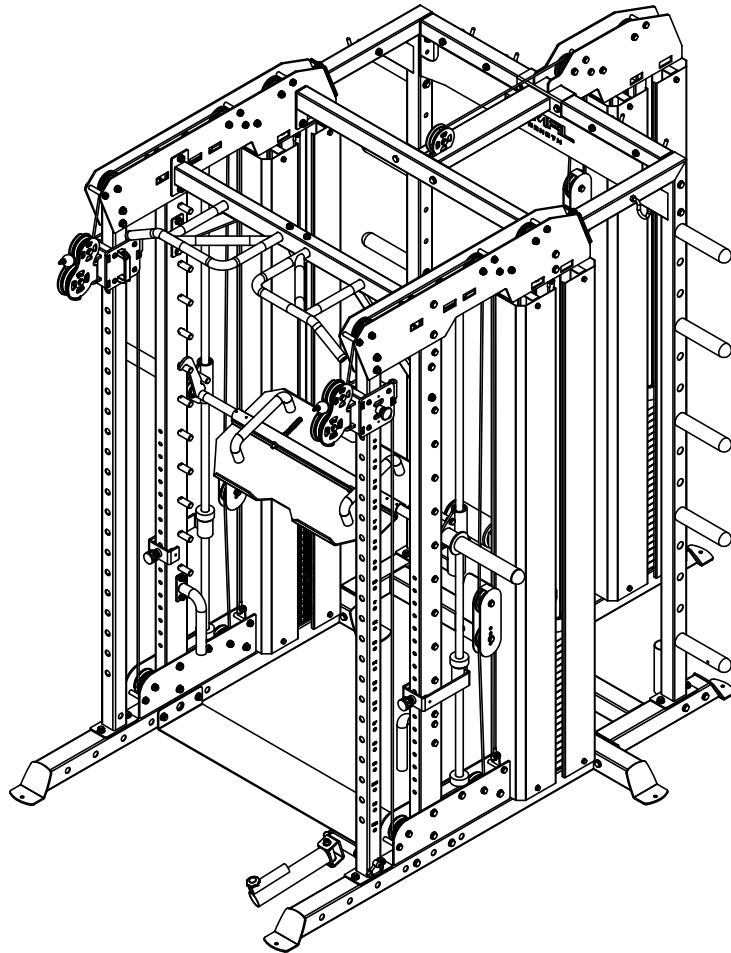


PRIMAL

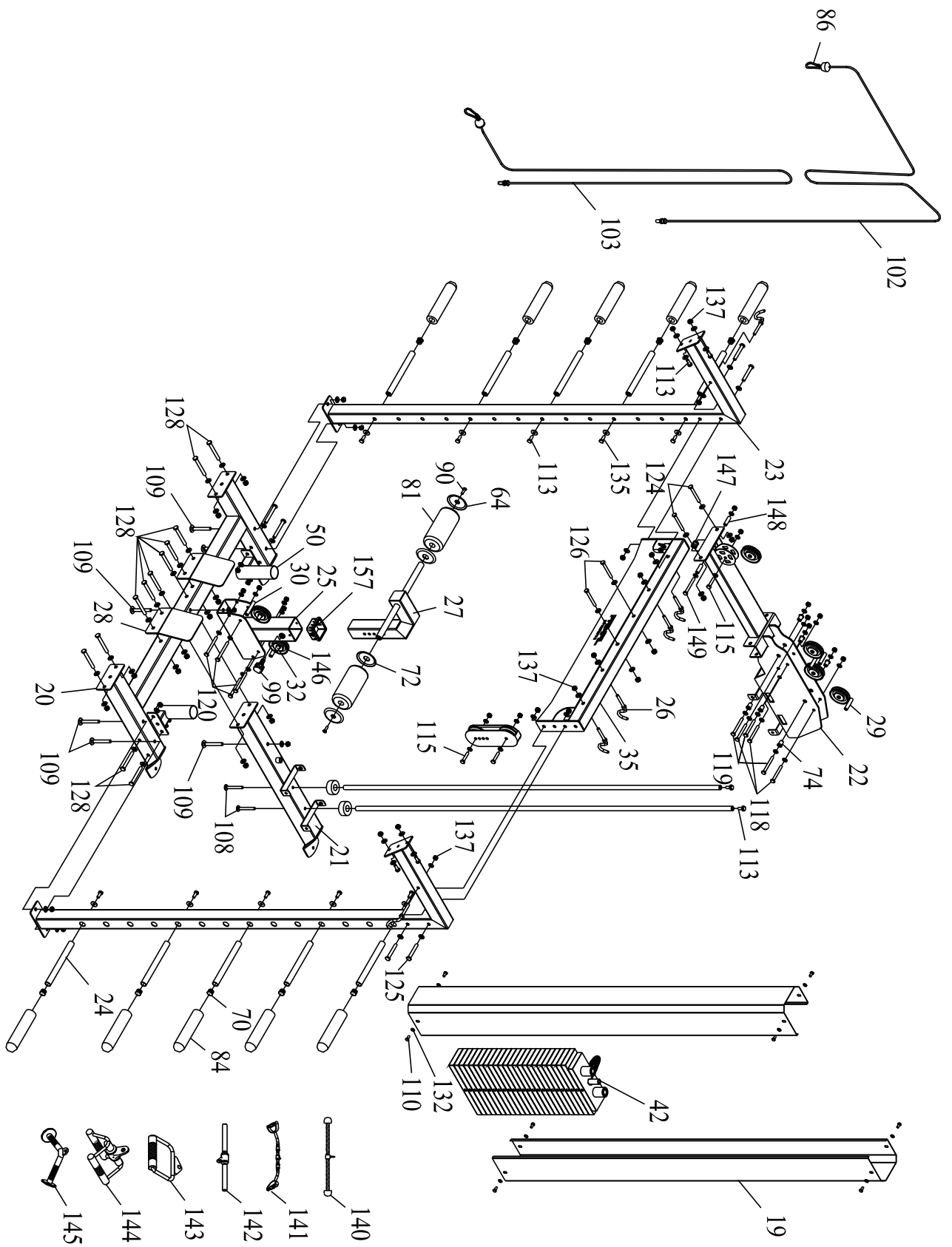
STRENGTH

PRIMAL STRENGTH COMMERCIAL MONSTER SYSTEM PSPR0020



ASSEMBLY INSTRUCTIONS

EXPLODED DIAGRAM 2



PARTS LISTING AND HARDWARE

KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	RIGHT BASE		1
2	LEFT BASE		1
3	CONNECT PLATE		1
4	ADJUSTABLE SLIDE FRAME		2
5	REAR SLIDE FRAME		2
6	TOP FRAME		2
7	TOP CROSS FRAME		1
8	MIDDLE CROSS FRAME		1
9	BAFFLE		4
10	GUIDE ROD		6
11	BOTTOM HOLDER		2
12	SIDE GUIDE ROD		2
13	RIGHT SIDER		1
14	LEFT SIDER		1
15	BAR		1
16	NYLON WHEEL		8
17	SHAFT	Ø16*77.5	8
18	BUFFER SUPPORT		2
19	SIDE SHELL		6
20	REAR BASE A		1
21	REAR BASE B		1
22	REAR TOP FRAME		1
23	REAR UPRIGHT		2
24	PLATE BAR		10
25	FOAM SUPPORT		1
26	HOOK		6
27	ADJUSTABLE FOAM TUBE		1
28	DIAMOND PLATE		2
29	ROUND TUBE	Ø14*1.5*60	13
30	ROUND TUBE	Ø14*1.5*75	2
31	HOLDER		2
32	ROUND TUBE	Ø14*1.5*29	4
33	SLIDER		2
34	PIN		2
35	REAR TOP CONNECTION		1
36	RIGHT SAFETY BAR		1
37	LEFT SAFETY BAR		1
38	RIGHT J HOOK		1
39	LEFT J HOOK		1
40	RIGHT SUPPORT		1

41	LEFT SUPPORT		1
42	WEIGHT SELECTOR A		1
43	HANDLE BAR		2
44	NYLON WASHER		1
45	RIGHT HANLE		1
46	LEFT HANDLE		1
47	HOOK SUPPORT		24
48	DOUBLE PULLEY BRACKET		2
49	SHAFT		2
50	BAR HOLDER		2
51	POWER BAND PEGS		4
52	WEIGHT SELECTOR B		2
53	ADJUSTABLE PULLEY BLOCK		3
54	U HOOK		1
55	J HOOK		2
56	HANDLE		2
57	FOOT PLATE		1
58	RUBBER PLATE		1
59	ROTATION SUPPORT		1
60	BUSHING	∅28*∅19	2
61	BUSHING	∅25*∅12	2
62	LONG SHAFT		1
63	BAR SUPPORT		1
64	FOAM CAP (OUT SIDE)		2
65	PLATE	8*60*29	2
66	PLATE	8*94*60	2
67	PLATE	8*330*55	2
68	SQUARE PLUG	50	2
69	SQUARE PLUG	60	2
70	ROUND PLUG	25	12
71	ROUND PLUG	30	8
72	FOAM CAP (IN SIDE)		2
73	PULLEY SUPPORT		2
74	NYLON BUSHING	∅16*24	30
75	NYLON BUSHING	∅45*26	2
76	RUBBER BUFFER		10
77	CONICAL BUFFER		4
78	FOAM	∅23*280	2
79	FOAM	∅23*370	2
80	FOAM	∅23*235	4
81	FOAM WITH COVER	∅23*∅90*190	2
82	RUBBER WASHER		2

