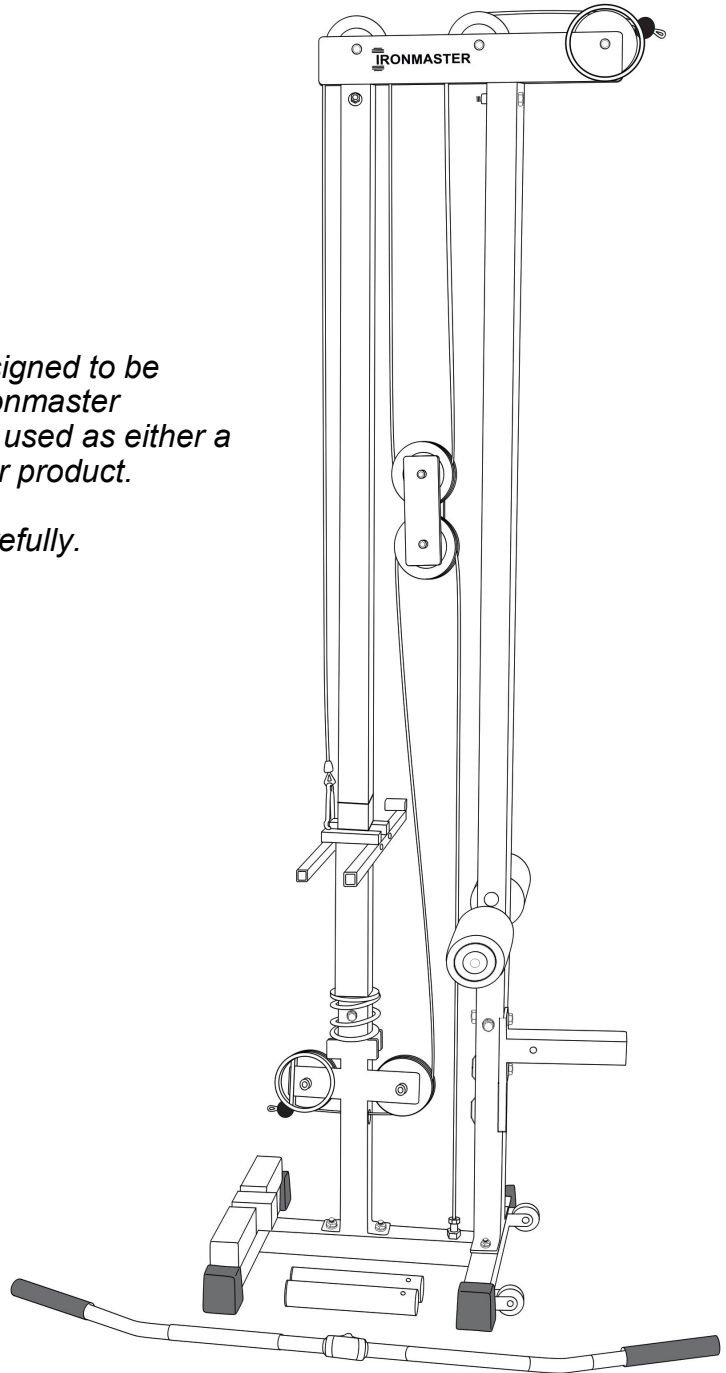


Ironmaster Cable Tower Attachment Assembly and Use Instructions

Warning:

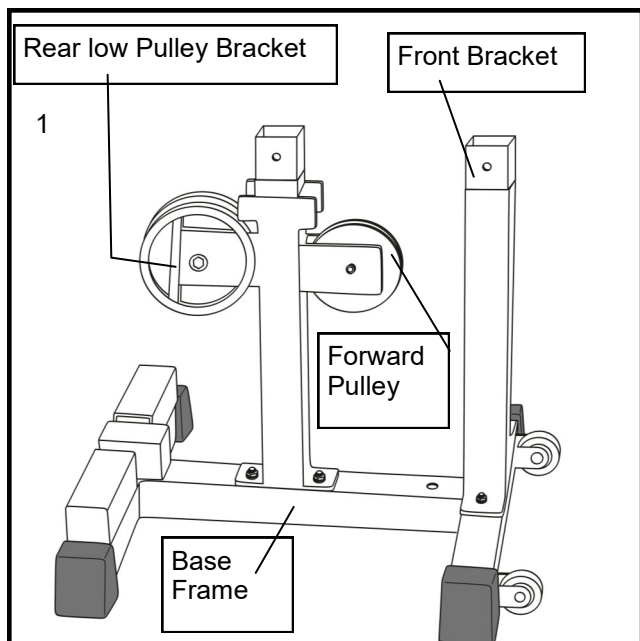
The Cable Tower attachment is designed to be used only in conjunction with the Ironmaster Super Bench, and cannot be safely used as either a stand alone device or with any other product.

