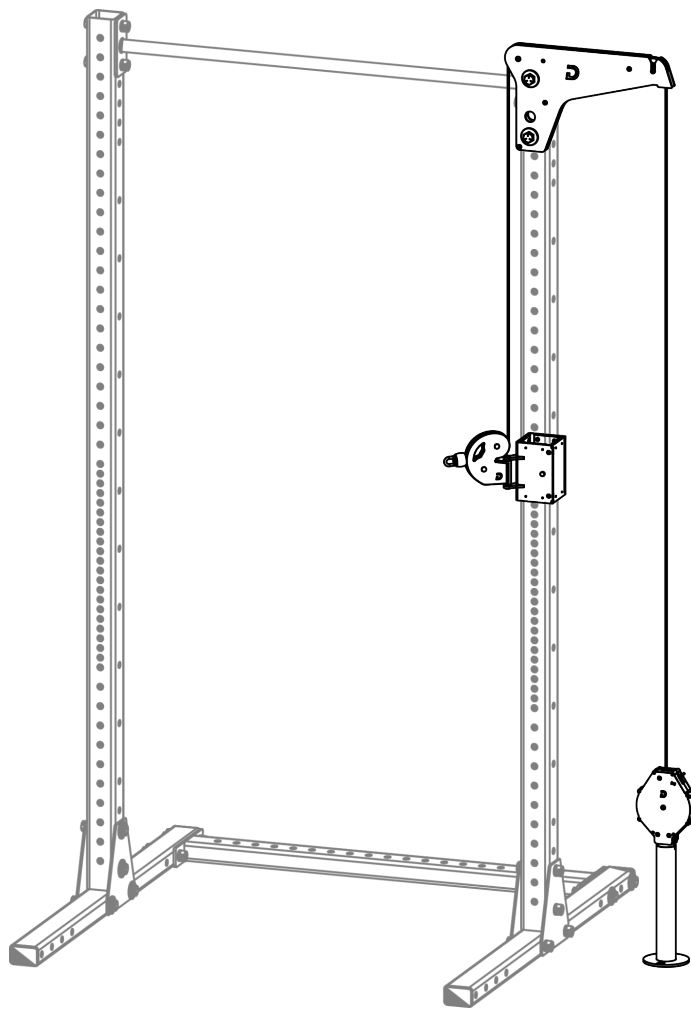


SIDEWINDER CABLE SYSTEM

Instructions Manual



DIALED MOTION

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SAFETY WARNINGS

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.

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.

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.

CAUTION

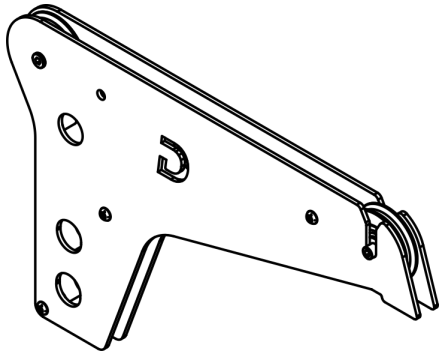
When the cable is pulled out of the cable retractor and then released, it coils back up at rapid speed which can result in injury. Be especially mindful of this while running the cable during installation.

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

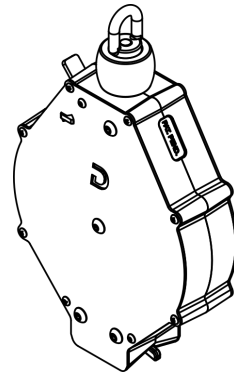
IMPORTANT NOTICE - PLEASE READ ALL WARNINGS BEFORE USE:

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.

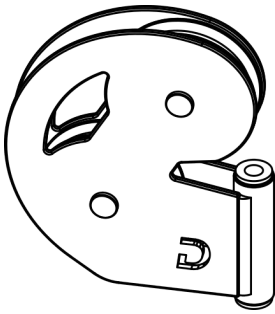
PARTS LIST



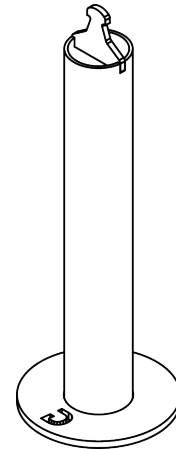
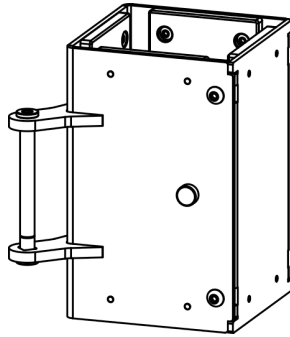
Upper Arm



