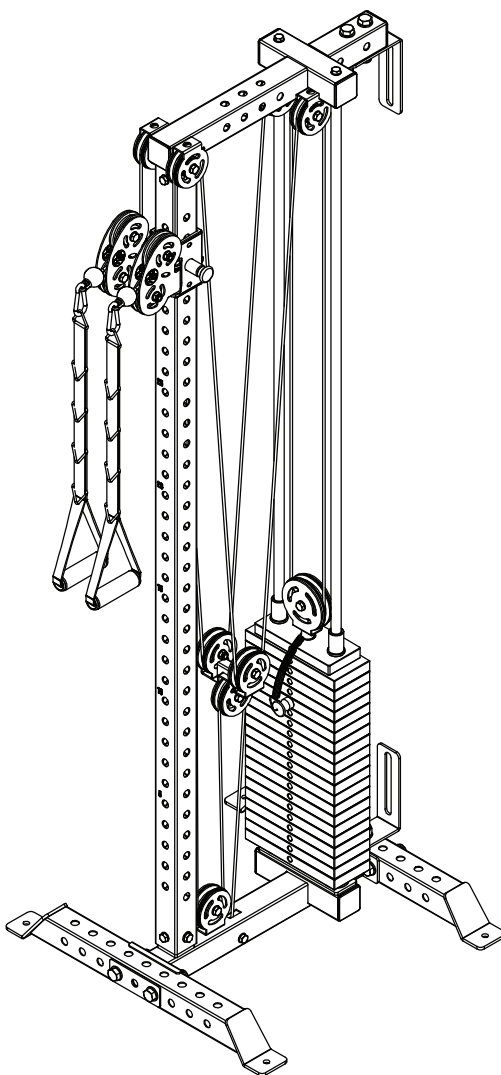




**CABLE TOWER WITH
WEIGHT STACKS 210 LBS
SKU: STK-PULT4-MA
PO:**



ASSEMBLY INSTRUCTIONS



Stuck? Scan the QR code for the assembly video

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BUILDING STRENGTH, ONE BOLT AT A TIME.



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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.

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.

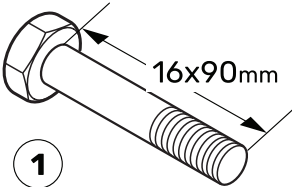
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, 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...

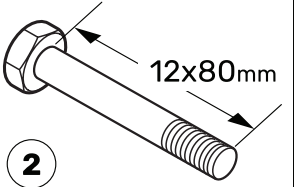
LET THE GAINZ BEGIN

PARTS LIST

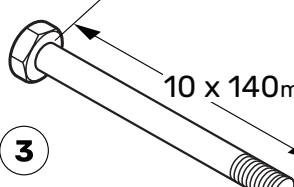
Hardware Package



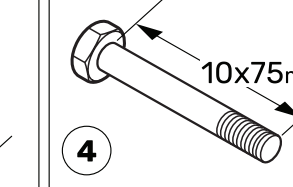
1
M16 x 90mm bolt
x8



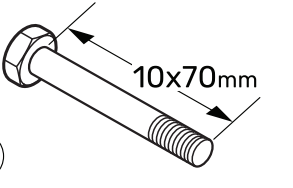
2
M12 x 80mm bolt
x2



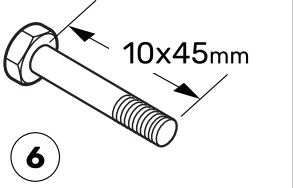
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M10 x 140mm bolt
x1



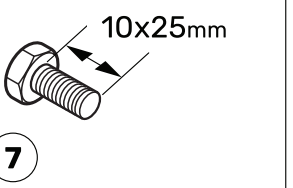
4
M10 x 75mm bolt
x2



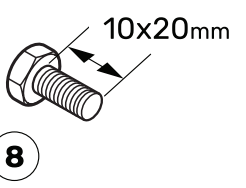
5
M10 x 70mm bolt
x3




6
M10 x 45mm bolt
x11




7
M10 x 25mm bolt
x1




8
M10 x 20mm bolt
x4




9
M16mm nut
x8




10
M12mm nut
x2




11
M10mm nut
x16




12
M16mm washer
x16



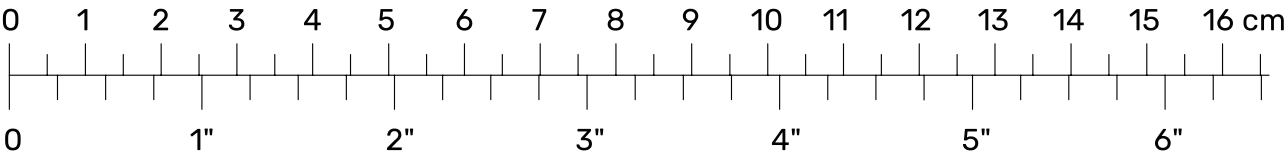
13
M12mm washer
x4



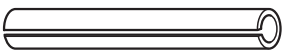
14
M10mm washer
x38



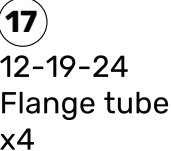
15
M10mm nylon washer
x1



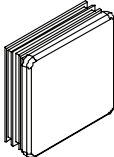
Preassembled



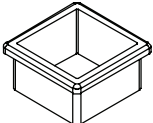
16
Ø12 x 80mm elastic
cylindrical pin
x1



