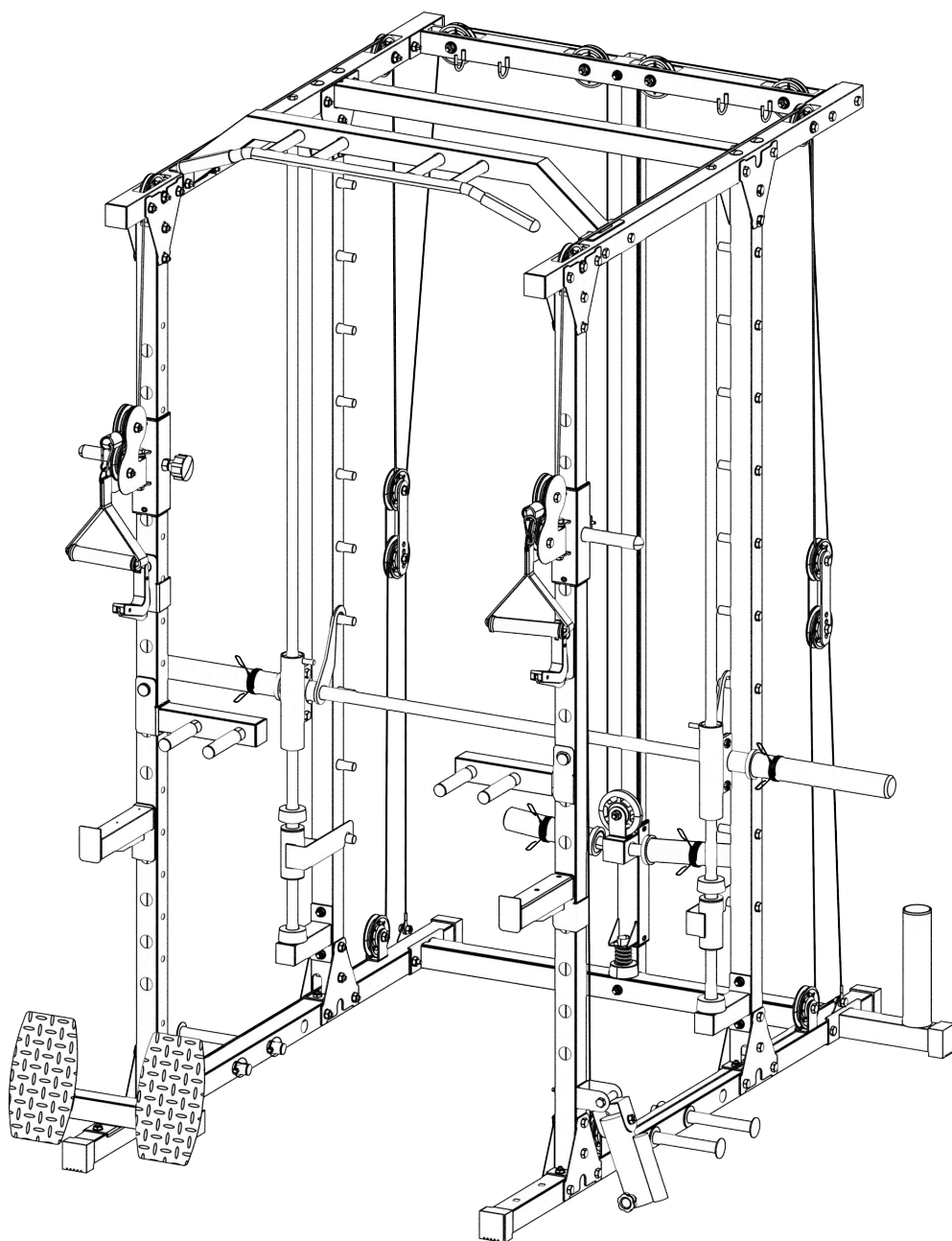


 **SYNERGEE[®]**

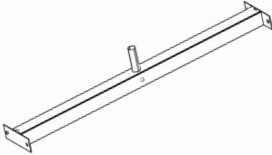
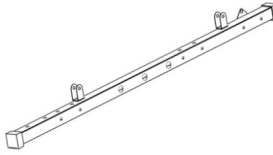
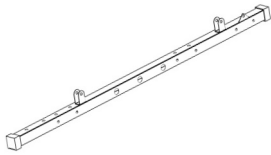
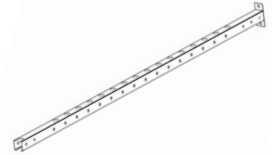
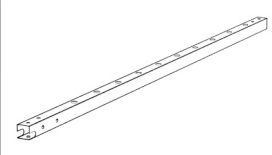
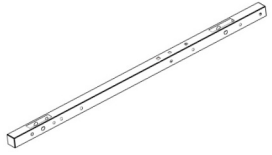
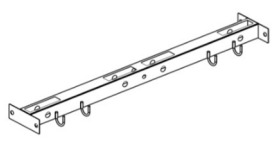
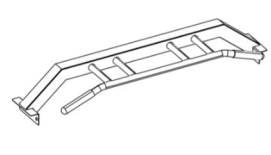
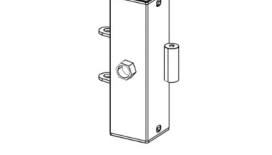
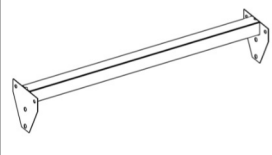
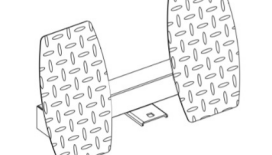
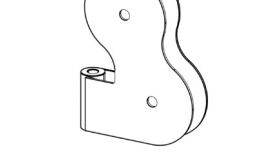
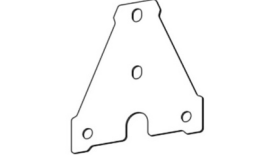
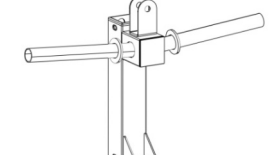
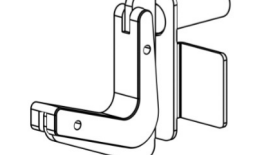
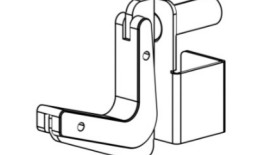
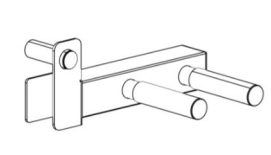
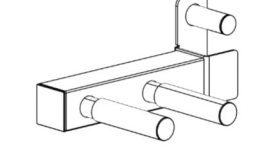
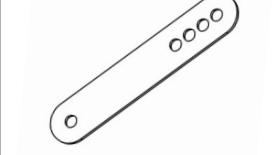
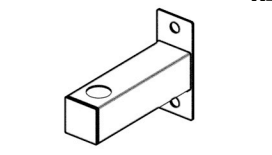
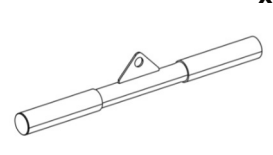
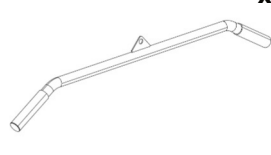
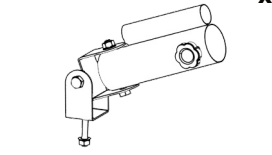
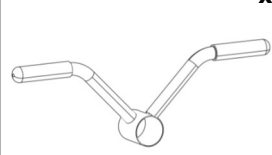
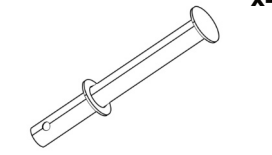
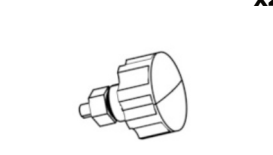
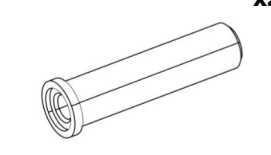
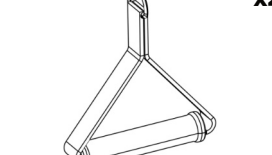
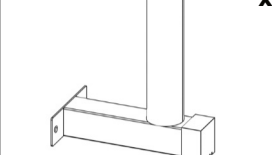
POWER RACK

CABLE CROSSOVER & SMITH MACHINE



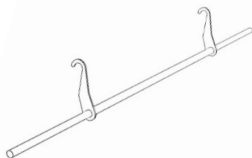
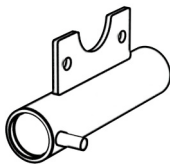
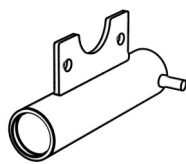
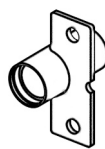
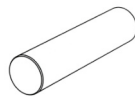
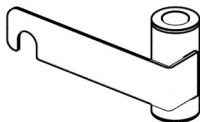
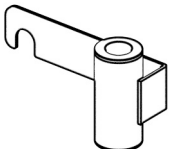
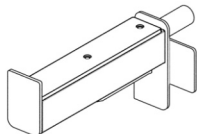
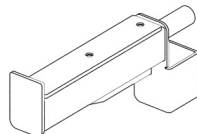
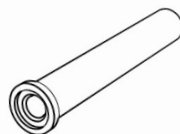
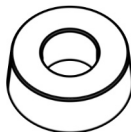
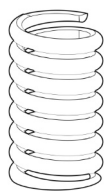
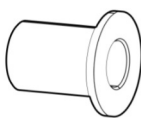
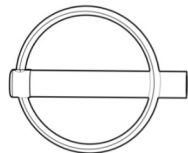
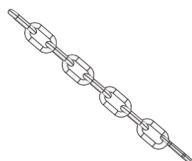
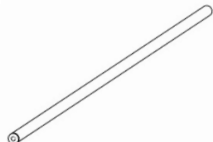
PARTS LIST

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 UPRIGHT
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 
SMITH MACHINE FRAME	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	KNOB	PLATE LOADED STACK SLEEVE	D-HANDLE	BAR STORAGE

PARTS LIST

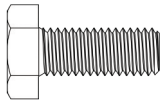
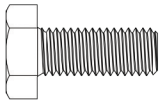
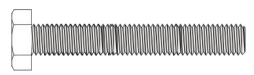
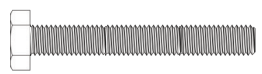
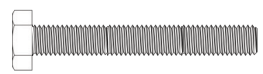
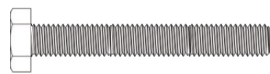
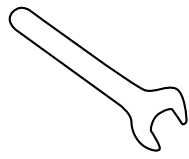
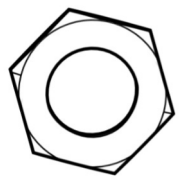
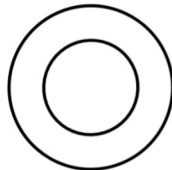
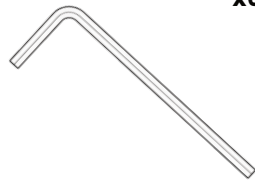
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

31. QTY x1  SMITH BAR	32. QTY x1  LEFT BAR TRACK	33. QTY x1  RIGHT BAR TRACK	34. QTY x2  SMITH BAR HOLDER	35. QTY x20  SMITH MACHINE PEGS
36. QTY x1  LEFT SMITH SAFETY ARM	37. QTY x1  RIGHT SMITH SAFETY ARM	38. QTY x1  LEFT SAFETY ARM	39. QTY x1  RIGHT SAFETY ARM	40. QTY x2  SMITH BAR SLEEVE
41. QTY x21  PULLEY WHEEL	42. QTY x5  RUBBER STOPPER	43. QTY x1  SPRING	44. QTY x16  PULLEY INSERT	45. QTY x6  PIN LOCK
46. QTY x4  CARABINER	47. QTY x1  CHAIN	48. QTY x4  2" SPRING COLLAR	49. QTY x1  CABLE A	50. QTY x2  CABLE B
51. QTY x2  SMITH MACHINE UPRIGHT				



PARTS LIST

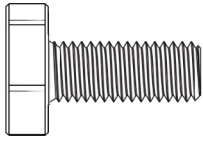
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HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

A.  M10X20 QTY x20	B.  M10X25 QTY x6	C.  M10X45 QTY x13	D.  M10X65 QTY x14	E.  M10X65 QTY x6
F.  M10X70 QTY x52	G.  M10X85 QTY x2	H.  M10X110 QTY x2	I.  #17 WRENCH QTY x2	J.  M10 NUTS QTY x93
K.  WASHERS Ø10 QTY x115	L.  #3 ALLEN KEY QTY x1	M.  #4 ALLEN KEY QTY x1	N.  #6 ALLEN KEY QTY x6	

