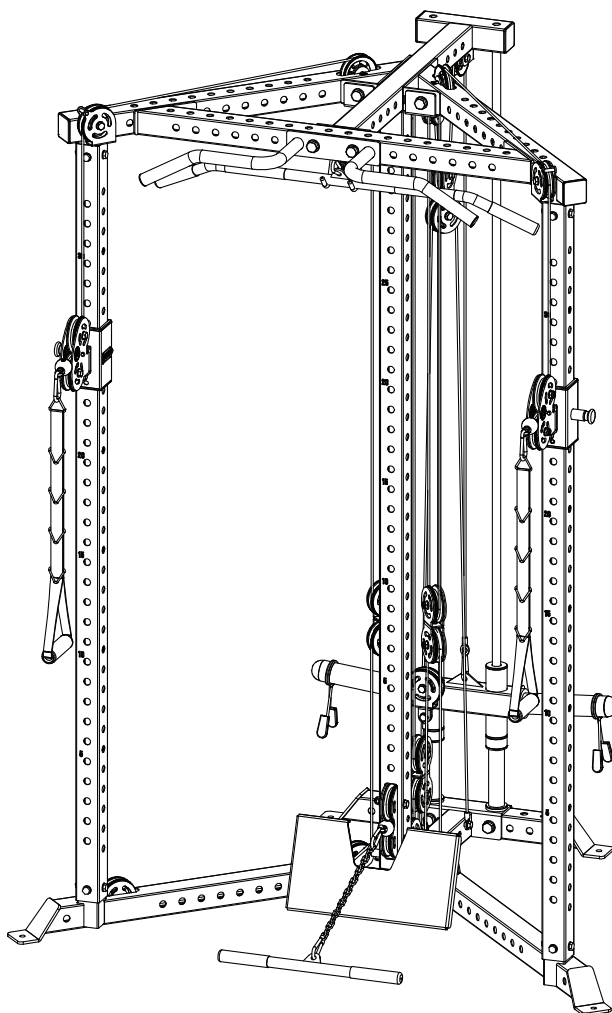




PLATE LOADED ALL-IN-ONE TRAINER

SKU: SS-FCT2

PO:



ASSEMBLY INSTRUCTIONS



BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

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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



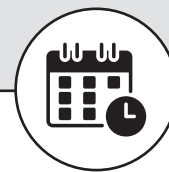
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

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Warranty & returns? We got you covered—check here:

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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.



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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.

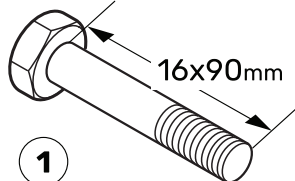
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS,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

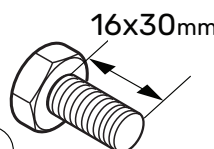
LET THE GAINZ BEGIN

PARTS LIST

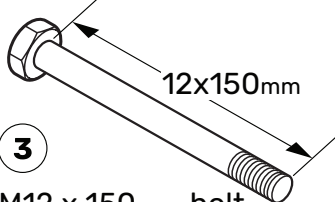
Hardware Package



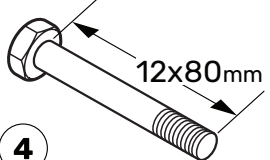
1
M16 x 90mm bolt
x10



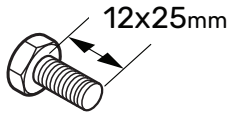
2
M16 x 30mm bolt
x5



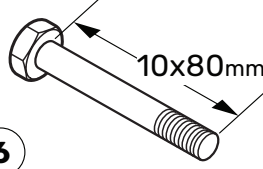
3
M12 x 150mm bolt
x1



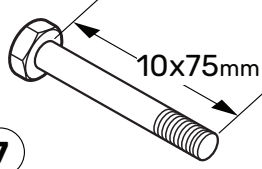
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M12 x 80mm bolt
x2



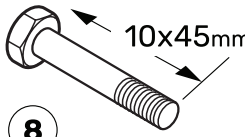
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M10 x 25mm bolt
x4



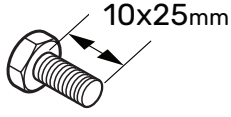
6
M10 x 80mm bolt
x1



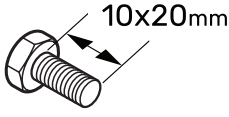
7
M10 x 75mm bolt
x2



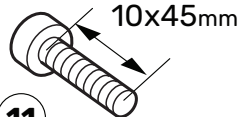
8
M10 x 45mm bolt
x25



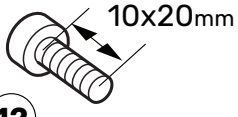
9
M10 x 25mm bolt
x8



10
M10 x 20mm bolt
x16



11
M10 x 45mm
Hexagonal bolt x3



12
M10 x 20mm
Hexagonal bolt x4



13
M16mm nut
x8



14
M12mm nut
x3



15
M10mm nut
x30



16
Ø 16mm Big washer
x4




17
Ø 16mm washer
x19



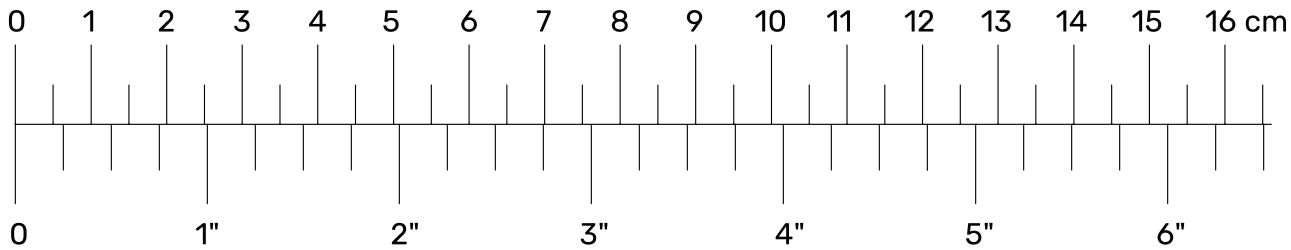
18
Ø 12mm washer
x10



19
Ø 10mm washer
x82


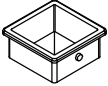


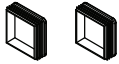

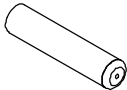





20
Ø 10 nylon washer
x2


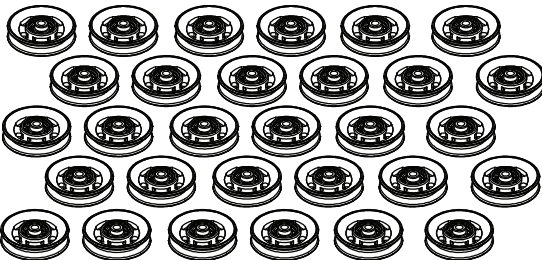
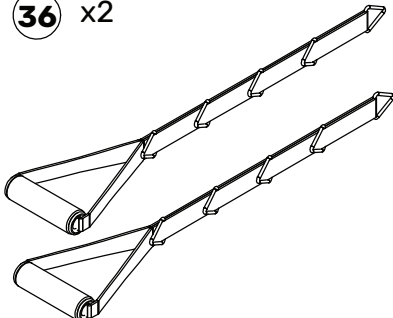
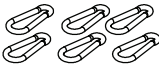




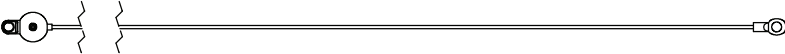



PARTS LIST

Preassembled

21 x1  Ø 25 rubber pad	22 x4  Ø 60 x 75 tube bushing	23 x2  Ø 15-35 popper pin	24 x1  Ø 12-35 popper pin	25 x1 Ø 12-19-24 powder bearing
26 x2  60 tube plug	27 x2  Ø 30 tube plug	28 x4  Ø 25-120 handle	29 x4  Ø 21-50 tube bushing	
30 x2  M8 x 30mm hexagonal bolt	31 x2  Ø 48 spherical tube plug			

Packed in the Box

32 x2 	35 x30 	36 x2 		
37 x6 	38 x1 	40 x2 	41 x2 	42 x2 
43 x1 				
45 x1 				

PARTS LIST

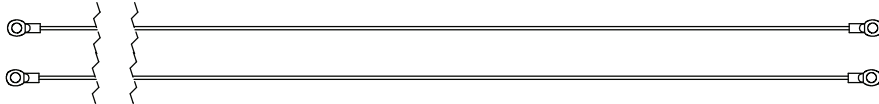
46 x1



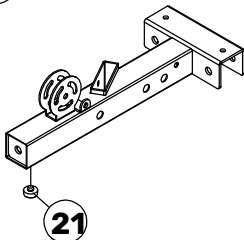
47 x1



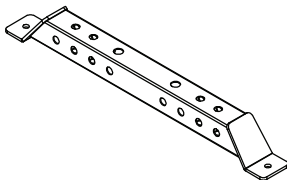
48 x2



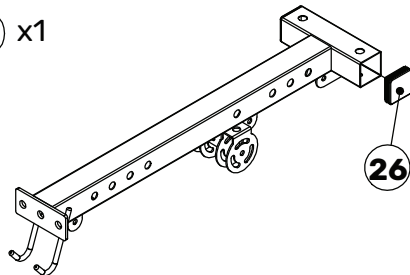
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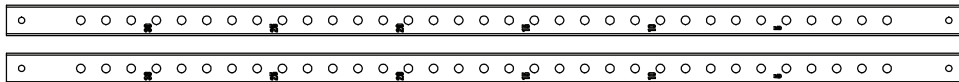
50 x1



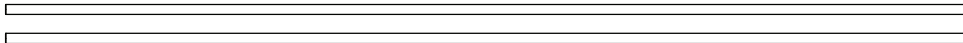
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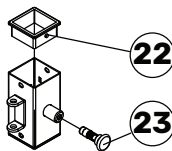
52 x2



53 x2



54 x1



55 x1



56 x3



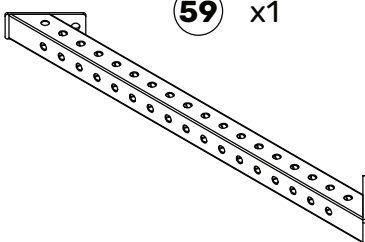
57 x1



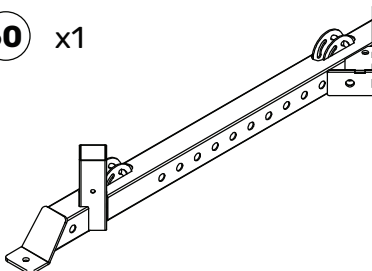
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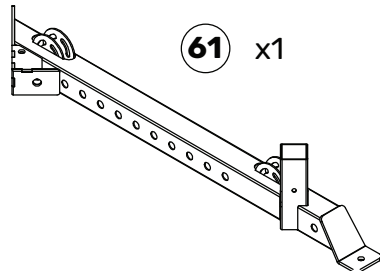
59 x1



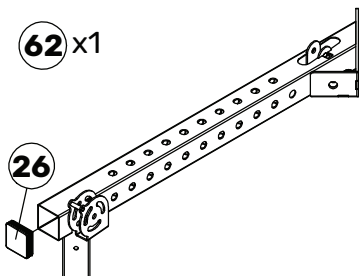
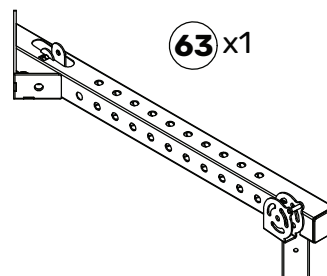
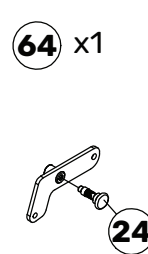
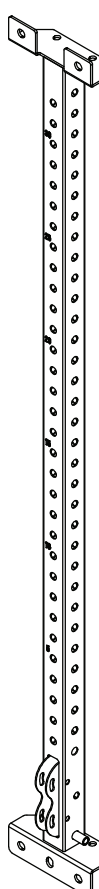

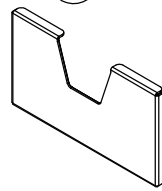
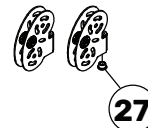
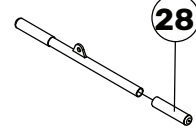
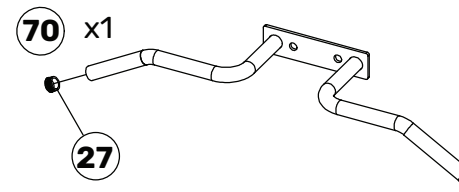
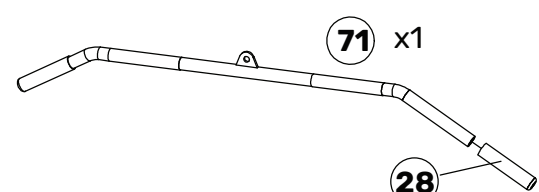