Cable Retractor



Carriage Assembly



Load Pin

Included		Not Included	
2x		1x	
1x		2x	

INSTALLATION

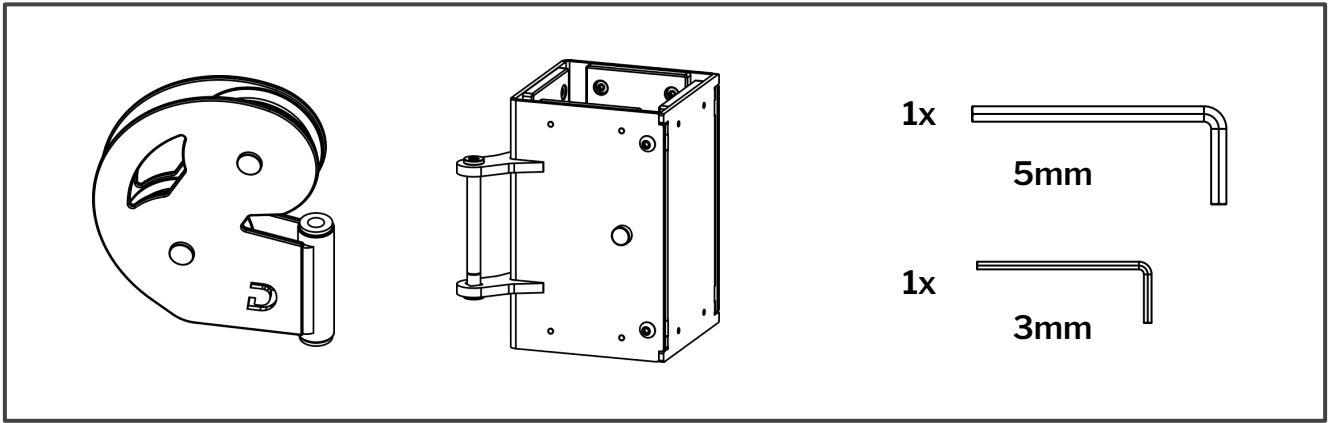
Squat Stand vs. Power Rack

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

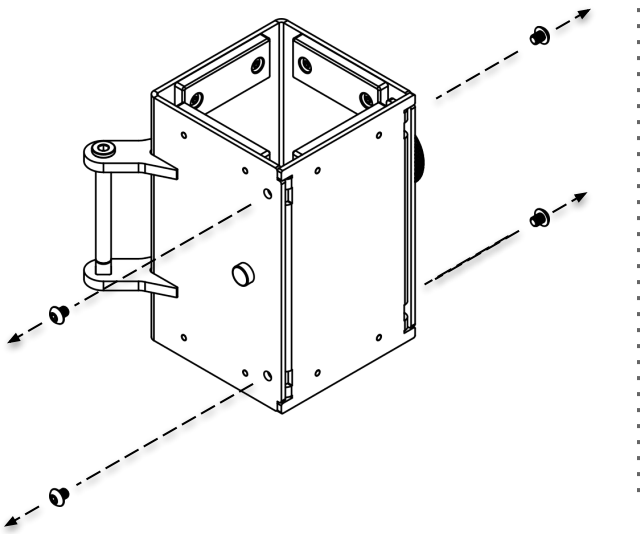
Right Side vs. Left Side

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

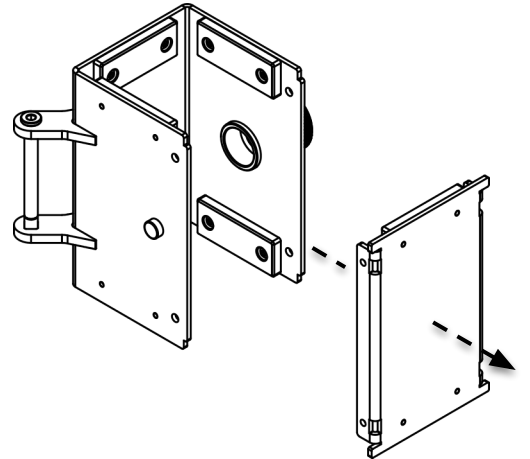
CARRIAGE



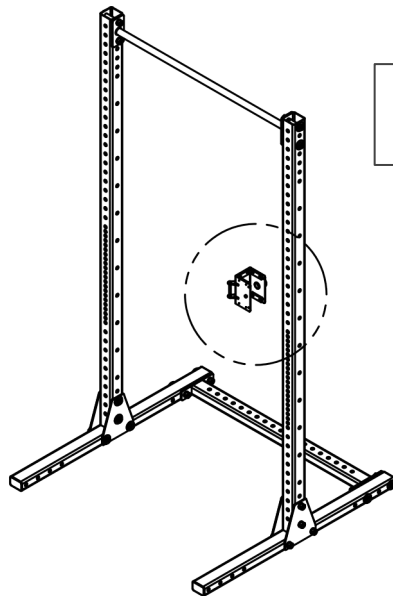
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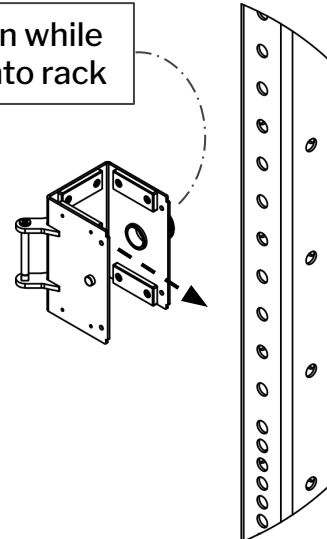
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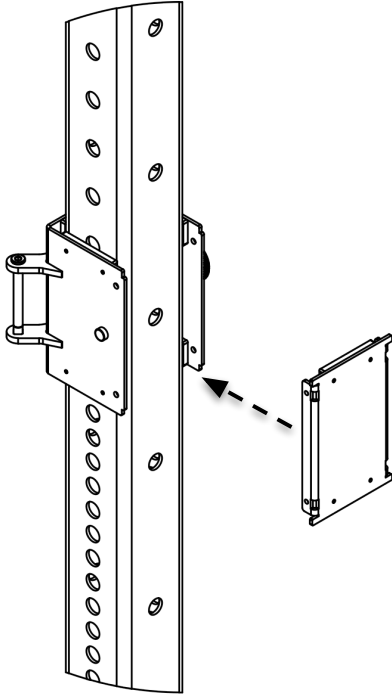
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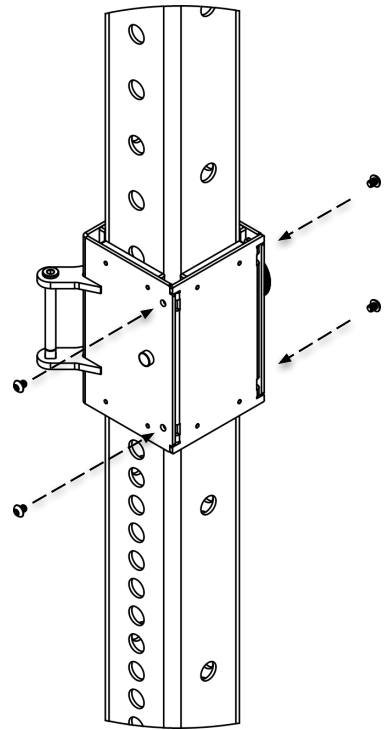
NOTE: Pull pop pin while sliding carriage onto rack