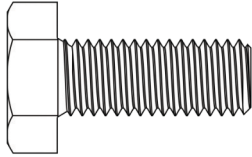


HARDWARE SIZING CHART

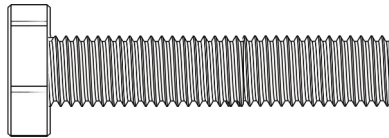
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BOLT**



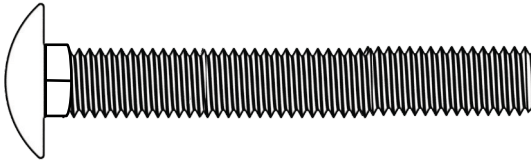
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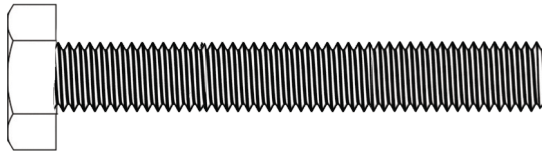
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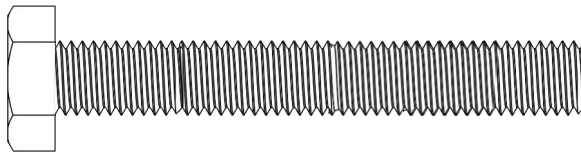
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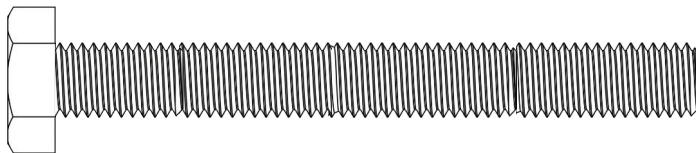
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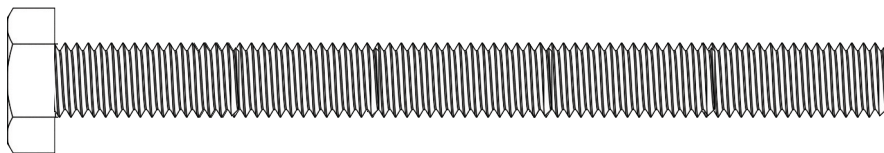
**M10x70
BOLT**



**M10x85
BOLT**



**M10x110
BOLT**

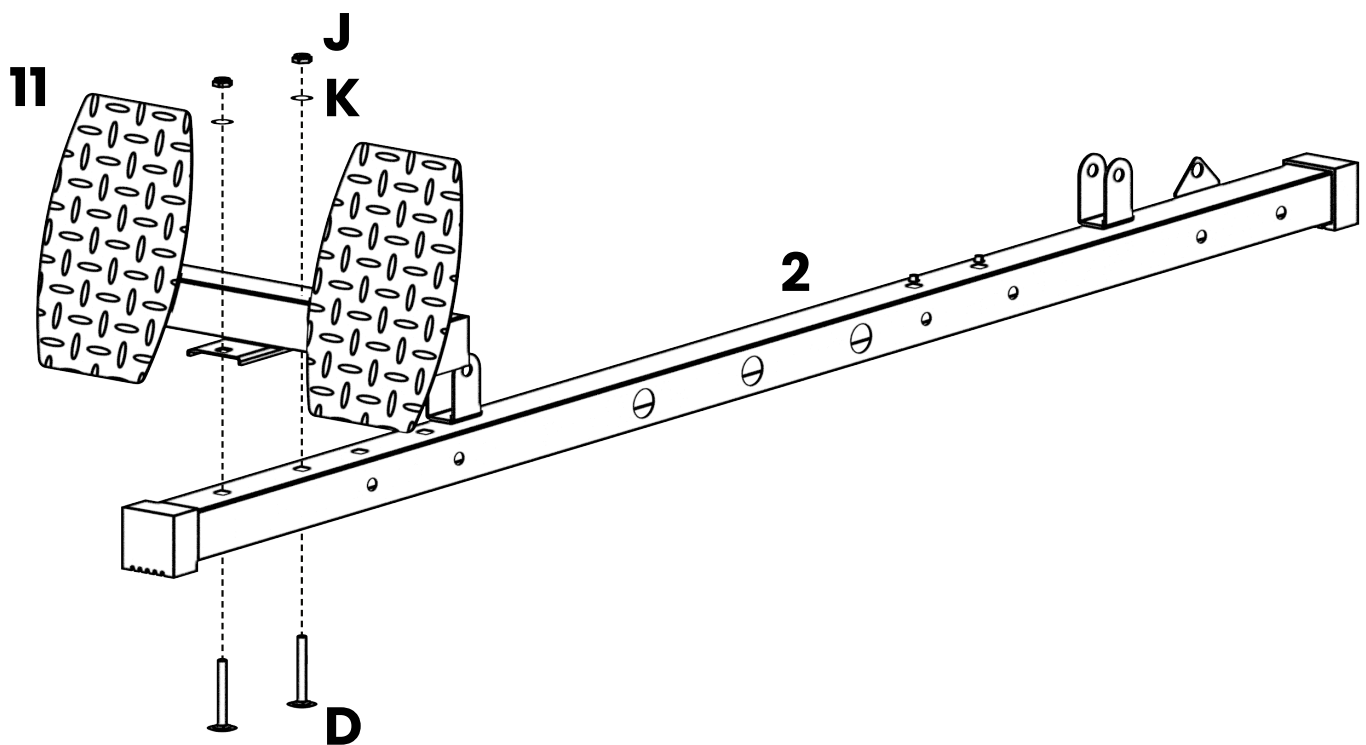


ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
2.	Left Base Frame	1
11.	Foot Plate	1
D.	M10x65	2
J.	M10 Nuts	2
K.	Washers Ø10	2

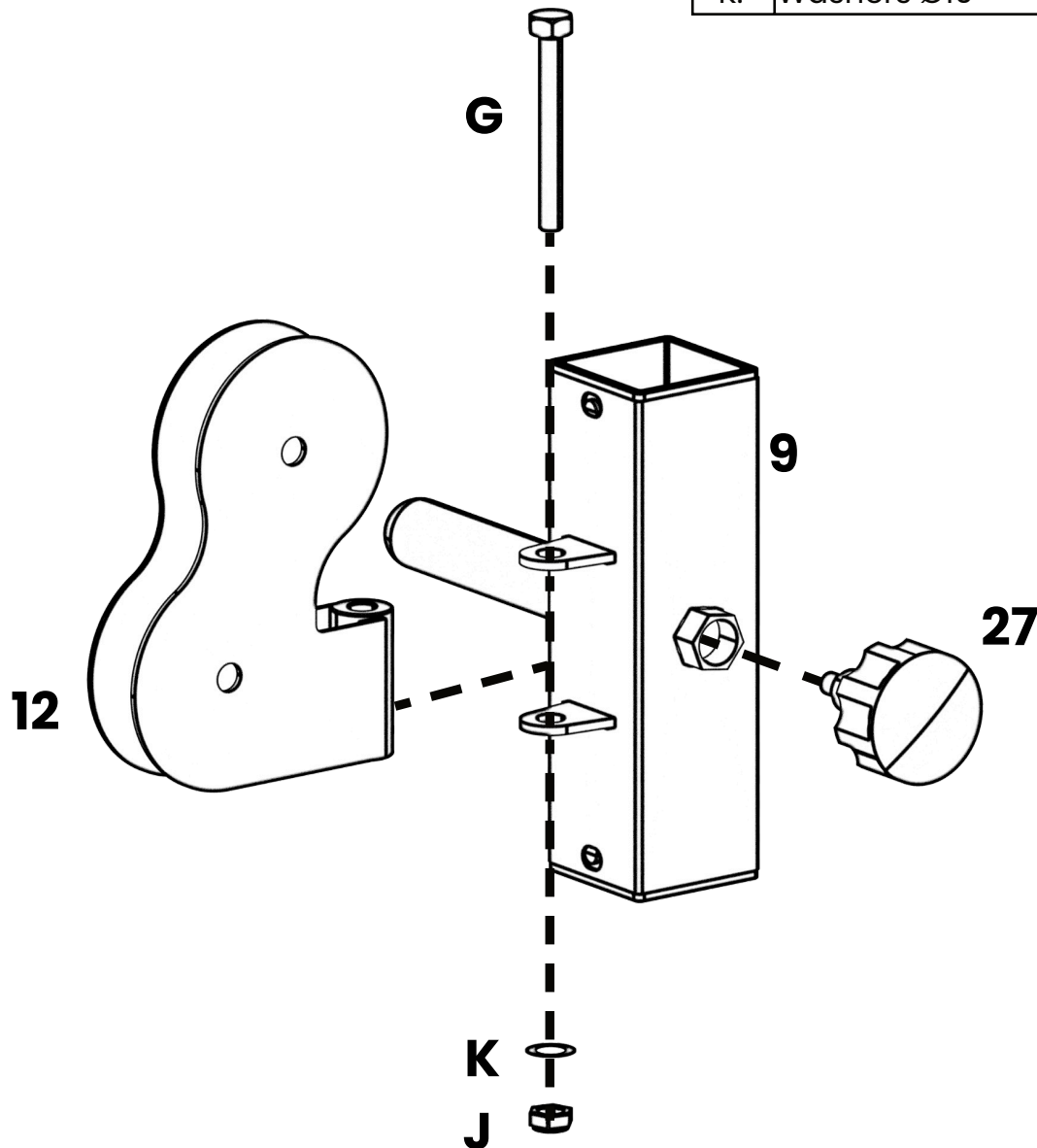


ASSEMBLY

STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
9.	Adjustable Pulley Cover	1
12.	Pulley Cover	1
27.	Knob	1
G.	M10x85	1
J.	M10 Nuts	1
K.	Washers Ø10	1

