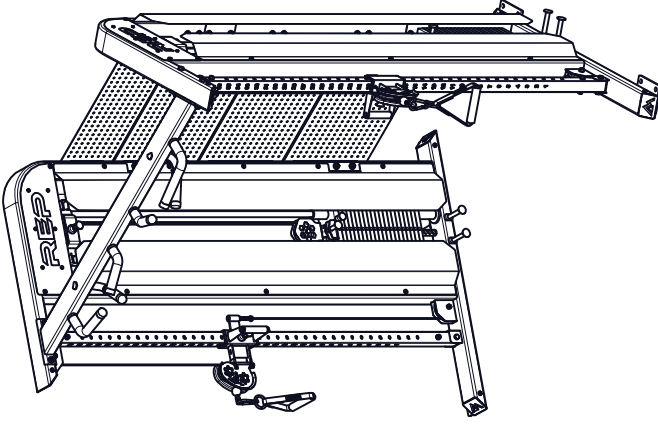


# REP<sup>®</sup>



## ASSEMBLY INSTRUCTIONS

# ARCADIA MAX<sup>™</sup> FT-5500



STILL NEED HELP WITH ASSEMBLY?  
VISIT OUR ASSEMBLY LIBRARY HERE:  
[HELP.REPFITNESS.COM](http://HELP.REPFITNESS.COM)



[WWW.REPFITNESS.COM](http://WWW.REPFITNESS.COM)

45-0238-V1

# HARDWARE AND TOOLS



17MM

2X NOT INCLUDED



19MM

2X NOT INCLUDED



4MM - 5MM  
8MM - 10MM  
1X INCLUDED



M12X1.75, L30,  
SOCKET HEAD  
CAP SCREW,  
SILVER X2  
STEPS 19, 28



M8 WASHER  
BLACK X28  
10-0424  
STEP 35



M8X1.25, L16mm,  
LOW PROFILE  
SOCKET HEAD  
CAP SCREW  
BLACK X28  
10-0776  
STEP 35



M12X1.75, L70,  
BLACK X16  
10-0777  
STEP 1



M12X1.75, L75,  
BLACK X8  
10-0581  
STEP 2



M12X1.75, L120,  
BLACK X12  
10-0431  
STEPS 3,4



M12X1.75, NUT,  
NYLON INSERT,  
BLACK X36  
10-0419  
STEPS 1, 2, 3, 4



M12 WASHER,  
SILVER X2  
10-0015  
STEPS 19, 28



M12 WASHER  
BLACK X72  
10-0418  
STEPS 1, 2, 3, 4



M10X1.5, L65,  
SOCKET HEAD,  
BLACK X4  
10-0781  
STEPS 7, 10



M10X1.50, L45,  
BLACK X2  
10-0475  
STEPS 29, 30



M10X1.50, L70,  
BLACK X4  
10-0780  
STEPS 7, 10



M10 WASHER,  
BLACK X20  
10-0445  
STEPS 7, 10, 29, 30



M10X1.50, NUT,  
NYLON INSERT,  
BLACK X10  
10-0421  
STEPS 7, 10, 29, 30

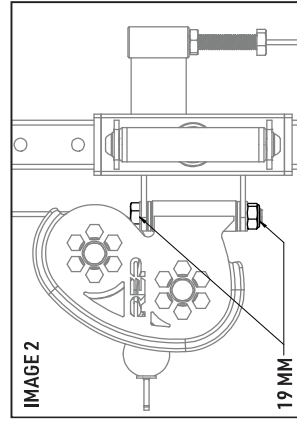
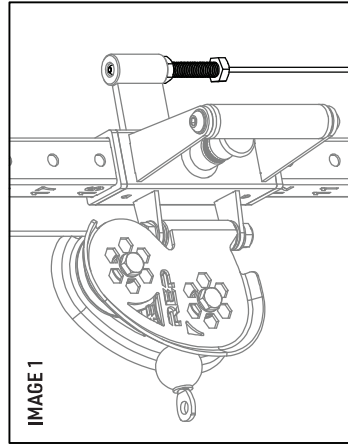


IF YOU ARE MISSING ANY PARTS, OR OTHERWISE  
HAVE ANY WARRANTY ISSUES, PLEASE FILE  
A WARRANTY CLAIM ON OUR WEBSITE:

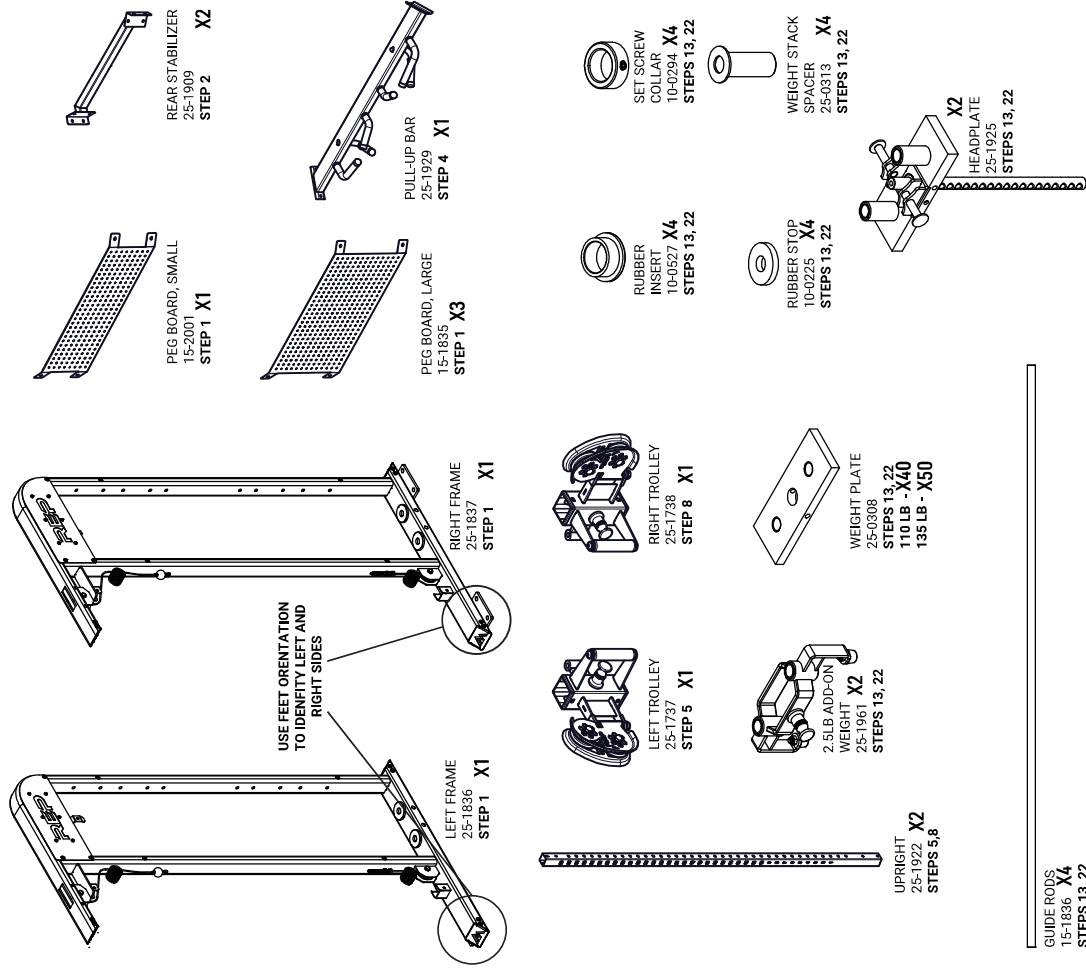


## MAINTENANCE

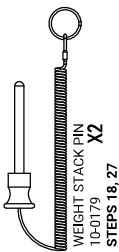
- GUIDE RODS:** CLEAN THE GUIDE RODS AND REAPPLY SILICONE SPRAY TO THE GUIDE RODS EVERY 3 MONTHS.
- CABLE TENSION:** OVER TIME THE CABLES WILL STRETCH AND TENSION WILL REDUCE. TO KEEP IDEAL PERFORMANCE TIGHTEN THE ADJUSTER BOLT ON THE TROLLEY. WHEN DONE, TIGHTEN THE JAM NUT ( IMAGE 1).
- TROLLEY SWIVEL:** IF THE TROLLEY SWIVEL BRACKET SEEMS TOO LOOSE OR TIGHT, IT CAN BE ADJUSTED, TIGHTEN OR LOOSEN AS NECESSARY USING TWO 19MM WRENCHES (IMAGE 2).



## PARTS LIST



# PARTS LIST



WEIGHT STACK PIN  
10-0179 X2  
STEPS 18, 27



HEADPLATE PULLEY  
BRACKET  
25-1734 X2  
STEPS 19, 28



HEADPLATE PULLEY  
25-1511 X2  
STEPS 29, 30



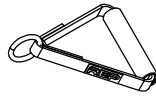
BAND PEG, MALE  
25-1739 X4  
STEP 34



BAND PEG, FEMALE  
25-1740 X4  
STEP 34



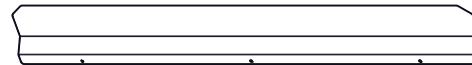
CARABINER  
10-0793 X2  
STEP 37



D-HANDLE  
FTA-5090-S X2  
STEP 37



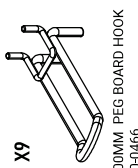
10 LBS / 4.5 KG  
WEIGHT STACK STICKERS SETS  
40-0115 X2  
STEP 36



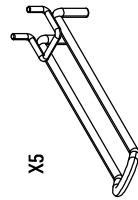
WEIGHT STACK  
SHROUD, FRONT  
15-1841 X4  
STEP 35



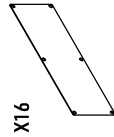
WEIGHT STACK  
SHROUD, REAR  
15-1889 X4  
STEP 35



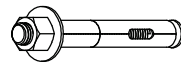
X9  
100MM PEG BOARD HOOK  
30-0466



X5  
150MM PEG BOARD HOOK  
30-0467



X16  
PULLEY COVER BACKER,  
BLUE, RED, WHITE, OLIVE  
15-1635

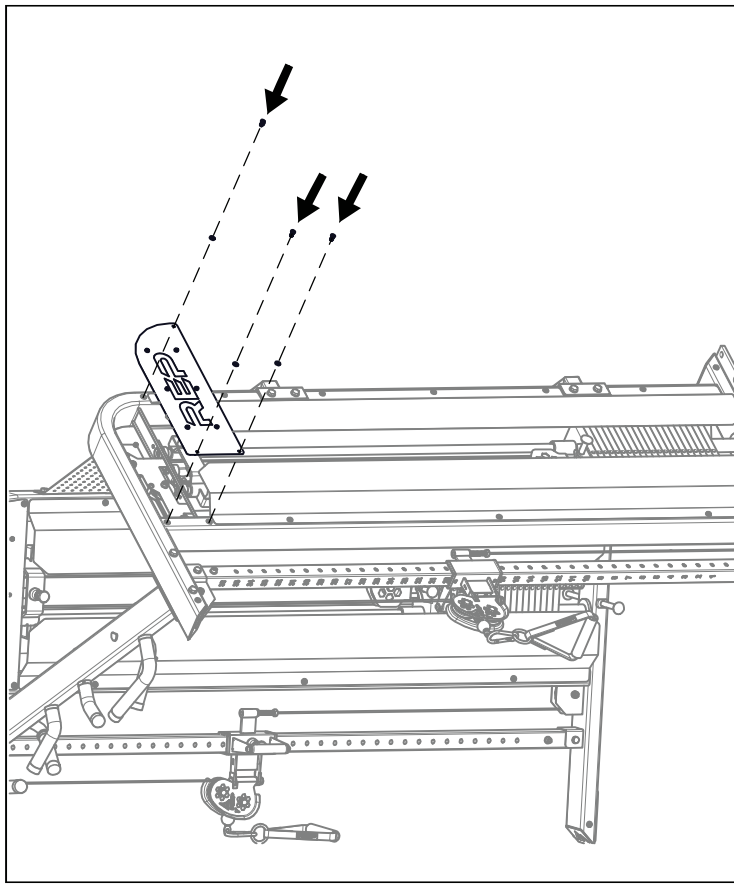


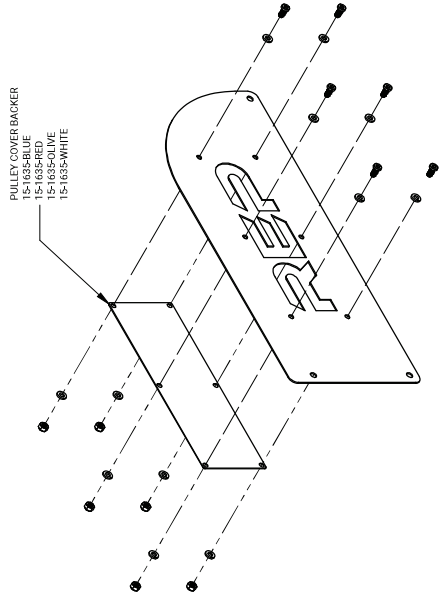
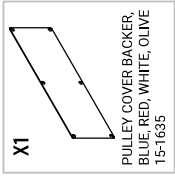
X8  
SLEEVE ANCHOR,  
M12X1.75, L90  
10-0143

NOT NECESSARY FOR ASSEMBLY

40

5 MM  
TX REQUIRED





# SAFETY

- ASSEMBLY BY TWO PEOPLE IS STRONGLY ENCOURAGED FOR SAFETY.
- A LADDER OR STEP-STOOL IS RECOMMENDED FOR EASE OF INSTALL.
- THIS PRODUCT MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO FUNCTION PROPERLY.
- KEEP HANDS, CLOTHING, HAIR, AND OTHER BODY PARTS AWAY FROM CABLE AND PULLEYS DURING OPERATION.
- FRAYED OR WORN CABLES ARE DANGEROUS AND CAN RESULT IN INJURY. MAKE SURE CABLES ARE ROUTED PROPERLY AND IN GOOD CONDITION BEFORE USE. REPLACE ANY FRAYED OR WORN CABLES BEFORE FURTHER USE.

