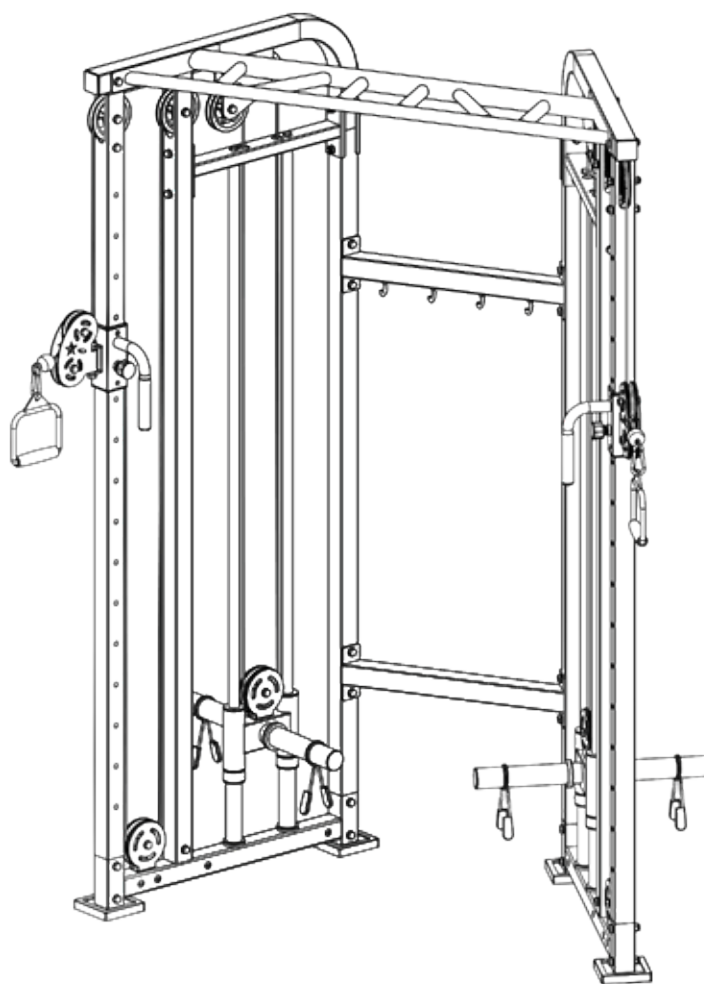




PLATE LOADED FUNCTIONAL TRAINER

SKU: WPL-BOS-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



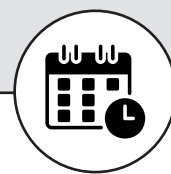
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Customer Notice

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.

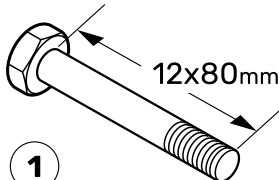
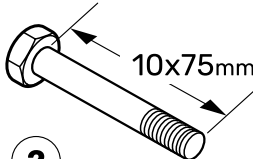
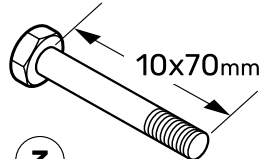
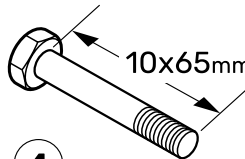
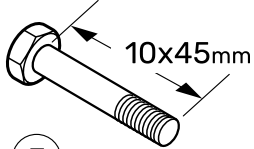
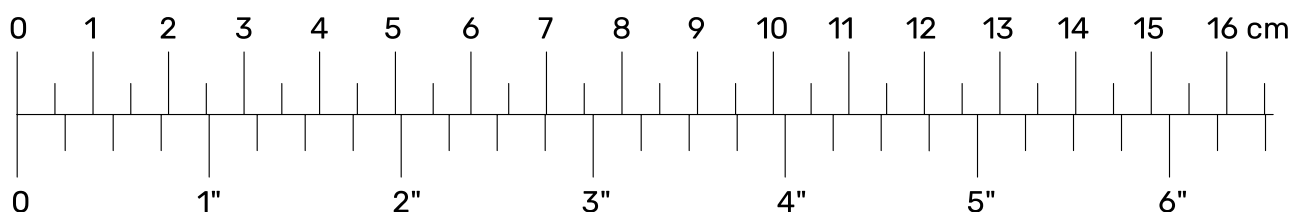
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS,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

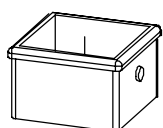
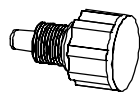
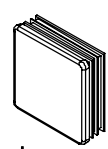
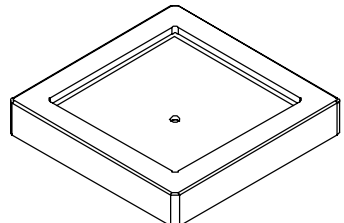
LET THE GAINZ BEGIN

PARTS LIST

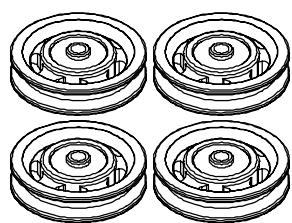
• Hardware Package

 1 M12 x 80mm bolt x2	 2 M10 x 75mm bolt x4	 3 M10 x 70mm bolt x20	 4 M10 x 65mm bolt x14	
 5 M10 x 45mm bolt x16	 7 M12mm nut x2	 8 M10mm nut x50	 9 Ø12mm washer x4	 10 Ø10mm washer x104
 11 Ø11-16-12mm pulley sleeve x8		 12 Ø48mm Tube plug x4 Pre-assembled with (41)		
				

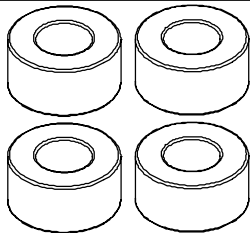
• Preassembled

 13 12-19-24 power meballurgy cover x4	 15 6050 tube bushing x4	 17 M16 addjuting popper pin x2	 19 Ø25-50 tube bushing x8
 14 50 tube plug x2	 16 Ø25 Handle x2	 18 100 foot pad x4	

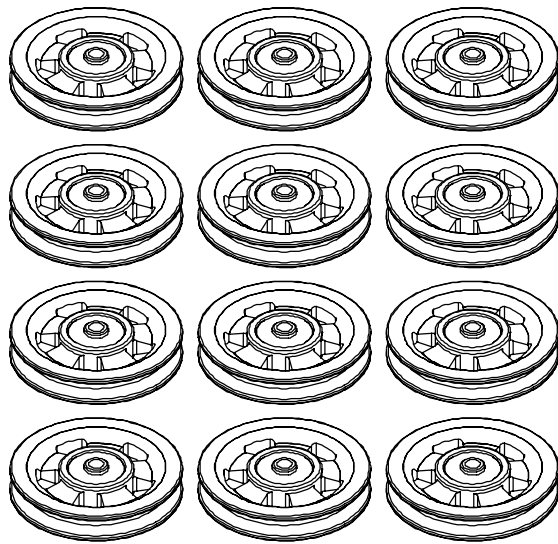
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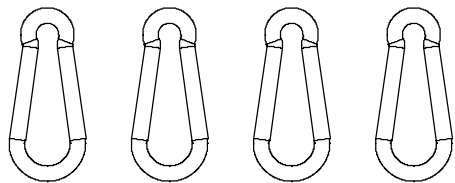
20 90 pulleys
x4



