

IRONEDGE.

Dual Adjustable Pulley

Setup Instructions

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



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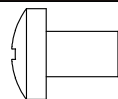
STEP 1

Tools



PH3

Fixings



CH6-4
12PCS



W6
12PCS

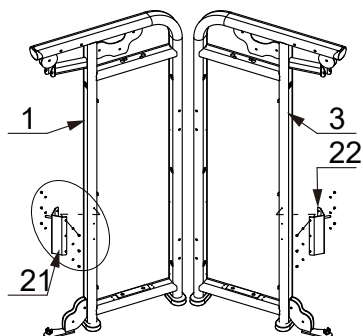
Parts

Part No: 21
Name: Right Poster Board
Q'TY: 1

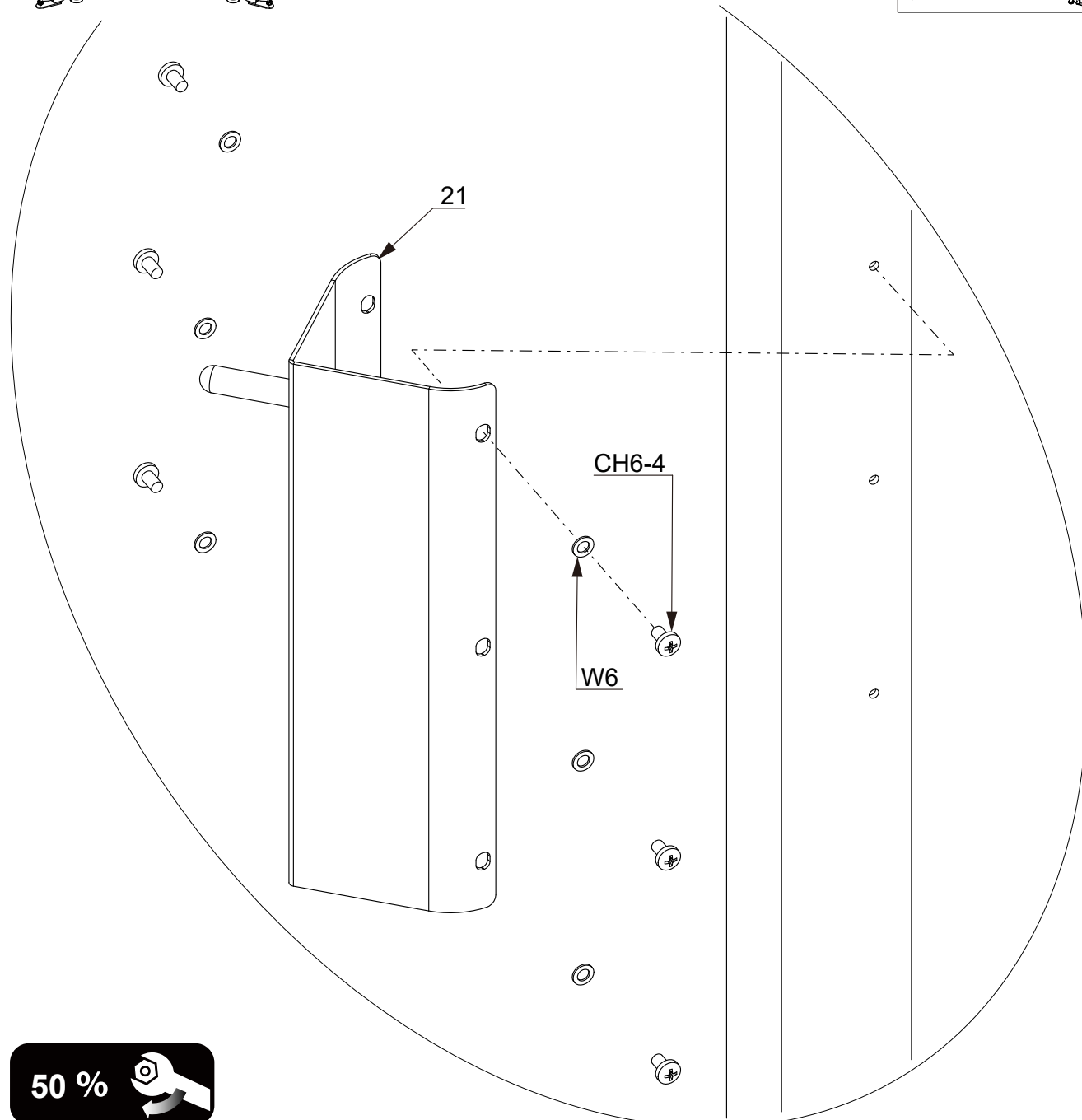
Part No: 1
Name:
Right Weight Frame
Q'TY: 1

Part No: 22
Name: Left Poster Board
Q'TY: 1

Part No: 3
Name:
Left Weight Frame
Q'TY: 1



Install the Right Poster Board(#21) on the Right Weight Frame(#1), and Install the Left Poster Board(#22) on the Left Weight Frame(#3).



50 %



STEP 2

Pull the pin staying out and put the Right carriage Box (#24) into the Adjusting Tube (#23), and release the Pin. Then fix the Limit Sleeve (#26) on the lower area of the Adjusting Tube (#23). Proceed the same way on the other side.

Tools



8 mm
17 mm

Parts

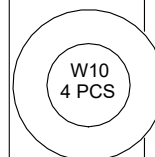
Part No: 23
Name: Adjusting Tube
Q'TY: 2

Part No: 24
Name: Right Carriage Box
Q'TY: 1

Part No: 25
Name: Left Carriage Box
Q'TY: 1

Part No: 26
Name: Limit Sleeve
Q'TY: 4

Fixings



S10-22 2 PCS

N10

W10

8

W10

SC10-22

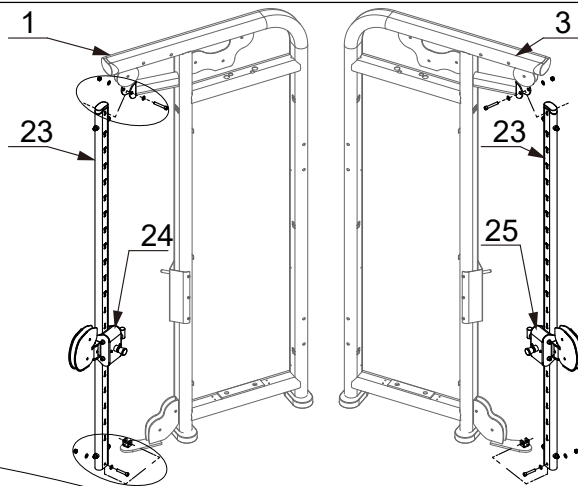
26

50 %



STEP 3

Assemble the Right Weight Frame(#1) and the Right Adjusting Tube(#23).Then Assemble the Left Weight Frame(#3) and the Left Adjusting Tube(#23).



