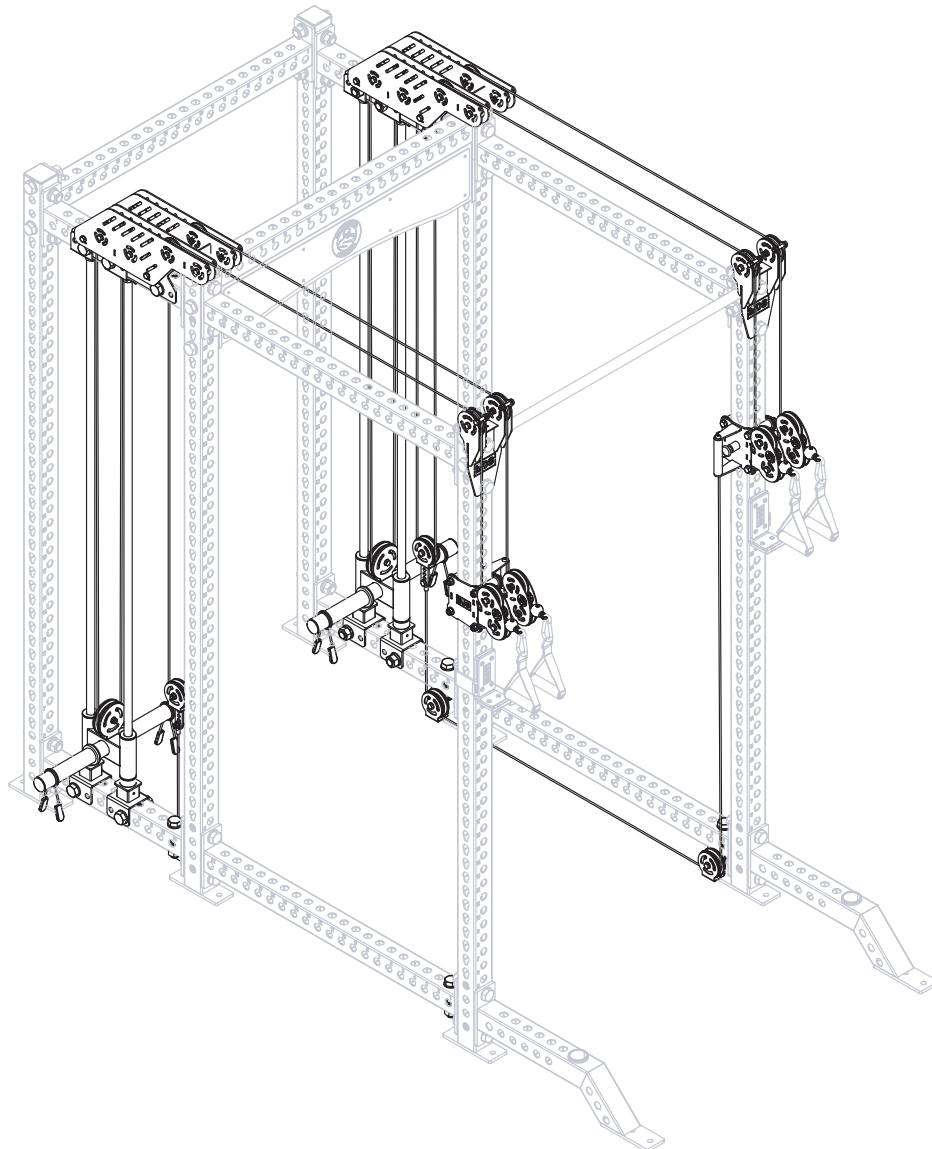




KRAKEN 6 POST PLATE LOADED

PO:



ASSEMBLY INSTRUCTIONS



Stuck? Scan the QR code for the assembly video

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BUILDING STRENGTH, ONE BOLT AT A TIME.



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First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



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Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



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BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

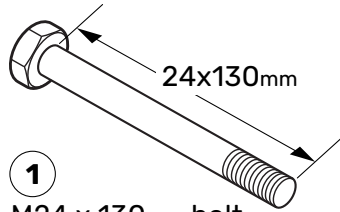
NOW...

LET THE GAINZ BEGIN

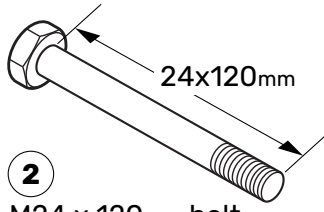
PARTS LIST

• Hardware Package

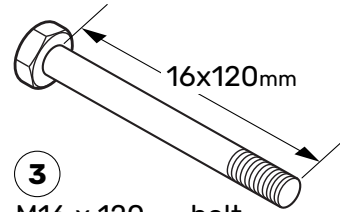
**M16 hardware will come with 5/8th hole racks and
M24 hardware will come with 1" hole racks.**



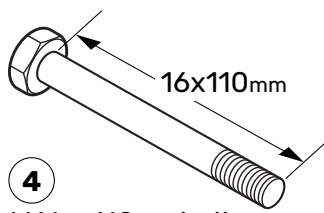
1
M24 x 130mm bolt
x4



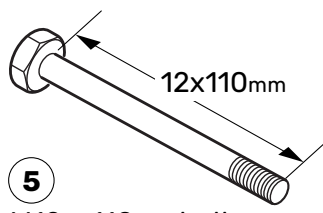
2
M24 x 120mm bolt
x8



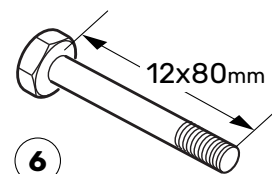
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M16 x 120mm bolt
x4



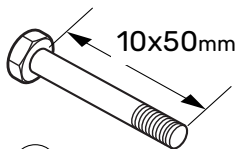
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M16 x 110mm bolt
x4



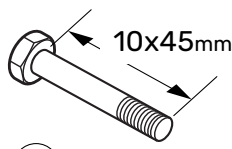
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M12 x 110mm bolt
x8



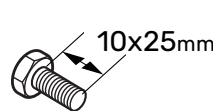
6
M12 x 80mm bolt
x4



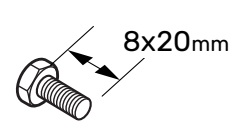
7
M10 x 50mm bolt
x4



8
M10 x 45mm bolt
x40



9
M10 x 25mm bolt
x4



10
M8 x 20mm bolt
x4



11
M24mm nut
x14



12
M16mm nut
x12



13
M12mm nut
x12



14
M10mm nut
x48



17
Ø 24mm
washer x28



19
Ø 16mm
washer x24



18
Ø 24mm spring
washer x12



20
Ø 16mm spring
washer x12



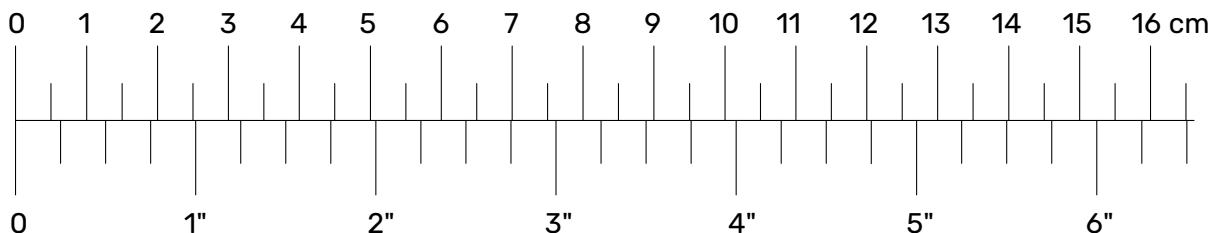
21
Ø 12mm washer x24



22
Ø 10mm washer x56



25
Ø 16-25-4mm
washer x24



PARTS LIST

• Preassembled



26 M10 x 16mm
hexagonal
cup head bolt
x4



27 Ø 12-19-24
bushing
x8



28 Popper pin
x2

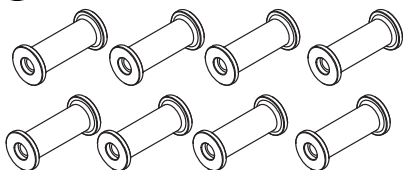


29 Ø 27x50
Tube bushing
x8

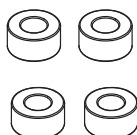


30 Ø 48
Tube plug
x4

33 x8



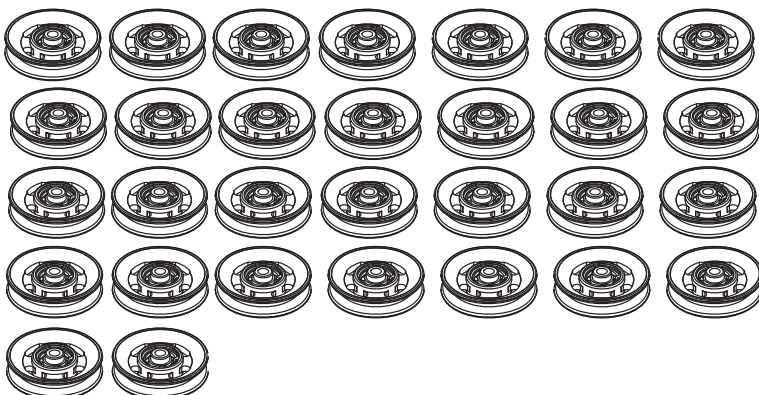
34 x4



37 x6



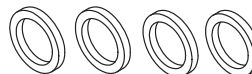
35 x30



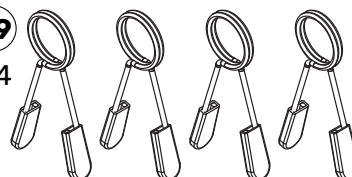
36 x2



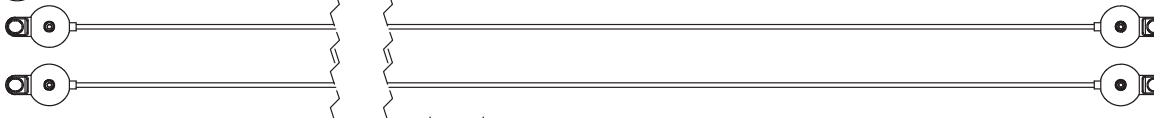
38
x4



39
x4



42 x2

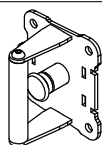


43 x2



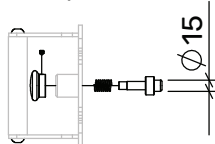
PARTS LIST

44 x1

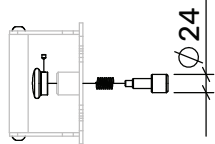


Two options

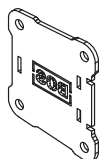
For Hydra Rack



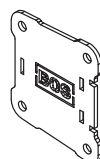
For Manticore Rack



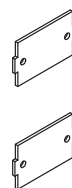
45



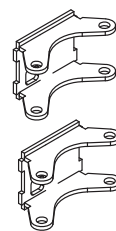
46 x1



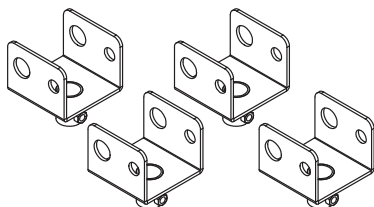
47 x2



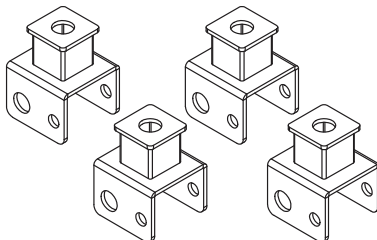
48 x2



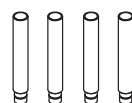
49 x4



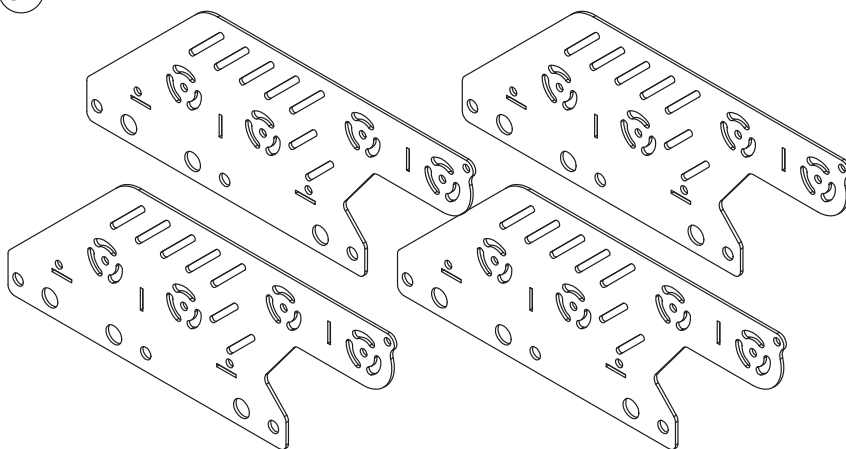
50 x4



