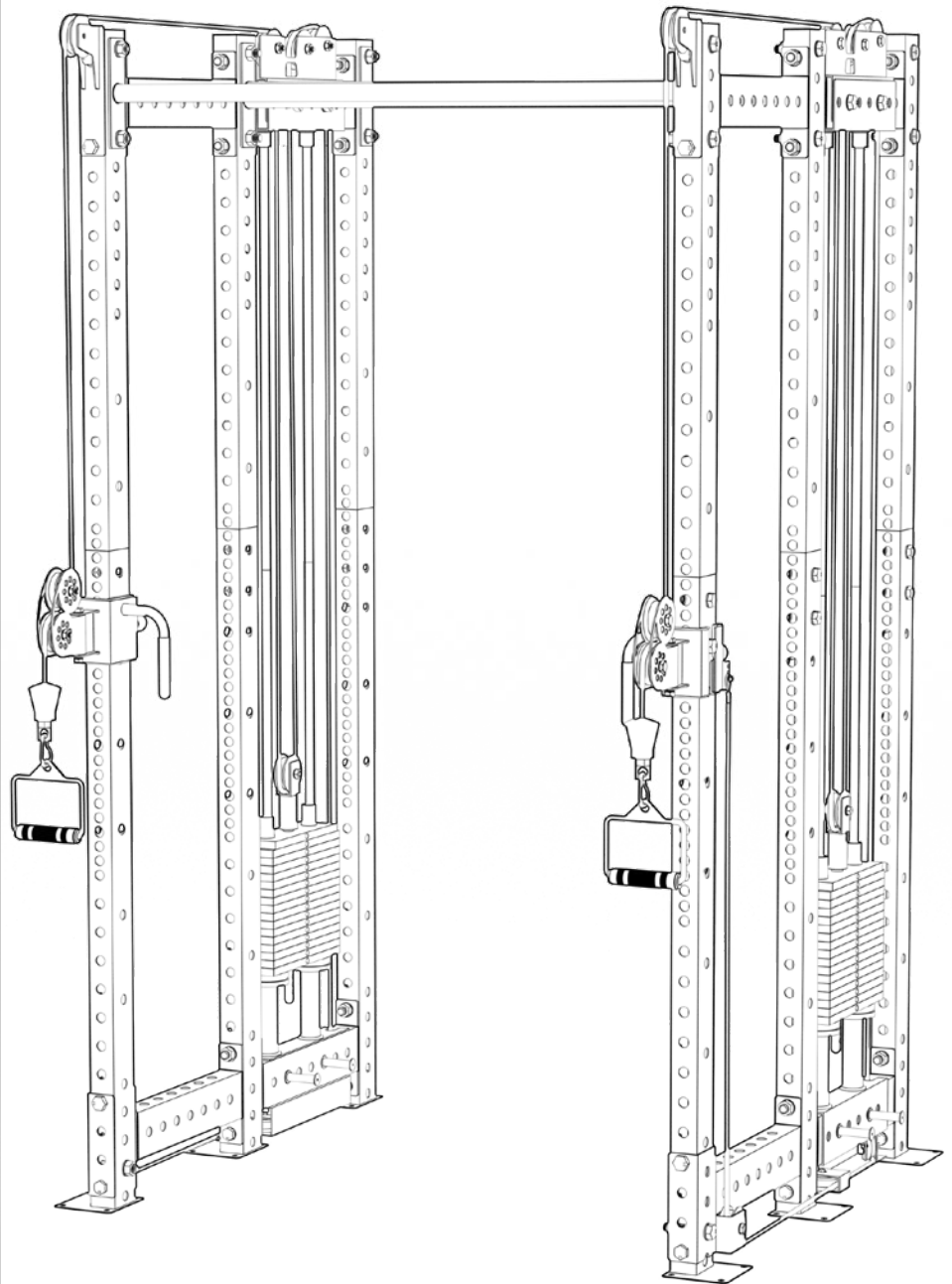
  
**SYNERGEE<sup>®</sup>**

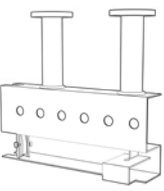
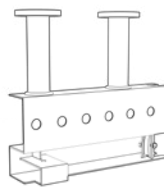


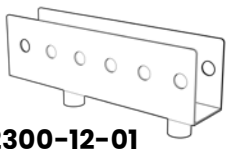
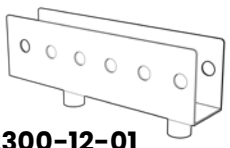

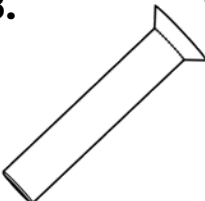
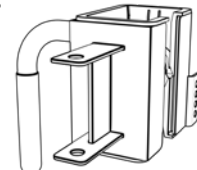
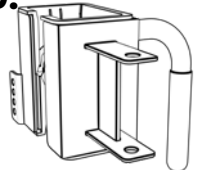
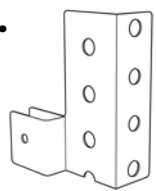
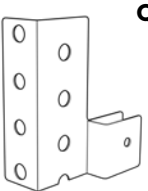
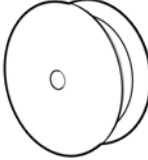

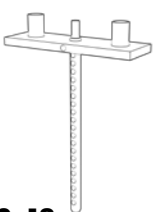
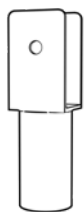

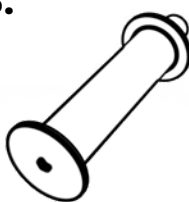

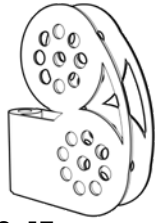
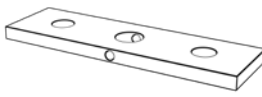




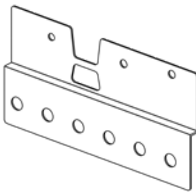
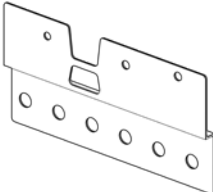


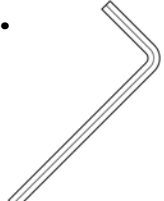
# SF2300 RACK

SYNCHRONIZED LOADER WITH PULLEY



# PARTS LIST



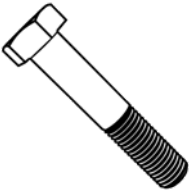



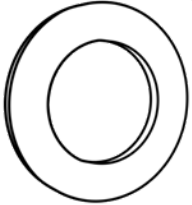
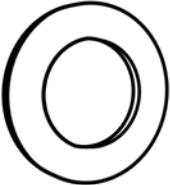
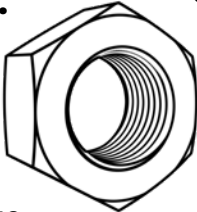

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

<p><b>1.</b>  QTY x1</p> <p><b>2300-09</b> LEFT SIDE</p>	<p><b>2.</b>  QTY x1</p> <p><b>2300-09</b> RIGHT SIDE</p>	<p><b>3.</b>  QTY x4</p> <p><b>2300-11-1</b></p>	<p><b>4.</b>  QTY x4</p> <p><b>2300-11-2</b></p>	<p><b>5.</b>  QTY x1</p> <p><b>2300-12-01</b> LEFT SIDE</p>
<p><b>6.</b>  QTY x1</p> <p><b>2300-12-01</b> RIGHT SIDE</p>	<p><b>7.</b>  QTY x4</p> <p><b>2300-00</b></p>	<p><b>8.</b>  QTY x1</p> <p><b>ASSEMBLY PIN</b></p>	<p><b>9.</b>  QTY x1</p> <p><b>2300-14</b> LEFT SIDE</p>	<p><b>10.</b>  QTY x1</p> <p><b>2300-14</b> RIGHT SIDE</p>
<p><b>11.</b>  QTY x1</p> <p><b>2300-16</b> LEFT SIDE</p>	<p><b>12.</b>  QTY x1</p> <p><b>2300-16</b> RIGHT SIDE</p>	<p><b>13.</b>  QTY x18</p> <p><b>2300-00-01</b></p>	<p><b>14.</b>  QTY x2</p> <p><b>2300-00-03-01</b></p>	<p><b>15.</b>  QTY x2</p> <p><b>2300-18</b></p>
<p><b>16.</b>  QTY x2</p> <p><b>2300-20</b></p>	<p><b>17.</b>  QTY x4</p> <p><b>2300-10-1</b></p>	<p><b>18.</b>  QTY x4</p> <p><b>2300-10-2</b></p>	<p><b>19.</b>  QTY x2</p> <p><b>2300-13</b></p>	<p><b>20.</b>  QTY x2</p> <p><b>2300-15</b></p>
<p><b>21.</b>  QTY x30</p> <p><b>2300-19</b></p>	<p><b>22.</b>  QTY x2</p> <p><b>2300-00-06</b></p>	<p><b>23.</b>  QTY x2</p> <p><b>2300-00-07</b></p>	<p><b>24.</b>  QTY x2</p> <p><b>2300-00-09</b></p>	<p><b>25.</b>  QTY x2</p> <p><b>2300-00-03-02</b></p>
<p><b>26.</b>  QTY x2</p> <p><b>2300-12-03</b></p>	<p><b>27.</b>  QTY x2</p> <p><b>2300-12-04</b></p>	<p><b>28.</b>  QTY x1</p> <p><b>HOOK WRENCH</b></p>	<p><b>29.</b>  QTY x1</p> <p><b>4mm ALLEN KEY</b></p>	<p><b>30.</b>  QTY x2</p> <p><b>5mm ALLEN KEY</b></p>



# PARTS LIST

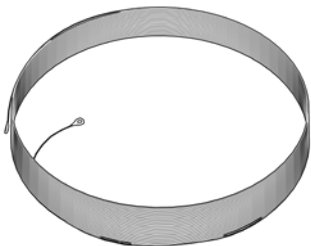
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:  
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

<p><b>31.</b> QTY x2</p>  <p><b>STICKERS</b></p>	<p><b>32.</b> QTY x4</p>  <p><b>SET SCREW</b></p>			
<p><b>A.</b> QTY x6</p>  <p><b>M16x80</b></p>	<p><b>B.</b> QTY x2</p>  <p><b>M10x90 BOLT</b></p>	<p><b>C.</b> QTY x18</p>  <p><b>M10x45 BOLT</b></p>	<p><b>D.</b> QTY x2</p>  <p><b>M10x20 BOLT</b></p>	<p><b>E.</b> QTY x12</p>  <p><b>M16 Washer</b></p>
<p><b>F.</b> QTY x44</p>  <p><b>M10 Washer</b></p>	<p><b>G.</b> QTY x6</p>  <p><b>M16 Nut</b></p>	<p><b>H.</b> QTY x22</p>  <p><b>M10 Nut</b></p>		

## PARTS DETERMINED BY PURCHASE:

**345"** CABLE

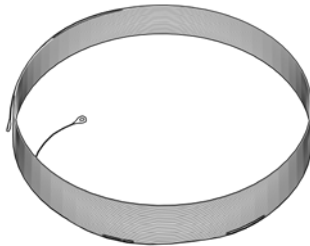
**32.** QTY x2



**2300-00-03**

**361"** CABLE

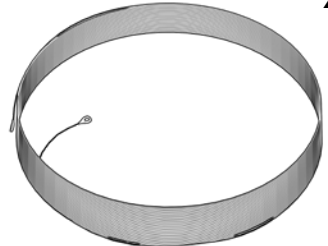
**33.** QTY x2



**2300-00-04**

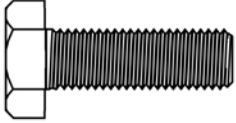
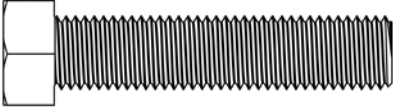
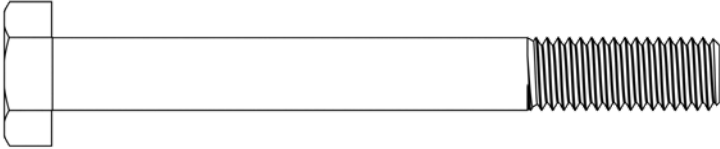
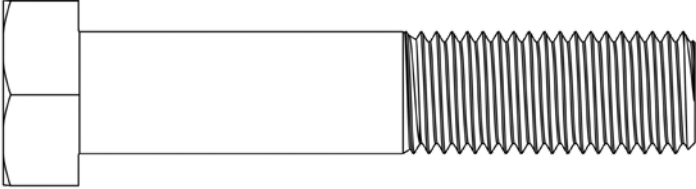
**385"** CABLE

**34.** QTY x2



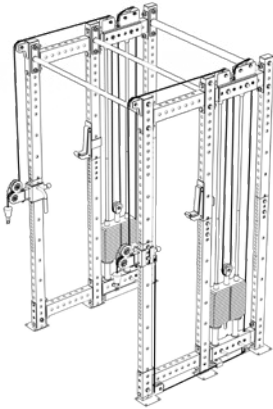
**2300-00-05**

# HARDWARE SIZING CHART

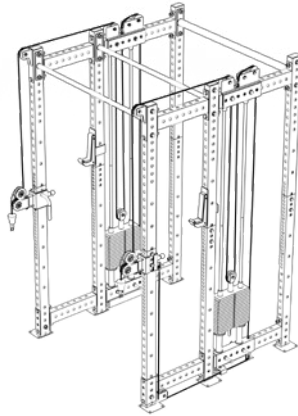
<b>M8x20 BOLT</b>		QTY <b>2</b>
<b>M10x45 BOLT</b>		QTY <b>18</b>
<b>M10x90 BOLT</b>		QTY <b>2</b>
<b>M16x80 BOLT</b>		QTY <b>6</b>

# POSSIBLE CONFIGURATIONS

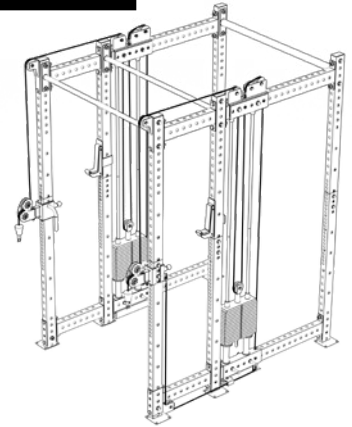
**16-16 RACK**



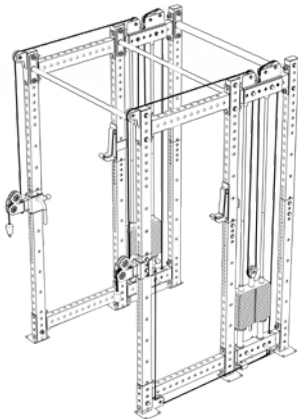
**16-24 RACK**



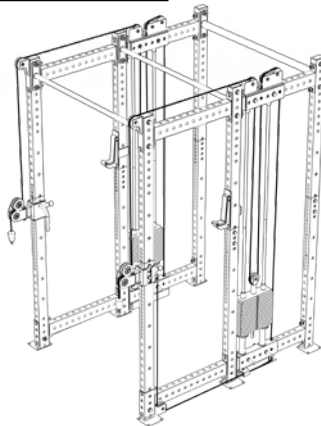
**16-36 RACK**



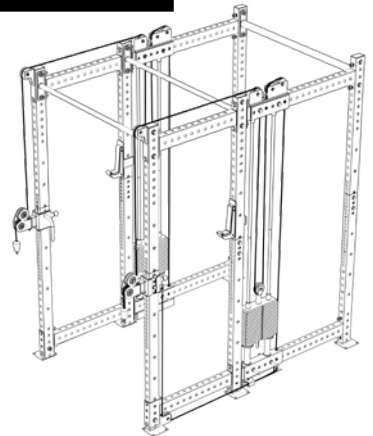
**24-16 RACK**



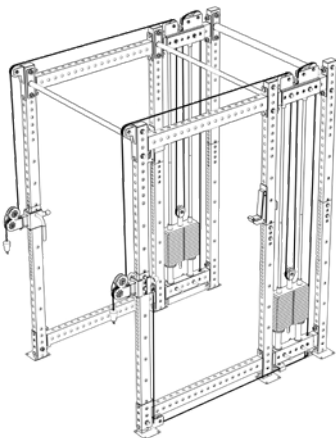
**24-24 RACK**



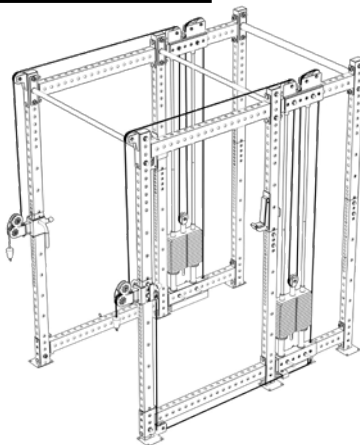
**24-36 RACK**



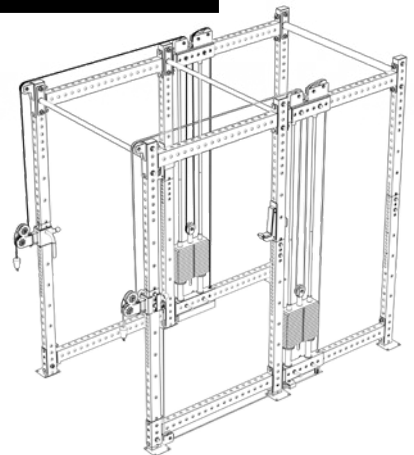
**36-16 RACK**



**36-24 RACK**



**36-36 RACK**

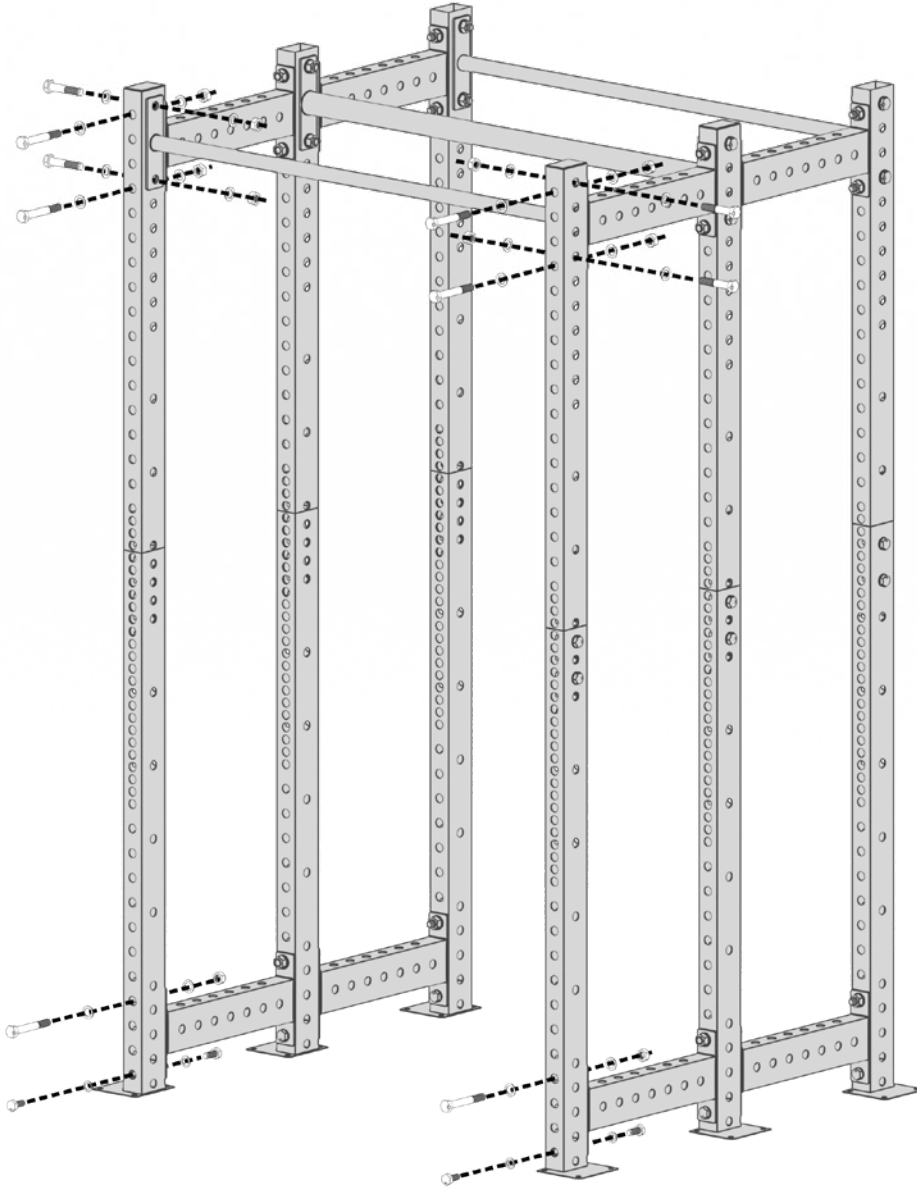


# ASSEMBLY

## STEP: 1

# STEP PART GUIDE

#	PART NAME	QTY
-	Existing Hardware	-



# STOP!

**STORE** existing **BOLTS**, **NUTS**, and **WASHERS** safely. You will need them again for step 7.

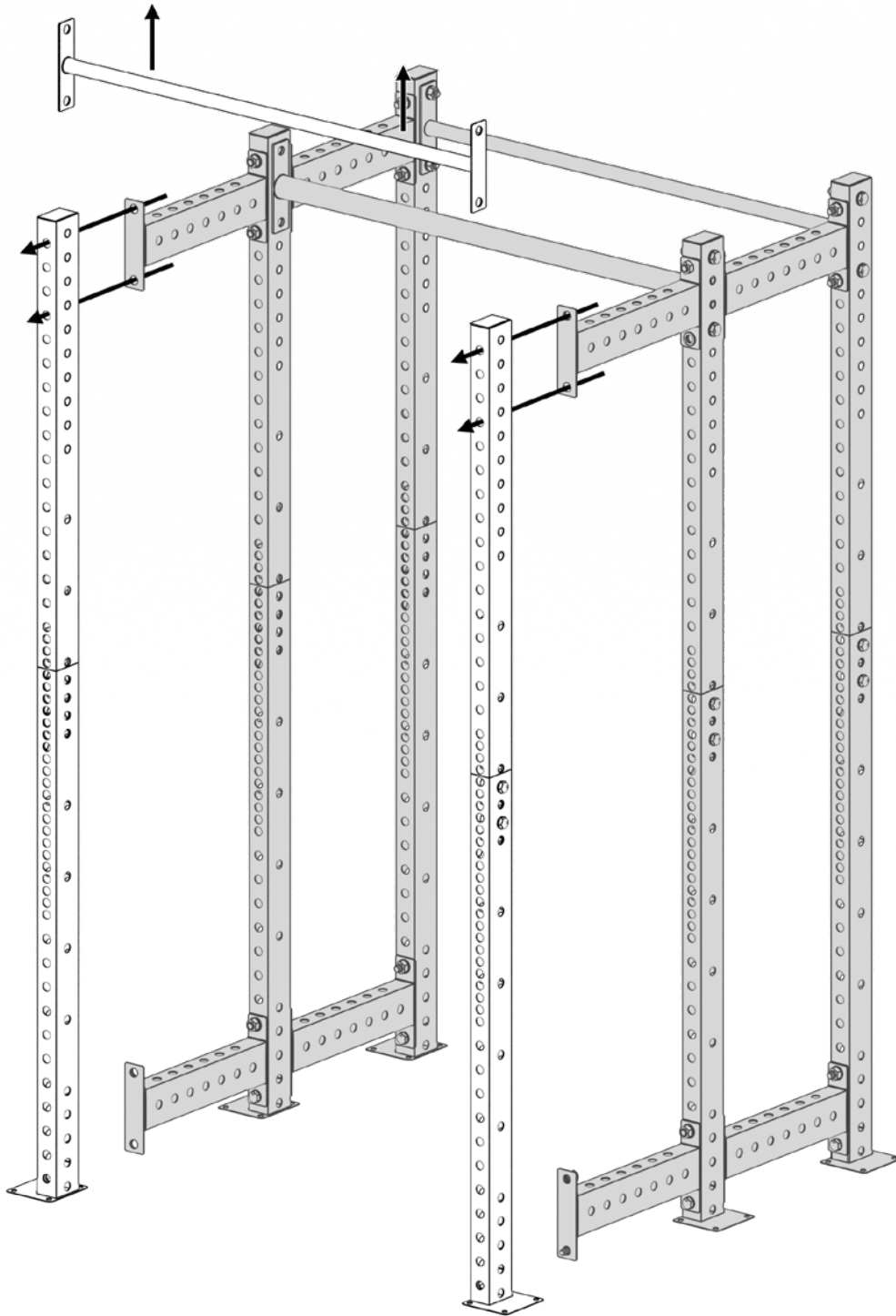


# ASSEMBLY

## STEP: 2

# STEP PART GUIDE

#	PART NAME	QTY
-	Existing hardware	-

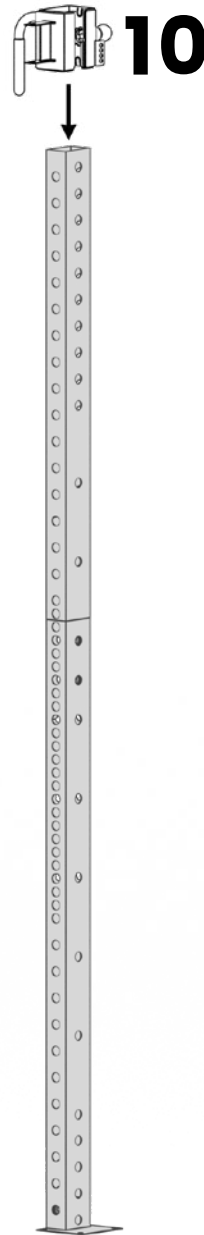
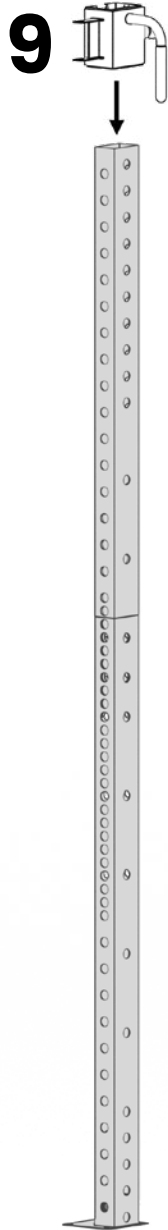


# ASSEMBLY

## STEP: 3

# STEP PART GUIDE

#	PART NAME	QTY
9.	2300-14-L	1
10.	2300-14-R	1



To use handle, twist knob counter clockwise to loosen and pull while moving the handle. To tighten release the knob and twist clockwise to secure.

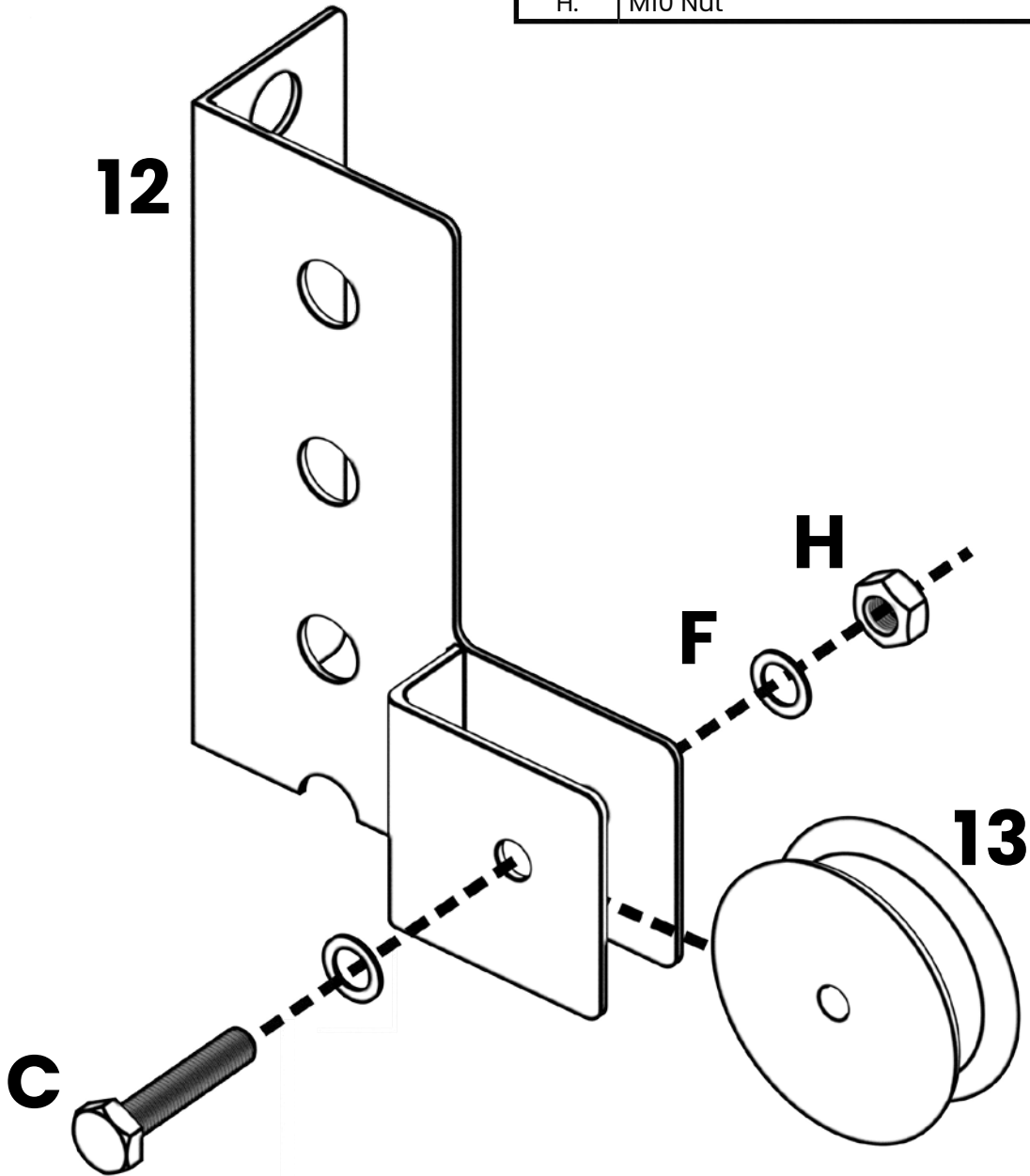


# ASSEMBLY

## STEP: 4

### STEP PART GUIDE

#	PART NAME	QTY
12.	2300-16 Right Side	1
13.	2300-00-01	1
C.	M10x45mm Hex Bolt Fully Threaded	1
F.	M10 Washer	2
H.	M10 Nut	1

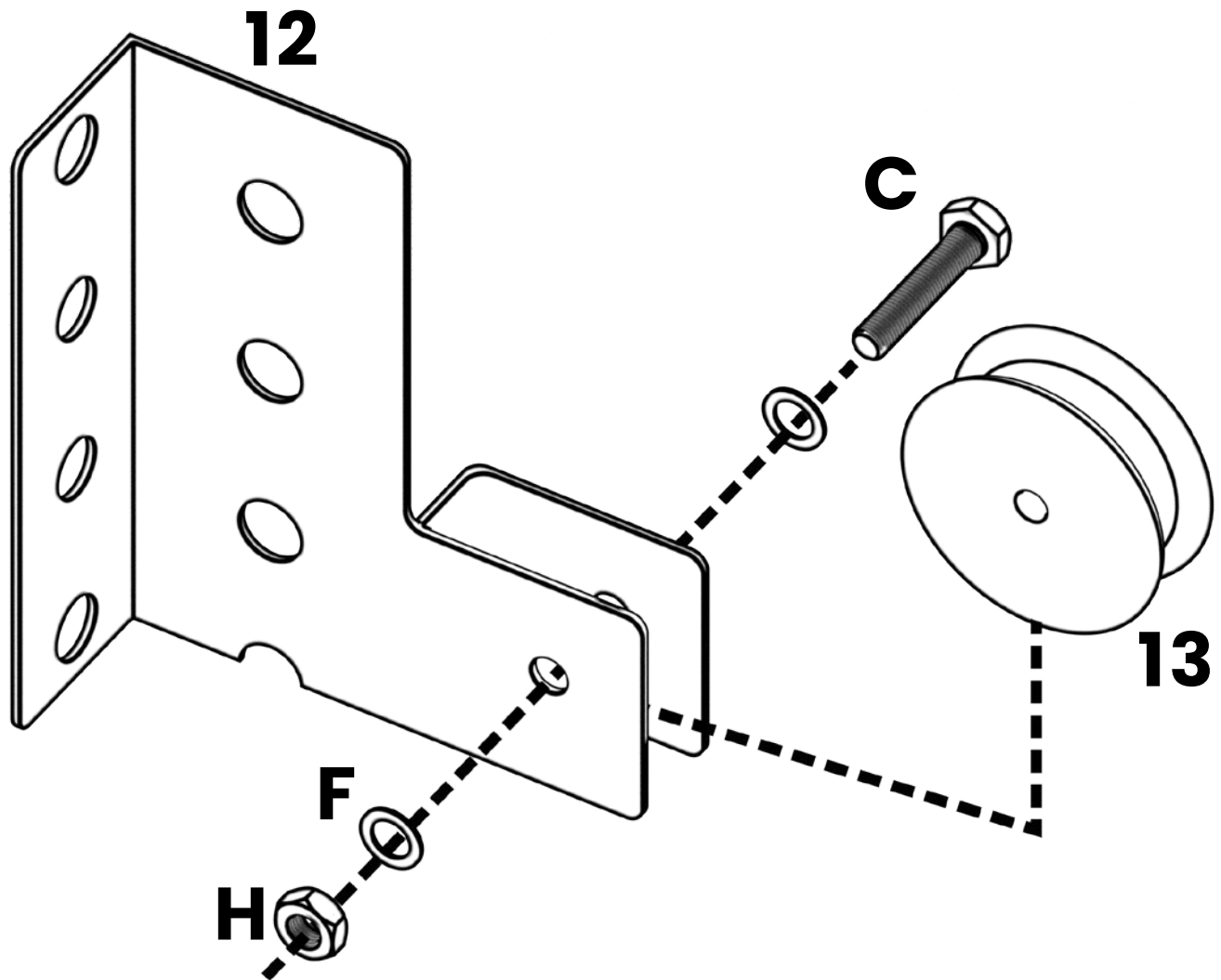


# ASSEMBLY

## STEP: 5

### STEP PART GUIDE

#	PART NAME	QTY
11.	2300-16 Left Side	1
13.	2300-00-01	1
C.	M10x45mm Hex Bolt Fully Threaded	1
F.	M10 Washer	2
H.	M10 Nut	1