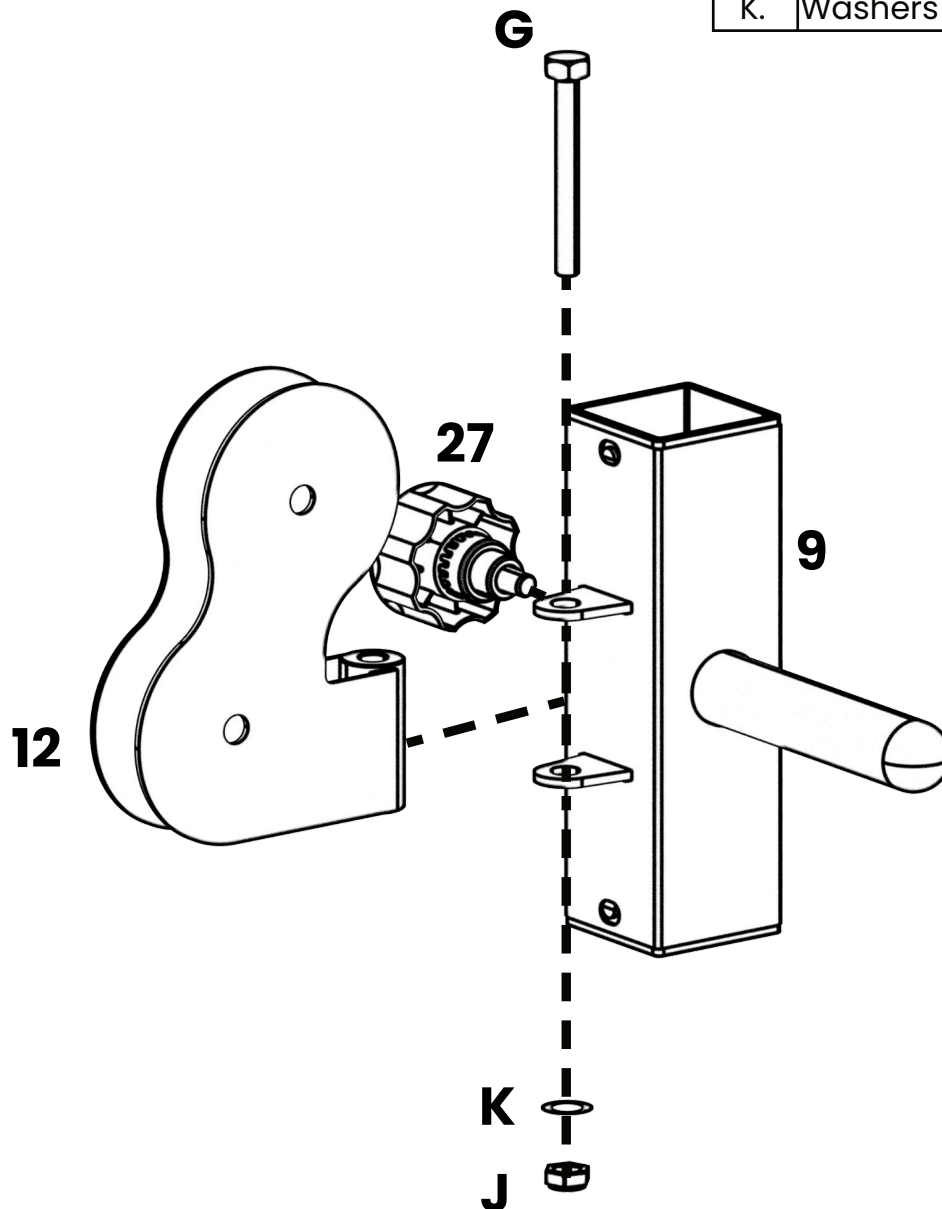


ASSEMBLY

STEP: 3

STEP PART GUIDE

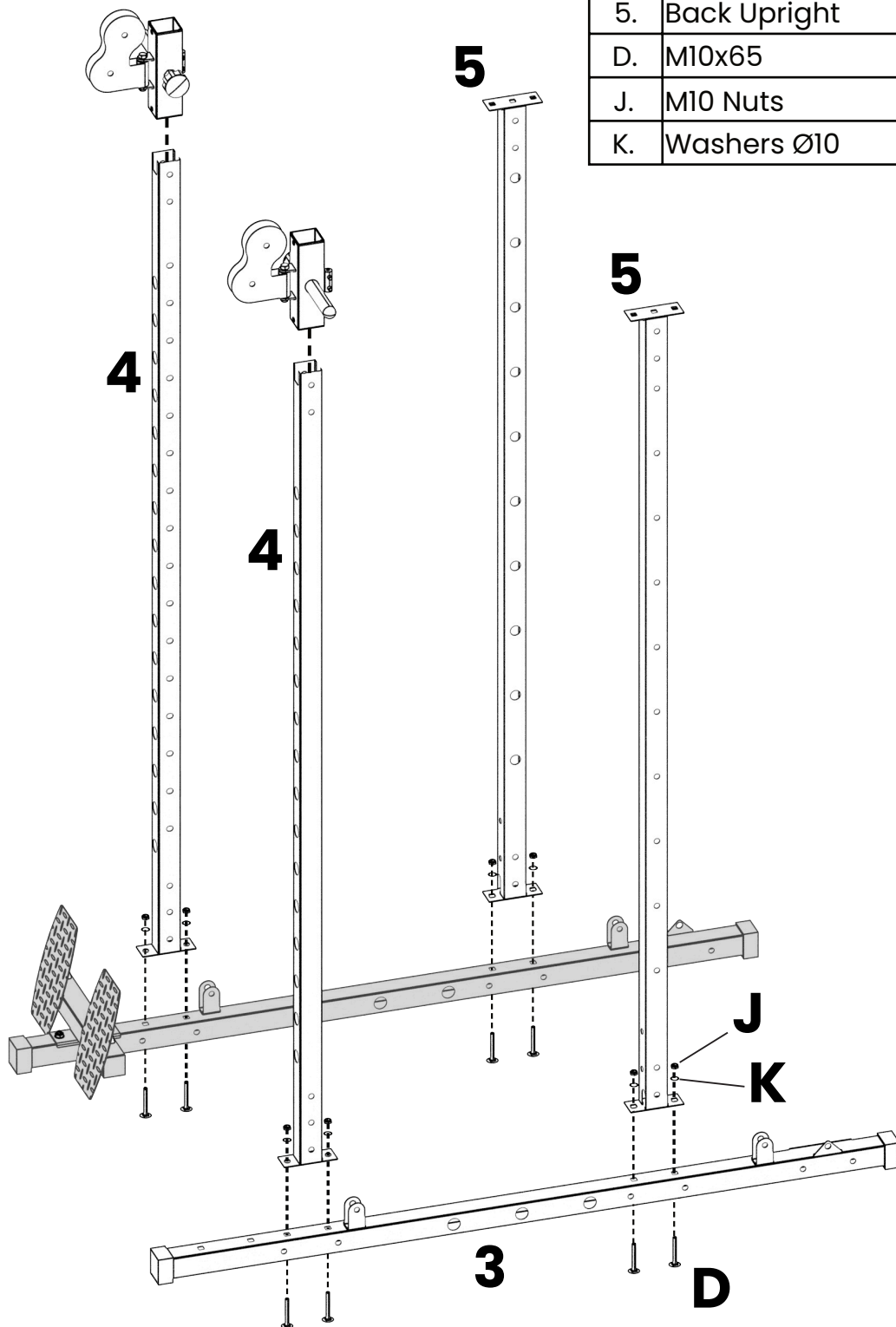
#	PART NAME	QTY
9.	Adjustable Pulley Cover	1
12.	Pulley Cover	1
27.	Knob	1
G.	M10x85	1
J.	M10 Nuts	1
K.	Washers Ø10	1



ASSEMBLY

STEP: 4

STEP PART GUIDE		
#	PART NAME	QTY
3.	Right Base Frame	1
4.	Front Upright	2
5.	Back Upright	2
D.	M10x65	8
J.	M10 Nuts	8
K.	Washers Ø10	8

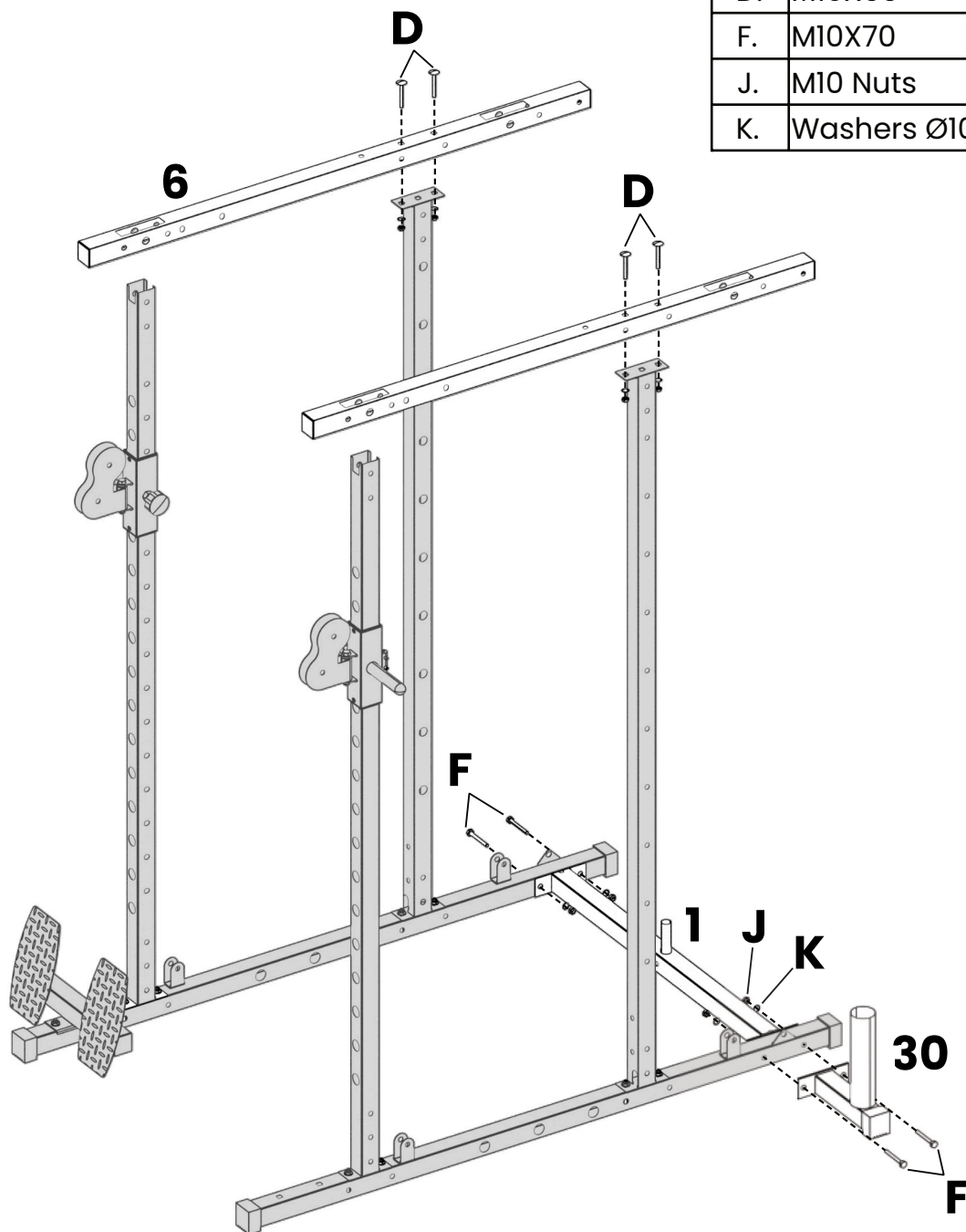


ASSEMBLY

STEP: 5

STEP PART GUIDE

#	PART NAME	QTY
1.	Lower Stabilizer	1
6.	Top Frame	2
30.	Bar Storage	1
D.	M10X65	4
F.	M10X70	4
J.	M10 Nuts	8
K.	Washers Ø10	8

