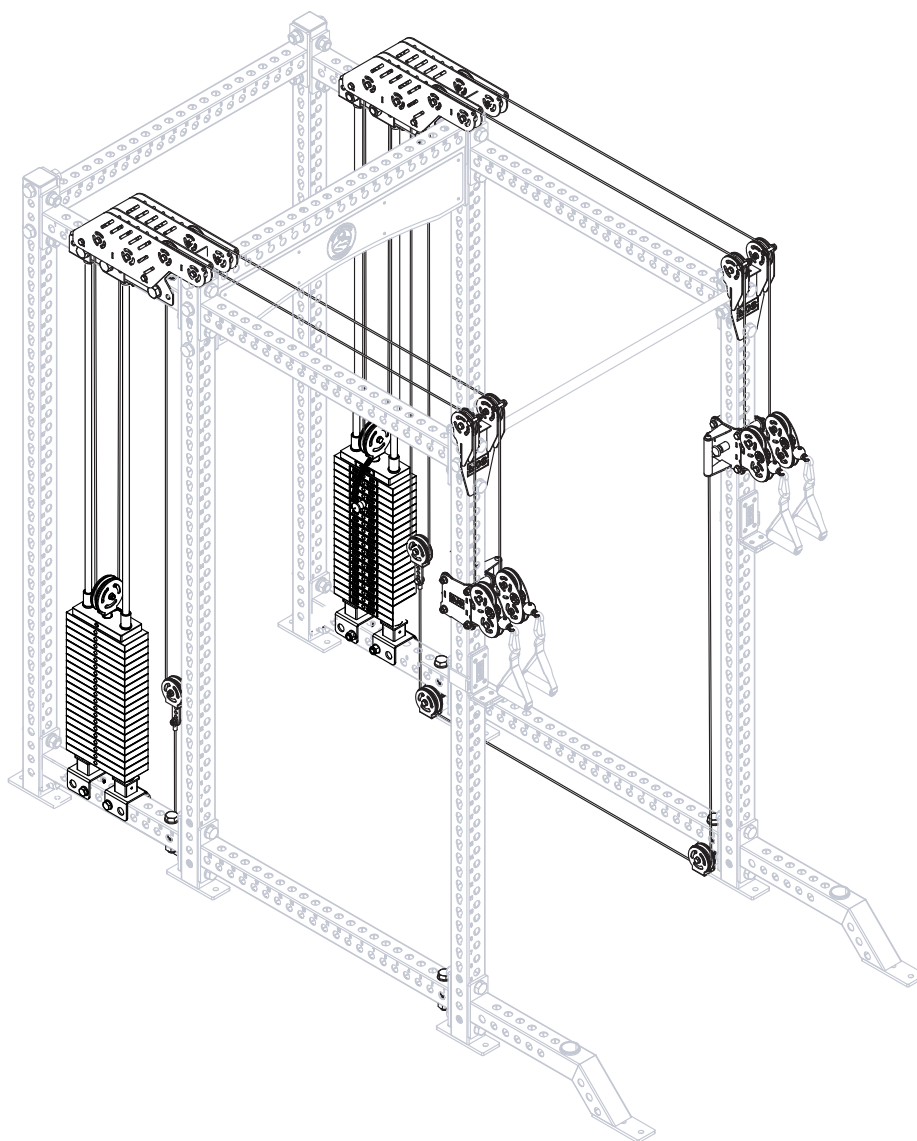




# KRAKEN 6 POST WEIGHT STACK

PO:



## ASSEMBLY INSTRUCTIONS



**Stuck?** Scan the QR code for the assembly video

[www.bellsofsteel.com](http://www.bellsofsteel.com) | [www.bellsofsteel.us](http://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**



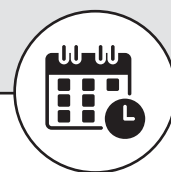
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Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



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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.

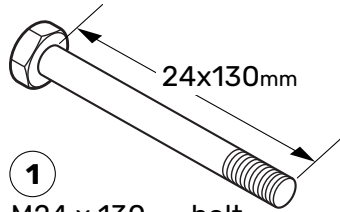
NOW...

**LET THE GAINZ BEGIN**

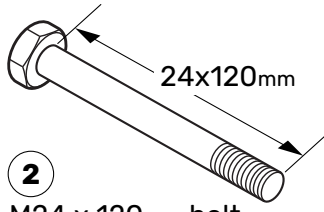
# PARTS LIST

## Hardware Package

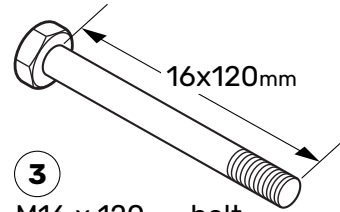
**M16 hardware will come with 5/8th hole racks and  
M24 hardware will come with 1" hole racks.**



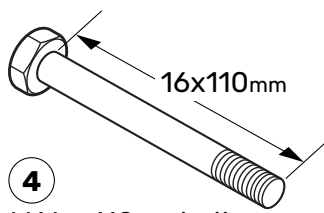
**1**  
M24 x 130mm bolt  
x4



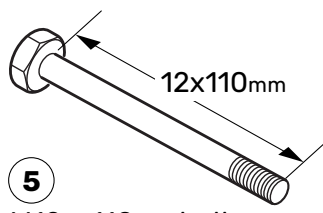
**2**  
M24 x 120mm bolt  
x8



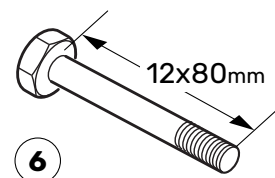
**3**  
M16 x 120mm bolt  
x4



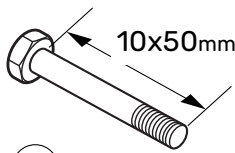
**4**  
M16 x 110mm bolt  
x4



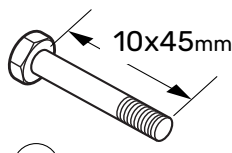
**5**  
M12 x 110mm bolt  
x8



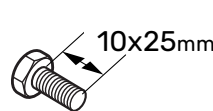
**6**  
M12 x 80mm bolt  
x4



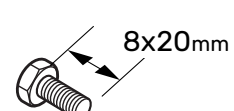
**7**  
M10 x 50mm bolt  
x4



**8**  
M10 x 45mm bolt  
x40



**9**  
M10 x 25mm bolt  
x4



**10**  
M8 x 20mm bolt  
x4



**11**  
M24mm nut  
x14



**12**  
M16mm nut  
x12



**13**  
M12mm nut  
x12



**14**  
M10mm nut  
x48



**17**  
Ø 24mm  
washer x28



**19**  
Ø 16mm  
washer x24



**18**  
Ø 24mm spring  
washer x12



**20**  
Ø 16mm spring  
washer x12



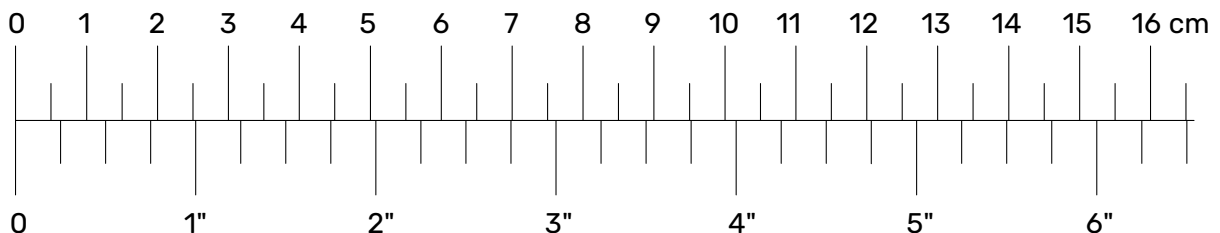
**21**  
Ø 12mm washer x24



**22**  
Ø 10mm washer x56



**25**  
Ø 16-25-4mm  
washer x24



# PARTS LIST

## Preassembled



**26** M10 x 16mm hexagonal  
cup head bolt  
x4



**27**  $\varnothing$  12-19-24  
bushing  
x8



**28** Popper pin  
x2



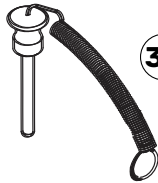
**29**  $\varnothing$  27x50  
Tube bushing  
x8