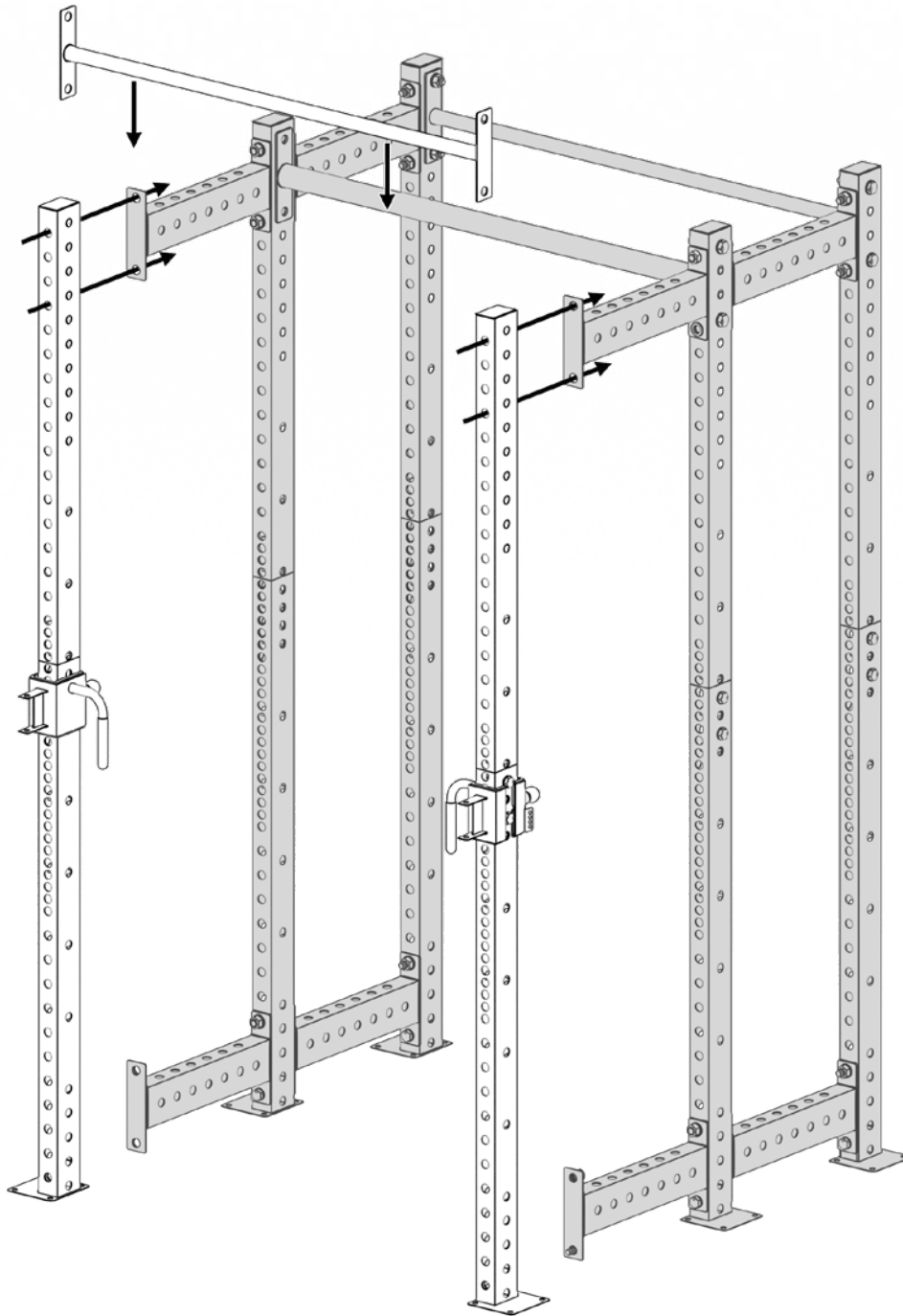


# ASSEMBLY

## STEP: 6

# STEP PART GUIDE

#	PART NAME	QTY
-	Existing Hardware	-

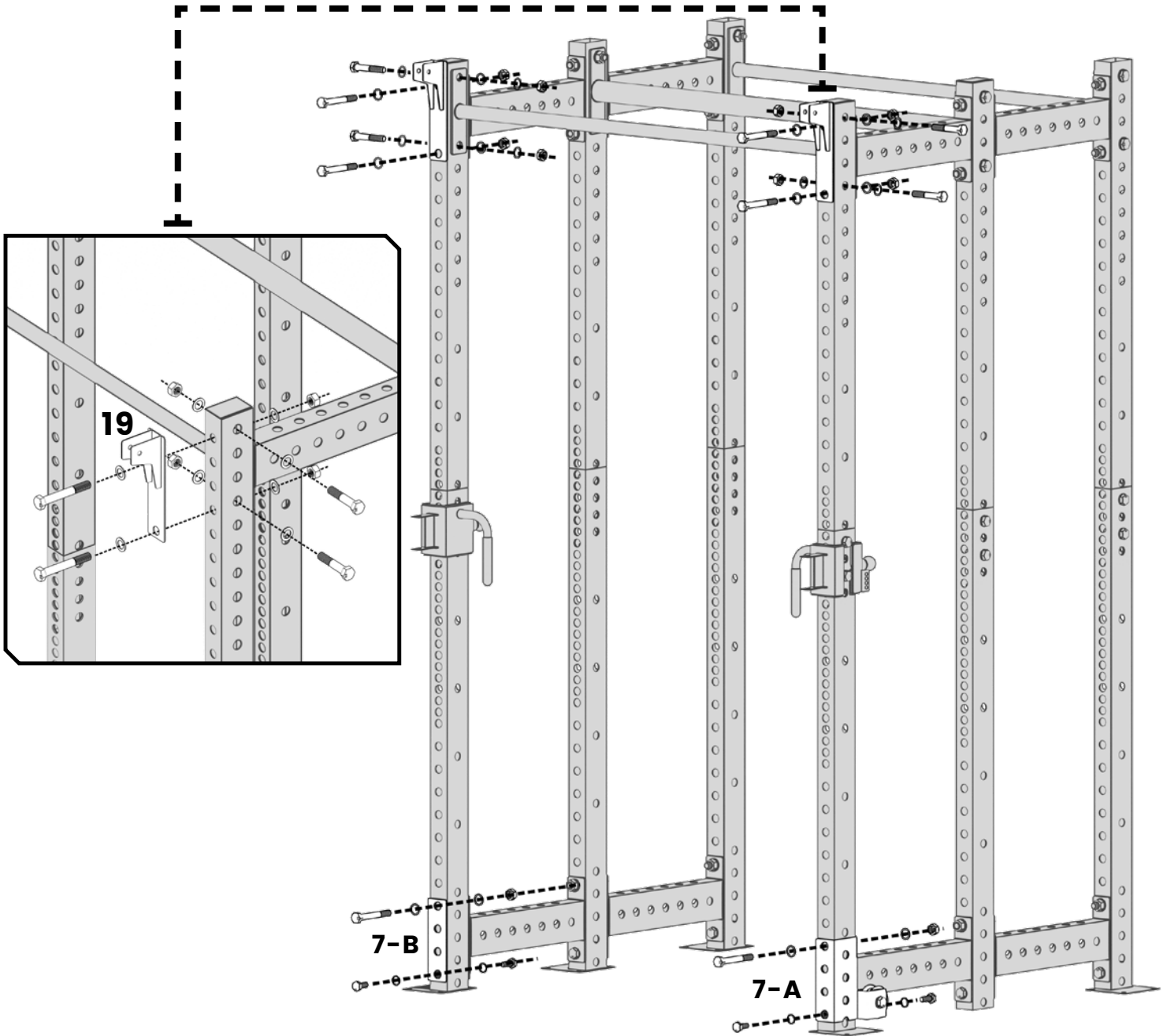


# ASSEMBLY

## STEP: 7

# STEP PART GUIDE

#	PART NAME	QTY
-	Existing Hardware	-
19.	2300-14	2
7-A.	Assembly From Step 4	1
7-B.	Assembly From Step 5	1

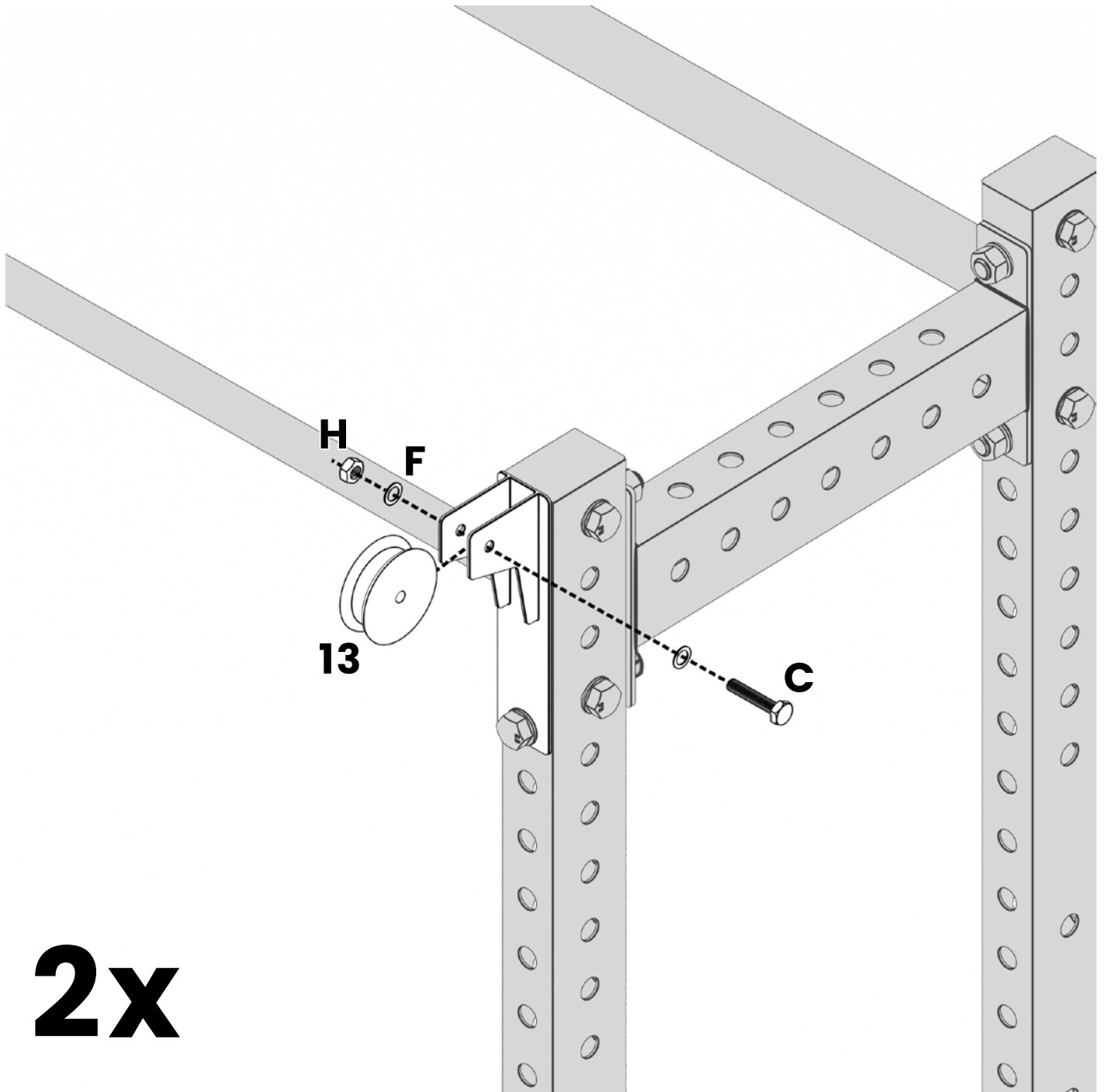


# ASSEMBLY

## STEP: 8

### STEP PART GUIDE

#	PART NAME	QTY
13.	2300-01-01	2
C.	M10 45	2
F.	M10 Washer	4
H.	M10 Nut	2



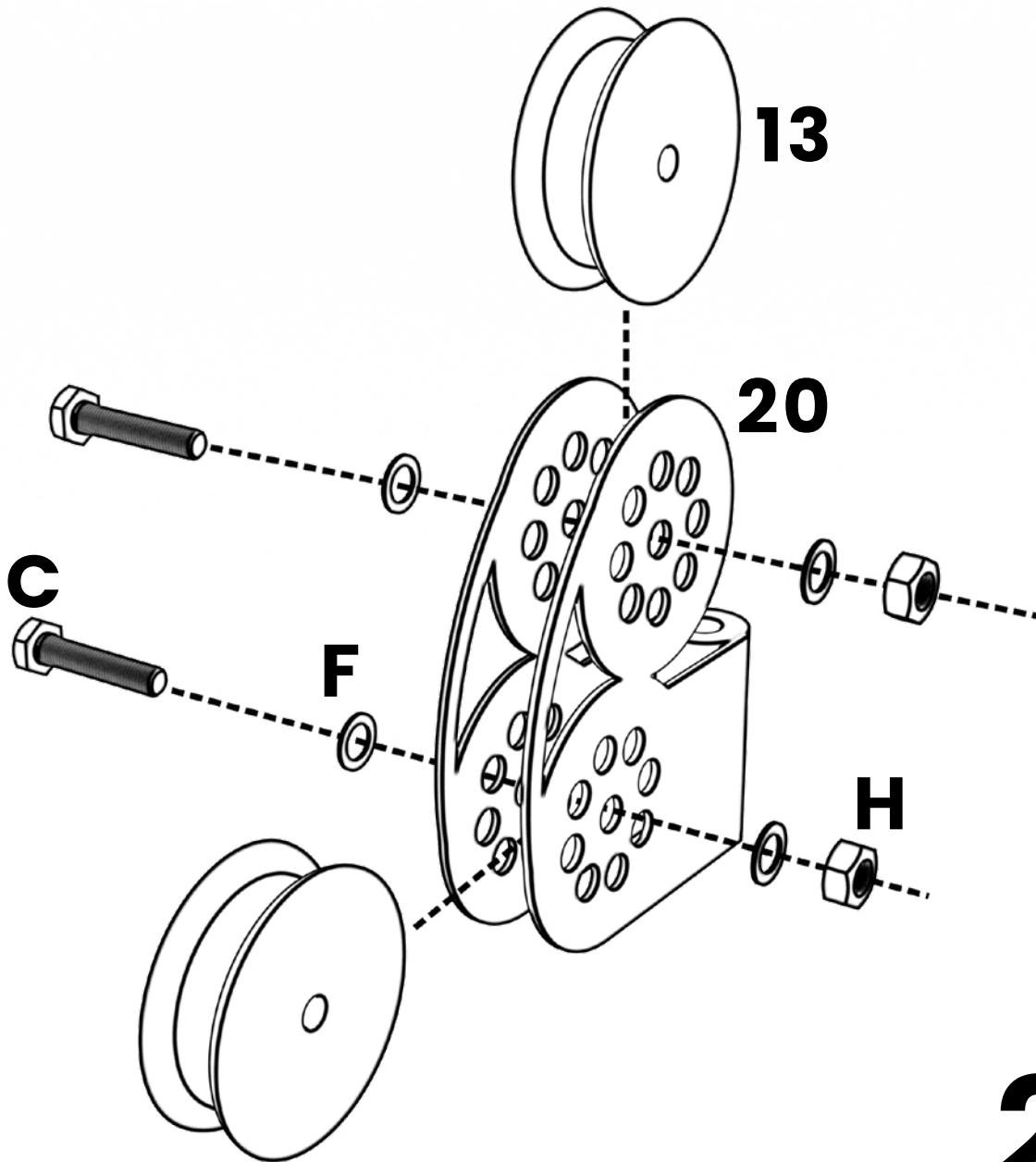
**2x**

# ASSEMBLY

## STEP: 9

### STEP PART GUIDE

#	PART NAME	QTY
13.	2300-01-01	4
20.	2300-15	2
C.	M10 45	4
F.	M10 Washer	8
H.	M10 Nut	4



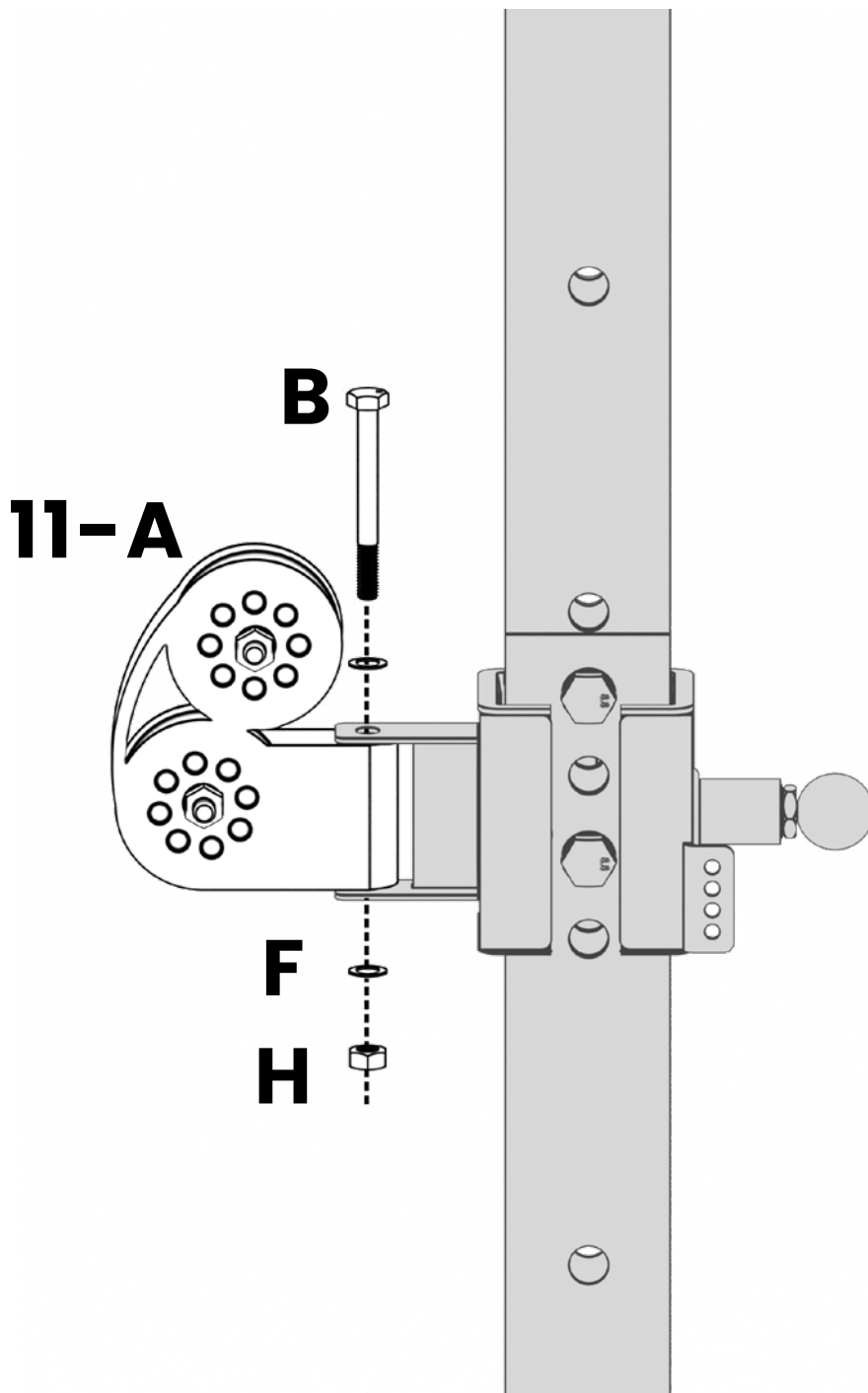
# 2x

# ASSEMBLY

## STEP: 10

### STEP PART GUIDE

#	PART NAME	QTY
11-A.	Assembly From Step 9	2
B.	M10x90 Bolt	2
F.	M10 Washer	4
H.	M10 Nut	2



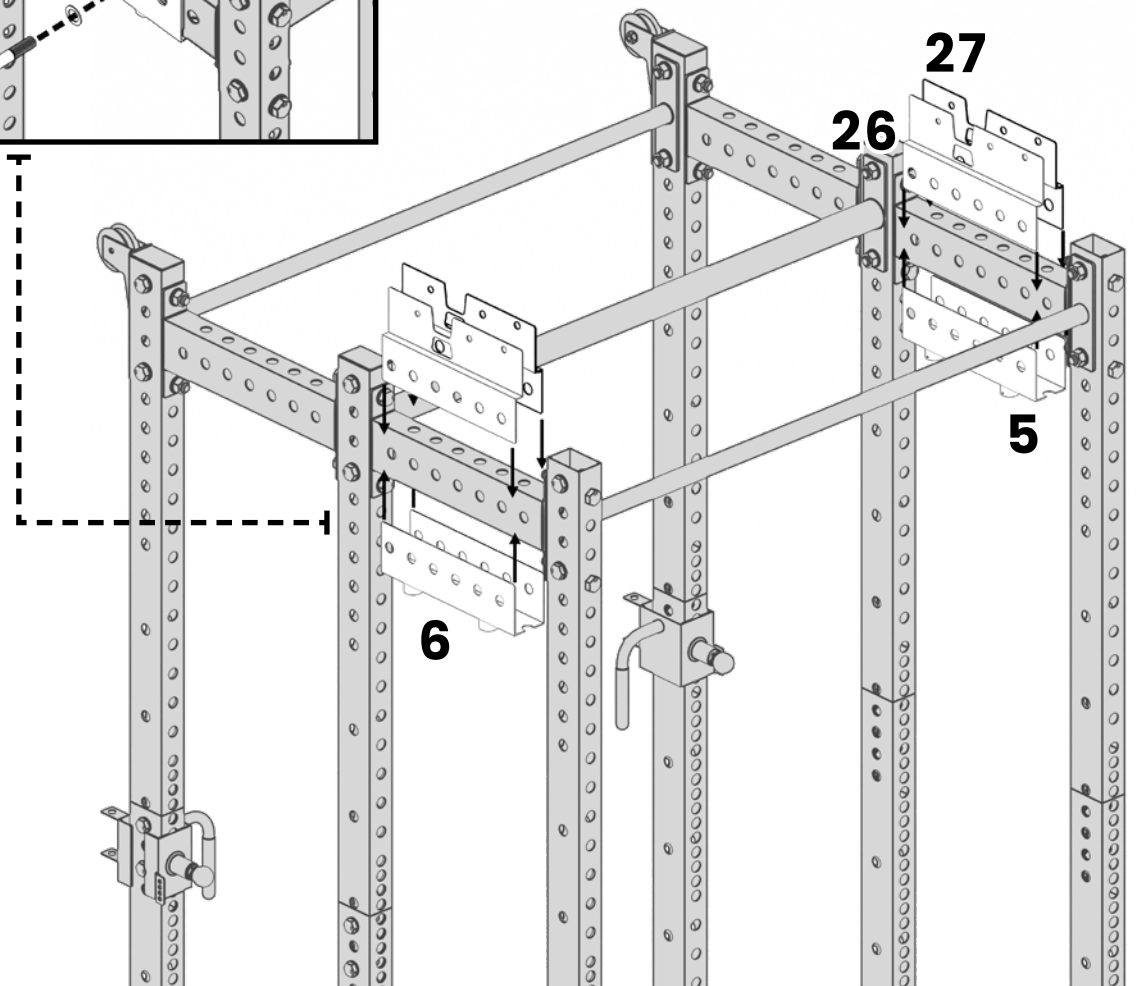
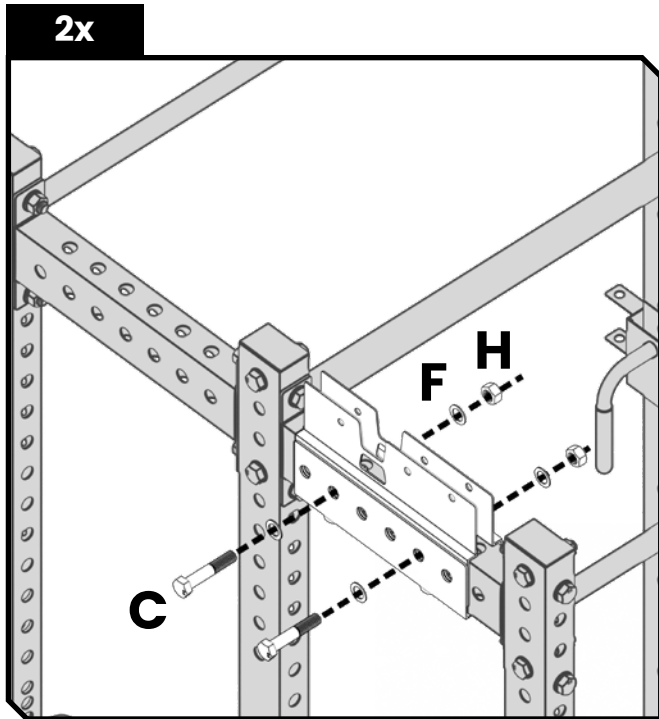
# 2x