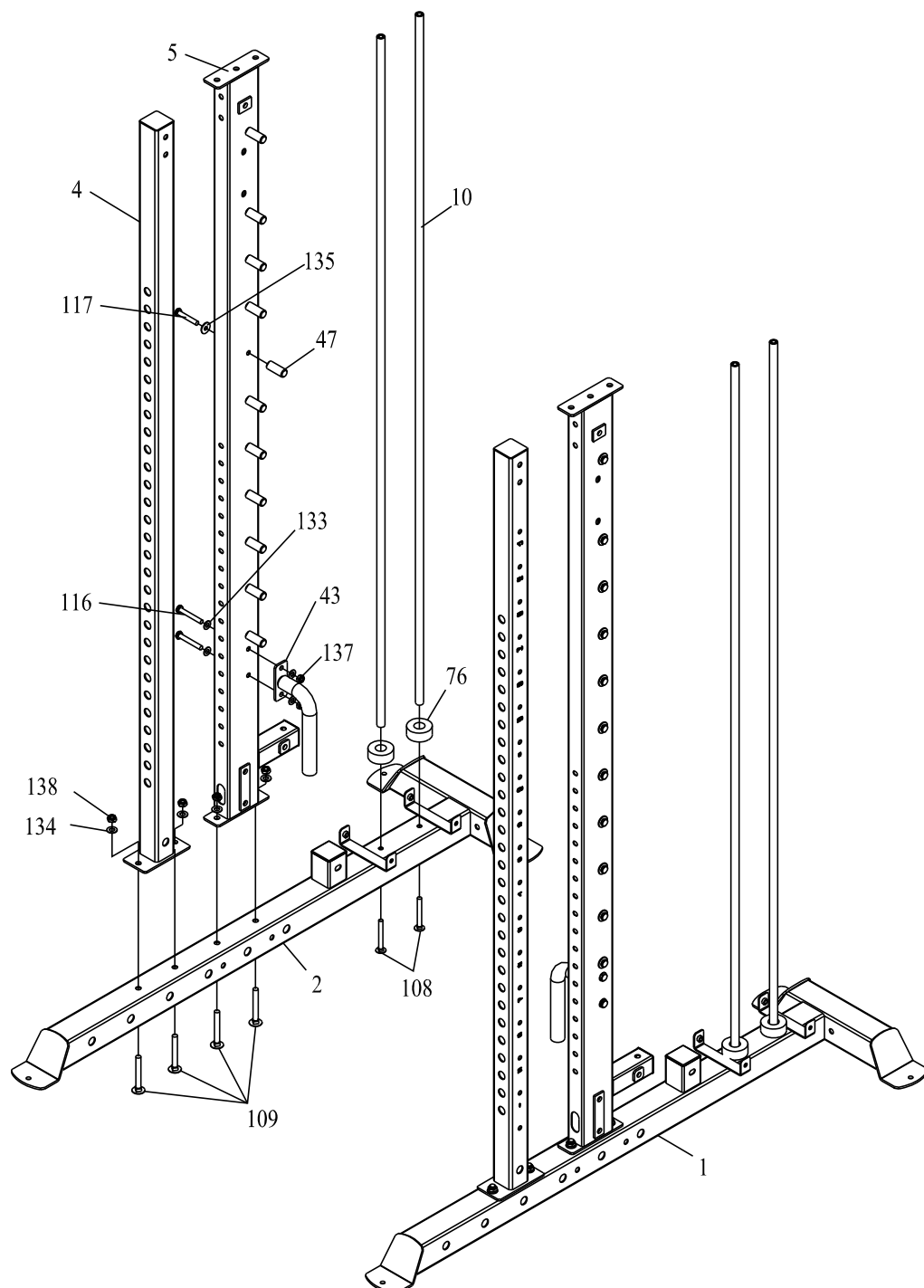
83	BIG PULLEY		2
84	OLYMPIC PLATE BAR	230	10
85	OLYMPIC PLATE BAR	350	2
86	HOOK		4
87	LOCK PIN		2
88	L-PIN		2
89	WEIGHT SELECT PIN		3
90	BOLT	M8*20	2
91	BEARING		4
92	BUSHING	Ø28*Ø25	4
93	BEAD FLANGE		4
94	ROUND SHAFT		3
95	TOP PLATE		3
96	WEIGHT PLATE		62
97	RIVET		4
98	PLUM BOLT		1
99	FAST PIN		3
100	CABLE-5635		2
101	CABLE-3320		2
102	CABLE-3630		1
103	CABLE-3340		1
104	SOCKET HEAD SCREW	M5*10	18
105	SOCKET HEAD SCREW	M10*20	4
106	SOCKET CAP BOLT	M10*25	2
107	ALLEN BOLT	M8*12	4
108	SCREW	M10*85	6
109	SCREW	M12*95	14
110	BOLT	M8*16	24
111	BOLT	M8*35	6
112	BOLT	M10*20	2
113	BOLT	M10*25	20
114	BOLT	M10*35	2
115	BOLT	M10*50	13
116	BOLT	M10*70	4
117	BOLT	M10*75	22
118	BOLT	M10*85	15
119	BOLT	M10*90	15
120	BOLT	M10*100	4
121	ALLEN BOLT	M10*20	2
122	BOLT	M12*25	6
123	BOLT	M12*65	2
124	BOLT	M12*70	6

124	BOLT	M12*70	6
125	BOLT	M12*80	4
126	BOLT	M12*85	14
127	BOLT	M12*90	8
128	BOLT	M12*95	18
129	BOLT	M12*100	1
130	HEX SOCKET BOLT	M12*80	4
131	BOLT	M12*120	4
132	WASHER	Ø8	40
133	WASHER	Ø10	142
134	WASHER	Ø12	140
135	BIG WASHER	Ø10	32
136	LOCK NUT	M8	6
137	LOCK NUT	M10	68
138	LOCK NUT	M12	73
139	WEIGHT LABELING	2 KINDS	1 SET
140	ROPE HANDLE		1
141	LAT BAR		1
142	LOW ROW BAR		1
143	RINGS		1
144	DOUBLE RINGS		1
145	CURVED BAR		1
146	ALUMINUM WHEEL		28
147	SMALL PULLEY		1
148	ROUND TUBE	Ø14*1.5*37	2
149	BOLT	M10*115	1
150	SOCKET CAP BOLT	M8*16	4
151	ALLEN BOLT	M8*20	16
152	BOLT	10*30	2
153	NUT	M12	2
154	HANDLE		2
155	BUFFER		8
156	ROUND CAP		2
157	HOLLOW SLEEVE		1

ASSEMBLY DIAGRAM 1 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: tighten all nuts and bolts

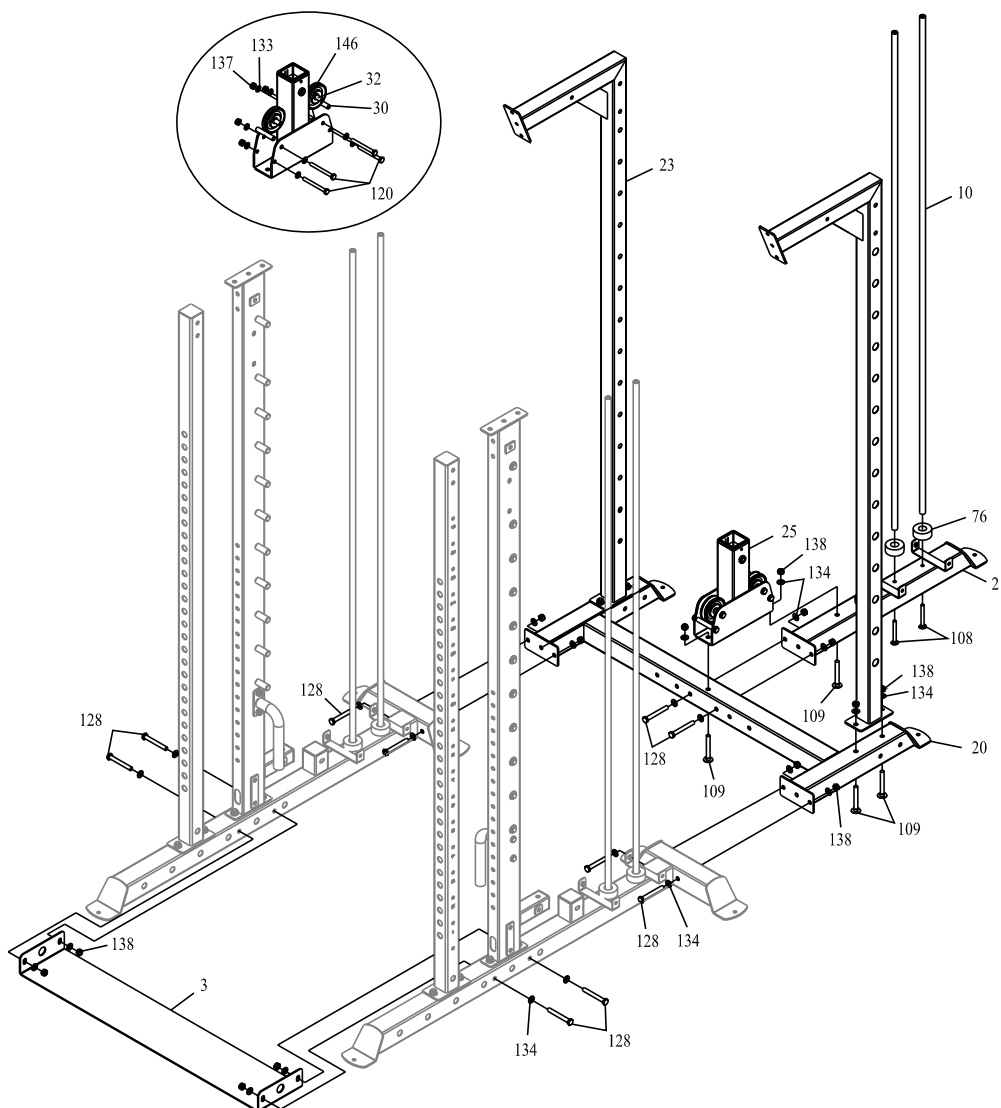
1. Attach the ADJUSTABLE SLIDE FRAME&REAR SLIDE FRAME (4&5) to RIGHT&LEFT BASE (1&2) with SCREW M12*95 (109), WASHER 12 (134) and LOCK NUT M12 (138).
2. Attach HOOK SUPPORT (47) to REAR SLIDE FRAME (5) with BOLT M10*75 (117) and BIG WASHER 10 (135).
3. Attach HANDLE BAR (43) to REAR SLIDE FRAME (5) with BOLT M10*70 (116), WASHER 10 (133) and LOCK NUT M10 (137).
4. Attach GUIDE ROD (10) to RIGHT&LEFT BASE (1&2) with SCREW M10*85 (108) and RUBBER BUFFER (76).