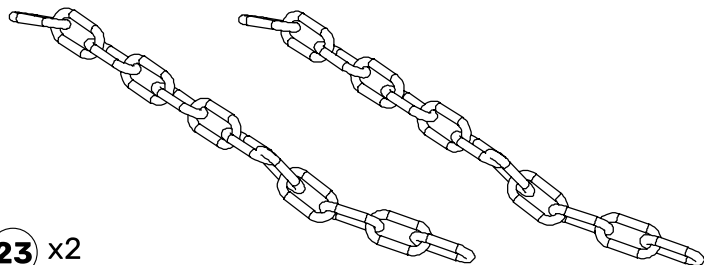
24 x4



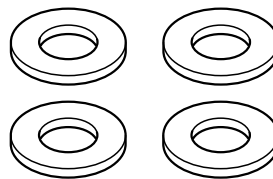
21 Ø114 pulleys
x12



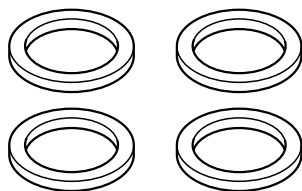
22 Carabiner x4



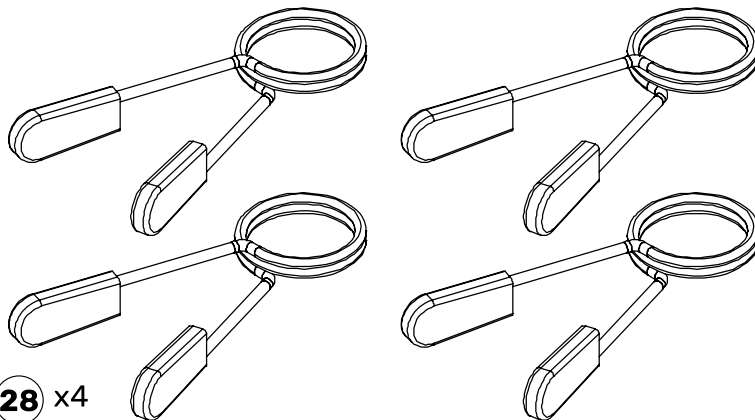
23 x2



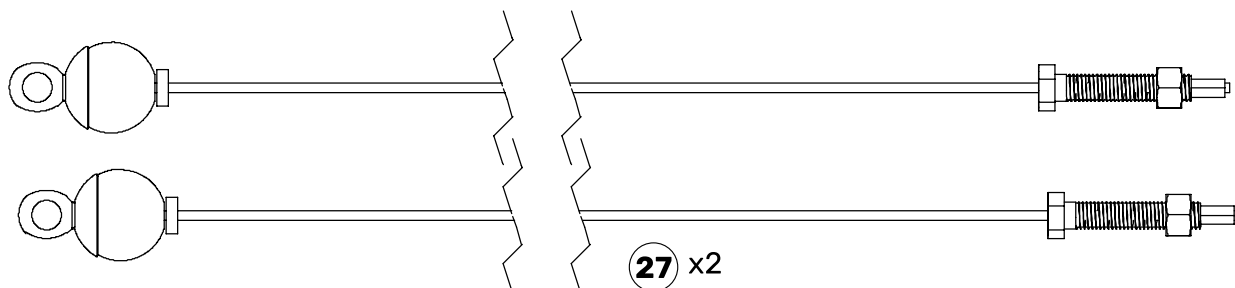
25 x4



26 x2