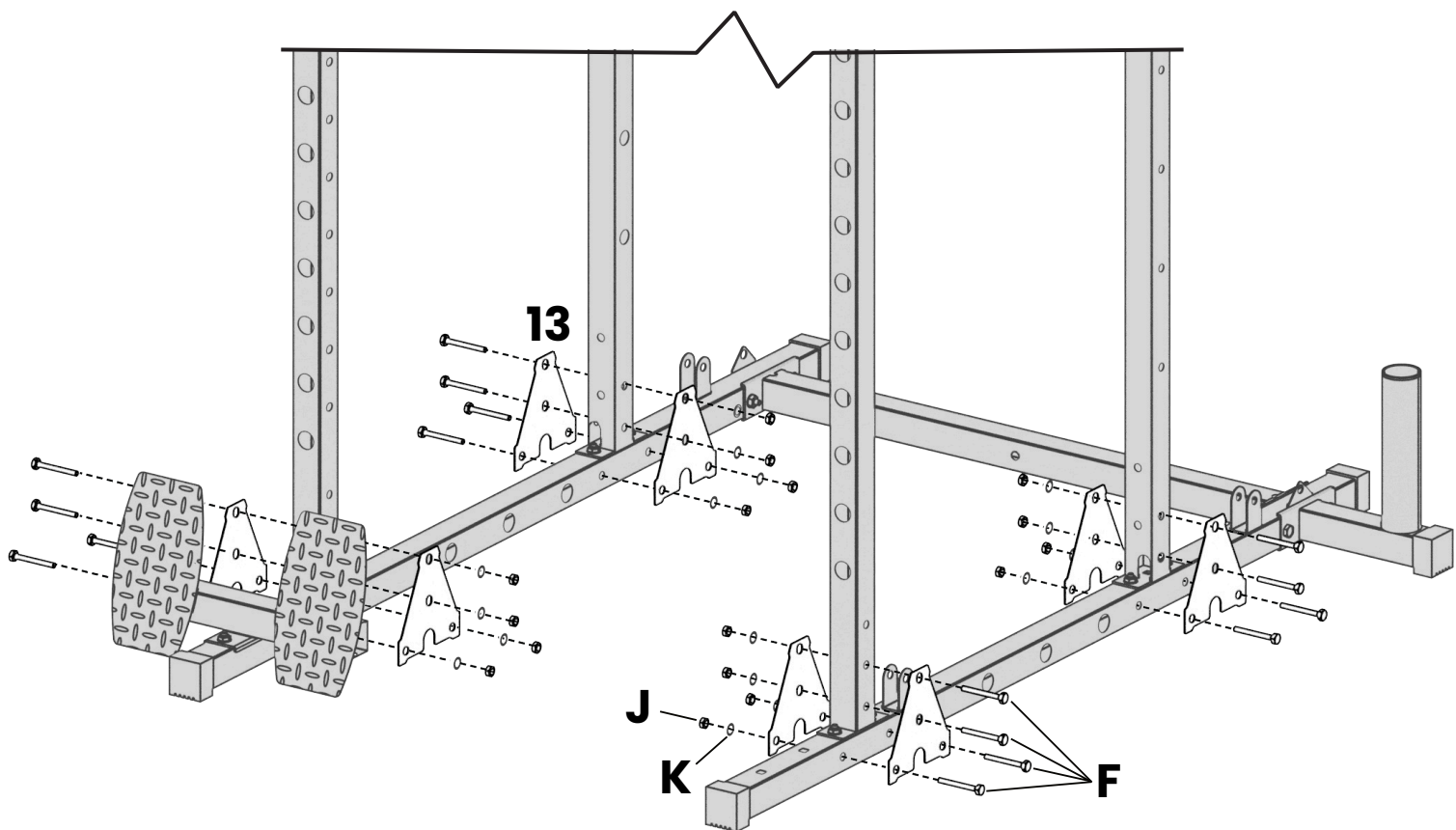


ASSEMBLY

STEP: 6

STEP PART GUIDE

#	PART NAME	QTY
13.	Stabilizer Plate	8
F.	M10X70	16
J.	M10 Nuts	16
K.	Washers Ø10	16

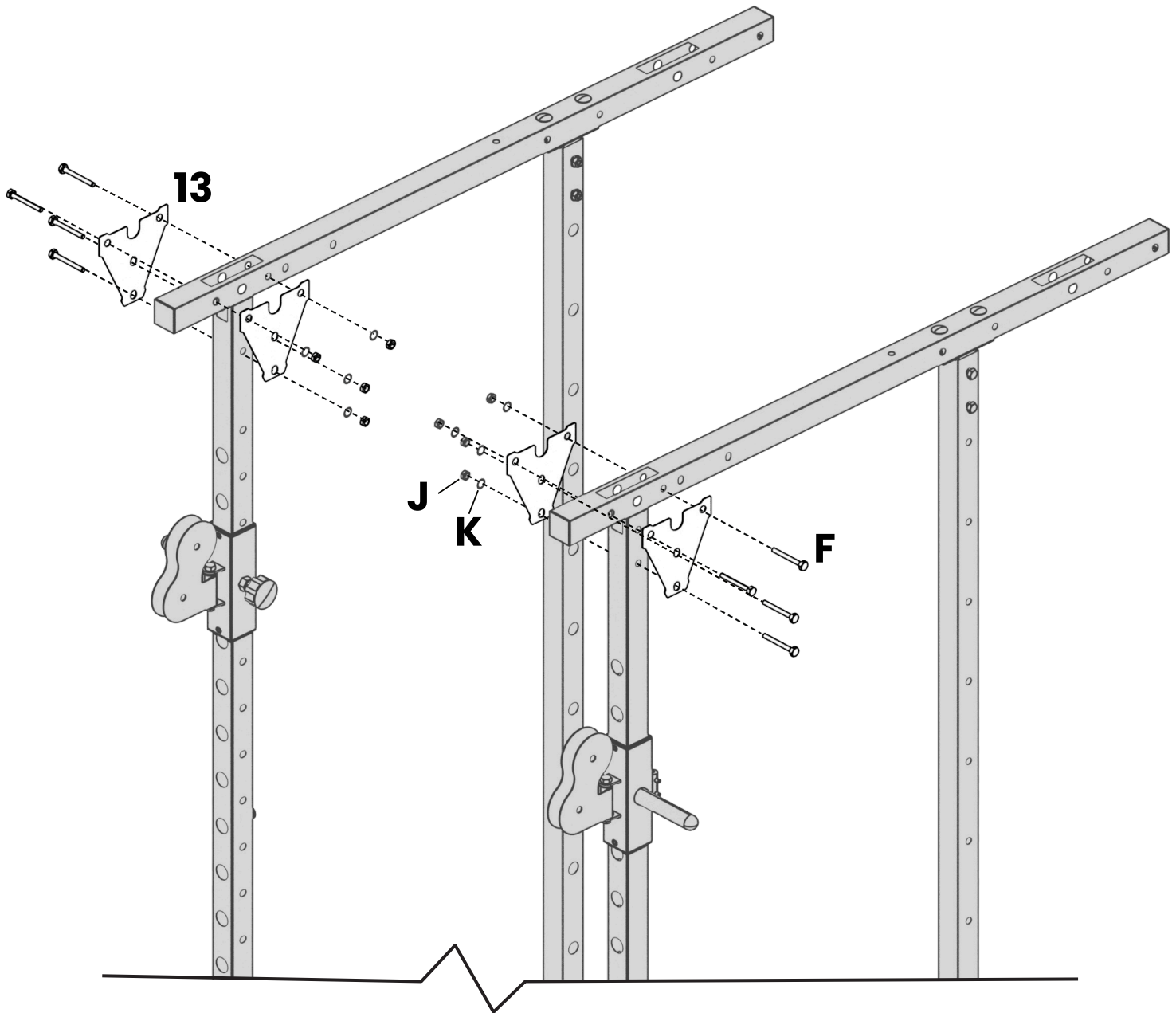


ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
13.	Stabilizer Plate	4
F.	M10X70	8
J.	M10 Nuts	8
K.	Washers Ø10	8