ASSEMBLY DIAGRAM 2 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

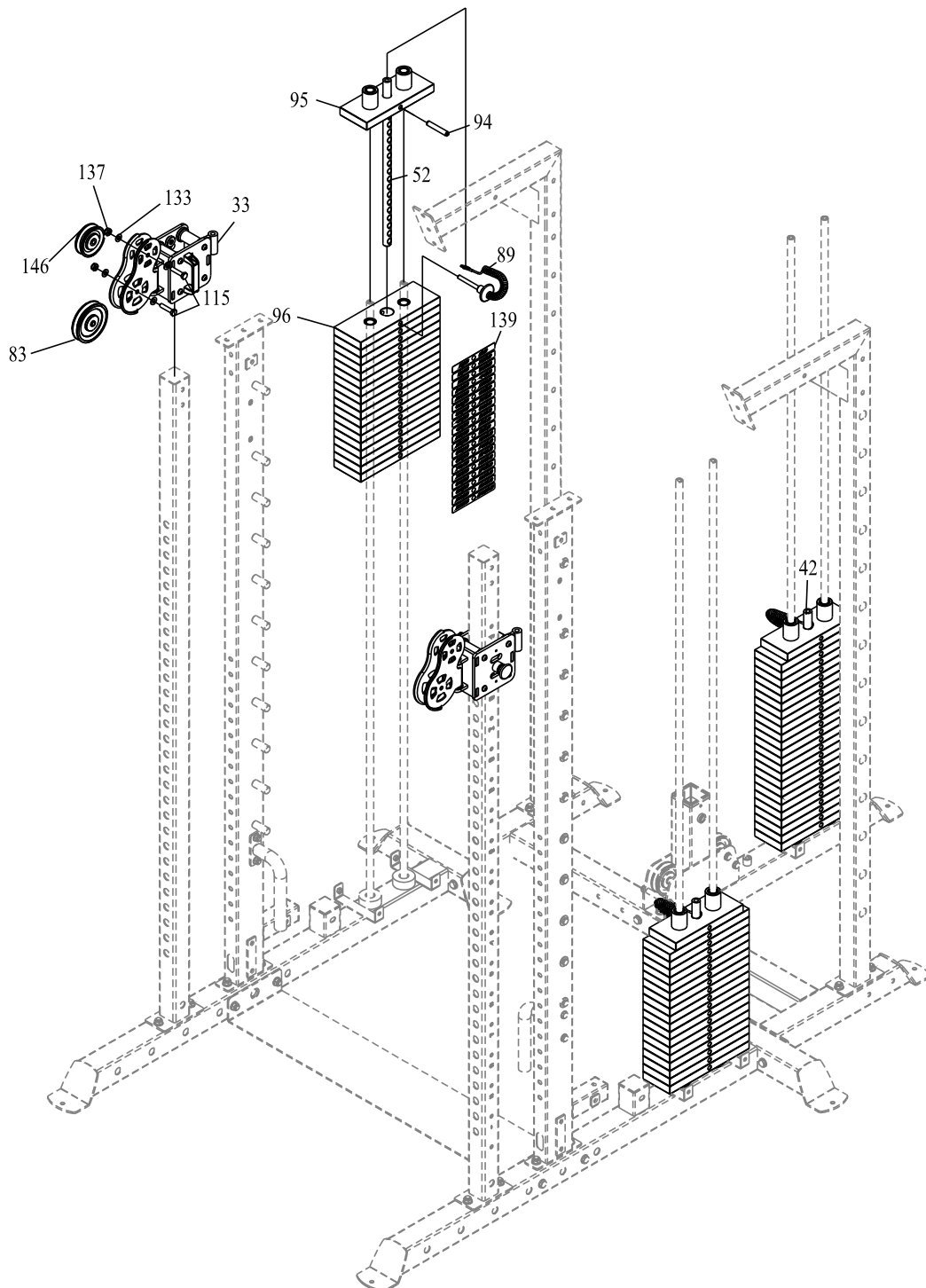
1. Attach CONNECT PLATE (3) to RIGHT&LEFT BASE (1&2) with BOLT M12*95 (128), WASHER 12 (134) and LOCK NUT M12 (138).
2. Attach RAER BASE A (20) to RIGHT&LEFT BASE (1&2) with BOLT M12*95 (128), WASHER 12 (134) and LOCK NUT M12 (138).
3. Attach RAER BASE B (21) to RAER BASE A (20) with BOLT M12*95 (128), WASHER 12 (134) and LOCK NUT M12 (138).
4. Attach REAR UPRIGH (23) to RAER BASE A (20) with SCREW M12*95 (109), WASHER 12 (134) and LOCK NUT M12 (138).
5. Attach GUIDE ROD (10) to RAER BASE B (21) with SCREW M10*85 (108) and RUBBER BUFFER (76).
6. *(See the exploded diagram for more detail.)* Attach ALUMINUM WHEEL (146) to FOAM SUPPORT (25) with BOLT M10*100 (120), WASHER 10 (133) and LOCK NUT M10 (137).
7. Attach ROUND TUBE (30) to FOAM SUPPORT (25) with BOLT M10*100 (120), WASHER 10 (133) and LOCK NUT M10 (137).
8. Attach FOAM SUPPORT (25) to RAER BASE A & RAER BASE B (20&21) with SCREW M12*95 (109), WASHER 12 (134) and LOCK NUT M12 (138).



ASSEMBLY DIAGRAM 3 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

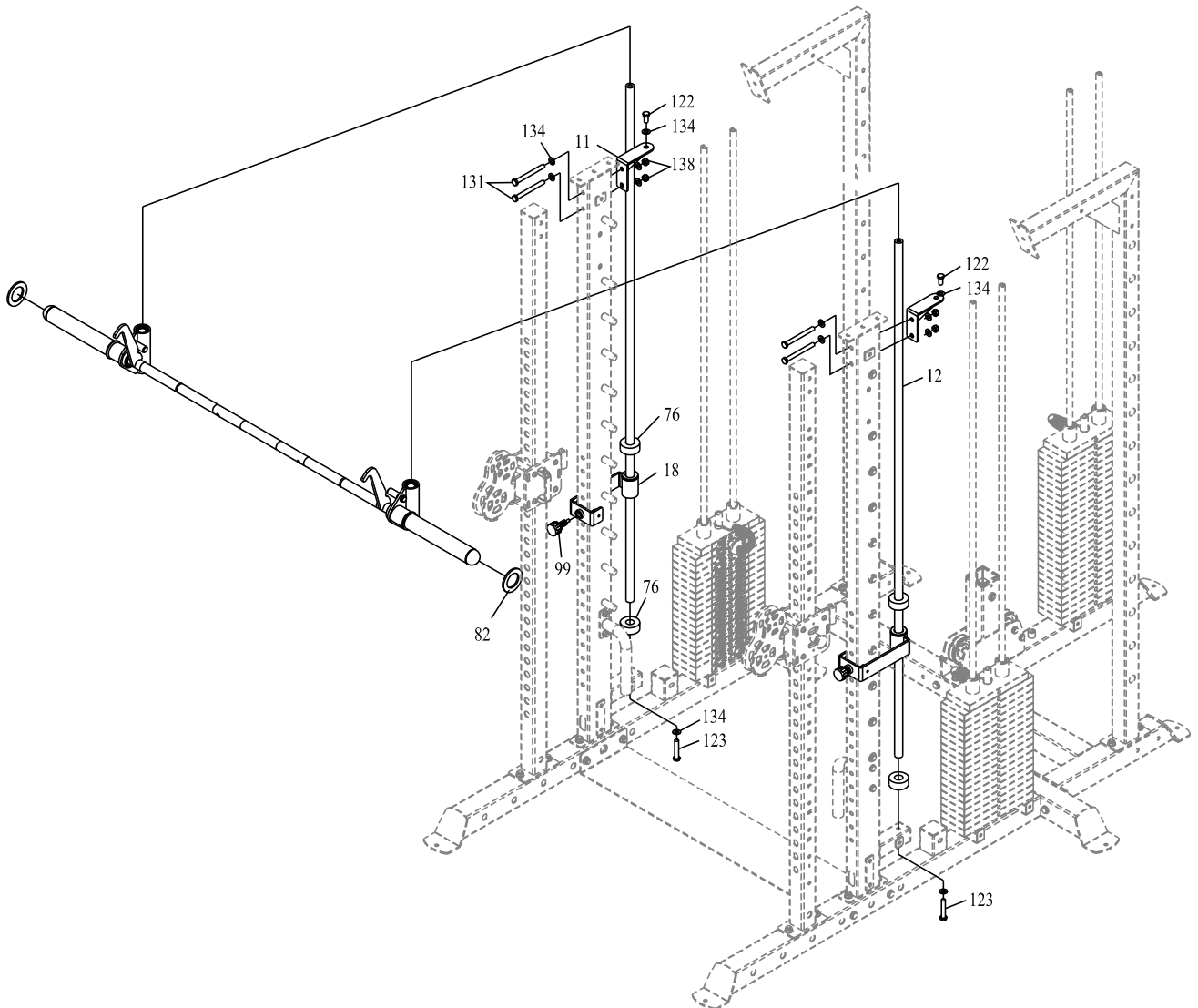
1. Attach PULLEY&BIG PULLEY (146&83) to DOUBLE PULLEY BRACKET (33) with BOLT M10*50 (115), WASHER 10 (133) and LOCK NUT M10 (137).
2. Insert TOP PLATE (95) and WEIGHT PLATE (96) to GUIDE ROD (10)
3. Insert WEIGHT SELECTOR B&A (52&42) to TOP PLATE (95) and WEIGHT PLATE (96) with ROUND SHAFT (94) and WEIGHT SELECT PIN (89). (*Attach WEIGHT LABELING (139) to TOP WEIGHT (95) and all WEIGHTS (96).*)