# ASSEMBLY

## STEP: 11 | 16"

### STEP PART GUIDE

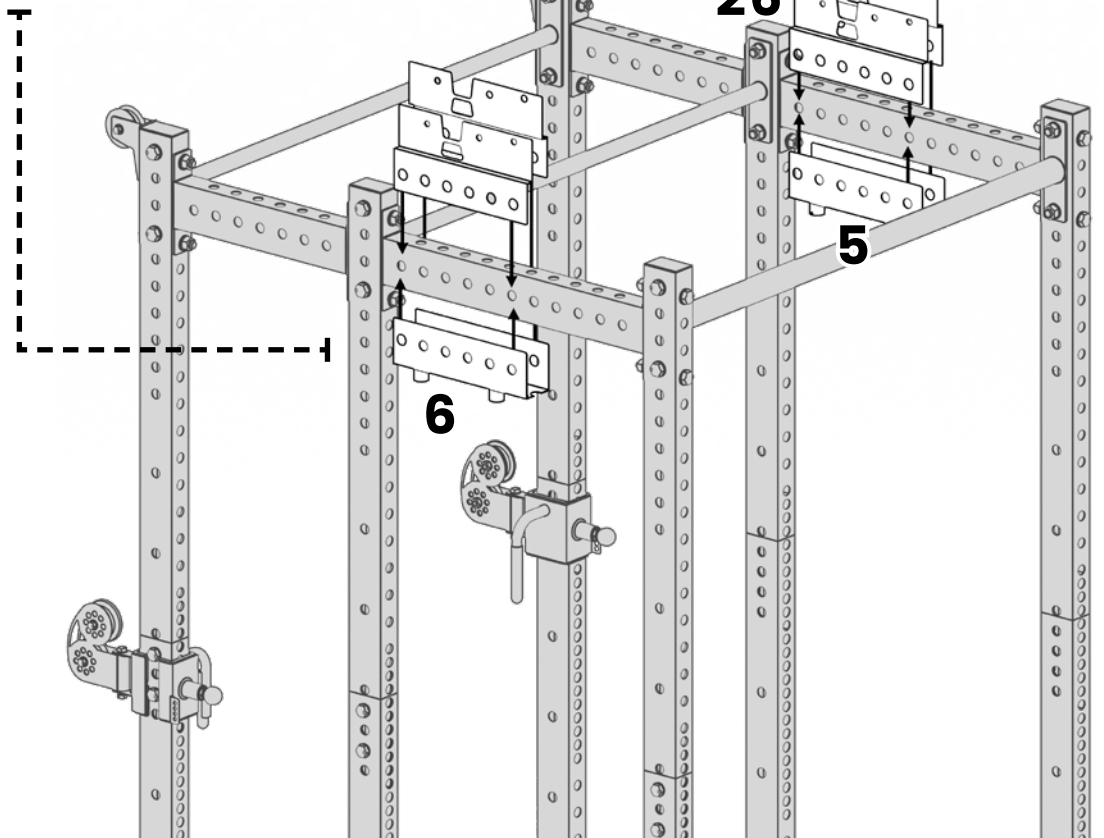
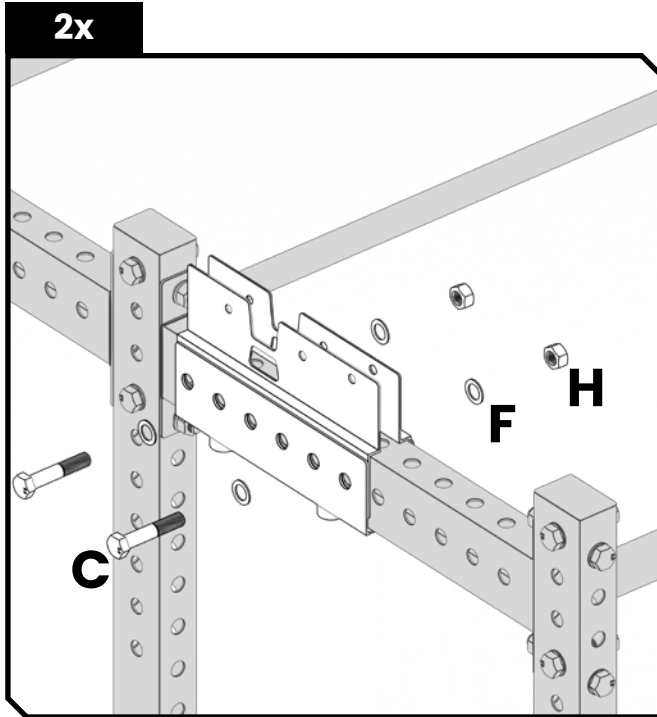
#	PART NAME	QTY
5.	2300-12-01 - L	1
6.	2300-12-01 - R	1
26.	2300-12-03	2
27.	2300-12-04	2
C.	M16x80 Bolt	4
F.	M16 Washer	8
H.	M16 Nut	4





# ASSEMBLY

## STEP: 11 | 24"



# STEP PART GUIDE

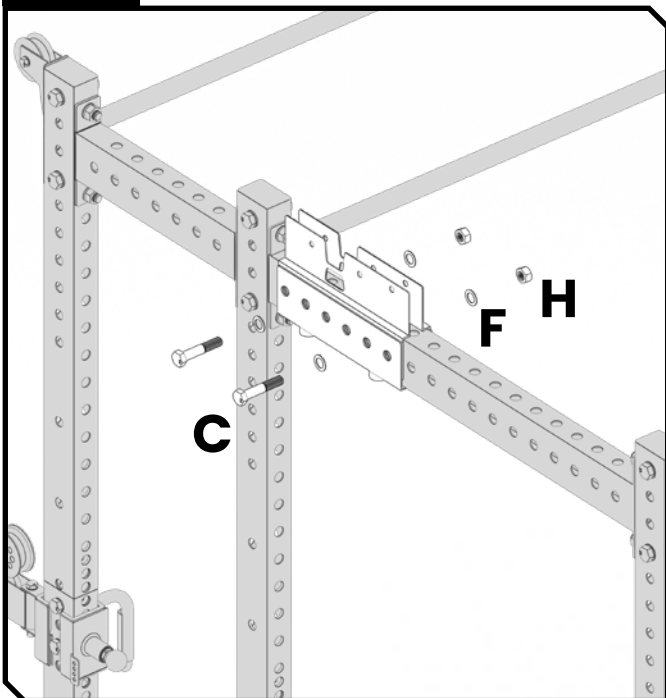
#	PART NAME	QTY
5.	2300-12-01 - L	1
6.	2300-12-01 - R	1
26.	2300-12-03	2
27	2300-12-04	2
C.	M16x80 Bolt	4
F.	M16 Washer	8
G.	M16 Nut	4



# ASSEMBLY

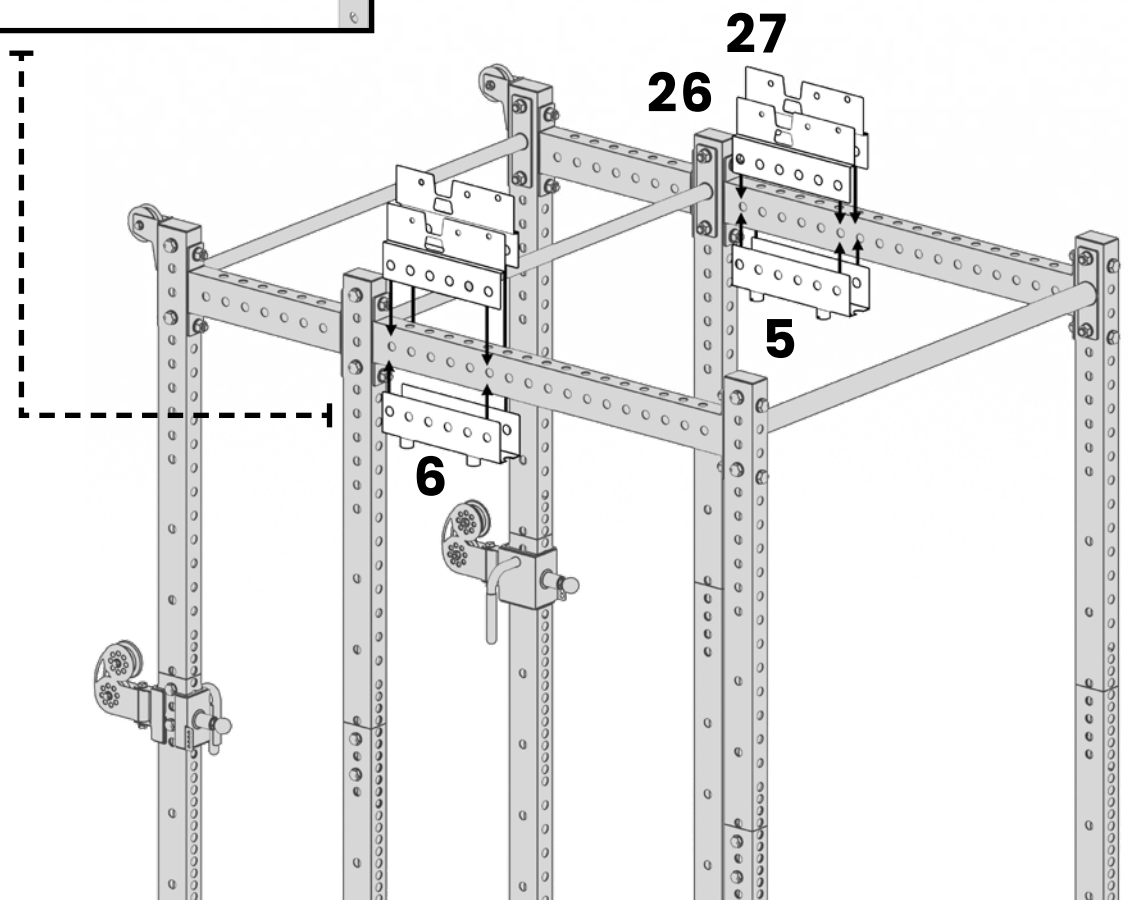
## STEP: 11 | 36"

2x



# STEP PART GUIDE

#	PART NAME	QTY
5.	2300-12-01 Left Side	1
6.	2300-12-01 Right Side	1
26.	2300-12-03	2
27.	2300-12-04	2
C.	M16x80 Bolt	4
F.	M16 Washer	8
H.	M16 Nut	4

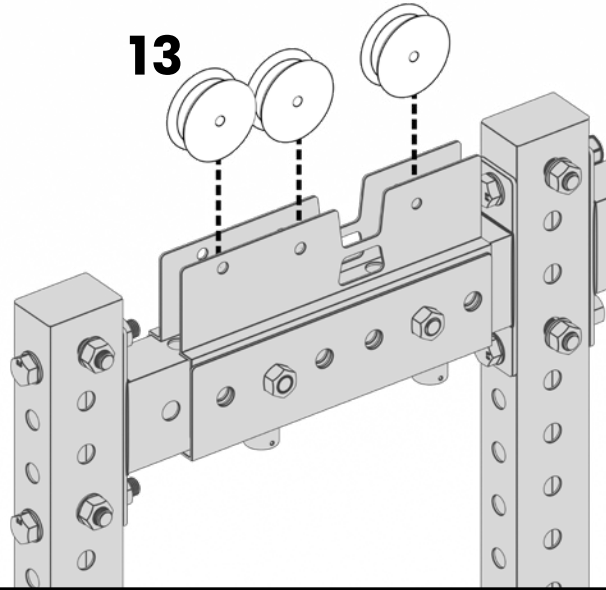


# ASSEMBLY

## STEP: 12

### STEP PART GUIDE

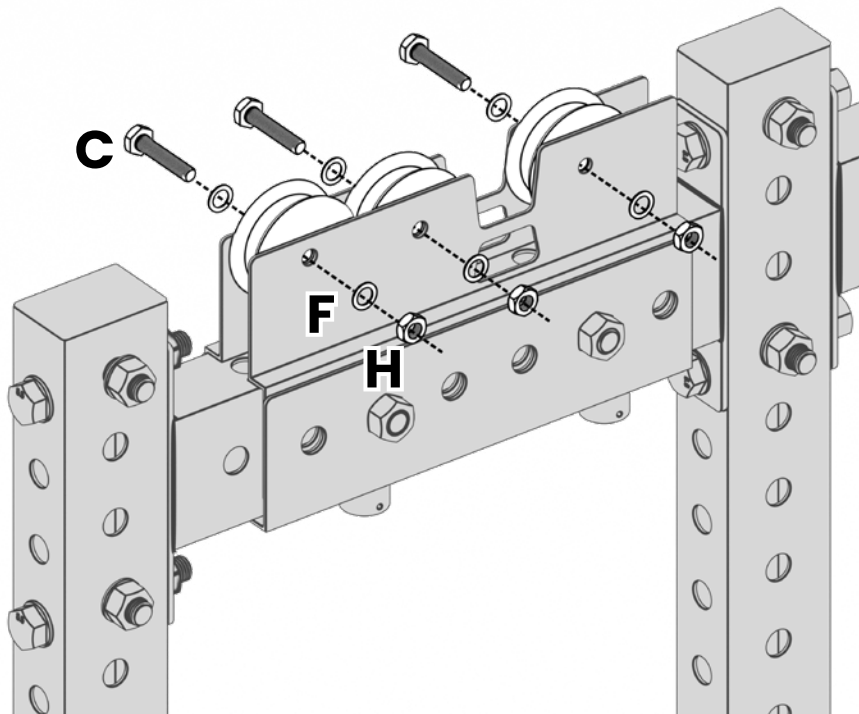
#	PART NAME	QTY
13.	2300-00-01	6
C.	M10x45	6
F.	M10 Washer	12
H.	M10 Nut	6



