

IRONEDGE.

Cable Station - 85kg Wall Mounted

Setup Instructions

 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



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To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

- 1. Degrease and clean surfaces prior to apply adhesive.**
- 2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).**
- 3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).**



Red Thread Locker

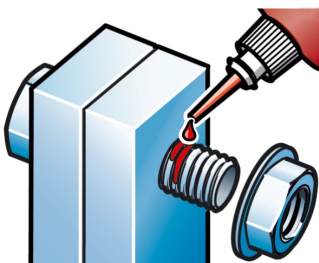


FIG 1

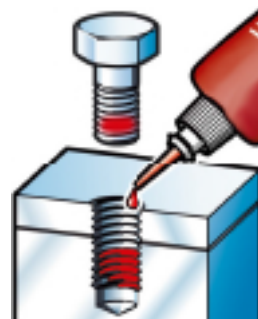


FIG 2

STEP 1

Tools



14 mm

Parts



Part No: 1
Name: Base Frame
Q'TY: 1

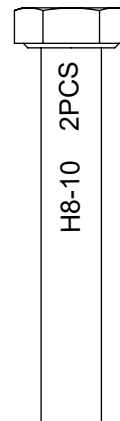
Part No: 2
Name: Guide Rod
Q'TY: 2

Part No: 3
Name: ADJ Tube
Q'TY: 1

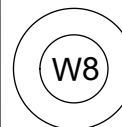
Fixings



H8-4 2PCS



H8-10 2PCS

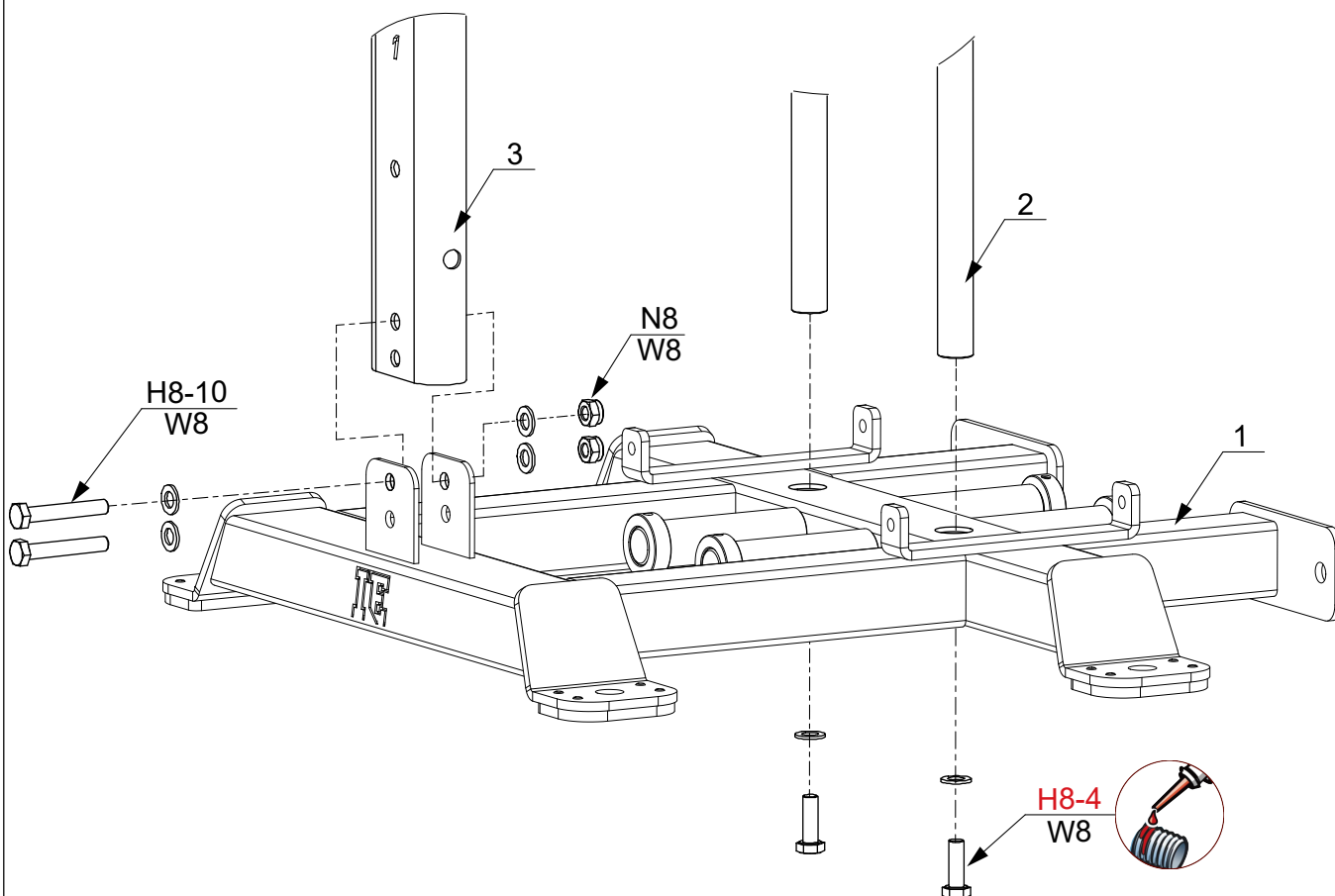


6 PCS



2 PCS

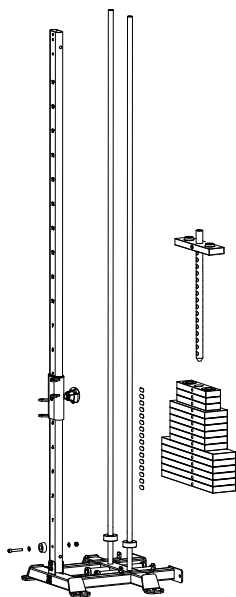
Assemble The Base Frame(#1), The Guide Rods(#2), And The ADJ Tube(#3).



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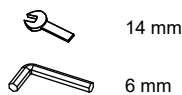
STEP 2