Follow all assembly instructions carefully.

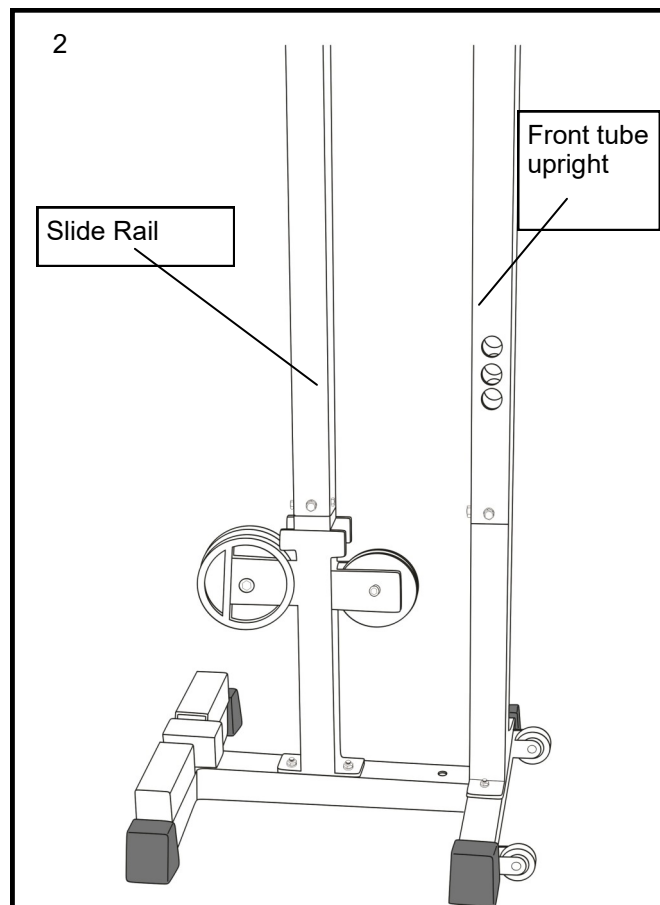


The Cable Tower Attachment is designed to connect to the Ironmaster Super Bench to allow upper and lower pulley cable work. It has a unique weight carriage that allows the use of the Ironmaster Quick-Lock Dumbbells to be the weight source or it will also work with Standard or Olympic style plates. The system capacity is rated at 250lbs.

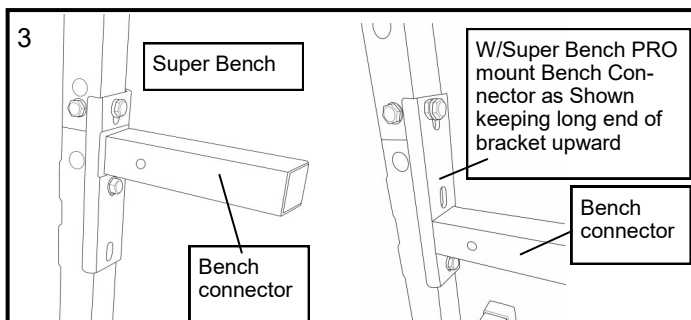
Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches. Unpack all parts and make sure you have received all the parts as shown on the exploded view drawing and parts list. If you are missing anything or need anything, please contact Ironmaster right away and we will assist you. 800-533-3339.



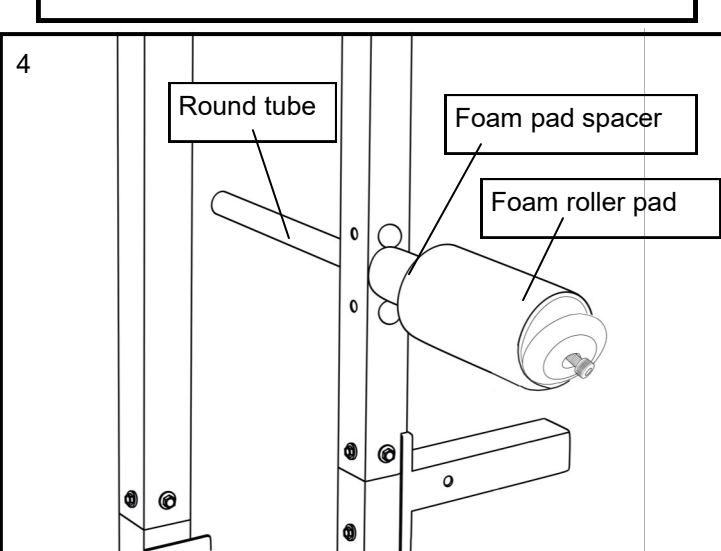
Step 1: Assemble FRONT BRACKET #11 and REAR LOW PULLEY BRACKET #15 to BASE FRAME #9 using bolts #1, washers #3 and Nuts #2. **Be sure to insert bolts from underside of BASE FRAME with nuts and washers on top.** Refer to exploded view on page 7 for orientation. Install forward pulley #15a using Allen head bolt #15b and Nut #15c. No washer is used. Leave nut hand tight for now.



