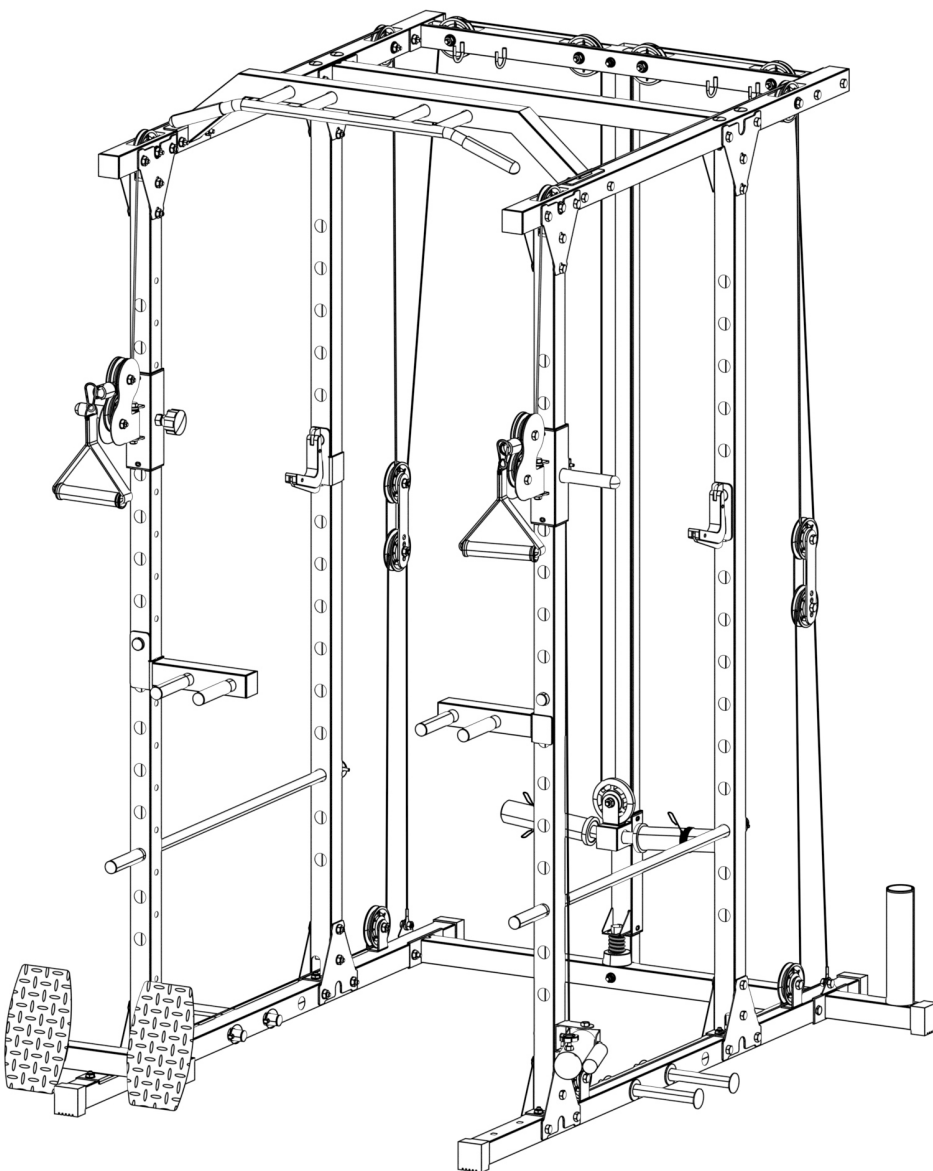


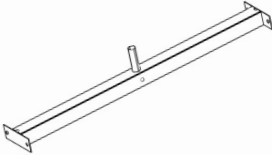
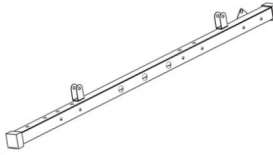
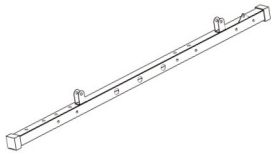
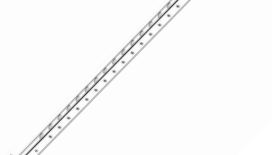
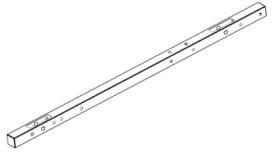
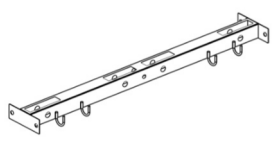
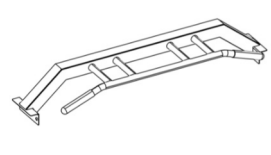
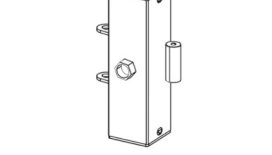
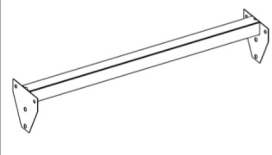
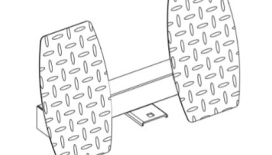
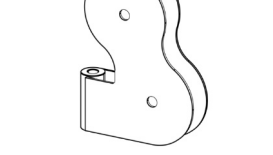
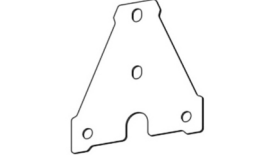
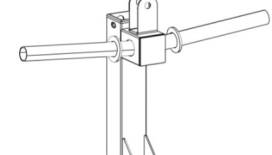
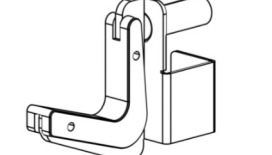
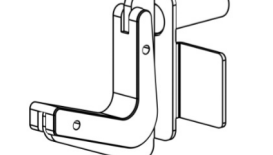
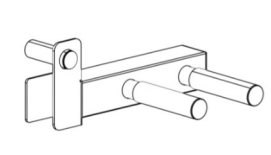
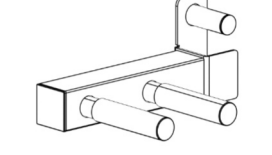
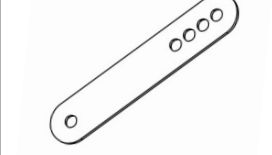
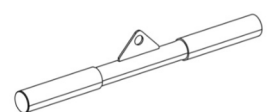
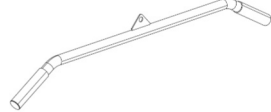
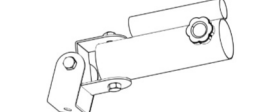
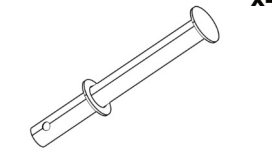
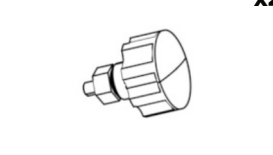
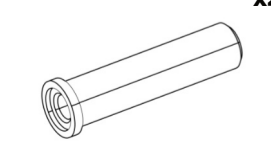
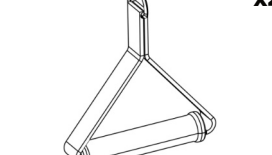
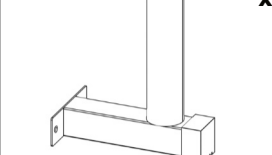


POWER RACK WITH CABLE CROSSOVER



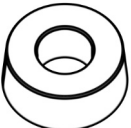
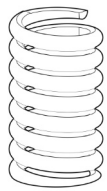
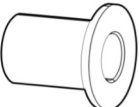
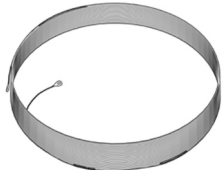
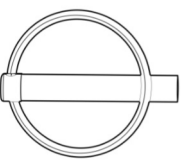
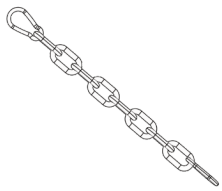
PARTS LIST

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

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

PARTS LIST

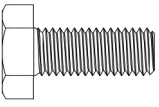
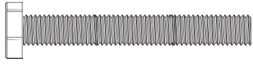
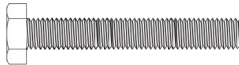
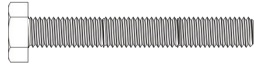
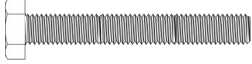
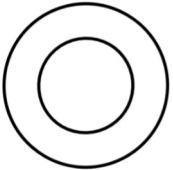
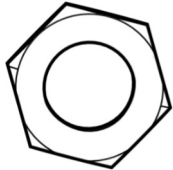
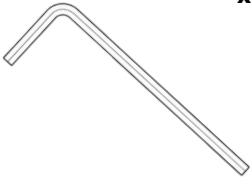
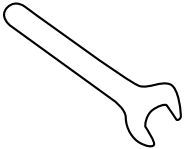
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
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31. QTY x21  PULLEY WHEEL	32. QTY x1  RUBBER STOPPER	33. QTY x1  SPRING	34. QTY x16  PULLEY INSERT	35. QTY x1  CABLE A
36. QTY x2  CABLE B	37. QTY x6  PIN LOCK	38. QTY x2  CARABINER	39. QTY x2  2" SPRING COLLAR	40. QTY x1  CHAIN



PARTS LIST

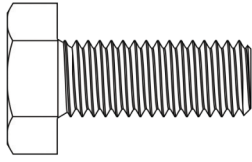
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HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

A.  M10X25	B.  M10X45	C.  M10X65	D.  M10X70	E.  M10X90
F.  M10X110	G.  WASHERS Ø11	H.  M10 NUTS	I.  #3 ALLEN KEY	J.  #4 ALLEN KEY
K.  #6 ALLEN KEY	L.  #17 WRENCH			

