

THE KRAKEN

PO:

4P-84H-PLAT-KRAKEN-SET

4P-84H-STK-KRAKEN-SET

4P-90H-PLAT-KRAKEN-SET

4P-90H-STK-KRAKEN-SET

6P30-84H-PLAT-KRAKEN-HDR-SET

6P30-84H-PLAT-KRAKEN-MTC-SET

6P30-84H-STK-KRAKEN-HDR-SET

6P30-84H-STK-KRAKEN-MTC-SET

6P30-90H-PLAT-KRAKEN-HDR-SET

6P30-90H-PLAT-KRAKEN-MTC-SET

6P30-90H-STK-KRAKEN-HDR-SET

6P30-90H-STK-KRAKEN-MTC-SET

6P43-84H-STK-KRAKEN-HDR-SET

6P43-84H-STK-KRAKEN-MTC-SET

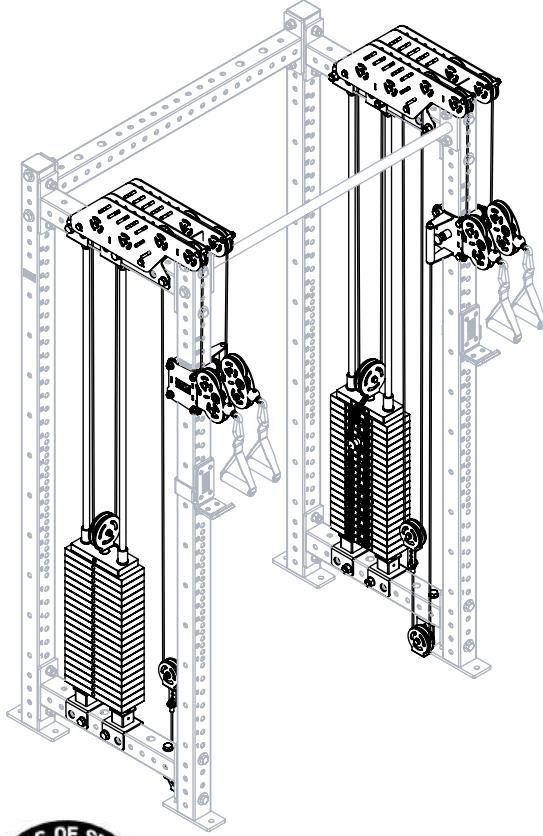
6P43-90H-PLAT-KRAKEN-HDR-SET

6P43-90H-PLAT-KRAKEN-MTC-SET

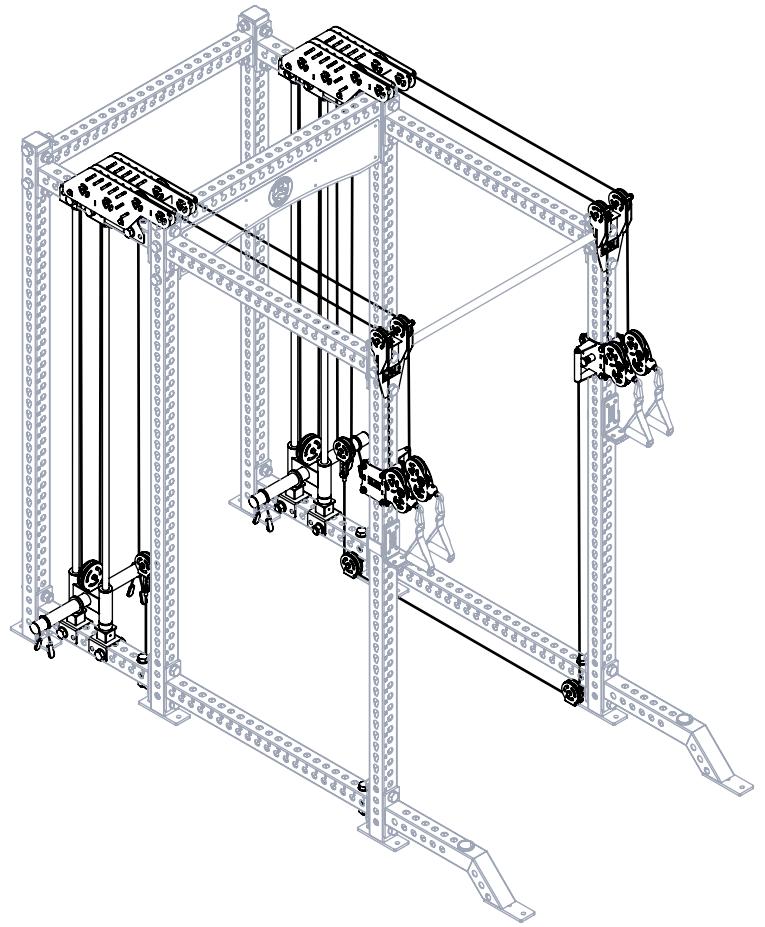
6P43-90H-STK-KRAKEN-HDR-SET

6P43-90H-STK-KRAKEN-MTC-SET

4-POST



6-POST



VISUAL ASSEMBLY MANUAL

BELLSOFSTEEL

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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!

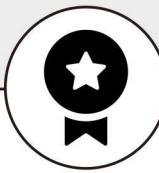
I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our YouTube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



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

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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, LIGHTHEADEDNESS, 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

TOOLS NEEDED



TOOLS & PREPARATION REQUIRED:

Lay out all of the parts on the ground so they are easy to reach during construction. Group all of the hardware together, i.e. M16 bolts with M16 washers and M16 nuts; M12's with M12's; M10's with M10's.



VISUALIZED ABOVE

- 2X24/36MM WRENCHES,
- 2X19MM WRENCHES,
- 2X17MM WRENCHES,
- 1X14MM WRENCH,
- 4MM ALLEN KEY.