IF YOU NEED TO REPLACE ANY PARTS OR HAVE QUESTIONS PLEASE CONTACT OUR CUSTOMER SUPPORT TEAM AT [INFO@REPFITNESS.COM](mailto:INFO@REPFITNESS.COM) OR 720-420-1731.

## TIPPING PREVENTION

REP FITNESS STRONGLY RECOMMENDS THAT YOU MOUNT YOUR FUNCTIONAL TRAINER INTO THE FLOOR TO PREVENT TIPPING. PLEASE FOLLOW THE STEPS ON PAGES 43-45 TO PROPERLY SECURE THE FUNCTIONAL TRAINER TO A CONCRETE FLOOR. IF MOUNTING TO AN ELEVATED FLOOR, PLEASE MOUNT AT YOUR DISCRETION.

IF YOU DO NOT MOUNT THE FUNCTIONAL TRAINER TO THE FLOOR, DO NOT PERFORM THE FOLLOWING ACTIONS.

- DO NOT KIP, SWING, OR CLIMB ON THE THE PRODUCT.
- DO NOT ASSEMBLE AND USE THE PRODUCT ON GROUND WITH A SLOPE GREATER THAN 5 DEGREES.
- DO NOT MOVE THE FUNCTIONAL TRAINER WITH WEIGHT INSTALLED.
- DO NOT MOVE THE FUNCTIONAL TRAINER WITHOUT ANY ASSISTANCE.

THIS PRODUCT IS COVERED BY ONE OR MORE PATENTS OR PATENTS PENDING AS LISTED AT [REPFITNESS.COM/PAGES/PATENT-AND-TRADEMARK](http://REPFITNESS.COM/PAGES/PATENT-AND-TRADEMARK)

1

M12 WASHER  
BLACK  
10-0418 X32

M12X1.75, NUT,  
BLACK  
10-0419 X16

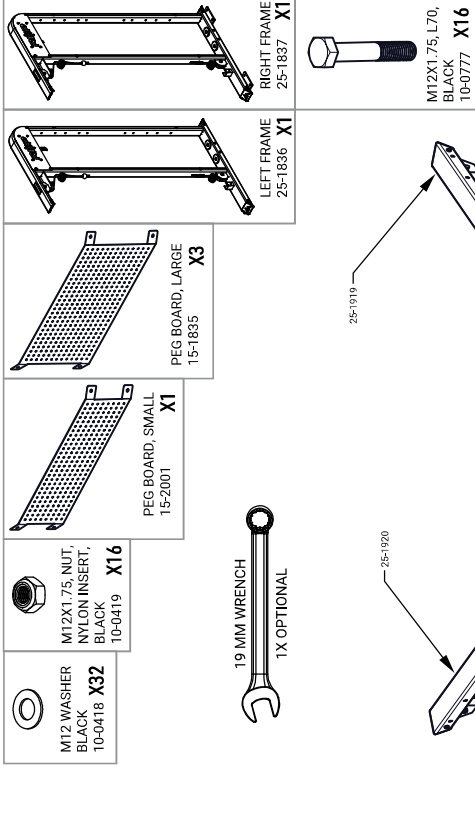
PEG BOARD, SMALL  
15-2001 X1

PEG BOARD, LARGE  
15-1835 X3

LEFT FRAME  
25-1836 X1

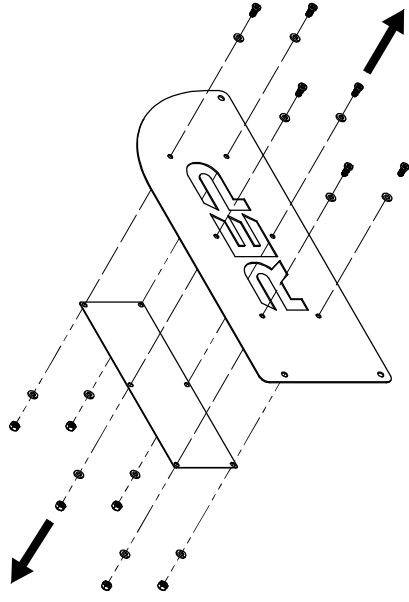
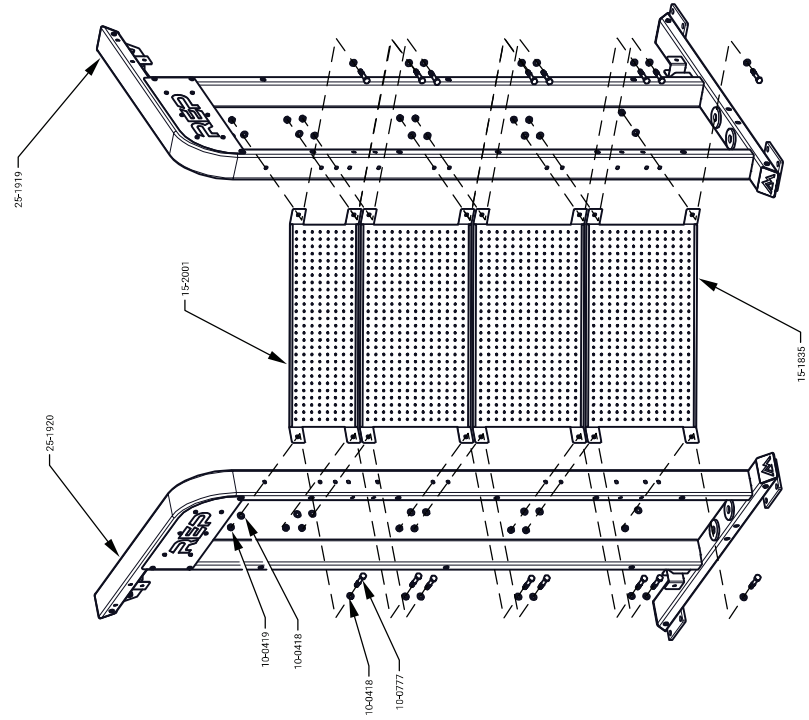
RIGHT FRAME  
25-1837 X1

19 MM WRENCH  
1X OPTIONAL



38

4 MM  
1X REQUIRED



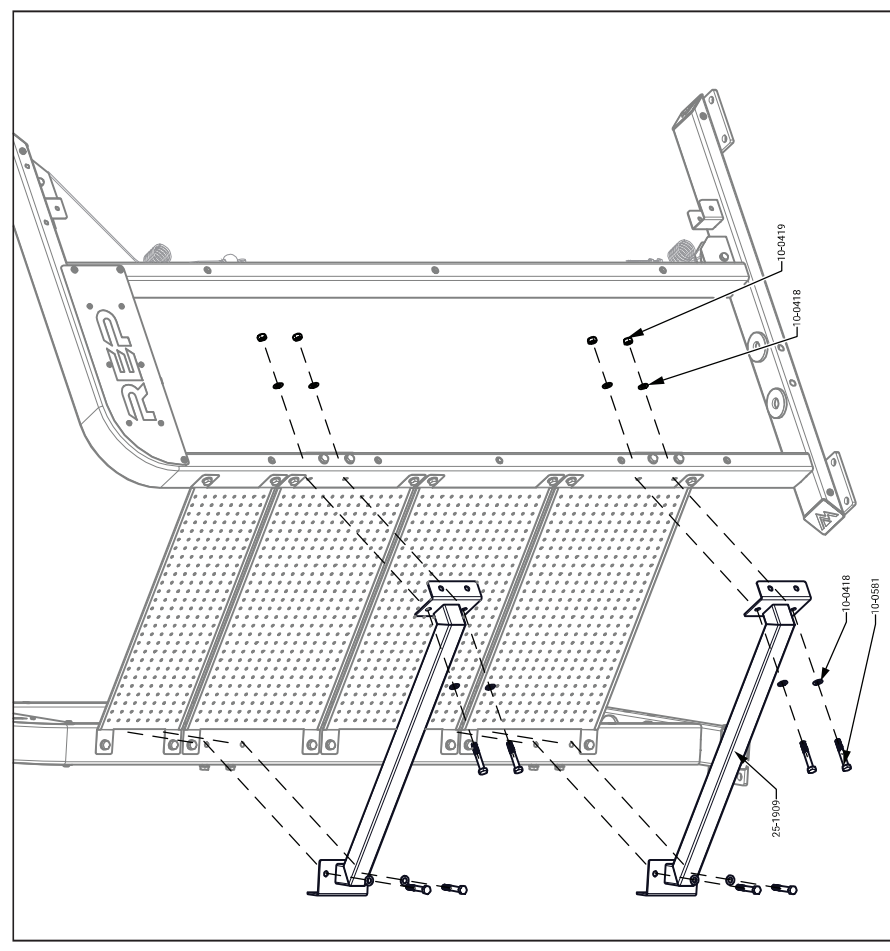
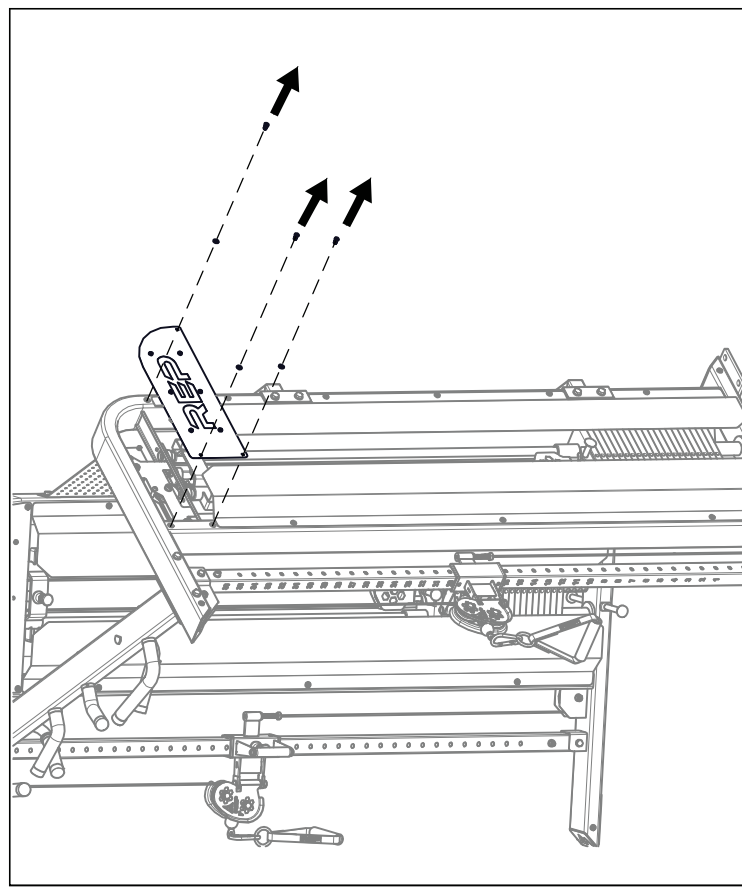
5 MM  
TX REQUIRED




M12X1.75, L75,  
BLACK  
10-0581 X8

M12 WASHER  
BLACK  
10-0418 X16

M12X1.75 NUT,  
NYLON INSERT,  
BLACK  
10-0419 X8

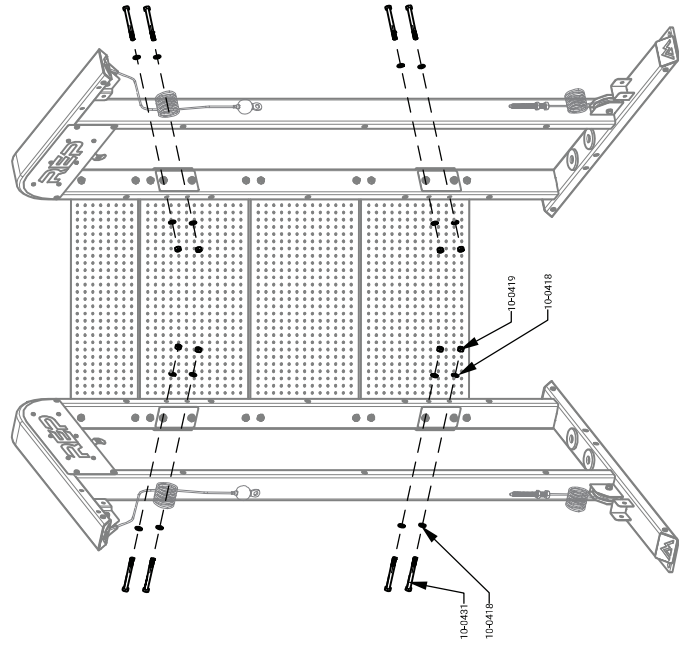
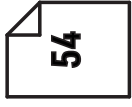
REAR STABILIZER  
25-1909 X2



-  M12 WASHER  
BLACK  
10-0418 **X16**
-  M12X1.75 NUT,  
NYLON INSERT,  
BLACK  
10-0419 **X8**
-  M12X1.75, L120,  
BLACK  
10-0431 **X8**

# CHANGING BACKING PLATE COLOR

THE FT-5500 COMES PRE-INSTALLED WITH STAINLESS STEEL BACKING PLATES. IF YOU WOULD LIKE TO CHANGE THEM



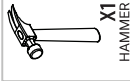


HAMMER SLEEVE ANCHORS (10-0143) INTO GROUND.  
TIGHTEN SLEEVE ANCHORS UNTIL SNUG (MINIMUM 4 FULL TURNS).