**PART A**

**2x**

**PART B**



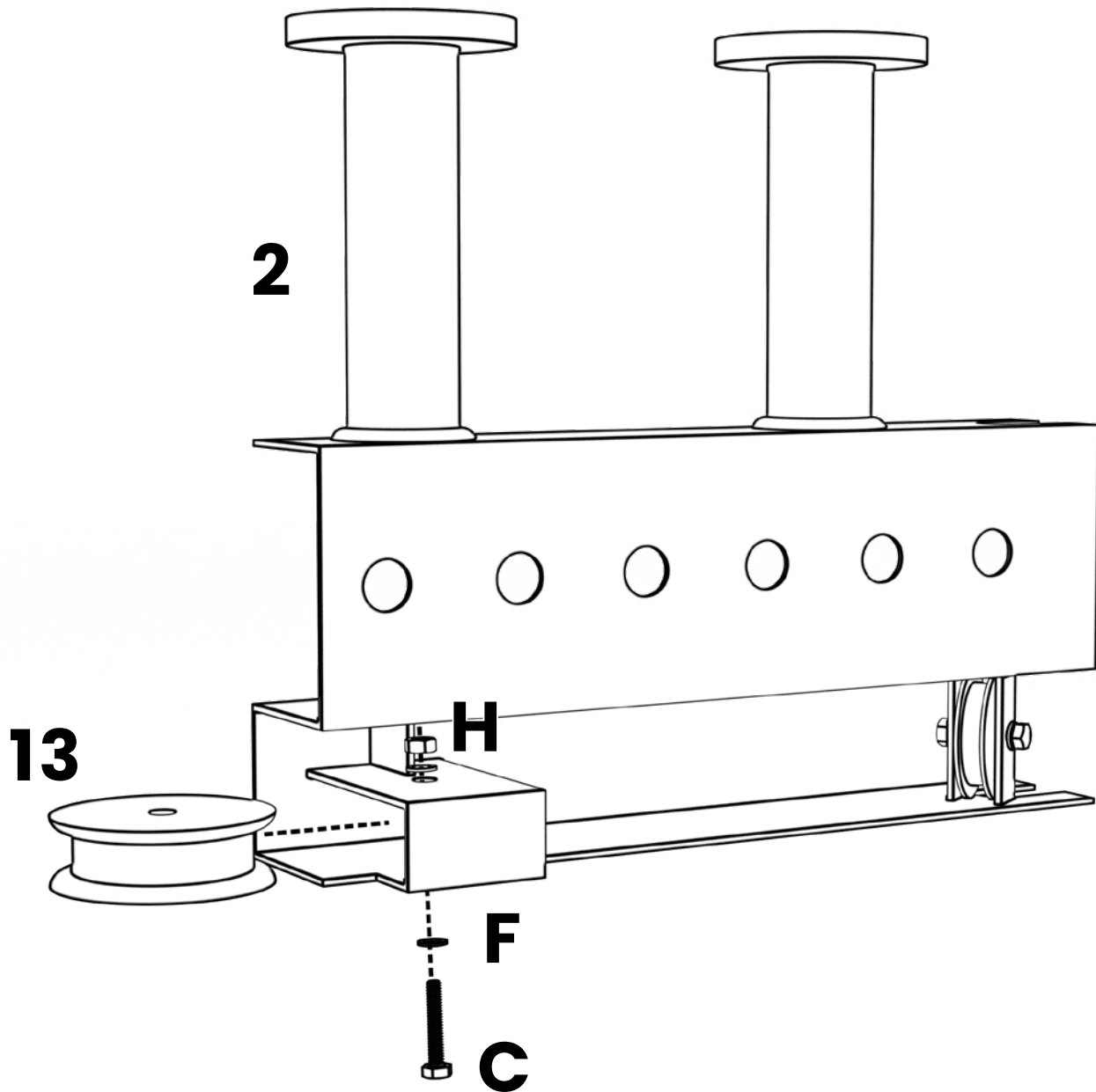
**2x**

# ASSEMBLY

## STEP: 13

### STEP PART GUIDE

#	PART NAME	QTY
2.	2300-09 Right Side	1
13.	2300-00-01	1
C.	M10x45 Bolt	1
F.	M10 Washer	2
H.	M10 Nut	1

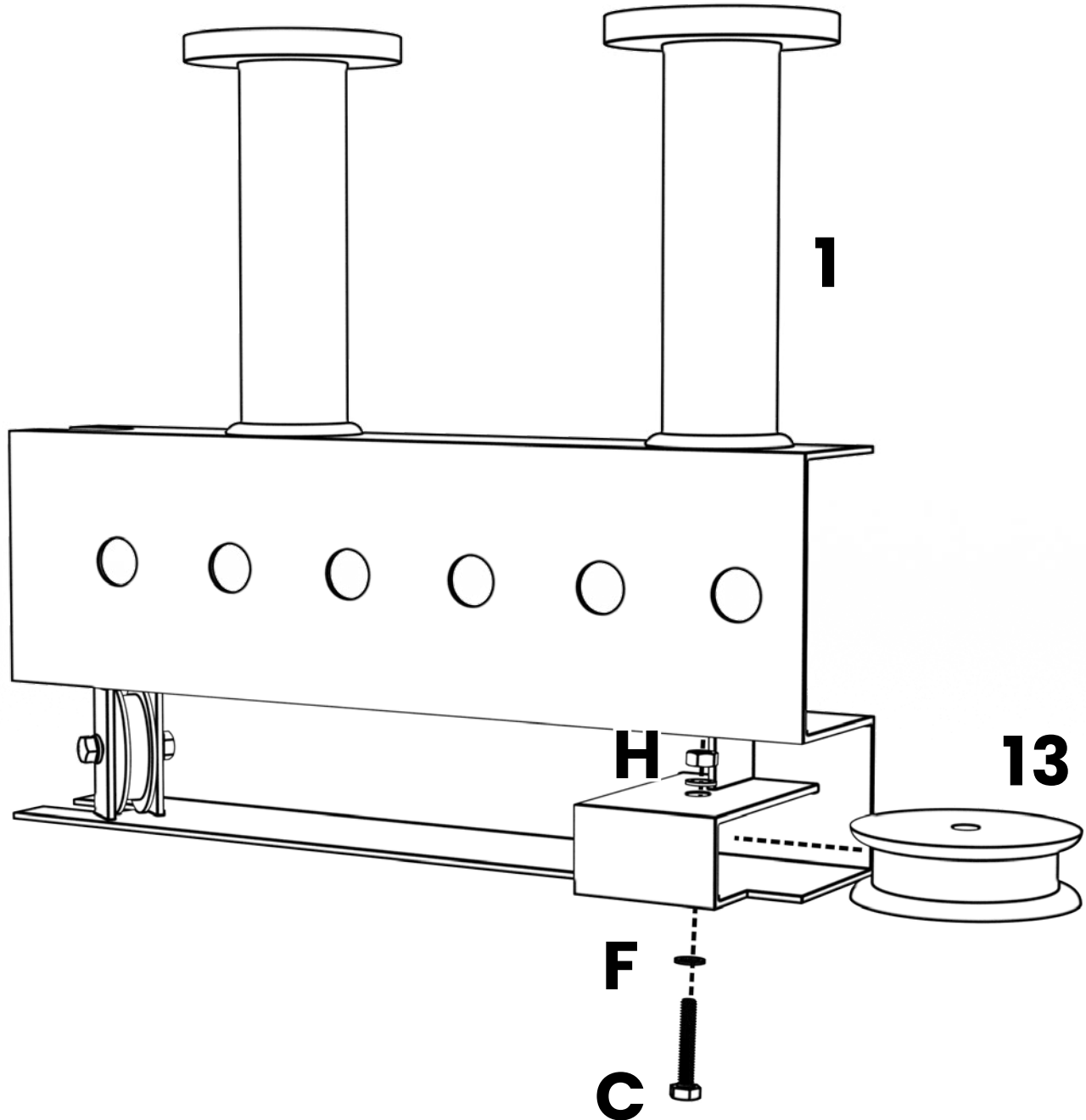


# ASSEMBLY

## STEP: 14

### STEP PART GUIDE

#	PART NAME	QTY
1.	2300-09 Left Side	1
14.	2300-00-01	1
C.	M10x45 Bolt	1
F.	M10 Washer	2
H.	M10 Nut	1



# ASSEMBLY

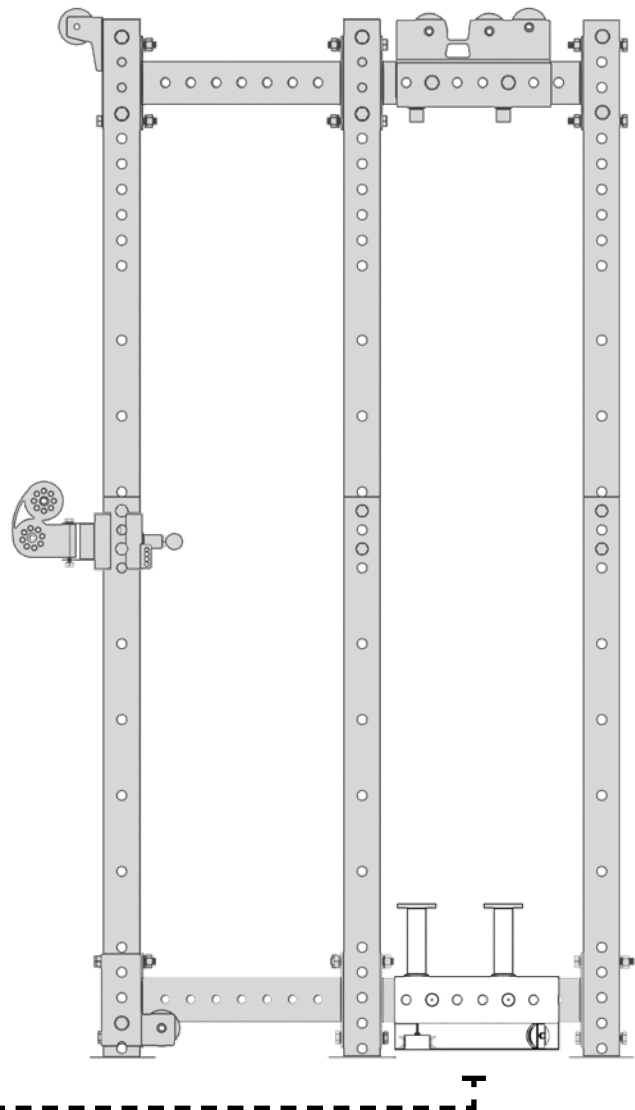
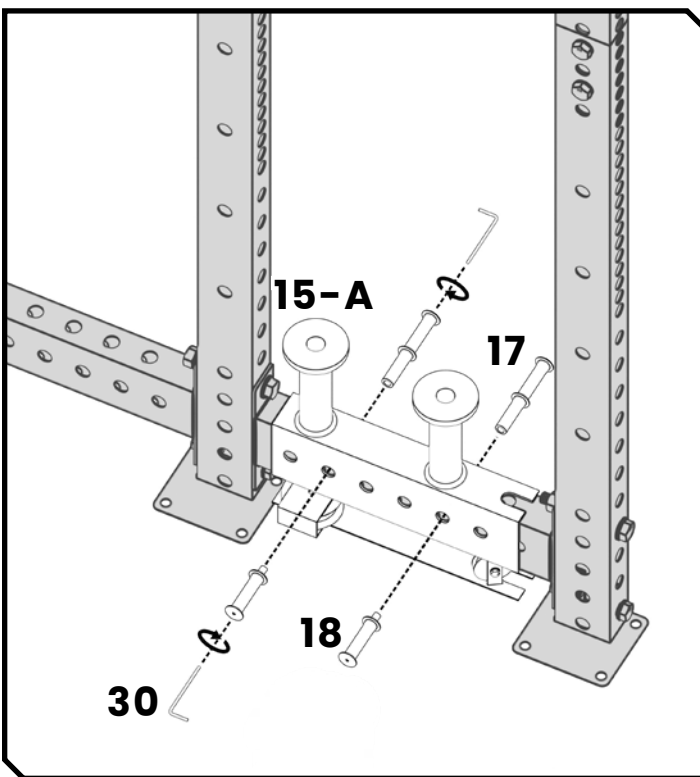
## STEP: 15 | 16"



**ATTENTION**  
STEPS 15 TO 28 FOR  
RIGHT SIDE ASSEMBLY

# STEP PART GUIDE

#	PART NAME	QTY
15-A	Assembly from step 13	1
17.	2300-10-1	2
18.	2300-10-2	2
30.	5mm Allen Key	2



Tighten parts 2300-10-01 and 2300-10-02 with the M5 Allen Key

# ASSEMBLY

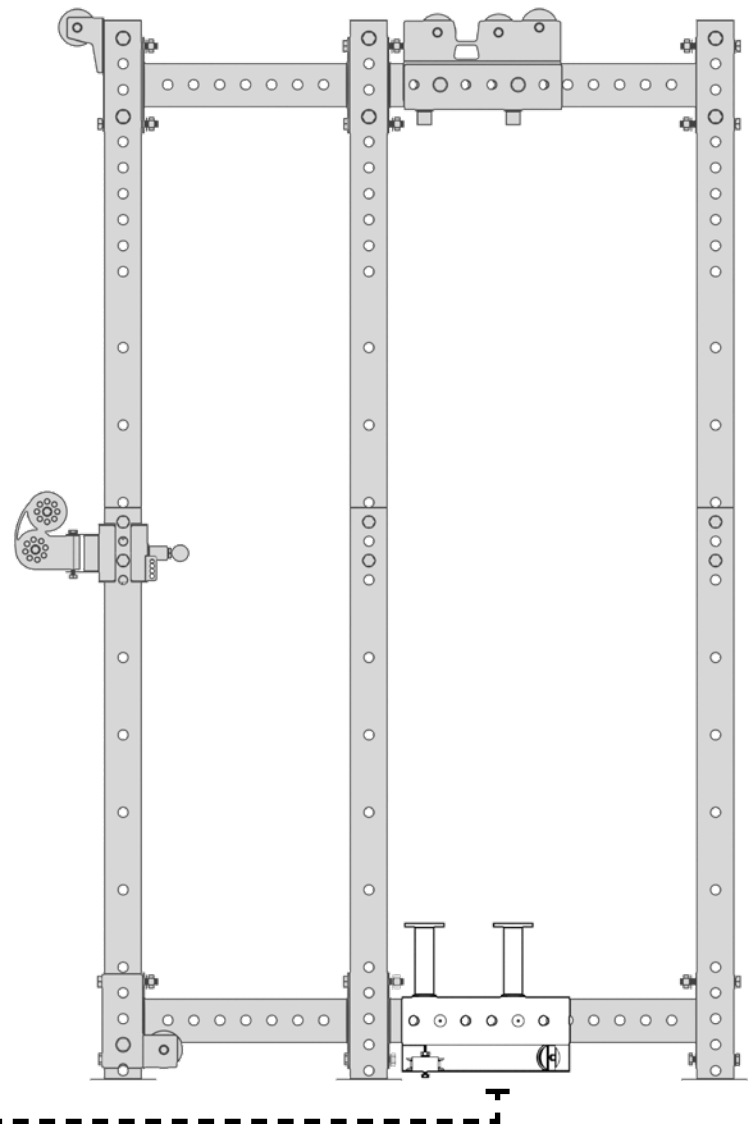
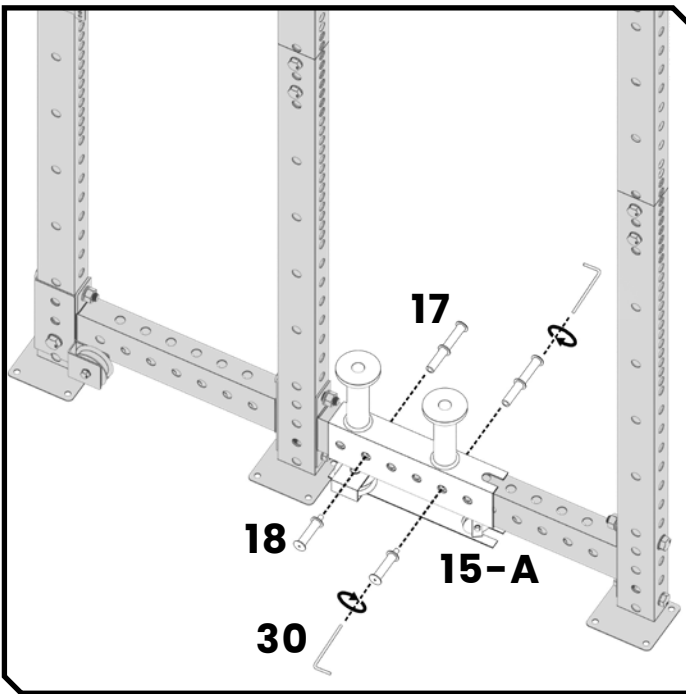
## STEP: 15 | 24"



**ATTENTION**  
STEPS 15 TO 28 FOR  
RIGHT SIDE ASSEMBLY

# STEP PART GUIDE

#	PART NAME	QTY
15-A	Assembly from step 13	1
17.	2300-10-1	2
18.	2300-10-2	2
30.	5mm Allen Key	2



Tighten parts 2300-10-01 and 2300-10-02 with the M5 Allen Key

# ASSEMBLY

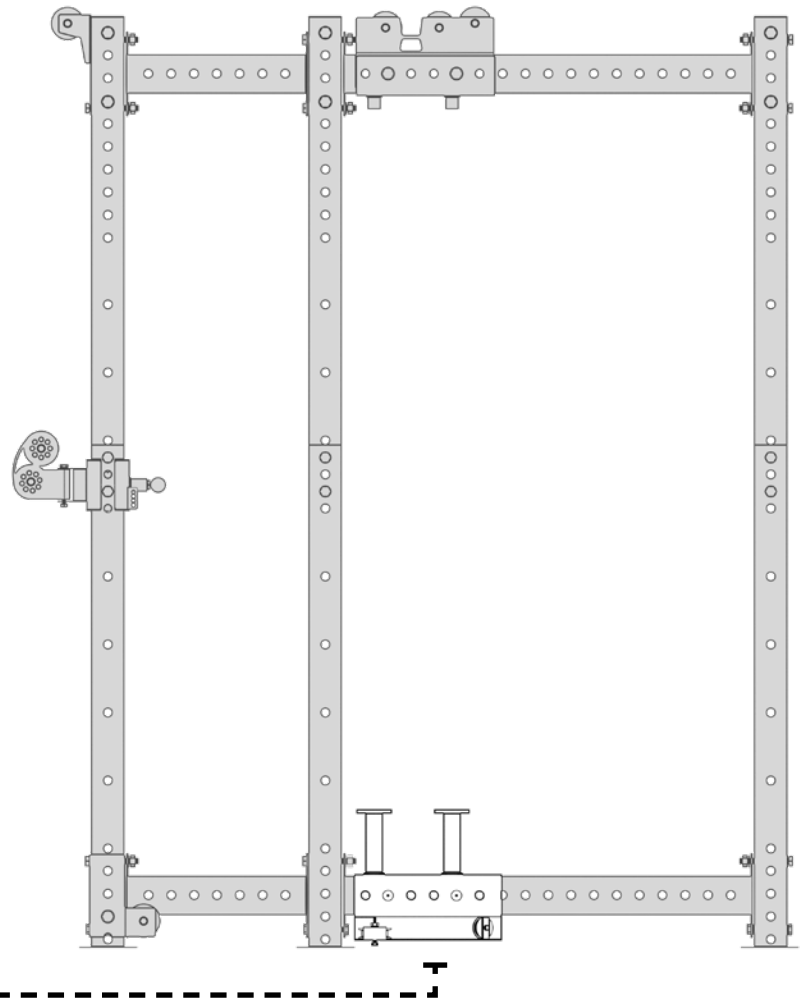
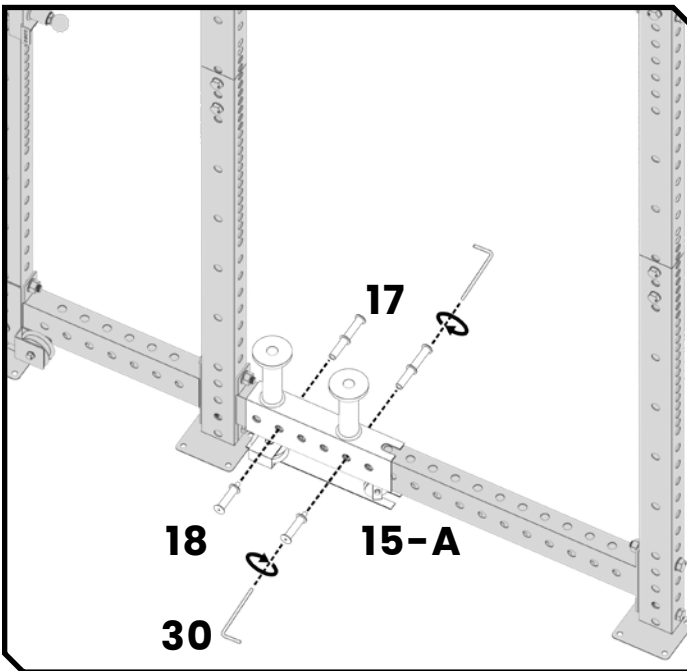
## STEP: 15 | 36"



**ATTENTION**  
STEPS 15 TO 28 FOR  
RIGHT SIDE ASSEMBLY

# STEP PART GUIDE

#	PART NAME	QTY
15-A	Assembly from step 13	1
17.	2300-10-1	2
18.	2300-10-2	2
30.	5mm Allen Key	2



Tighten parts 2300-10-01 and 2300-10-02 with the M5 Allen Key



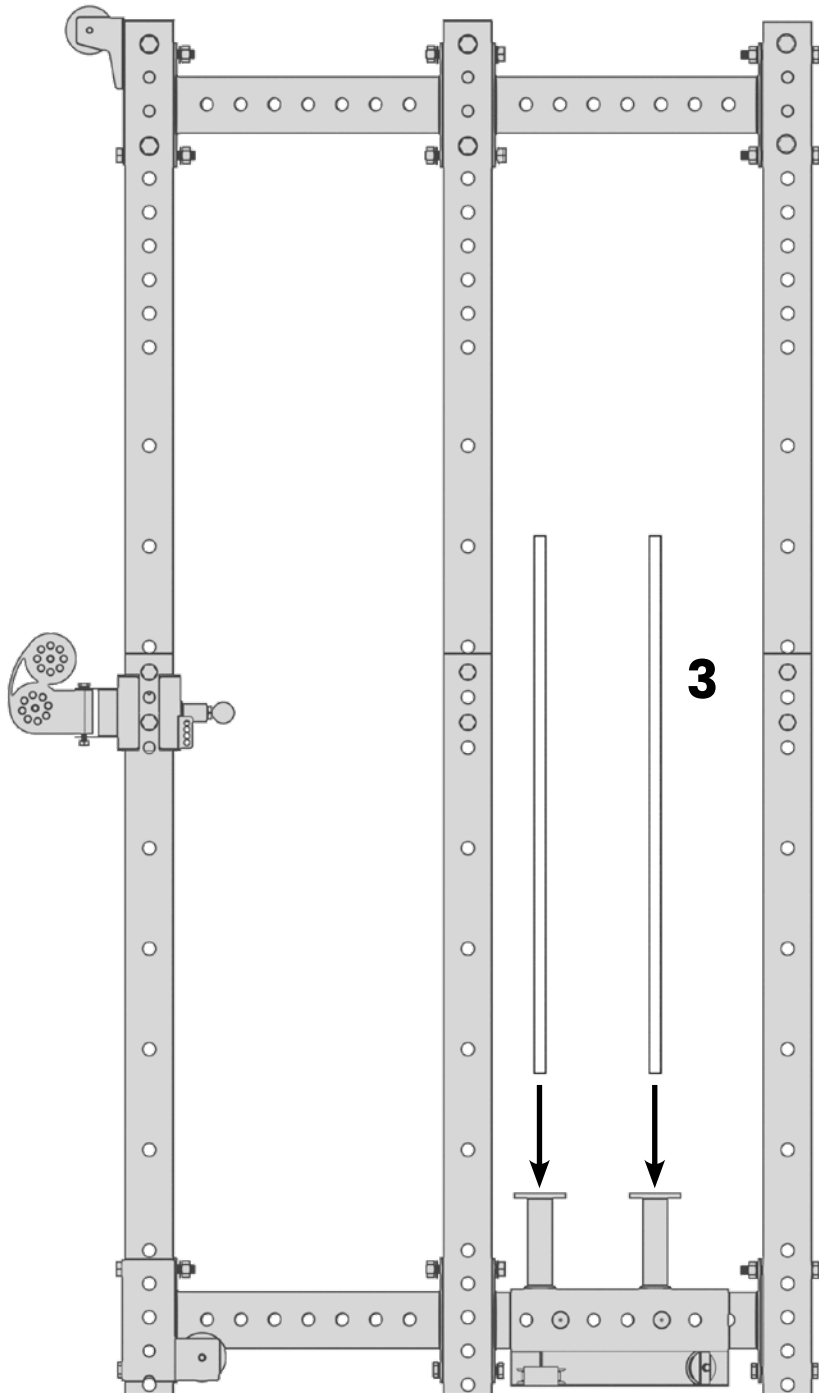


# ASSEMBLY

## STEP: 16

# STEP PART GUIDE

#	PART NAME	QTY
3.	2300-11	2

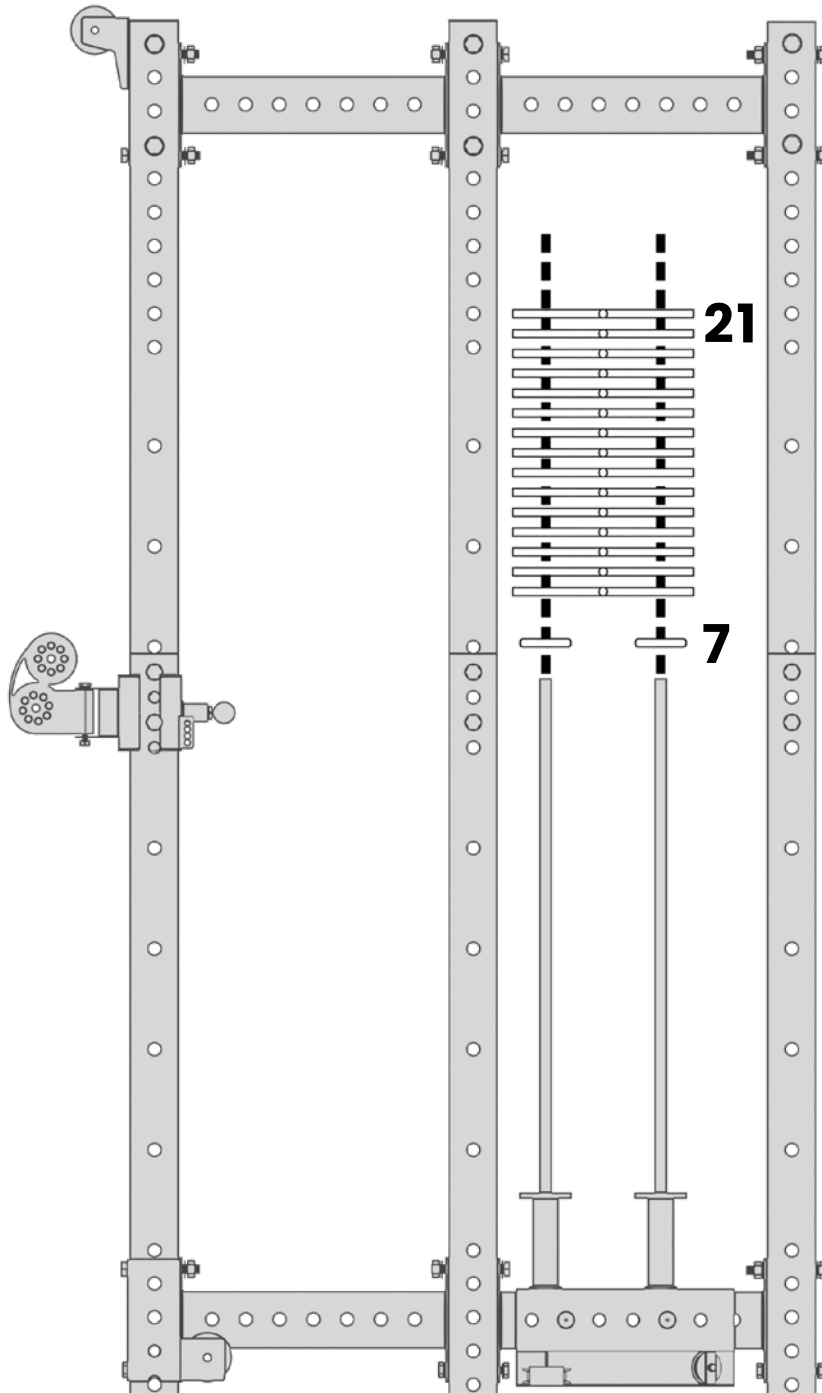


# ASSEMBLY

## STEP: 17

# STEP PART GUIDE

#	PART NAME	QTY
7.	2300-00	2
21.	2300-19	15

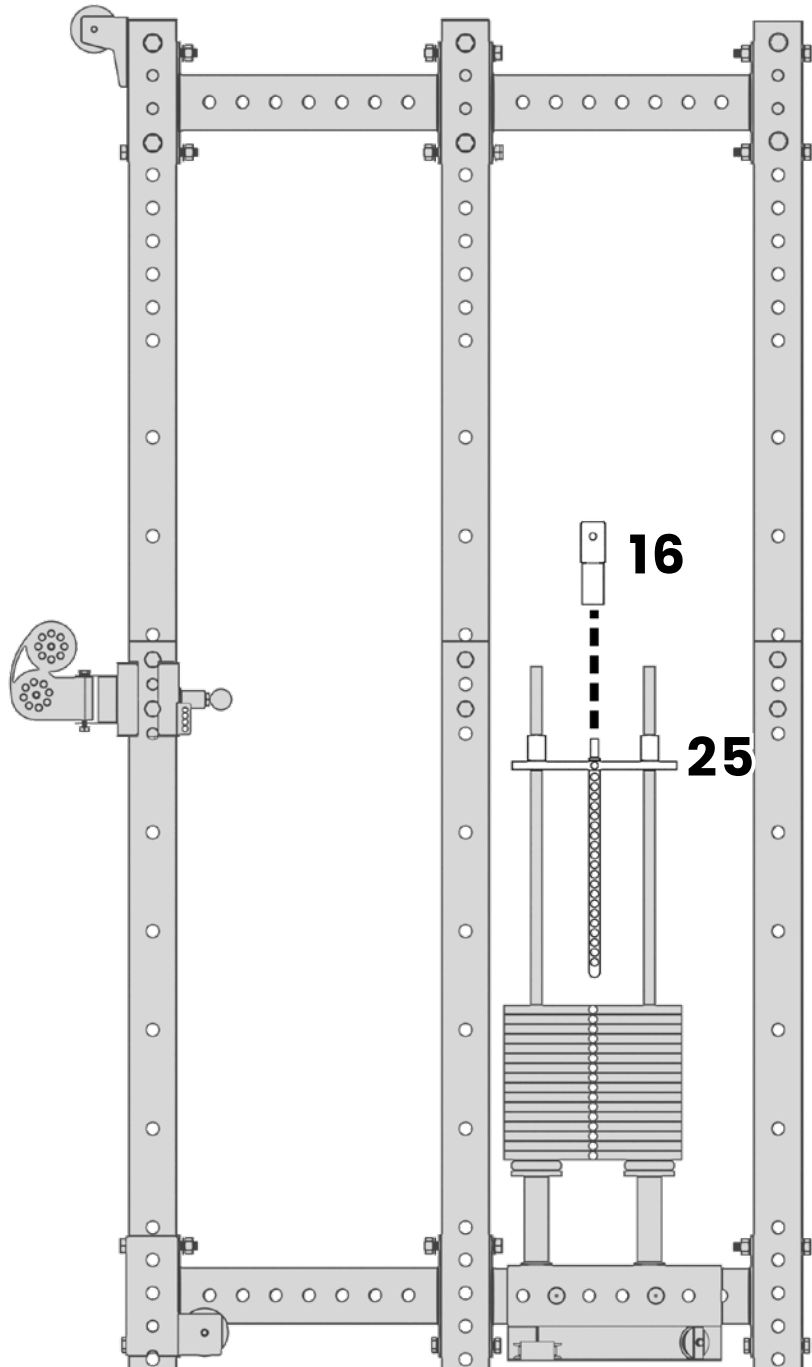


# ASSEMBLY

## STEP: 18

# STEP PART GUIDE

#	PART NAME	QTY
16.	2300-20	1
25.	2300-18	1

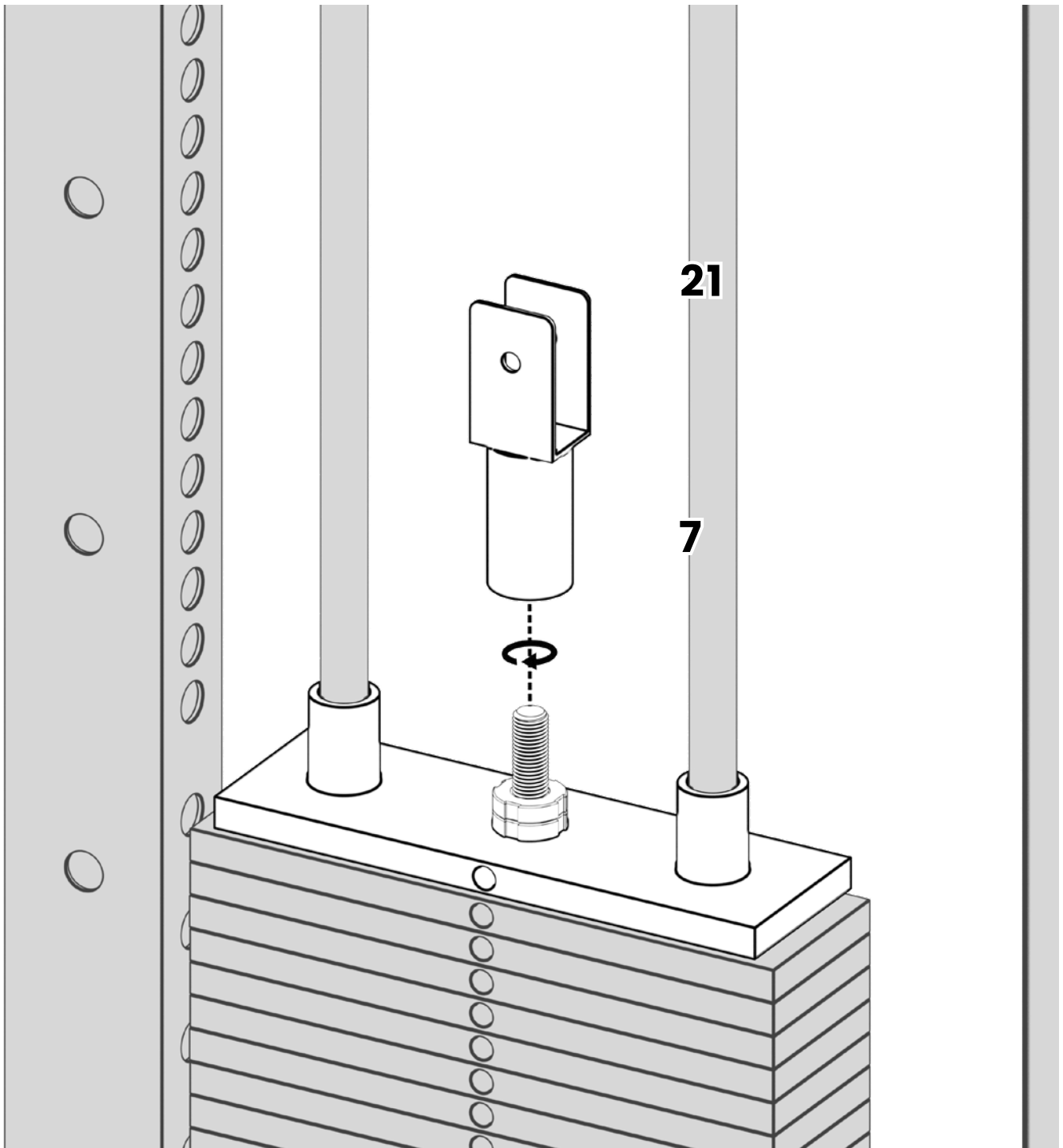


# ASSEMBLY

## STEP: 19

### STEP PART GUIDE

#	PART NAME	QTY
15.	2300-18	1
16.	2300-20	1

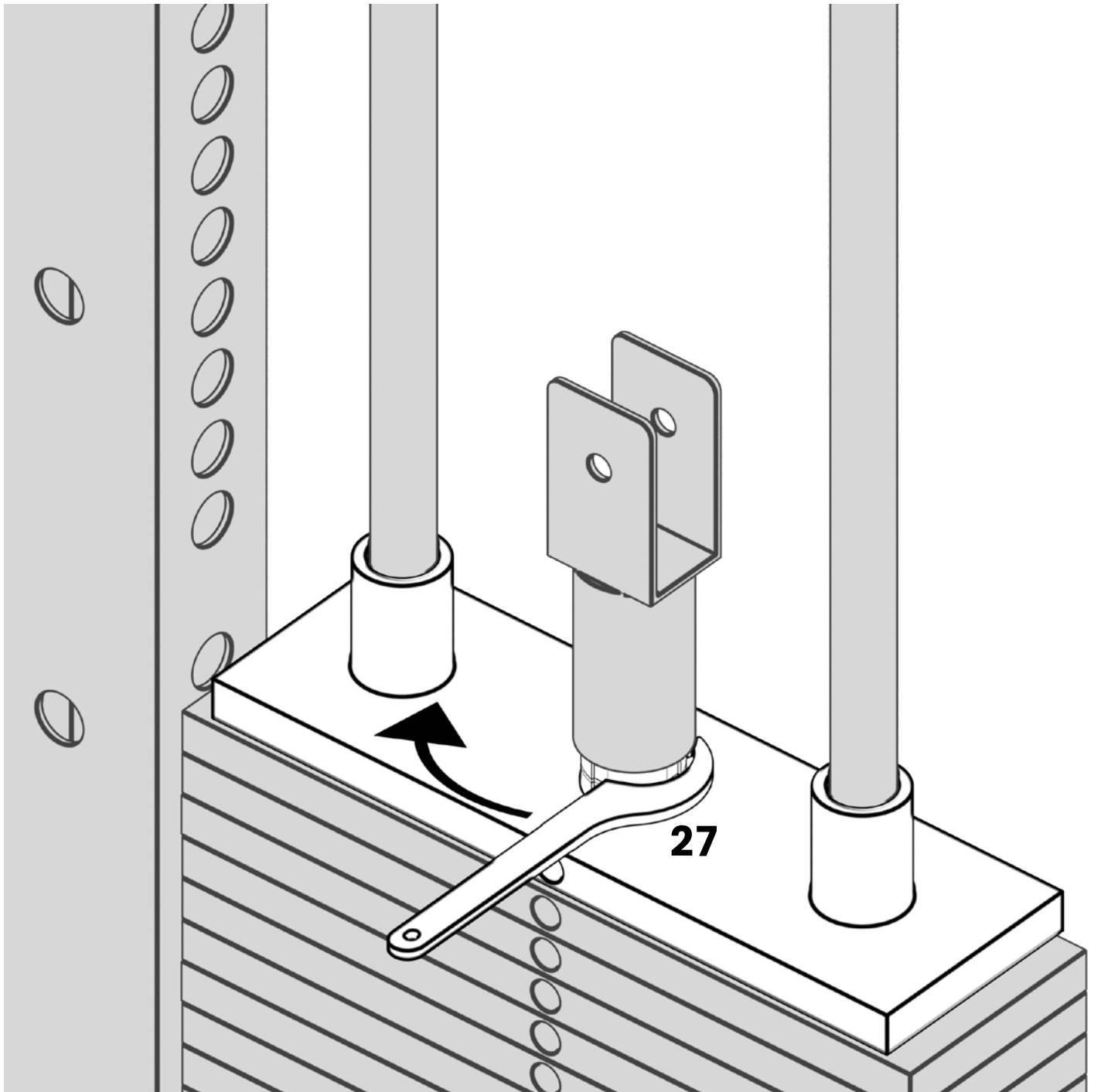


# ASSEMBLY

## STEP: 20

# STEP PART GUIDE

#	PART NAME	QTY
27.	Hook Wrench	-



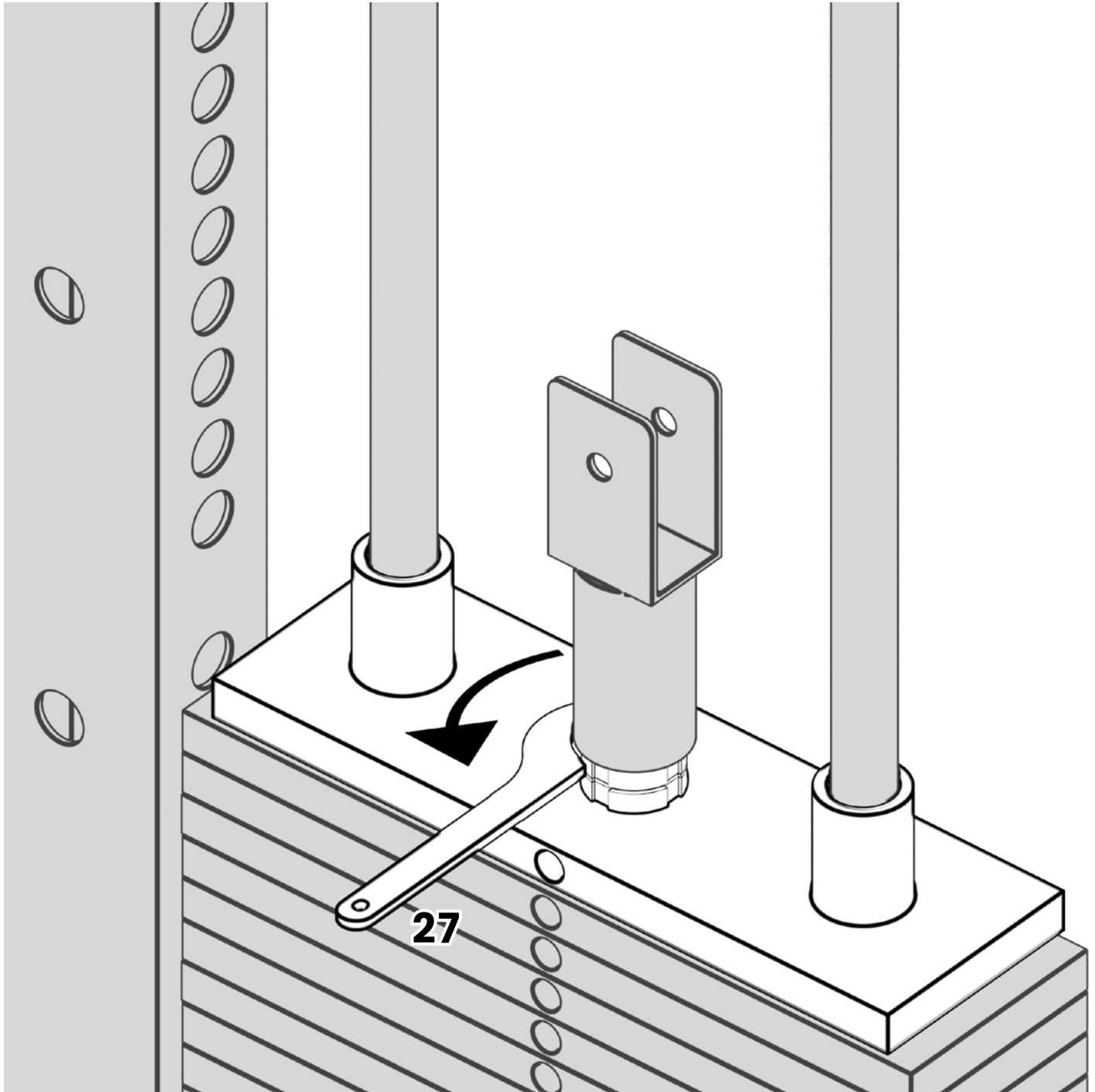
Use the hook wrench to tighten the **BOTTOM** slotted spanner nuts.

# ASSEMBLY

## STEP: 20

# STEP PART GUIDE

#	PART NAME	QTY
27.	Hook Wrench	-



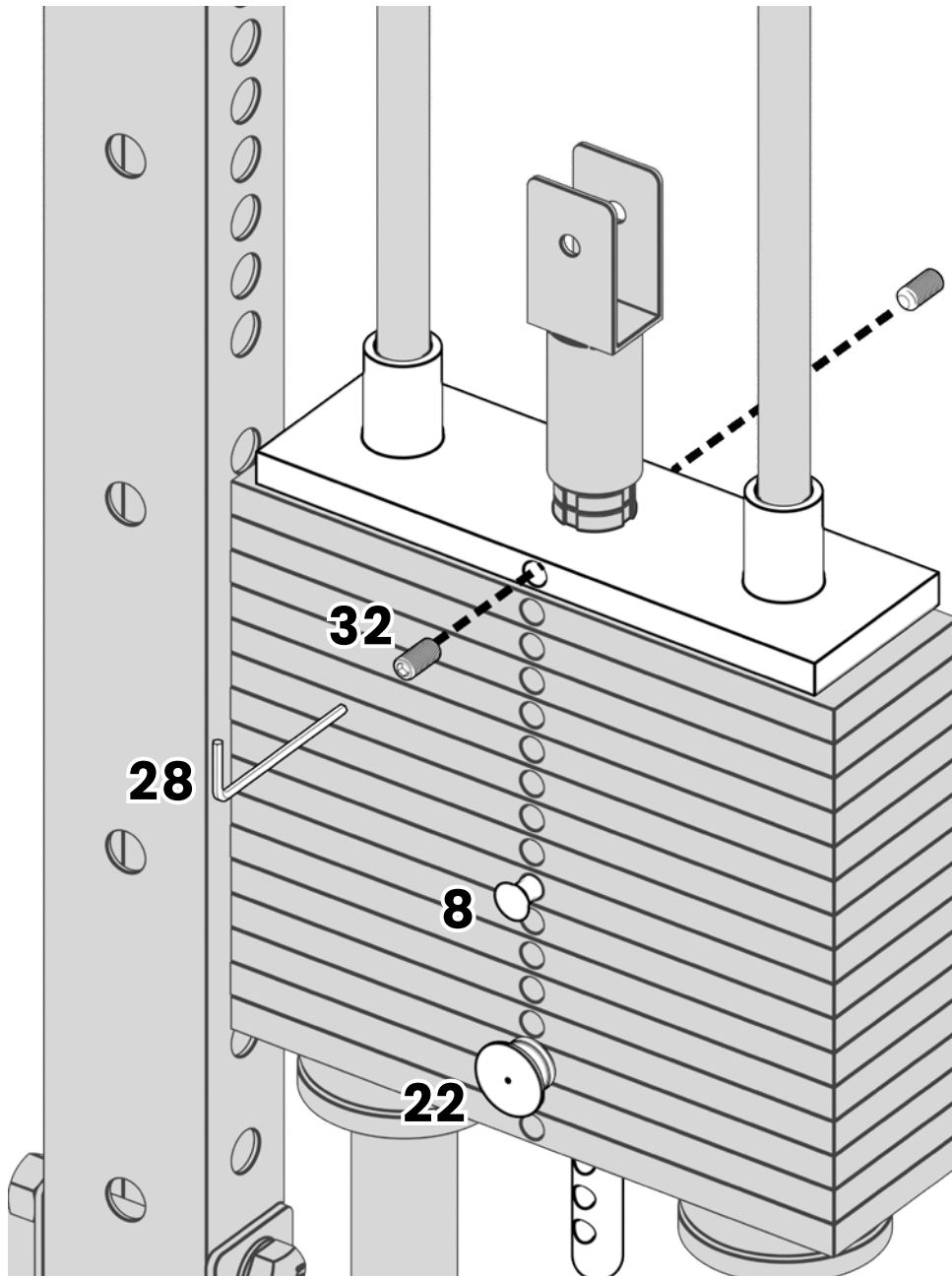
Use the hook wrench to tighten secure the top slotted spanner nuts by turning **COUNTER CLOCKWISE**.

