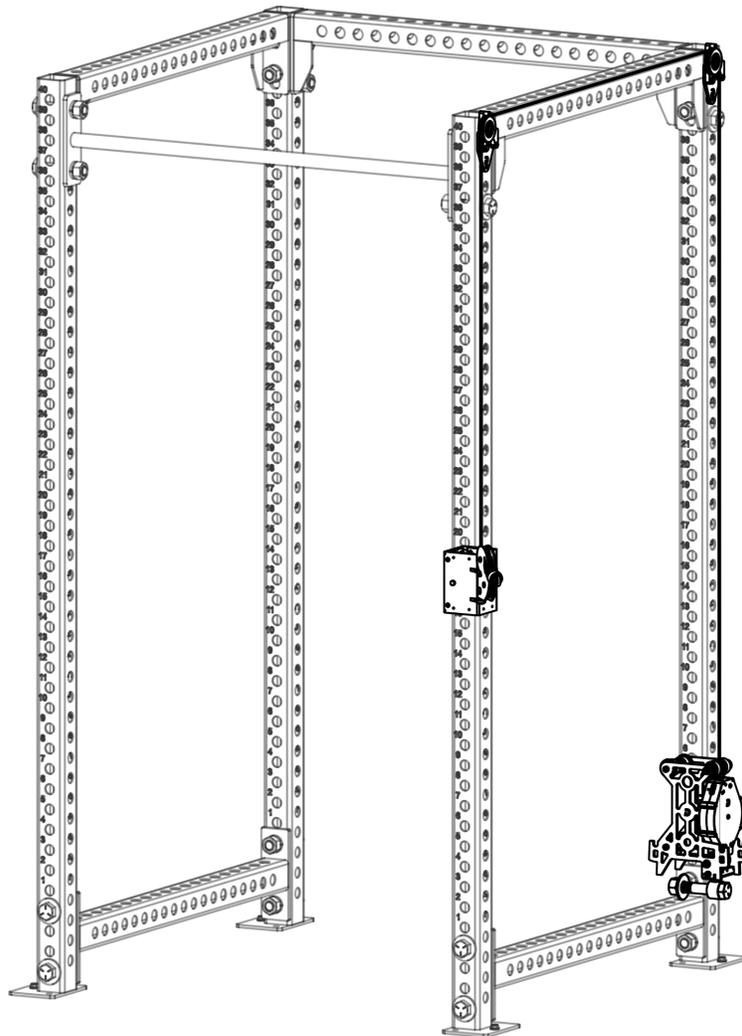


# TROLLEY CABLE SYSTEM

## Instructions Manual



***DIALED MOTION***

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# SAFETY WARNINGS

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## DANGER

Never place any part of your body under weights that have been lifted with the cable system.

It is strongly encouraged to bolt down your rack. This becomes more critical when adding horizontal forces from pulling the cable handle.

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## WARNING

Do not modify or make any changes to the equipment. Opening the Cable Retractor case can expose a coiled power spring which may rapidly unravel and can result in injury.

We do not recommend exceeding 300 lbs per trolley. Always leave at least 1 inch of the weight horn protruding through the last weight plate.

Inspect the product for wear and tear before each use. If damage is observed, do not use the system and contact us at [info@dialedmotion.com](mailto:info@dialedmotion.com).

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## CAUTION

When the cable is pulled out of the cable retractor and then released, it coils back up at rapid speed which can result in injury. Be especially mindful of this while running the cable during installation.

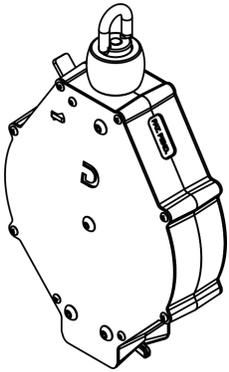
Keep body parts away from moving parts including but not limited to cables, pulleys, Trolley, and Carriage.

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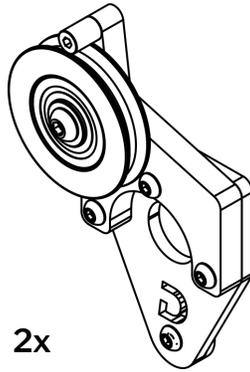
### **IMPORTANT NOTICE - PLEASE READ ALL WARNINGS BEFORE USE:**

Consult your doctor or physician prior to starting any exercise program with this system, especially if you are pregnant or have any pre-existing medical conditions. Exercise and exercise equipment carries inherent risk of injury or death. Use this system responsibly and with caution at all times. DO NOT allow inexperienced users or children to use this equipment without proper supervision. Dialed Motion disclaims all liability for any damages, injuries or death resulting from the use of this system. The user assumes all risks associated with the use of this product. By assembling, installing, or using this equipment, you accept and agree to these terms and conditions. If you do not agree with these terms, please do not use this system.

# PARTS LIST

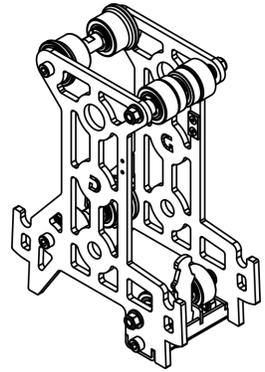


Cable Retractor

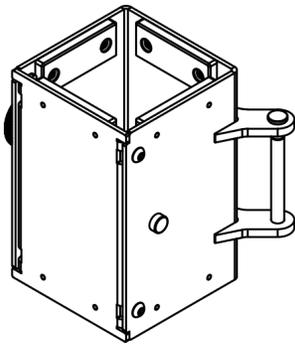


2x

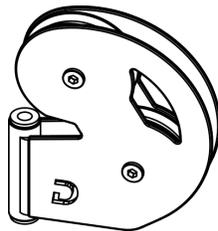
Single Pulley Mount



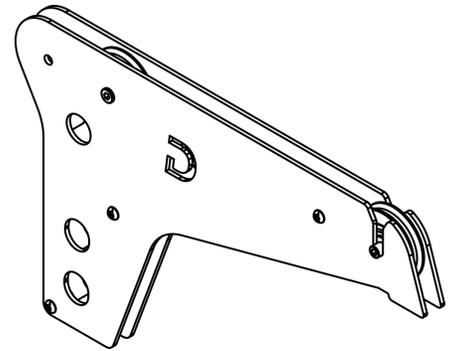
Trolley

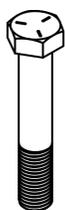
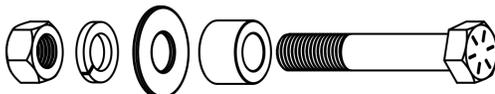
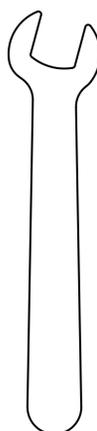
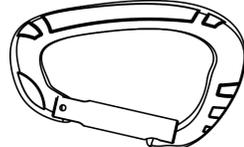
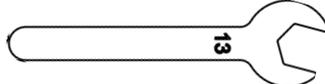
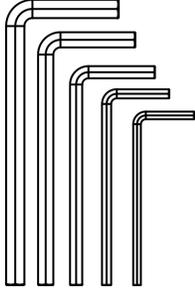


Carriage Assembly



Upper Arm  
(add-on)



	Included	Not Included
		
		
		
		
		
2x (add-on)	1x	1x
	2x	2x

# INSTALLATION

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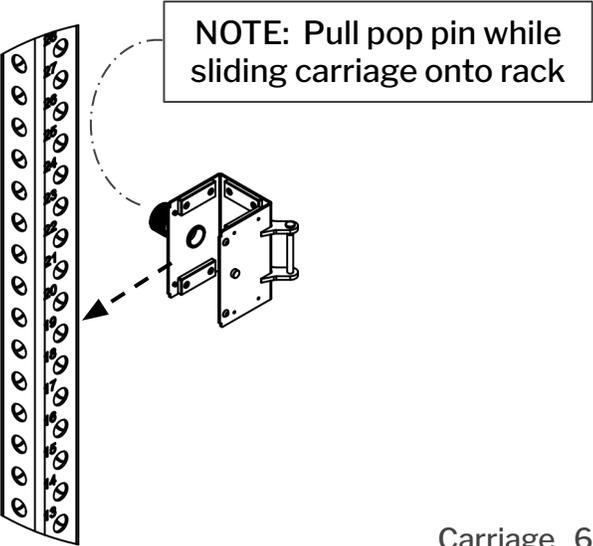
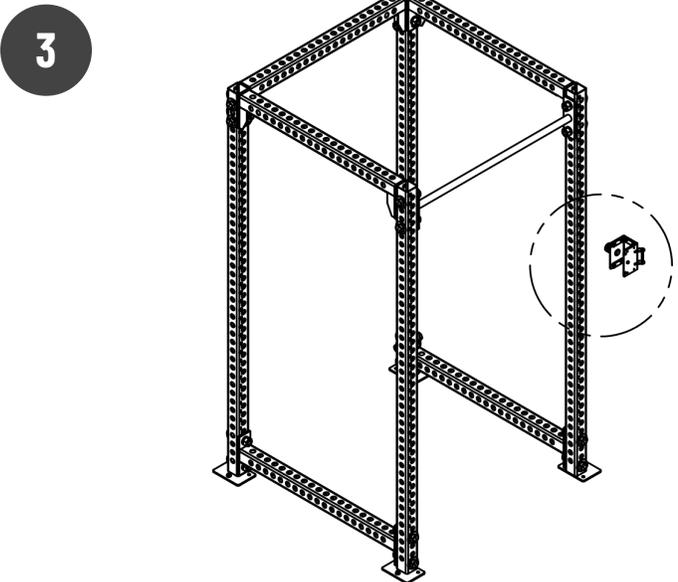
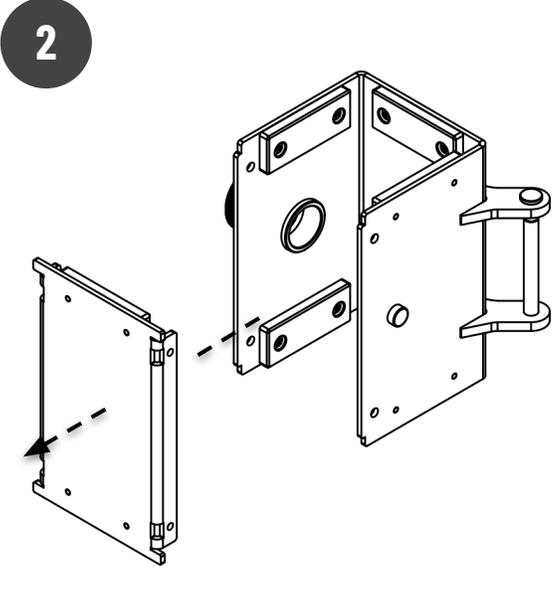
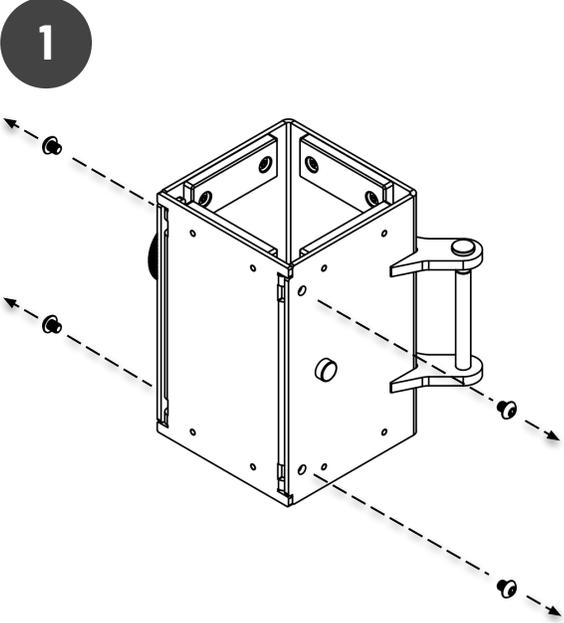
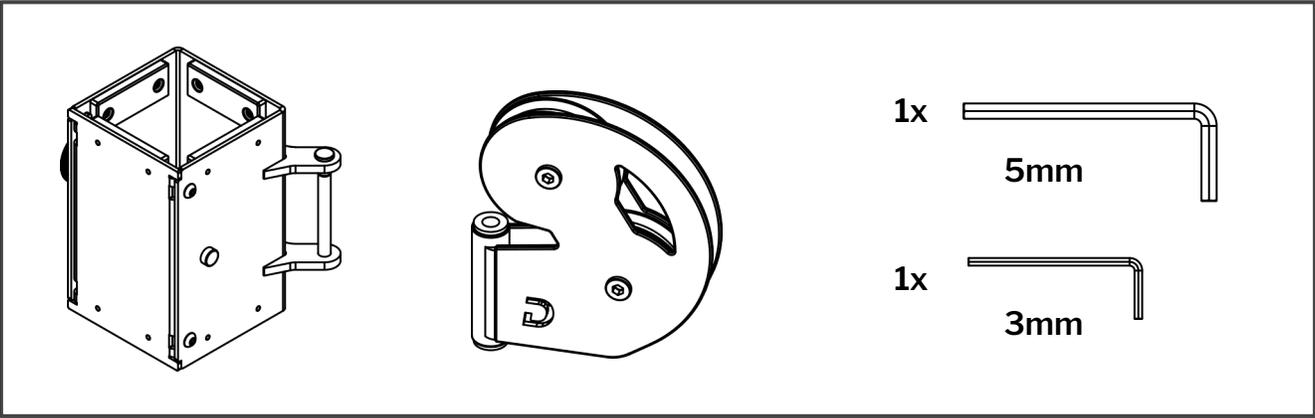
## 4-Post vs. 6-Post Rack

The following instructions demonstrate the installation of the Trolley Cable System on a 4-post power rack. These instructions are still applicable when installing the Trolley Cable System on a 6-post power rack.

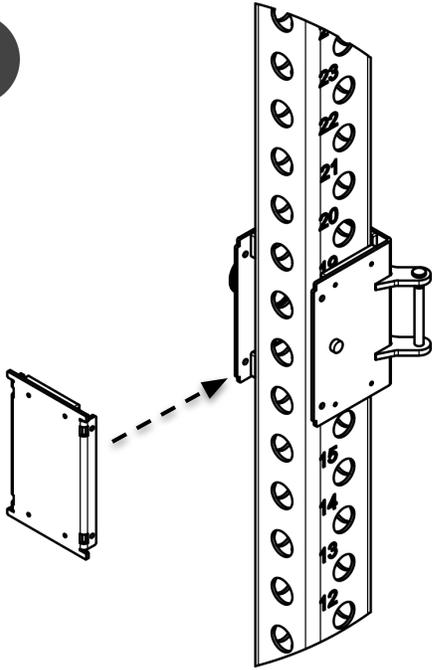
## Right Side vs. Left Side

The instructions below demonstrate the installation of the Trolley Cable System on the right side of a power rack. To install the Trolley Cable System on the left side of a power rack, the instructions can still be followed, mirroring the process.

