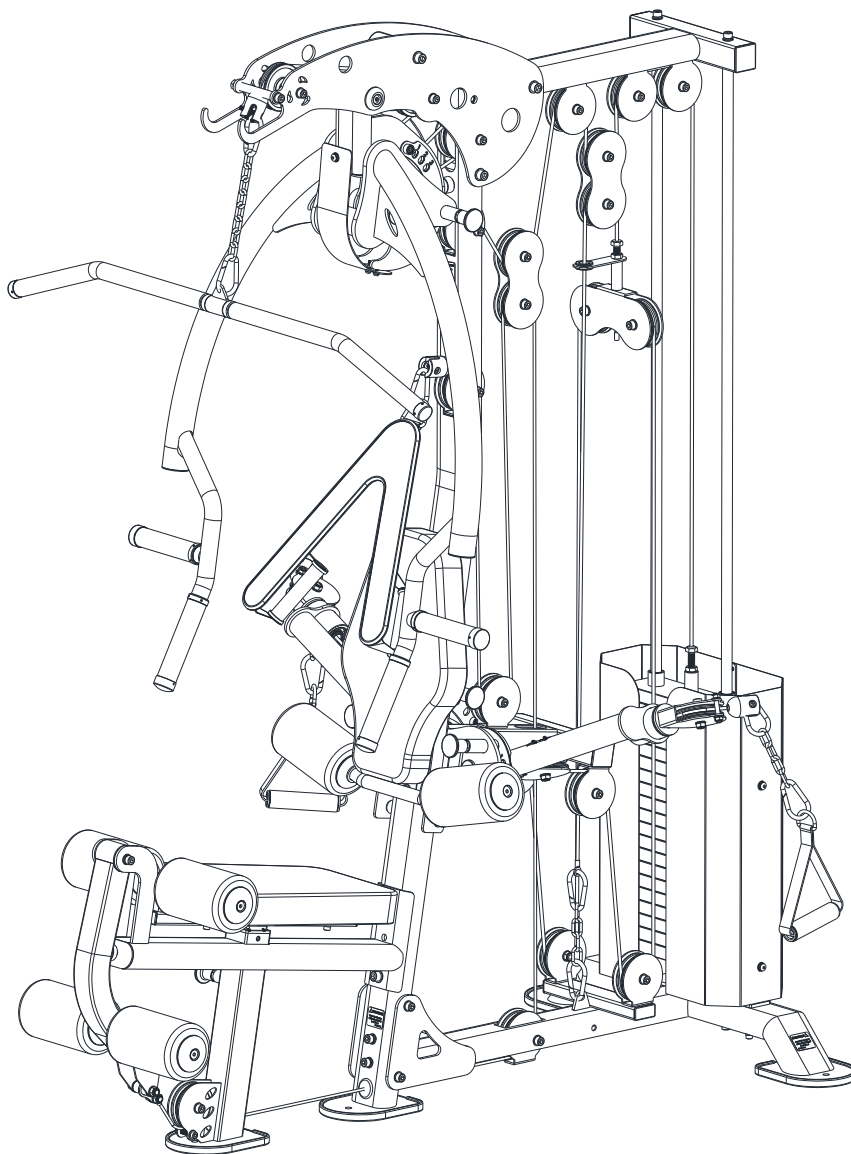


MUSCLE D FITNESS, 15950 DOWNEY AVE, PARAMOUNT, CA 90723

(310) 438-4466 • INFO@MUSCLEDFITNESS.COM



Assembly Instructions

COMPACT SINGLE STACK GYM

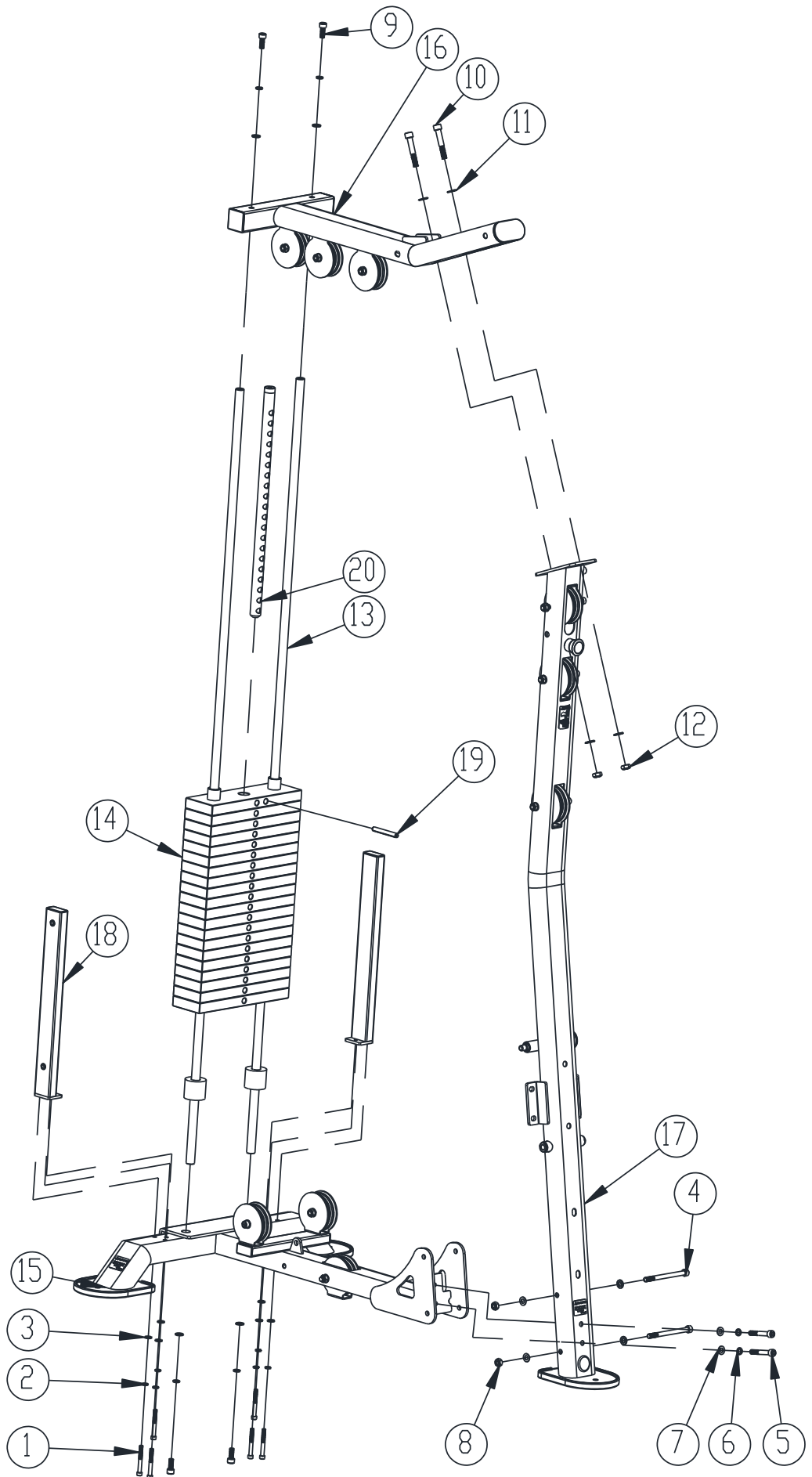
MDM-1CSSM



STEP 1:

Main frame assembly

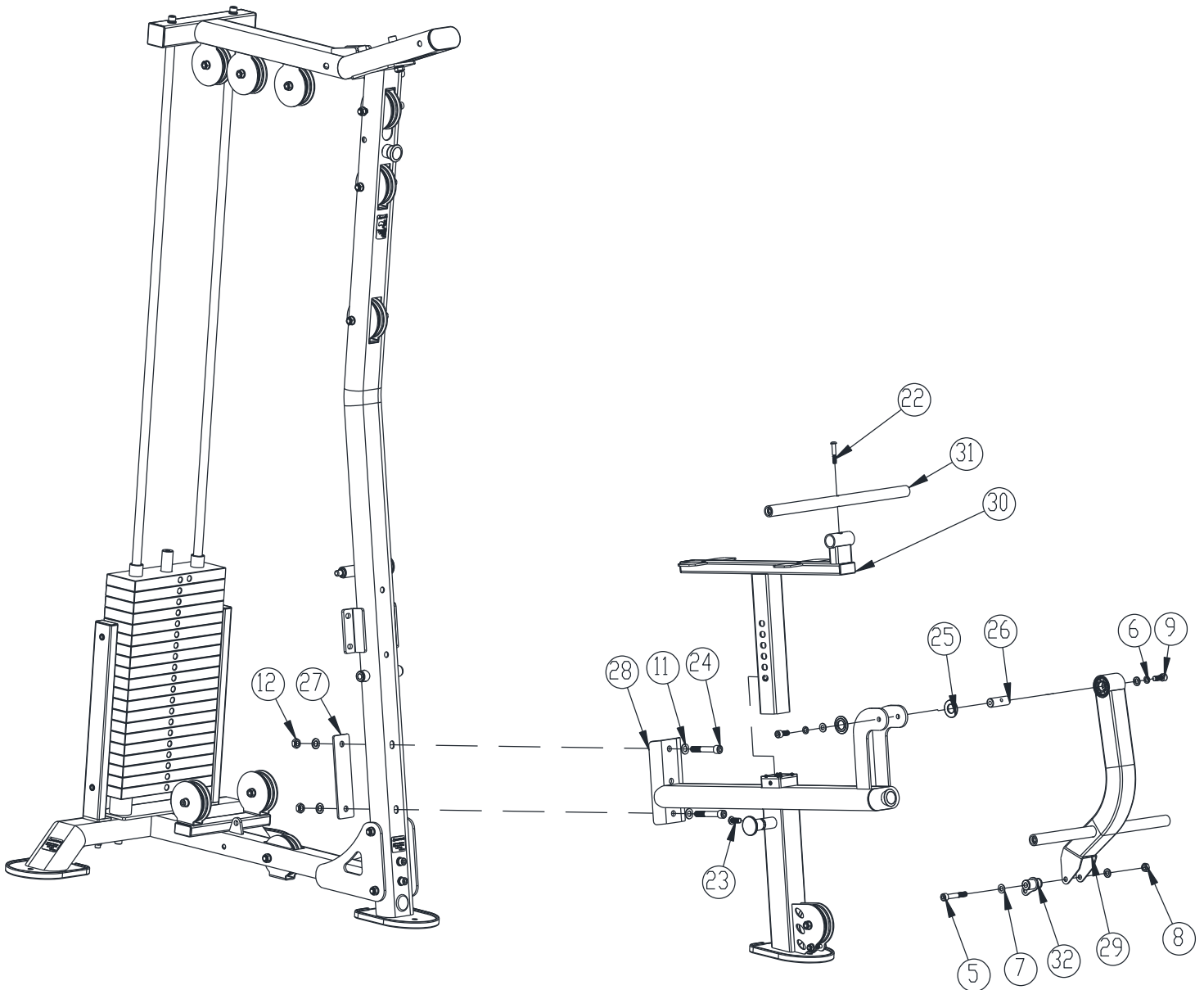
Note: Note that MOST of the nuts, bolts and washers are already in place. Be sure to bolt the guide rods to the underside of the U-shaped base frame BEFORE loading the weight plates onto the guide rods. The drift pin(19) attaches the top selector plate to the selector stem. Attach Shroud supports(18) to U-Frame (15).