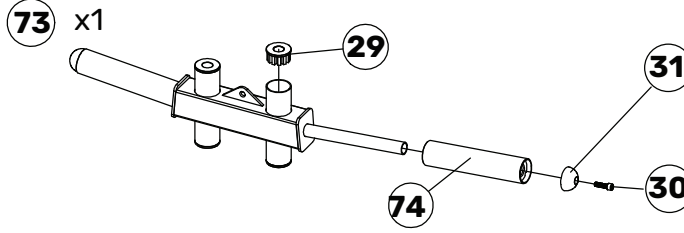
60 x1



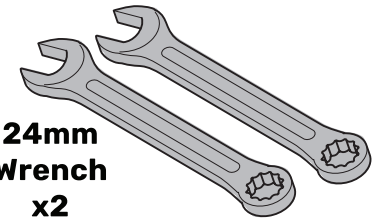
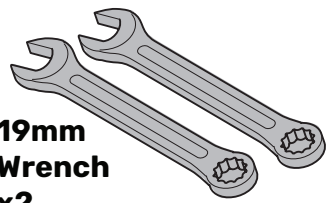
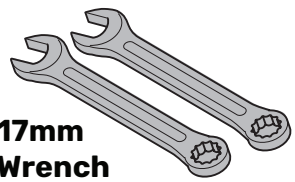

61 x1



PARTS LIST

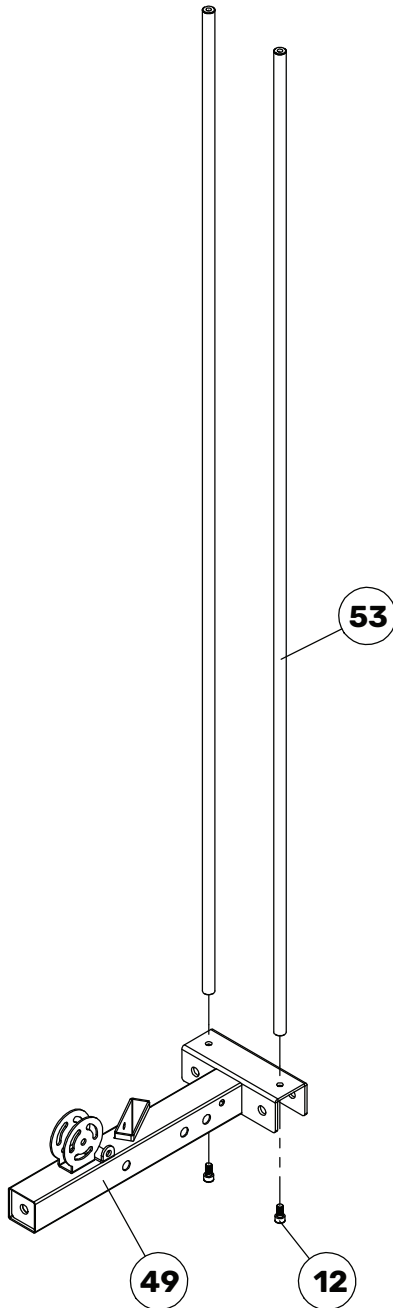
TOOLS REQUIRED

 24mm Wrench x2	 19mm Wrench x2	 17mm Wrench x2	 4mm Hex key x1
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ASSEMBLY

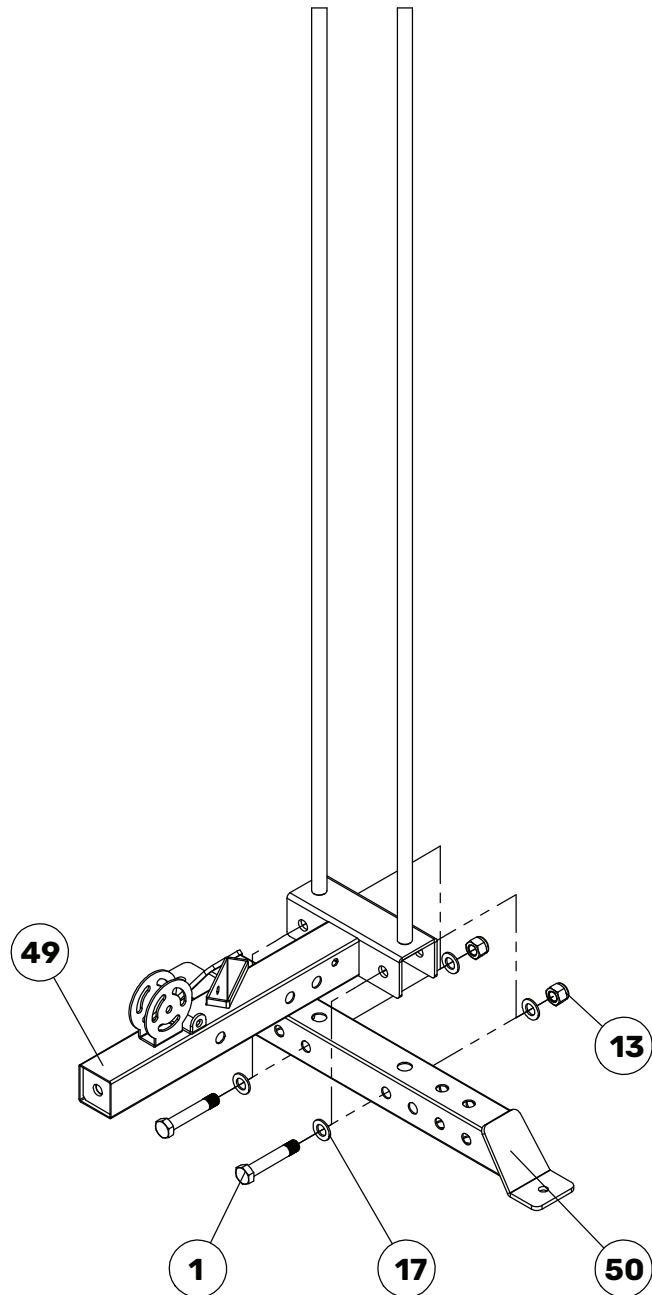
PRO TIPS: Bolts should not be tightened until assembly is complete.
Tightening bolts prematurely may cause misaligned holes and installation difficulties (except for step 1)
For easier assembly, group the hardware together for each step
Group the bolts, washers and nuts according to sizes.
(M16 bolt, M16 washer, M16 nut), (M12's), (M10's).

- 1** Fix the rods (53) to (49) using M10 x 20 hexagonal bolt (12).



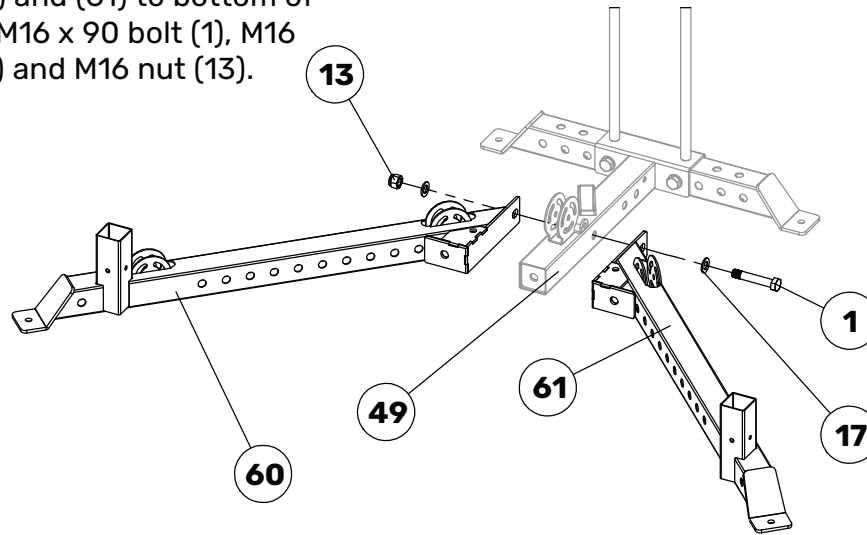
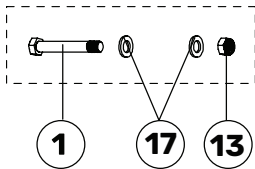
Tighten the bolts.

- 2** Attach (49) to foot base of (50) using M16 x 90 bolt (1), M16 washer (17) and M16 nut (13).

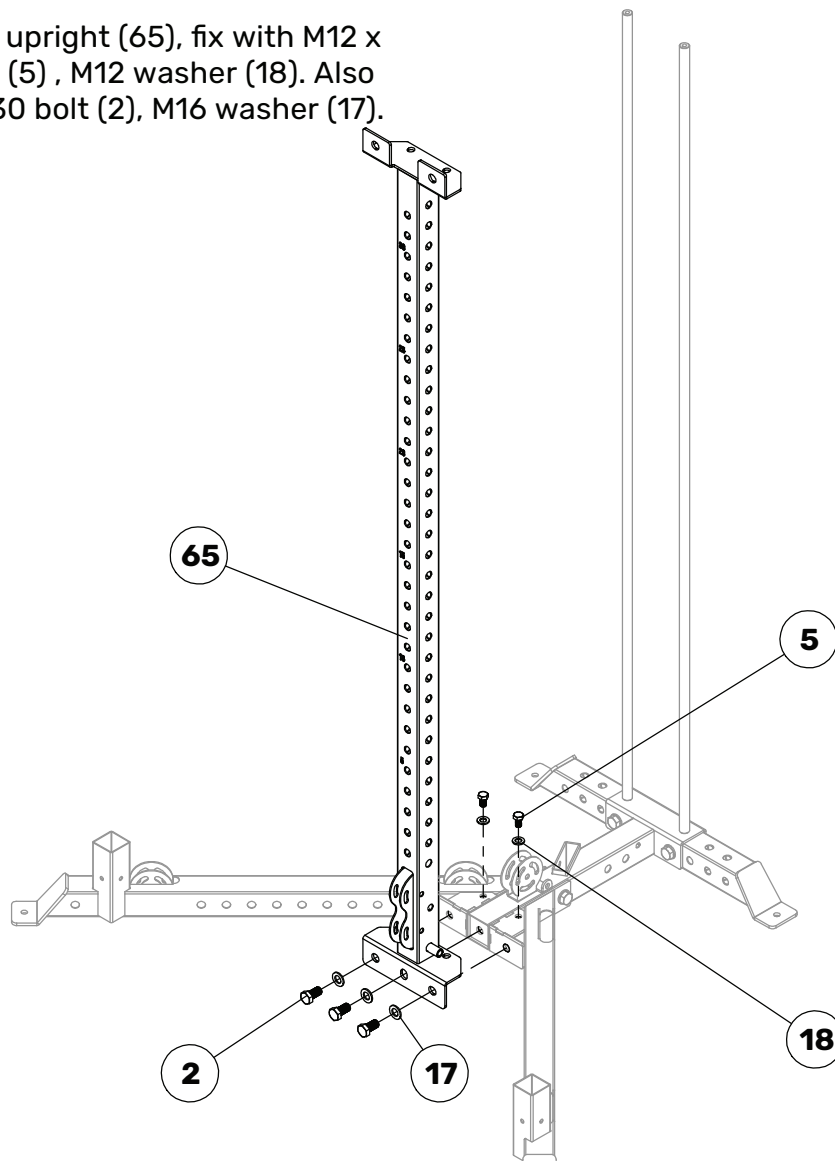


- 3** Attach (60) and (61) to bottom of (49) using M16 x 90 bolt (1), M16 washer (17) and M16 nut (13).

M16 set



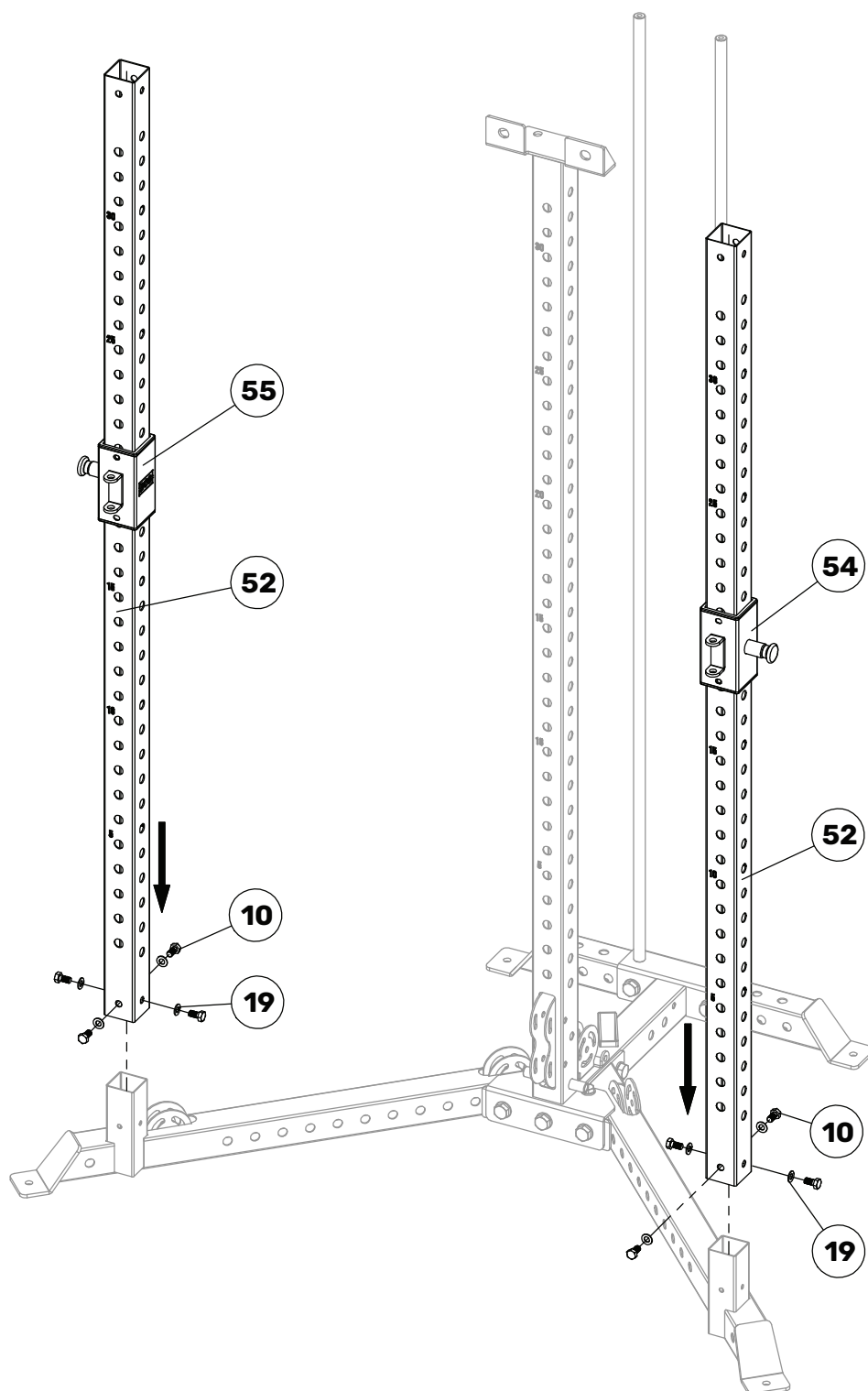
- 4** Attach upright (65), fix with M12 x 25 bolt (5), M12 washer (18). Also M16 x 30 bolt (2), M16 washer (17).