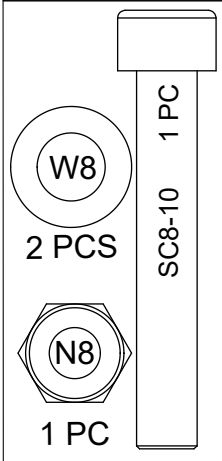
Parts

Part No: 9
Name: Sliding Support Assy
Q'TY: 1

Tools



Fixings



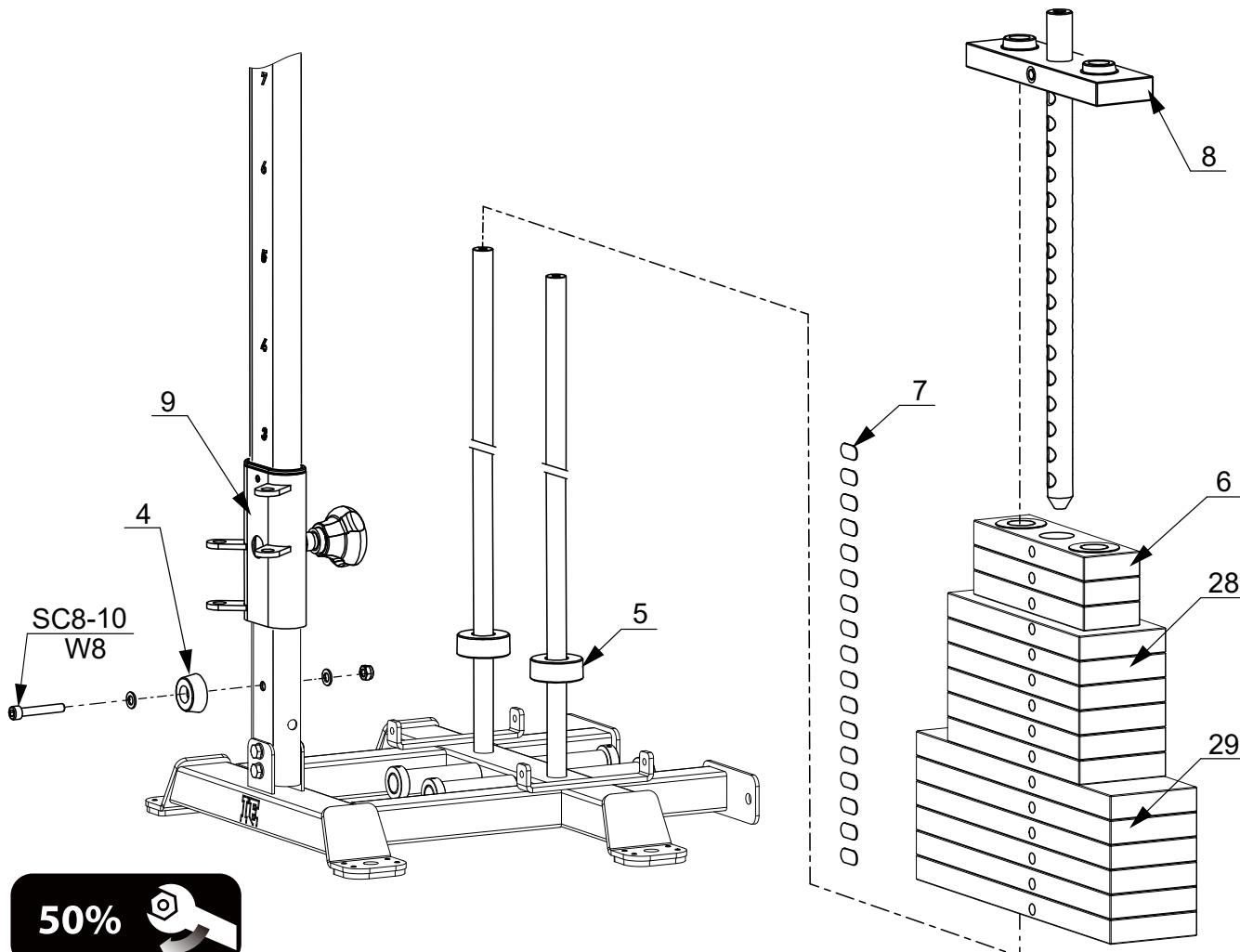
Parts

Part No: 4
Name: Rubber Block
Q'TY: 1
Part No: 5
Name: Rubber Buffer
Q'TY: 2
Part No: 6
Name: 2.5 Kg Weight Plate
Q'TY: 3
.....
Part No: 7
Name: Weight Label
Q'TY: 1
Part No: 8
Name: Weight Stack Head
Q'TY: 1
Part No: 28
Name: 5 Kg Weight Plate
Q'TY: 6
Part No: 29
Name: 7.5 Kg Weight Plate
Q'TY: 6

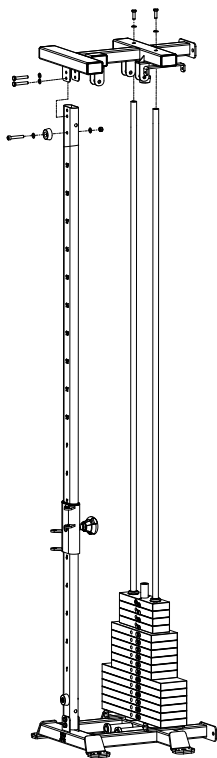
Install The Weight Stack

Note 1:
After attaching weight stack stickers, please assemble the weight stack on the main frame.

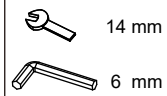
Note 2:
If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.