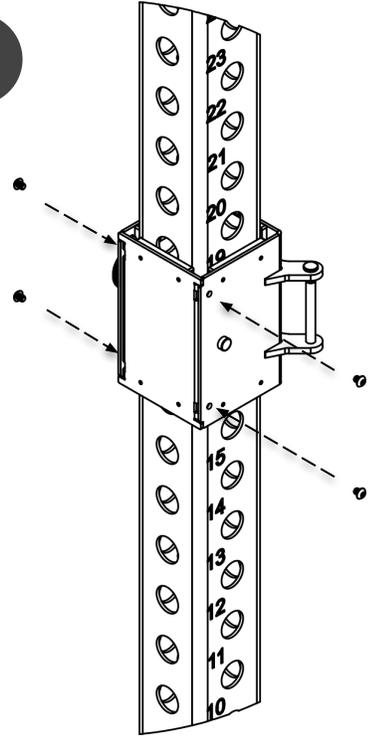
# CARRIAGE ASSEMBLY



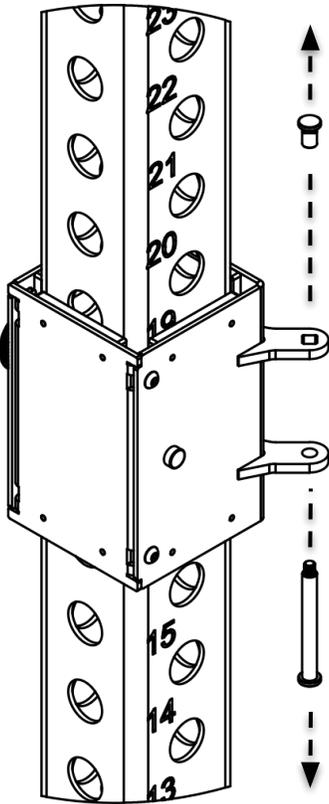
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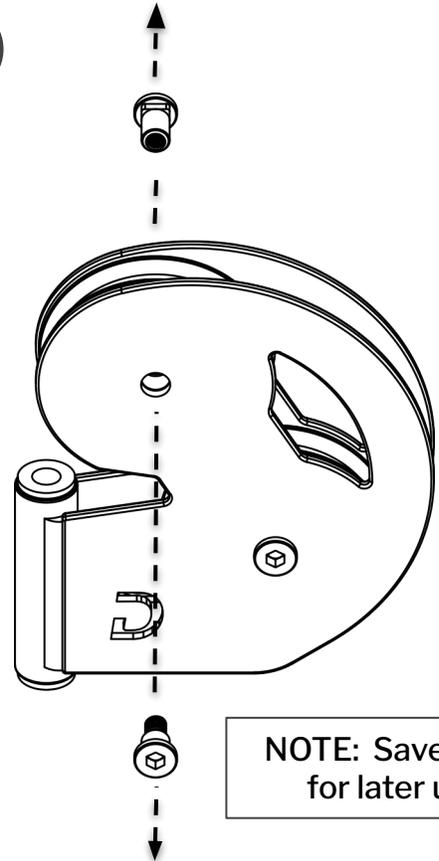
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6

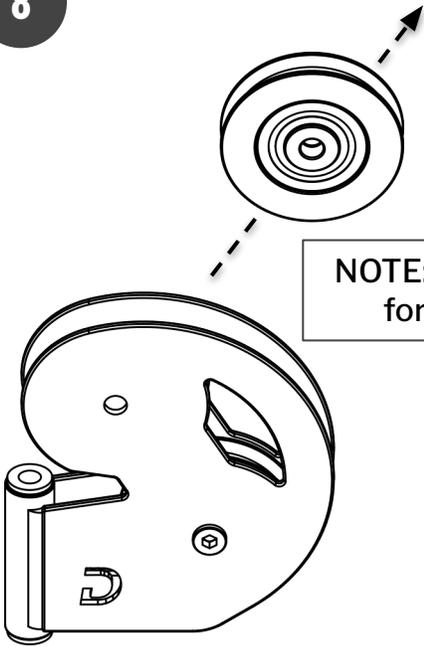


7



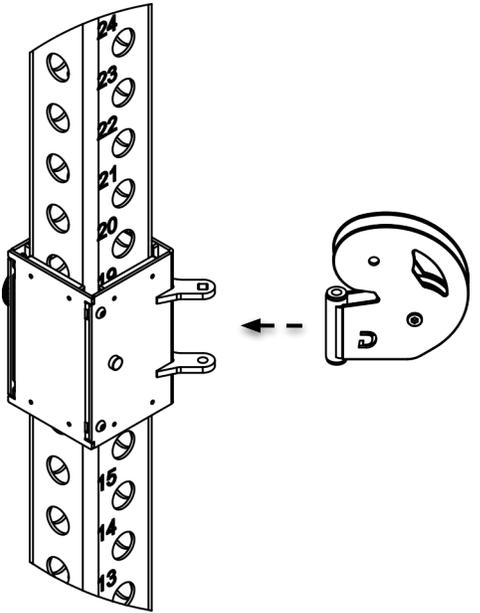
NOTE: Save bolts for later use

8

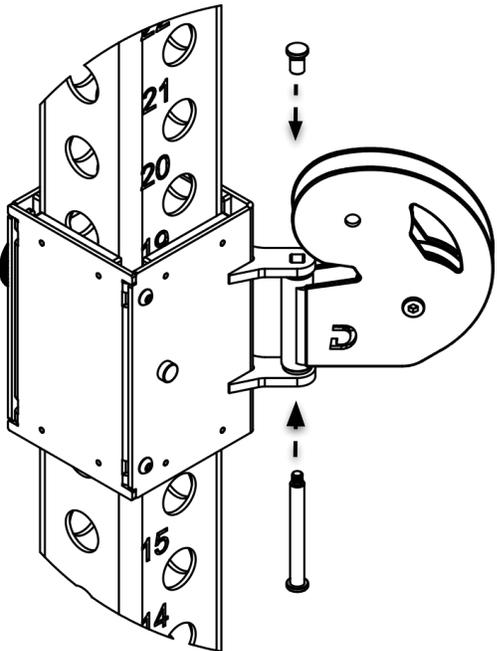


NOTE: Save pulley for later use

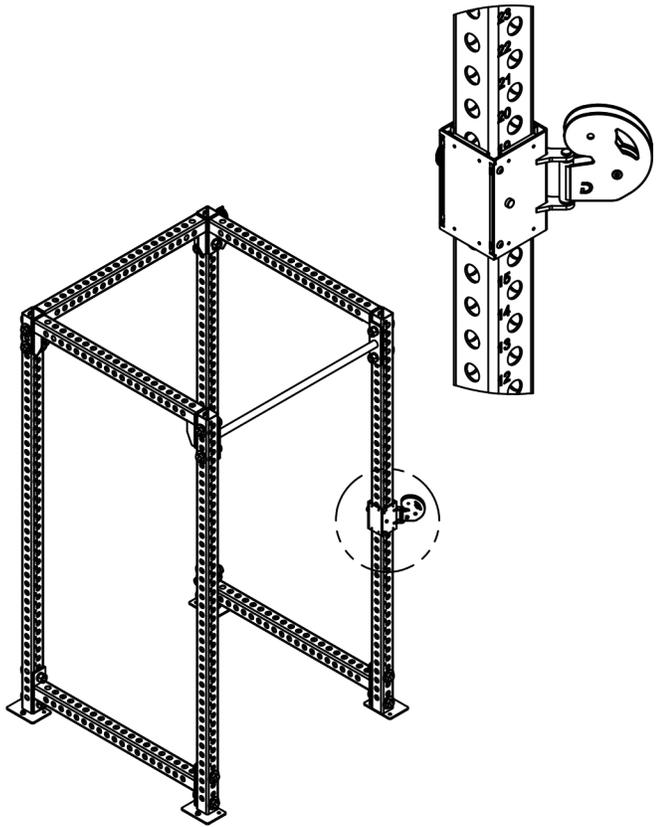
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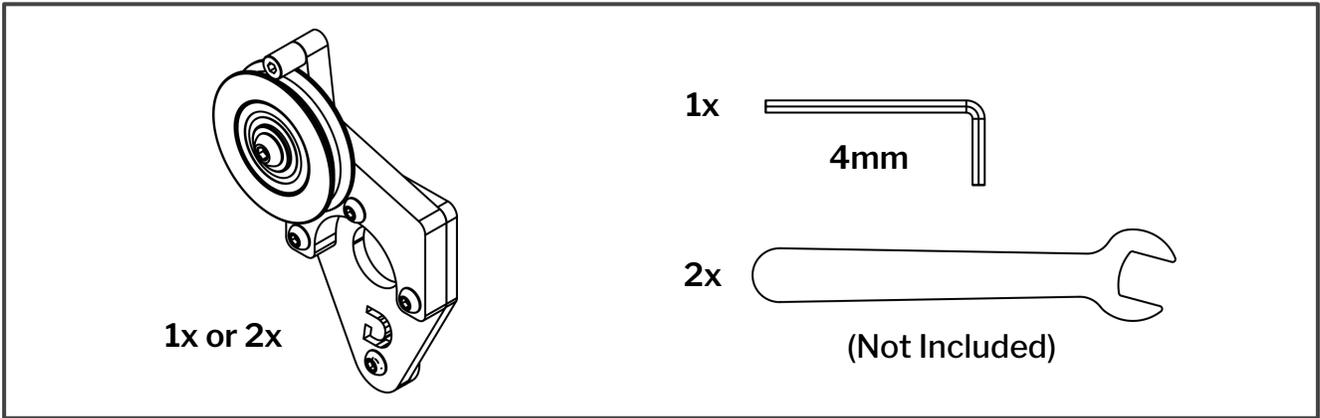
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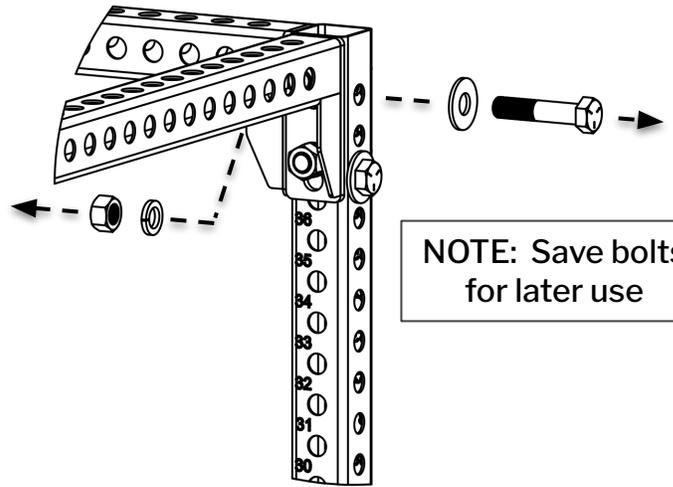
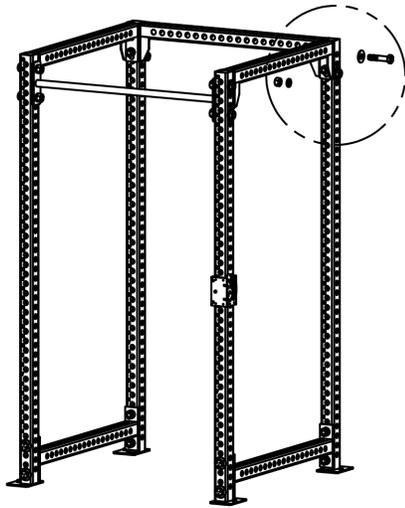
✓



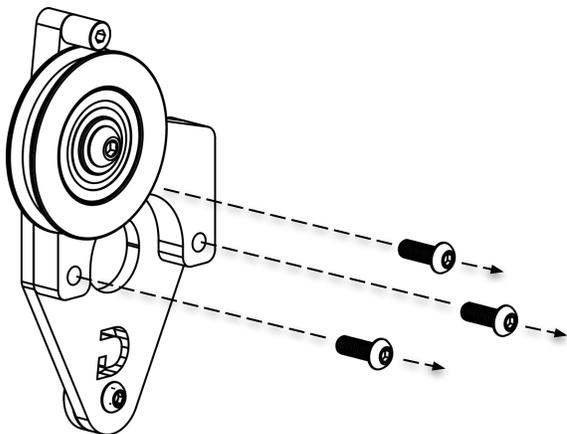
# SINGLE PULLEY MOUNT



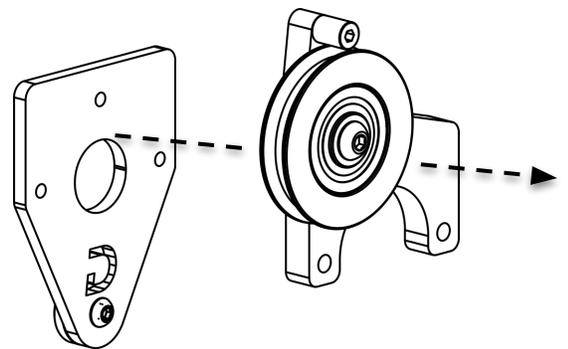
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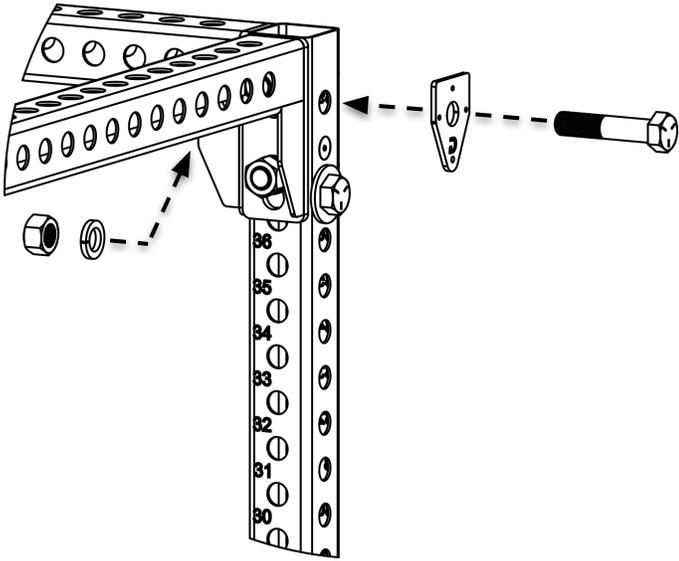
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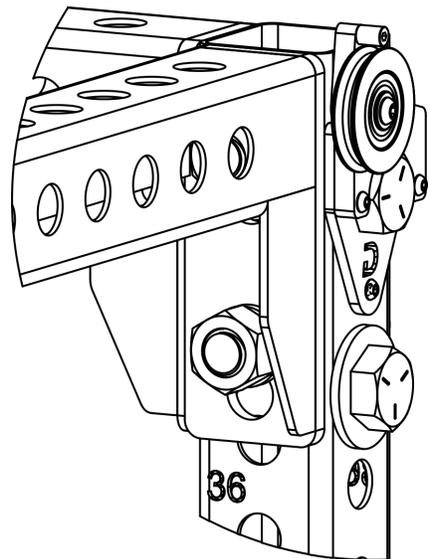
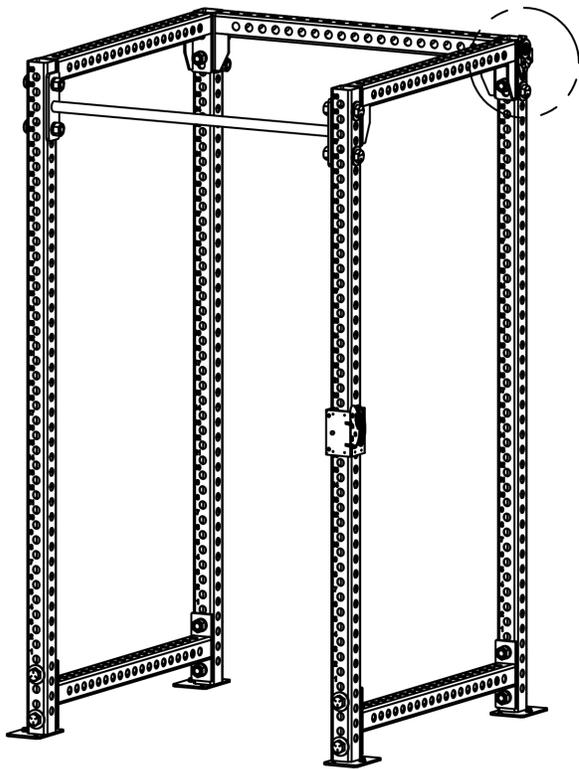
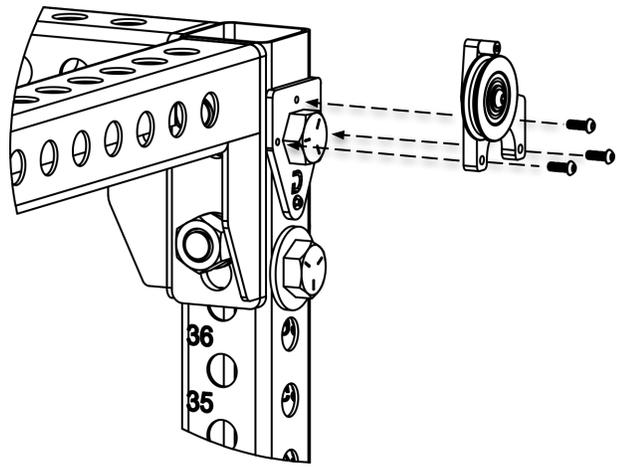
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4



