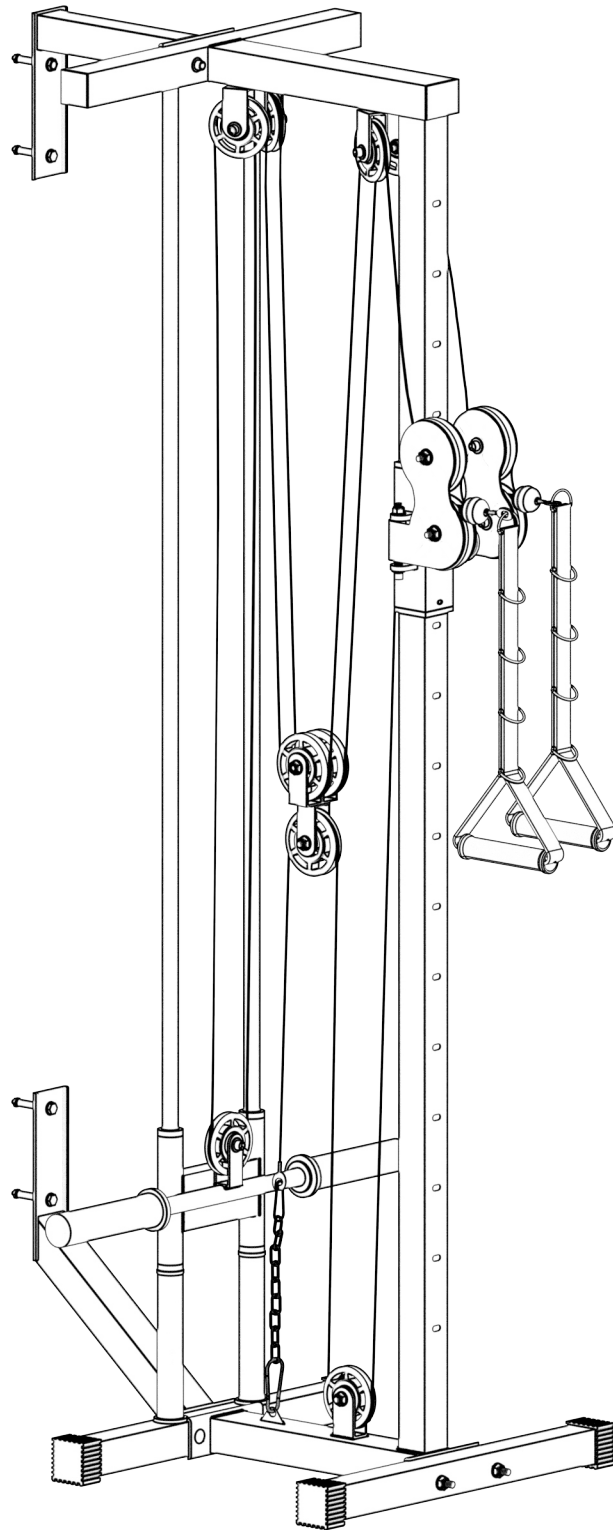


 **SYNERGEE[®]**

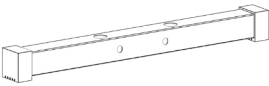
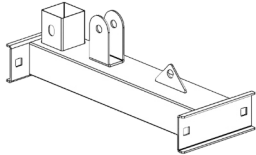
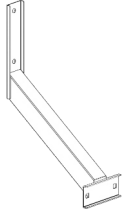
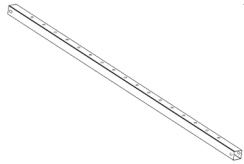
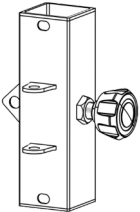
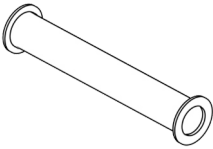
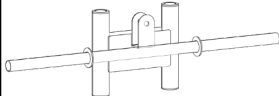
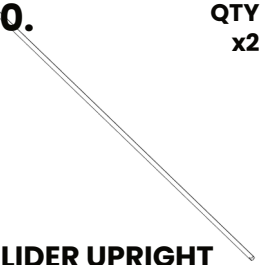
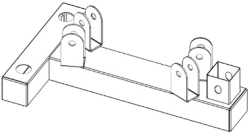
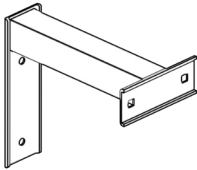
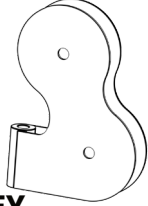
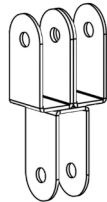
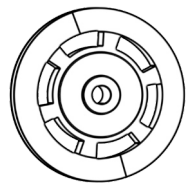
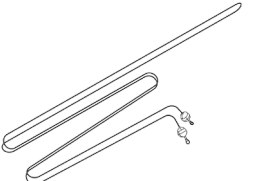
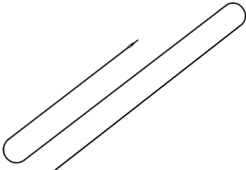
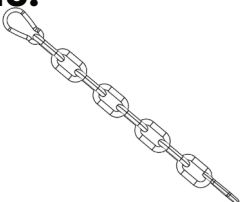
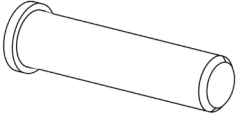
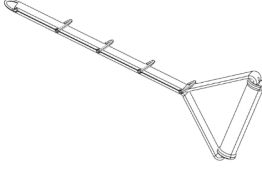
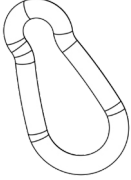
PULLEY MACHINE

WALL MOUNTED

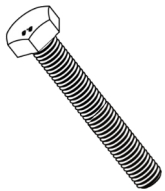
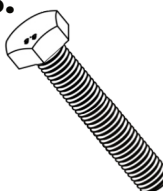
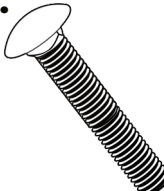
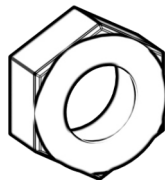
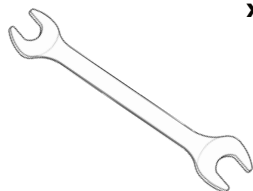


PARTS LIST

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

1. QTY x1  REAR STABILIZER	2. QTY x1  MAIN STABILIZER	3. QTY x1  BOTTOM WALL MOUNT	4. QTY x1  FRONT STABILIZER	5. QTY x1  MAIN FRAME
6. QTY x1  FRAME COVER	7. QTY x4  RUBBER STOPPER	8. QTY x2  WEIGHT STACK SUPPORT	9. QTY x1  WEIGHT STACK BAR	10. QTY x2  SLIDER UPRIGHT
11. QTY x1  UPPER FRAME	12. QTY x1  TOP WALL MOUNT	13. QTY x2  PULLEY CONTAINER	14. QTY x1  PULLEY BRACKET	15. QTY x13  PULLEY WHEELS
16. QTY x1  CABLE A (344.4")	17. QTY x1  CABLE B (107.4")	18. QTY x1  CHAIN	19. QTY x2  2" SLEEVE ADAPTER	20. QTY x2  2" SPRING COLLAR
21. QTY x2  HANDLE STRAP	22. QTY x4  CARABINER			

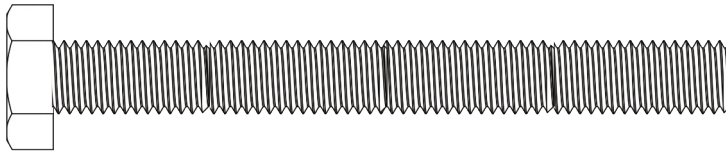
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

A.  M10X90 THREADED HEX BOLT	B.  M10X80 THREADED HEX BOLT	C.  M10X65 CARRIAGE BOLT	D.  M10X60 THREADED HEX BOLT	E.  M10X45 THREADED HEX BOLT
F.  M10X20 THREADED HEX BOLT	G.  M8X90 CONCRETE BOLT SET	H.  M10 WASHERS	I.  M10 NUT	J.  #4 ALLEN KEY
11.  14-17 WRENCH				

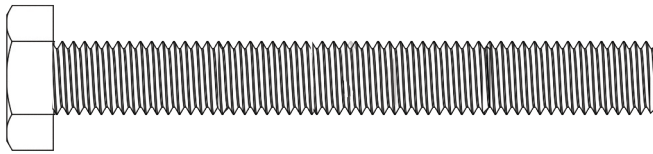


HARDWARE SIZING CHART

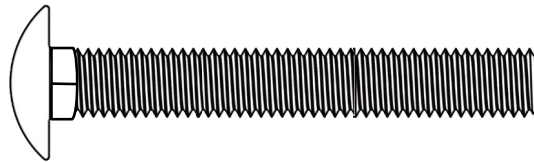
**M10x90
BOLT**



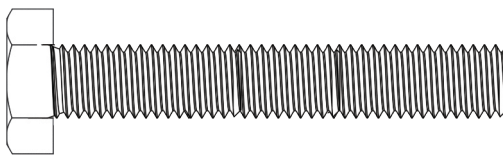
**M10x80
BOLT**



**M10x65
BOLT**



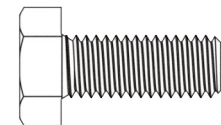
**M10x60
BOLT**



**M10x45
BOLT**



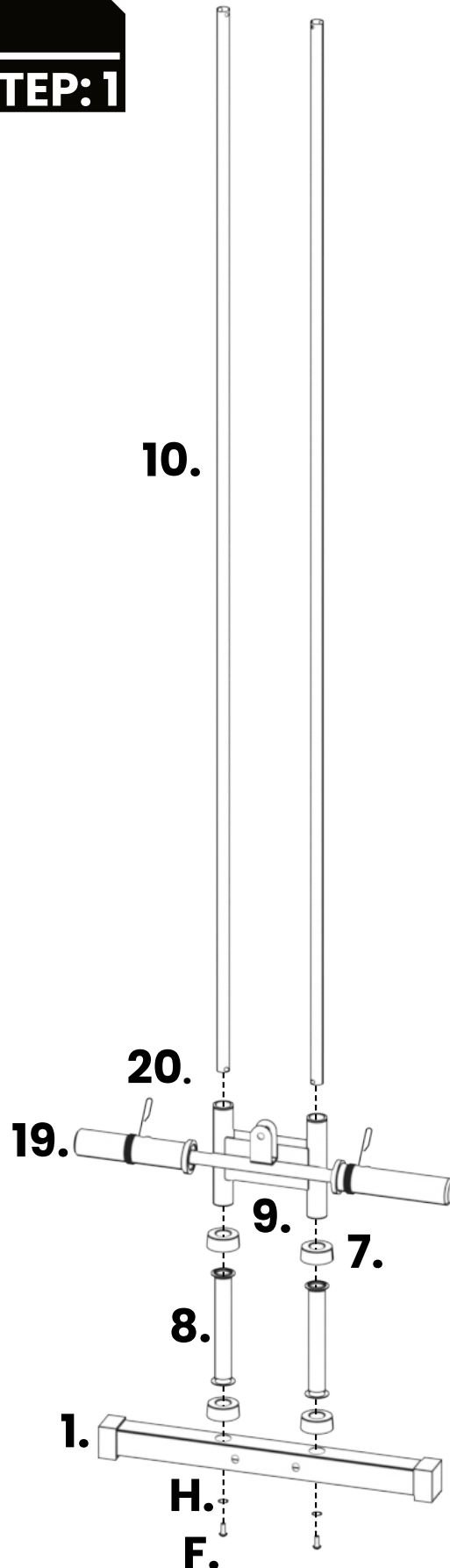
**M10x20
BOLT**



ASSEMBLY

STEP: 1

STEP PART GUIDE		
#	PART NAME	QTY
1.	Rear Stabilizer	1
7.	Rubber Stopper	4
8.	Weight Stack Support	2
9.	Weight Stack Bar	1
10.	Slider Bar	2
19.	2" Sleeve Adapter	2
20.	2" Spring Collar	2
F.	M10X20 Bolt	2
H.	M10 Washers	2

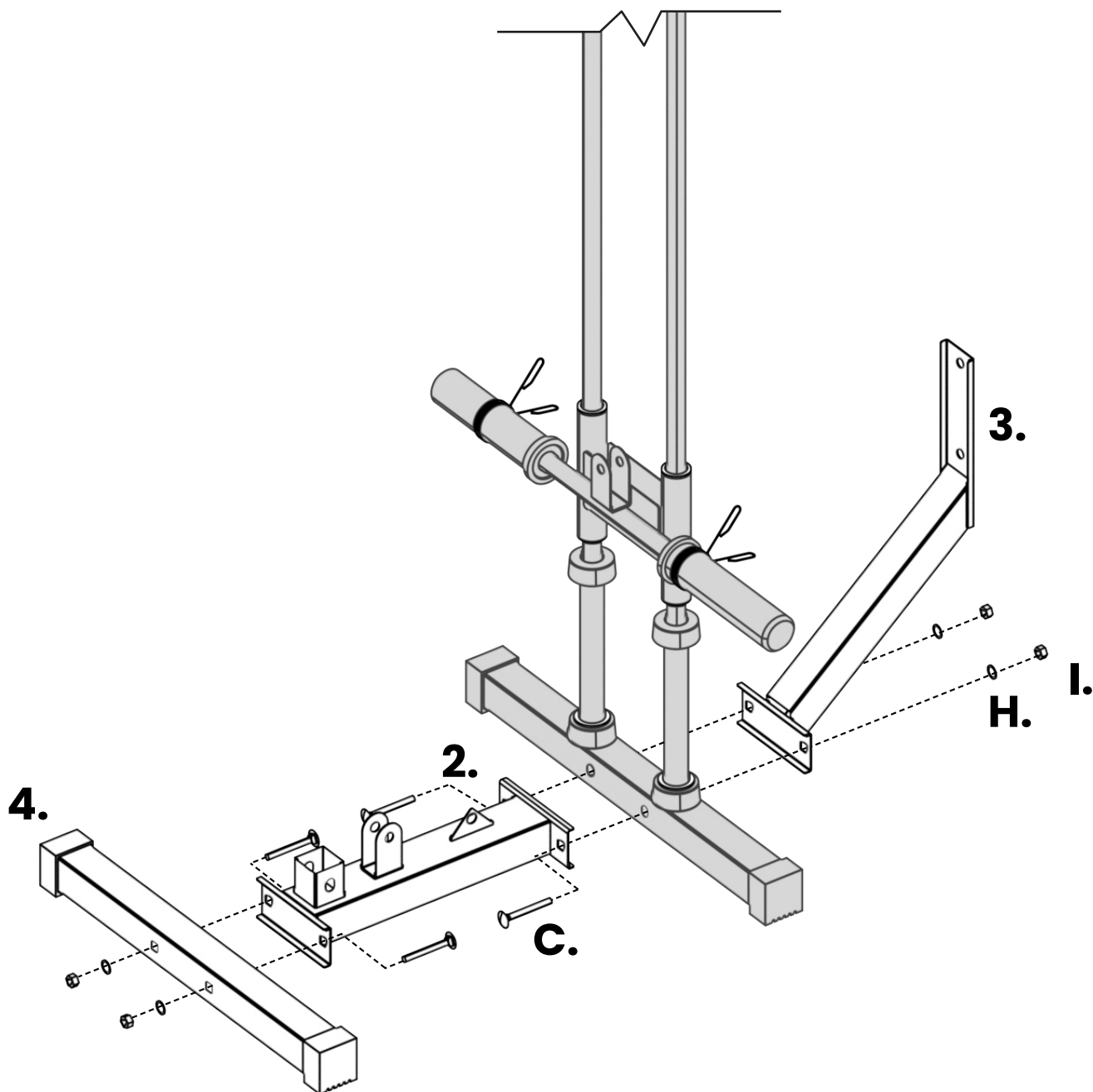


ASSEMBLY

STEP: 2

STEP PART GUIDE

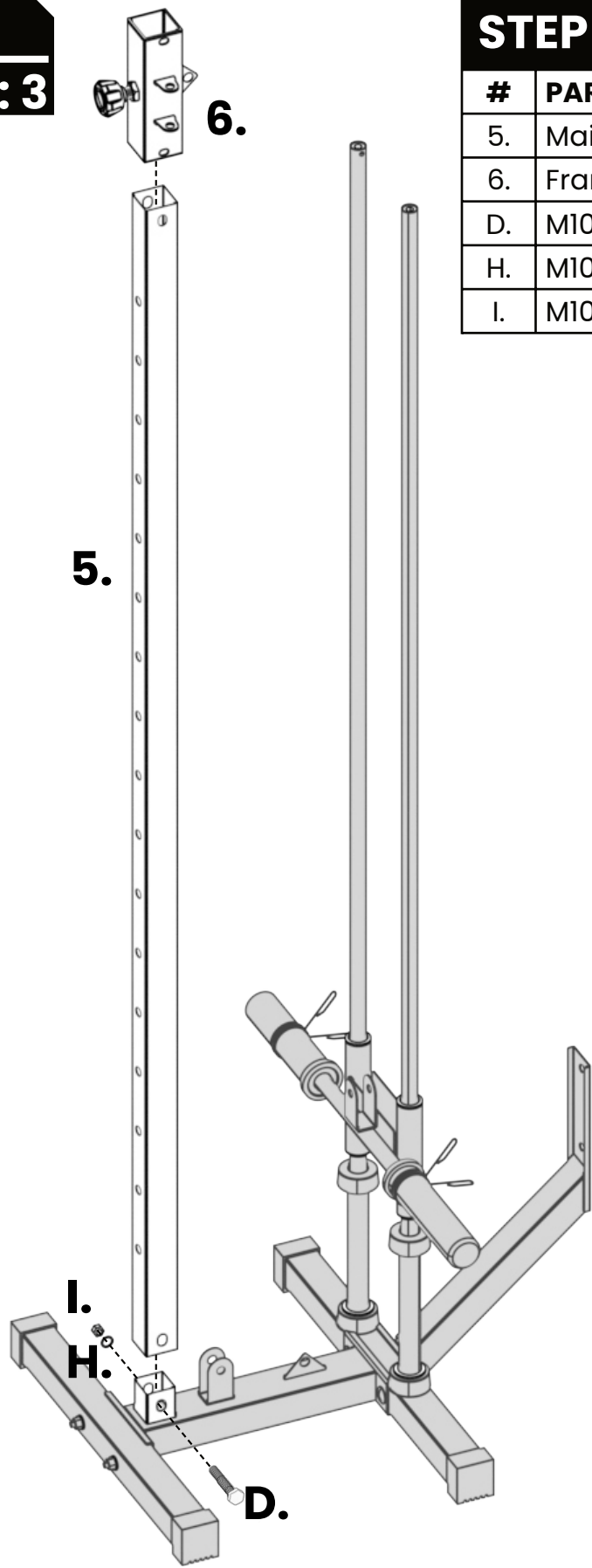
#	PART NAME	QTY
2.	Main Stabilizer	1
3.	Bottom Wall Mounts	1
4.	Front Stabilizer	1
C.	M10X65 Bolt	4
H.	M10 Washers	4
I.	M10 Nuts	4



ASSEMBLY

STEP: 3

STEP PART GUIDE		
#	PART NAME	QTY
5.	Main Frame	1
6.	Frame Cover	1
D.	M10X60 Bolt	1
H.	M10 Washers	1
I.	M10 Nuts	1



ASSEMBLY

STEP: 4



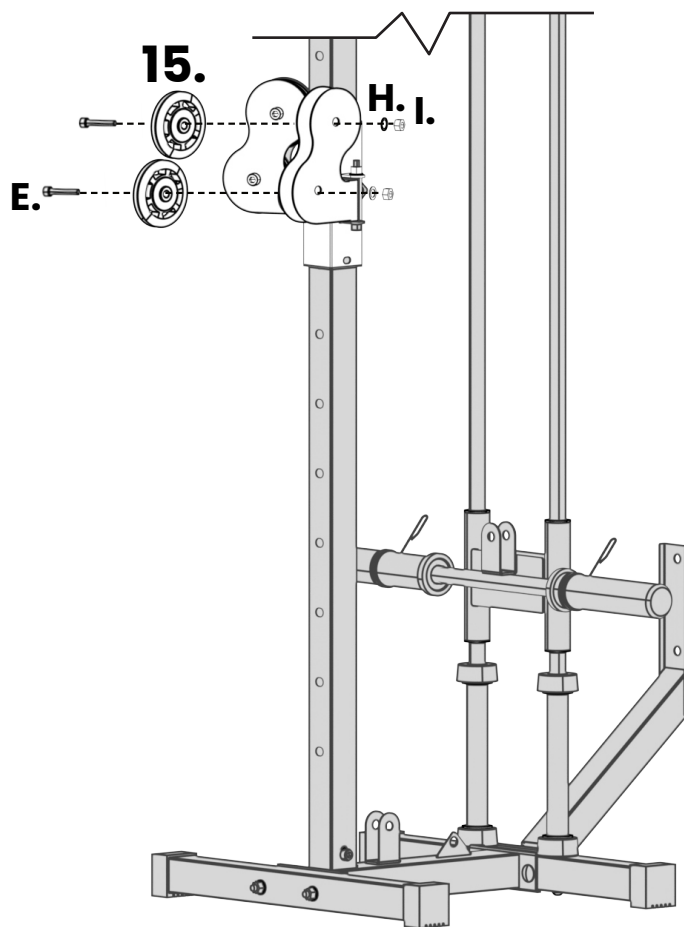
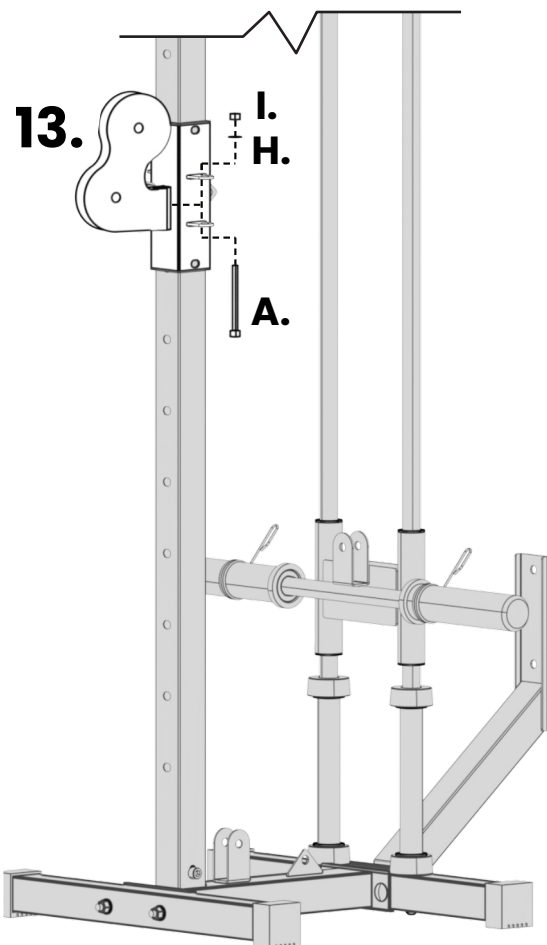
ATTENTION

REPEAT STEP 4A & B
FOR THE OTHER SIDE

STEP PART GUIDE

#	PART NAME	QTY
13.	Pulley Container	2
15.	Pulley	4
E.	M10x45 Bolt	4
A.	M10X90 Bolt	2
H.	M10 Washers	6
I.	M10 Nuts	6

STEP A

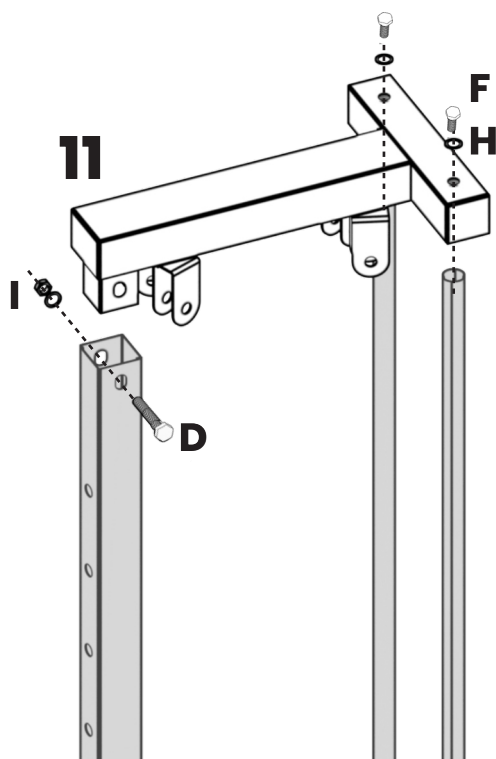


STEP B



ASSEMBLY

STEP: 5

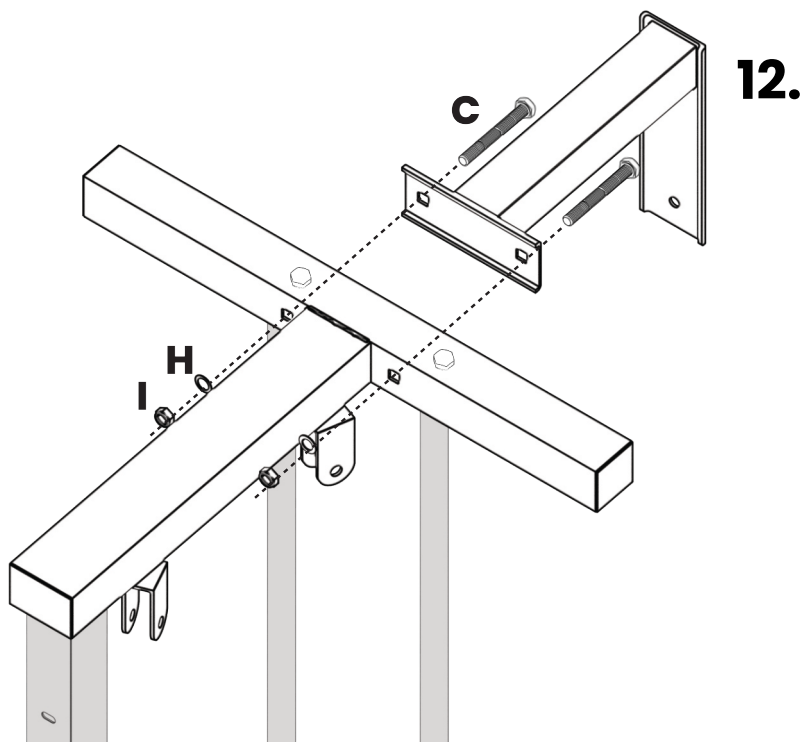


STEP A

STEP PART GUIDE

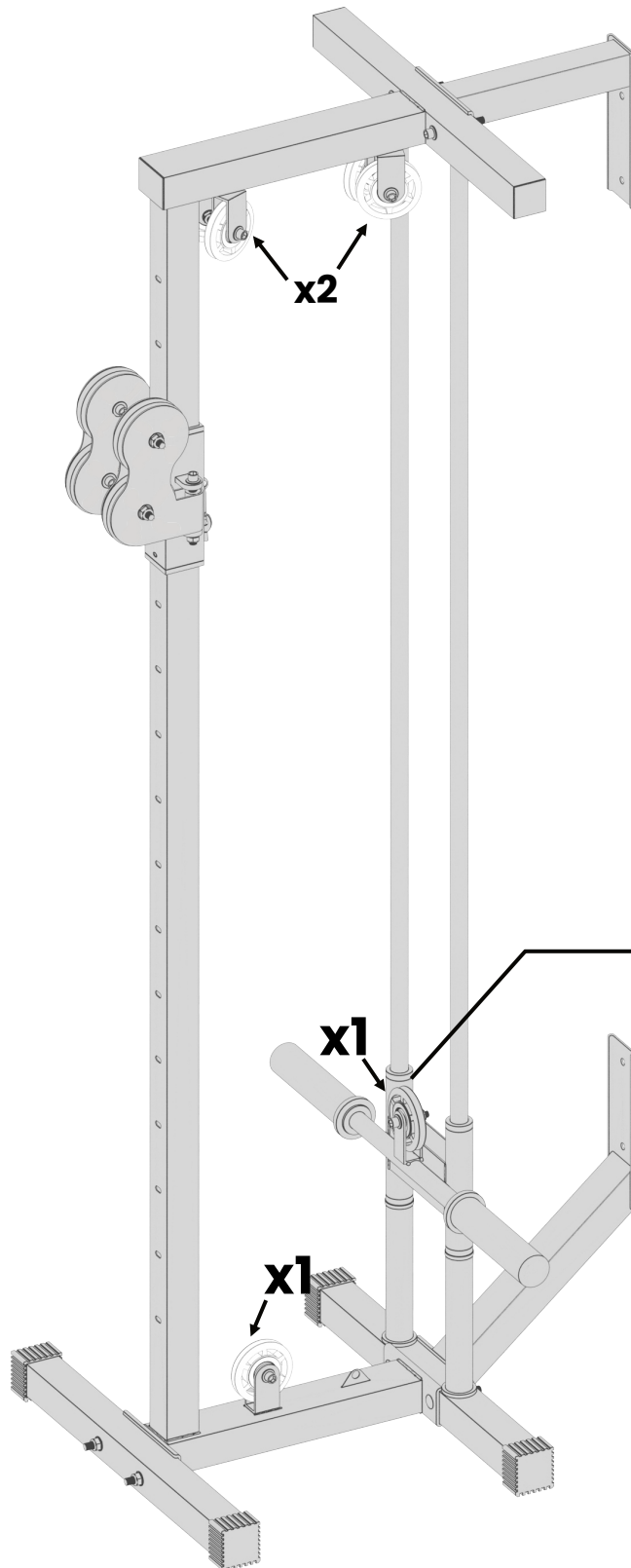
#	PART NAME	QTY
11.	Upper Frame	1
12.	Top Wall Mount	1
C.	M10X65 Bolt	2
D.	M10X60 Bolt	1
F.	M10x20 Bolt	2
H.	M10 Washers	5
I.	M10 Nuts	3