Fixings

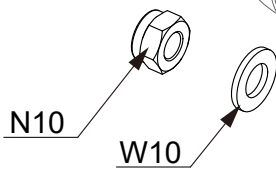
SC10-11 2 PCS

SC10-13 2 PCS

N10
4 PCS

W10
8 PCS

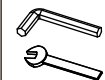
Upper area



W10

SC10-13

Tools



8 mm
17 mm

N10

W10

W10

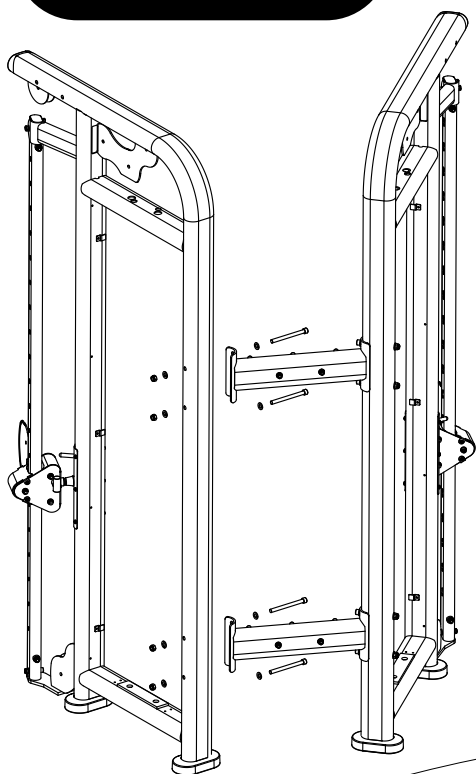
SC10-11

50 %



Lower area

STEP 4



Parts

Part No: 2
Name: Back Connection
Tube
Q'TY: 2



Tools



19 mm



10 mm

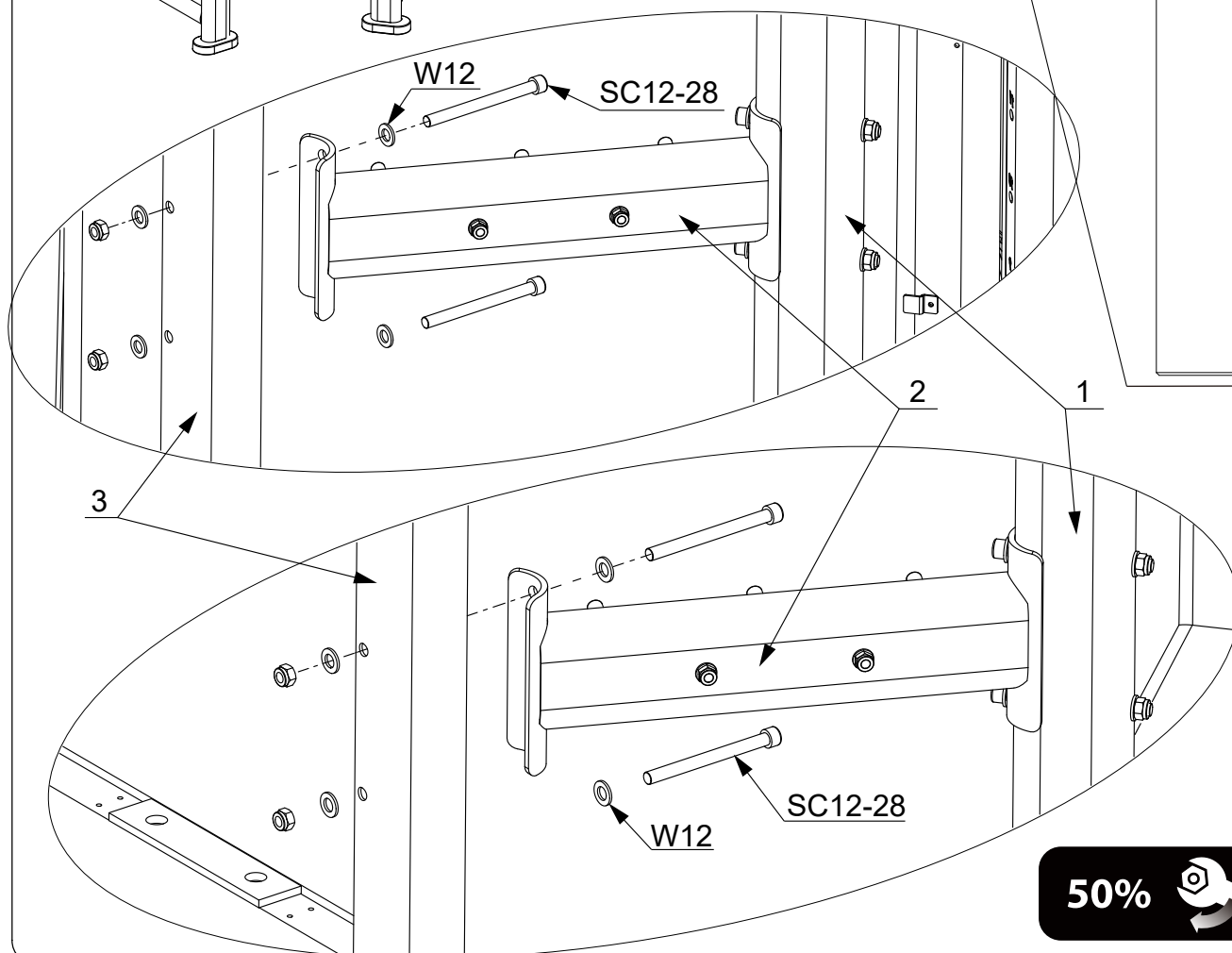
Fixings



SC12-28 8PCS

W12
16 PCS

Assemble The Right
Frame(#1) , The Left
Frame(#3),and The
Connection Tubes(#2).



