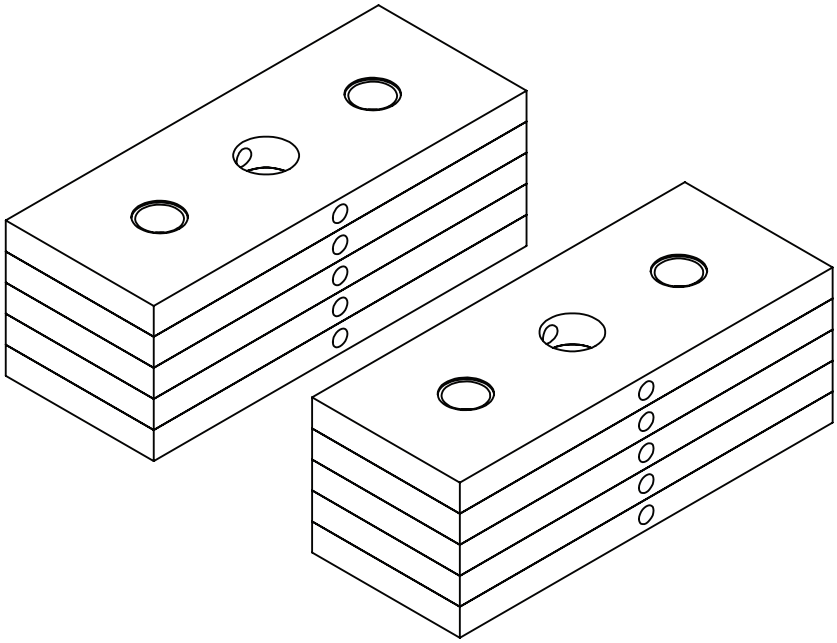
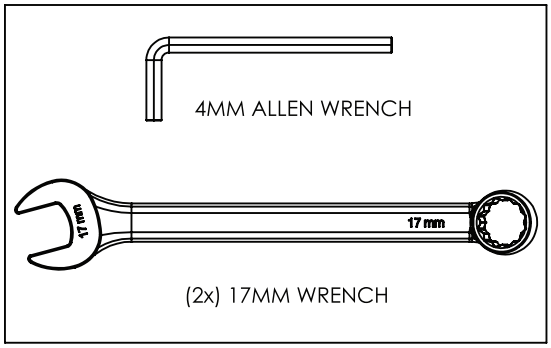
ASSEMBLY INSTRUCTIONS

ARES 50 LB UPGRADE STACK

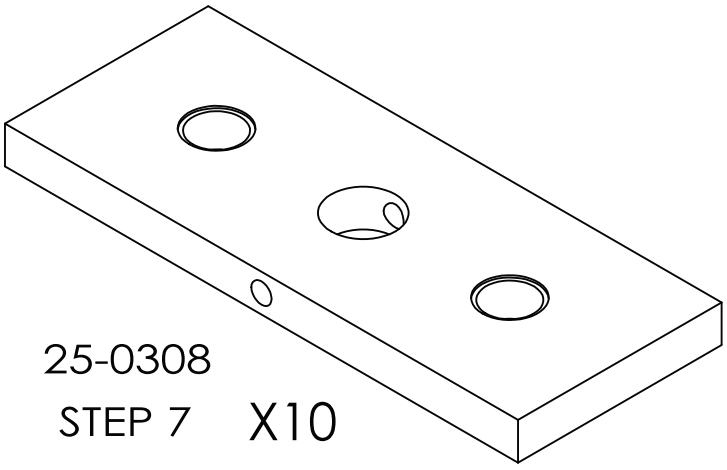


REQUIRED (NOT INCLUDED)



STILL NEED HELP WITH ASSEMBLY?
VISIT OUR ASSEMBLY LIBRARY HERE:
HELP.REPFITNESS.COM

PARTS LIST



25-0308
STEP 7 X10

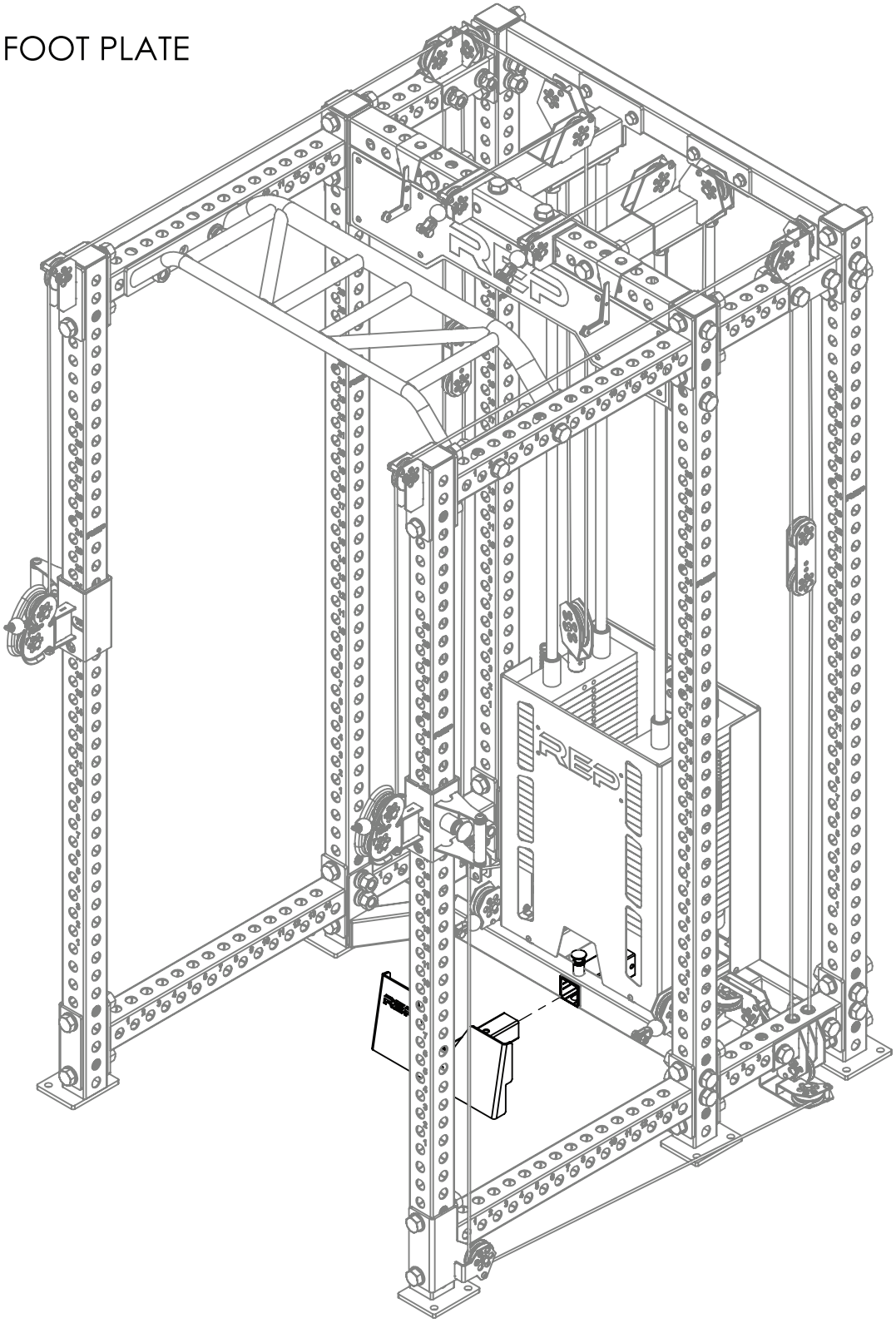
STOP

If you are missing any parts, or otherwise have any warranty issues, please file a **warranty claim** on our website:

