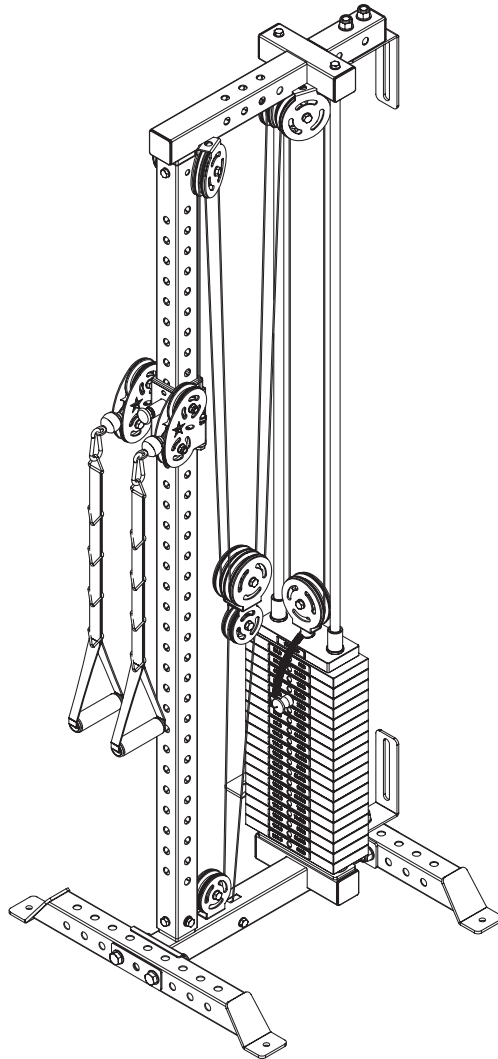




**CABLE TOWER WITH
WEIGHT STACKS 210 LBS
SKU: STK-PULT3-MA
PO:**



ASSEMBLY INSTRUCTIONS

   **BELLSOFSTEEL**

Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



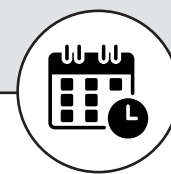
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

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Warranty & returns? We got you covered—check here:

bellssofsteel.com/pages/warranty



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Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

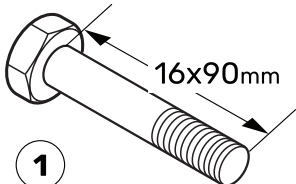
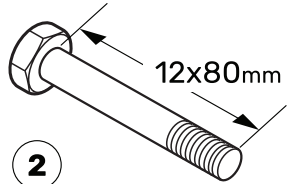
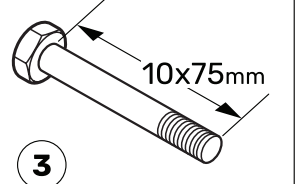
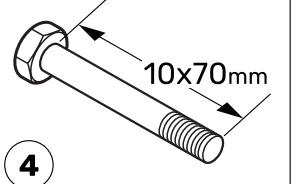
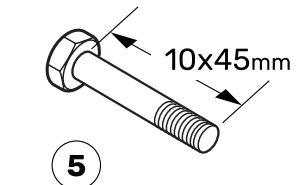
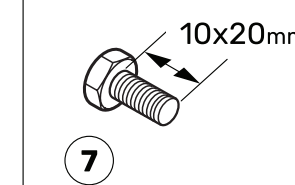
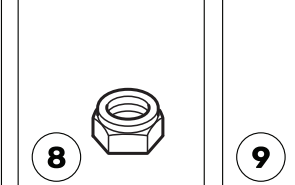
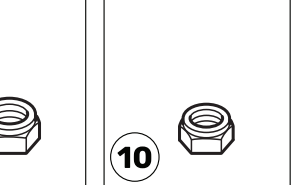

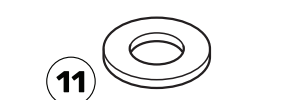


- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

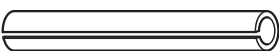
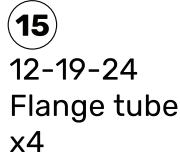
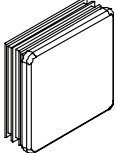
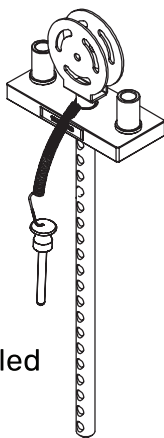
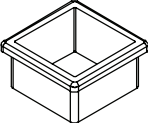
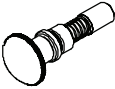
LET THE GAINZ BEGIN

PARTS LIST

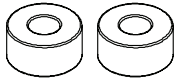
• Hardware Package

 <p>1 M16 x 90mm bolt x8</p>	 <p>2 M12 x 80mm bolt x2</p>	 <p>3 M10 x 75mm bolt x2</p>	 <p>4 M10 x 70mm bolt x4</p>	
 <p>5 M10 x 45mm bolt x12</p>	 <p>7 M10 x 20mm bolt x4</p>	 <p>8 M16mm nut x8</p>	 <p>9 M12mm nut x2</p>	 <p>10 M10mm nut x16</p>
 <p>11 Ø 16mm washer x16</p>		 <p>12 Ø 12mm washer x4</p>		 <p>13 Ø 10mm washer x38</p>

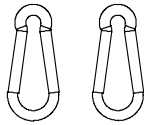
• Preassembled

 <p>14 Ø12 x 80mm elastic cylindrical pin x1</p>	 <p>15 12-19-24 Flange tube x4</p>	 <p>16 60mm tube plug x5</p>	 <p>Pre-assembled 34, 14 & 25</p>
 <p>17 7560 tube bushing x4</p>	 <p>18 38 popper pin x4</p>		

