

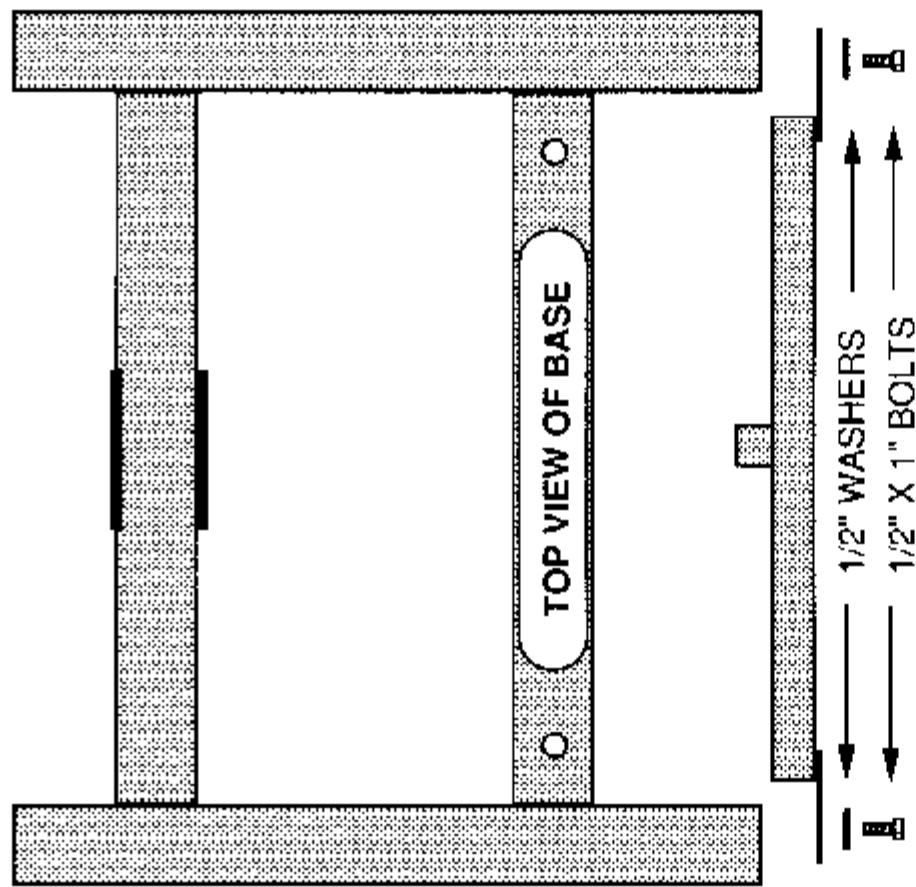
IRONMASTER

World's Best Self Spotting Machine

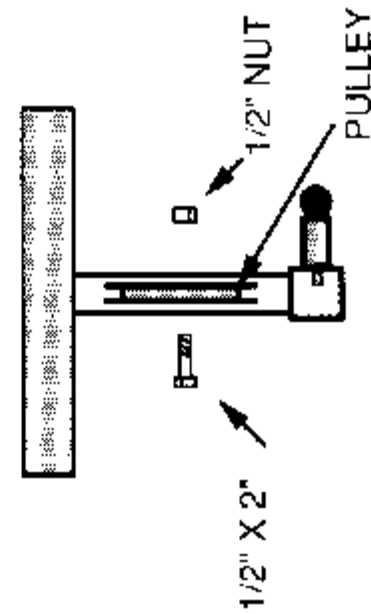
LOW PULLEY SYSTEM INSTRUCTIONS

ATTACH LOW PULLEY BAR ON FRONT OF BASE, WITH BOLTS AND WASHERS. TIGHTEN.

- PART LIST:**
- Crossmember (1)
 - T - Bar (1)
 - Pulley (1)
 - 1/2" x 2" bolt (1)
 - 1/2" x 1" bolt (2)
 - 1/2" washers (2)
 - 1/2" nut (1)



INSTALL PULLEY IN BETWEEN PLATES. WASHER ARE NOT NEEDED ON OUTSIDE OF PLATES. INSERT BOLT THROUGH PULLEY ASSEMBLY AND TIGHTEN NUT.



TO USE AS A LAT HOLD DOWN, RAISE SAFETY STOPS UP TO MAKE THE LAT BAR HANG DOWN LOWER AND SIT DOWN UNDER THE "T" BAR. SET THE LAT BAR SO IT CAN JUST BE REACHED.

LOW PULLEY CABLE ROUTING