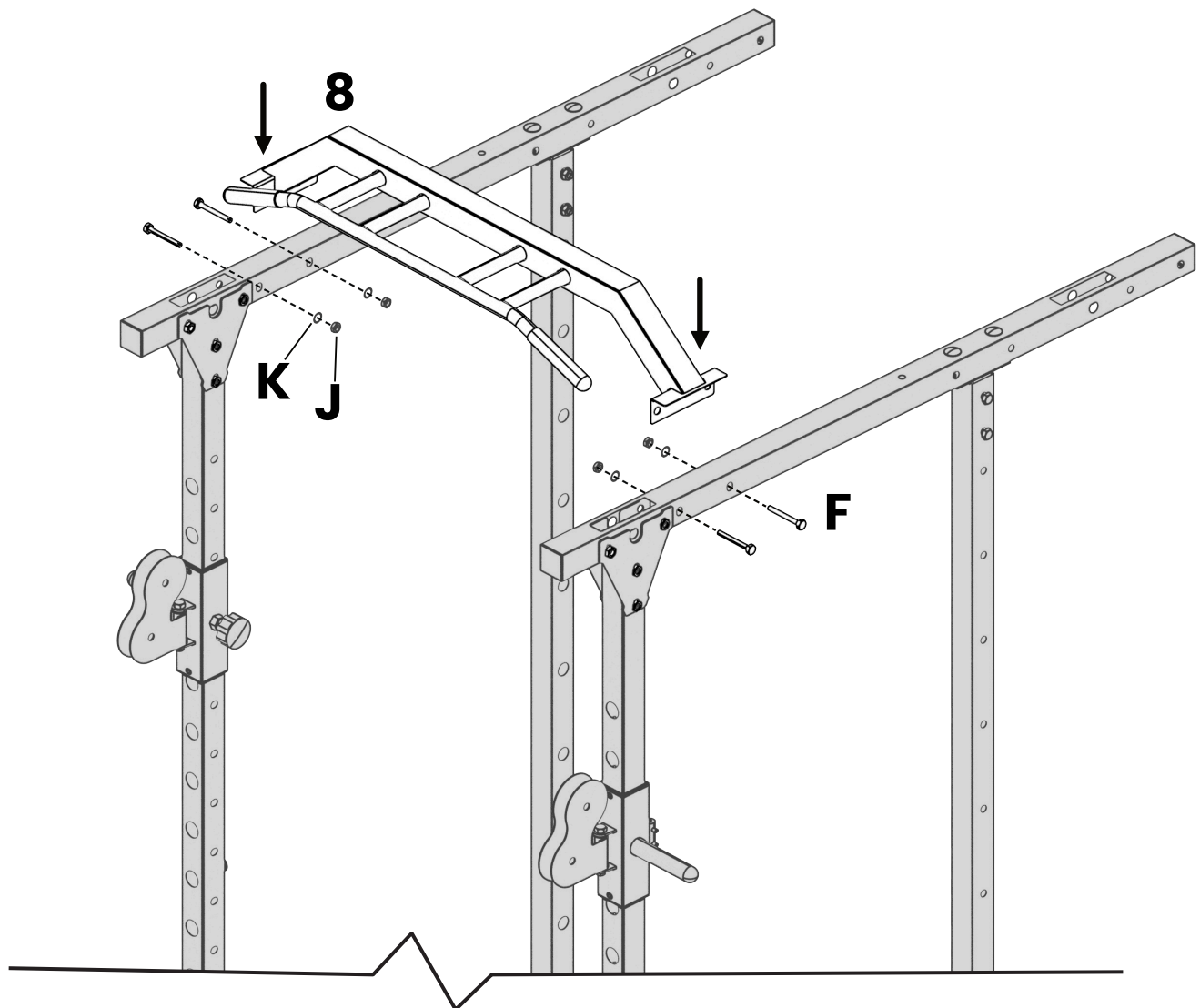


ASSEMBLY

STEP: 8

STEP PART GUIDE

#	PART NAME	QTY
8.	Pull-Up Bar	1
F.	M10X70	4
J.	M10 Nuts	4
K.	Washers Ø10	4

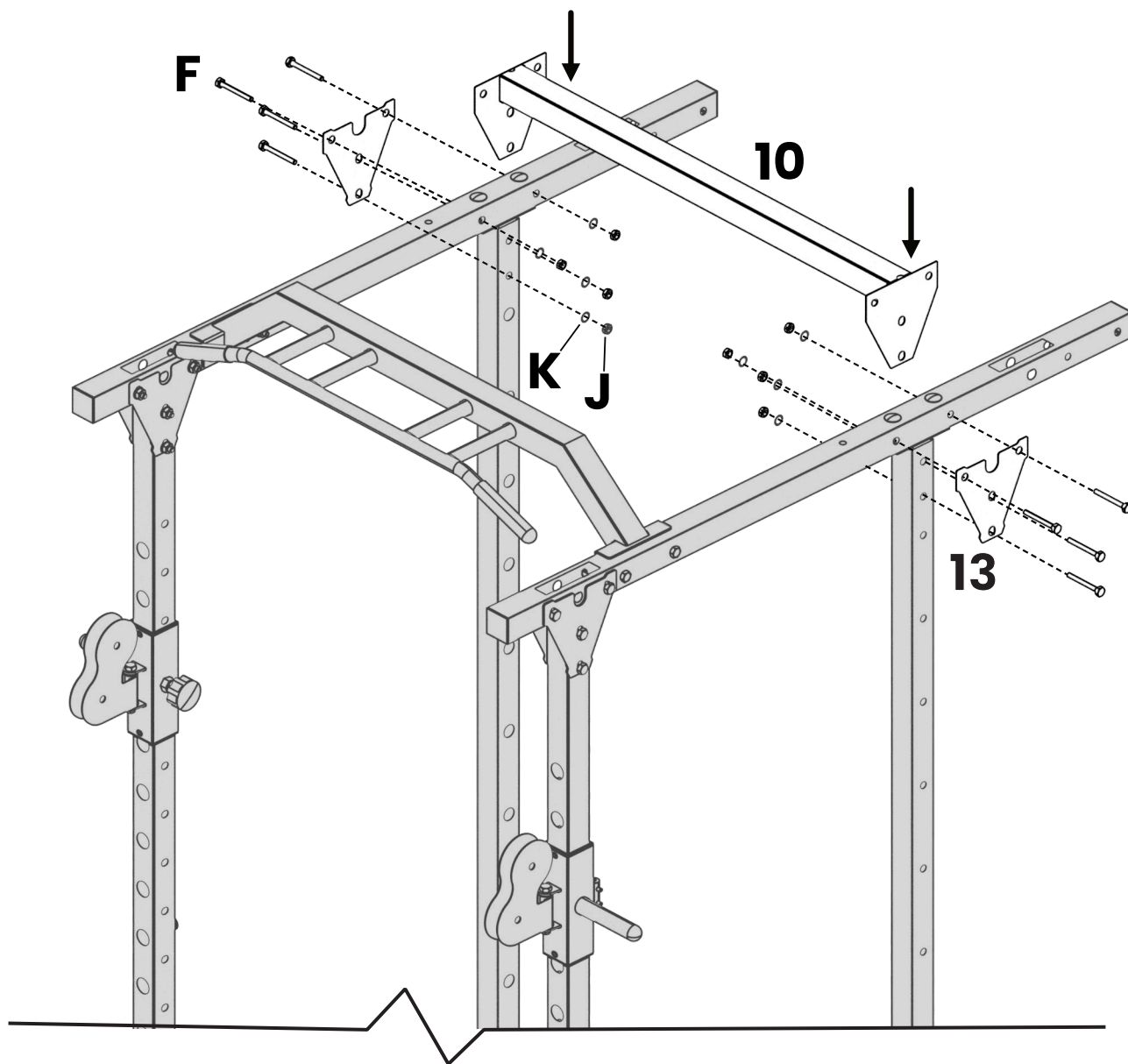


ASSEMBLY

STEP: 9

STEP PART GUIDE

#	PART NAME	QTY
10.	Frame Support	1
13.	Stabilizer Plate	2
F.	M10X70	8
J.	M10 Nuts	8
K.	Washers Ø10	8

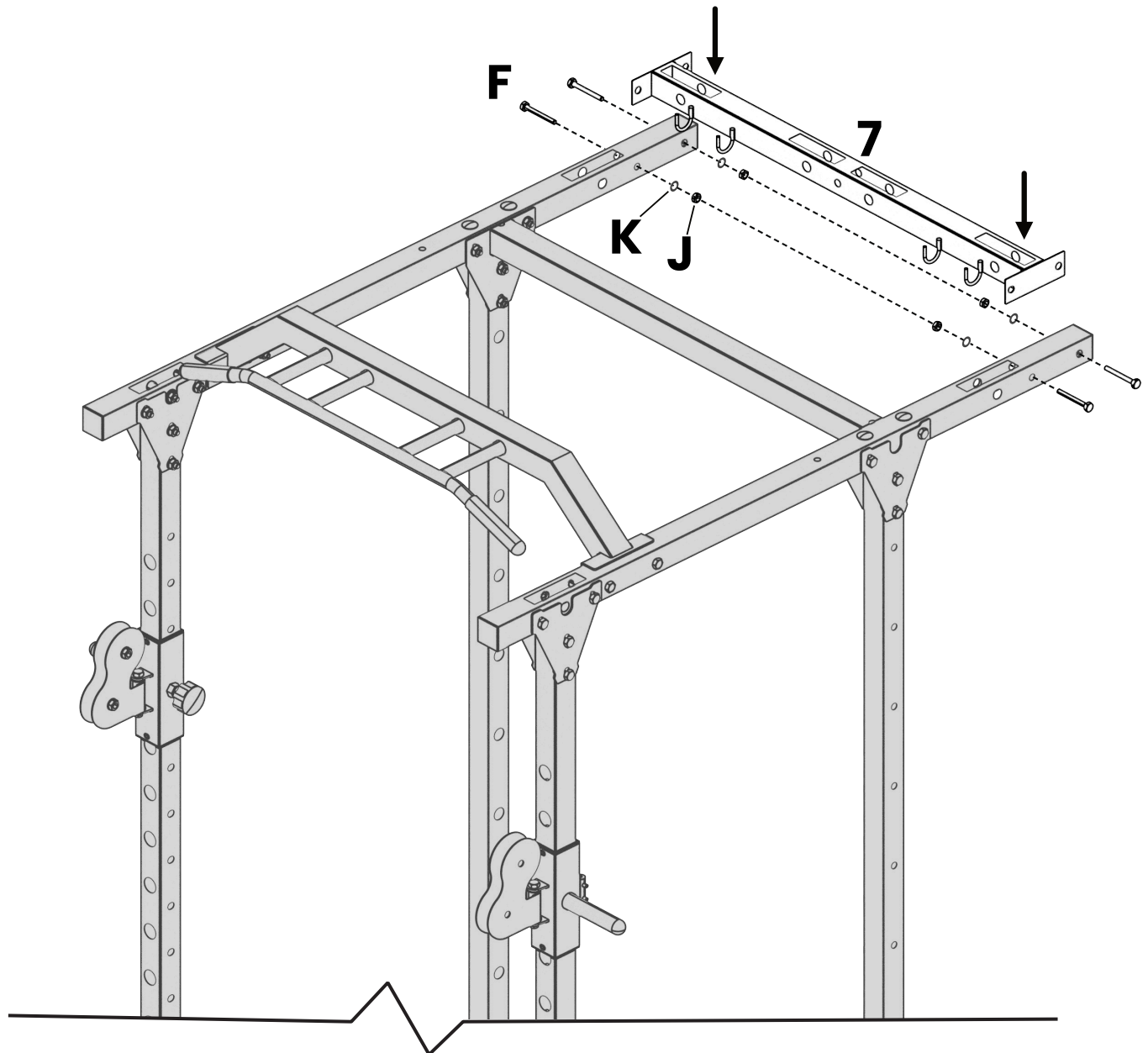


ASSEMBLY

STEP: 10

STEP PART GUIDE

#	PART NAME	QTY
7.	Back Frame	1
F.	M10X70	4
J.	M10 Nuts	4
K.	Washers Ø10	4

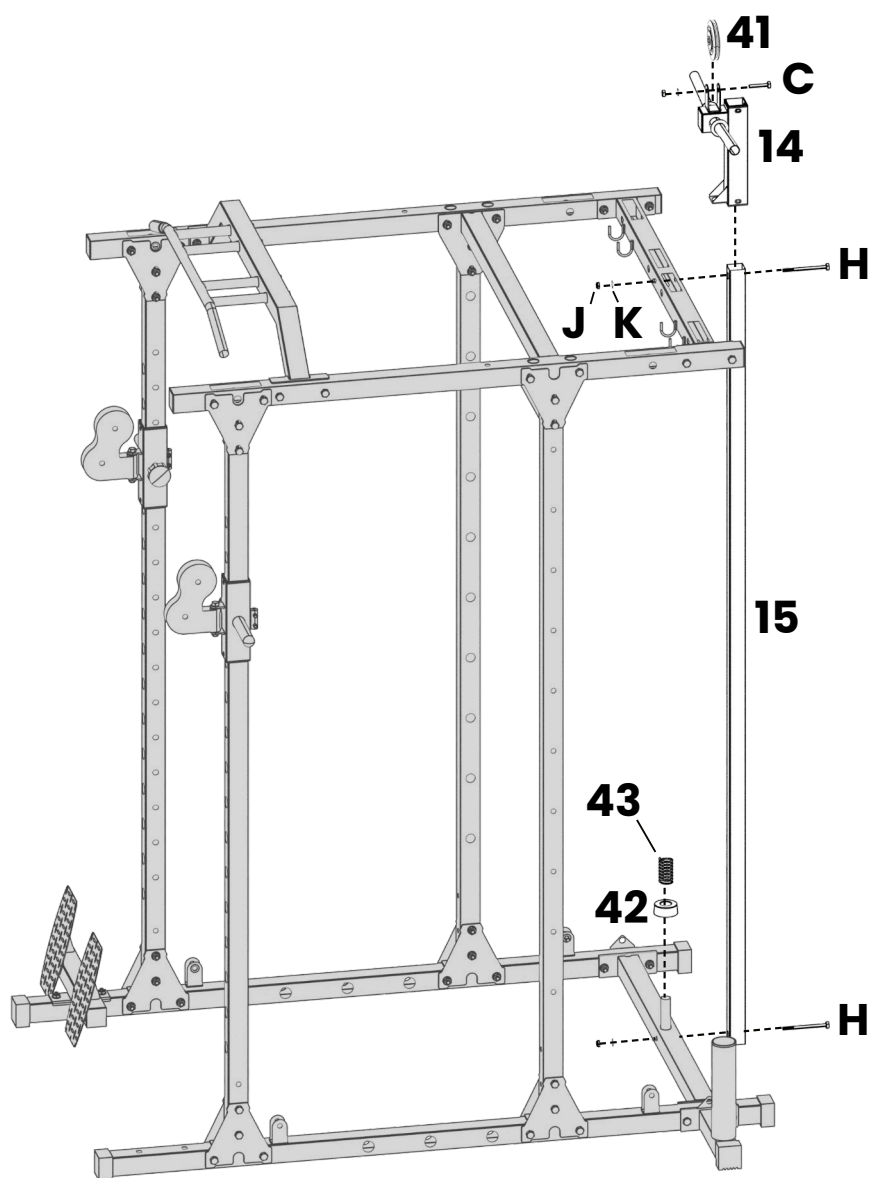


ASSEMBLY

STEP: 11

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

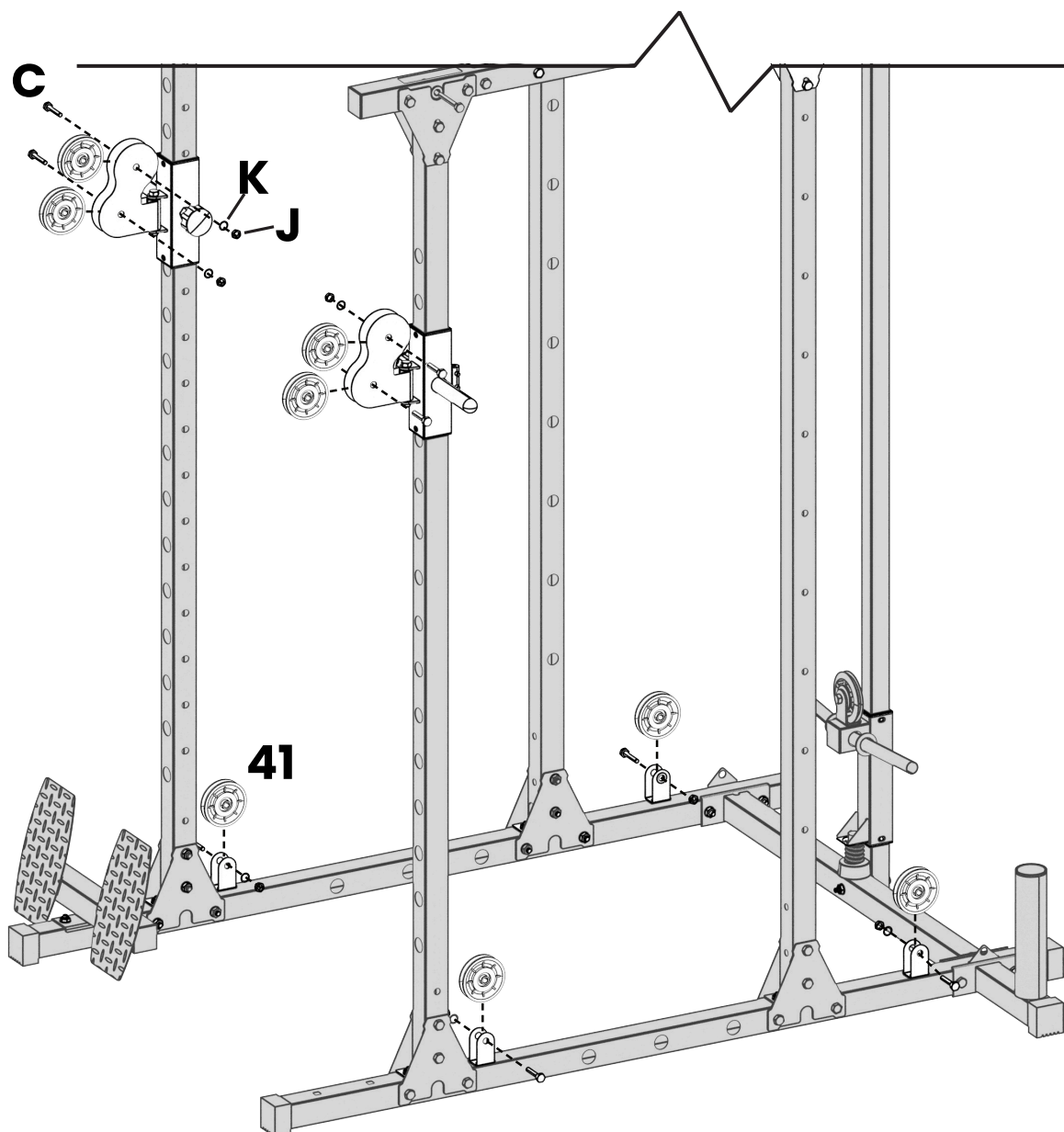


ASSEMBLY

STEP: 12

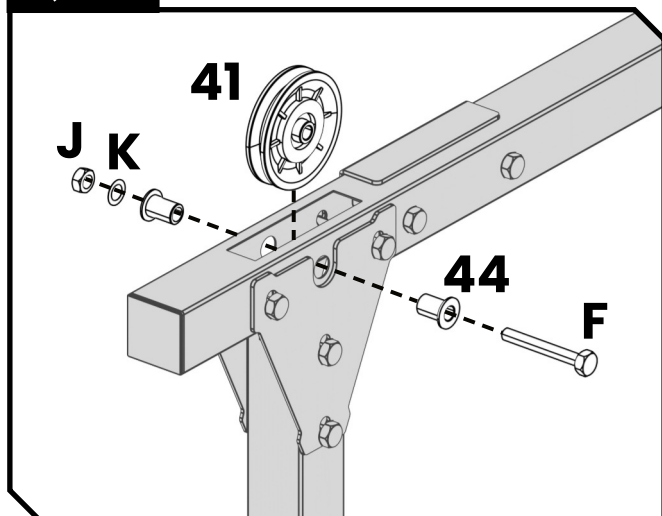
STEP PART GUIDE

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



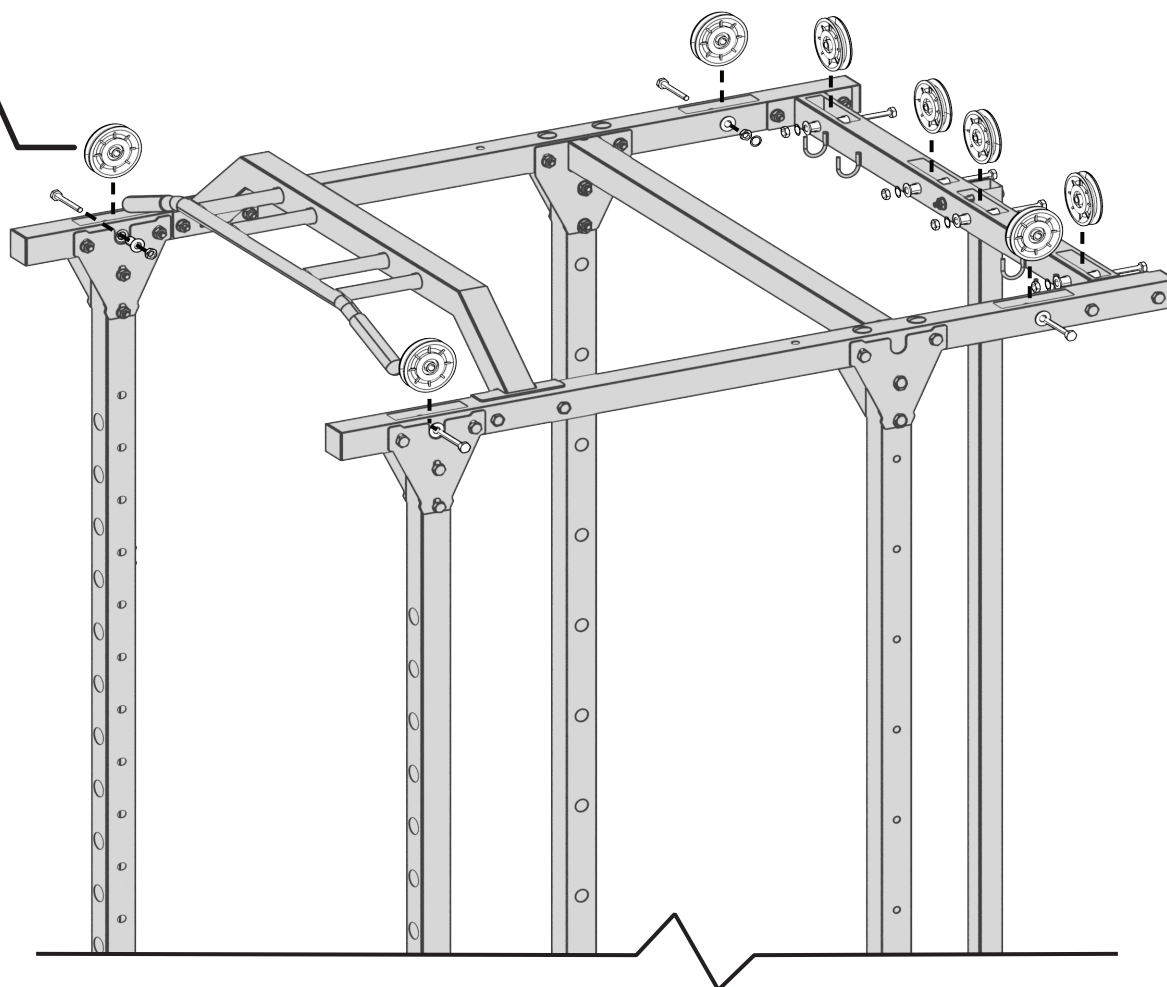
ASSEMBLY

STEP: 13



STEP PART GUIDE

#	PART NAME	QTY
41.	Pulley Wheel	8