STEP 2:

Leg Extension Assembly

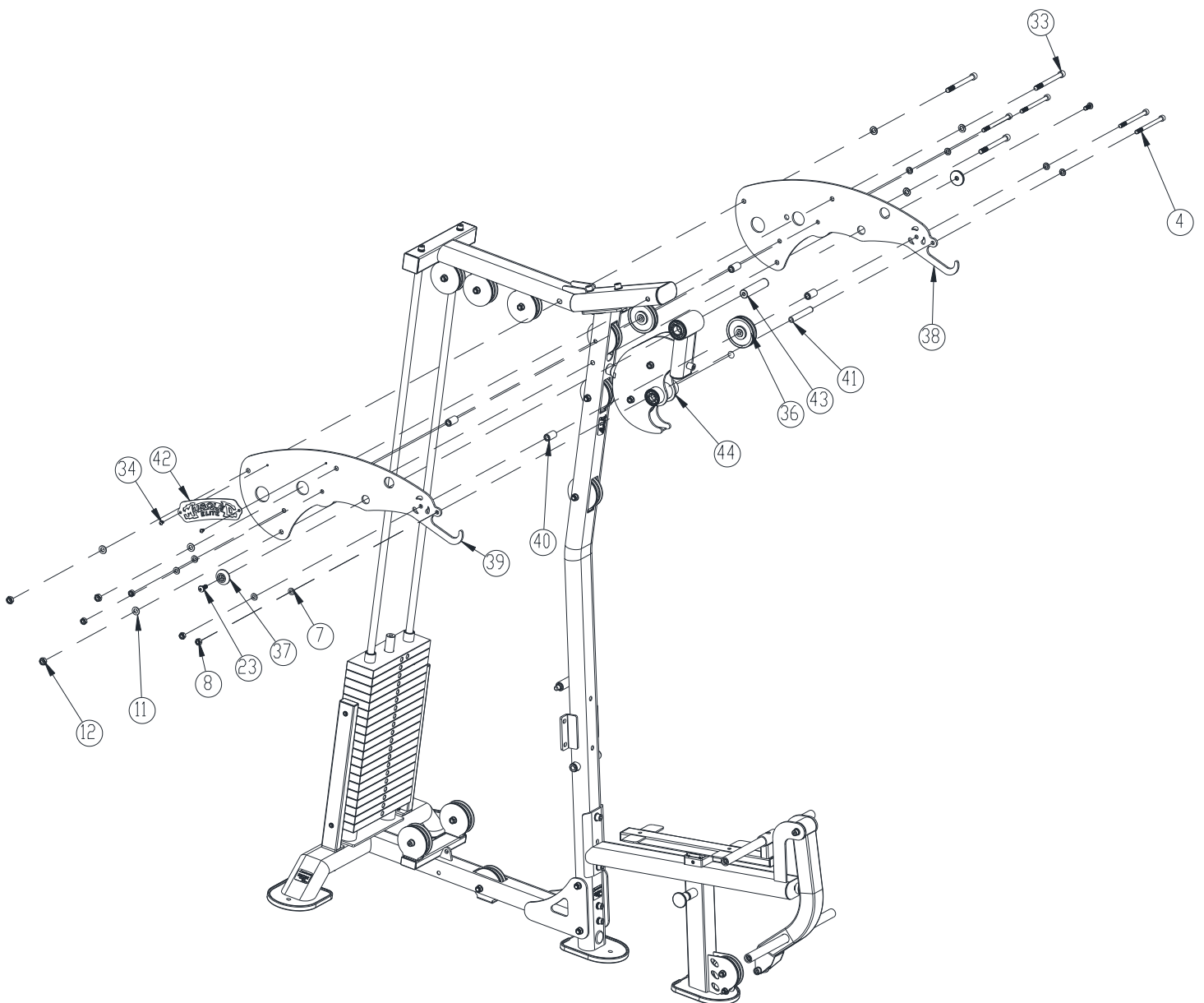
Note that there is a pneumatic gas piston in the chrome seat post that assists the user adjusting the height of the seat pad. Make sure to follow the order of assembly for the nuts, bolts, and washers when replacing them into the respective holes.