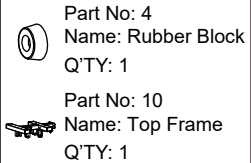
STEP 3



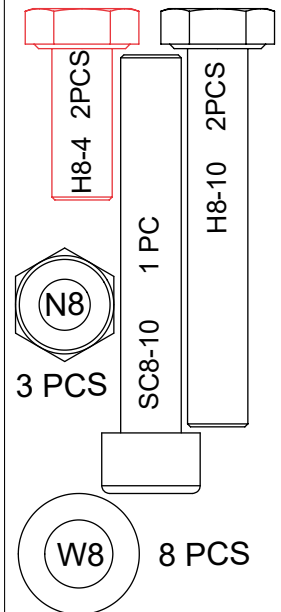
Tools



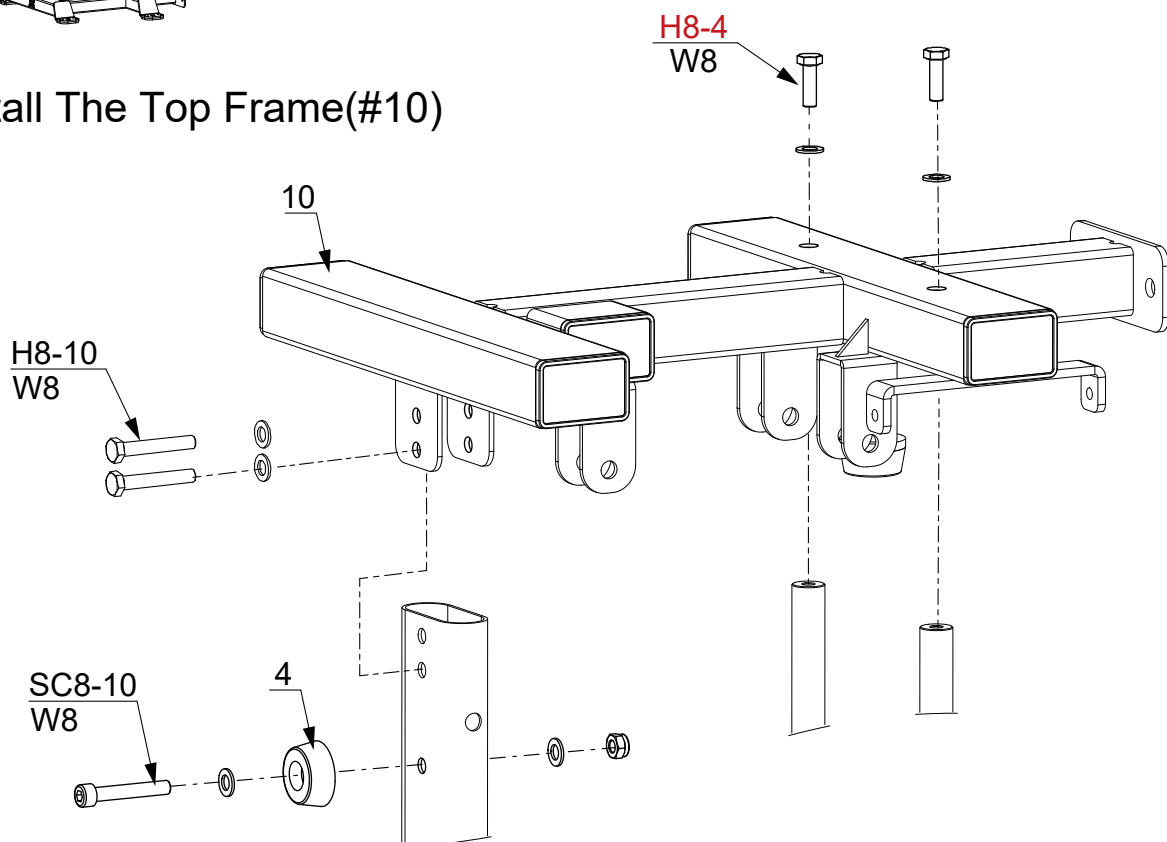
Parts



Fixings



Install The Top Frame(#10)



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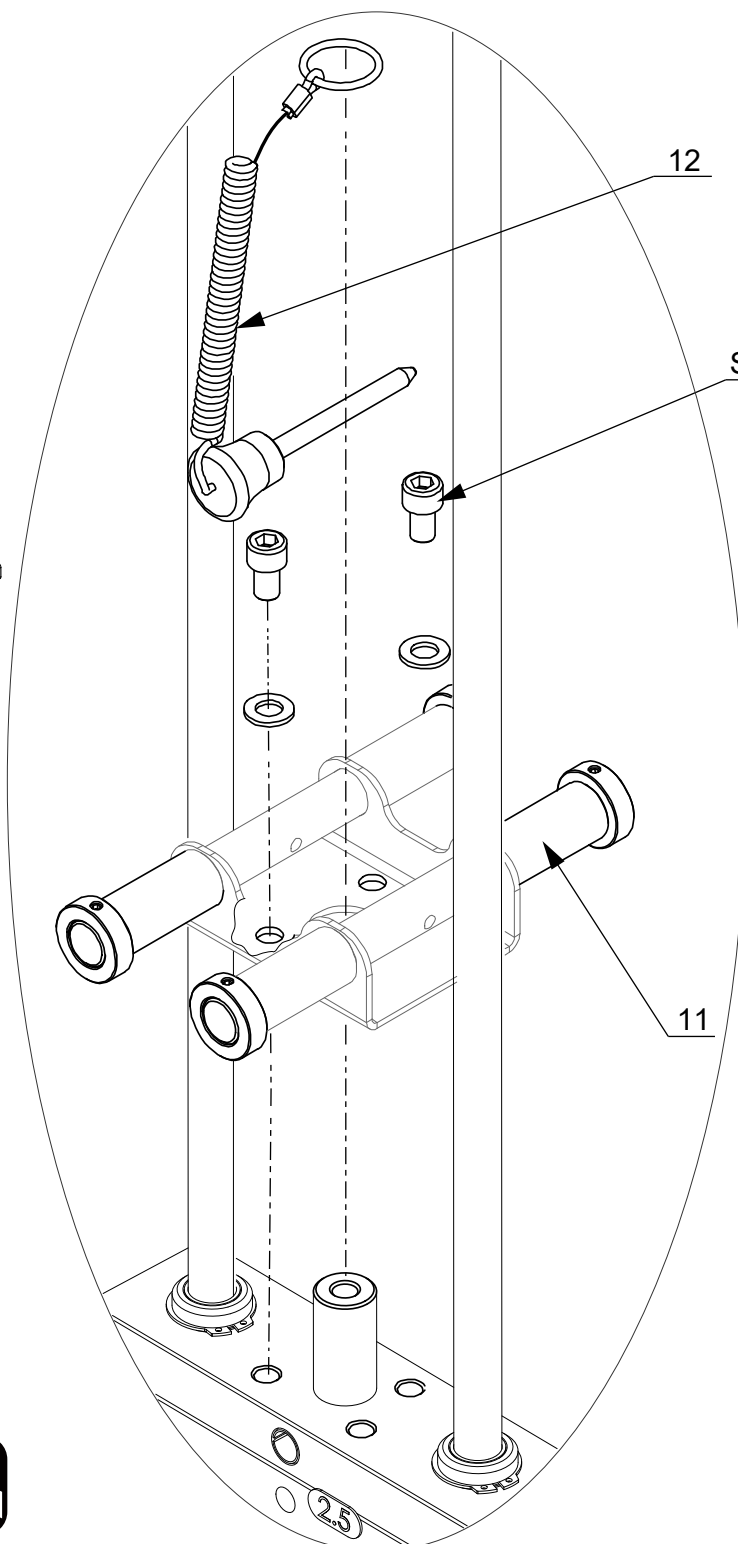
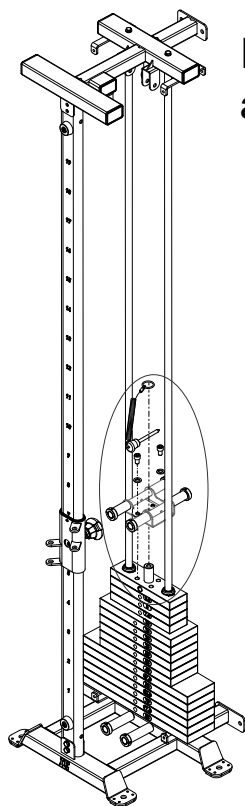


STEP 4

Install The Band Rod Assy(11#)
and The Weight Pin(#12).

Parts

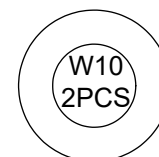
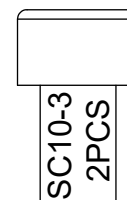
Part No: 11
Name: Band Rod
Assy
Q'TY: 1
Part No: 12
Name: Weight Pin
Q'TY: 1



SC10-3
W10



Fixings



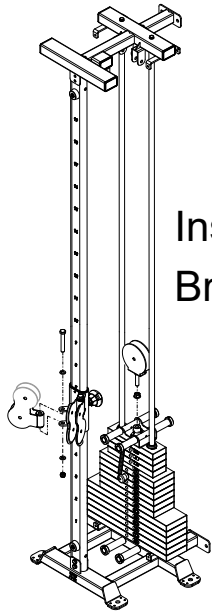
Tools



50%



STEP 5

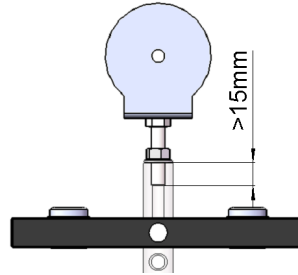


Install The Pulley Brackets (#13 & #14).

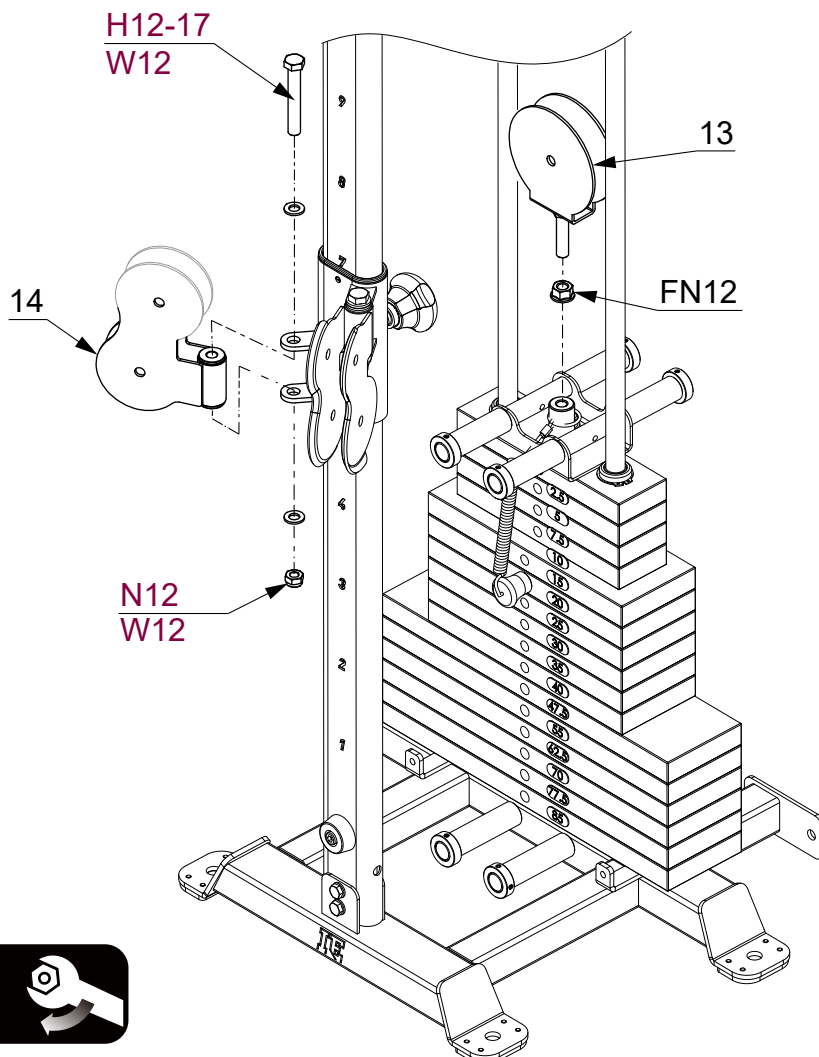
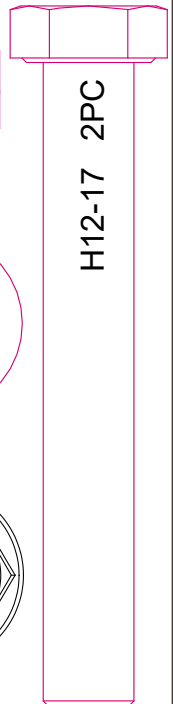
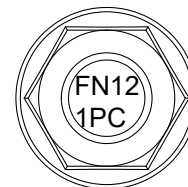
Tools



19 mm



Fixings



Parts



Part No: 13
Name:
Pulley Bracket
Q'TY: 1



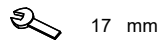
Part No: 14
Name:Double
Pulley Bracket
Q'TY: 2

50%



STEP 6

Tools



17 mm

Parts

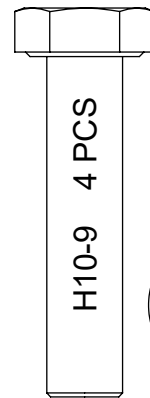


Part No: 16
Name: 89 Pulley
Q'TY:2

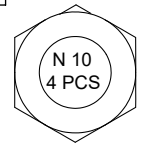


Part No: 27
Name: 70 Pulley
Q'TY:2

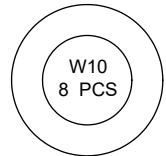
Fixings



H10-9 4 PCS

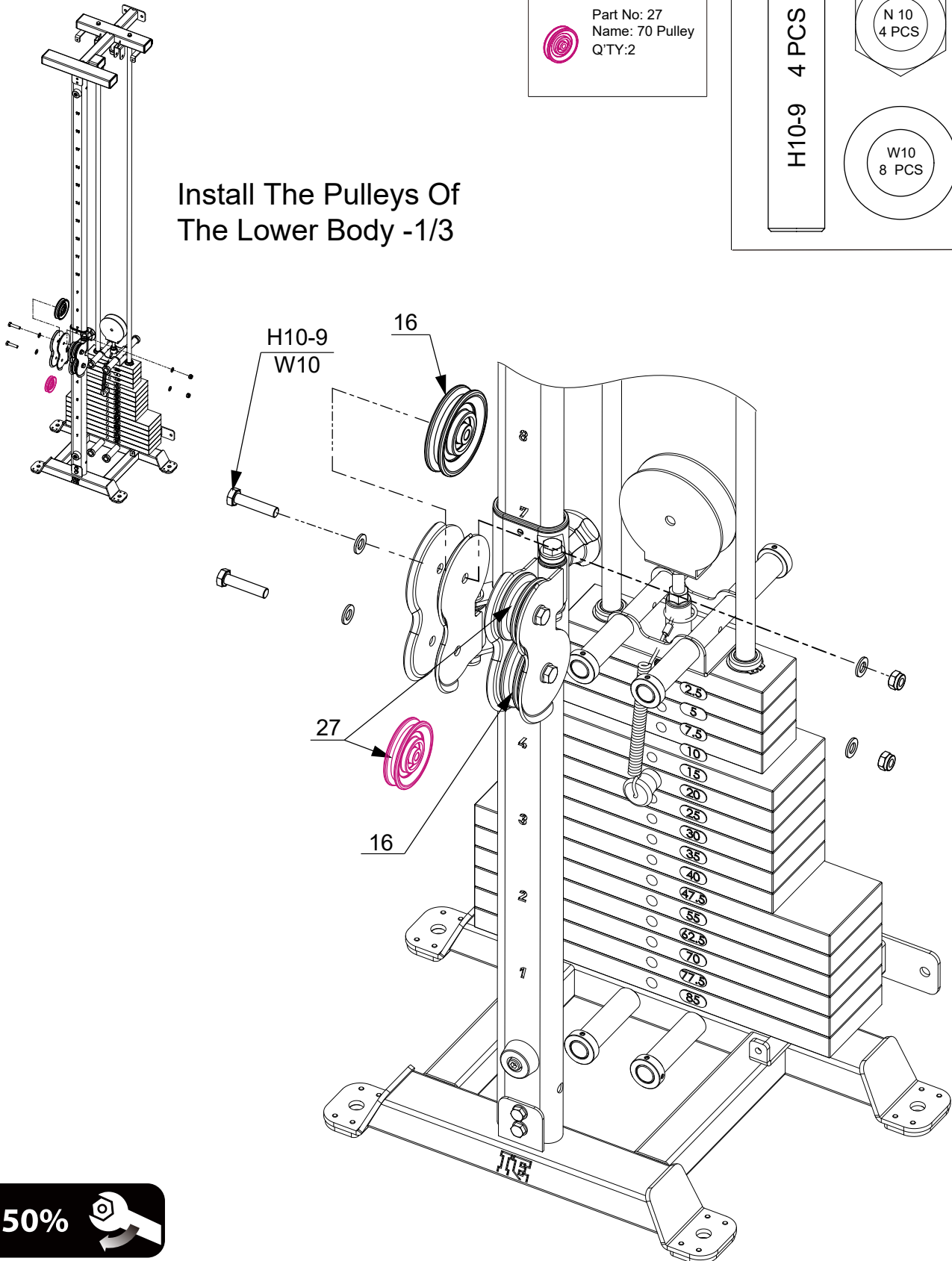


N 10
4 PCS



W10
8 PCS

Install The Pulleys Of
The Lower Body -1/3

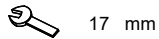


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STEP 7

Tools

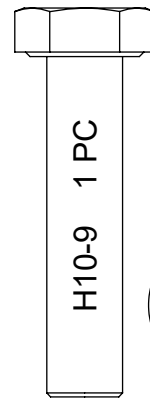


17 mm

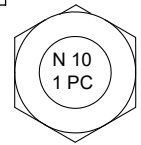


Part No: 18
Name: 114 Pulley
Q'TY:1

Fixings



H10-9 1 PC

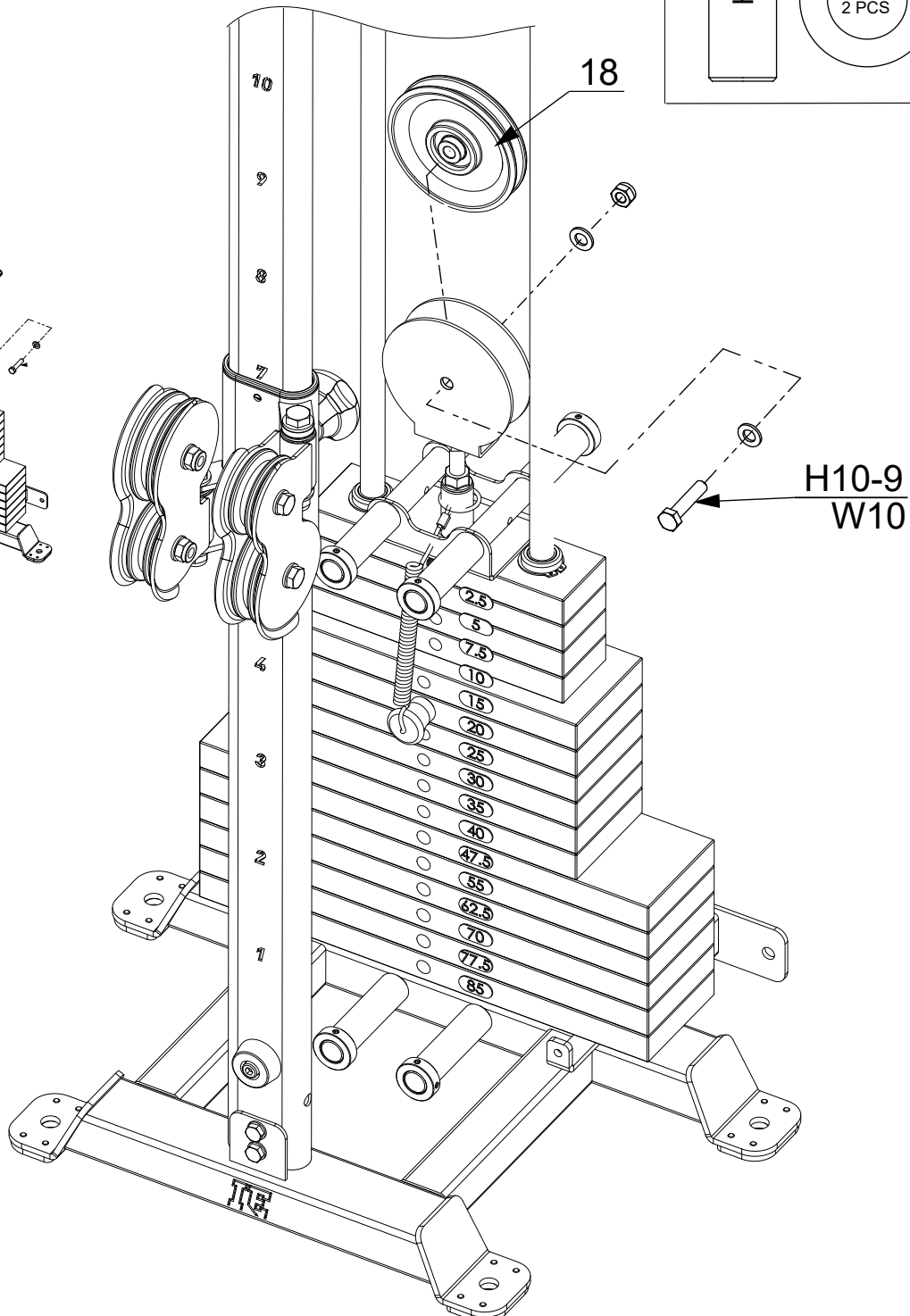
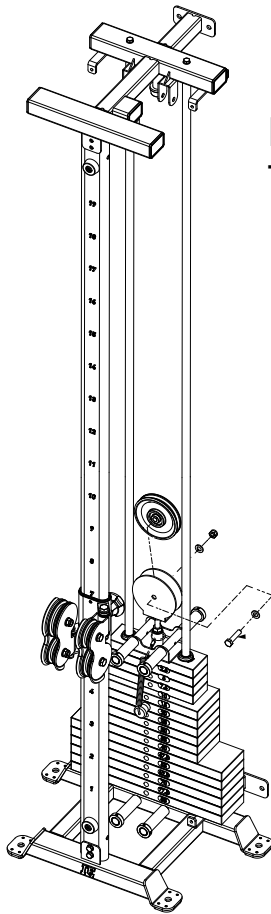