5

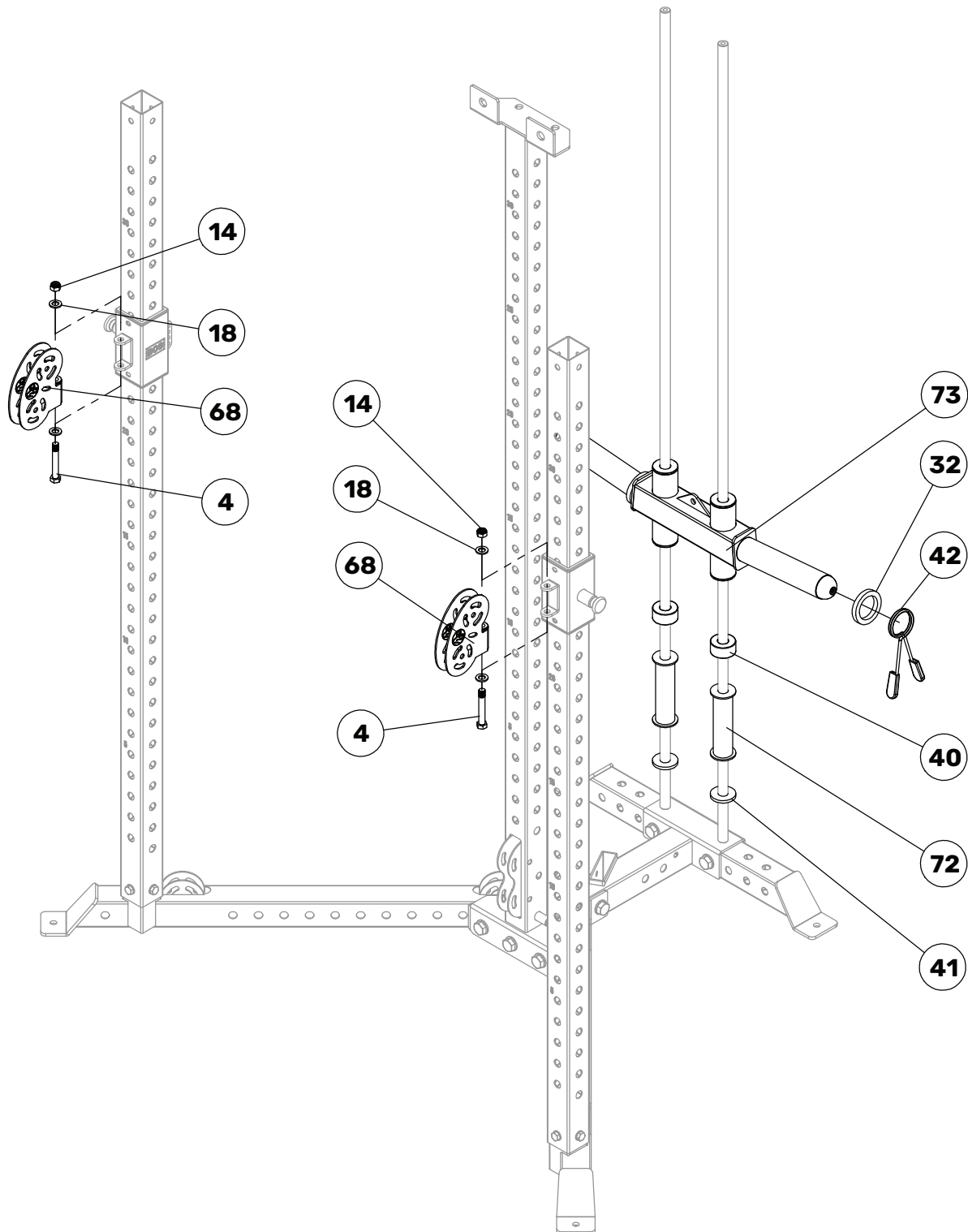
Insert side uprights (52), fix with M10 x 20 bolt (10), M10 washer (19).

Slide in (54) and (55) to uprights (52).



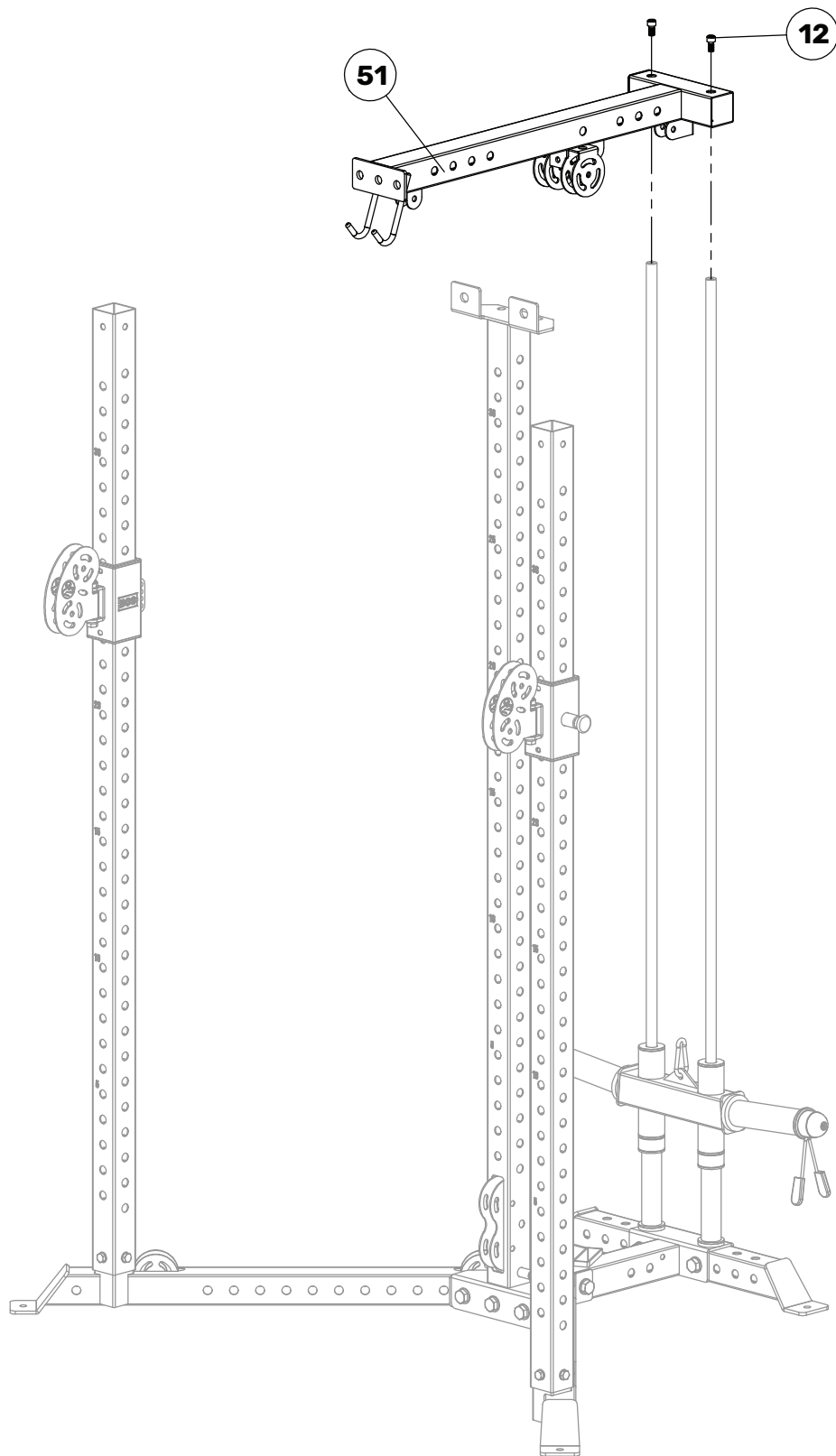
- 6** Install pulley brackets (68) to height selector (54 & 55) and fix with M12 x 80 bolt (4), M12 washer (18) and M12 nut (14).

Add (41), (72), (40), (73). Attach 50-70-10 rubber washer (32) & (42) to both side of (73).



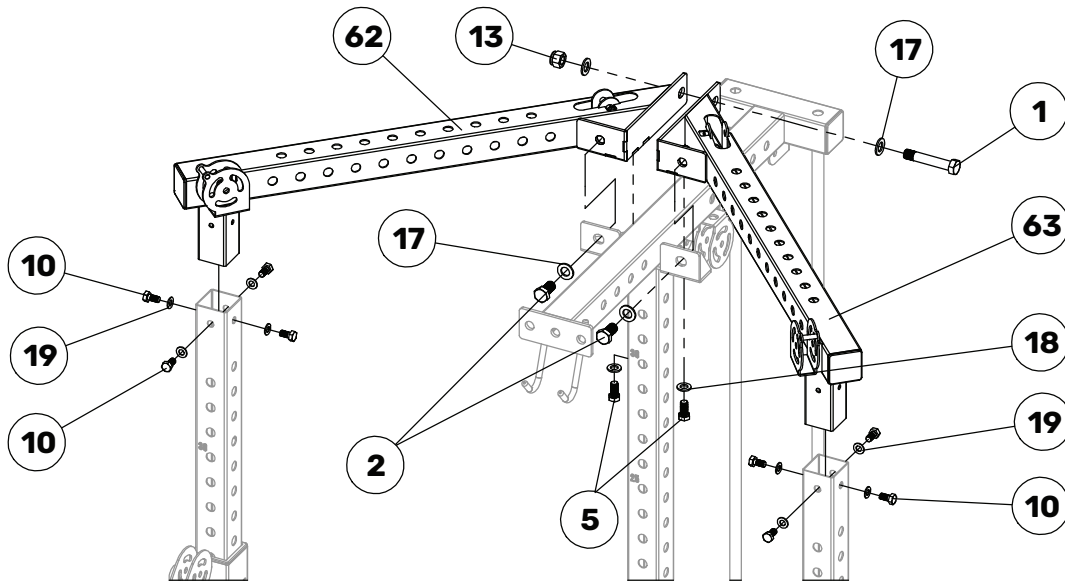
7

Attach top support (51), fix with M10 x 20 hexagonal bolt (12).



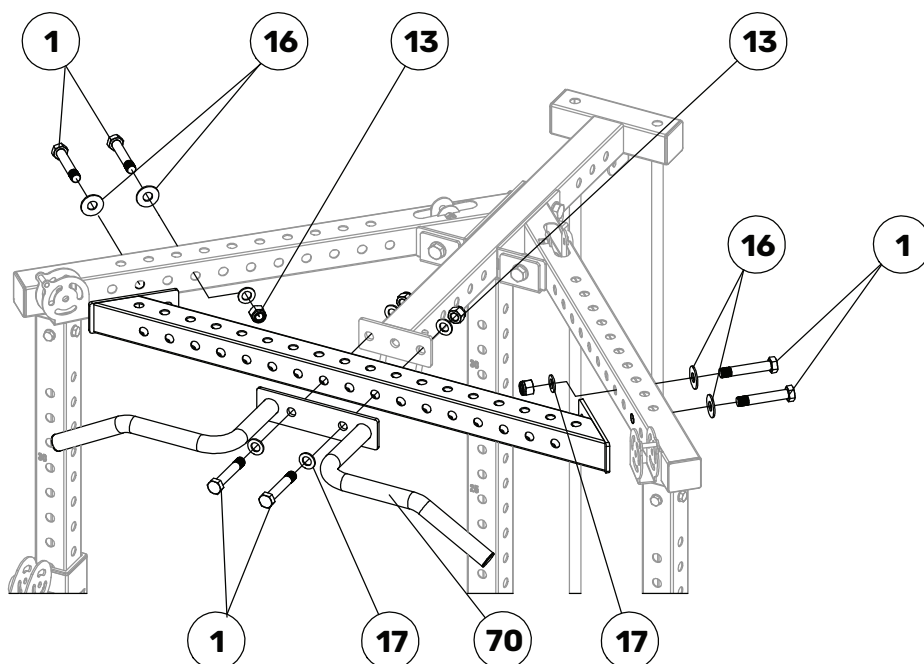
8

Attach top side supports, (62) & (63), fix with M10 x 20 bolt (10), M10 washer (19).
Also use M16 X 90 bolt (1), M16 x 30 bolt (2), M16 washer (17), M16 nut (13) and M12 x 25 bolt (5), M12 washer (18).