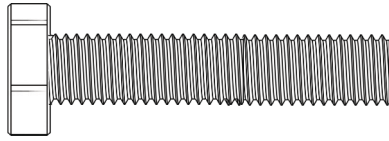


HARDWARE SIZING CHART

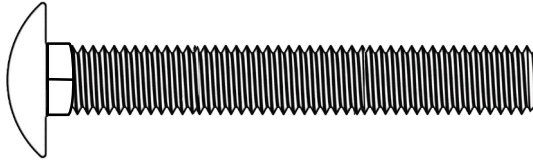
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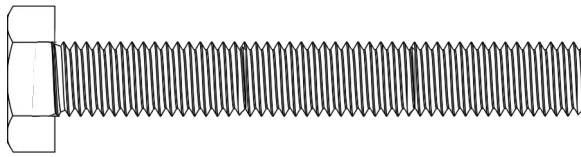
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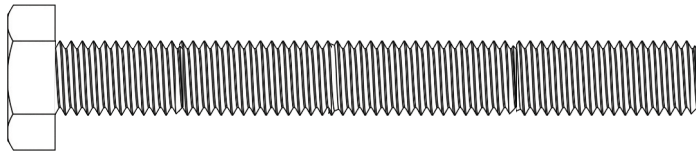
**M10x65
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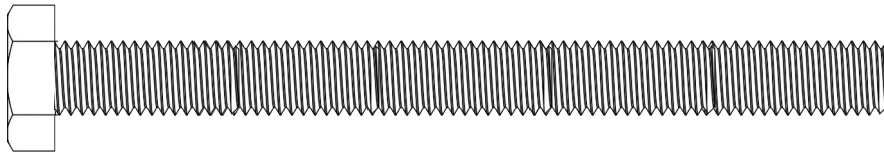
**M10x70
BOLT**



