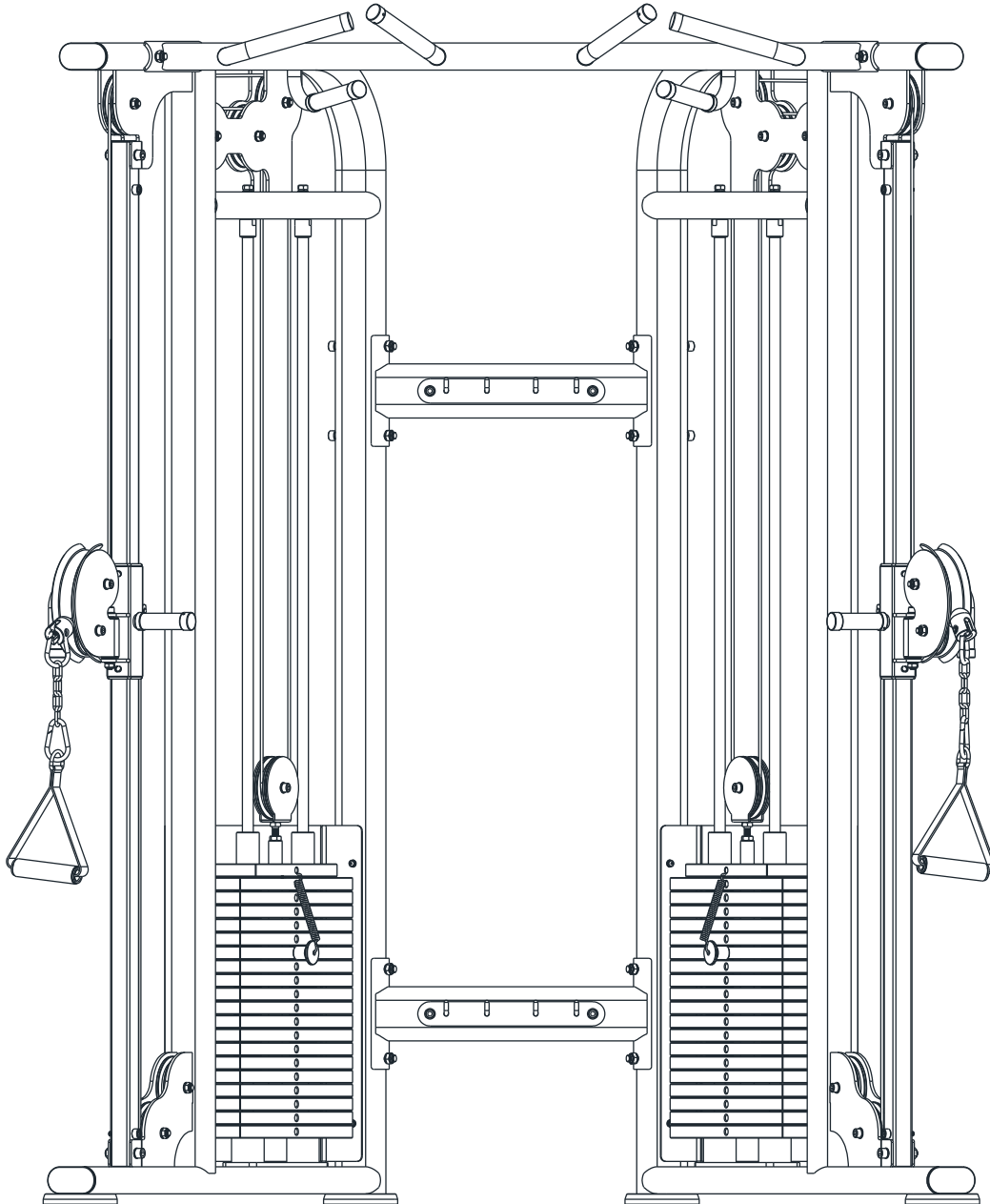


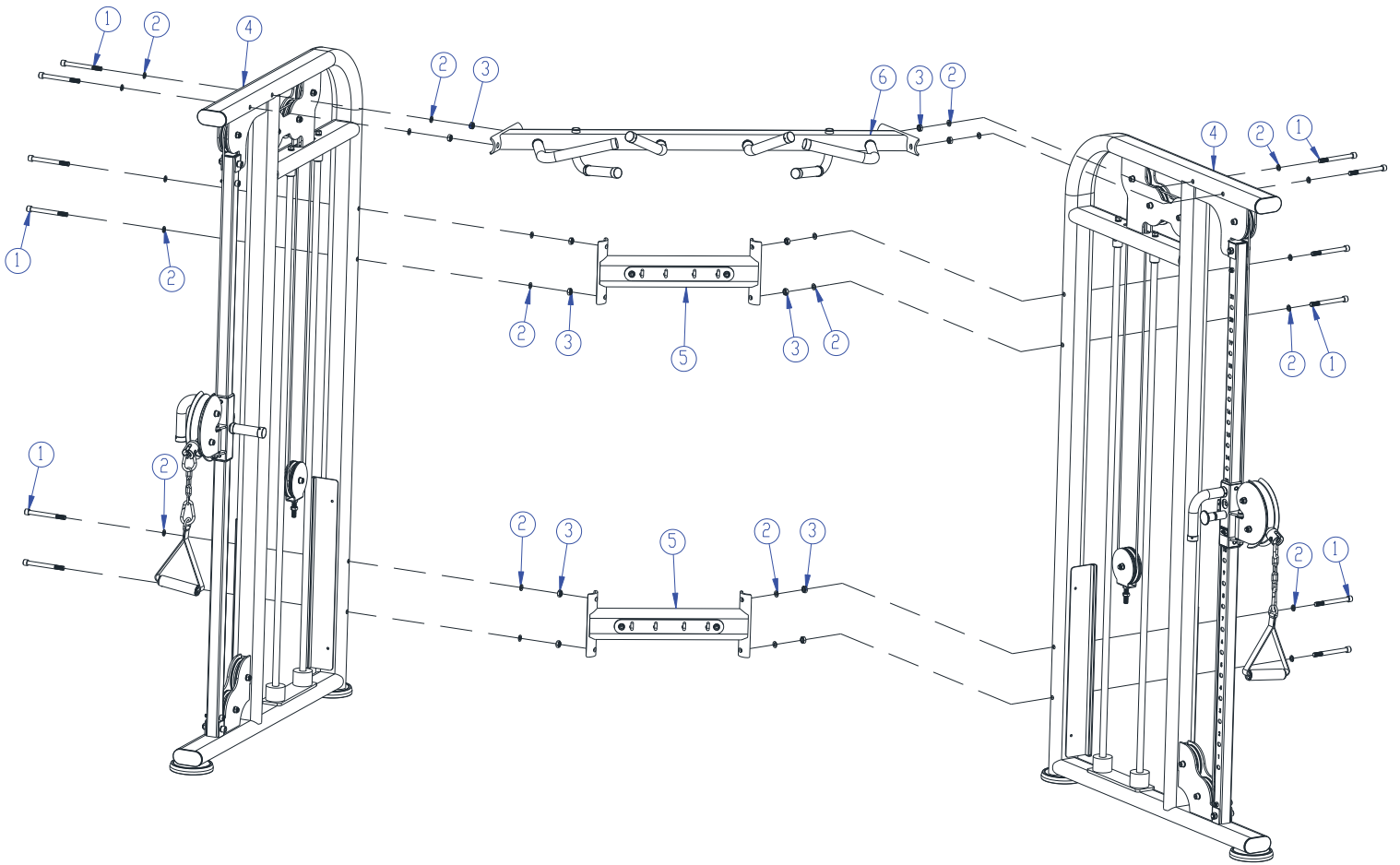


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