9

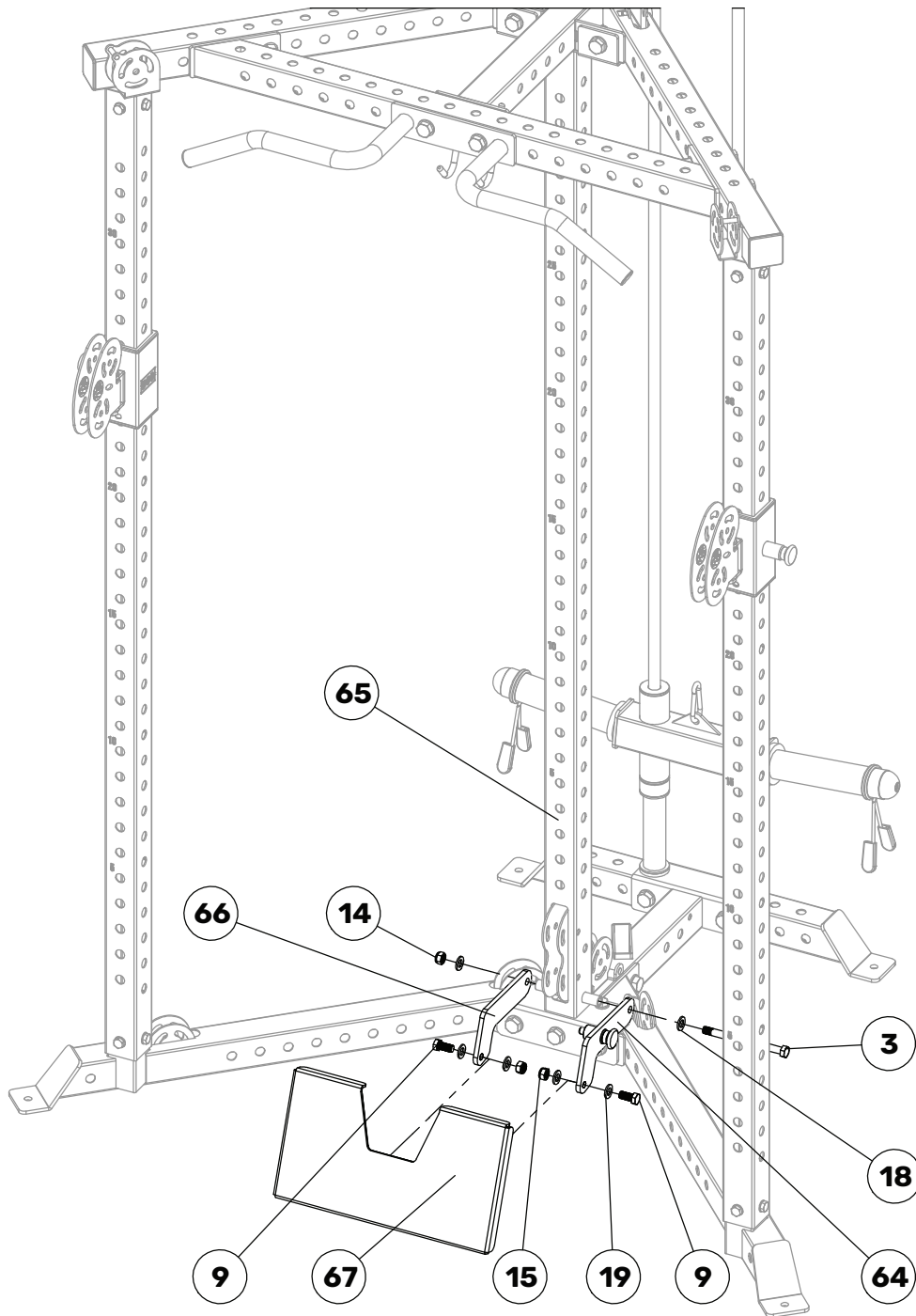
Attach front support (59) and pull up bar (70), fix with M16 x 90 bolt (1), M16 washer (17), M16 bigger washer (16) and M16 nut (13).



10

Attach (64) & (66) to upright (65), fix with M12 x 150 bolt (3), M12 washer (18) and M12 nut (14).

Attach foot plate (67), fix with M10 X 25 bolt (9), M10 washer (19) and M10 nut (15).



Pro tips: *Tighten all the bolts now.*

Pro tips: All cables need to be untied and straightened, and arranged in sequence.

Coiled cables straight from the packaging retain tension; if not properly unwound, this tension can cause both the cable and pulley to twist.

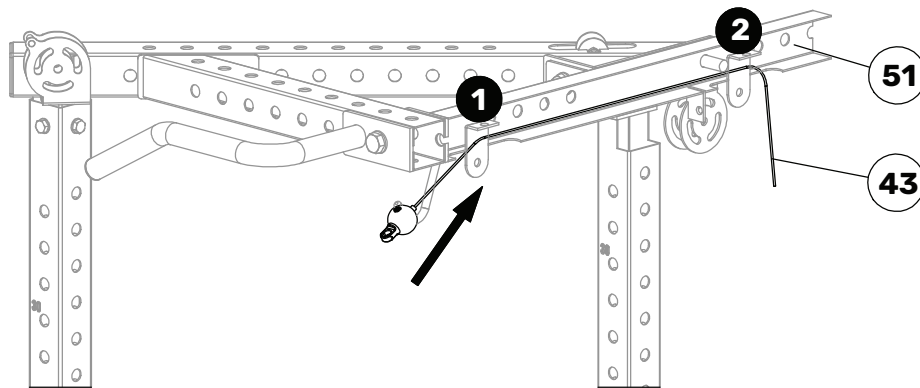
Double check the length of cables, cable (43) is shorter than (45), and cable (46) is the shortest.

11 Cable 1 (43)

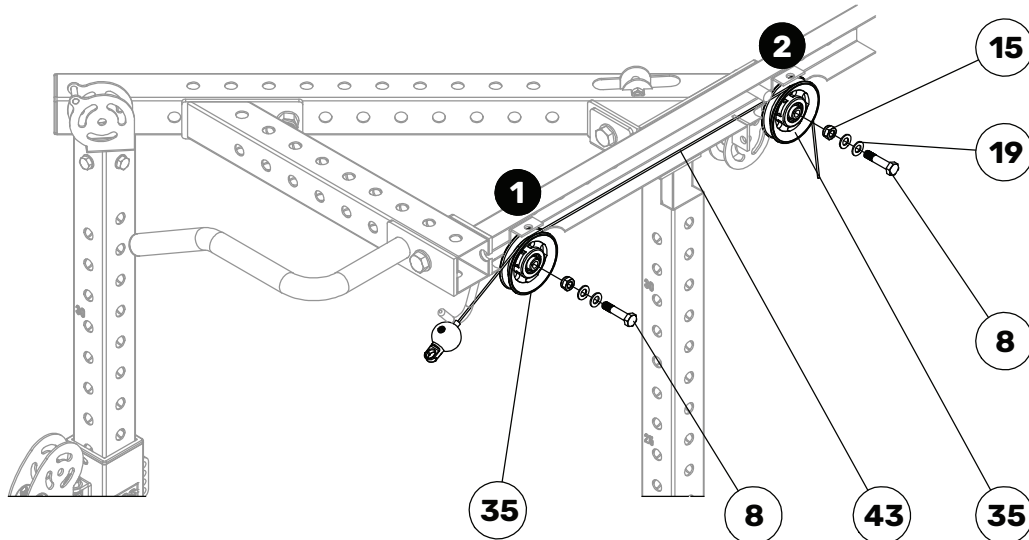
Pull the end of cable through pulley housing below front of top support (51) **1**, pass through the interior of the tube to **2**.

Note:

It is necessary to ensure that cable is positioned within the pulley housing.



12 Attach pulley (35) below the cable. Fix M10 x 45 bolt (8), M10 washer (19) and M10 nut (15).



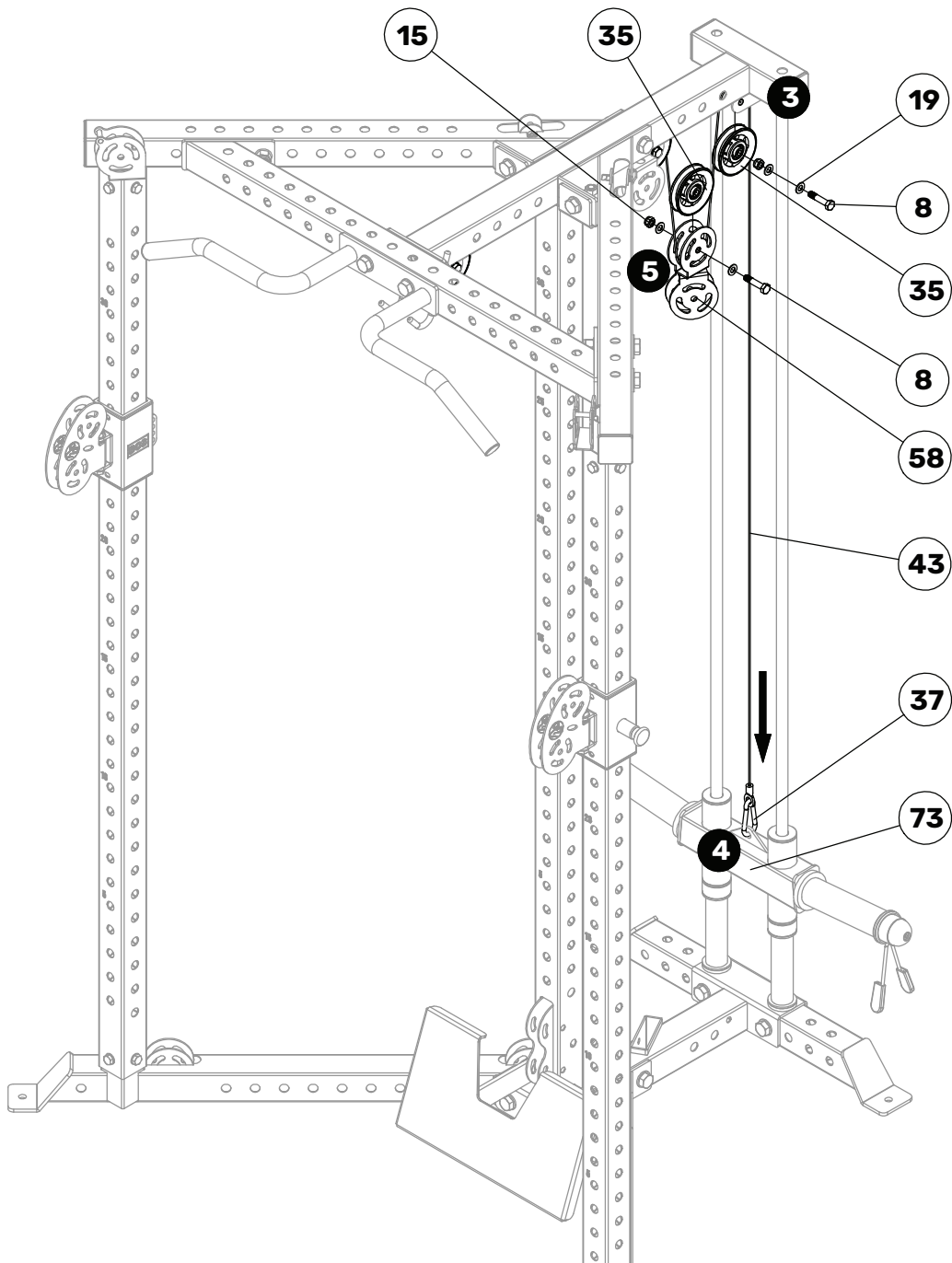
Pro tip: Make sure to place the cable at the middle of the pulley.

13

Pull cable (43) down to plate trolley (37) **3**.

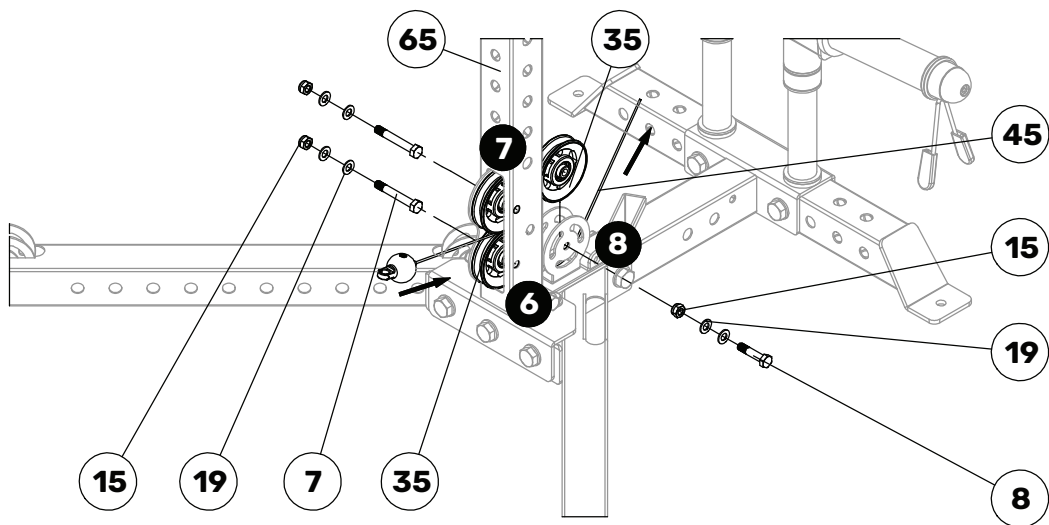
Lock the end of cable (43) to plate trolley (73) using with hook (37) **4**.
Attach pulley holder (58) with pulley (35) on the upper hole. Fix with M10 x 45 bolt (8),
M10 washer (19) and M10 nut (15) **5**.