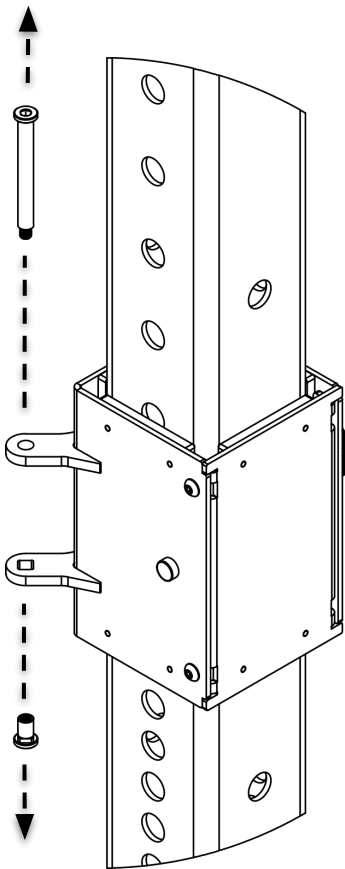
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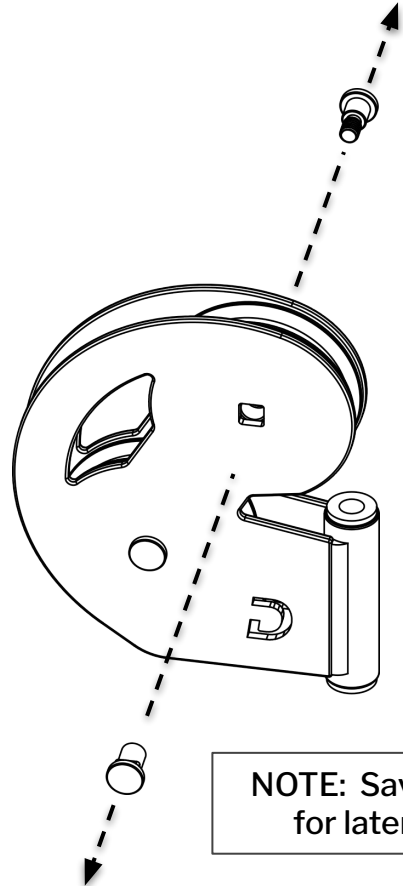
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6

