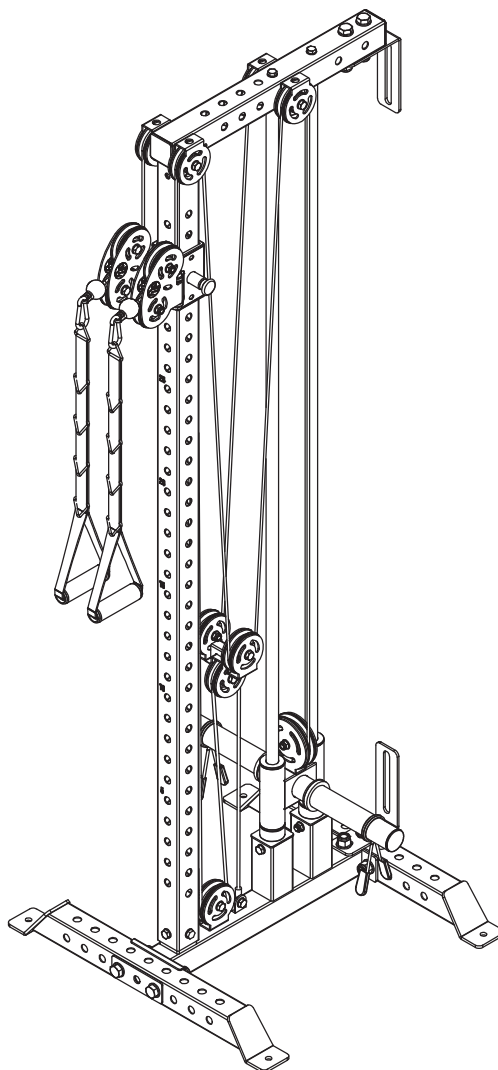




PLATE-LOADED CABLE TOWER

SKU: PULT5-MA
PO:



ASSEMBLY INSTRUCTIONS



BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

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



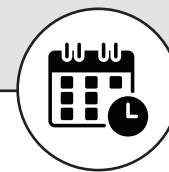
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Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

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.

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.

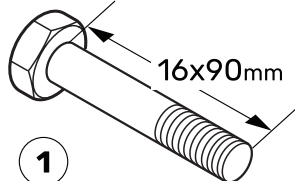
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, 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...