**M10x90
BOLT**



**M10x110
BOLT**

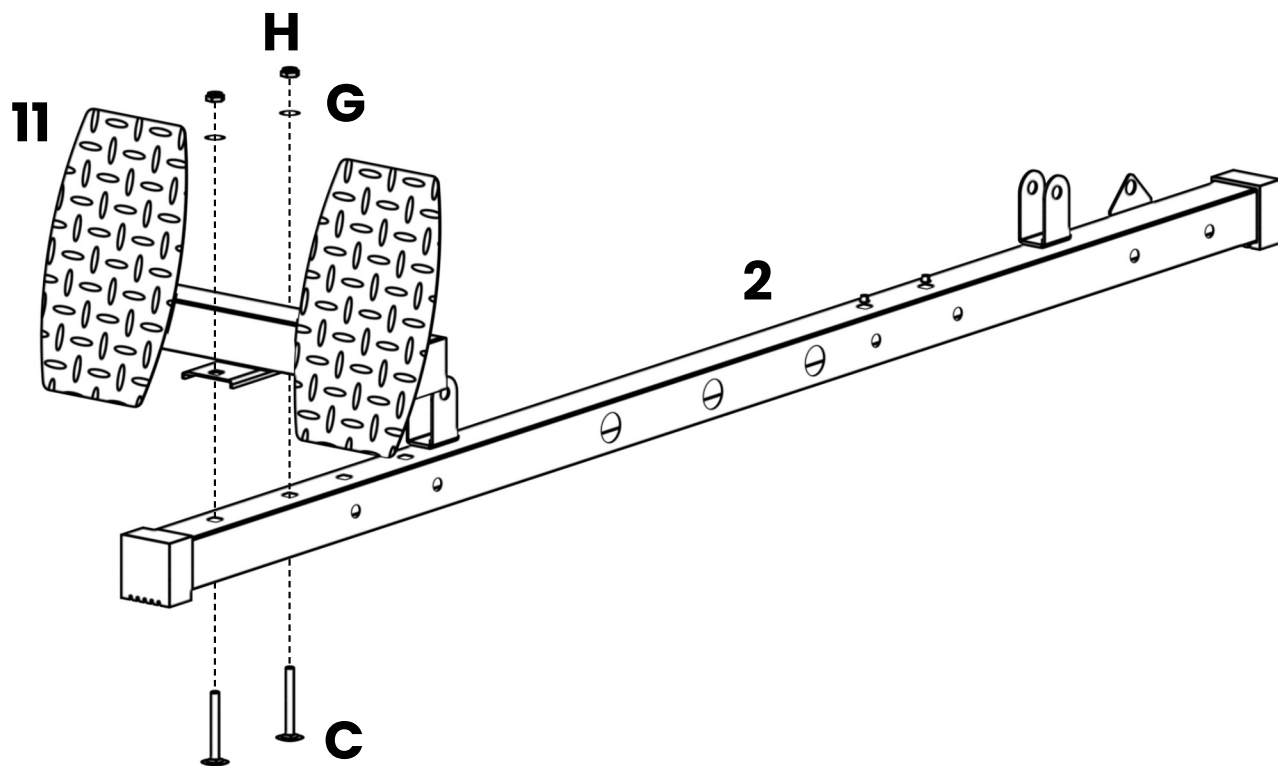


ASSEMBLY

STEP: 1

STEP PART GUIDE

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



ASSEMBLY

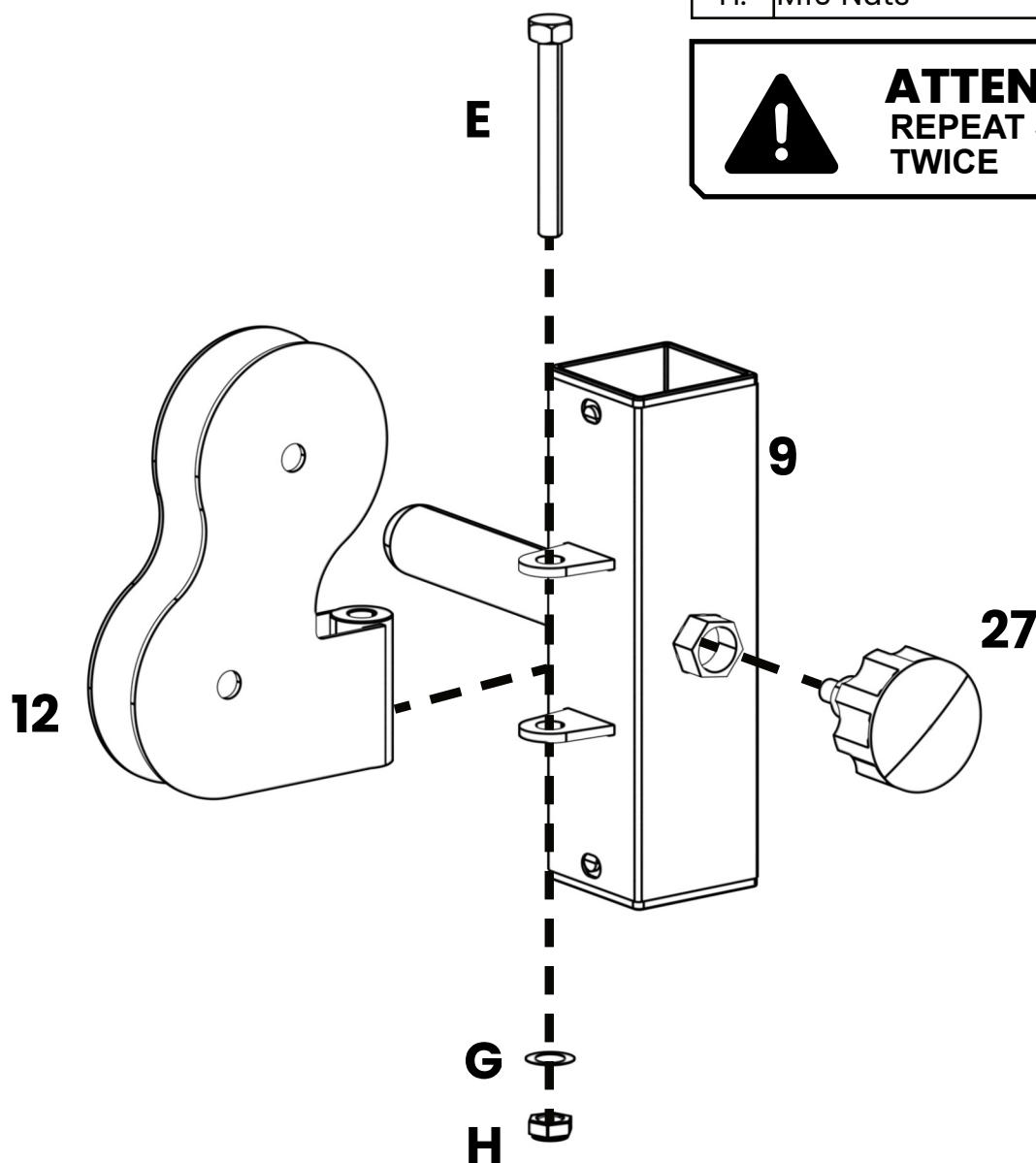
STEP: 2

STEP PART GUIDE

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



ATTENTION
REPEAT STEP 2
TWICE

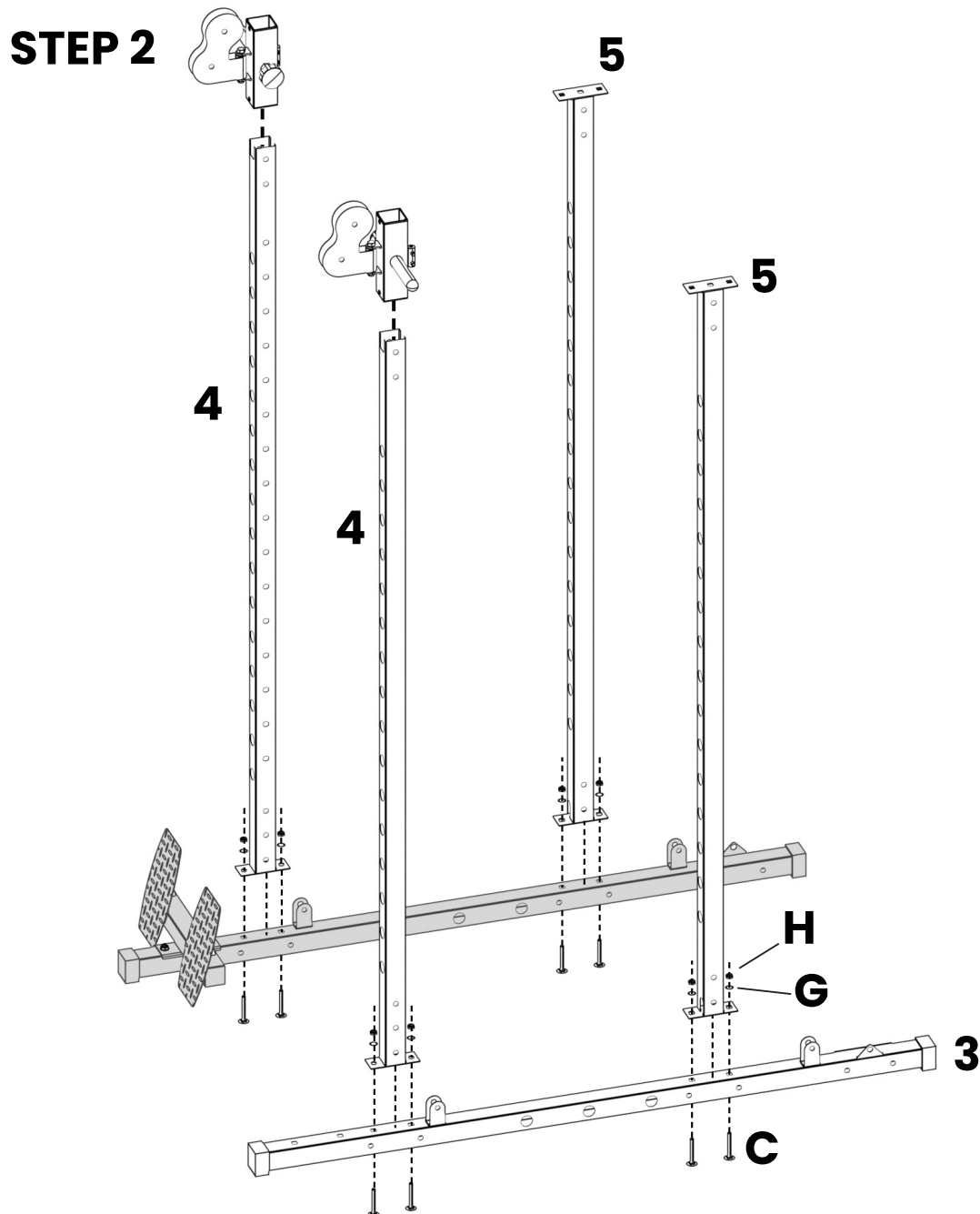


ASSEMBLY

STEP: 3

STEP PART GUIDE

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

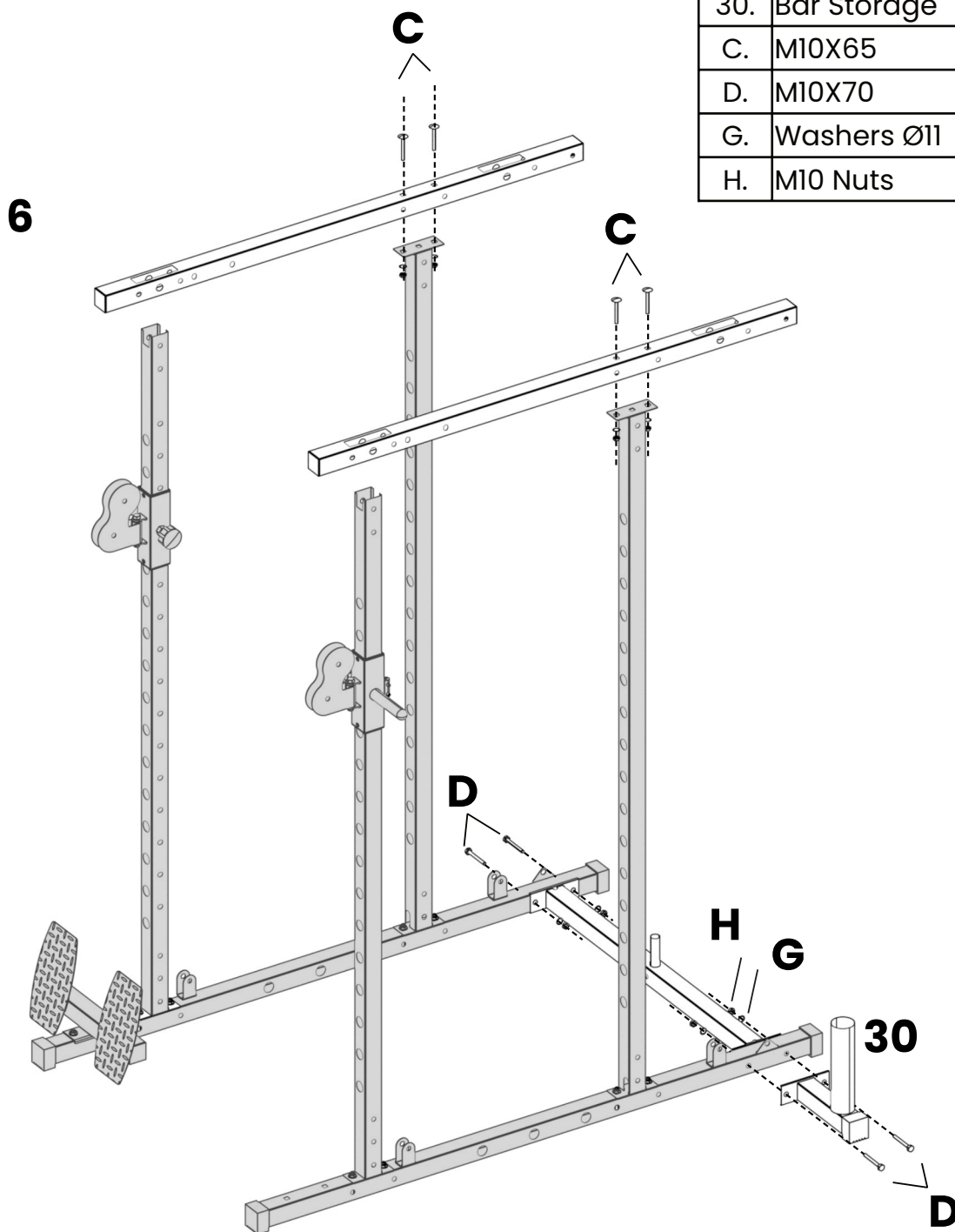


