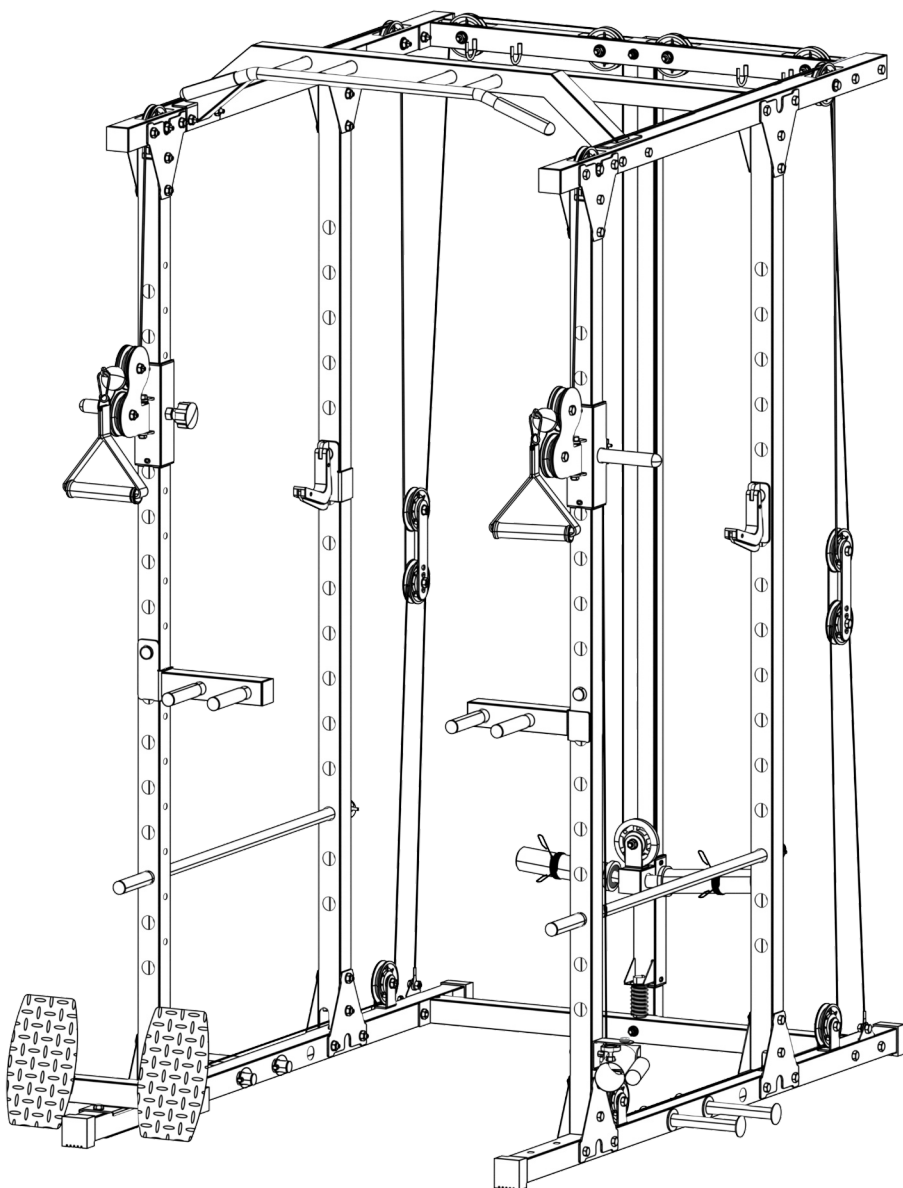


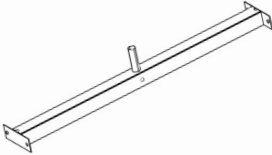
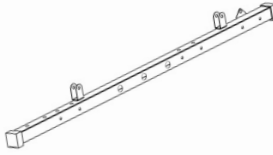
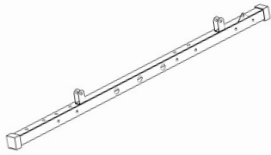
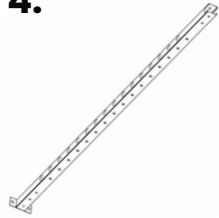
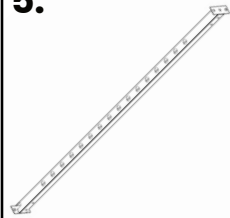
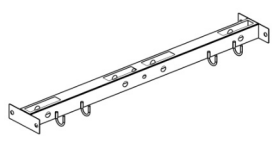
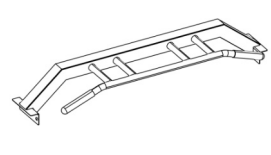
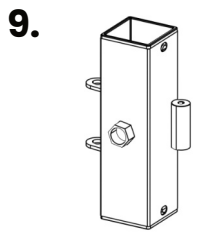
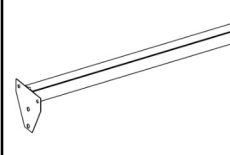
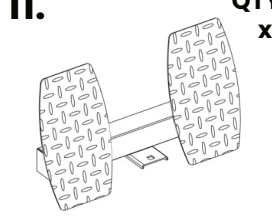
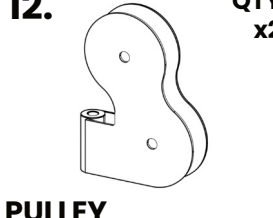
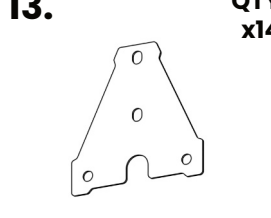
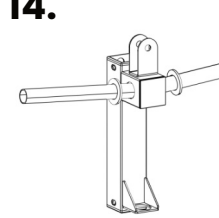
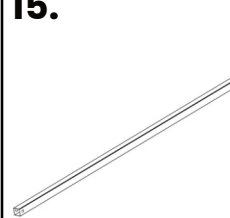
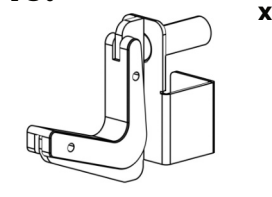
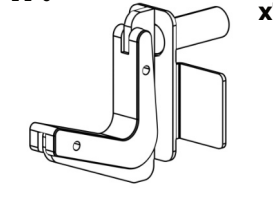
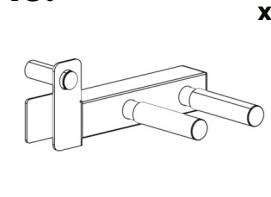
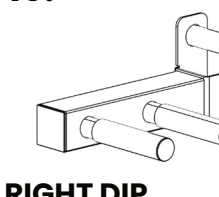
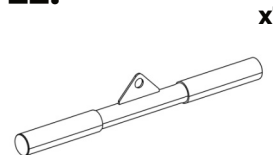
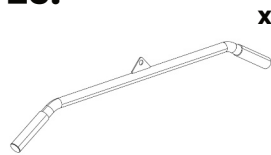
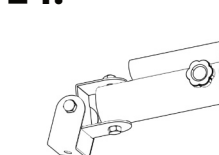
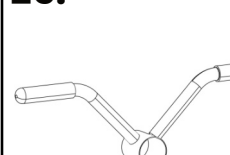
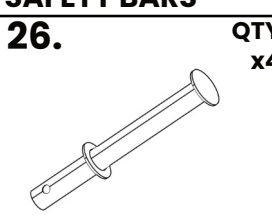
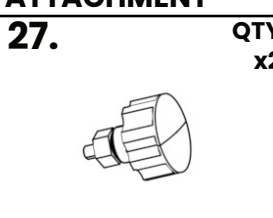
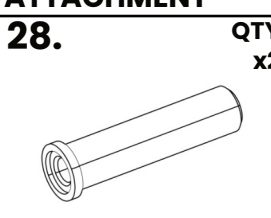
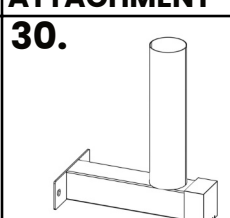


POWER CAGE WITH CABLE CROSSOVER



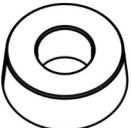
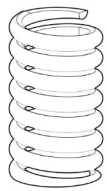
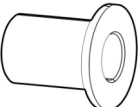
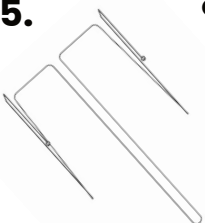
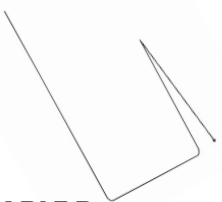
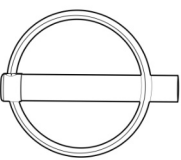
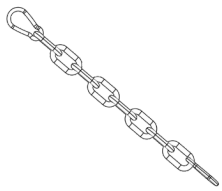
PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1. QTY x1  LOWER STABILIZER	2. QTY x1  LEFT BASE	3. QTY x1  RIGHT BASE	4. QTY x2  FRONT UPRIGHT	5. QTY x2  BACK UPRIGHT
6. QTY x2  UPPER FRAME SIDES	7. QTY x1  UPPER FRAME BACK	8. QTY x1  UPPER FRAME FRONT	9. QTY x2  FRAME COVER	10. QTY x1  UPPER MIDDLE SUPPORT
11. QTY x1  FOOT PLATE	12. QTY x2  PULLEY CONTAINER	13. QTY x14  STABILIZER PLATE	14. QTY x1  PLATE STACK BAR	15. QTY x1  SLIDER BAR
16. QTY x1  LEFT J-CUP	17. QTY x1  RIGHT J-CUP	18. QTY x1  LEFT DIP HANDLE	19. QTY x1  RIGHT DIP HANDLE	20. QTY x4  ADJUSTABLE PULLEY PLATE
21. QTY x2  SAFETY BARS	22. QTY x1  STRAIGHT BAR ATTACHMENT	23. QTY x1  LAT BAR ATTACHMENT	24. QTY x1  LANDMINE ATTACHMENT	25. QTY x1  V-BAR ATTACHMENT
26. QTY x4  RESISTANCE BAND PEGS	27. QTY x2  FRAME COVER ADJUSTER	28. QTY x2  SLEEVE	29. QTY x2  HANDLE	30. QTY x1  STORAGE ATTACHMENT

