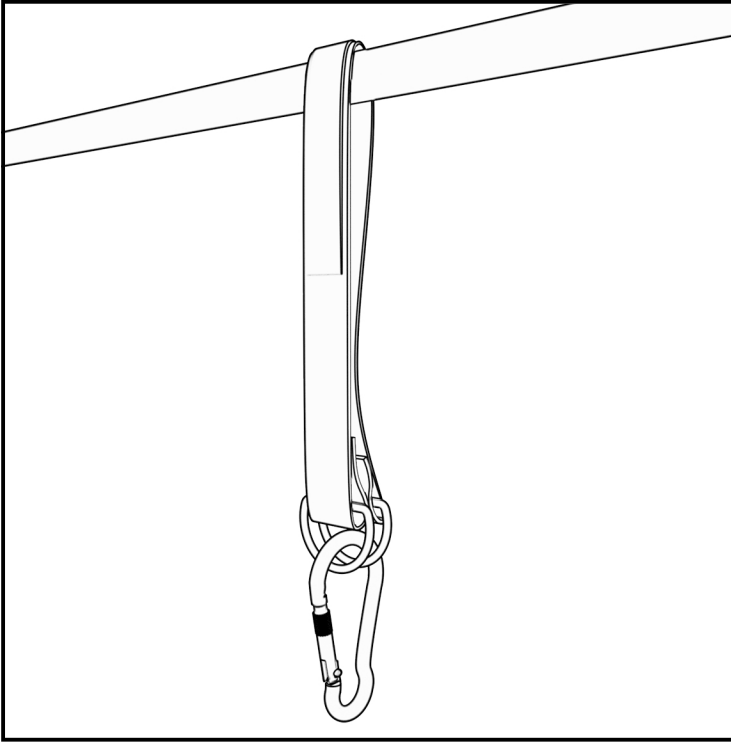
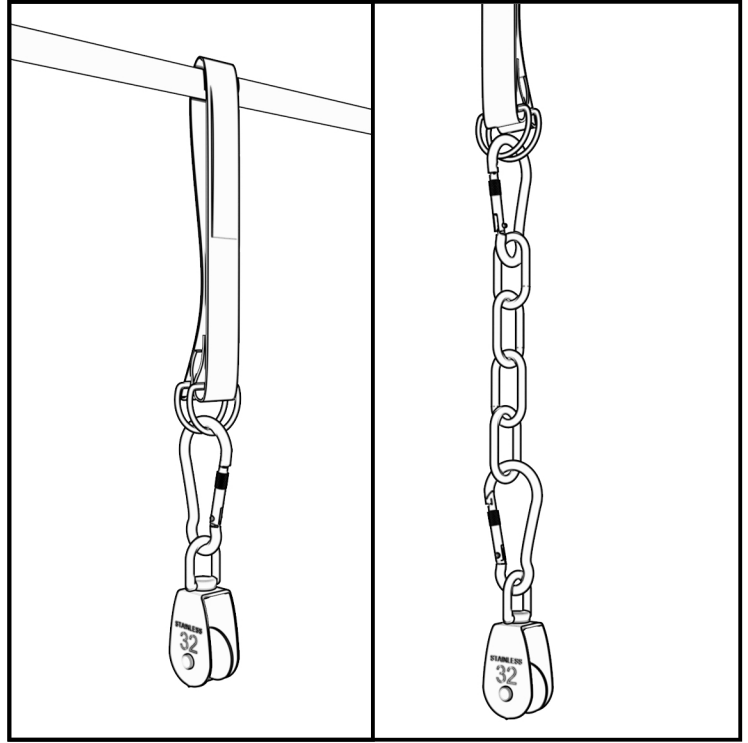