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STEP 5

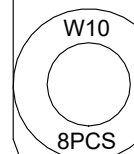
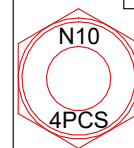
Parts

Part No: 27
Name: Peg Plate
Q'TY:2

Tools

17 mm
8 mm

Fixings



SC10-17 4 PCS

Install the Peg Plate(#27)

SC10-17

27

W10

N10

W10

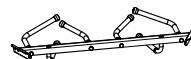
50 %



STEP 6

Install the Handle Frame(#4)

Parts



Part No: 4
Name: Handle Frame
Q'TY: 1

Tools



19 mm

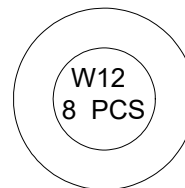


10 mm

Fixings

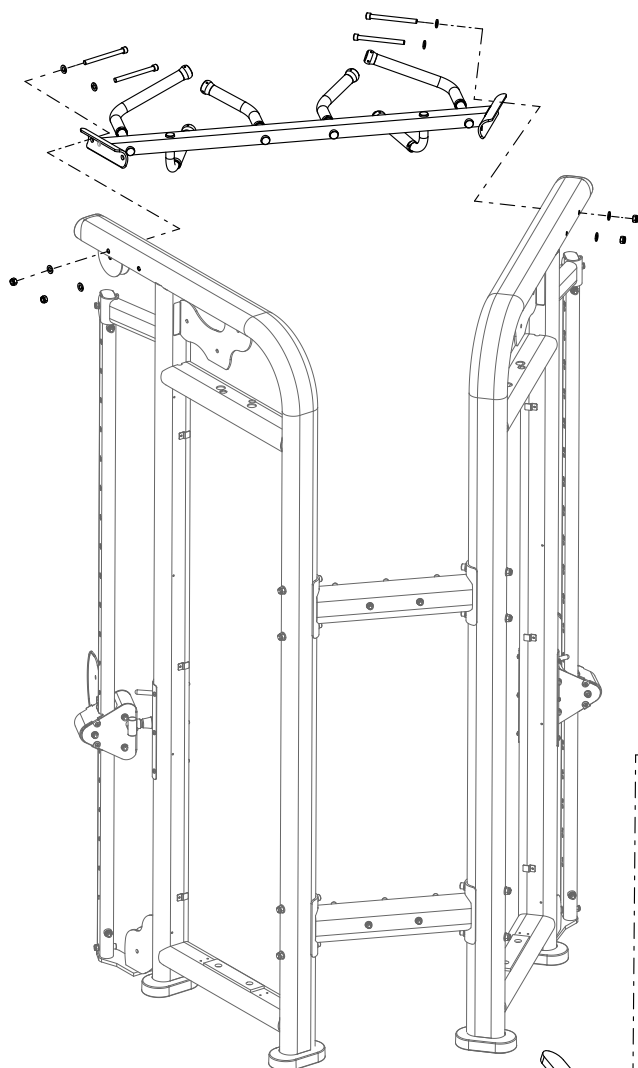


N12
4PCS



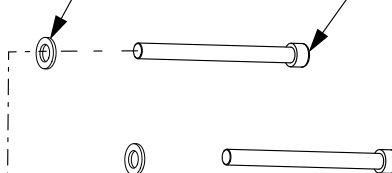
W12
8 PCS

SC12-28 4PCS



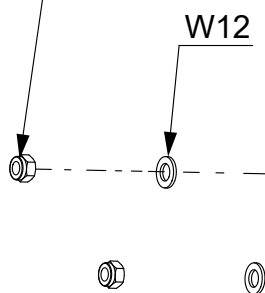
W12

SC12-28



N12

W12

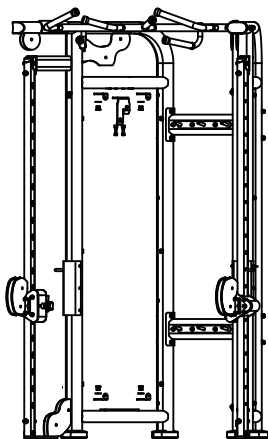


4

50%



STEP 7



Tools



10 mm

Parts

Part No: 5
Name: L Plate
Q'TY: 8



Part No: 33
Name: Holding Plate
Q'TY: 2



Fixings

W6B

16 PCS

H6-6 16 PCS

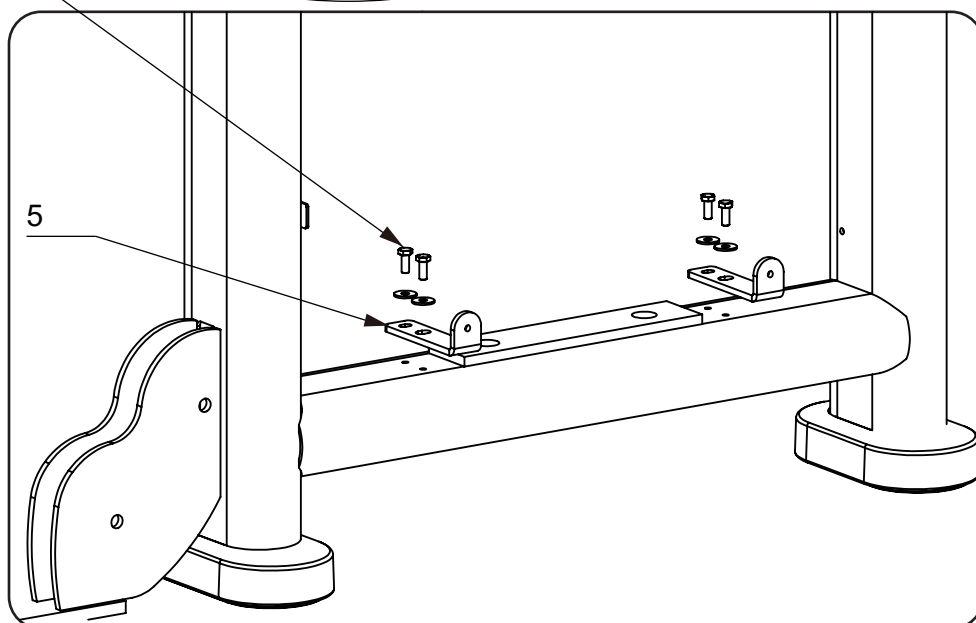
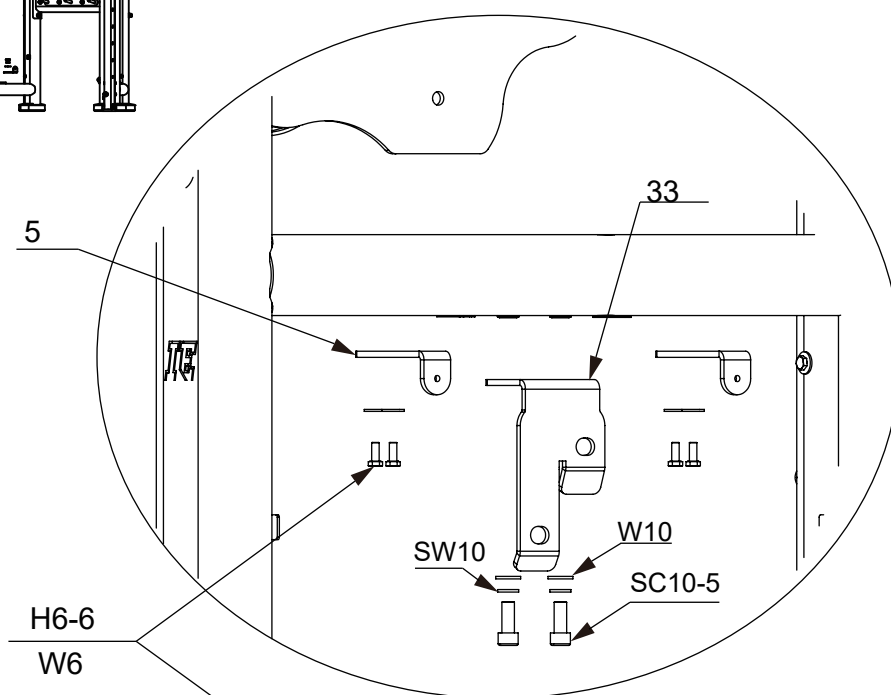
SW10
4 PCS

W10

4PCS

SC10-5
4 PCS

Assemble The L Plate(#5) On Top and Bottom Frames.Fix The Holding Plate (#33) on the upper crossbeam.



50 %



STEP 8

NOTE:

- If Micro Weight Adjuster (#34) is not smoothly sliding, please loosen the screws of the Holding Plate (#33) and adjust it by making sure the pin behind the number +2.5 is successfully inserted into the holes of Micro Weight Adjuster (#34), then tighten the bolts accordingly