STEP
1

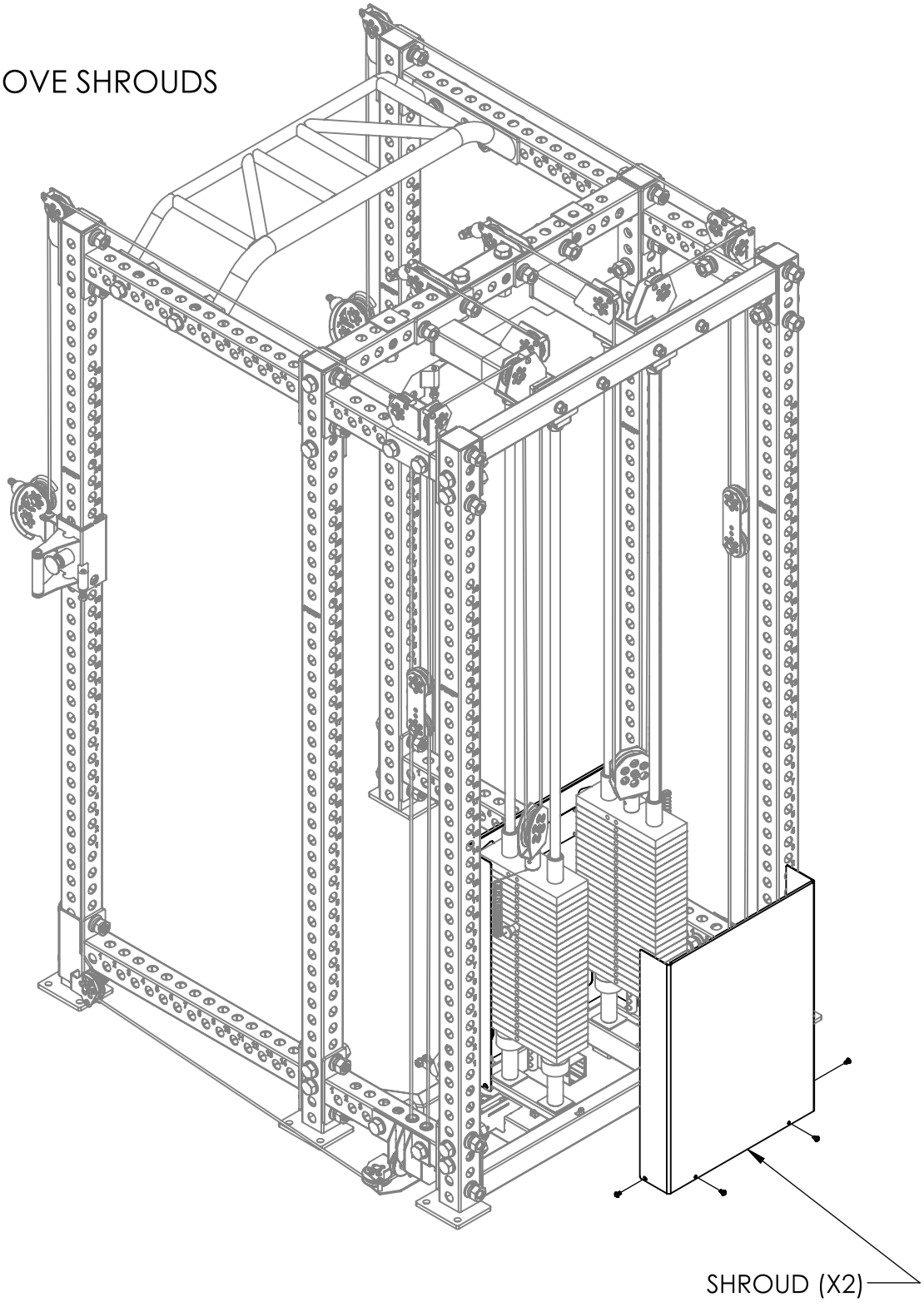
NOTE: ALL STEPS ARE SHOWN ON A PR-5000 RACK.
SAME STEPS APPLY FOR A PR-4000 RACK.

-REMOVE FOOT PLATE



STEP
2

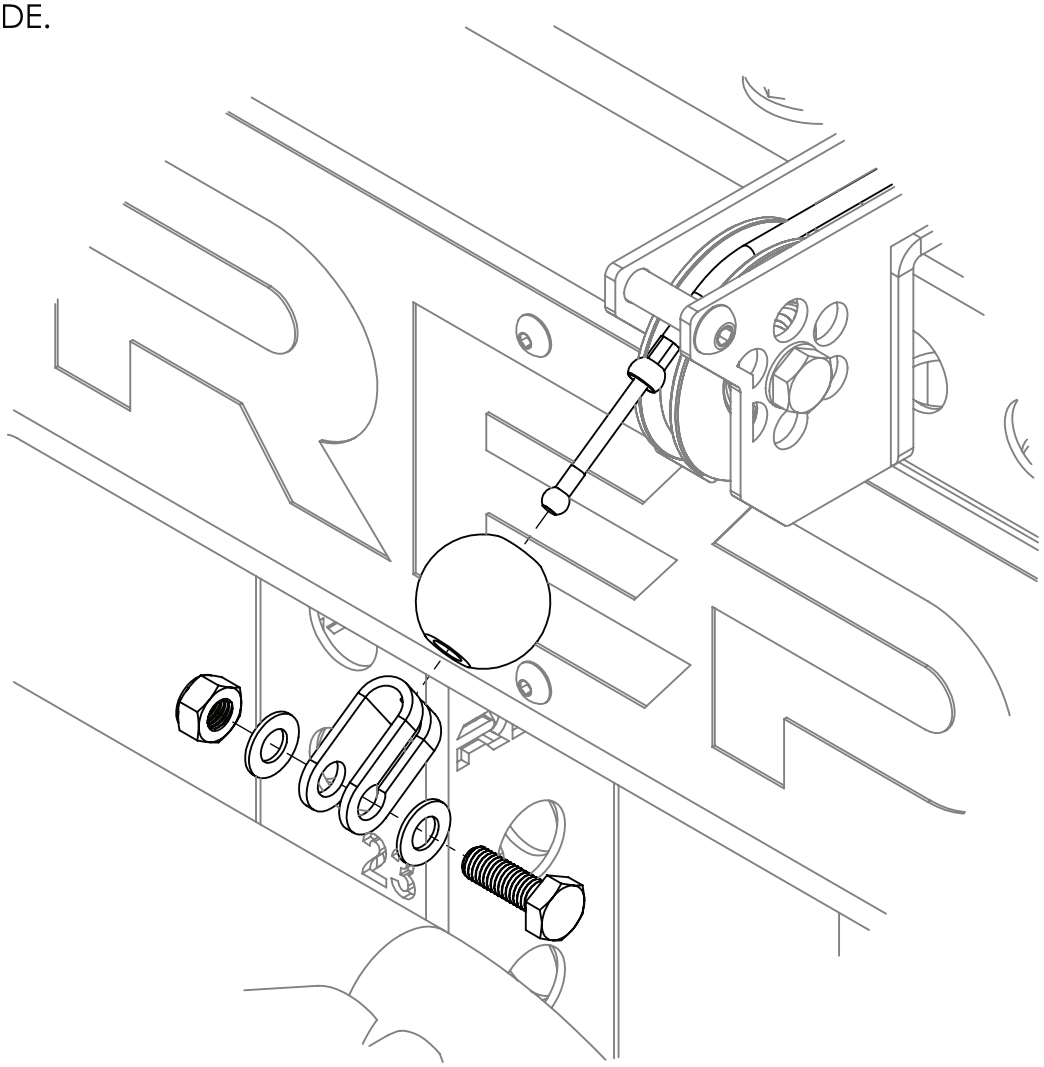
-REMOVE SHROUDS

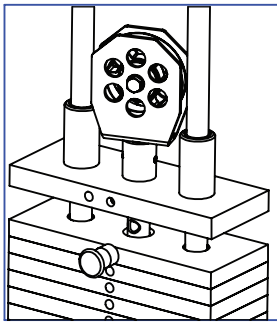


STEP
3A

-REMOVE CABLE ENDING FROM UPPER PULLEY.

-ONLY RIGHT SIDE CABLE SHOWN. REPEAT FOR LEFT SIDE.





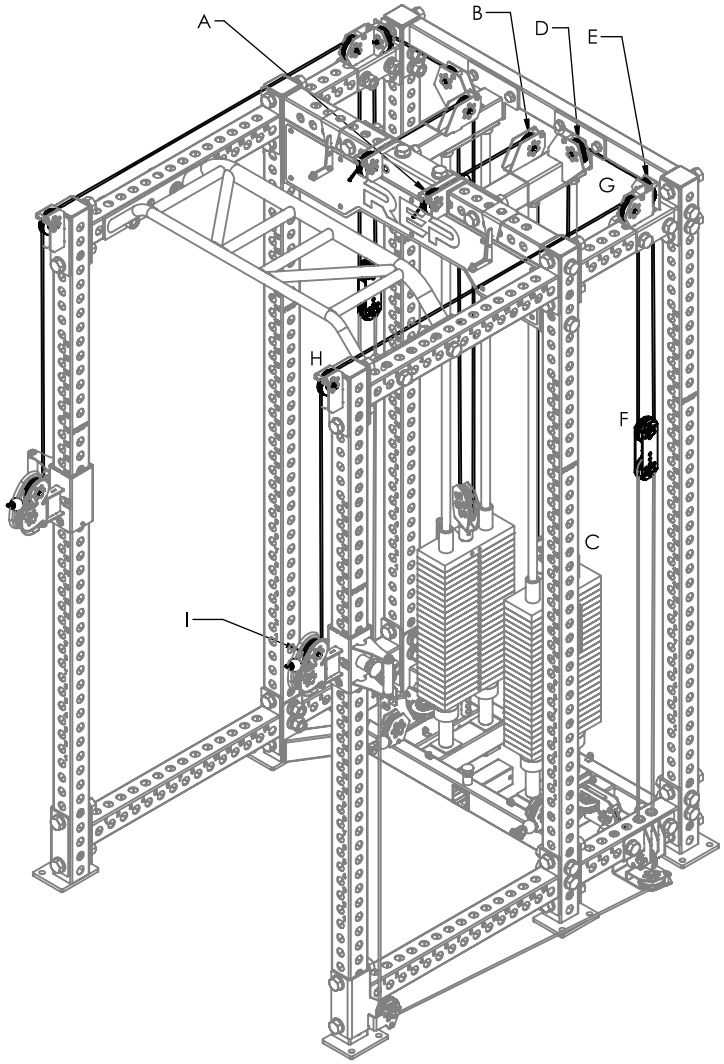
TIP: LIFT THE HEADPLATE AND INSERT THE PIN IN THE SECOND PLATE LEAVING AT LEAST TWO PLATES WORTH OF GAP BETWEEN THE HEADPLATE AND SECOND PLATE AS SHOWN IN THIS VIEW. THIS WILL MAKE STEPS 3a AND 9a-9b EASIER.