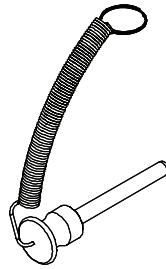
PARTS LIST



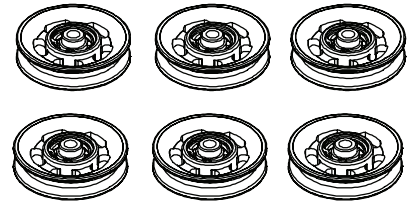
19 x2
Rubber
stopper



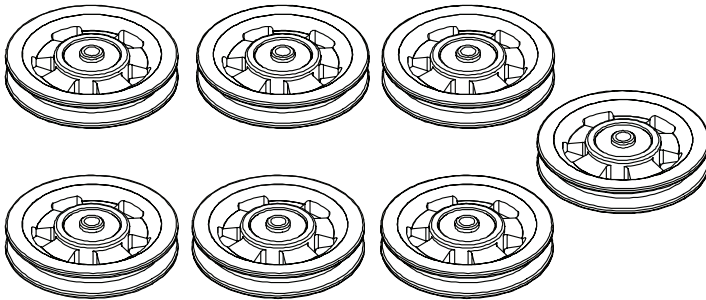
20 x2
Carabiner



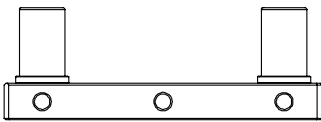
21 x1 Weight selector



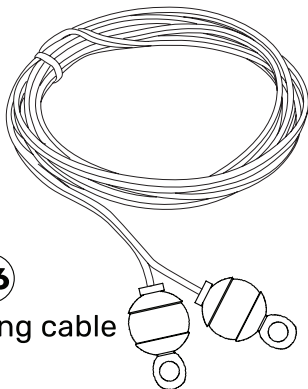
23 Ø90 pulleys
x6



22 Ø114 pulleys
x7



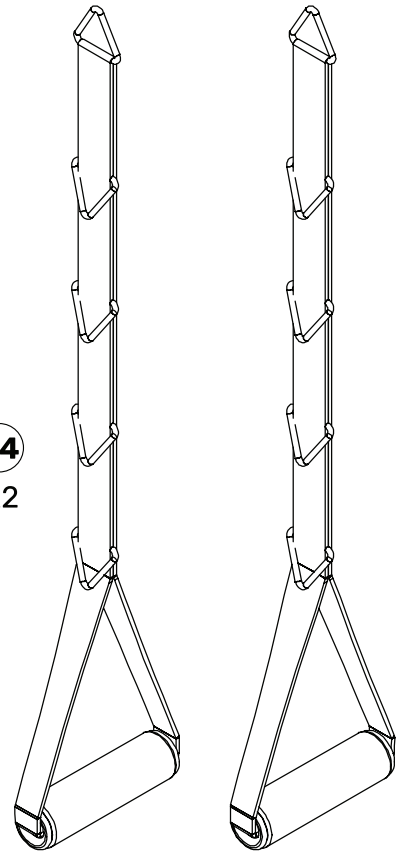
25 Top plate
x1



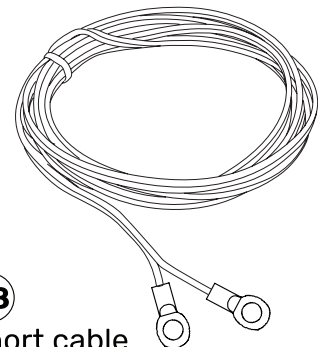
26
Long cable
x1

10LBS	○	4.5KG
20LBS	○	9.10KG
30LBS	○	13.6KG
40LBS	○	18.2KG
50LBS	○	22.7KG
60LBS	○	27.0KG
70LBS	○	31.8KG
80LBS	○	36.4KG
90LBS	○	40.9KG
100LBS	○	45.5KG
110LBS	○	50.5KG
120LBS	○	54.5KG
130LBS	○	59.1KG
140LBS	○	63.6KG
150LBS	○	68.2KG
160LBS	○	72.7KG
170LBS	○	77.3KG
180LBS	○	81.8KG
190LBS	○	86.4KG
200LBS	○	90.9KG
210LBS	○	95.5KG

27 Weight stack and
stickers
x30

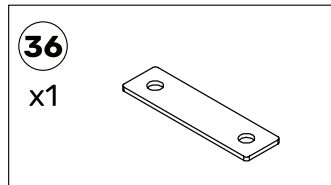
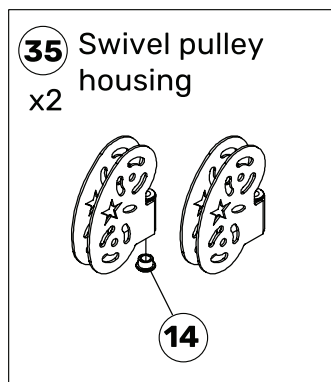
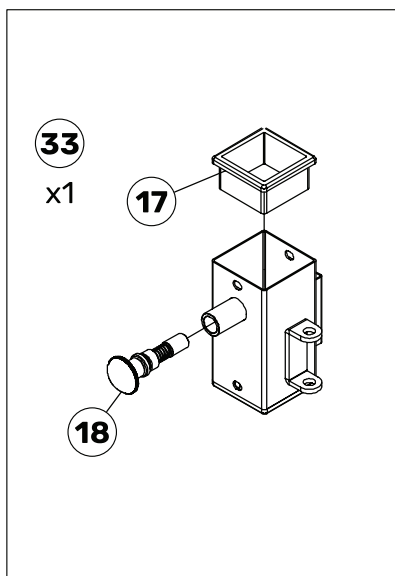
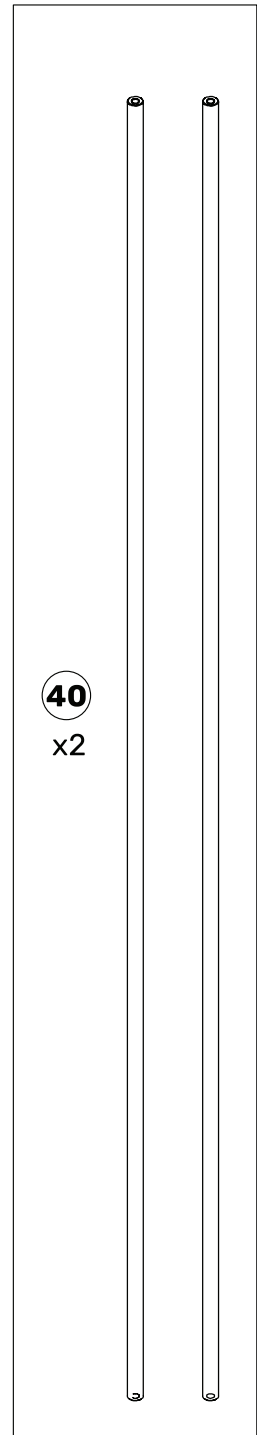
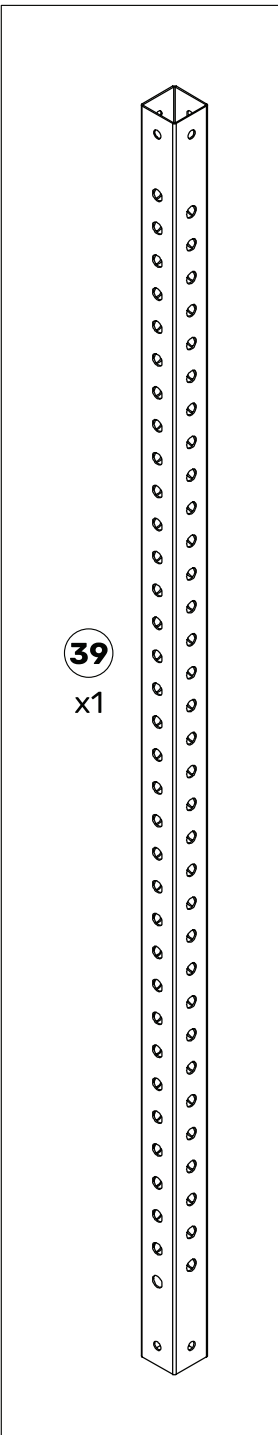
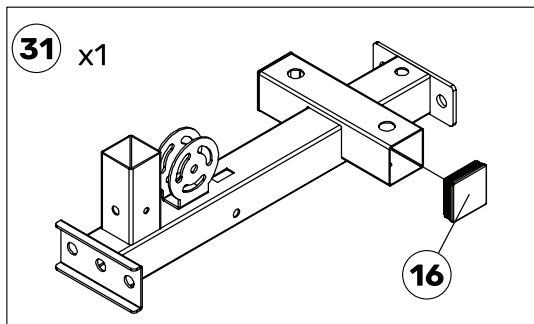
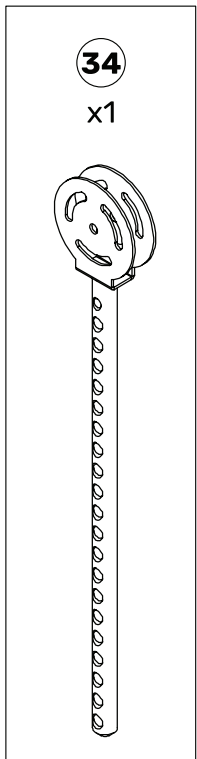
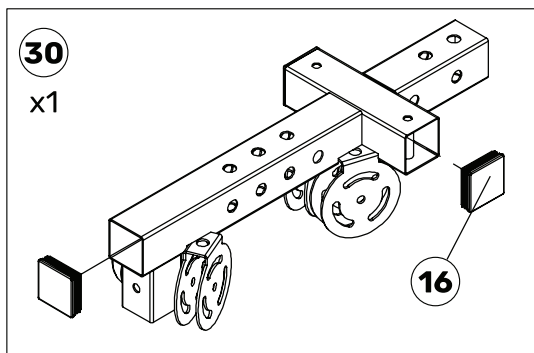
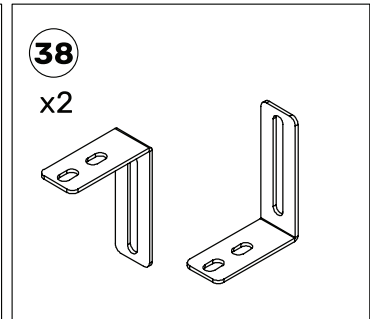
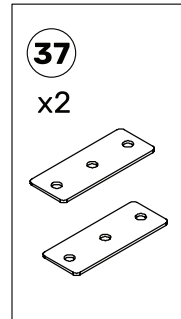
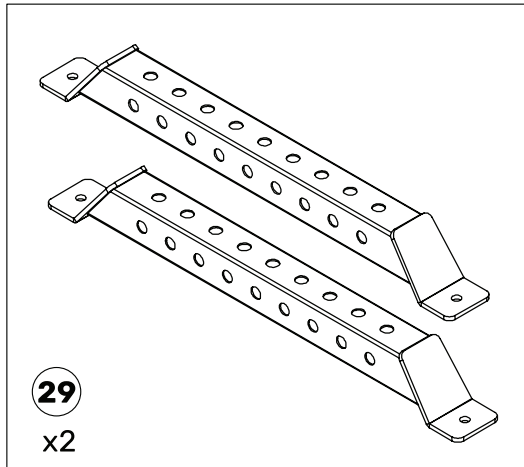