STEP B



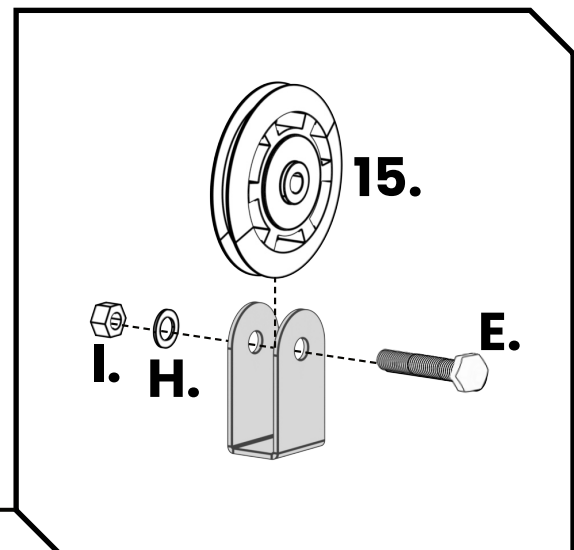
ASSEMBLY

STEP: 6



STEP PART GUIDE

#	PART NAME	QTY
15.	Pulley	6
E.	M10X45 Bolt	6
H.	M10 Washers	6
I.	M10 Nuts	6

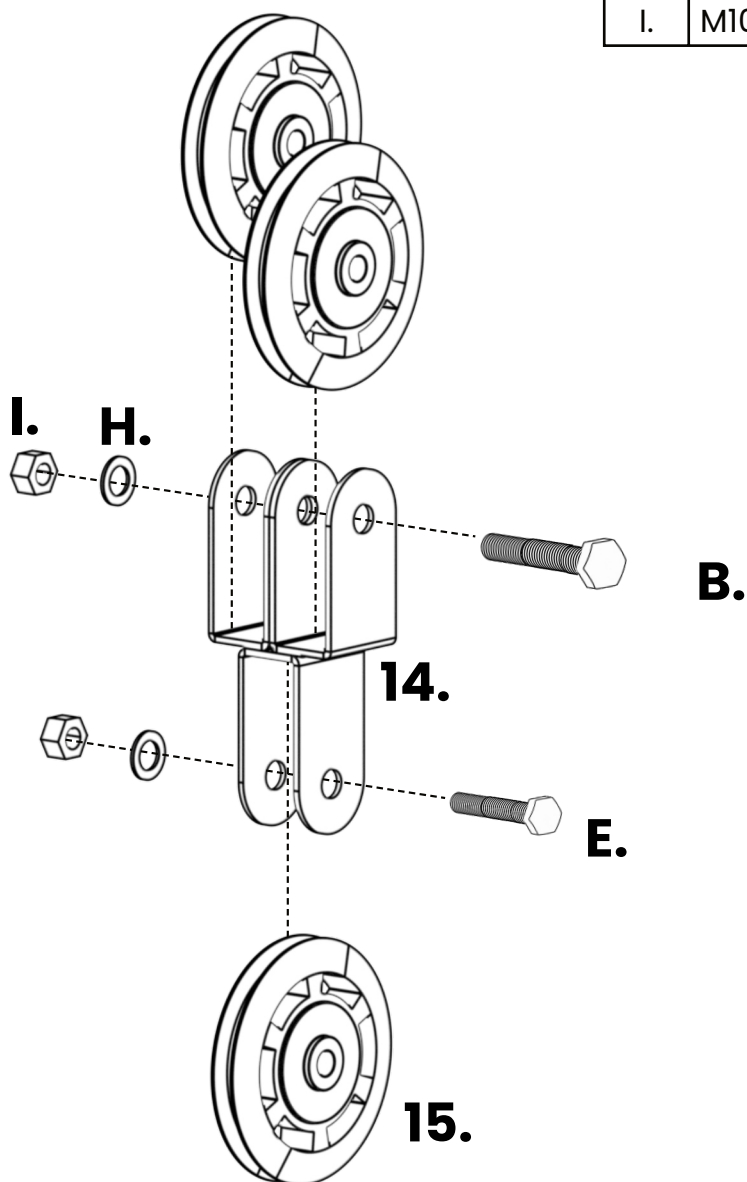


ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
14.	Pulley Bracket	1
15.	Pulley Wheel	3
E.	M10X45 Bolt	1
B.	M10X80 Bolt	1
H.	M10 Washers	2
I.	M10 Nuts	2