**30**  $\varnothing$  48  
Tube plug  
x4

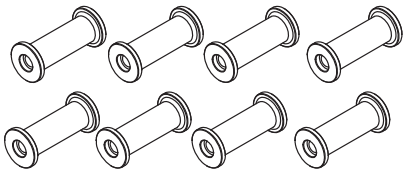


**31**  $\varnothing$  12x80  
Spring pin  
x2

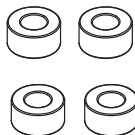


**32** Weight pin  
x2

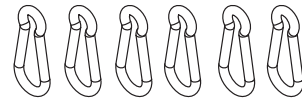
**33** x8



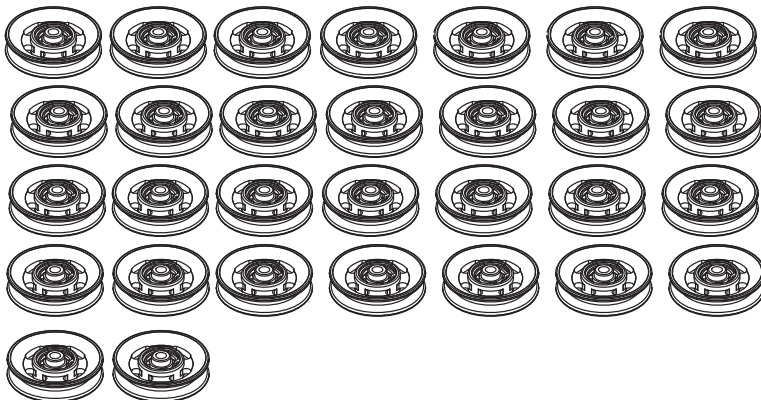
**34** x4



**37** x6



**35** x30



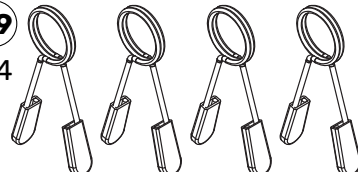
**36** x2



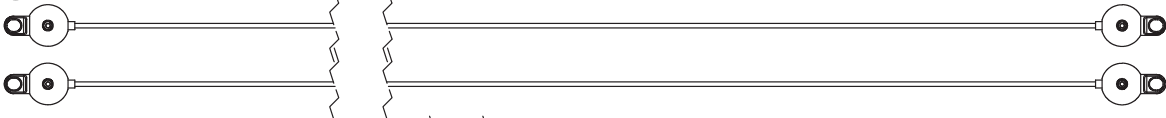
**38**  
x4



**39**  
x4



**42** x2

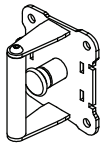


**43** x2



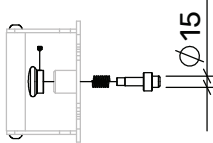
# PARTS LIST

**44** x1

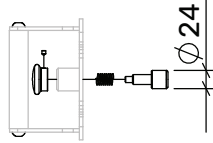


**Two options**

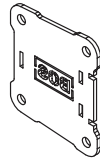
For Hydra Rack



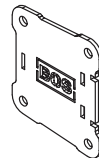
For Manticore Rack



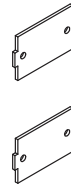
**45**



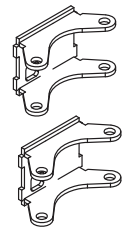
**46** x1



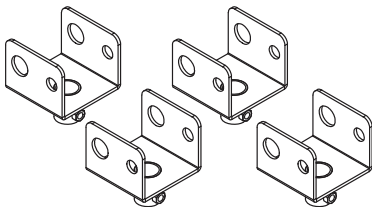
**47** x2



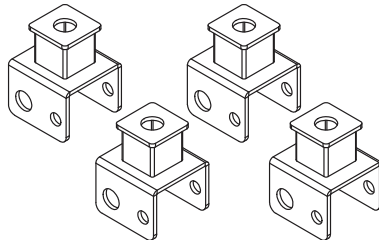
**48** x2



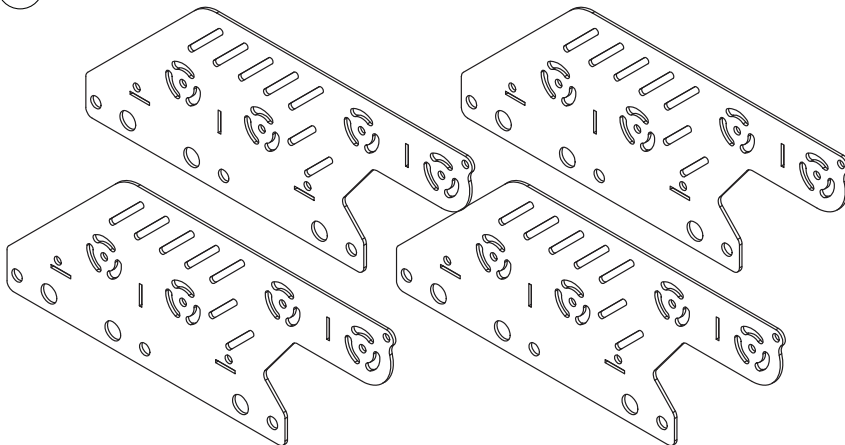
**49** x4



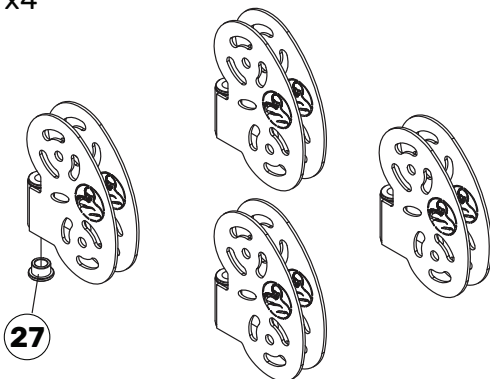
**50** x4



**51** Main plates x4



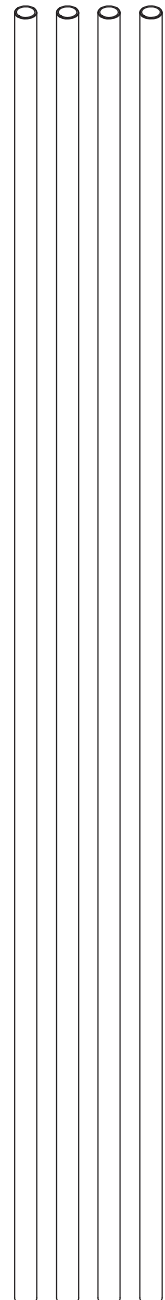
**52** x4



**27**

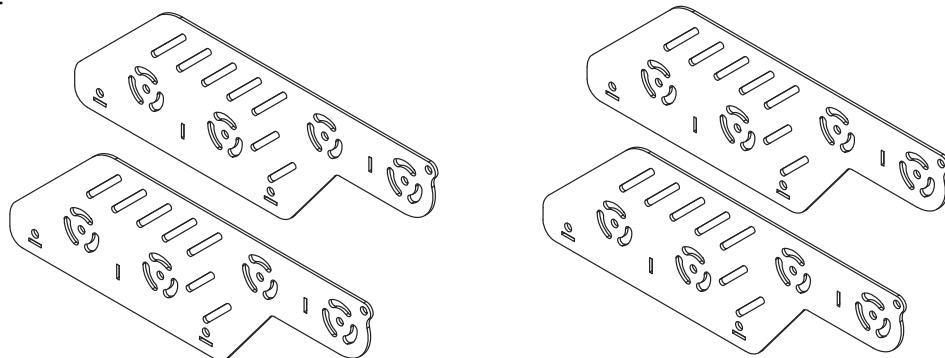
**63**

x4

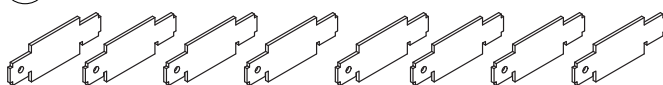