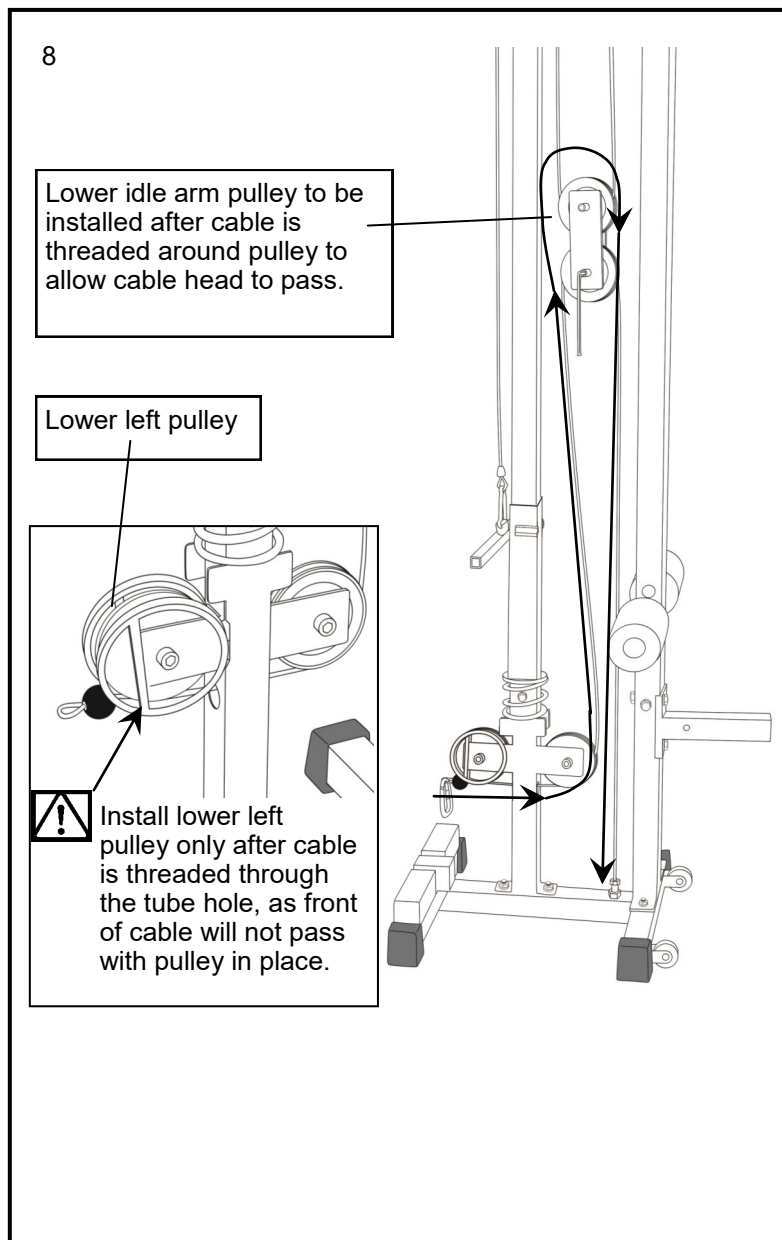
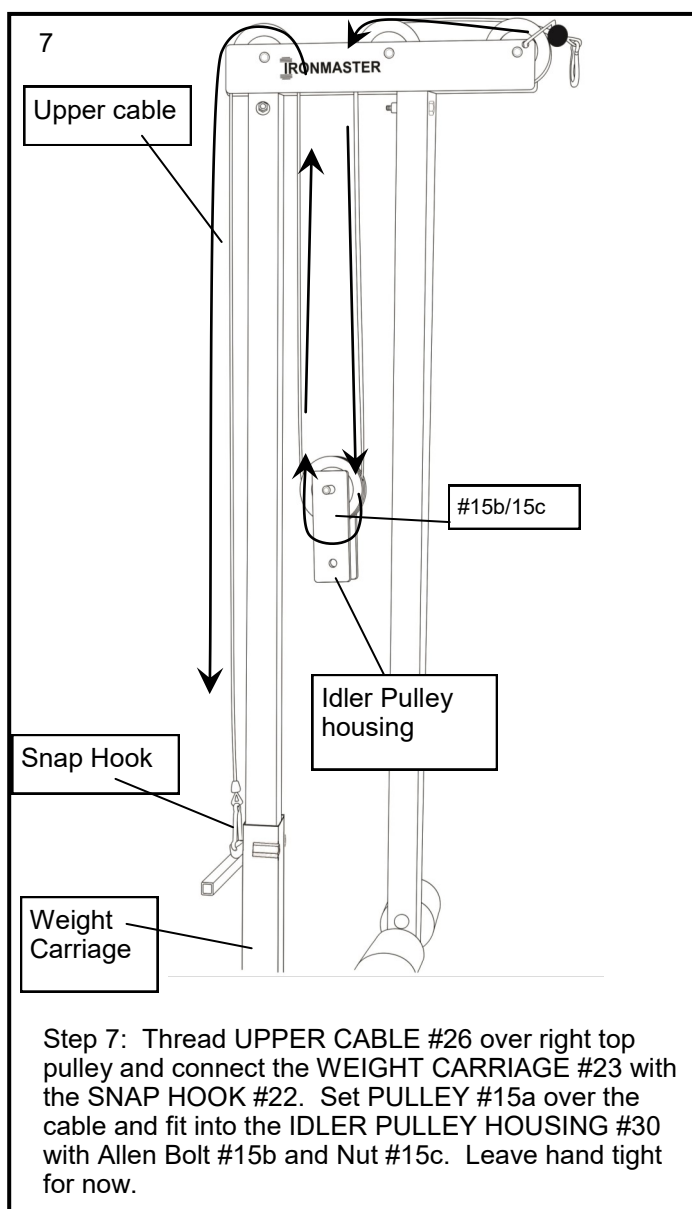
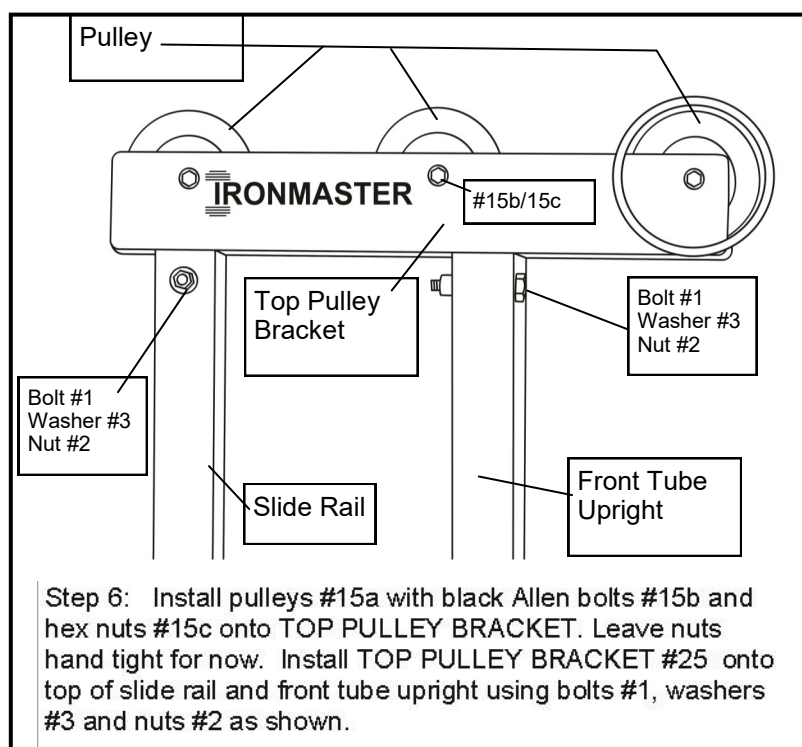