ASSEMBLY DIAGRAM 4 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

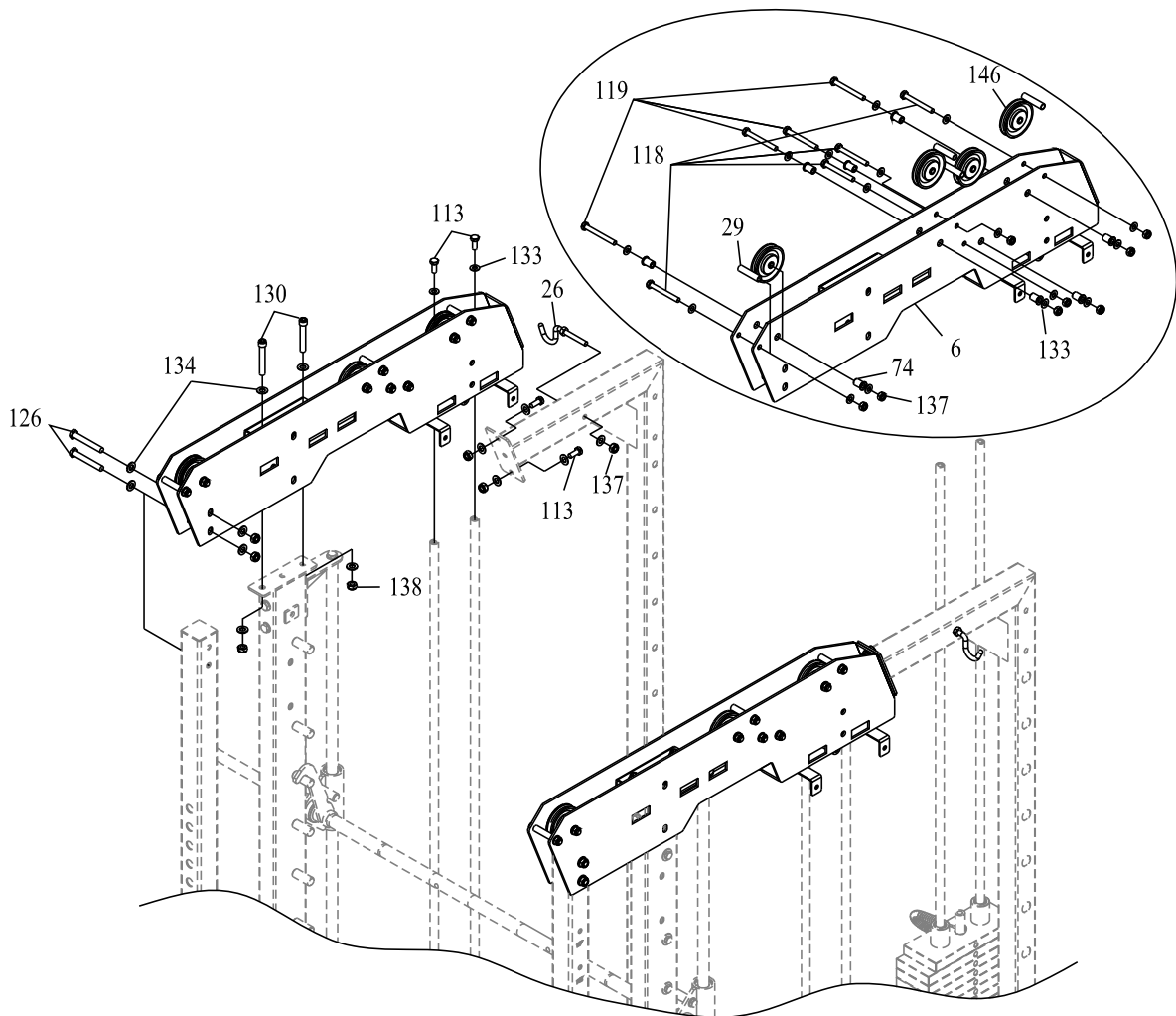
1. Insert BUFFER SUPPORT (18) and RUBBER BUFFER (76) to SLIDE GUIDE ROD (12) with FAST PIN (99). Attach SLIDE GUIDE ROD (12) to REAR SLIDE FRAME (5) with BOLT M12*65 (123) and WASHER 12 (134).
2. Insert LEFT&RIGHT SIDER (13&14) to SLIDE GUIDE ROD (12).
3. Attach BOTTOM HOLDER (11) to REAR SLIDE FRAME (5) and SLIDE GUIDE ROD (12) with BOLT M12*120 (131), BOLT M12*25 (122), WASHER 12 (134) and LOCK NUT M12 (138).



ASSEMBLY DIAGRAM 5 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

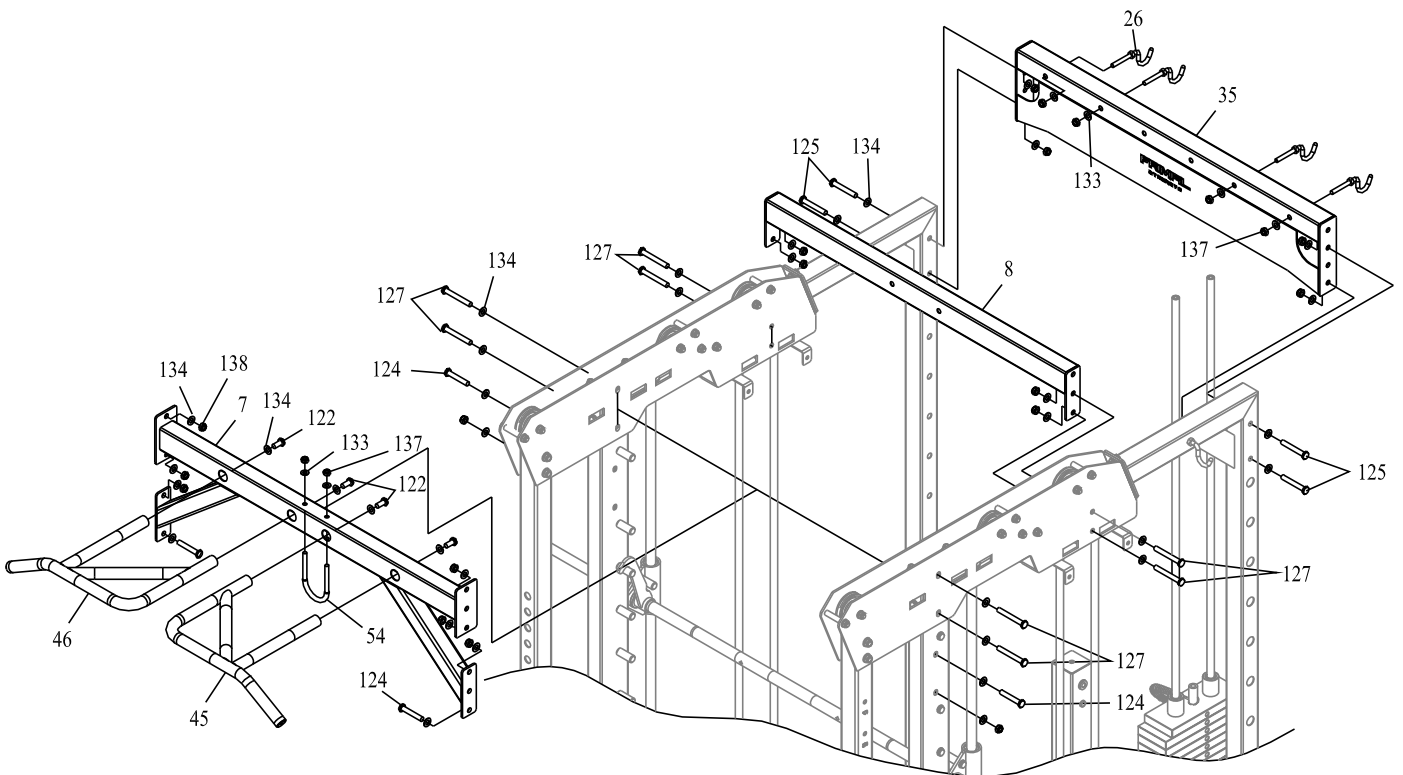
1. (See the pulley exploded diagram for more detail.) Attach PULLEY (146) to TOP FRAME (6) with NYLON BUSHING (74), BOLT M10*90 (119), WASHER 10 (133) and LOCK NUT M10 (137).
2. Attach ROUND TUBE (29) to TOP FRAME (6) with BOLT M10*85 (118), WASHER 10 (133) and LOCK NUT M10 (137).
3. Attach TOP FRAME (6) to ADJUSTABLE SLIDE FRAME&REAR SLIDE FRAME (4&5) and GUIDE ROD (10) with BOLT M12*85 (126), HEX SOCKET BOLT M12*80 (130), WASHER 12 (134), LOCK NUT M12 (138), BOLT M10*25 (113) and WASHER 10 (133).



ASSEMBLY DIAGRAM 6 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

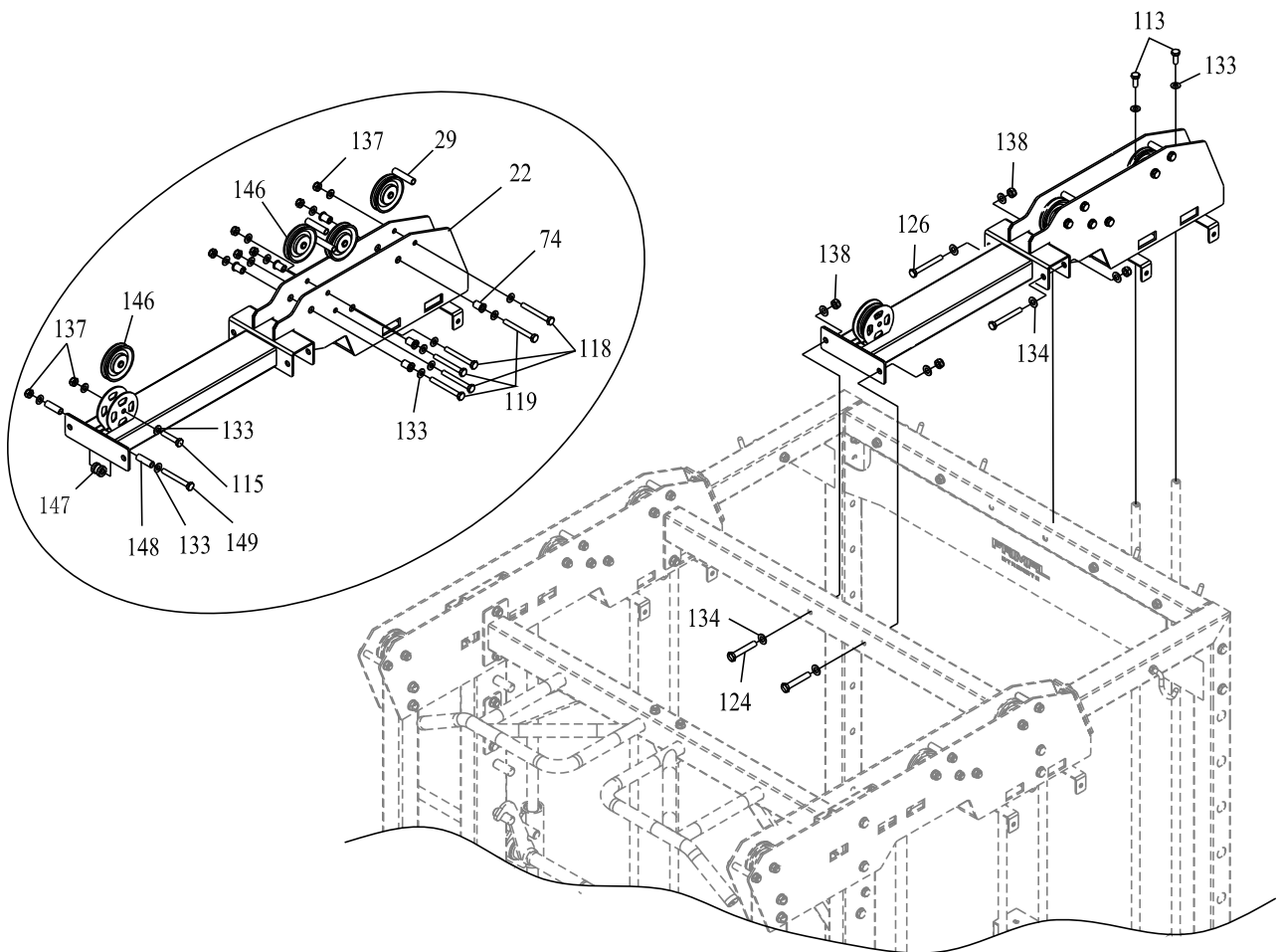
1. Attach REAR TOP CONNECTION (35) to REAR UPRIGHT (23) with BOLT M12*80 (125), WASHER 12 (134) and LOCK NUT M12 (138).
2. Attach MIDDLE CROSS FRAME (8) to TOP FRAME (6) with BOLT M12*90 (127), WASHER 12 (134) and LOCK NUT M12 (138).
3. Attach RIGHT&LEFT HANDLE (45&46) to TOP CROSS FRAME (7) with BOLT M12*25 (122) and WASHER 12 (134).
4. Attach U HOOK (54) to TOP CROSS FRAME (7) with WASHER 10 (133) and LOCK NUT M10 (137).
5. Attach TOP CROSS FRAME (7) to TOP FRAME (6) and REAR SLIDE FRAME (5) with BOLT M12*90 (127), BOLT M12*70(124), WASHER 12 (134) and LOCK NUT M12 (138).
6. Attach HOOK (26) to REAR TOP CONNECTION (35) with LOCK NUT M10 (137) and WASHER 10 (133).