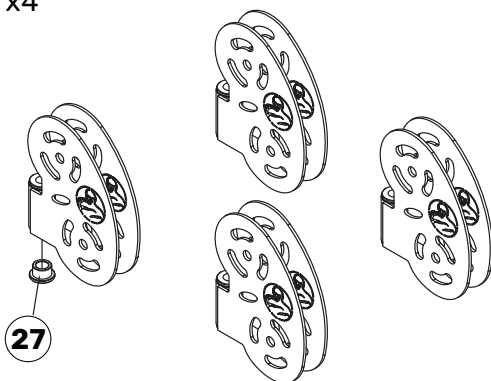
62 x4



51 Main plates x4



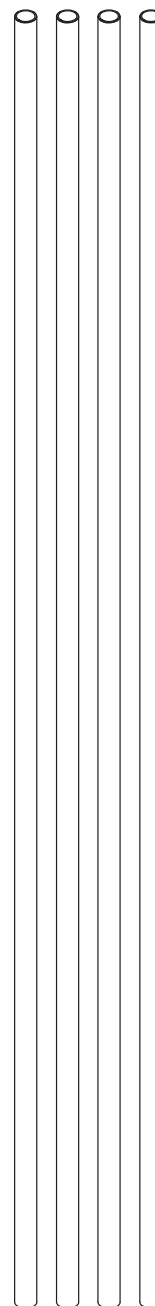
52 x4



27

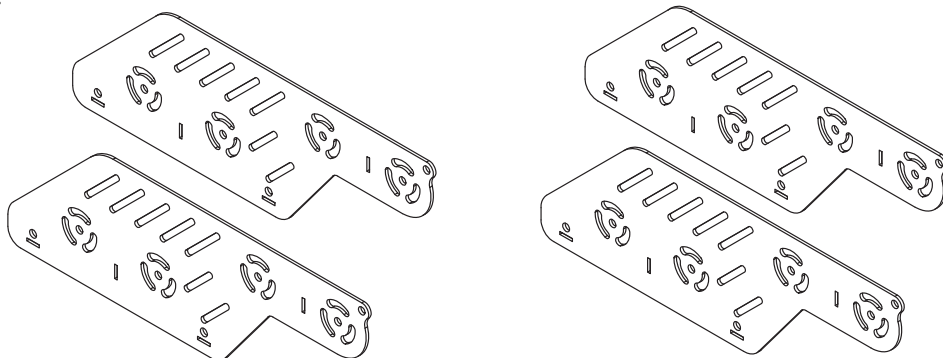
63

x4

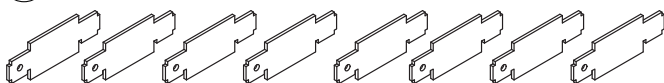


PARTS LIST

53 x4

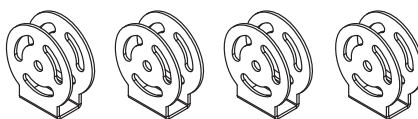


54 Reinforcement brackets x8

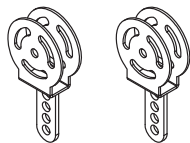


57

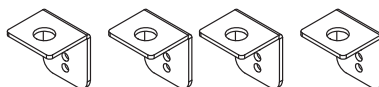
x4



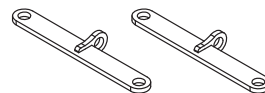
55 x2



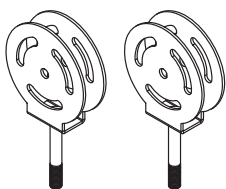
56 x4



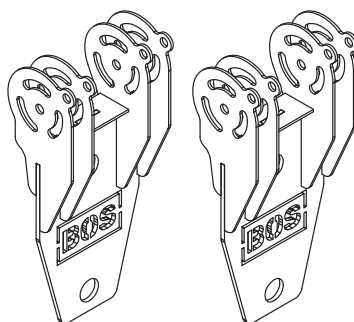
58 x2



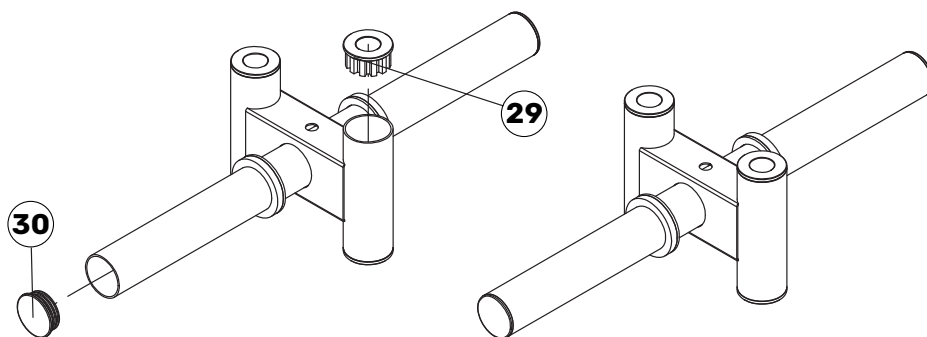
64 x2



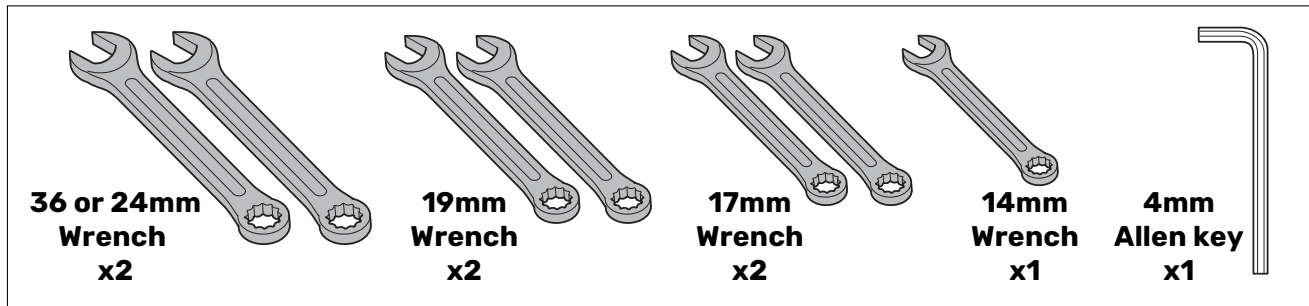
66 x2



65 x2



TOOLS REQUIRED



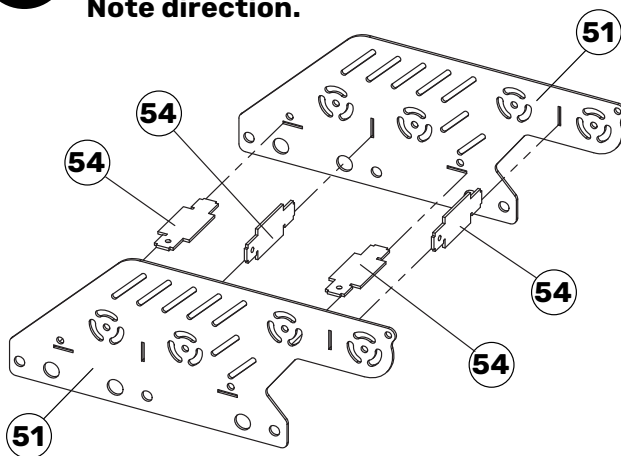
ASSEMBLY

If you are building a single side attachment QTYs will be halved.

Pro tips: For easier assembly, group the hardware together.
Group bolts, washers and nuts according to sizes.
(M24 bolt, M24 washer, M24 nut). (M12's), (M10's) and (M8's)

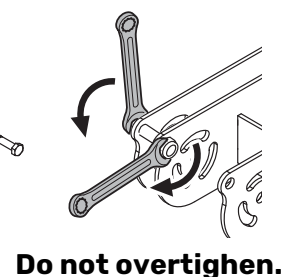
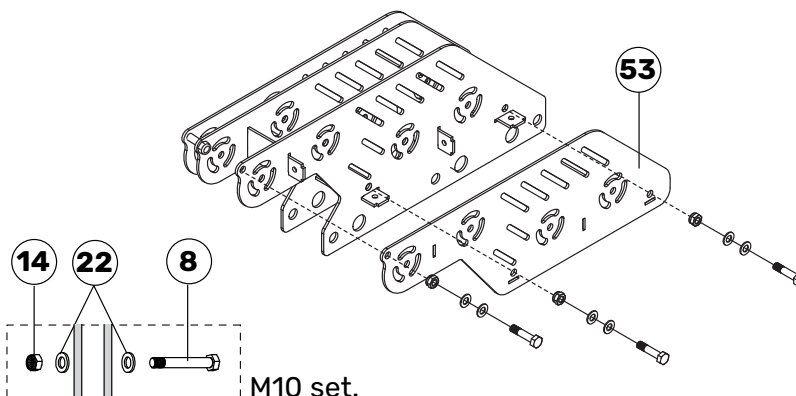
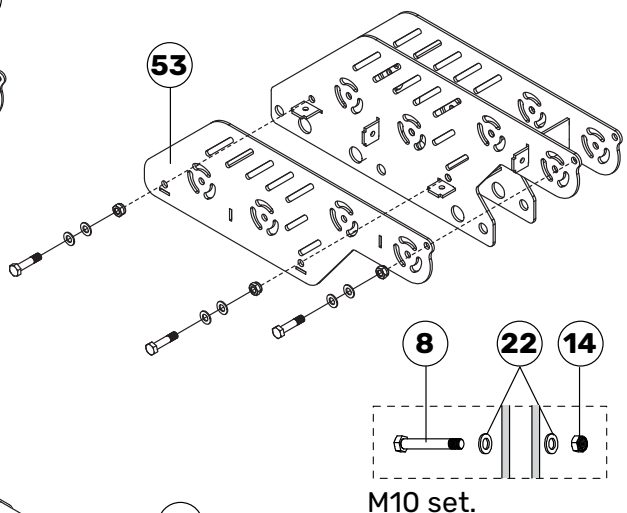
1

Slide 4 reinforcement brackets (54) to the main plates (51).
Note direction.



2

Align outer plate (53) and fix with M10x45bolt (8), M10 washer (22) and M10 nut (14).

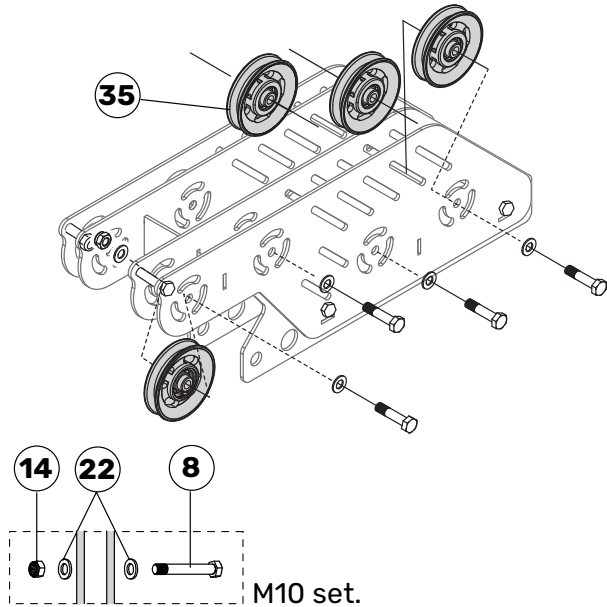
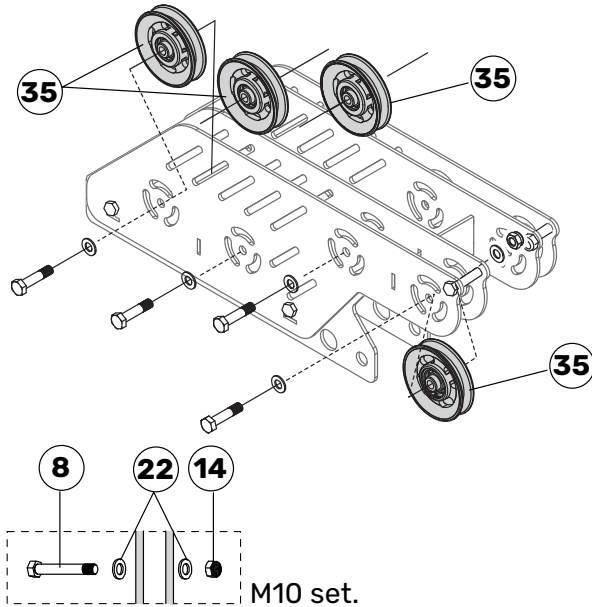


ASSEMBLY

3

Attach pulleys (35) and fix with M10x45 bolt (8), M10 washer (22) and M10 nut (14).

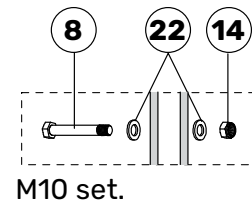
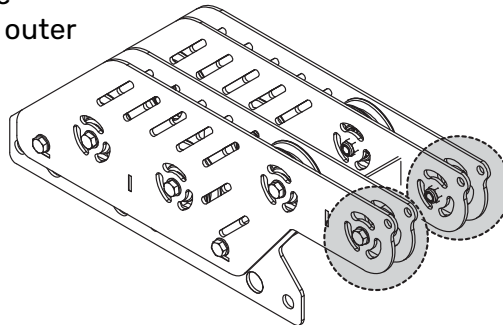
Repeat step 3 on the other side.
Do not overtighten.