STEP 3:

Lat Plate Assembly

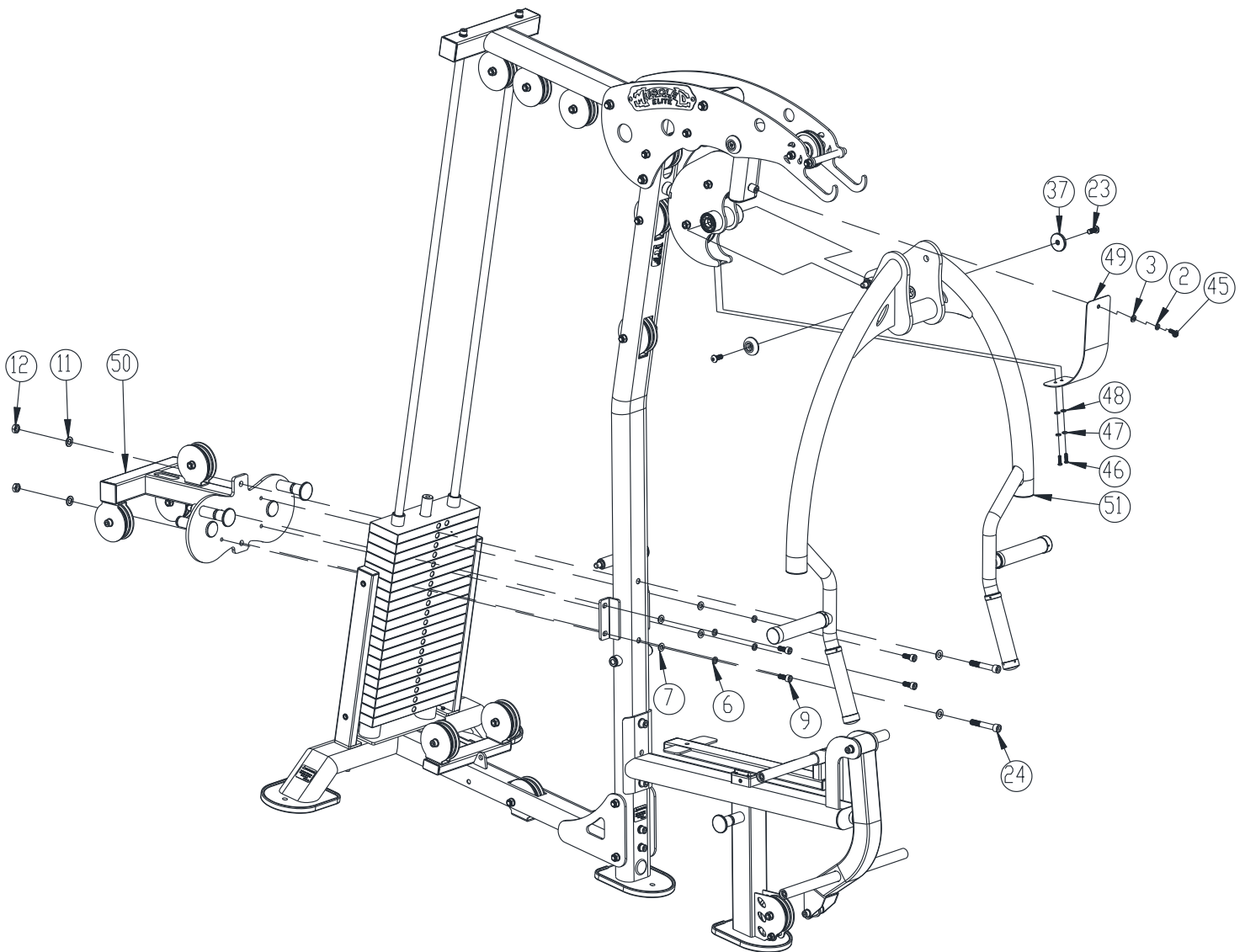
Most of the bolts, washers, and nuts are already in place. Tighten these on the Lat Pulldown Plate snugly and pay attention to the order of assembly.