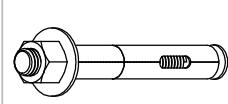


19MM

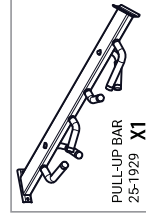
1X NOT INCLUDED



X1  
HAMMER



SLEEVE ANCHOR,  
M12X1.75, L90,  
10-0143 X8



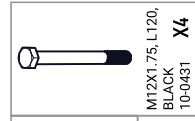
PULL-UP BAR  
25-1929 X1



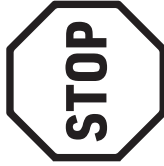
M12 WASHER  
BLACK  
10-0418 X8



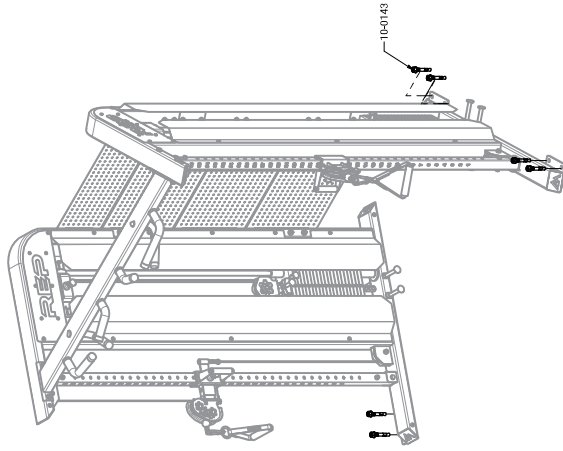
M12X1.75, NUT,  
NYLON INSERT,  
BLACK  
10-0419 X4



M12X1.75, L120,  
BLACK  
10-0431 X4



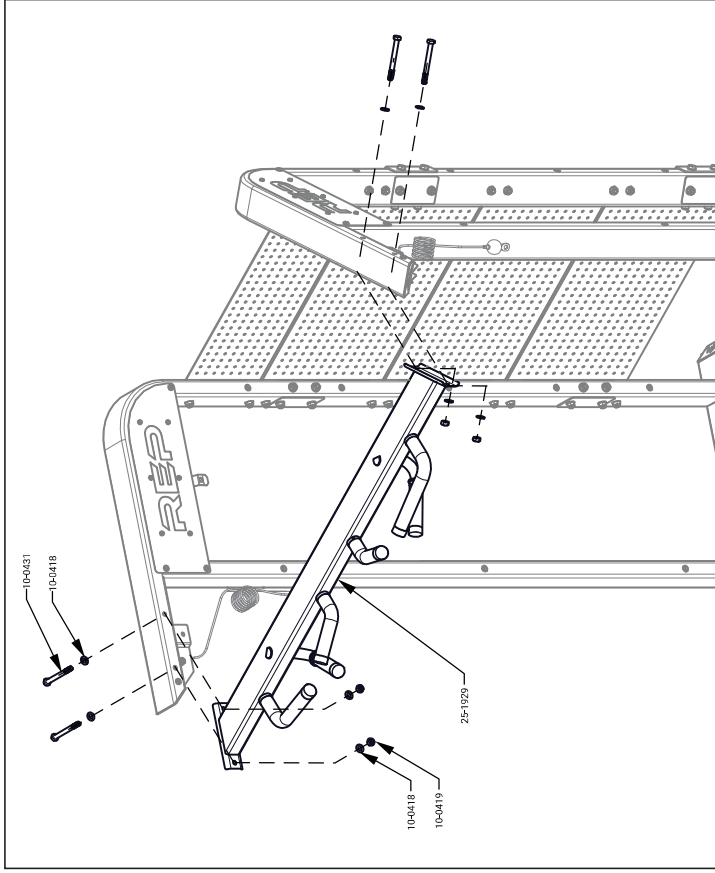
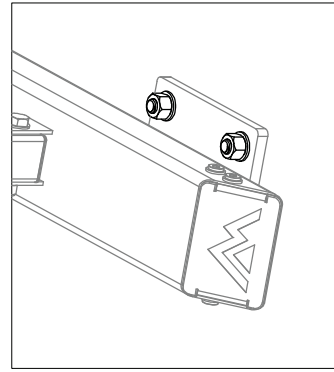
ENSURE CABLES ARE ROUTED BELOW PULL-UP BAR  
HARDWARE. CABLES AND PULL-UP BAR HARDWARE  
SHOULD NOT TOUCH

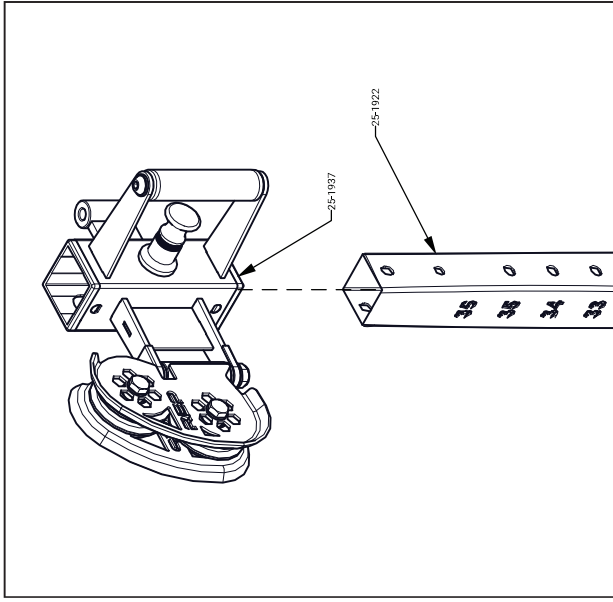
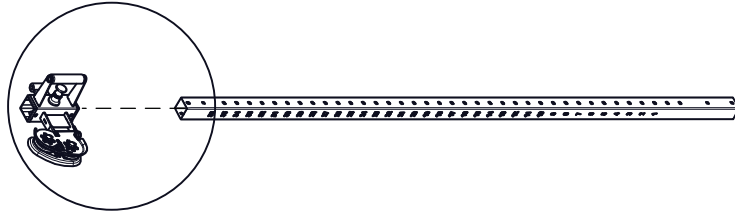
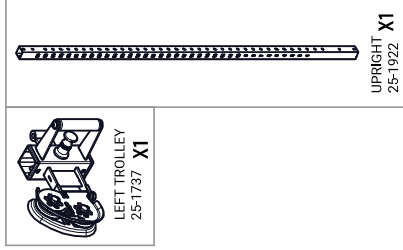


10-0143

10-0431

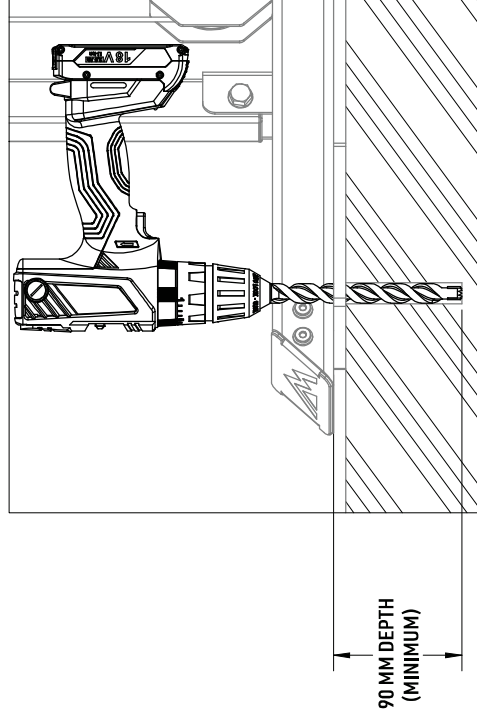
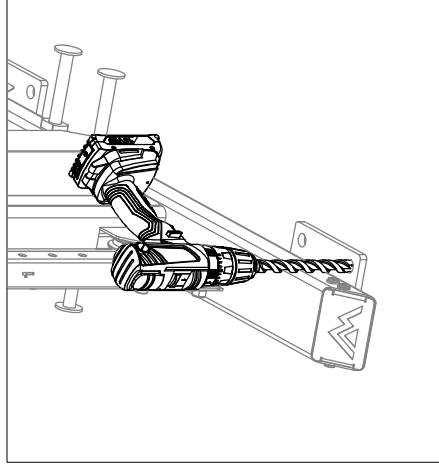
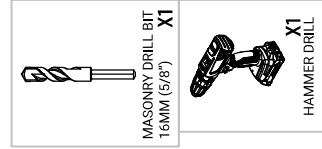
10-0418





38

- ENSURE THE FUNCTIONAL TRAINER IS IN ITS FINAL LOCATION AND THAT ALL FRAME CONNECTIONS ARE TIGHT.
- USE BASE PLATES OF FRAMES AS GUIDES FOR DRILLING.
- USE A 16MM (5/8") MASONRY DRILL BIT TO DRILL A HOLE WITH A MINIMUM DEPTH OF 90MM (4") FROM THE TOP OF THE BASE PLATES. REPEAT FOR ALL HOLES.
- CLEAN OUT ANY DEBRIS FROM THE HOLES.



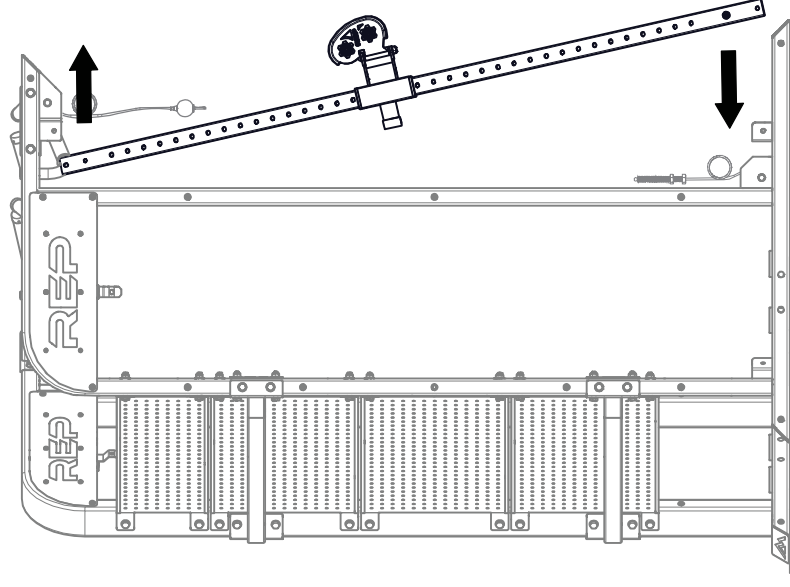
## TIPPING PREVENTION

6

REP FITNESS STRONGLY RECOMMENDS THAT YOU MOUNT YOUR FUNCTIONAL TRAINER INTO THE FLOOR TO PREVENT TIPPING. PLEASE FOLLOW THE FOLLOWING STEPS TO PROPERLY SECURE THE FUNCTIONAL TRAINER TO A CONCRETE FLOOR. IF MOUNTING TO AN ELEVATED FLOOR, PLEASE MOUNT AT YOUR DISCRETION.