44.	Pulley Insert	16
F.	M10X70	8
J.	M10 Nuts	8
K.	Washers Ø10	8



ASSEMBLY

STEP: 14

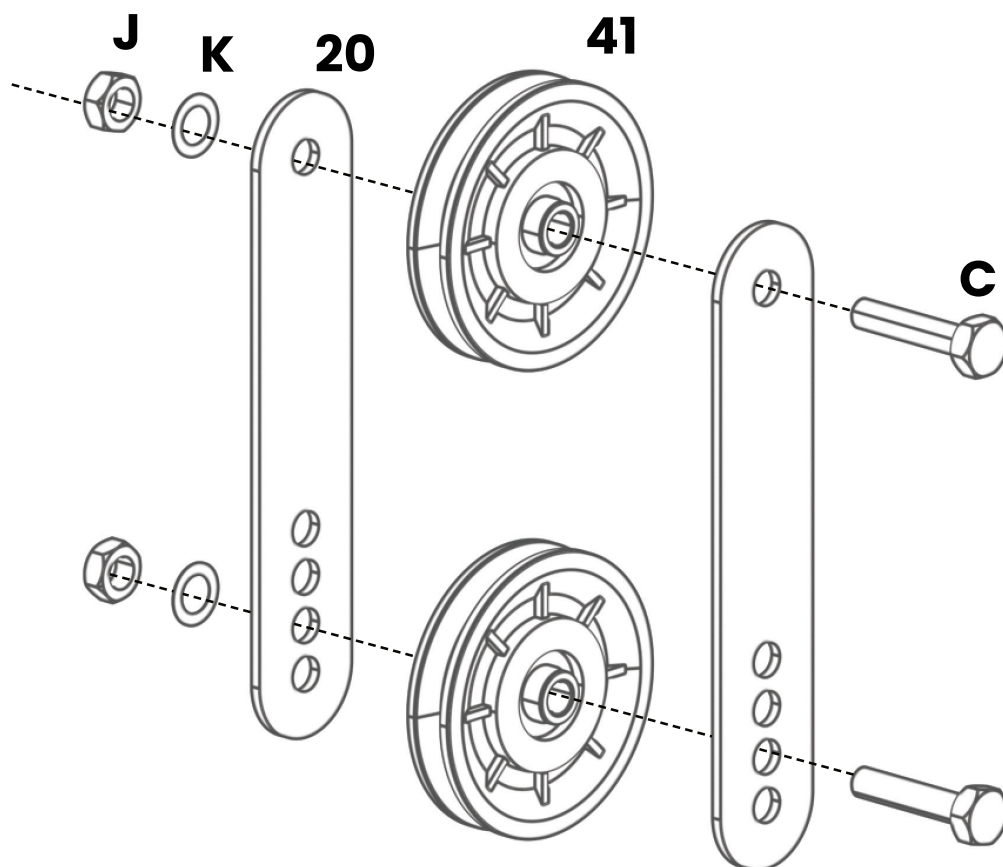


ATTENTION

REPEAT STEP 14
TWICE

STEP PART GUIDE

#	PART NAME	QTY
20.	Pulley Wheel Plate	4
41.	Pulley Wheel	4
C.	M10X45	4
J.	M10 Nuts	4
K.	Washers Ø10	4

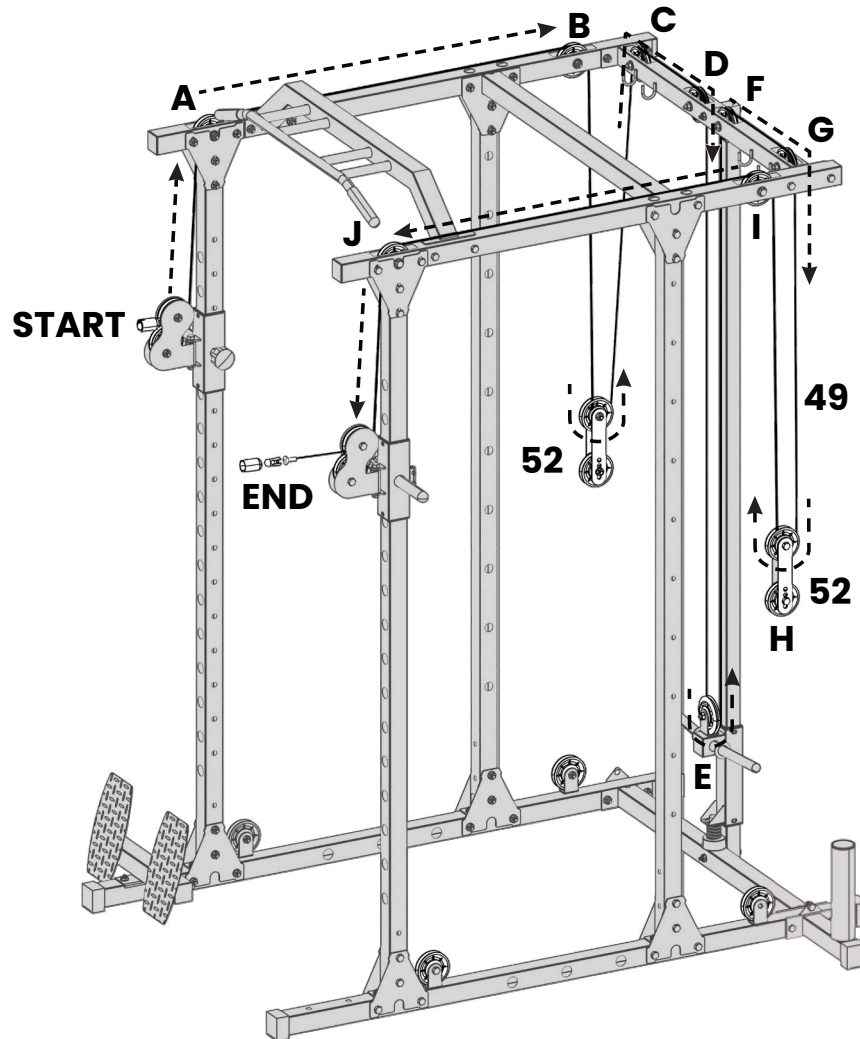


ASSEMBLY

STEP: 15

STEP PART GUIDE

#	PART NAME	QTY
49.	Cable A	1
52.	Assembly From Step 14	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 14. 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 14 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: 16

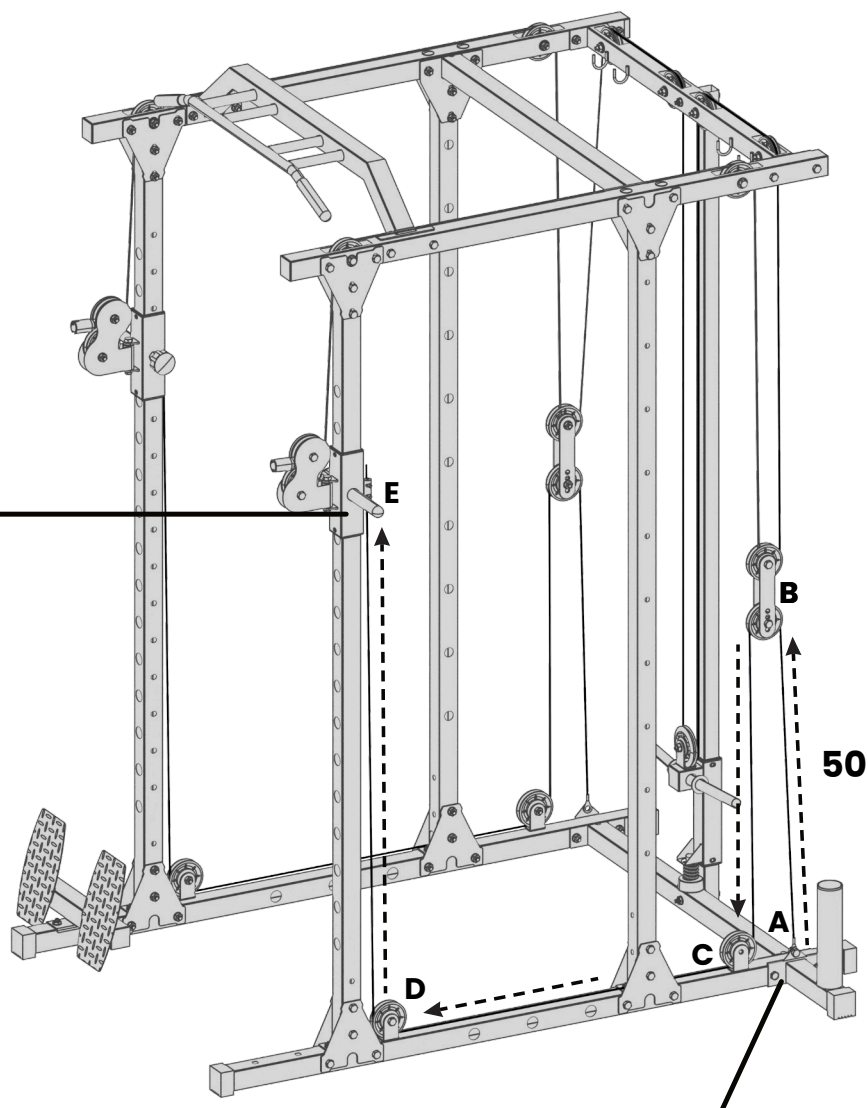
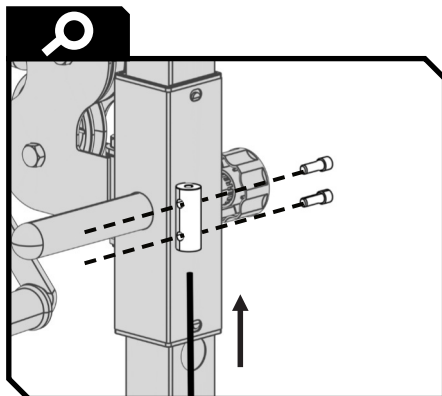


ATTENTION

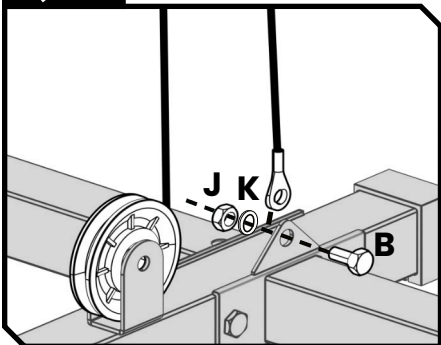
REPEAT STEPS 16
FOR BOTH SIDES

STEP PART GUIDE

#	PART NAME	QTY
50.	Cable B	2
B.	M10X25	2
J.	M10 Nuts	2
K.	Washers Ø10	2



START



- 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.