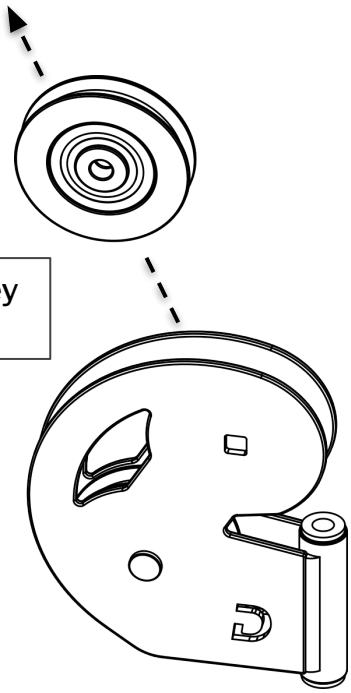


7



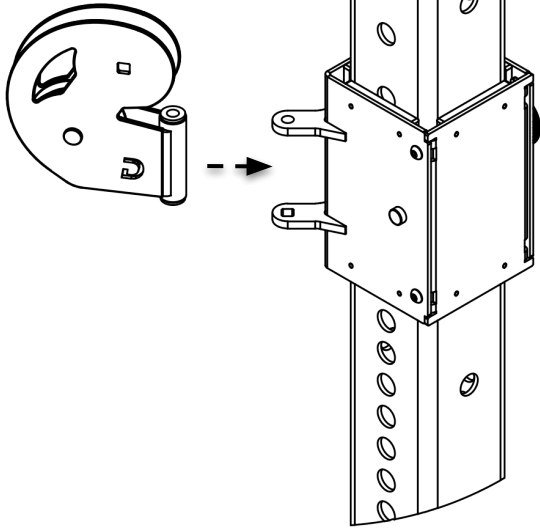
NOTE: Save bolts for later use

8

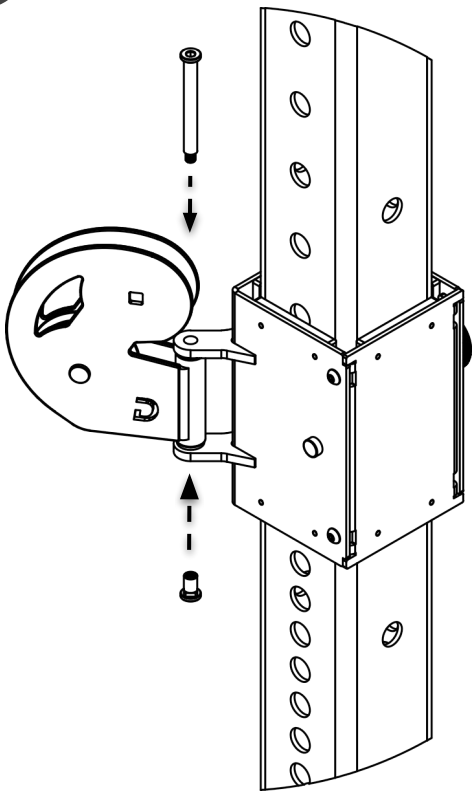


NOTE: Save pulley for later use