IF YOU DO NOT MOUNT THE FUNCTIONAL TRAINER TO FLOOR, DO NOT PERFORM THE FOLLOWING ACTIONS.

- DO NOT KIP, SWING, OR CLIMB ON THE THE PRODUCT.
- DO NOT ASSEMBLE AND USE THE PRODUCT ON GROUND WITH A SLOPE GREATER THAN 5 DEGREES.
- DO NOT MOVE THE FUNCTIONAL TRAINER WITH WEIGHT INSTALLED.
- DO NOT MOVE THE FUNCTIONAL TRAINER WITHOUT ANY ASSISTANCE.

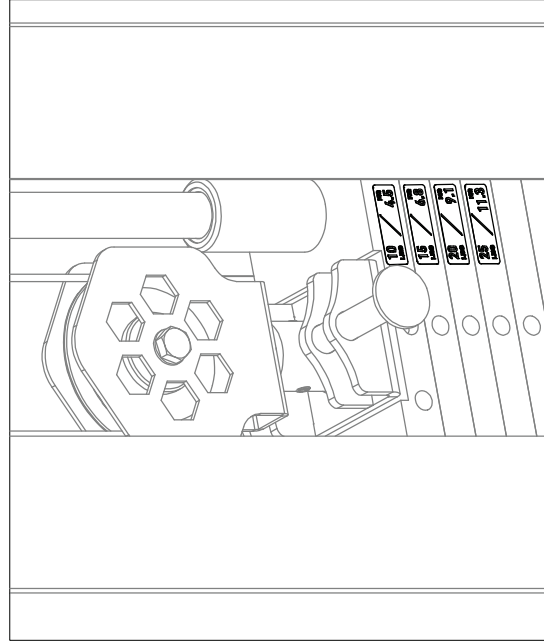
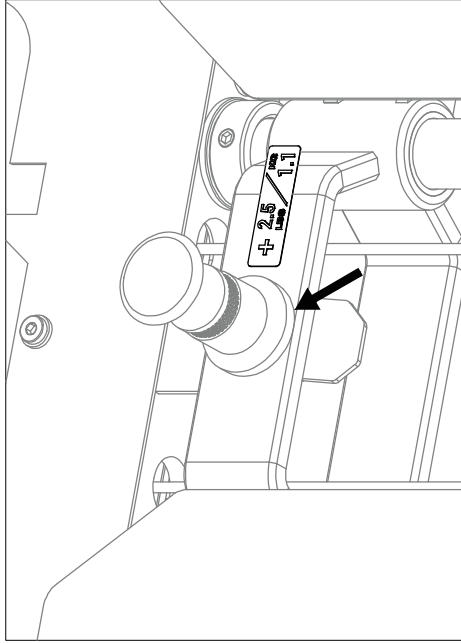




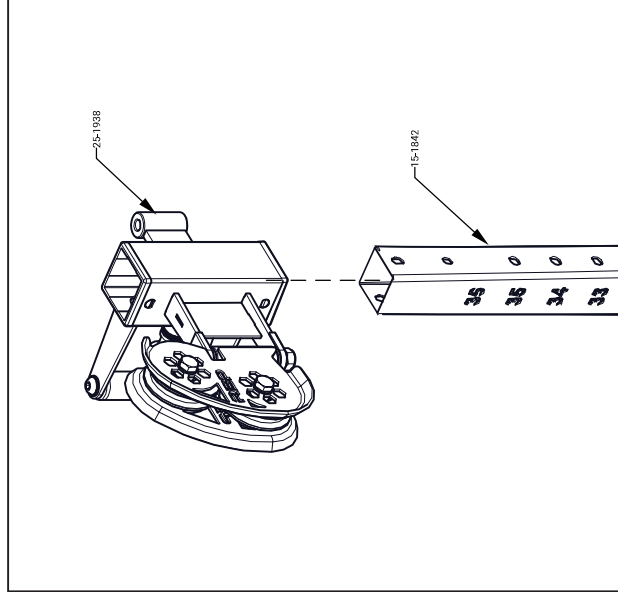
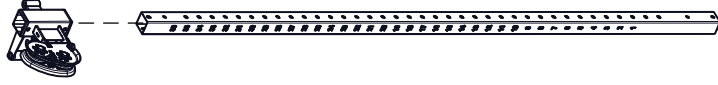
**36**

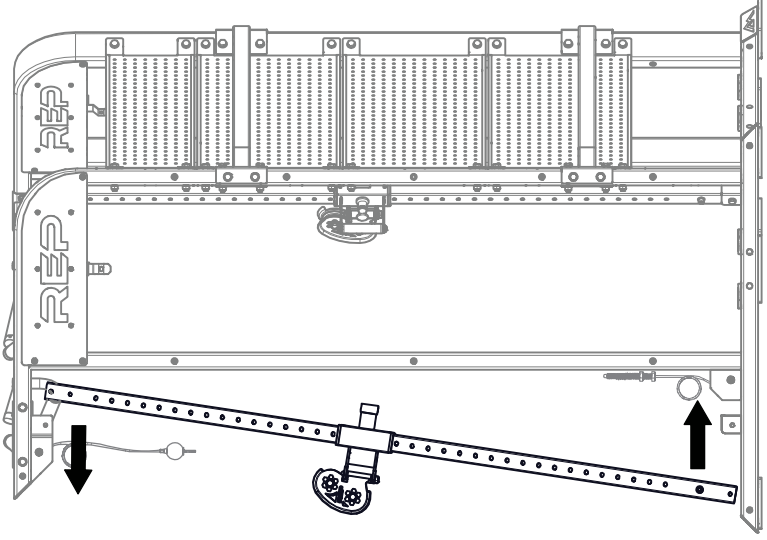
- APPLY WEIGHT STACK STICKERS
- PLACE THE "+2.5 LB" STICKER ON TO THE ADD-ON WEIGHT




**10 LBS** / **4.5 KG**  
 WEIGHT STACK STICKER SETS  
 40-0102 X2

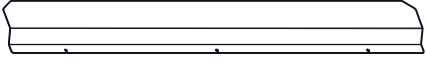



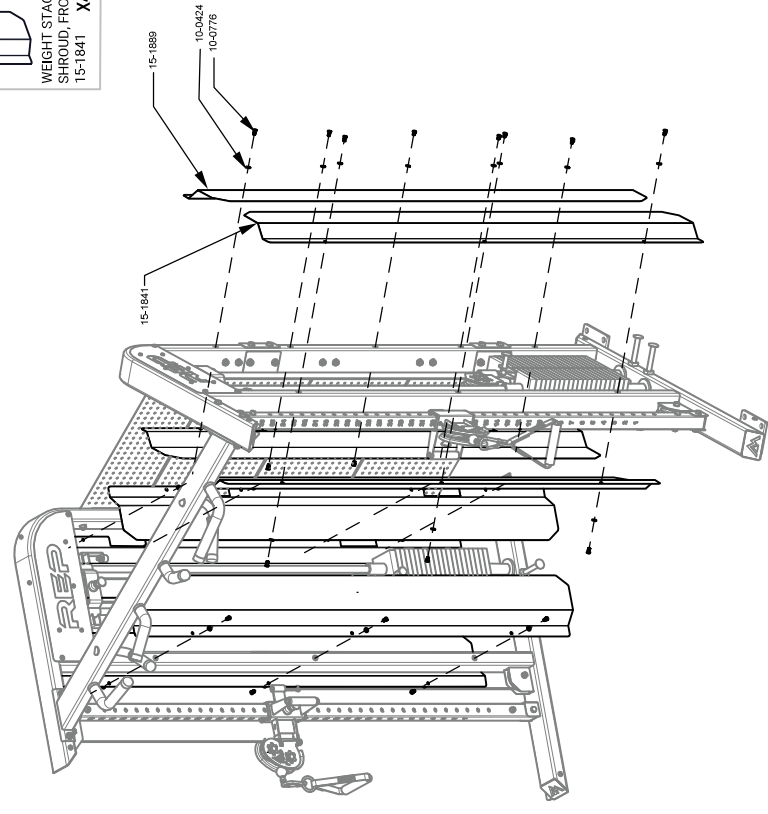
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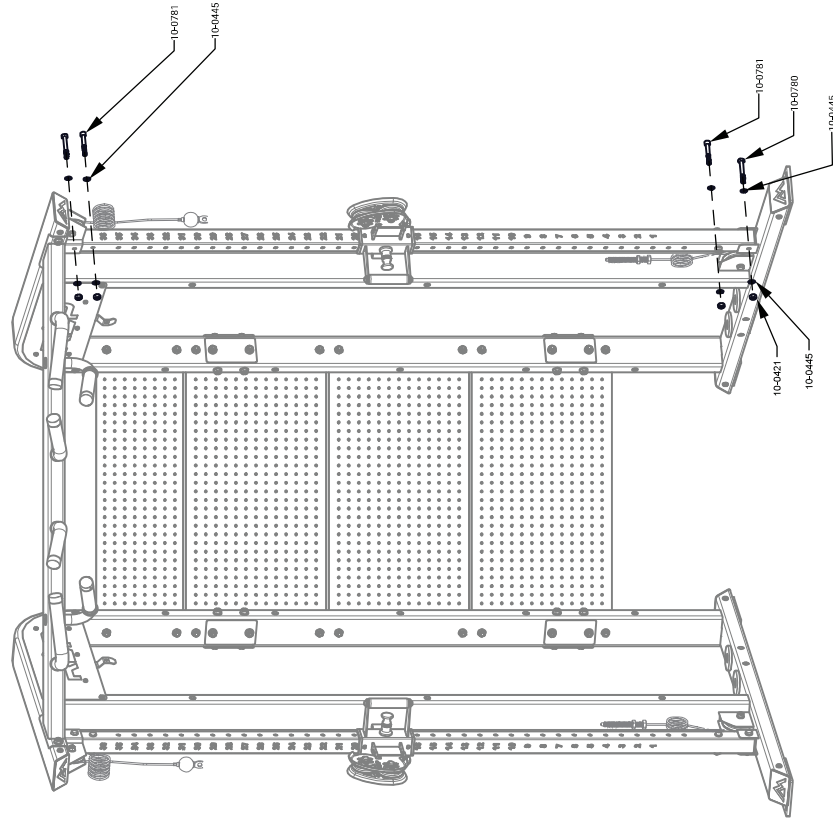
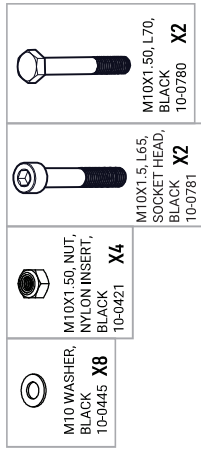
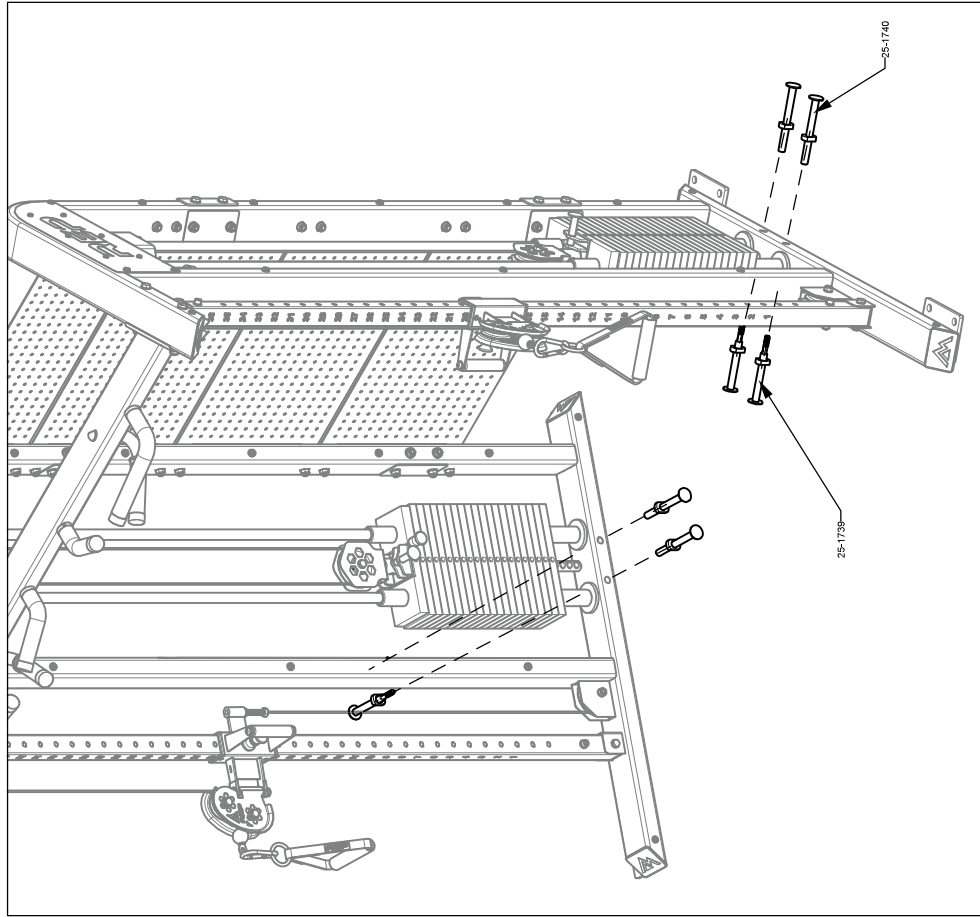