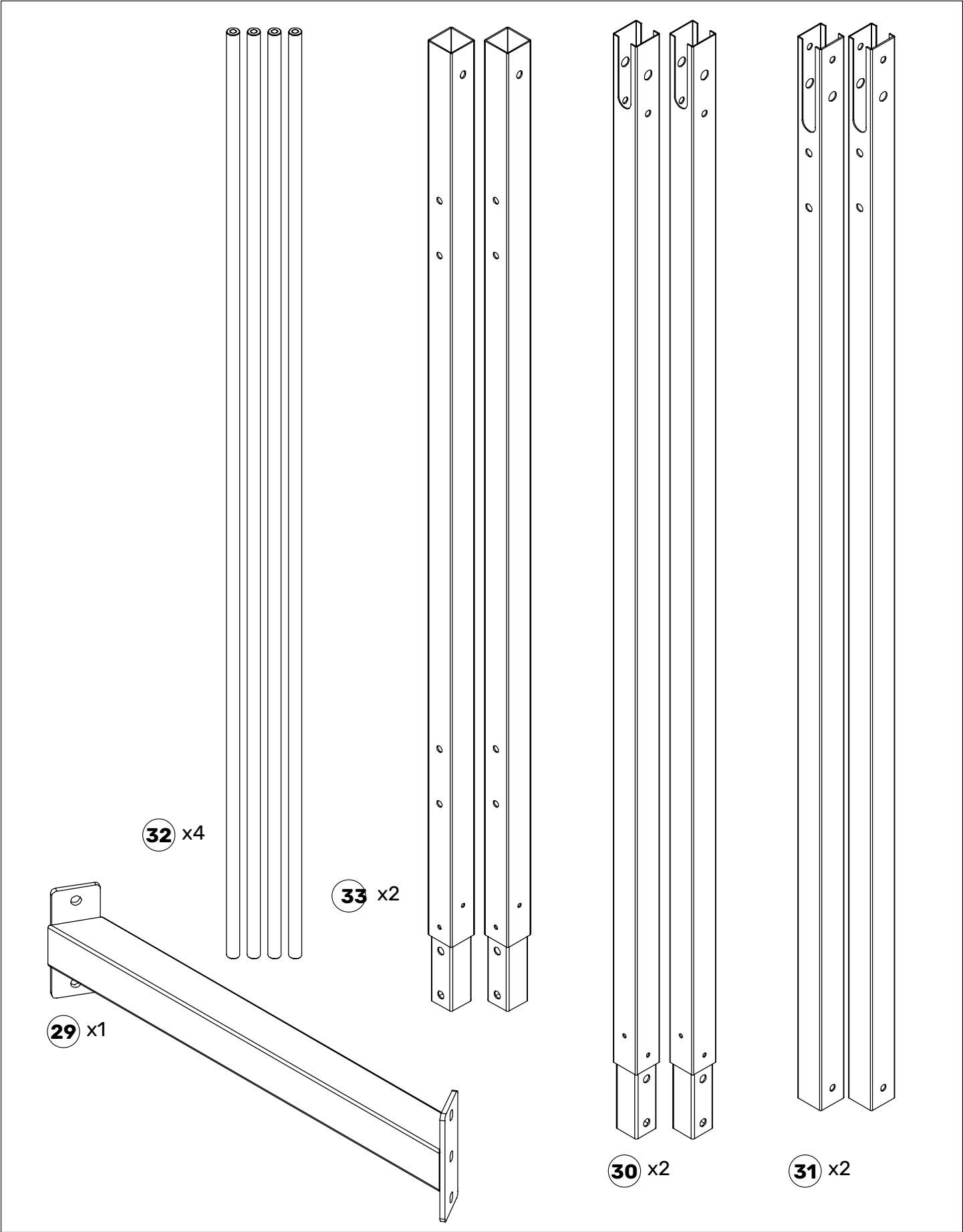


28 x4

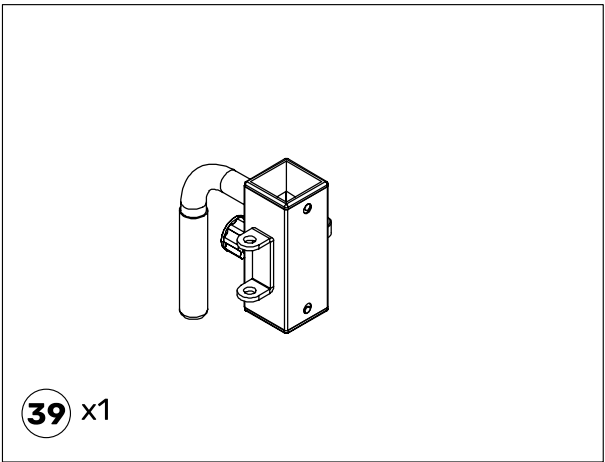
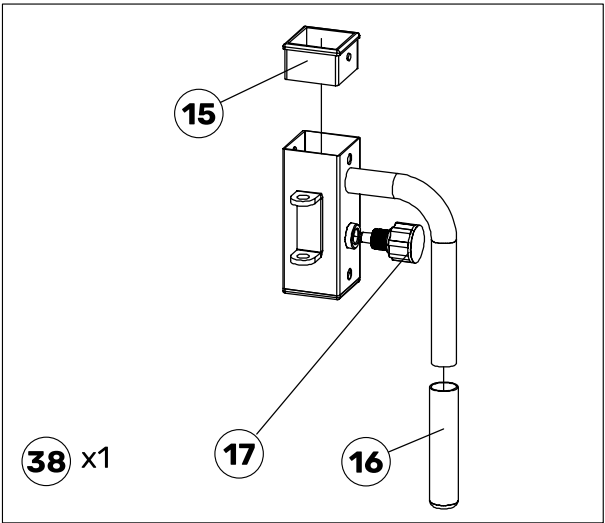
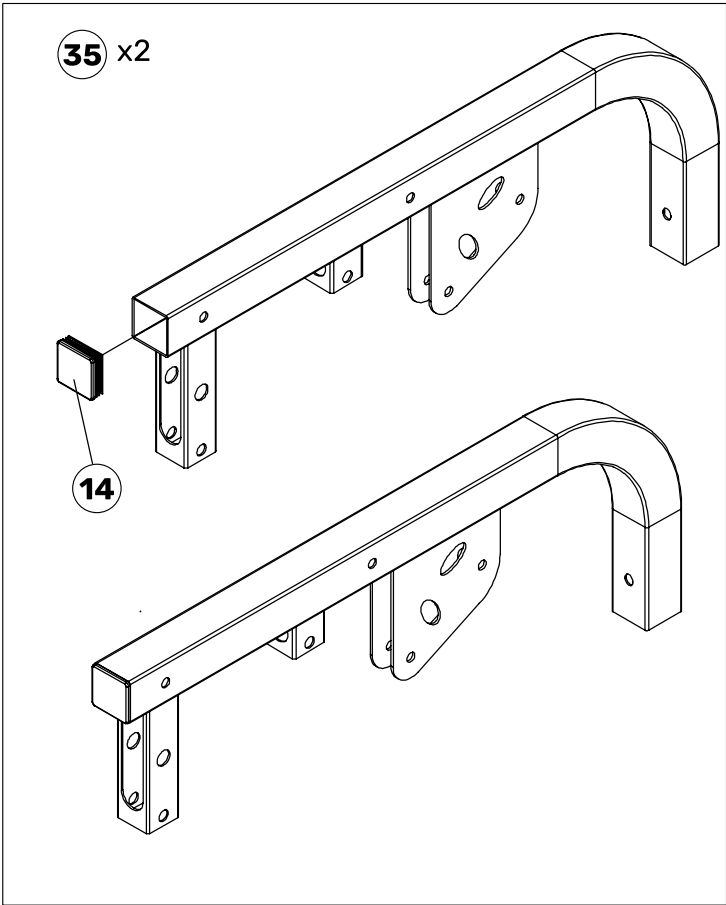
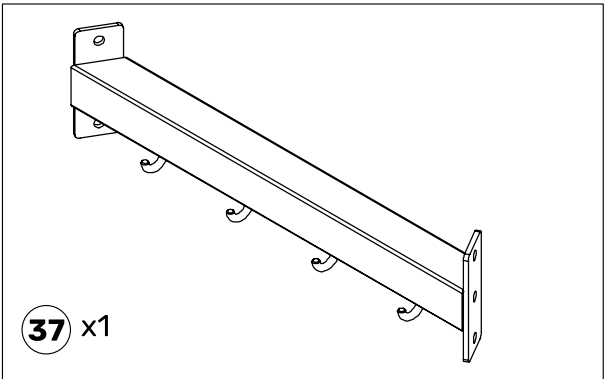
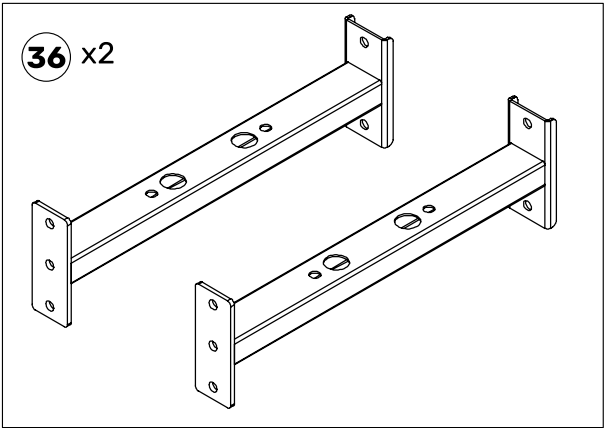
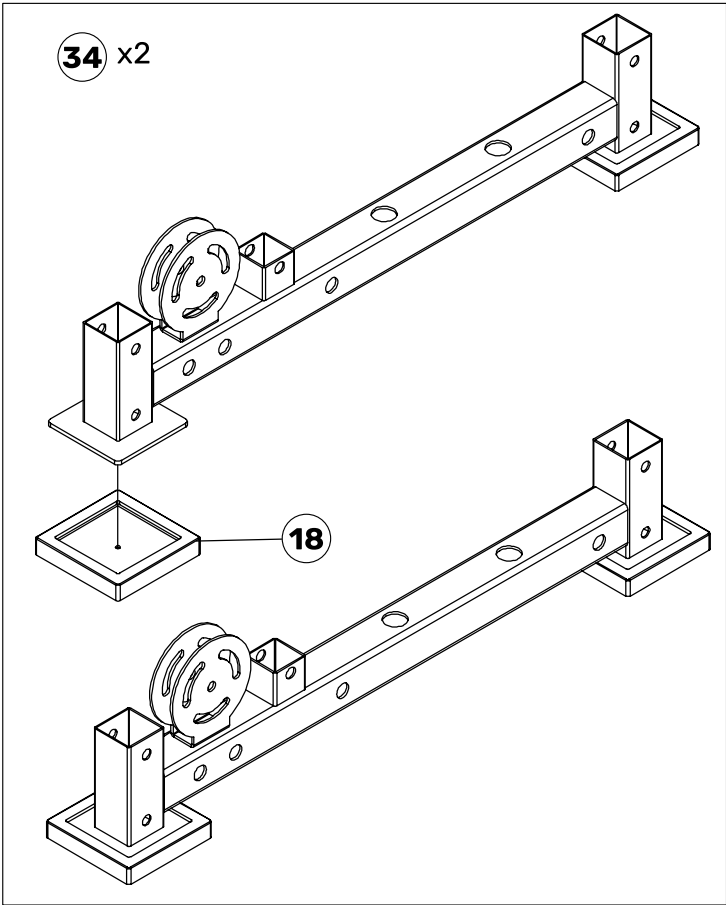


