

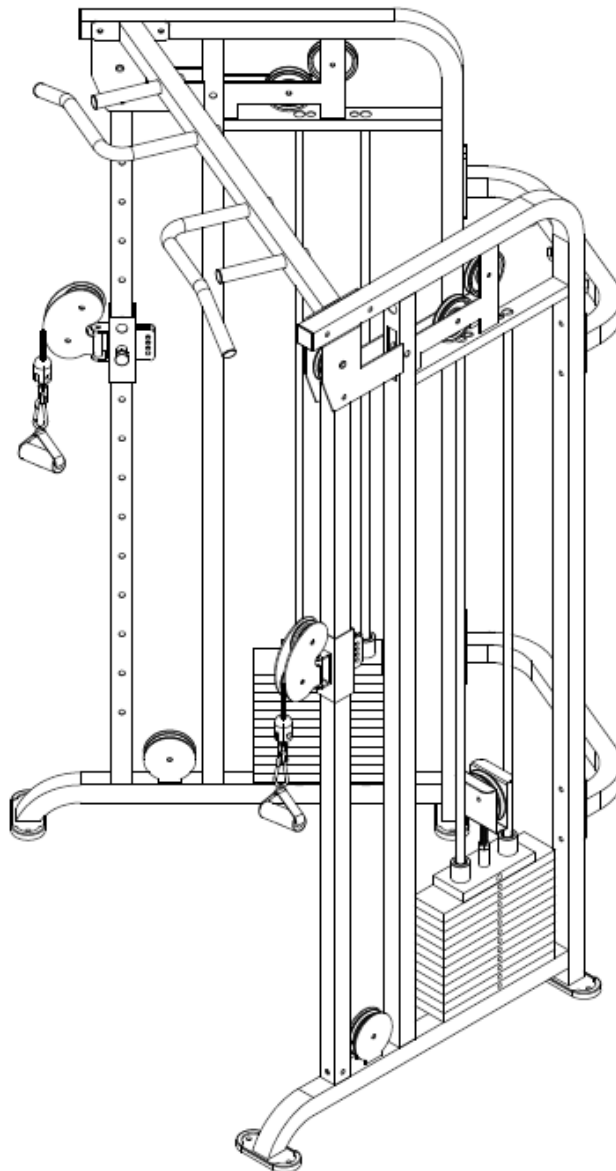
# PRIMAL

## STRENGTH

### ALPHA COMPACT DUAL ADJUSTABLE PULLEY

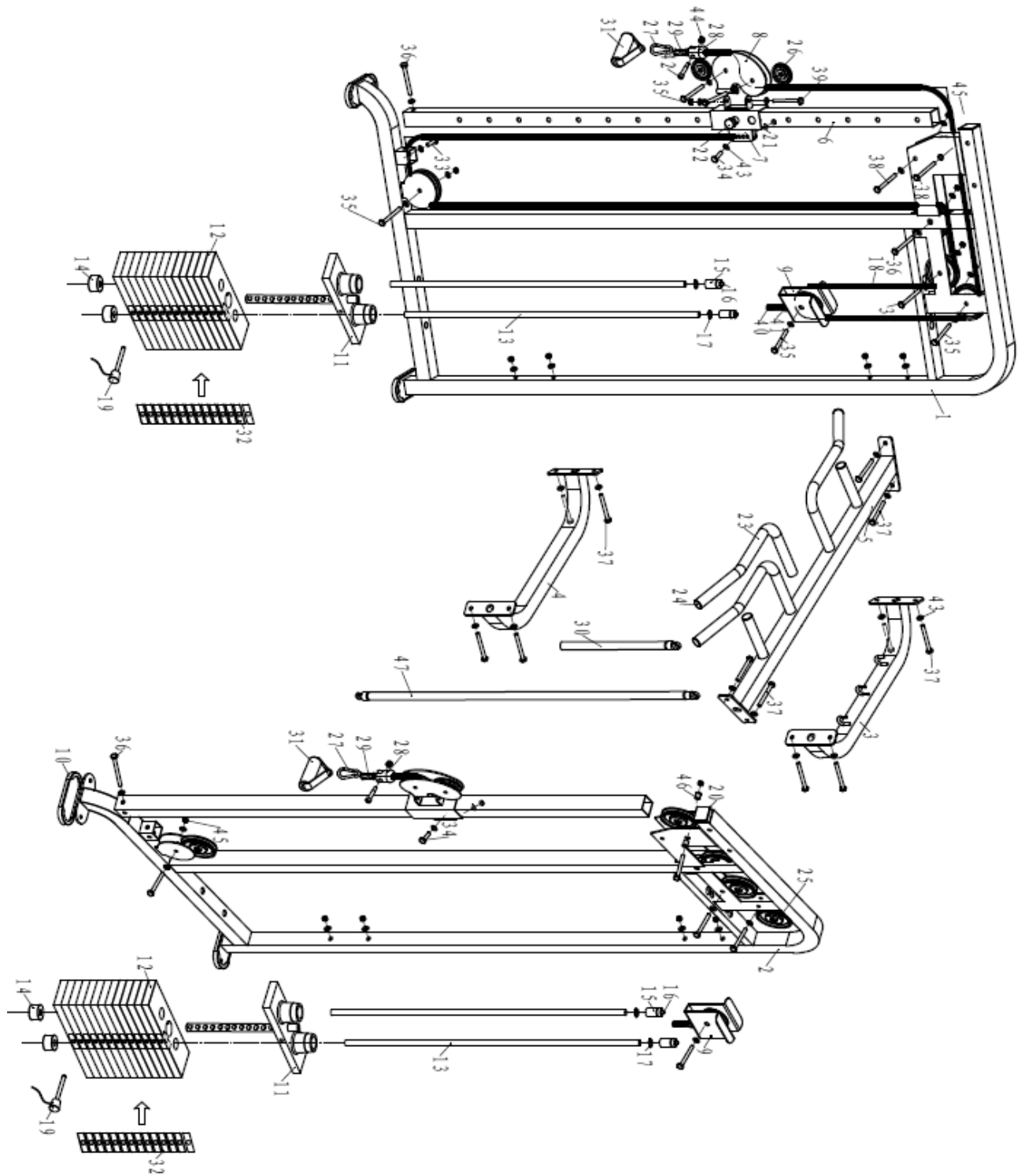
#### 90KGS

#### PSSS0035



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# EXPLORE DRAWING



## PART LIST

PART NO	PART NAME	Q'TY
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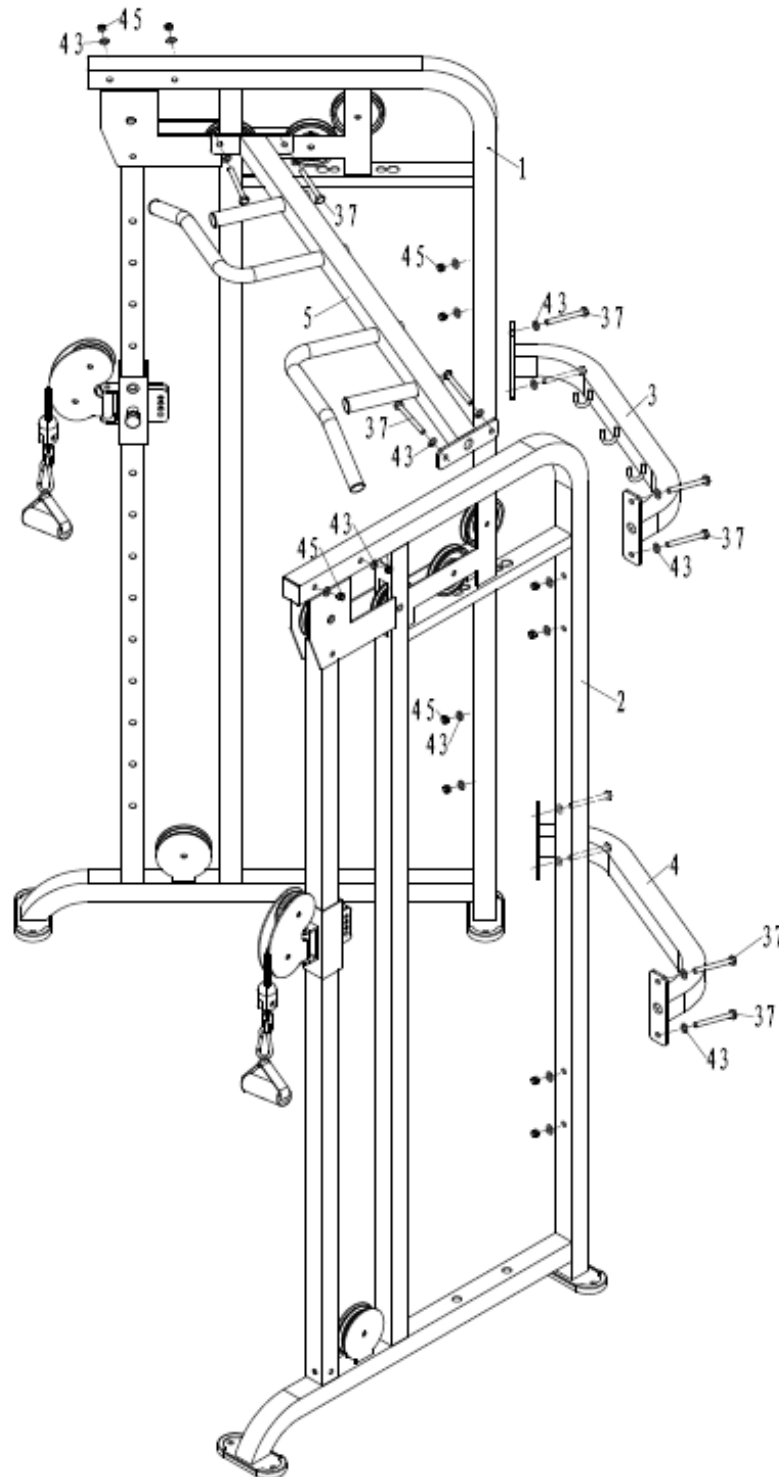
1	Left main frame	1
2	Right main frame	1
3	Rear connect support A	1
4	Rear connect support B	1
5	Up support frame	1
6	Adjustable fixed tube	2
7	Adjustable moving frame	2
8	Moving wheel frame	2