-  MBX1.25, L13,  
LOW PROFILE SOCKET HEAD  
CAP SCREW, BLACK  
10-0695 **X14**
-  M8 WASHER  
BLACK  
10-0424 **X14**
-  5MM  
1X INCLUDED

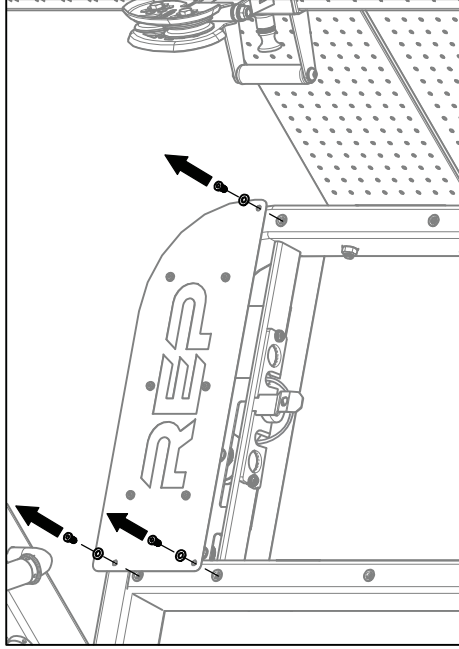
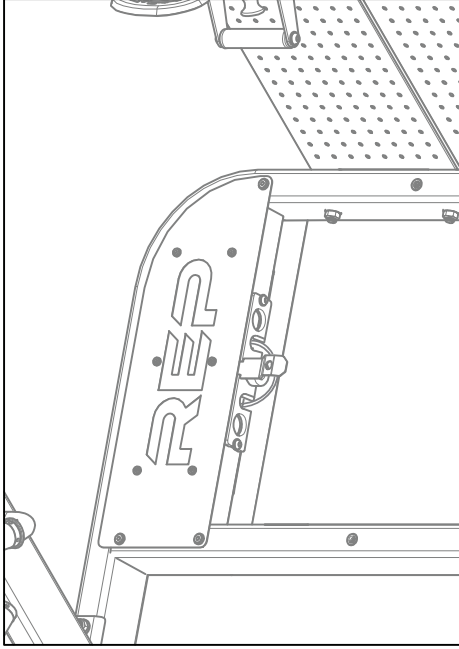
-  WEIGHT STACK  
SHROUD, FRONT  
15-1841 **X4**
-  WEIGHT STACK  
SHROUD, REAR  
15-1889 **X4**







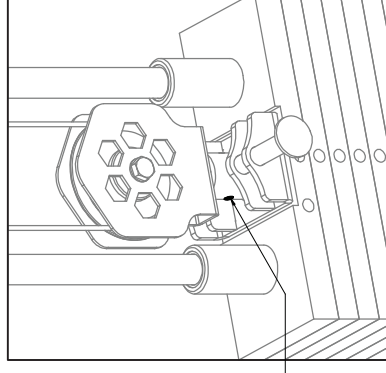
DO NOT DISCARD ANY HARDWARE



## CRITICAL STEPS

1. **BOLTS:** ENSURE ALL BOLTS HAVE BEEN PROPERLY TIGHTENED.
2. **GROOVES:** CONFIRM THE CABLES ARE SEATED WITHIN THE PULLEY GROOVES.
3. **CABLE RUBBING:** PULL CABLES TO CHECK FOR EXCESS RESISTANCE. IF IT SEEMS THE FRICTION IS TOO HIGH, MAKE SURE THE CABLES ARE NOT RUBBING ON ANYTHING. A RUBBING CABLE WILL PEEL THE JACKET AND REQUIRE REPLACEMENT.
4. **GUIDE RODS:** CLEAN THE GUIDE RODS. THEN APPLY SILICONE SPRAY TO THE GUIDE RODS.
5. **TEST:** RUN THE MACHINE THROUGH THE FULL RANGE OF MOTION. ROTATE THE PULLEY BRACKETS ON TOP OF THE WEIGHT STACK SO THE CABLES DO NOT RUB THE FRAMES. ONCE POSITIONED CORRECTLY, TIGHTEN THE SET SCREWS WITH A 4MM ALLEN WRENCH (SEE IMAGE BELOW).

IF YOU HAVE MORE QUESTIONS PLEASE CONTACT OUR CUSTOMER SUPPORT TEAM AT [INFO@REPFITNESS.COM](mailto:INFO@REPFITNESS.COM) OR 720-420-1731.

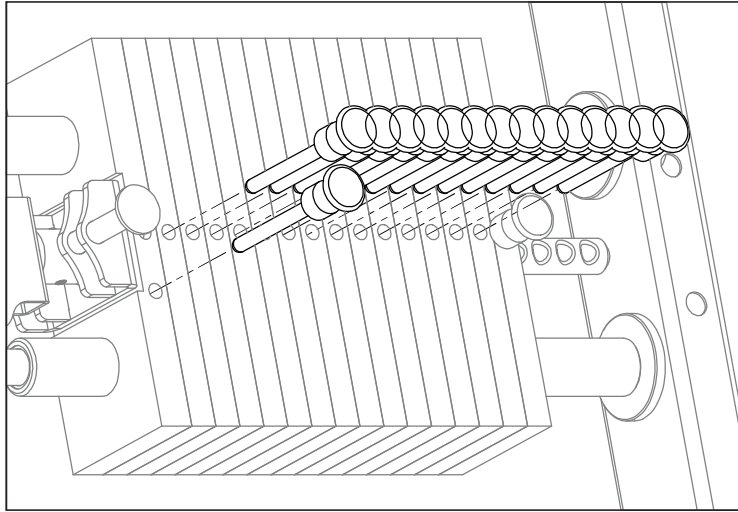


TIGHTEN SET SCREW



**33**

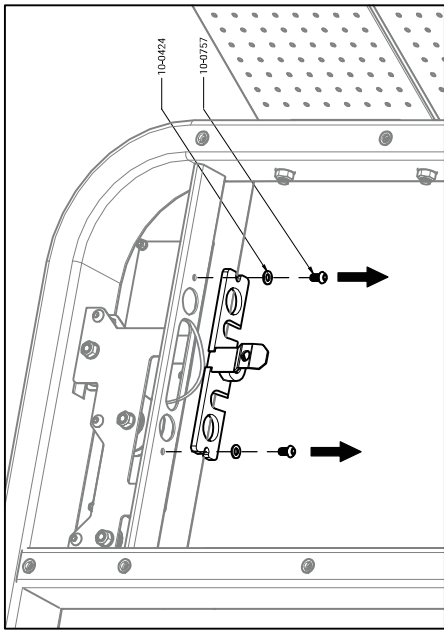
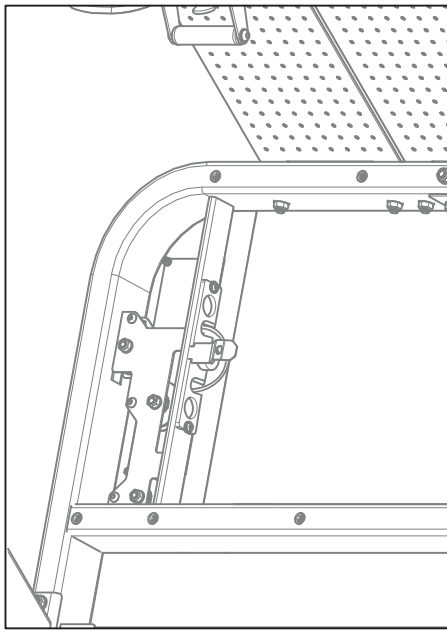
INSERT WEIGHT SELECTOR PIN INTO ALL POSITIONS TO ENSURE CORRECT ALIGNMENT

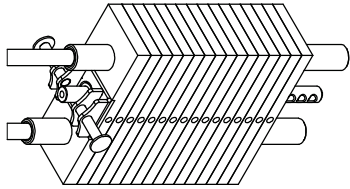


**12**

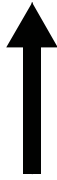
INSIDE LEFT SIDE

EMM  
1X INCLUDED

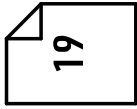




110 LB

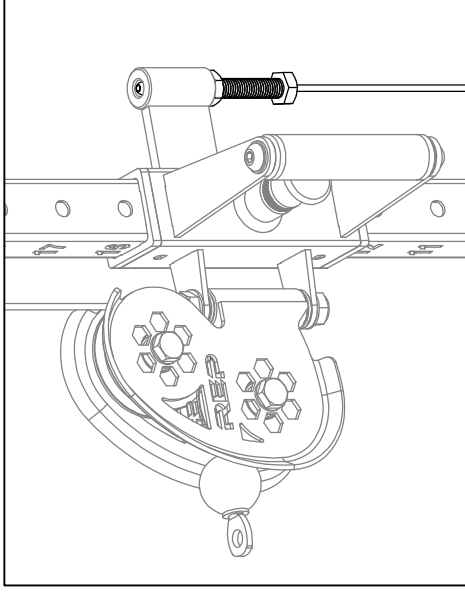


13A

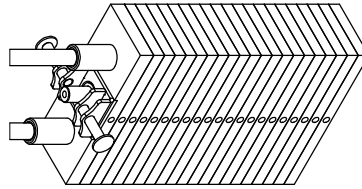


32

ADJUST HEADPLATE FLOAT BY LOOSENING OR TIGHTENING ADJUSTER BOLT



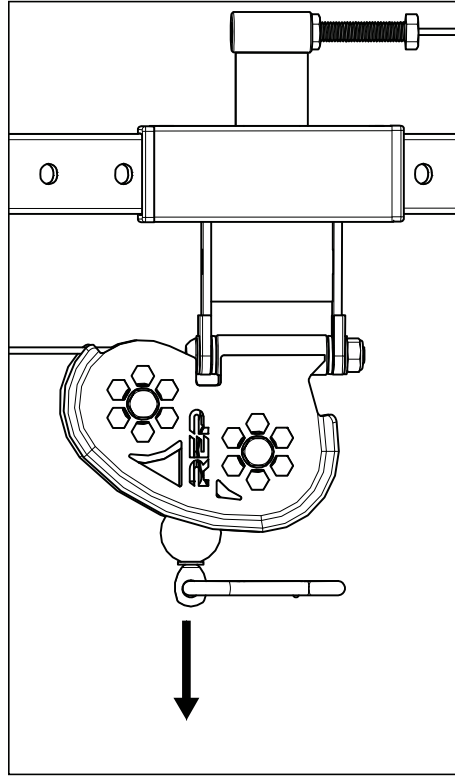
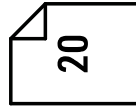
IDEAL TENSION WOULD ALLOW FOR NO HEAD-PLATE FLOAT, AND CABLE TERMINATOR SITS HORIZONTAL WITH CARABINER ATTACHED



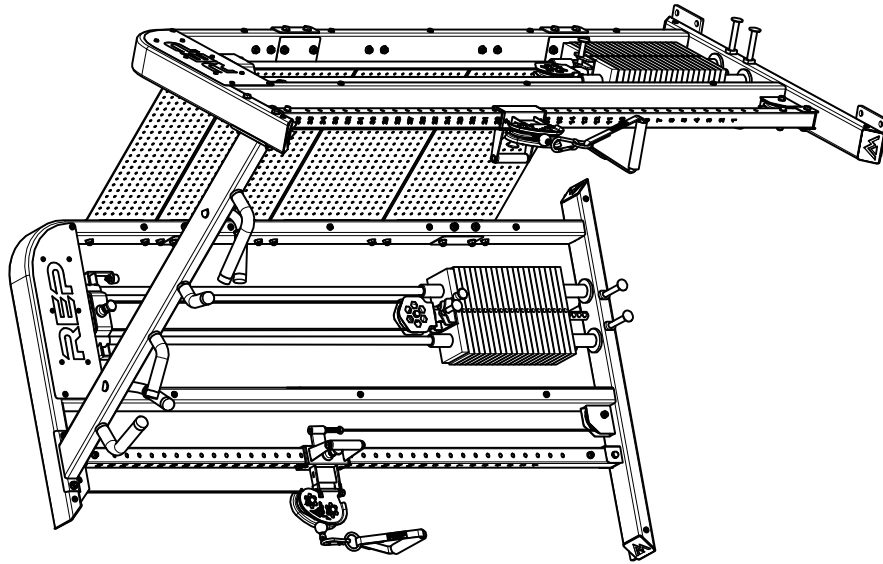
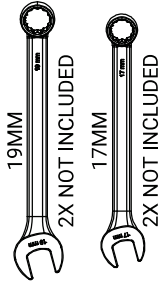
135 LB