# PARTS LIST

**53** x4

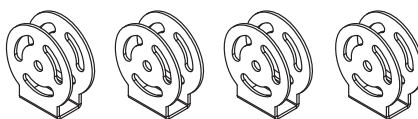


**54** Reinforcement brackets x8

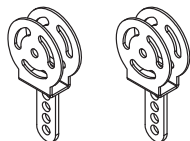


**57**

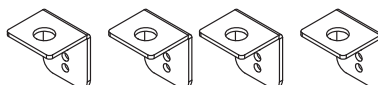
x4



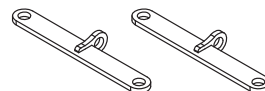
**55** x2



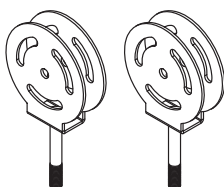
**56** x4



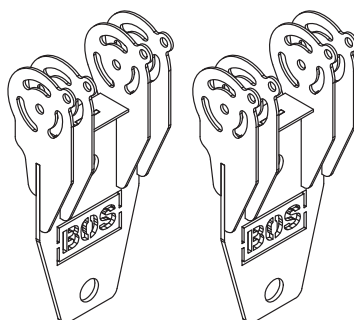
**58** x2



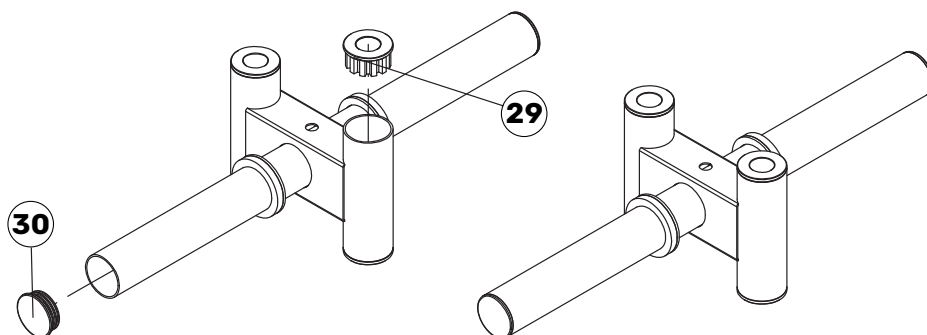
**64** x2



**66** x2

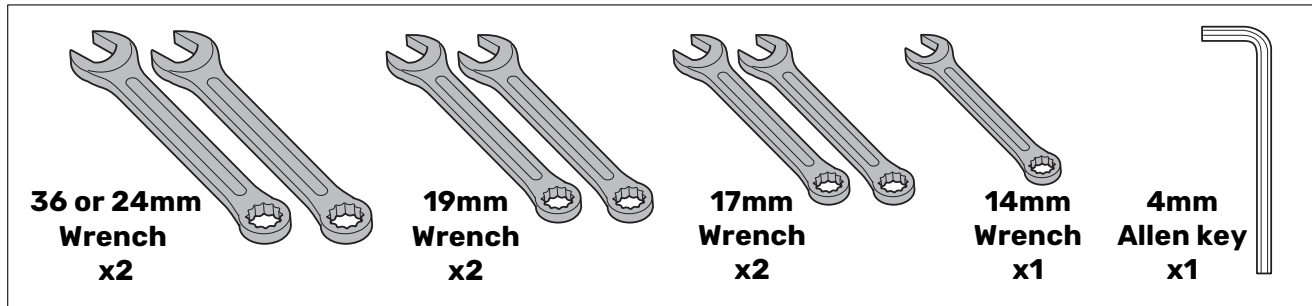


**65** x2





# TOOLS REQUIRED



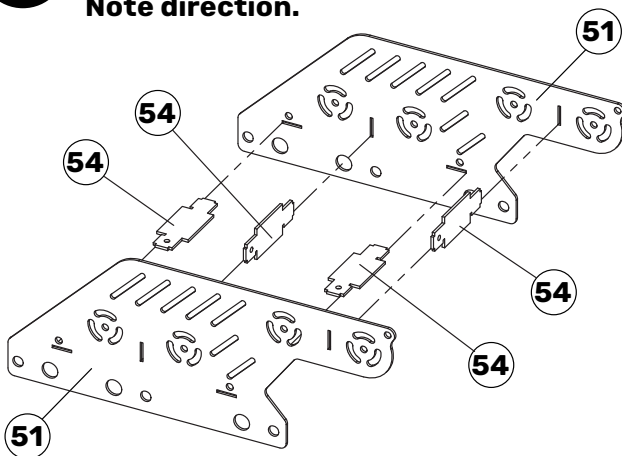
## ASSEMBLY

If you are building a single side attachment QTYs will be halved.

**Pro tips:** For easier assembly, group the hardware together.  
Group bolts, washers and nuts according to sizes.  
(M24 bolt, M24 washer, M24 nut). (M12's), (M10's) and (M8's)

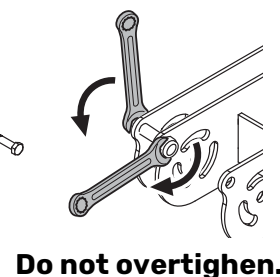
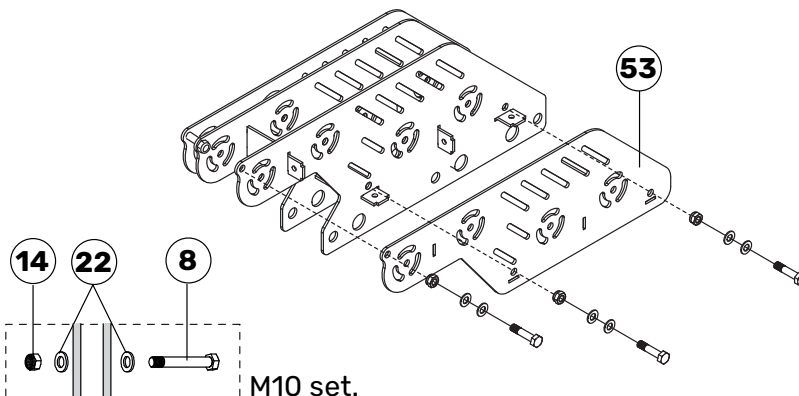
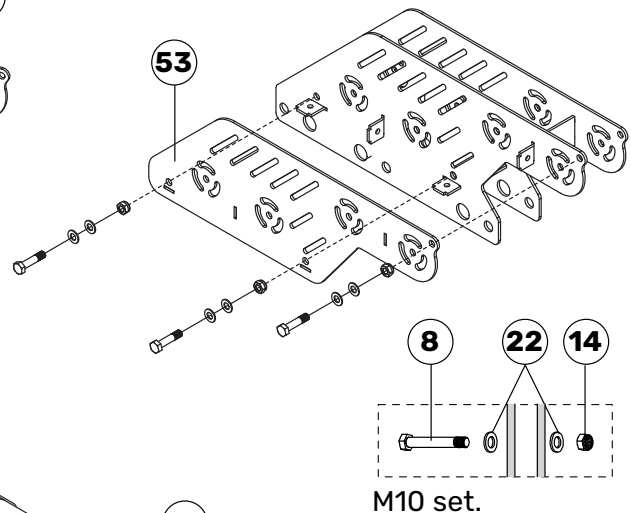
**1**

Slide 4 reinforcement brackets (54) to the main plates (51).  
**Note direction.**



**2**

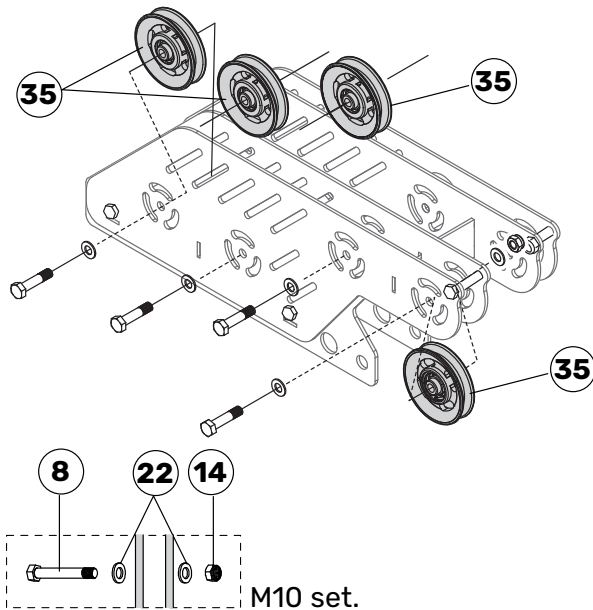
Align outer plate (53) and fix with M10x45bolt (8), M10 washer (22) and M10 nut (14).



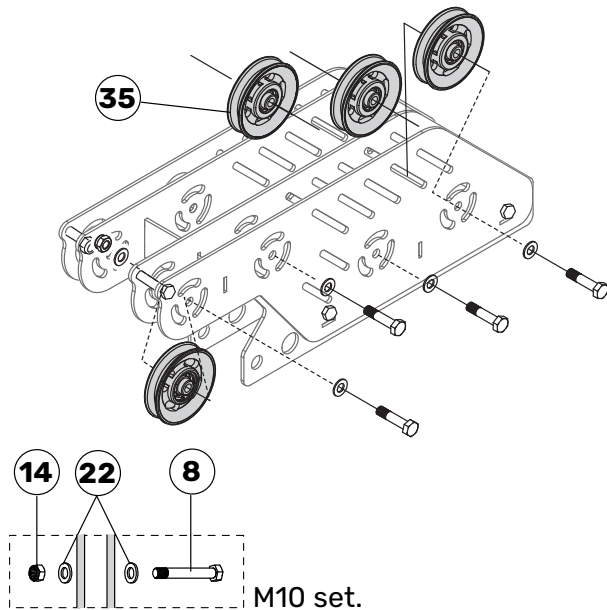


# ASSEMBLY

- 3** Attach pulleys (35) and fix with M10x45 bolt (8), M10 washer (22) and M10 nut (14).