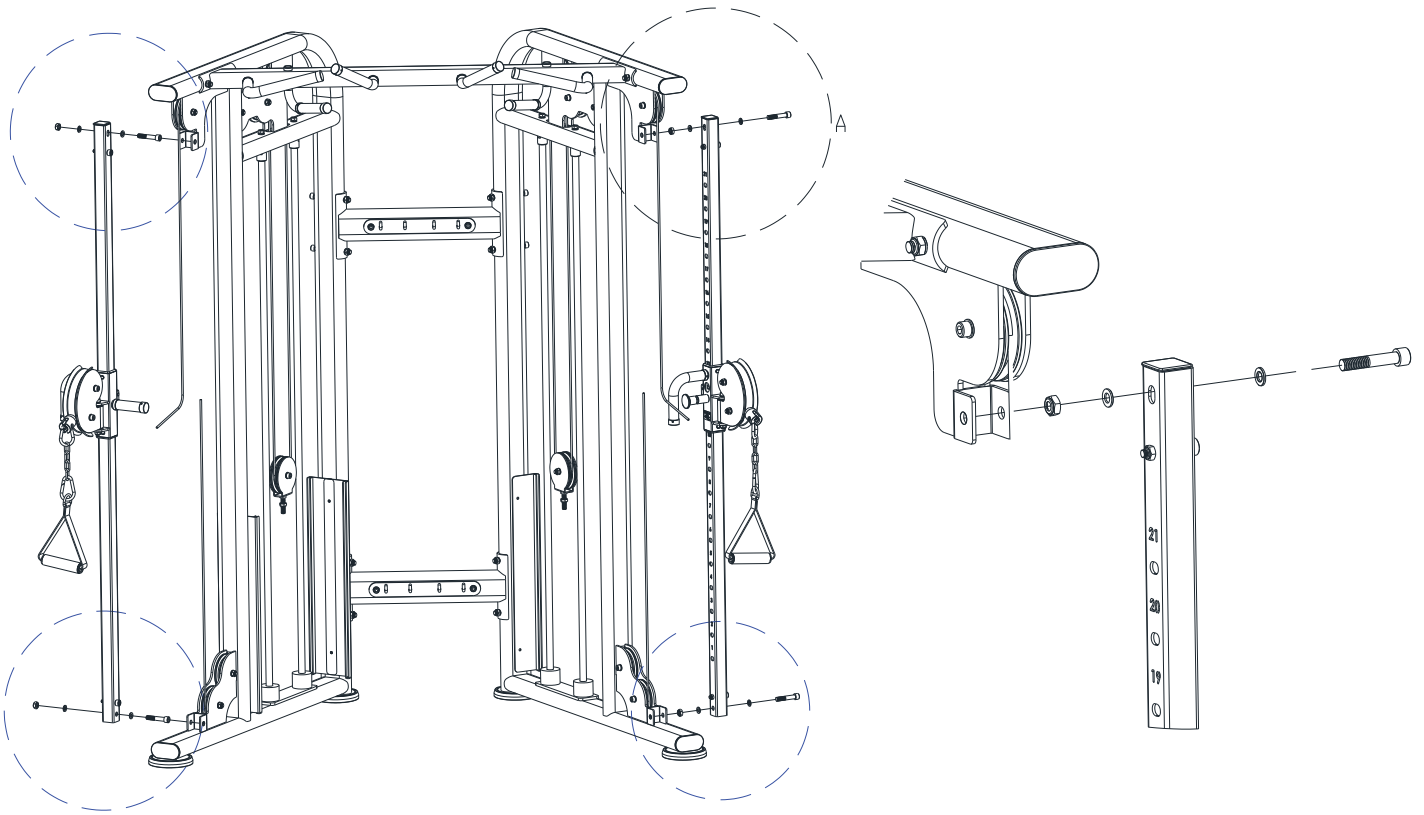
ASSEMBLY INSTRUCTIONS  
**88" DUAL ADJUSTABLE PULLEY**  
**MDM-D88**

# STEP 1



- ① Connect overhead Chin Bar to 2 side weight frames.
- ② Connect 2 back tubes to side frames.