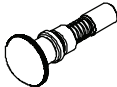
17
12-19-24
Flange tube
x4



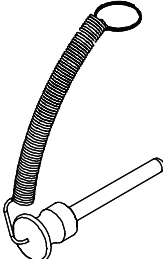
18
60mm tube plug
x5



19
7560 tube bushing
x4

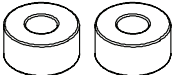
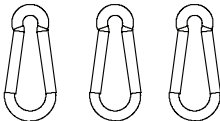
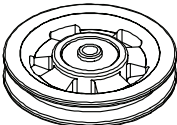
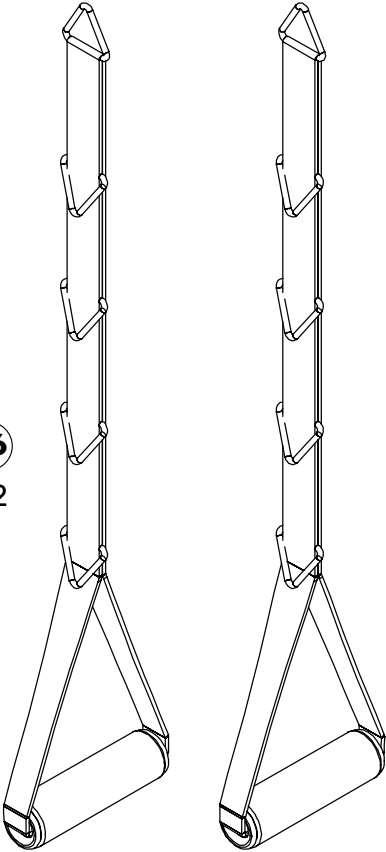
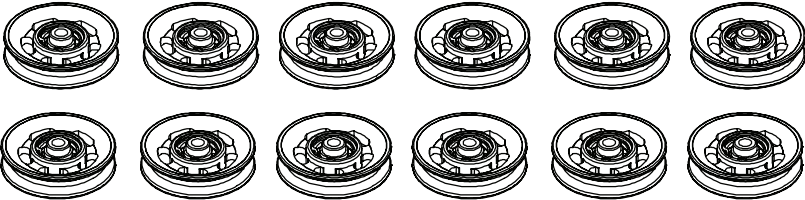
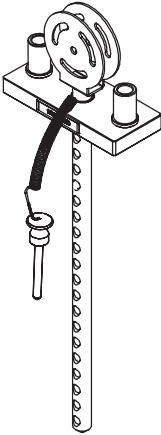
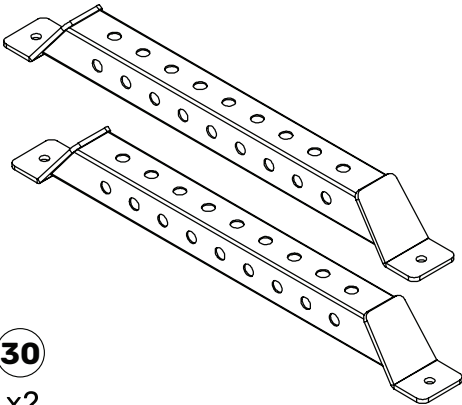
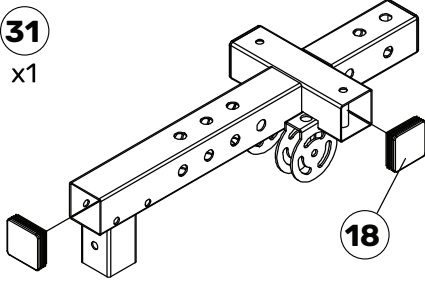
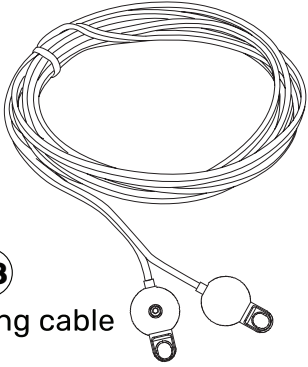
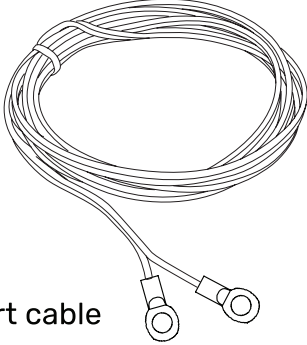
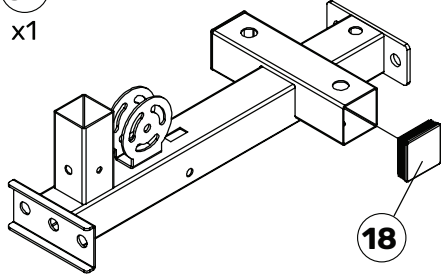


20
Ø 12-35
Popper pin x1

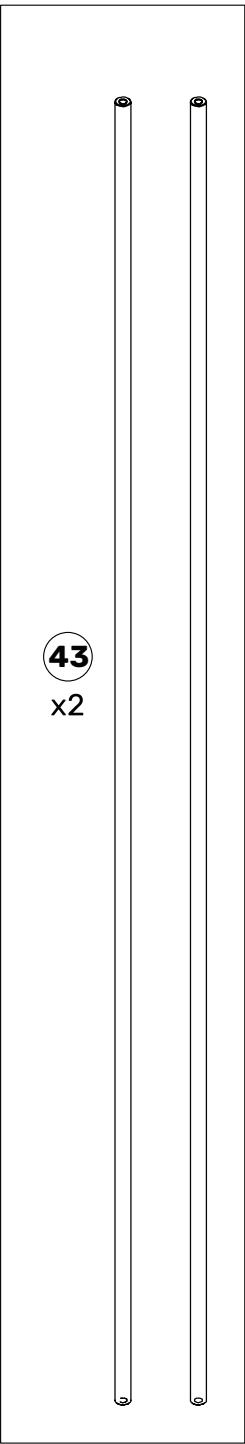
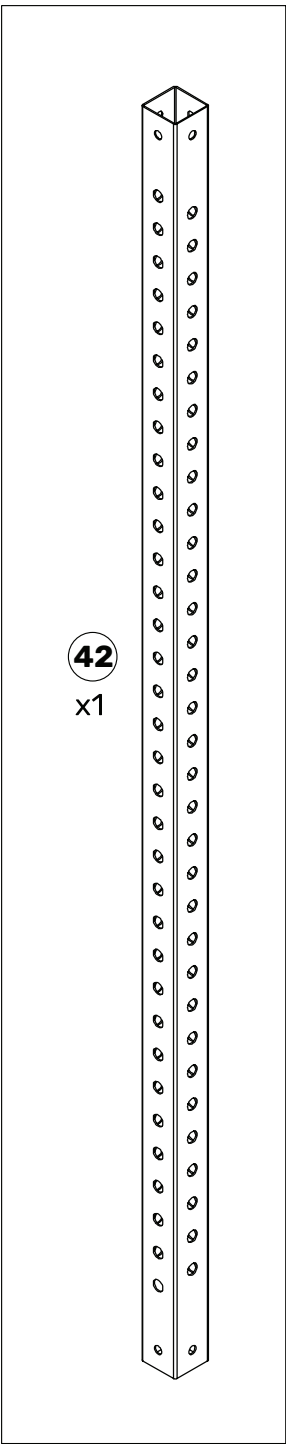
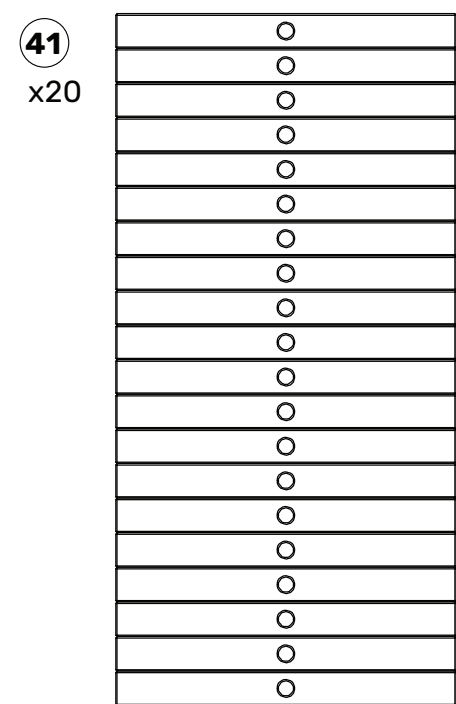
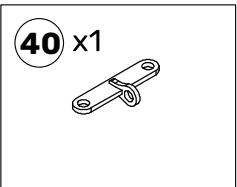
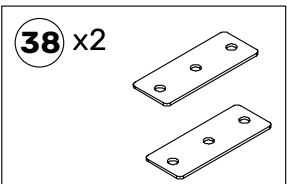
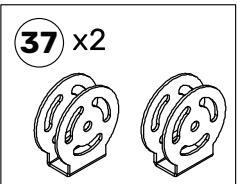
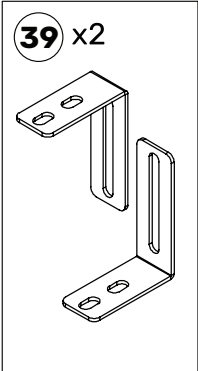
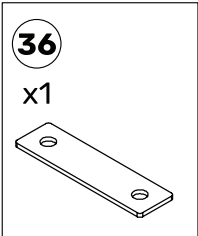
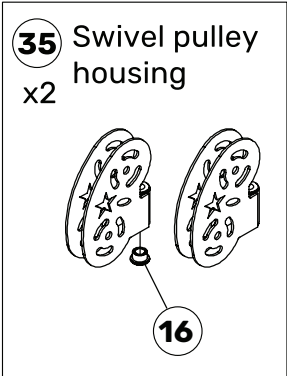
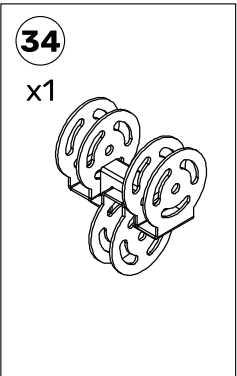
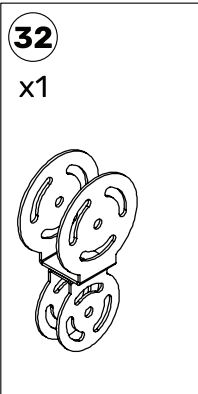
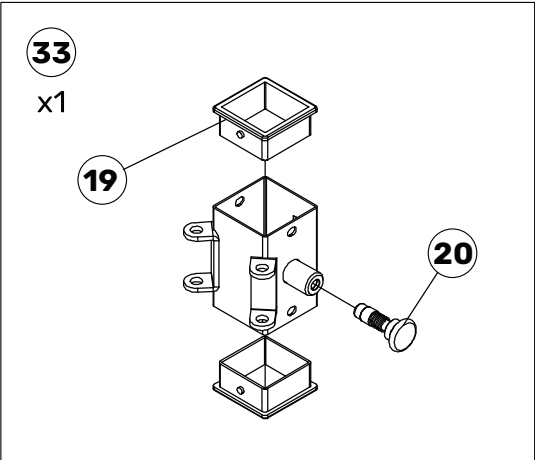