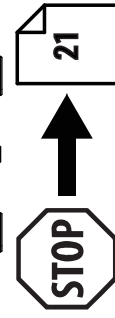
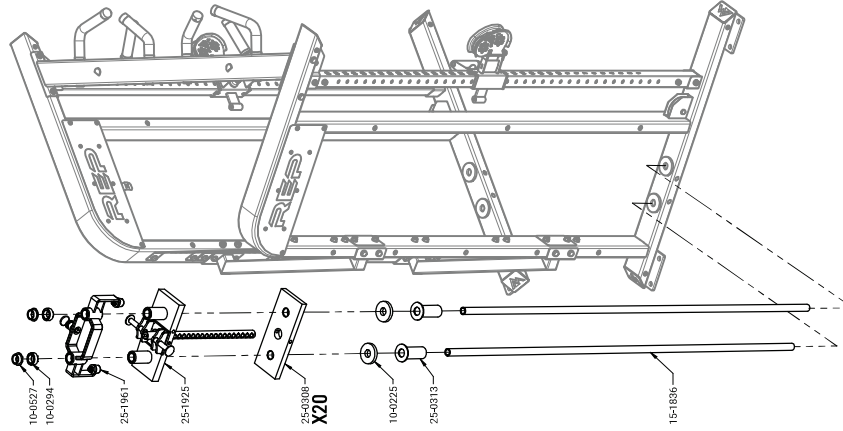
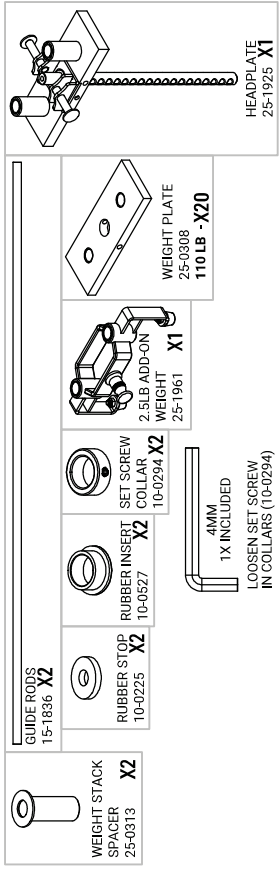
13B



TIGHTEN FRAME CONNECTIONS



**13A**  
**110 LB LEFT SIDE**



# 13B

## 135 LB LEFT SIDE CONFIGURATION



25-0313 IS NOT USED IN 135 LB CONFIGURATION

GUIDE RODS 15-1836 X2

RUBBER STOP 10-0225 X2

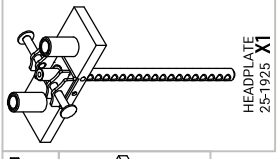
RUBBER INSERT 10-0527 X2

SET SCREW COLLAR 10-0294 X2

2.5LB ADD-ON WEIGHT 25-1961 X1

WEIGHT PLATE 25-0308 135 LB - X25

4MM 1X INCLUDED  
LOOSEN SET SCREW IN COLLARS (10-0294)



25-1962

15-1836

10-0527

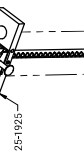
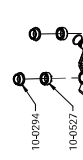
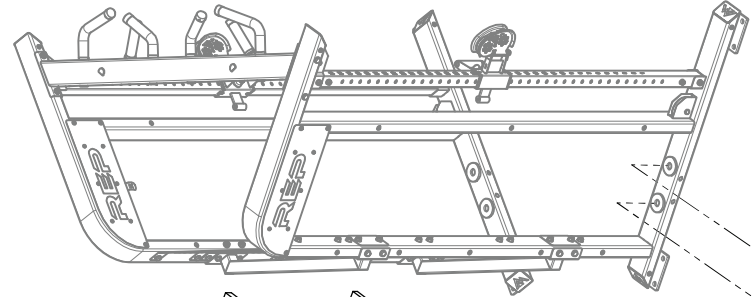
10-0294

25-1961

25-1925

25-0308 X25

10-0225



# 30

## RIGHT CABLE

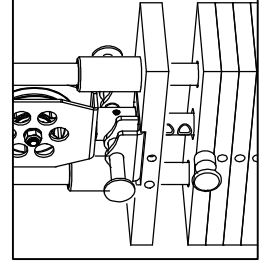
M10 WASHER, BLACK 10-0445 X2

M10X1.50 NUT, NYLON INSERT, BLACK 10-0421 X1

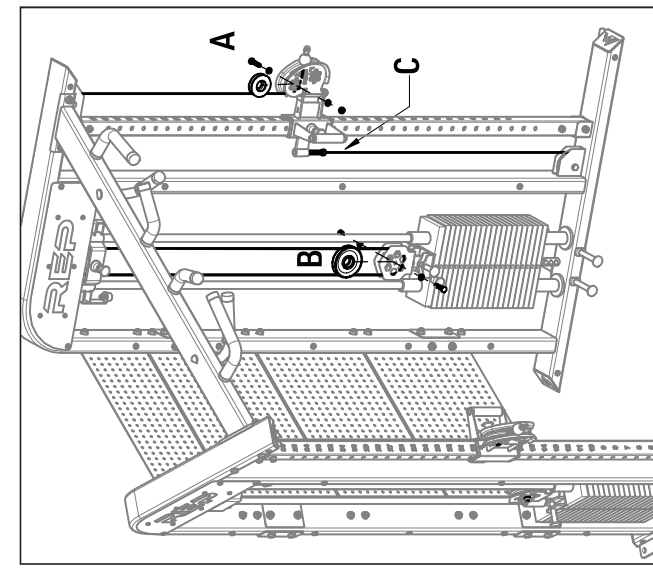
M10X1.50, L45, BLACK 10-0475 X1

HEADPLATE PULLEY 25-1511 X1

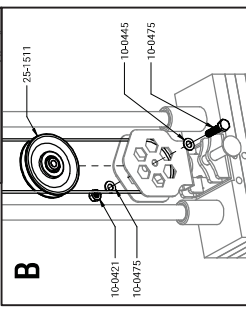
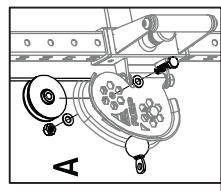
17MM 2X NOT INCLUDED







TIP: LIFT THE HEADPLATE AND INSERT THE WEIGHT SELECTOR PIN IN THE SECOND PLATE, LEAVING AT LEAST TWO PLATES WORTH OF GAP BETWEEN THE HEADPLATE AND SECOND PLATE AS SHOWN. DOING SO WILL MAKE CABLE INSTALLATION EASIER.

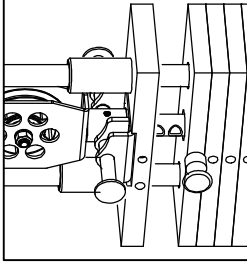


- CUT PLASTIC ZIP-TIES RETAINING CABLES TO FRAME
- ROUTE CABLE STARTING AT POINT A



LEFT CABLE

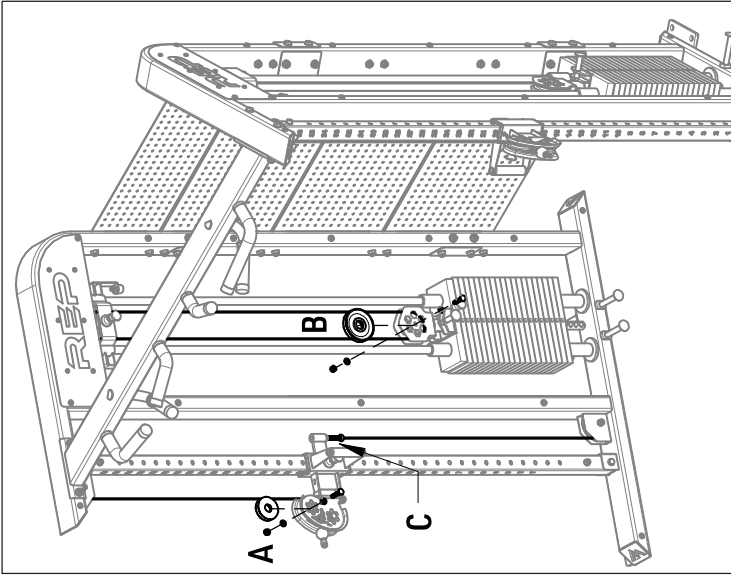
	M10 WASHER, BLACK 10-0445	X2
	M10X1.50 NUT, BLACK 10-0421	X1
	M10X1.50 L45, BLACK 10-0475	X1
	HEADPLATE PULLEY 25-1511	X1



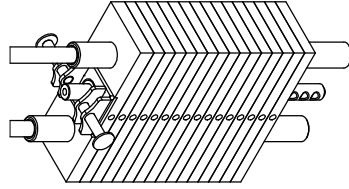
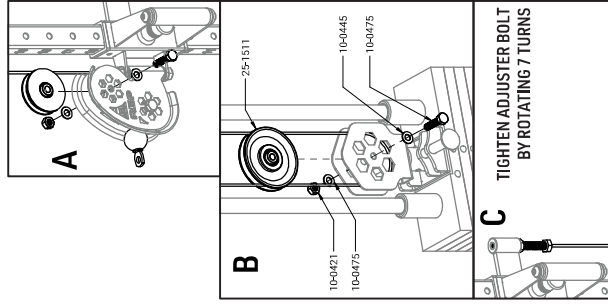
**TIP:** LIFT THE HEADPLATE AND INSERT THE WEIGHT SELECTOR PIN IN THE SECOND PLATE, LEAVING AT LEAST TWO PLATES WORTH OF GAP BETWEEN THE HEADPLATE AND SECOND PLATE AS SHOWN. DOING SO WILL MAKE CABLE INSTALLATION EASIER.



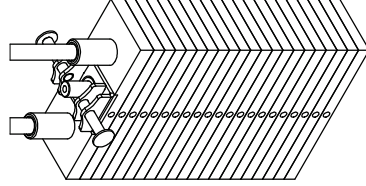
17MM  
2X NOT INCLUDED



- CUT PLASTIC ZIP-TIES RETAINING CABLES TO FRAME
- ROUTE CABLE STARTING AT POINT A



110 LB



135 LB

14

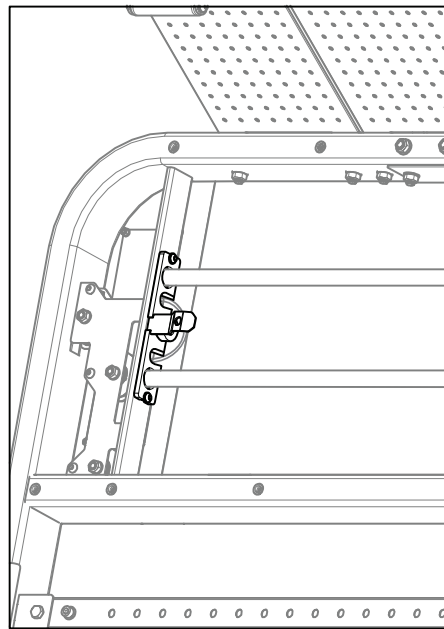
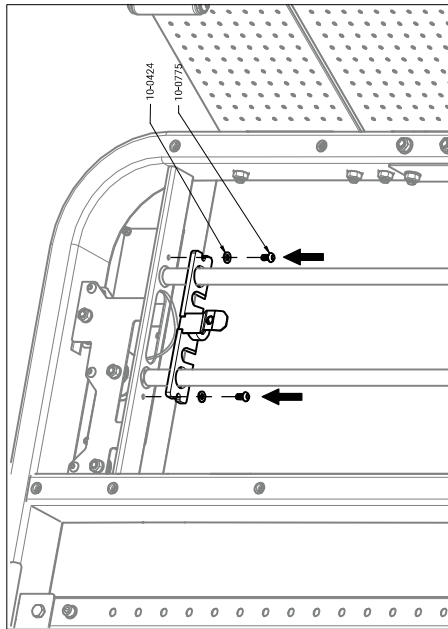
LEFT  
SIDE



M6 WASHER  
10-0424 X2



M8X1.25 BUTTON  
HEAD HEX DRIVE  
10-0775 X2



28

RIGHT  
SIDE



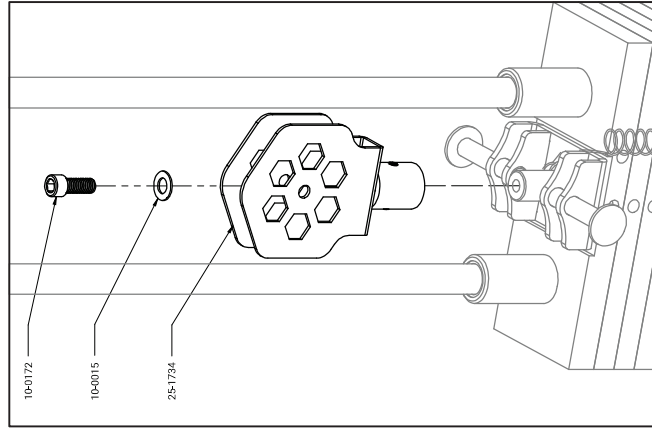
M12X1.75 L30  
SOCKET HEAD CAP SCREW,  
SILVER  
10-0172 X1