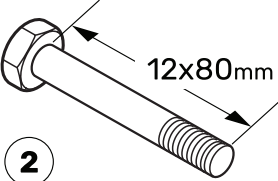
LET THE GAINZ BEGIN

PARTS LIST

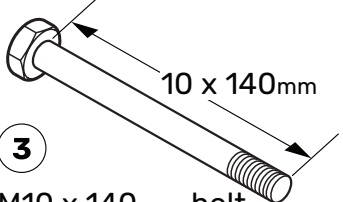
Hardware Package



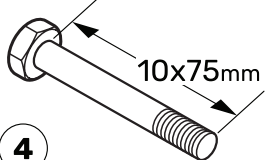
1
M16 x 90mm bolt
x8



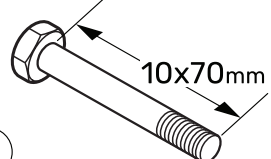
2
M12 x 80mm bolt
x2



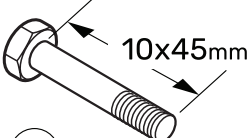
3
M10 x 140mm bolt
x2



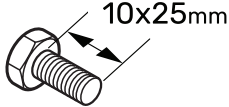
4
M10 x 75mm bolt
x2



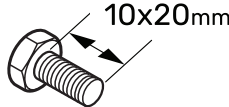
5
M10 x 70mm bolt
x4



6
M10 x 45mm bolt
x9



7
M10 x 25mm bolt
x2



8
M10 x 20mm bolt
x2



9
M16mm nut
x8



10
M12mm nut
x3



11
M10mm nut
x17



12
M16mm washer
x16



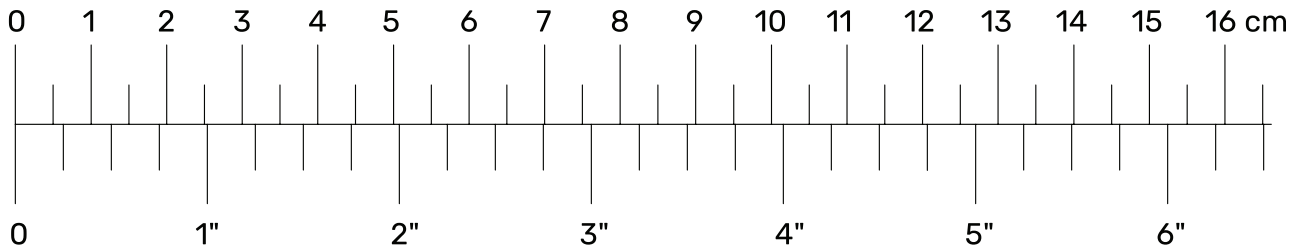
13
M12mm washer
x5



14
M10mm washer
x38



15
M10mm nylon washer
x1



PARTS LIST

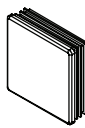
Preassembled

16



12-19-24
power
bearing
x4

17



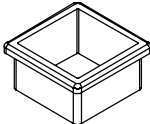
60 tube plug
x2

18



Ø 48 tube plug
x2

19



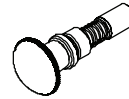
7560 tube bushing
x2

20

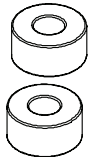


Ø 5025 tube
bushing
x4

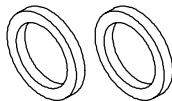
21



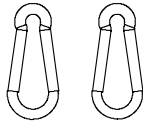
Ø 38 popper pin
x1



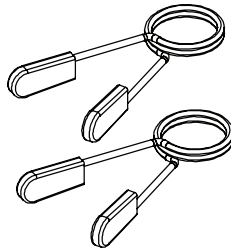
22 x2
Rubber
stopper



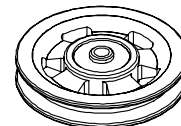
23 x2



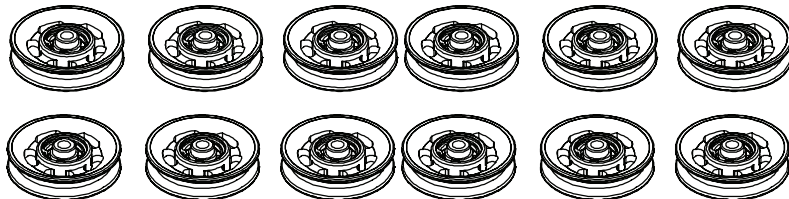
24 x2
Carabiner



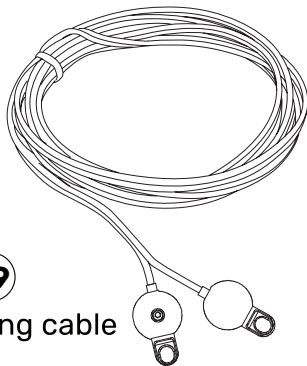
25 x2



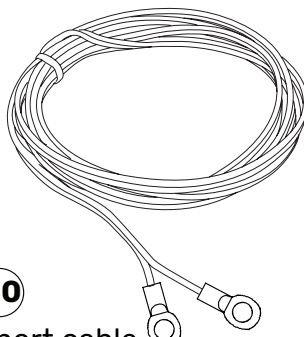
26 Ø114 pulleys
x1



27 Ø90 pulleys
x12

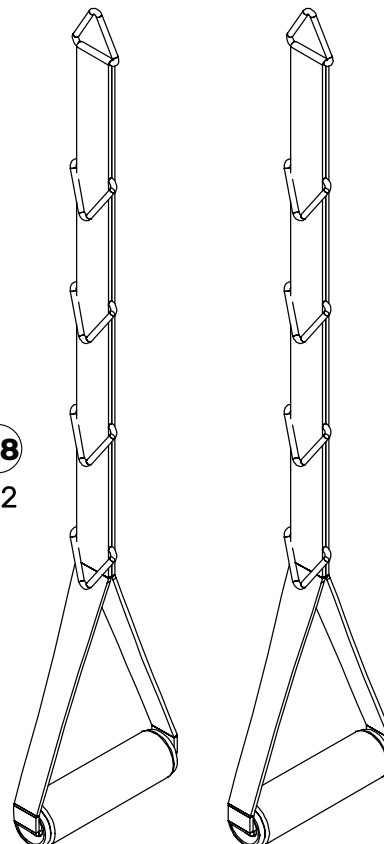


29
Long cable
x1

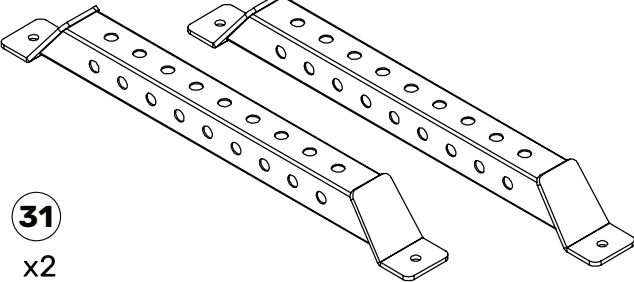
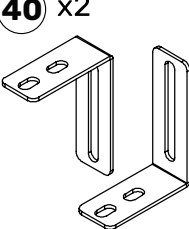
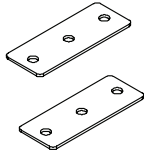
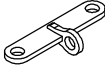
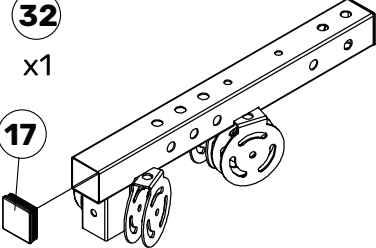
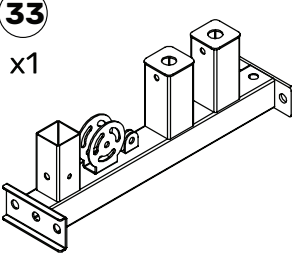
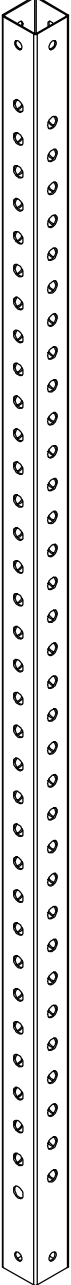
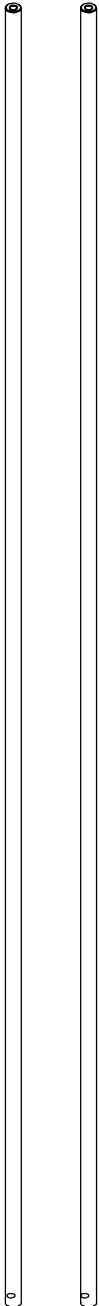
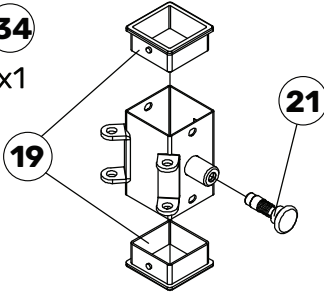
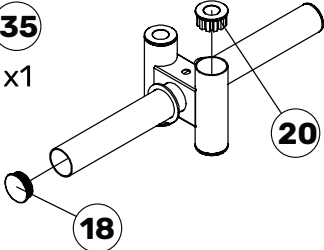
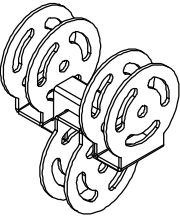
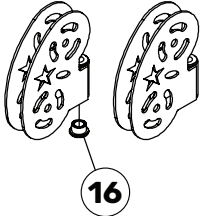
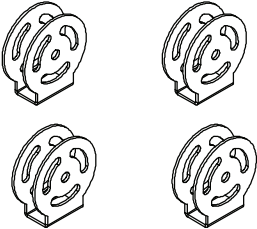
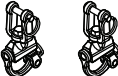


30
Short cable
x1

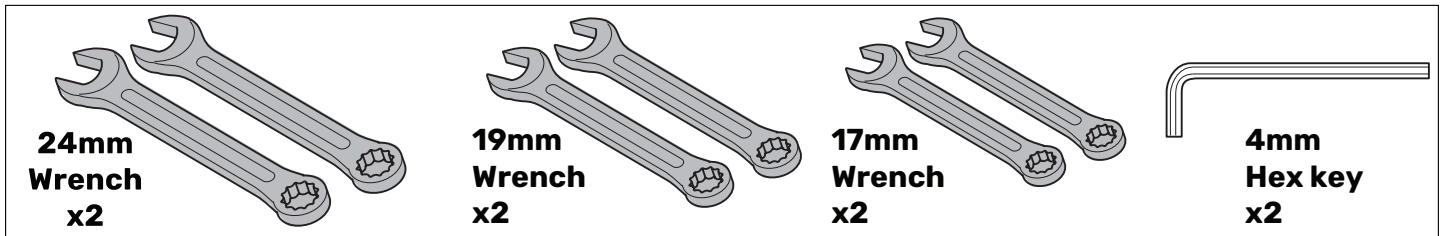
28
x2



PARTS LIST

 31 x2		 40 x2	 41 x2	 42 x1
 32 x1 17	 33 x1	 43 x1  44 x2		
 34 x1 19 21	 35 x1 18 20			
 36 x1	 37 x2 16			
 38 x4	 39 x4			
		 45 x 2		

TOOLS REQUIRED

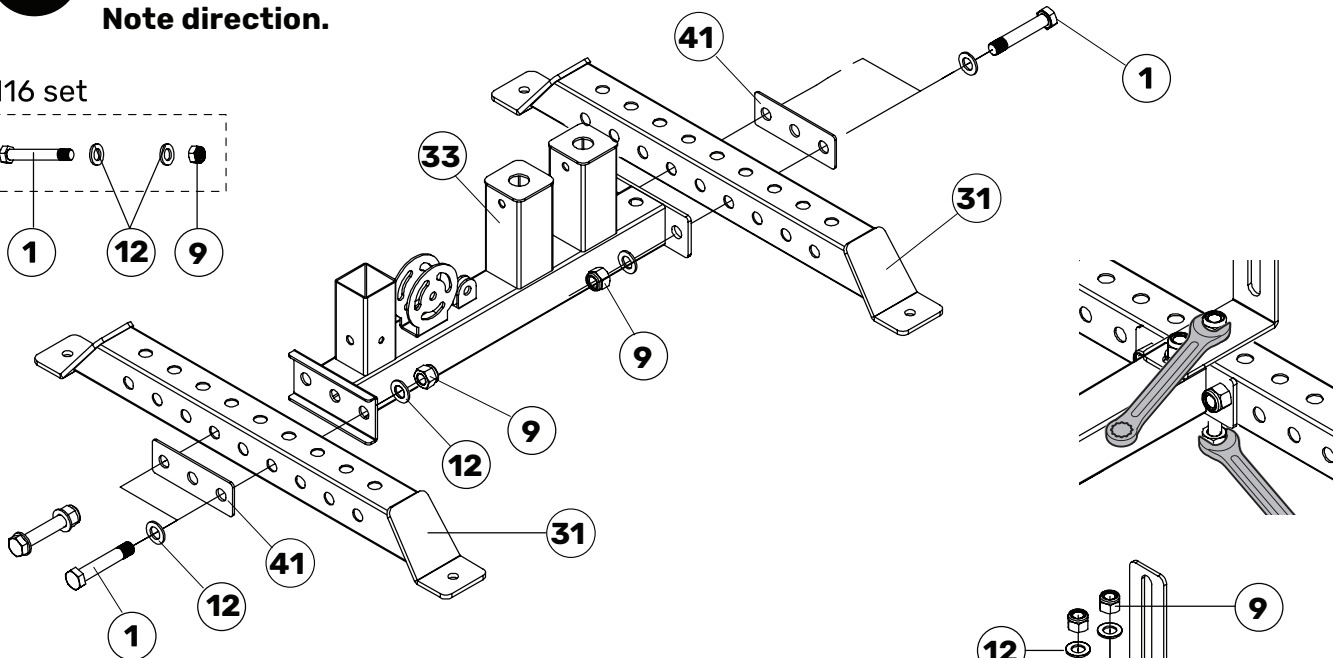
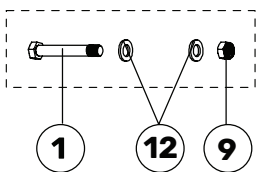