27 x2

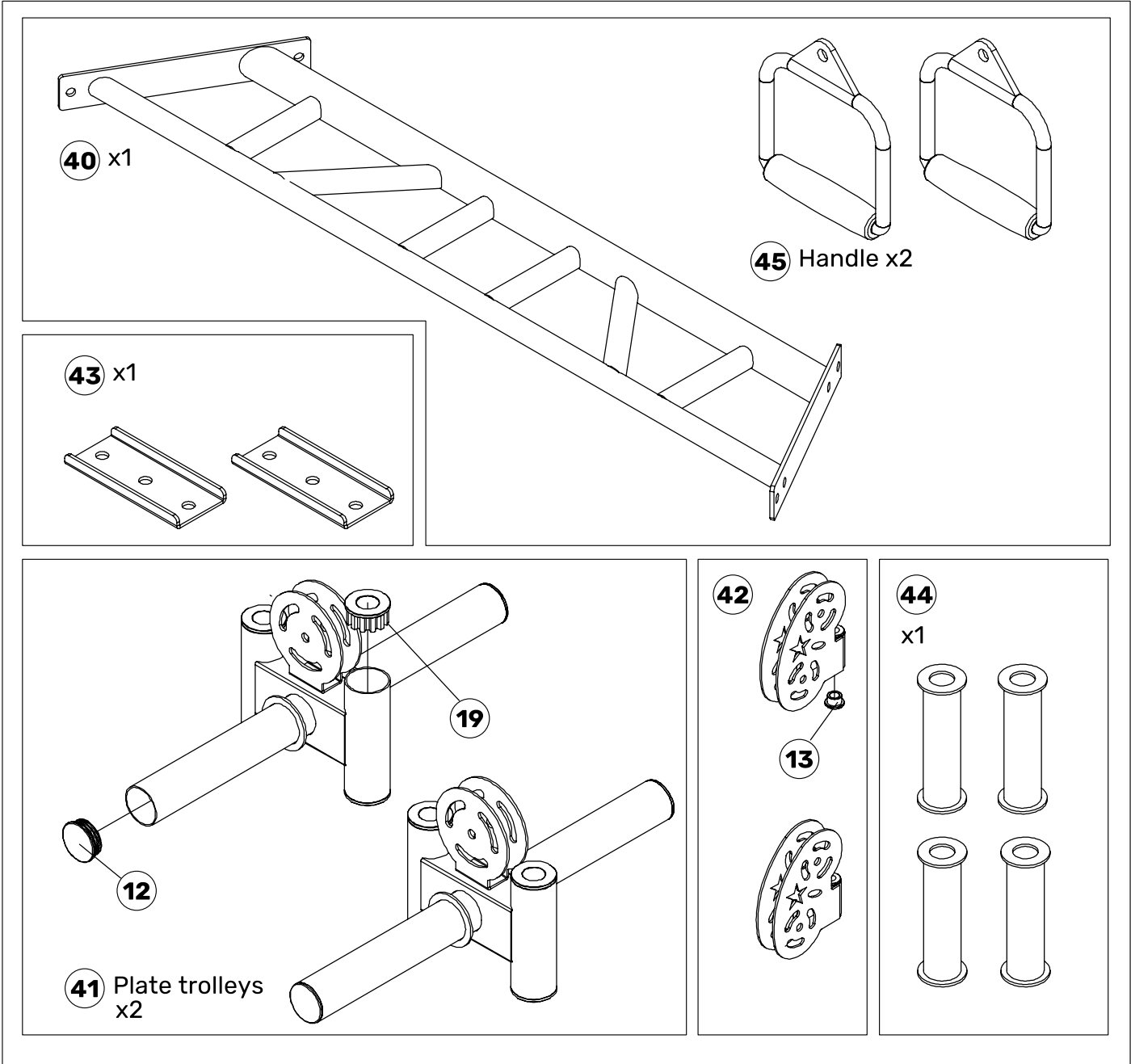
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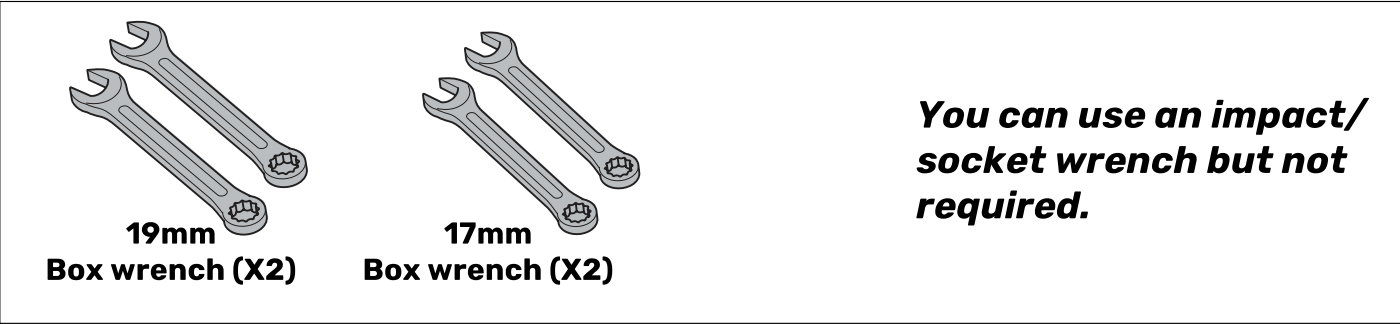
PARTS LIST



PARTS LIST



TOOLS REQUIRED



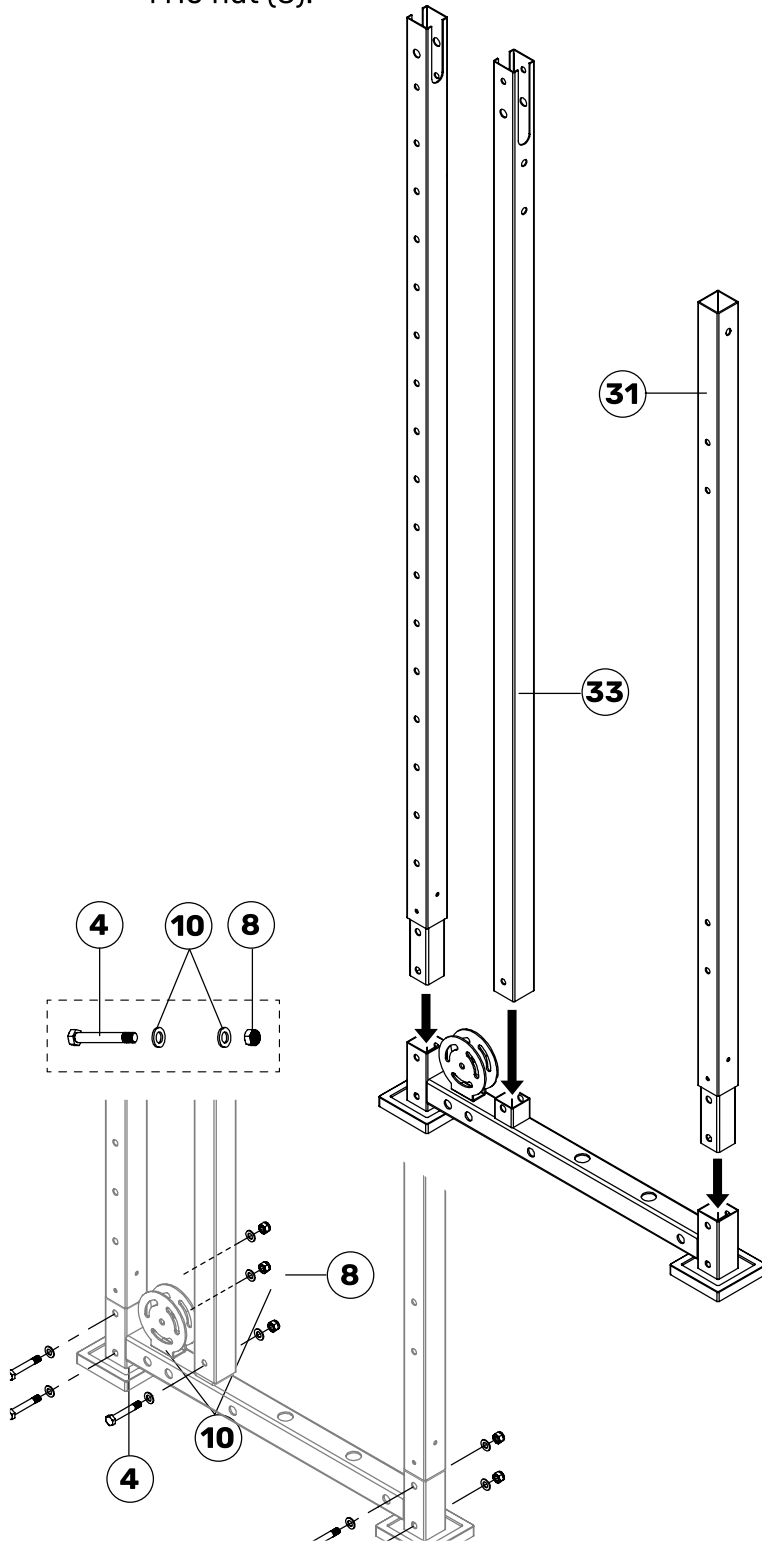
ASSEMBLY

PRO TIPS: For easier assembly, group the hardware together for each step. Group the bolts, washers and nuts according to sizes. (M12 bolt, M12 washer, M12 nut), (M10's).

1

Assemble the left frame. Attach 3 uprights. 30, 31 and 33.

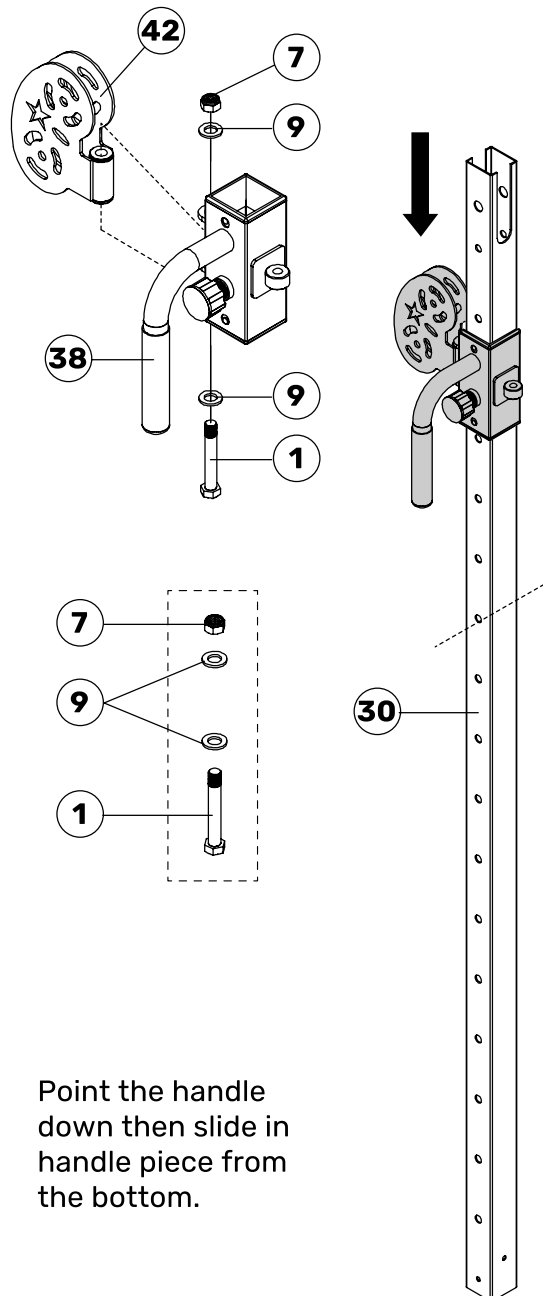
Fix with M10x65 (4), M14 washers (10) and M10 nut (8).



2

Left side assembly.

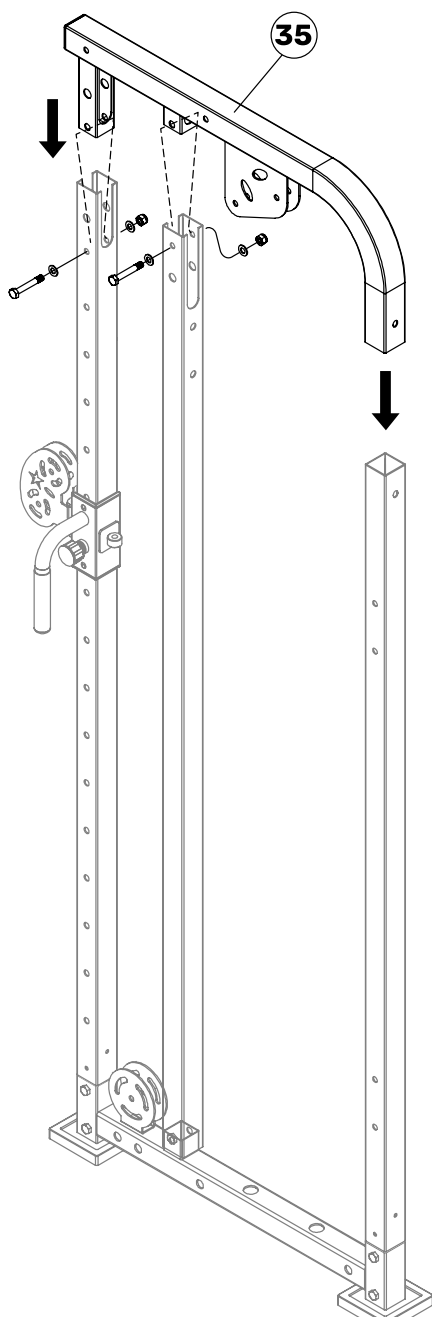
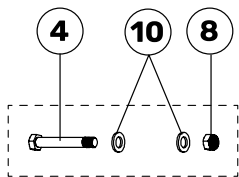
Assemble handle piece using pre-assembled (38) and pre-assembled (42). Fix with M12x80 (1), M12 washers (9) and M12 nut (7).



Point the handle down then slide in handle piece from the bottom.

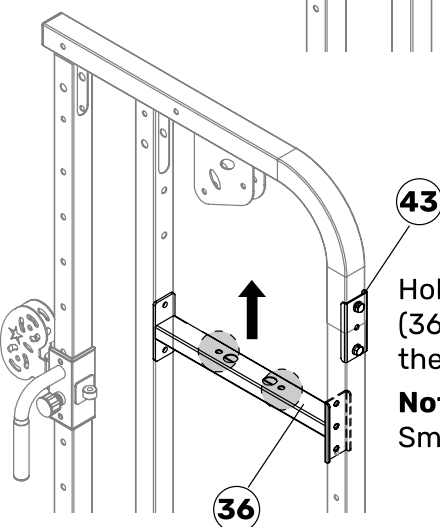
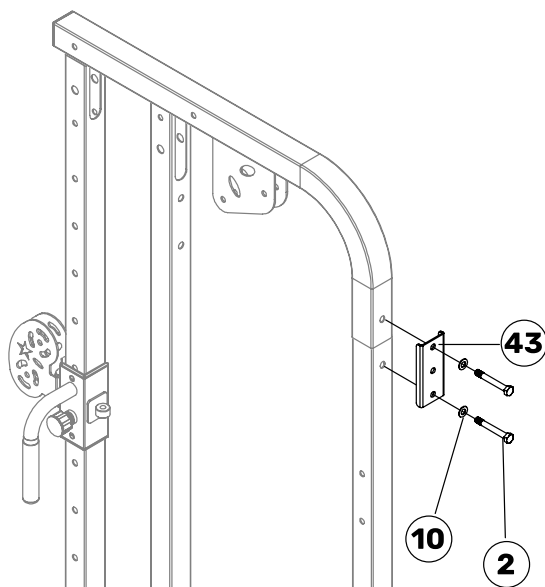
3

Attach top (35), and fix with M10x65 (4), M14 washers (10) and M10 nut (8).



4

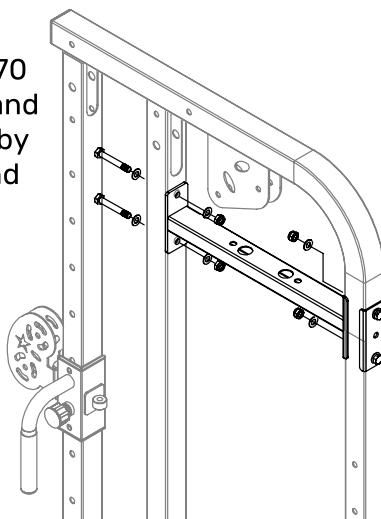
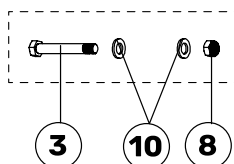
Attach (43) and insert M10x75 bolt (2) and M10 washer (10).



Hold (43) while sliding up (36), pull out M10x75 bolt (2) then re-insert it to (36).

Note:
Small holes on top.

Fix rear portion with M10x70 bolt (3), M10 washer (10), and M10 nut (8), then fix front by adding M10 washer (10) and M10 nut (8).