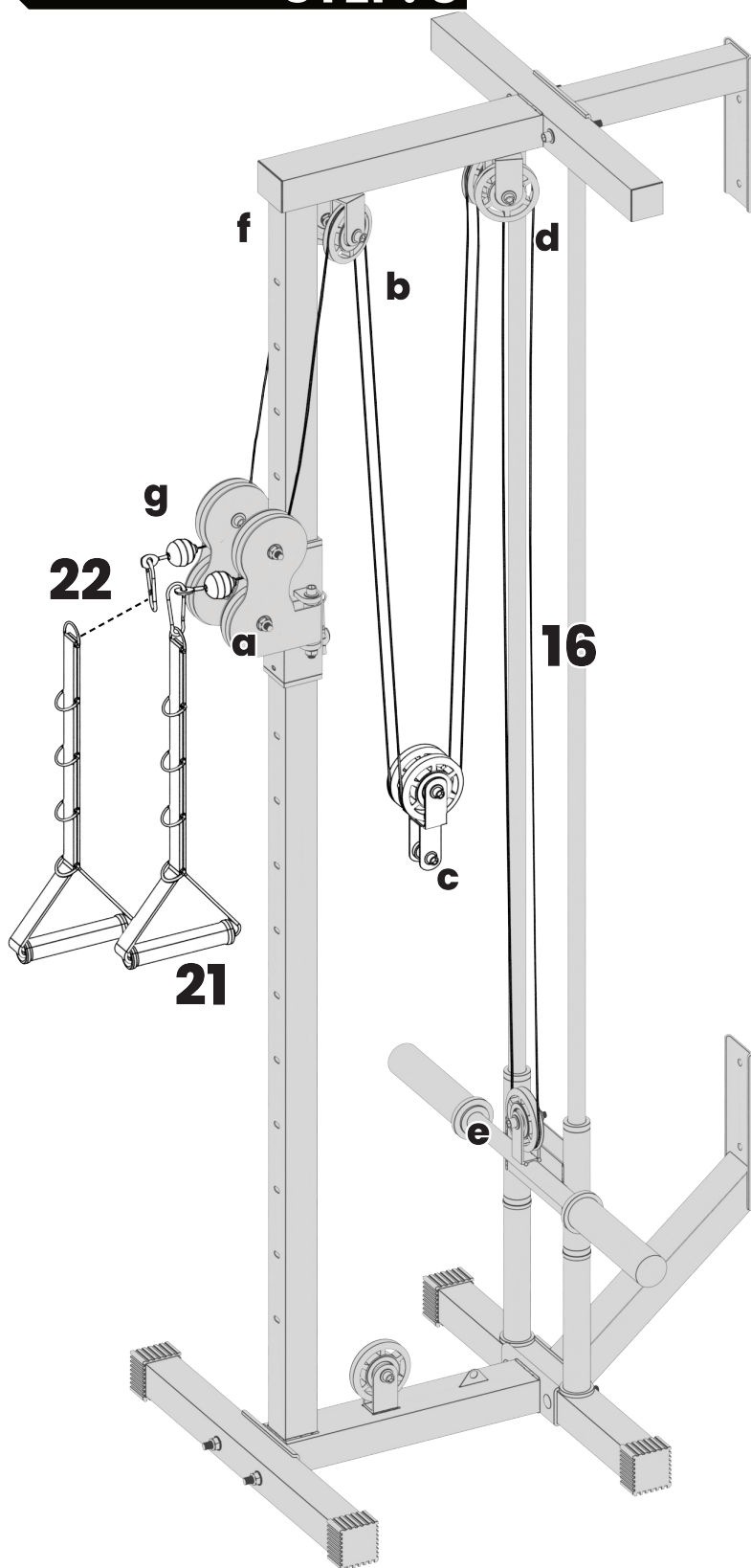


ASSEMBLY

STEP: 8

STEP PART GUIDE

#	PART NAME	QTY
16.	Cable A	1
21.	Handle	2
22.	Carabiner	2
8	Assembly from Step 7	1



- A.** Thread the wire end through point (a) and loop around the top right pulley point (b)
- B.** Feed the cable from point (b) an loop through the bottom the the right pulley at point (c)
- C.** Feed up towards pulley (d)
- D.** Loop downwards towards Pulley located at (e)
- E.** Loop below e and back up towards point (d) and begin to thread through the left side pulleys the same way you did steps a-d.
- F.** Loop through f and feed towards point g through the pulley
- G.** Attach the safety stopper onto the end of the cable at point g and attach the handles.

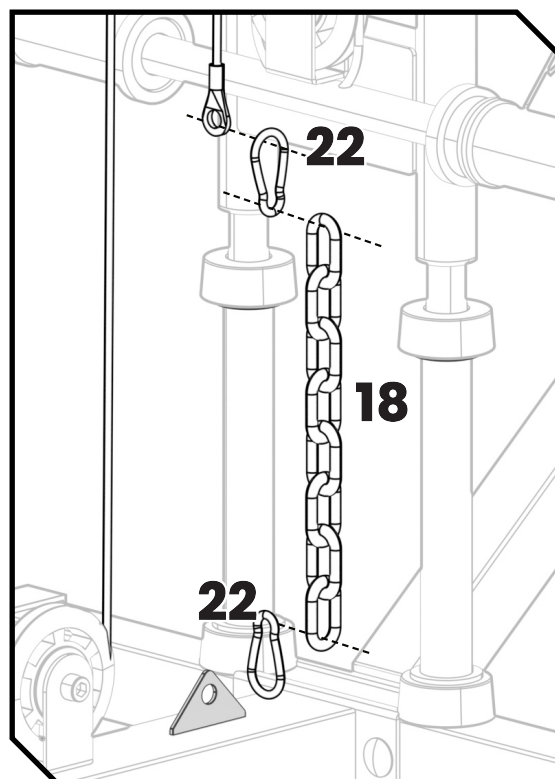
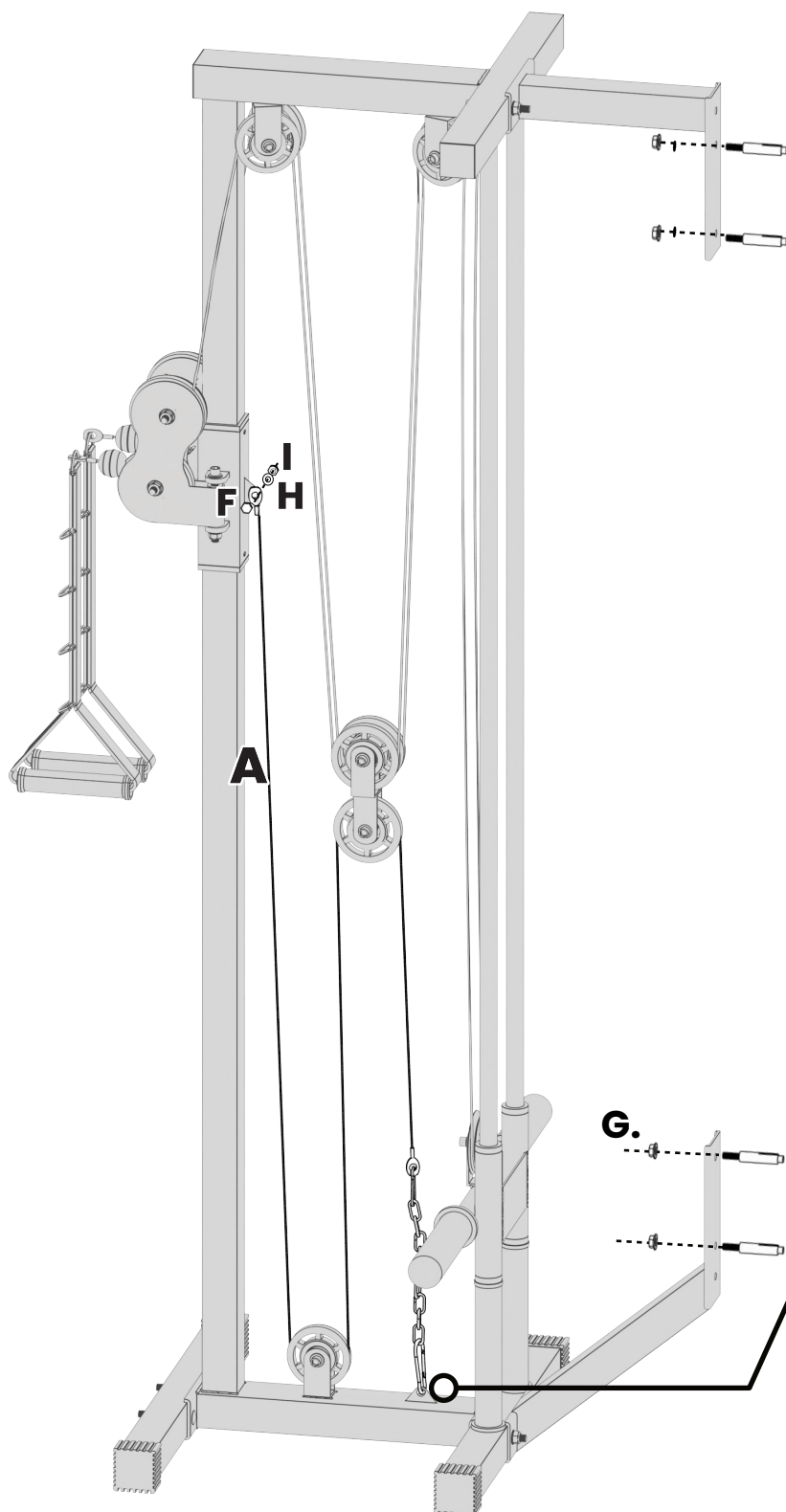