4

Remove M10 set and 1 pulley from the front of main plate assembly. Also remove the outer M10 set.

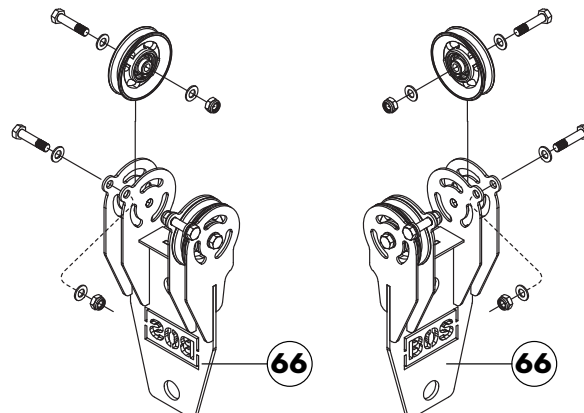
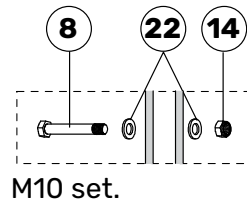
Repeat on the other side.



5

Front pulley mount bracket assembly.

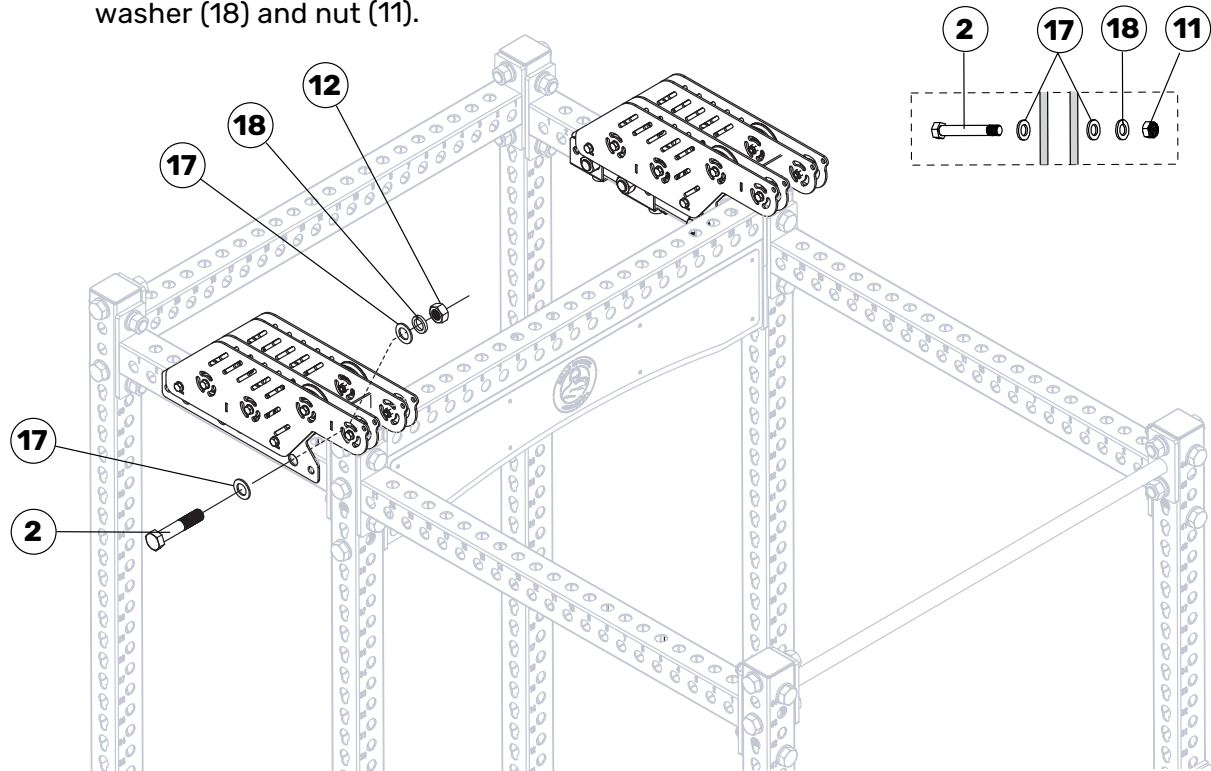
Mount the pulley and M10 set remove in step 4, then also add the M10 set (M10x45 bolt (8), M10 (22) and M10 nut (14) you remove in step 4.



ASSEMBLY

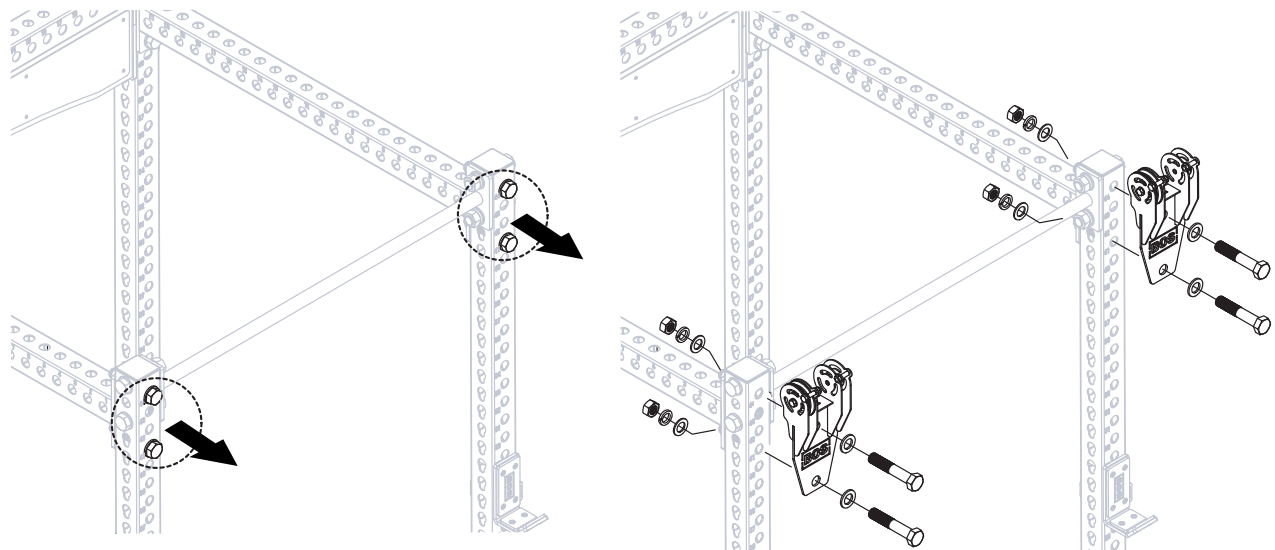
- 6** Attach pulley assembly to the rack. Mount pulley assembly to the first hole. Fix with bolt (2), washer (17) spring washer (18) and nut (11).

Repeat the same process on the other side.



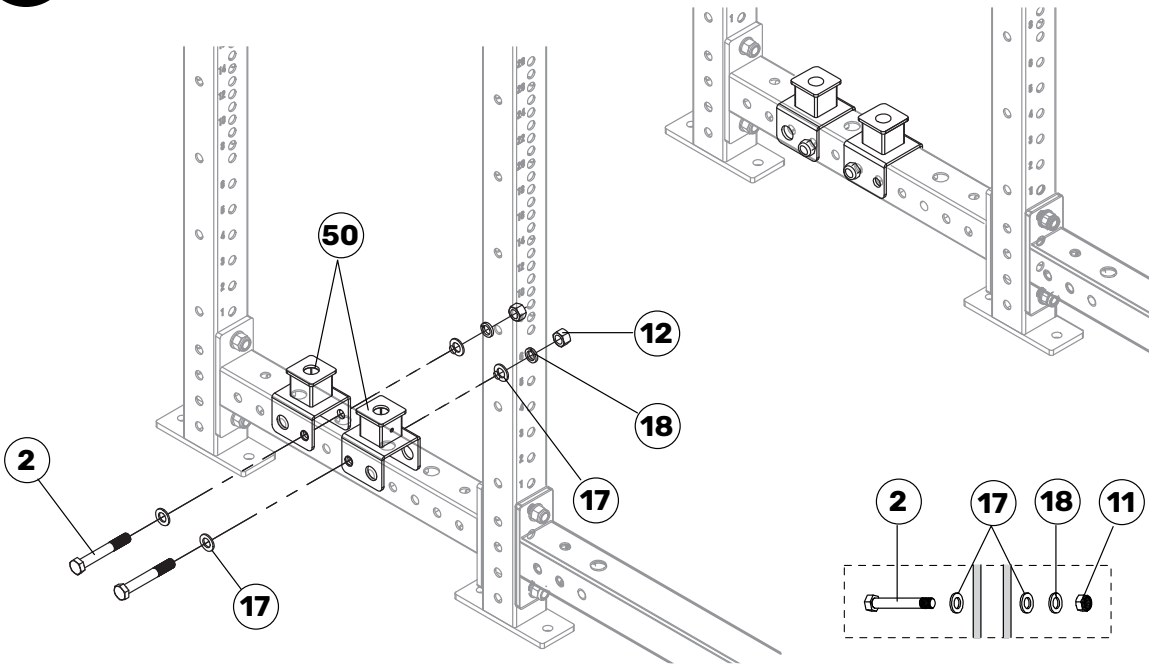
- 7** Remove front Bolt set and set aside.