24
x2



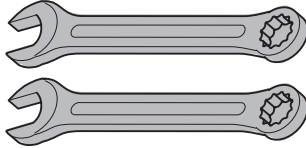
28
Short cable
x1

PARTS LIST

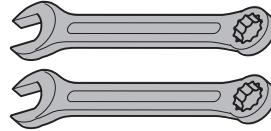


TOOLS REQUIRED

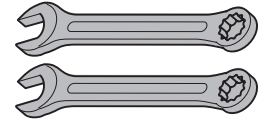
24mm
Wrench
x2



19mm
Wrench
x2



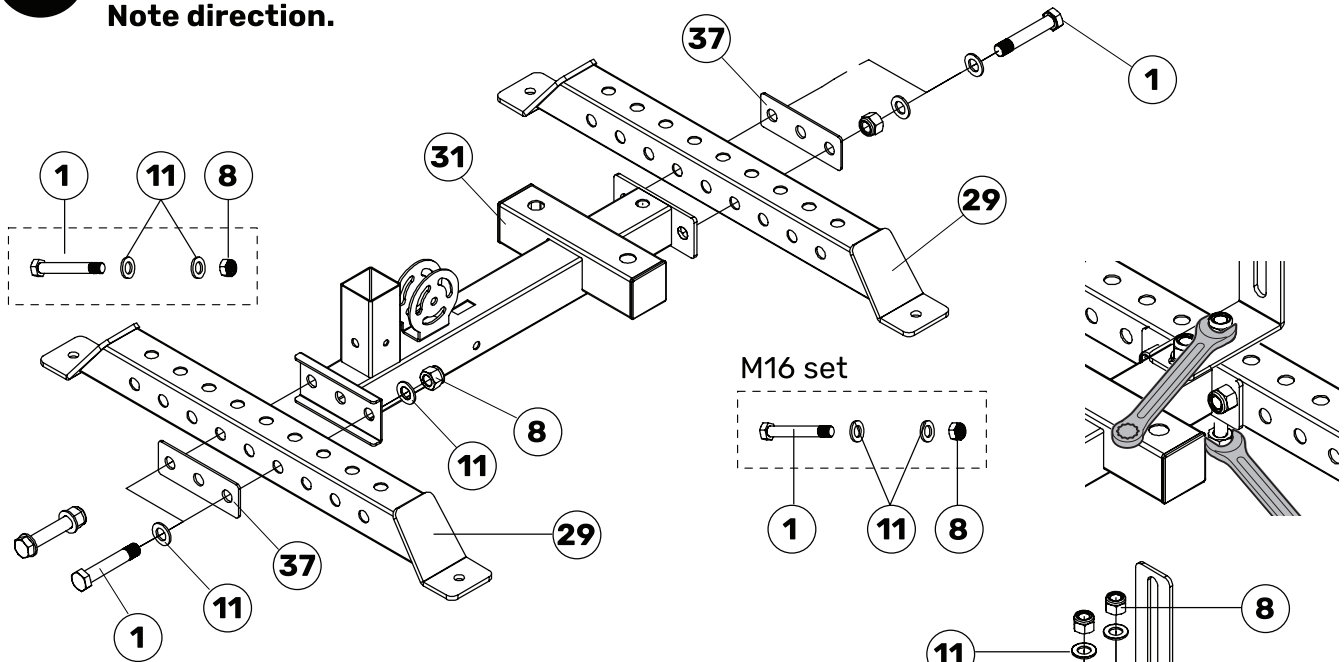
17mm
Wrench
x2



ASSEMBLY

PRO TIPS: For easier assembly, group the hardware together for each step. Group the bolts, washers and nuts according to sizes. (M12 bolt, M12 washer, M12 nut), (M10's).

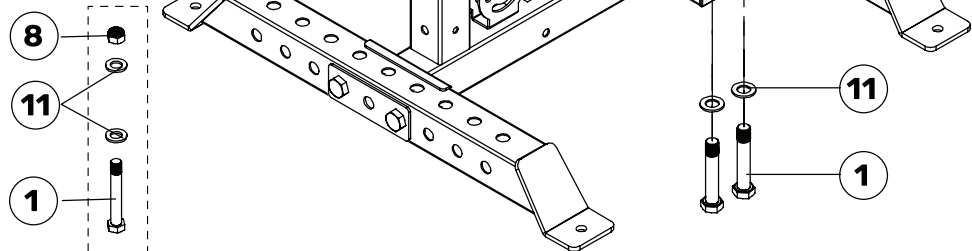
- 1** Assemble the base. Fix (29) to the base with (37) and secure with M16x90 bolt (1), M16 washer (11) and M16 nut (8). Both sides.
Note direction.



Pro tip: Feet holes (29) can bias either direction from the frame (31), to create room for a bench if this is being installed as a squat stand and don't have to be centre.