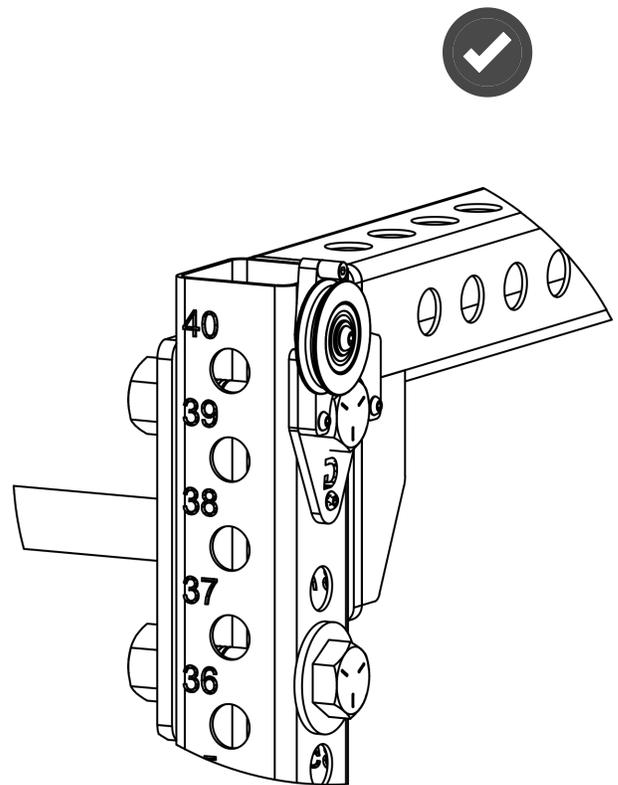
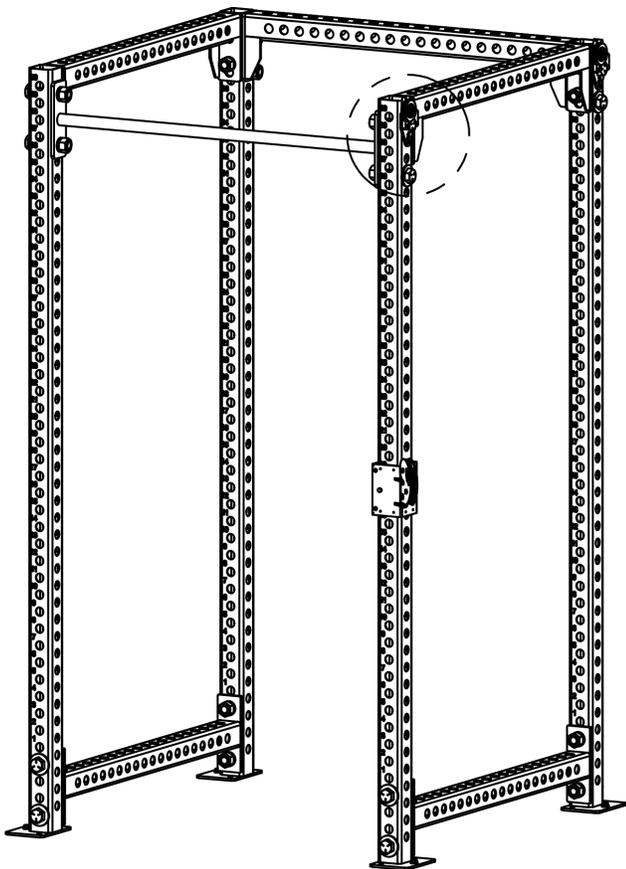
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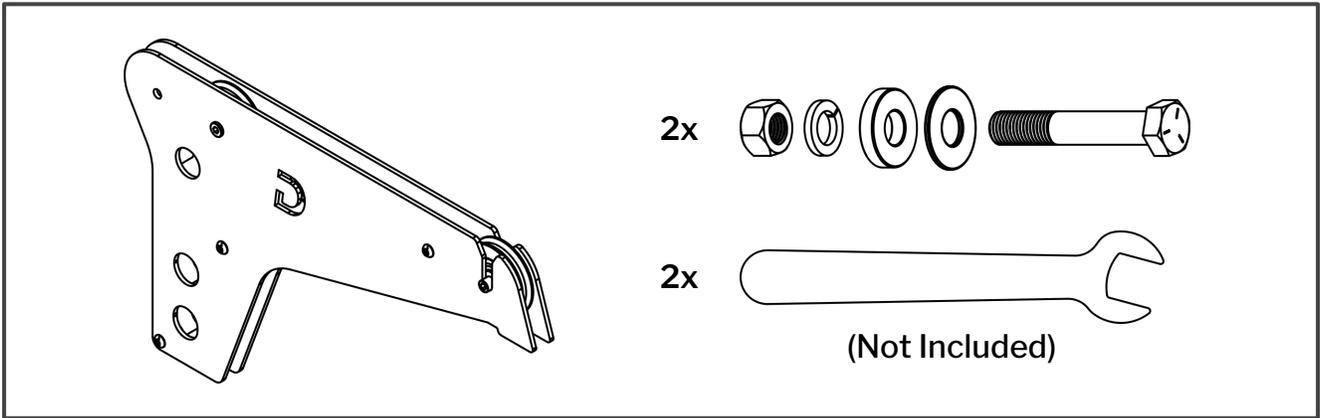
NOTE: If you have the Upper Arm add-on, skip step 6 and follow the “Upper Arm” section (page 10) instructions.

6

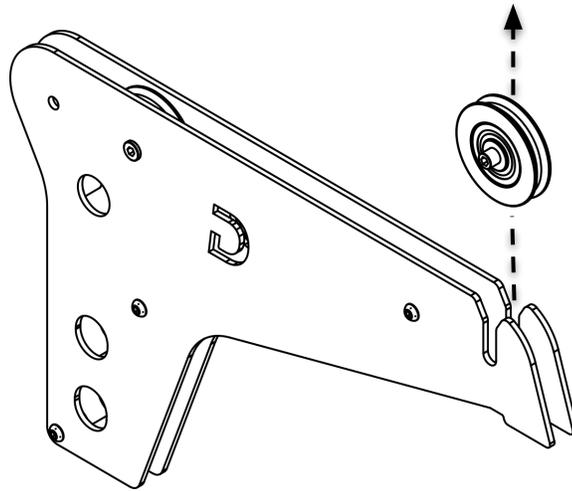
Repeat steps 1-5 on the front post. See final result below.



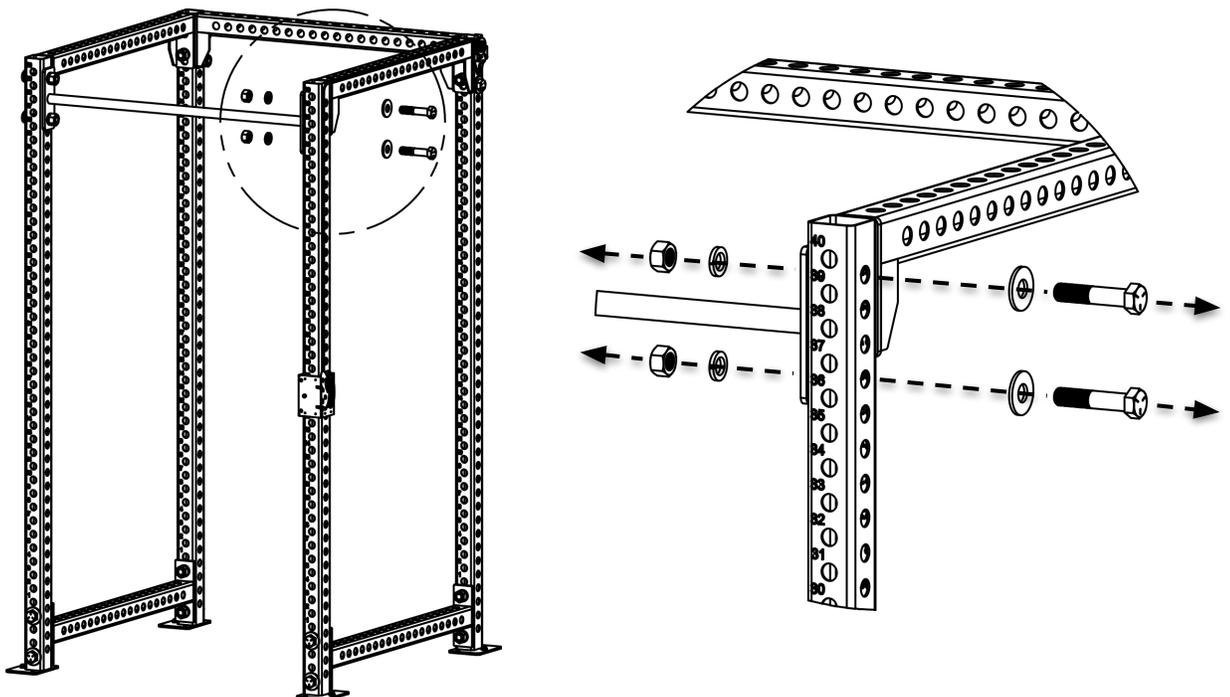
# UPPER ARM (if applicable)