- 8** Attach front pulley assembly using the Bolt set you remove in Step 7.

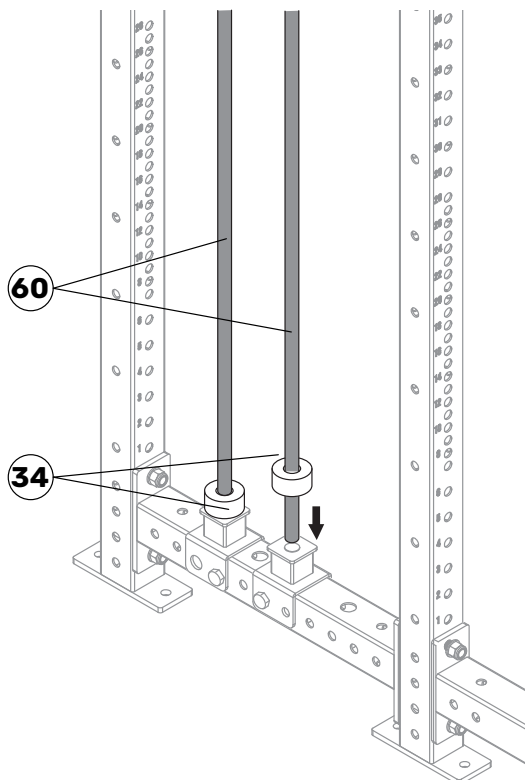


ASSEMBLY

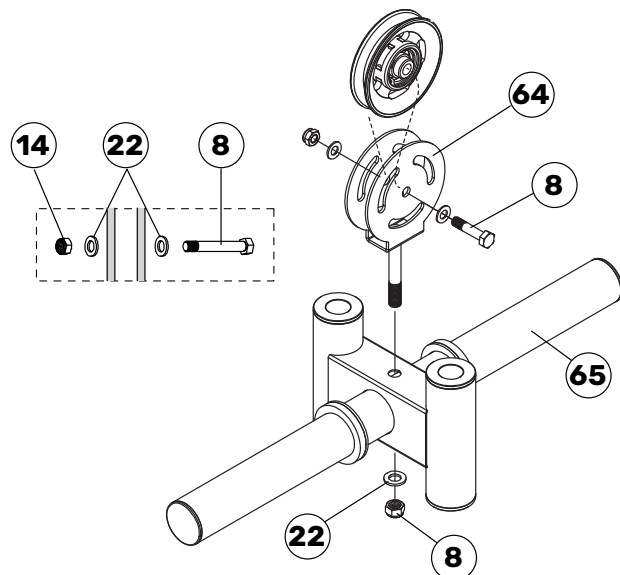
- 9** Align and attach 2 rack holders (50), fix it with bolt (2), washer (17), spring washer (18) and M24 nut (11). **Repeat on the other side.**



- 10** Install 2 rods (60) and add rubber washers (34).



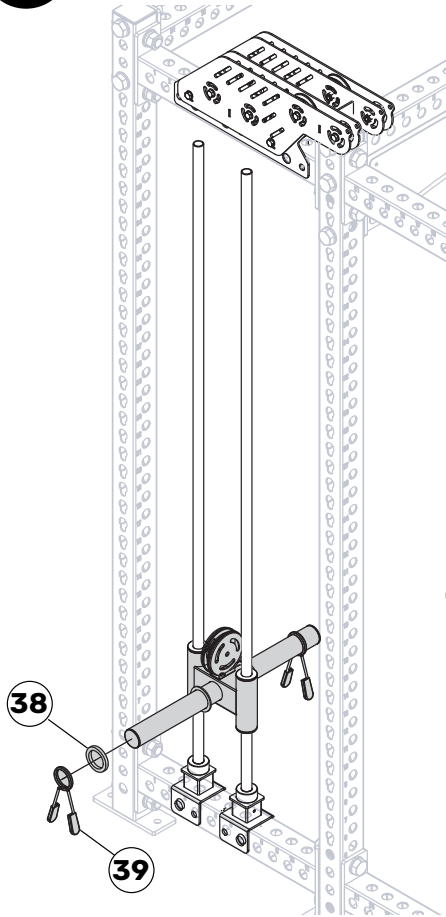
- 11** Install the pulley bracket (64) into the plate trolleys (65) using M10 washer (22) and M10 nut (14).



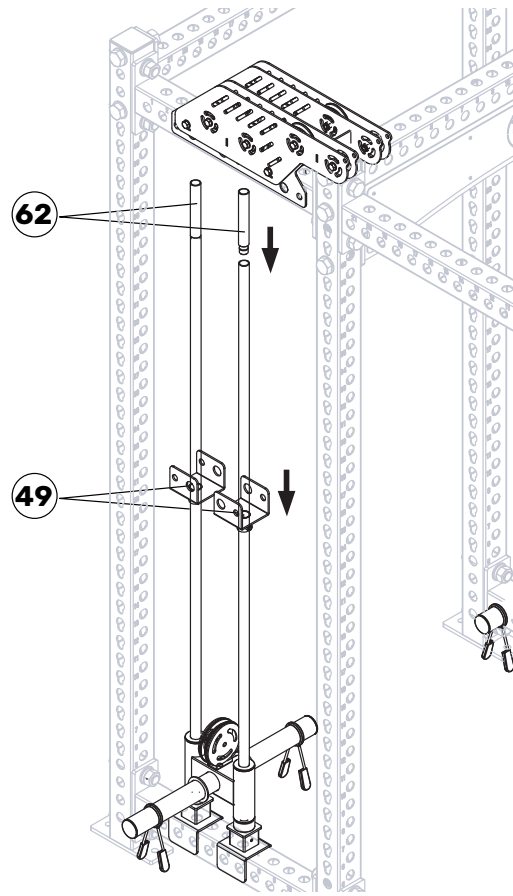
Add pulley (35), and fix with M10x45 bolt (8), M10 washer (22) and M10 nut (14).

ASSEMBLY

- 12** Slide in the plate trolley assembly into the guide rods. Add (38) and (39) on both ends.



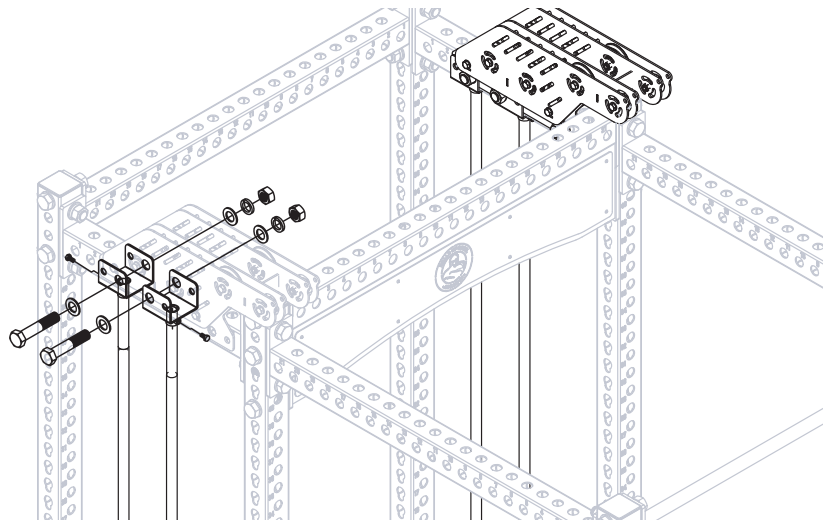
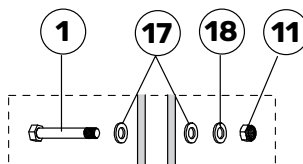
- 13** Slide in the top rod holders (49). If you are doing this in a taller rack, install the extensions (62).



- 14** Lining up the correct hole sizes with the ones that correspond to the hole size on your rack. For Hydra racks both 5/8th holes should face each other on the inside and be lined up/installed on the 6th and 8th holes from the front post. For Manticore both 1" holes should be facing outwards and using the 5th and 9th holes from the front.