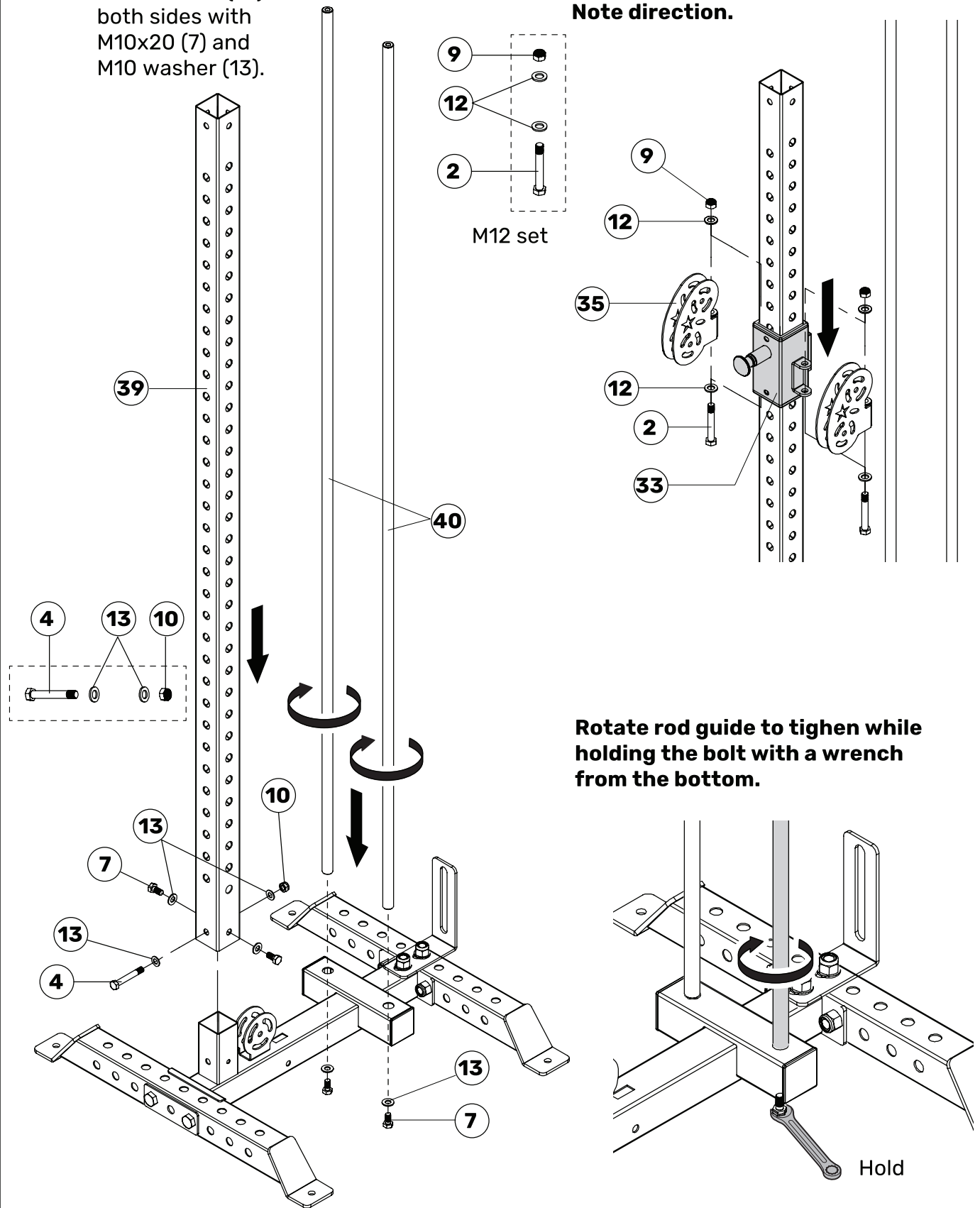
- 2** Attach the end bracket (38) fix with M16 set.
Note direction.

If building the tower with a back upright and not attaching to a wall, brackets (#38) do not need to be installed.



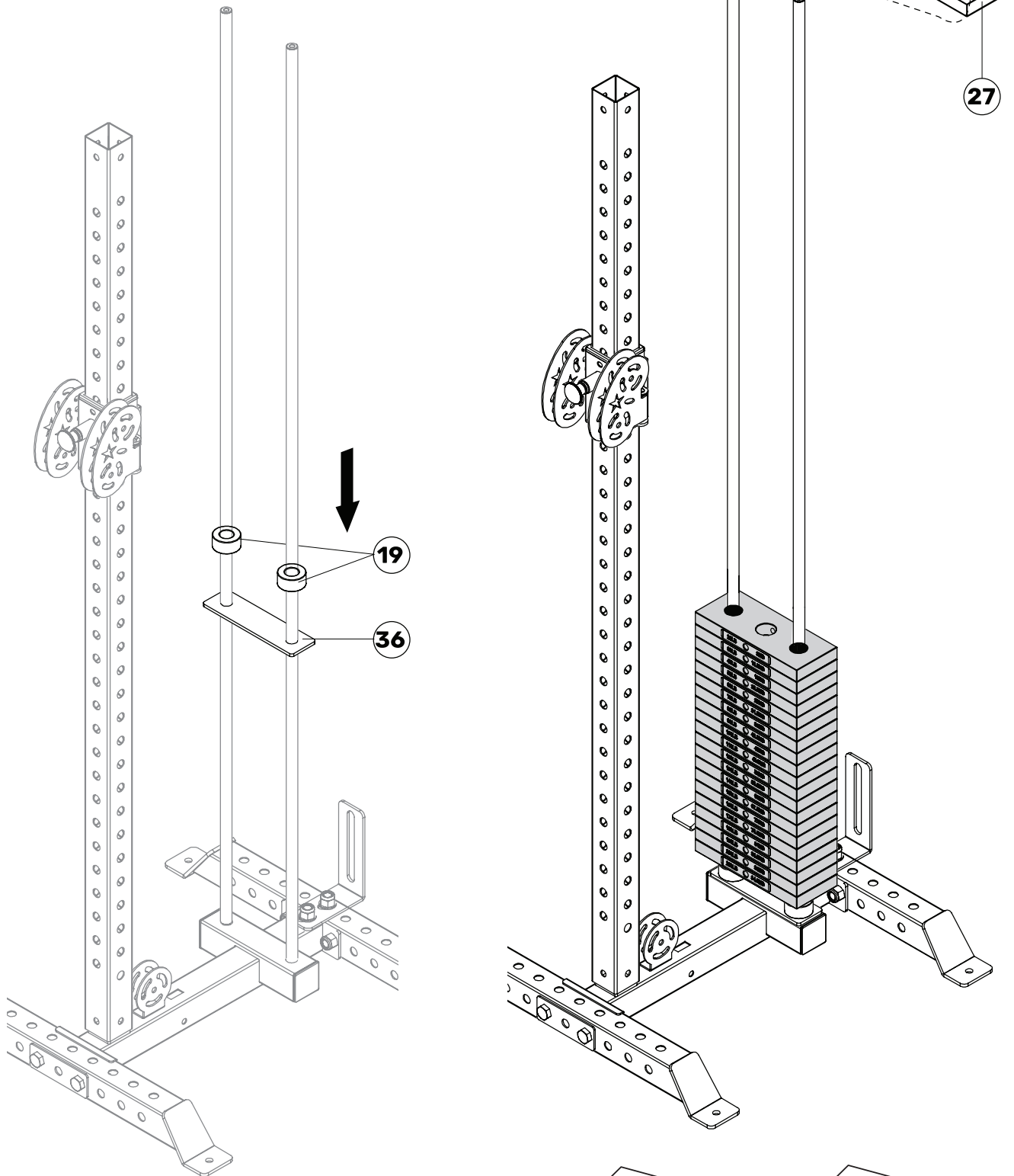
3 Attach the upright (39). Fix with M10x70 bolt (4), M10 washer (13) and M10 nut (10). Secure both sides with M10x20 (7) and M10 washer (13).