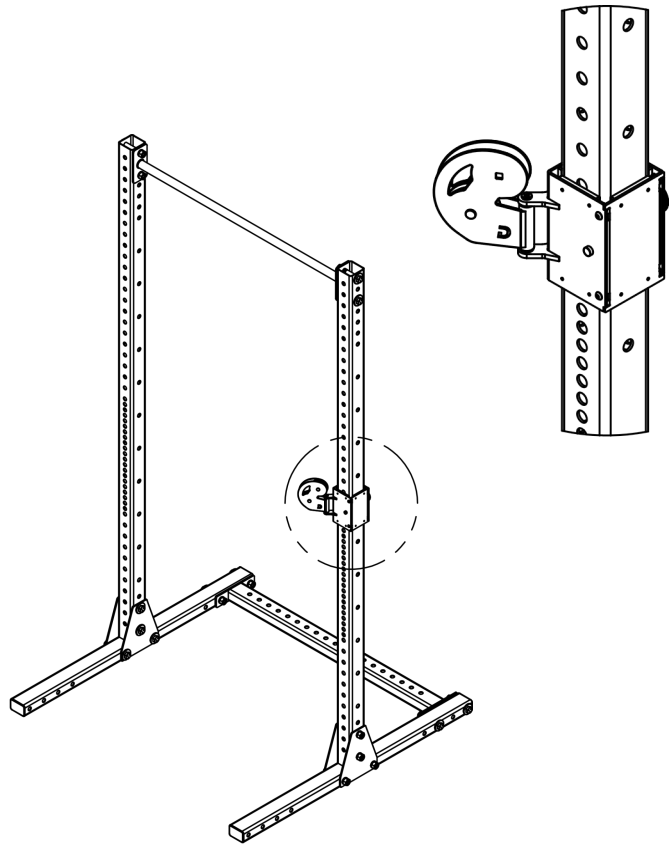
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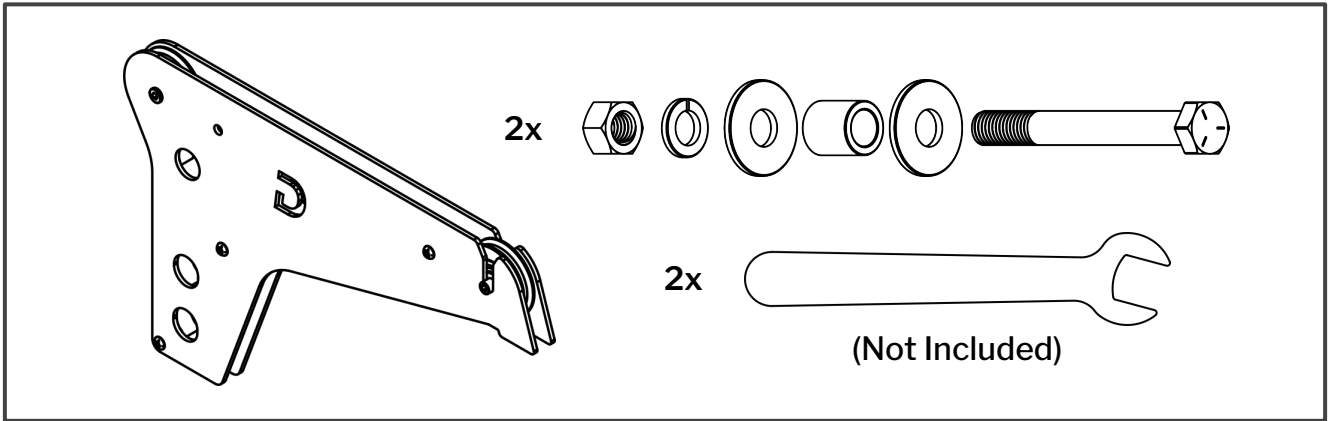
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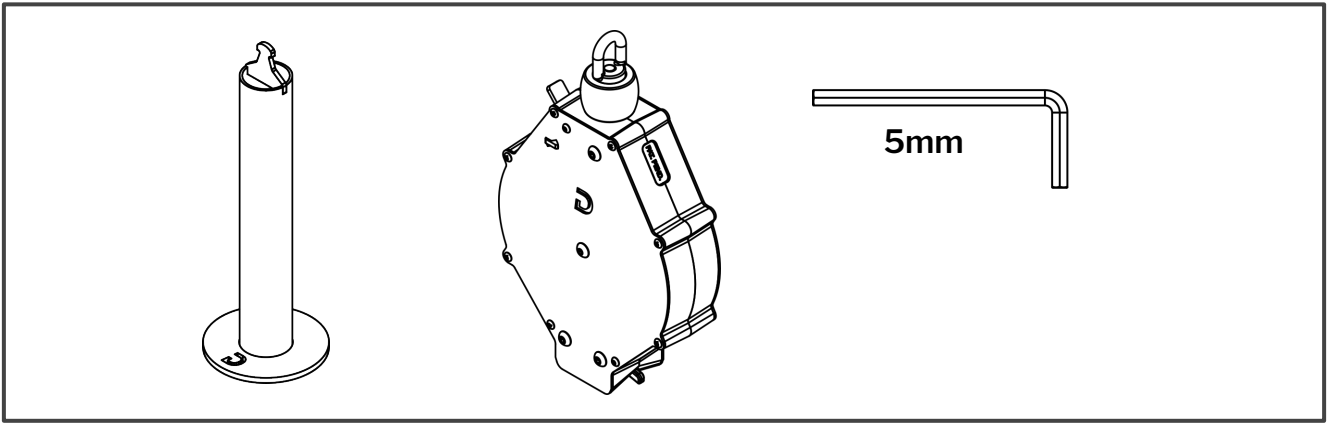
✓