STEP 4:

Pressing/Rowing Arm and Pulley Plate Assembly

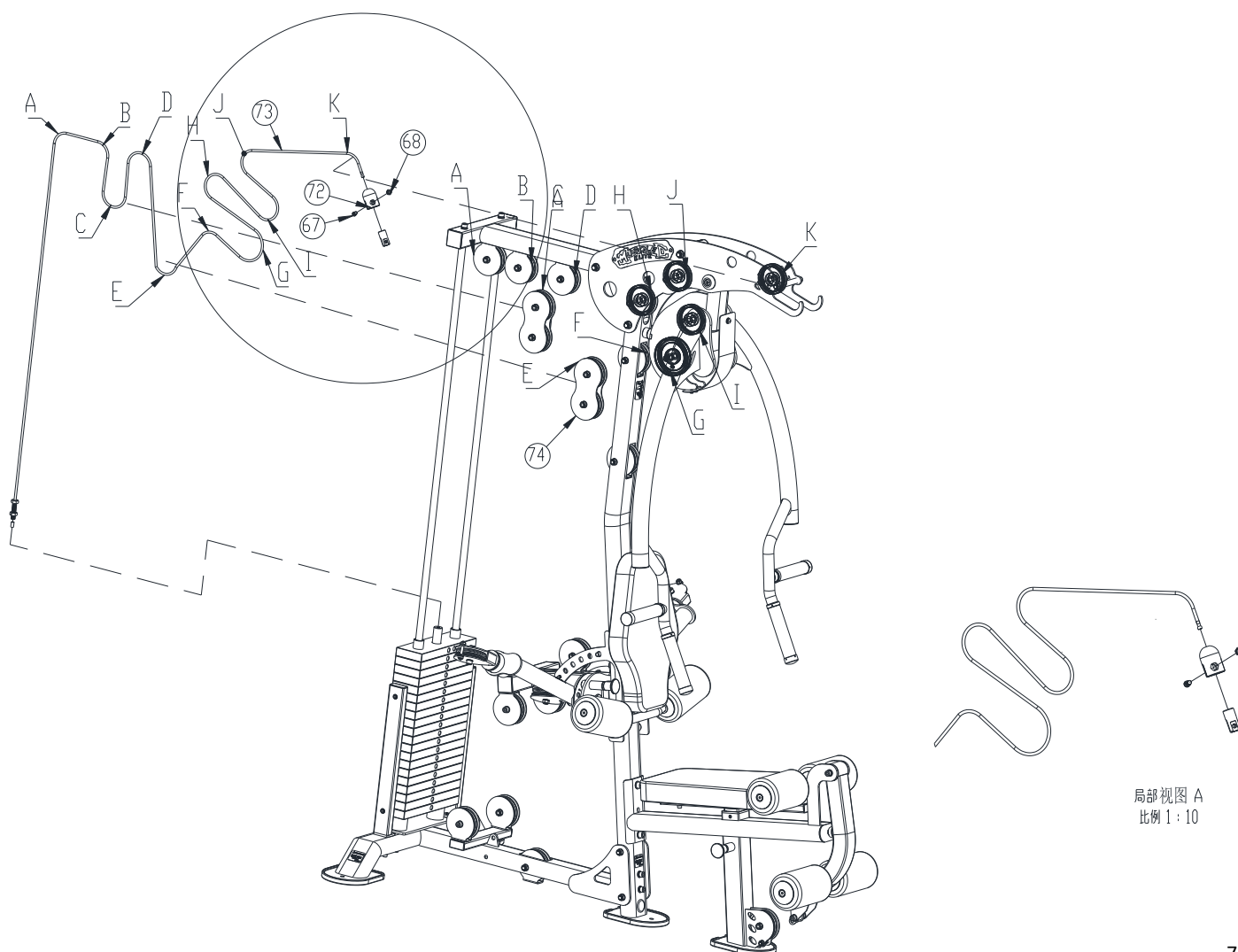
The most important part of this step is the securing of the axles on both sides of the pressing arm. Pay attention to the order of hardware assembly!