# STEP 2

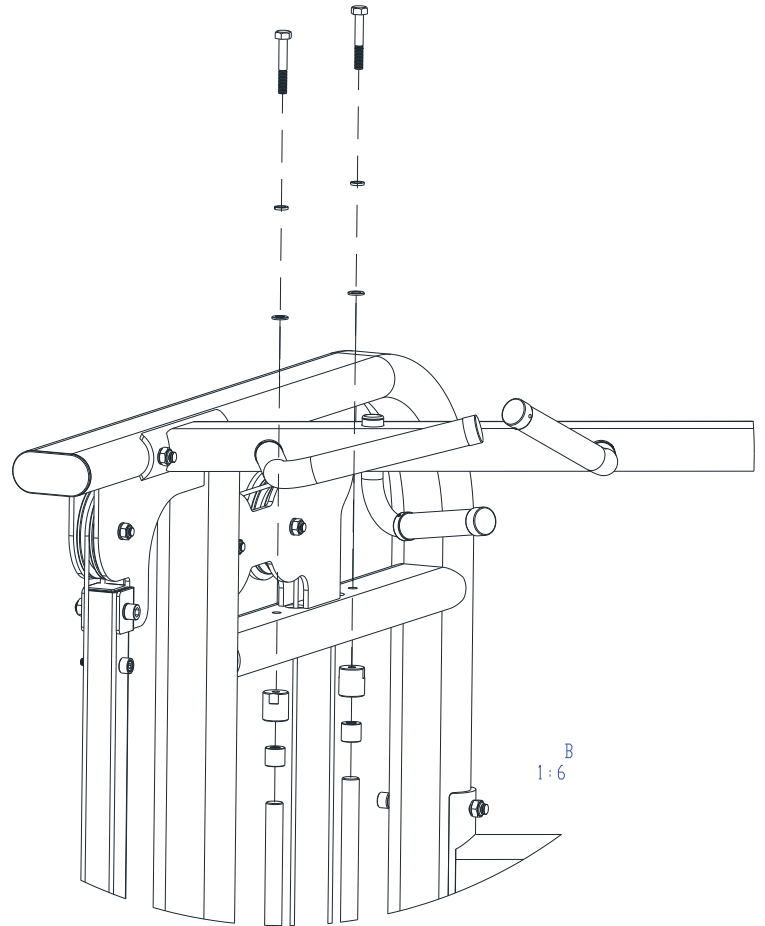
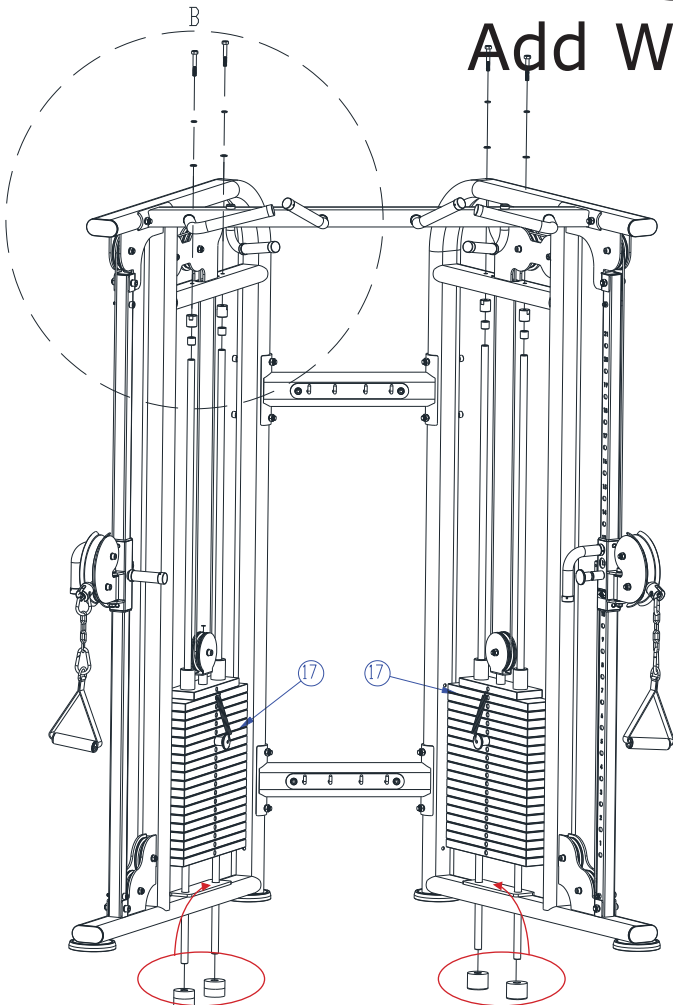


- ① Cut the plastic ties that are holding the stainless steel adjustment tubes in place.
- ② Rotate each tube 180 degrees so that the pulley housings face out!
- ③ Use bolt, washers and nuts to fasten stainless tubes to top and bottom of the 2 weight frames.(See drawing above)