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

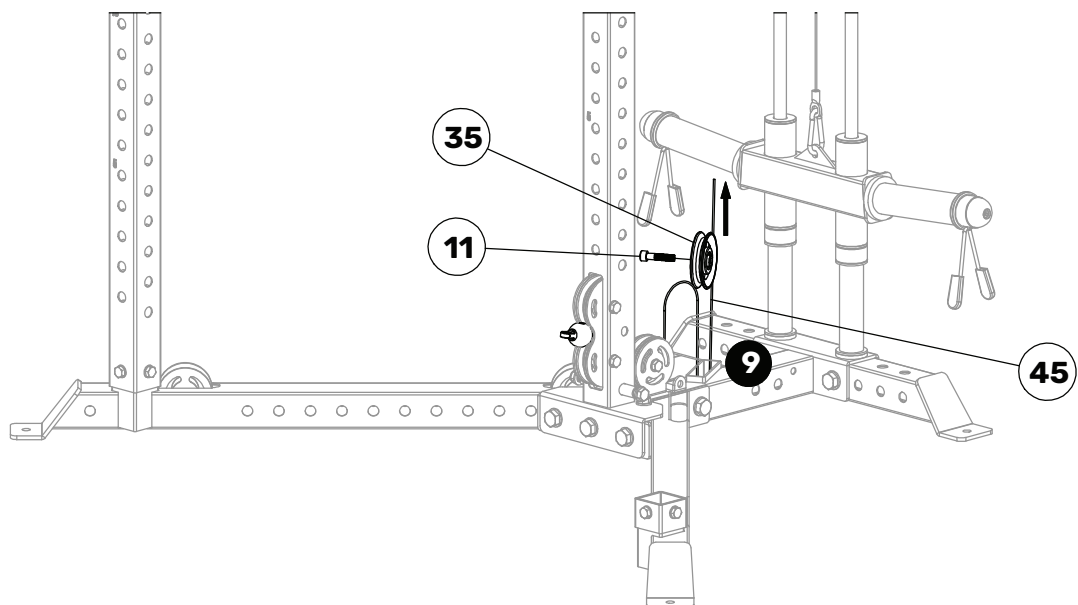


14 Cable 2 (45)

Start **6** by install one pulley (35) in the lower hole of (65). Fix with M10 x 75 bolt (7), M10 washer (19) and M10 nut (15). Attach the cable (45). Install another pulley (35) ensuring the cable is in between the two pulleys **7**. Fix with M10 x 75 bolt (7), M10 washer (19) and M10 nut (15). Attach pulley (35) above the cable (44). Fix with M10 x 45 bolt (8), M10 washer (19) and M10 nut (15) **8**.

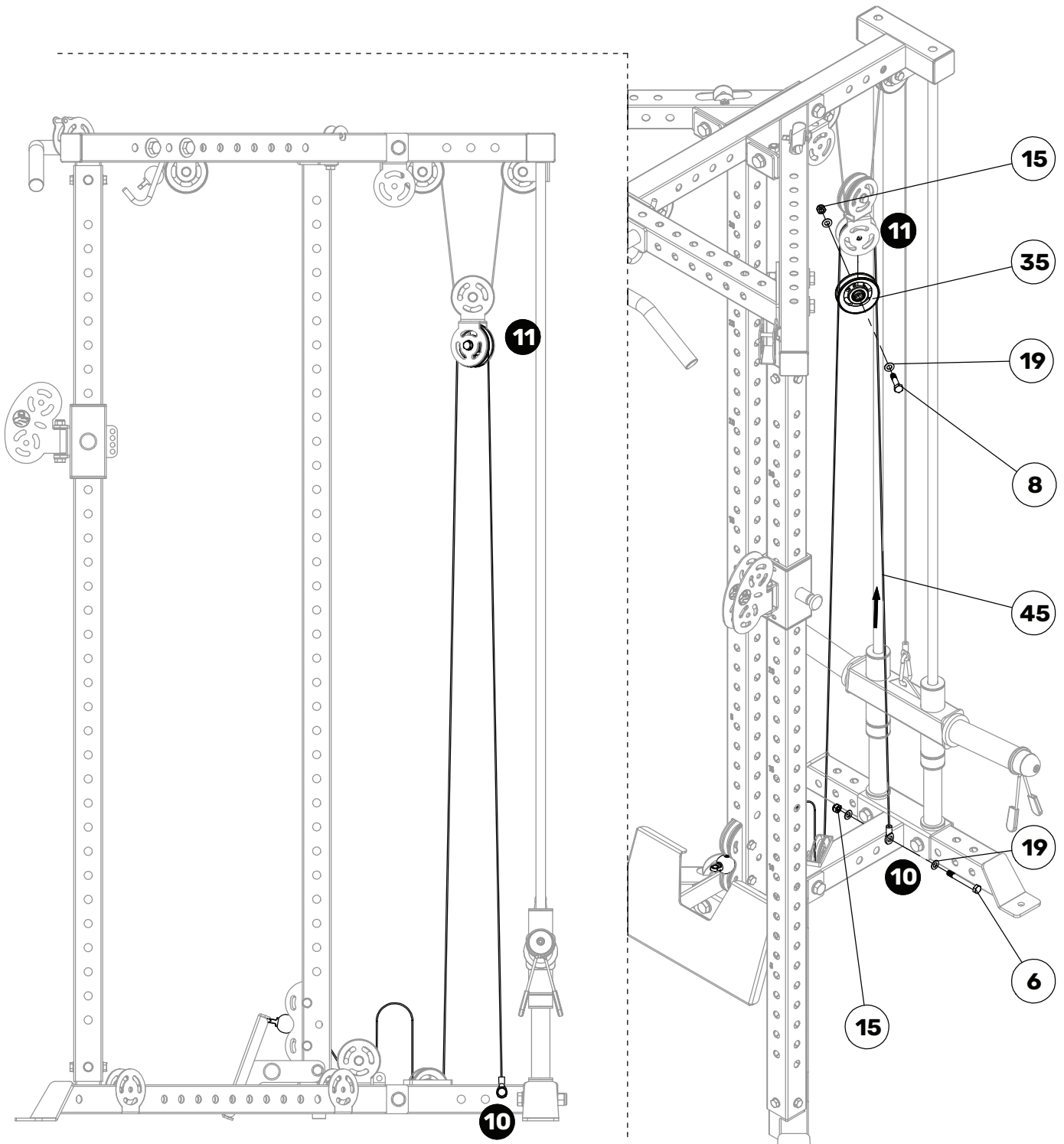


15 Attach pulley (35) above the cable (45). Fix with M10 x 45 hexagonal bolt (11) **9**.



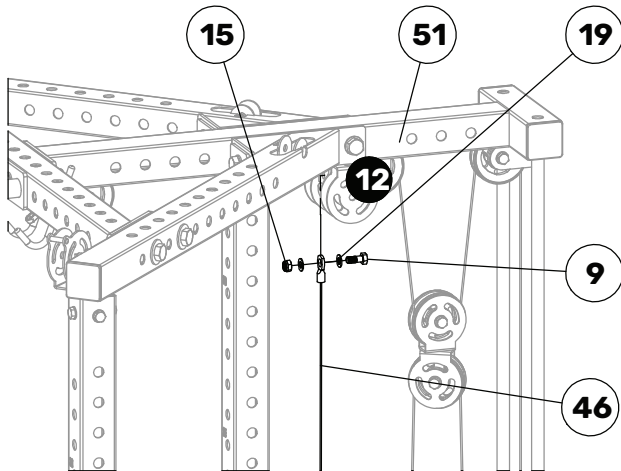
- 16** Attach one end of the cable (45) to the bottom of the base. Fix with M10 x 80 bolt (6), M10 washer (19) and M10 nut (15) **10**

- 17** Pull the cable up to the hanging pulley (35) fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15) **11**.

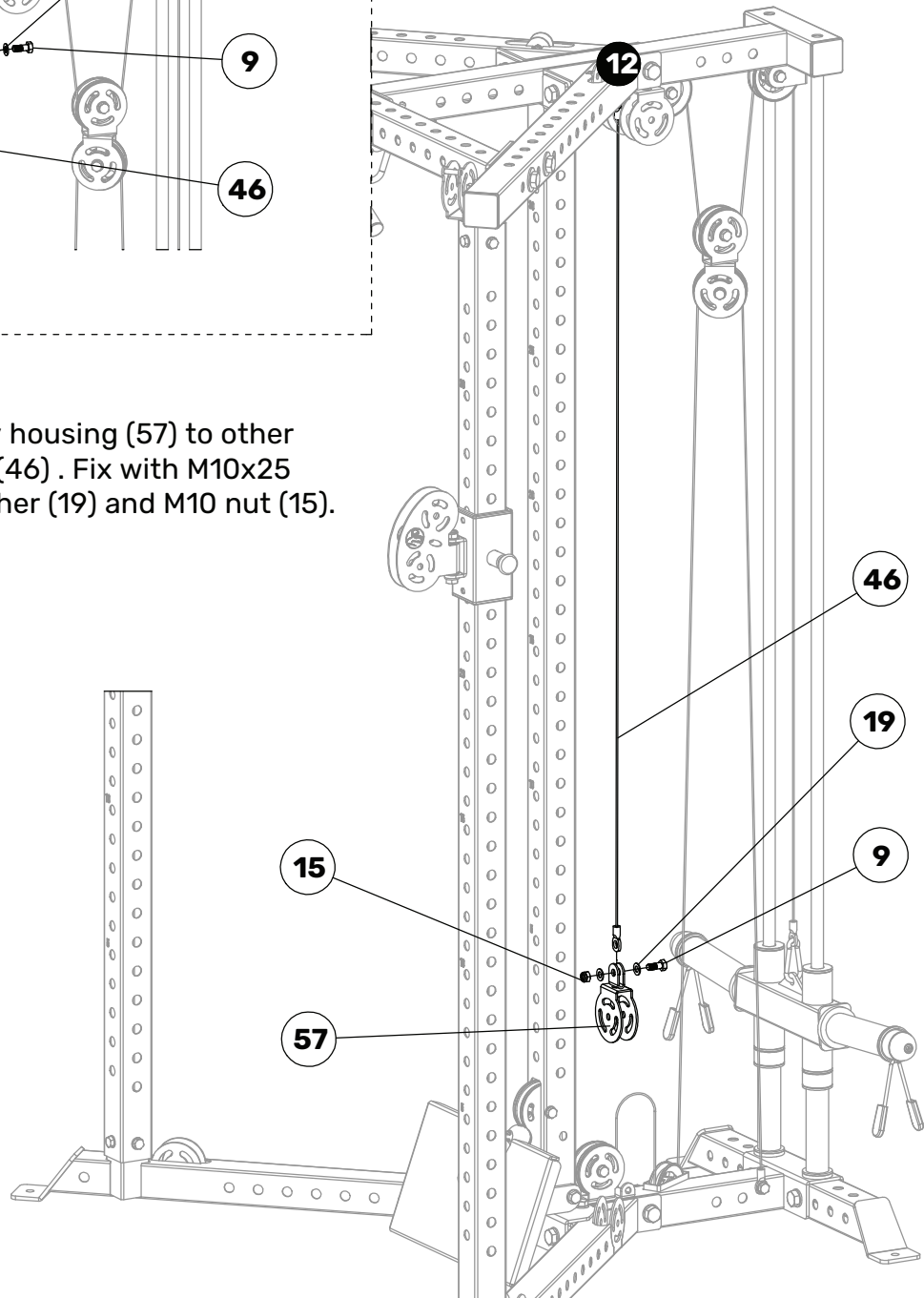


18 Cable 3 (46)

Attach one end of the cable (46) to the center hole of top support (51). Fix with M10x25 bolt (9), M10 washer (19) and M10 nut (15) **12**.