ASSEMBLING THE TOP SECTIONS

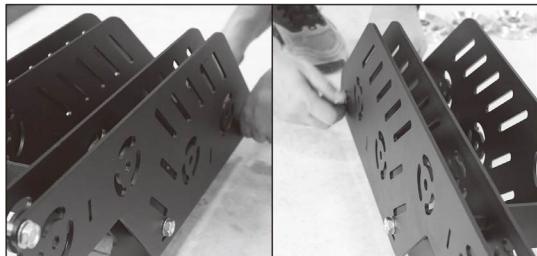


4 POST (PLATE LOADED AND WEIGHT STACK)



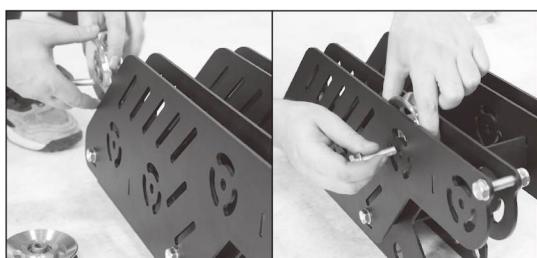
STEP 1 / 6

Begin by grabbing 2 of the inner main plates (#51) and 4 of the reinforcement brackets (#54). Slide the #54s into the openings on the #51 plates on each side, ensuring they face the right direction. The notches on #54 should be facing downward for the vertical #51, facing the front for the front horizontal one, and facing the back for the back horizontal one.



STEP 2 / 6

Grab one of the outer plates (#53), three M10 bolts (#8), three M10 nuts (#15), and six M10 washers (#22). Line up the ends of the #54 brackets with the corresponding holes on #53. They won't want to stay put, so we will install the three M10 bolts/hardware that don't hold a pulley next to create some stability. When installing these bolts, just leave them finger-tight so you can slide the pulleys in.



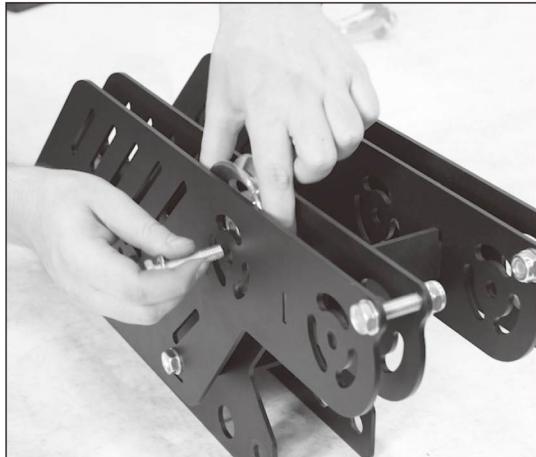
STEP 3 / 6

Install the 4 pulleys for the first side (4 x #35) using your M10 hardware (4x #8, 4 x #15, and 8x #22), and then go back and tighten the three bolts installed in the previous step. Make sure not to over-tighten the pulley bolts, as this can add friction and cause them to not spin smoothly/freely.

ASSEMBLING THE TOP SECTIONS

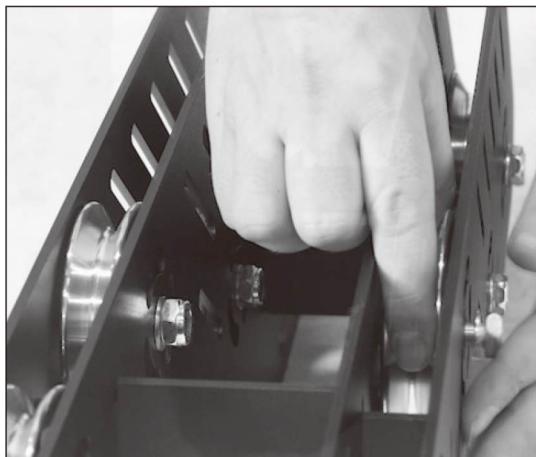


4 POST (PLATE LOADED AND WEIGHT STACK)



STEP 4 / 6

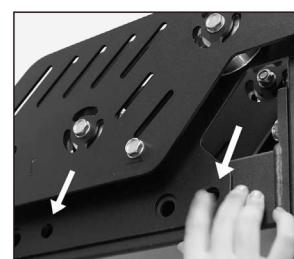
Repeat steps 2 and 3 for the other side to complete the first pulley assembly.



STEP 5 / 6

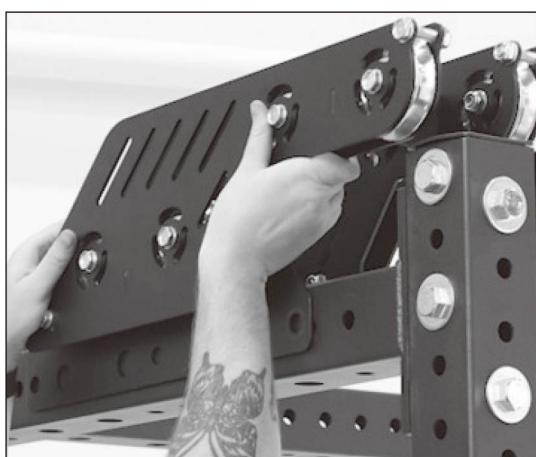
Repeat steps 1 to 4 for pulley assembly on the other side.

Use the frontmost set of holes for Hydra and the secondmost set of holes for Manticore - the correct holes to use will be indicated by the hole sizes matching the crossmember.



STEP 6 / 6

Take the two completed pulley assemblies and install them on the top side cross members. Use the foremost set of holes (**on the bracket assembly**) for Hydra and the secondmost set of holes for Manticore - the correct holes to use will be indicated by the hole sizes matching the crossmember.



ASSEMBLING THE TOP SECTIONS

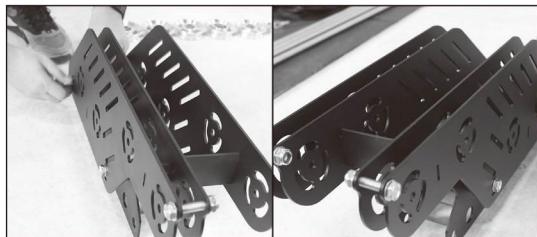


6 POST (PLATE LOADED AND WEIGHT STACK)



STEP 1 / 8

Begin by grabbing 2 of the inner main plates (#39) and 4 of the reinforcement brackets (#42). Slide the #42's into the openings on the #51 plates on each side, making sure they are facing the right direction. The notches on #54 should be facing downwards for the 1 vertical one, facing the front for the front horizontal one, and facing the back for the back horizontal one.



STEP 2 / 8

Grab one of the outer plates (#53), three M10 bolts (#8), three M10 nuts (#15), and six M10 washers (#22). Line up the ends of the #42 brackets with the corresponding holes on #41. They won't want to stay put so we are going to install the three M10 bolts/hardware that don't hold a pulley to create some stability.