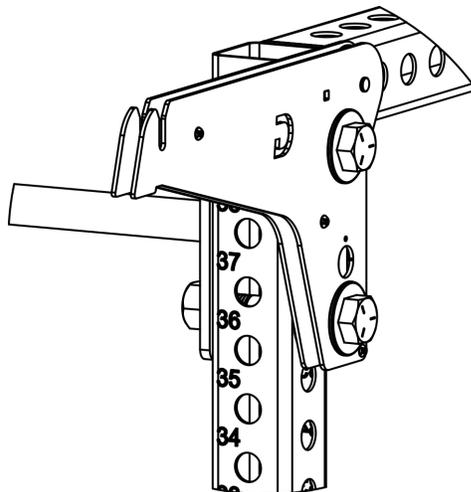
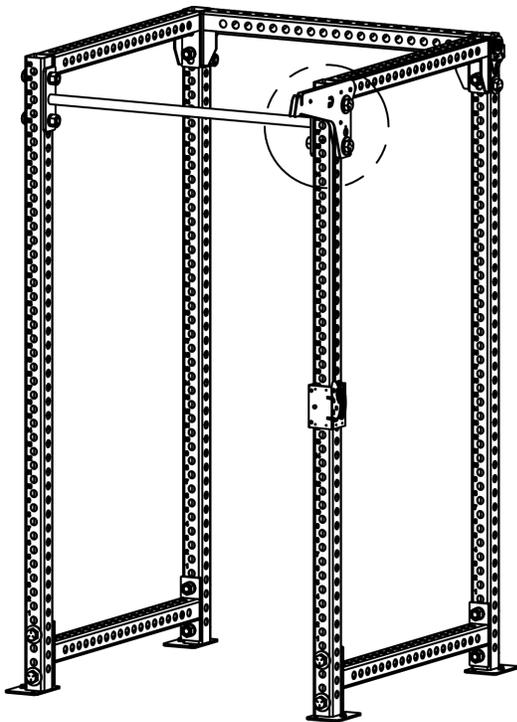
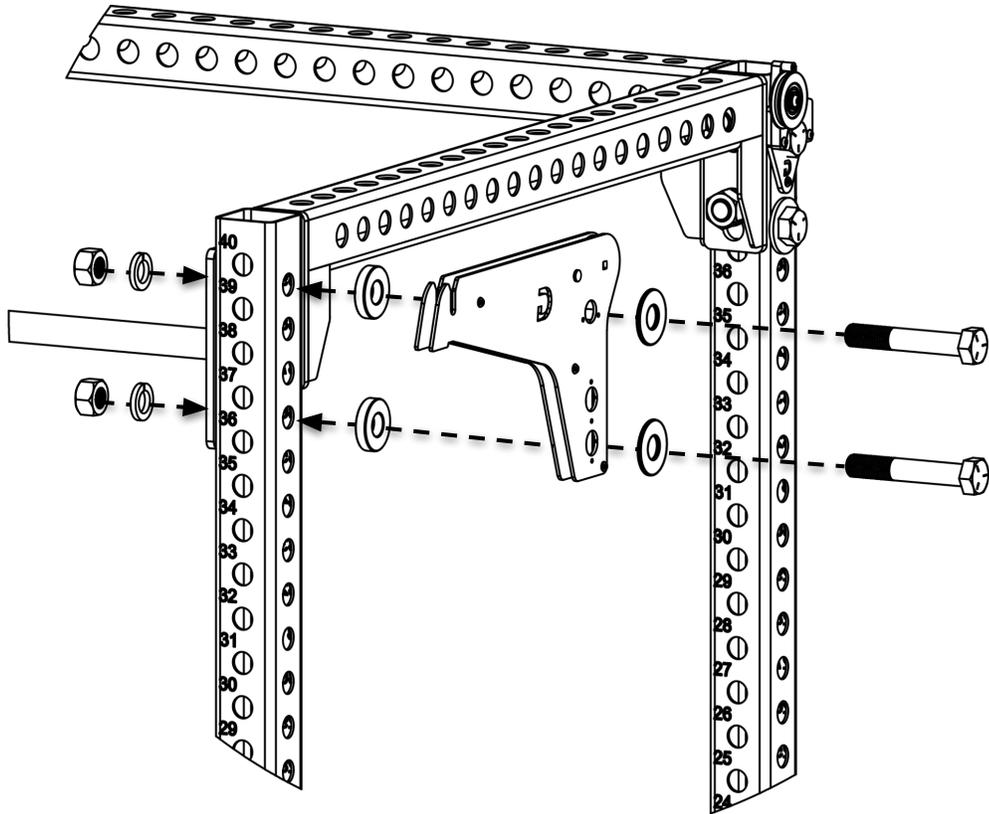
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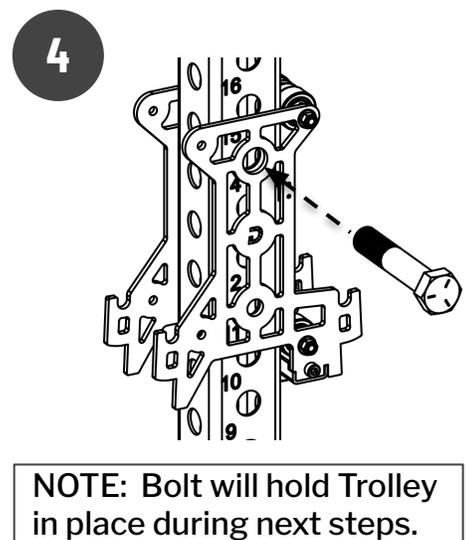
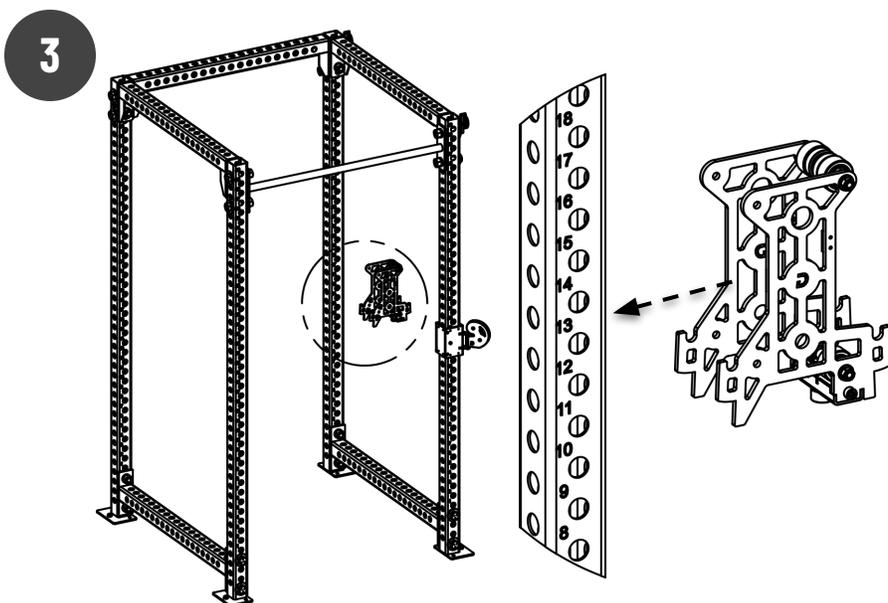
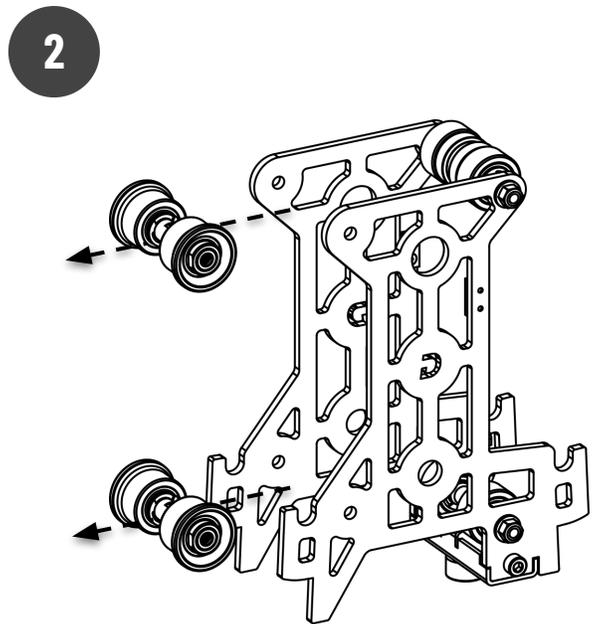
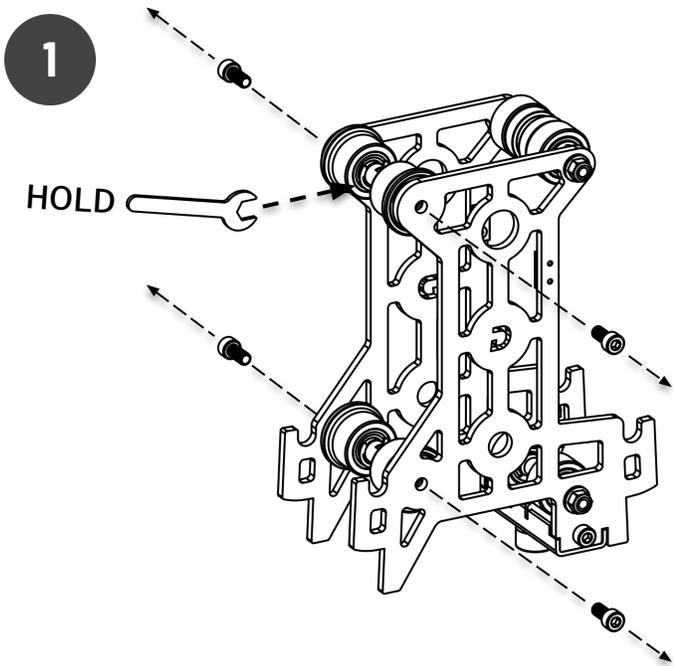
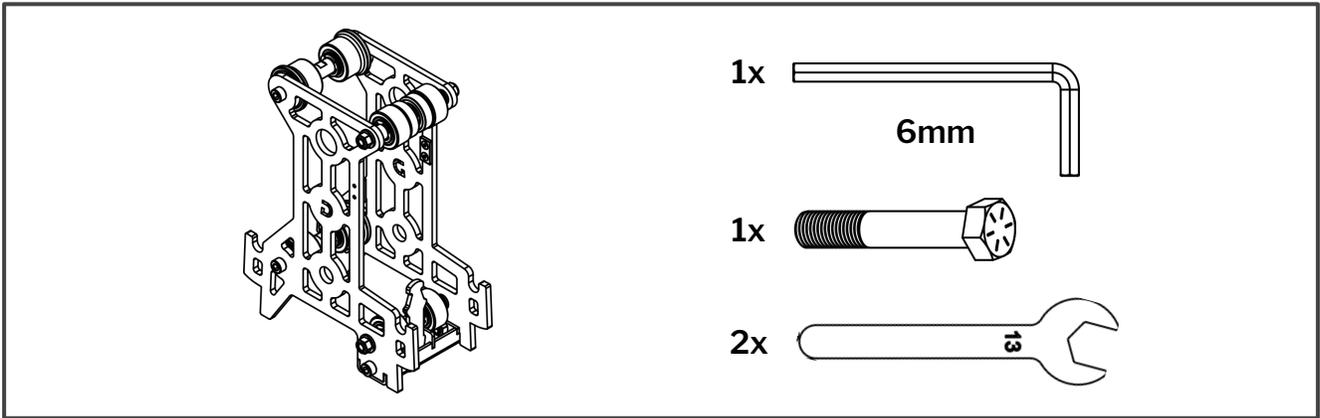
2



3



# TROLLEY

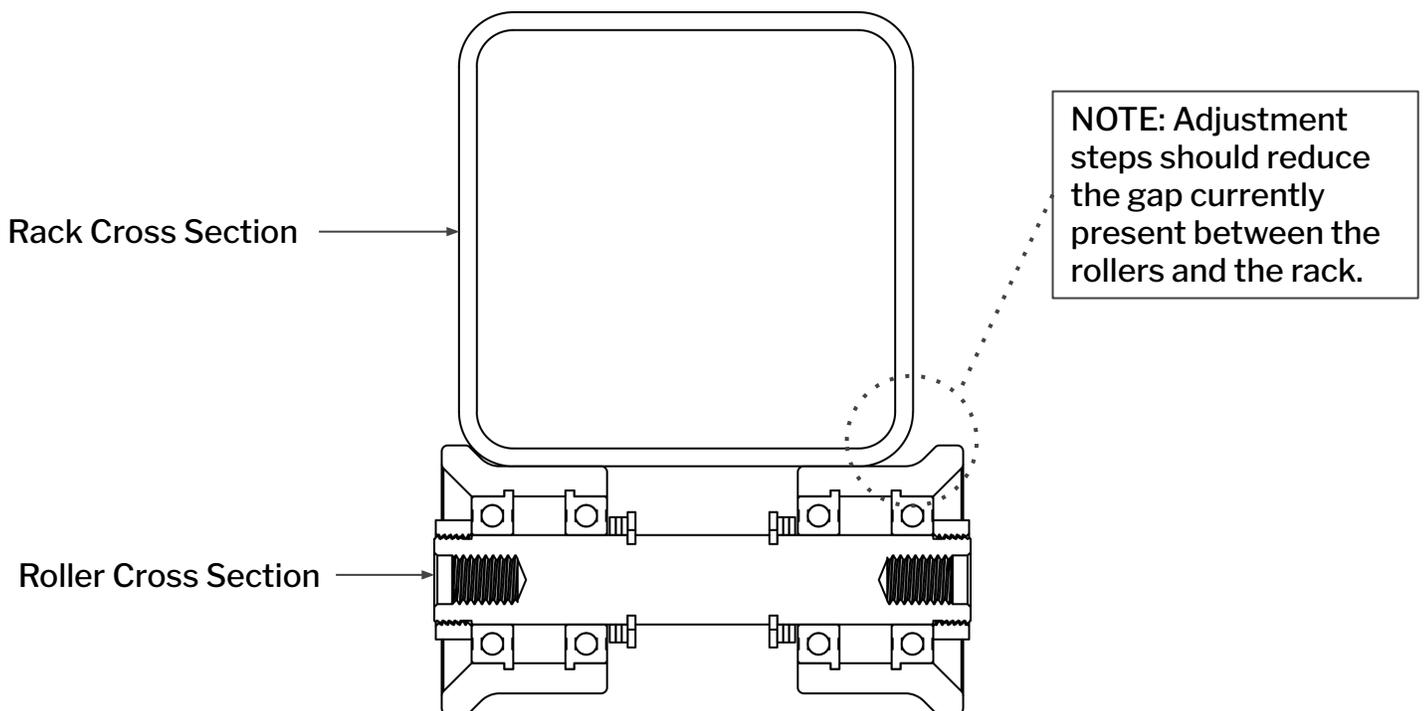


# INNER ROLLER ADJUSTMENT

We recommend making the following trolley inner roller spacing adjustments to get the best fit and performance on your specific rack.

5

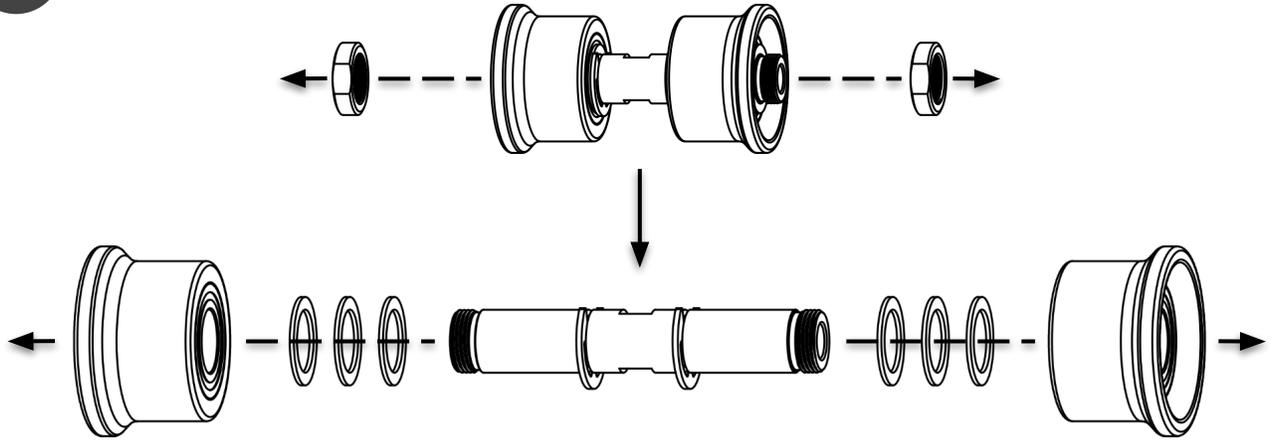
Place roller assembly against rack as shown below. If the gap on the right is 2mm (approx. 0.08") or more, follow steps below for roller adjustments. If the gap is less than 2mm, skip to step 9.



We recommend watching the video linked below before proceeding to the next steps.