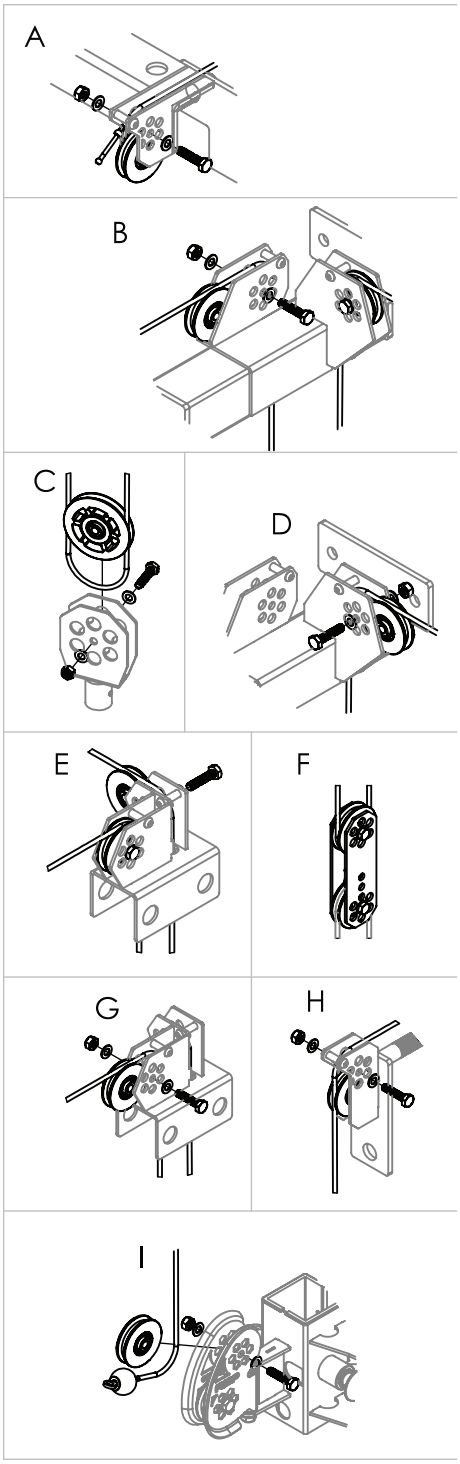
STEP
3B

-REMOVE UPPER CABLE.

- REMOVE HARDWARE AND PULLEYS AS NECESSARY STARTING FROM VIEW A .

-ONLY RIGHT SIDE CABLE SHOWN. REPEAT FOR LEFT SIDE CABLE.



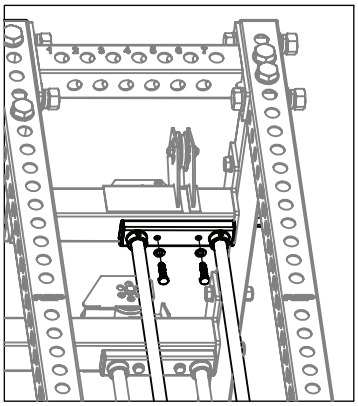


STEP
4

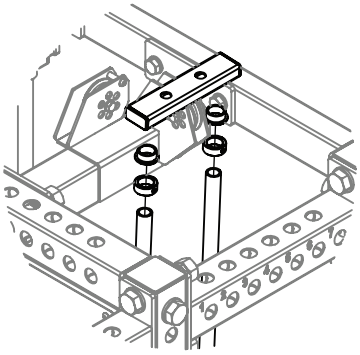
-AFTER REMOVING BOLTS (VIEW A), LEAN GUIDE RODS TO REMOVE COLLAR, DAMPER, AND RETAINER AS SHOWN (VIEW B).

-ONLY RIGHT SIDE SHOWN. REPEAT FOR LEFT SIDE.