When installing these bolts just leave them finger tight so you can slide the pulleys in, and we are going to take the front top one out but it will help hold everything together until we get a pulley in there.



STEP 3 / 8

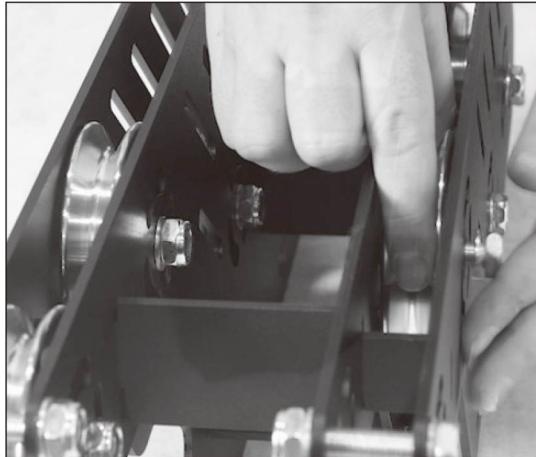
Install the 3 pulleys for the first side (3 x #35) using your M10 hardware (3x #8, 3x#15, and 6x #22), and then go back and tighten the 2 bolts installed in the previous step and remove the top front bolt now that everything else is in and secure (these bolts interfere with the cable routing on a 6 post configuration).

Make sure not to over-tighten the pulley bolts as this can add friction and cause them to not spin smoothly/freely.

ASSEMBLING THE TOP SECTIONS



6 POST (PLATE LOADED AND WEIGHT STACK)

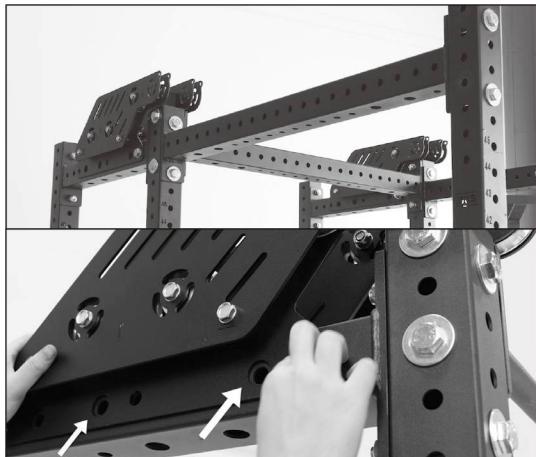


STEP 4 / 8

Repeat steps 2 and 3 for the other side to complete the first pulley assembly.

STEP 5 / 8

Repeat steps 1-4 for pulley assembly on the other side.



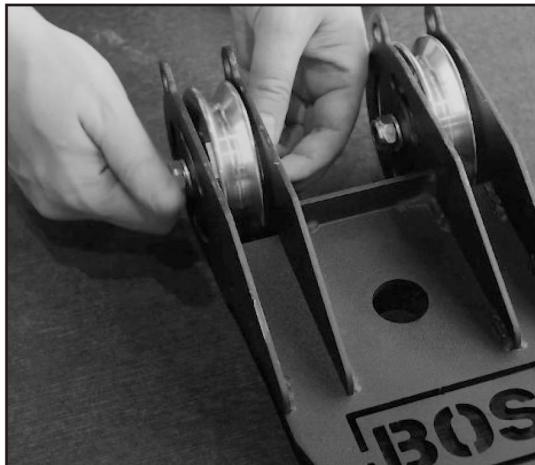
STEP 6 / 8

Take the two completed pulley assemblies and install them on the top side cross members, behind the middle upright. Use the foremost set of holes (**on the bracket assembly**) for Hydra and the secondmost set of holes for Manticore - the correct holes to use will be indicated by the hole sizes matching the crossmember.

ASSEMBLING THE TOP SECTIONS



6 POST (PLATE LOADED AND WEIGHT STACK)



STEP 7 / 8

Grab your #66 or #67 pulley housings and two #35 pulleys to mount. Fasten them so that they still have space to spin freely. To mount these, you must remove the front bolts from your top crossmembers one side at a time.



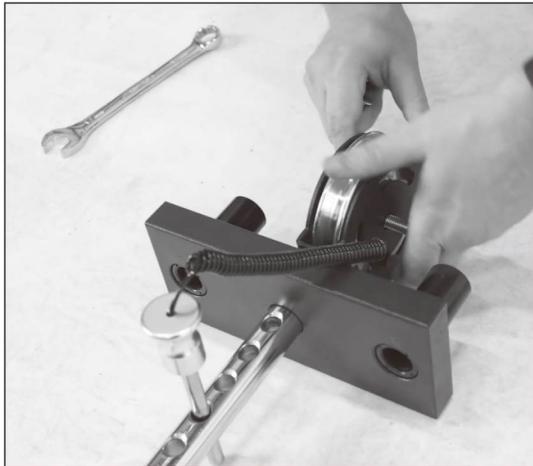
STEP 8 / 8

Lining the top hole of the pulley housing to the top hole at the front of the upright, you can now reinstall these bolts to hold both the crossmember and your pulley mount.

GUIDE ROD + WEIGHT STACK/TROLLEY

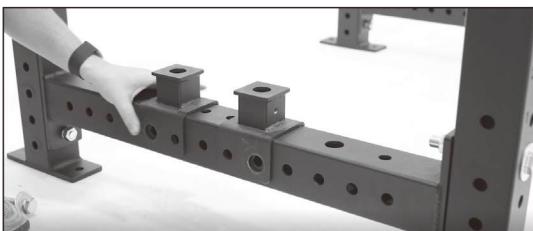


WEIGHT STACK



PREP

We recommend doing this step now instead of trying to do it between the guide rods later—save yourself the stress. Install the pulleys (#36) into the slots on the central weight stack assemblies (#61) using a #8 bolt, one of #15 and two of #22 washers.