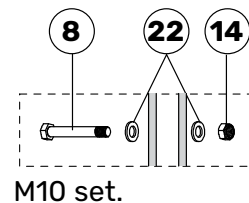
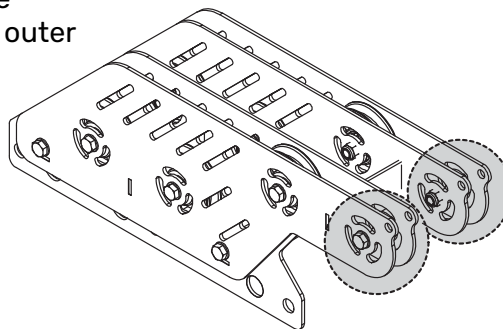


Repeat step 3 on the other side.  
**Do not overtighten.**

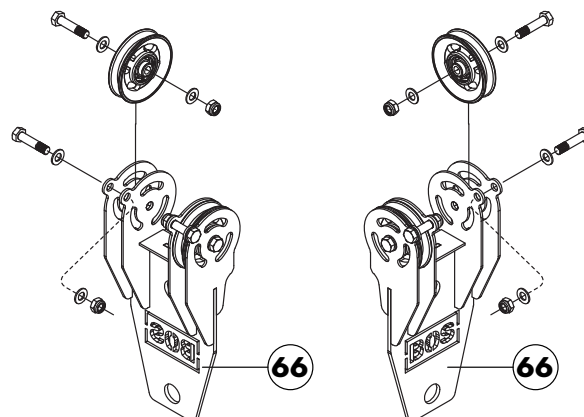
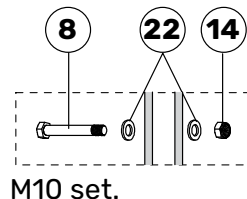


- 4** Remove M10 set and 1 pulley from the front of main plate assembly. Also remove the outer M10 set.

Repeat on the other side.



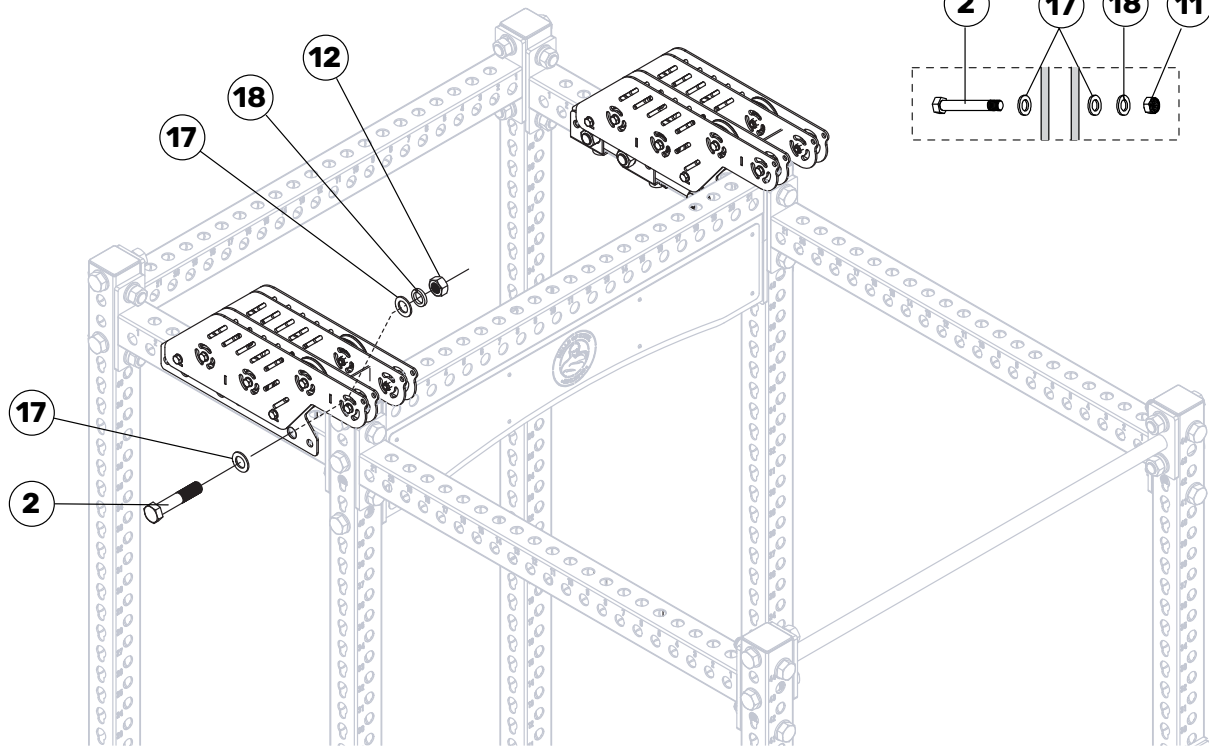
- 5** Front pulley mount bracket assembly. Mount the pulley and M10 set remove in step 4, then also add the M10 set (M10x45 bolt (8), M10 (22) and M10 nut (14) you remove in step 4.



# ASSEMBLY

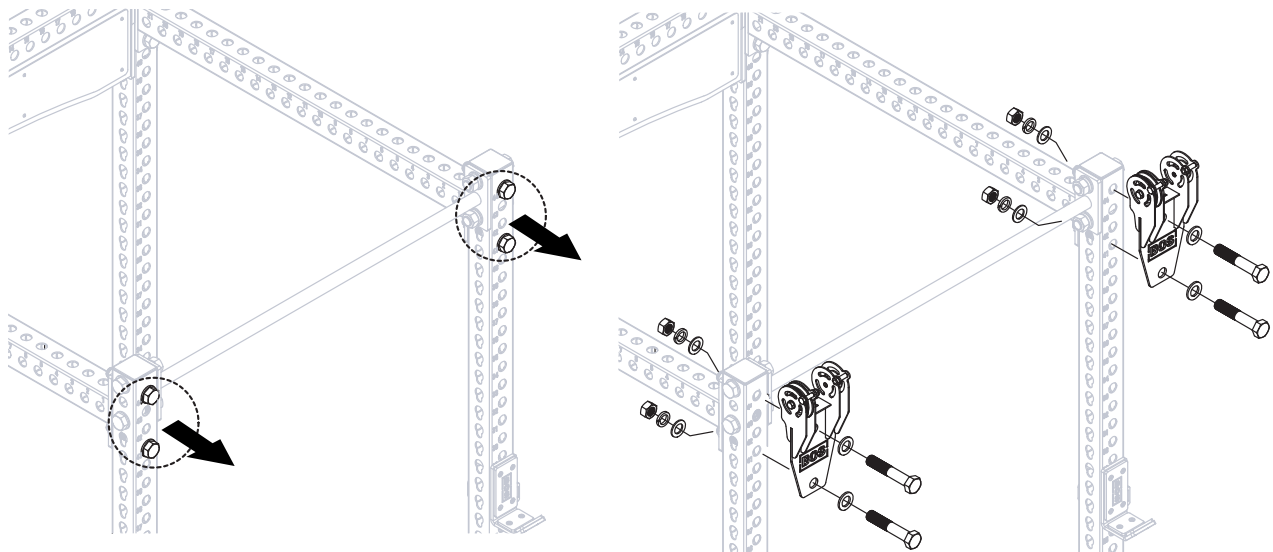
- 6** Attach pulley assembly to the rack. Mount pulley assembly to the first hole. Fix with bolt (2), washer (17) spring washer (18) and nut (11).

Repeat the same process on the other side.



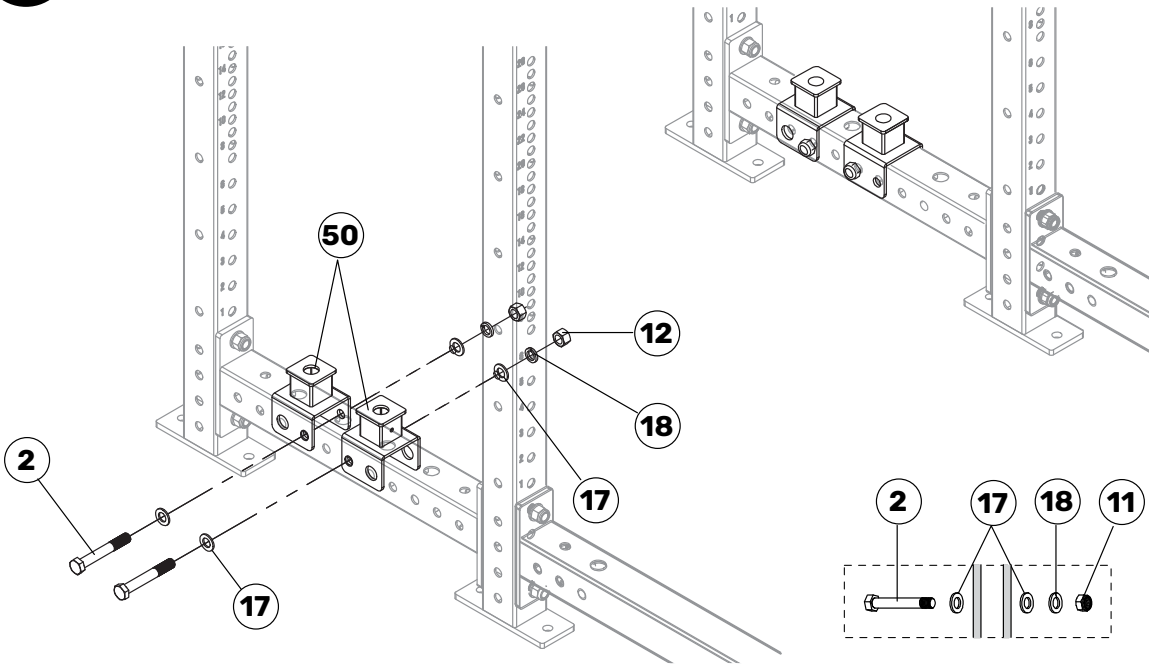
- 7** Remove front Bolt set and set aside.