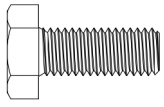
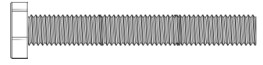
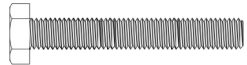
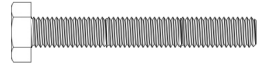
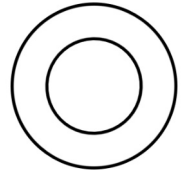
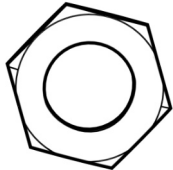
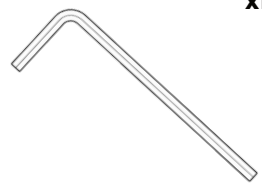
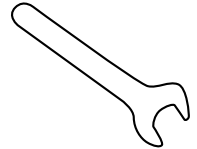
PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

31. QTY x21  PULLEY	32. QTY x1  RUBBER STOPPER	33. QTY x1  SPRING	34. QTY x16  PULLEY INSERT	35. QTY x1  CABLE A
36. QTY x2  CABLE B	37. QTY x6  PIN LOCK	38. QTY x2  CARABINER	39. QTY x2  2" SPRING COLLAR	40. QTY x1  CHAIN

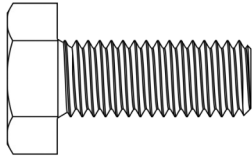
PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

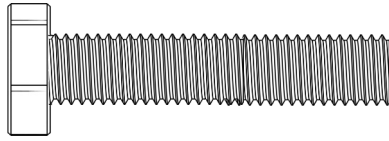
A. QTY x2  M10X25	B. QTY x13  M10X45	C. QTY x14  M10X65	D. QTY x52  M10X70	E. QTY x2  M10X90
F. QTY x2  M10X110	G. QTY x85  WASHERS Ø11	H. QTY x85  M10 NUTS	I. QTY x1  #3 ALLEN KEY	J. QTY x1  #4 ALLEN KEY
11. QTY x1  #6 ALLEN KEY	12. QTY x2  #17 WRENCH			

HARDWARE SIZING CHART

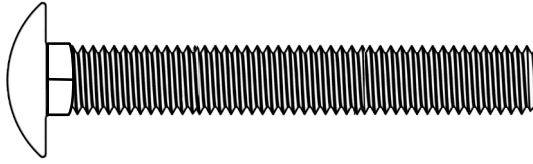
**M10x25
BOLT**



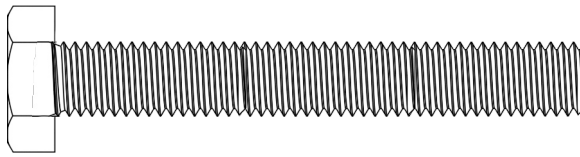
**M10x45
BOLT**



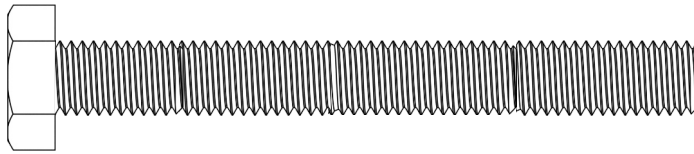
**M10x65
BOLT**



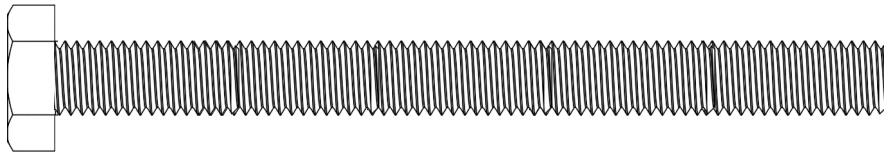
**M10x70
BOLT**



**M10x90
BOLT**



**M10x110
BOLT**

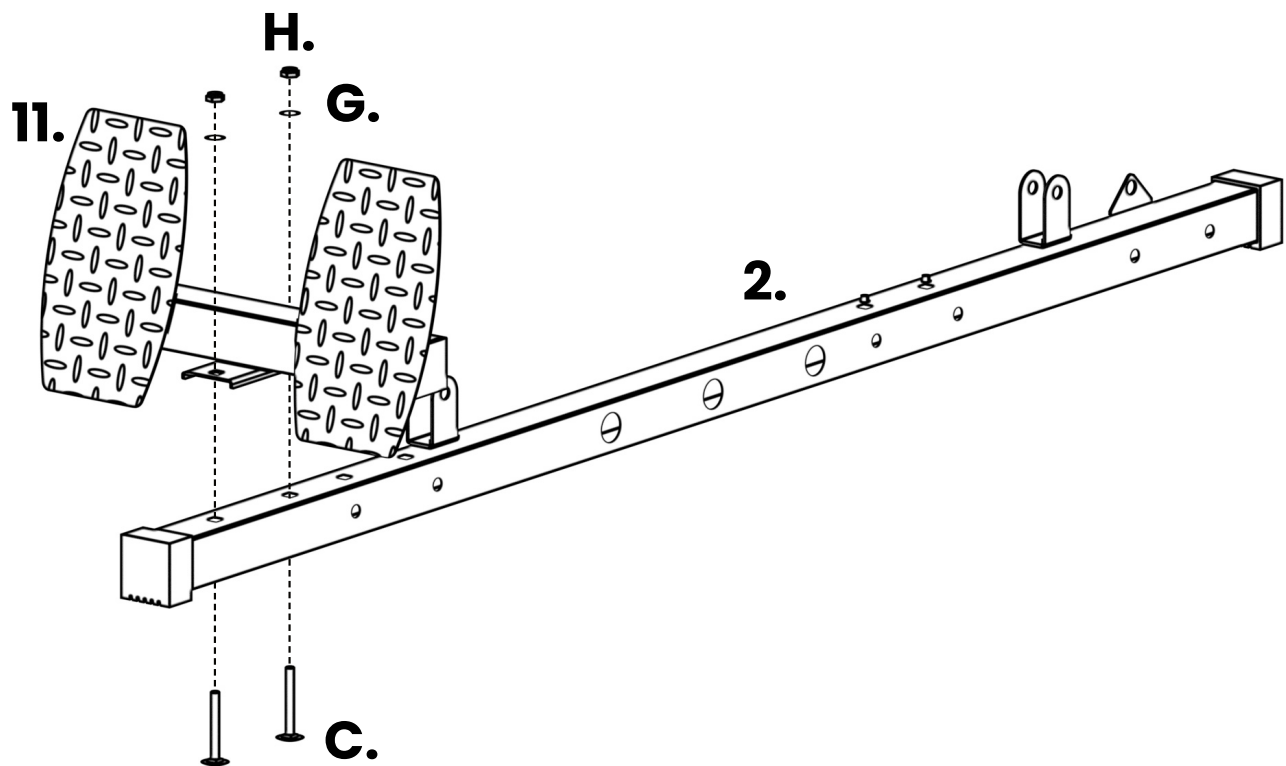


ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
2.	Left Base	1
11.	Step Plate	1
C.	M10x65	2
G.	Washers Ø11	2
H.	M10 Nuts	2



ASSEMBLY

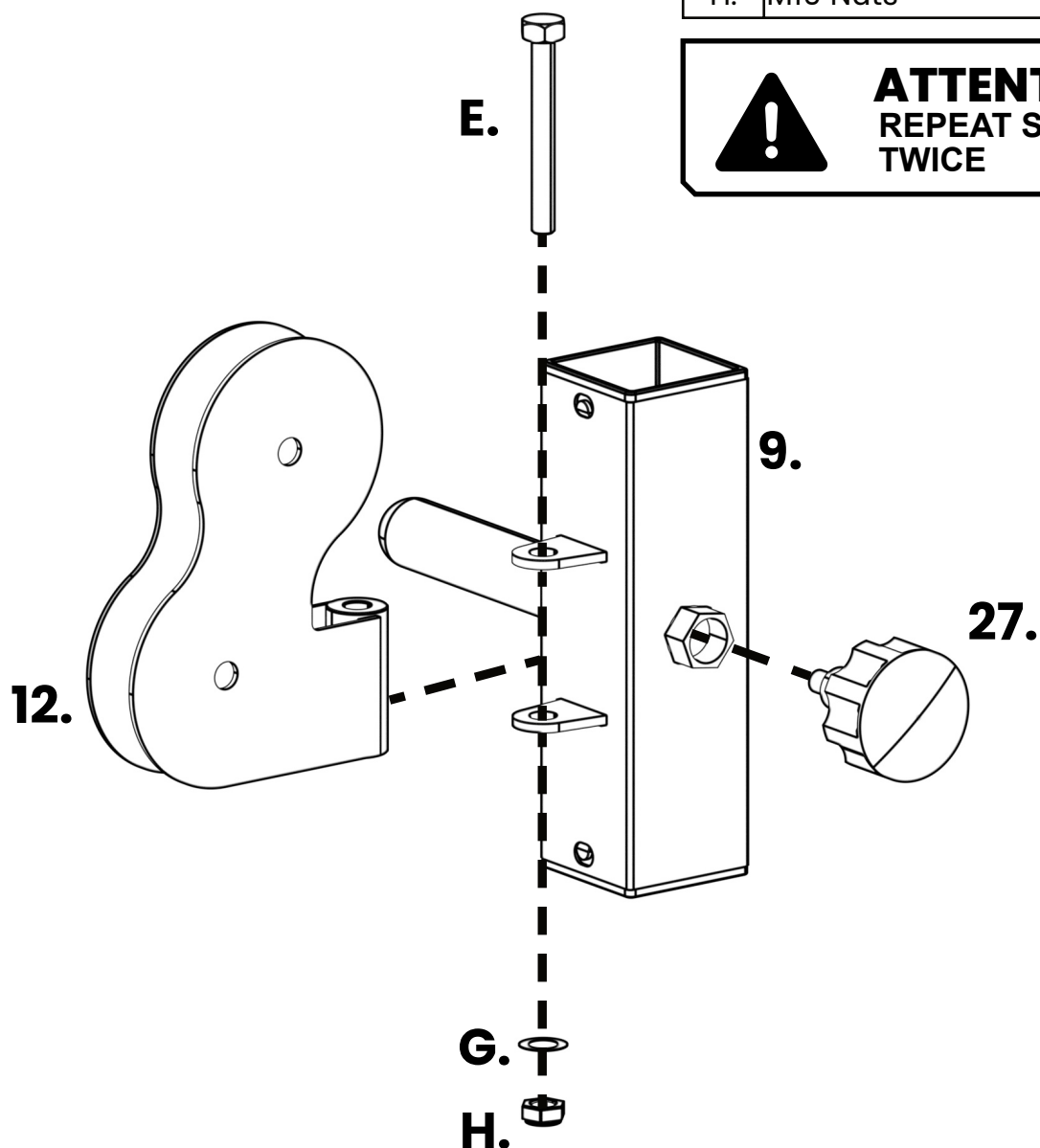
STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
9.	Frame Cover	2
12.	Pulley Container	2
27.	Frame Cover Adjuster	2
E.	M10x90	2
G.	Washers Ø11	2
H.	M10 Nuts	2