Parts

Part No: 6
Name: Rubber Buffer
Q'TY: 4

Part No: 7
Name: Weight Label
Q'TY: 2

Part No: 8
Name: 5Kg Weight Plate
Q'TY: 42

Part No: 9
Name: Guide Rod
Q'TY: 4

Part No: 10
Name: Top Weight Plate-Selector
Q'TY: 2

Part No: 11
Name: Weight Pin
Q'TY: 2

Part No: 28
Name: Single Pulley Holder
Q'TY: 2

Part No: 13
Name: Retainer Ring
Q'TY: 4

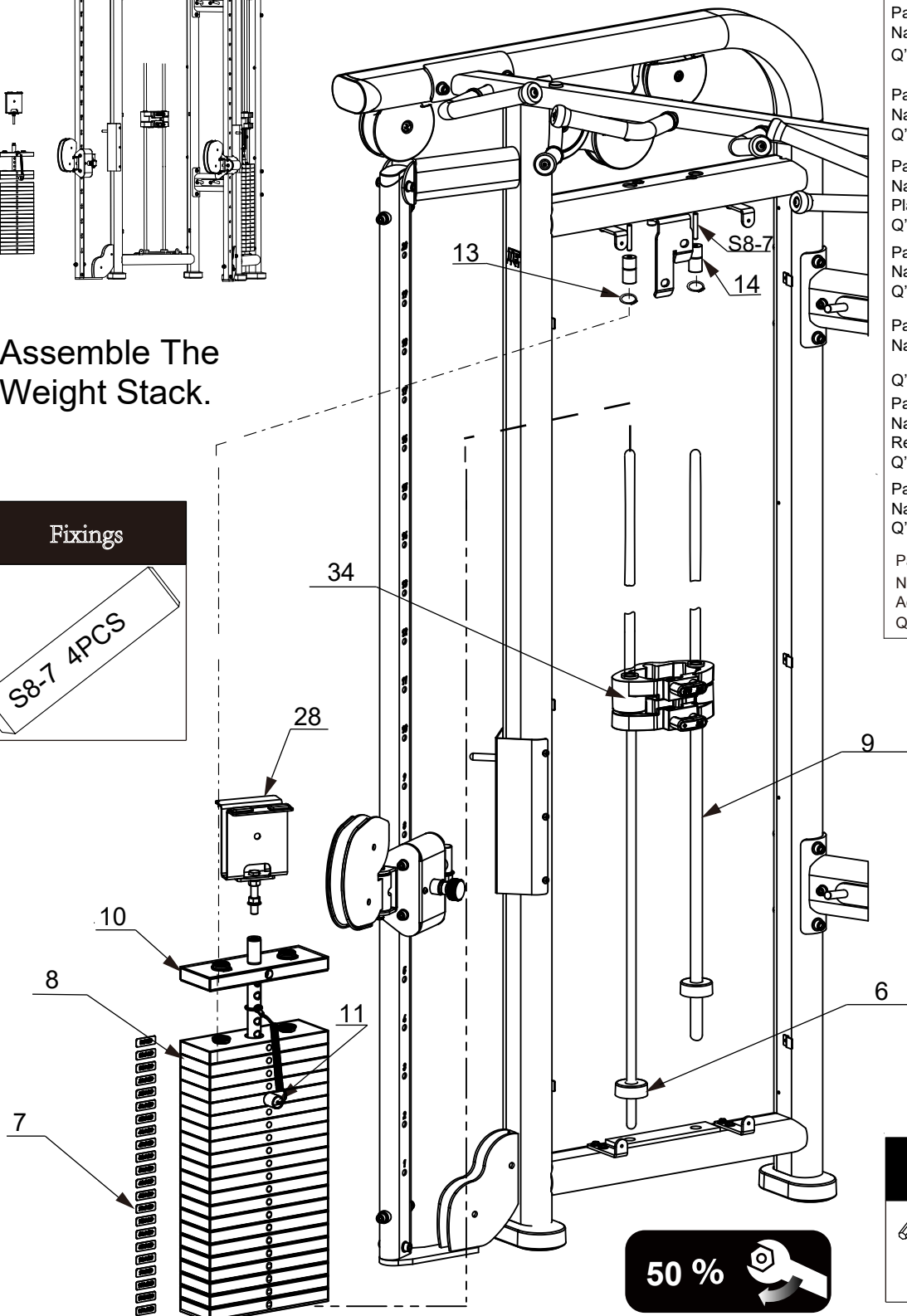
Part No: 14
Name: Rod Retainer
Q'TY: 4

Part No: 34
Name: Micro Weight Adjuster
Q'TY: 2

Assemble The Weight Stack.

Fixings

S8-7 4PCS



50 %



Tools

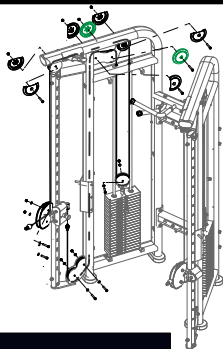


4 mm



STEP 9

Route the Cable(#12).