ASSEMBLY

PRO TIPS: For easier assembly, group the hardware together for each step
Group the bolts, washers and nuts according to sizes. (M16 bolt, M16 washer, M16 nut).

- 1 Assemble the base. Fix (31) to the base (33) with (41) and secure with M16x90 bolt (1), M16 washer (12) and M16 nut (9). Both sides.
Note direction.

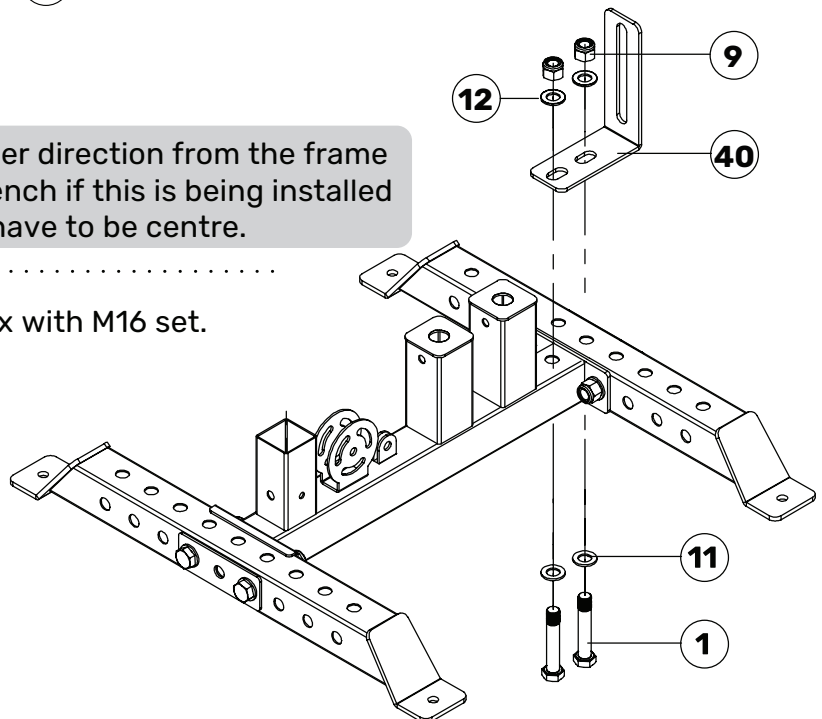
M16 set



Pro tip: Feet holes (31) can bias either direction from the frame (33), to create room for a bench if this is being installed as a squat stand and don't have to be centre.

- 2 Attach the end bracket (40) fix with M16 set.
Note direction.

If building the tower with a back upright and not attaching to a wall, brackets (#40) do not need to be installed.

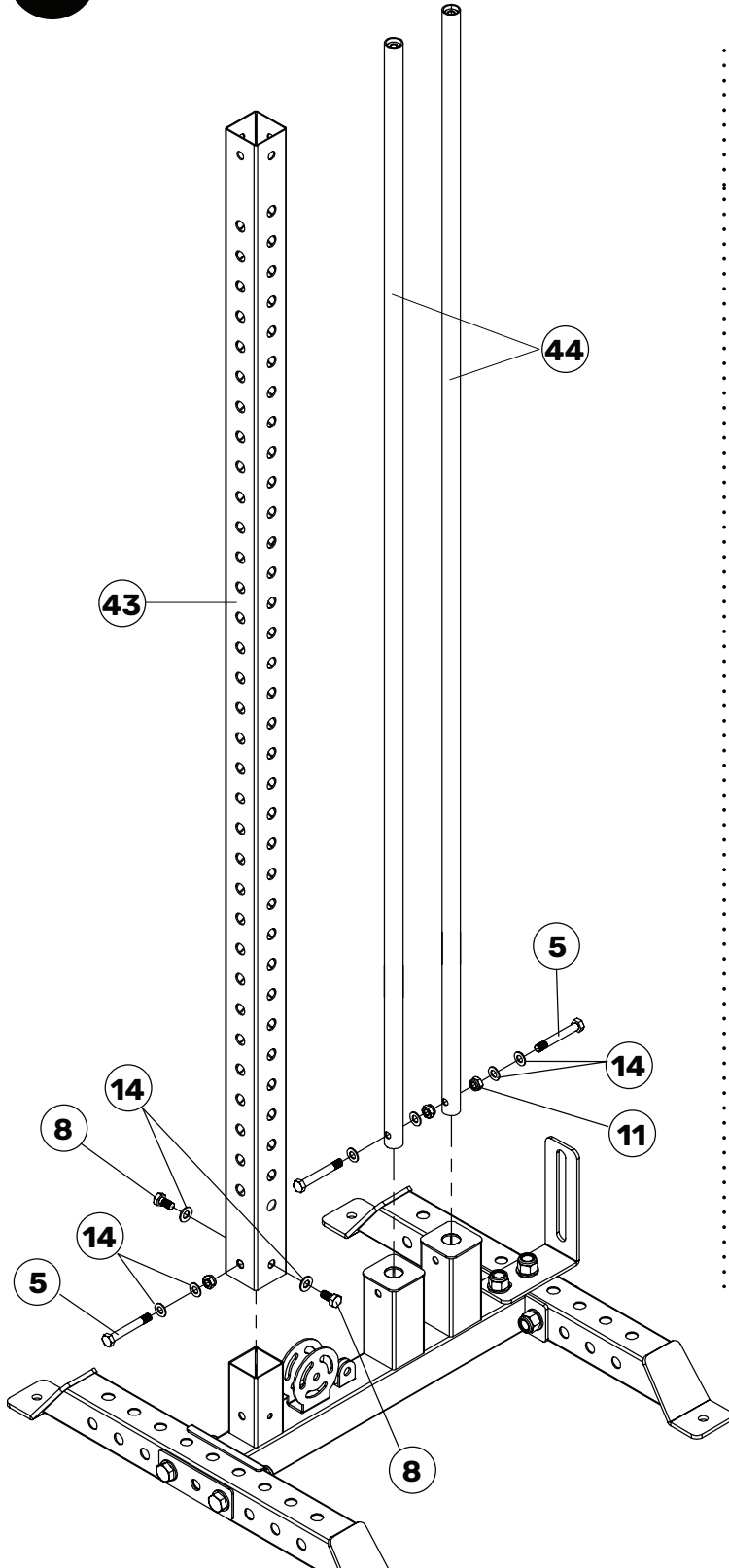


3

Attach the upright (43). Fix front with M10x70 bolt (5), M10 washer (13) and M10 nut (11). Secure both side with M10x20 (8) and M10 washer (14).