ATTENTION
REPEAT STEP 2
TWICE

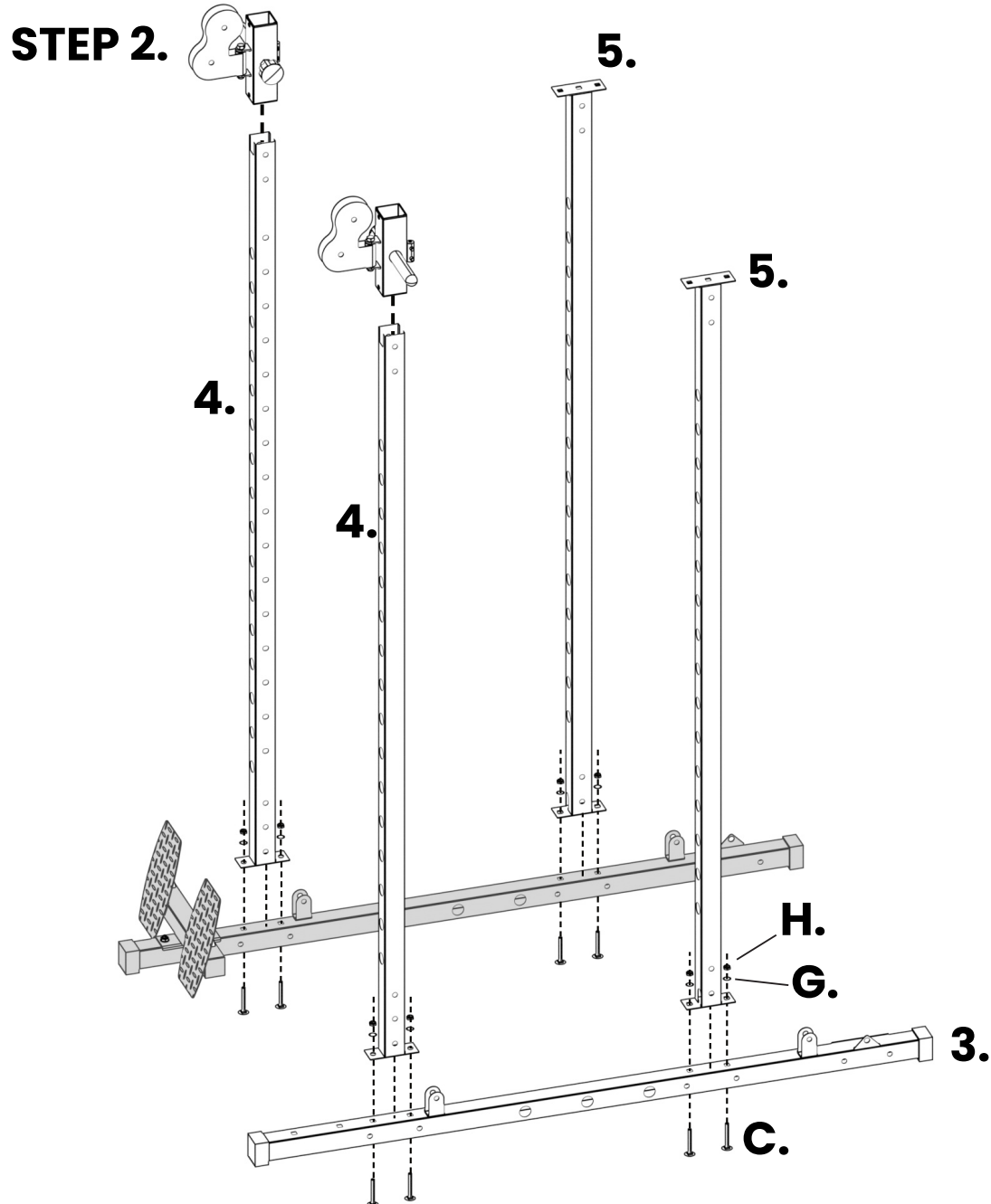


ASSEMBLY

STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
3.	Right Base	1
4.	Front Upright	2
5.	Back Upright	2
C.	M10x65	8
G.	Washers Ø11	8
H.	M10 Nuts	8

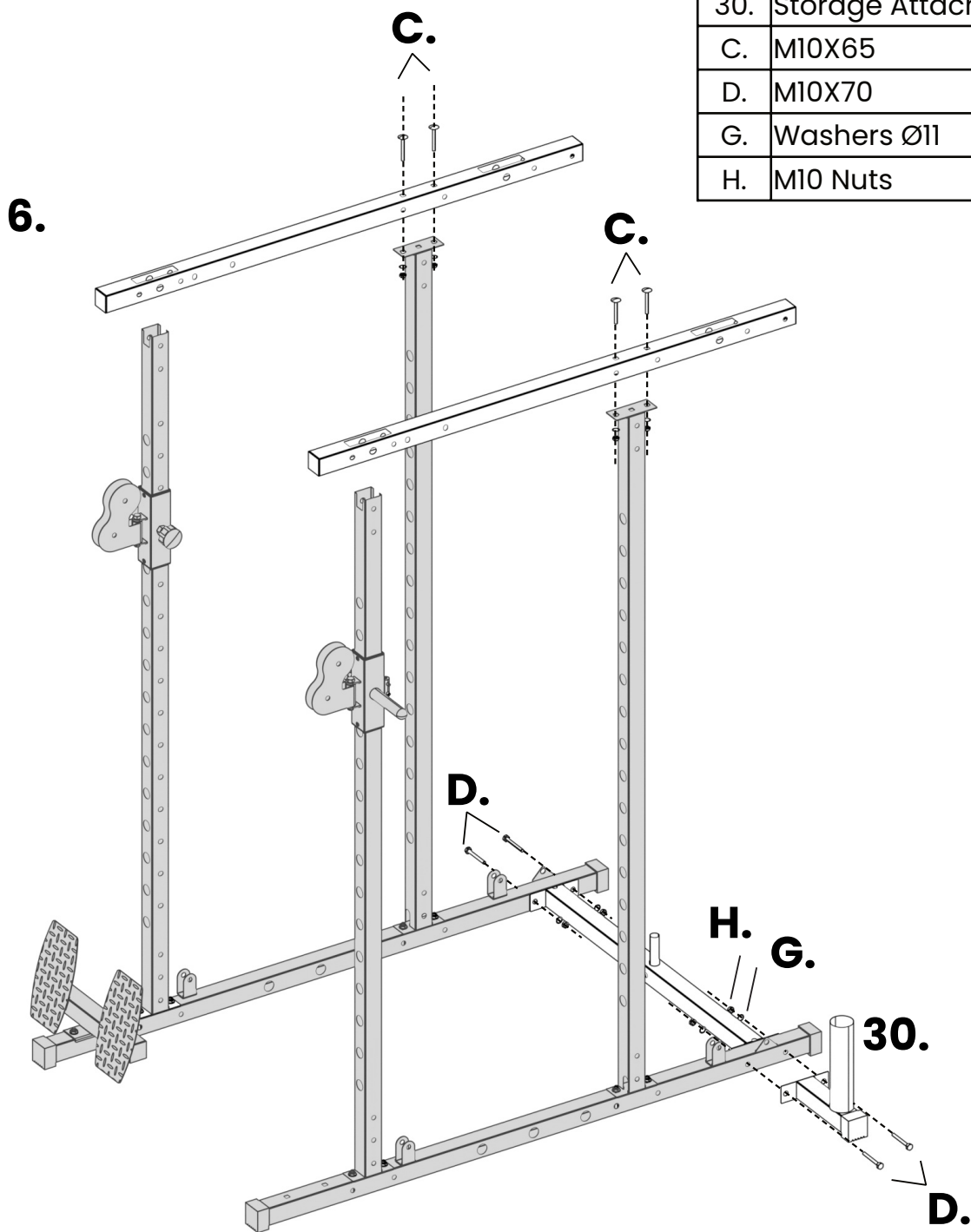


ASSEMBLY

STEP: 4

STEP PART GUIDE

#	PART NAME	QTY
1.	Lower Stabilizer	1
6.	Upper Frame Sides	2
30.	Storage Attachment	1
C.	M10X65	4
D.	M10X70	4
G.	Washers Ø11	8
H.	M10 Nuts	8