ASSEMBLY

STEP: 4

STEP PART GUIDE

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

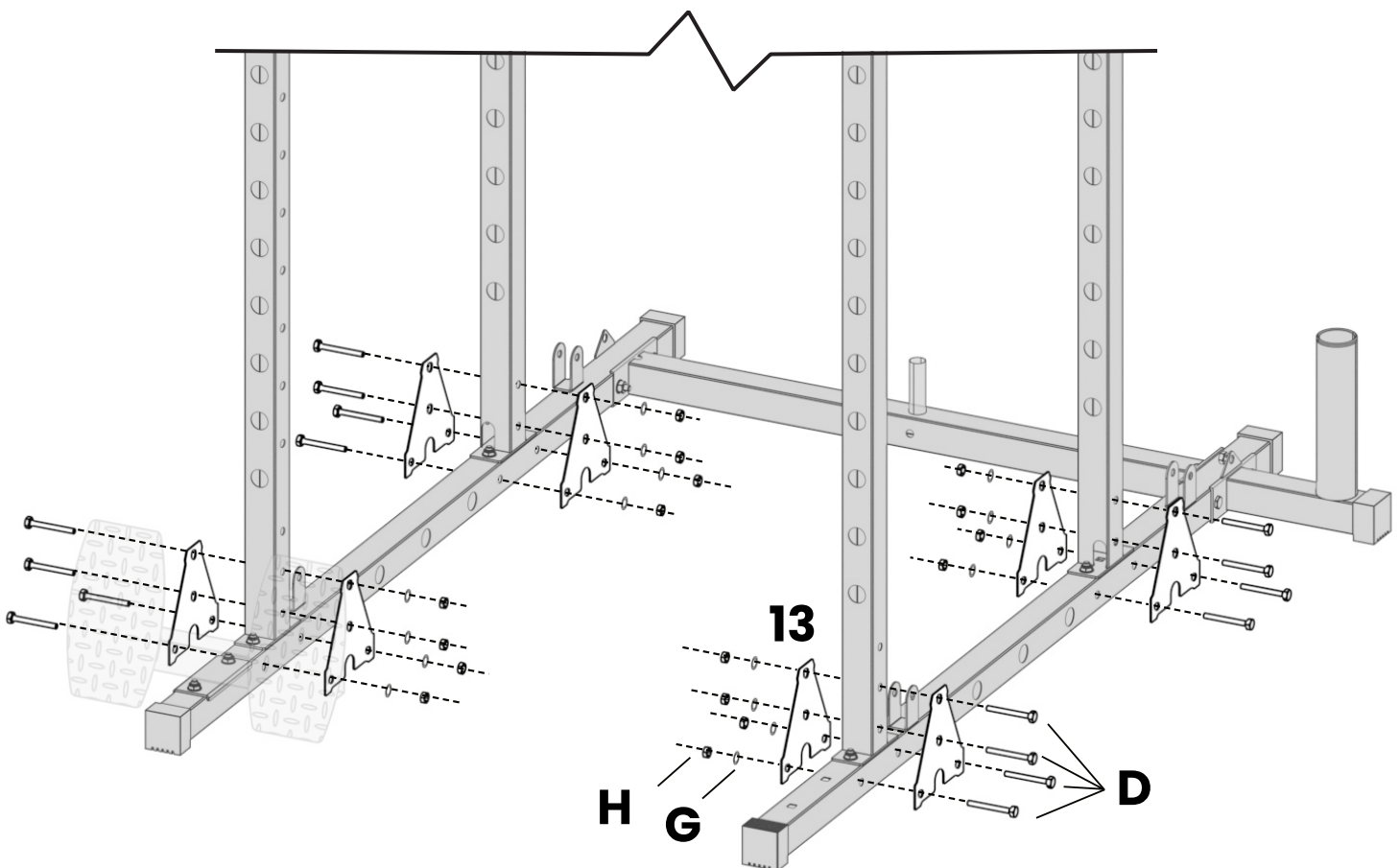


ASSEMBLY

STEP: 5

STEP PART GUIDE

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

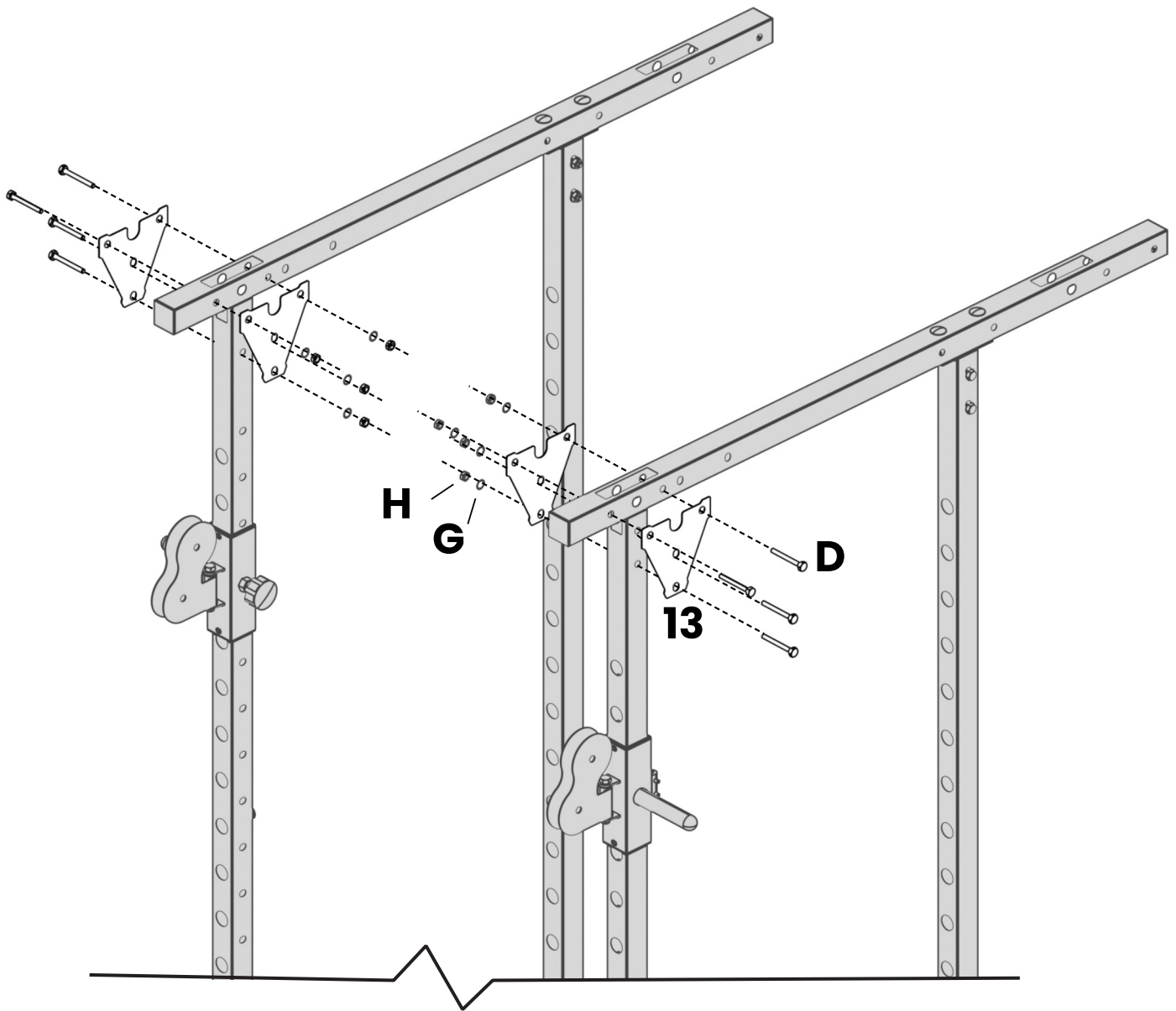


ASSEMBLY

STEP: 6

STEP PART GUIDE

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

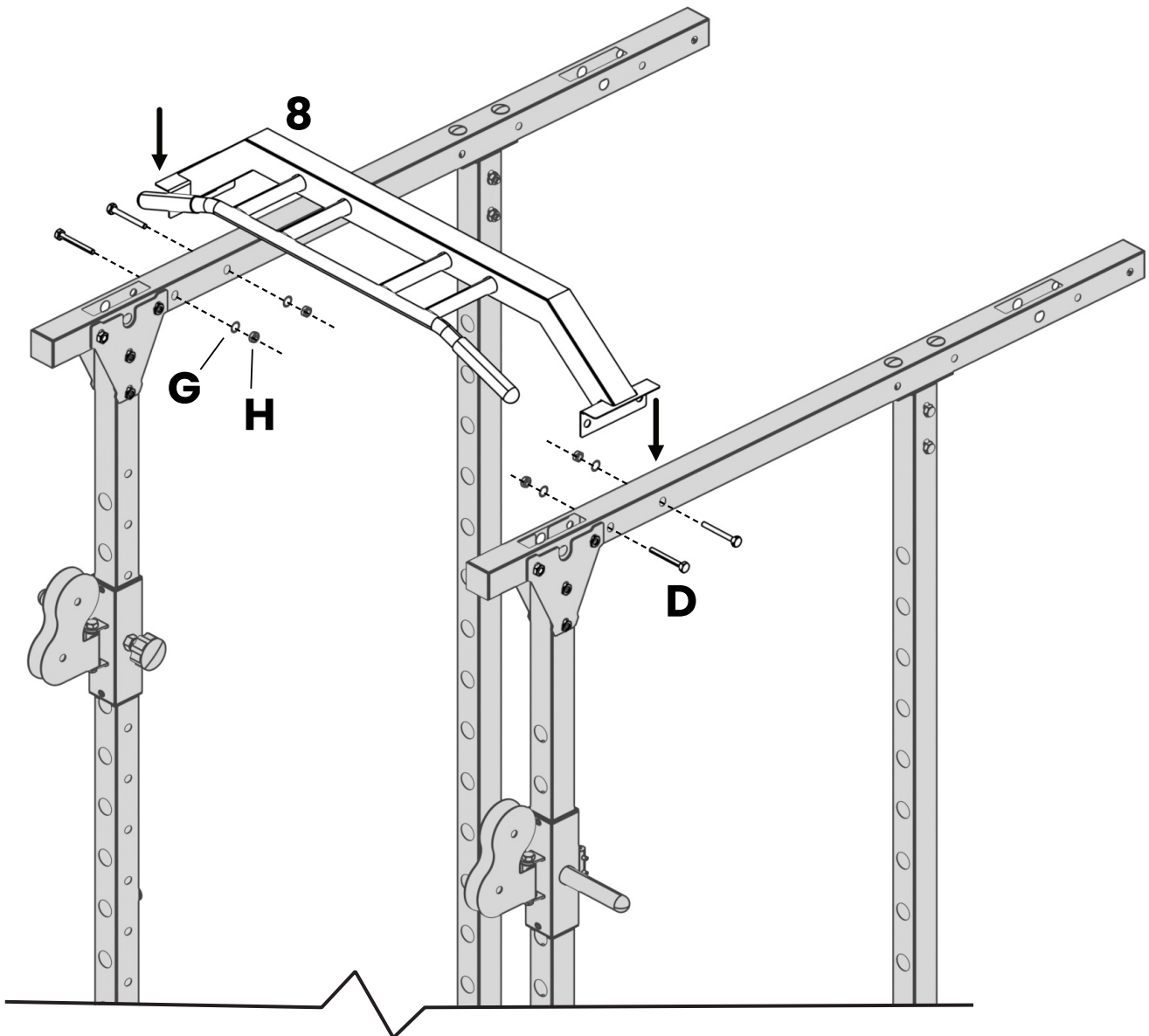


ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
8.	Pull-Up Bar	1
D.	M10X70	4
G.	Washers Ø11	4
H.	M10 Nuts	4