4 Attach Swivel pulley housing (35) and fix with M12x80 bolt (2), M12 washer (12) and M12 nut (9). **Note direction.**

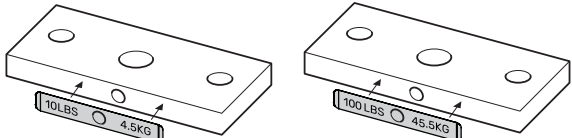


ASSEMBLY

- 5** Attach base plate (36) and rubber stopper (19).
Add plates(27) one at a time.

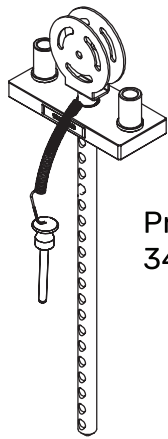


Attach stickers to weight stack as shown.

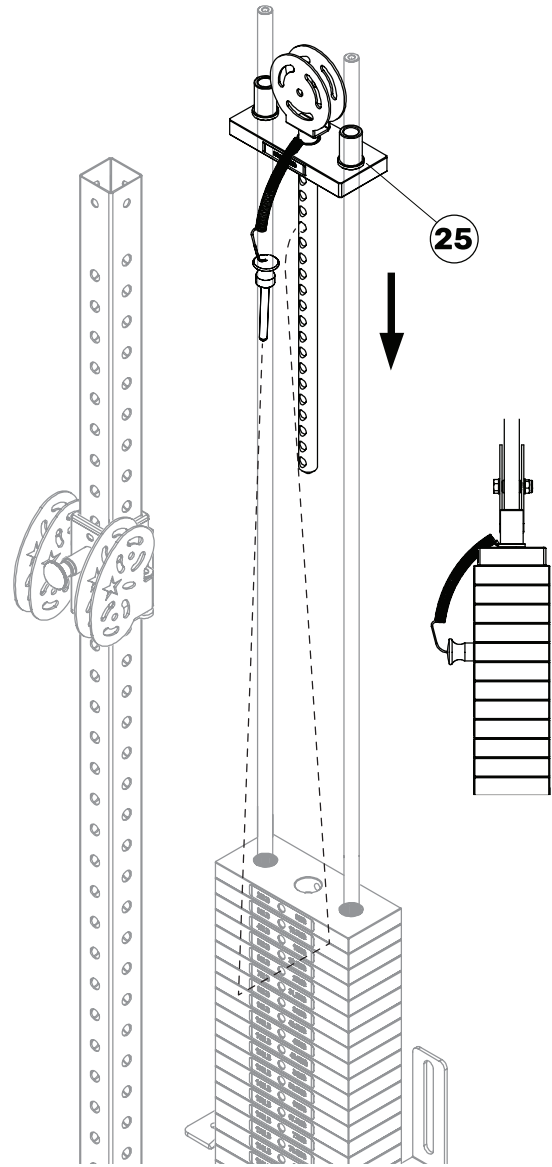


ASSEMBLY

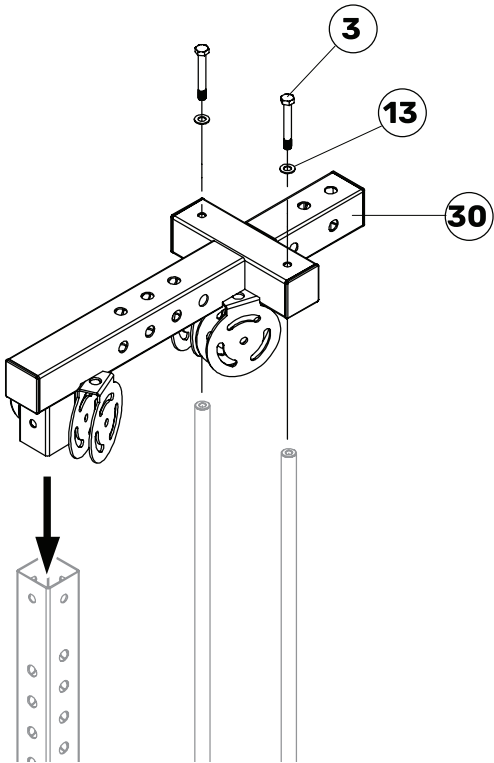
6 Install pre-assembled central weight stack assembly (14,21,25,34) onto guide rods.



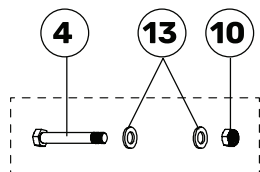
Pre-assembled
34, 14 & 25



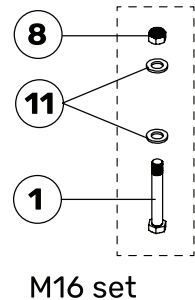
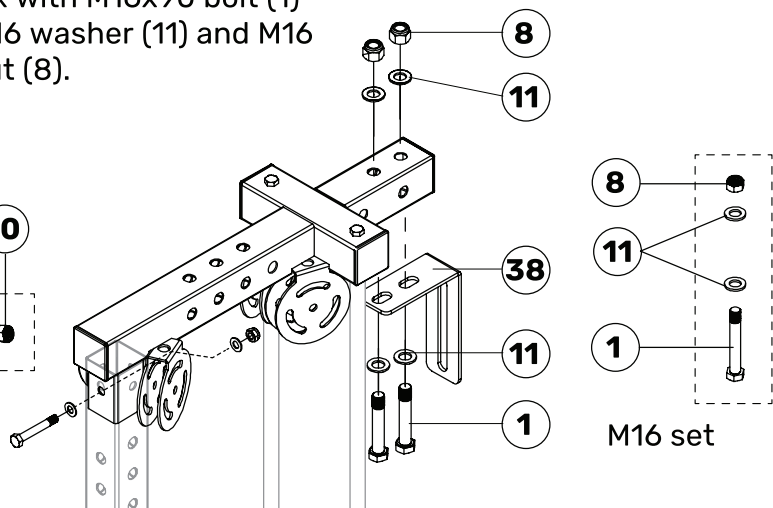
7 Attach top section (30). Fix with M10x75 bolt (3) and M10 washer (13).



If mounting tower to the wall,
attach bracket (38).
Fix with M16x90 bolt (1)
M16 washer (11) and M16
nut (8).



Fix front with M10x70 bolt (4) M10
washer (13) and M10 nut (10).