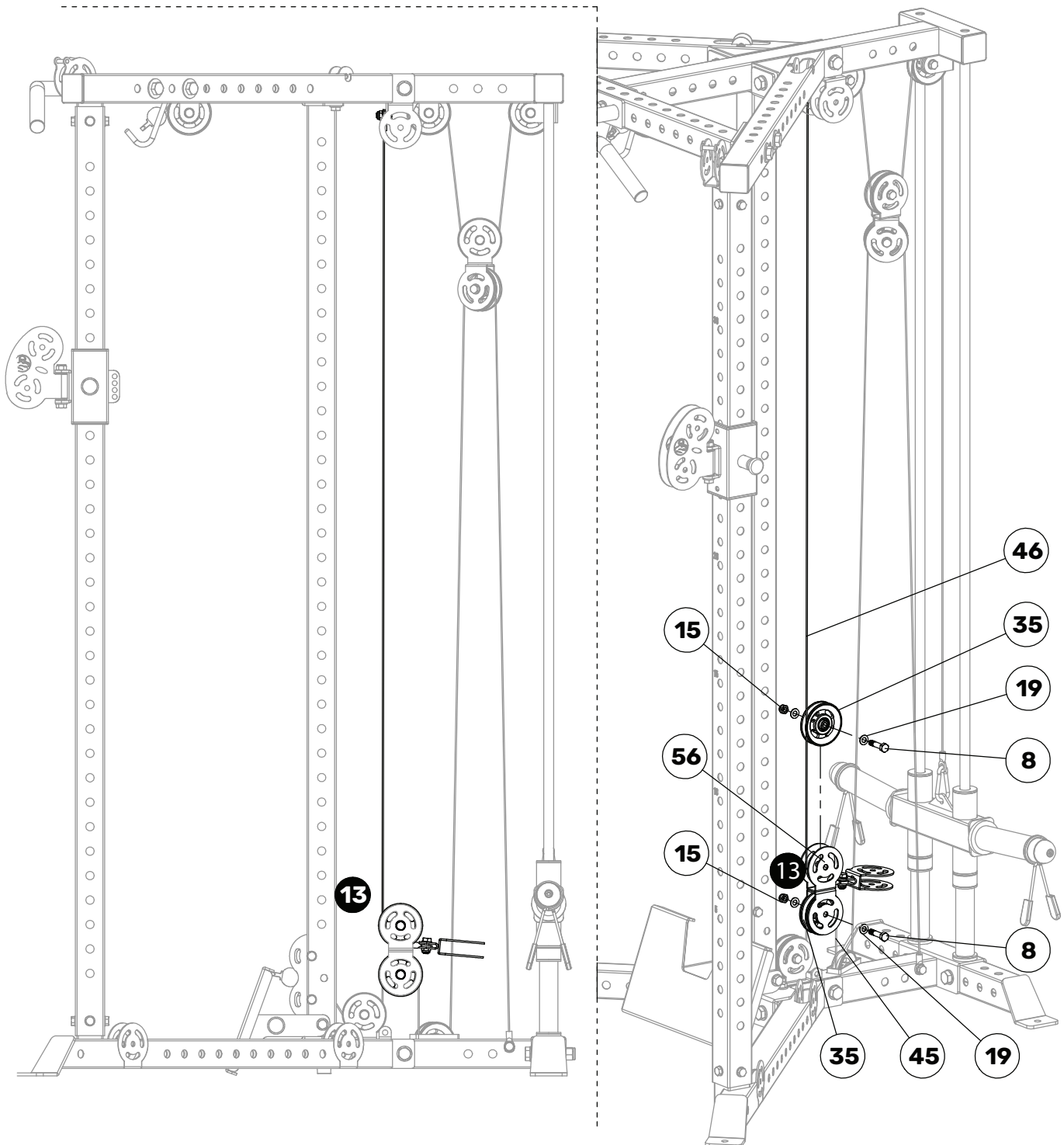
19 Attach the pulley housing (57) to other end of the cable (46) . Fix with M10x25 bolt (9), M10 washer (19) and M10 nut (15).



20

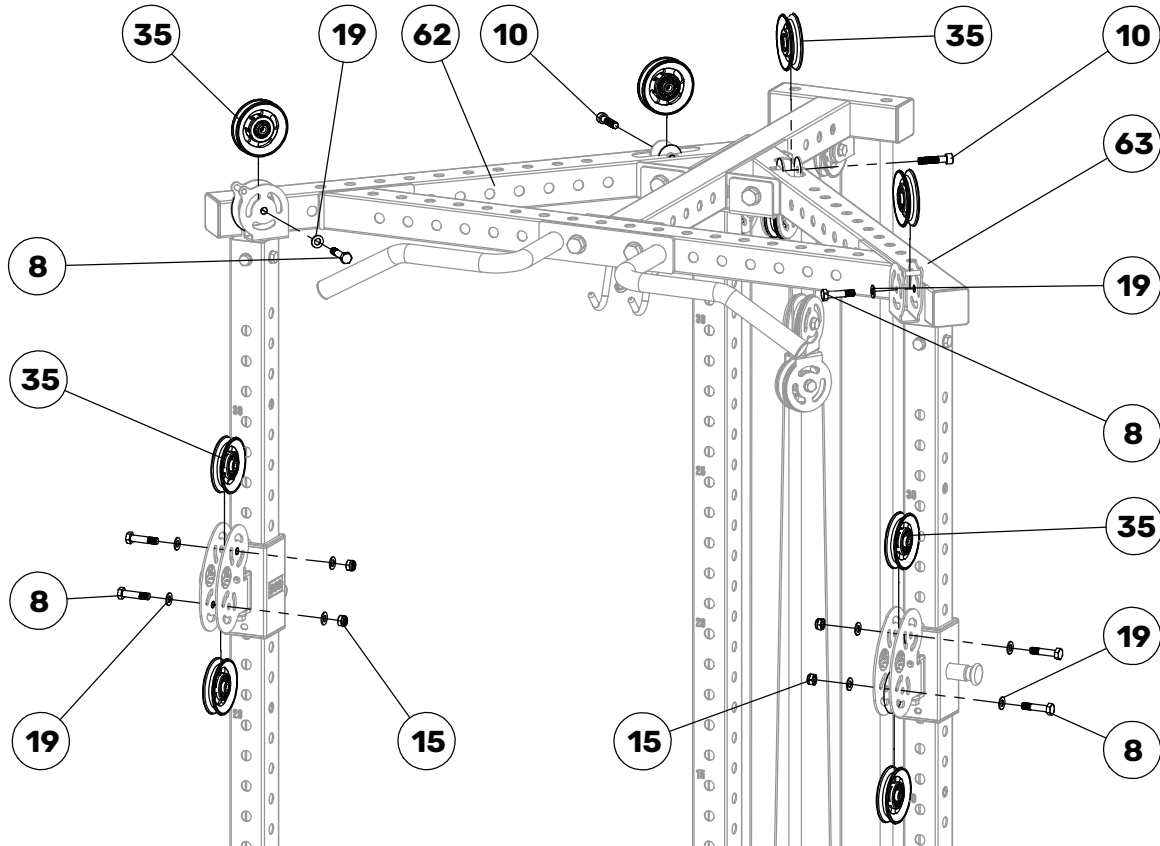
Attach pulley holder (56) with pulley (35) above the cable (46) on the upper hole. Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15) **13**.

Add a pulley (35) below cable (45) on the lower hole of pulley holder (56). Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15).



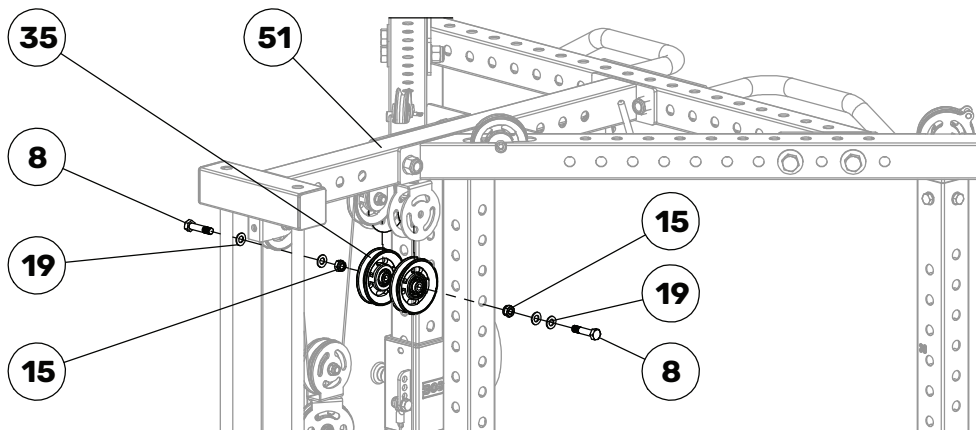
21

Attach four pulleys (35) to swivel pulley housings (68). Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15).
 Attach two pulleys (35) to the front of top side supports, (62) & (63). Fix with M10x45 bolt (8) and M10 washer (19)
 Attach two pulleys (35) to the back of top side supports, (62) & (63). Fix with M10x45 hexagonal bolt (10).

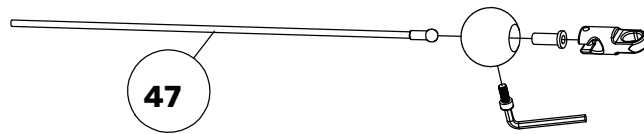


22

Attach two pulleys (35) to the back of top center support (51). Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15).



Use 4mm hex key to remove the ball from one end of the cable (47) first.



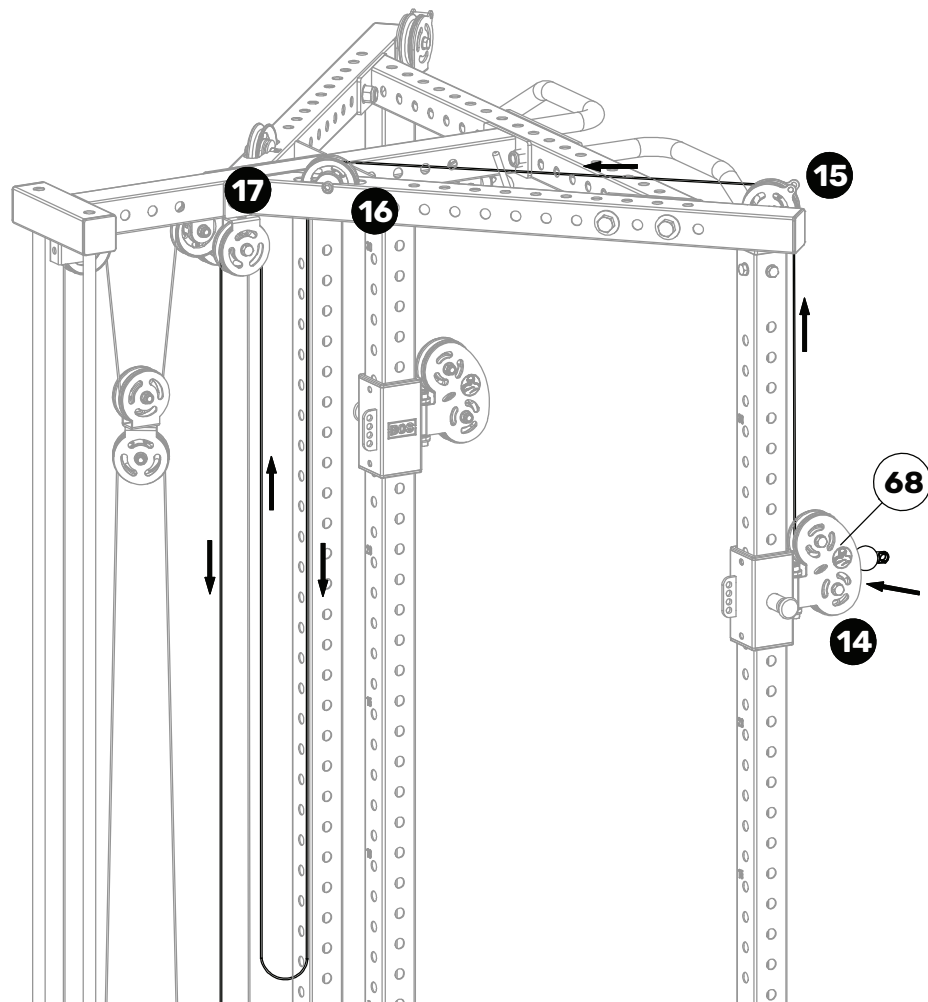
23

Cable 4 (47) (Right Side)

Pull the cable (47) through the center of two pulley attached on swivel pulley housing (68) 14.

Follow attachment in number order.