# ASSEMBLY

## STEP: 21

### STEP PART GUIDE

#	PART NAME	QTY
22.	2300-00-06	1
8.	Assembly Pin (Temporary Part)	1
30.	5mm Allen Key	-
32.	Set Screw	2



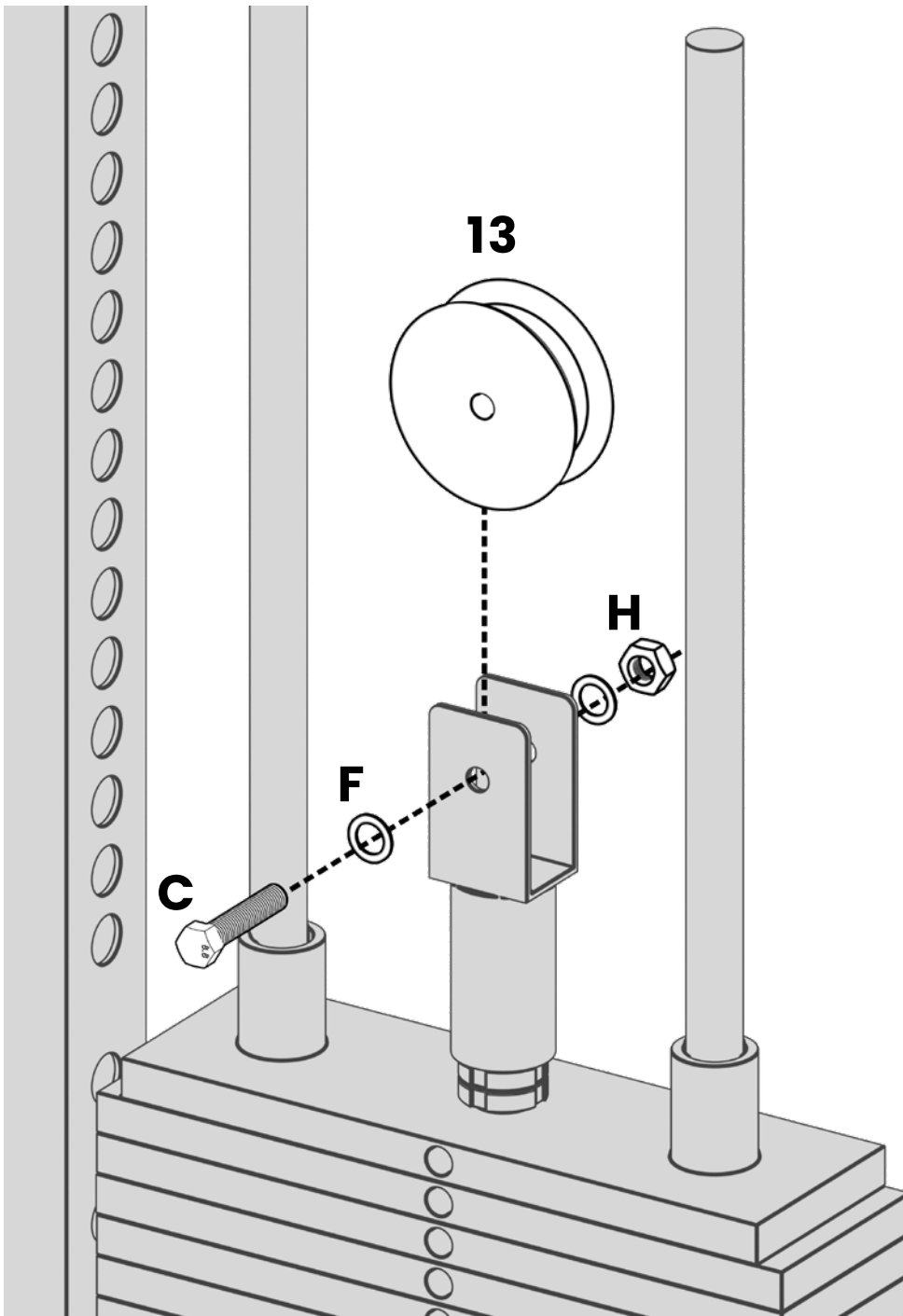
Insert parts the assembly key into the slots above to align all the weights. Insert the set screw and tighten the highlighted plate with the M5 Allen Key on **BOTH SIDES**. Remove and discard the assembly part when done tightening.

# ASSEMBLY

## STEP: 22

### STEP PART GUIDE

#	PART NAME	QTY
13.	2300-00-01	1
C.	M10x45 Bolt	1
F.	M10 Washer	1
H.	M10 Nut	1



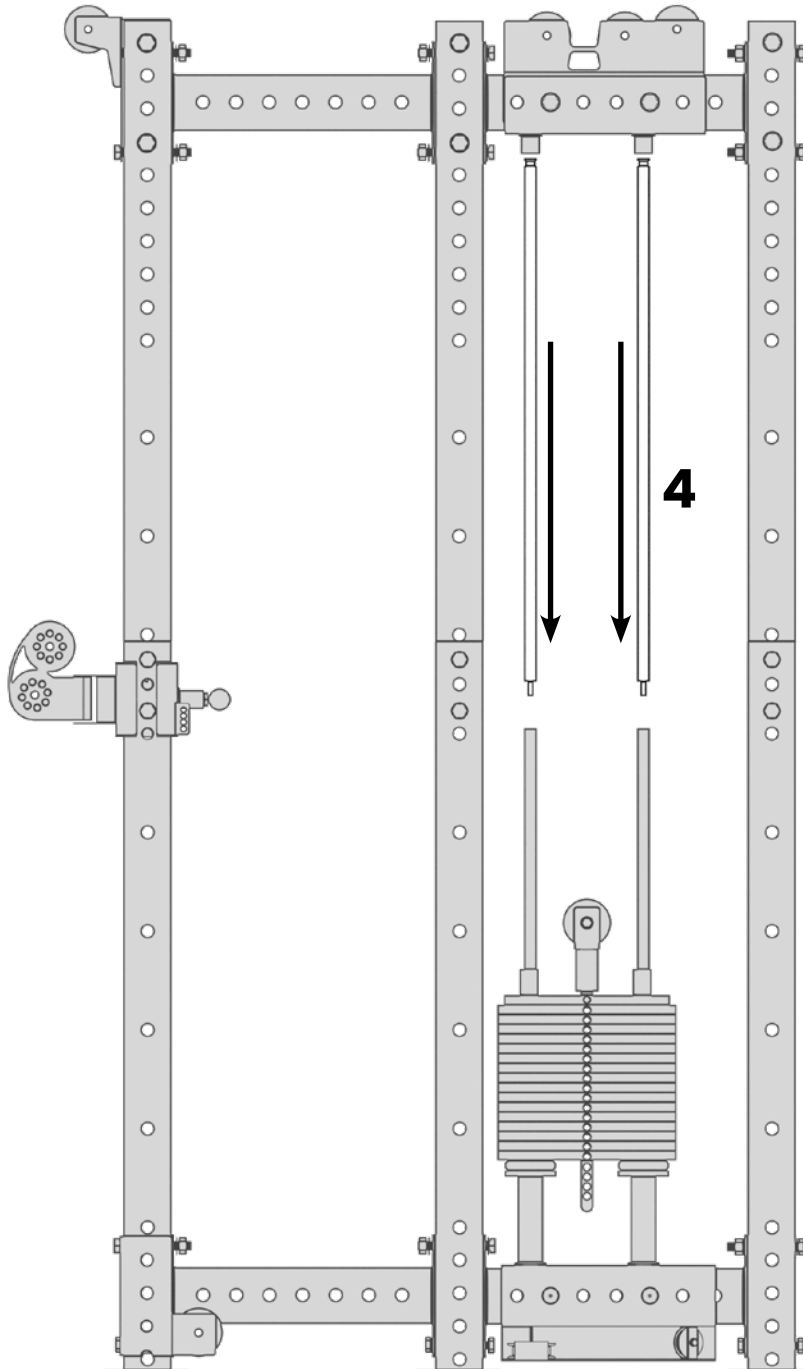


# ASSEMBLY

## STEP: 23

# STEP PART GUIDE

#	PART NAME	QTY
4.	2300-11-2	2

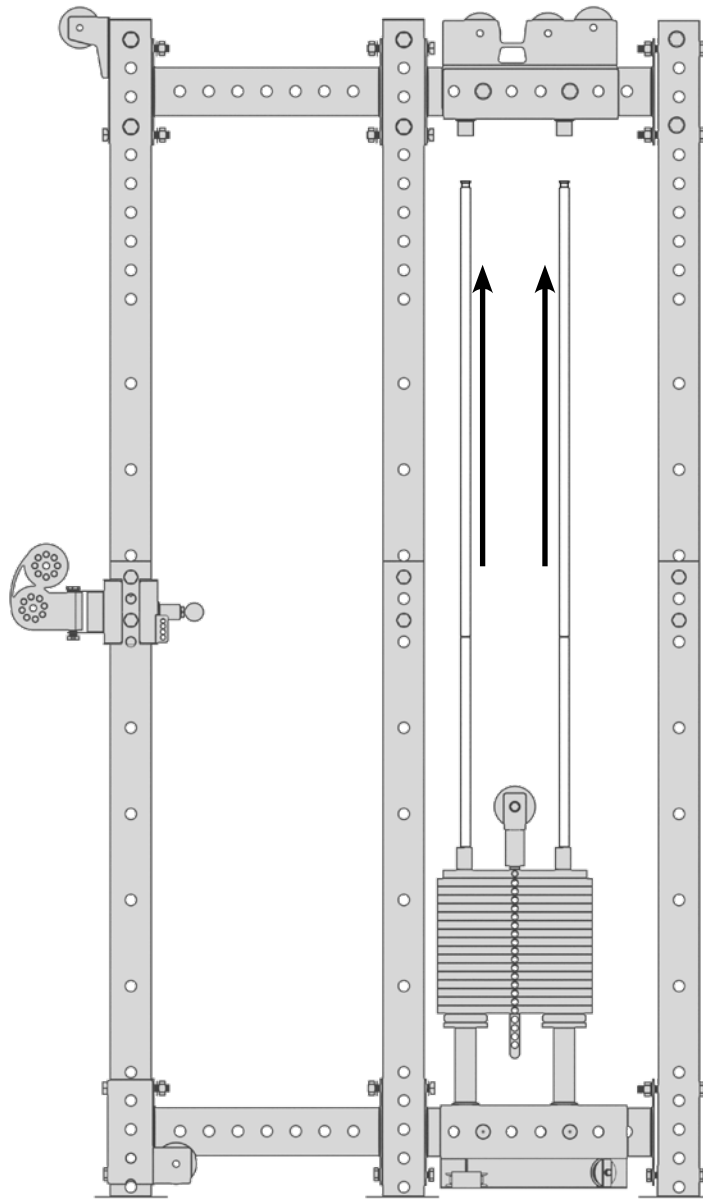


# ASSEMBLY

## STEP: 24

# STEP PART GUIDE

#	PART NAME	QTY
-	Existing Parts	-

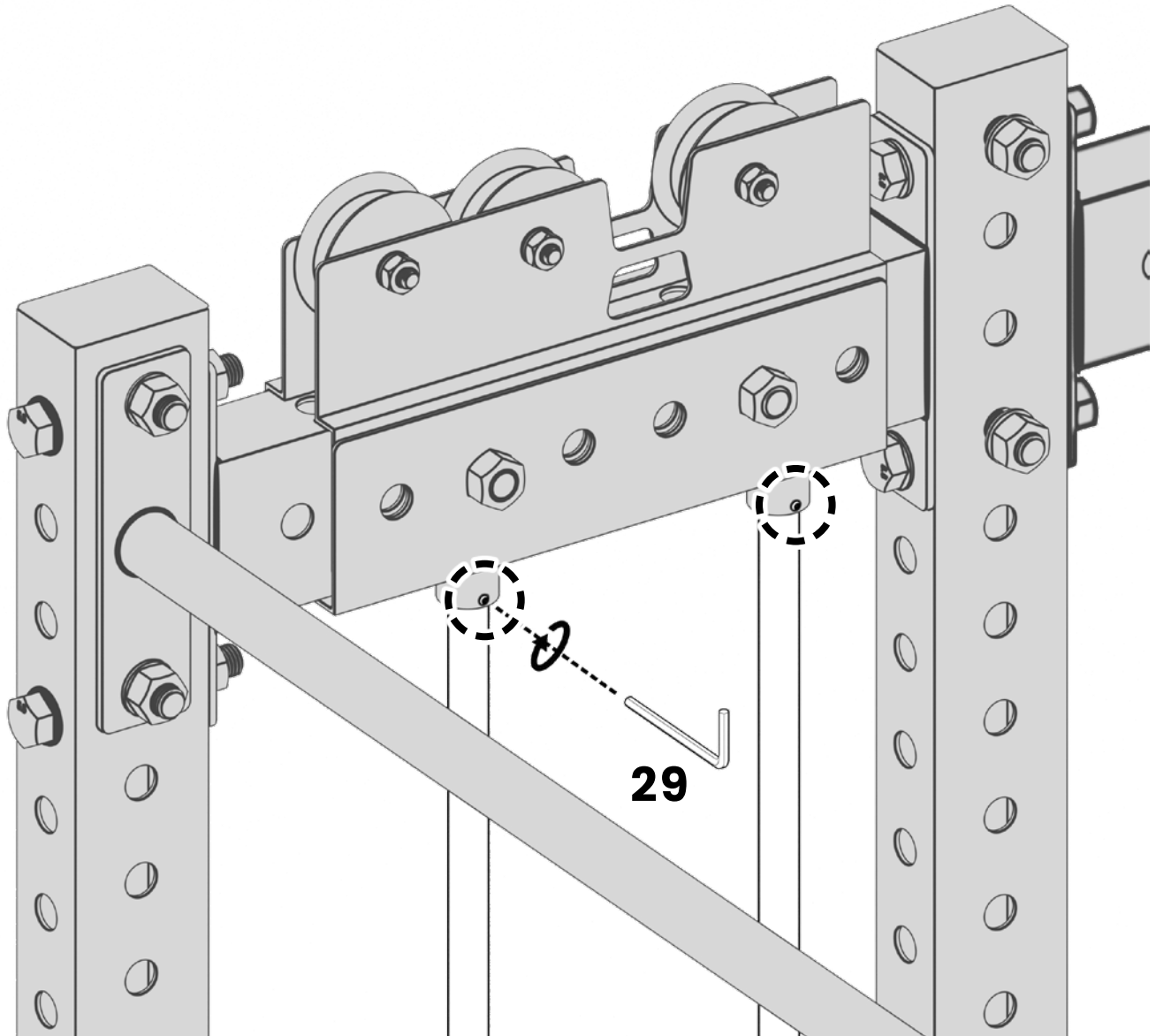


# ASSEMBLY

## STEP: 25

# STEP PART GUIDE

#	PART NAME	QTY
29.	4mm Allen Key	-



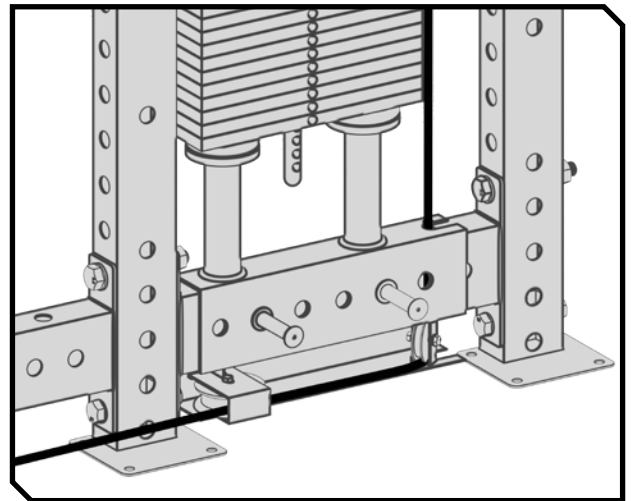
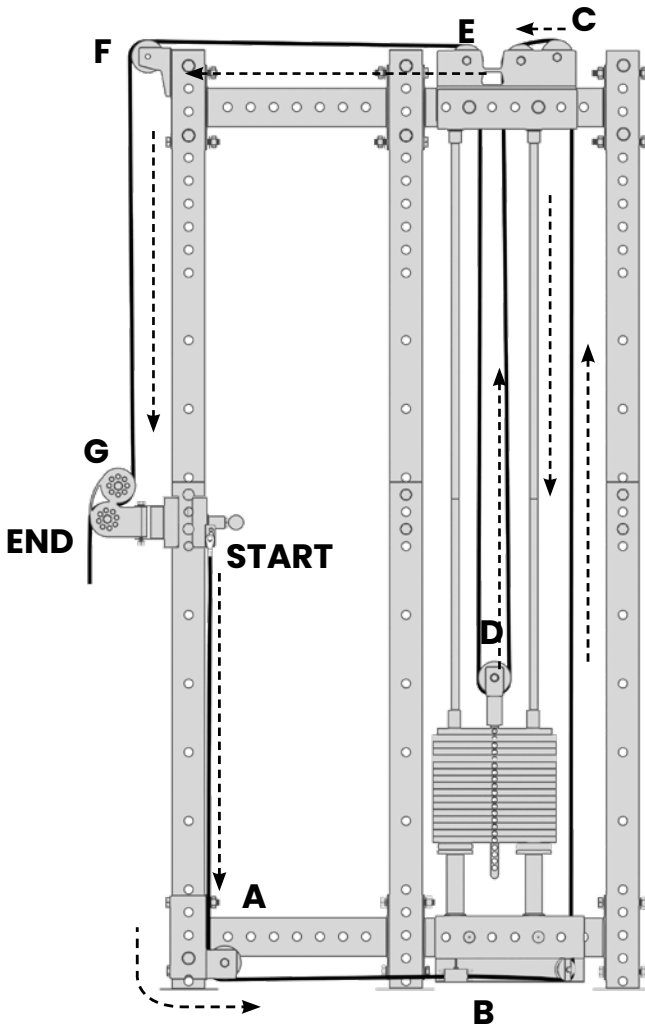
Secure the poles in place by tightening the screws inside of the highlighted area with the M4 Allen Key.

# ASSEMBLY

## STEP: 26

### STEP PART GUIDE

#	PART NAME	QTY
32.	2300-00-03 (IF USING 16")	2
33.	2300-00-04 (IF USING 24")	2
34.	2300-00-05 (IF USING 36")	2



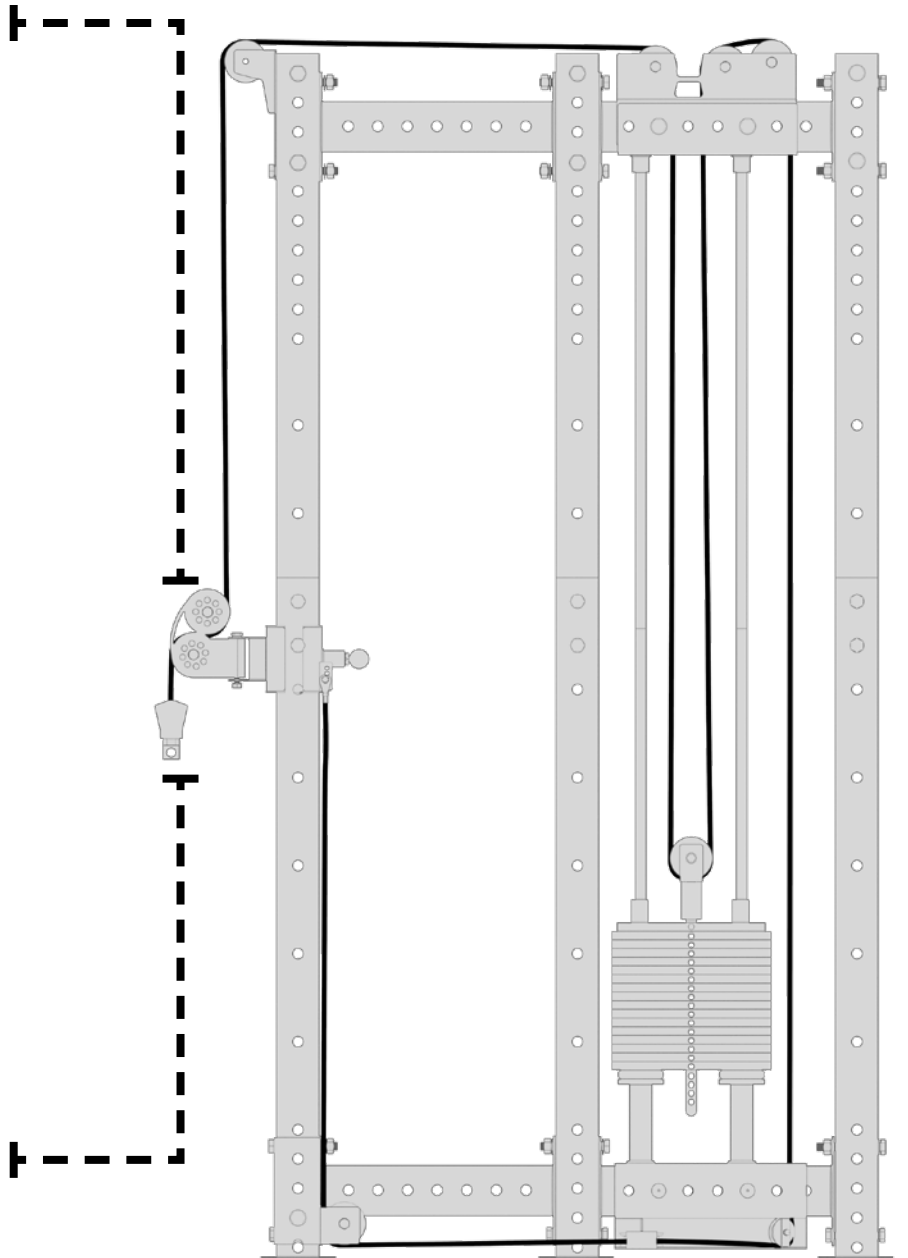
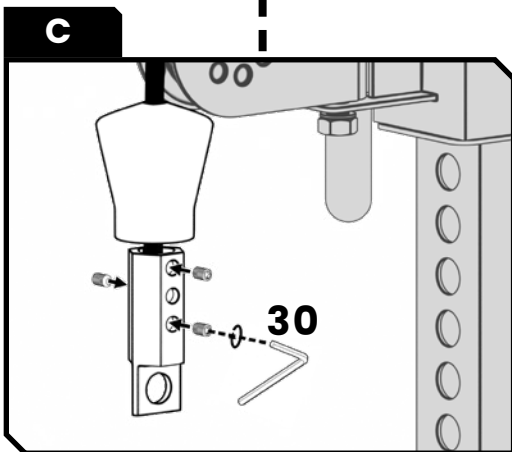
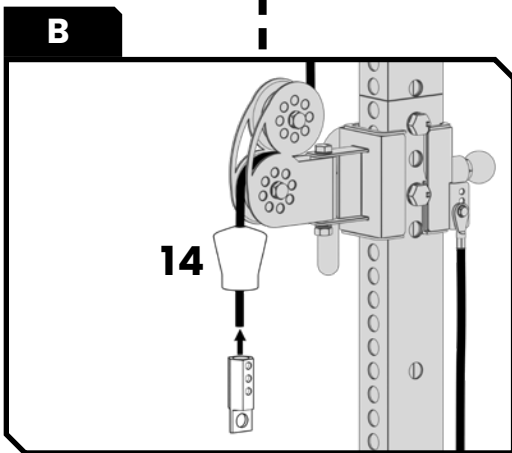
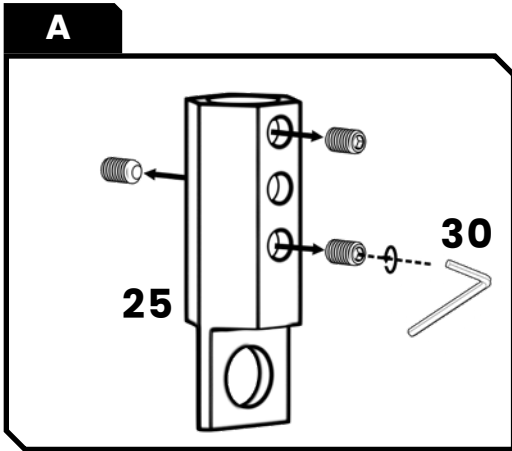
- A.** Loop through the bottom of the pulley wheel at point A and pull towards point B.
- B.** Feed the cable through outermost side of the pulley wheel at point B and through the bottom of the one beside it.
- C.** Feed the cable through the back most hole on the bottom upright and through the top upright
- D.** Feed across the top of the two pulley wheels Located at point
- E.** Loop from below the pulley wheel and pull towards the top pulley wheel at point E
- F.** Feed over the top of the pulley wheel and pull towards point D
- G.** Feed the small end of the cable through the back of the top pulley wheel at point G and then through the center of the dual pulleys at the front of the rack
- H.** Add Pulley attachments