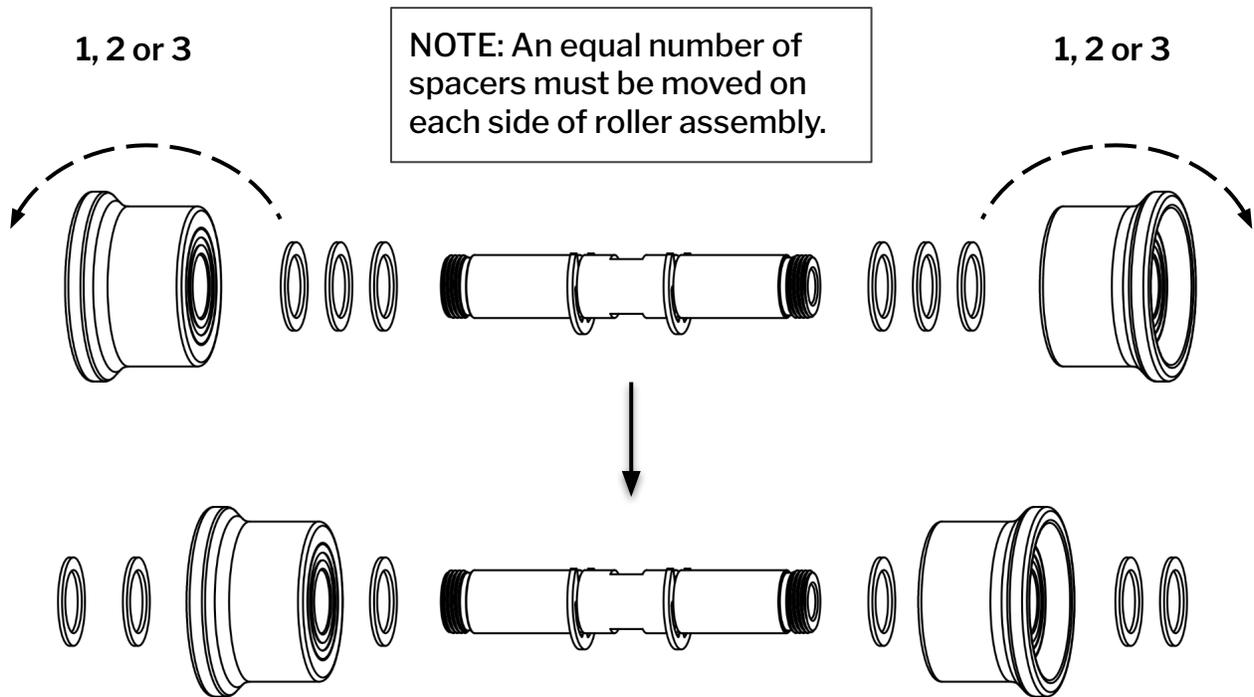
QR Code to Assembly  
Video Coming Soon

6

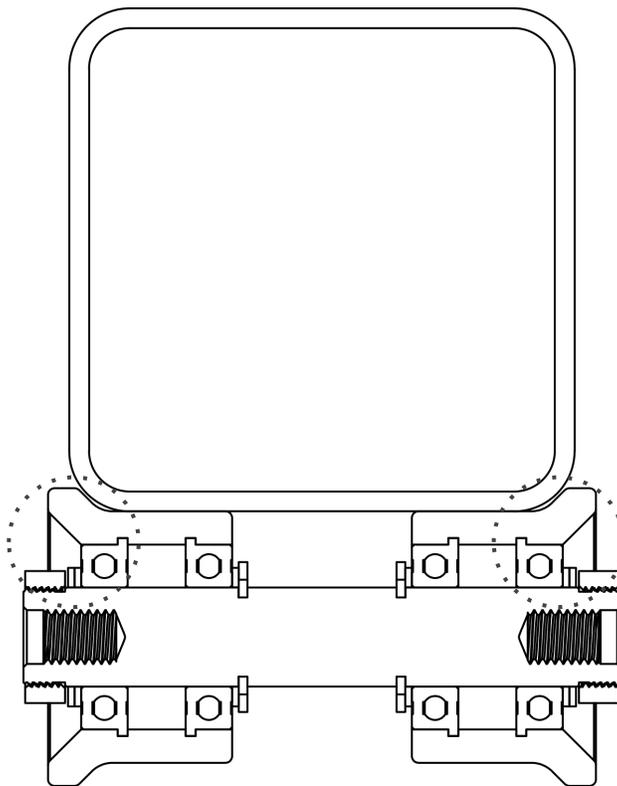
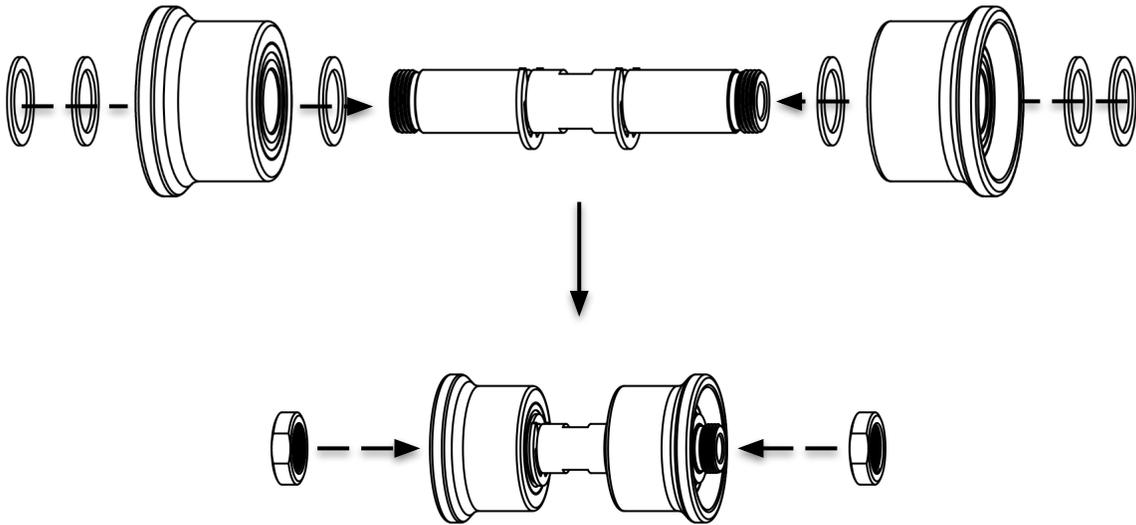


7

Move **necessary number** of spacers from the inside of the rollers to the outside thus decreasing roller width and reducing gap.



8

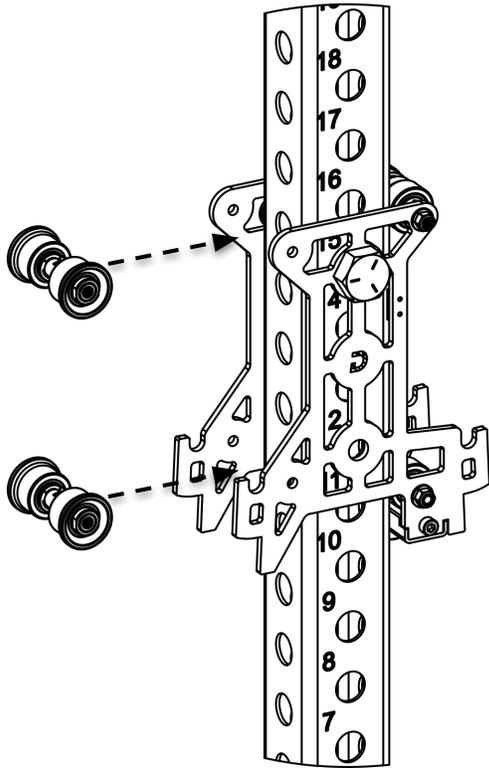


**NOTE:** Total gap should now be less than 2mm (approx. 0.8"). If not, repeat steps 6-8 as needed.

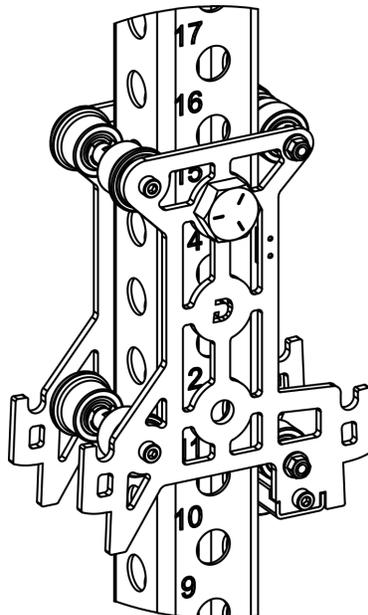
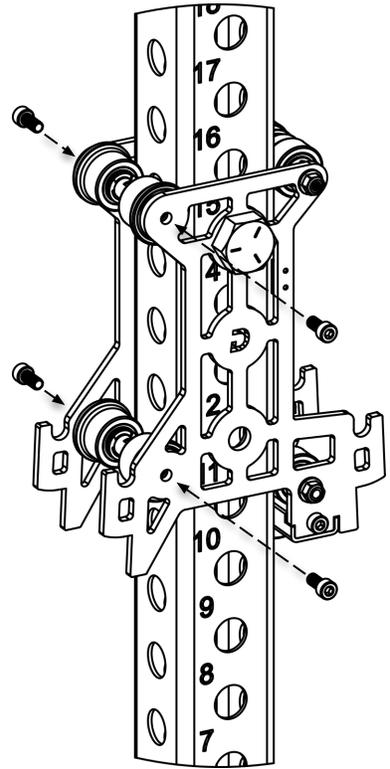
9

Repeat steps 6-8 on bottom inner roller assembly.

10

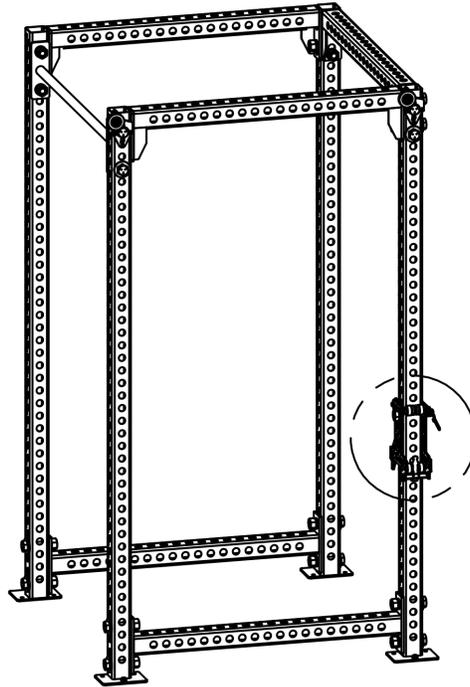


11

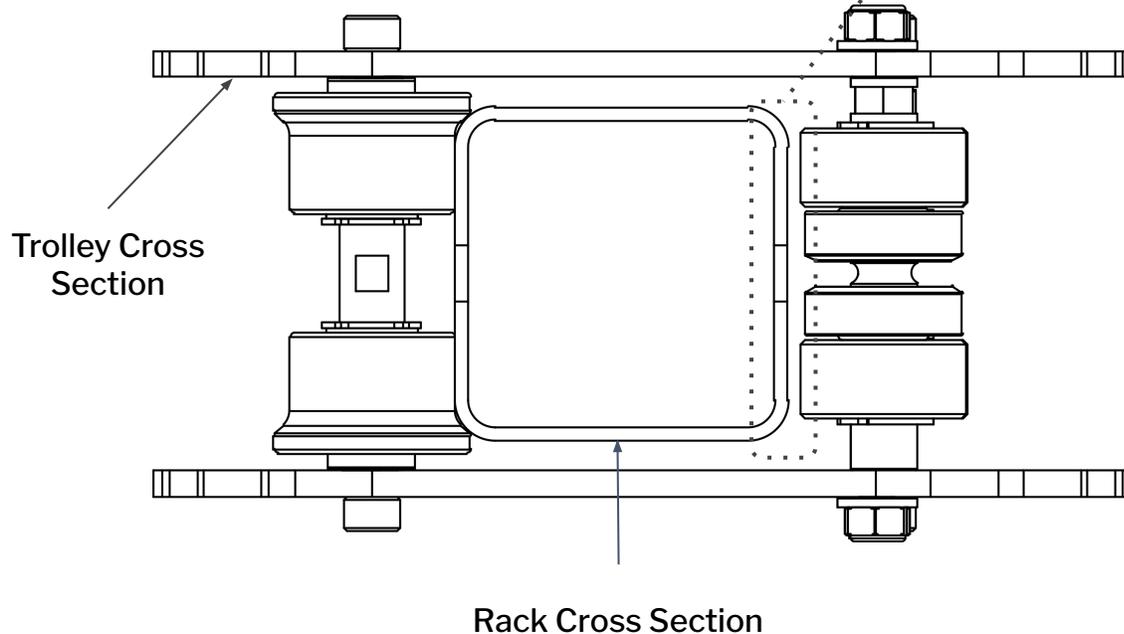


# OUTER ROLLER ADJUSTMENT

We recommend making the following trolley outer roller spacing adjustments to get the best fit and performance on your specific rack.

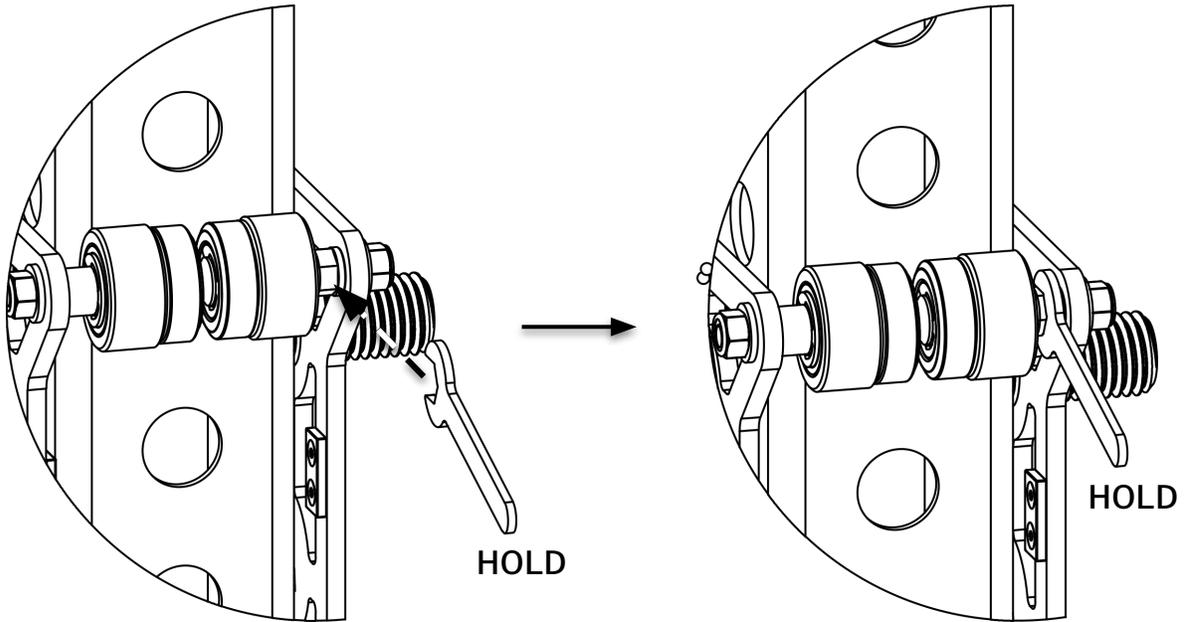


NOTE: Adjustment steps should remove any gap currently present between the outer rollers and the rack.



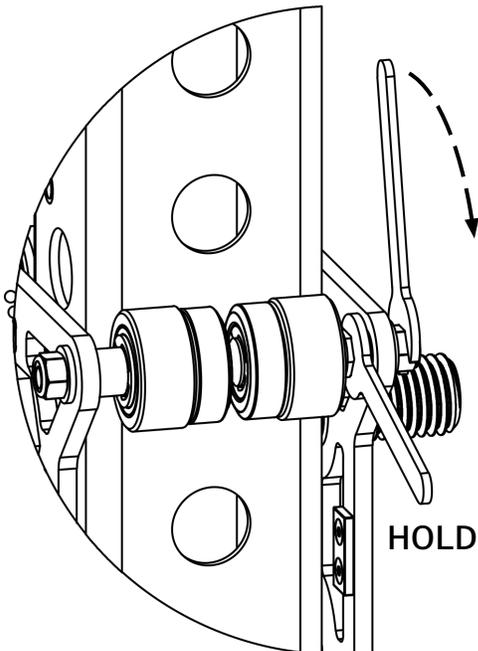
12

NOTE: Hold wrench in place during steps 13 and 14.



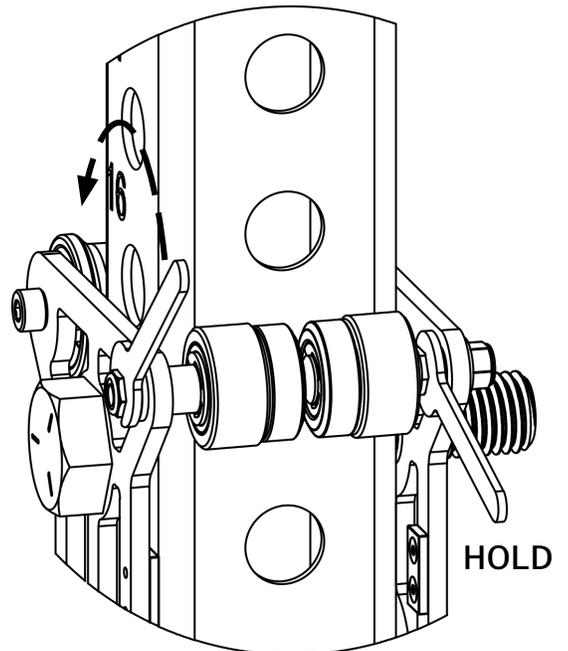
13

Loosen but don't remove nut on right side of roller assembly.



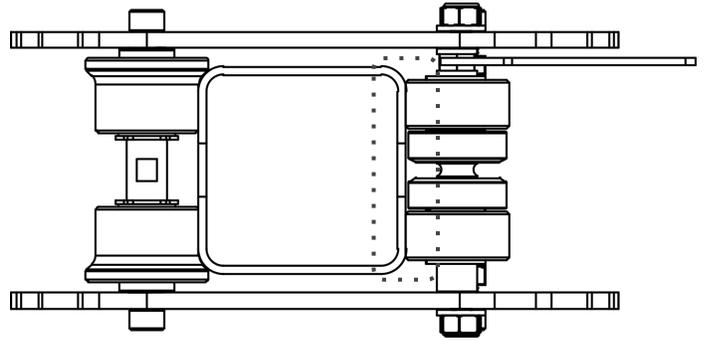
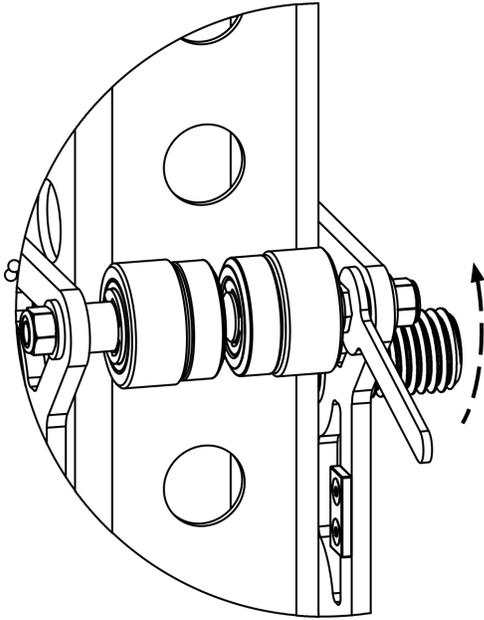
14

Loosen but don't remove nut on left side of roller assembly.