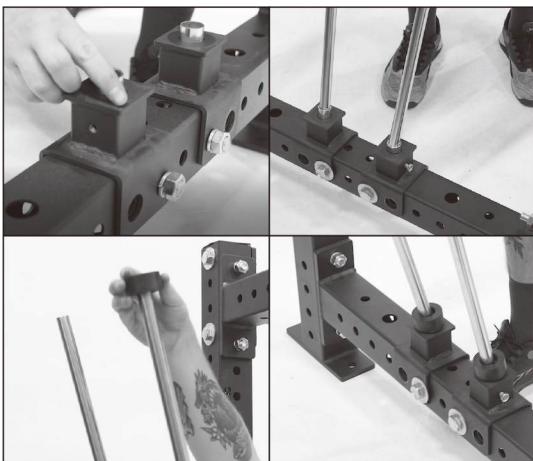
STEP 1 / 9

Take two of the guide rod holders (#50) to one side and put them on the bottom crossmember, lining up the correct hole sizes with the ones that correspond to the hole size on your rack.

For Hydra racks, both 5/8th holes should face each other on the inside and be lined up/installed on the 6th and 8th holes from the front post.

For Manticore both 1" holes should be facing outwards and using the 5th and 9th holes from the front.

Next, loosely install the hardware into these holes (bolt #4, 2 x #19 washers and nut #13). Leaving the bolts loose will give them some wiggle room and make installing the weights or plate carriage easier.



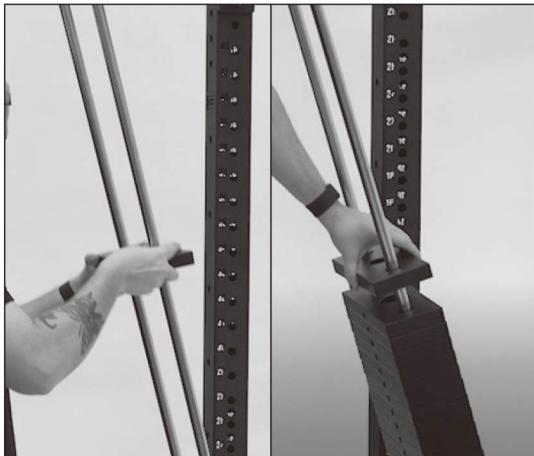
STEP 2 / 9

Install one of the shims (#41, The longer of the 2 types) into the holes in each of the guide rod holders (#50) and then slide the guide rods (#60) in and slide a rubber washer (#34) over the rod and slide it to the bottom.

GUIDE ROD + WEIGHT STACK/TROLLEY



WEIGHT STACK



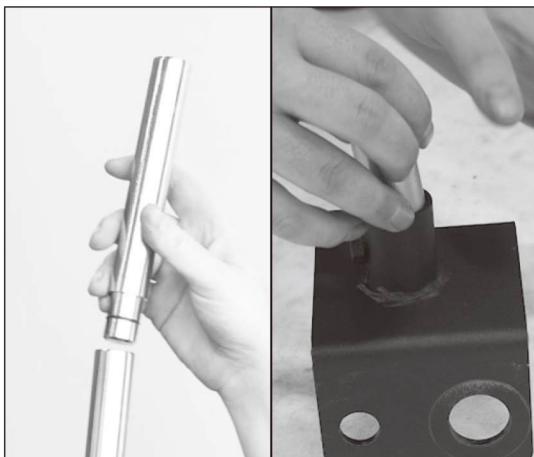
STEP 3 / 9

You can now slide twenty plates for the weight stack onto the guide rods. You should be able to lean the rods to one side, leaving more room and making sliding the plates on easier.



STEP 4 / 9

Once you have twenty plates on one side you can now slide one of the central weight stack assemblies on (#61).



STEP 5 / 9

Now that we have all the weights installed on the one side we can get the top secured. Slide one of the spacers (#40, shorter of the 2 types) onto each side as well as one of the top guide rod holders (#49).

**** If you are doing this on a taller rack, you can now install the guide rod extensions #59 onto the ends of the guide rods ****

GUIDE ROD + WEIGHT STACK/TROLLEY



WEIGHT STACK



STEP 6 / 9

Slide one of the guide rod holders up to the top and install the corresponding hardware (Bolt #3, two #19 washers, and one #13 nut), and then do the next one.

The holes should have the opposite orientation of how they were installed on the bottom, Hydra top will have both 5/8th holes facing the outside with the hardware being installed through holes 5 and 9, Manticore top will have both 1" holes on the inside holes 6 and 8.



STEP 7 / 9

Slide the shims (#40) up and into the gap between the guide rods and holders, and use bolt #10 to secure it in place.

STEP 8 / 9

Go back and tighten the bolts on the bottom that you left loose.

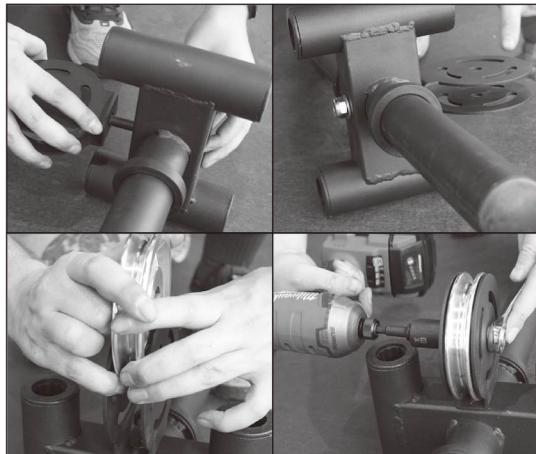
STEP 9 / 9

Repeat steps 1 through 8 for the other side if applicable.

GUIDE ROD + WEIGHT STACK/TROLLEY

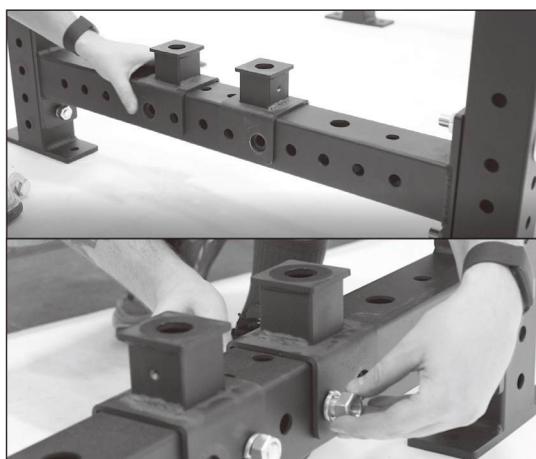


PLATE LOADED



PREP

Install the pulley brackets (#64) onto the plate trolleys (#65) using a M10 nut and washer (#11,#14) on the bottom to hold it in place. Next, install pulleys (#36) into the brackets using a #8 bolt, one #15 and two #22 washers. We recommend doing this now to make things easier down the road.