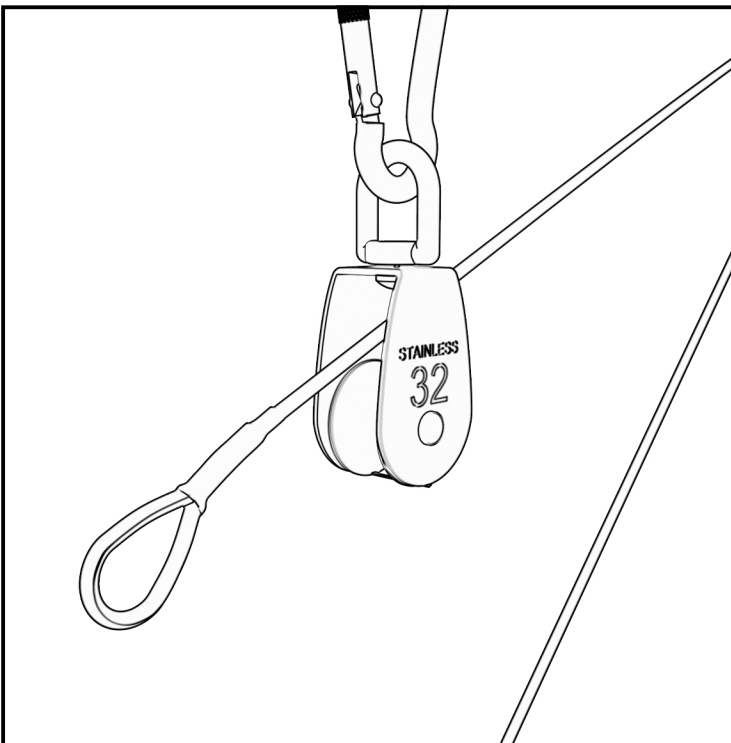
# SYNERGEE Pulley System



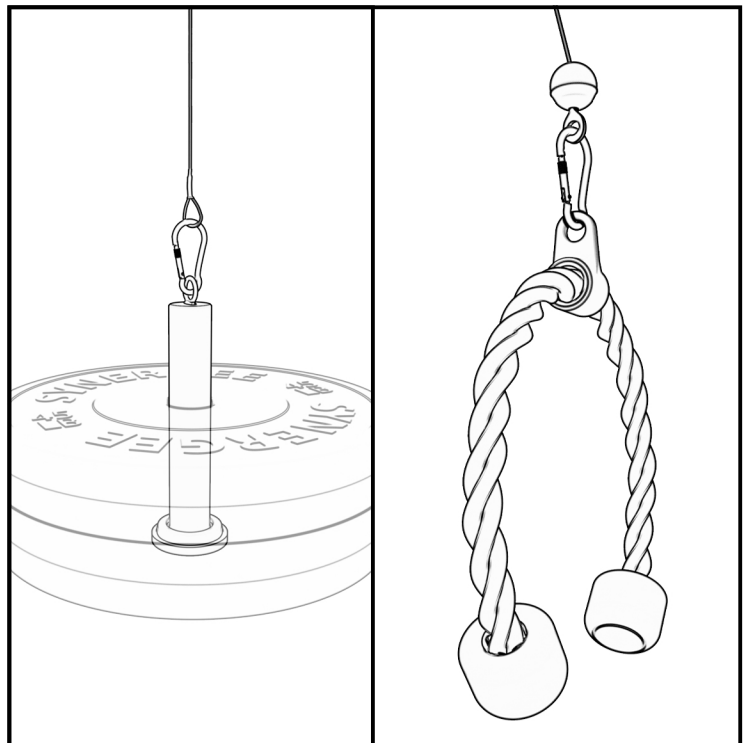
**Step 1:** Attach the hanging strap to a secure raised mounting beam.



**Step 2:** Attach the pulley to the hanging strap. If the mounting beam is high up, the chain extender is provided to set the pulley at a manageable height: attach the chain to the hanging strap and the pulley to the opposite end of the chain.



**Step 3:** Feed the cable through the pulley.



**Step 4:** Attach the plate stacker to one end of the cable and attach the tricep rope to the other end of the cable.