Please see the next page
for the cable route.



Parts

Part No: 29
Name: Pulley Cover
Q'TY: 12

Part No: 30
Name: Pulley Cover
Q'TY: 4

Part No: 35
Name: Plastic Ball
Q'TY: 2

Part No: 36
Name: Protective
Cable Sleeve
Q'TY: 2

Part No: 37
Name: U Clip
Q'TY: 2

SC10-11

SC5-4

35

36

37

SC10-10

W10

N10

W10

N10

SC10-10

W10

W10

SC10-11

SC10-11

Fixings

SC10-11 12 PCS

SC10-10 6 PCS

W10 20 PCS

N10 18 PCS

SC5-4 2 PCS

Tools



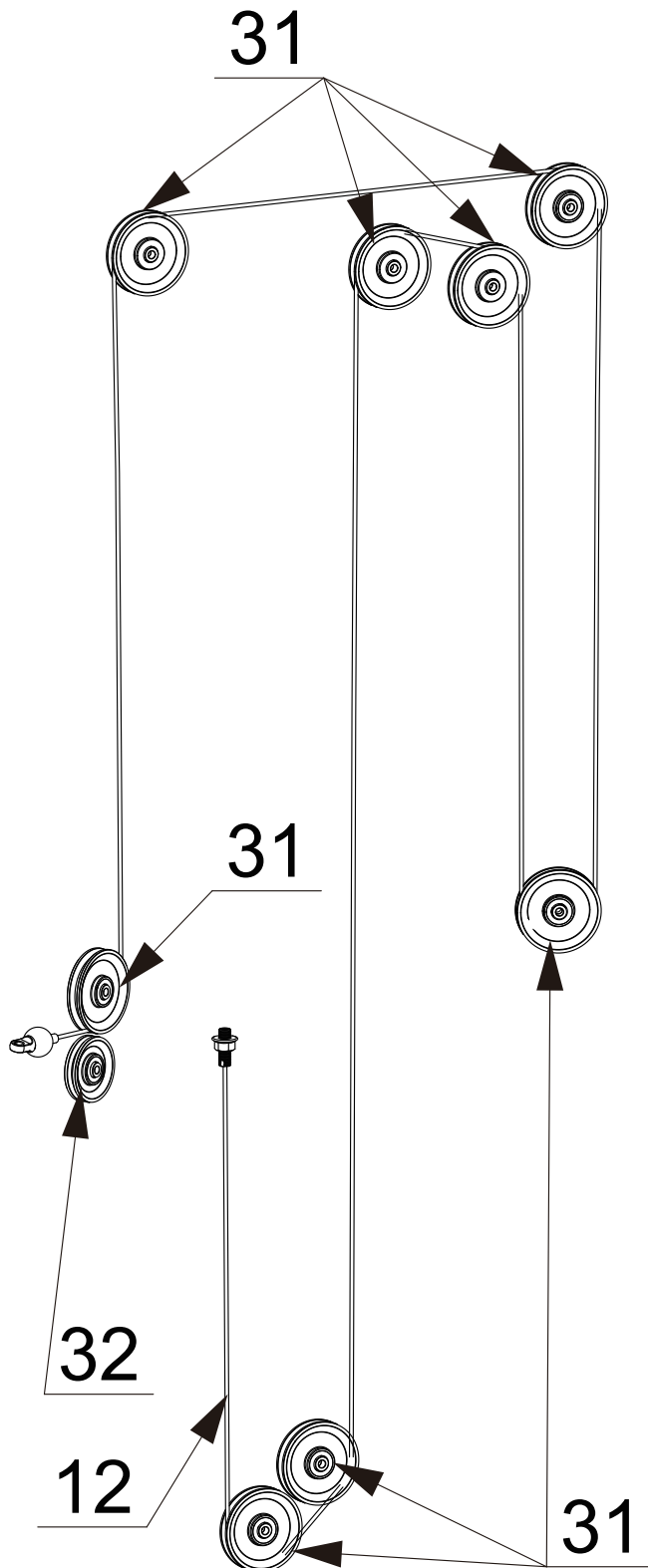
8 mm
17 mm

50 %



STEP10

Kind reminder,
there's only one 89 Pully (#32) which is installed on
the lower part of each Carriage Box (#24) (#25).