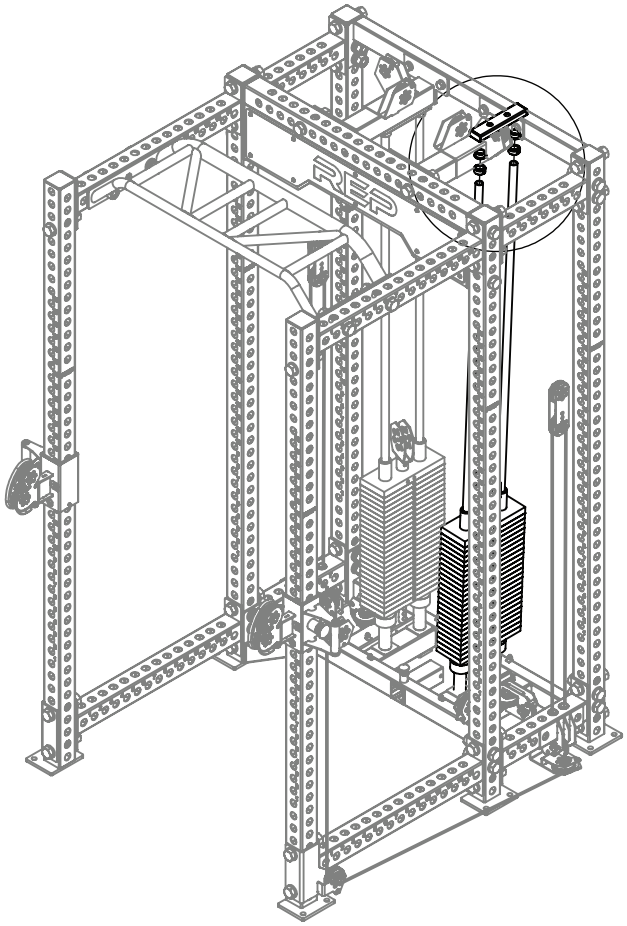
CLOSE-UP OF BOLTS



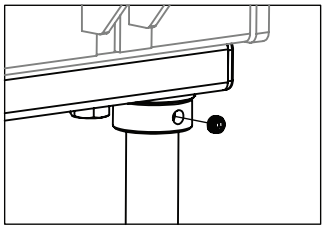
VIEW A



VIEW B



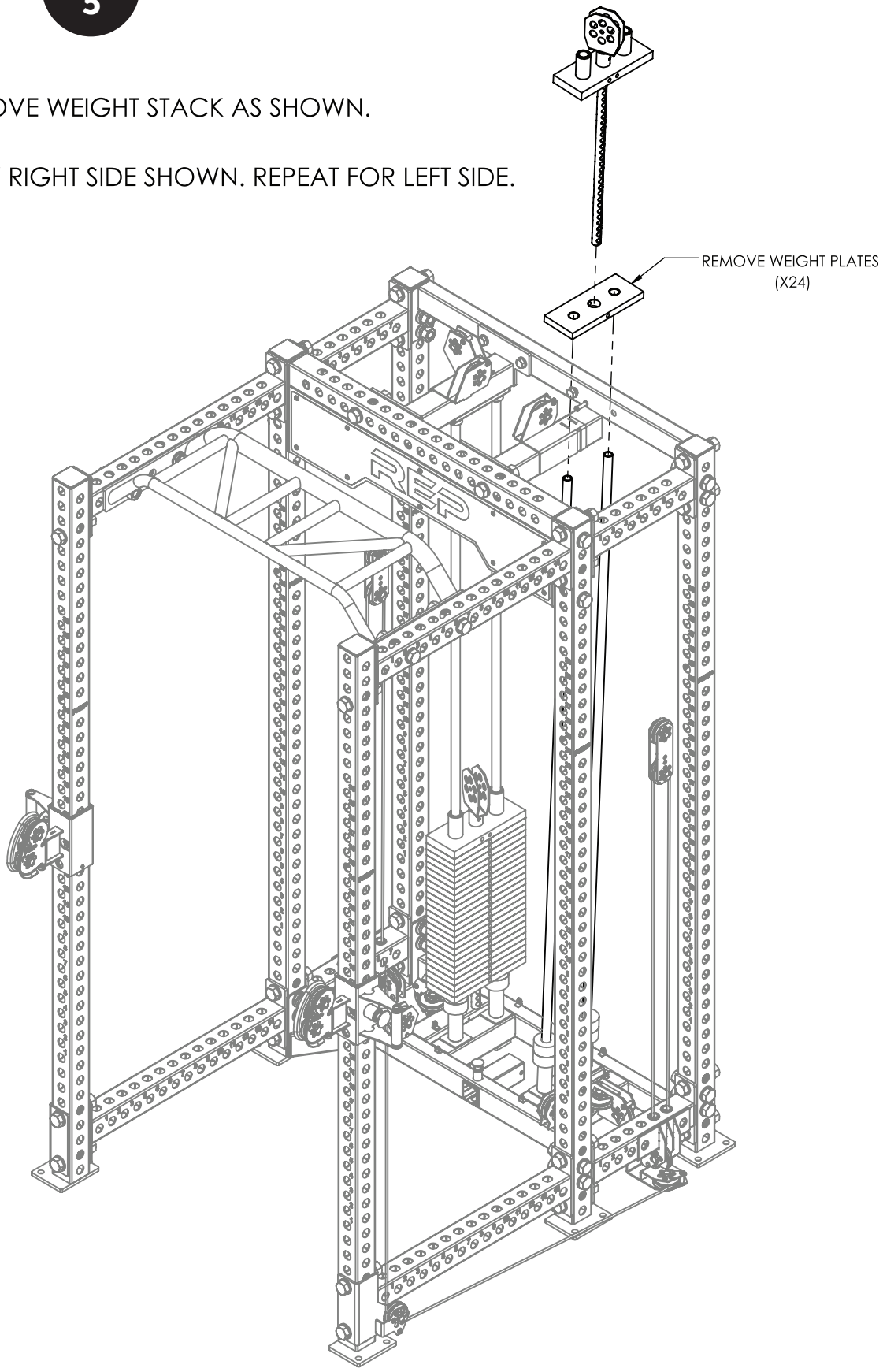
REMOVE SET SCREW FROM COLLAR



STEP
5

-REMOVE WEIGHT STACK AS SHOWN.

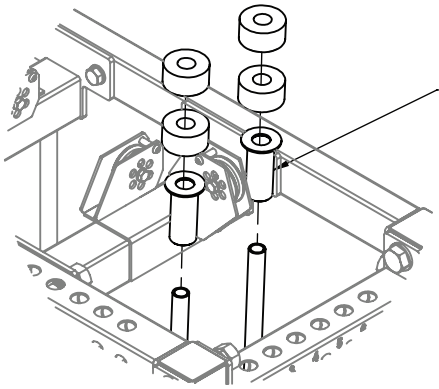
-ONLY RIGHT SIDE SHOWN. REPEAT FOR LEFT SIDE.

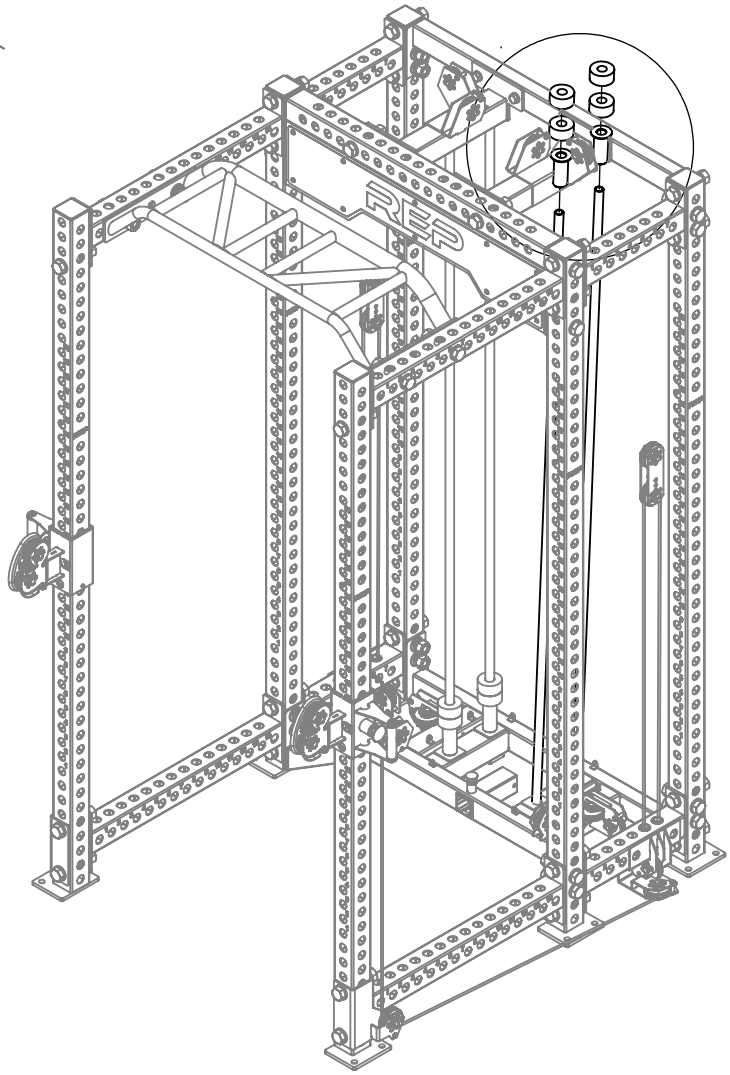


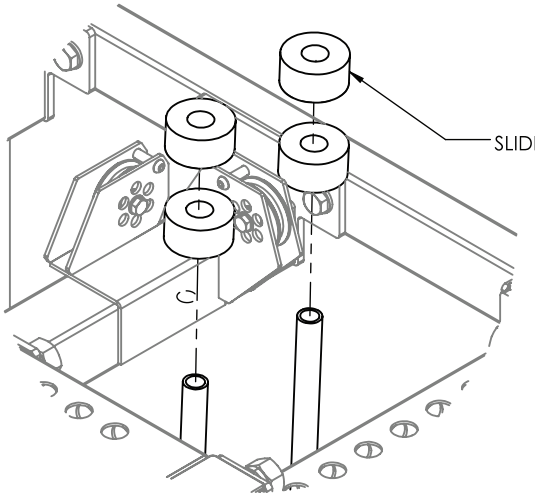
STEP
6

-REMOVE SPACERS

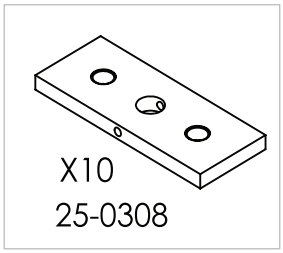
-ONLY RIGHT SIDE SHOWN. REPEAT FOR LEFT SIDE.







