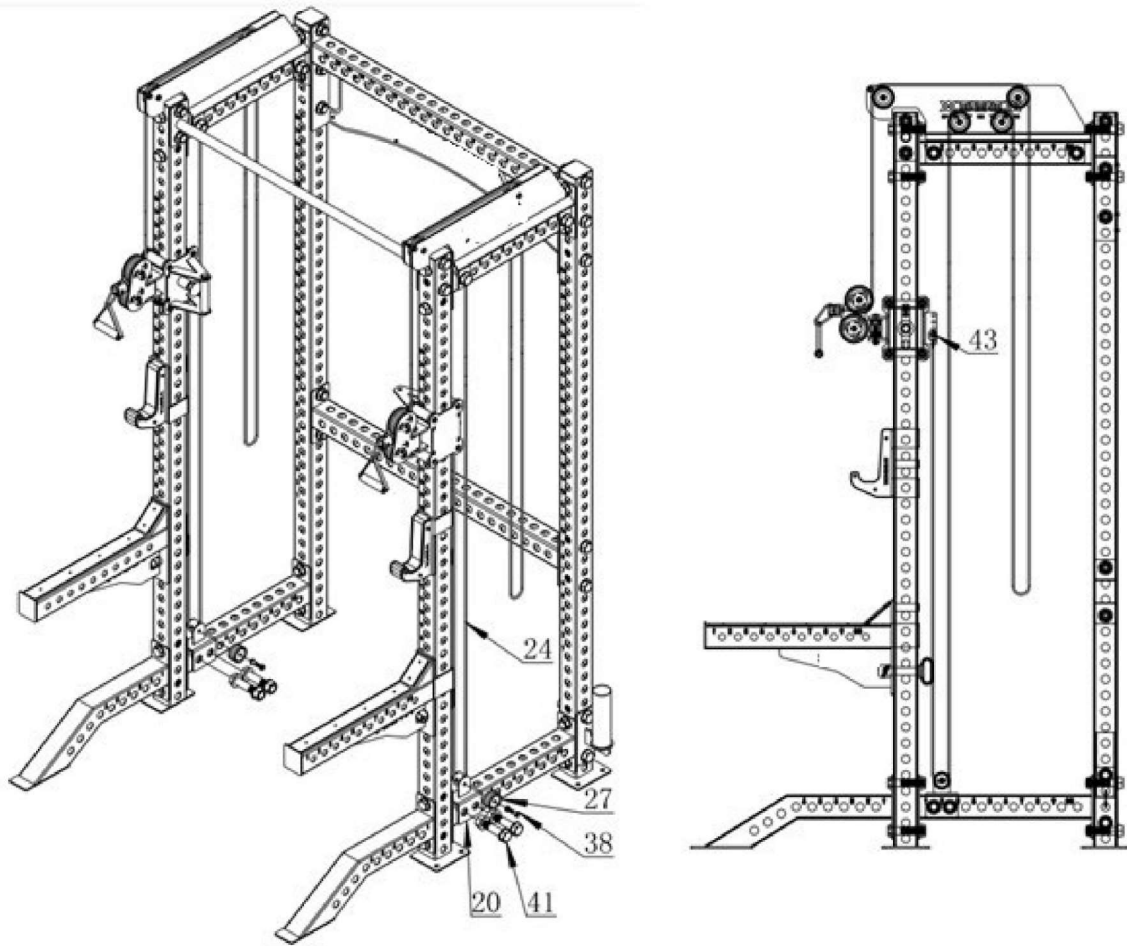
41  × 4 M24×110mm

38  × 10 M10×50mm