Pro tip: *Assembly should be undertaken by at least two people.*

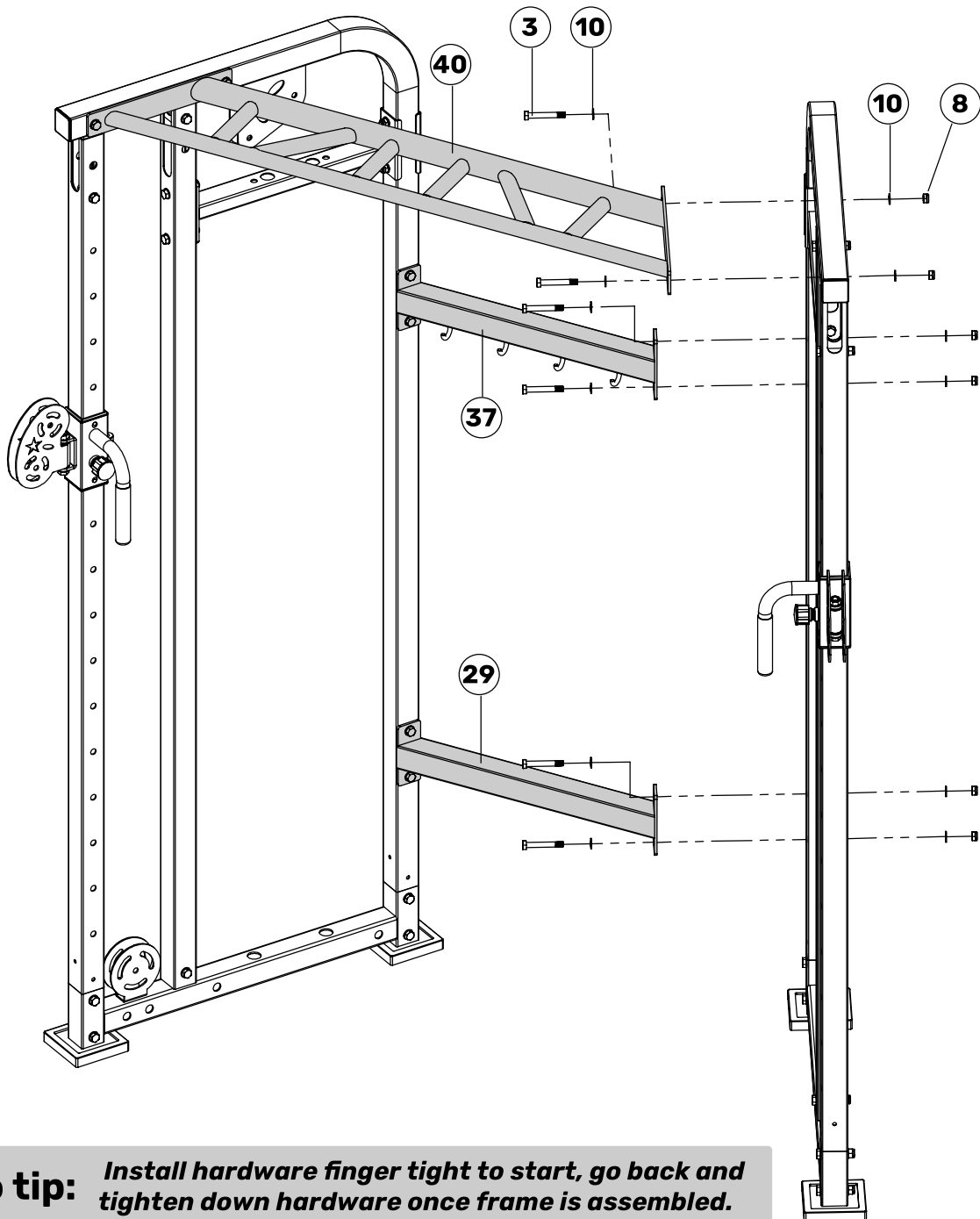
5

Right side assembly.

Repeat Step 1 - 4 with pre-assembled handle (38) in opposite direction.

6

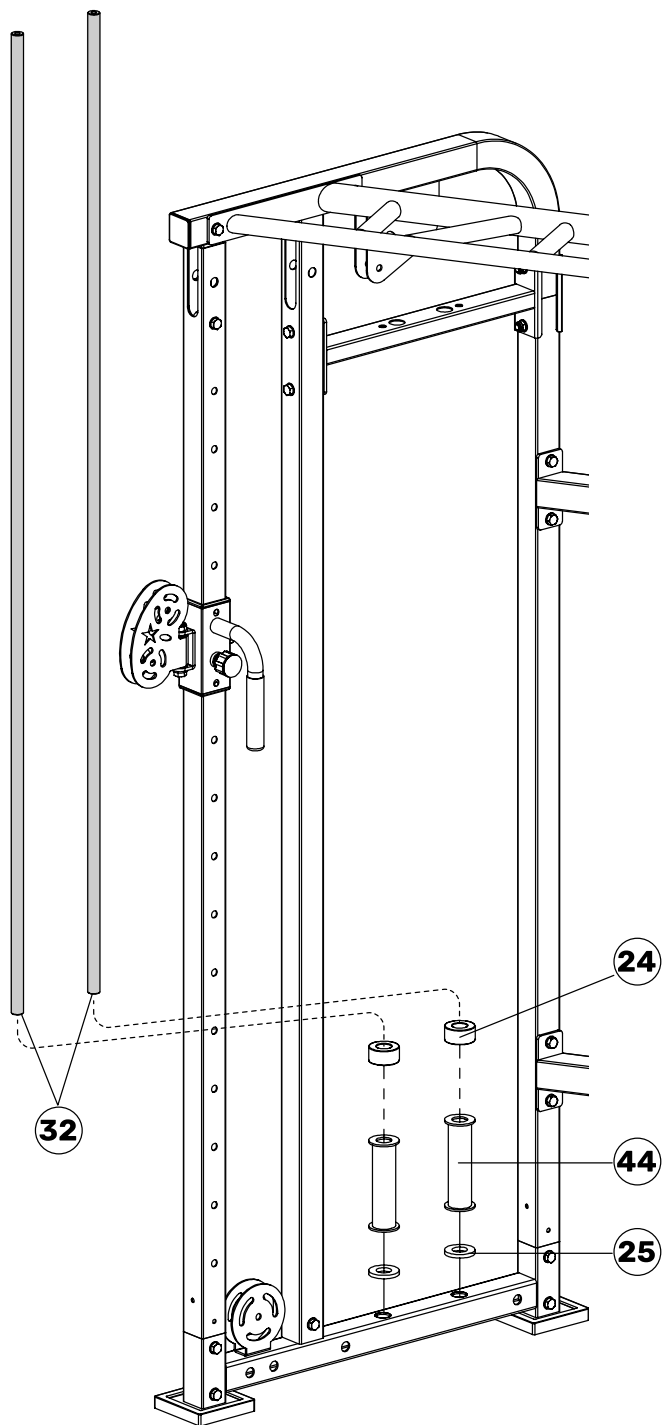
Connect both sides. Assemble one end at first. Attach (40) on top, (37) top rear, and (29) rear bottom. Fix with M10x70 bolts (3). M10 washer (10) and M10 nut (8).



Pro tip: *Install hardware finger tight to start, go back and tighten down hardware once frame is assembled.*