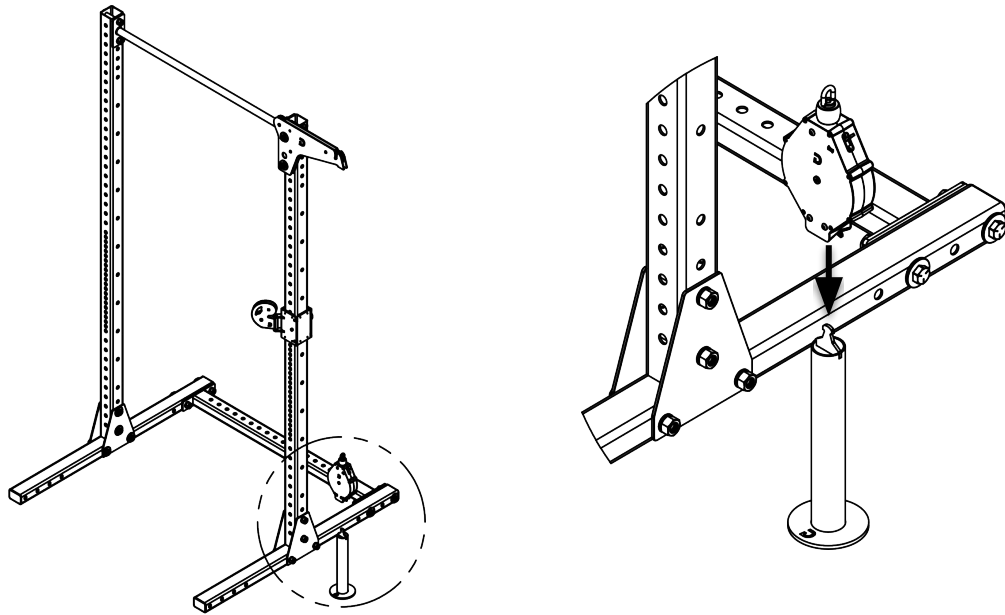
UPPER ARM



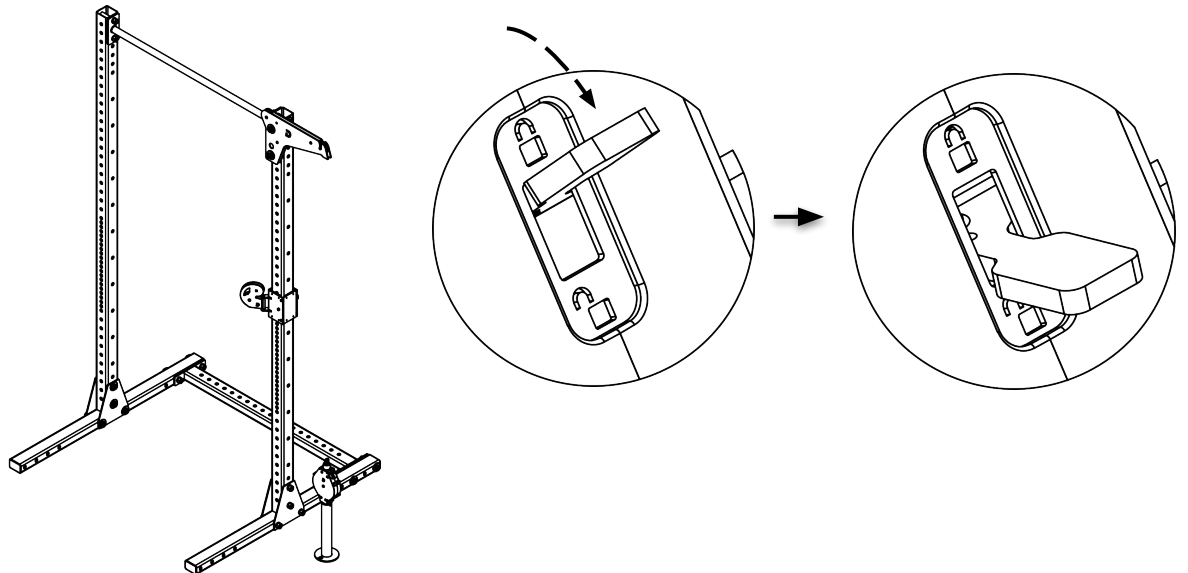
RUNNING CABLE



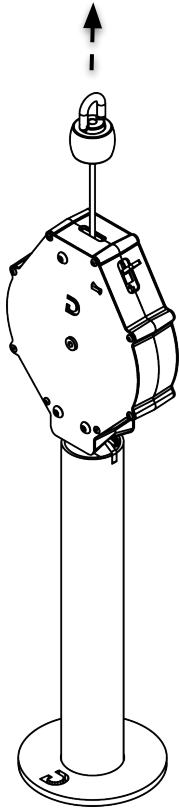
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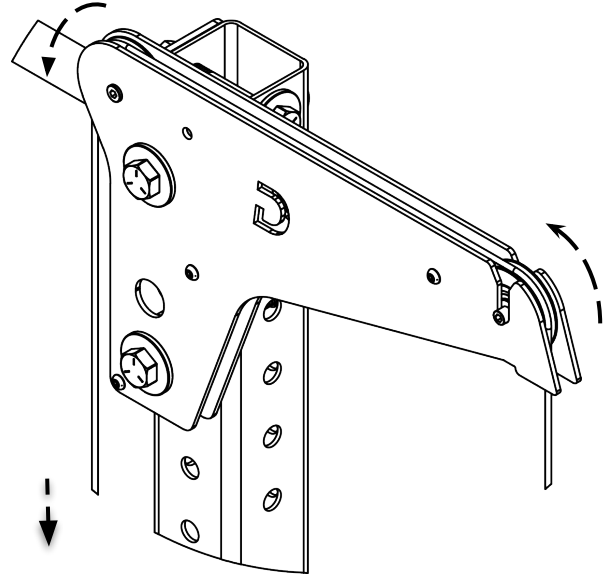
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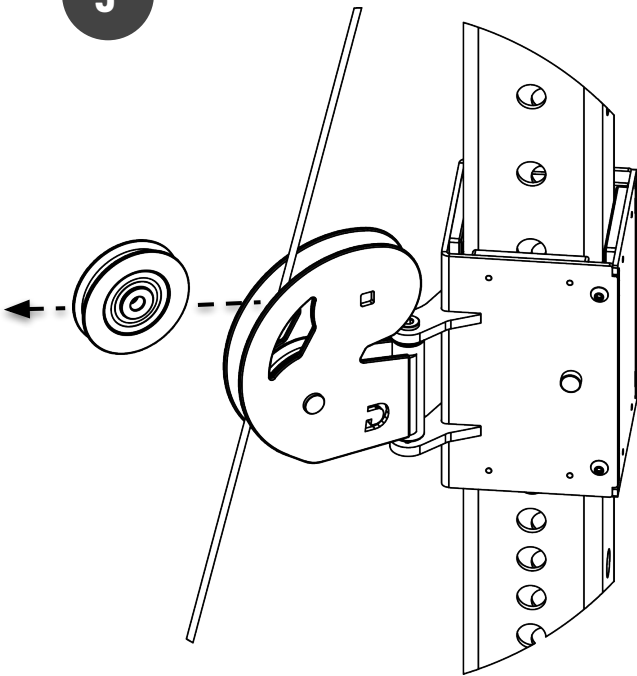