Parts

Part No: 12
Name: Cable
Q'TY: 2



Part No: 29
Name: Pulley Cover
Q'TY: 12



Part No: 30
Name: Pulley Cover
Q'TY: 4



Part No: 31
Name: 114 Pulley
Q'TY: 32



Part No: 26
Name: 89 Pulley
Q'TY: 2

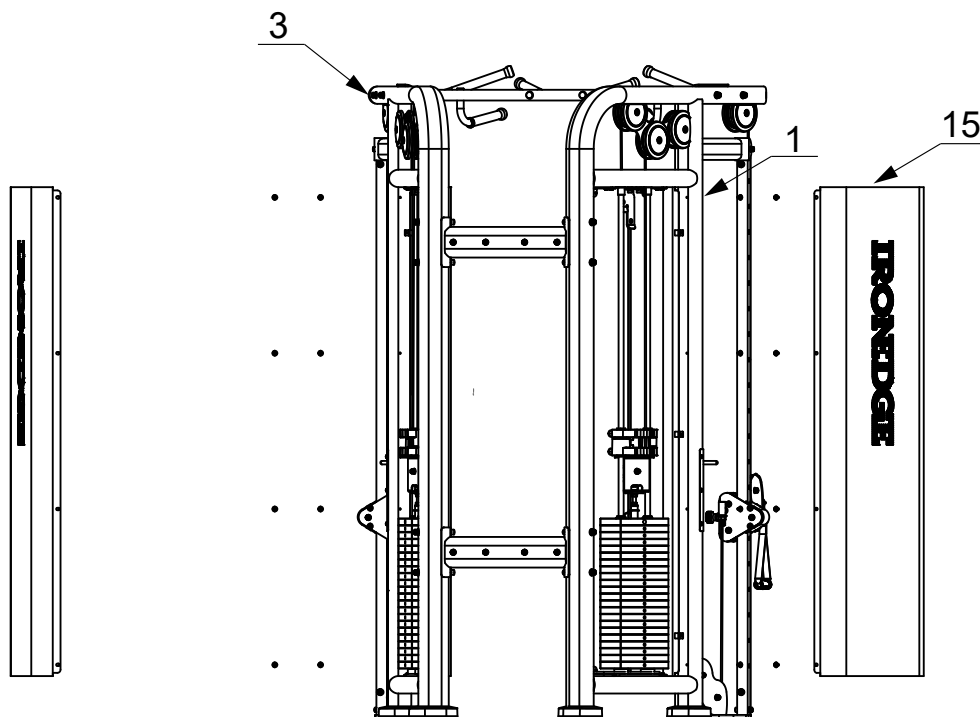


50 %



STEP 11

Fix The Outer Shield (#15) To The Left Frame(#3) And The Right Frame(#2).

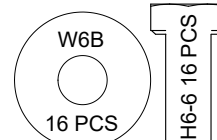


Parts

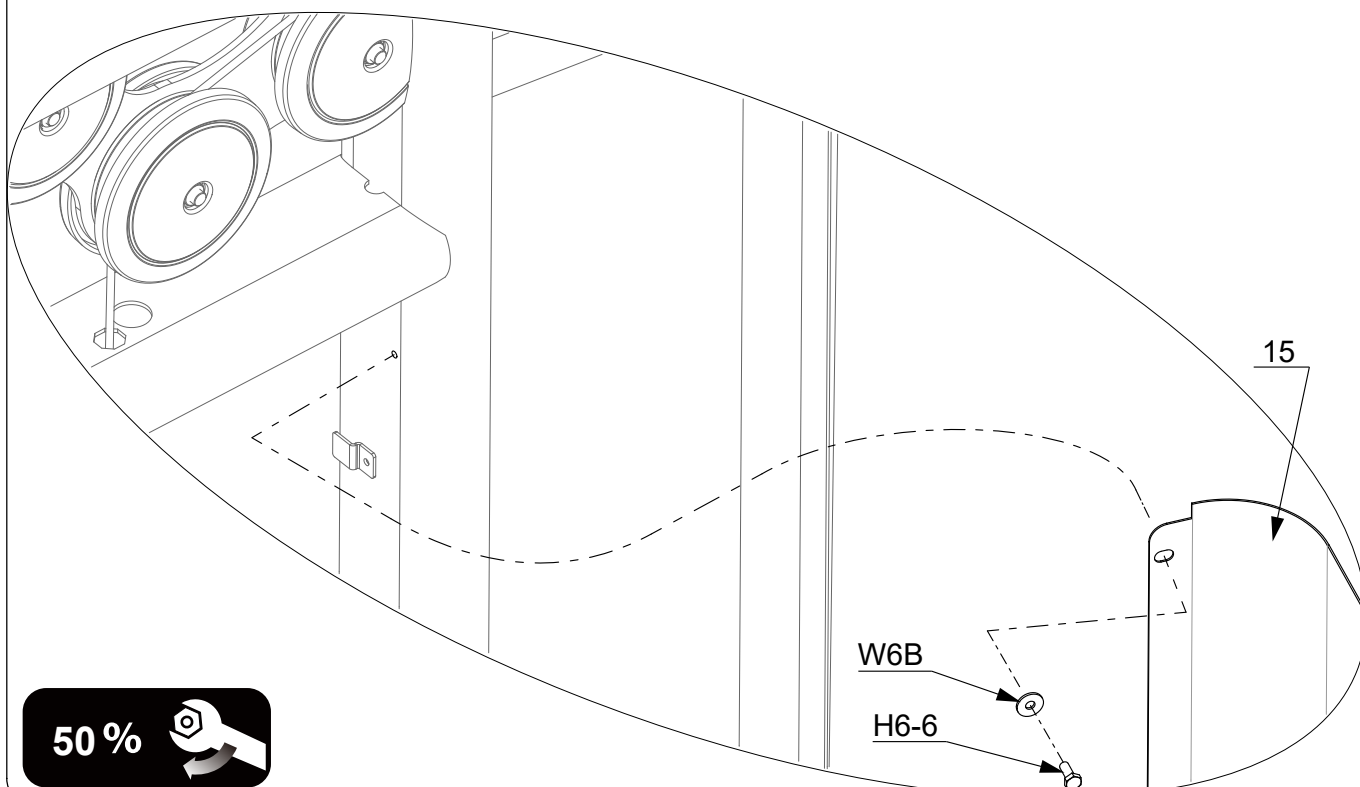
Part No: 15
Name: **Outer Shield**
Q'TY: 2