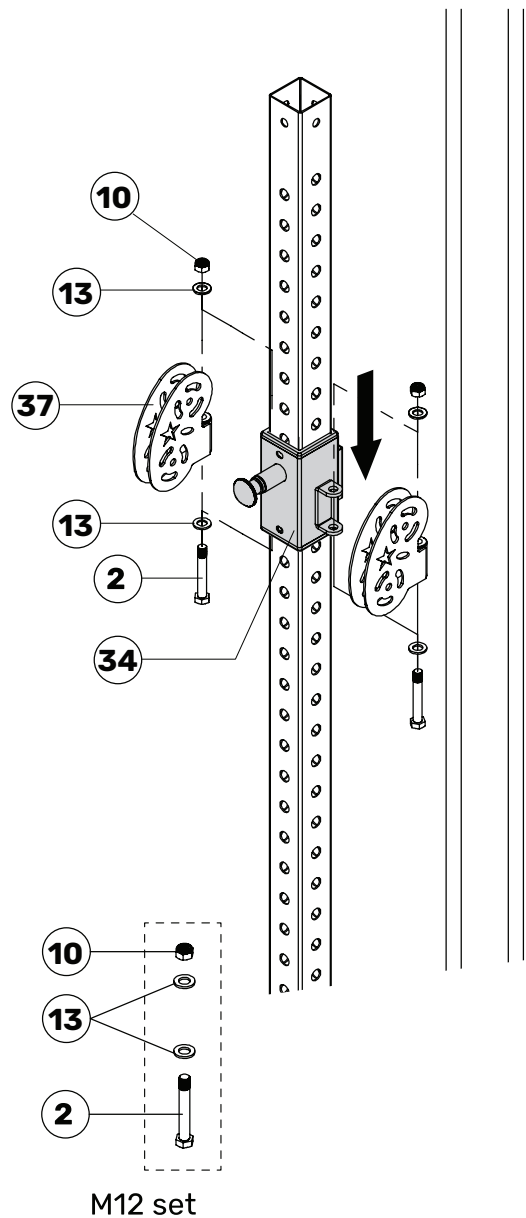
4

Attach two rods (44). Fix with M10x70 bolt (5) and M10 nut (11).



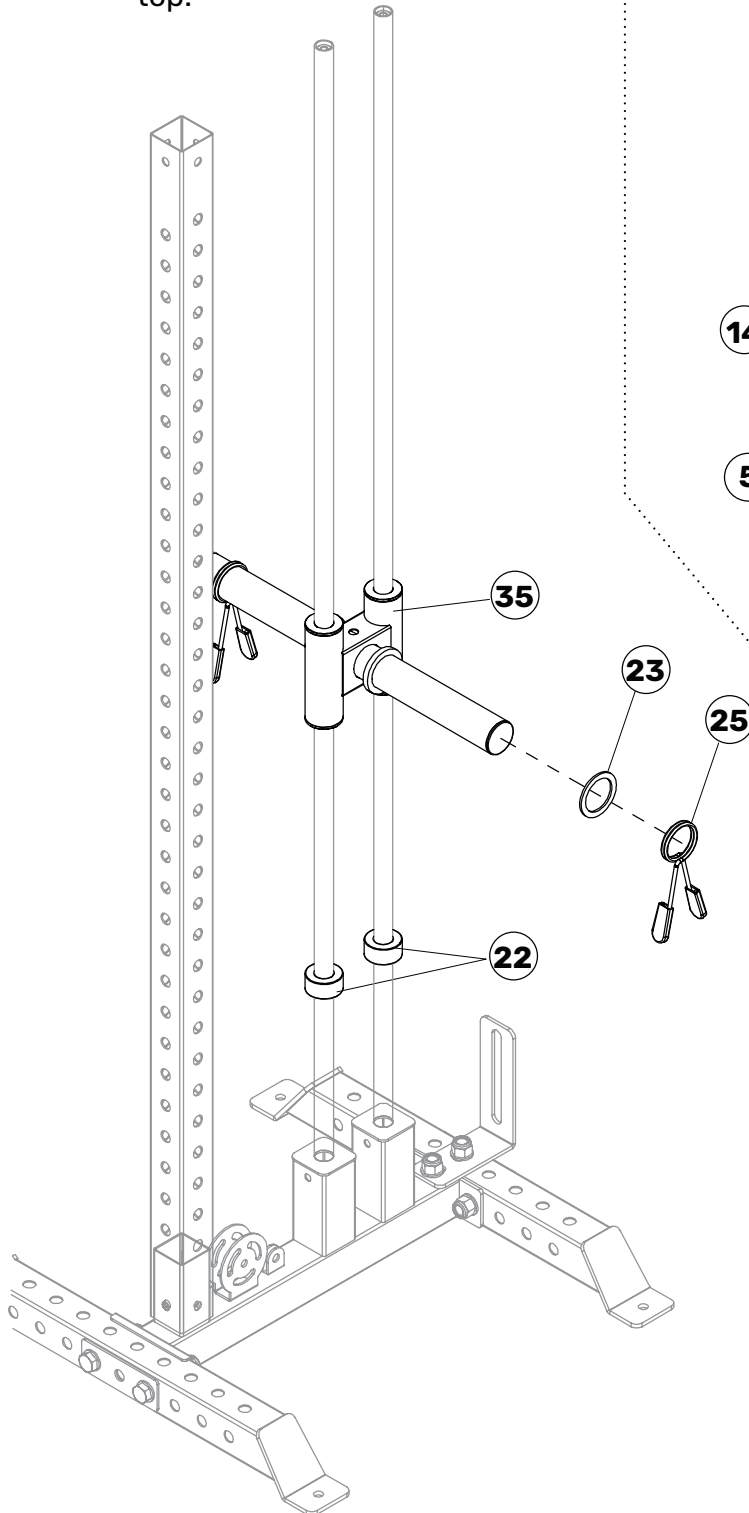
5

Attach height selector (34) to upright (43). Attach two swivel pulley housings (37) and fix with M12x80 bolt (2), M12 washer (13) and M12 nut (10).



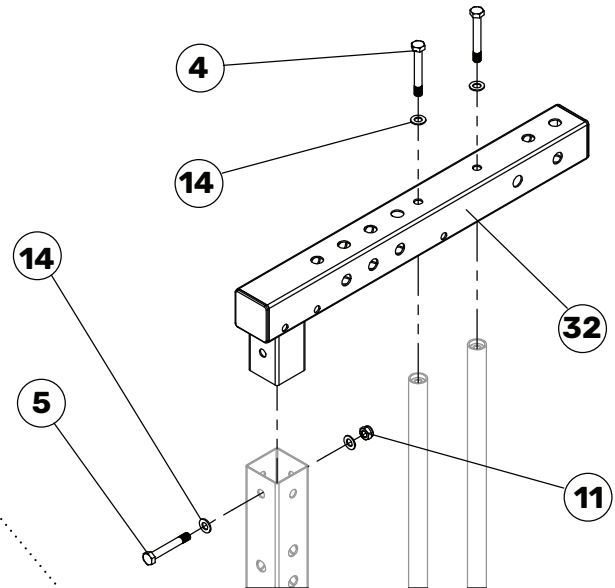
6

Install rubber stopper (22) and plate trolley (35,23,25) from top.