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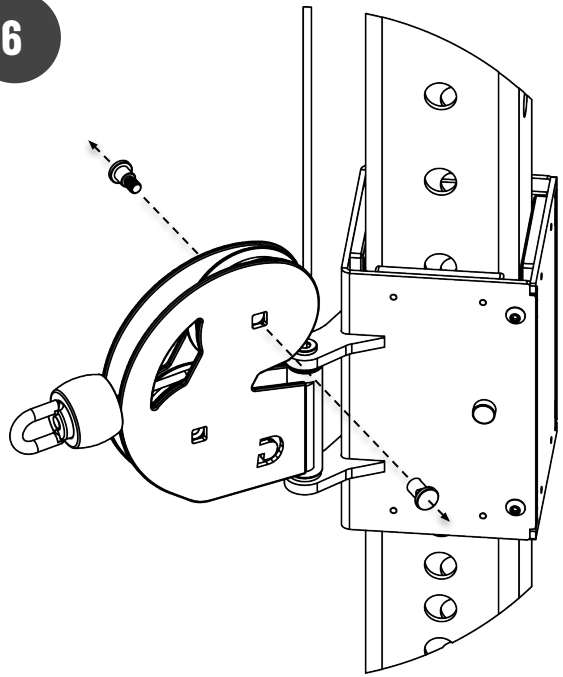
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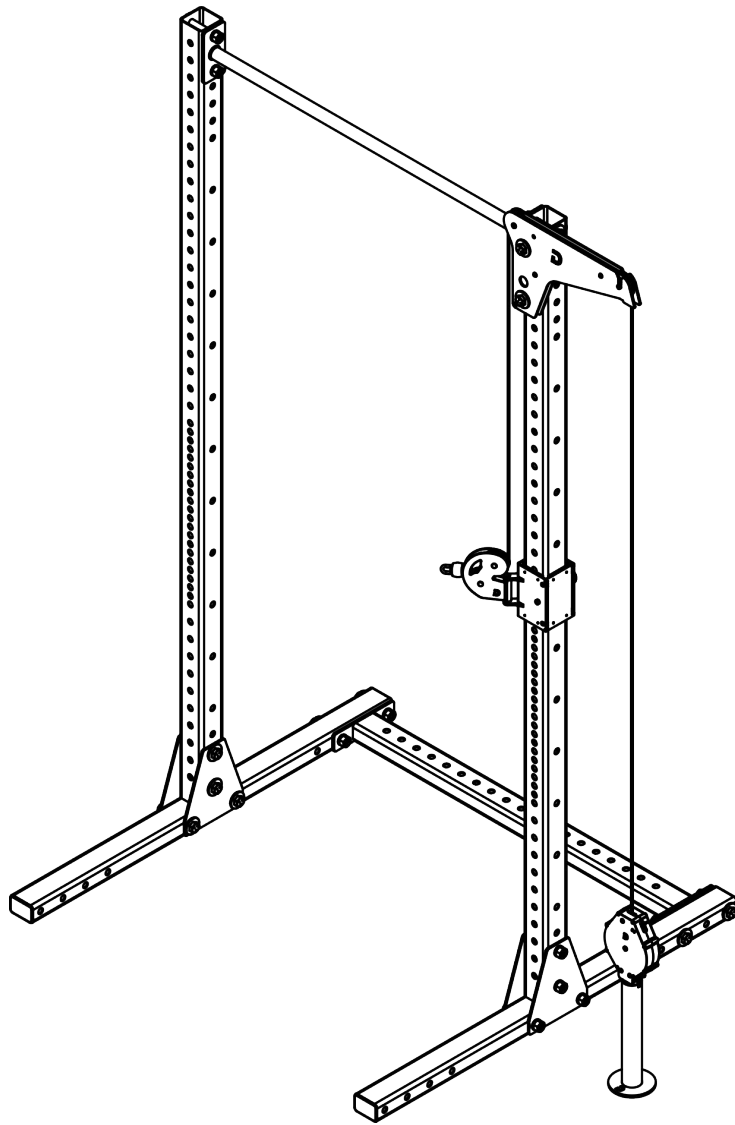


5



6





SUPPORT

Contact Us

Shoot us an email: info@dialledmotion.com

Based in San Francisco, CA