# STEP 3

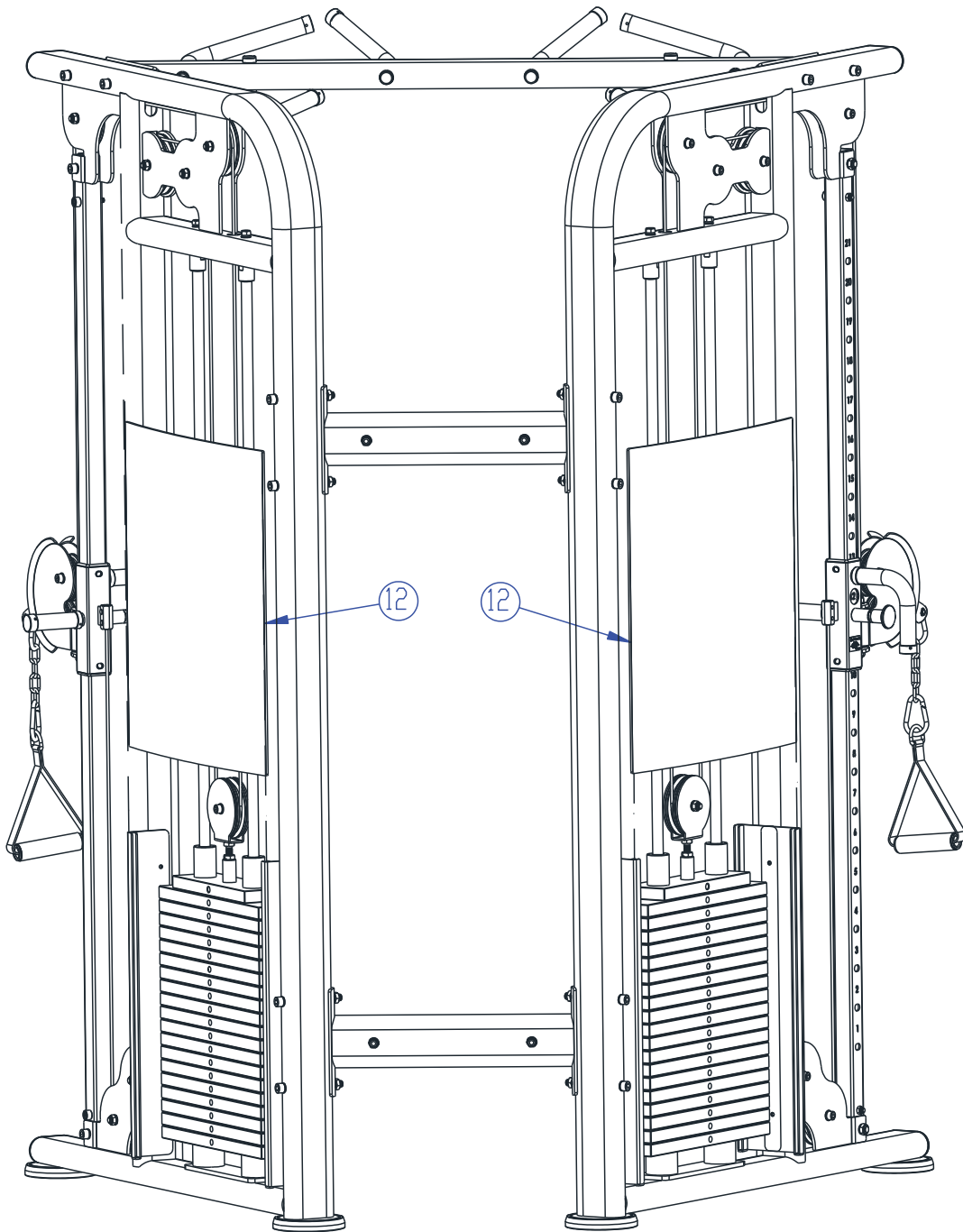
## Add Weight Stacks



These rubber steppers rest on top of the bottom frame and the weight stacks rest on the rubber.

- ① Remove nuts, bolts, washers and spacers from the top of the 4 guide rods. (**Caution:** *Be careful not to lose any and be 100% certain to replace in the same orders shown*)
- ② Slide top plate with cable, stem and red bushings over the top of the guide rods.
- ③ slide selector plates one at a time onto the guide rods and lower slowly. There are 19 selector plates per side.
- ④ Reinsert all the hardware on the guide rods.

# STEP 4



Slide weight stack protective shrouds into the metal grooves on each side of the weight frames with the shrouds bowing out from the back of the selector weight stacks.

Thank You