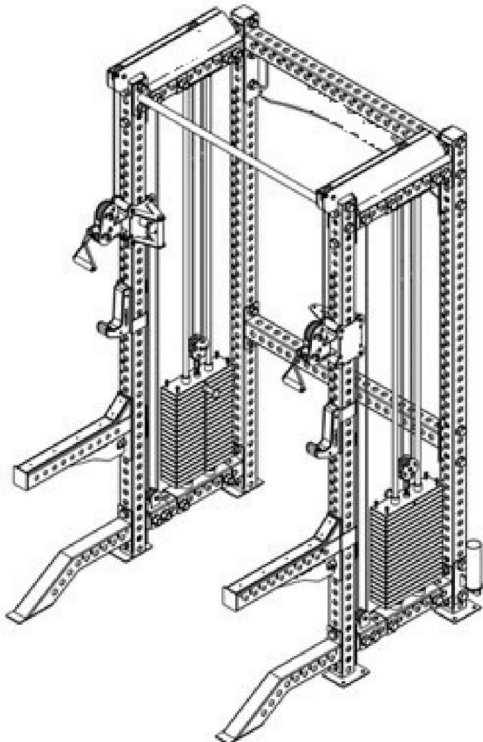
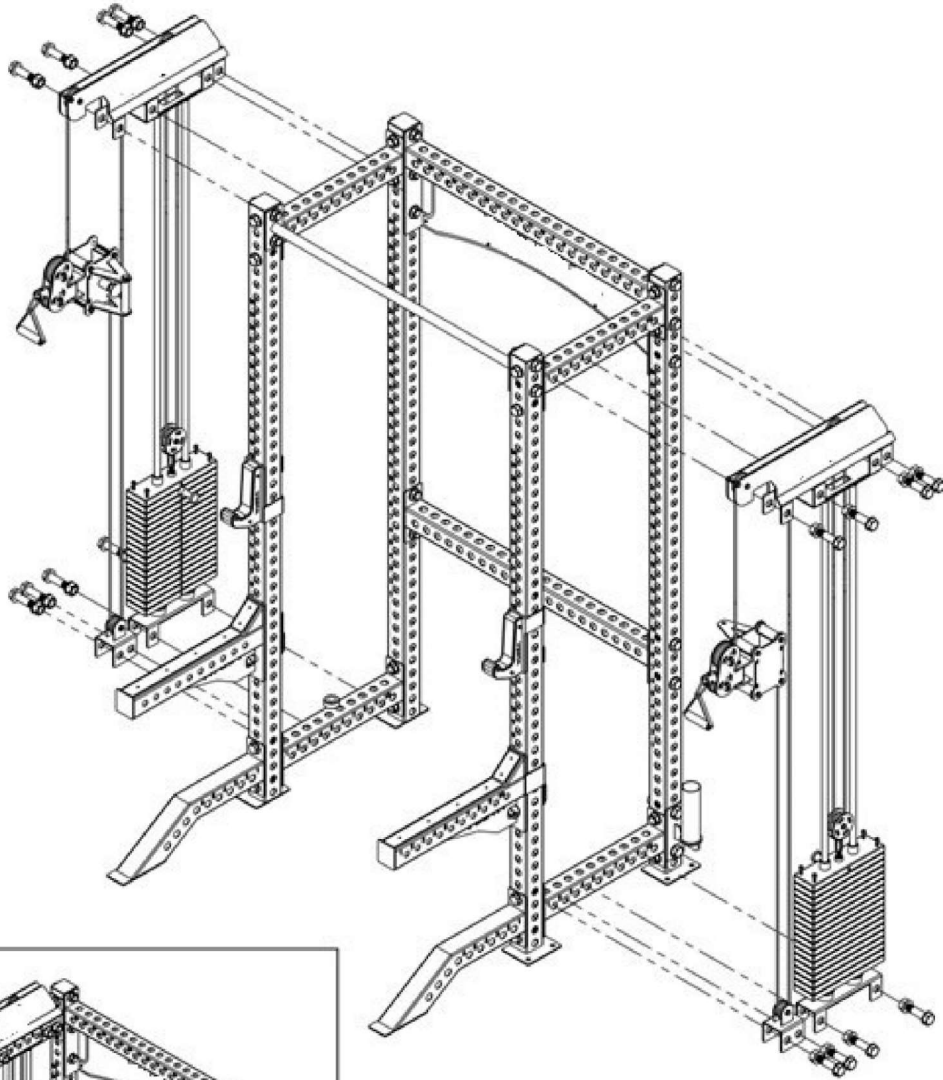
ASSEMBLY STEP 3