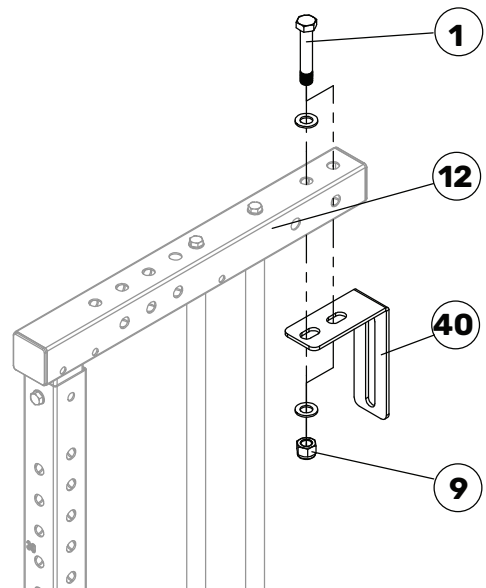


7

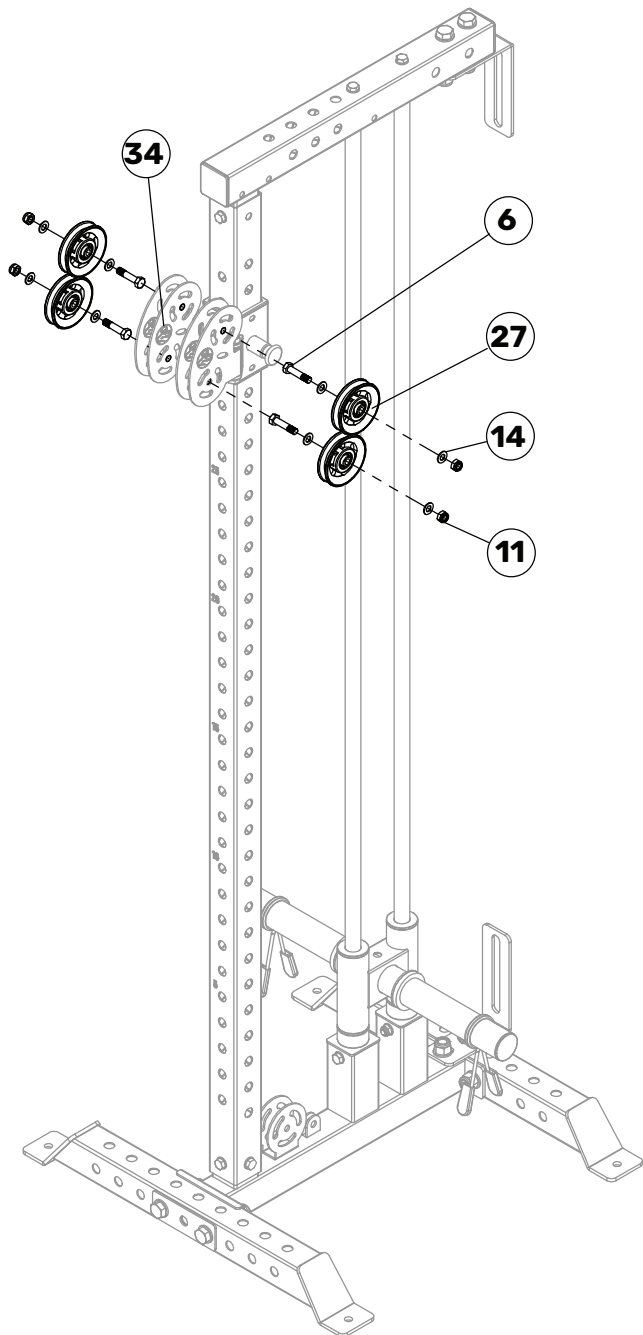
Attach top section (32). Fix with M10x75 bolt (4) and M10 washer (14), fix front with M10x70 bolt (5), M10 washer (14) and M10 nut (11).



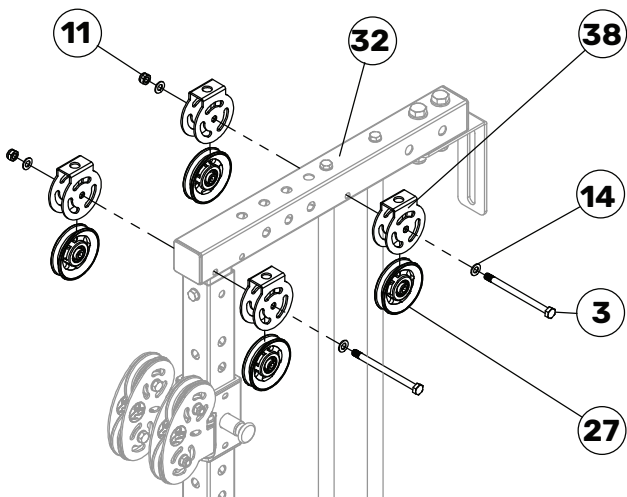
If mounting tower to the wall, attach bracket (40). Fix with M16x90 bolt (1), M16 washer (12) and M16 nut (9).



- 8** Attach four small pulleys (27) to swivel pulley housings (34) fix using M10x45 bolt (6), M10 washer (14) and M10 nut (11).

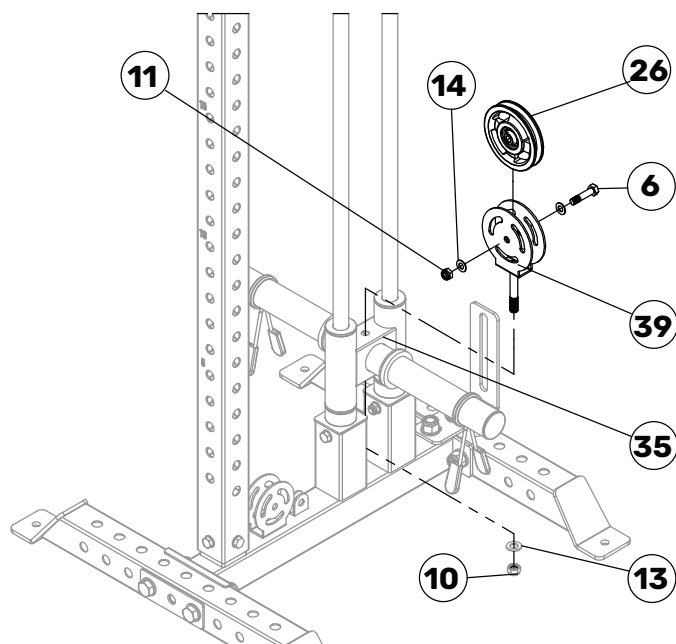


- 9** Attach four small pulleys (27) and pulley housings (38) to top section (32). Fix using M10x140 bolt (3), M10 washer (14) and M10 nut (11).



- 10** Attach a large pulley (26) and pulley house (39) using M10x45 bolt (6), M10 washer (14) and M10 nut (11).

- 11** Attach pulley house (39) to plate trolley (35). Fix using M12 washer (13) and M12 nut (10).