Fixings



Tools



50 %



STEP 12

Tools



10 mm

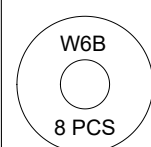
Parts

Part No: 16
Name: **Inner** Shield 1
Q'TY: 2

Part No: 17
Name: **Inner** Shield 2
Q'TY: 2

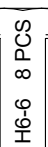


Fixings



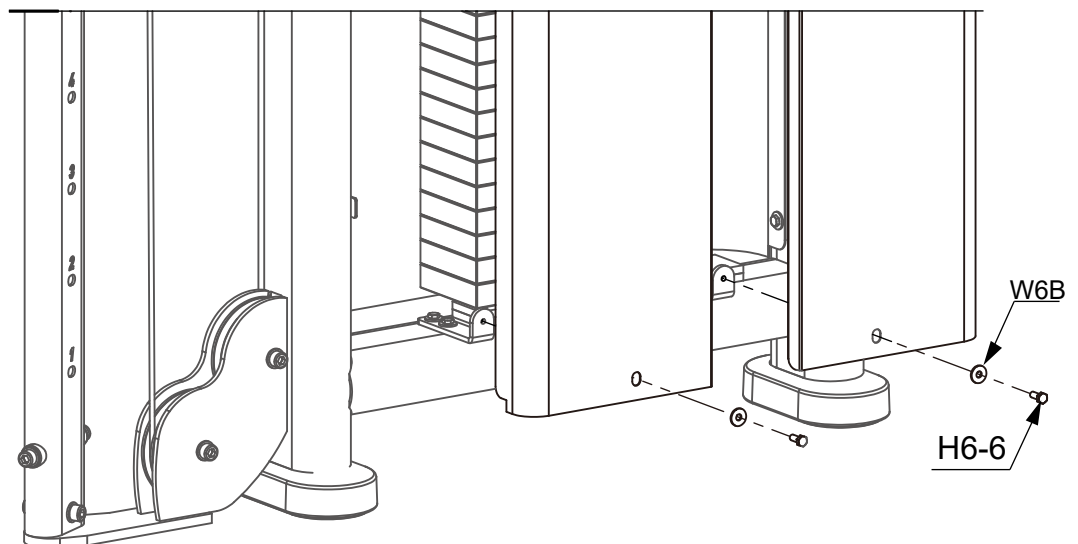
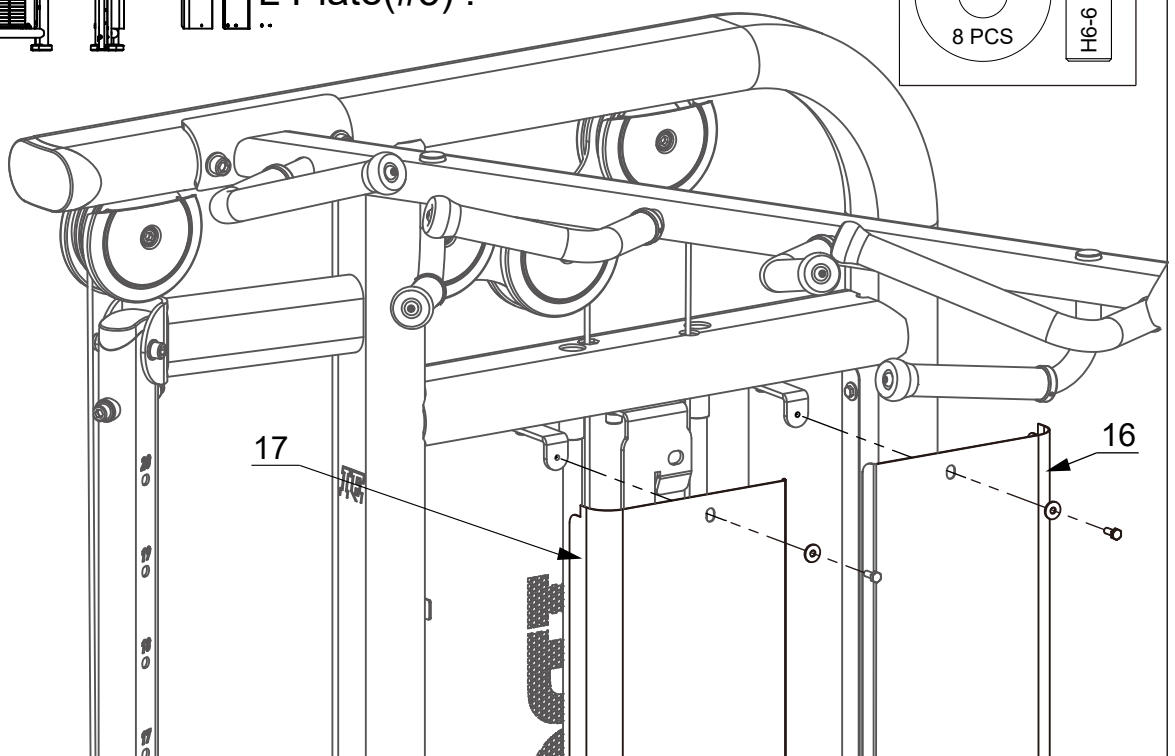
W6B