ASSEMBLY

STEP: 9

STEP PART GUIDE

#	PART NAME	QTY
17.	Cable B (107.4")	1
18.	Chain	1
22.	Carabiner	2
G.	M8x90 Concrete Bolt set	4
F.	M10X20	1
H.	M10 Washers	1
I.	M10 Nuts	1



CONCRETE ASSEMBLY

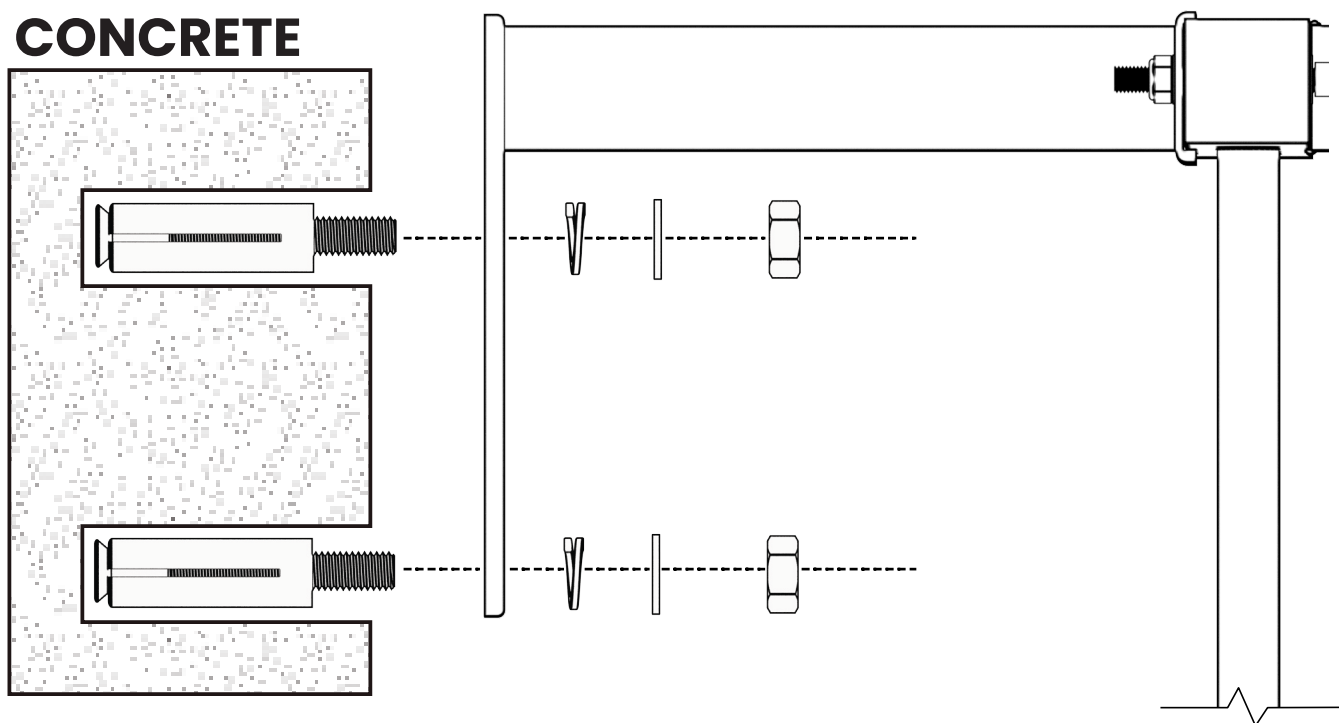
STEP: 10



ATTENTION

**1/2" Drill Bit Required
for concrete wall
mounting**

CONCRETE



- A.** Place the machine level on the wall and mark where the holes will be placed.
- B.** Drill Preliminary hole in concrete wall with a 1/2" Drill Bit.
- C.** Remove the nut, washer, and lock washer, and insert concrete bolt into wall.
- D.** Place machine onto the bolt. Put the washers and nut on and tighten with a drill until stable.
- E.** If required cut excess from bolt sticking out of wall with the appropriate tools and repeat for bottom mounting points.