ASSEMBLY DIAGRAM 7 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

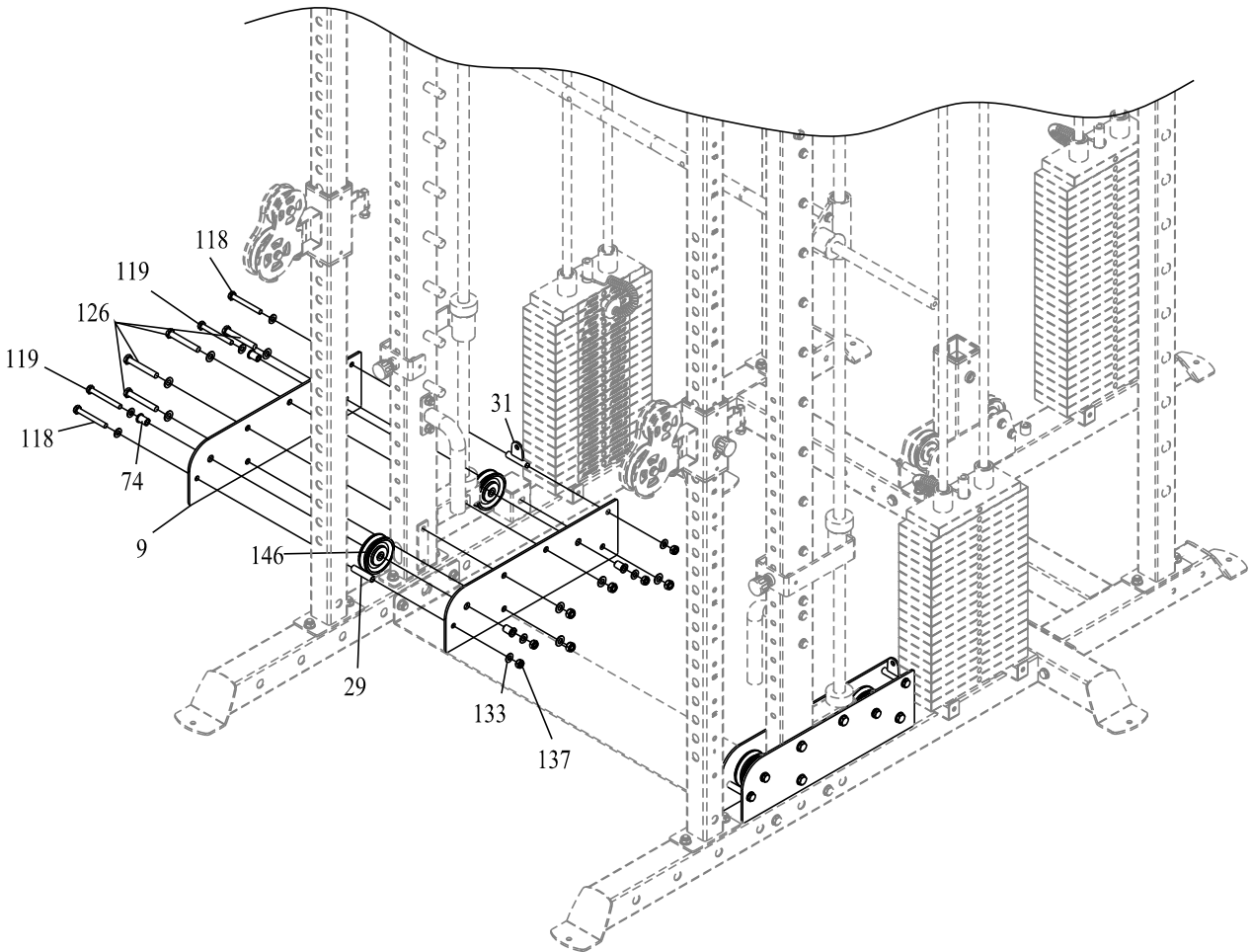
1. (See the pulley exploded diagram for more detail.) Attach PULLEY (146) to REAR TOP FRAME (22) with NYLON BUSHING (74), BOLT M10*90 (119), WASHER 10 (133) and LOCK NUT M10 (137).
2. Attach ROUND TUBE (29) to REAR TOP FRAME (22) with BOLT M10*85 (118), WASHER 10 (133) and LOCK NUT M10 (137).
3. Attach REAR TOP FRAME (22) to MIDDLE CROSS FRAME (8) and REAR TOP CONNECTION (35) with BOLT M12*70 (124), BOLT M12*85(126), WASHER 12 (134) and LOCK NUT M12 (138).
4. Attach REAR TOP FRAME (22) to GUIDE ROD (10) with BOLT M10*25 (113) and WASHER 10 (133).



ASSEMBLY DIAGRAM 8 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

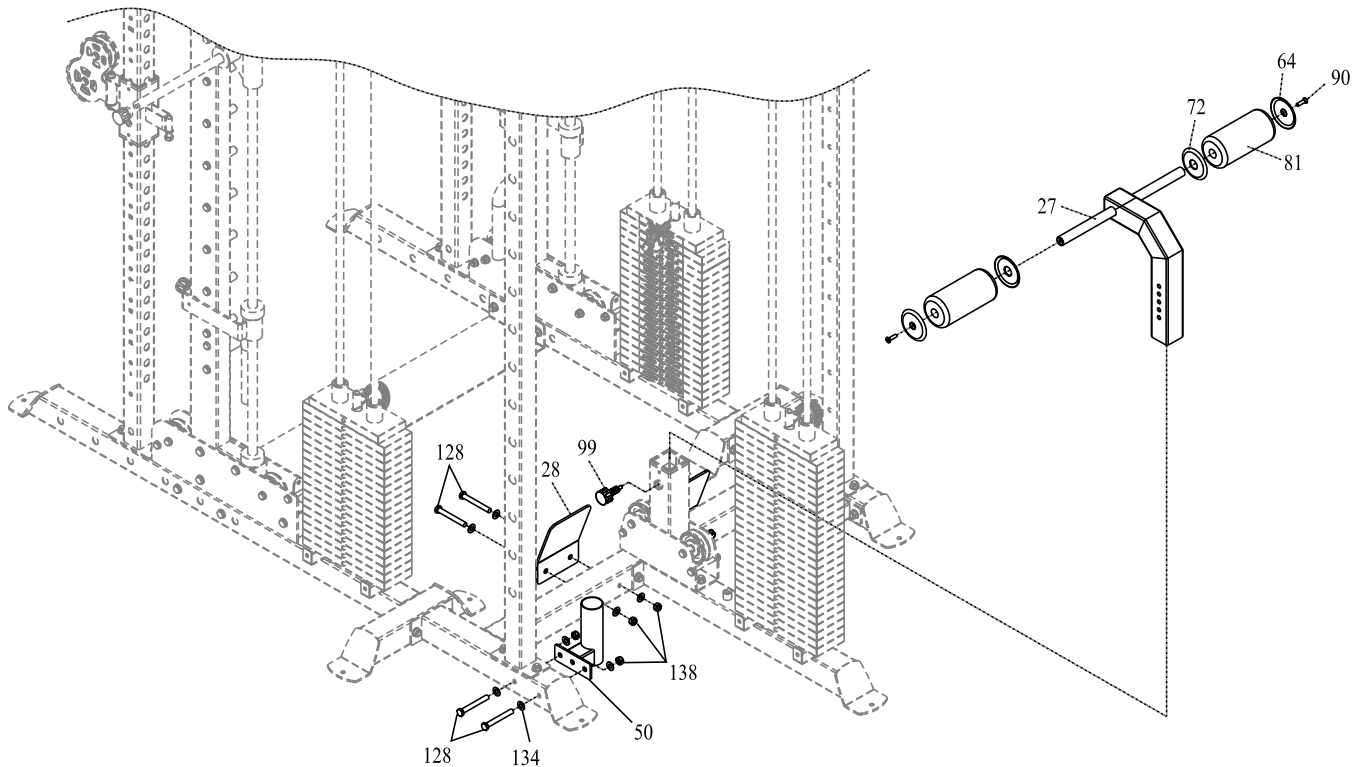
1. (See the pulley exploded diagram for more detail.) Attach BAFFLE (9) to REAR SILIDE FRAME (5) and RIGHT AND LEFT BASE (1&2) with BOLT M12*85(126), WASHER 12 (134) and LOCK NUT M12 (138).
2. Attach PULLEY (146) to BAFFLE (9) with NYLON BUSHING (74), BOLT M10*90 (119), WASHER 10 (133) and LOCK NUT M10 (137).
3. Attach ROUND TUBE (29) to BAFFLE (9) with BOLT M10*85 (118), WASHER 10 (133) and LOCK NUT M10 (137).
4. Attach HOLDER (31) to BAFFLE (9) with BOLT M10*85 (118), WASHER 10 (133) and LOCK NUT M10 (137).