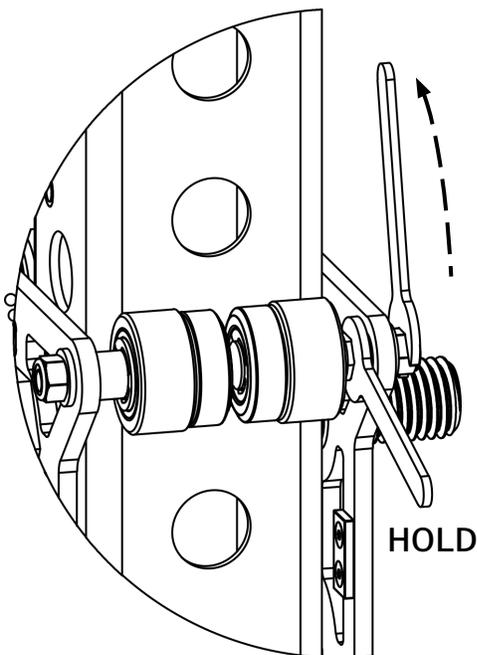
15

Rotate wrench until there is no gap between the roller and the rack. Hold wrench in that location during steps 16 and 17.



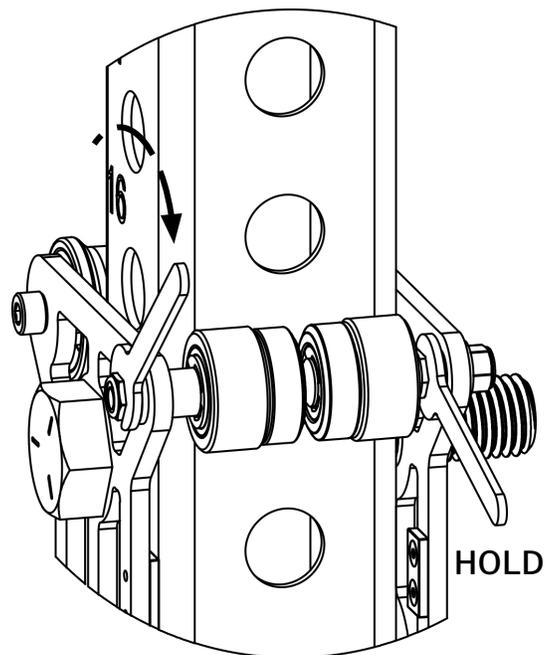
16

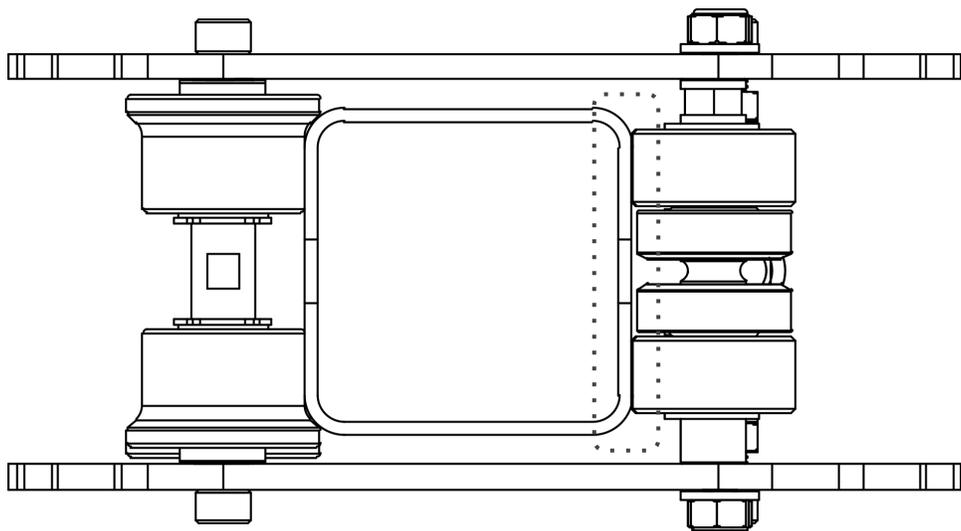
Tighten nut on right side of roller assembly.



17

Tighten nut on left side of roller assembly.



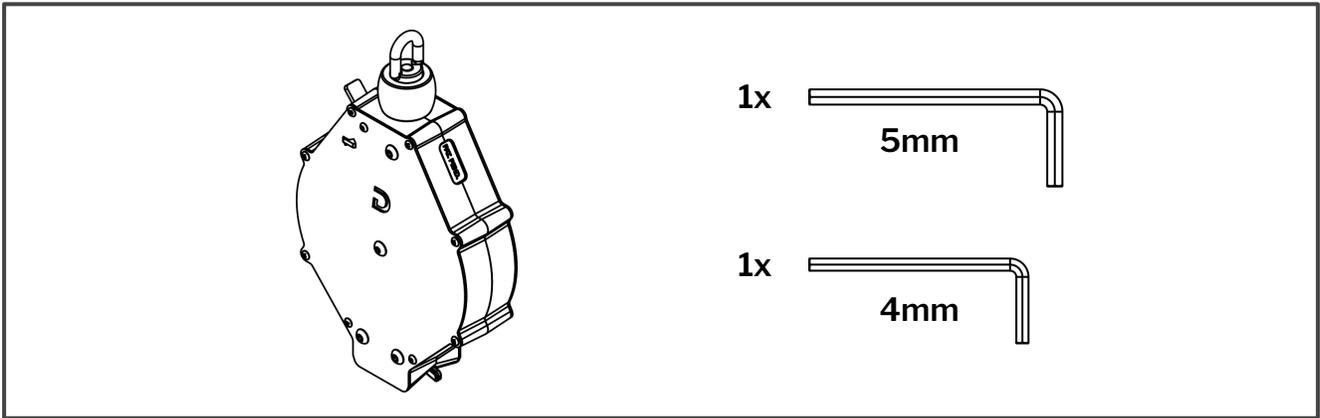


**NOTE:** Outer roller should now be flush with rack post.

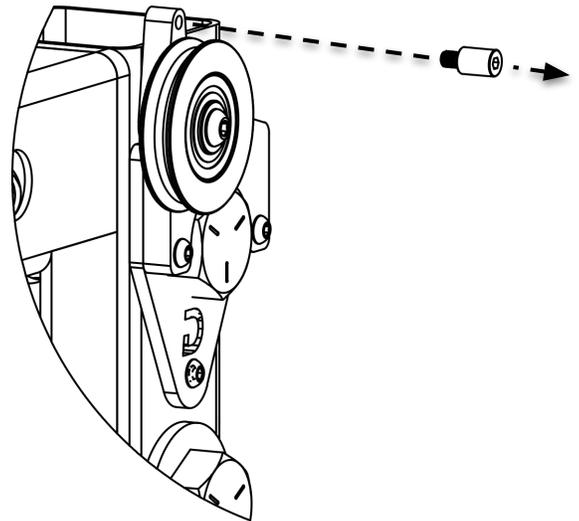
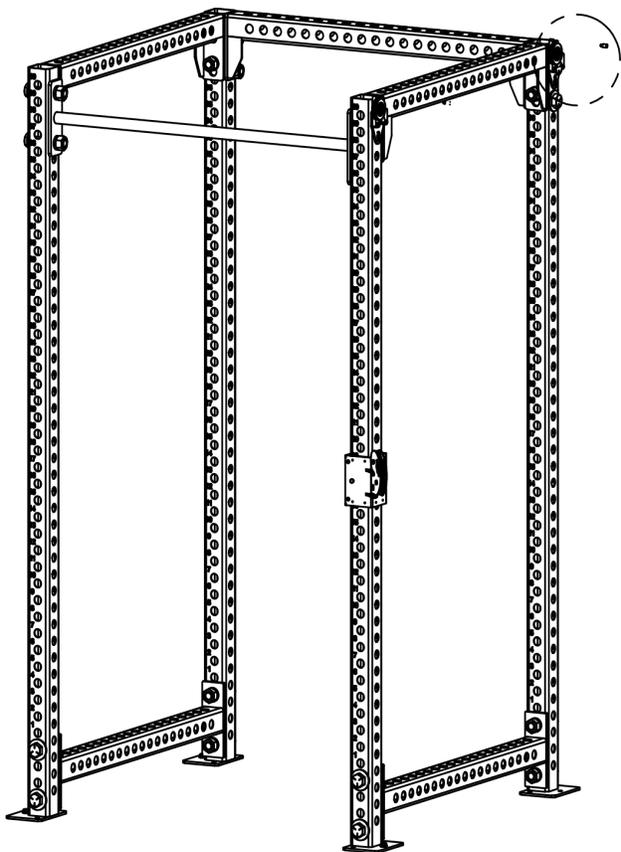
**18**

Repeat steps 12-17 on bottom outer roller assembly.

# RUNNING CABLE

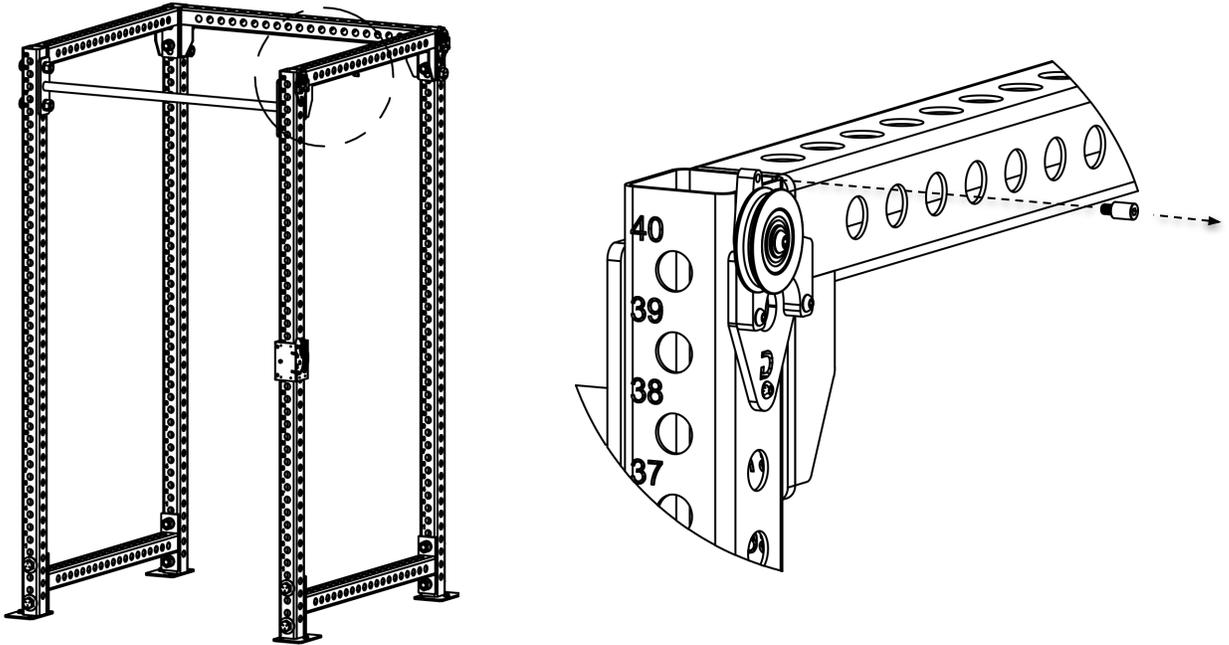


1



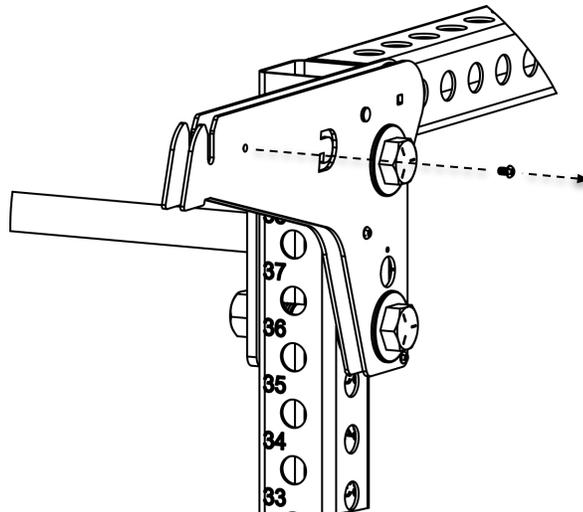
NOTE: If you have the Upper Arm add-on, skip step 4 and continue to step 5.

