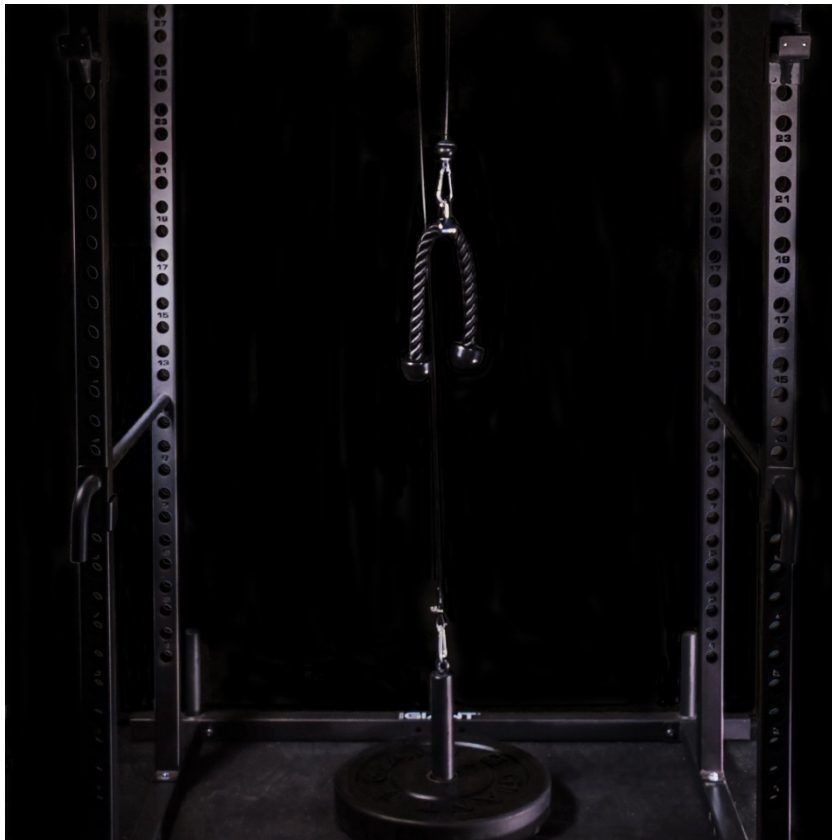


HOW TO BUILD

TRICEP/LAT PULLEY SYSTEM

ABOUT THE PULLEY SYSTEM





Our LAT PULLEY SYSTEM is perfect for your home gym and adds many different critical strength exercises at your disposal. Perform movements such as: Lat Pull Downs, Tricep Extensions, Rows, Etc.




WHATS INSIDE THE PACKAGE?







In the box, you will find a few items that will create your Pulley System. The package contains a **Tricep Rope, Abs Pulley, Cable, Loading Pin, Carabiner Clips, Small Wrench, Belt, Pulley Lock Attachment, and Pulley Loop Attachment.**

WHAT'S IN THE BOX

PART #	DESCRIPTION	QTY
1.	 <p data-bbox="732 863 997 898">TRICEP ROPE</p>	1
2.	 <p data-bbox="743 1394 985 1430">ABS PULLEY</p>	1

<p>3.</p>	 <p>CABLE</p>	<p>1</p>
<p>4.</p>	 <p>LOADING PIN</p>	<p>1</p>
<p>5.</p>	 <p>CARABINER</p>	<p>3</p>

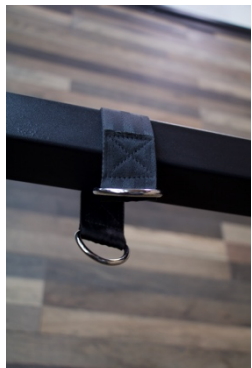
6.	 <p data-bbox="773 485 954 522">WRENCH</p>	1
7.	 <p data-bbox="810 879 915 917">BELT</p>	1
8.	 <p data-bbox="583 1295 1143 1333">PULLEY LOCK ATTACHMENT</p>	1
9.	 <p data-bbox="583 1814 1143 1852">PULLEY LOOP ATTACHMENT</p>	1

TOOLS NEEDED

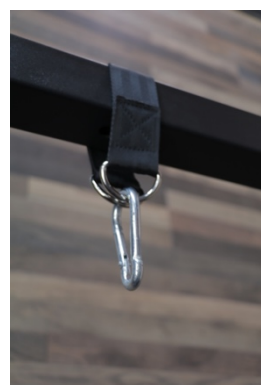


For this project the tools that we will be using are as followed: Small Wrench. Very Simple tool list and comes with the package as well!