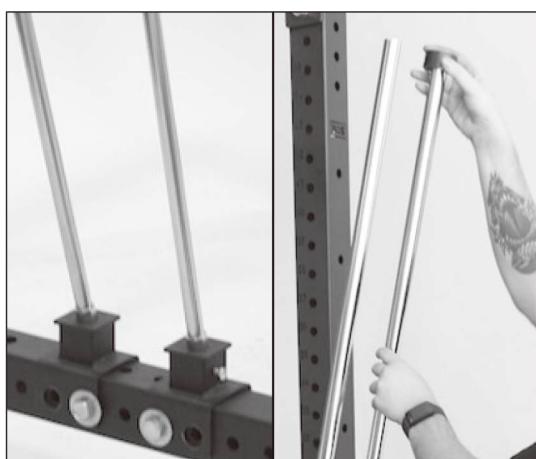
STEP 1 / 7

Take two of the guide rod holders (#50) and put them on the bottom crossmember, lining up the correct hole sizes with the ones that correspond to the hole size on your rack.

For Hydra racks, both 5/8th holes should face each other on the inside and be lined up/installed on the 6th and 8th holes from the front post.

For Manticore both 1" holes should be facing outwards and using the 5th and 9th holes from the front.

Next, loosely install the hardware into these holes (bolt #2, two #17 washers, and nut #12). Leaving the bolts loose will give them some wiggle room and make installing the weights or plate carriage easier.



STEP 2 / 7

Install the guide rods (#63), and slide a rubber washer (#34) over the rod, sliding it to the bottom.

GUIDE ROD + WEIGHT STACK/TROLLEY



PLATE LOADED



STEP 3 / 7

You can now slide one of the plate trolleys (#65) onto the guide rods. You should be able to lean the rods to one side to give yourself more room and make sliding the plate trolleys on easier.



STEP 4 / 7

Now that we have the trolley installed on one side we can get the top secured. Slide the top guide rod holders (#50) onto the guide rods.

**** If you are doing this on a taller rack, you can now install the guide rod extensions (#62) onto the ends of the guide rods ****



STEP 5 / 7

Slide one of the guide rod holders up to the top and install the corresponding hardware (bolt #1, two #17 washers and nut #12), and then do the next one. The holes should have the opposite orientation of how they were installed on the bottom, Hydra top will have both 5/8th holes facing the outside with the hardware being installed through holes 5 and 9, Manticore top will have both 1" holes on the inside holes 6 and 8.

STEP 6 / 7

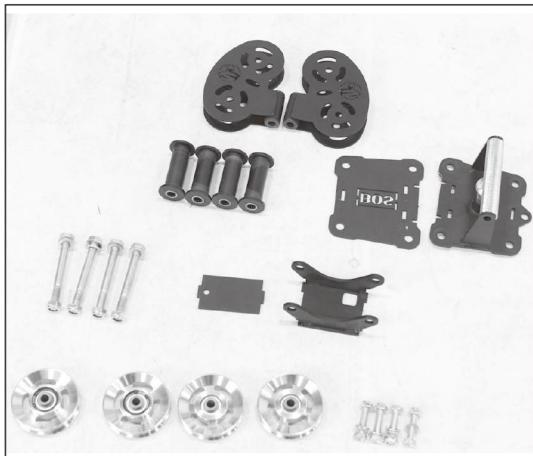
Go back and tighten the bolts on the bottom that were left loose.

STEP 7 / 7

Repeat steps 1 through 6 for the other side if applicable.

BUILDING HEIGHT SELECTOR TROLLEY HANDLES

Applies to all rack set-ups

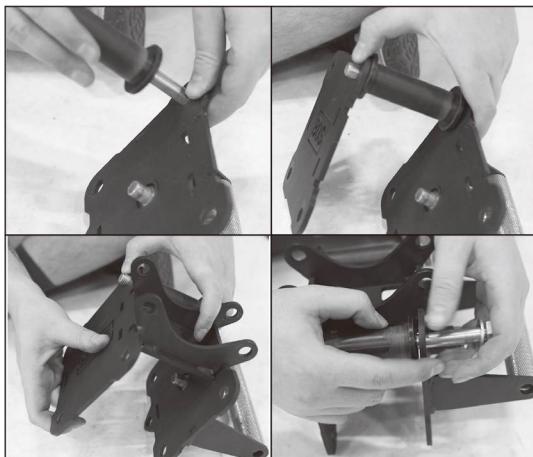


START ON WHICHEVER SIDE OF THE RACK THAT FLOATS YOUR BOAT.

STEP 1 / 5

Start by half assembling the handle assembly off the rack. Grab one of the inside plates (#44), and #45 if you are doing the right side, #46 if building the left (Left and right based on facing the rack), one of the front plates #48, two rollers #33 and the hardware to install them (2x #5, 2x #14, and 4x #21).

Install one of the rollers between the side plates (#44 and #45/46), leaving the bolt fairly loose so you can still fit the front plate (#48) into the slots in the slide plates. Then insert the front plate (#48), and install the bottom roller with the corresponding hardware.



STEP 2 / 5

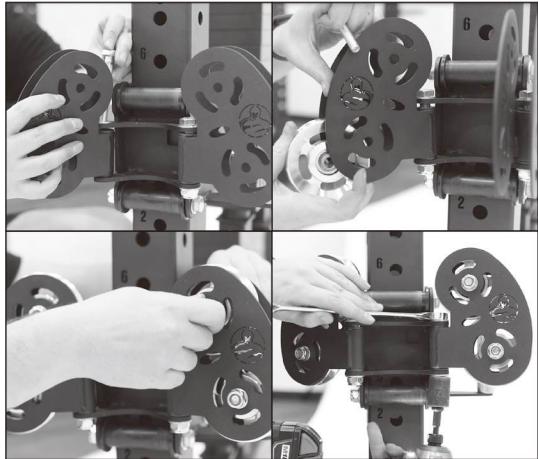
Grab the back plate (#47), two more rollers (#33) and the corresponding hardware (two of #5, two of #14, and four of #21). Slide the assembled half over the correct upright (the height selecting pin should be on the inside of the rack) and install one of the rollers, still making sure the bolts are only finger tight. Now insert the back plate (#47) into the slots on the side plates and then install the last roller.