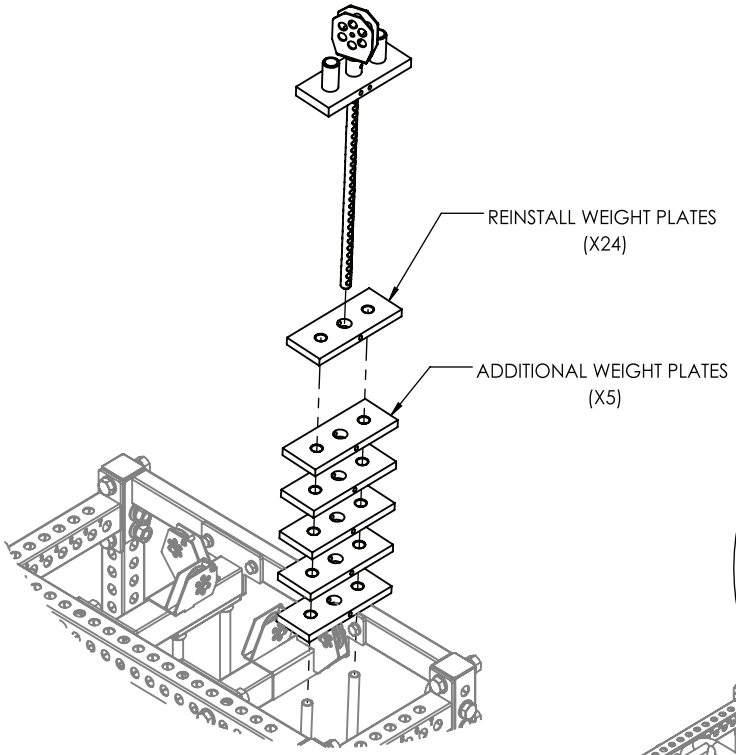
STEP
7

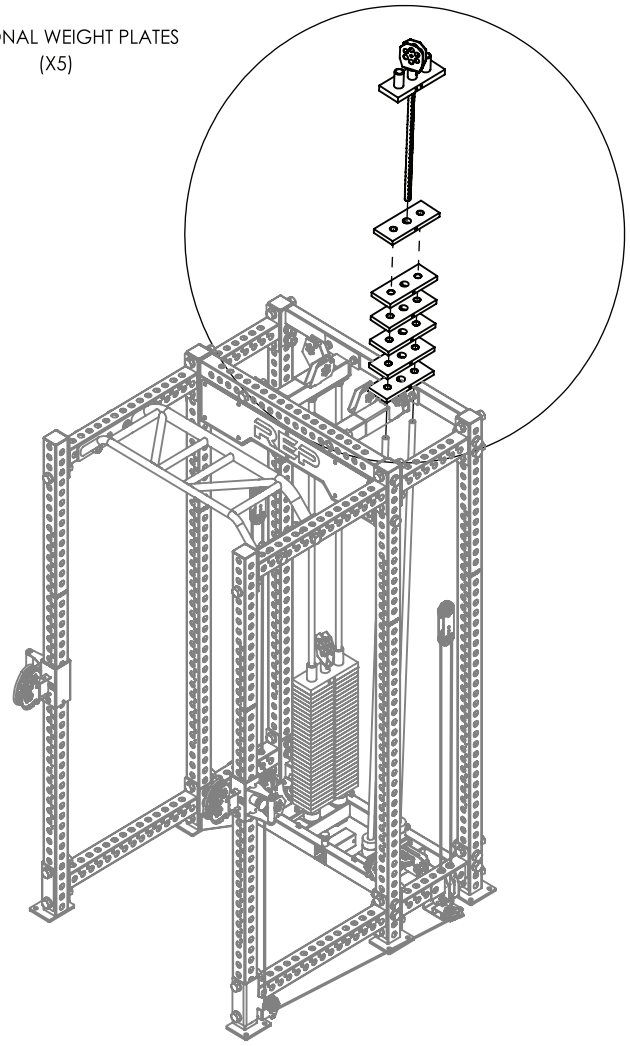


-SLIDE WEIGHTS BACK ONTO GUIDE RODS.

-ENOUGH STICKERS ARE PROVIDED FOR ENTIRE STACK. IF YOU DO NOT WANT TO REAPPLY NEW STICKERS TO ENTIRE WEIGHT STACK, START WITH 5 ADDITIONAL NEW PLATES , FOLLOWED BY REST OF STACK IN DESCENDING ORDER.

-ONLY RIGHT WEIGHT STACK SHOWN.
REPEAT FOR LEFT WEIGHT STACK.

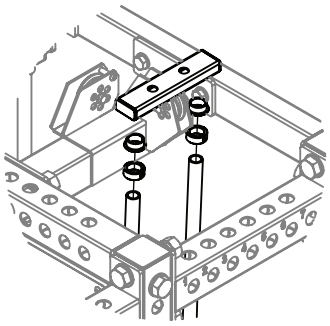




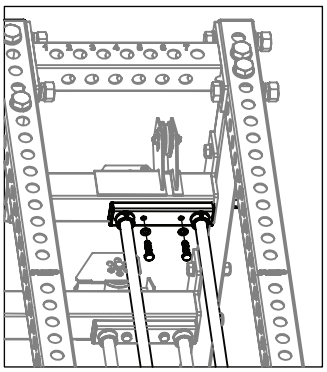
STEP
8

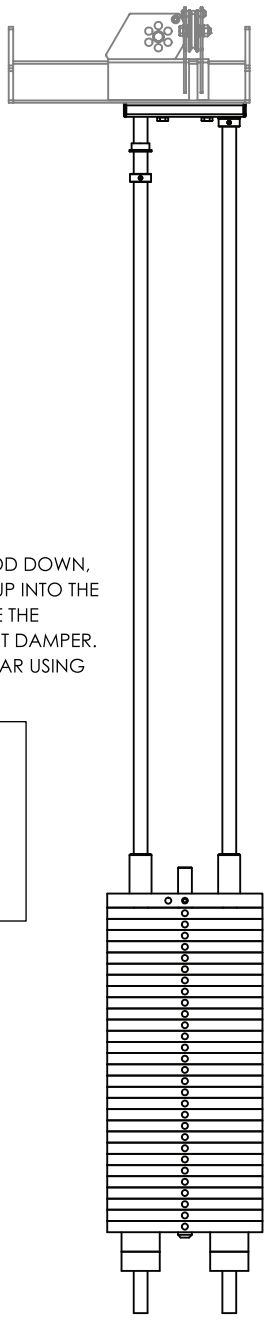
-LEAN THE GUIDE RODS SLIGHTLY AND INSTALL THE COLLAR, DAMPER, AND RETAINER AS SHOWN

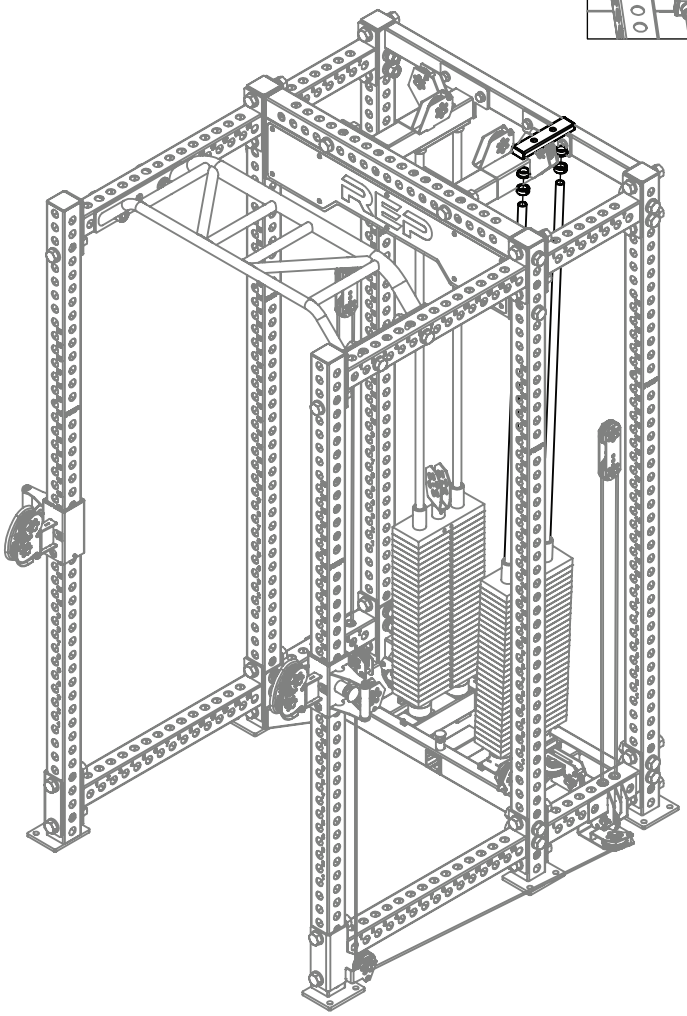
-ONCE INSTALLED, TIGHTEN BOLTS TO SECURE RETAINER.



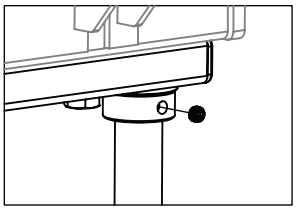
CLOSE-UP OF BOLTS



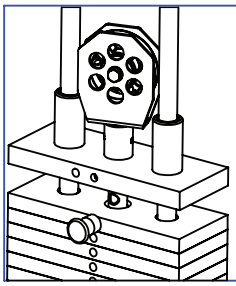




WHILE PUSHING THE GUIDE ROD DOWN, SLIDE THE DAMPER (10-0527) UP INTO THE RETAINER (25-0793) AND SLIDE THE COLLAR (10-0294) UP AGAINST DAMPER. TIGHTEN SET SCREW ON COLLAR USING 4MM ALLEN WRENCH.



