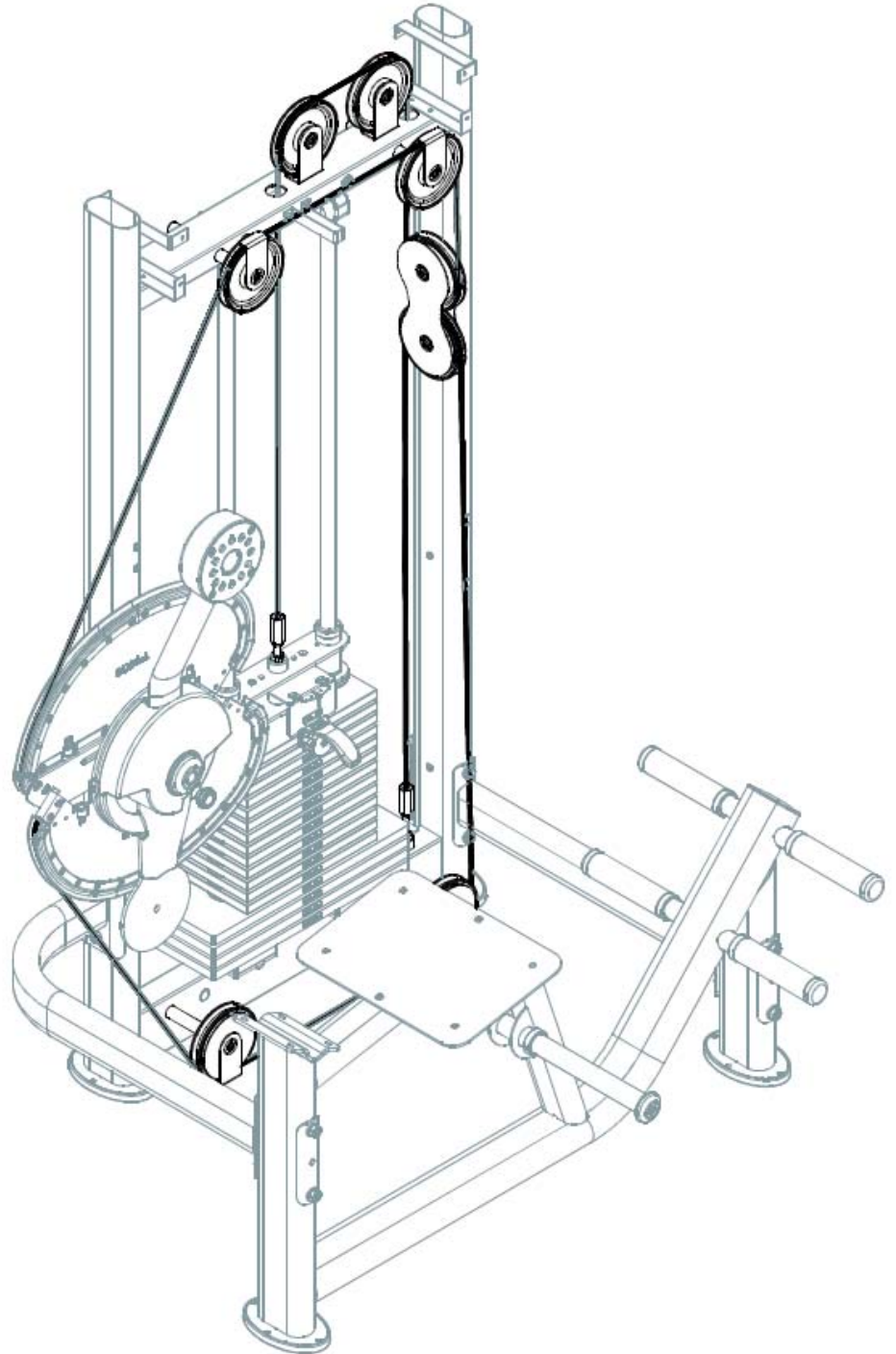


Issue Summary DF-106 Lower Back Abdominal Crunch Cable Installation and Adjustment

Applies To DF-106, DF-100, and DF-105

Detailed Problem Description



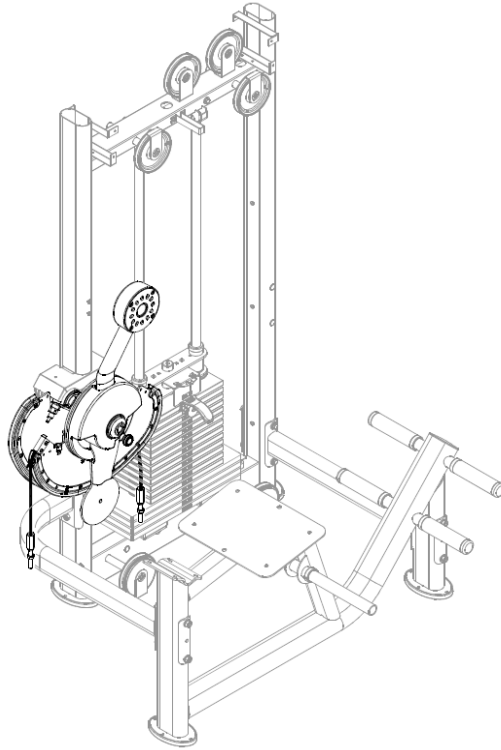
Required tools:

1. Scissors
2. L-Shaped Allen Wrench (4mm)
3. Open End Wrench (17mm)

Additional Parts:

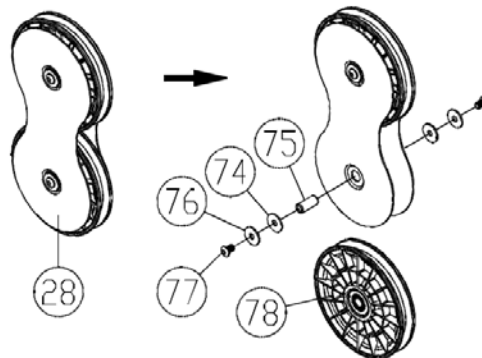
1. Floating Pulley (part#28)

Step 1: After installing the CAM/Rotator arm, cut the zip tie and unravel the cables.



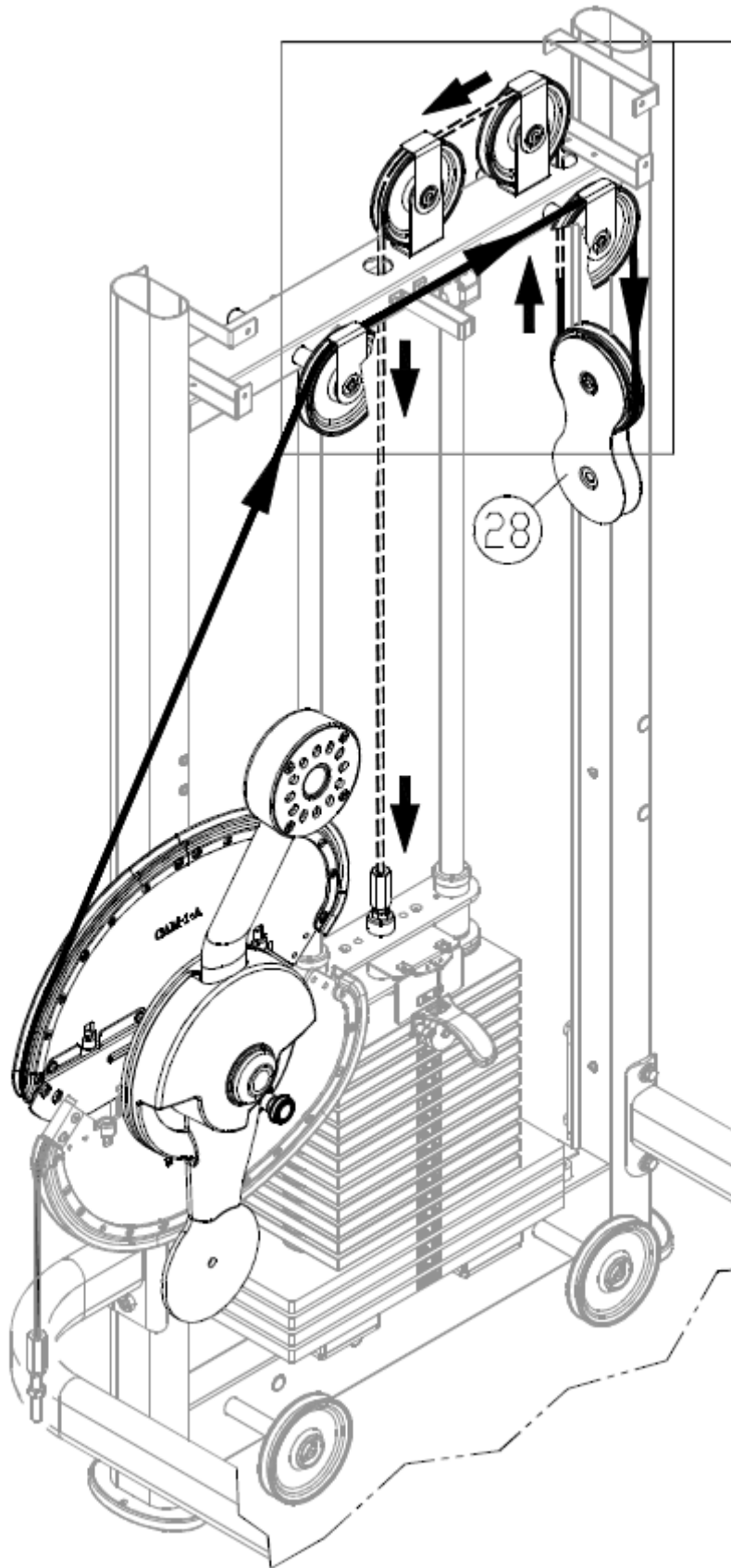
Step 2: Use the 4mm L shaped Allen Wrench to disassemble the bottom one of the floating pulley.