STEP 3 / 5

Go back through and tighten the bolts down. Be careful not to tighten them down too far or else the side plates will compress the rollers and they won't spin.

BUILDING HEIGHT SELECTOR TROLLEY HANDLES



STEP 4 / 5

Install the 2 pulley brackets (#52) onto the handles using hardware (one of #6, one of #14, two of #21 per bracket). Then install 2 pulleys (#35) per bracket using hardware (one of #8, one of #15, two of #21 per pulley).

STEP 5 / 5

Repeat step 4 for the other side.

INSTALLING LOWER PULLEY BRACKETS/ CABLES



Applies to all rack set-ups



PREP

We are going to install the lower cable through the pulley assembly brackets, since you can't get the ends through once it is built up. Pull cable #43 out of the bags.

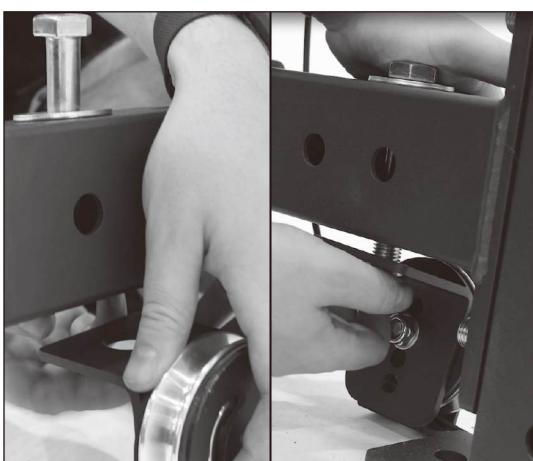


STEP 1 / 2

Take one pulley housing (#57) and place cable on the bottom then insert the pulley (#35), sandwiching the cable between the pulley and the bottom of #57. Then, using hardware (one of #8, one of #15, two of #22), insert the bolt through the bracket lining it up with the hole on the pulley mount bracket (#56) and then install the washer and bolt.

The hole you use on #56 is going to relate to the size of your rack, if you are installing on an 84" rack you will most likely be using the bottom hole, for taller racks using the top or second from top holes. You may need to go back after the cable has been installed and change the pulley/bracket location depending on your particular rack to get the correct tension on the cable.

Do this one time per cable for 4 post, two times per cable for 6 post.



STEP 2 / 2

Install the pulley assemblies built in the previous step onto the rack using hardware (one of #2, one of #12, two of #17 per assembly). **If installing on 5/8th hole rack put spacer (#25) on the bottom before installing the second washer and nut. These will be mounted on the vertical hole on the crossmember closest to the front upright. For 6 post racks, on the vertical holes closest to the middle upright and on the hole closest to the front upright. Don't tighten the nuts down too tight in case you have to adjust the location of the pulley bracket as mentioned above.

INSTALLING CABLES



4 post (Covers both plate loaded and weight stack systems)



PREP

Image of what is needed.



STEP 1 / 9

Slide pulley wheel (#35) into pulley housing (#55), affix with bolt (#8), nut (#15) and washer (#22). Ensure the wheel can still freely spin.



STEP 2 / 9

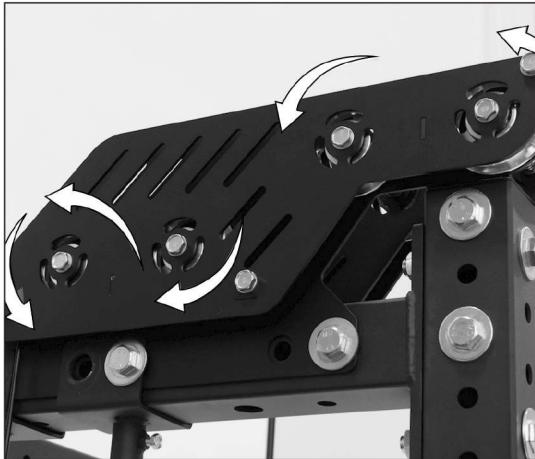
Unwind one of the upper cables (#42) stretching it out along the ground, try to get any twisting out of the cable while you are doing this. Make sure there is nothing on the ground to impede the cable as you pull it through/route it through the cables. Use a 4mm allen key to remove the plastic ball/stopper at the end of the cable closest to the rack and store all removed parts somewhere safe.

Choose your favourite side again to get started on. Start on the outside and work your way back in. Start by feeding the open end of the cable through the outside pulleys of the handle assembly. Then we go up and over the two front pulleys in our upper pulley assembly we built in the first part.

INSTALLING CABLES



4 post (Covers both plate loaded and weight stack systems)



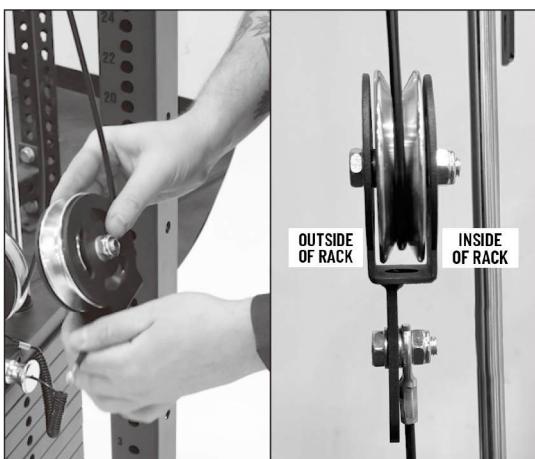
STEP 3 / 9

After running the cable over the top of the front two pulleys route it underneath the third pulley and then back up over the fourth and then down out the back of the assembly.



STEP 4 / 9

Run the cable down through the pulley that connects the cable to the weights and back up to the inside of the top pulley assembly. Next, run the cable will go over the 2 pulleys closer to the back of the rack and back out of the assembly.



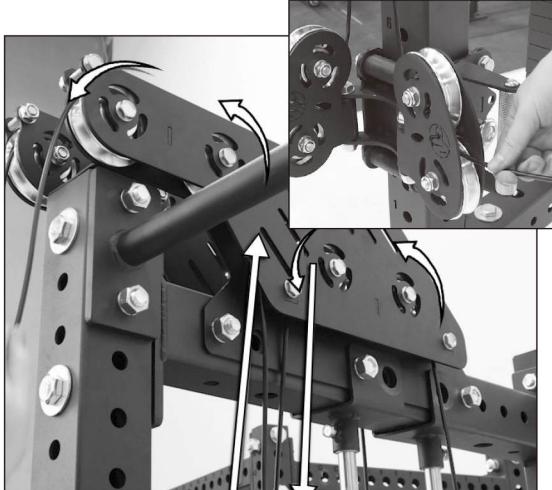
STEP 5 / 9

Grab one of the floating pulley assemblies we built in the last part (#64 with installed pulley), these are asymmetrical so we will want to make sure the part with the holes for height adjustment is facing the outside/ the side closer to the rack.