- 8** Attach front pulley assembly using the Bolt set you remove in Step 7.

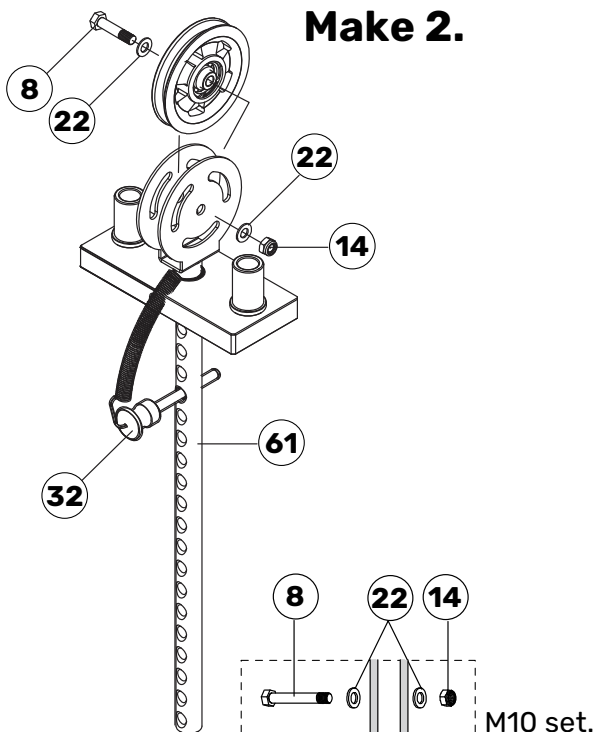


# ASSEMBLY

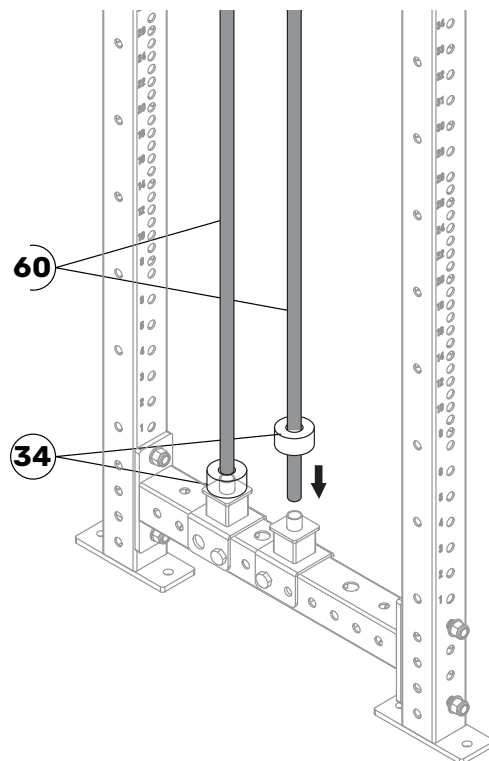
- 9** Align and attach 2 rack holders (50), fix it with bolt (2), washer (17), spring washer (18) and M24 nut (11). **Repeat on the other side.**



- 10** Attach large pulleys (36) to central weight stack assembly (61) & (32) and fix with M10x45 bolts (8), M10 washer (22), M10 nut (14).

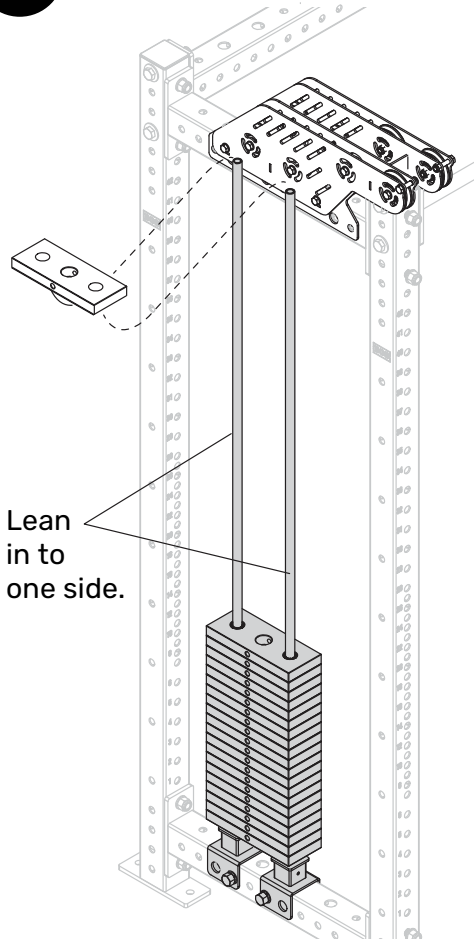


- 11** Install 2 rods (60) and add rubber washers (34).

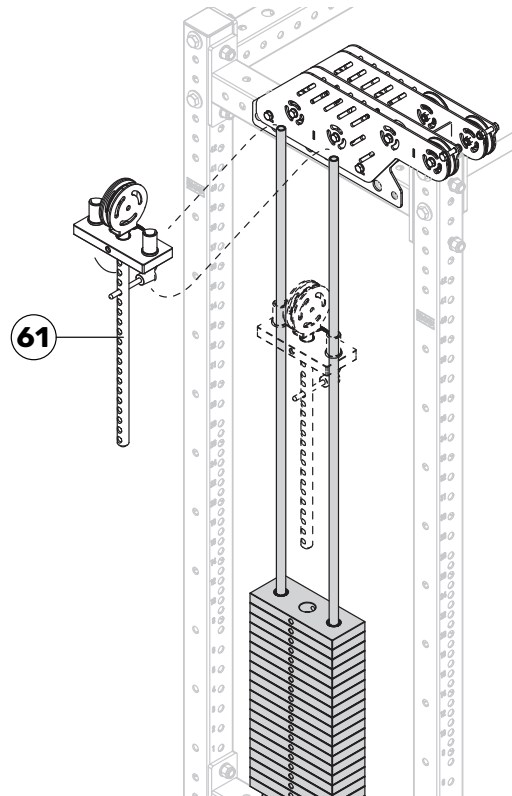


# ASSEMBLY

- 12** Slide the weight plates into the guide rods.



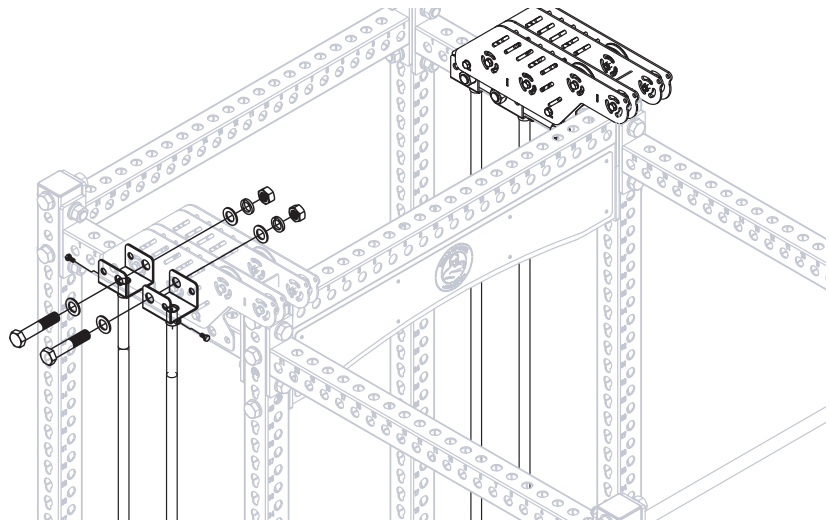
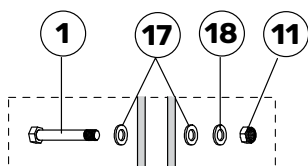
- 13** Once all weigh plates are installed slide in the central weight stack assembly (61).



- 14** 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.