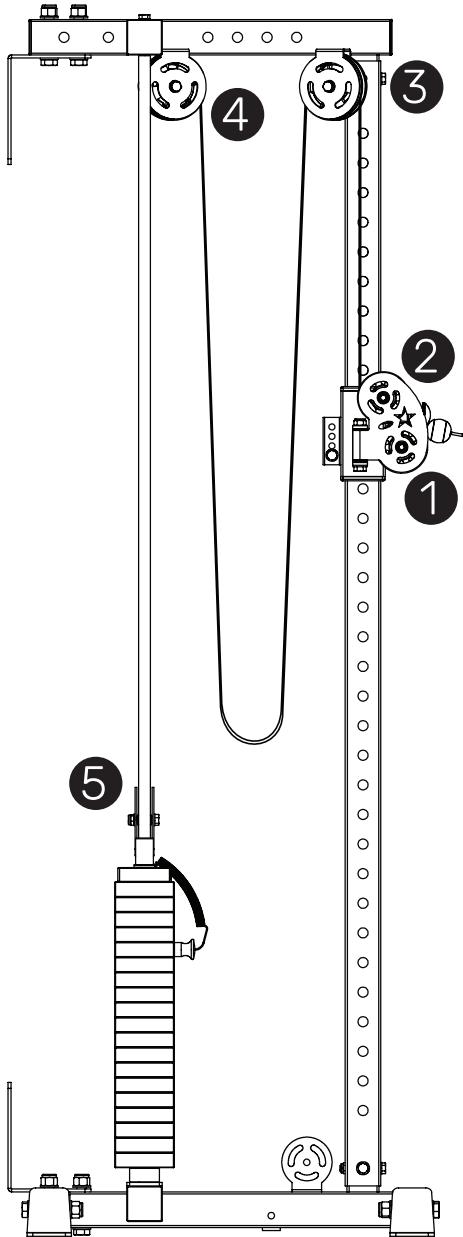


M16 set

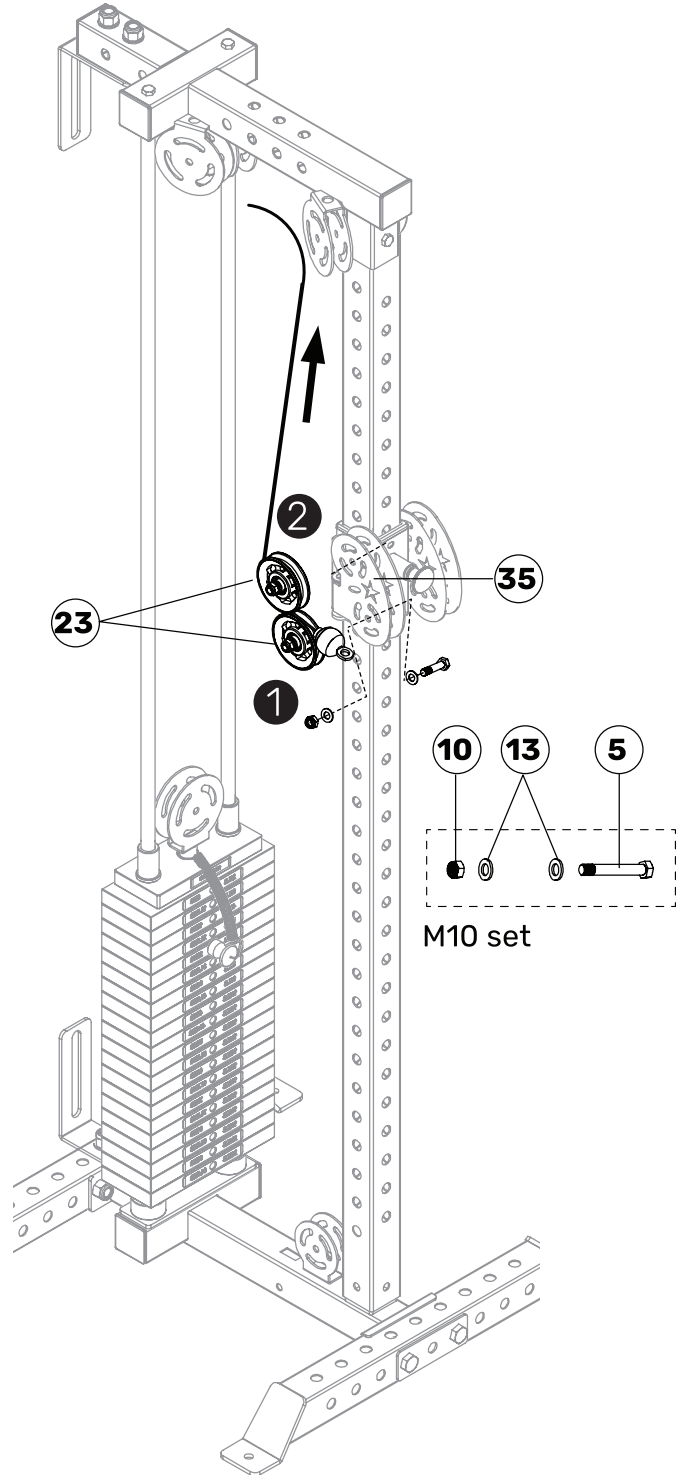
Right side

Pro tip: Make sure to place the cable at the middle of the pulley.

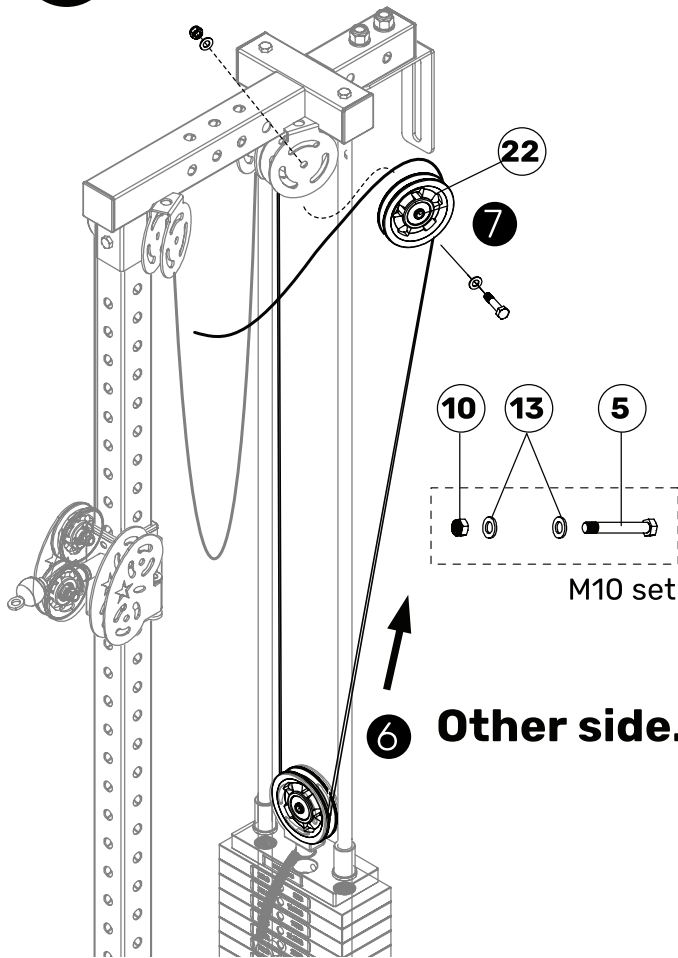
Reference photo of installed top cable.



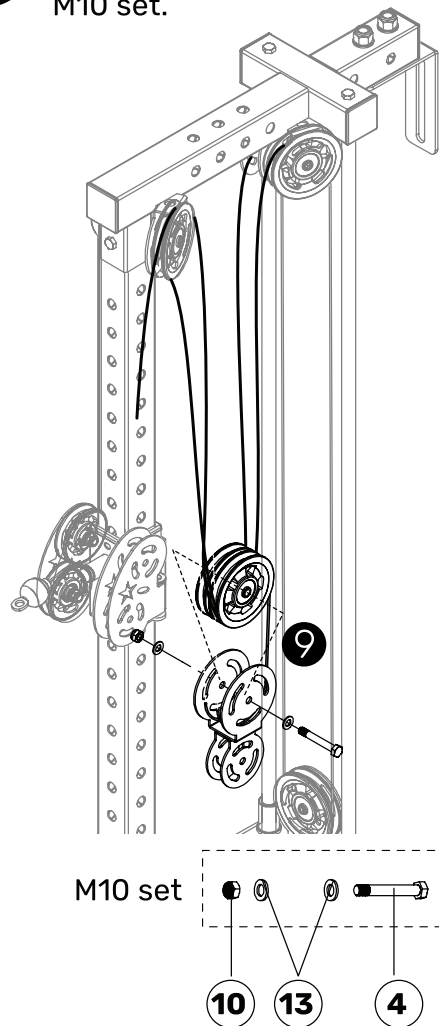
8 Attach two small pulley (23) to height selector (35) fix using M10x45 bolt (5), M10 washer (10) and M10 nut (13).