STEP
9A

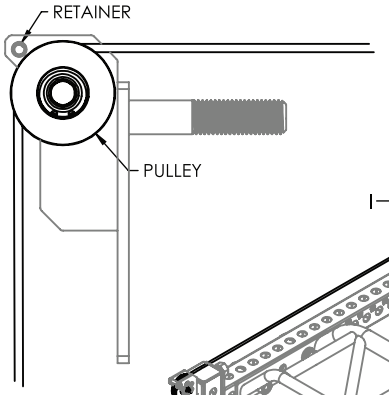


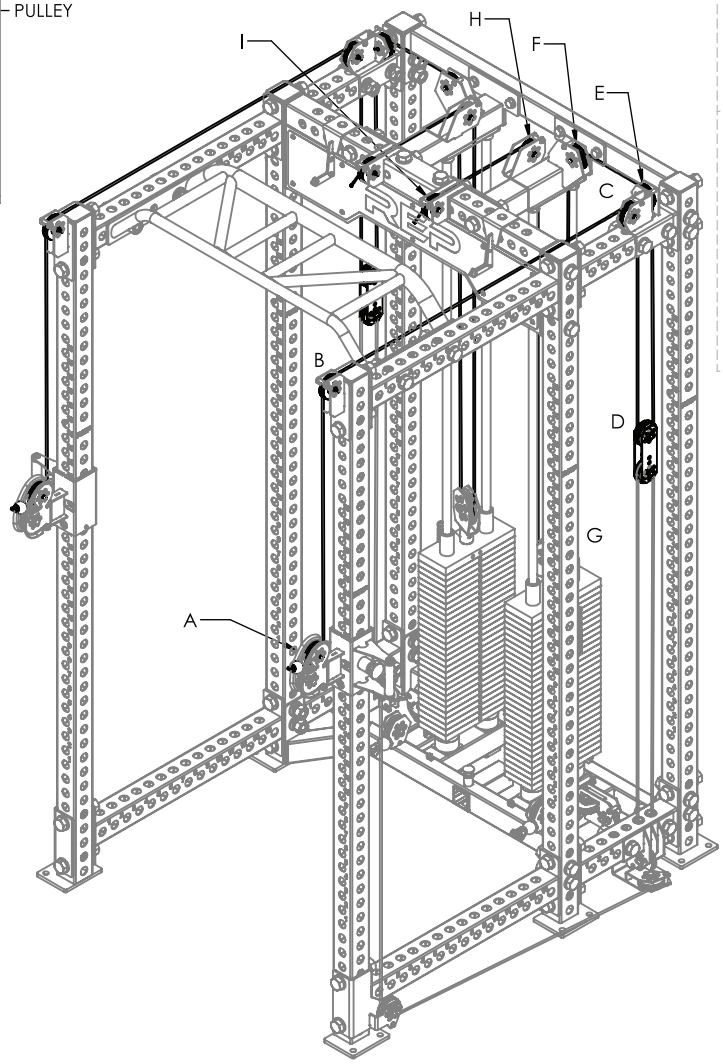
TIP: LIFT THE HEADPLATE AND INSERT THE PIN IN THE SECOND PLATE LEAVING AT LEAST TWO PLATES WORTH OF GAP BETWEEN THE HEADPLATE AND SECOND PLATE AS SHOWN IN THIS VIEW. THIS WILL MAKE STEPS 3a AND 9a-9b EASIER.

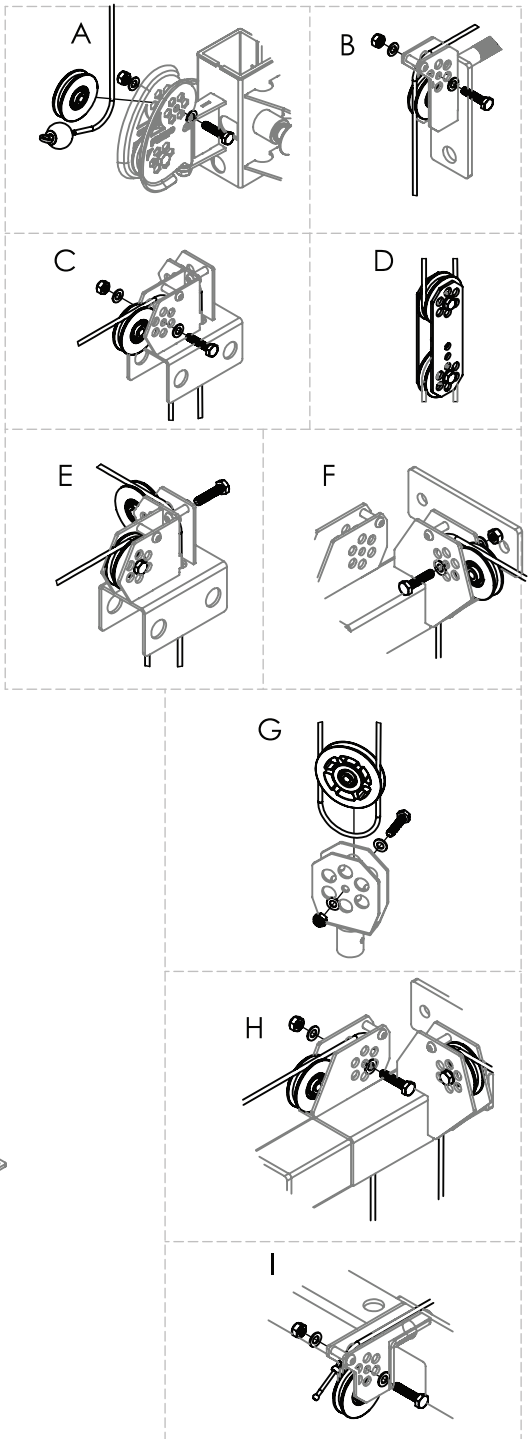
-STARTING AT THE TROLLEY (VIEW A), REINSTALL TOP CABLE.

-ONLY RIGHT SIDE CABLE SHOWN. REPEAT FOR LEFT SIDE CABLE.

-IMPORTANT: ENSURE THE CABLE IS ROUTED BETWEEN THE PULLEY AND CABLE RETAINER FOR ALL PULLEYS



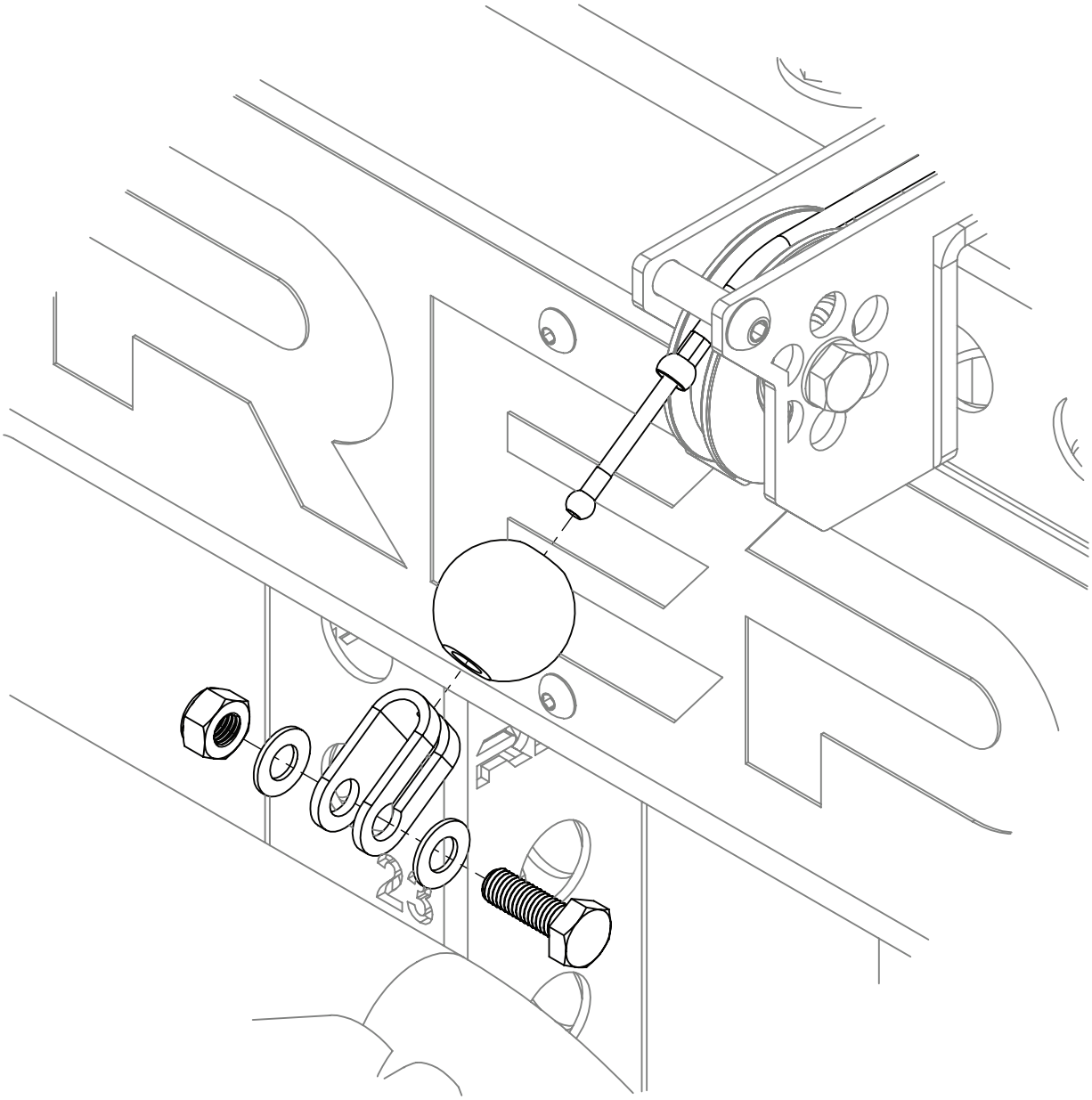




STEP
9B

-REINSTALL CABLE ENDING FOR UPPER PULLEY.