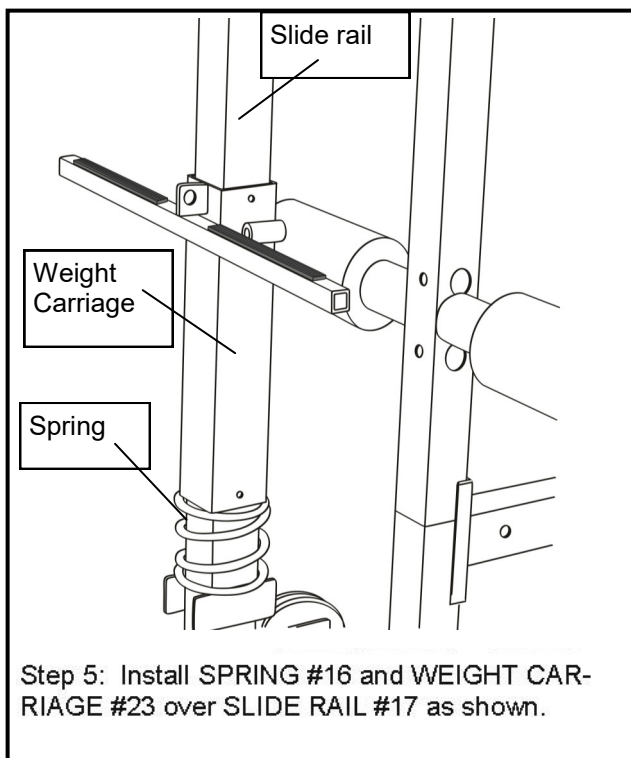
Step 2: Assemble FRONT TUBE UPRIGHT #21 and SLIDE RAIL #17 using bolts #4 and washers #3.