4

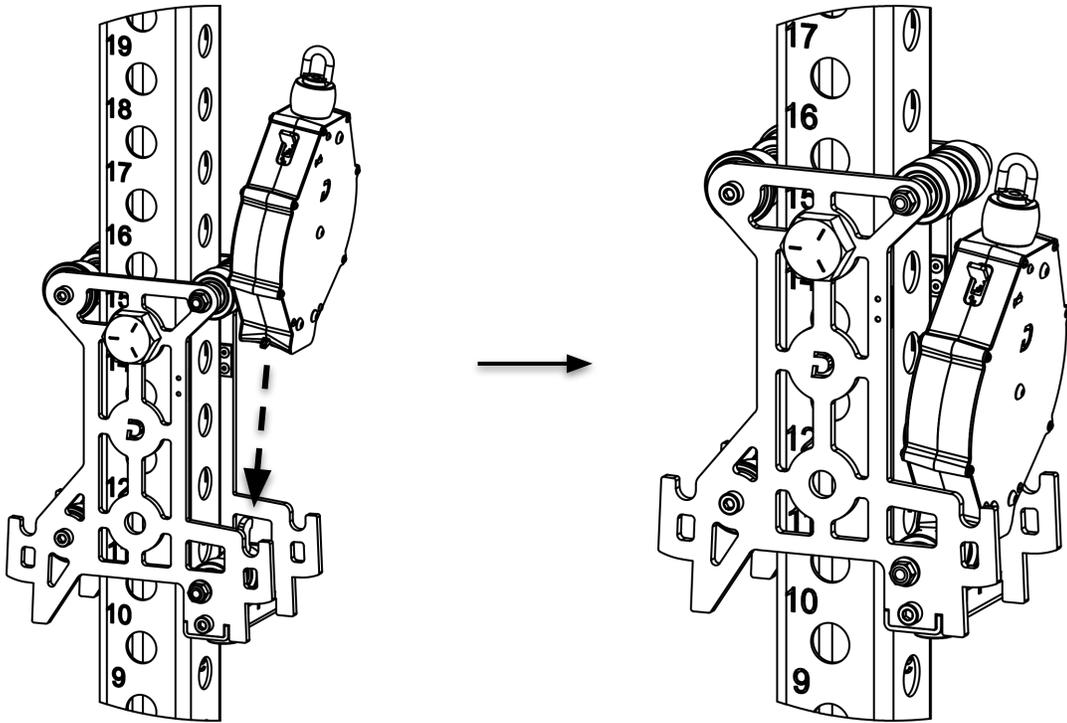


5

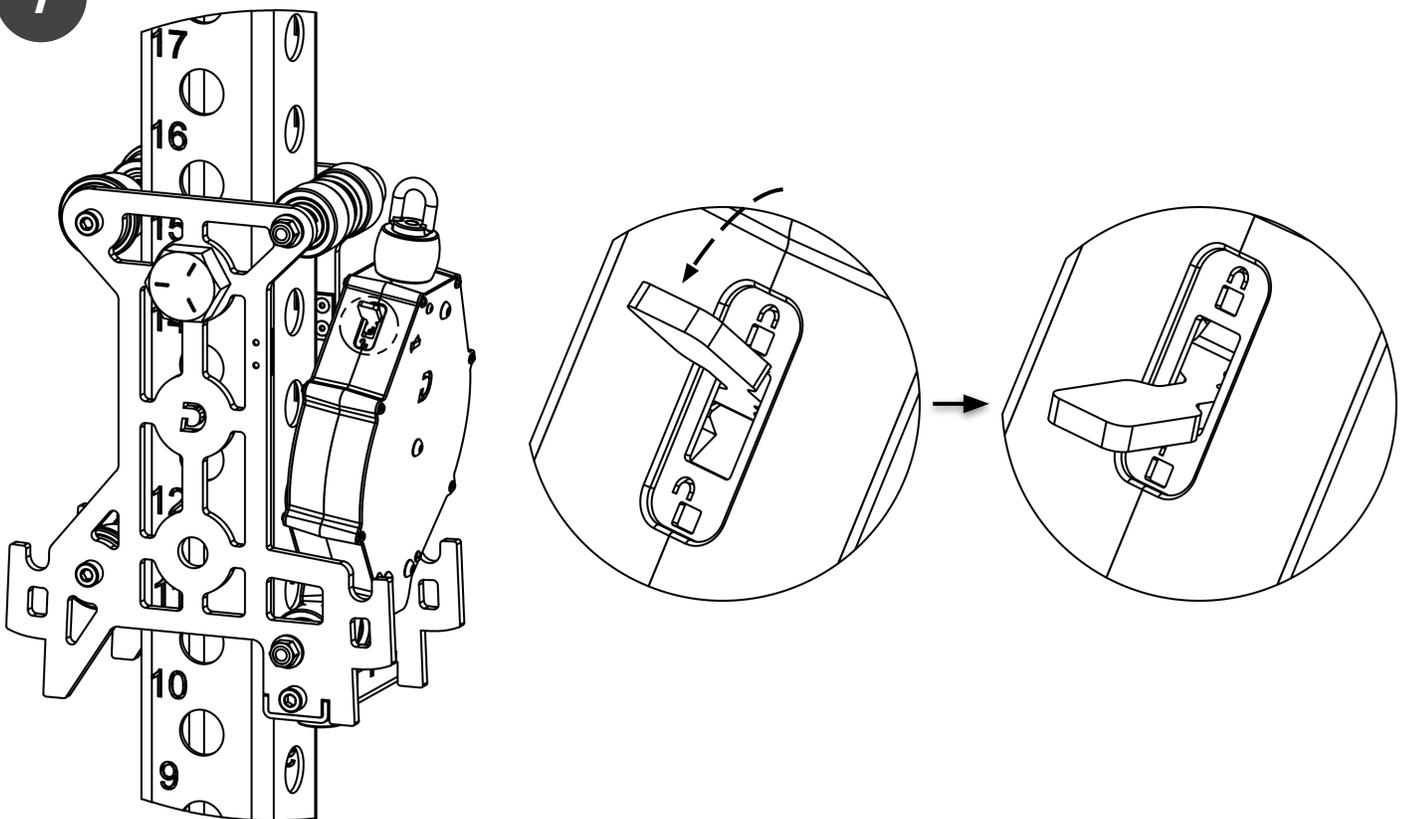
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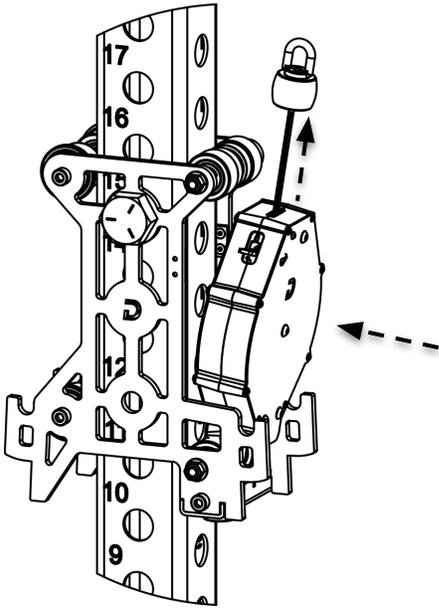
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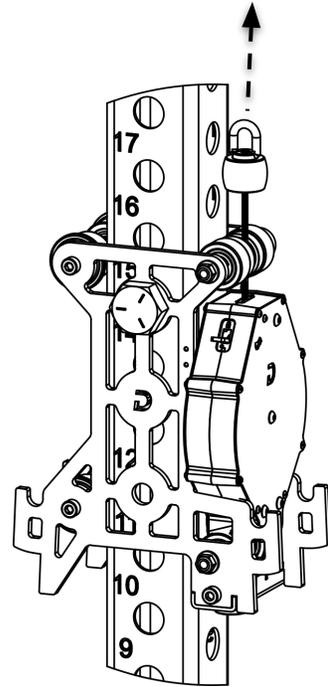
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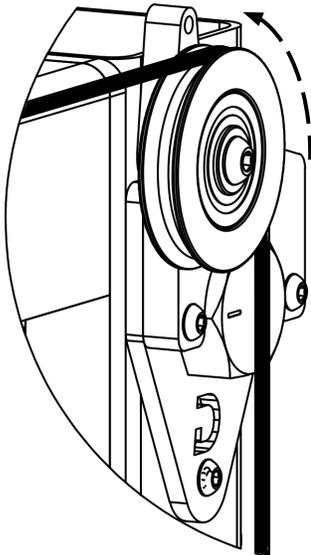
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9

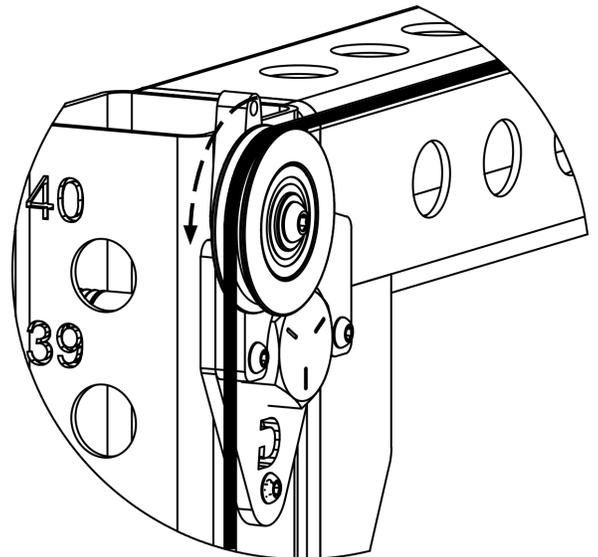


10



11

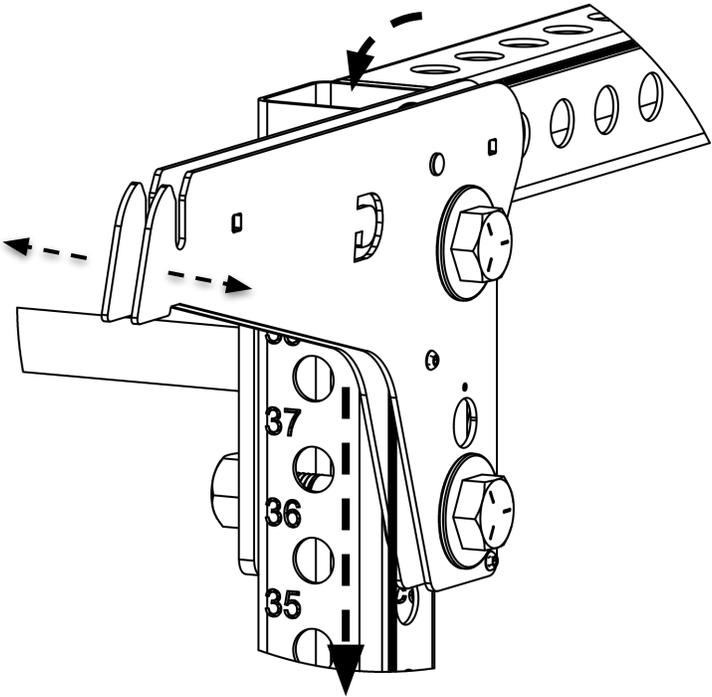
**NOTE:** If you have the Upper Arm add-on, skip this step and continue to step 12.



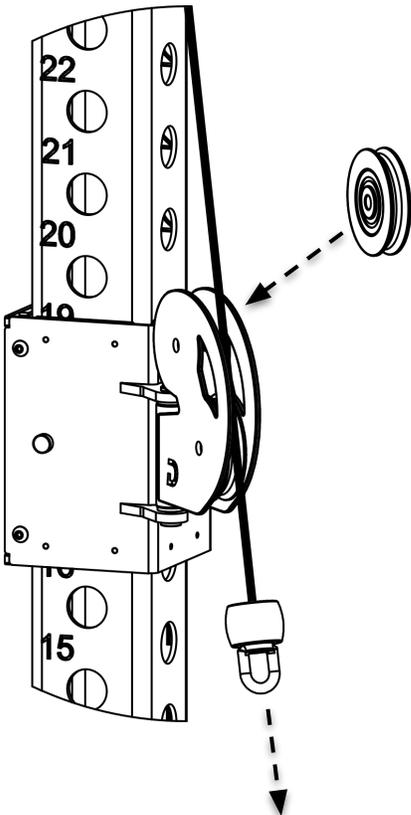
12

(If applicable)

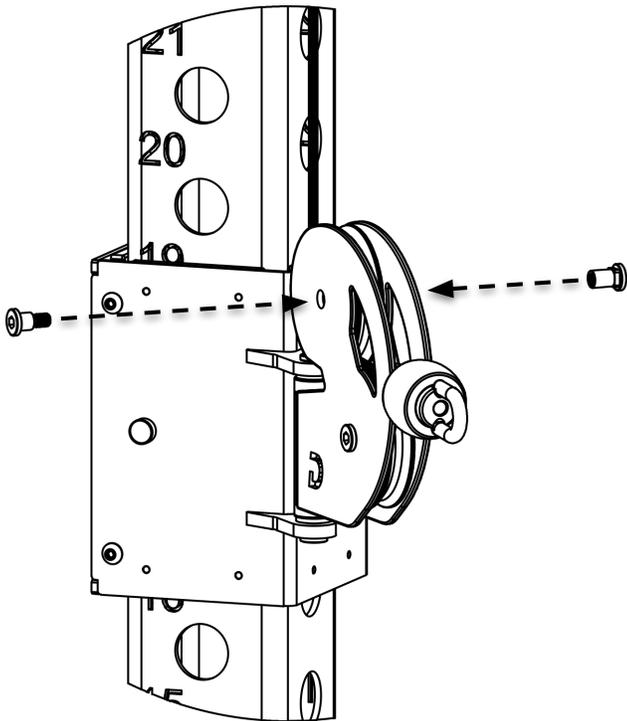
NOTE: In order to pass cable through upper arm, gently flex plates apart.



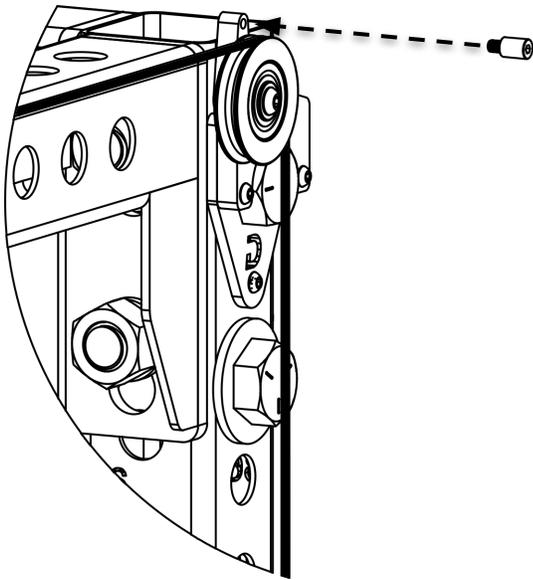
13



14

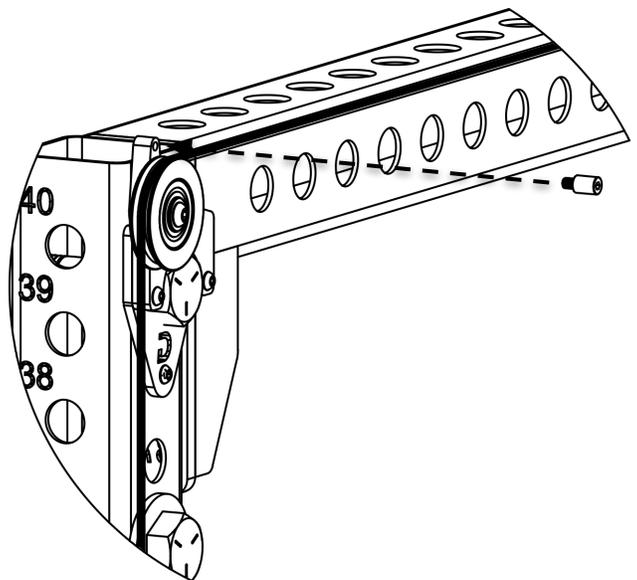


15



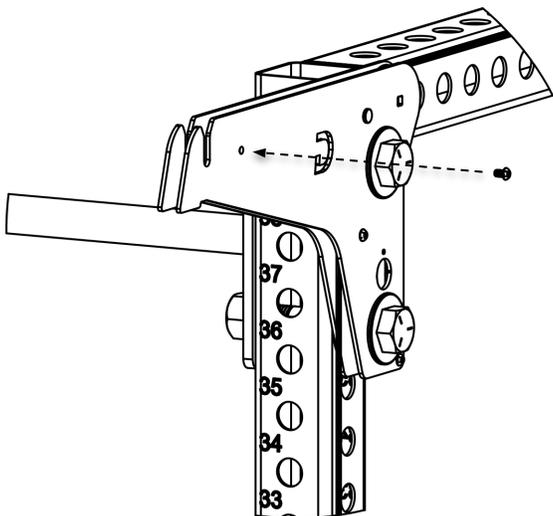
16

**NOTE:** If you have the Upper Arm add-on, skip this step and continue to step 17.



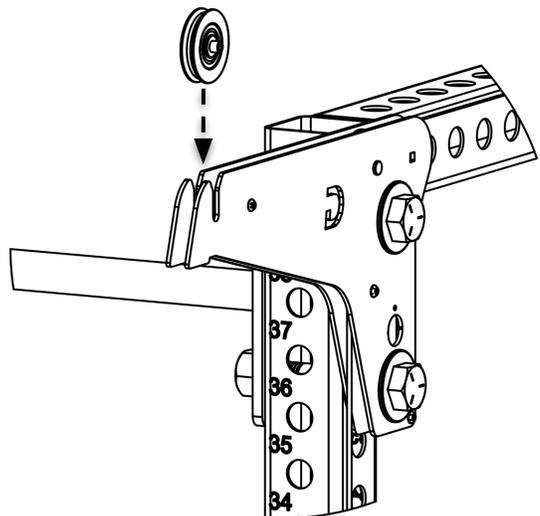
17

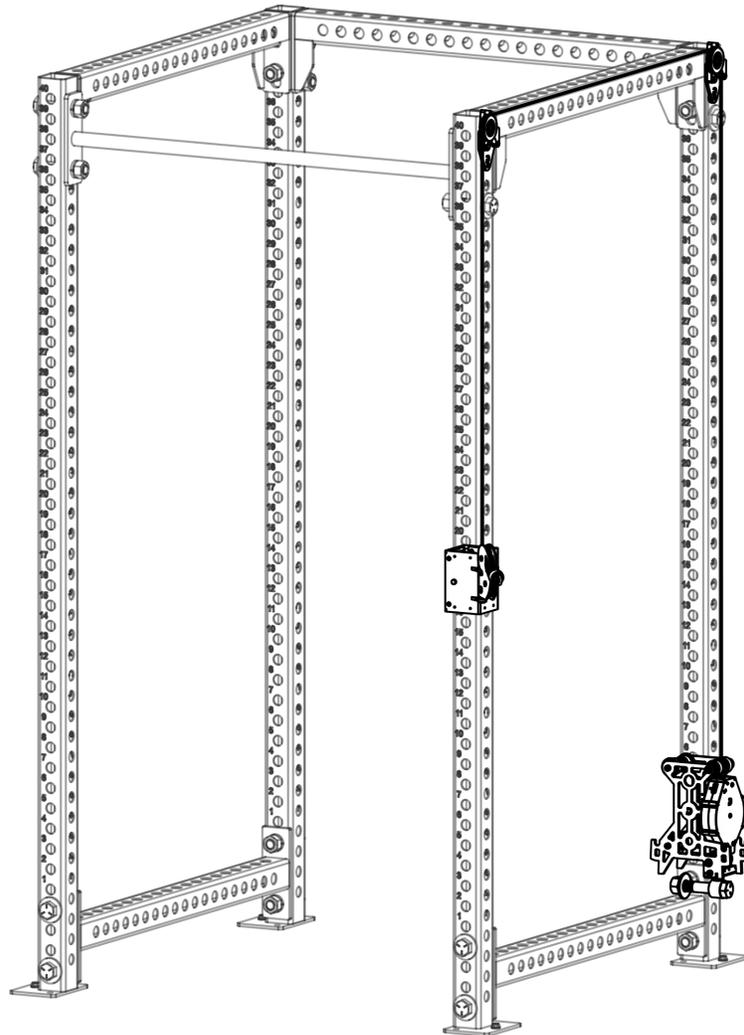
(If applicable)