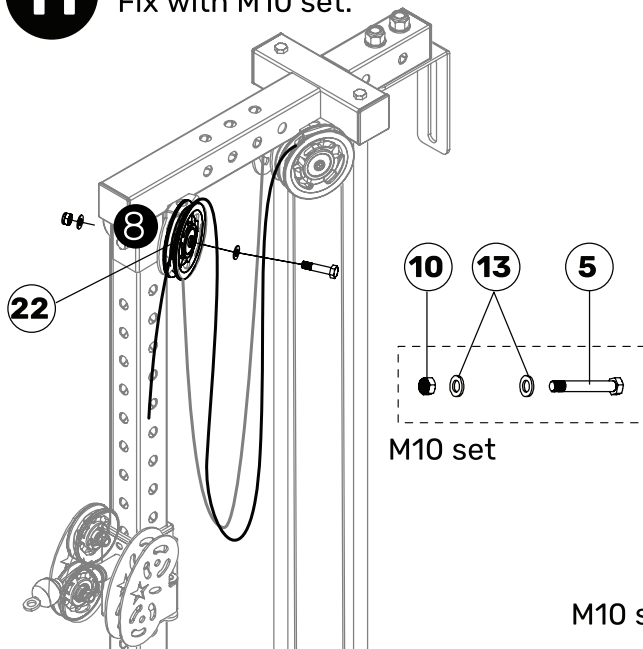
10 Pull the cable up, then attach another large pulley (22). Fix with M10 set.



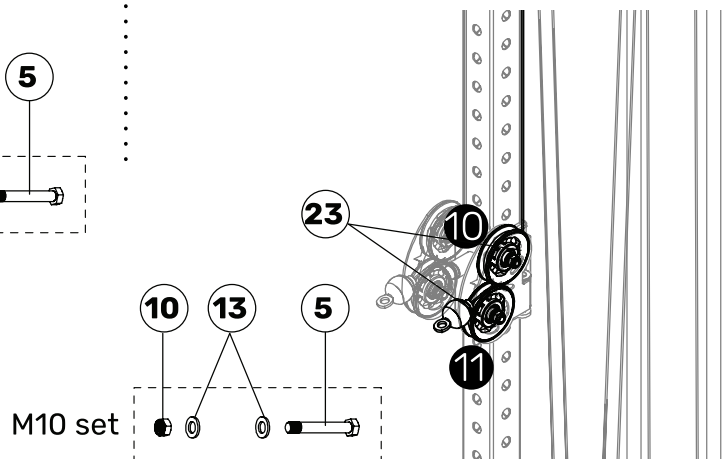
12 Center 2 cables on 2 large pulleys (22). Fix it on (32), secure with M10 set.



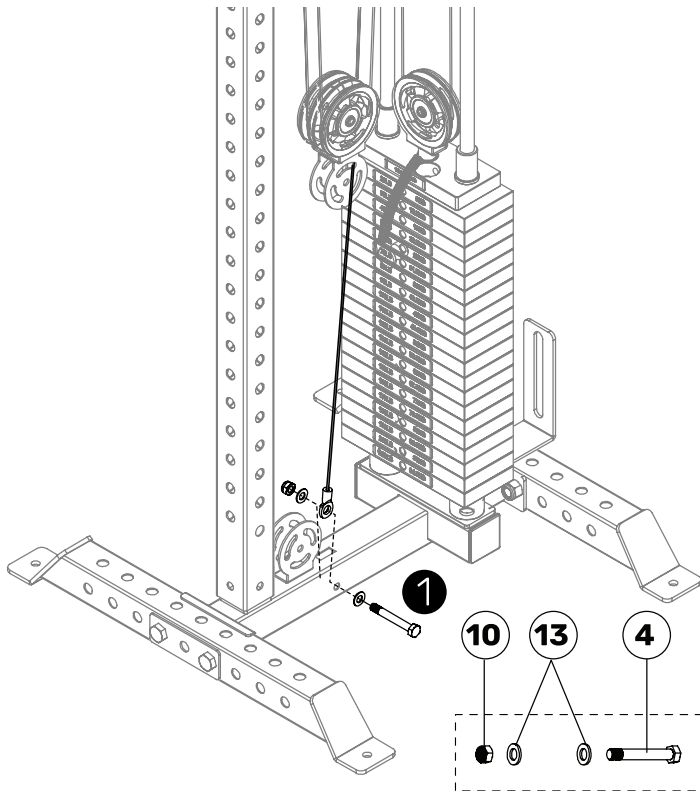
11 Attach another large pulley (22). Fix with M10 set.



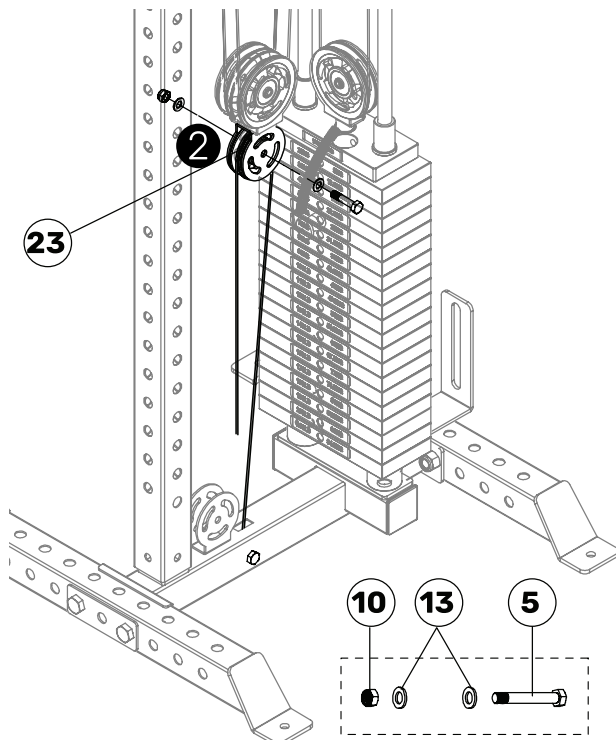
13 Attach the last two small pulleys (23) to height selector (35) fix using M10x45 bolt (5), M10 washer (10) and M10 nut (13).



- 14** Attach one end of the cable (28) to the bottom of the base. Fix with M10x70 (4), M10 washer (13) and M10 nut (10).