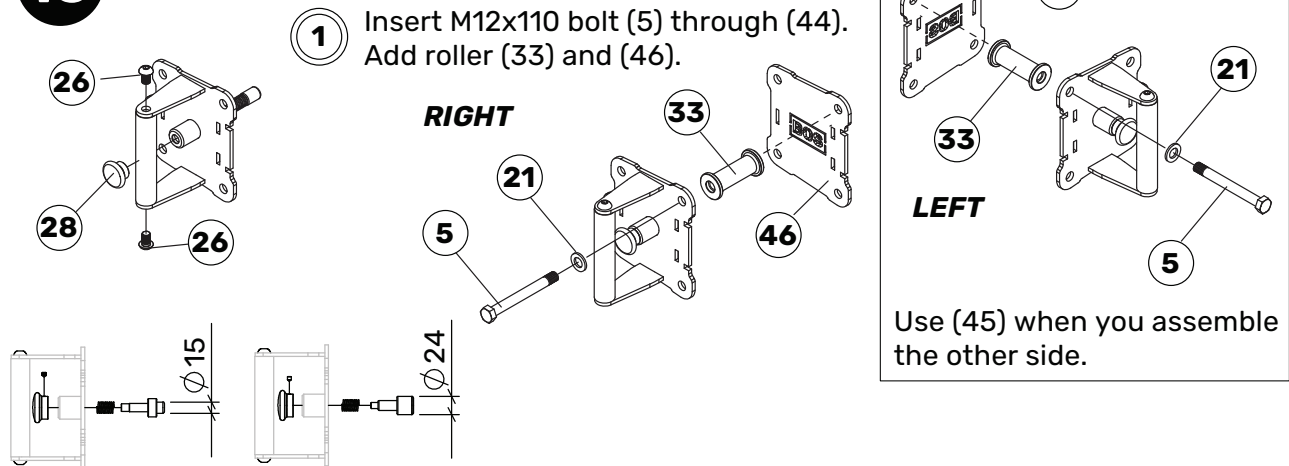
Secure top rod holder (49) using the opposite holes from the bottom.



ASSEMBLY

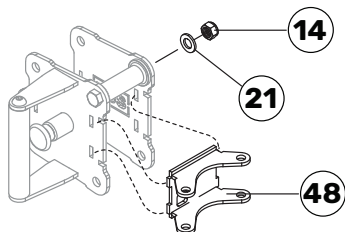
15 Repeat steps 10 to step 14 for the other side.

16 Assemble height trolley selector handles.

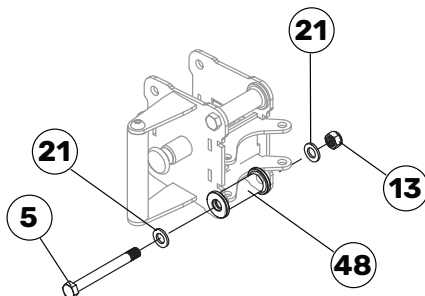


For Hydra or 5/8th racks, install the 5/8th" pin. For Manticore or 1" racks install 1" pin. Slide the spring over the threaded end of the knob, insert into the hole on the handle and thread into the knob. Once the pin is threaded in, tighten down the lock nut on the pull knob to ensure the pin doesn't come unthreaded and fall into the upright.

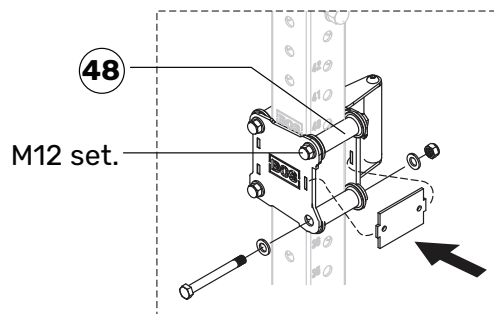
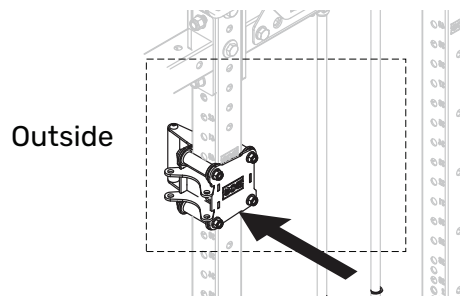
2 Insert (48) and secure with M12 washer (21) M12 nut (13).



3 Add roller (33) and secure with M12x110 bolt (5), M12 washer (21) and M12 nut (13).



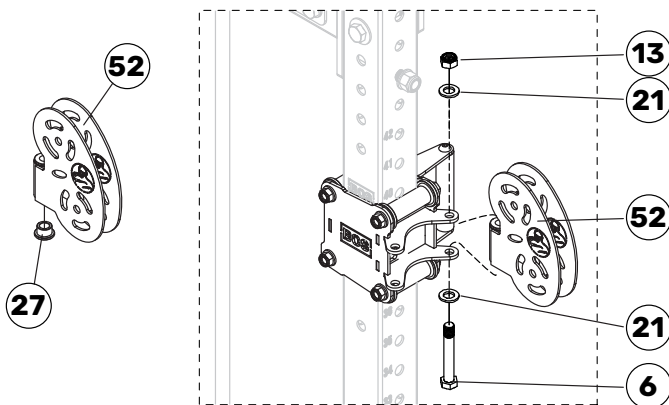
17 Slide the half assembled height selector facing inside with the corresponding hole on the upright. Add roller(33) and M12 set. Then (47), and the last roller and M12 set.



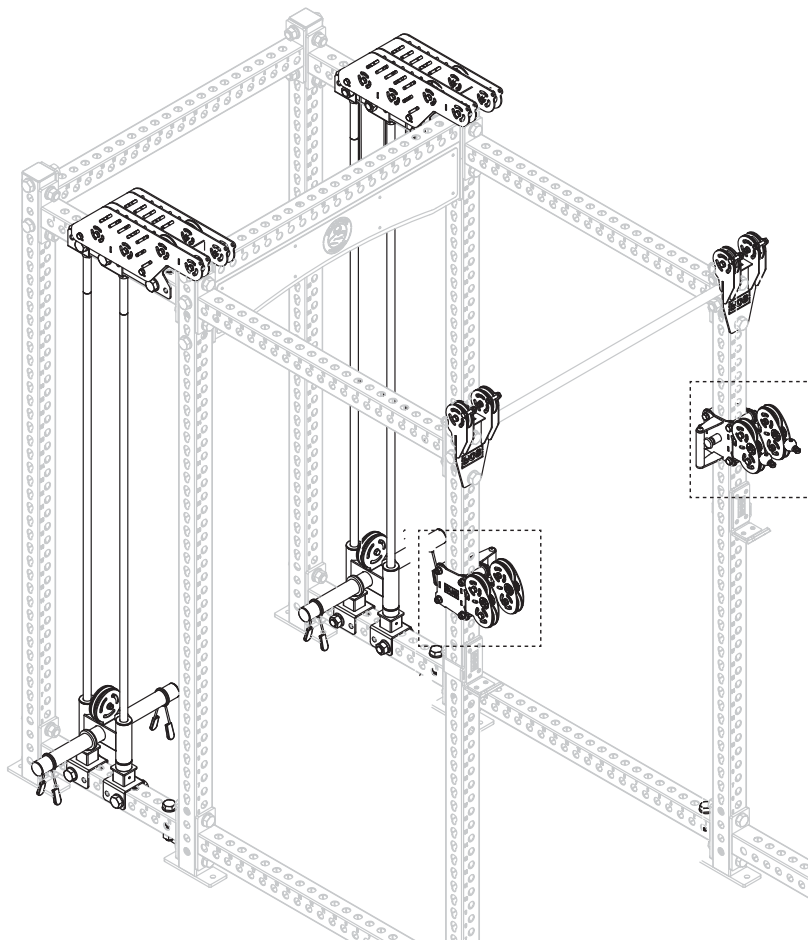
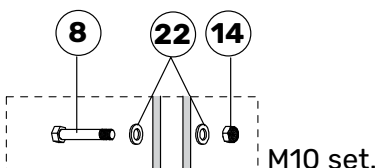
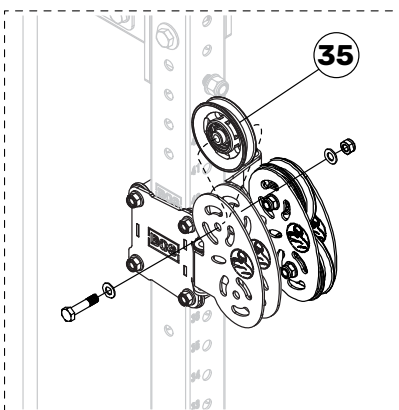
Repeat for the other side.

ASSEMBLY

- 18** Attach the pre-assembled (52) as shown.
Secure with M12x80 bolt (6), M12 washer (21) and M12 nut (13).