21 x1
Ø 10x100
Weights pin

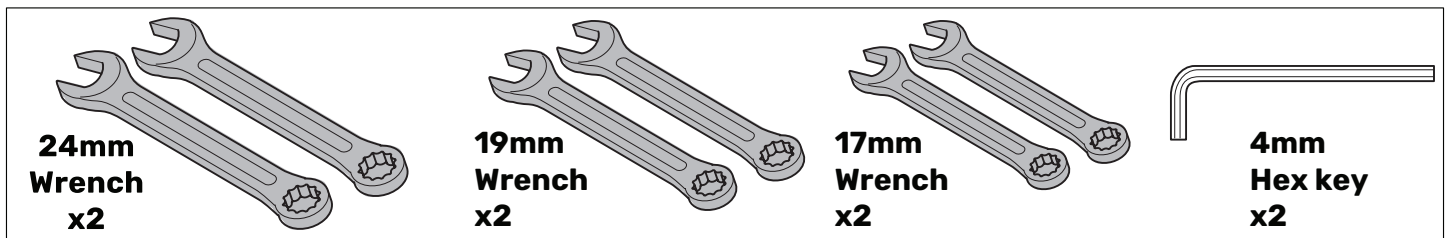
PARTS LIST

 <p>22 x2 Rubber stopper</p>	 <p>23 x3 Carabiner</p>	 <p>24 Ø114 pulleys x1</p>	 <p>26 x2</p>
 <p>25 Ø90 pulleys x12</p>			
 <p>27 x1</p>	 <p>30 x2</p>		 <p>31 x1</p> <p>18</p>
 <p>28 Long cable x1</p>	 <p>29 Short cable x1</p>		 <p>32 x1</p> <p>18</p>

PARTS LIST



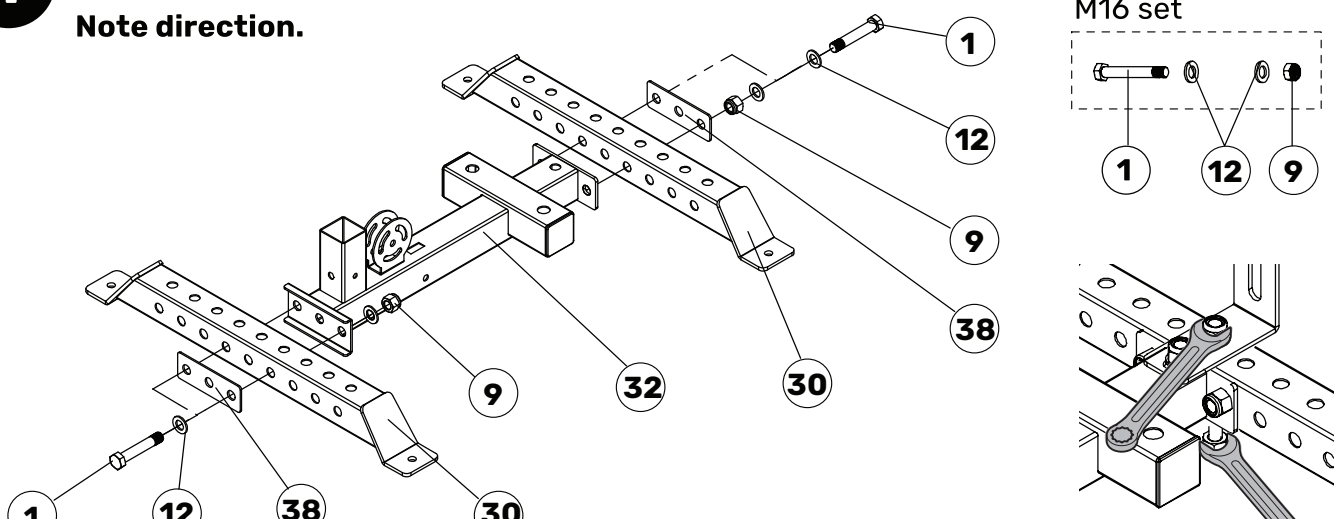
TOOLS REQUIRED



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).

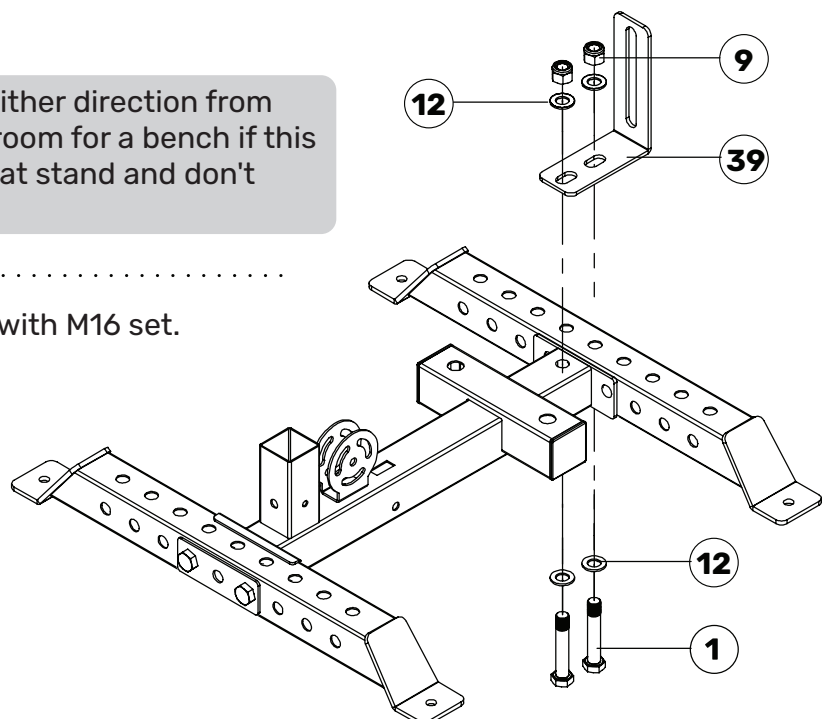
- 1** Assemble the base. Fix (30) to the base (32) with (38) and secure with M16x90 bolt (1), M16 washer (12) and M16 nut (9). Both sides.
Note direction.



Pro tip: Feet holes (30) can bias either direction from the frame (32), 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 (39) fix with M16 set.
Note direction.

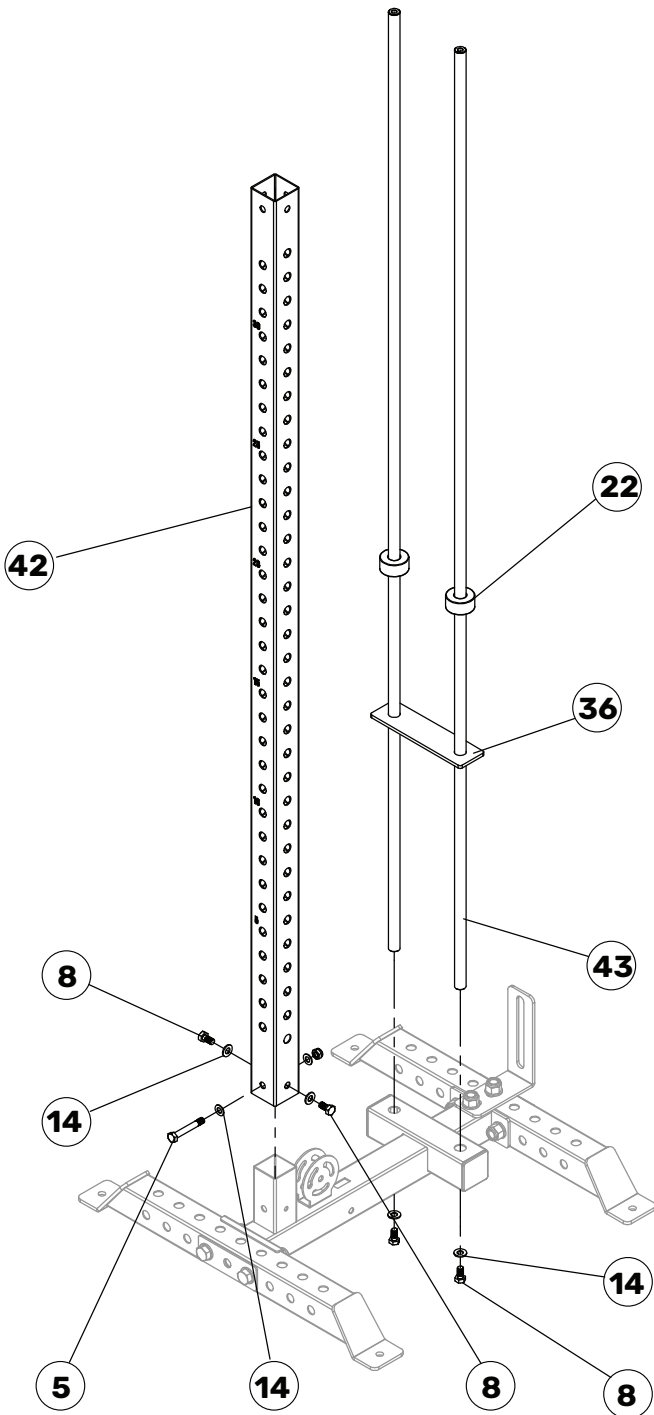
If building the tower with a back upright and not attaching to a wall, brackets (39) do not need to be installed.



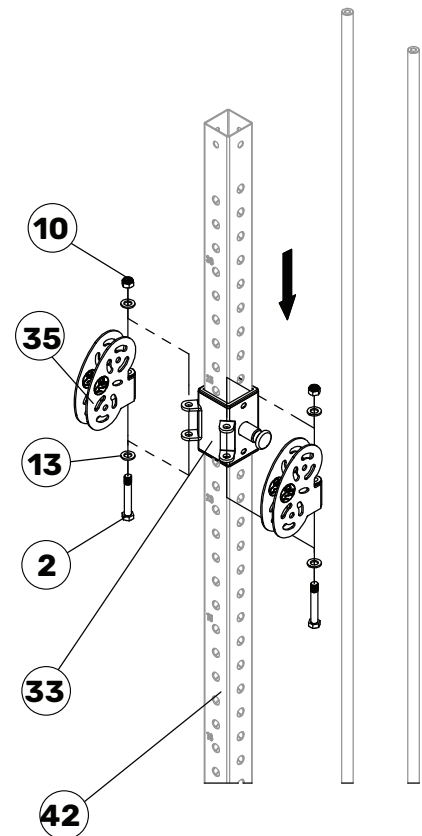
ASSEMBLY

- 3** Attach two rods (43). Fix with M10x20 bolt (8) and M10 washer (14). Attach the upright (42). Fix front with M10x70 bolt (5), M10 washer (14) and M10 nut (11). Secure both side with M10x20 (8) and M10 washer (14).

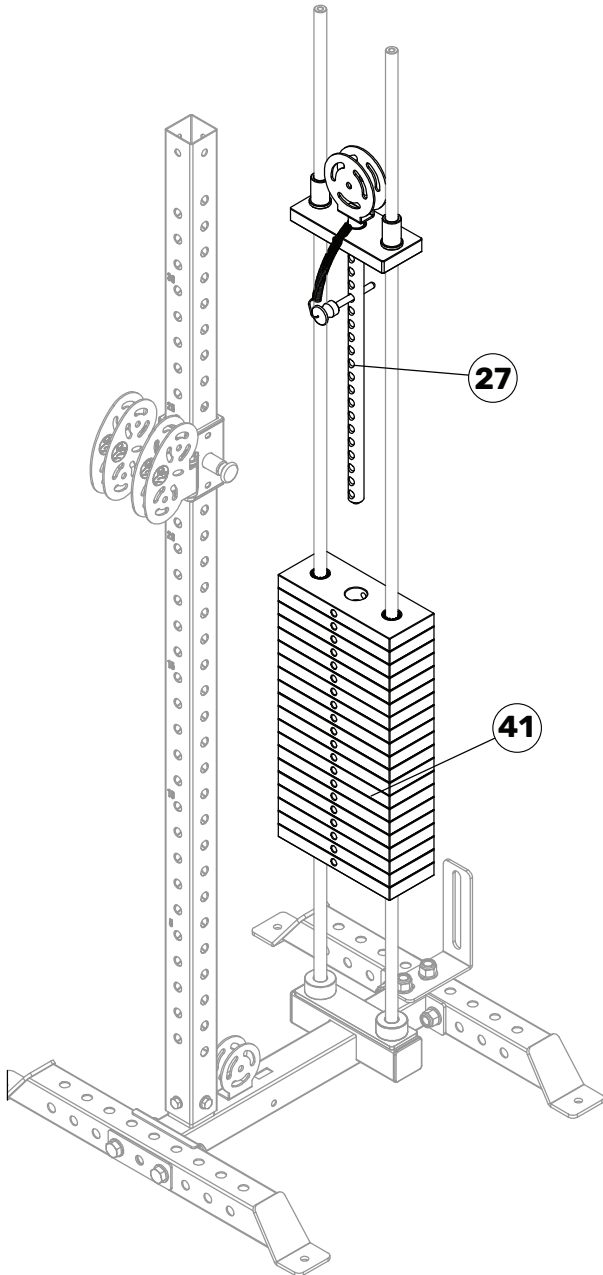
- 4** Install rubber stopper (22) and bottom plate (36) from top.



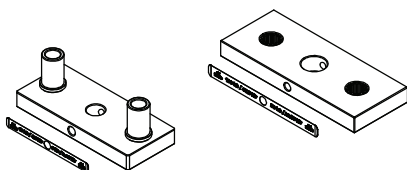
- 5** Attach height selector (33) to upright (42). Attach two swivel pulley housings (35) and fix with M12x80 bolt (2), M12 washer (13) and M12 nut (10).



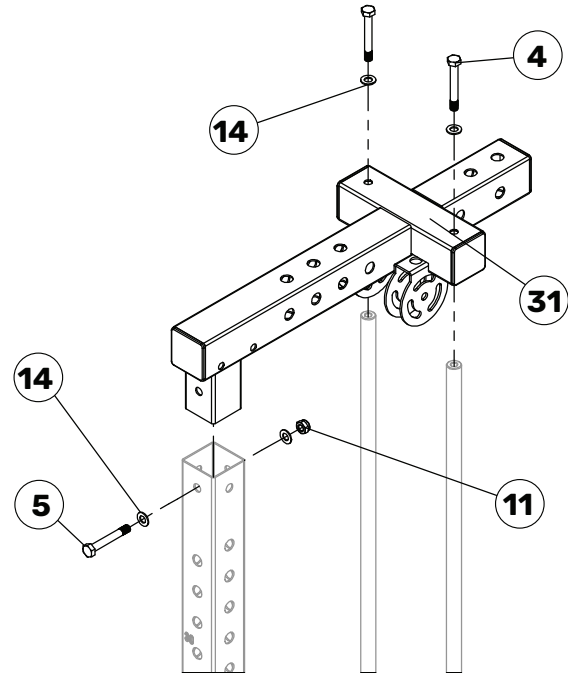
- 6** Attach the weight plates (41). Install pre-assembled central weight stack assembly (27) onto rods.



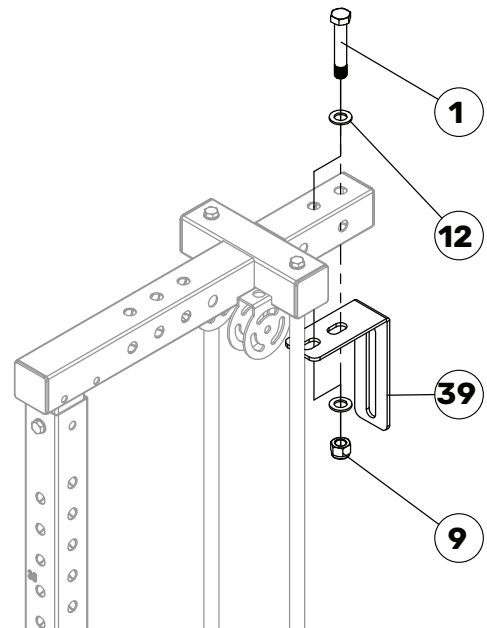
Attach stickers to weight stack as shown.



- 7** Attach top section (31). Fix with M10x75 bolt (4) and M10 washer (14), fix front with M10x70 bolt (5), M10 washer (14) and M10 nut (11).



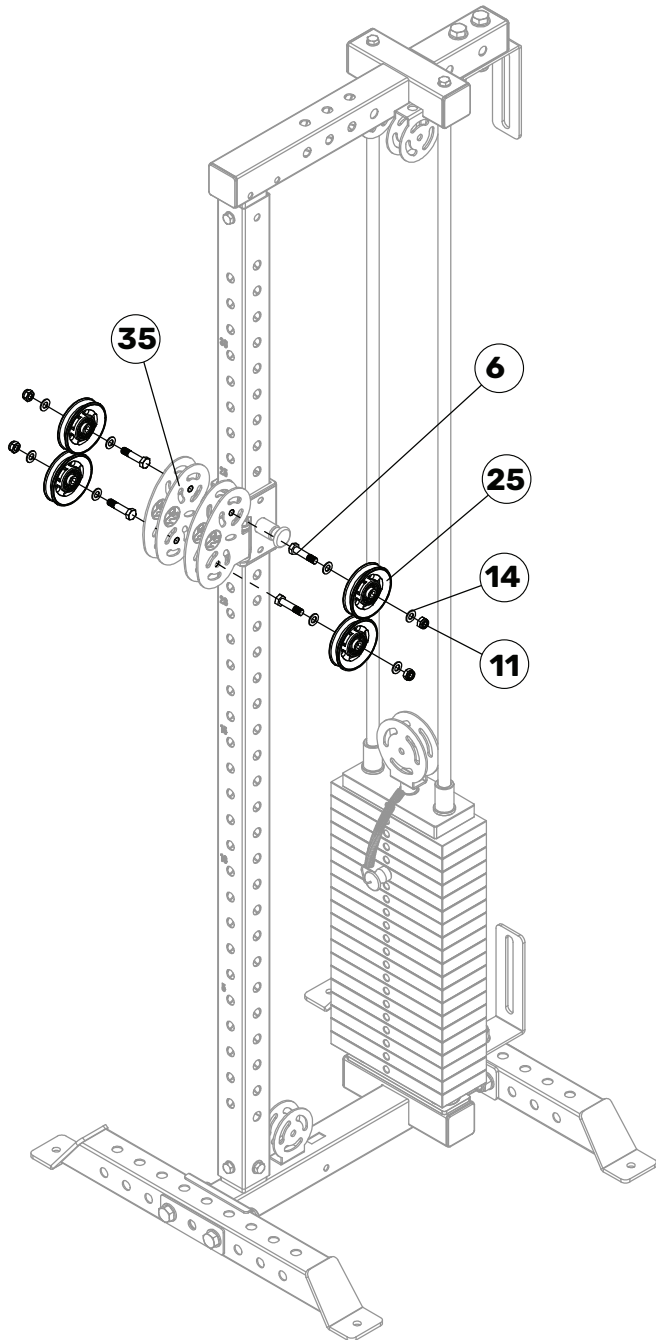
If mounting tower to the wall, attach bracket (39). Fix with M16x90 bolt (1), M16 washer (12) and M16 nut (9).



ASSEMBLY

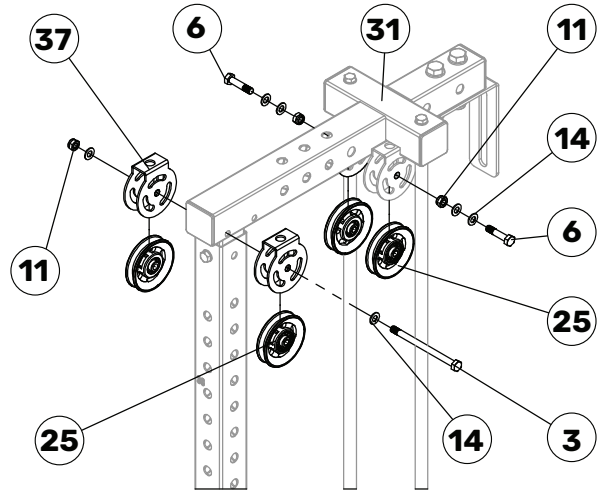
8

Attach four small pulleys (25) to swivel pulley housings (35) fix using M10x45 bolt (6), M10 washer (14) and M10 nut (11).



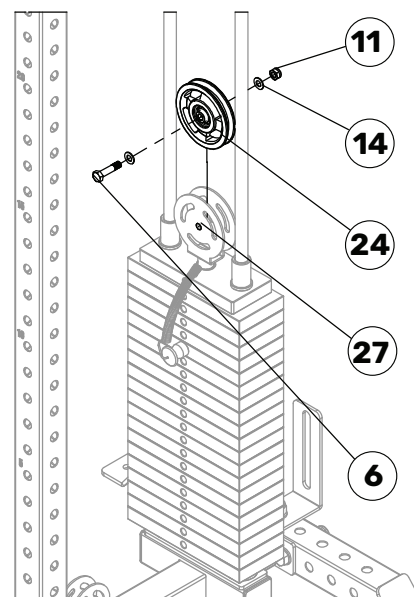
9

Attach two small pulleys (25) and pulley housings (37) to top section (31). Fix using M10x140 bolt (3), M10 washer (14) and M10 nut (11). Add small pulleys (25) fix using M10x45 bolt (6), M10 washer (14) and M10 nut (11).



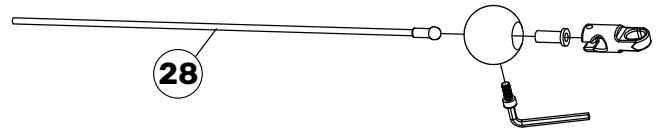
10

Attach a large pulley (24) to top weights (27) fix using M10x45 bolt (5), M10 washer (14) and M10 nut (11).



Pro tip: All cables need to be untied and straightened, and arranged in sequence. Coiled cables straight from the packaging retain tension; if not properly unwound, this tension can cause both the cable and pulley to twist.

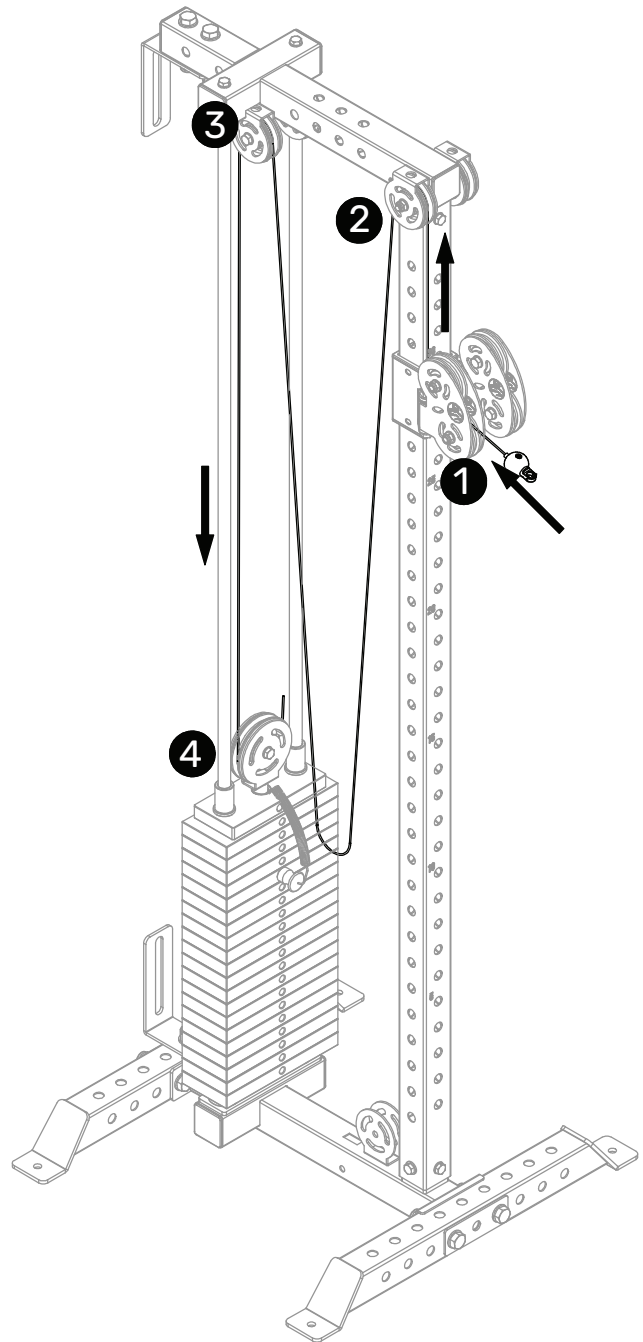
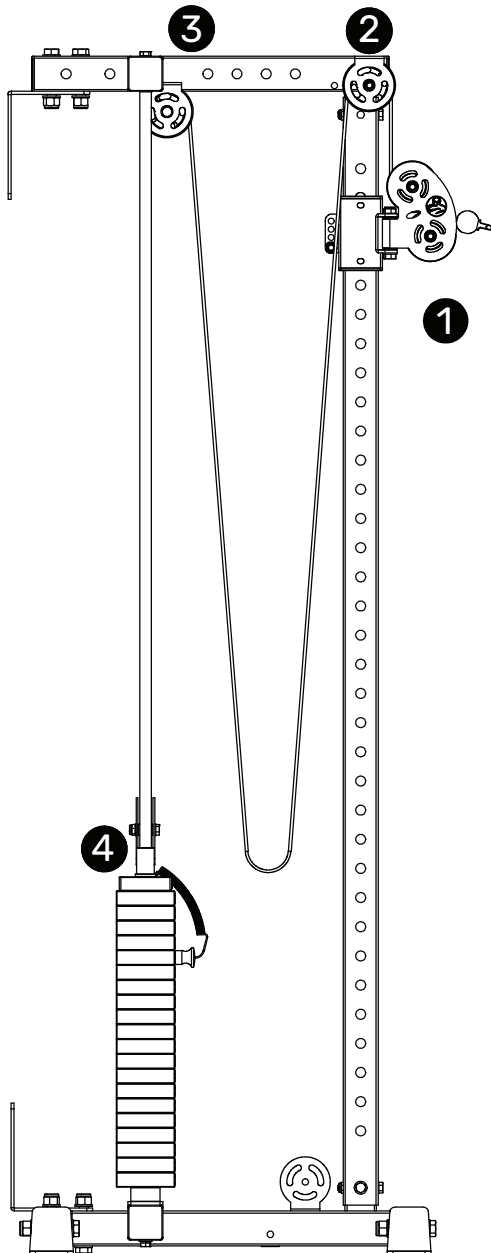
Use 4mm hex key to remove the ball from one end of the cable (28) first.



11 Right side

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

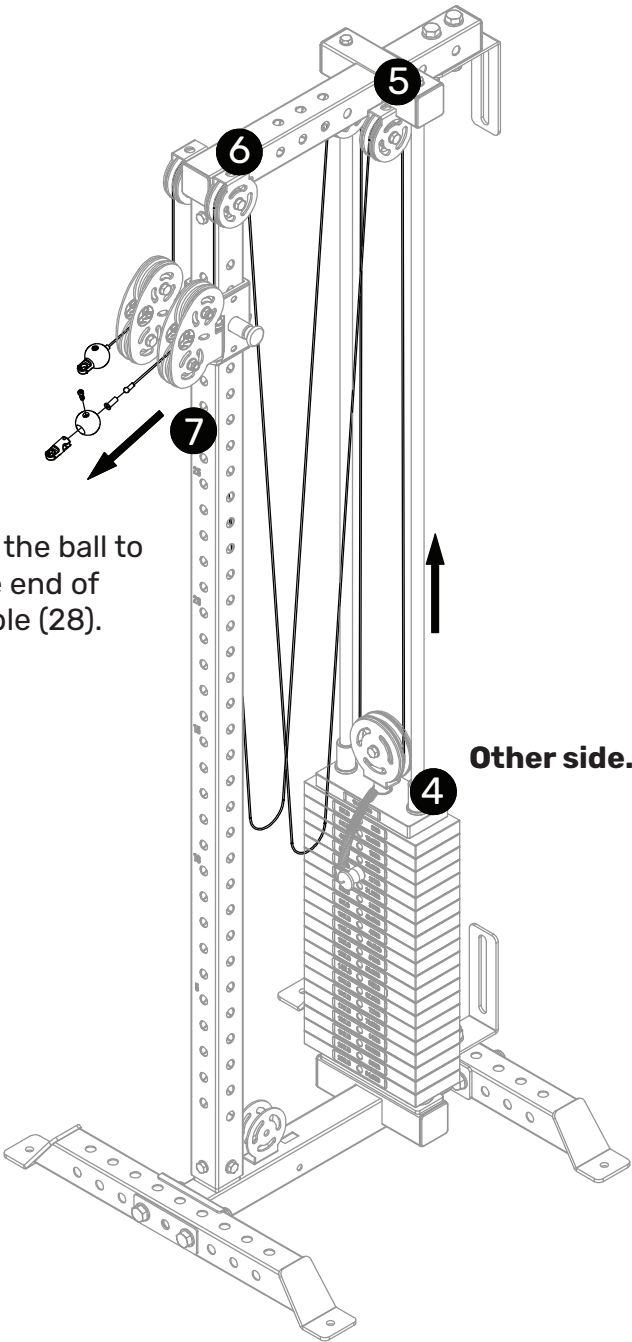
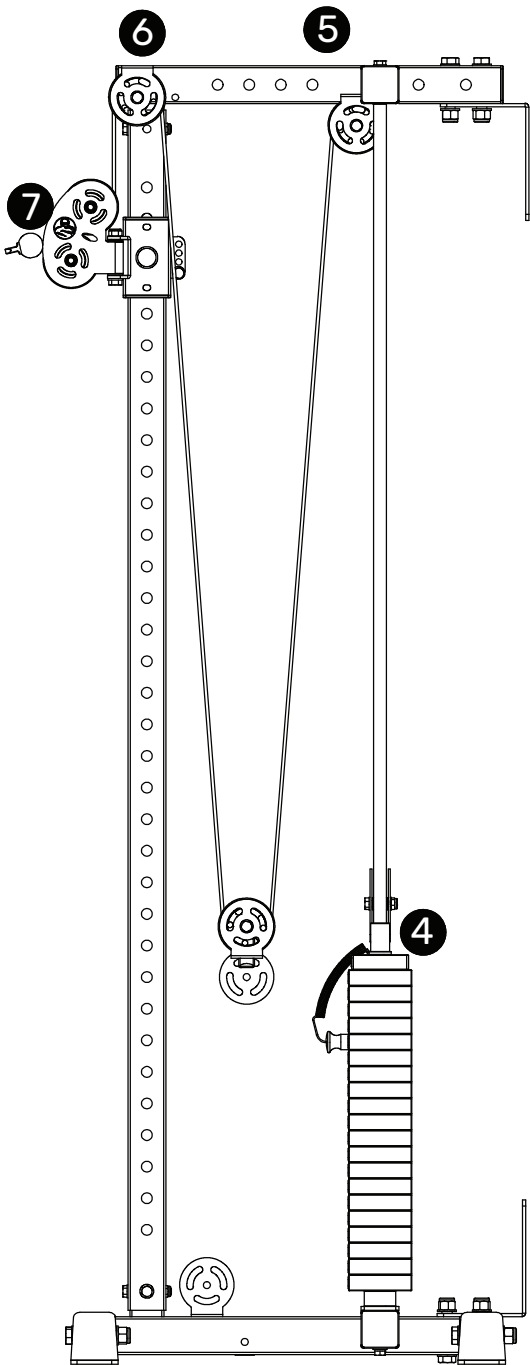
Reference photo of installed top cable.



12 Left side

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

Reference photo of installed top cable.

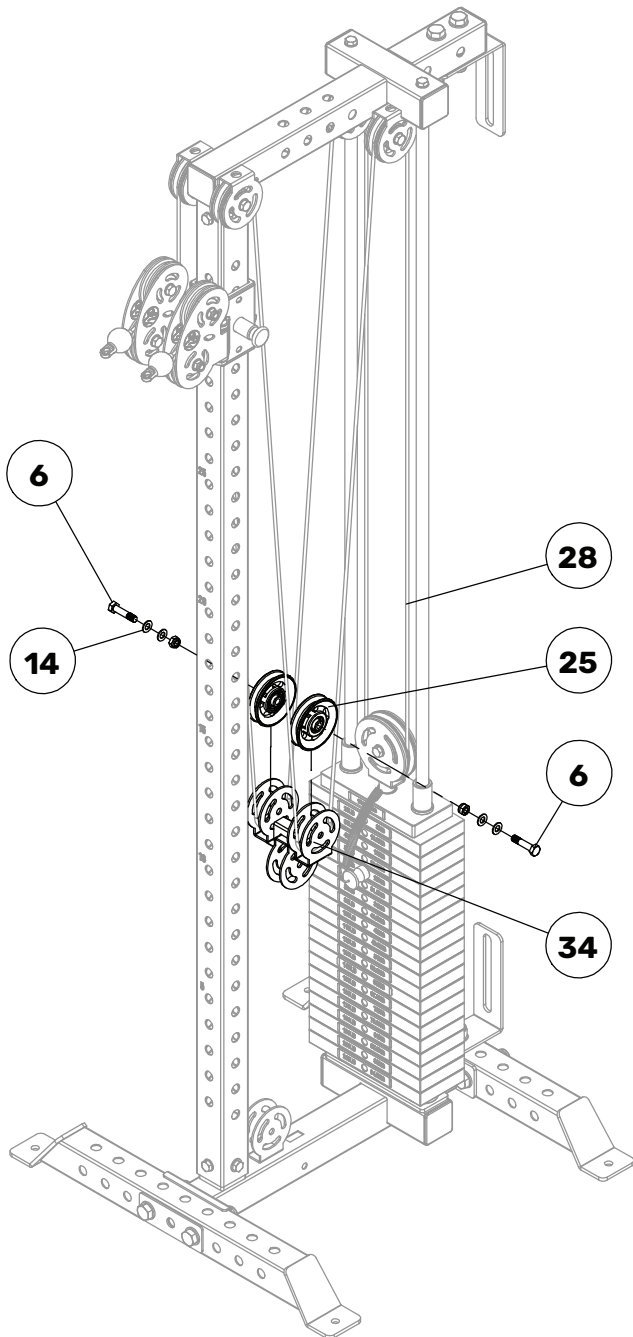


Fix the ball to the end of cable (28).

Other side.

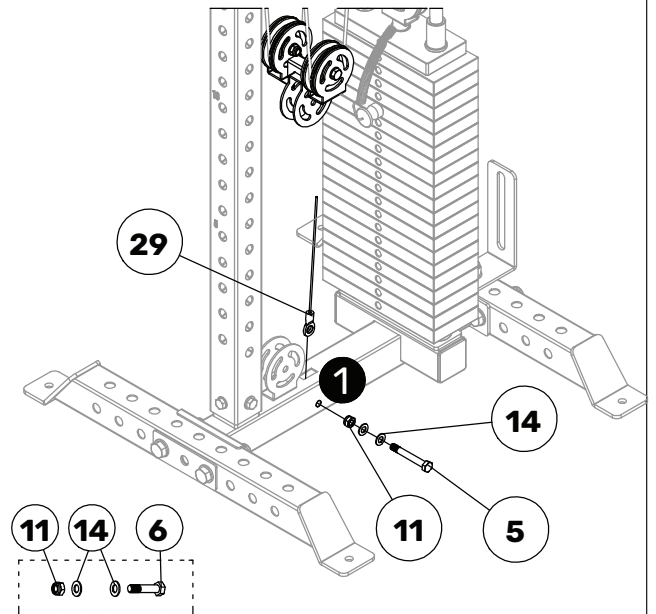
13

Take two pulleys (25) under two sections of the cable (28), fix it on center pulley housing (34) with M10x45 bolt (6), M10 washer (14) and M10 nut (11).



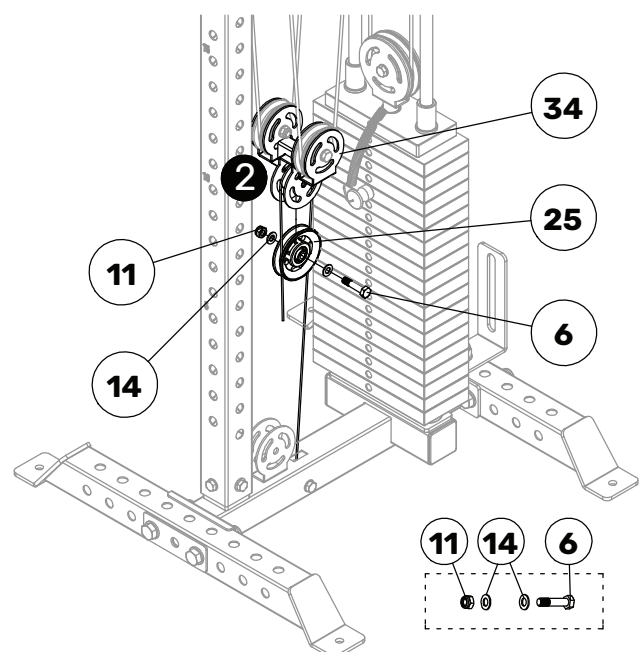
14

Attach one end of the cable (29) to the bottom of the base. Fix with M10x70 bolt (5), M10 washer (14) and M10 nut (11).



15

Pull the cable up to the hanging pulley (25) fix with M10x45 bolt (6), M10 washer (14) and M10 nut (11).

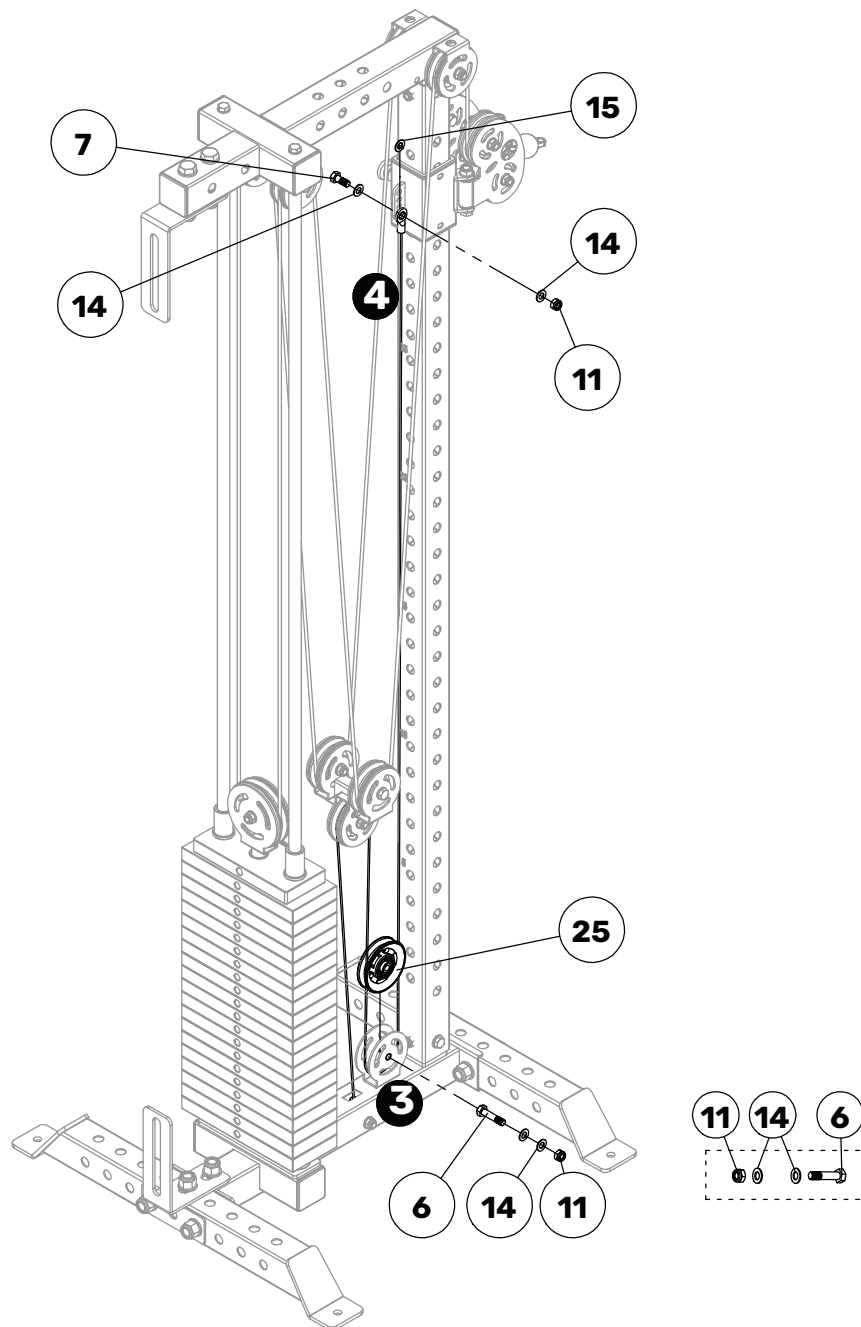


16

Pull the cable dotwn and attach pulley (25) fix with M10x45 bolt (6), M10 washer (14) and M10 nut (11).

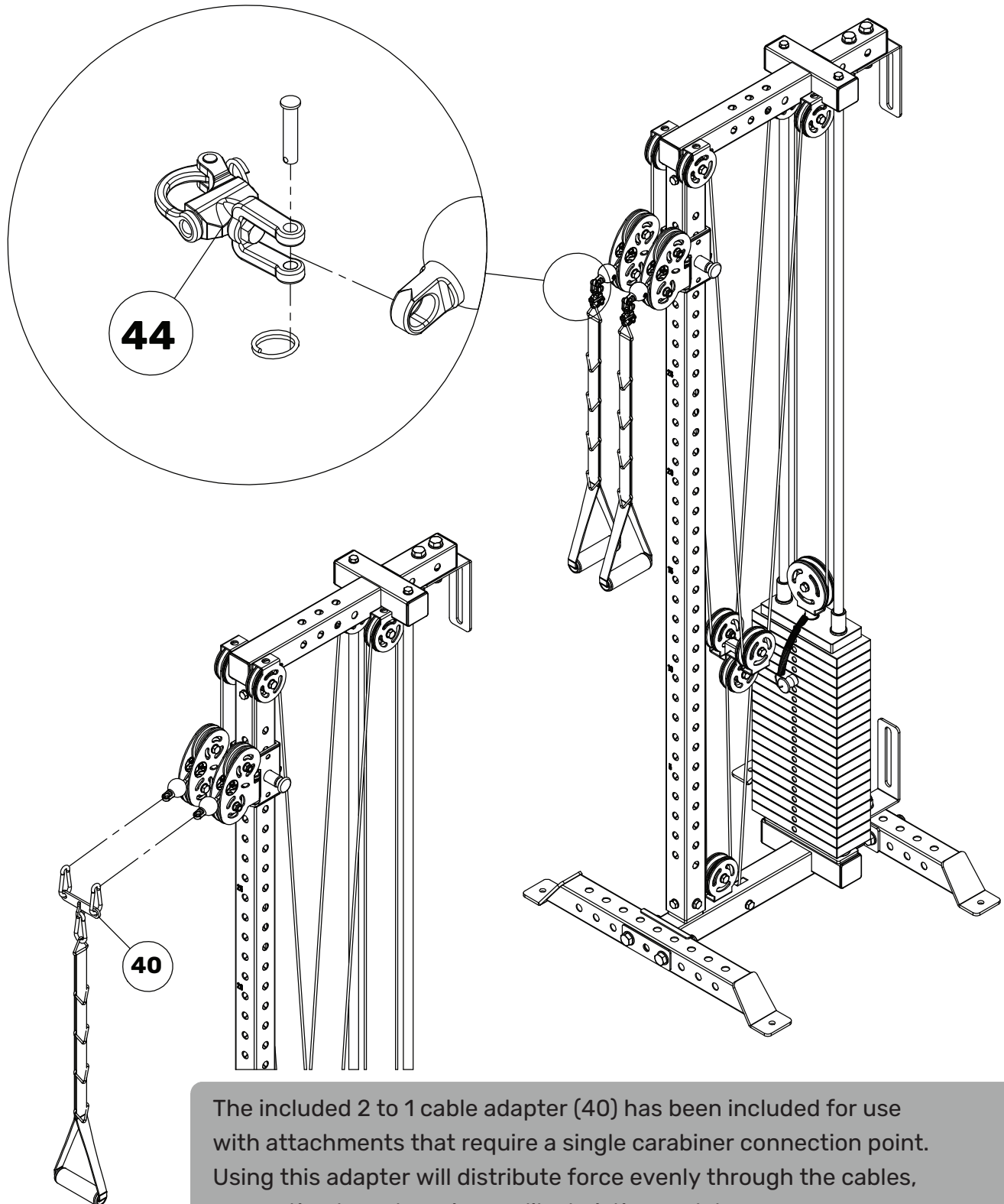
17

Attach the loose end of the cable to the height selector handle (33) fix with M10x25 bolt (7), M10 washer (14), M10 nylon washer (15) and M10 nut (11).



18

Attach two Swivel (44) at the end of the cable each side.



The included 2 to 1 cable adapter (40) 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:**



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