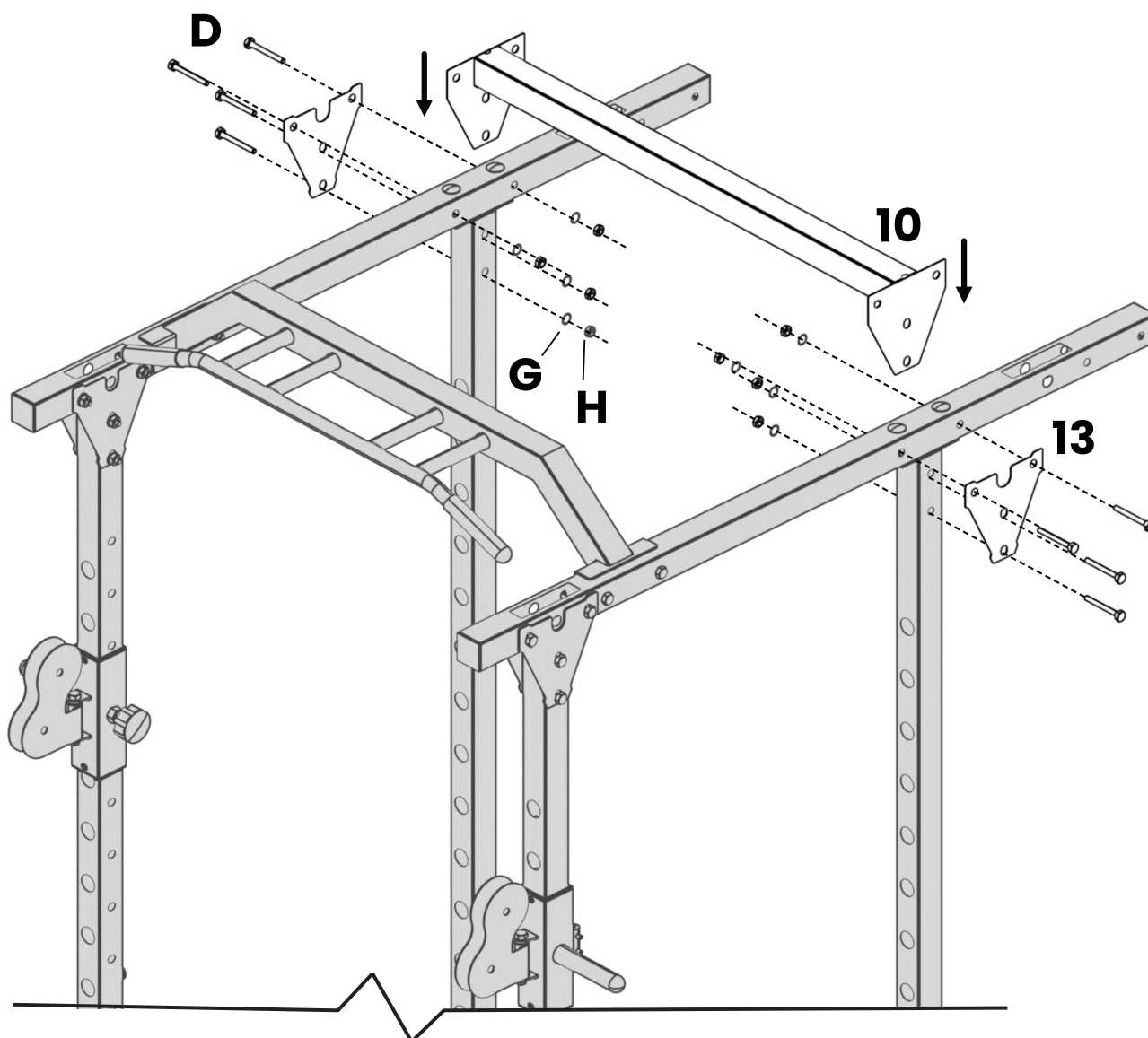


ASSEMBLY

STEP: 8

STEP PART GUIDE

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

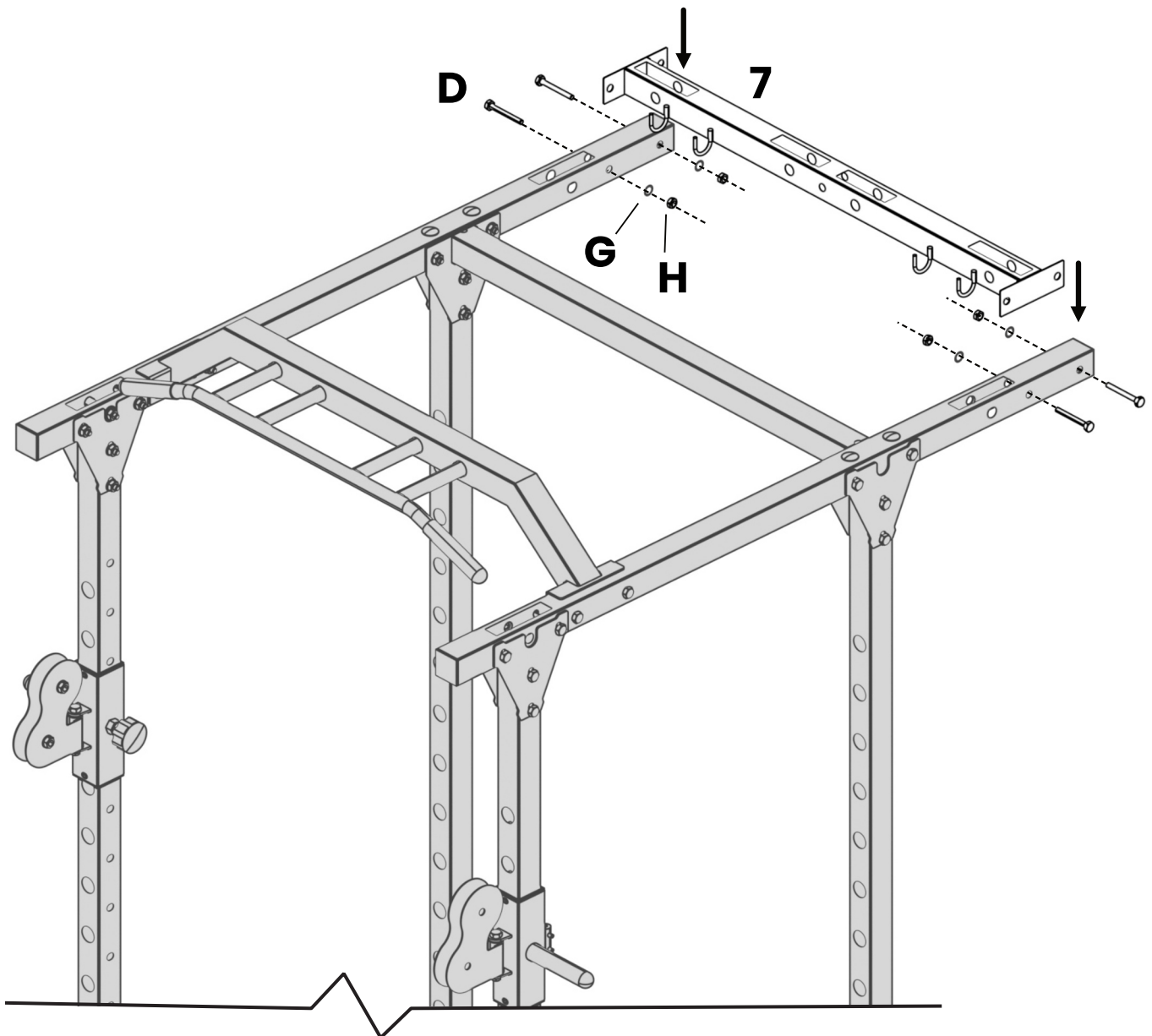


ASSEMBLY

STEP: 9

STEP PART GUIDE

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

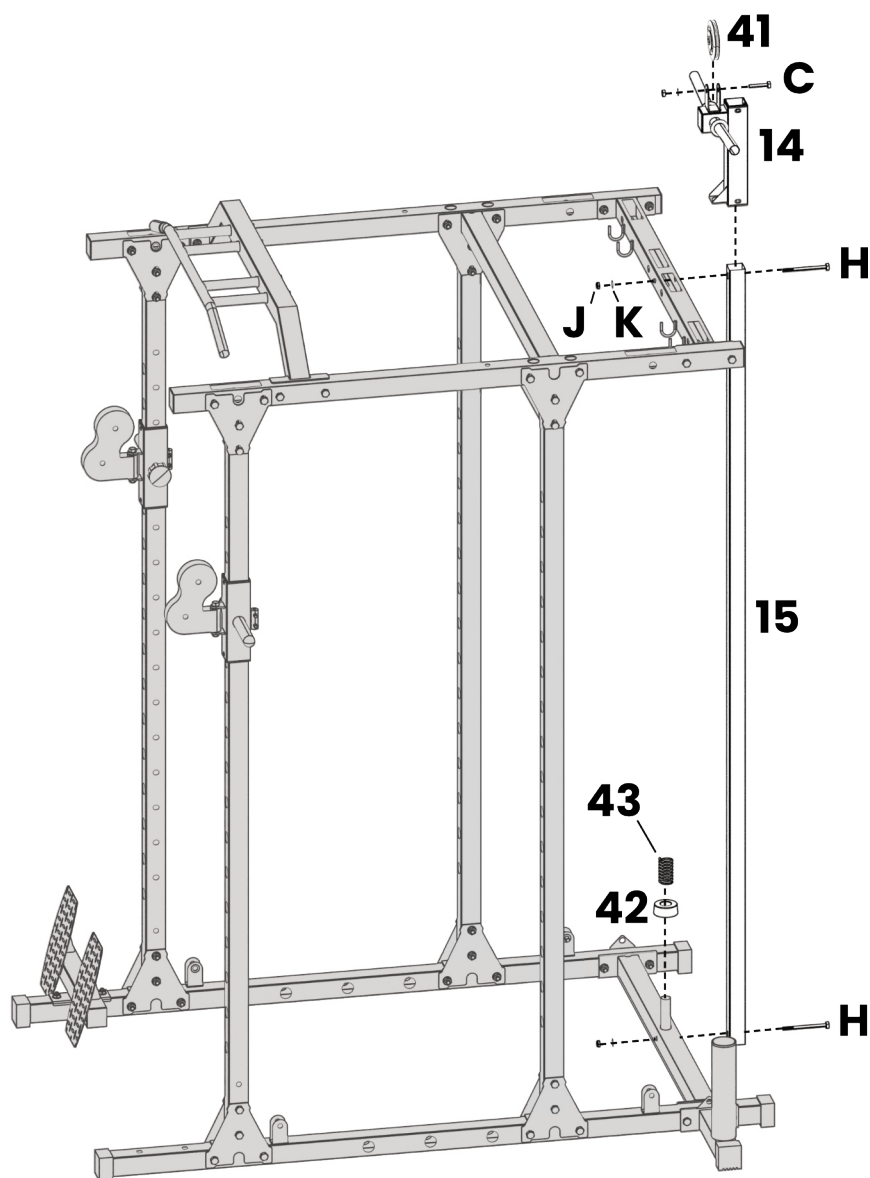


ASSEMBLY

STEP: 10

STEP PART GUIDE

#	PART NAME	QTY
14.	Plate Loaded Stack	1
15.	Rear Pulley Upright	1
41.	Pulley Wheel	1
42.	Rubber Stopper	1
43.	Spring	1
C.	M10X45	1
H.	M10X110	2
J.	M10 Nuts	3
K.	Washers Ø10	3