INSTALLING CABLES

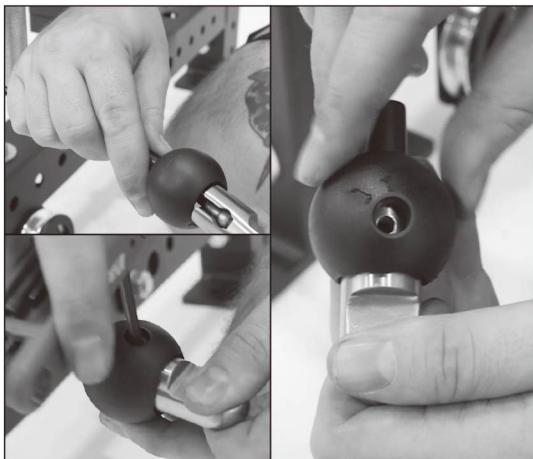


4 post (Covers both plate loaded and weight stack systems)



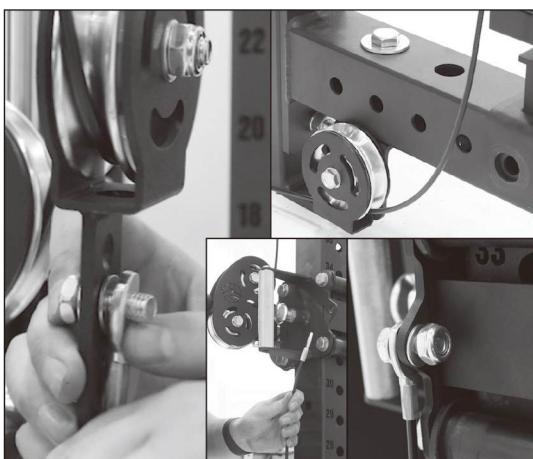
STEP 6 / 9

Run the cable through the assembly (#64) and back up to our top pulley assembly, we will then go over top of the last two pulleys and back down out of the assembly and through the free set of pulleys on the handle. Reconnect your ball stopper to the free end of the cable. Ensure you line up the bolt hole on the silver end to the bolt hole through the black stopper.



STEP 7 / 9

Connect one end of the bottom cable to the floating pulley assembly #64 with 1x #9, 1x #15, and 2 x #22. Choose the hole that allows you to have the most tension on the cable without having the cable lift the weight carriage/ top weight plate. If the cable is too short or too long you will have to go back and change which hole was used when attaching parts #57 to #56.



STEP 8 / 9

If cable is correct length make sure to go back and tighten the bolt that holds the #57/#56 assembly down all the way. Then connect the other end to the hole on the handle assembly with another set of that hardware.

STEP 9 / 9

Repeat steps 1 - 8 for the other side if applicable.

INSTALLING CABLES



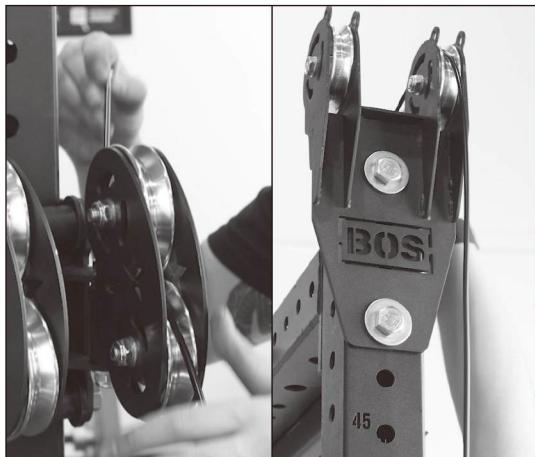
6 post (Covers both plate loaded and weight stack systems)



STEP 1 / 9

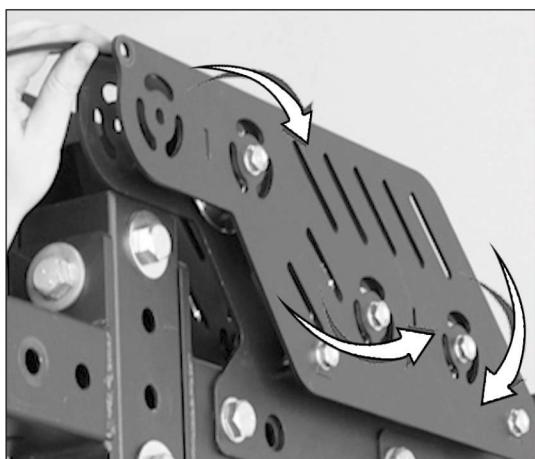
Slide pulley wheel (#35) into pulley housing (#55), affix with bolt (#8), nut (#15) and washer (#22). Ensure the wheel can still freely spin.

Unwind one of the upper cables (#42) stretching it out along the ground, try to get any twisting out of the cable while you are doing this. Make sure there is nothing on the ground to impede the cable as you pull it through/route it through the cables. Use a 4mm allen key to remove the plastic ball/stopper at the end of the cable closest to the rack and put the parts taken off somewhere safe (do not forget where).



STEP 2 / 9

Choose your favourite side to get started on. Begin on the outside and work your way back in. Start by feeding the open end of the cable through the pulleys in the outside bracket of the handle assembly. Then we go up and over the outside pulley on #66 or #67 and back towards the front pulley in the upper assembly we built in part 1 and run the cable over top of it.