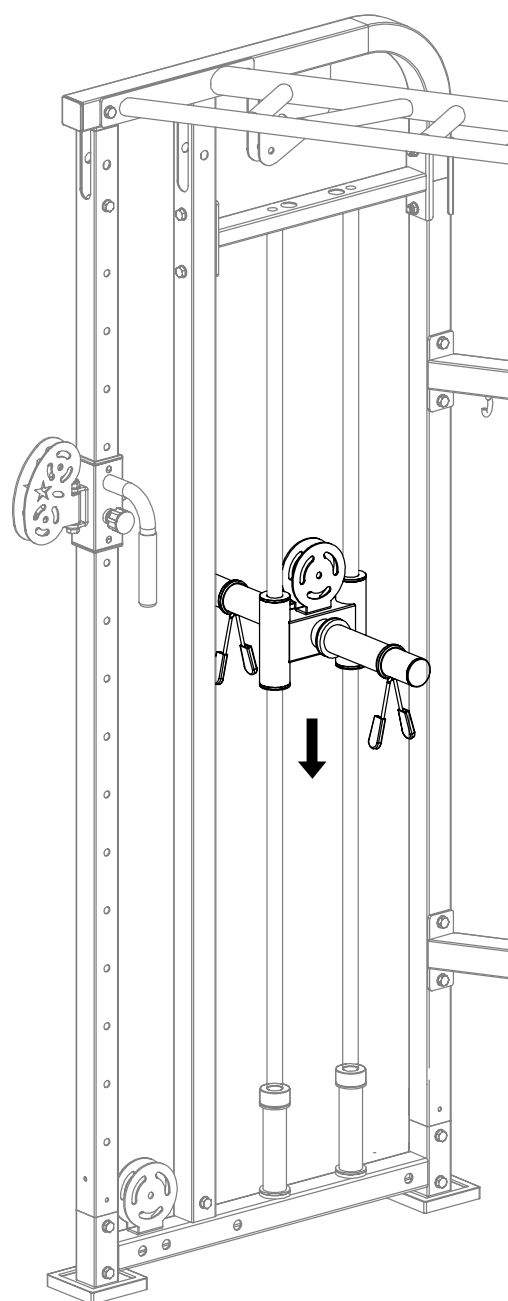
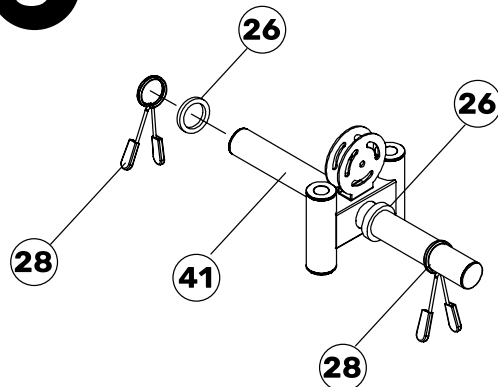
7

Attach spacer (25), (44), rubber stopper (24) and rod (32).

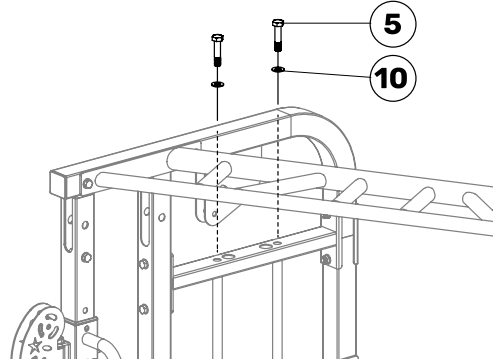


8

Install pre-assembled (41).

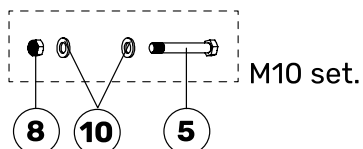
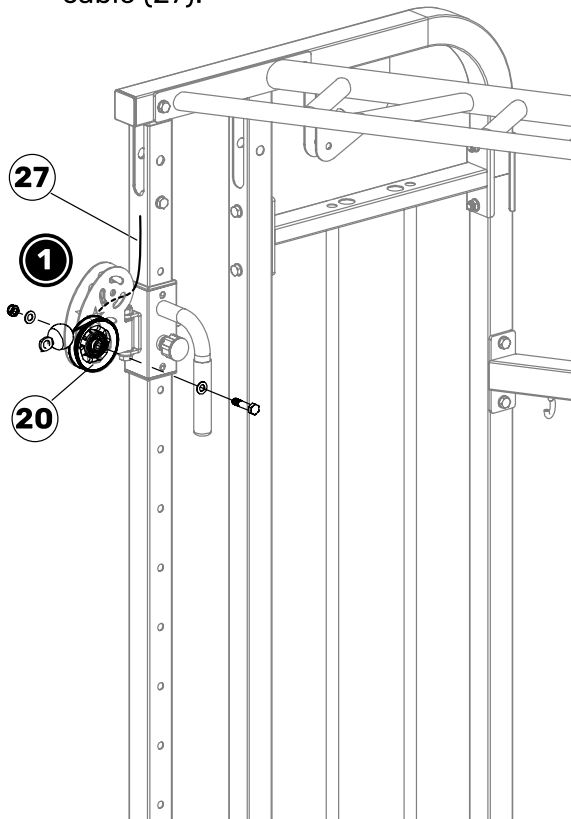


- 9** Fix the rod with M10x45 bolt (5) and M10 washer (10).

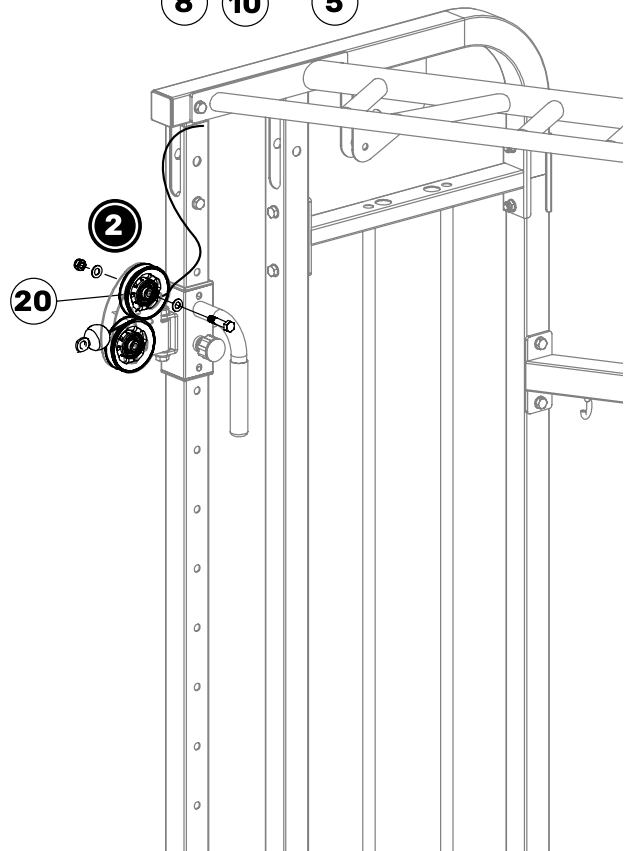
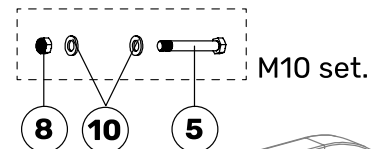


- 10** Repeat steps 7-9 for the other side.

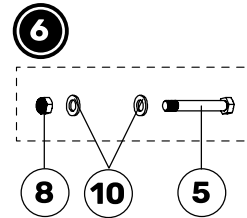
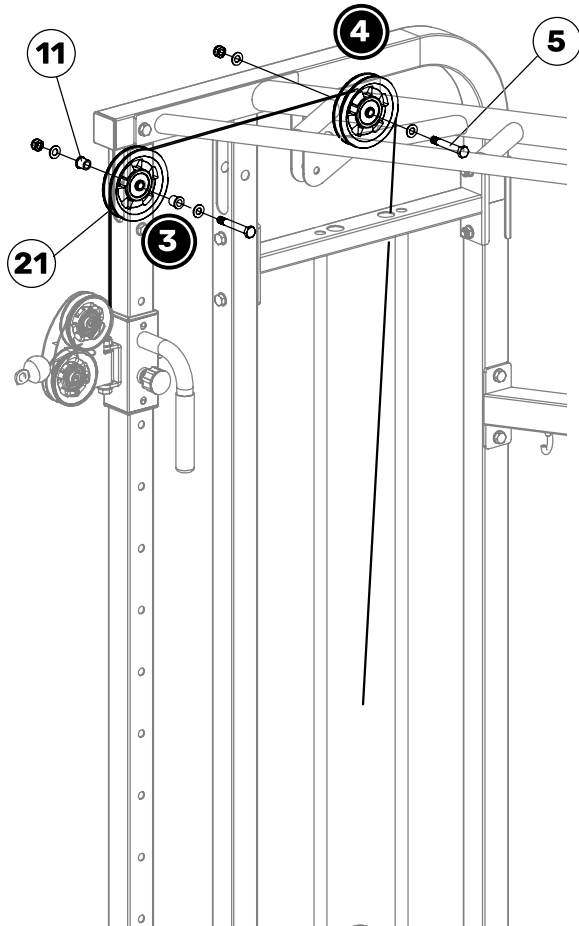
- 11** Start by attaching a small pulley (20) and fix it with M10x45 bolt (5), M10 washer (10) and M10 nut (8). Install the cable (27).