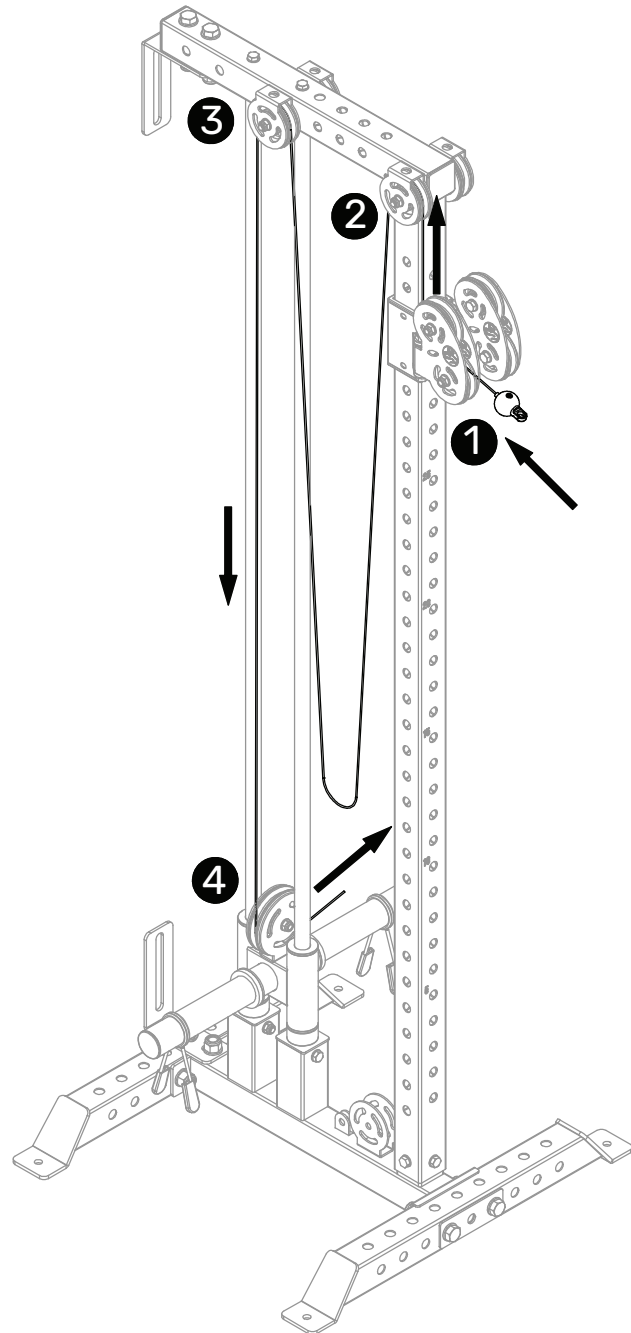
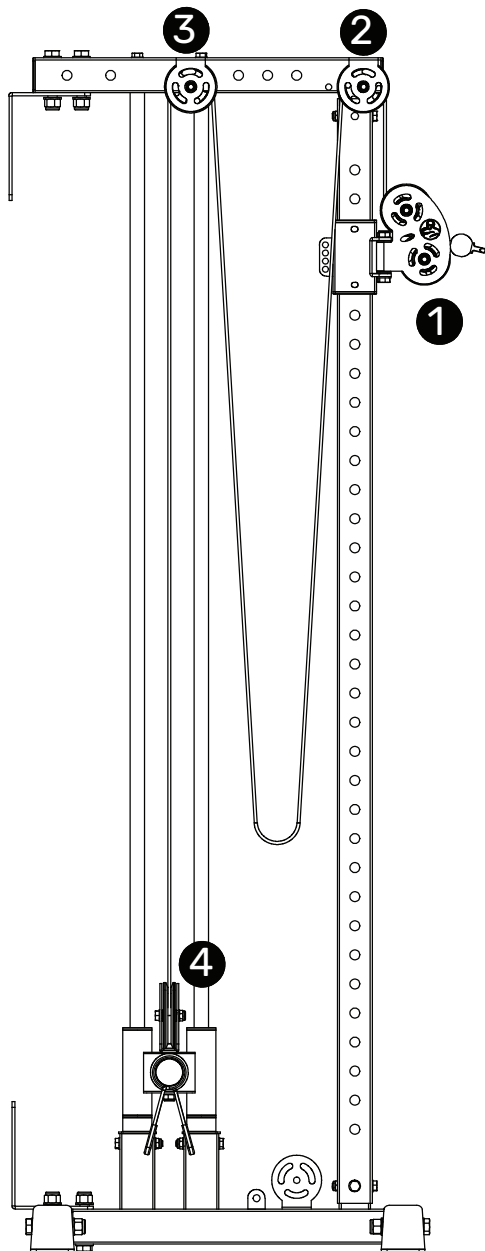
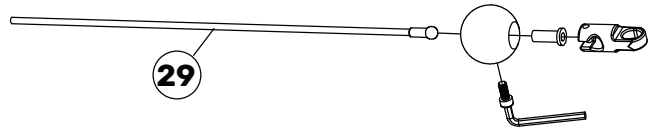


12 Right side

Pro tip: Make sure to place the cable at the middle of the pulley.

Reference photo of installed top cable.

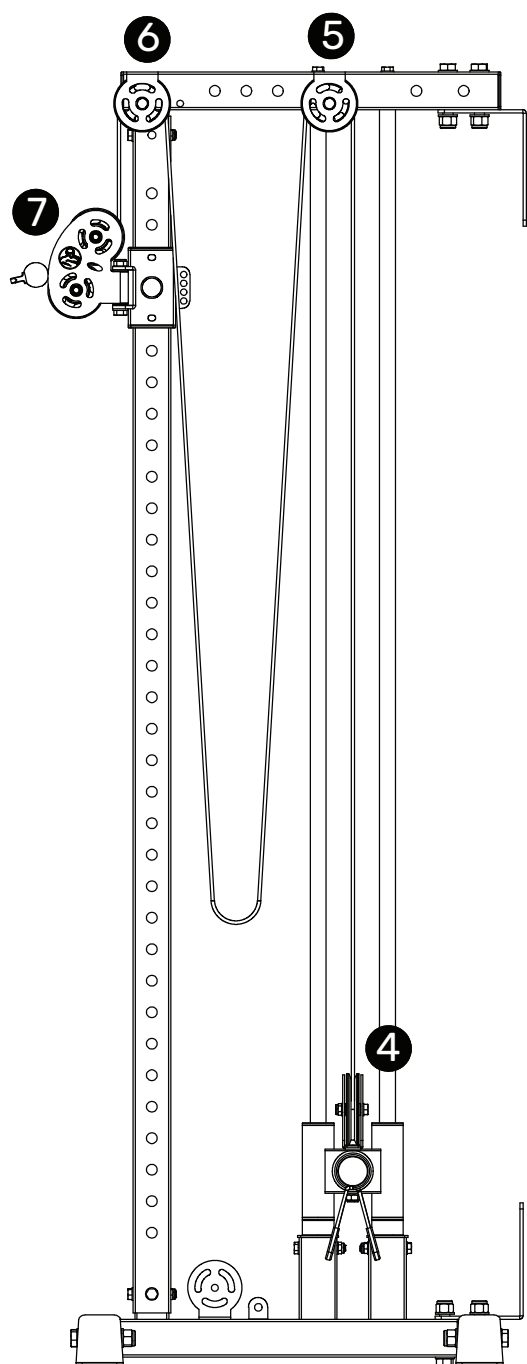
Use 4mm hex key to remove the ball from one end of the cable (29) first.