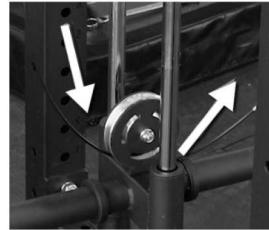
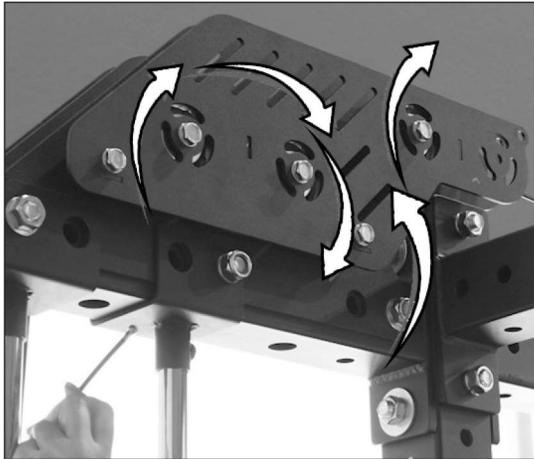
STEP 3 / 9

After running the cable over the top of the front two pulleys route it underneath the third pulley and then back up over the fourth, and then down out the back of the assembly.

INSTALLING CABLES

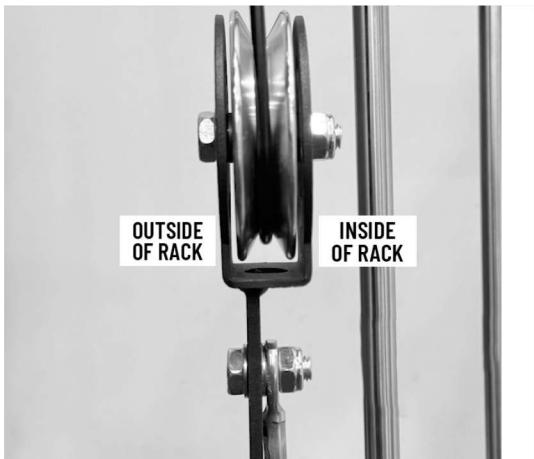


6 post (Covers both plate loaded and weight stack systems)



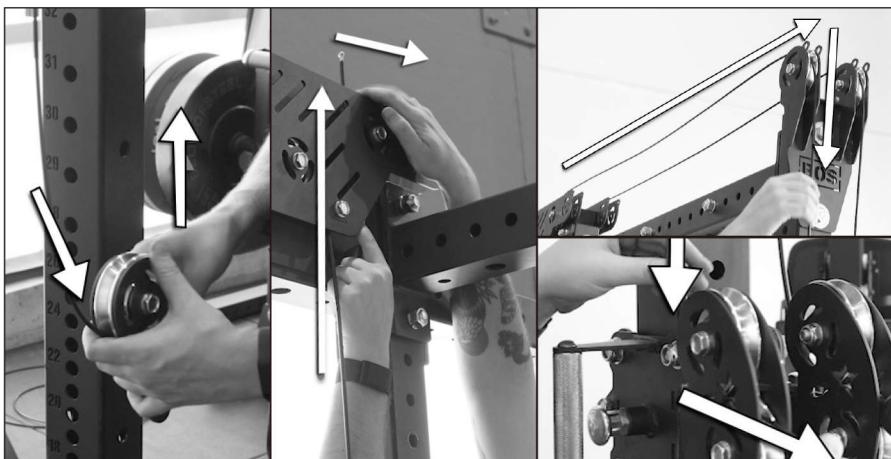
STEP 4 / 9

Run the cable down through the pulley that connects the cable to the weights and back up to the inside of the top pulley assembly. Next, run the cable over the 2 pulleys closer to the back of the rack and back out of the assembly.



STEP 5 / 9

Grab one of the floating pulley assemblies we built in the last part (#55 with installed pulley). These are asymmetrical, so we will want to make sure the part with the holes for height adjustment faces the outside/the side closer to the rack.



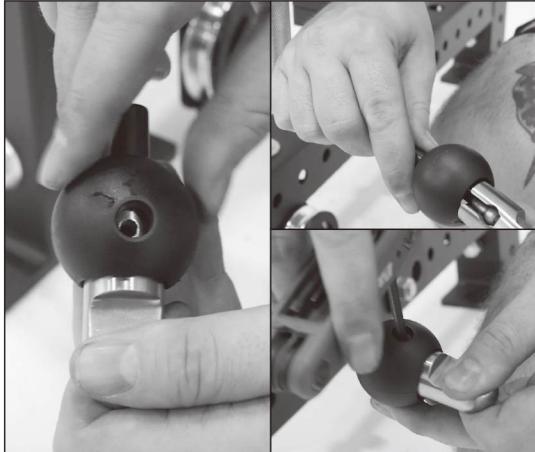
STEP 6 / 9

Run the cable through the assembly (#55) and back up to our top pulley assembly, we will then go over the top of the last pulley and back out of the assembly to the front bracket (#52). Then the cable will go over this last pulley and through the free set of pulleys on the handle.

INSTALLING CABLES

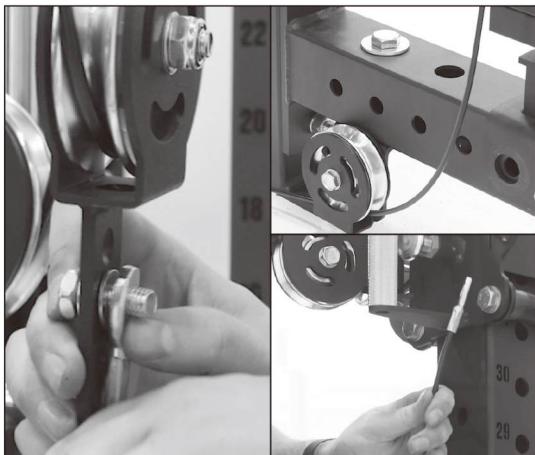


6 post (Covers both plate loaded and weight stack systems)



STEP 7 / 9

Using the 4mm allen key, reinstall the plastic stopper ball/end of the cable.



STEP 8 / 9

Connect one end of the bottom cable to the floating pulley assembly (#55 with one #9, one #15, and two #22). Choose the hole that allows you to have the most tension on the cable without having the cable lift the weight carriage/top weight plate. If the cable is too short or too long you will have to go back and change which hole was used when attaching parts #45 to #44.

If the cable is the correct length make sure to go back and tighten the bolt that holds the #44/#45 assembly down all the way. Then connect the other end to the hole on the handle assembly with another set of that hardware.



STEP 9 / 9

Finish up by adding the hardware (#8 bolts, #15 nuts and #8 washers) to the pulley mount (#66) and stick on your weight selector stickers as a finishing touch.

YOU'RE FINISHED!

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