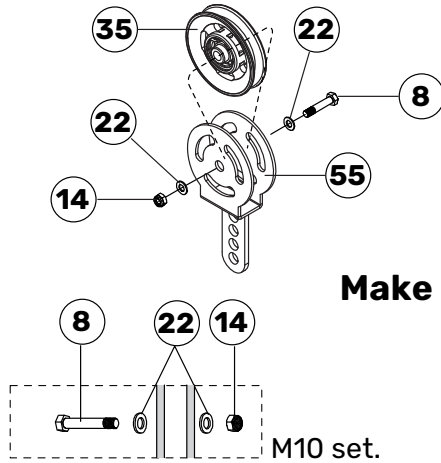
- 19** Attach 4 pulleys (35) as shown. Secure with M10x45 bolt (8), M10 washer (22) and M10 nut (14).



Repeat steps 16 to 19 for the other side.

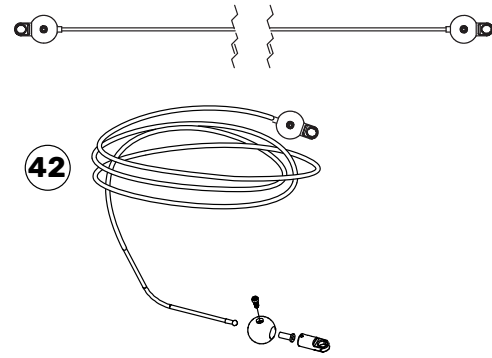
ASSEMBLY

- 20** Take the floating pulley (55), slide in the pulley wheel (35) and secure with M10x45 bolt (8), M10 washer (22), M10 nut (14). **Do not overtighten.**

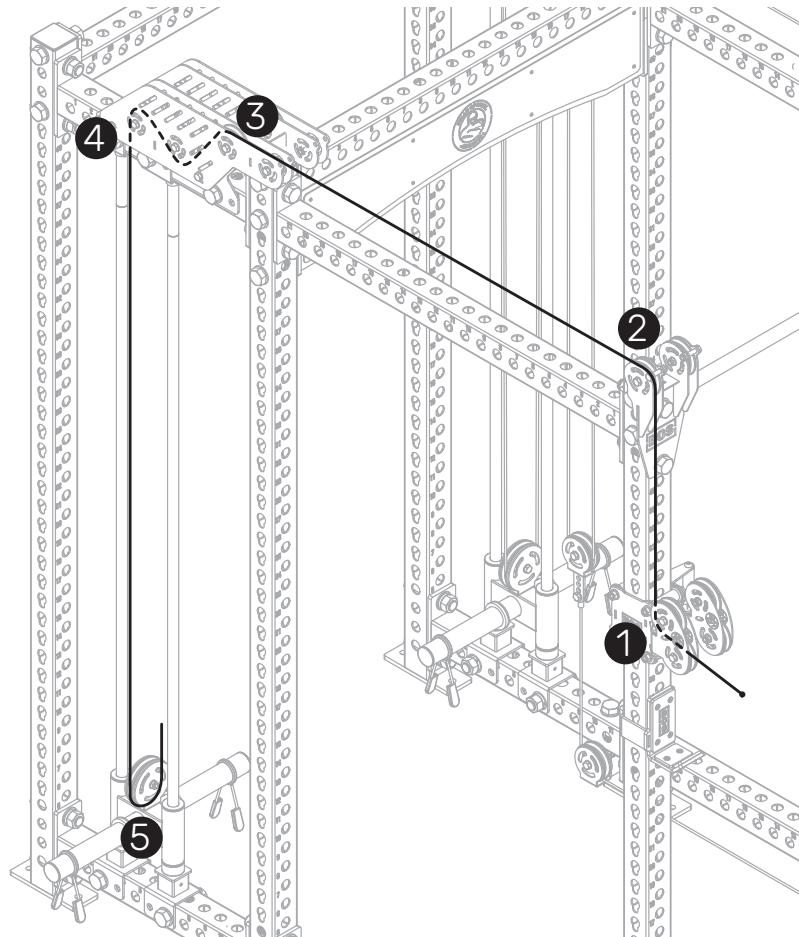


Make 2.

- 21** Remove ball stopper on one end of the longer cable (42) as shown. This is for easier connection of cable through the pulleys.



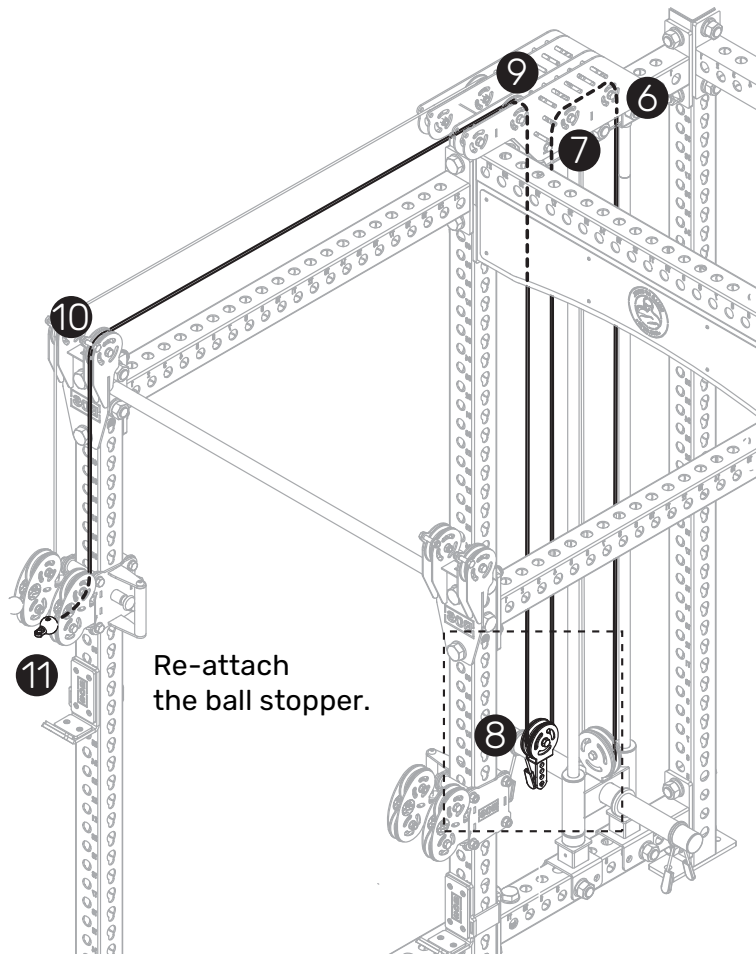
- 22** Insert cable through height selector (1) then over the top pulleys, follow the numbers shown on the diagram.



ASSEMBLY

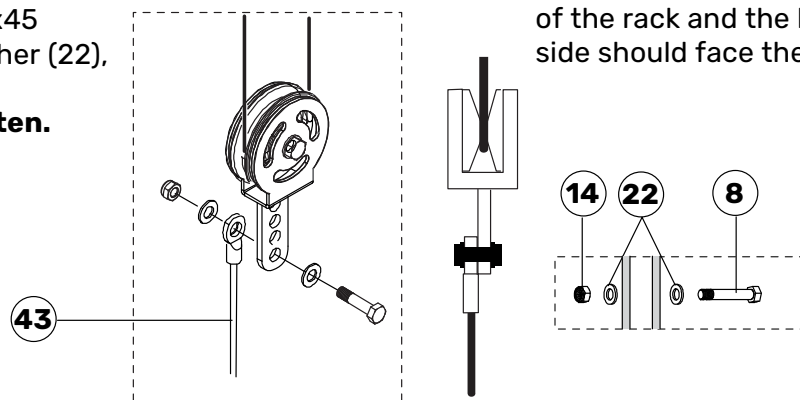
23

Continue by pulling up the cable to the upper pulley following the number shown.



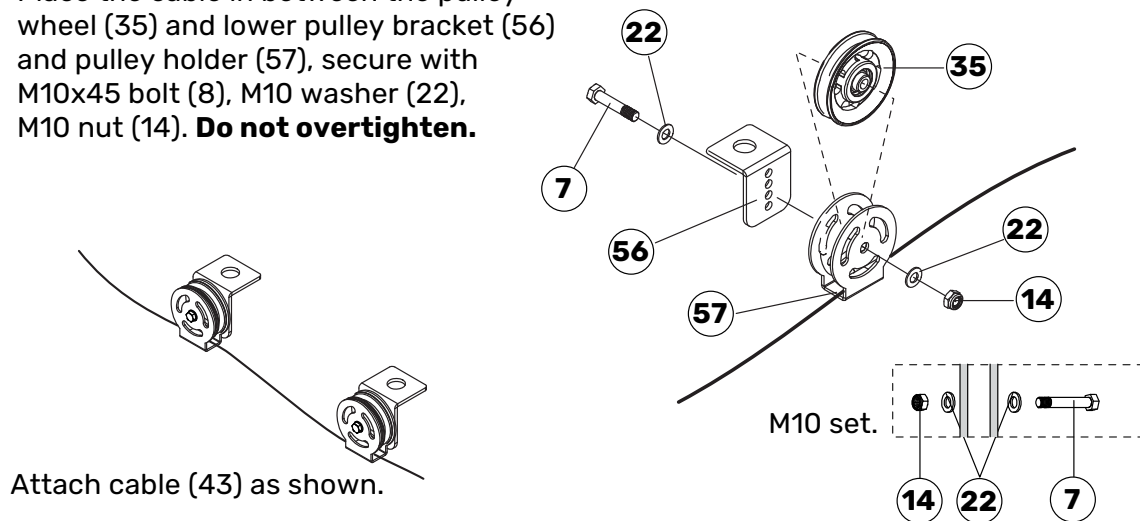
24

Take shorter cable (43), install one end to the floating assembly and secure with M10x45 bolt (8), M10 washer (22), M10 nut (14).
Do not overtighten.