ASSEMBLY DIAGRAM 9 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

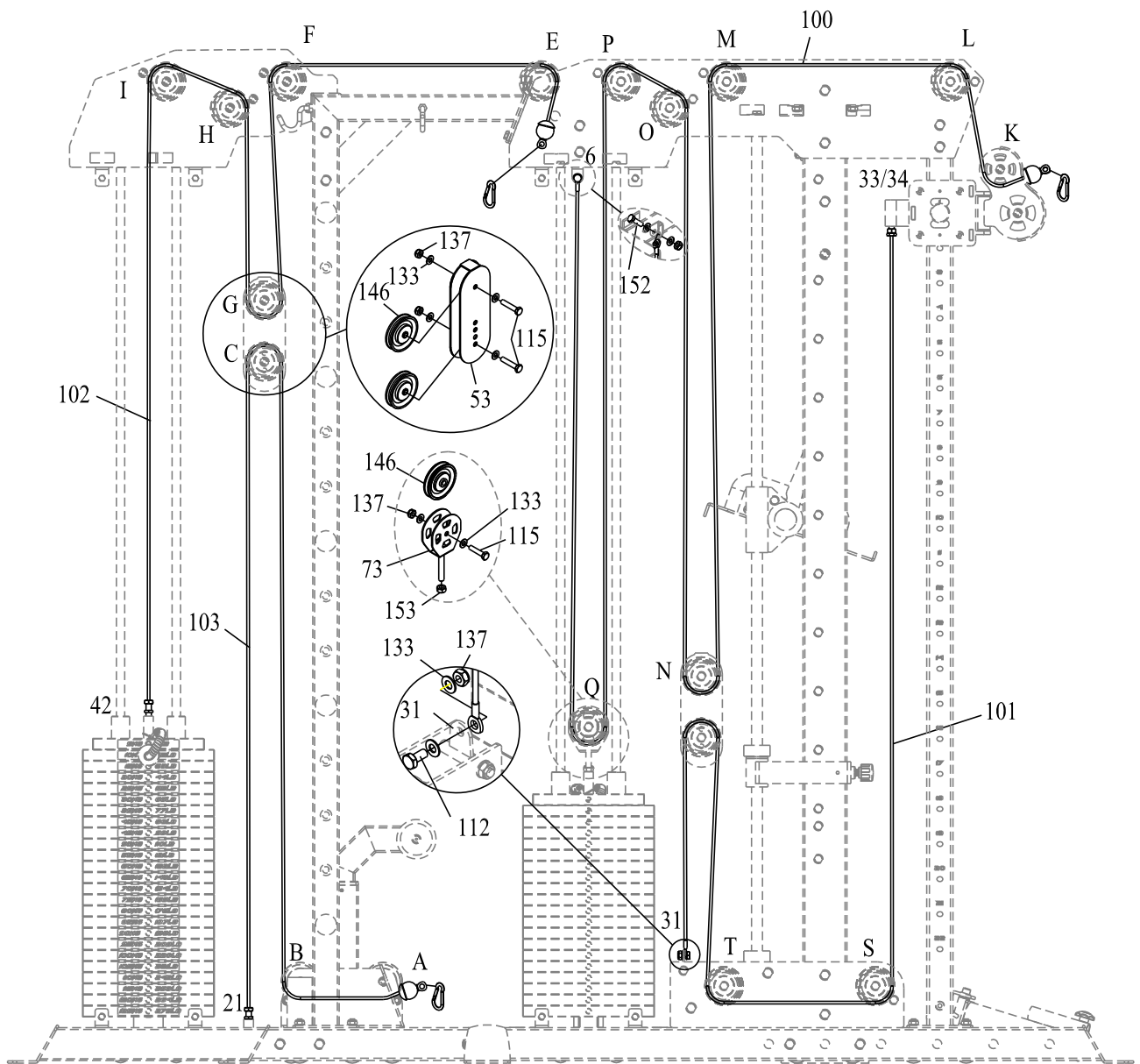
1. Attach DIAMOND PLATE (28) to REAR BASE A (20) with BOLT M12*95 (128), WASHER 12 (134) and LOCK NUT M12 (138).
2. Attach BAR HOLDER (50) to REAR BASE A (20) with BOLT M12*95 (128), WASHER 12 (134) and LOCK NUT M12 (138).
3. Attach HANDLE SUPPORT (26) to HANDLE FRAME (25) with BOLT M12*115 (130), WASHER 12 (134), LOCK NUT M12 (138) and PIN (90).
4. Insert FOAM WITH COVER (81) to ADJUSTABLE FOAM TUBE (27) with FOAM CAP (OUTSIDE) (64), FOAM CAP (INSIDE) (72) and BOLT M8*20 (90). Attach ADJUSTABLE FOAM TUBE (27) to FOAM SUPPORT (25) with FAST PIN (99).



ASSEMBLY DIAGRAM 10 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

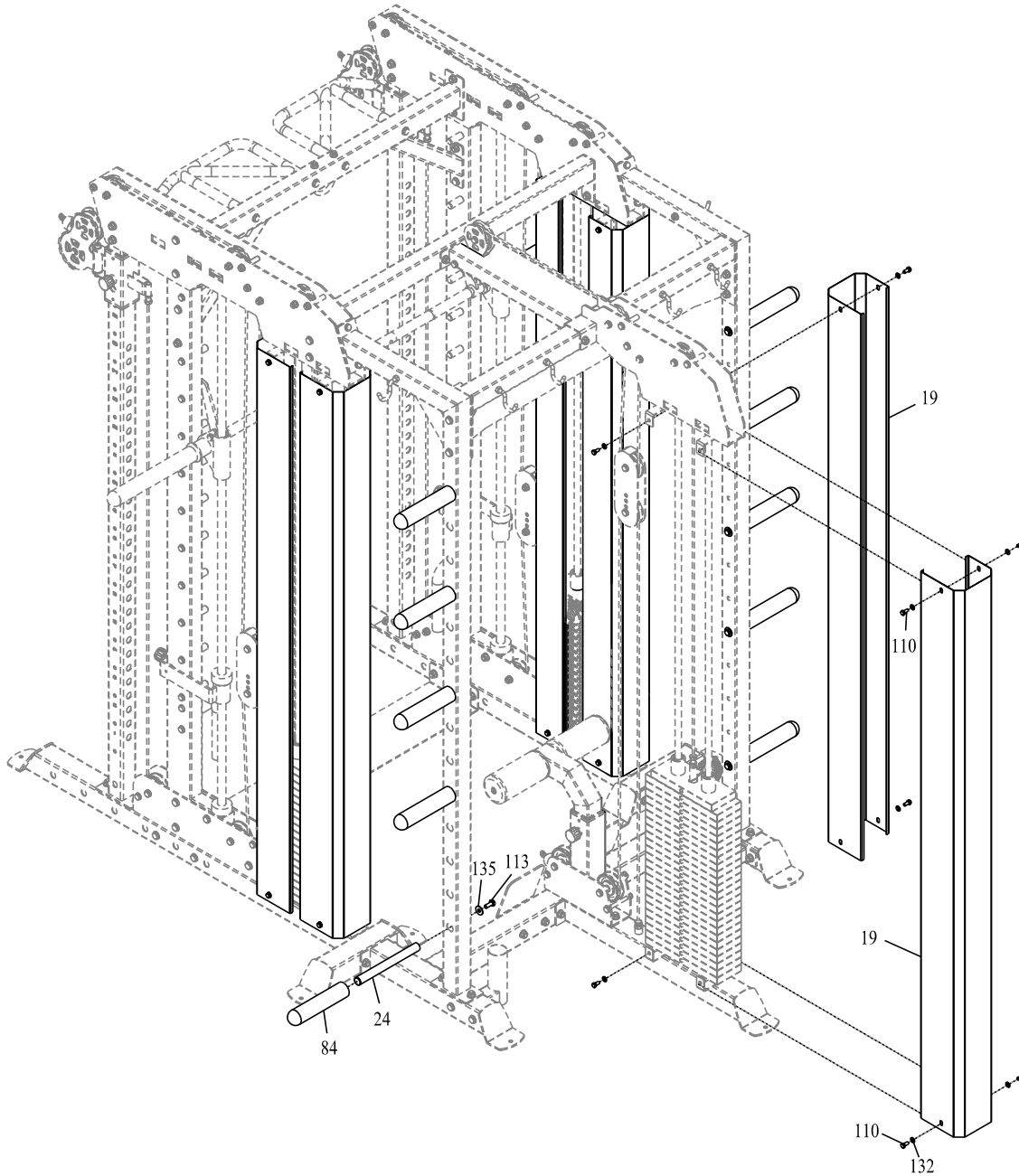
1. Bring the threaded end of a CABLE (100) from K→L→M→N→O→P→Q→6
2. Bring the threaded end of a CABLE (101) from 33/34→S→T→U→31
3. Bring the threaded end of a CABLE (102) from E→F→G→H→I→42
4. Bring the threaded end of a CABLE (103) from A→B→C→21