Step 3: Assemble BENCH CONNECTOR #10 (chrome plated) to FRONT TUBE UPRIGHT #21 using bolt #4 and washer #3 on top and Bolt #1 and washer #3 on bottom. The BENCH CONNECTOR is designed for use with both Super Bench and Super Bench PRO. See Above illustrations for assembly position for both. **DO NOT COMPLETELY TIGHTEN** these bolts to allow for some adjustability when SB/SB PRO is installed for first time. Assess level position for BENCH CONNECTOR/ BENCH RECEIVER TUBE, adjust as needed then Tighten.

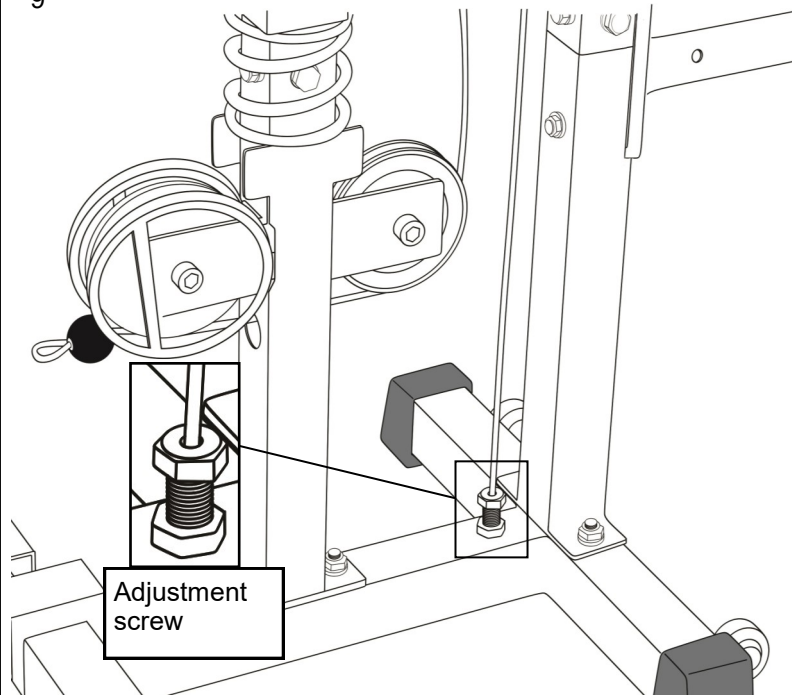


Step 4: Install ROUND TUBE #18 using bolt #5 and washer #3. Push FOAM PAD SPACERS #14 on first then the FOAM ROLLER PADS #13. Secure with bolt #7, dome cap #12 and washer #8 as shown in exploded view. Note: There are 3 height positions available so you can select the most comfortable height for the leg hold down.