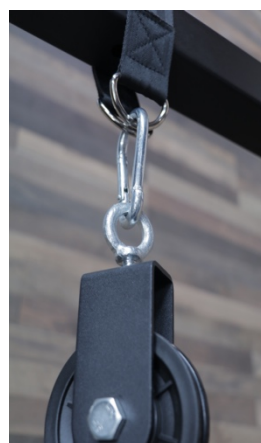
STEP 1-3



1. For the First Step we will take the Belt and put it over the top of the rack. This will act as the connector for the pulley system.



2. After the First Step we will take 1 of the 3 carabiners and connect both sides of the belt together.



3. After step two will take the Abs Pulley and connect it to the carabiner making it able to be suspended in the air.

STEP 4-7



4. Step four will require you to take the loading pin out and put it on the ground. This is what the other end of the pulley will carry.



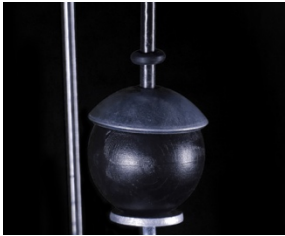
5. Step five we will be using the second carabiner and connecting the pulley loop attachment together. For this we will slide the open side of the attachment onto the carabiner. This makes it possible for the pulley system to perform its task.



6. After connecting the attachment to the carabiner we will be connecting the carabiner to the loading pin.

STEP 8-10

For this step we will be using multiple parts to make the pulley system work.



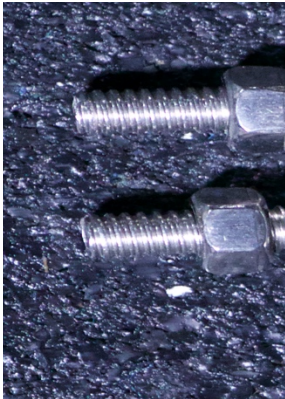
8. For step eight we will be using the cable and running it from the top to the bottom. The part with the ball will be the top and be suspended in the air.



9. For the bottom of the cable we will be putting it around the loop attachment. With your fingers squeeze the rope together.

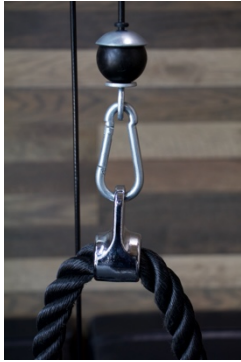


10. For step ten we will be applying the Pulley Lock Attachment that locks both sides of the cable together.

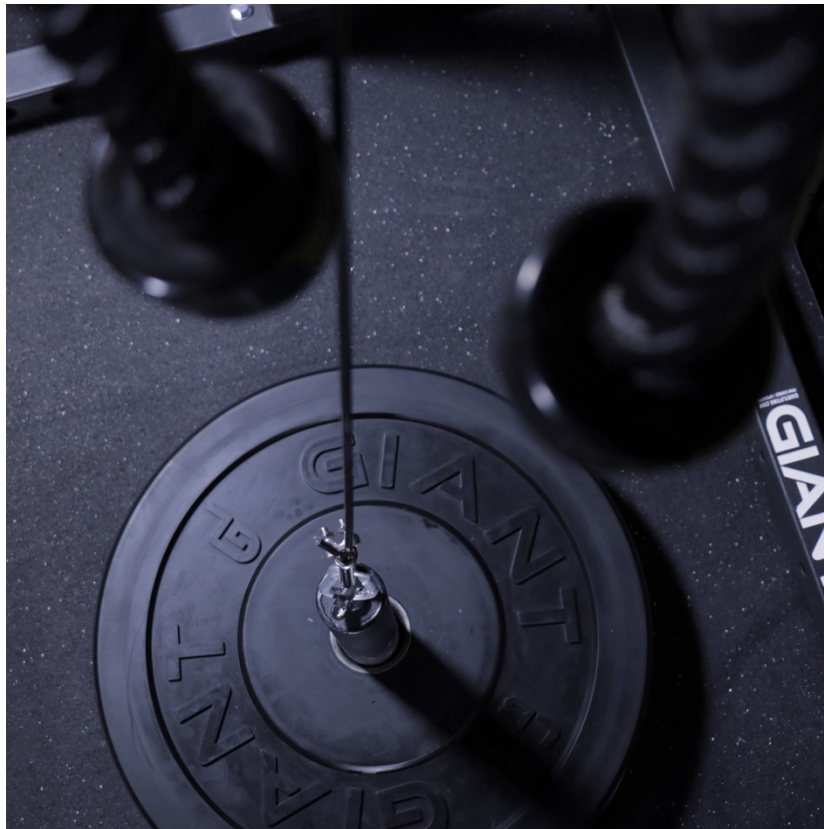


10(A). Using the wrench, we will be tightening the bolts to make sure the cable stays in place during lifting.

FINAL STEP



Attach the Carabiner to the cable that is suspended in the air. From there you are able to attach the rope. After this step you are ready to start using your new pulley system! Just add some weight!



GIANT