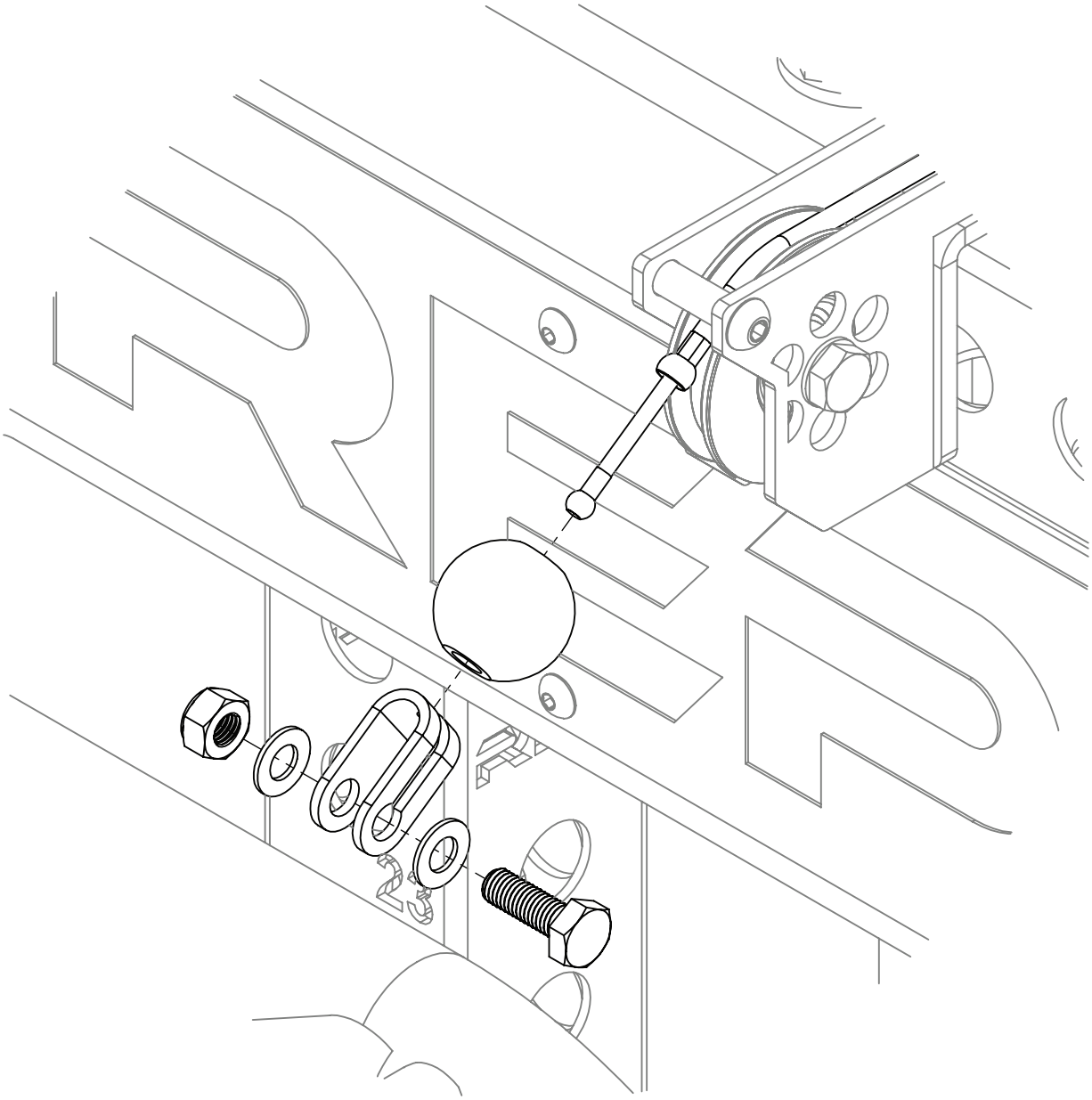
-ONLY RIGHT SIDE CABLE SHOWN. REPEAT FOR LEFT SIDE.



STEP
9B

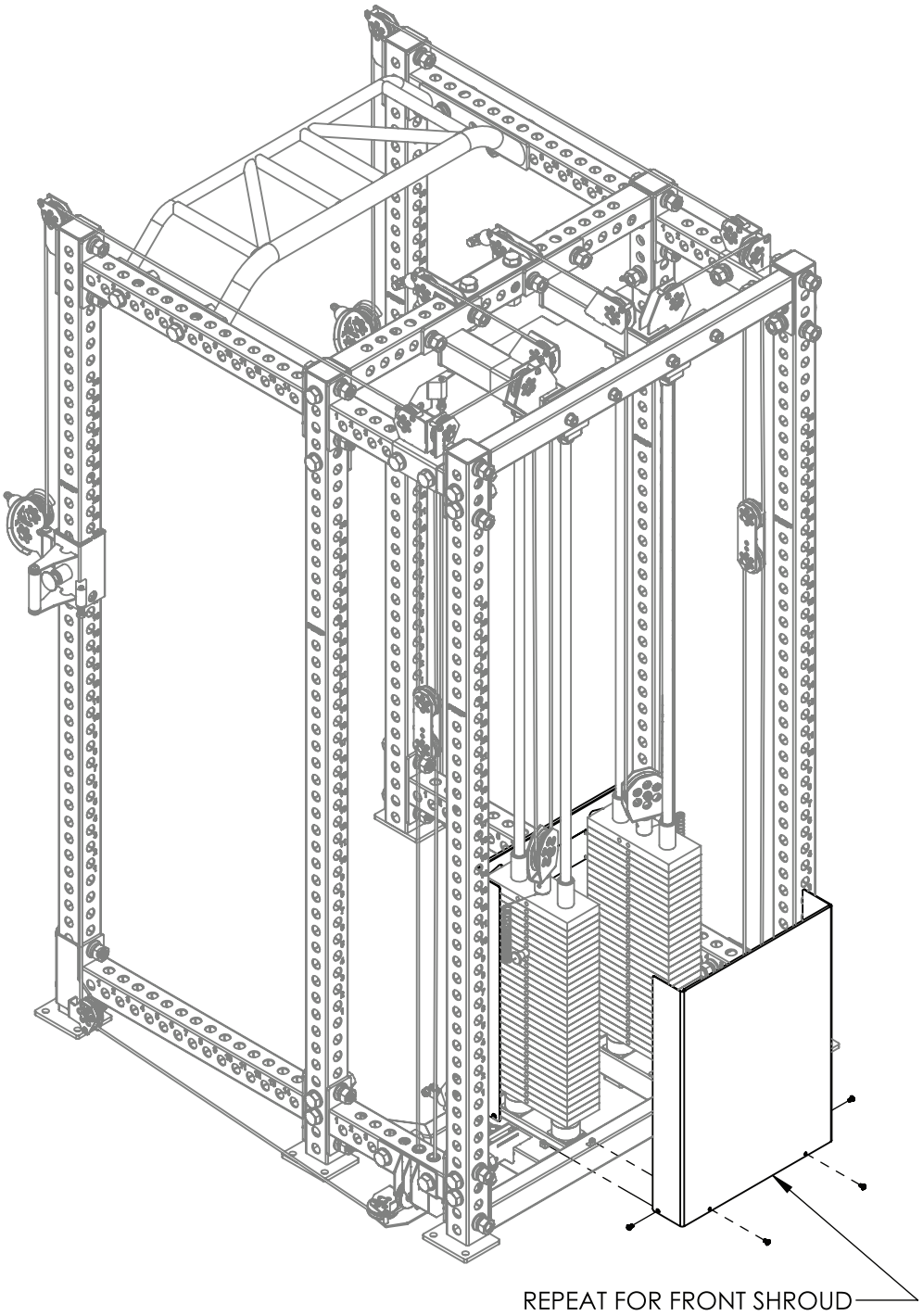
-REINSTALL CABLE ENDING FOR UPPER PULLEY.