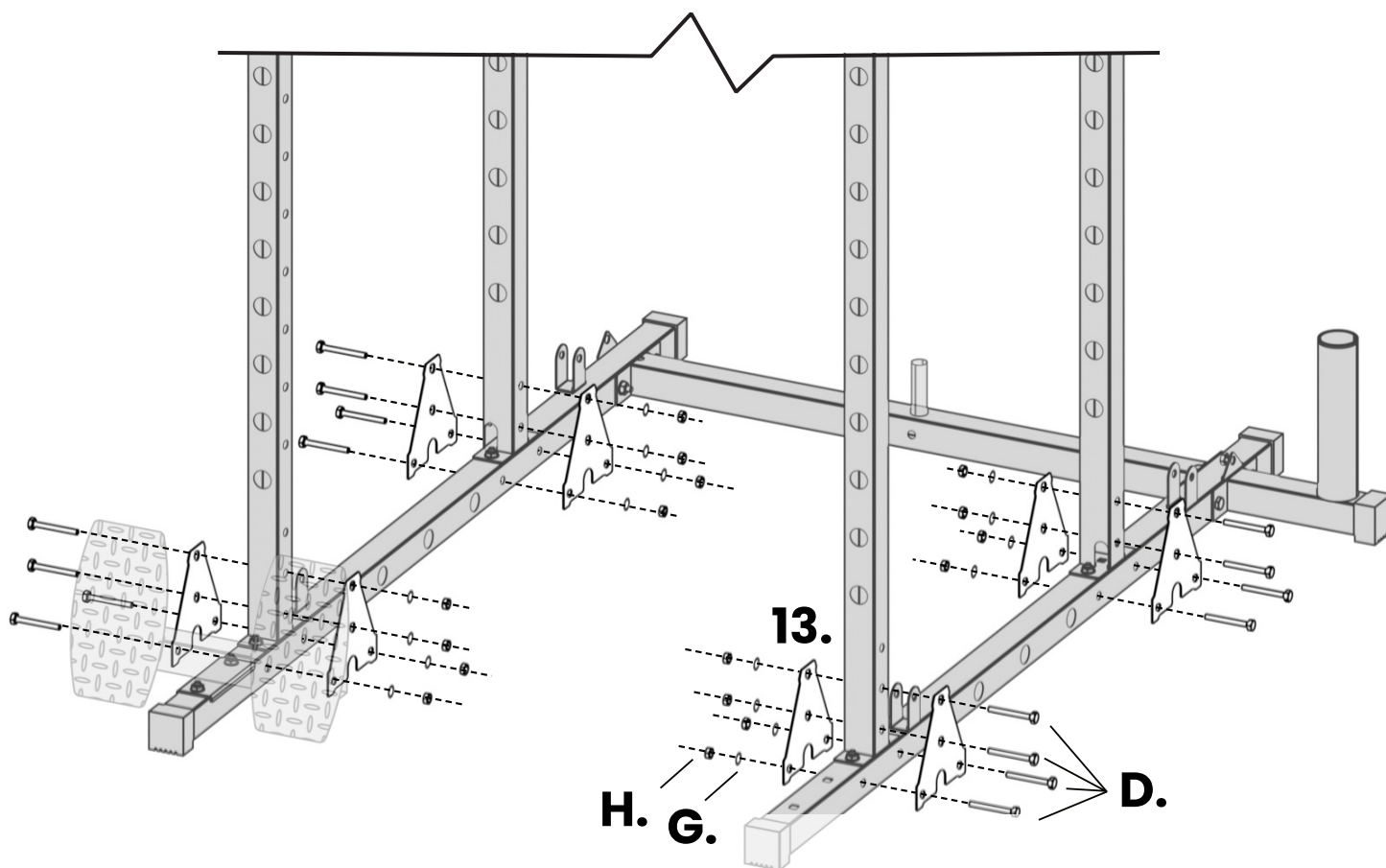


ASSEMBLY

STEP: 5

STEP PART GUIDE

#	PART NAME	QTY
13.	Stabilizer Plate	8
D.	M10X70	16
G.	Washers Ø11	16
H.	M10 Nuts	16

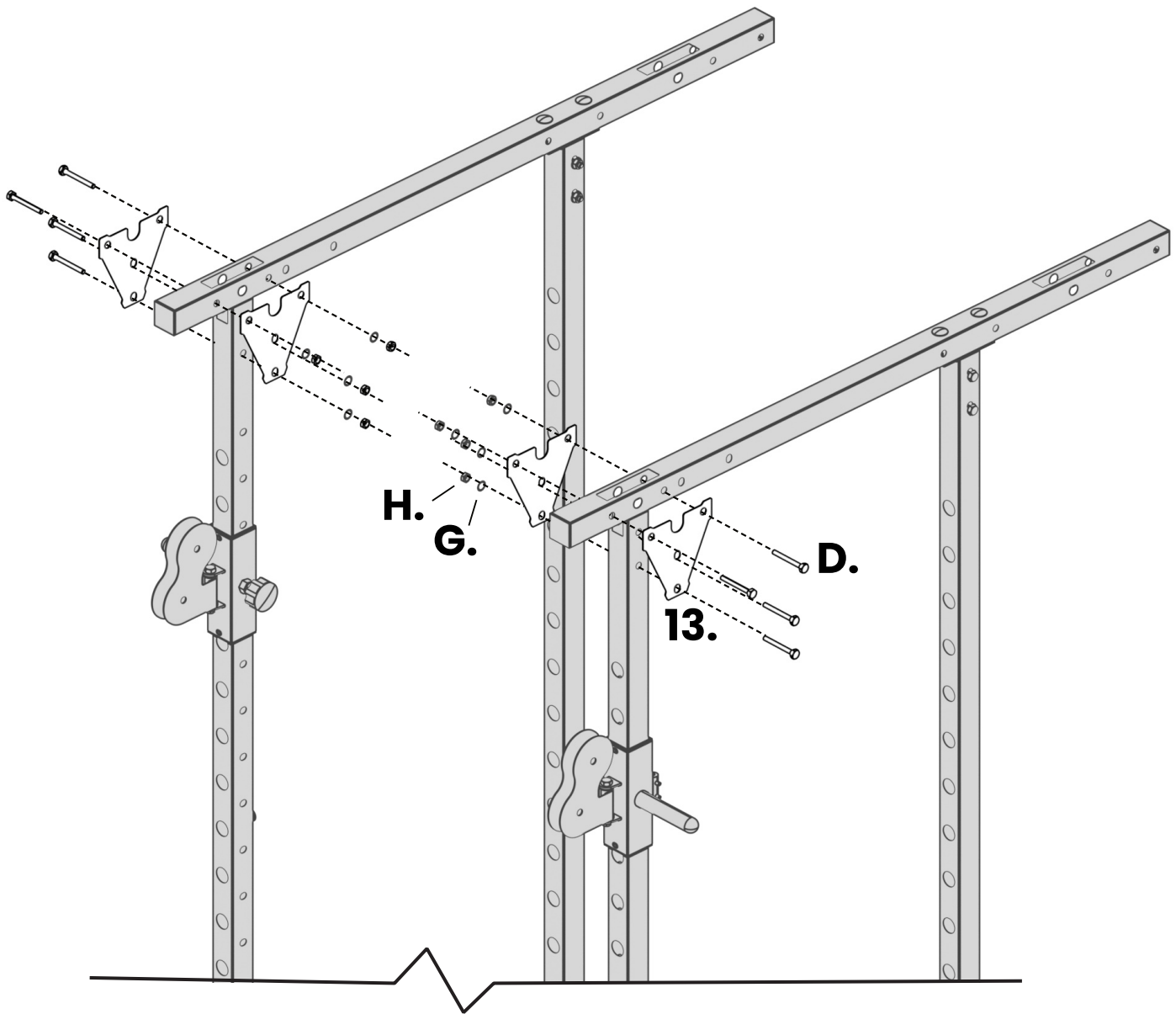


ASSEMBLY

STEP: 6

STEP PART GUIDE

#	PART NAME	QTY
13.	Stabilizer Plate	4
D.	M10X70	8
G.	Washers Ø11	8
H.	M10 Nuts	8

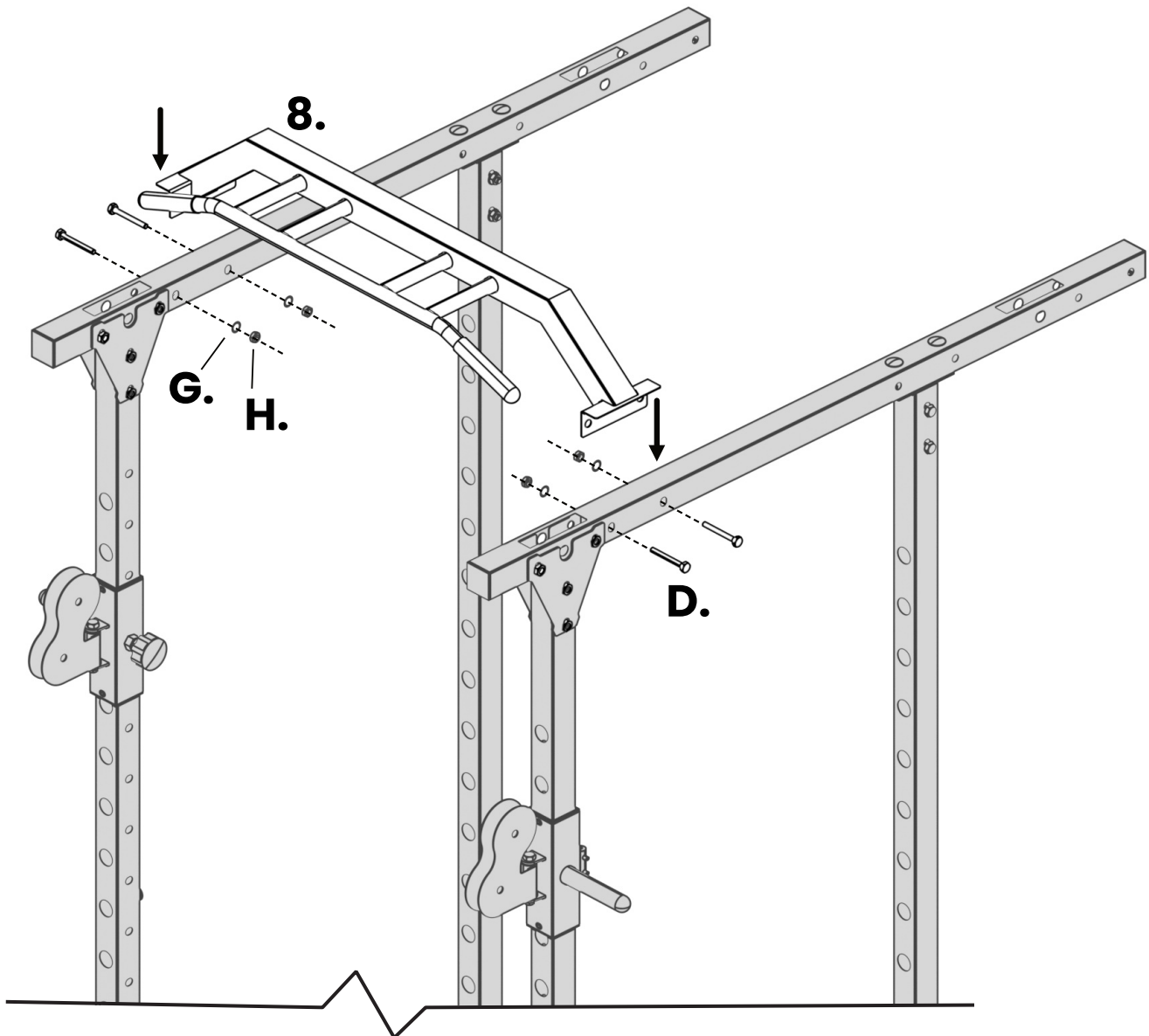


ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
8.	Upper Frame Front	1
D.	M10X70	4
G.	Washers Ø11	4
H.	M10 Nuts	4