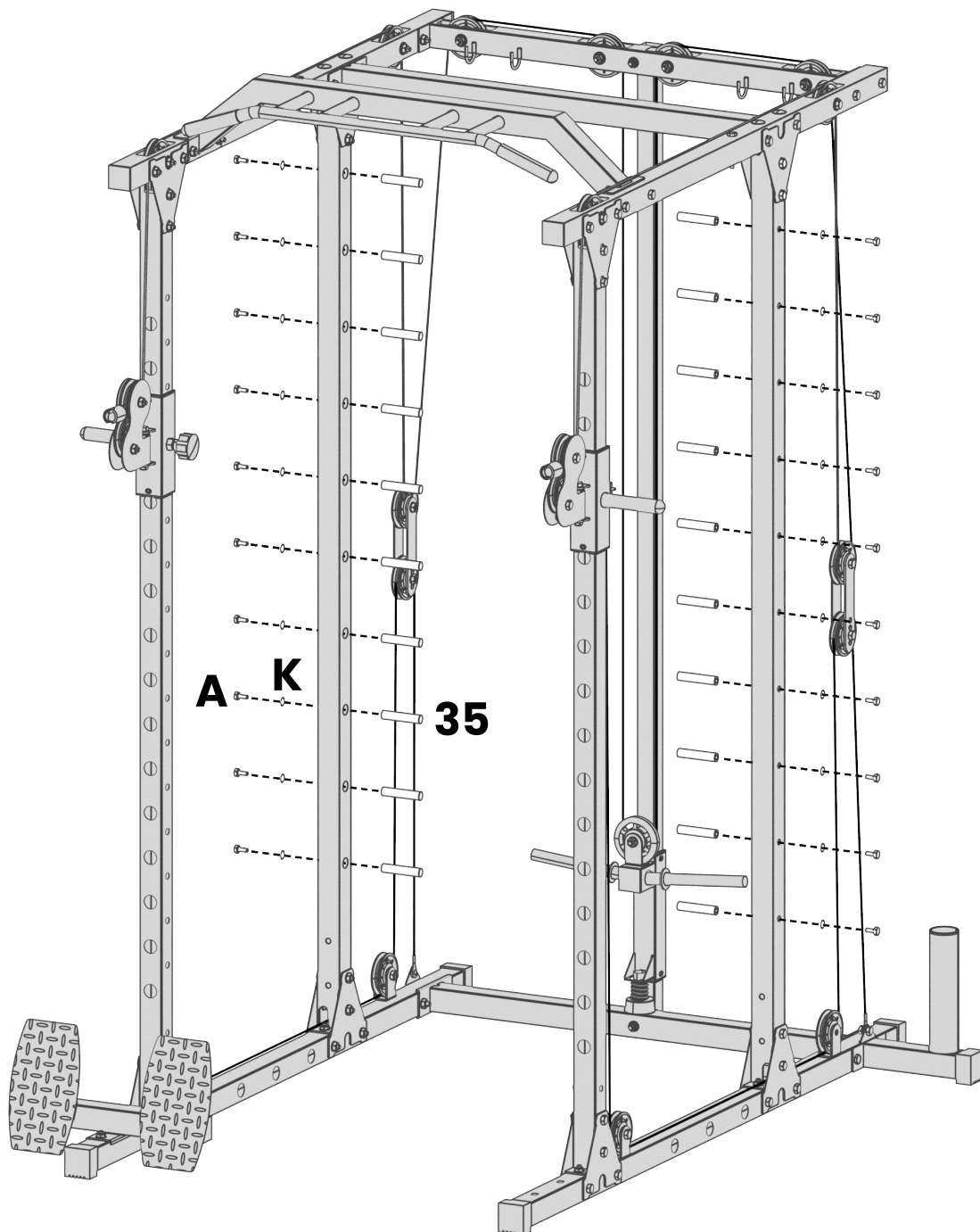


ASSEMBLY

STEP: 17

STEP PART GUIDE

#	PART NAME	QTY
35.	Smith Machine Pegs	20
A.	M10X20	20
K.	Washers Ø10	20

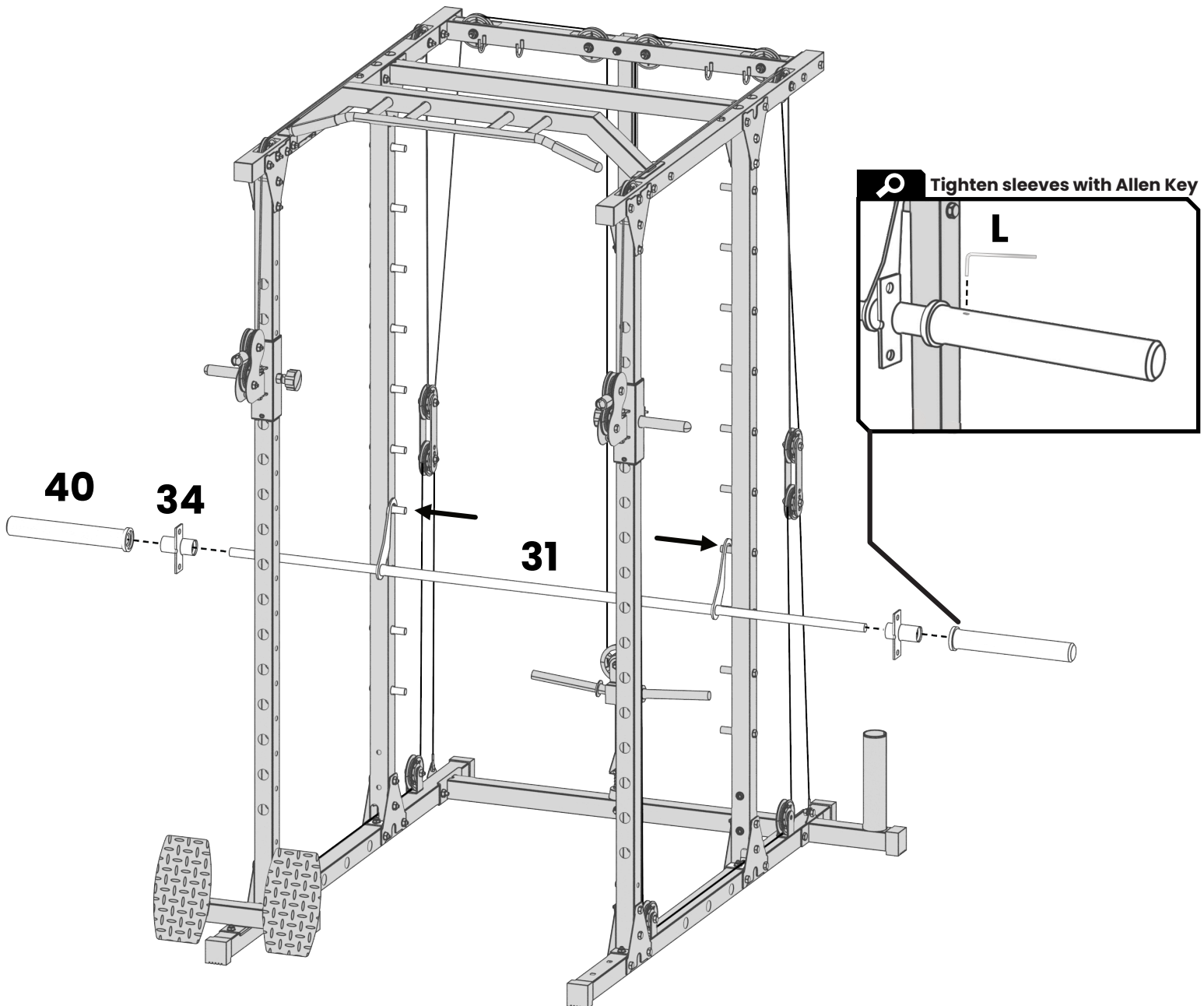


ASSEMBLY

STEP: 18

STEP PART GUIDE

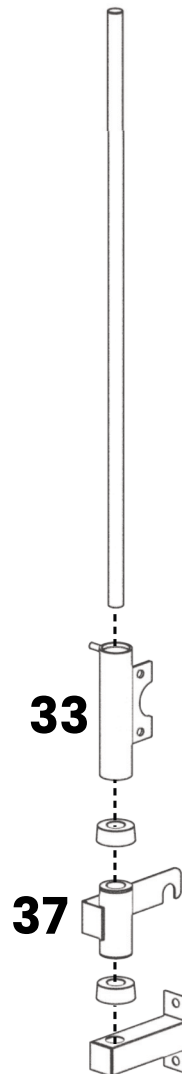
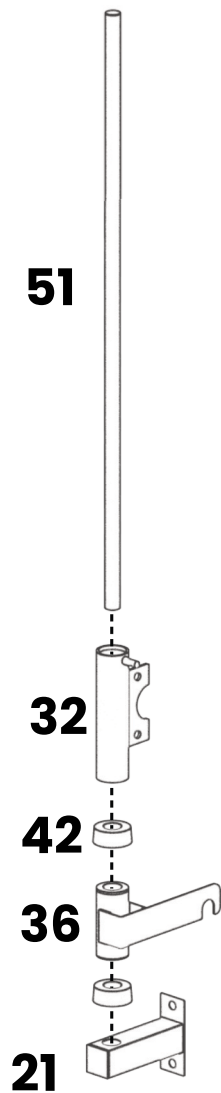
#	PART NAME	QTY
31.	Smith Bar	1
34.	Smith Bar Holder	2
40.	Smith Bar Sleeve	2
L.	#4 Allen Key	1



ASSEMBLY

STEP: 19

STEP PART GUIDE		
#	PART NAME	QTY
21.	Smith Machine Upright	2
32.	Left Bar Track	1
33.	Right Bar Track	1
36.	Left Smith Safety Arm	1
37.	Right Smith Safety Arm	1
42.	Rubber Stopper	4
51.	Smith Machine Rod	2