# ASSEMBLY

## STEP: 27

# STEP PART GUIDE

#	PART NAME	QTY
14.	2300-00-03-01	1
25.	2300-00-03-02	1
30.	5mm Allen Key	-

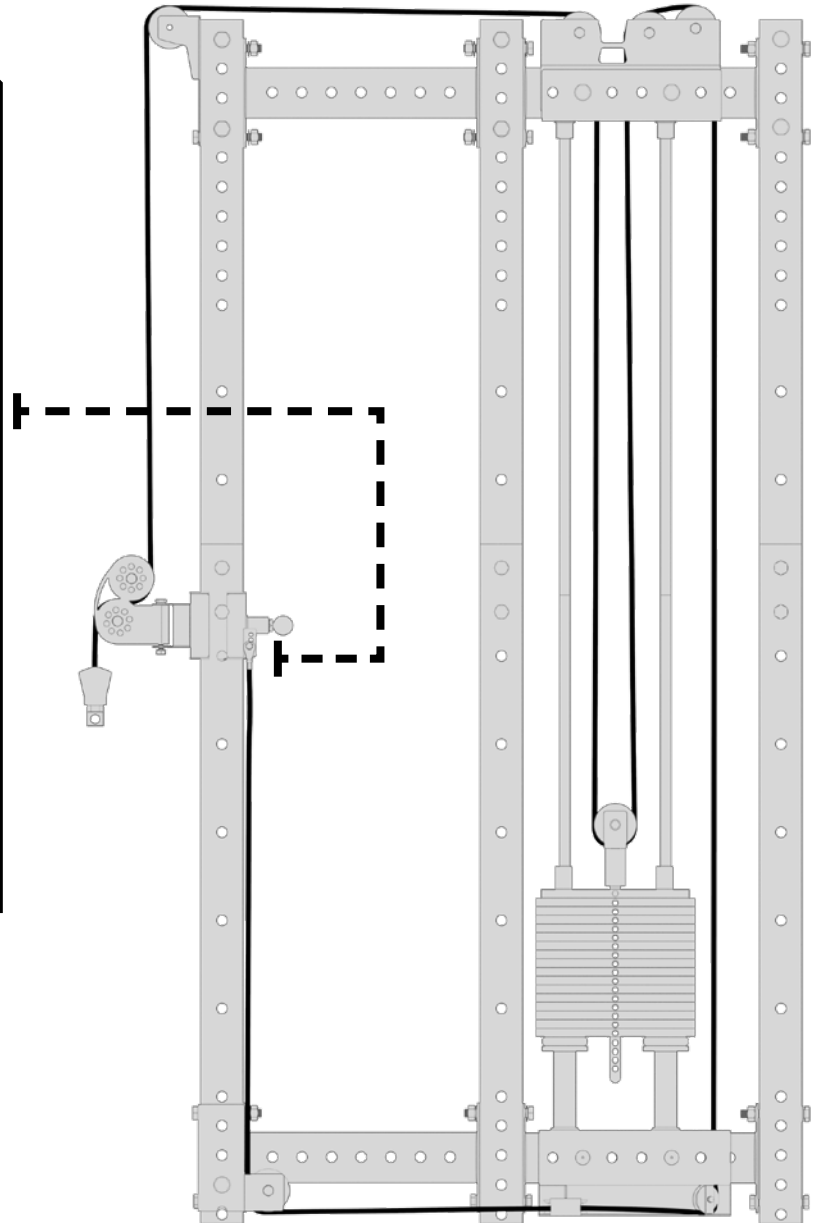
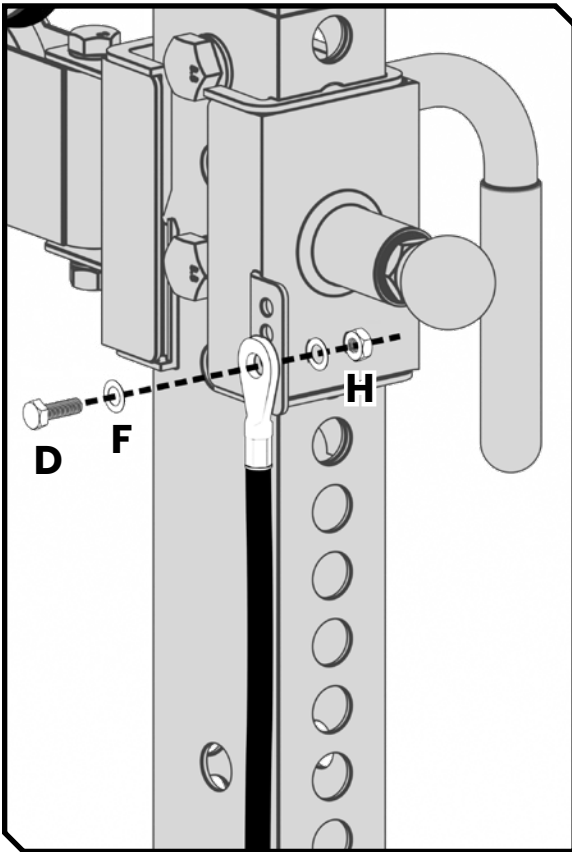


# ASSEMBLY

## STEP: 28

### STEP PART GUIDE

#	PART NAME	QTY
D.	M10x20 Bolt	1
F.	M10 Washer	2
H.	M10 Nut	1



# STOP!

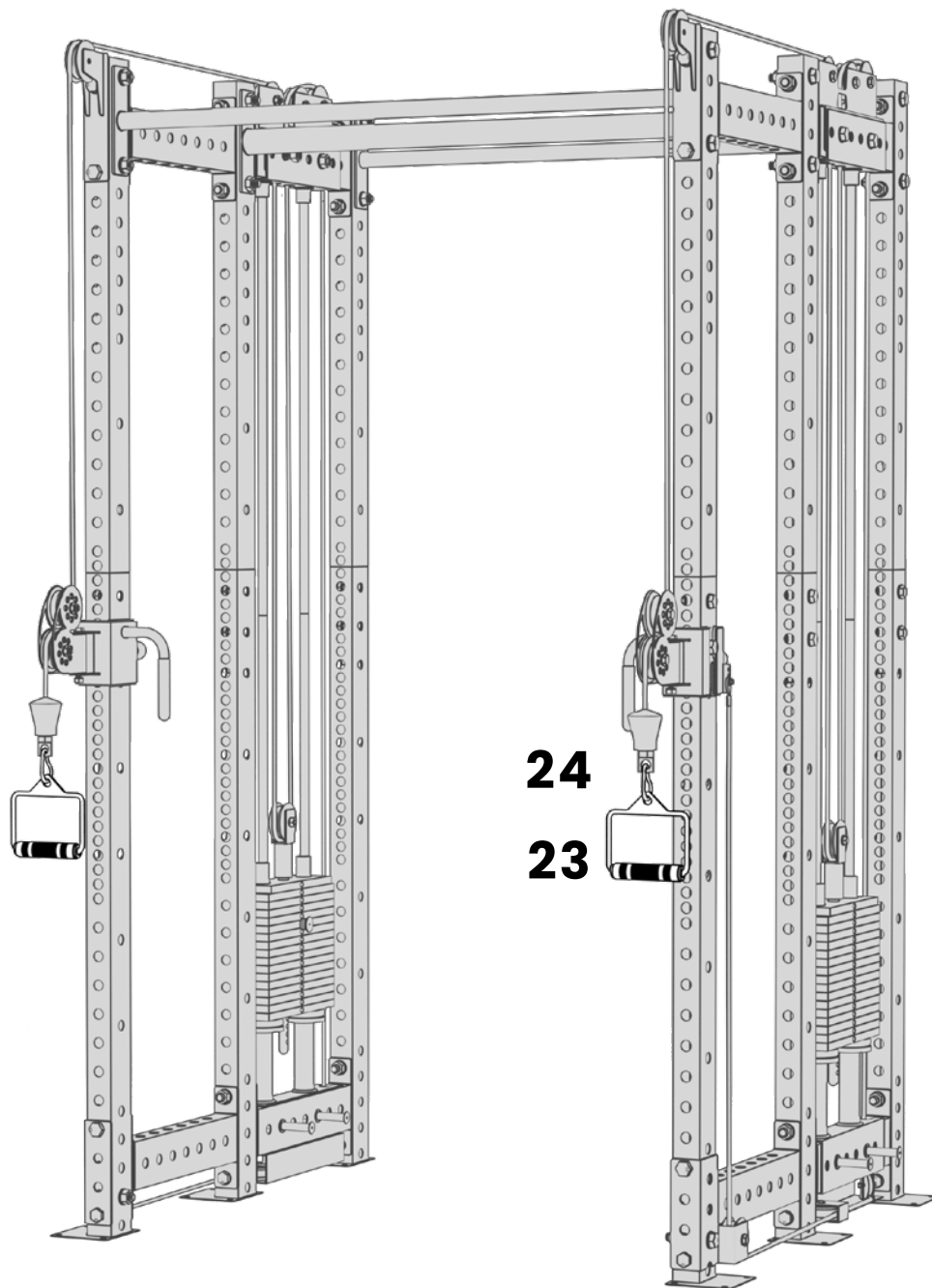
ONCE COMPLETED REPEAT STEPS 15 TO 28 FOR LEFT SIDE ASSEMBLY

# ASSEMBLY

## STEP: 29

# STEP PART GUIDE

#	PART NAME	QTY
23.	D-Handles	2
24.	2300-00-09	2

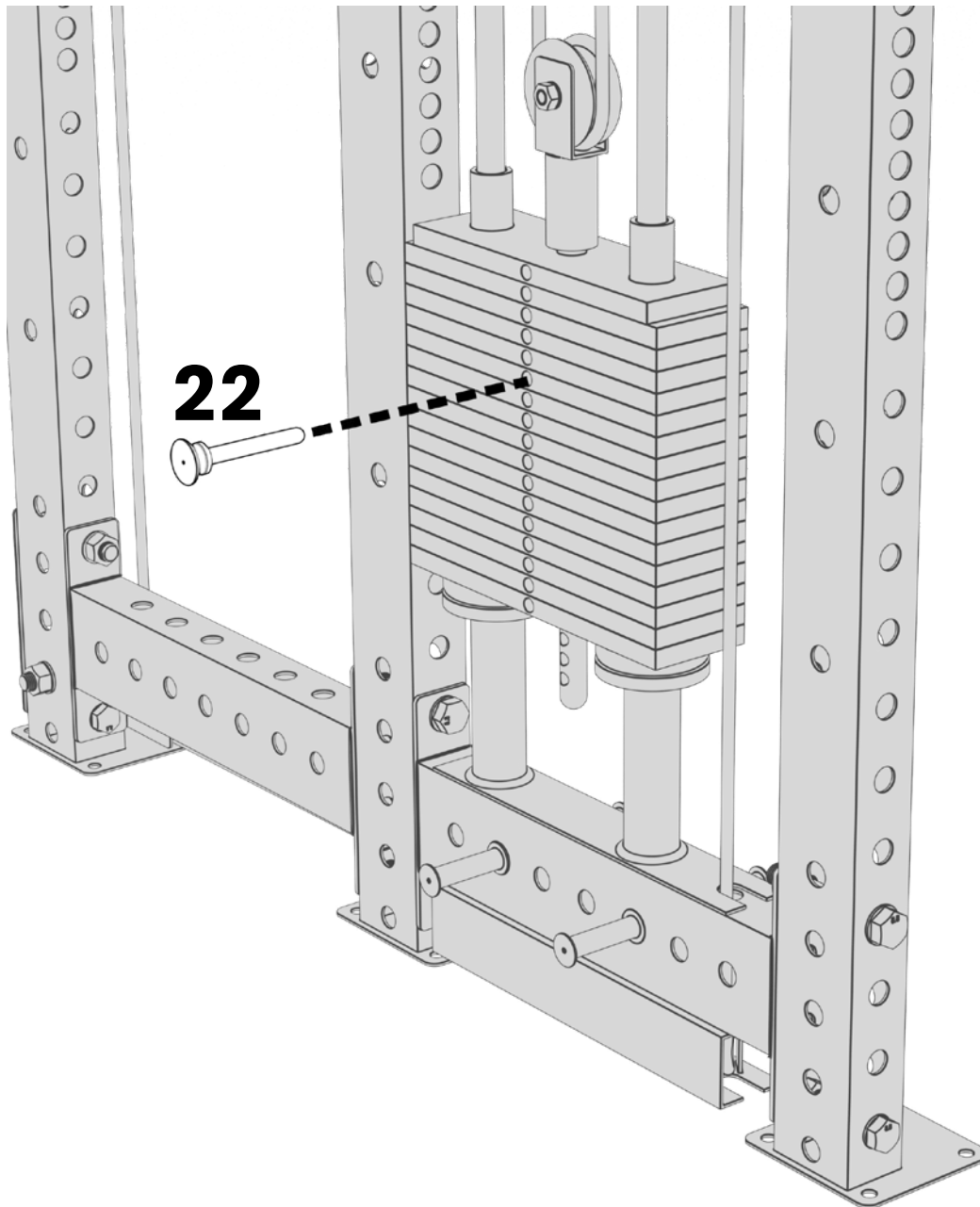


# ASSEMBLY

## STEP: 30

# STEP PART GUIDE

#	PART NAME	QTY
22.	2300-00-06	2



Before using machine with weights, please securely insert the pin into the amount of weight that you would like to use as shown above.

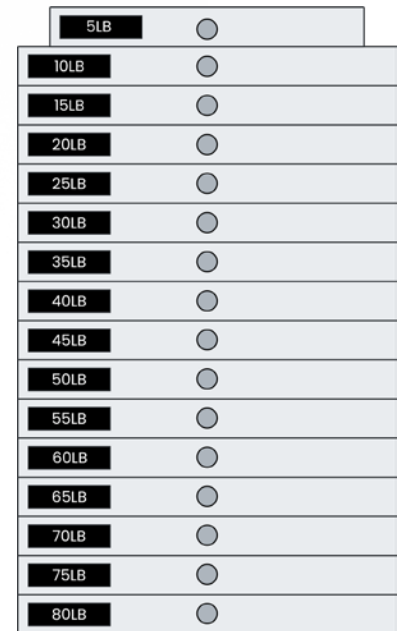
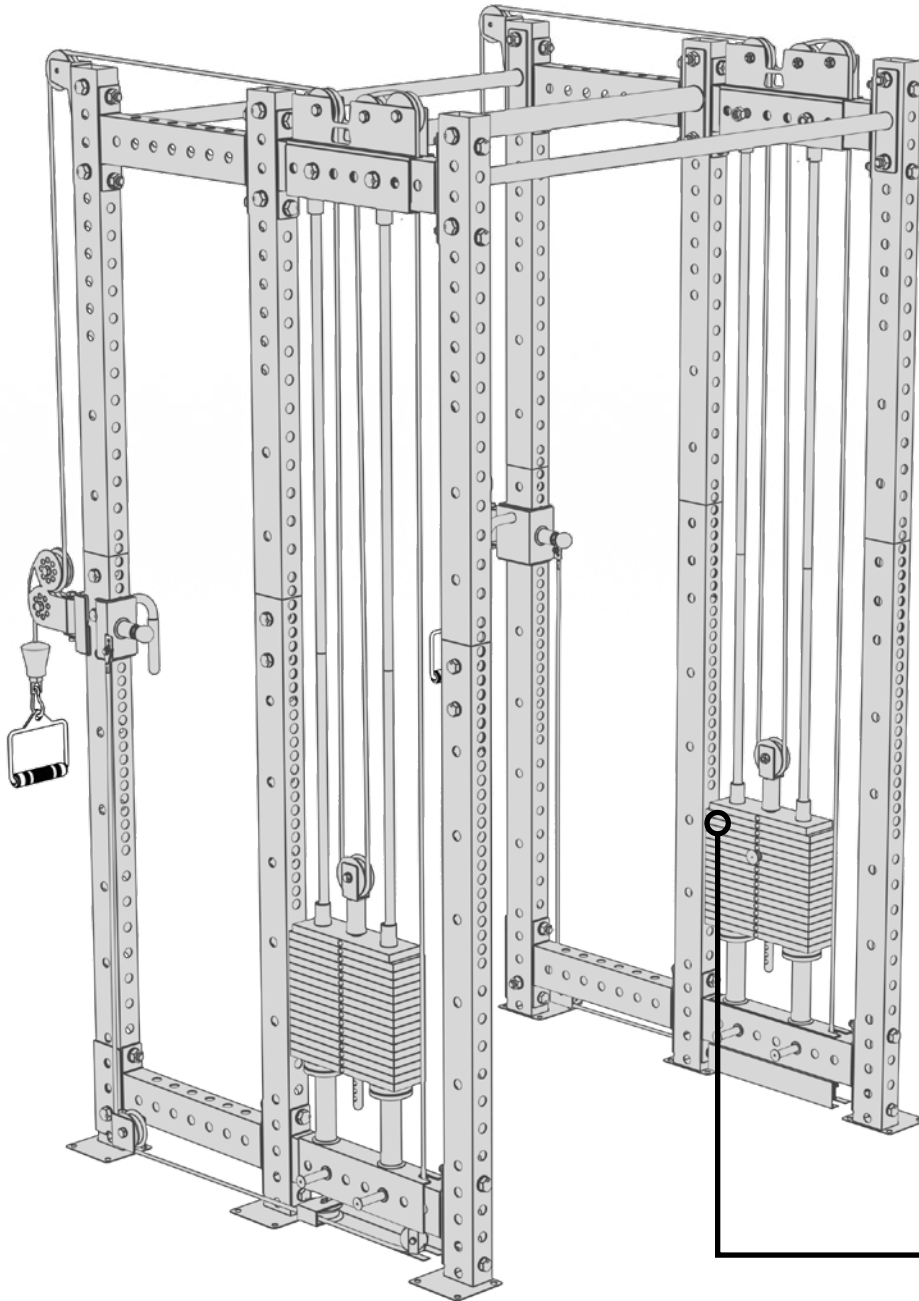


# ASSEMBLY

## STEP: 31

# STEP PART GUIDE

#	PART NAME	QTY
31.	Stickers Sheet	2



**PLEASE APPLY STICKERS FROM  
STICKER SHEET TO THE INSIDE  
OF THE WEIGHTS ON THE RACK**