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

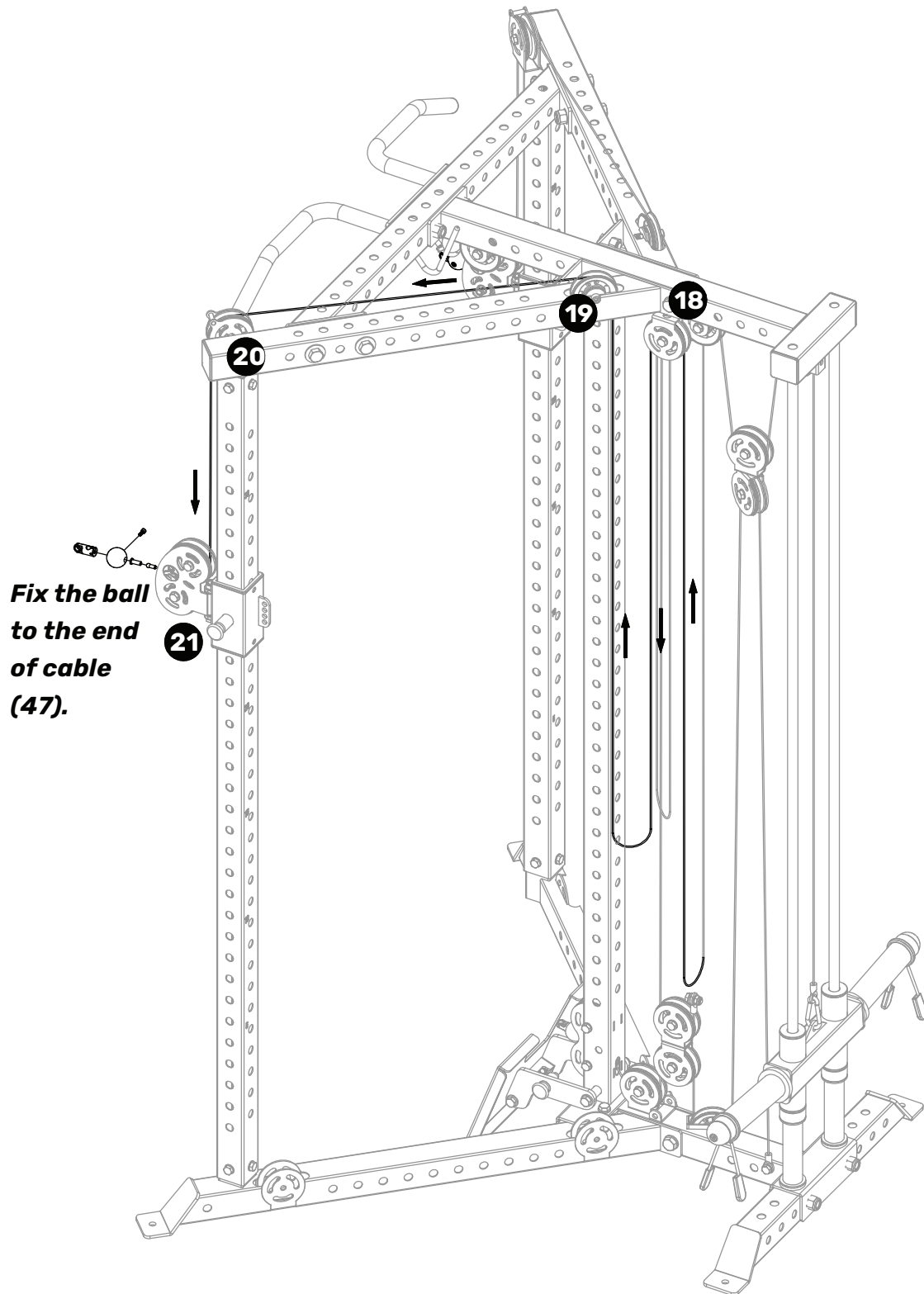


24

Cable 4 (47) (Left Side)

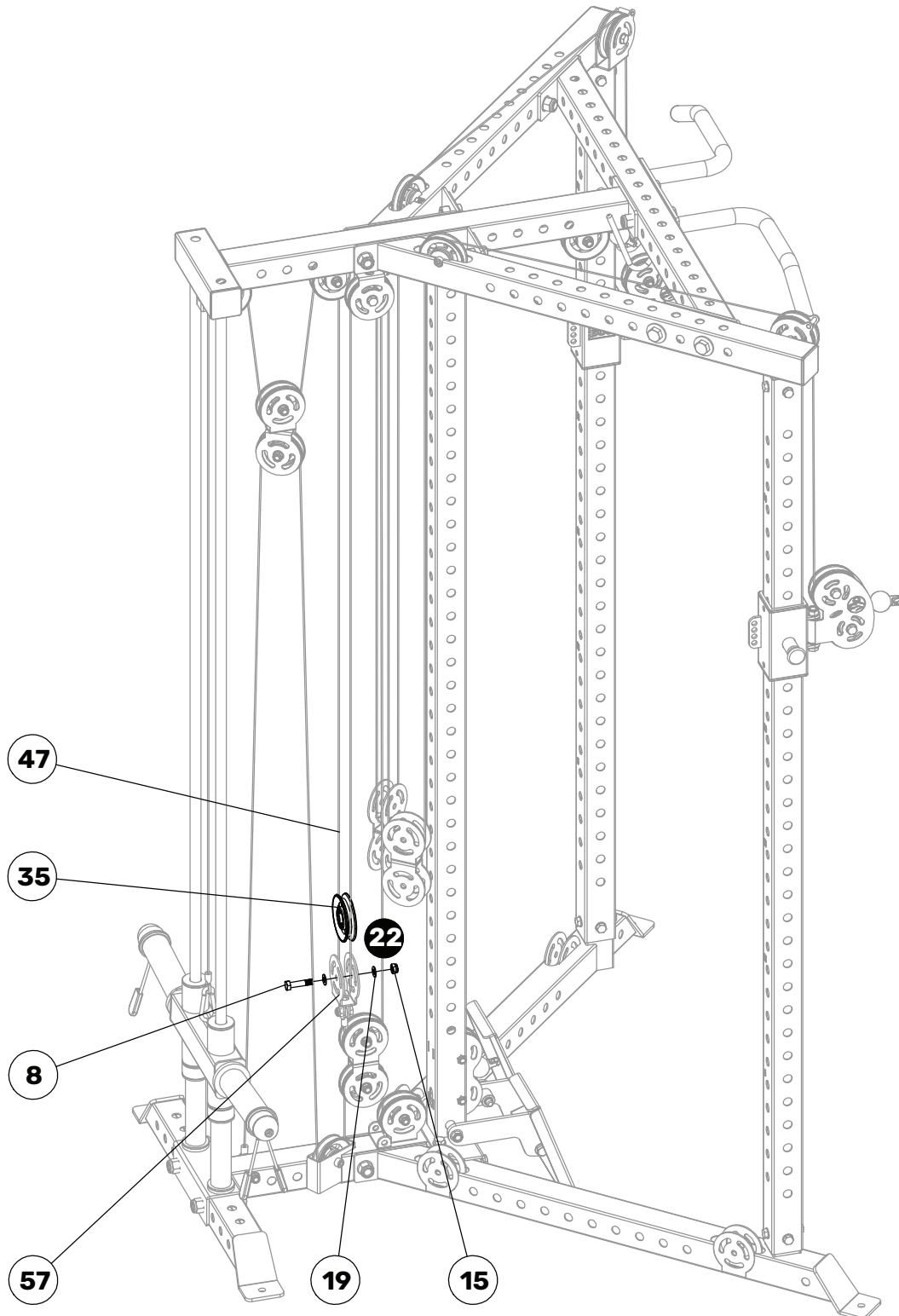
Follow attachment in number order.

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



25

Attach a pulley (35) above the cable (47) to pulley holder (57). Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15) **22**.

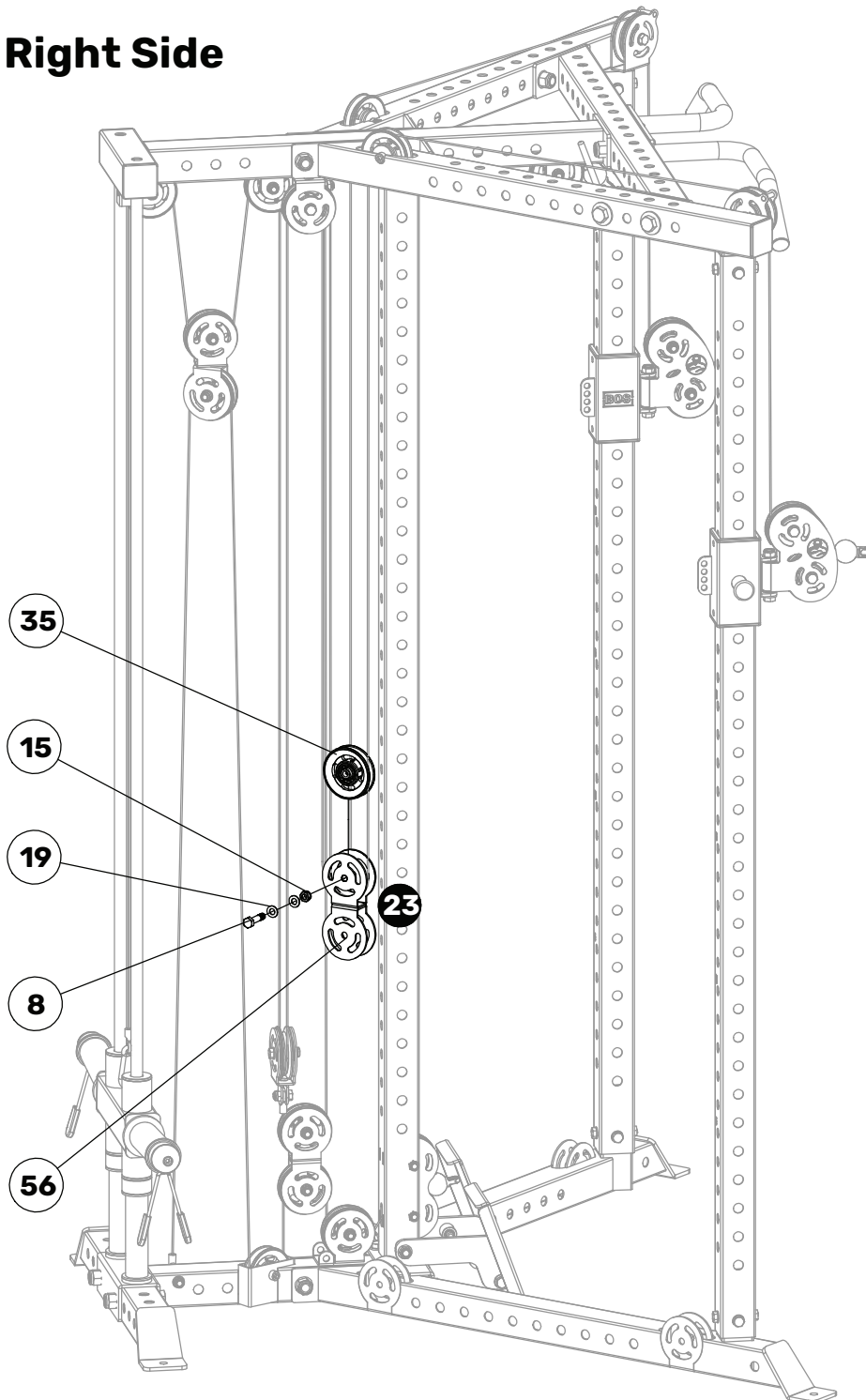


26

Attach a pulley holder (56) with a pulley (35) on the upper hole. Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15) **23**

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

Right Side

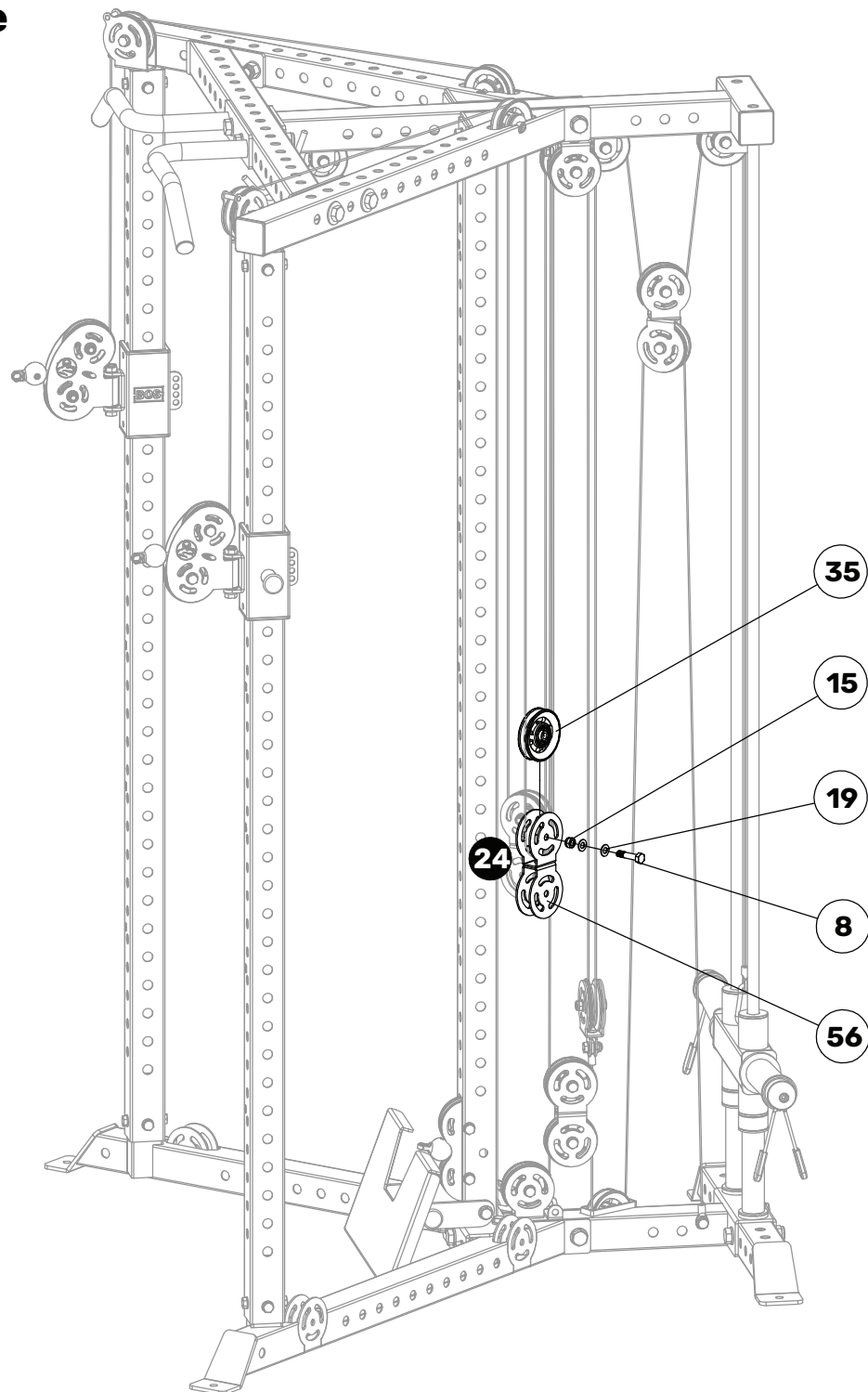


27

Attach a pulley holder (56) with a pulley (35) on the upper hole. Fix with M10x45 bolt (8), M10 washer (19) and M10 nut (15) **24**

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

Left Side



28 Cable 5 (48) (Right Side)

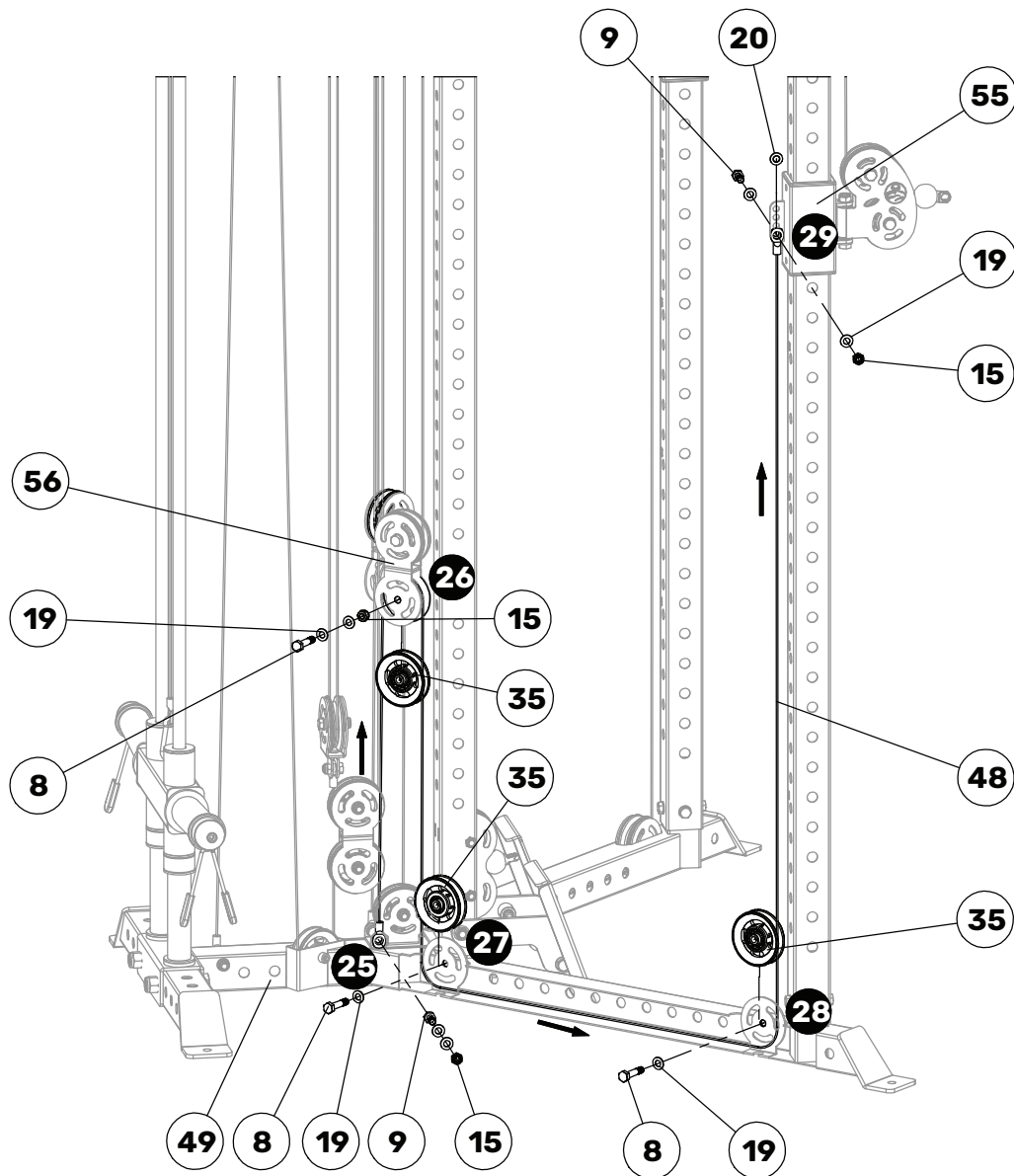
Attach one of the cable (48) to the center base (49), Fix with M10x25 bolt (9), M10 washer (19) and M10 nut (15) **25**.

Pull the cable up to the hanging pulley holder (56), attach a pulley (35). Fix with M10x25 bolt (9), M10 washer (19) and M10 nut (15) **26**.

29 Pull other end of cable through pulley housing **27**, pass through the interior of the tube to **28**.

Attach two pulleys (35) above the cable (48). Fix with M10x45 bolt (8) and M10 nut (15).

30 Attach the end of the cable (48) to the height selector (55). Fix with M10x25 bolt (9), M10 washer (19), M10 nylon washer (20) and M10 nut (15) **29**.



31 Cable 5 (48) (Left Side)

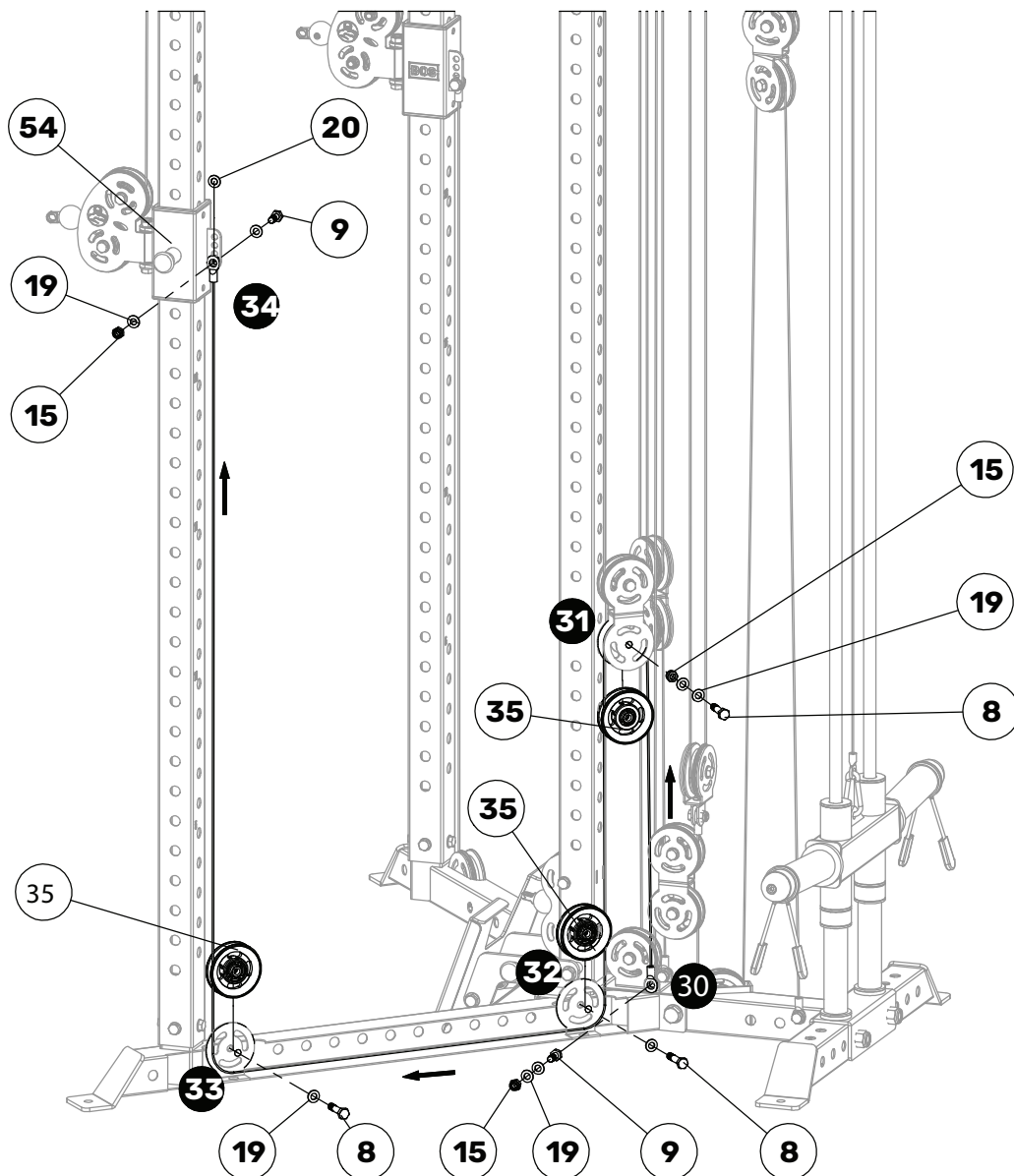
Attach one of the cable (48) to the center base (49), Fix with M10x25 bolt (9), M10 washer (19) and M10 nut (15) **30**

Pull the cable up to the hanging pulley holder (56), attach a pulley (35). Fix with M10x25 bolt (9), M10 washer (19) and M10 nut (15) **31**.

32 Pull other end of cable through pulley housing **32**, pass through the interior of the tube to **33**.

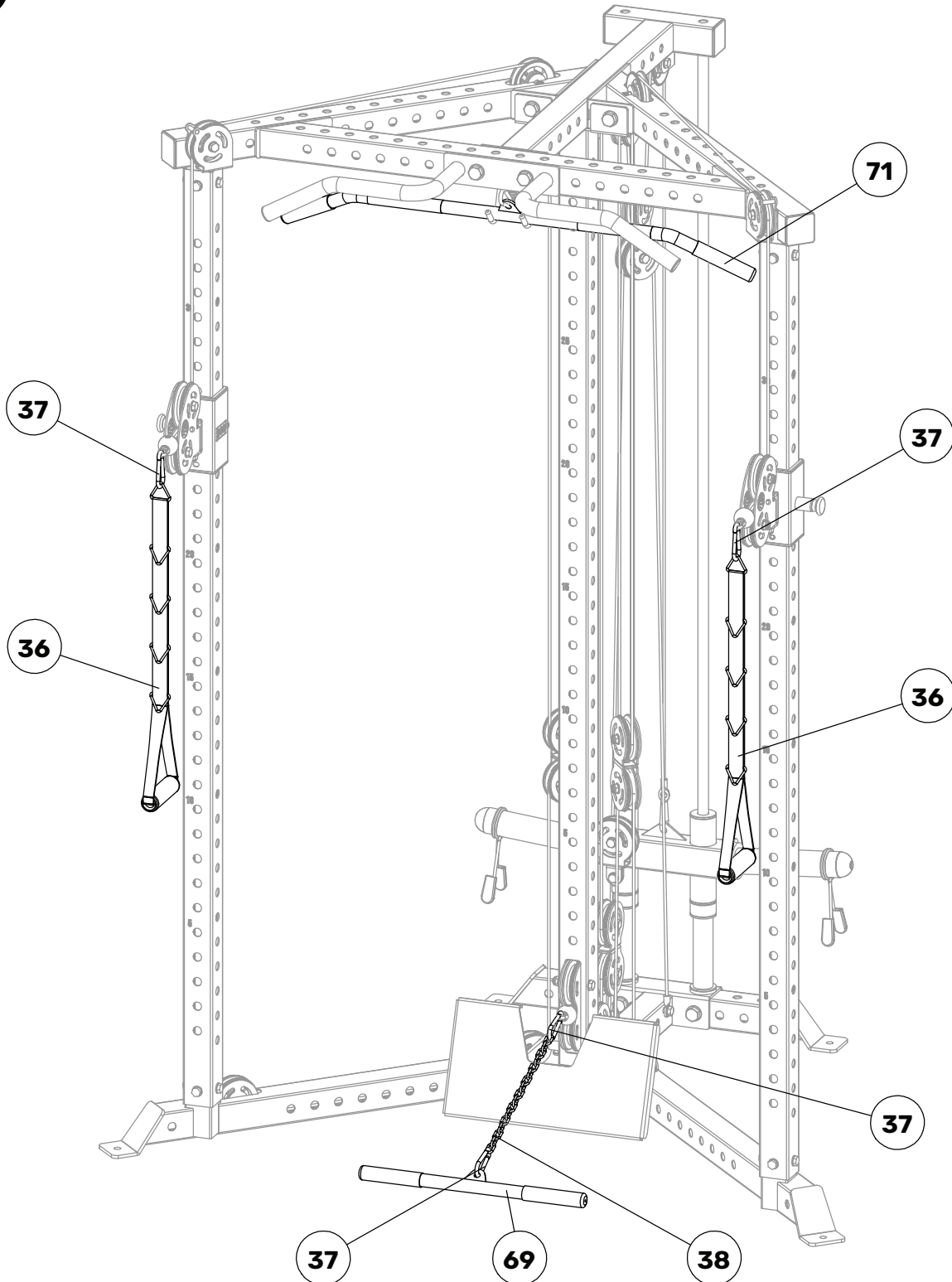
Attach two pulleys (35) above the cable (48). Fix with M10x45 bolt (8) and M10 nut (15).

33 Attach the end of the cable (48) to the height selector (54). Fix with M10x25 bolt (9), M10 washer (19), M10 nylon washer (20) and M10 nut (15) **34**.



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

34 Attach remaining parts as shown.



YOU'RE FINISHED!

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