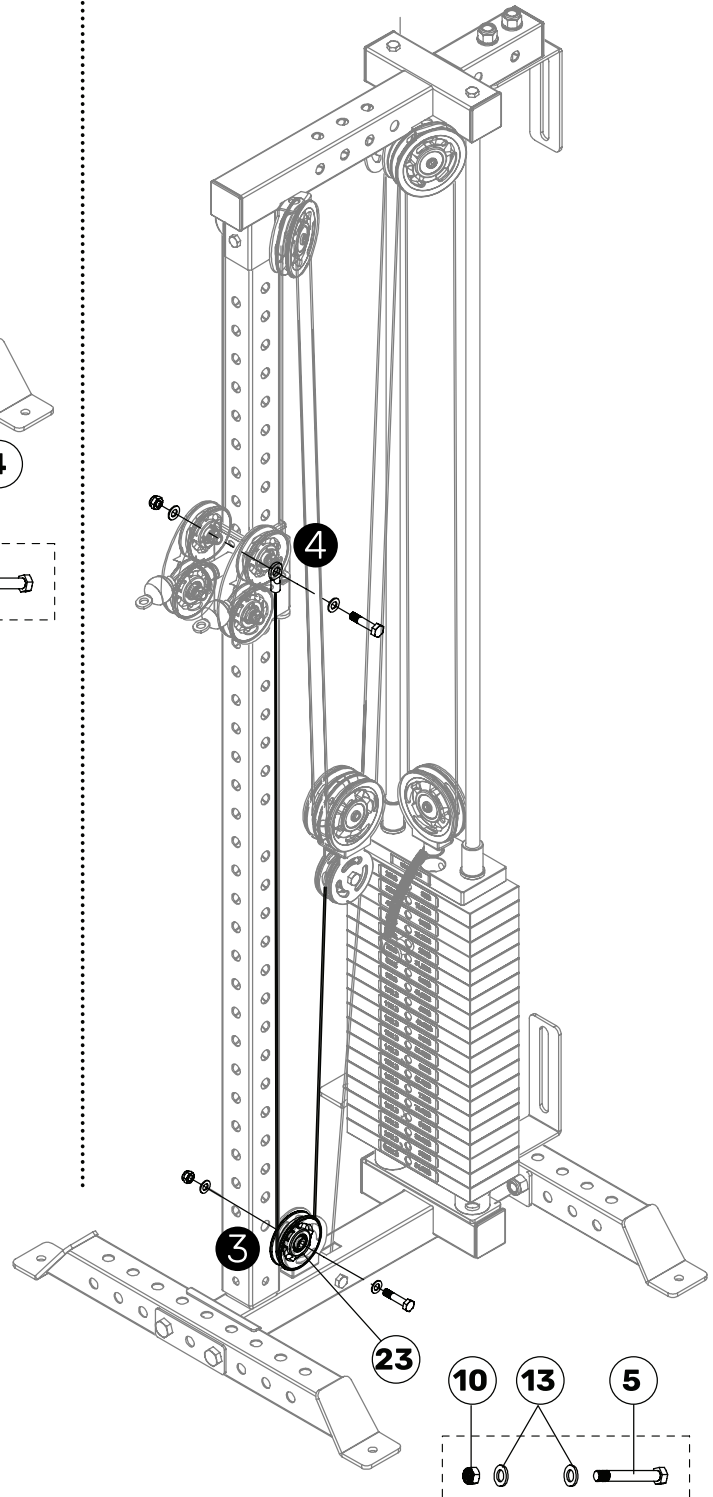


- 15** Pull the cable up to the hanging pulley (23) fix with M10x45 (5), M10 washer (13) and M10 nut (10).



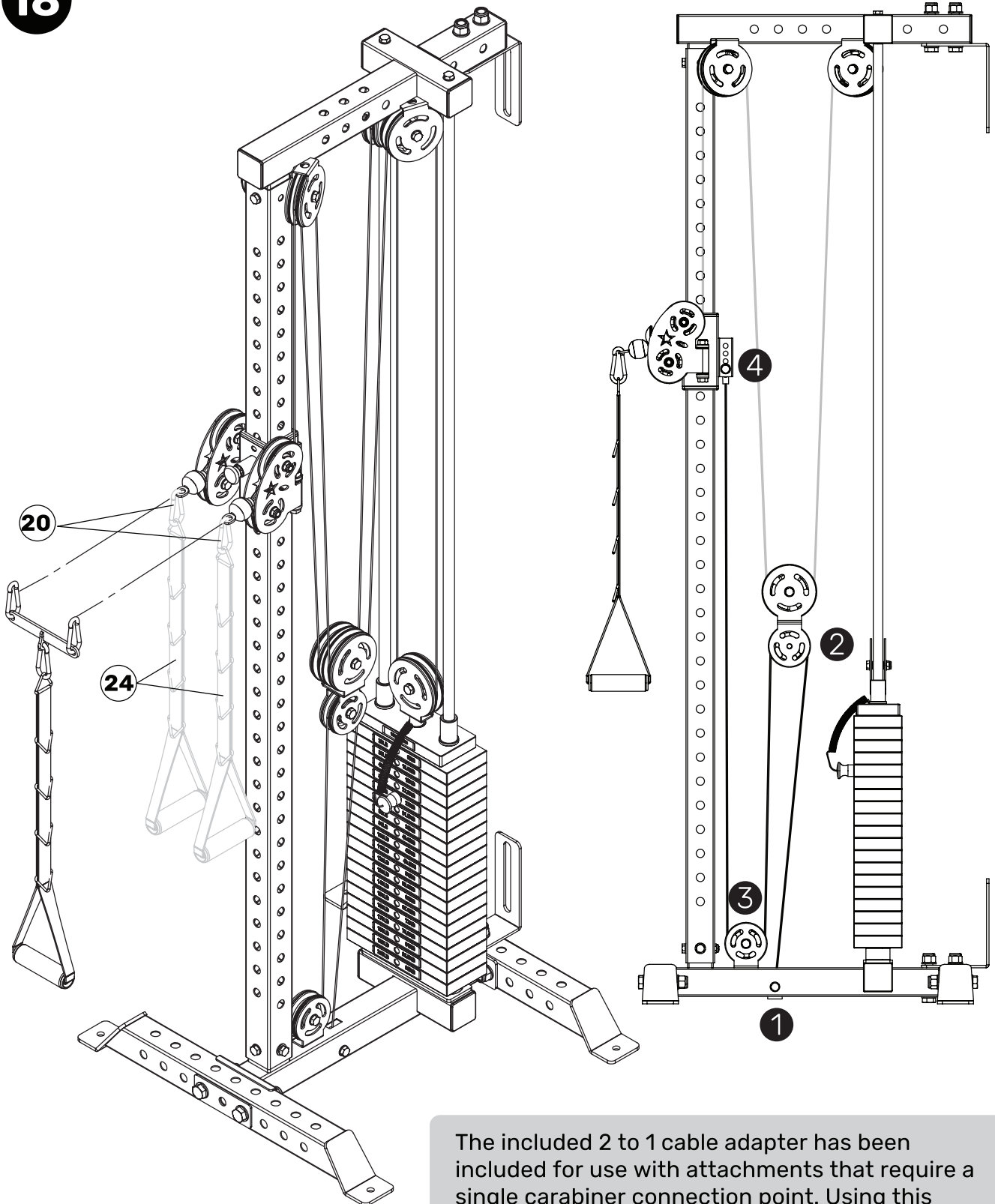
- 16** Pull the cable down and attach pulley (23) fix with M10x45 (5), M10 washer (13) and M10 nut (10).

- 17** Attach the loose end of the cable to the height selector handle (32) fix with M10x45 (5), M10 washer (13) and M10 nut (10).



18

Attach carabiner (20) at the end of the cable and add the handle assembly (24).



The included 2 to 1 cable adapter has been included for use with attachments that require a single carabiner connection point. Using this adapter will distribute force evenly through the cables, preventing long-term issues like twisting and damage.

YOU'RE FINISHED!

WANT TO LEARN MORE ABOUT THE CABLE TOWER WITH WEIGHT STACKS 210 LBS? CHECK OUT THE OVERVIEW VIDEO:



VISIT OUR SHOWROOMS



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