Step 8: Thread LOWER CABLE #27 under left bottom pul-

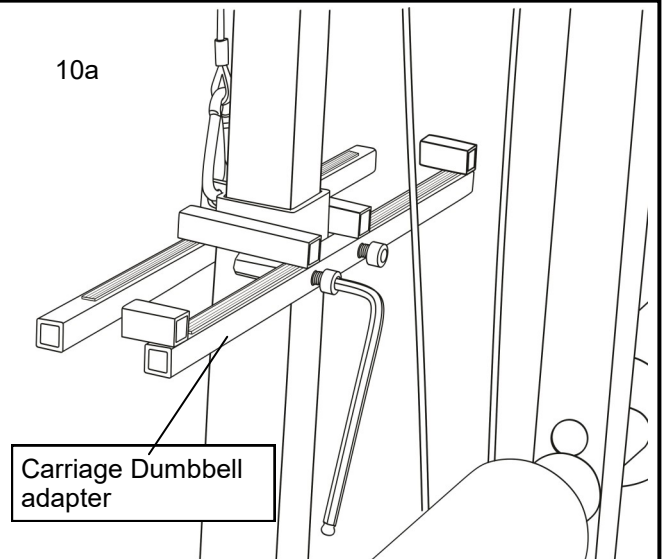
9



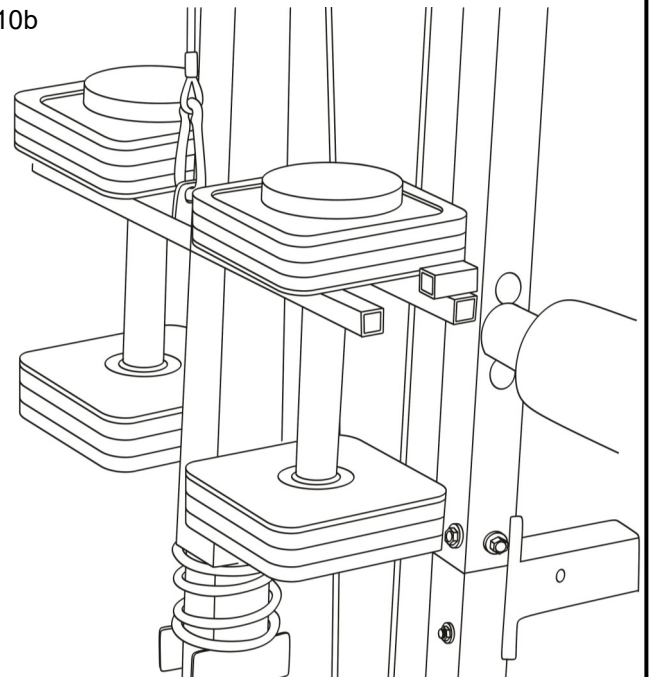
Step 9: Adjust the cable tension by screwing in the adjustment screw to remove the slack in the cable. Lock the position with the lock nut to the BASE FRAME #9.

Note: It will be necessary to readjust this screw after some use of the cable system. Adjust as needed. It is recommended to set some weight on the CARRIAGE #23 to pretension the cable before adjusting.

10a

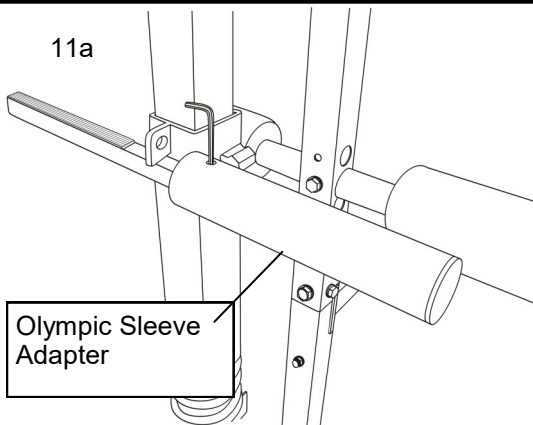


10b



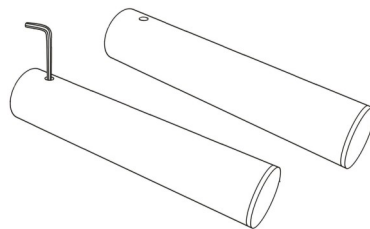
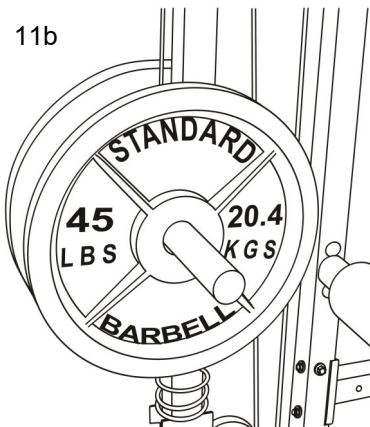
Step 10: If you plan to use the Ironmaster Quick-Lock Dumbbells as the weight source on the carriage, install the CARRIAGE DUMBBELL ADAPTER #24 using bolt #6 with the Allen wrench as shown.