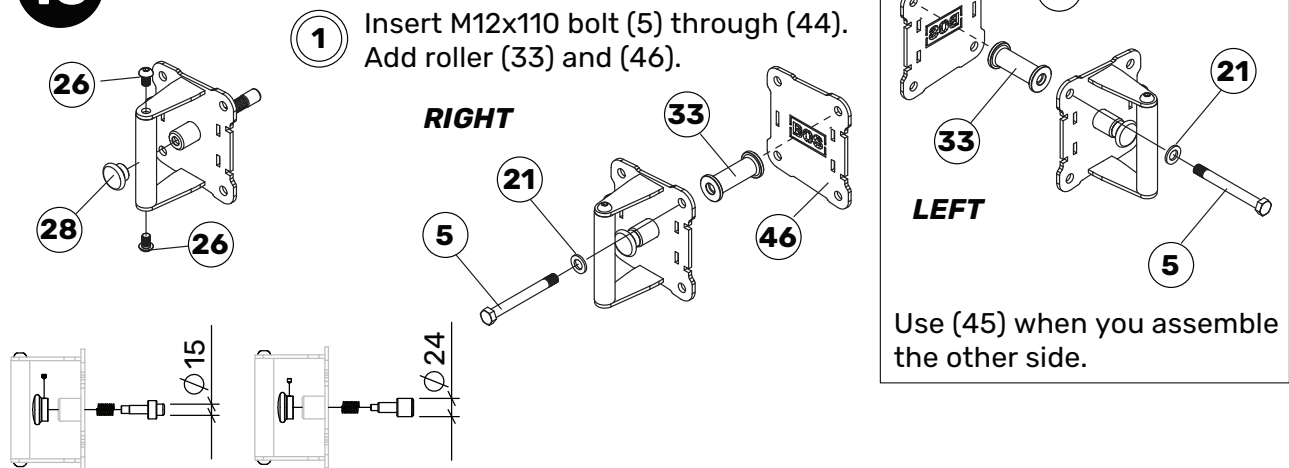
**Secure top rod holder (49) using the opposite holes from the bottom.**



# ASSEMBLY

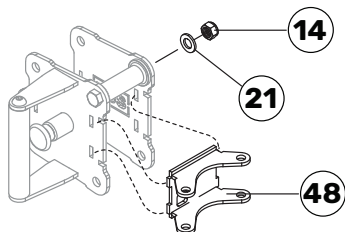
**15** Repeat steps 10 to step 14 for the other side.

**16** Assemble height trolley selector handles.

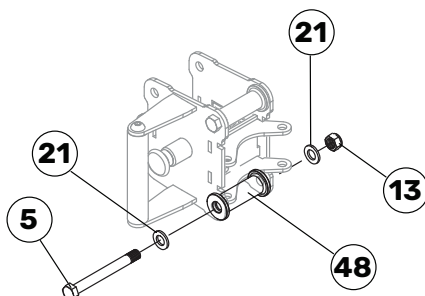


**For Hydra or 5/8th racks, install the 5/8th" pin. For Manticore or 1" racks install 1" pin. Slide the spring over the threaded end of the knob, insert into the hole on the handle and thread into the knob. Once the pin is threaded in, tighten down the lock nut on the pull knob to ensure the pin doesn't come unthreaded and fall into the upright.**

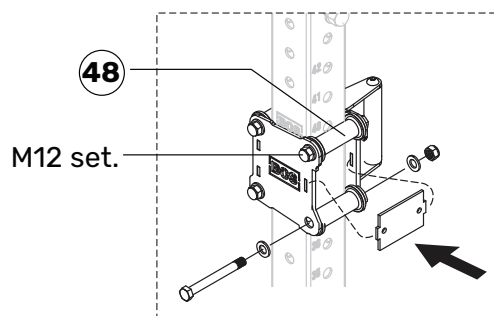
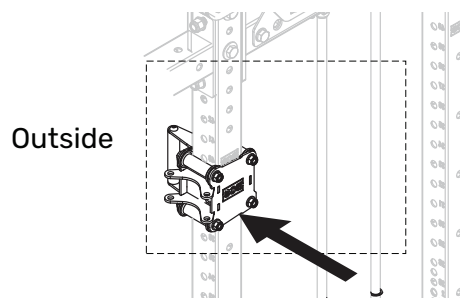
**2** Insert (48) and secure with M12 washer (21) M12 nut (13).



**3** Add roller (33) and secure with M12x110 bolt (5), M12 washer (21) and M12 nut (13).



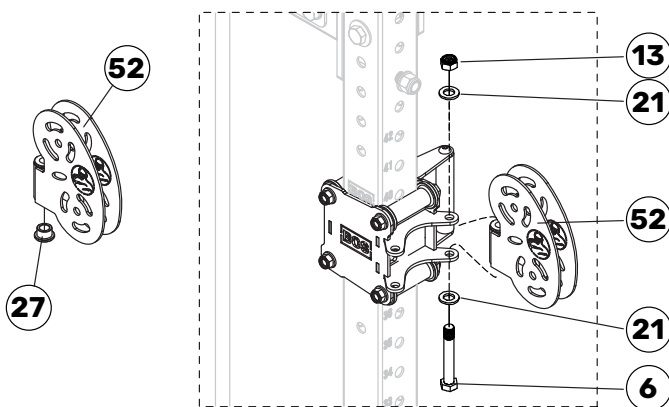
**17** Slide the half assembled height selector facing inside with the corresponding hole on the upright. Add roller(33) and M12 set. Then (47), and the last roller and M12 set.



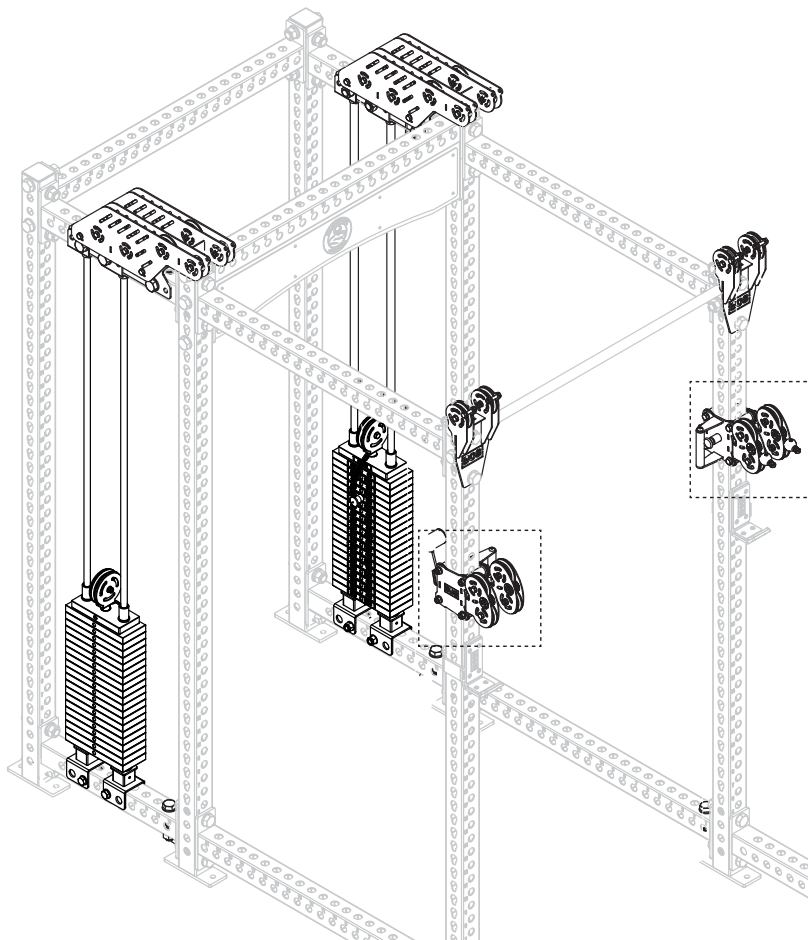
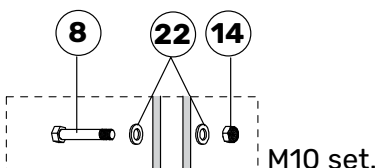
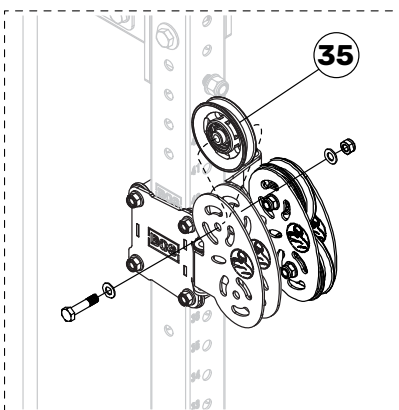
Repeat for the other side.

# ASSEMBLY

- 18** Attach the pre-assembled (52) as shown.  
Secure with M12x80 bolt (6), M12 washer (21) and M12 nut (13).



- 19** Attach 4 pulleys (35) as shown. Secure with M10x45 bolt (8), M10 washer (22) and M10 nut (14).