N 10
1 PC



W10
2 PCS

Install The Pulleys Of
The Lower Body -2/3

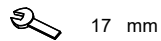


50%



STEP 8

Tools



17 mm

Parts



Part No: 15
Name:
Arched Washer
Q'TY:1

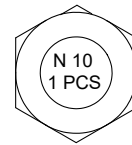


Part No: 16
Name: 89 Pulley
Q'TY:1

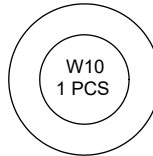


Part No: 17
Name:
Limited Plate
Q'TY:1

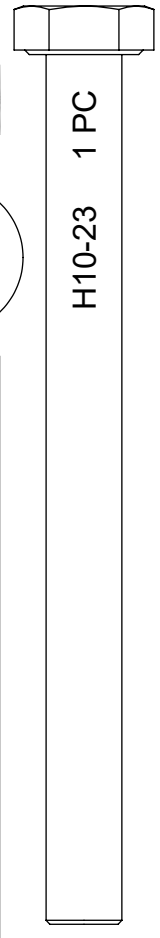
Fixings



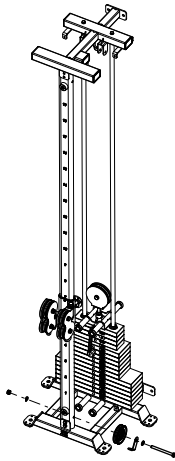
N 10
1 PCS



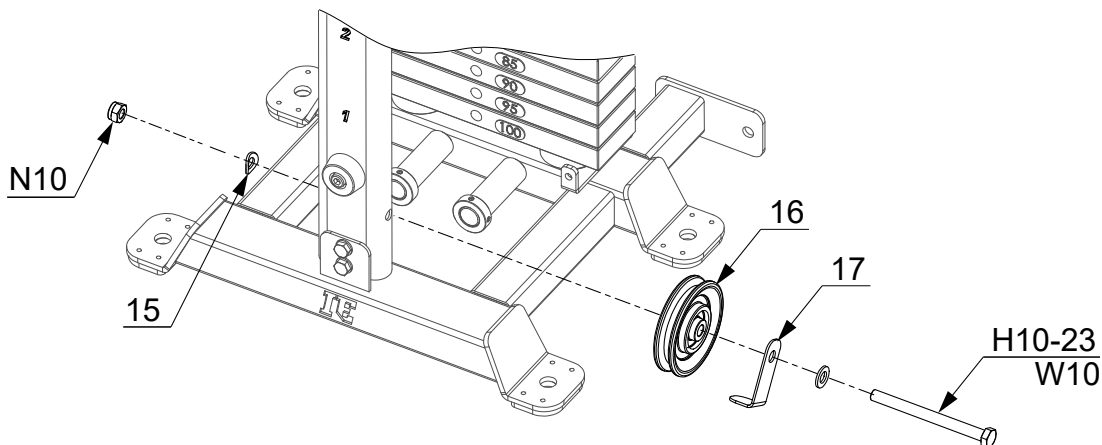
W10
1 PCS



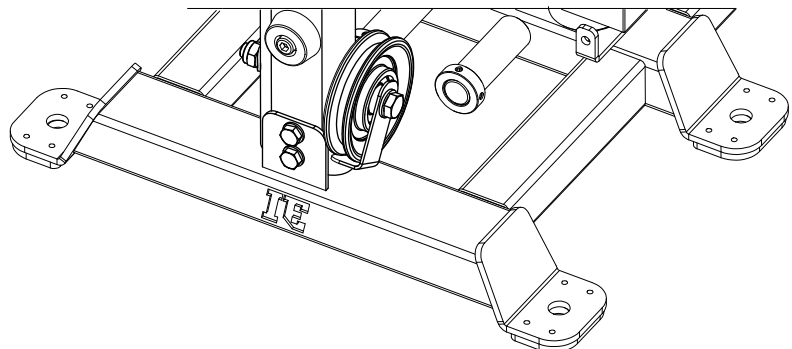
H10-23 1 PC



Install The Pulleys Of
The Lower Body - 3/3



After Installation

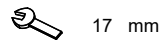


50%



STEP 9

Tools



17 mm

Parts



Part No: 15
Name: Arched Washer
Q'TY:1

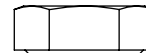


Part No: 16
Name: 89 Pulley
Q'TY:4



Part No: 17
Name: Limited Plate
Q'TY:1

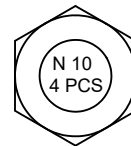
Fixings



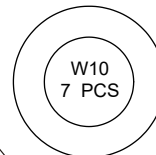
H10-9 8 PCS



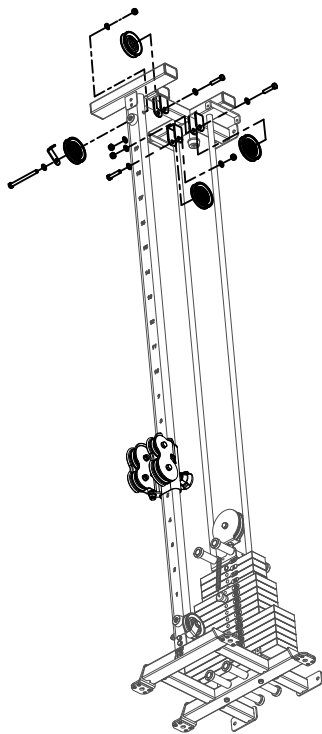
H10-23 2 PCS



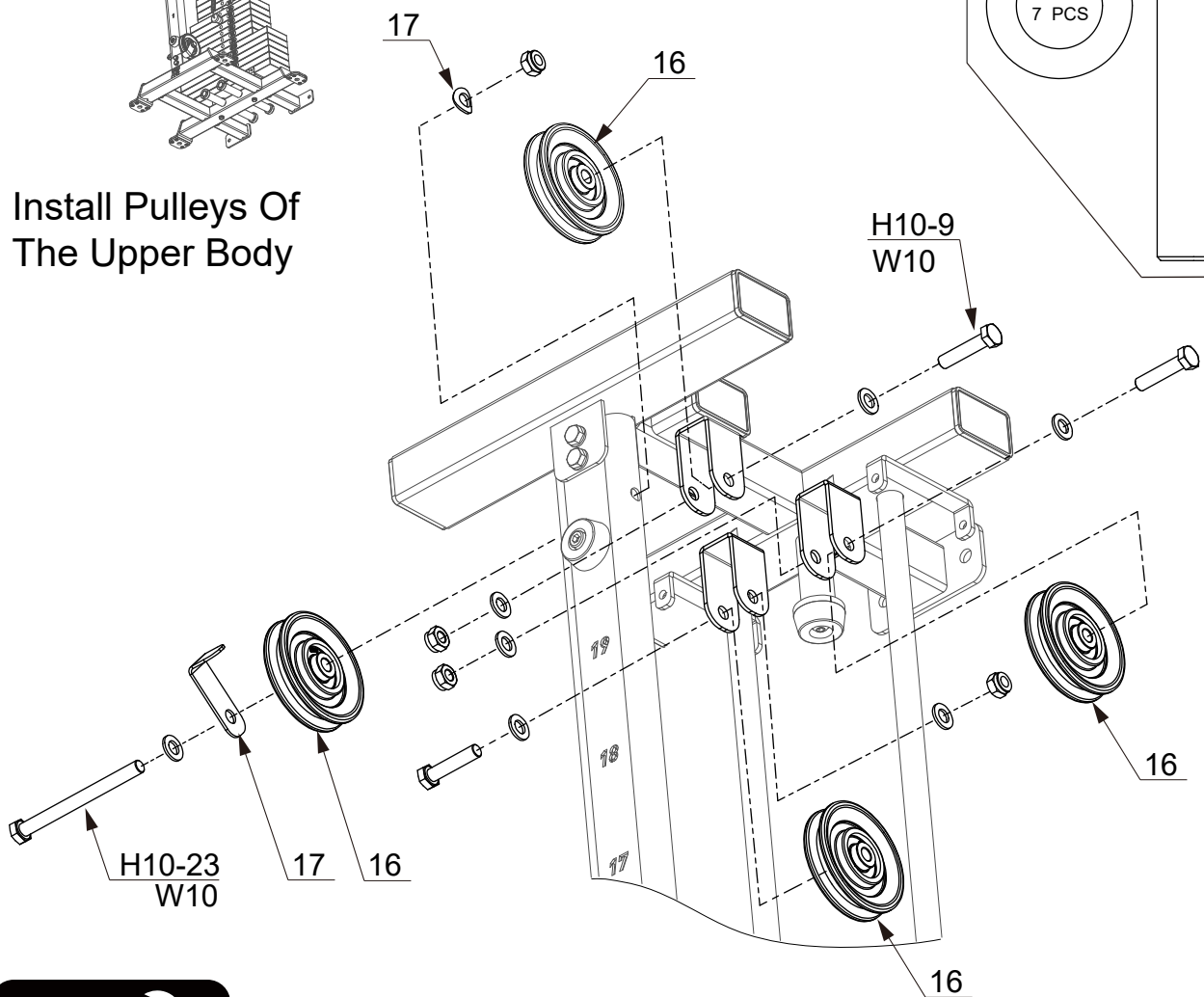
N 10
4 PCS



W10
7 PCS



Install Pulleys Of
The Upper Body

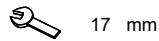


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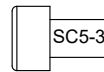
STEP 10