11a



Step 11: If you plan to use Olympic style weight plates on the weight carriage, you can install the 2 included OLYMPIC SLEEVE ADAPTERS #28 as shown. Secure with the set screws. Push on the rubber rings #29 as bumpers.

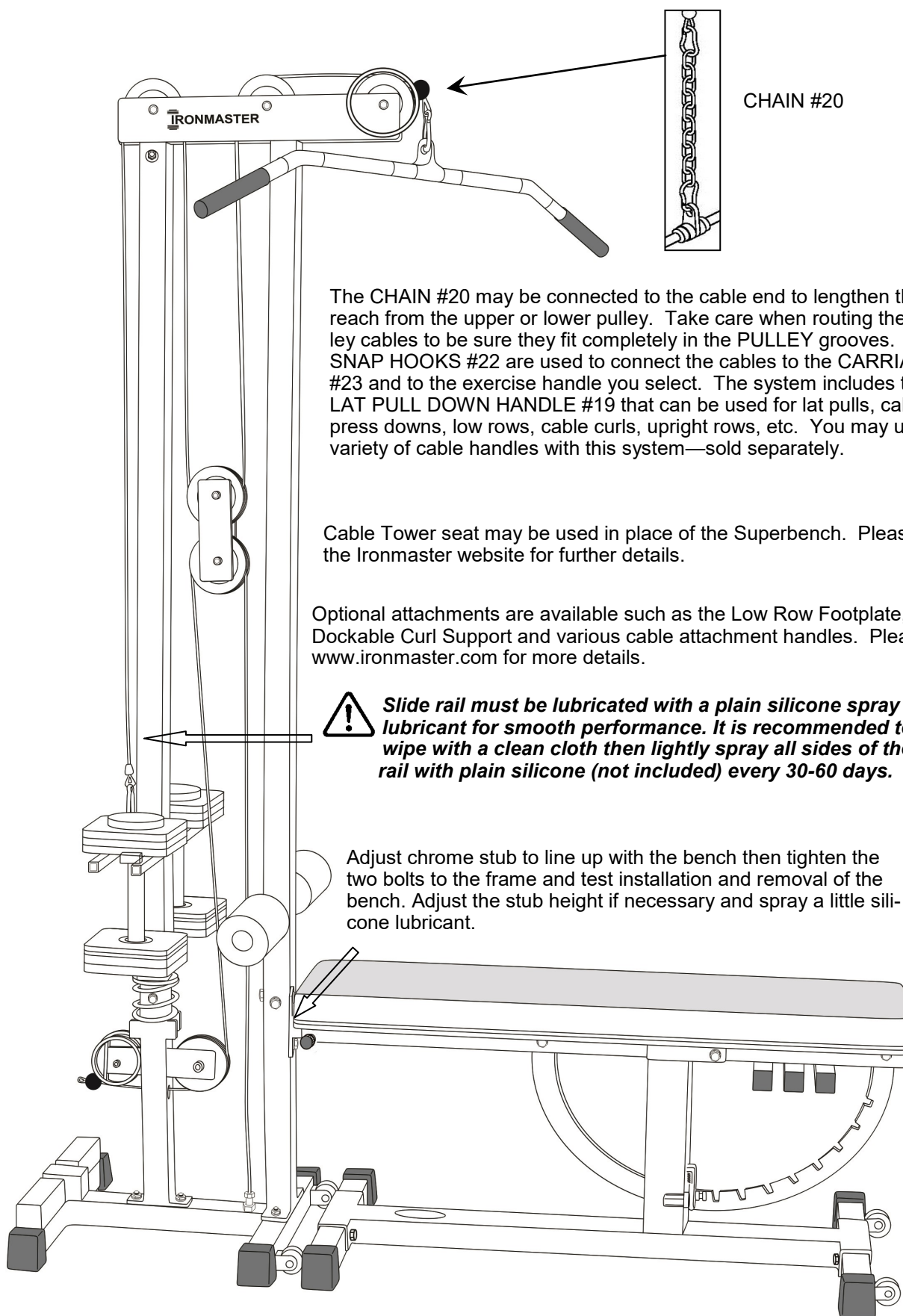
11b



Olympic Sleeve Adapter

⚠ Important:

Be sure to check and tighten all bolts before use. It will be necessary to use a wrench to hold the nuts when tightening the Allen bolts on the Pulleys.