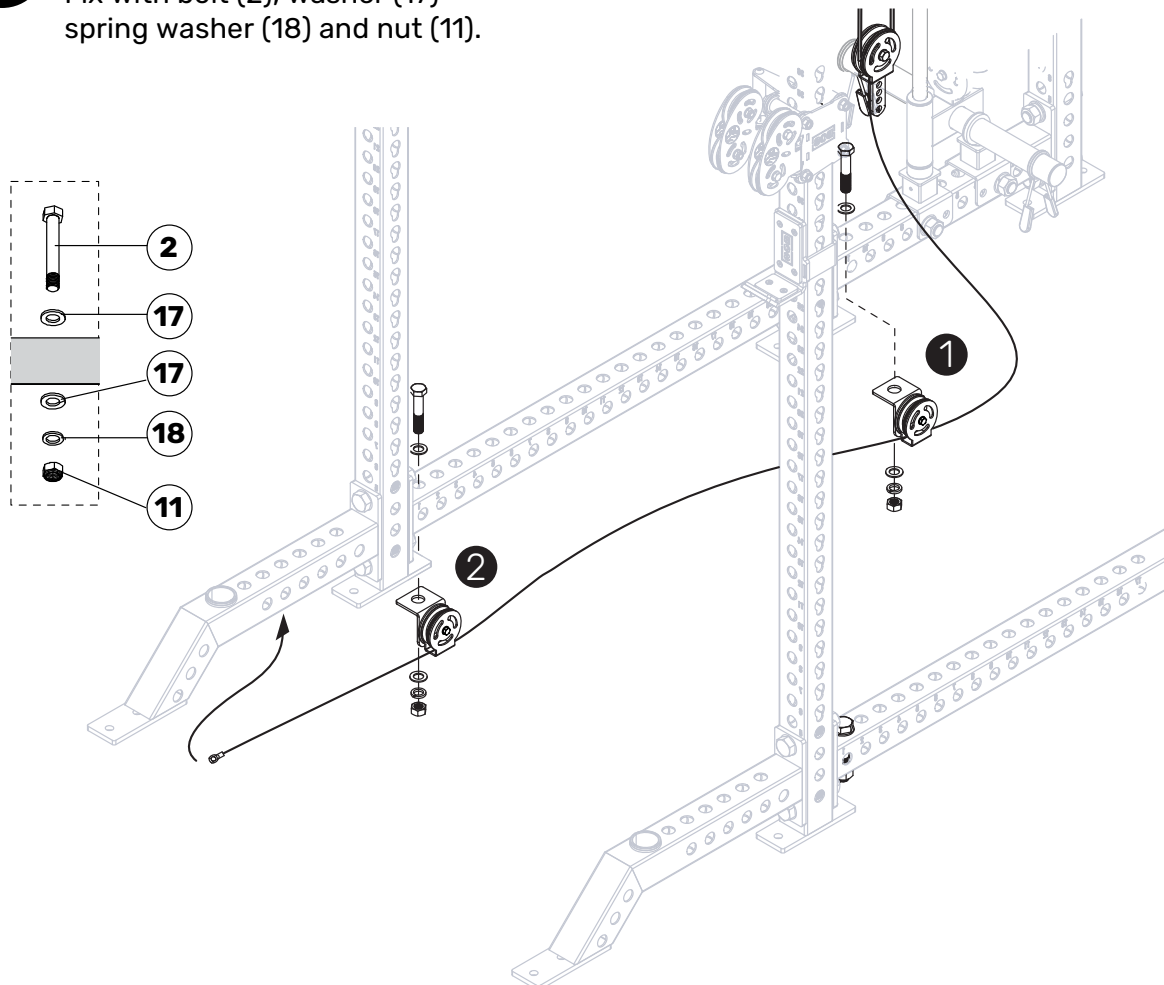


ASSEMBLY

- 25** Place the cable in between the pulley wheel (35) and lower pulley bracket (56) and pulley holder (57), secure with M10x45 bolt (8), M10 washer (22), M10 nut (14). **Do not overtighten.**



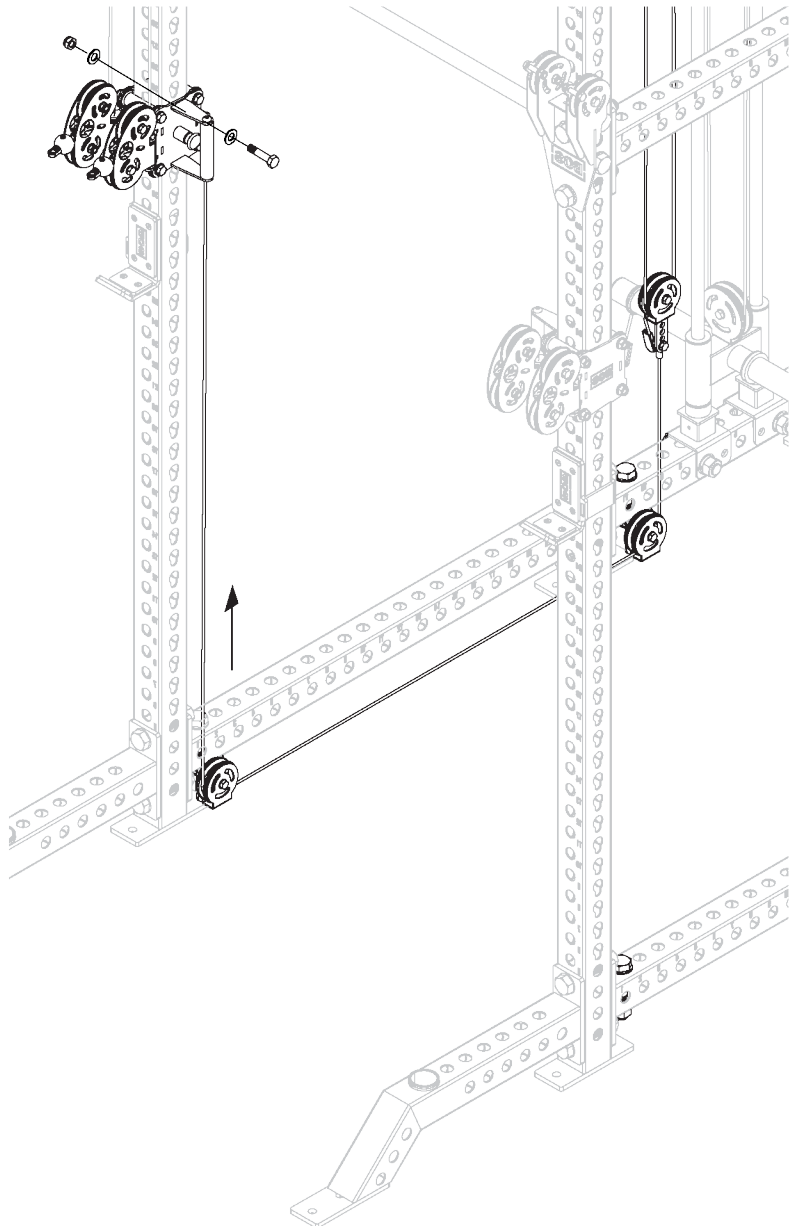
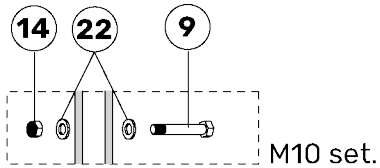
- 26** Attach the assembled pulley as shown. Fix with bolt (2), washer (17), spring washer (18) and nut (11).



ASSEMBLY

- 27** Fix the other end of the cable to the weight selector with M10x25 bolt (9), M10 washer (22), M10 nut (14).

If the cable seems too long or too short, simply change the hole used on the floating and/or the bottom pulleys. Once the cables are set correctly, tighten the remaining bolts.



- 28** Repeat steps 21 to step 27 for the other side.

YOU'RE FINISHED!

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