9	Moving pulley frame	2
10	Base frame sleeve	4
11	Top plate	2
12	Weight stack plate	34
13	Guide rod	4
14	Damping block	4
15	Fixed sleeve of guide rod	4
16	M10*20mm Allen head bolt	4
17	Shaft circlips	4
18	Steel wire rope	2
19	Strong magnetic latch	2
20	Square plug	2
21	Adjusting bush	4
22	Pull forelock assembly	2
23	Plastic handlebar	2
24	Cushion block	8
25	Big pulley	12
26	Small pulley	4
27	Hoist hook	2
28	Steel wire rope cover	2
29	Steel wire rope fixed sleeve	2
30	Short hang rod	1
31	Handlebar	2
32	Weight stack sticker	2
33	M10*15mm bolt	2
34	M10*40mm bolt	2
35	M10*50mm bolt	12
36	M10*65mm bolt	4
37	M10*70mm bolt	12
38	M10*75mm bolt	4
39	M10*100mm bolt	2
40	M10*90mm bolt	2
41	M16 Bolt	2
42	M8 nut	2
43	Ø10 Washer	74

44	M8 Nylon nut	10
45	M10 Nylon nut	44
46	Up pulley fixed sleeve	8
47	Long hang rod	1
Note: Some parts in above list have been assembled in advance.		

### HARDWARE LIST 1

<b>PART NO</b>	<b>PART NAME</b>	<b>Q'TY</b>
37	M10*70mm bolt	12
43	Ø10 Washer	24
45	M10 Nylon nut	12
19	Strong magnetic latch	2
14	Damping block	4
15	Fixed sleeve of guide rod	4
16	M10*20mm Allen head bolt	4
17	Shaft circlips	4