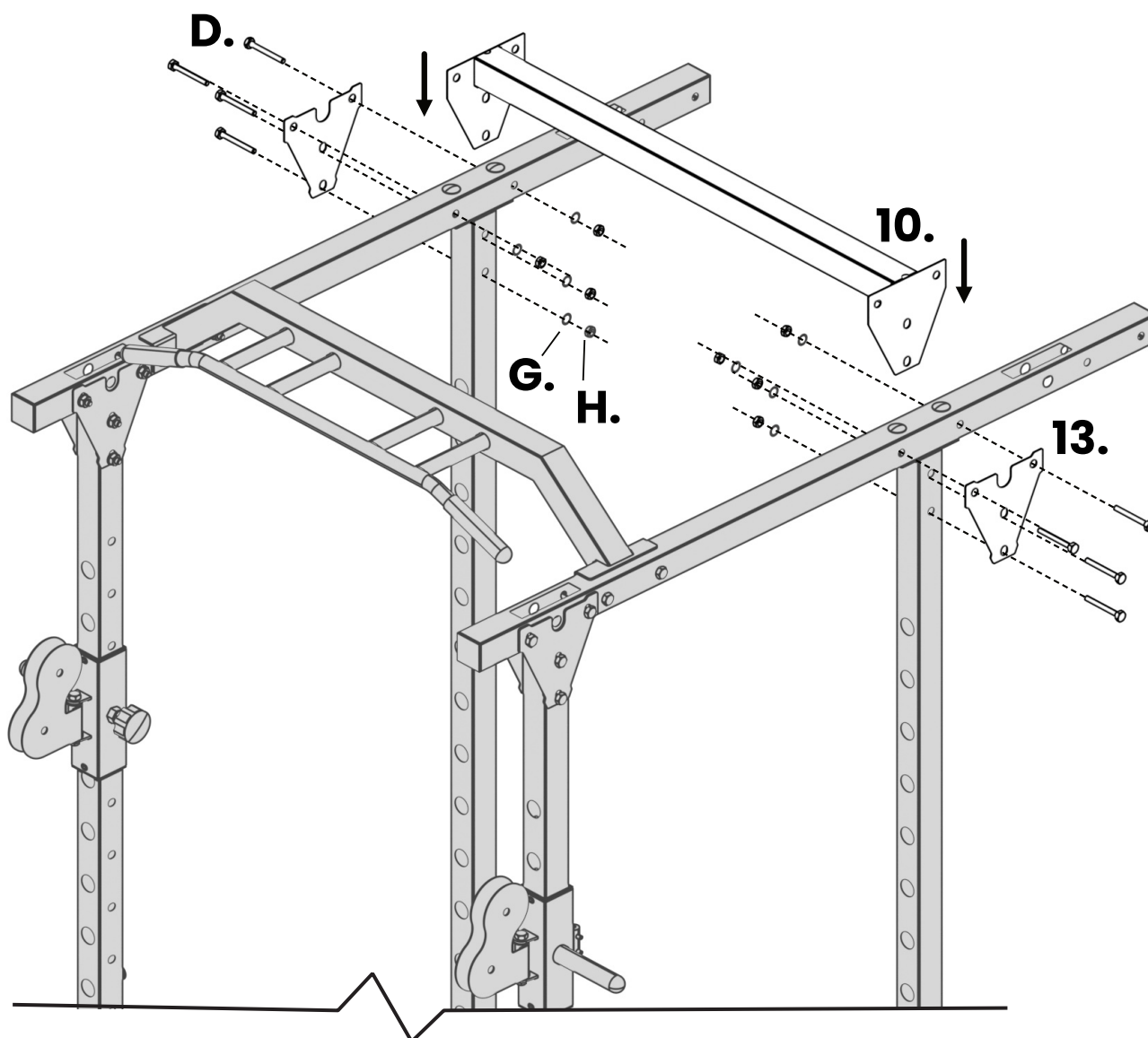


ASSEMBLY

STEP: 8

STEP PART GUIDE

#	PART NAME	QTY
10.	Upper Middle Support	1
13.	Stabilizer Plate	2
D.	M10X70	8
G.	Washers Ø11	8
H.	M10 Nuts	8

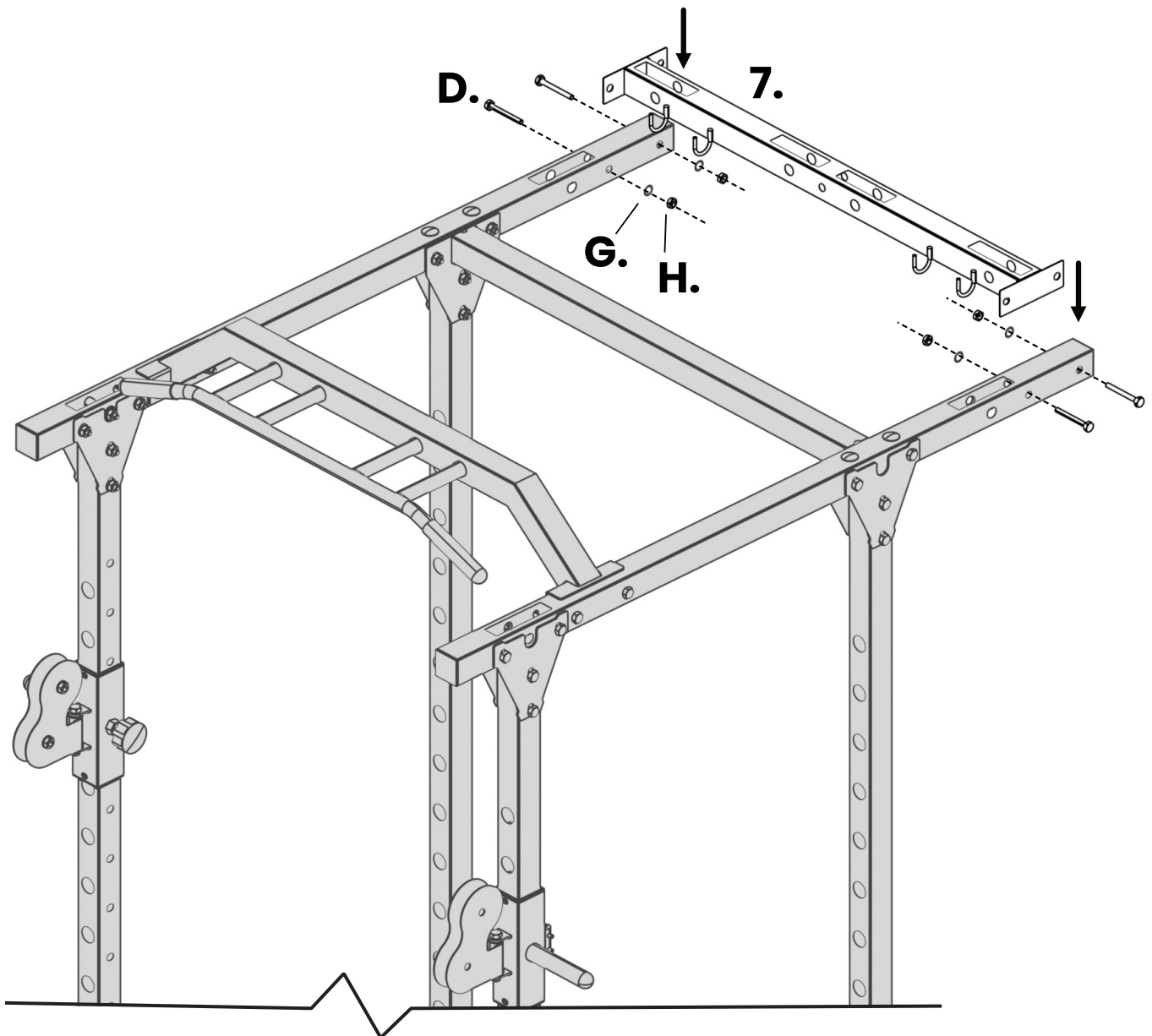


ASSEMBLY

STEP: 9

STEP PART GUIDE

#	PART NAME	QTY
7.	Upper Frame Back	1
D.	M10X70	4
G.	Washers Ø11	4
H.	M10 Nuts	4

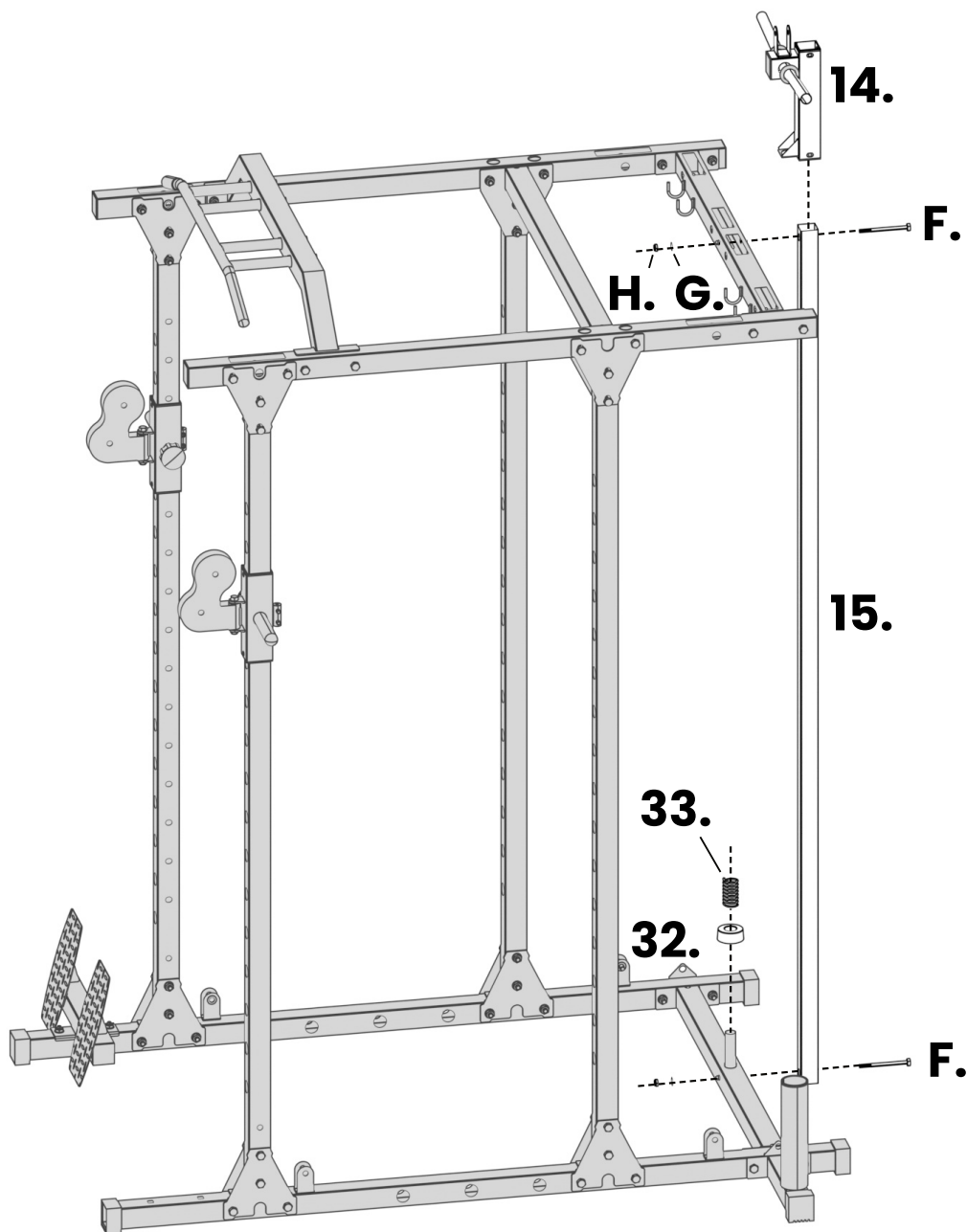


ASSEMBLY

STEP: 10

STEP PART GUIDE

#	PART NAME	QTY
14.	Plate Stack Bar	1
15.	Slider Bar	1
32.	Rubber Stopper	1
33.	Spring	1
F.	M10X110	2
G.	Washers Ø11	2
H.	M10 Nuts	2