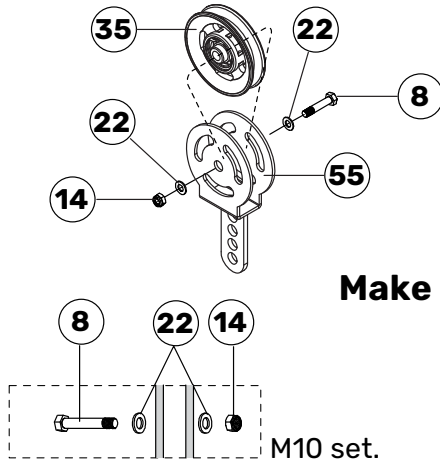


**Repeat steps 16 to 19 for the other side.**



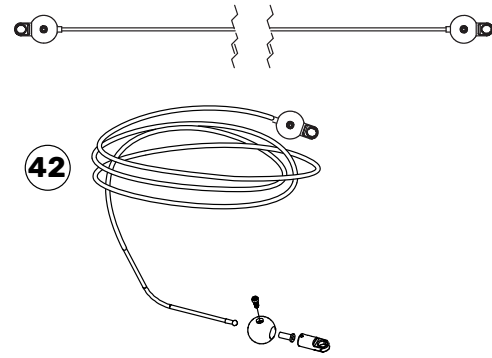
# ASSEMBLY

- 20** Take the floating pulley (55), slide in the pulley wheel (35) and secure with M10x45 bolt (8), M10 washer (22), M10 nut (14). **Do not overtighten.**

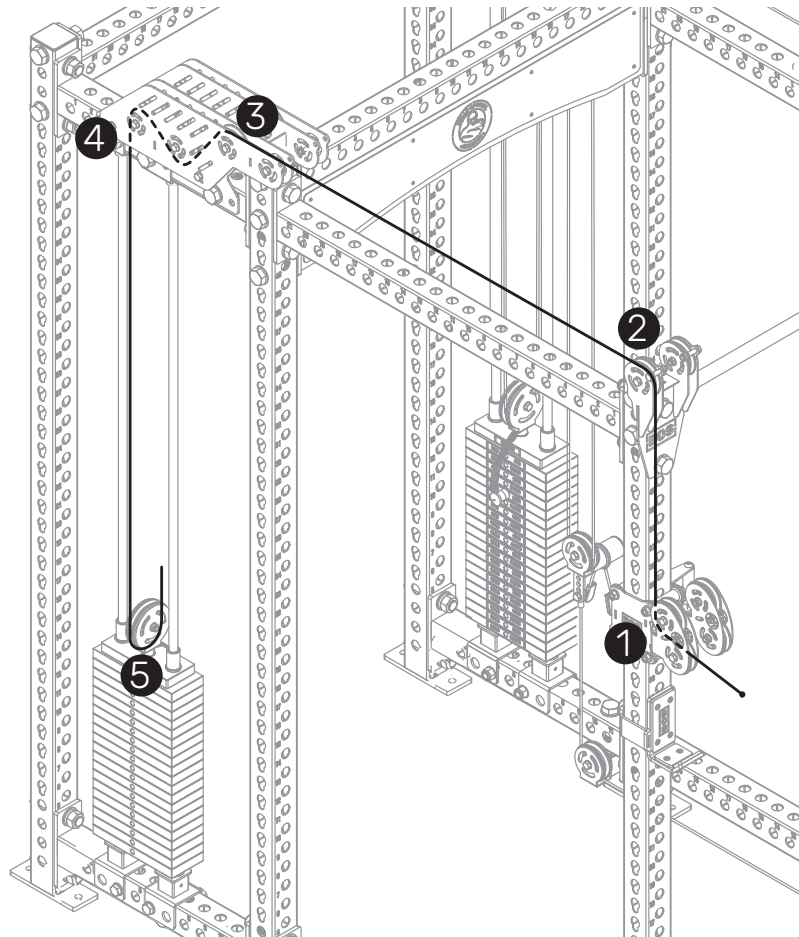


**Make 2.**

- 21** Remove ball stopper on one end of the longer cable (42) as shown. This is for easier connection of cable through the pulleys.



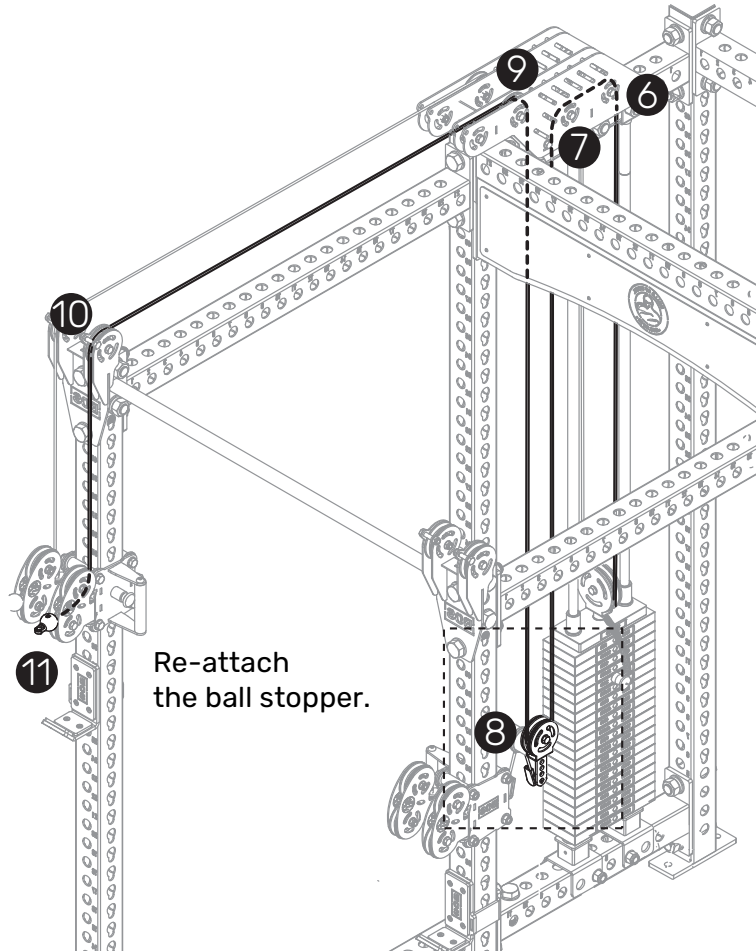
- 22** Insert cable through height selector (1) then over the top pulleys, follow the numbers shown on the diagram.



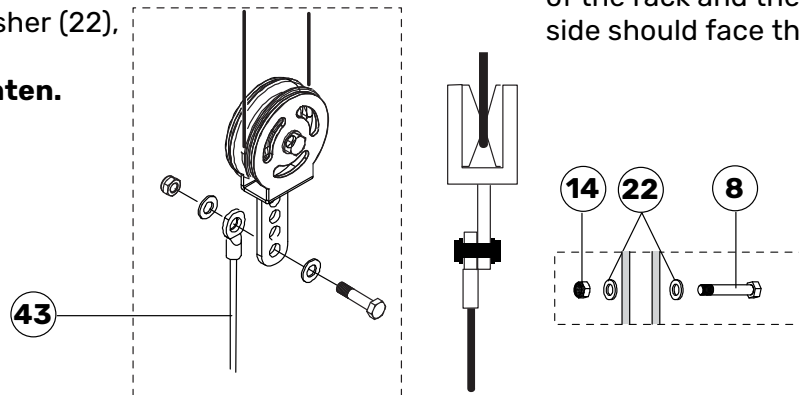


# ASSEMBLY

- 23** Continue by pulling up the cable to the upper pulley following the number shown.