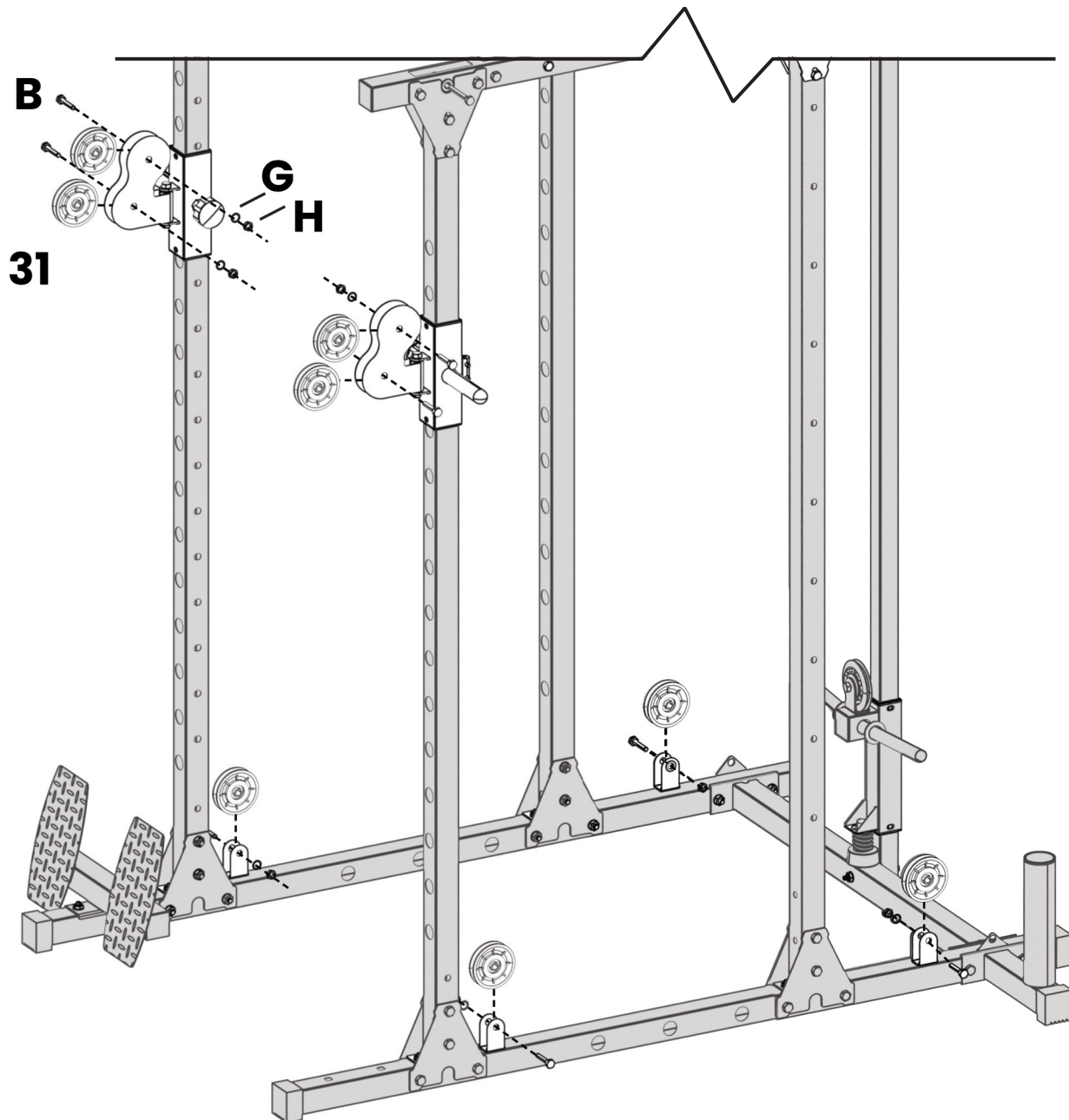
ASSEMBLY

STEP: 11

STEP: 11

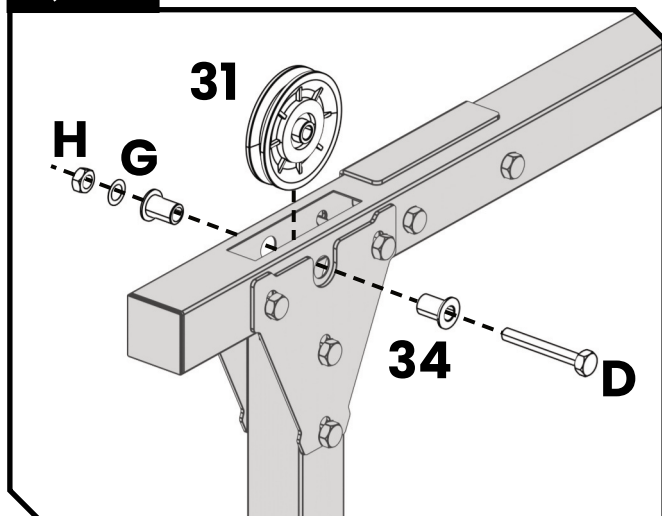
STEP PART GUIDE

#	PART NAME	QTY
4I.	Pulley Wheel	8
C.	M10X45	8
J.	M10 Nuts	8
K.	Washers Ø10	8



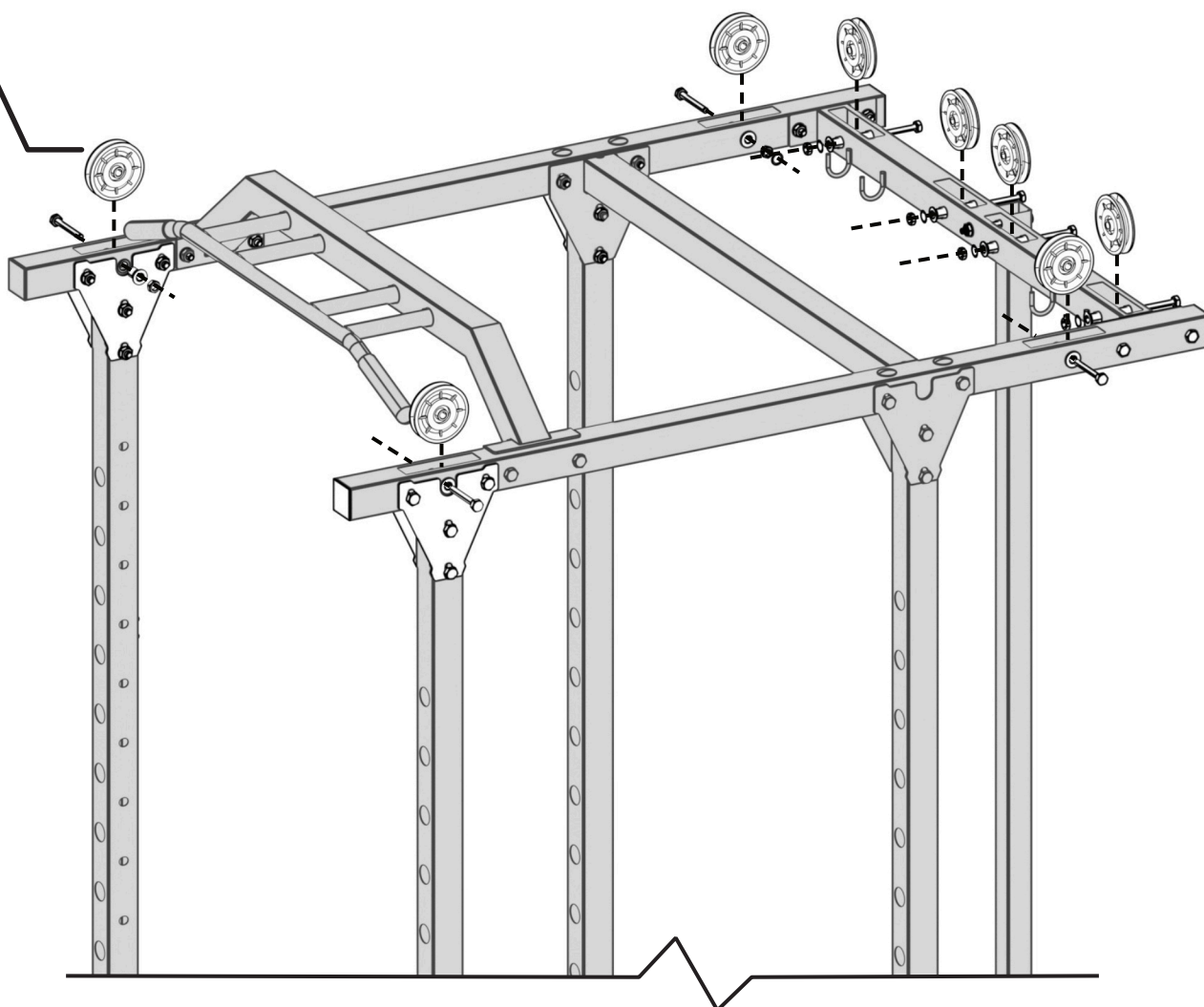
ASSEMBLY

STEP: 12



STEP PART GUIDE

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



ASSEMBLY

STEP: 13

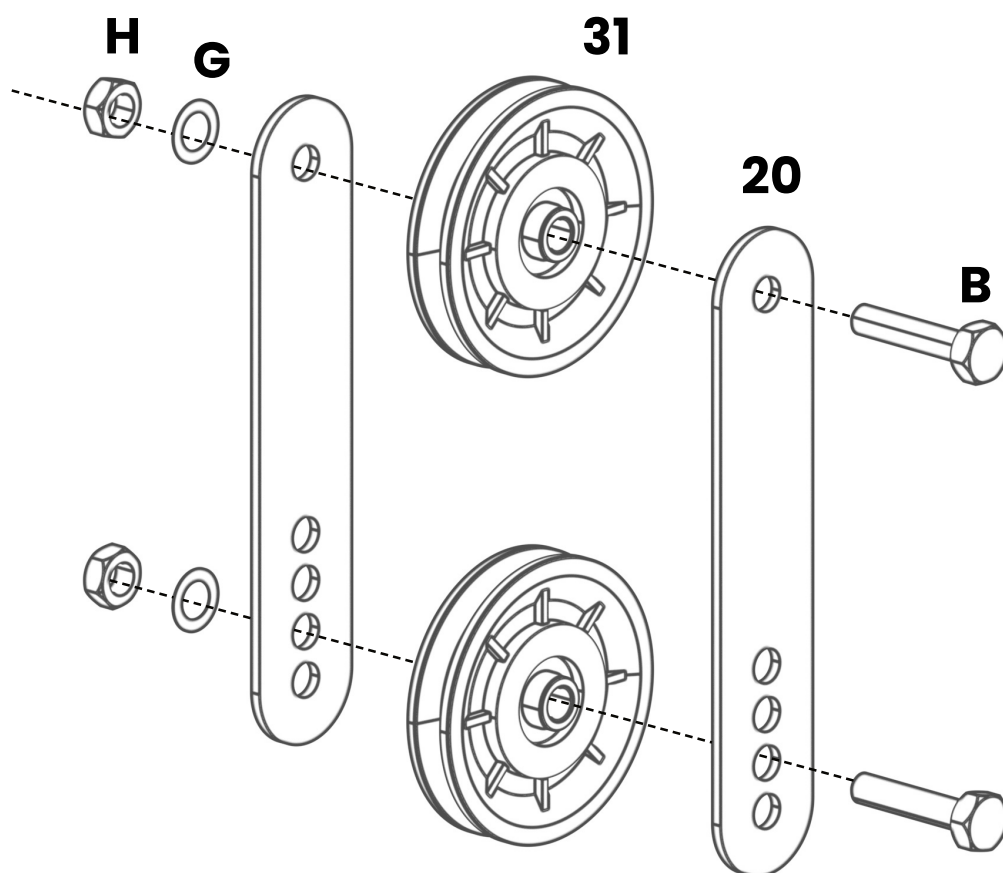


ATTENTION

REPEAT STEP 13
TWICE

STEP PART GUIDE

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

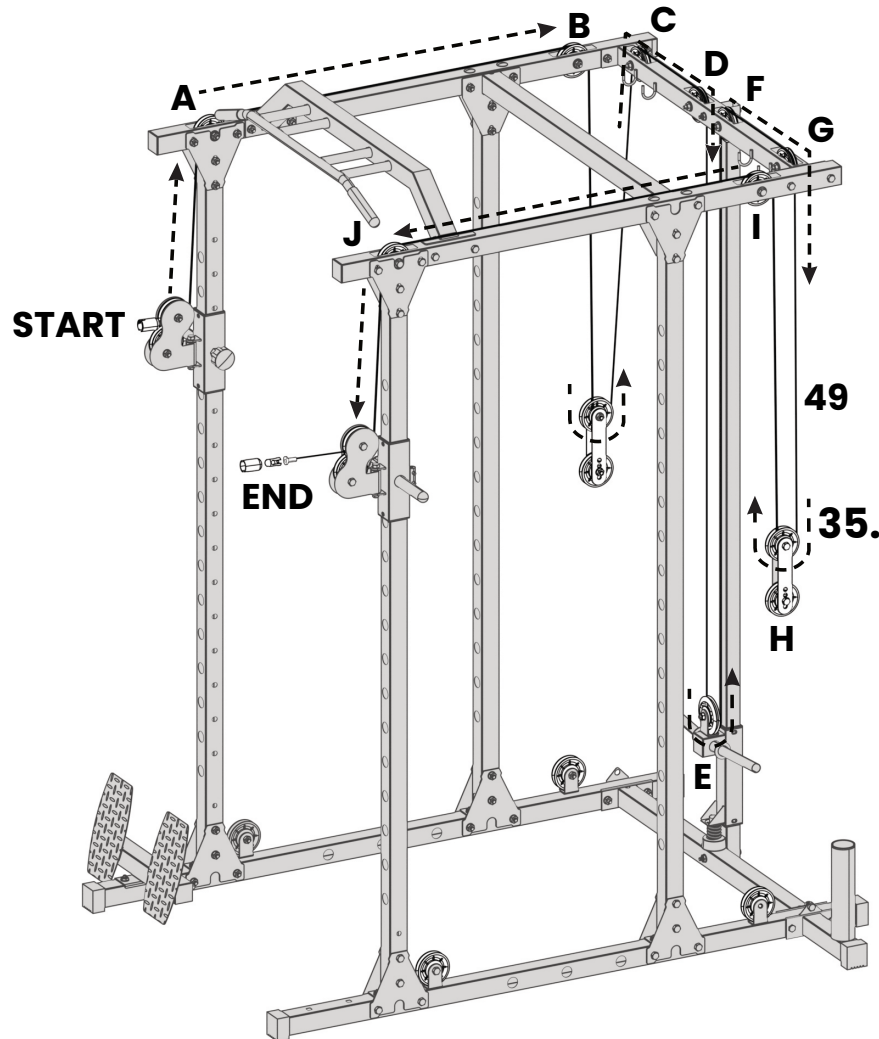


ASSEMBLY

STEP: 14

STEP PART GUIDE

#	PART NAME	QTY
35.	Cable A	1
52.	Assembly From Step 13	2



- Feed Cable A in between the pulley wheels at the 'Start' position and pull it toward point A.
- Bring the cable over the pulley at point A, and feed it towards point B.
- Feed the cable through point B and loop it around the top pulley that was assembled in step 13. Next, bring it up and over the pulley wheel at point C.