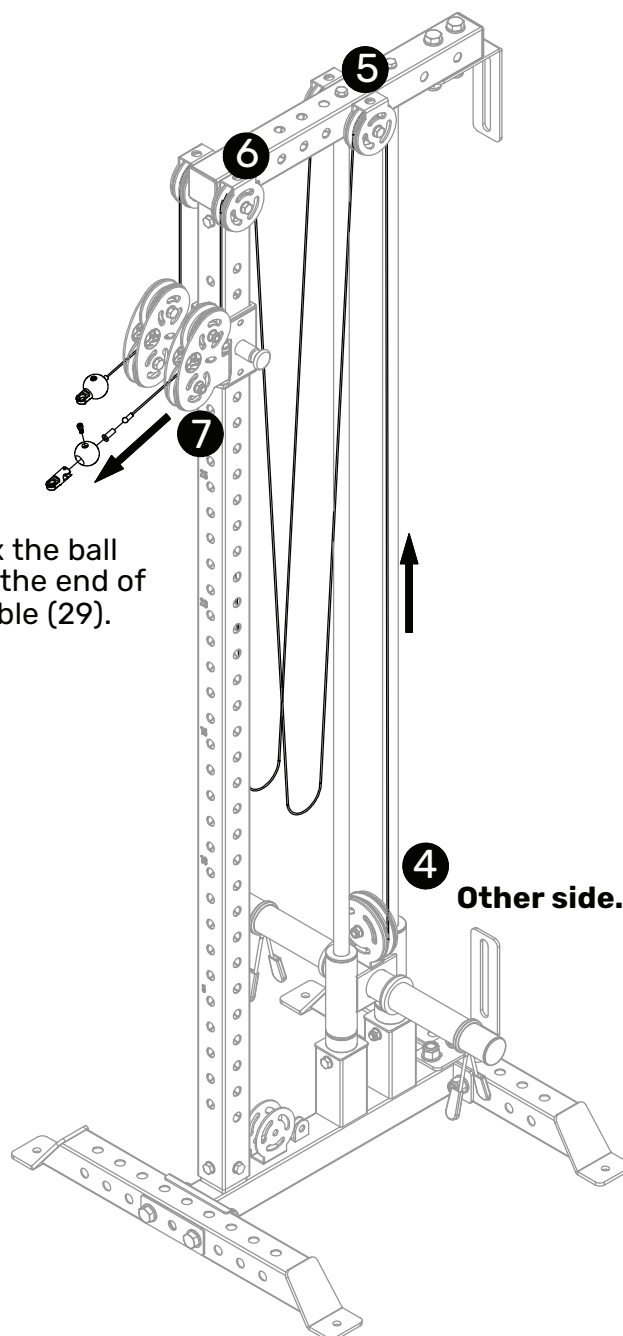
13 Left side

Pro tip: Make sure to place the cable at the middle of the pulley.

Reference photo of installed top cable.

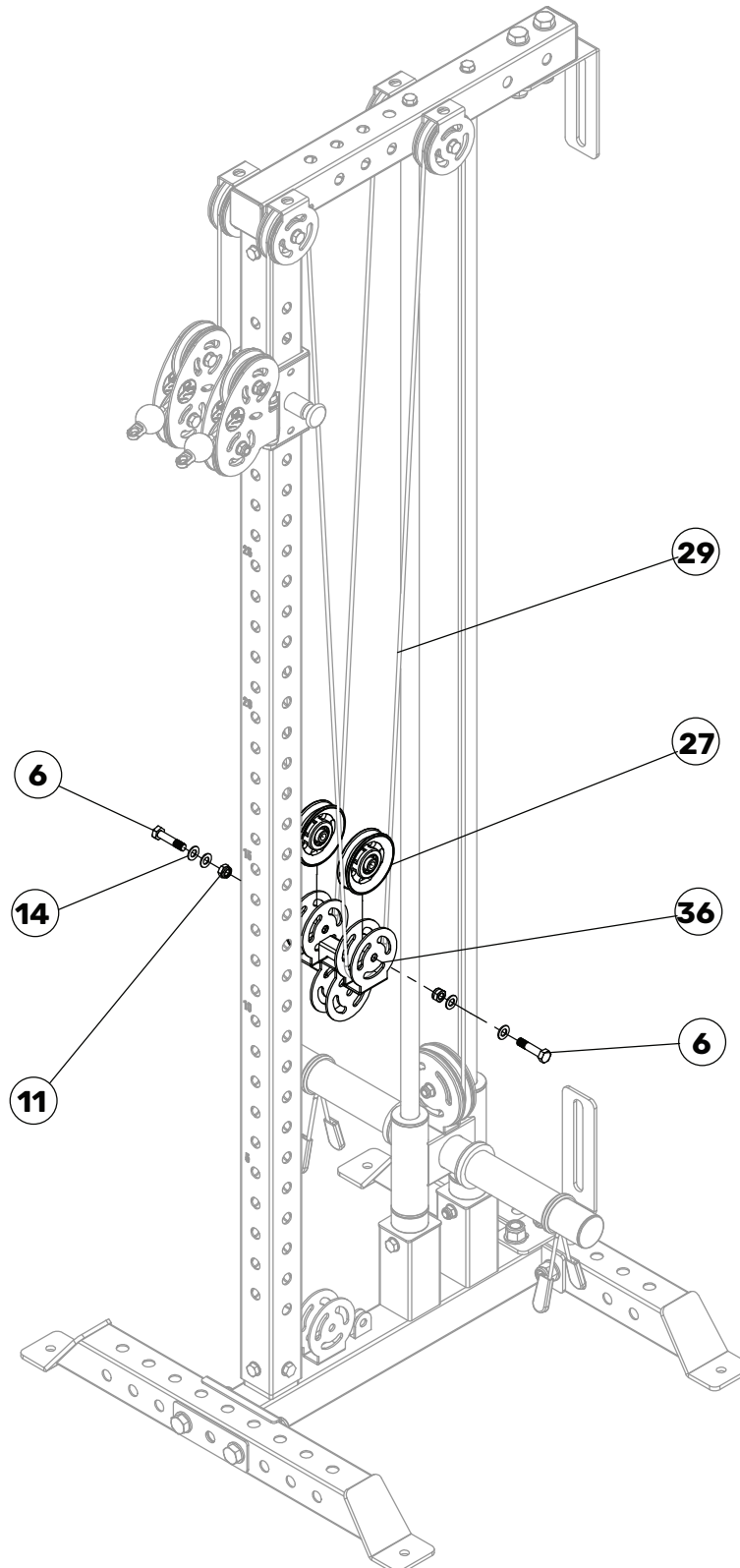


Fix the ball to the end of cable (29).

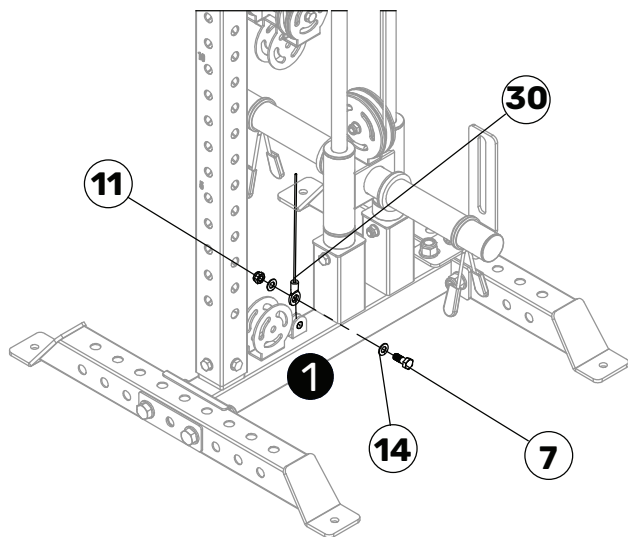


14

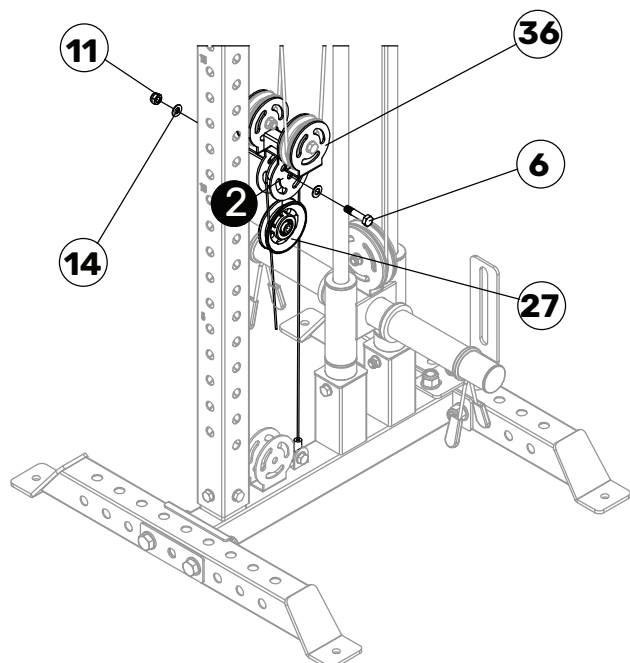
Take two pulleys (27) under two sections of the cable (29), fix it on center pulley housing (36) with M10x45 bolt (6), M10 washer (14) and M10 nut (11).