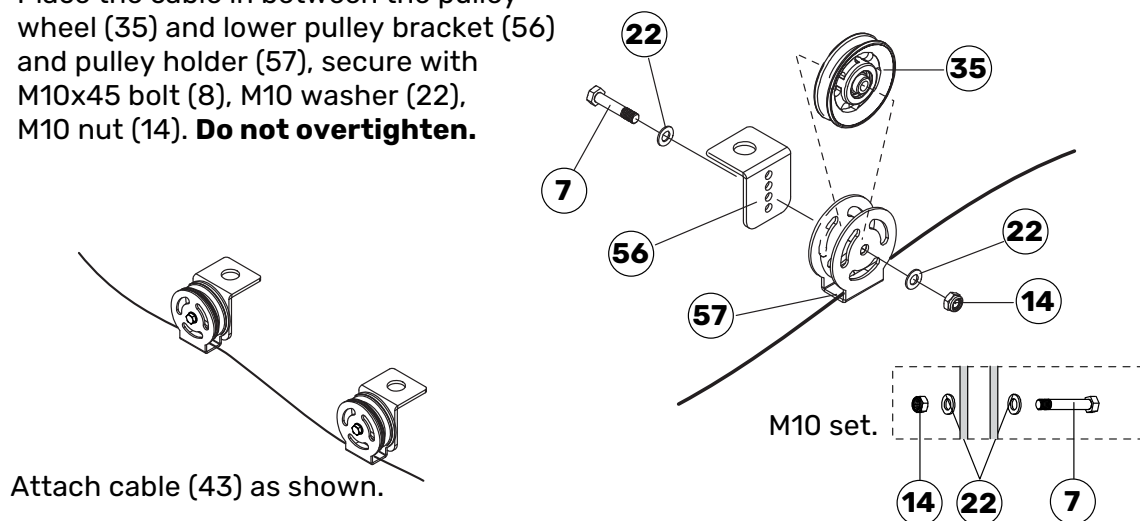


- 24** Take shorter cable (43), install one end to the floating assembly and secure with M10x45 bolt (8), M10 washer (22), M10 nut (14).  
**Do not overtighten.**

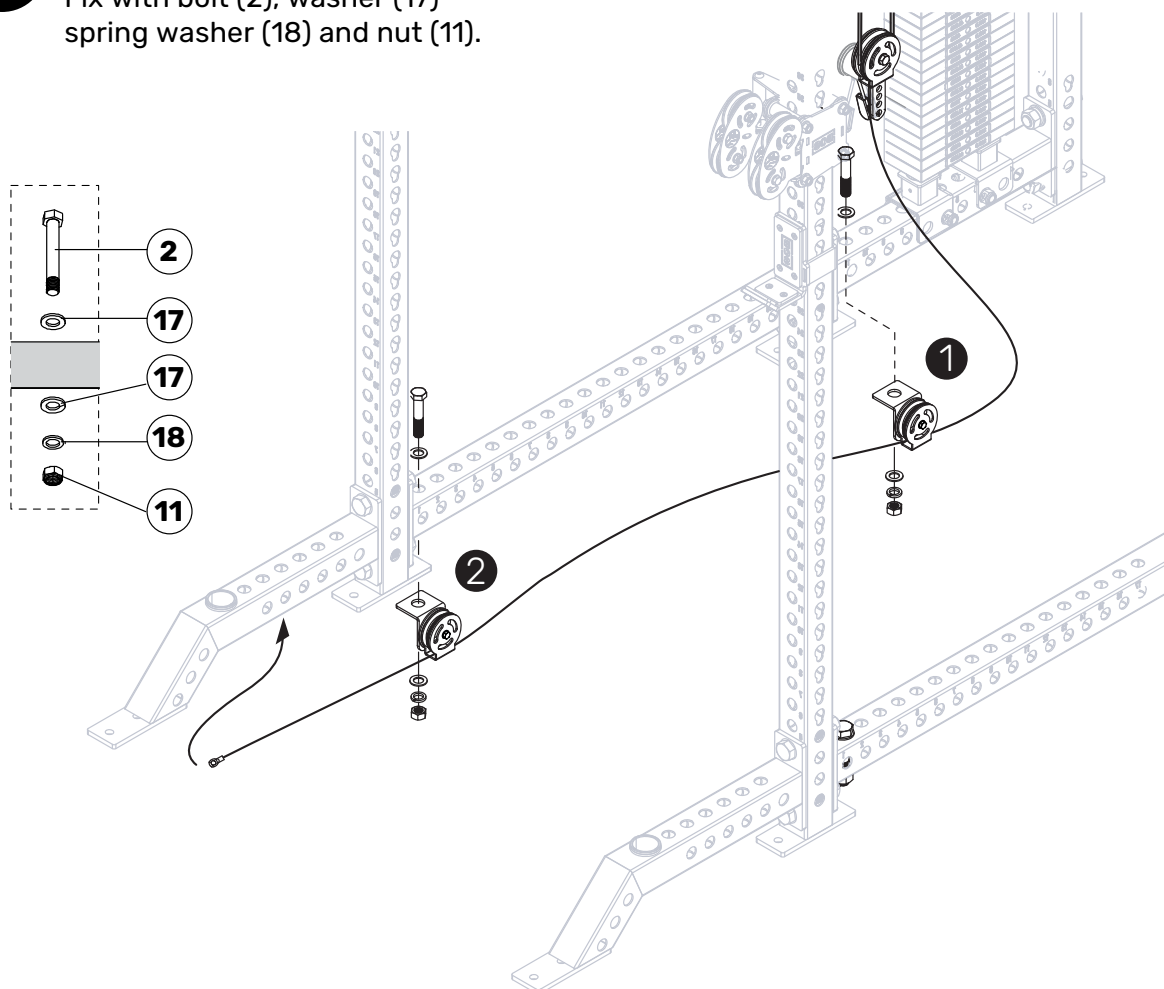


# ASSEMBLY

- 25** Place the cable in between the pulley wheel (35) and lower pulley bracket (56) and pulley holder (57), secure with M10x45 bolt (8), M10 washer (22), M10 nut (14). **Do not overtighten.**



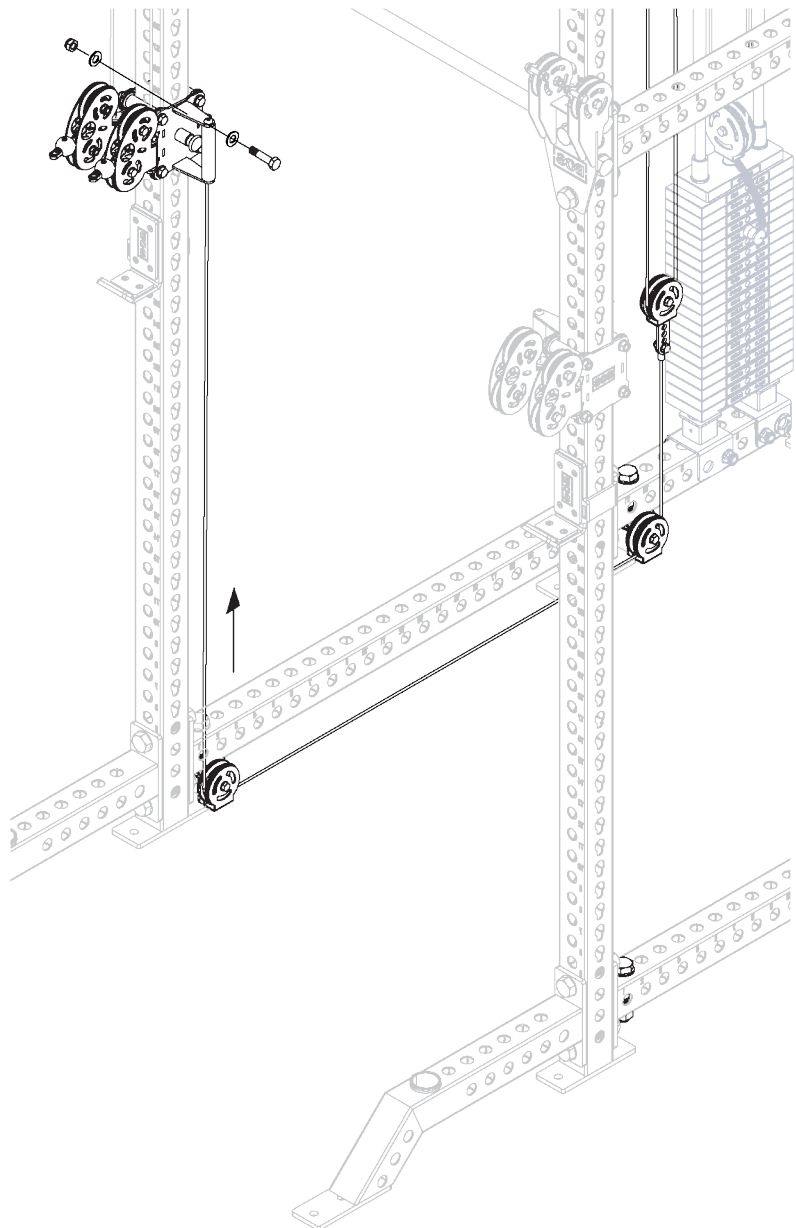
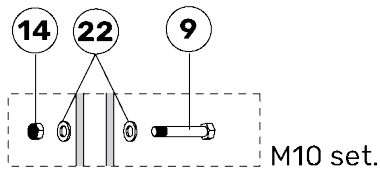
- 26** Attach the assembled pulley as shown. Fix with bolt (2), washer (17), spring washer (18) and nut (11).



# ASSEMBLY

- 27** Fix the other end of the cable to the weight selector with M10x25 bolt (9), M10 washer (22), M10 nut (14).

If the cable seems too long or too short, simply change the hole used on the floating and/or the bottom pulleys. Once the cables are set correctly, tighten the remaining bolts.



- 28** Repeat steps 21 to step 27 for the other side.

# YOU'RE FINISHED!

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