ASSEMBLY

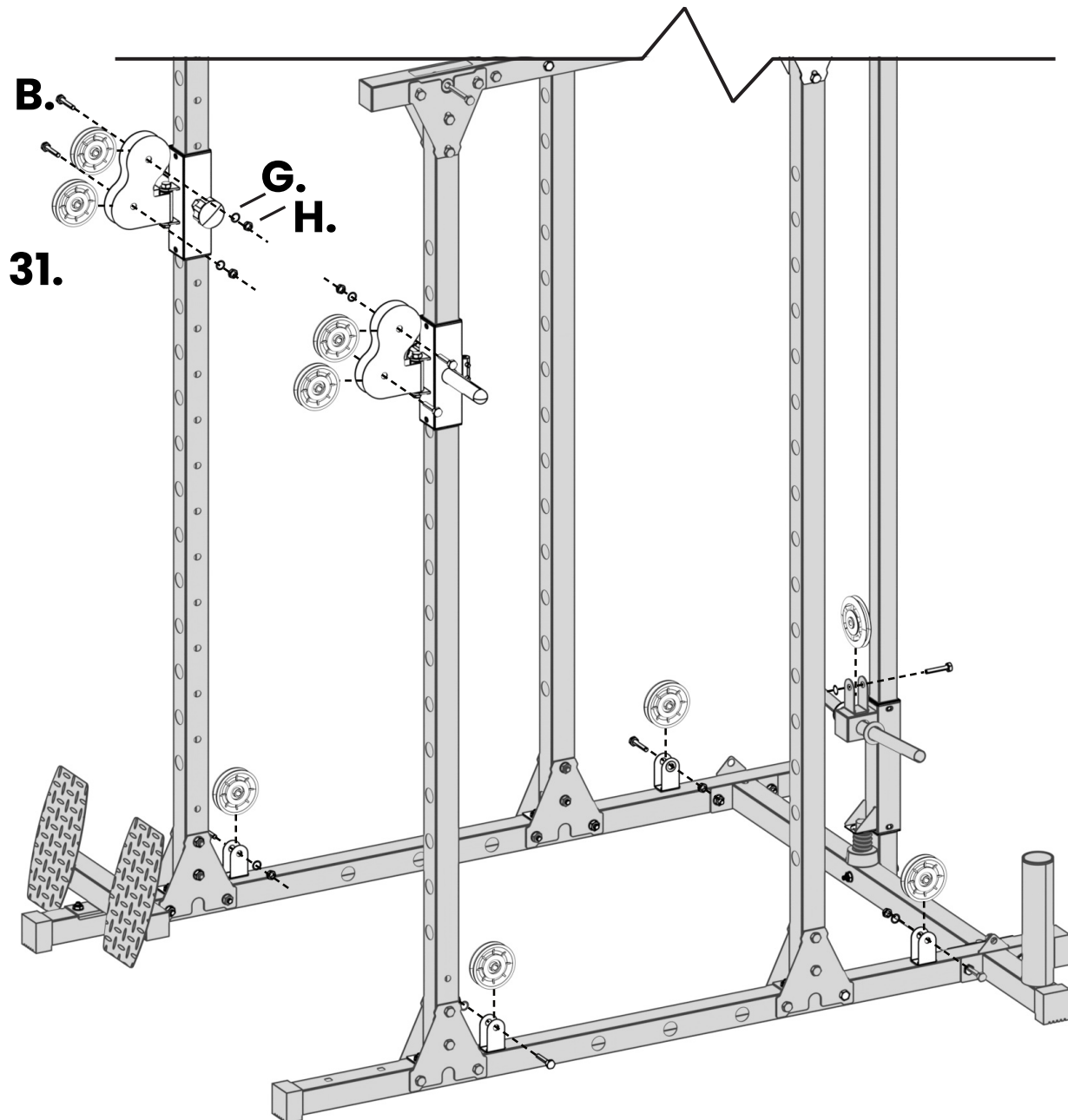
STEP: 11

ASSEMBLY

STEP: 11

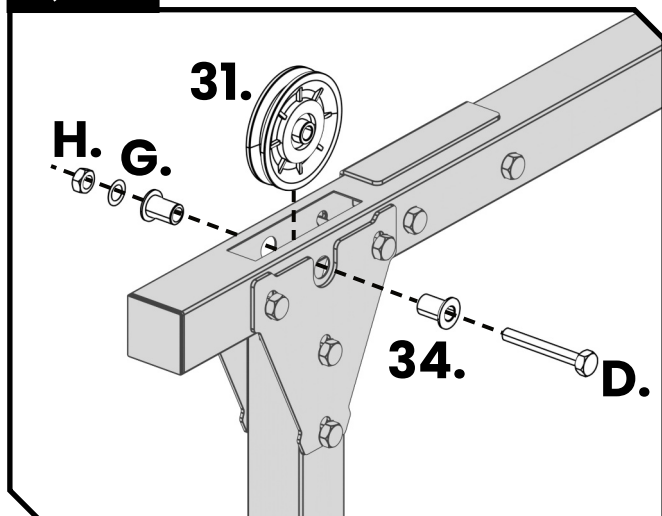
STEP PART GUIDE

#	PART NAME	QTY
31.	Pulley	9
B.	M10X45	9
G.	Washers Ø11	9
H.	M10 Nuts	9



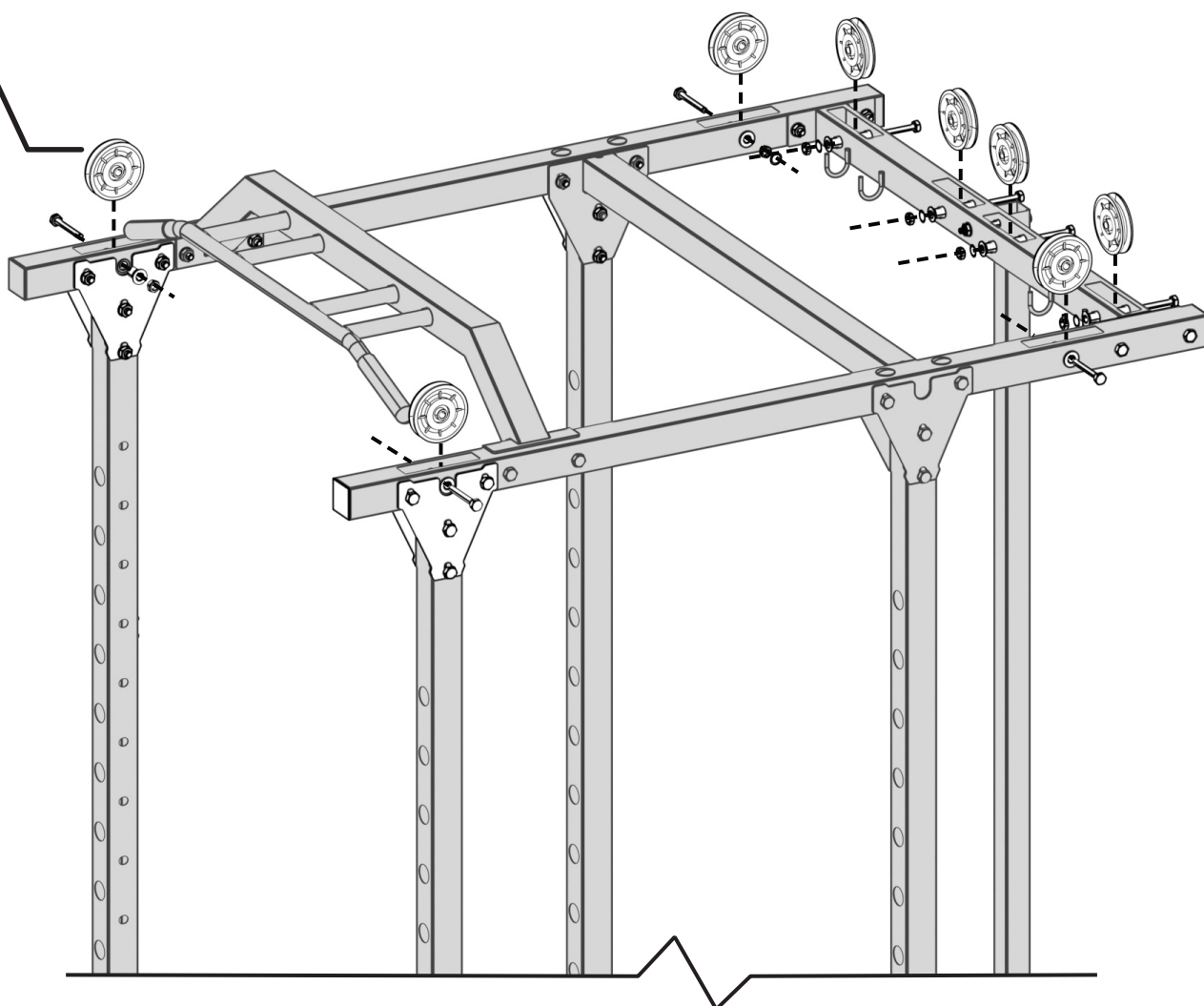
ASSEMBLY

STEP: 12



STEP PART GUIDE

#	PART NAME	QTY
31.	Pulley	8
34.	Pulley Insert	16
D.	M10X70	8
G.	Washers Ø11	8
H.	M10 Nuts	8



ASSEMBLY

STEP: 13

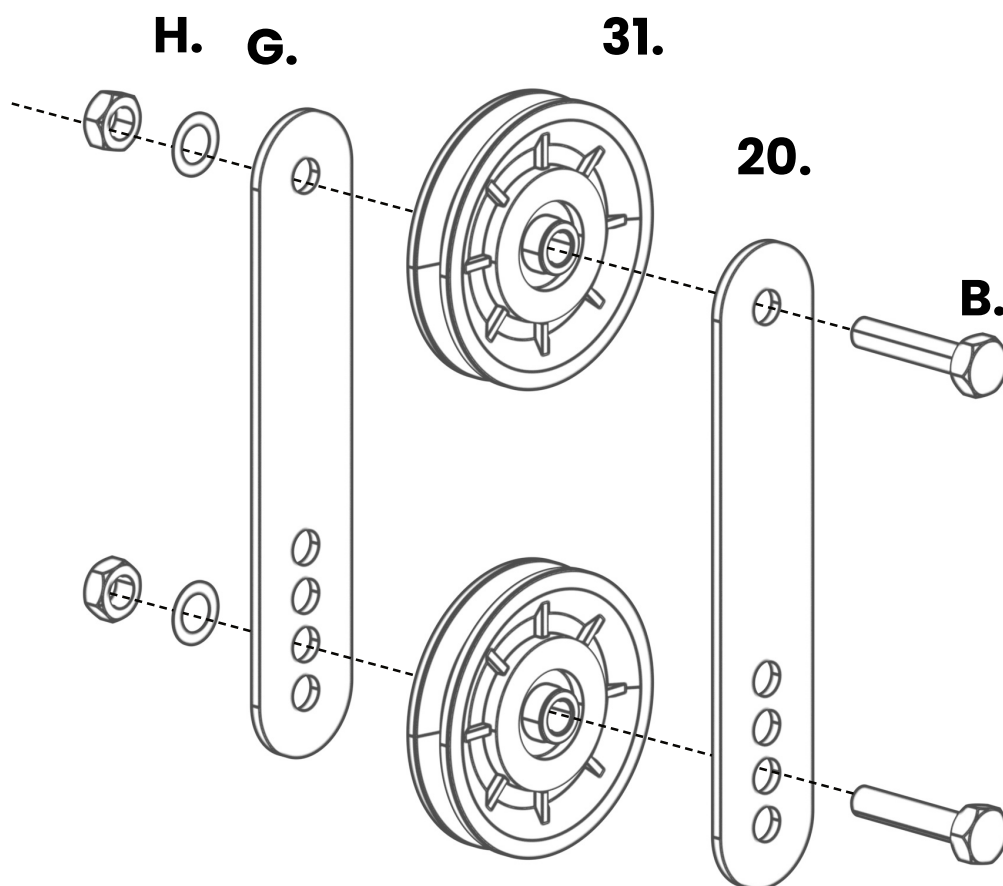


ATTENTION

REPEAT STEP 13
TWICE

STEP PART GUIDE

#	PART NAME	QTY
20.	Adjustable Pulley Plate	4
31.	Pulley	4
B.	M10X45	4
G.	Washers Ø11	4
H.	M10 Nuts	4