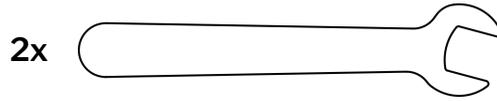
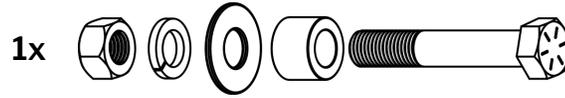
18

(If applicable)



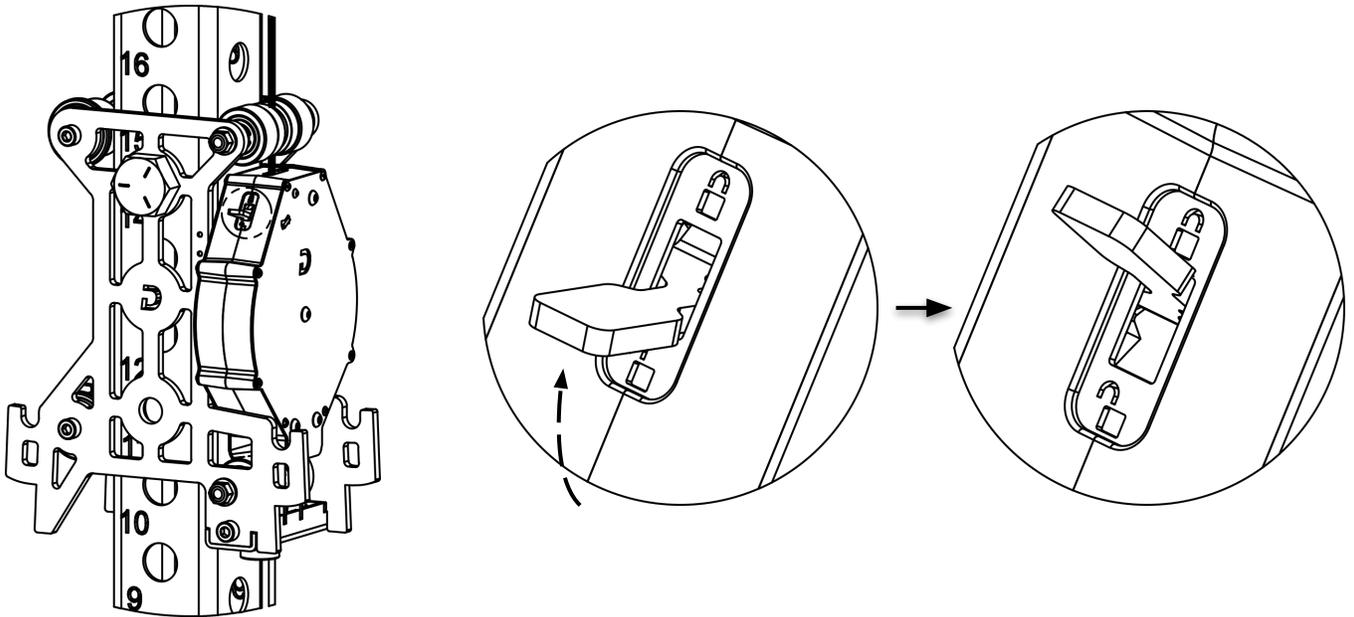


# TROLLEY STOPPER

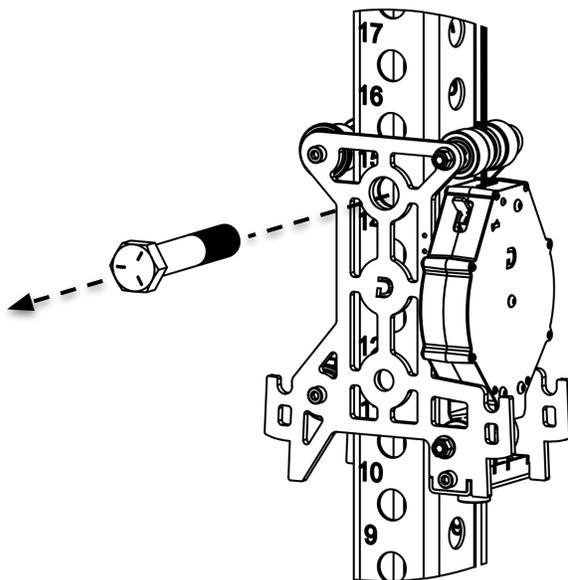


(Not Included)

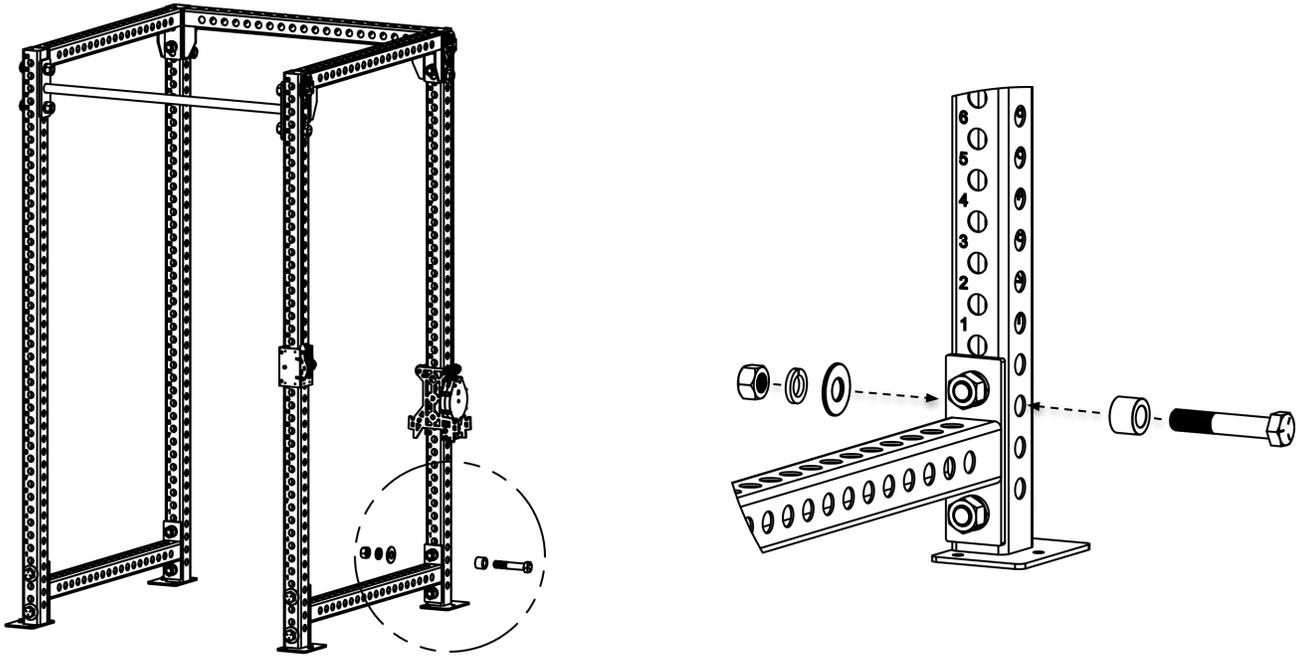
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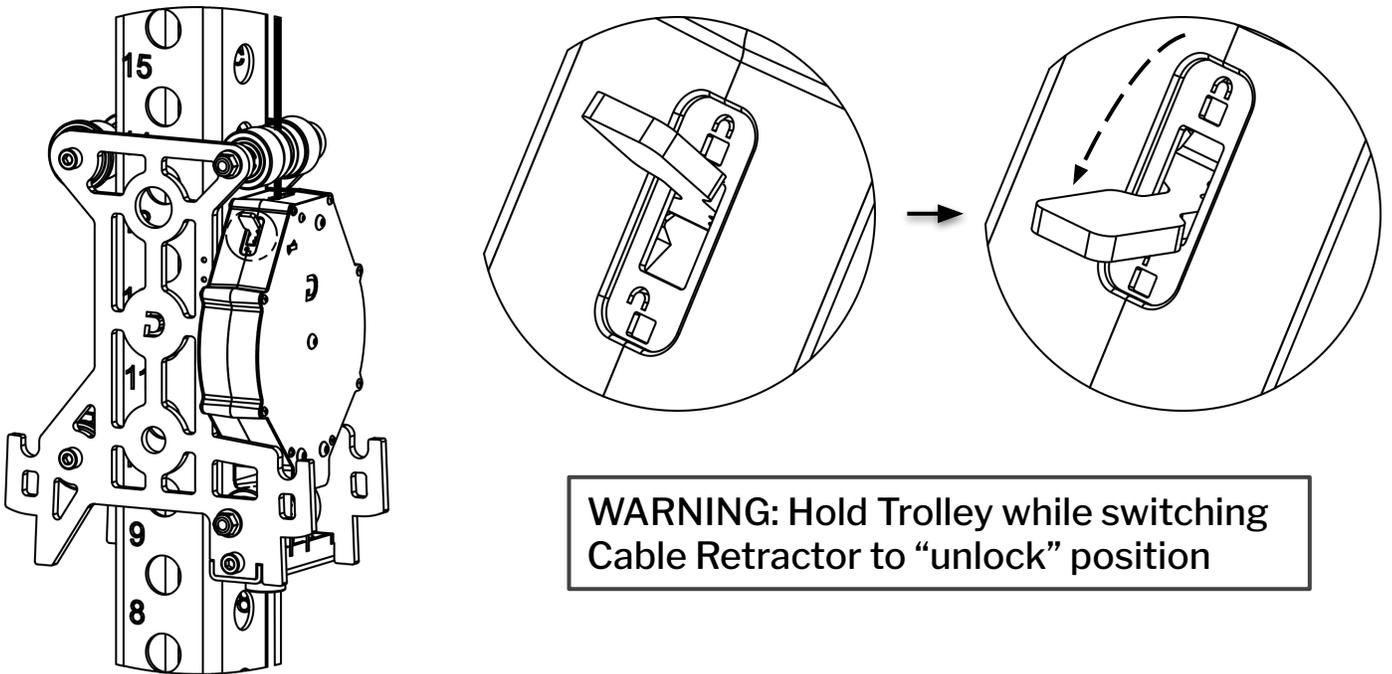
2



3

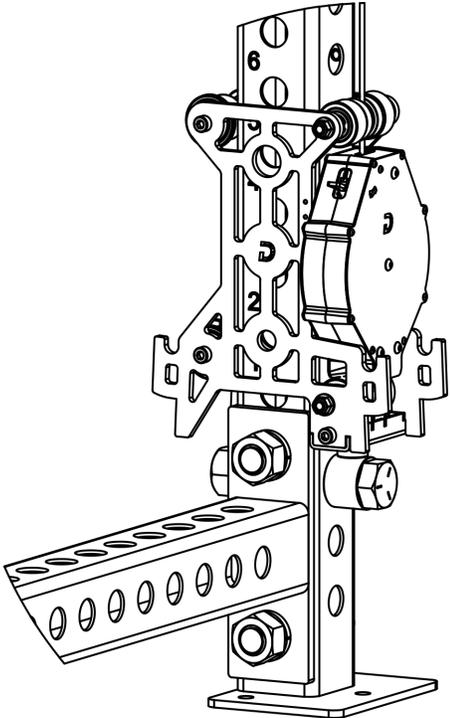
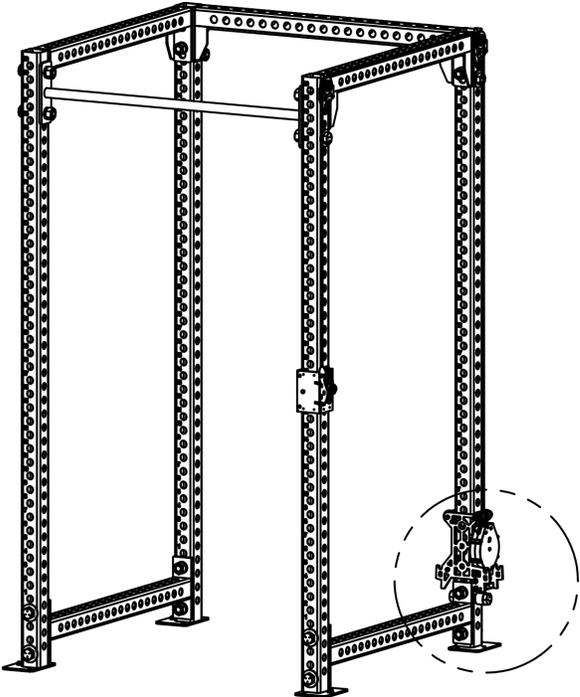
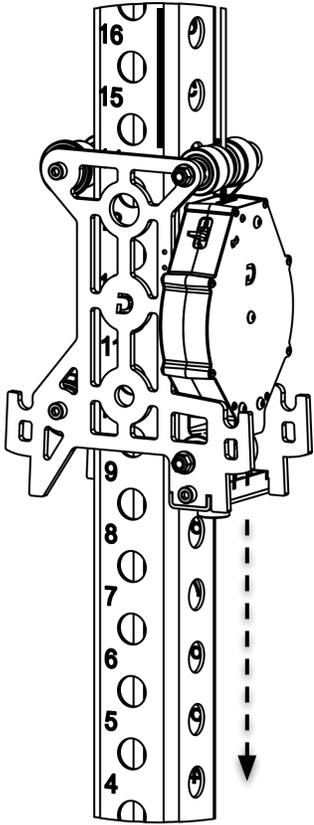


4



5

WARNING: Lower  
Trolley gently



# SUPPORT

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## Contact Us

Shoot us an email: [info@dialledmotion.com](mailto:info@dialledmotion.com)

Based in San Francisco, CA