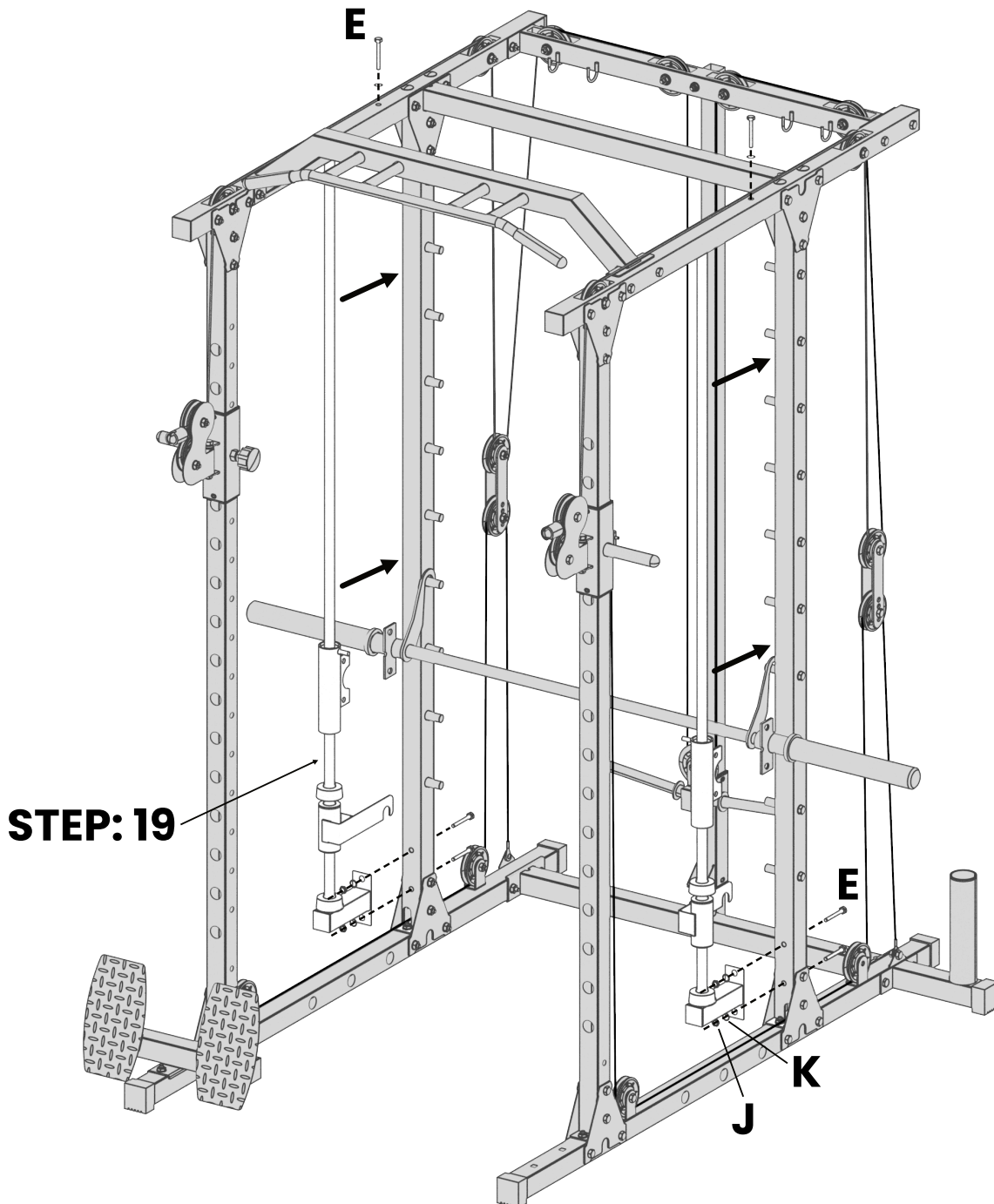


ASSEMBLY

STEP: 20

STEP PART GUIDE

#	PART NAME	QTY
E.	M10X65	6
J.	M10 Nuts	4
K.	Washers Ø10	6

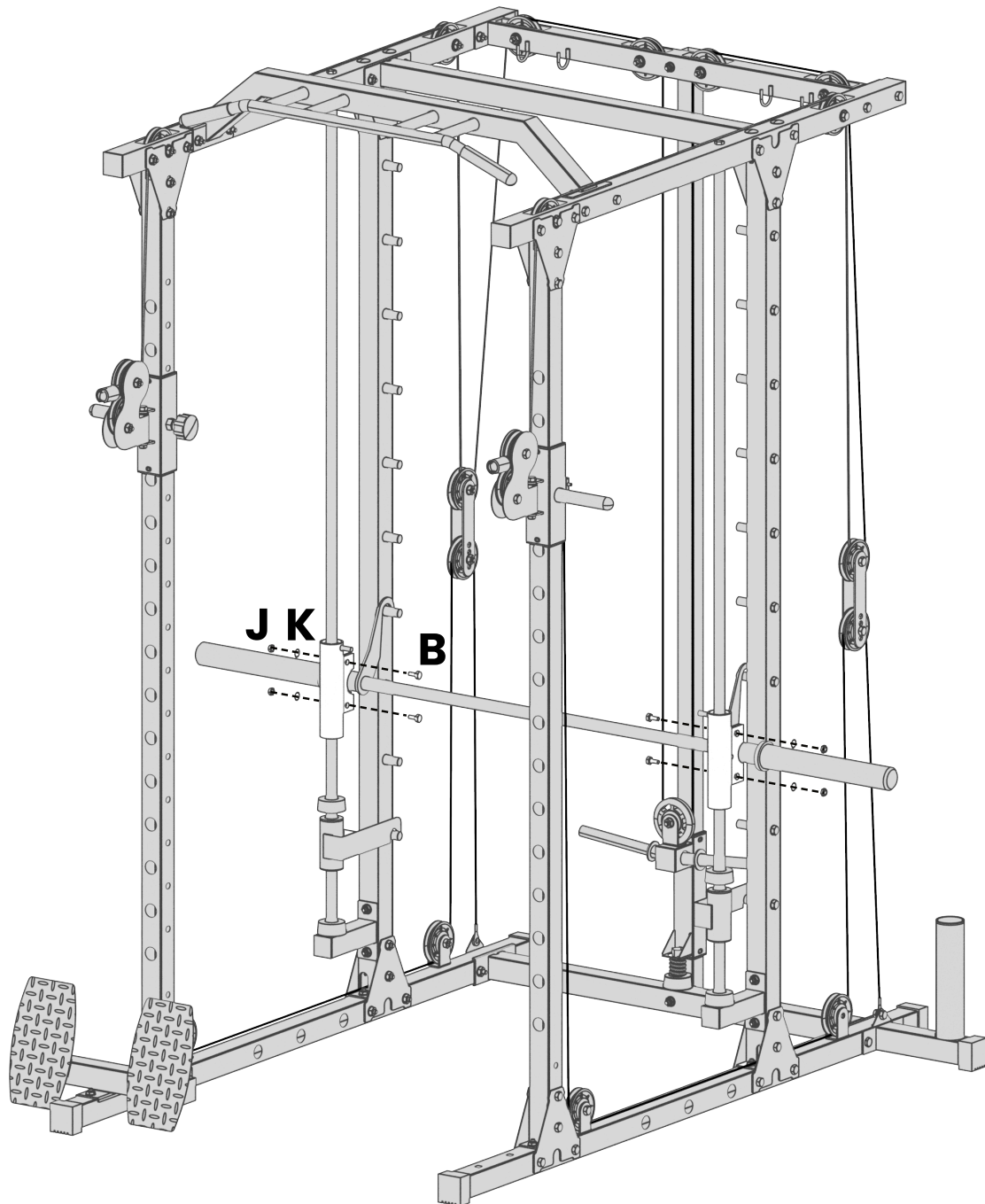


ASSEMBLY

STEP: 21

STEP PART GUIDE

#	PART NAME	QTY
B.	M10X25	4
J.	M10 Nuts	4
K.	Washers Ø10	4

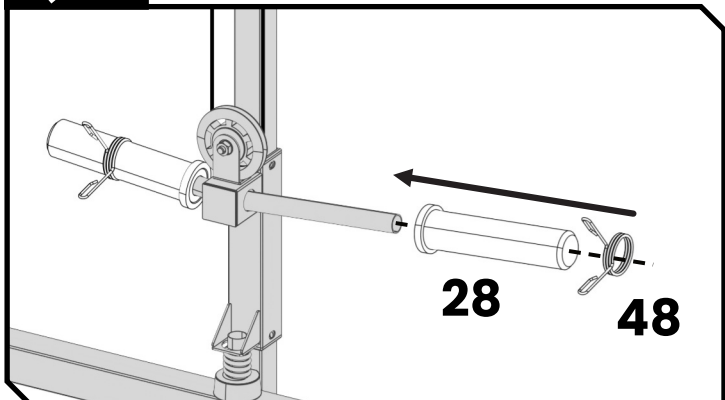


ASSEMBLY

STEP: 22

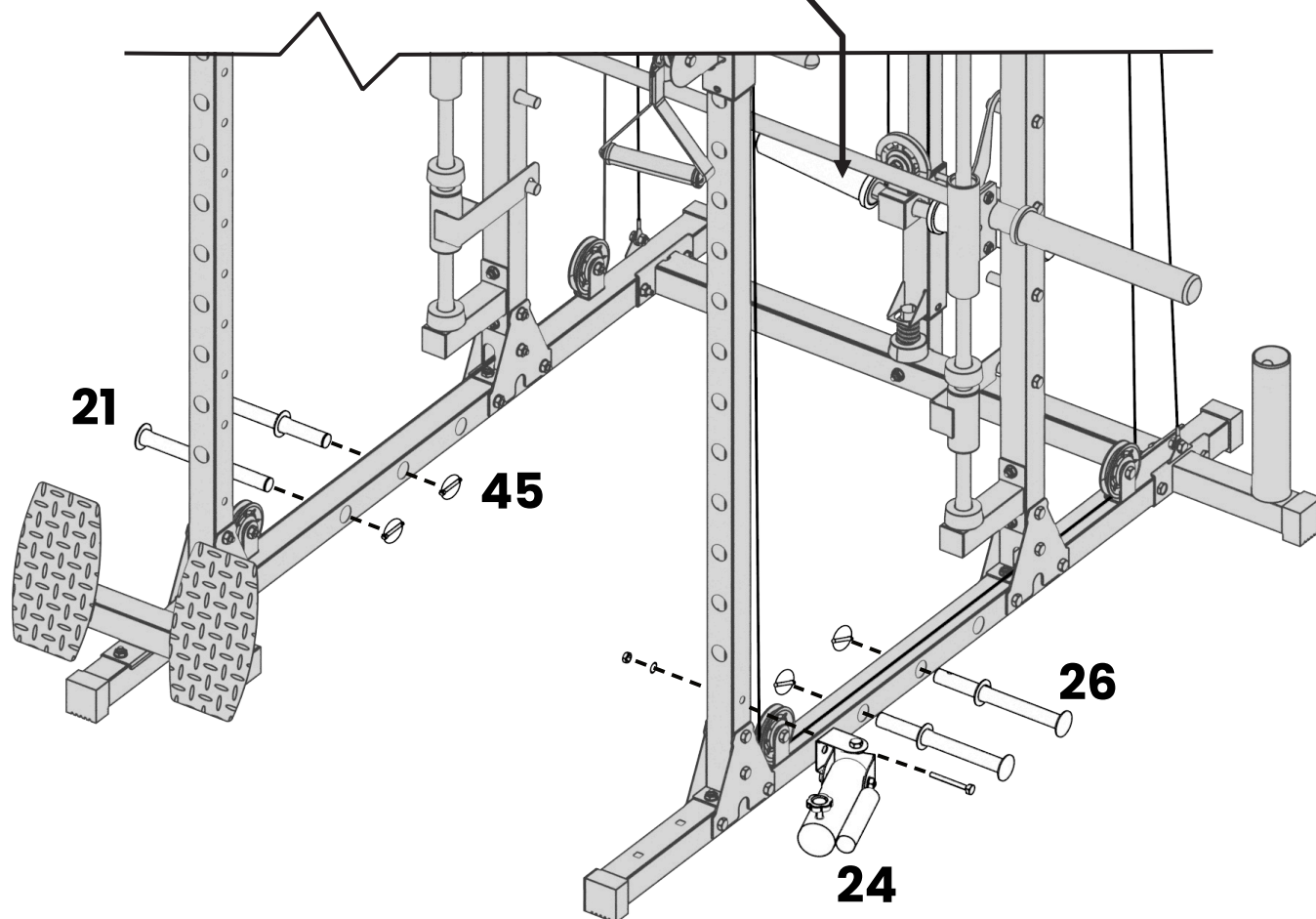


Tighten sleeves with Allen Key



STEP PART GUIDE

#	PART NAME	QTY
24.	Landmine Attachment	1
26.	Resistance Band Pegs	4
28.	Plate Loaded Stack Sleeve	2
45.	Pin Lock	6
48.	2" Spring Collar	2
F.	M10X70 (in landmine)	1
J.	M10 Nuts (in landmine)	1
K.	Washers Ø10 (in landmine)	1



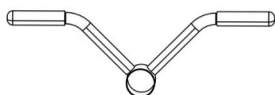
ASSEMBLY

STEP: 23

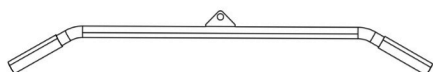
22



23



25



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.	Left Safety Arm	1
39.	Right Safety Arm	1
46.	Carabiner	2