STEP 6:

Main Cable Threading

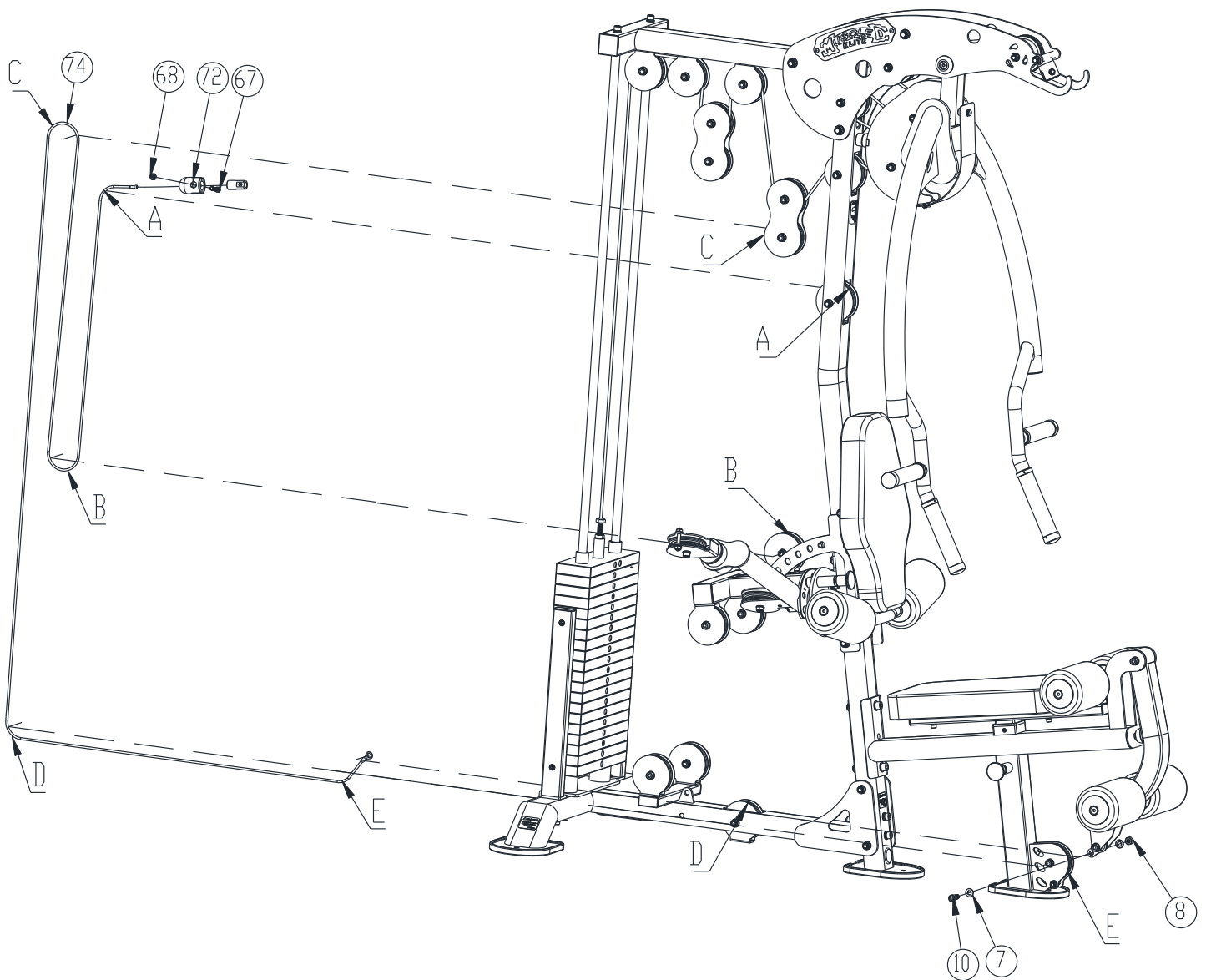
There are 4 cables...the one below is mainly for the Lat Pull/Rowing mechanism. Match the Letters on the cable(A-K) to the pulleys. This cable has a rounded black ball on one end and a threaded bolt on the other (goes into the selector stem). Note that some pulleys may have to be removed in order to thread the cables through the cable housings.