41  ×4 M24×110mm 38  ×2 M10×50mm 43  ×2 M10×25mm

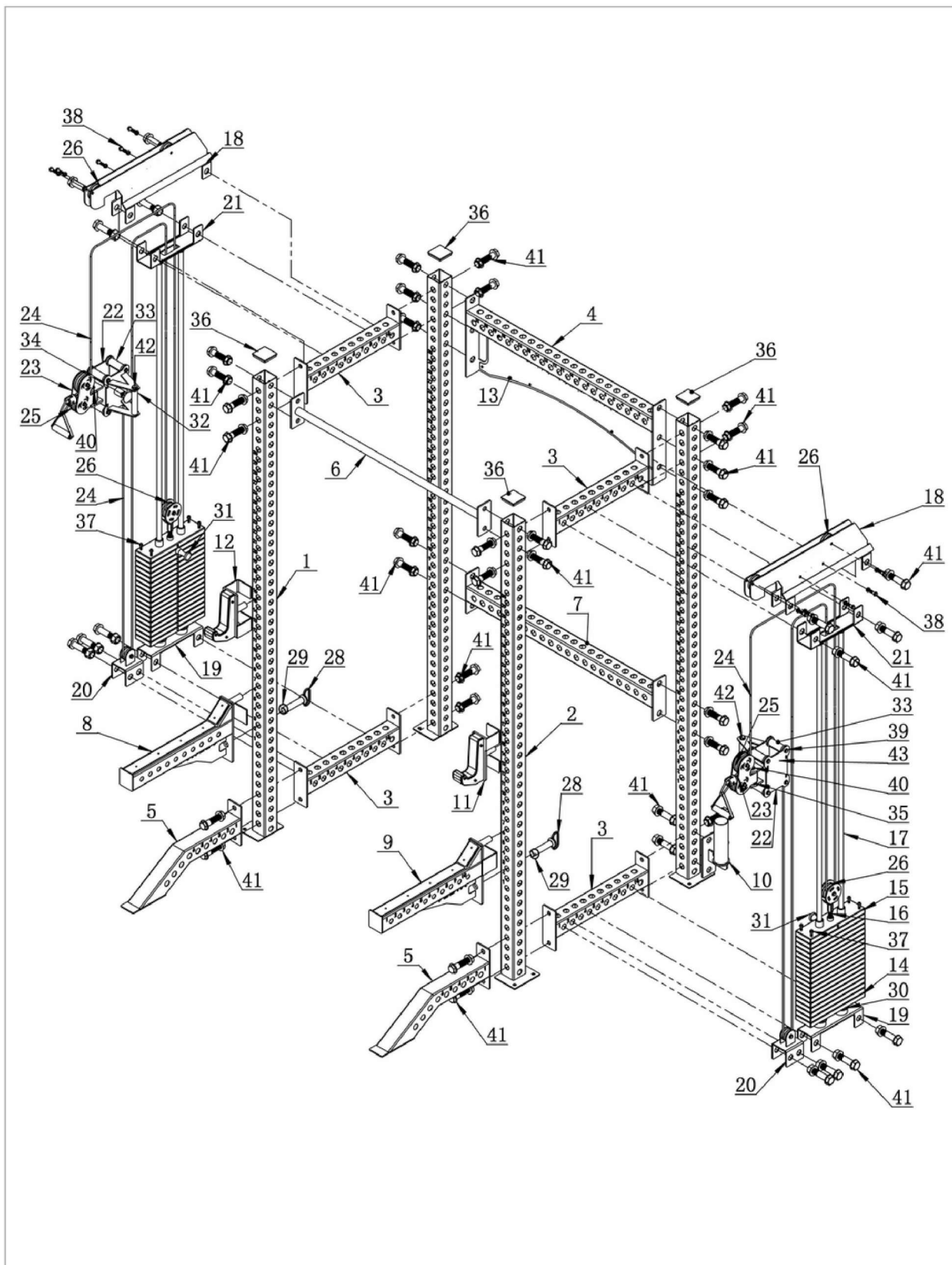


ASSEMBLY STEP 4

41  × 16 M24 × 110mm



EXPLODED DIAGRAM



ASSEMBLED DIAGRAM