Tools



17 mm

Fixings



Q'TY: 2

Parts



Part No: 19
Name: Cable
Q'TY:1



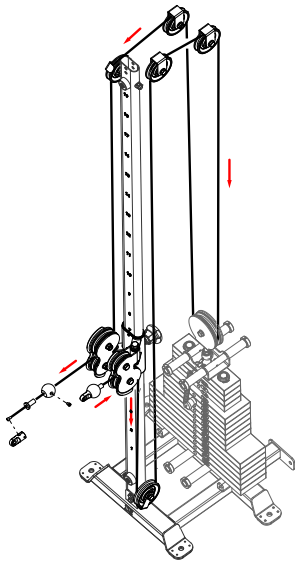
Part No: 20
Name: Plastic Ball
Q'TY:2



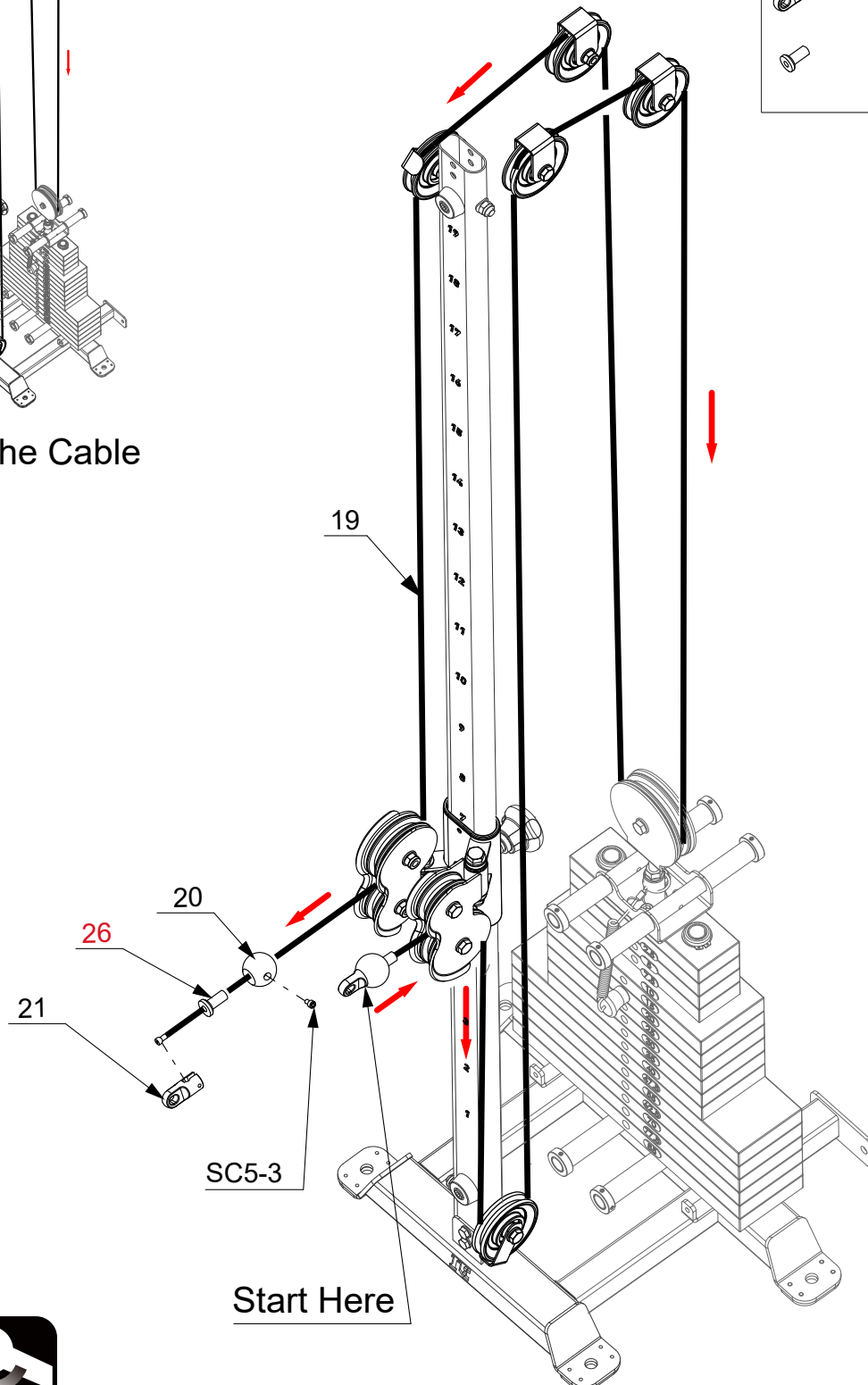
Part No: 21
Name: U Clip
Q'TY:2



Part No: 26
Name: Protective
Cable Sleeve
Q'TY:2



Install The Cable



50%



STEP 11

Tools



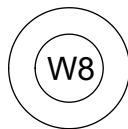
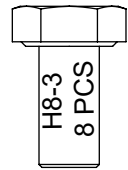
14 mm

Parts

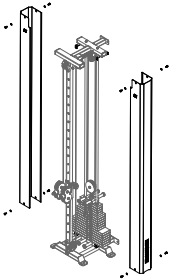
Part No: 22
Name: Shield Plate 1
Q'TY: 1