STEP 7:

Leg Extension/Ab Crunch Cable Threading

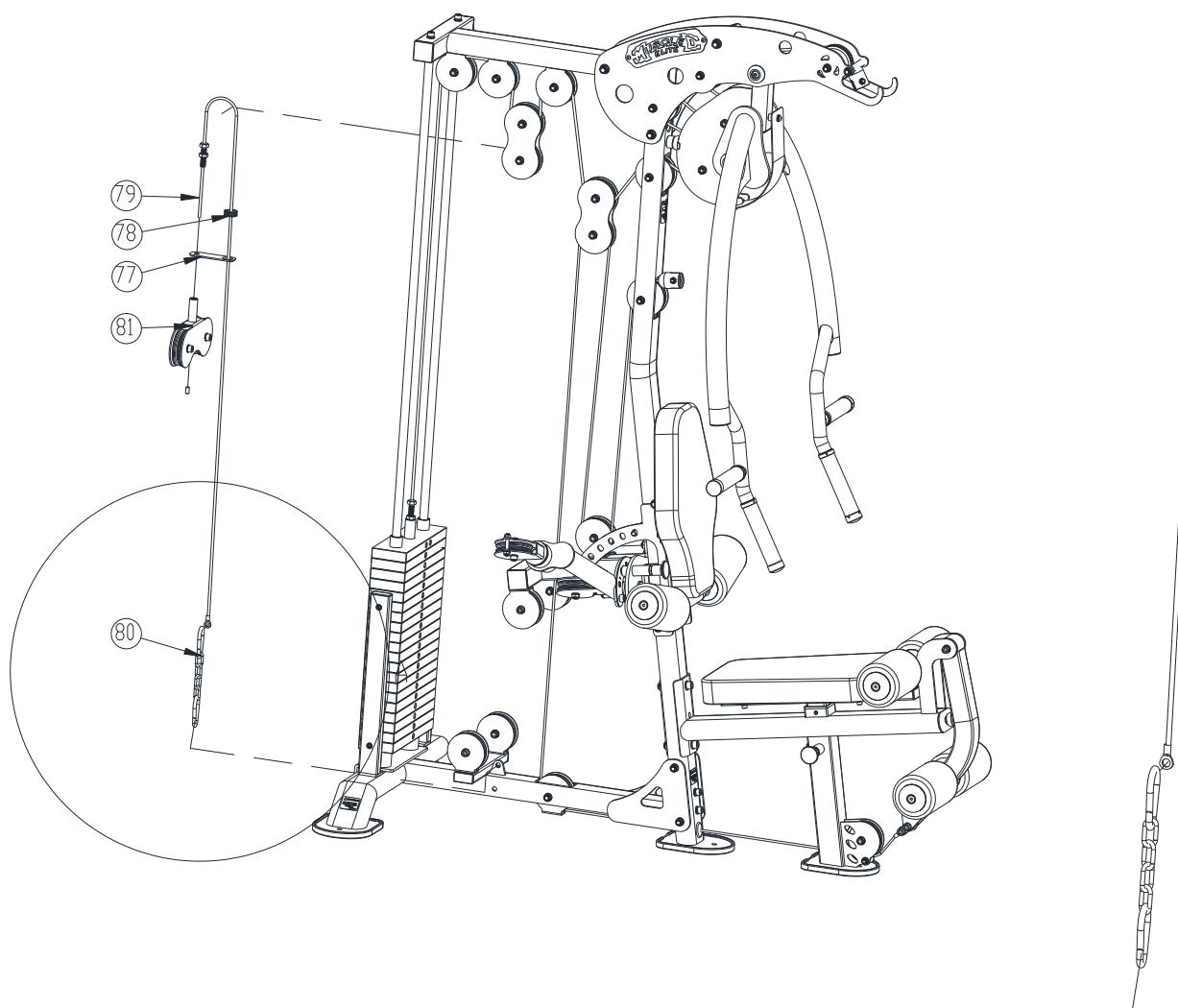
There is a rounded black ball on one end that goes over pulley "A". The other end has an eyelet that is bolted to the Leg Extension arm. Start at the Ab Crunch ("A") end of the cable as you may not have to remove any of the pulleys. Match the Letters on the cable (A-E) to the pulleys.



STEP 8:

Suspended Double Pulley housing Cable Threading

There is a Threaded bolt on one end that attaches to the pulley housing (81) on the one end. The other end has carbiner clip that attaches to an eyelet on the bottom of the frame between the 2 pulleys. Start at the base of the frame (80) end of the cable so that you may not have to remove any of the pulleys. Thread the cable through the holes in the metal flat strap (77) as one end screws the cable into the round barrel on top of the flat strap.