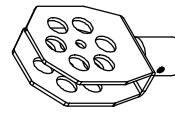
M12 WASHER,  
SILVER  
10-0015 X1



HEADPLATE PULLEY  
BRACKET  
25-1734 X1

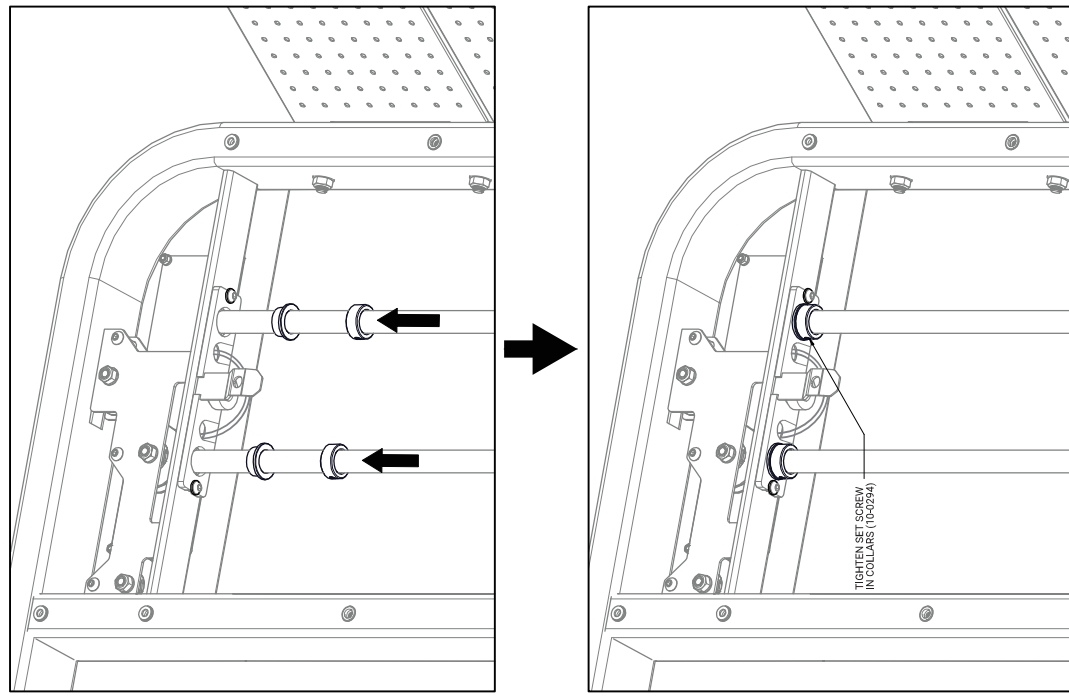


TIGHTEN SET SCREW AFTER HEADPLATE PULLEY  
BRACKET IS INSTALLED

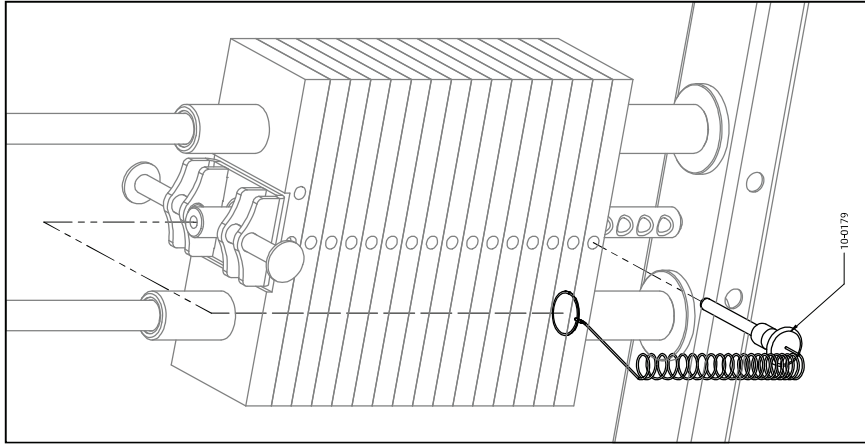
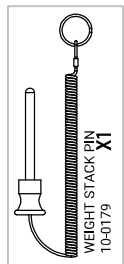


LOOSEN SET SCREWS  
IN PULLEY BRACKETS  
4MM  
1X INCLUDED

4MM  
1X INCLUDED



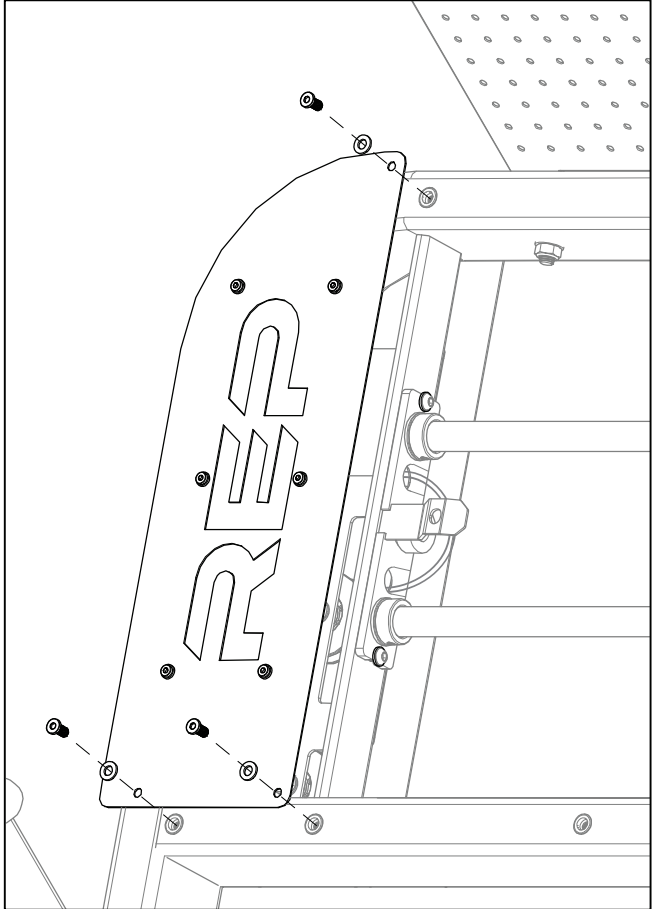
**15**  
**LEFT SIDE**



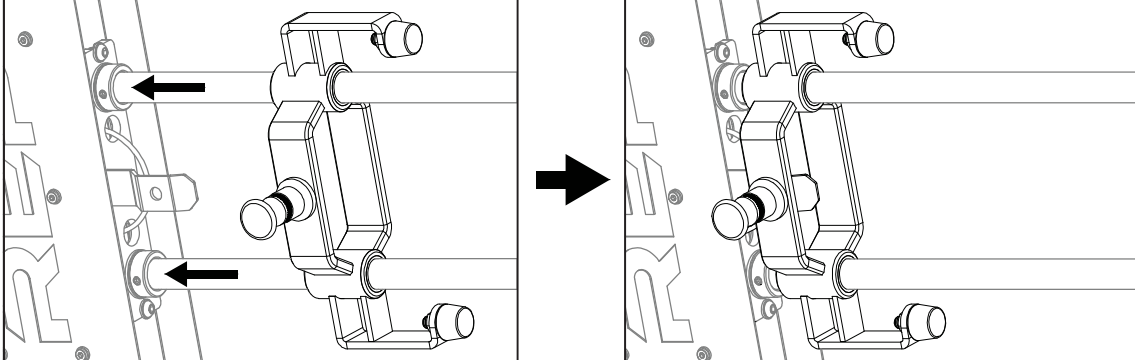
**27**  
**RIGHT SIDE**



**16**  
**LEFT**  
**SIDE**

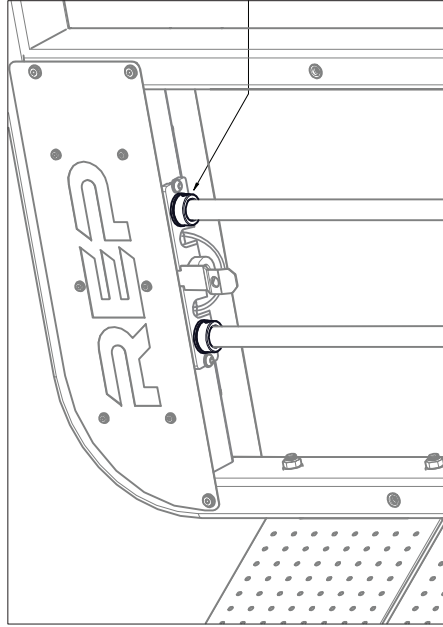
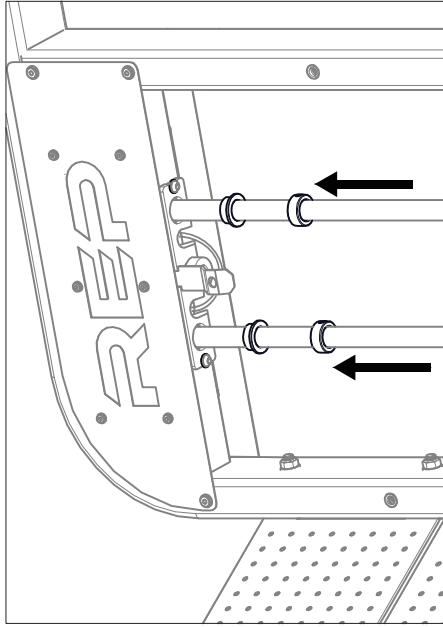


**26**  
**RIGHT**  
**SIDE**

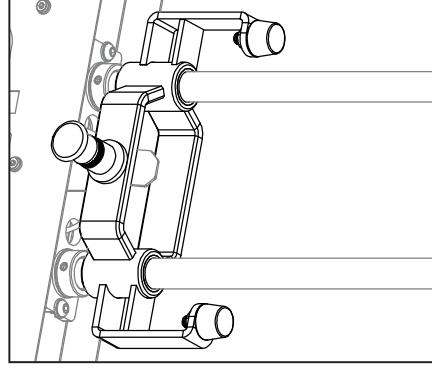
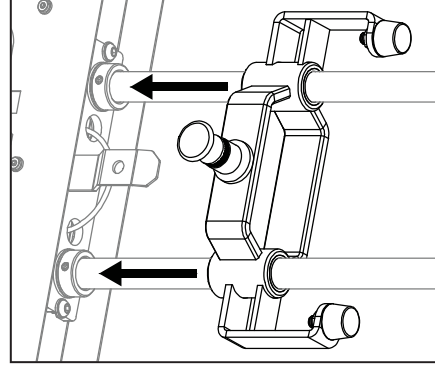




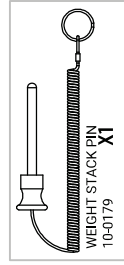
**25**  
RIGHT  
SIDE



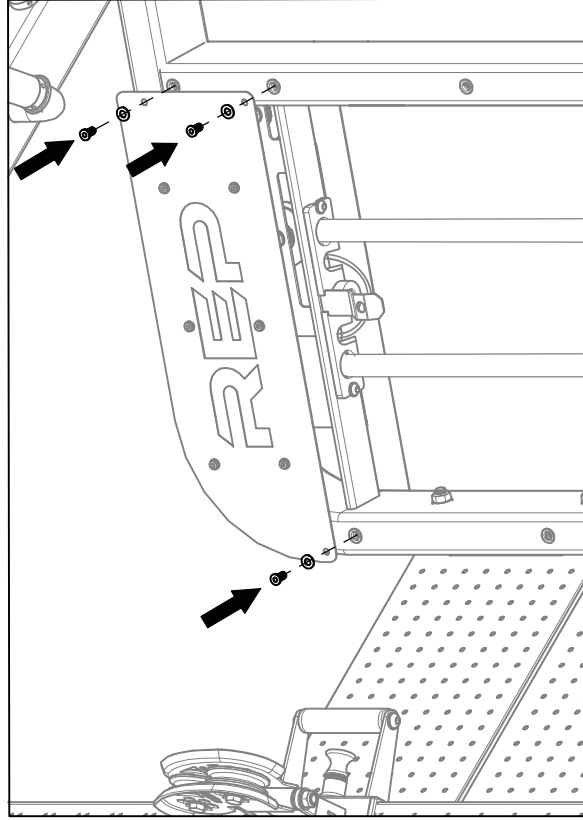
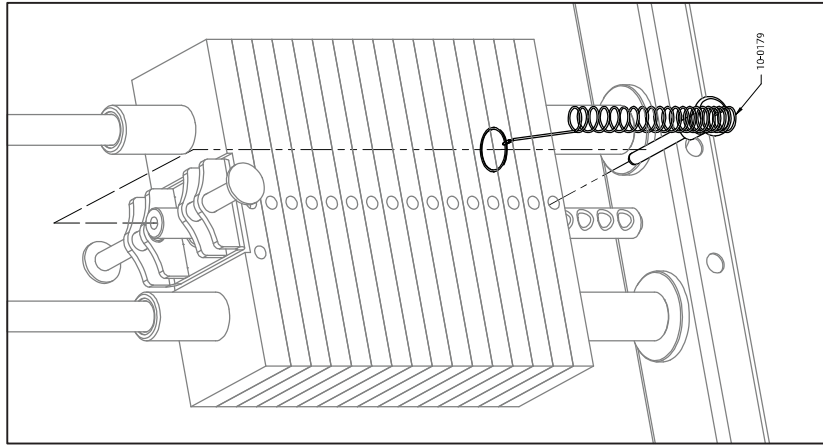
**17**  
LEFT  
SIDE