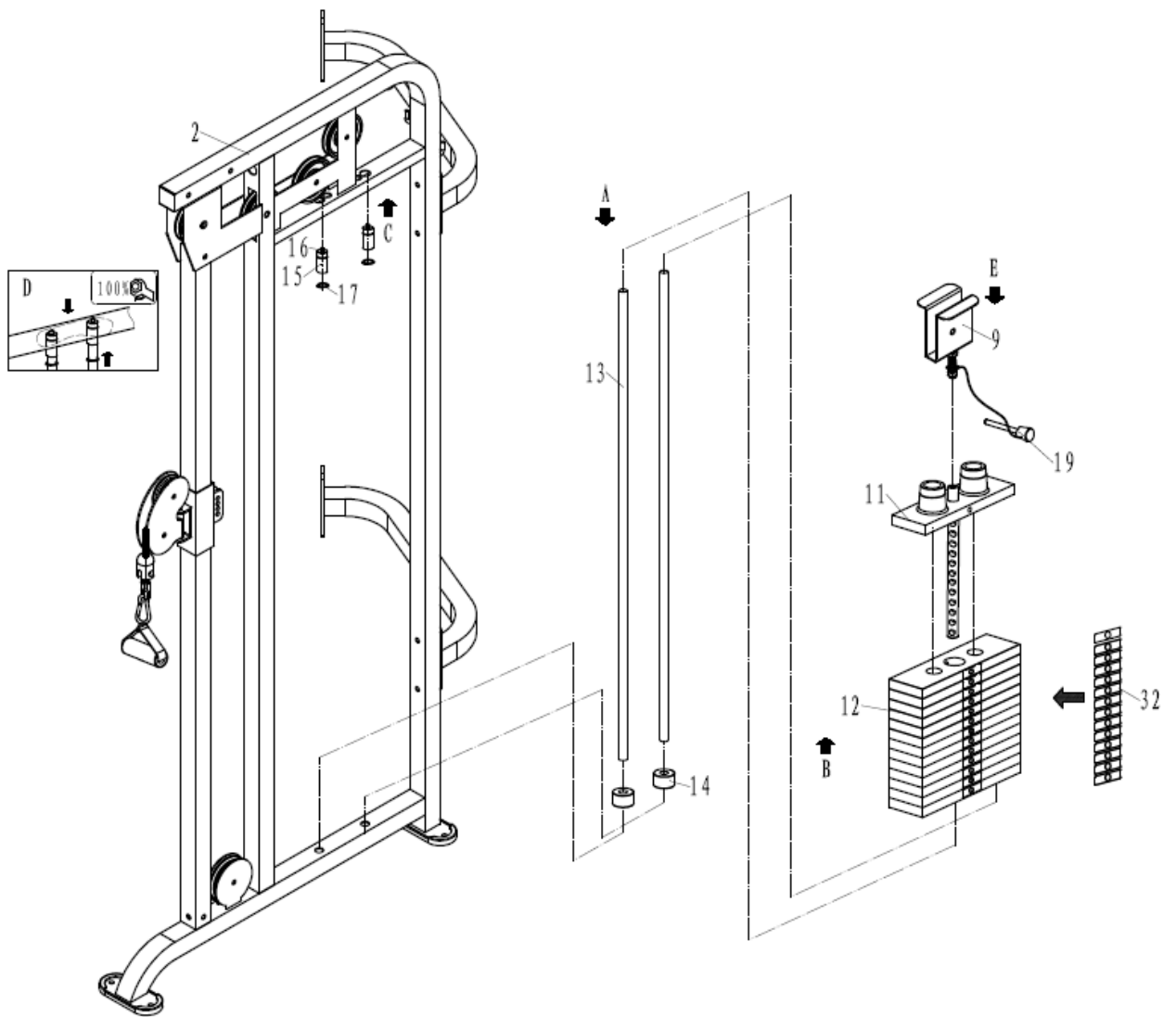
## ASSEMBLING INSTRUCTIONS



### STEP1:

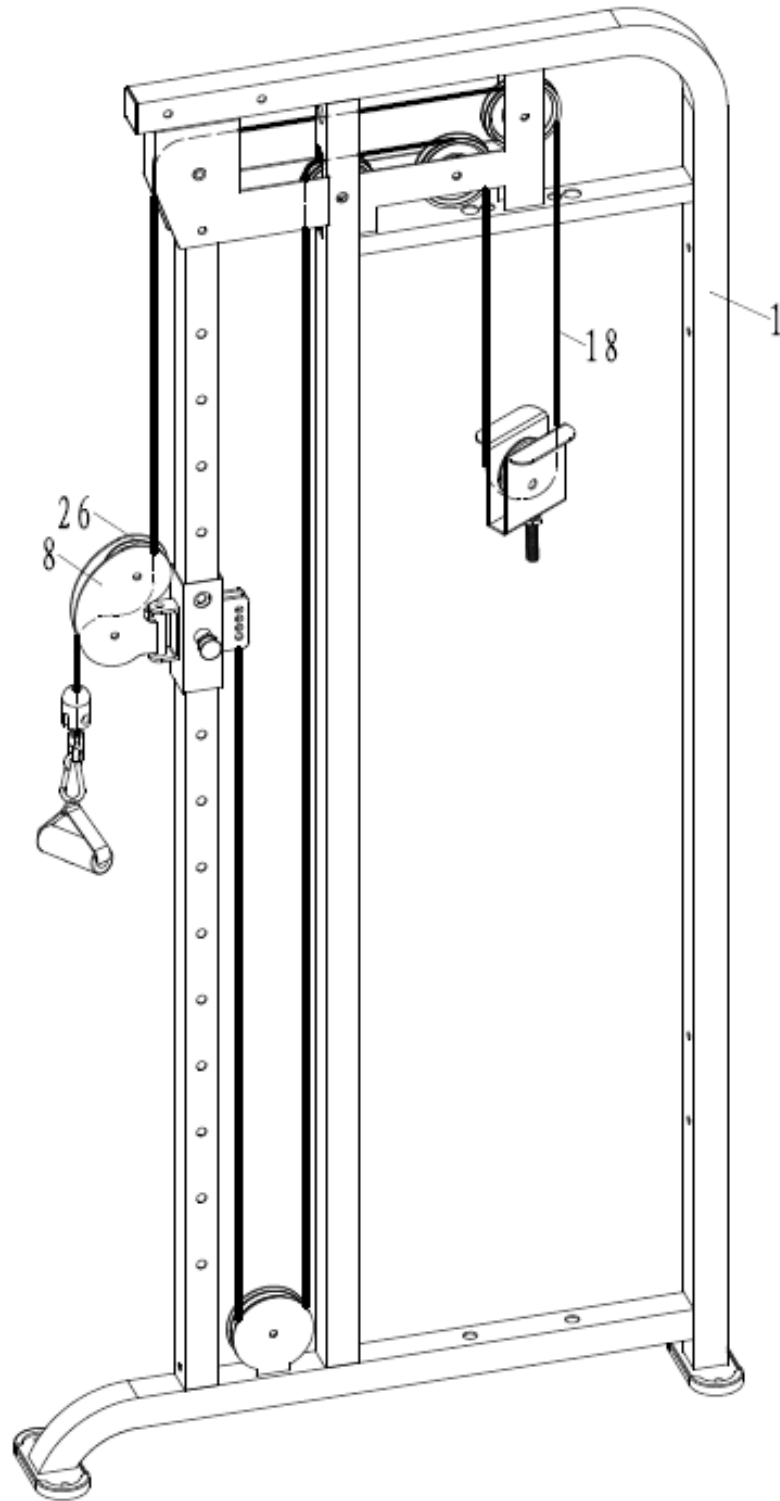
1.Fixed Rear connect support A3 and Rear connect support B4 onto Left main frame1 and Right main frame2 with M10\*70mm bolt 37, M10 Nylon nut45 and Ø10 Washer43.

2.Fixed Up support frame5 onto Left main frame1 and Right main frame2 with M10\*70mm bolt 37, M10 Nylon nut45 and Ø10 Washer43.



**STEP2:**

1. Insert Guide rod 13 onto Left main frame 1 and Right main frame 2, then fix Weight stack plate 12 and Top plate 11 onto Guide rod 14.
2. Fixed other side of Guide rod 14 onto Left main frame 1 and Right main frame 2 with Fixed sleeve of guide rod 15, M10 \* 20mm Allen head bolt 16 and Shaft circlips 17.



**STEP3:**  
Rope21 goes as shown above.