- 15** Attach one end of the cable (30) to the bottom of the base. Fix with M10x25 bolt (7), M10 washer (14) and M10 nut (11).

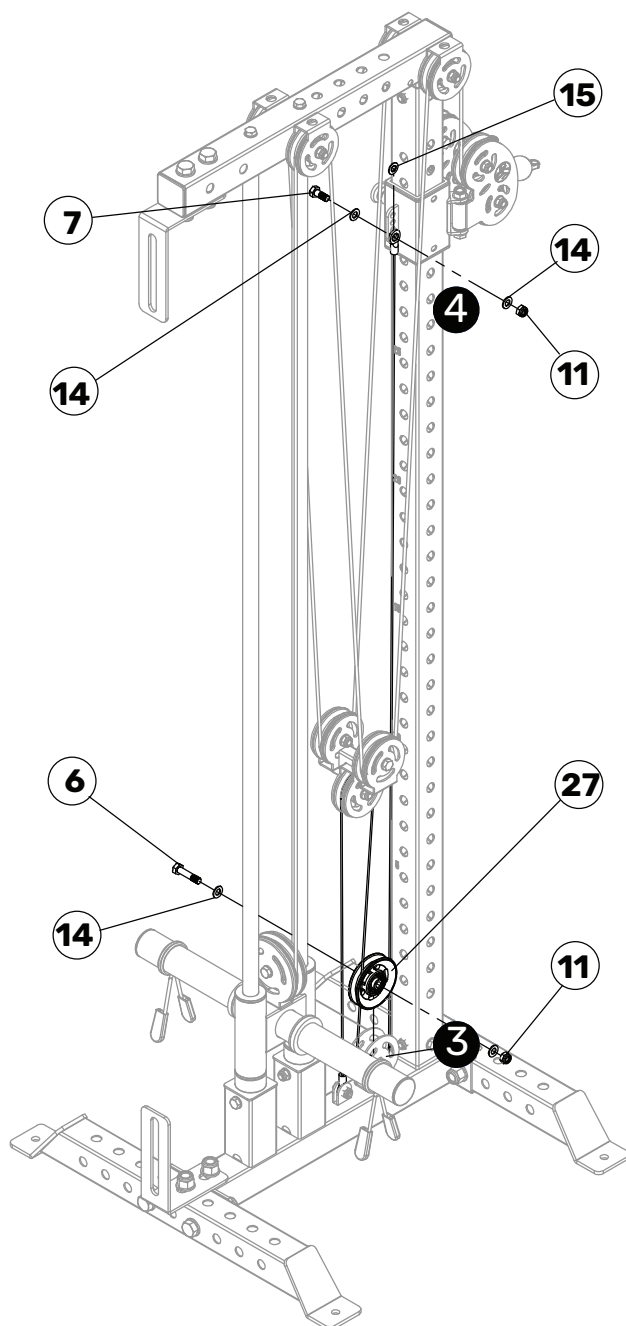


- 16** Pull the cable up to the hanging pulley (27) fix with M10x45 bolt (6), M10 washer (14) and M10 nut (11).



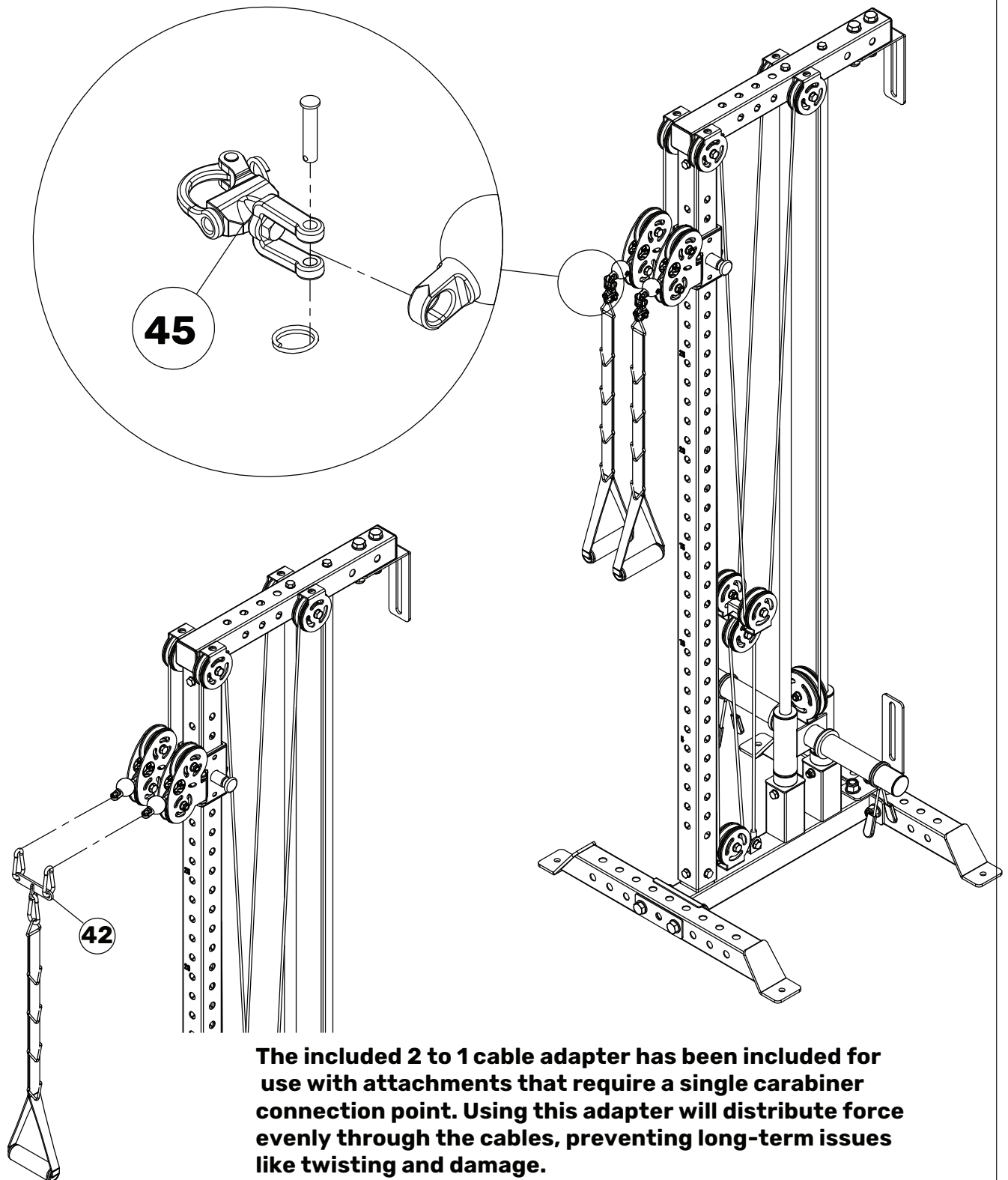
- 17** Pull the cable down and attach pulley (27) fix with M10x45 bolt (6), M10 washer (14) and M10 nut (11).

- 18** Attach the loose end of the cable to the height selector handle (34) fix with M10x25 bolt (7), M10 washer (14), M10 nylon washer (15) and M10 nut (11).



19

Attach two Swivel (45) at the end of the cable each side.



YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT THE PLATE LOADED
CABLE TOWER? CHECK OUT THE OVERVIEW VIDEO:**



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