Part No: 23
Name: Shield Plate 2
Q'TY: 1

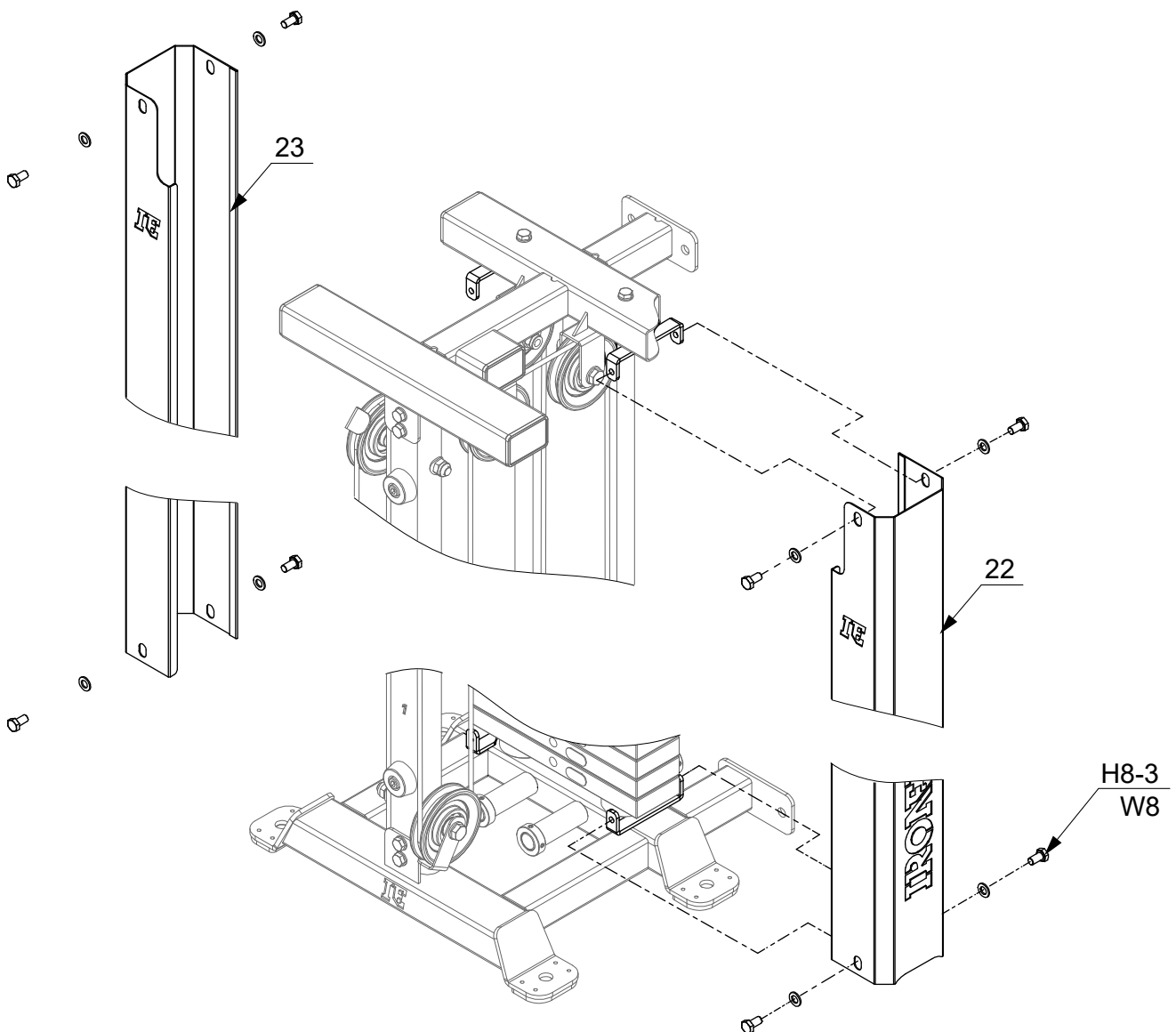
Fixings



8 PCS



Install The
Shield Plate



100%



Note : After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

Accessories

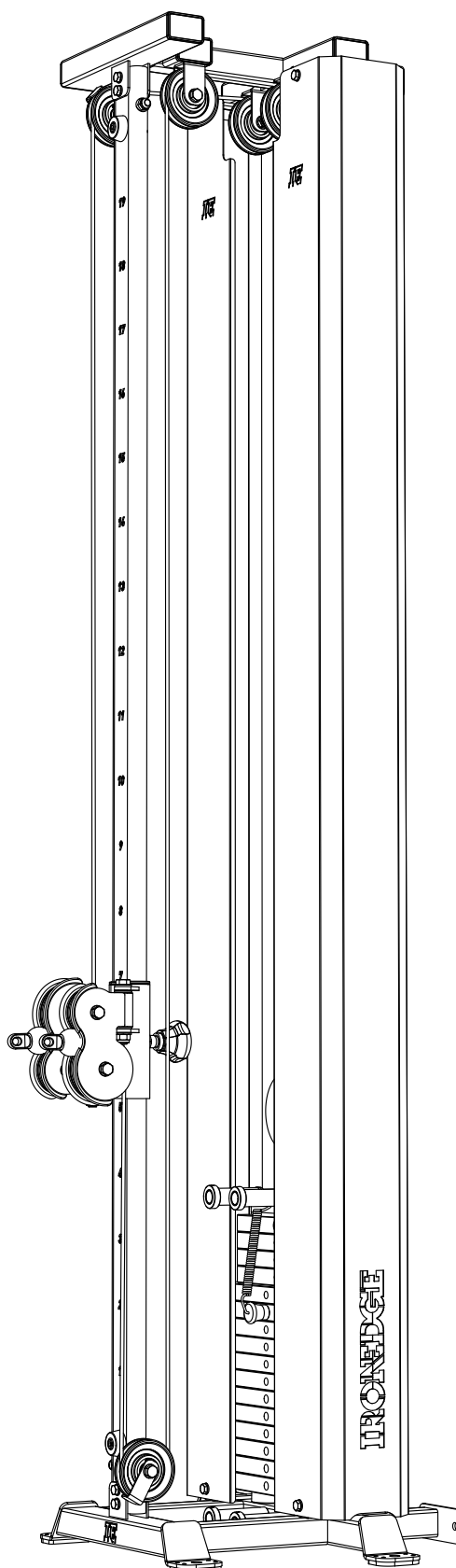
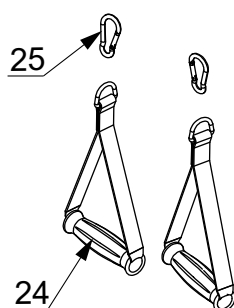
Parts



Part No: 24
Name: Handle
Q'TY: 2



Part No: 25
Name: Carabiner
Q'TY: 2



PARTS LIST

PART NO.	DESCRIPTION	QT'Y
1	Base Frame	1
2	Guide Rod	2
3	ADJ Tube	1
4	Rubber Block	2
5	Rubber Buffer	2
6	Weight Plate	19
7	Weight Label	1
8	Weight Stack Head	1
9	Sliding Support Assy	1
10	Top Frame	1
11	Band Rod Assy	1
12	Weight Pin	1
13	Bracket	1
14	Double Pulley Bracket	2
15	Arched Washer	2
16	89 Pulley	7
17	Limit Plate	2
18	114 Pulley	1
19	Cable	1
20	Plastic Ball	2
21	U Clip	2
22	Shield Plate 1	1
23	Shield Plate 2	1
24	Handle	2
25	Carabiner	2
26	Protective Cable Sleeve	2
27	70 Pulley	2
28	5 Kg Weight Plate	6
29	7.5 Kg Weight Plate	6
W8	Washer 8	24
W10	Washer 10	20
W12	Washer 12	4
N8	Nut M8	6
N10	Nut M10	10
N12	Nut M12	2
FN12	Flange Nut M12	2
H8-3	Hex Head Screw M8×16	8
H8-4	Hex Head Screw M8×20	4
H8-10	Hex Head Screw M8×50	4
H10-9	Hex Head Screw M10×45	8

PART NO.	DESCRIPTION	QT'Y
H10-23	Hex Head Screw M10×115	2
H12-17	Hex Head Screw M12×85	2
SC8-10	Socket Head Cap Screw M8×50	2
SC10-3	Socket Head Cap Screw M10×16	2