- Bring the cable over the pulley at point D, and feed it down and loop it around the pulley at point E. Bring the cable up and over the pulley wheel at point F.
- Lead the cable over the pulley at point G, and feed it down and loop it through the top pulley that was assembled in step 13 and up and through the pulley wheel at point I.
- Thread the cable across the top of the frame and down the pulley wheel at point J. Lastly, feed the cable through the pulley wheels at the 'End' position. Place the cap on the cable.



ASSEMBLY

STEP: 15

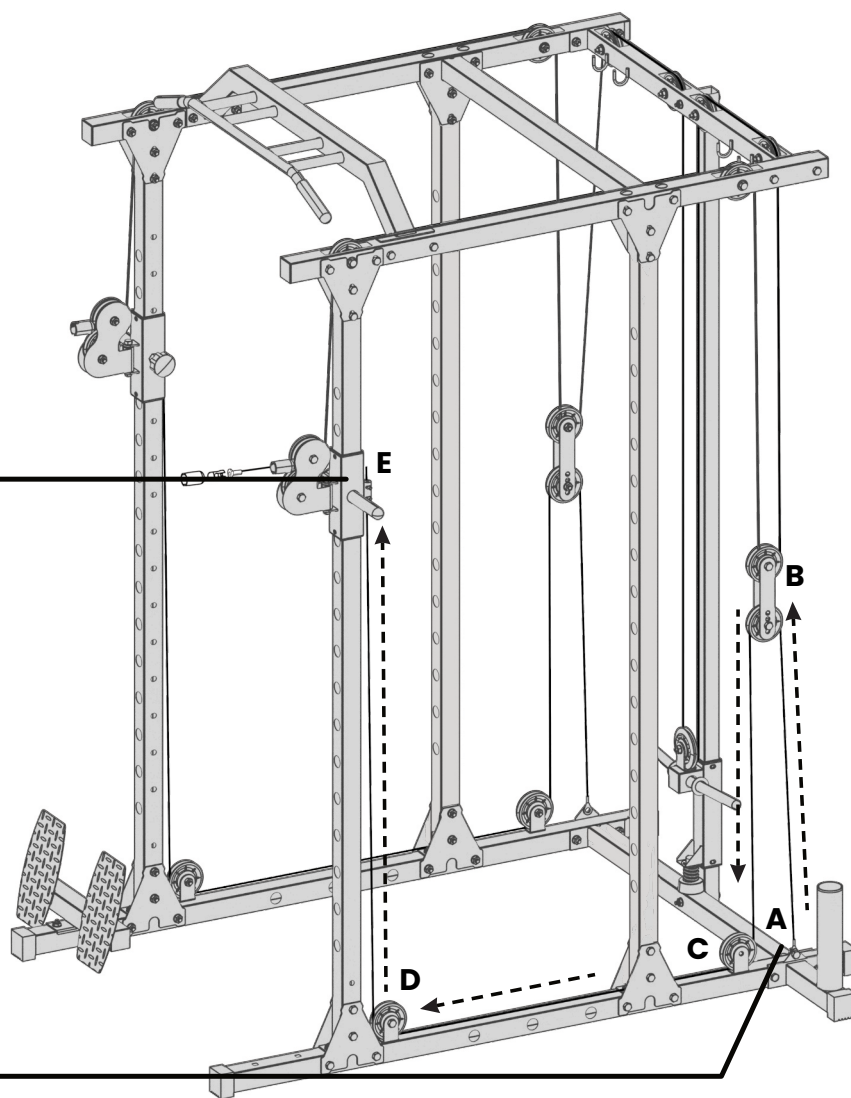
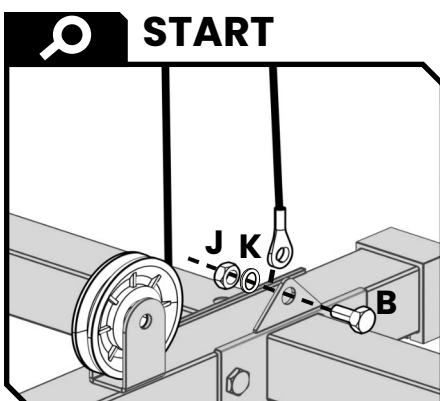
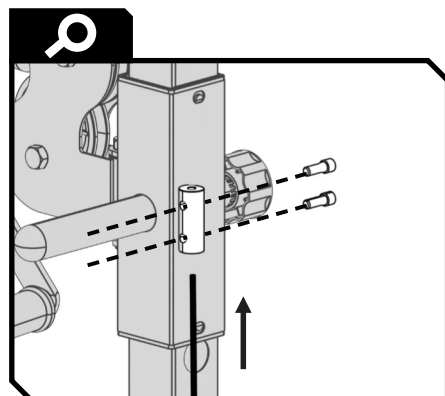


ATTENTION

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



- Bolt Cable B to point A, as shown above. Then, bring the cable through the pulley wheel at point B and down through the pulley wheel at point C.
- Bring the cable through the pulley wheel at point D and up to point E.
- Secure the cable at point E, as shown above.
- Repeat steps A, B and C for the left side of the rack.