ASSEMBLY DIAGRAM 11 USE A PARTNER TO HELP WITH THIS STEP

REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

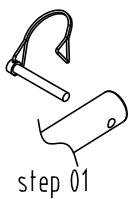
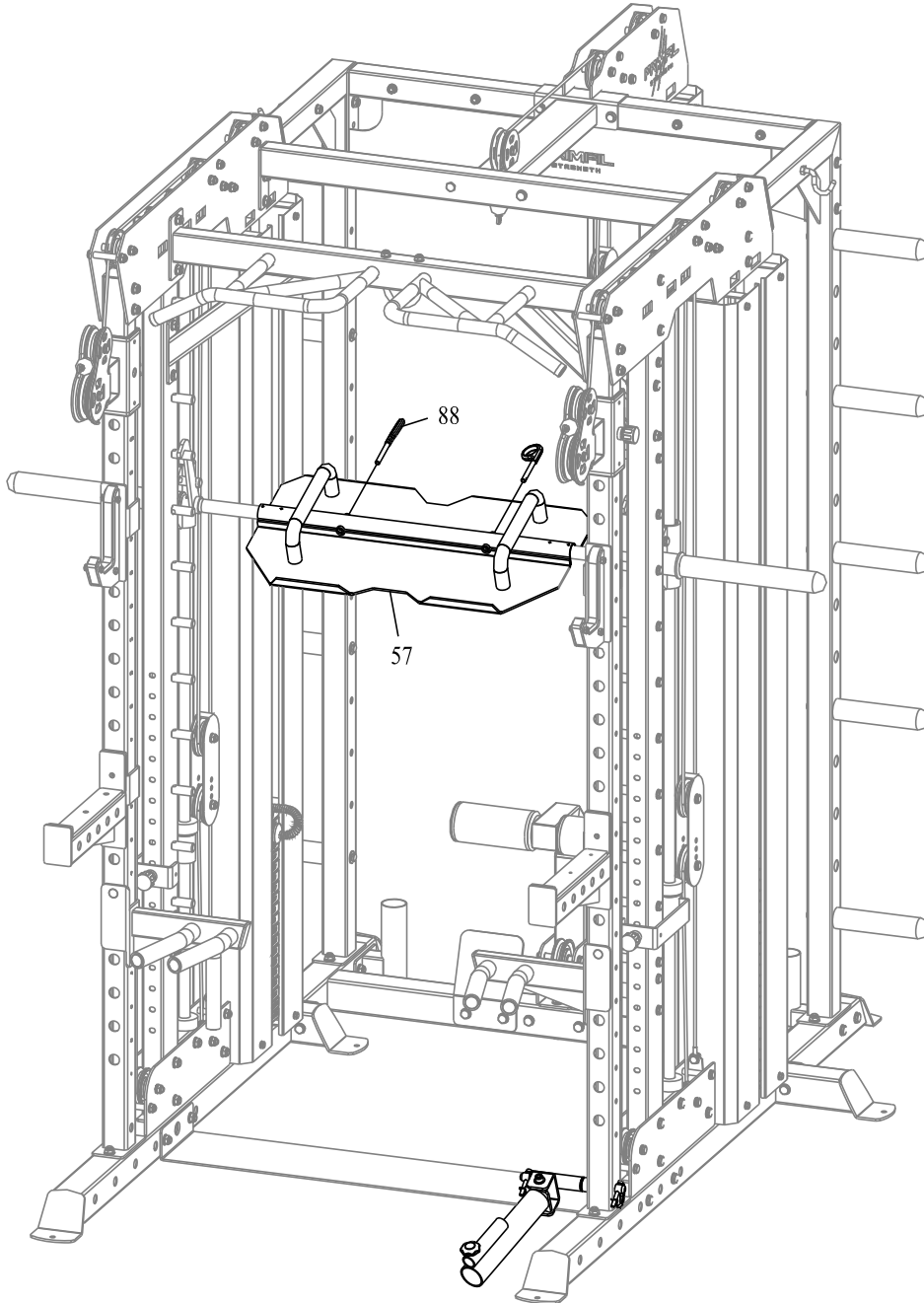
1. Insert PLATE BAR (24) to REAR UPRIGHT (23) with BOLT M10*25 (113) and BIG WASHER 10 (135). Then Insert OLYMPIC PLATE BAR (84) to LATE BAR (24).
2. Attach SIDE SHELL (19) to REAR BASE B (21), REAR TOP FRAME (22), TOP FRAME (6) and RIGHT&LEFT BASE (1&2) with BOLT M8*16 (110) and WASHER 8 (132).

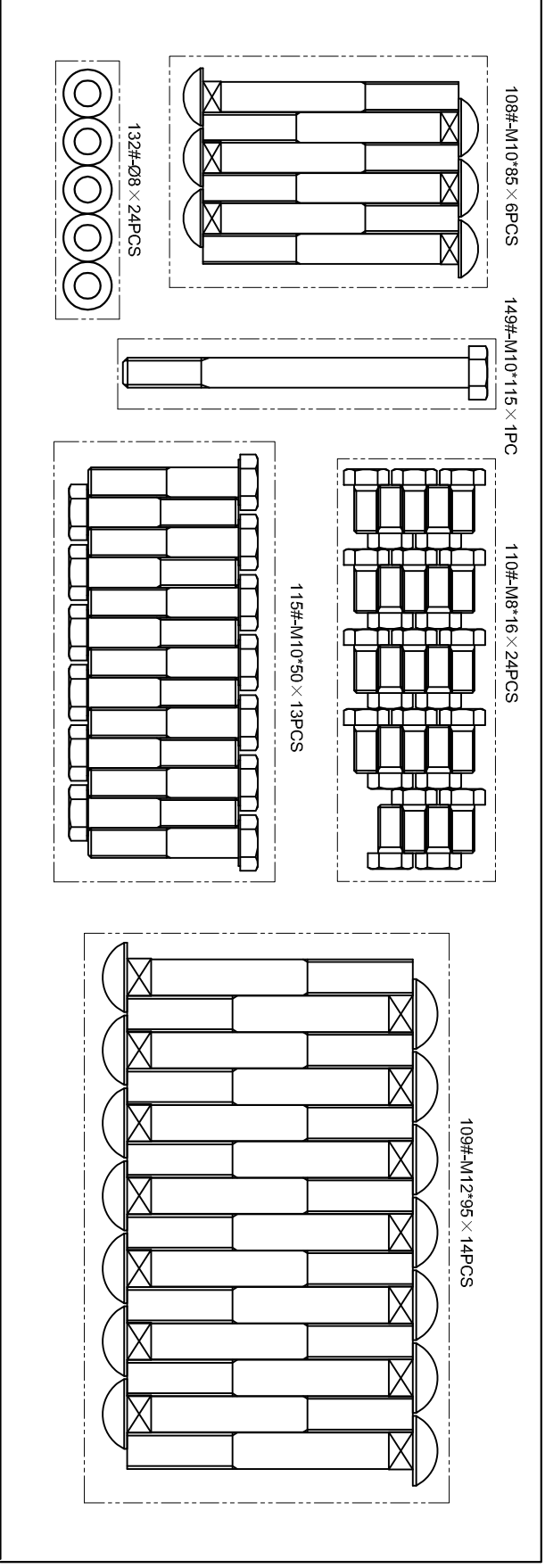
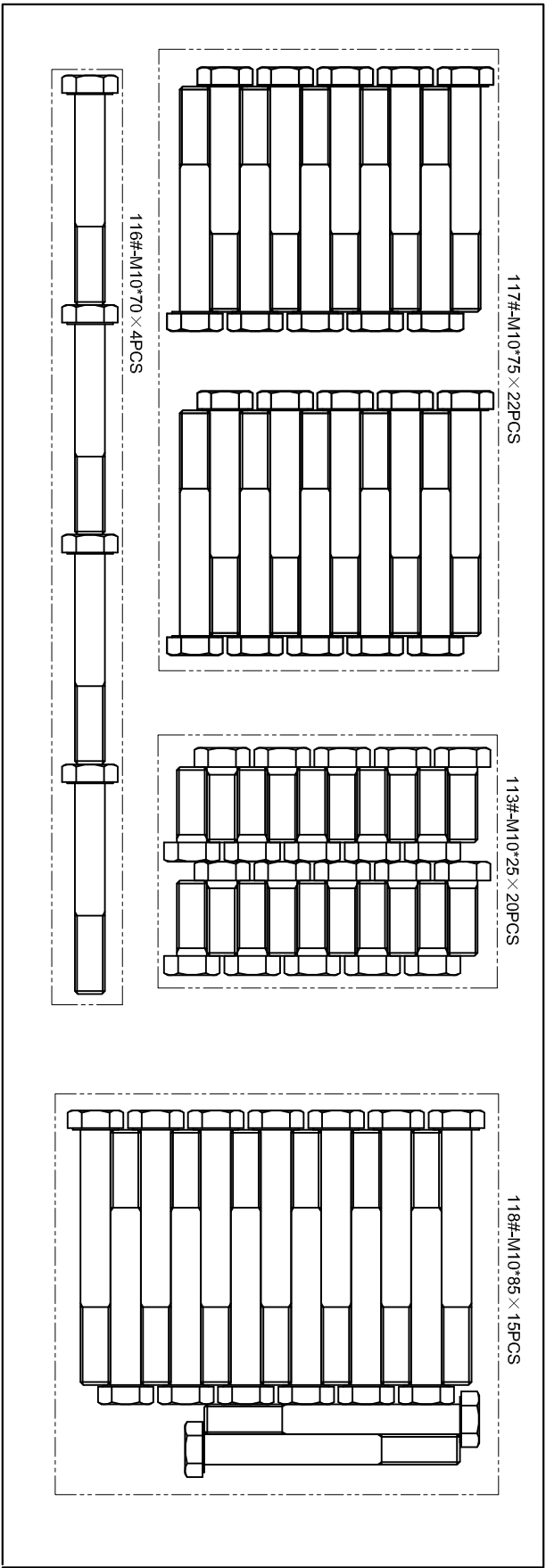


ASSEMBLY DIAGRAM 12 USE A PARTNER TO HELP WITH THIS STEP

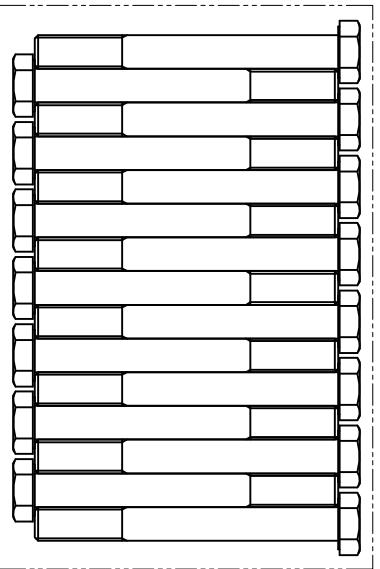
REMEMBER: Only hand tighten all nuts and bolts until whole machine is assembled