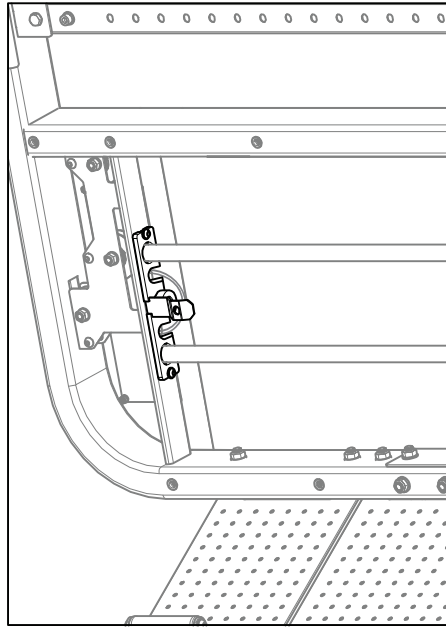
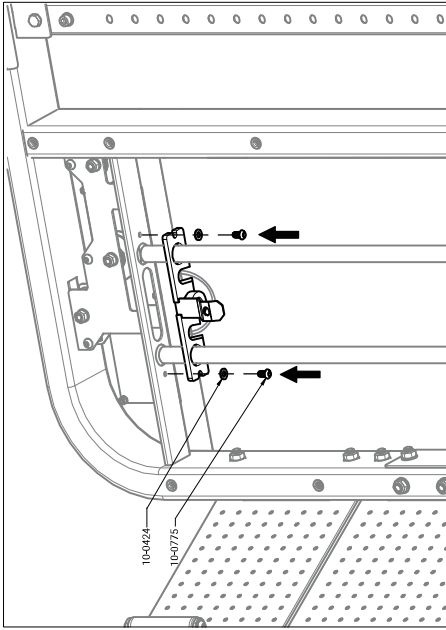
**18**  
LEFT  
SIDE



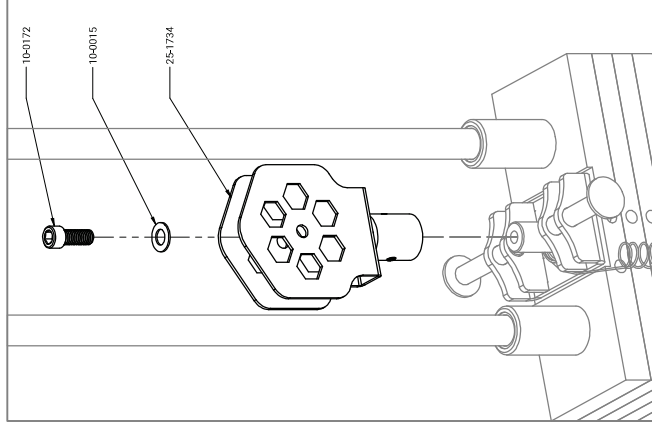
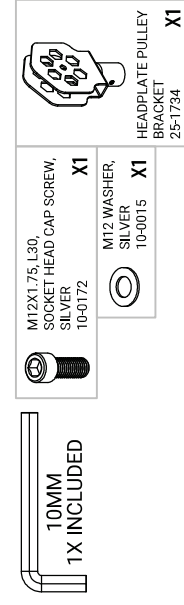
**24**  
RIGHT  
SIDE



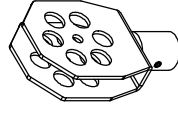
**23**  
RIGHT  
SIDE



**19**  
LEFT  
SIDE

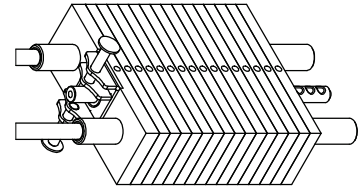
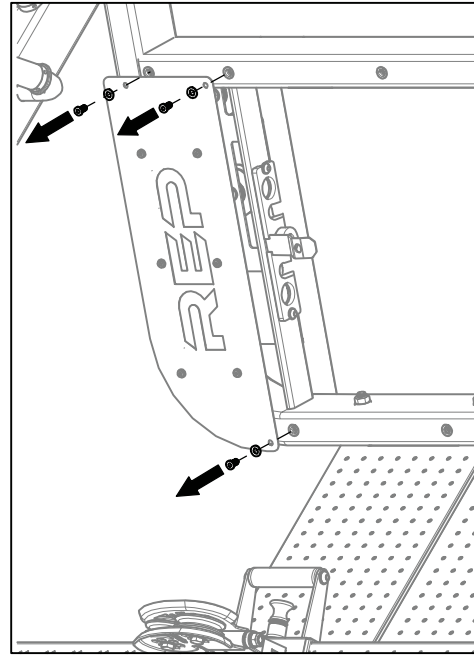
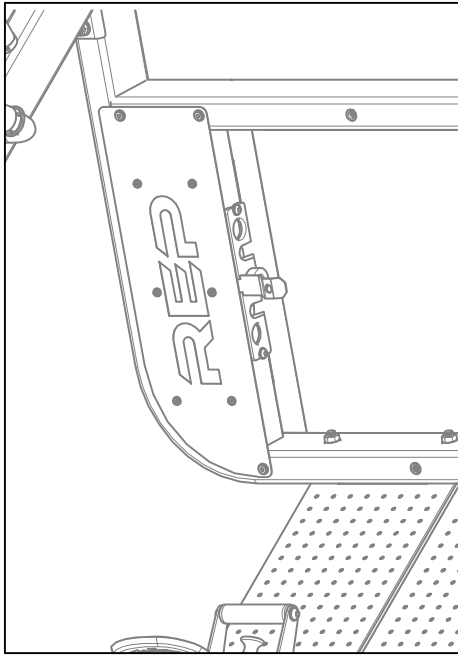


TIGHTEN SET SCREW AFTER HEADPLATE PULLEY BRACKET IS INSTALLED

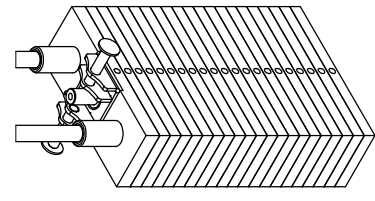


LOOSEN SET SCREWS IN PULLEY BRACKETS  
4MM 1X INCLUDED

DO NOT DISCARD ANY HARDWARE




110 LB

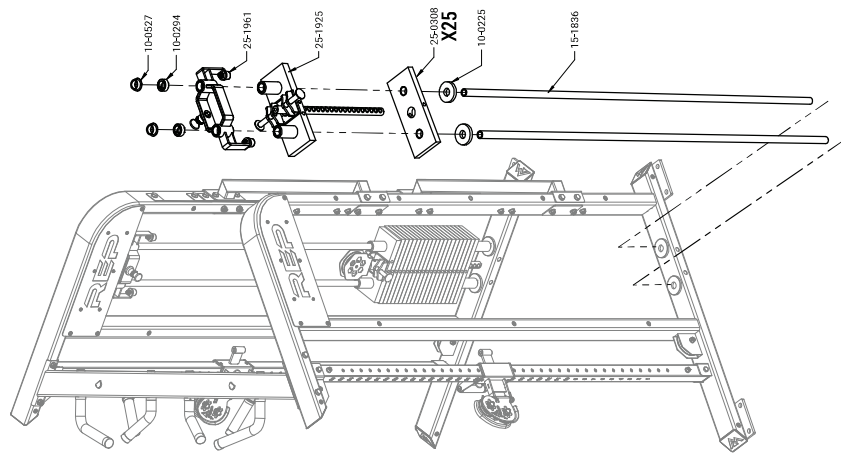


135 LB

**22B**  
**135 LB RIGHT SIDE**

-  **WEIGHT STACK X2**  
25-0313  
**25-0313 IS NOT USED IN 135 LB CONFIGURATION**
- GUIDE RODS X2**  
15-1836
- RUBBER STOP X2**  
10-0225
- RUBBER INSERT X2**  
10-0527
- SET SCREW COLLAR X2**  
10-0294
- 2.5LB ADD-ON WEIGHT X1**  
25-1961
- WEIGHT PLATE X25**  
25-0308  
135 LB
- HEADPLATE X1**  
25-1925

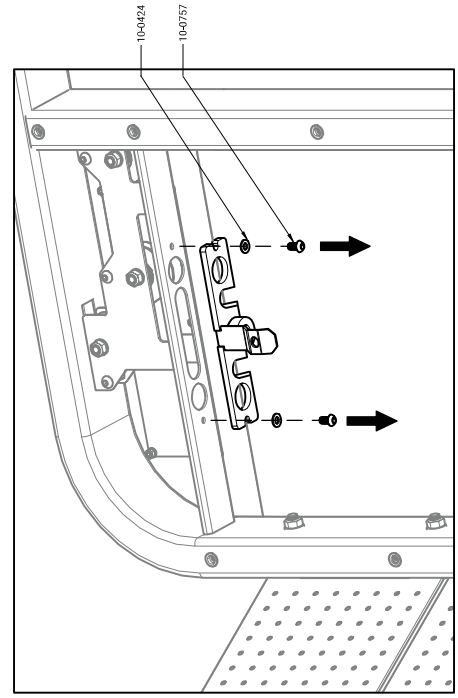
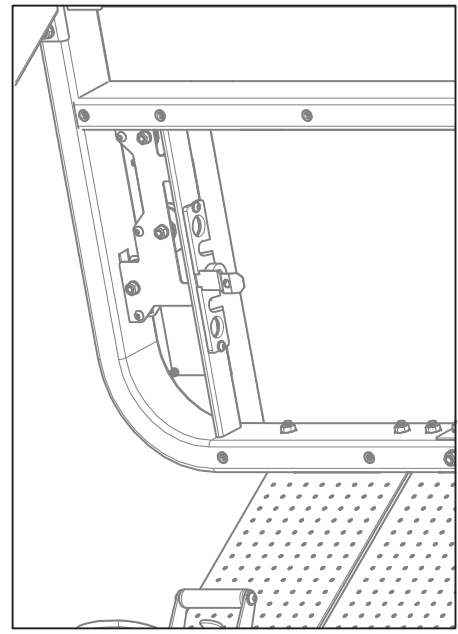
4MM  
1X INCLUDED  
 LOOSEN SET SCREW  
 IN COLLARS (10-0294)

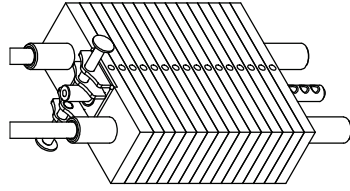


**21**  
**RIGHT SIDE**

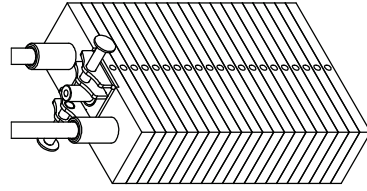
**DO NOT DISCARD ANY HARDWARE  
 THE BOLT PLATE WILL REST ON THE CABLE**

5MM  
1X INCLUDED

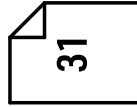




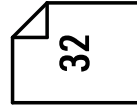
110 LB



135 LB



22A



22B



22A

110 LB  
RIGHT  
SIDE

GUIDE RODS  
15-1836 X2

WEIGHT STACK  
SPACER  
25-0313 X2

RUBBER STOP  
10-0225 X2

RUBBER INSERT  
10-0527 X2

SET SCREW  
COLLAR  
10-0294 X2

2.5LB ADD-ON  
WEIGHT  
25-1961 X1

4MM  
1X INCLUDED  
LOOSEN SET SCREW  
IN COLLARS (10-0294)

WEIGHT PLATE  
25-0308  
110 LB -X20

HEADPLATE  
25-1925 X1