The CHAIN #20 may be connected to the cable end to lengthen the reach from the upper or lower pulley. Take care when routing the pulley cables to be sure they fit completely in the PULLEY grooves. The SNAP HOOKS #22 are used to connect the cables to the CARRIAGE #23 and to the exercise handle you select. The system includes the LAT PULL DOWN HANDLE #19 that can be used for lat pulls, cable press downs, low rows, cable curls, upright rows, etc. You may use a variety of cable handles with this system—sold separately.

Cable Tower seat may be used in place of the Superbench. Please visit the Ironmaster website for further details.

Optional attachments are available such as the Low Row Footplate, Dockable Curl Support and various cable attachment handles. Please visit www.ironmaster.com for more details.



Slide rail must be lubricated with a plain silicone spray lubricant for smooth performance. It is recommended to wipe with a clean cloth then lightly spray all sides of the rail with plain silicone (not included) every 30-60 days.

Adjust chrome stub to line up with the bench then tighten the two bolts to the frame and test installation and removal of the bench. Adjust the stub height if necessary and spray a little silicone lubricant.

For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

Web site: www.ironmaster.com Email: support@ironmaster.com Tel: 800-533-3339 or 1-360-217-7780

Troubleshooting guide-Cable Tower

Difficult to connect or remove Super Bench on Tower	<p>The height of the stub may need to be adjusted to line up well with the bench receiving tube. Loosen the stub mounting bolts and adjust then tighten.</p> <p>Use some silicone lubricant on the stub.</p> <p>Uneven floor or thick carpet can cause some difficulty sliding the bench onto the stub. Consider using on a different flooring surface or in a move level area.</p>
Tower tilts or tips over	<p>Be sure to only pull the cables in line with the Cable Tower and not sideways whether in conjunction with the Superbench or Cabletower seat.</p> <p>Try using a lighter weight when not seated on the bench or when pulling while not braced against the unit.</p>
Weight carriage does not slide smoothly	<p>It is important to use plain silicone lubricant. Do not use WD-40 or other oil based lubricant.</p> <p>Clean off the slide rail with a dry clean cloth before applying silicone spray to remove any buildup.</p> <p>Be sure the carriage is installed in the correct position as per the assembly instructions and diagrams.</p>
Cable comes off the pulley wheel	<p>Check that the tension of the cables is correct with no excess play. Adjust with tension bolt as needed.</p> <p>Do not slam weight carriage or let go of the handle causing the carriage to bounce off the spring. If the cable comes off a pulley, remove all the weight from the system and carefully lift the cable back into the pulley wheel .</p>
Weight carriage slams at the top	<p>Adjust your position during exercise to change the range of motion.</p> <p>Use the included chain to extend the range if necessary.</p>

PARTS LIST FOR IRONMASTER CABLE TOWER ATTACHMENT

No.	Description	Qty	Detail
1	Bolt - M10x70	7	Chrome
2	Nut - Nylon insert 10mm	6	Chrome
3	Washer - 10mm	18	Chrome
4	Bolt - M10x20	8	Chrome
5	Bolt - M10x25	1	Chrome
6	Bolt- Allen Head M10x35	2	Black
7	Bolt- Allen Head M8x25	2	Black
8	Washer M8	2	Chrome
9	Base Frame	1	Powder coated grey
10	Bench Connector	1	Chrome
11	Front Bracket	1	Powder coated grey
12	Plastic End Cap	2	Black cap for foam roller pads
13	Foam Roller Pad	2	Black Neoprene
14	Foam Spacer Pad	2	Black rubber - small
15	Rear Low Pulley Bracket	1	Powder Coated Grey
15a	Cable Pulley	7	Black plastic
15b	Allen Bolt –M10	7	Black finish
15c	Nut-Nylon insert 12mm	7	Chrome
16	Spring	1	Chrome
17	Slide Rail	1	Powder Coated Grey
18	Round Tube - 1" dia.	1	Powder Coated Grey - foam roller pad holder
19	Lat Pull Down Handle	1	Chrome
20	Chain	1	Chrome
21	Front Tube Upright	1	Powder Coated Grey
22	Snap Hook	3	Chrome
23	Weight Carriage	1	Powder Coated Grey with slide bushings
24	Dumbbell Adapter	1	Powder Coated Grey
25	Top Pulley Bracket	1	Powder Coated Grey
26	Front Cable	1	76" long with rubber stop
27	Rear Cable	1	130.5" long with rubber stop
28	Olympic Sleeve Adapter	2	Plastic Black, 2" x 9"
29	Rubber Bumpers	2	Ring for when the Olympic sleeves are used
30	Idler Pulley Housing	1	Powder Coated Grey

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes. 2 years for cables.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.

Exploded View—Ironmaster Cable Tower