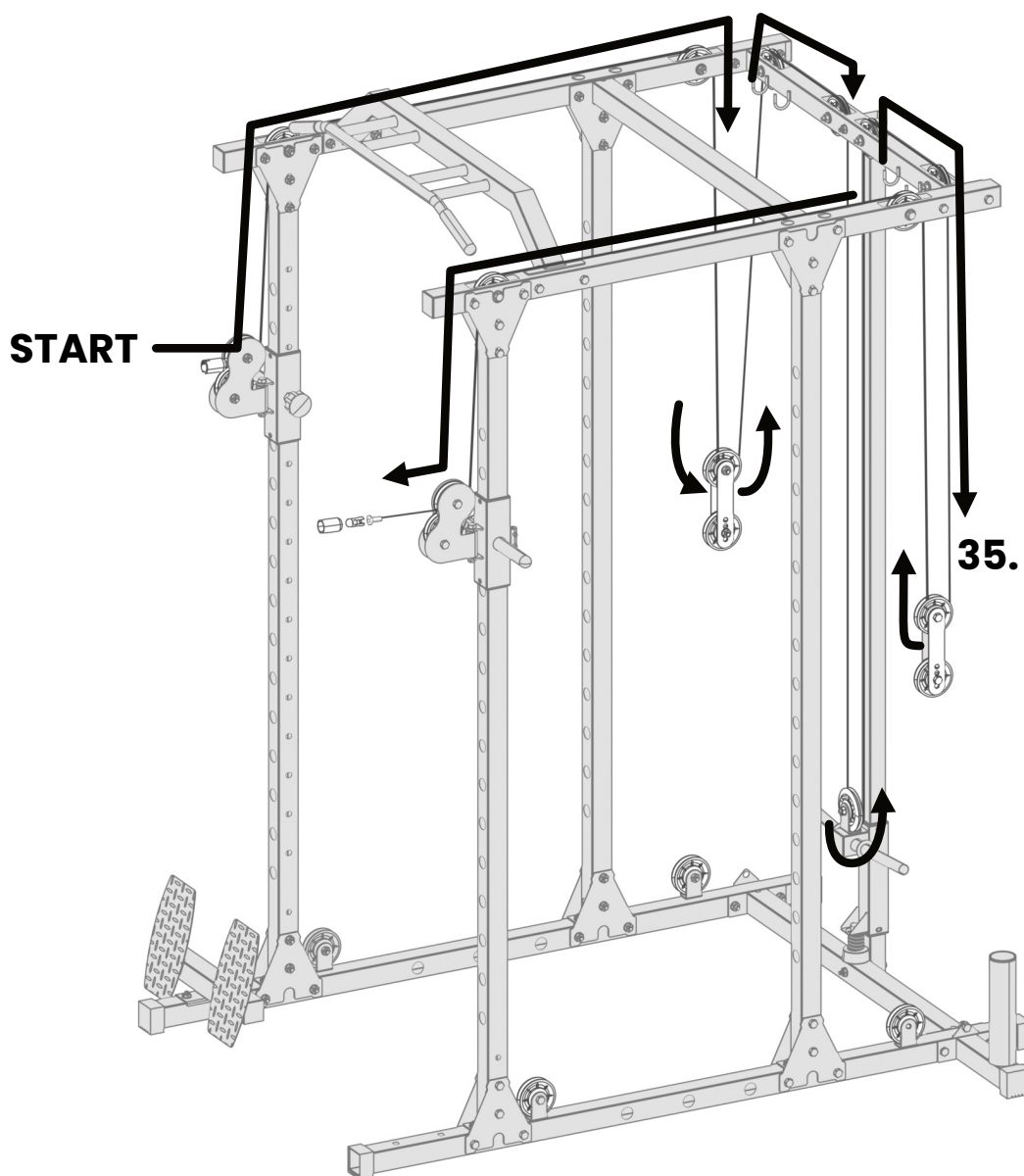


ASSEMBLY

STEP: 14

STEP PART GUIDE

#	PART NAME	QTY
35.	Cable A	1



- A.** Loop Cable A between the left most Pulleys. Feed the cable up and across the left side.
- B.** Bring Cable A down, add the part from step 13, and bring Cable A back up.
- C.** Thread Cable A down the first pulley on the back of the frame, around the bottom pulley attached to the slider bar, then back up and across the back of the cage.
- D.** Bring Cable A down, add the other part from step 13, and bring Cable A back up.
- E.** Lead Cable A across the cage, and through the final pulley container to match step A.