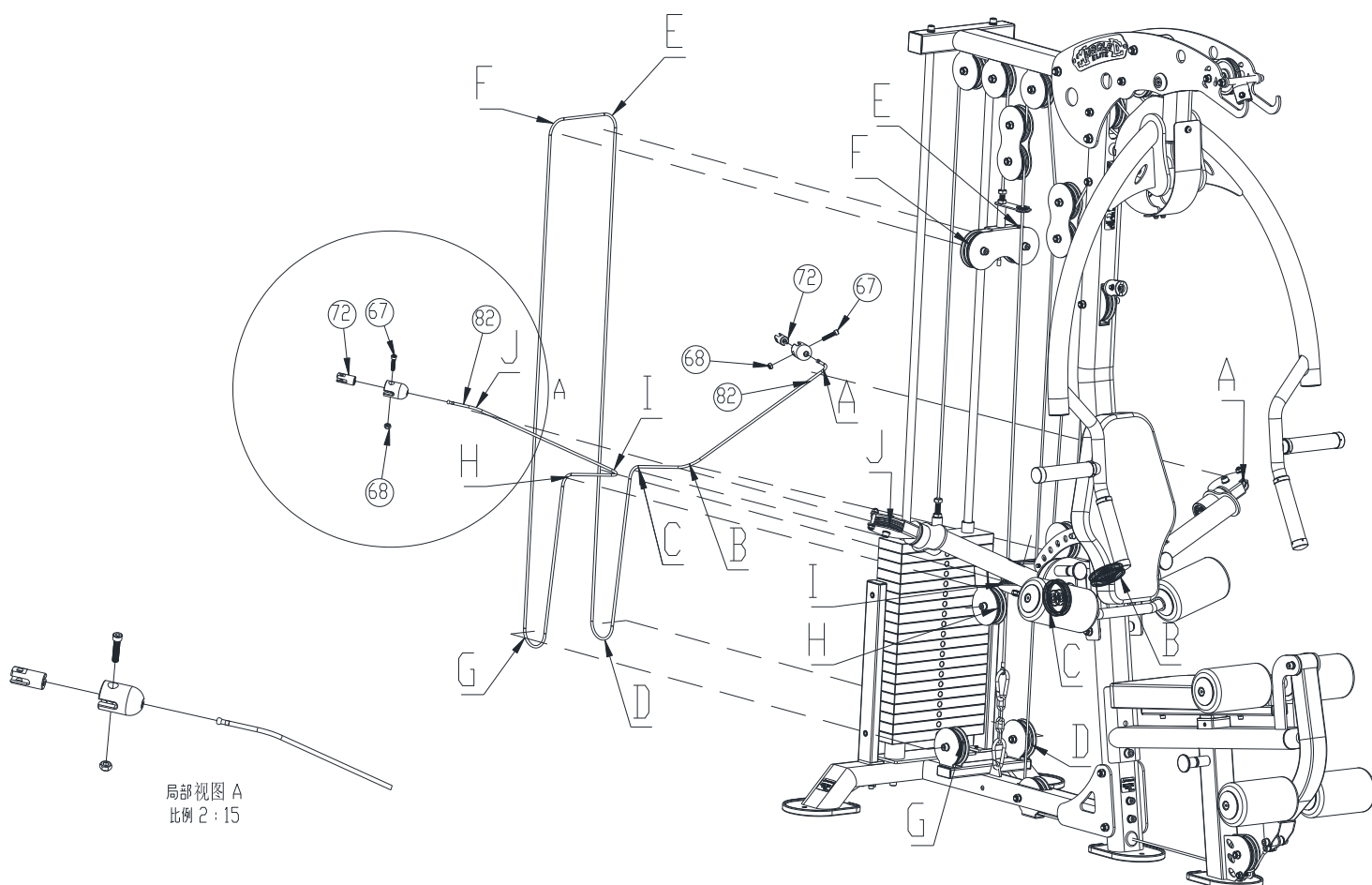


局部视图 A
比例 2:15

STEP 9:

Adjustable Crossover Pulley Arms Cable Threading

This cable is long so pay attention to match the cable pathway to the pulleys (A-J). See the inset picture on the bottom left below as it shows how to take off the rounded black ball on one end of the cable (67,68) so that you can thread it through most of the pulley housings...so that you do not have to remove the pulleys from most housings.



STEP 10:

Attaching Weight Shrouds & Accessory Handles

Attach metal weight stack shrouds (83,84) around the weight stack using the connector metal flat strap (85) to secure the 2 halves. Clip the Lat Pulldown Bar (87,90), Ab Crunch Harness (86,89) and 2 stirrup handles (80,88) to the respective ends of cables.

CONGRATULATIONS AND LUBRICATE THE GUIDE RODS WITH SILICONE OR TEFLON SPRAY and CLEAN THE RODS WITH ALCOHOL EVERY FEW WEEKS.