8 PCS



H6-6 8 PCS

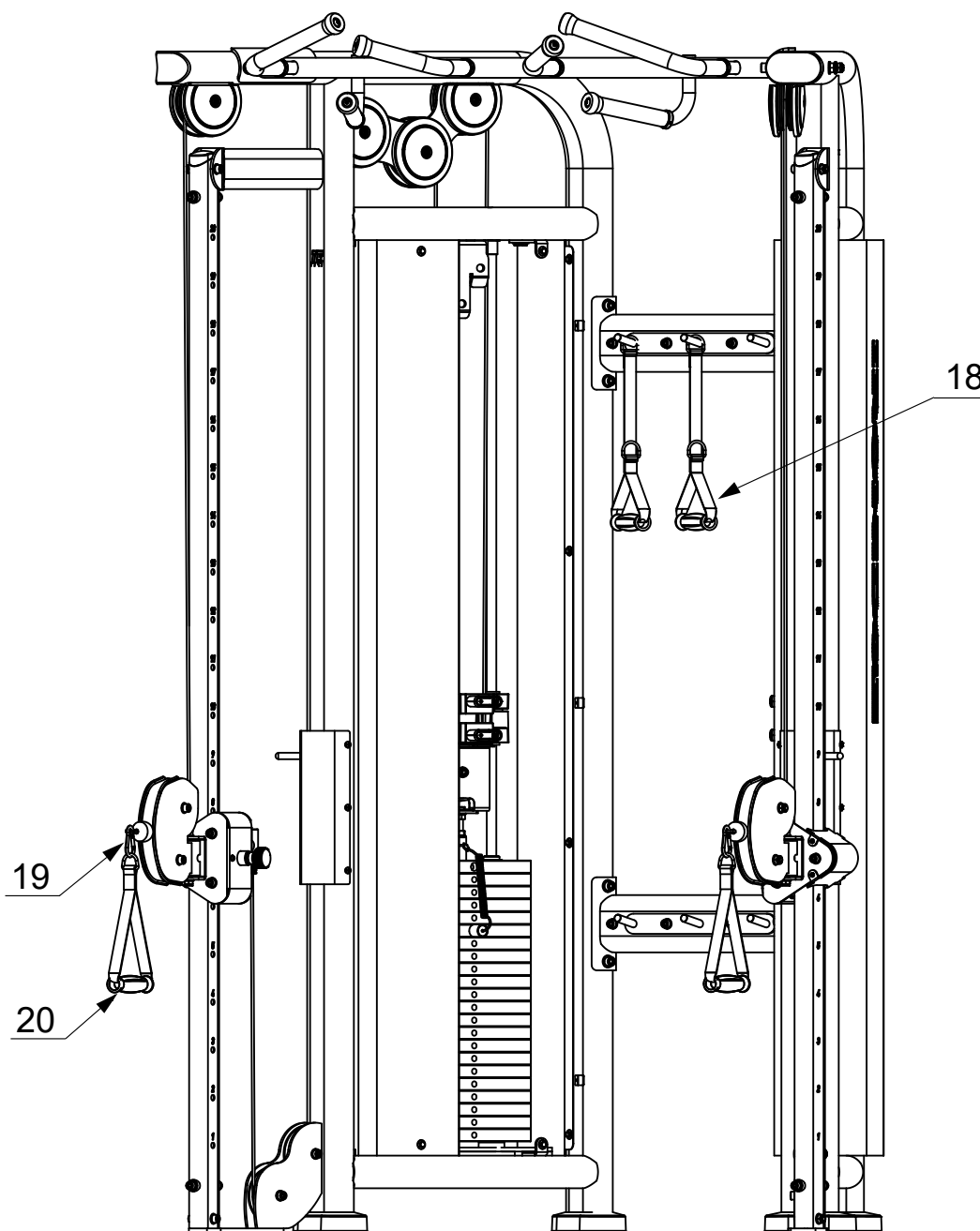
Assemble The Inner Shield 1(#16)
And The Inner Shield 2(#17) To The
L Plate(#5) .



100%



Accessories



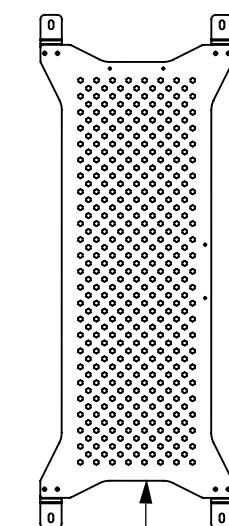
Part No: 18
Name: Long Strap Handle
Q'TY: 2



Part No: 19
Name: Carabiner
Q'TY: 4



Part No: 20
Name: Strap Handle
Q'TY: 2



Pegboard Storage System (Optional)

PARTS LIST

PART NO.	DESCRIPTION	QT'Y
1	Right Weight Frame	1
2	Back Connection Tube	2
3	Left Weight Frame	1
4	Handle Frame	1
5	L Plate	8
6	Rubber Buffer	4
7	Weight Label	2
8	5Kg Weight Plate	42
9	Guide Rod	4
10	Top Weight Plate-Selector	2
11	Weight Pin	2
12	Cable	2
13	Retainer Ring	4
14	Rod Retainer	4
15	Outer Shield	2
16	Inner Shield 1	2
17	Inner Shield 2	2
18	Long Strap Handle	2
19	Carabiner	4
20	Strap Handle	2
21	Right Poster Board	1
22	Left Poster Board	1
23	Adjusting Tube	2
24	Right Carriage Box	1
25	Left Carriage Box	1
26	Limit Sleeve	4
27	Peg Plate	2
28	Single Pulley Holder	2
29	Pulley Cover(semi-circular)	12
30	Pulley Cover	4
31	114 Pulley	16
32	89 Pulley	2
33	Optional	2
34	Micro Weight	2
35	Plastic Ball	2
36	Protective	2
37	U Clip	2
CH6-4	Cross recessed Head Screw M6×10	12
H6-6	Hex Head Bolt M6×15	40
N10	Nut M10	28
N12	Nut M12	12

PART NO.	DESCRIPTION	QT'Y
S8-10	Socket Set Screw M8×50	4
SC5-4	Socket Head Cap Screw M5×10	2
SC10-5	Socket Head Cap Screw M10×25	4
SC10-10	Socket Head Cap Screw M10×50	6
SC10-11	Socket Head Cap Screw M10×55	14
SC10-13	Socket Head Cap Screw M10×65	2
SC10-17	Socket Head Cap Screw M10×85	4
SC10-22	Socket Head Cap Screw M10×110	4
SC12-28	Socket Head Cap Screw M10×140	12
W6	Washer 6	12
W6B	Big Washer 6	40
W10	Washer 10	56
W12	Washer 12	8