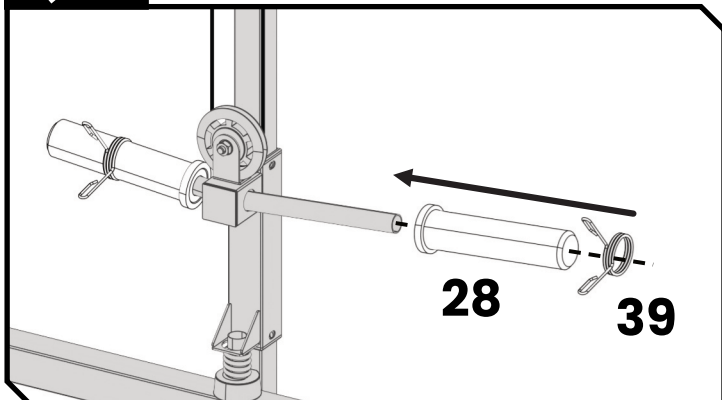


ASSEMBLY

STEP: 16

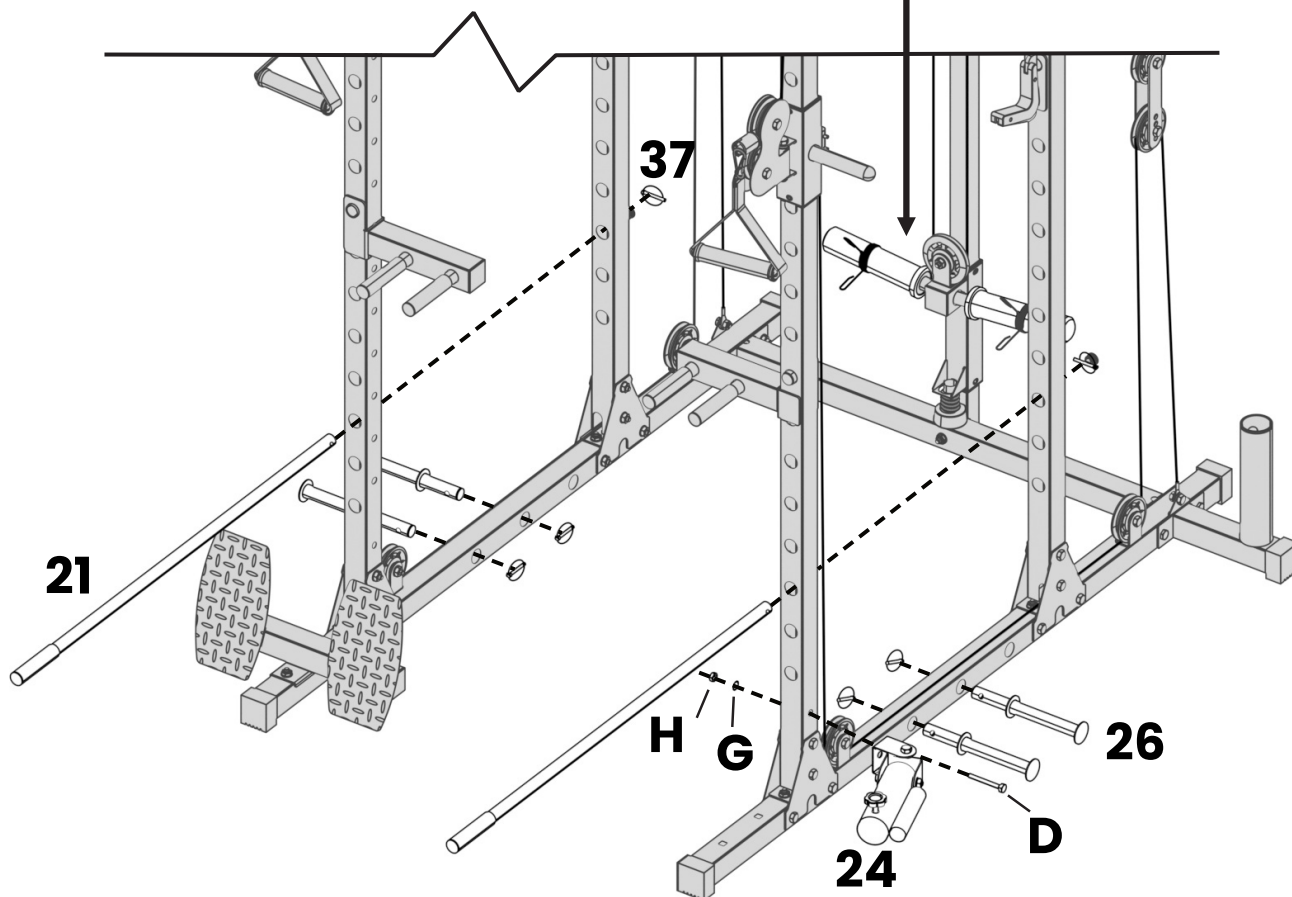


Tighten sleeves with Allen Key



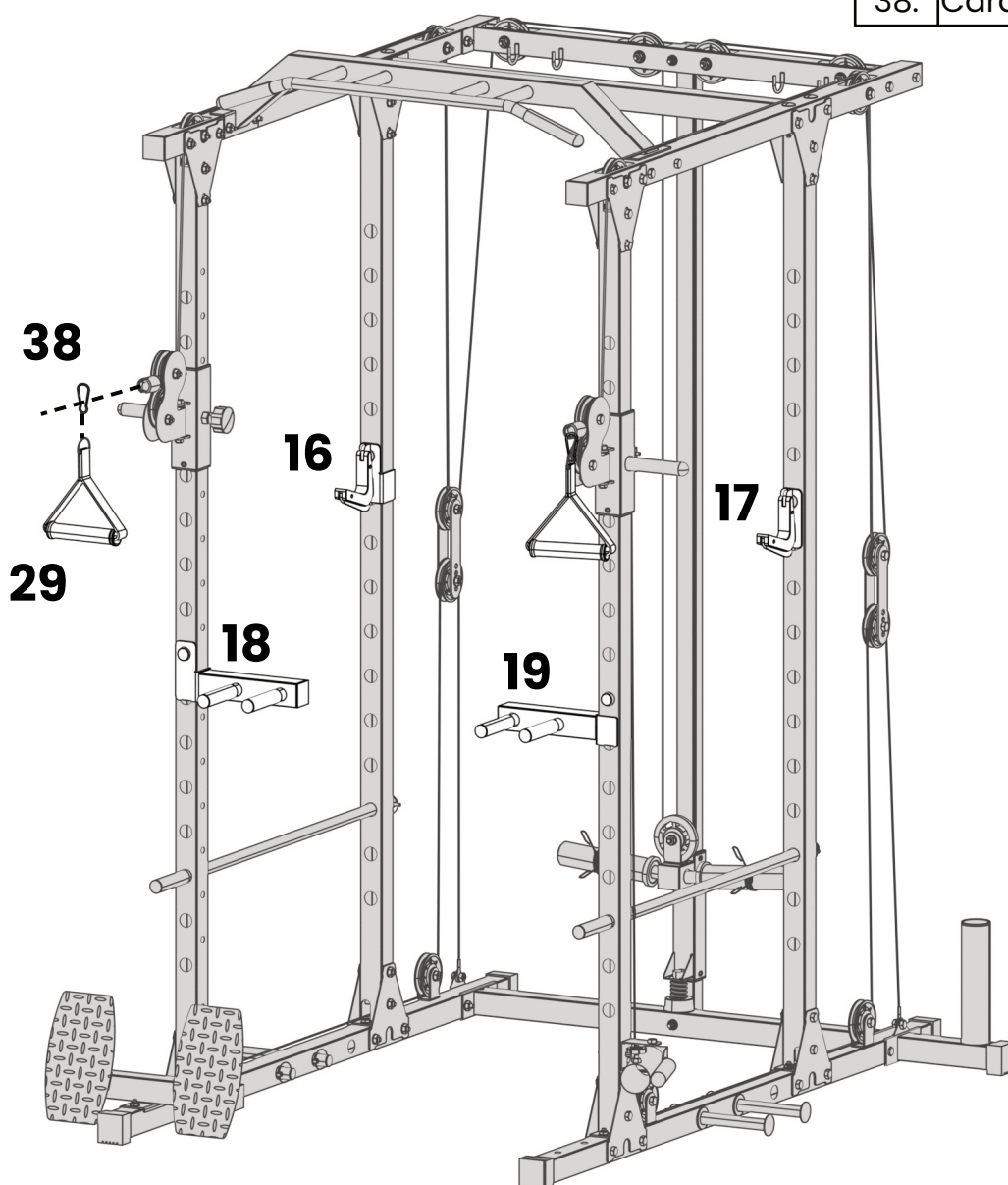
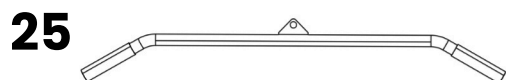
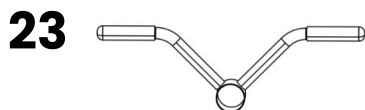
STEP PART GUIDE

#	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.	T-Bar Attachment	1
29.	D-Handle	2
38.	Carabiner	2