(Note: You do not have to remove or disassemble any other pulleys on the main frame)

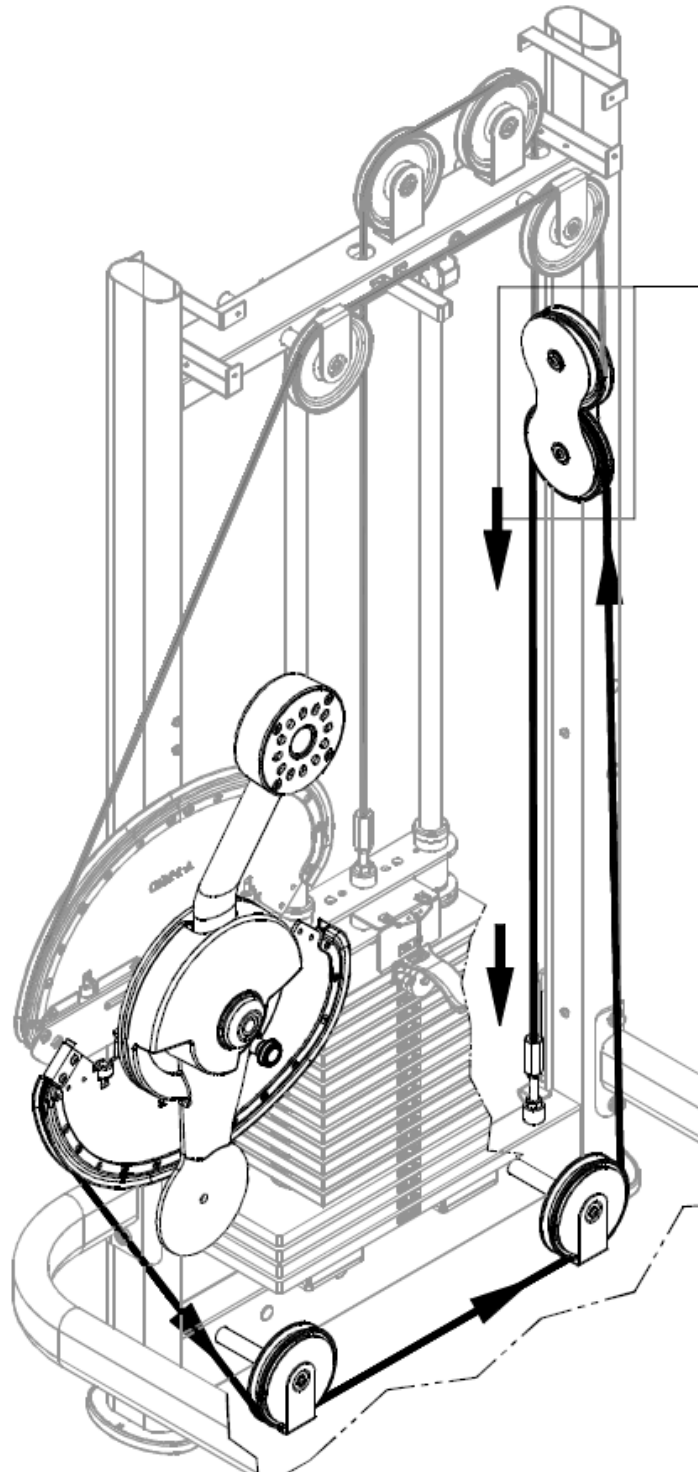
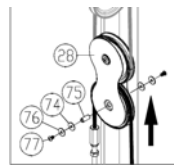
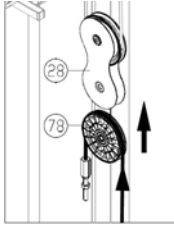


Step 3: Insert cable through Pulley A-E as shown to the right and secure the cable to the upper stack carriage (F).

Note: Make sure the cable is coming from the rotator arm that is closest to the mainframe.



Step 4: Insert the other cable through Pulleys G-I as shown to the right and secure the cable to the lower stack frame (J).



Step 5: Adjusting the cable length on the upper stack carriage: insert stack fork into the gab under the lowest weight plate to secure the carriage. Use size 17mm Wrench to loosen the (X) nut, then adjust the (Y) nut according to the tightness of the cable. Lastly , tighten up the (X) nut to secure the position.

(Warning: Make sure the (X) nut is secured tightly for safety issues, test the machine before use.)