ASSEMBLY

STEP: 15

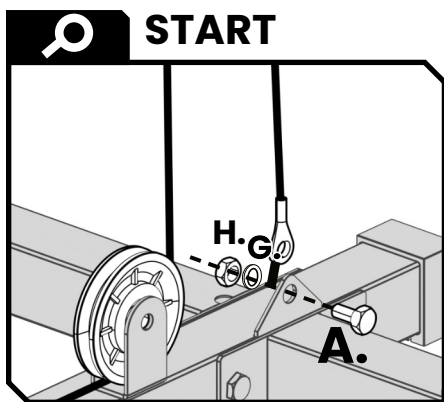
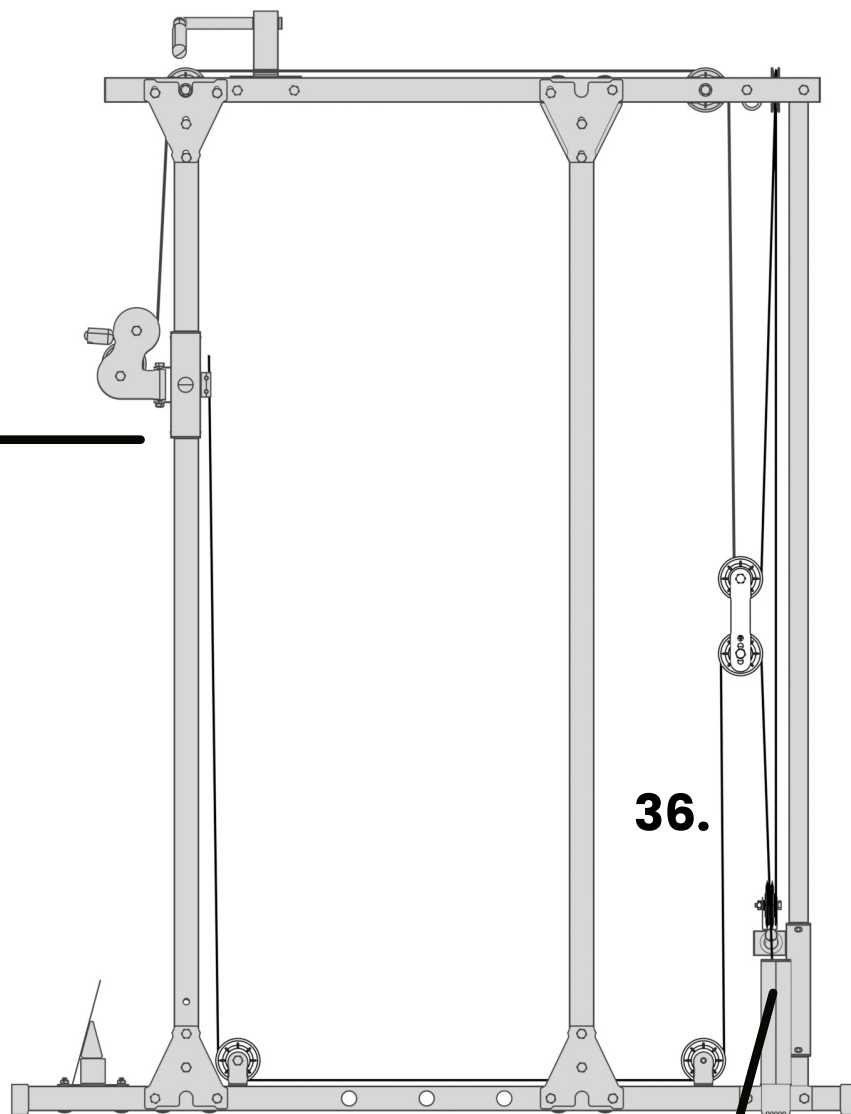
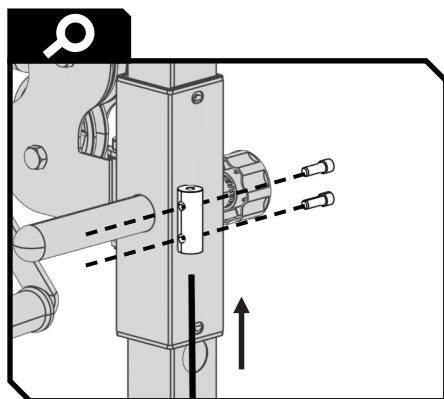


ATTENTION

REPEAT STEPS 15
FOR THE BOTH SIDES

STEP PART GUIDE

#	PART NAME	QTY
36.	Cable B	2
A.	M10X25	2
G.	M10 Washer	2
H.	M10 Nuts	2

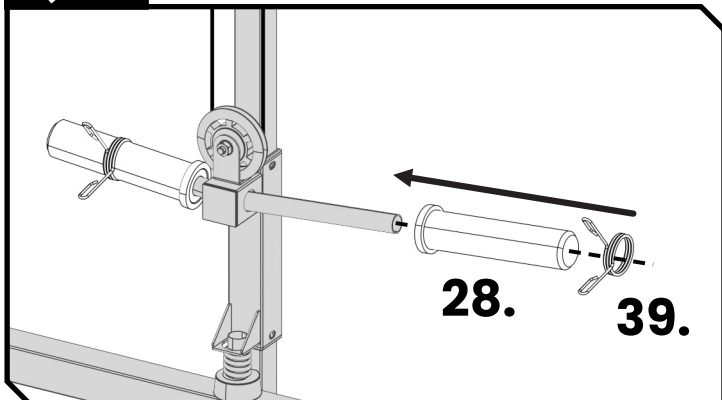


ASSEMBLY

STEP: 16

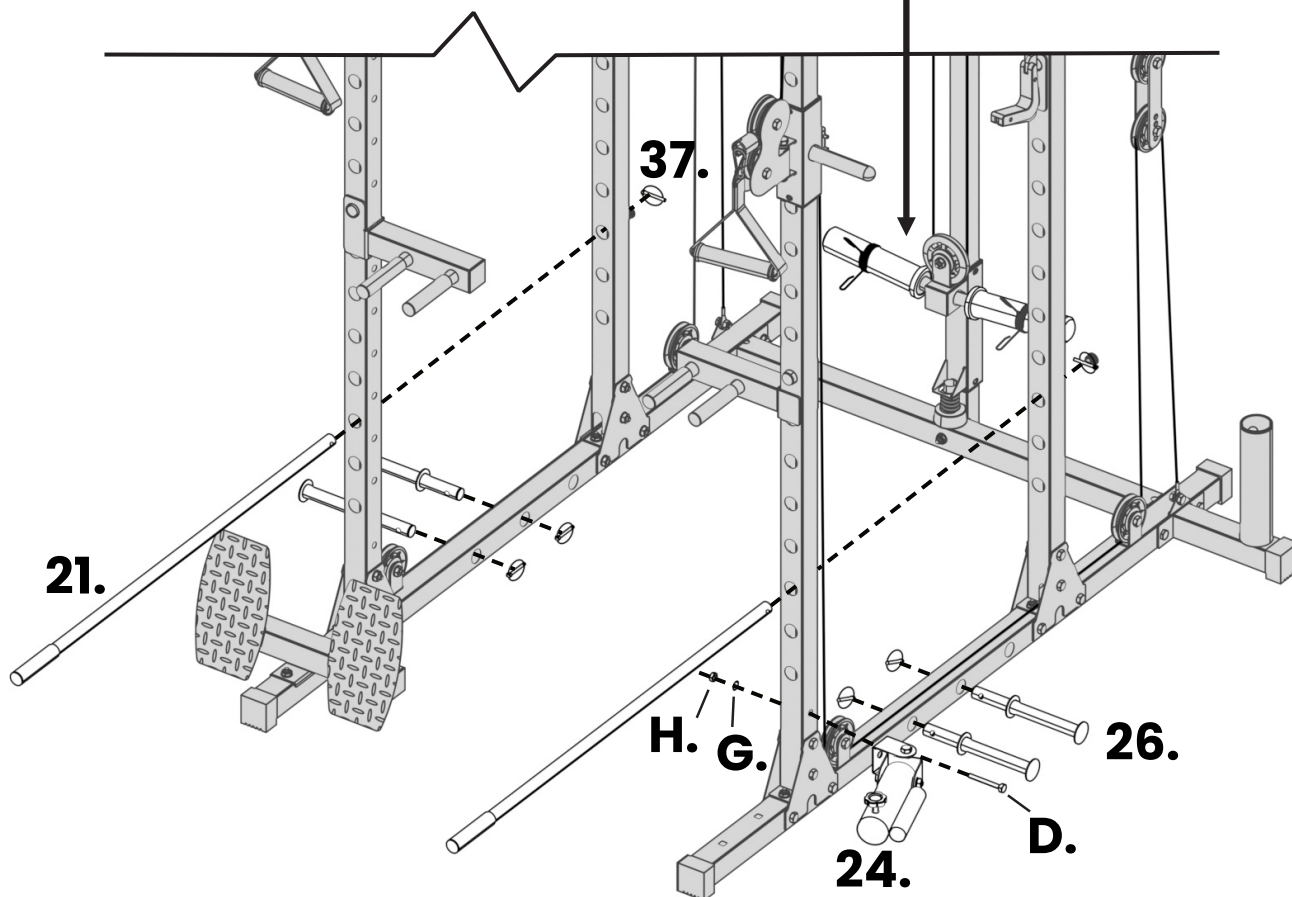


Tighten sleeves with Allen Key



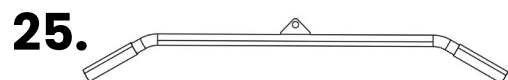
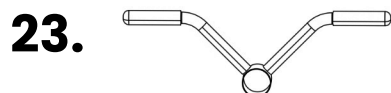
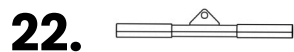
STEP PART GUIDE

#	PART NAME	QTY
21.	Safety Bar	2
24.	Landmine Attachment	1
26.	Resistance Band Pegs	4
28.	Sleeve	2
37.	Pin Lock	6
39.	2" Spring Collar	2
D.	M10X70 (in landmine)	1
G.	Washers Ø11	1
H.	M10 Nuts	1



ASSEMBLY

STEP: 17



STEP PART GUIDE

#	PART NAME	QTY
16.	Left J-cup	1
17.	Right J-cup	1
18.	Left Dip Handle	1
19.	Right Dip Handle	1
22.	Straight Bar Attachment	1
23.	Lat Bar Attachment	1
25.	V-Bar Attachment	1
29.	Handle	2
38.	Carabiner	2