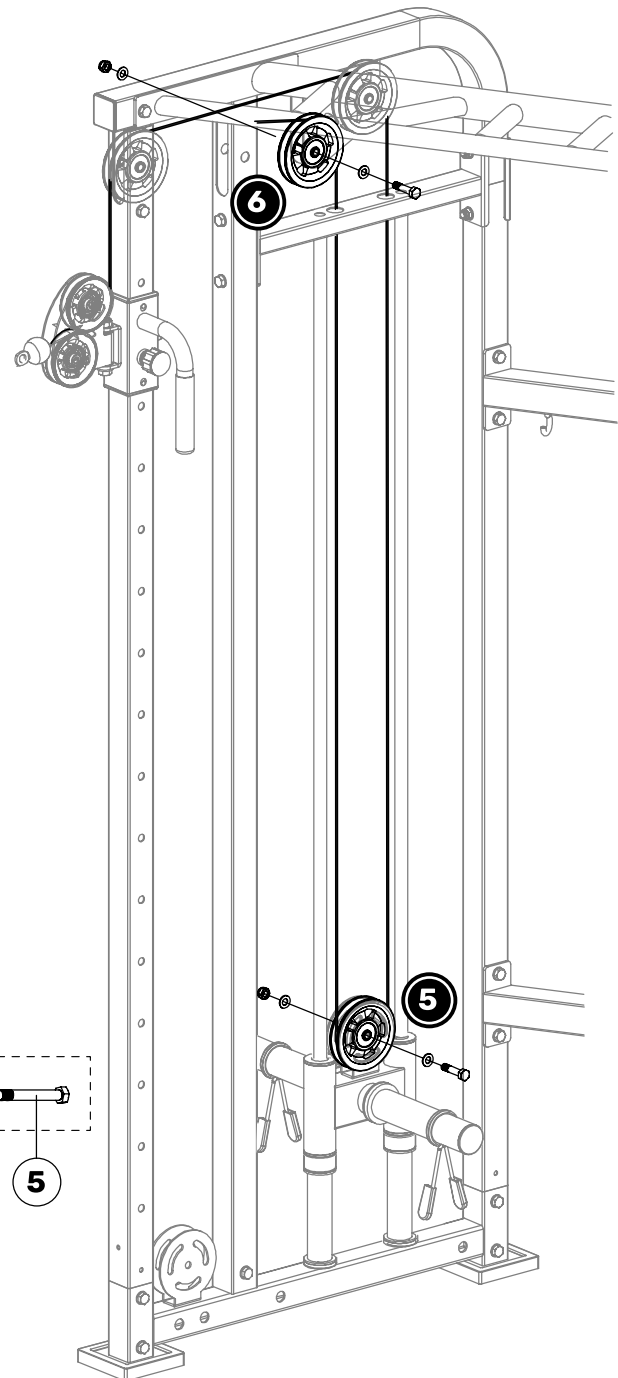
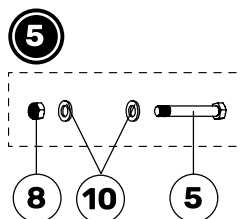
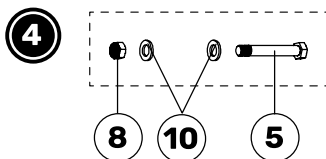
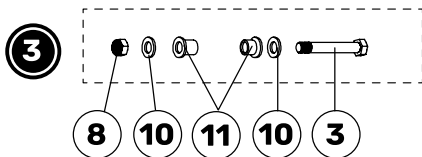
- 12** Attach another small pulley (20) and fix with M10 set.



- 13** Attach large pulley (21) and fix with M10x70 bolt (3), pulley sleeve (11), M10 washer (10) and M10 nut (8).
Add a large pulley (21) and fix with M10x70 bolt (5), M10 washer (10) and M10 nut (8).

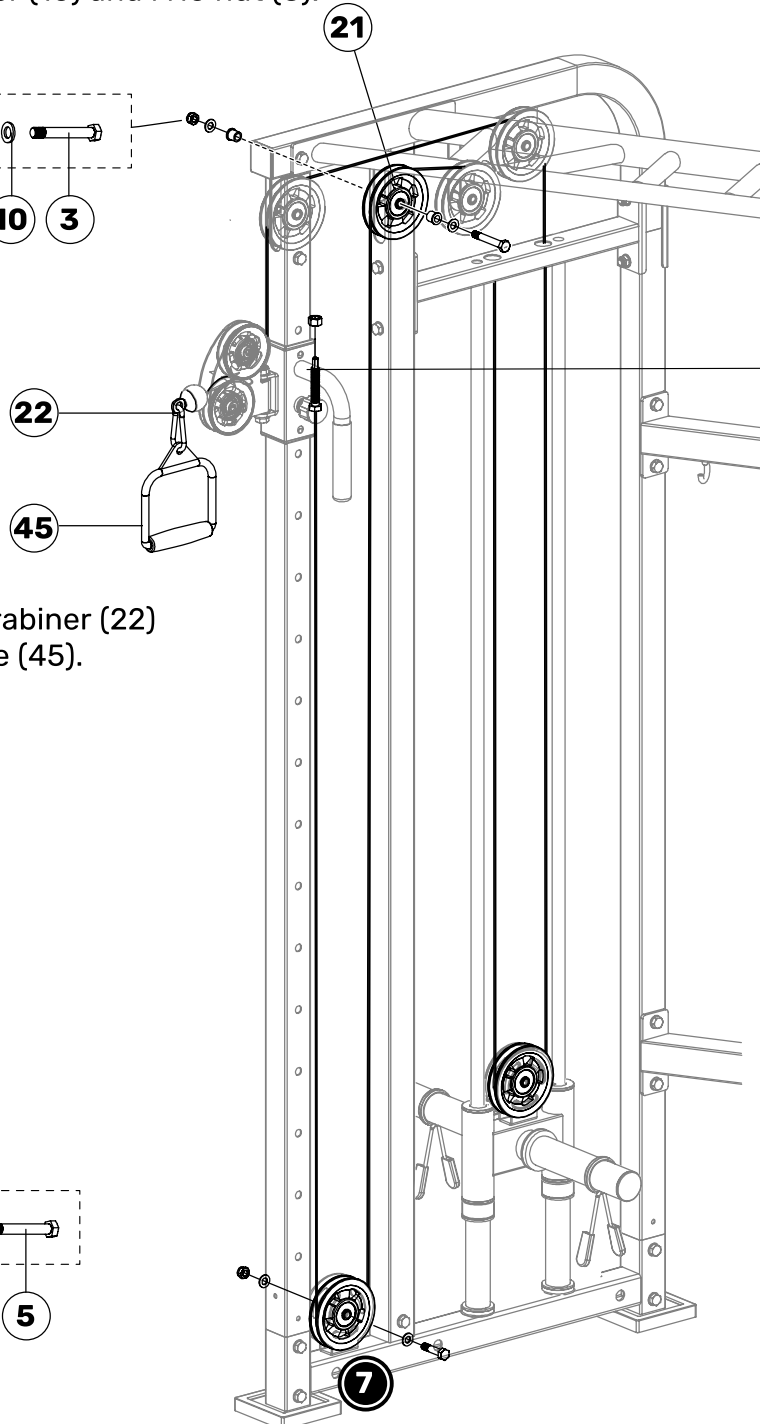
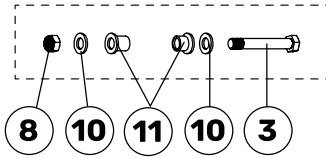


M10 set.



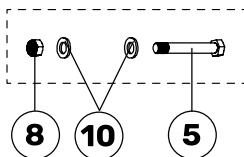
- 14** Attach large pulley (21) and fix with M10x70 bolt (3), pulley sleeve (11), M10 washer (10) and M10 nut (8).

M10 set.



Attach the end of the cable to selector assembly. Remove the nut, sliding the end, and reattach the nut.

- 15** Attach carabiner (22) and handle (45).



Repeat steps 11 to 15 for the other side.

YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT THE PLATE LOADED
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