1. Insert FOOT PLATE (57) to BAR (15) with P-PIN (88).
2. Insert BAR SUPPORT (63) to RIGHT BASE (1) with LOCK PIN (87)

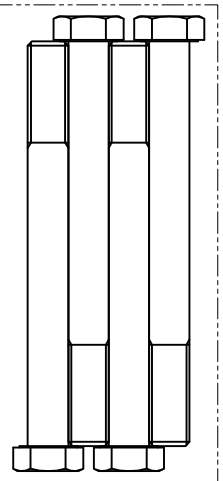




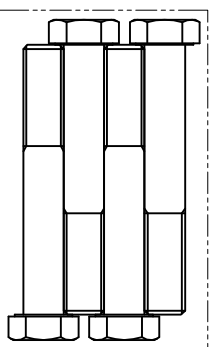
119#-M10*90×15PCS



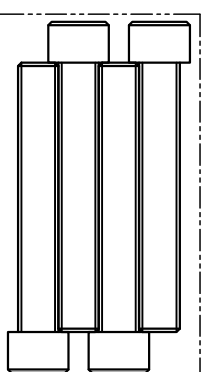
131#-M12*120×4PCS



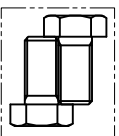
125#-M12*80×4PCS



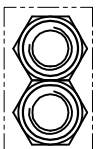
#130-M12*80×4PCS



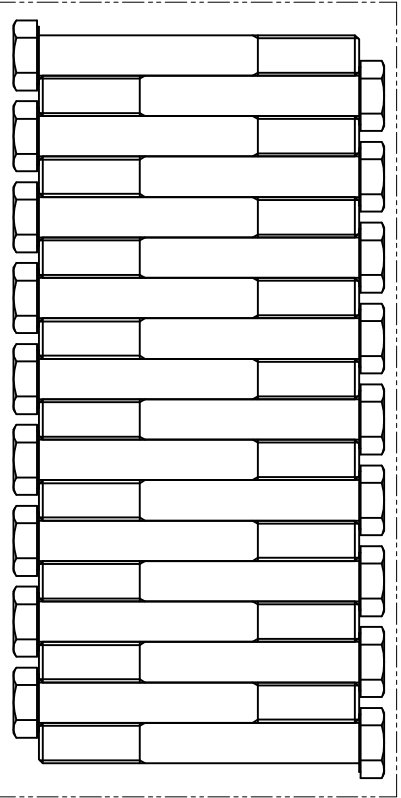
112#-M10*20×2PCS



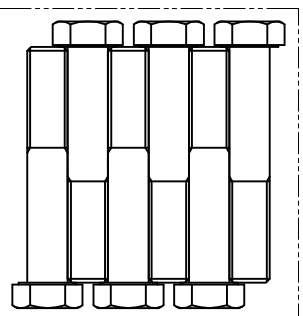
153#-NUT M12×2PCS



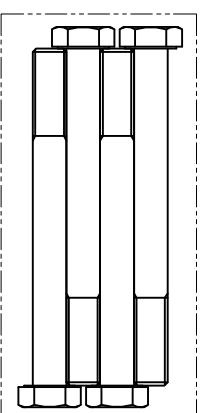
128#-M12*95×18PCS



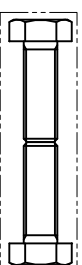
124#-M12*70×6PCS



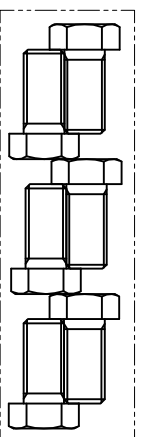
120#-M10*100×4PCS



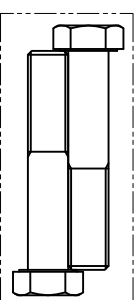
152#-M10*30×2PCS

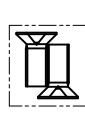


122#-M12*25×6PCS

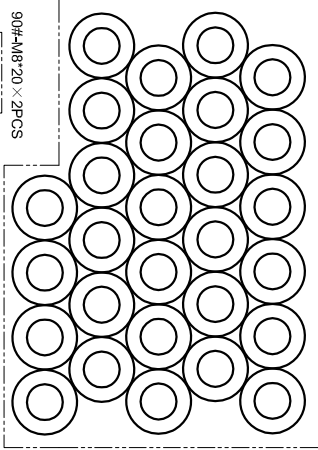


123#-M12*65×2PCS

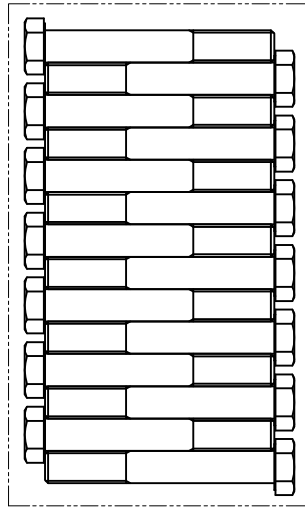




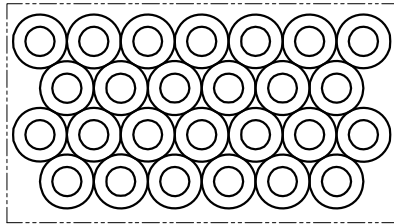
90#-M8*20 x 2PCS



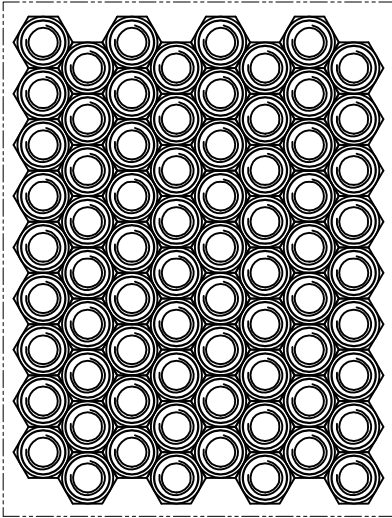
134#-Ø12 x 138PCS



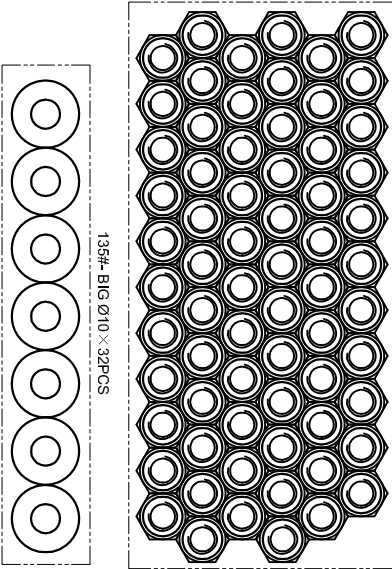
126#-M12*85 x 14PCS



133#-Ø10 x 134PCS

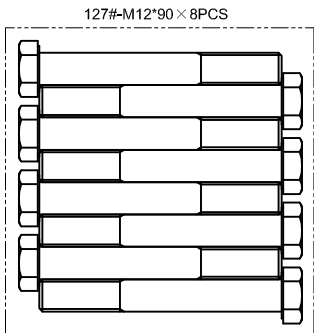


138#-M12 x 72PCS

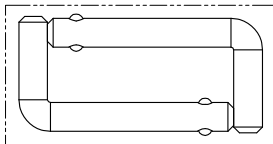


137#-M10 x 68PCS

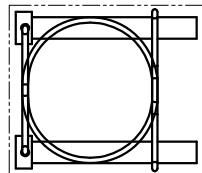
135#-BIG Ø10 x 32PCS



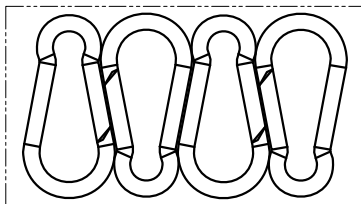
127#-M12*90 x 8PCS



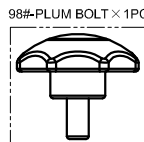
88#-L-PIN x 2PCS



87#-LOCK PIN x 2PCS

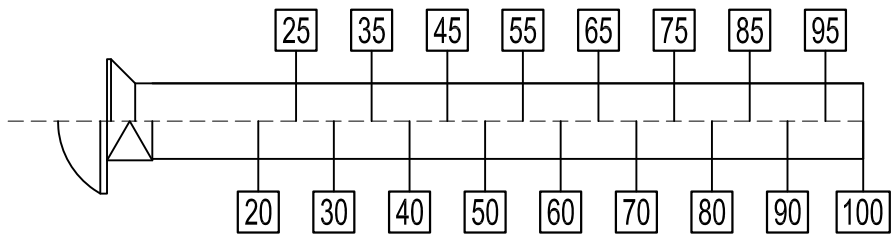
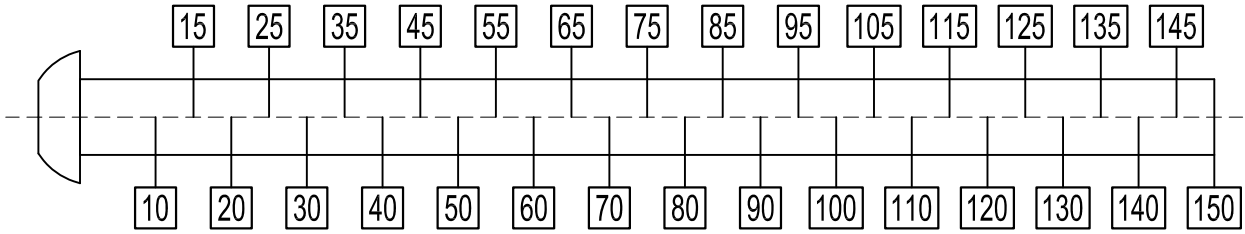
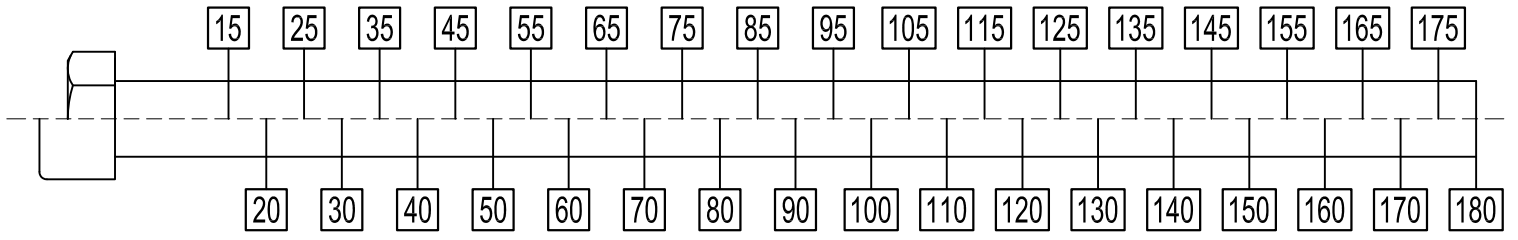


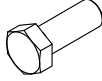
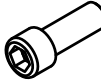
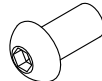

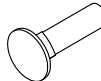
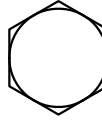
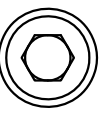
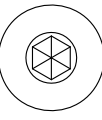
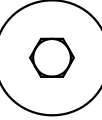


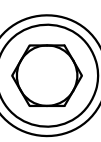






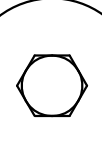

86#-HOOK x 4PCS




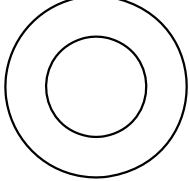
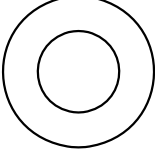
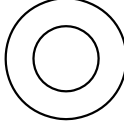

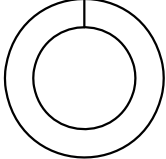
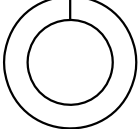
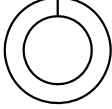

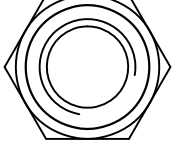



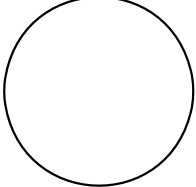
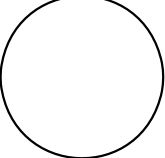
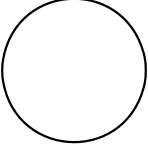
98#-PLUM BOLT x 1PC

SIZE CHART



					
M8					
M10					
M12					

SIZE CHART

	M12	M10	M8
Washer 			
Spring Washer 			
Lock Nut 			
Nut Cap 			
Big Washer 