-ONLY RIGHT SIDE CABLE SHOWN. REPEAT FOR LEFT SIDE.



STEP
10

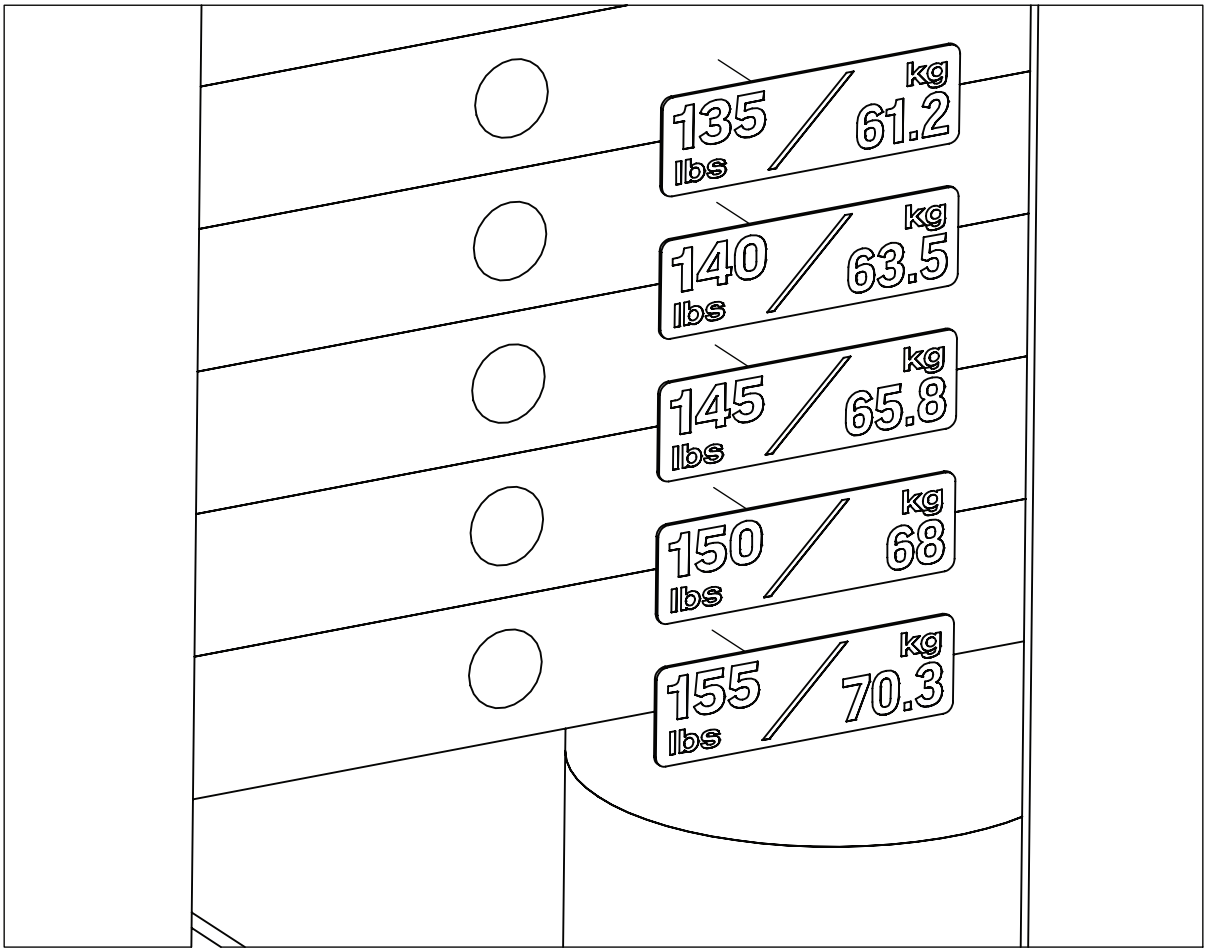
-REINSTALL SHROUD (X2)



STEP
11

-APPLY WEIGHT STICKERS TO BOTH WEIGHT STACKS.

-ENOUGH STICKERS ARE PROVIDED FOR ENTIRE WEIGHT STACK.
ONLY 5 ADDITIONAL WEIGHTS FROM UPGRADE ARE SHOWN.



FINAL STEPS

1. ENSURE ALL BOLTS HAVE BEEN TIGHTENED SECURELY.

2. CONFIRM THE CABLES ARE SEATED WITHIN THE PULLEY GROOVES.

3. PULL THE CABLES AND CHECK FOR EXCESS RESISTANCE. IF IT SEEMS THE FRICTON IS TOO HIGH, MAKE SURE THE CABLE IS NOT RUBBING ON ANYTHING. A RUBBING CABLE WILL PEEL THE JACKET AND REQUIRE REPLACEMENT.

4. APPLY SILICONE SPRAY TO THE GUIDE RODS. THIS SHOULD BE PERFORMED EVERY THREE MONTHS FOR BEST PERFORMANCE.

5. RUN THE MACHINE THROUGH THE FULL RANGE OF MOTION AND ROTATE THE PULLEYS ON THE TOP OF THE WEIGHT STACK SO THE CABLE DOESN'T RUB THE UPPER CROSSMEMBERS. ONCE THE ORIENTATION IS CORRECT, REINSTALL AND TIGHTEN THE SET SCREWS USING A 4MM ALLEN WRENCH. (SEE IMAGE 1 BELOW)

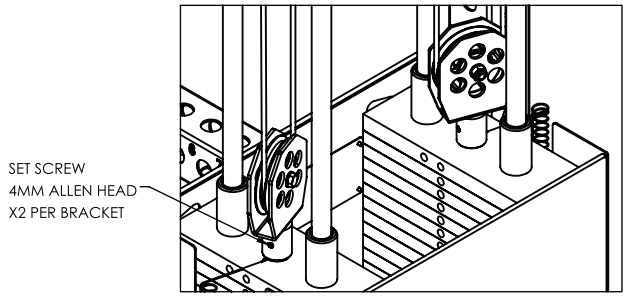
6. ADJUST CABLE TENSION. THE CABLE SHOULD BE TIGHT, BUT NOT SO TIGHT THAT THE HEADPLATE LIFTS. THE TENSION CAN BE ADJUSTED IN TWO WAYS:

-FOR SMALL ADJUSTMENTS, TURN THE BOLT ON THE TROLLEY. MAKE SURE TO TIGHTEN THE JAM NUT WHEN DONE. (SEE IMAGE 2 BELOW)

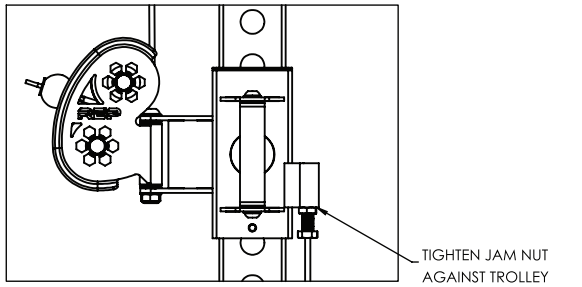
-OVER TIME THE CABLE MAY STRETCH. IF THE CABLE CANNOT BE ADJUSTED BY THE BOLT ON THE TROLLEY, THEN THE SLACK MUST BE TAKEN UP BY THE FLOATING PULLEYS. (25-0273) FULLY LOOSEN THE BOLT ON THE TROLLEY AND MOVE THE PULLEYS CLOSER TOGETHER BY ONE POSITION. (SEE IMAGE 3 BELOW) THEN REINSTALL THE BOLT ON THE TROLLEY AND TIGHTEN AS NECESSARY.

7. THE SWIVEL BRACKET ON THE TROLLEYS CAN BE TIGHTENED/LOOSENED AS NECESSARY USING AN 8MM ALLEN WRENCH AND 19MM WRENCH. (SEE IMAGE 4 BELOW)

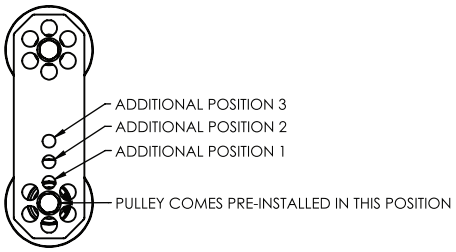
1



2



3



4

