

# Assembly & Operating Instructions

## Low Pulley System Retrofit Kit for IM1000/950 and IM700/500/400

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions.

### Item List:

| Part # | Part Name    | Description                               | Qty |
|--------|--------------|---|-----|
| 1      | Crossbar     | Square tube welded assembly               | 1   |
| 2      | Foam rollers | Foam roller pads                          | 2   |
| 3      | M8 Bolt      | M8 x 1" long Allen bolt – black           | 2   |
| 4      | M8 Washer    | Large flat washers – zinc                 | 2   |
| 5      | Dome Cap     | Plastic dome cap – black                  | 2   |
| 6      | Cable        | Cable for low pulley with carabineer clip | 1   |
| 7      | Adapter      | Base frame adapter brackets               | 2   |
| 8      | Pulley       | Black cable pulley with bearings          | 1   |
| 9      | M12 Bolt     | M12 x 1/75" long black Allen bolt         | 1   |
| 10     | M12 Nut      | M12 lock nut – zinc                       | 1   |
| 11     | Drop Pins    | M8 Drop pins with black plastic knobs     | 2   |
| 12     | Bolts        | ½" x 1 ½" hex bolts                       | 2   |
| 13     | Washers      | ½" flat washers                           | 2   |
| 14     | Wheel        | Rubber wheel                              | 1   |
| 15     | M8 Bolt      | M8 x 1.5" long hex bolt - zinc            | 1   |
| 16     | M8 Nut       | M8 lock nut - zinc                        | 1   |
| 17     | M8 Washer    | M8 Flat washer - zinc                     | 1   |

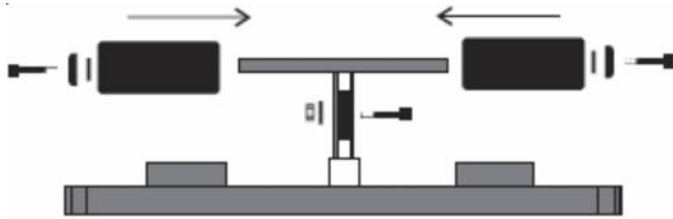
### Steps:

1. First unpack all components and locate the hardware.
2. Assemble the two foam roller pads to the crossbar round tubes with the black Allen bolts, flat washers and black plastic dome caps. Install the pulley with the M12 black Allen bolt and lock nut.
3. Connect the adapter brackets to the crossbar using the two drop pins. The bracket with the slotted holes should be on the right side when facing the machine. Bolt the brackets to the Machine base legs using the ½" bolts and washers. Leave them hand tight.
4. Check the operation of the drop pins on both sides then tighten the ½" bolts.
5. *The included rubber wheel and hardware (items 14-17) are for use with the IM2000 model machine. It is not needed for the older machines since there isn't clearance to fully roll the crossbar inwards for storage. You can install the wheel it but it may cause interference with the drop pin bracket heights depending on your flooring.*

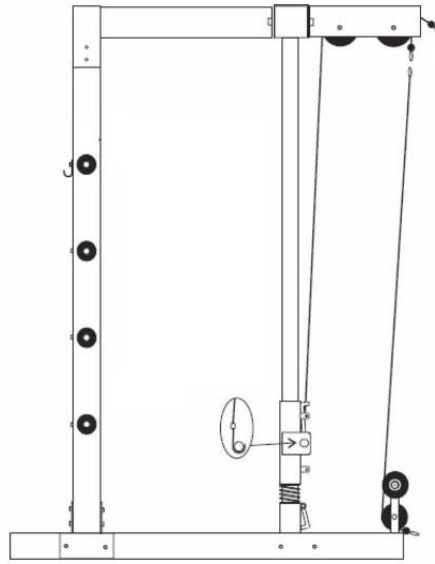
### Operation:

First, hook up the upper pulley cable system on your machine as normal. The lower pulley cable must be threaded under the lower pulley and up to connect to the upper pulley cable. Use the carabineer clip to connect handles for low pulley work. Be sure the cables are routed in the grooves of the pulleys before operation. When the low pulley system is not needed, disconnect the cables and pull the two drop pins to remove the crossbar assembly out of the way.

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Assembly of Pulley and Foam Rollers



Cable Routing for Low Pulley



IM950/1000 Style Brackets – Right side view



IM400/500/700 Style Brackets – Right side view

**Warranty Information:**

Your Ironmaster equipment has a limited 10 year warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in home use only. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions.