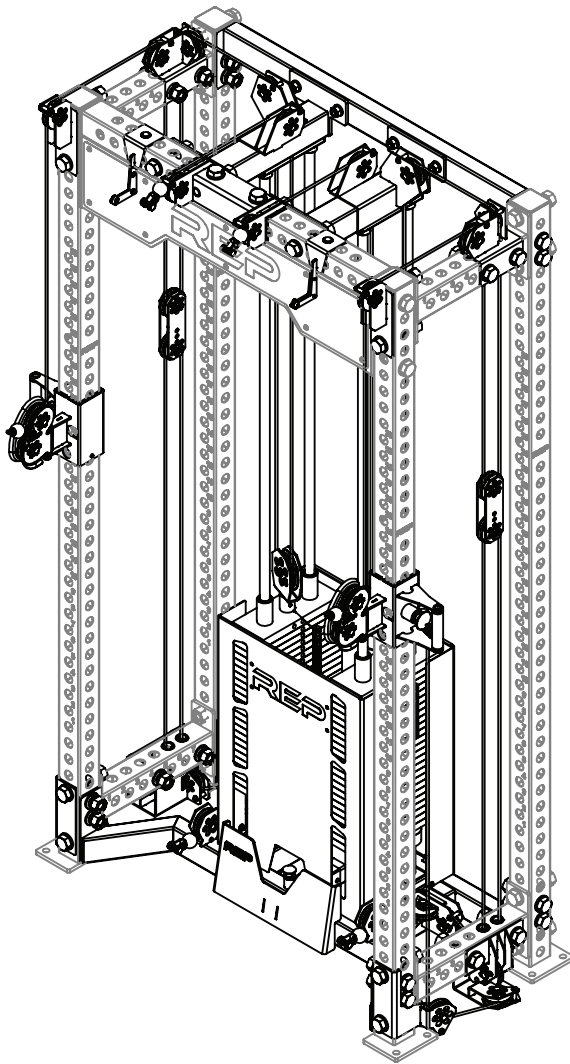


REP ARES®

ASSEMBLY INSTRUCTIONS

4-POST



4MM
1X INCLUDED

8MM
1X INCLUDED

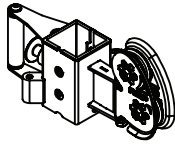
10MM
1X INCLUDED



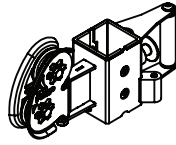
STILL NEED HELP WITH ASSEMBLY?
VISIT OUR ASSEMBLY LIBRARY HERE:
HELP.REPFITNESS.COM



PARTS LIST



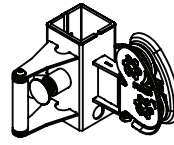
25-0990 X1
PR-4000
LEFT TROLLEY
STEP 3A



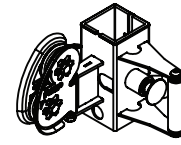
25-0989 X1
PR-4000
RIGHT TROLLEY
STEP 3A



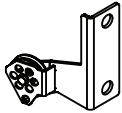
X2
CLEVIS PIN
PR-4000 - 10-0252
PR-5000 - 10-0253
STEP 3



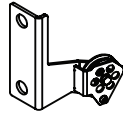
25-0306 X1
PR-5000
LEFT TROLLEY
STEP 3B



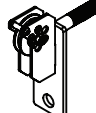
25-0304 X1
PR-5000
RIGHT TROLLEY
STEP 3B



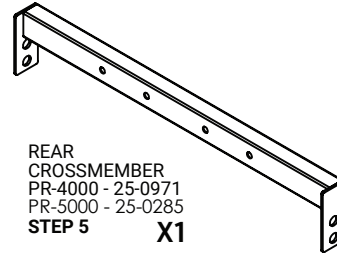
BOTTOM FRONT
LEFT PULLEY BRACKET
PR-4000 - 25-1132
PR-5000 - 25-1333
STEP 4 X1



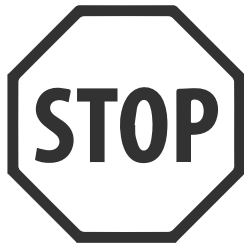
BOTTOM FRONT
RIGHT PULLEY BRACKET
PR-4000 - 25-1130
PR-5000 - 25-1134
STEP 4 X1



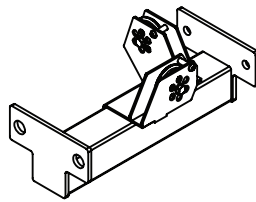
TOP FRONT
PULLEY BRACKET
PR-4000 - 25-0275
PR-5000 - 25-0970
STEP 4 X2



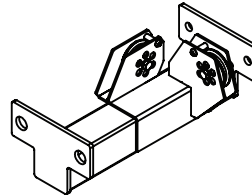
REAR
CROSSMEMBER
PR-4000 - 25-0971
PR-5000 - 25-0285
STEP 5 X1



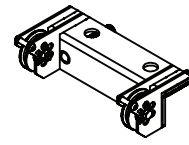
If you are missing
any parts, or
otherwise have
any warranty issues,
please file a
warranty claim
on our website:



UPPER, MIDDLE,
BRACE, LEFT
PR-4000 - 25-0984
PR-5000 - 25-0300
STEP 6 X1



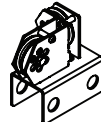
UPPER, MIDDLE,
BRACE, RIGHT
PR-4000 - 25-0983
PR-5000 - 25-0296
STEP 6 X1



PULL-DOWN BAR
BRACKET
PR-4000 - 25-0968
PR-5000 - 25-0280
STEP 7 X1



TOP REAR LEFT
PULLEY BRACKET
PR-4000 - 25-0979
PR-5000 - 25-0298
STEP 8 X1



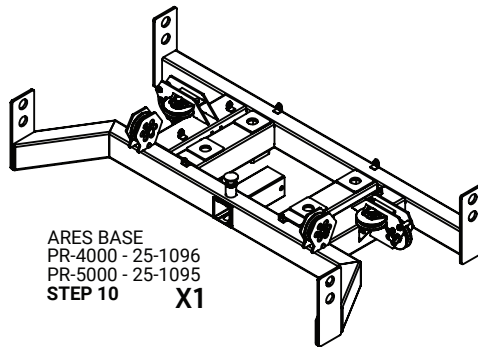
TOP REAR RIGHT
PULLEY BRACKET
PR-4000 - 25-0977
PR-5000 - 25-0294
STEP 8 X1



BAR HANGER, LEFT
PR-4000 - 25-0316
PR-5000 - 25-0281
STEP 9 X1



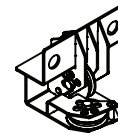
BAR HANGER, RIGHT
PR-4000 - 25-0964
PR-5000 - 25-0290
STEP 9 X1



ARES BASE
PR-4000 - 25-1096
PR-5000 - 25-1095
STEP 10 X1



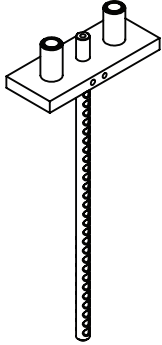
BOTTOM REAR
LEFT PULLEY BRACKET
PR-4000 - 25-0975
PR-5000 - 25-0288
STEP 11 X1



BOTTOM REAR
RIGHT PULLEY BRACKET
PR-4000 - 25-0973
PR-5000 - 25-0287
STEP 11 X1

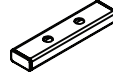
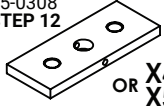
PARTS LIST

GUIDE ROD
80" - 15-0968
93" - 15-0383
STEP 12 **X4**



HEADPLATE
25-0963 **X2**
STEP 12

WEIGHTPLATE
25-0308
STEP 12
X48
OR
X58



GUIDE ROD RETAINER
25-0793 **X2**
STEP 13



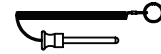
RUBBER GASKET,
CROSSMEMBER
10-0328 **X8**
STEP 15



RUBBER SPACER
10-0325 **X8**
STEP 12



SET SCREW COLLAR
10-0294 **X4**
STEP 13



SELECTOR PIN
10-0179 **X2**
STEP 16



WEIGHT STACK
SPACER
25-0313 **X4**
STEP 12A



RUBBER GASKET,
GUIDE ROD
10-0527 **X4**
STEP 13



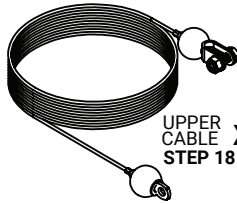
HEADPLATE
BRACKET
25-1052 **X2**
STEP 17



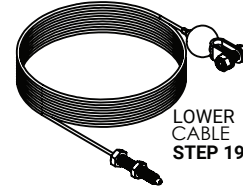
HEADPLATE
PULLEY
10-0017 **X2**
STEP 18



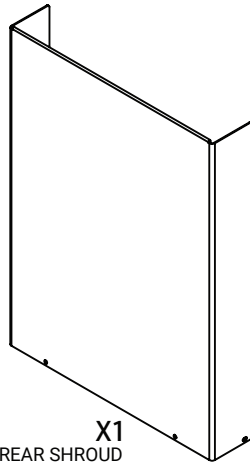
FLOATING
PULLEY
25-0273 **X2**
STEP 18



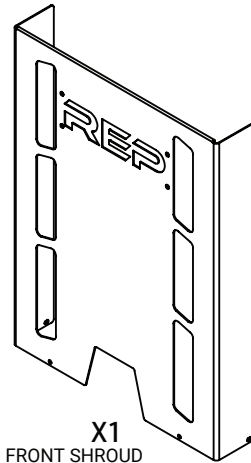
UPPER
CABLE **X2**
STEP 18



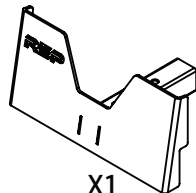
LOWER
CABLE **X2**
STEP 19



X1
REAR SHROUD
15-0979
STEP 23



X1
FRONT SHROUD
25-0888
STEP 23



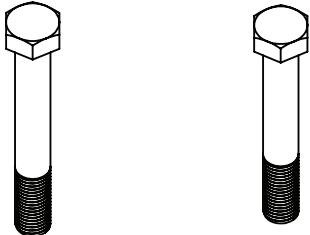
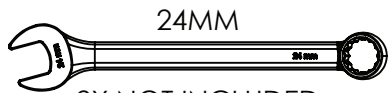
X1
FOOTPLATE
25-0814
STEP 24

10 lbs / **4.5** kg

STICKER SET
40-0072 **X2**
STEP 25

PARTS LIST

4000 SERIES



10-0022 **X4**
M16X2.00, L120
STEP 4

10-0057 **X24**
M16X2.00, L110
STEPS 4, 5, 6, 7,
8, 9, 10, & 11

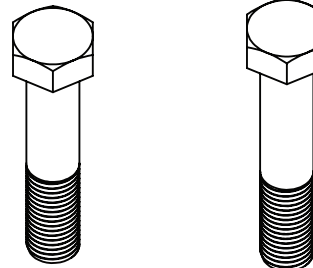


10-0023 **X52**
M16, WASHER
STEPS 4, 5, 6, 7,
8, 9, 10, & 11



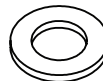
10-0024 **X28**
M16X2.00, NUT,
NYLON INSERT
STEPS 4, 5, 6, 7,
8, 9, 10, & 11

5000 SERIES



10-0030 **X24**
M24X3.00, L120
STEPS 4, 5, 6, 7,
8, 9, 10, & 11

10-0025 **X4**
M24X3.00, L130
STEP 4



10-0026 **X52**
M24, WASHER
STEPS 4, 5, 6, 7,
8, 9, 10, & 11



10-0310 **X28**
M24, WASHER,
SPLIT-LOCK
STEPS 4, 5, 6, 7,
8, 9, 10, & 11



10-0315 **X28**
M24X3.00, NUT
STEPS 4, 5, 6, 7,
8, 9, 10, & 11

BOTH



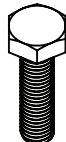
10-0161 **X8**
M6X1.00, L12
STEP 22



10-0172 **X2**
M12X1.75, L30
SOCKET HEAD CAP
STEP 16



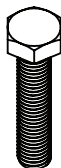
10-0015 **X2**
M12, WASHER
STEP 16



10-0156 **X4**
M10X1.50, L40,
SILVER
STEP 13



10-0078 **X4**
M10, WASHER,
SILVER
STEP 13



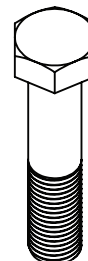
10-0476 **X2**
M10X1.50, L50,
BLACK
STEP 17



10-0445 **X4**
M10, WASHER,
BLACK
STEP 17



10-0421 **X2**
M10X1.50, NUT,
NYLON INSERT,
BLACK
STEP 17



10-0146 **X4**
M16X2.00, L80
STEP 6



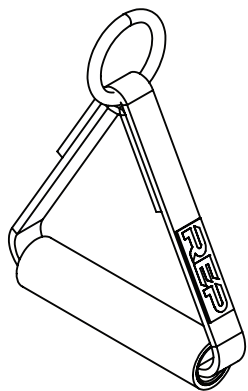
10-0023 **X8**
M16, WASHER
STEP 6



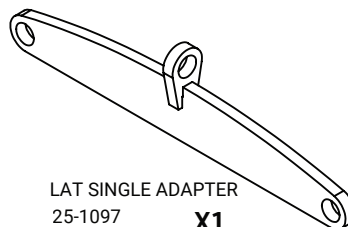
10-0024 **X4**
M16X2.00, NUT,
NYLON INSERT
STEP 6

PARTS LIST

NOT NEEDED FOR ASSEMBLY



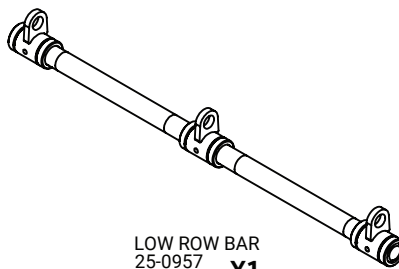
D-HANDLE
FTA-5090 **X2**



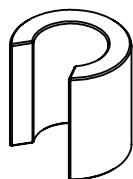
LAT SINGLE ADAPTER
25-1097 **X1**



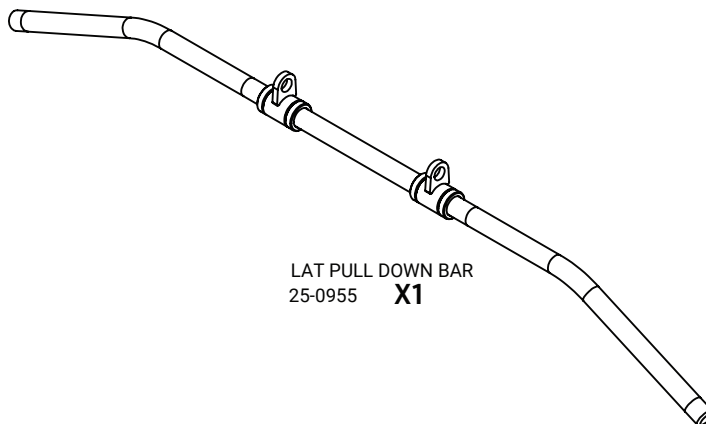
CARABINER
10-0130 **X9**



LOW ROW BAR
25-0957 **X1**



2.5LB ADDON WEIGHT
15-0945 **X4**



LAT PULL DOWN BAR
25-0955 **X1**

SAFETY

TWO PEOPLE ARE 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.

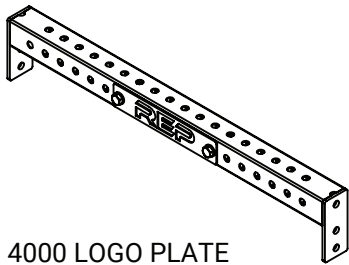
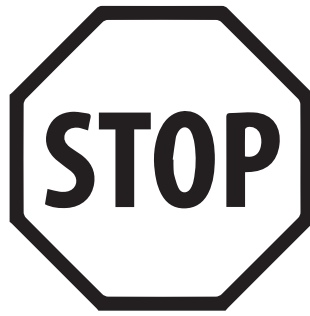
KEEP HANDS AWAY FROM CABLE AND PULLEYS DURING OPERATION.

KEEP CLOTHING, LONG HAIR, FINGERS, AND OTHER BODY PARTS AWAY FROM MOVING PARTS.

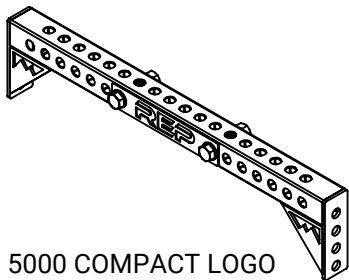
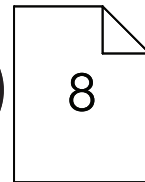
FRAYED OR WORN CABLES ARE DANGEROUS AND CAN RESULT IN INJURY. MAKE SURE CABLES ARE ROUTED PROPERLY AND IN GOOD CONDITION BEFORE EVERY USE.

SUPPLIED PINS MUST BE INSERTED INTO TROLLEYS DURING USE.

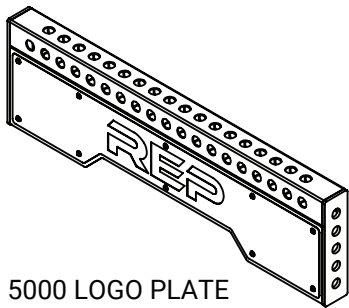
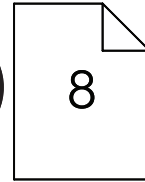
ONLY USE WITH FRONT FOOT EXTENSIONS OR AFTER BOLTING THE RACK DOWN.



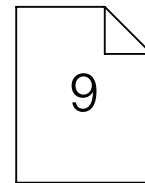
4000 LOGO PLATE
CROSSMEMBER
PR-4000-COMPACT



5000 COMPACT LOGO
PLATE CROSSMEMBER
PR-5002-LPC-COMPACT



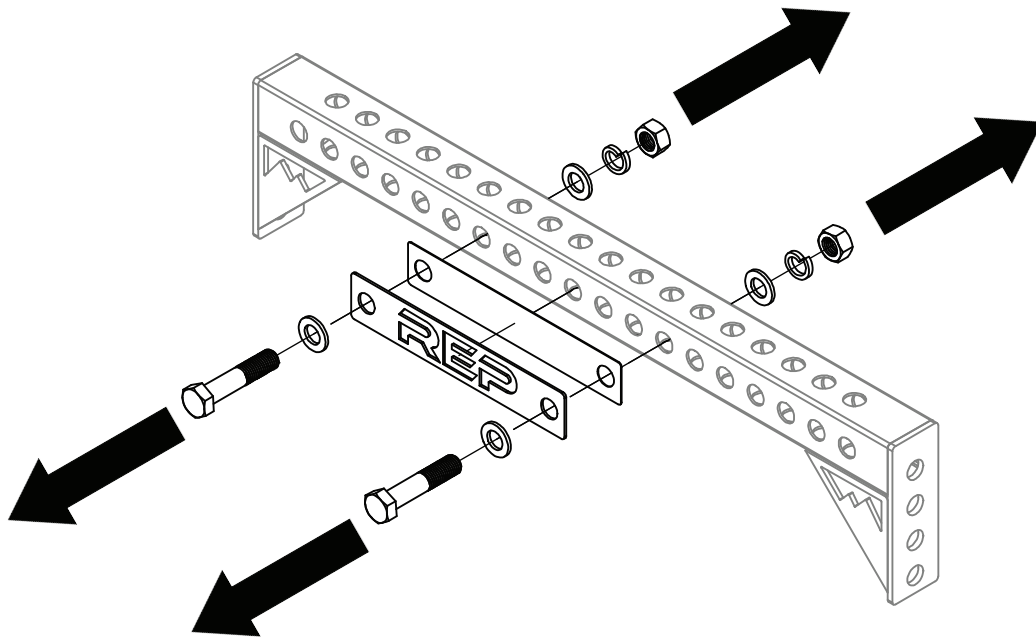
5000 LOGO PLATE
CROSSMEMBER
PR-5000-LPC



R1



REMOVE: LPC LOGO PLATE FOR
PR-4000-LPC AND
PR-5002-LPC-COMPACT

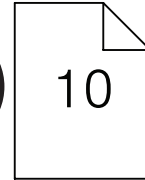




PR-4000



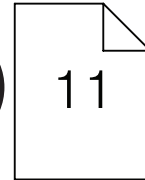
1A



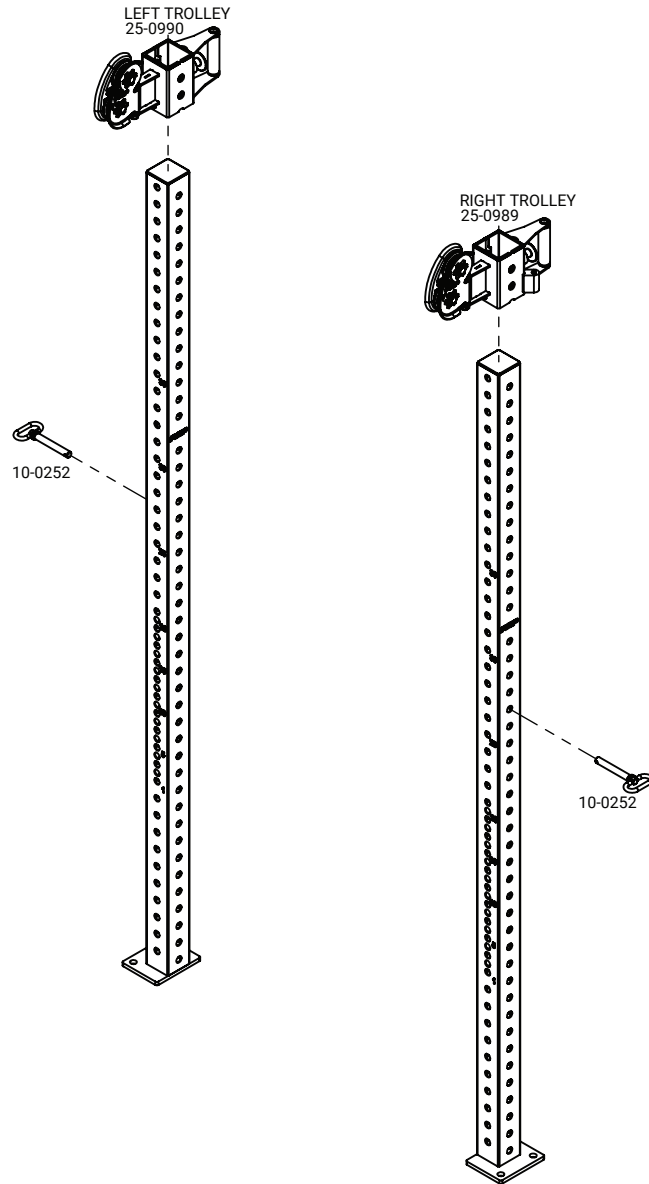
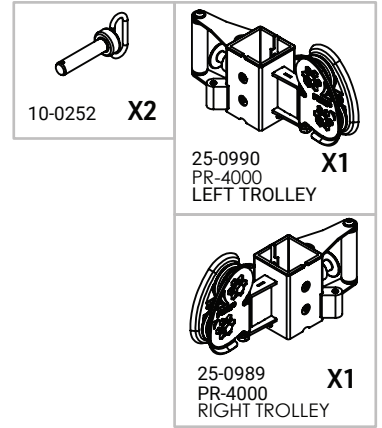
PR-5000



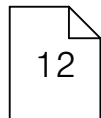
1B




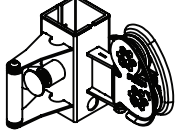
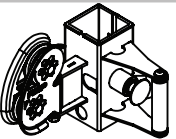
1A
PR-4000

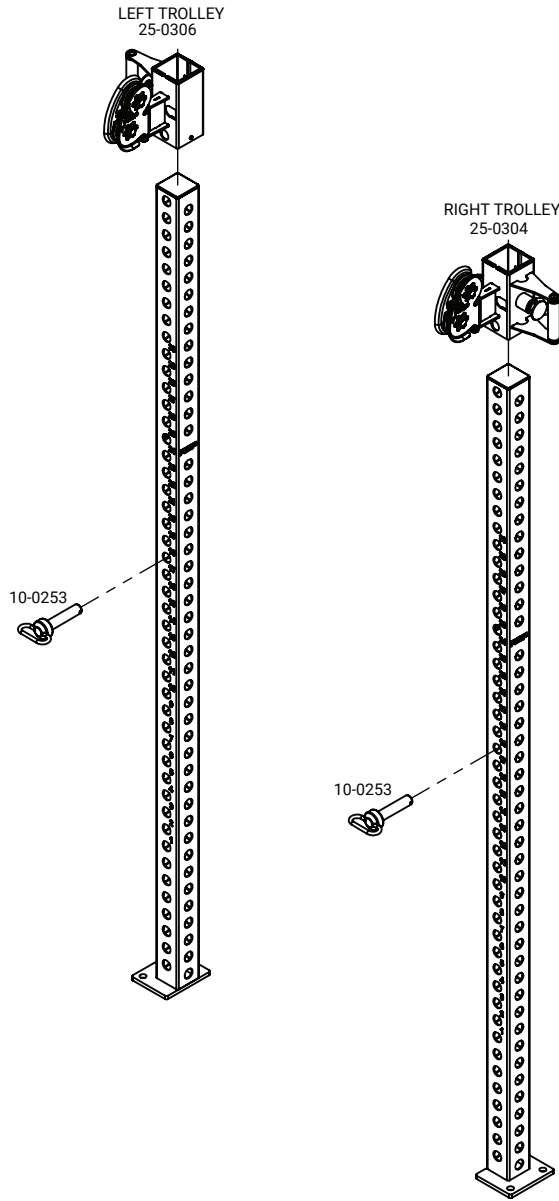


NOTE: PR-4000 TROLLEY HANDLES WILL BE ON THE BACK OF THE UPRIGHTS.

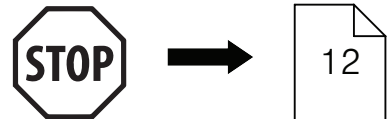


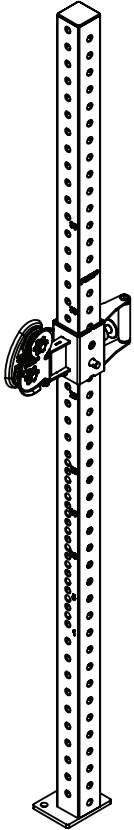
1B
PR-5000

 10-0253 X2	 25-0306 X1 PR-5000 LEFT TROLLEY
	 25-0304 X1 PR-5000 RIGHT TROLLEY

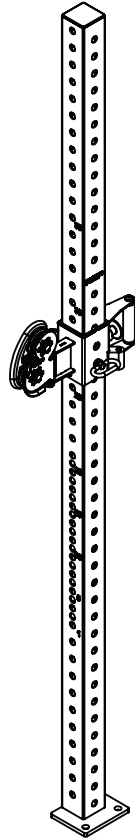


NOTE: PR-5000 TROLLEY HANDLES WILL BE ON THE OUTSIDE OF THE UPRIGHTS.

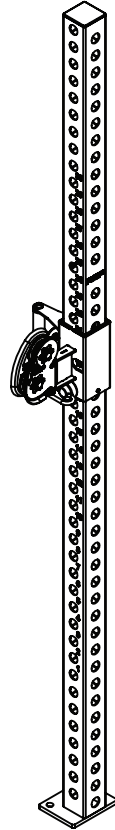




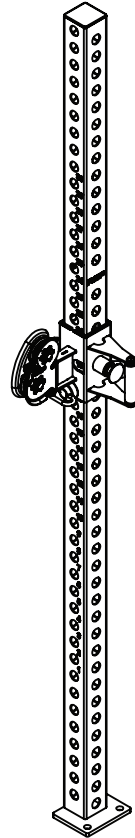
4000



=

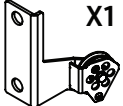
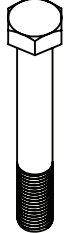

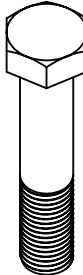

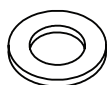
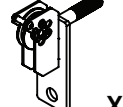


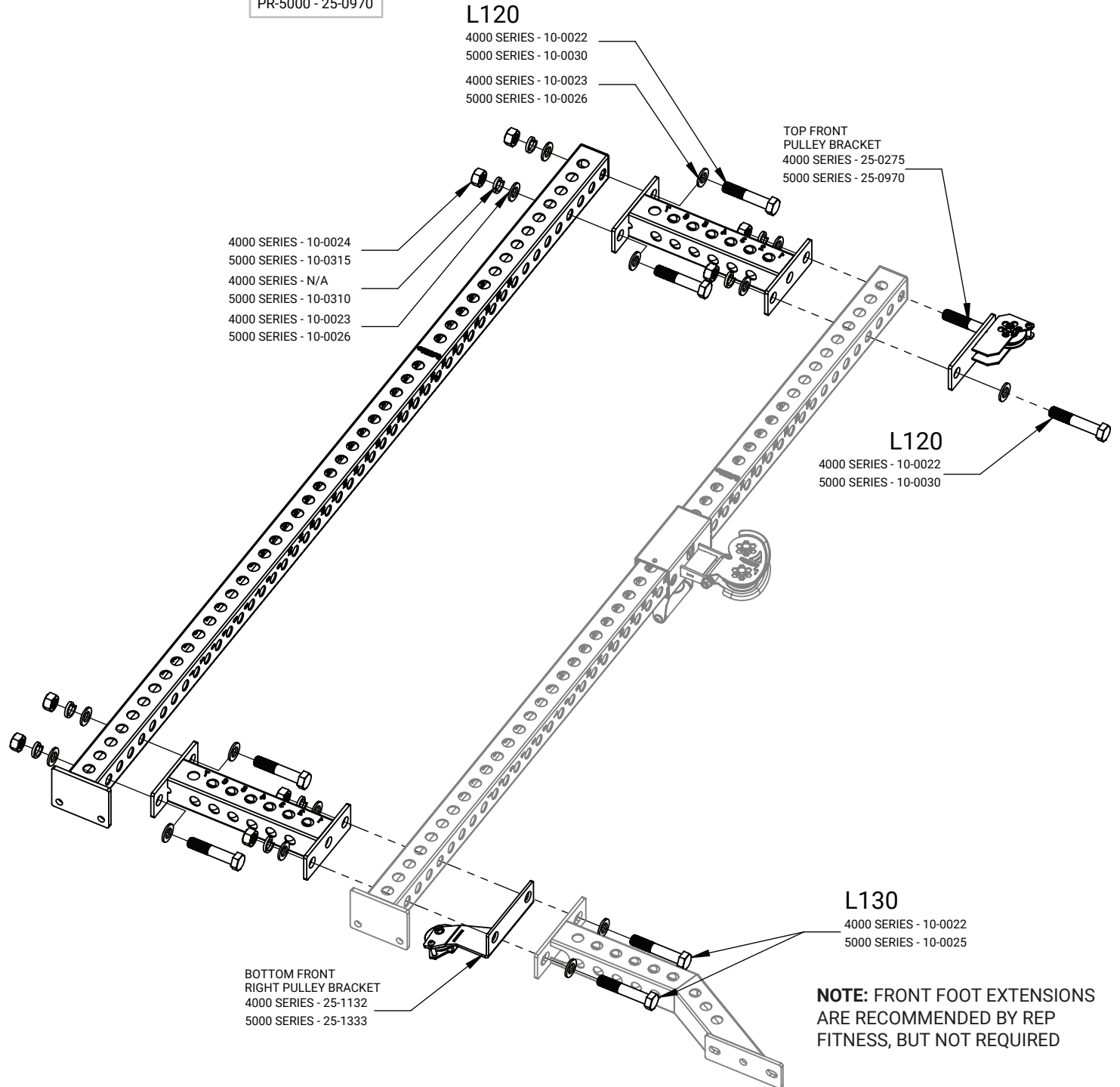
5000



2

RIGHT SIDE

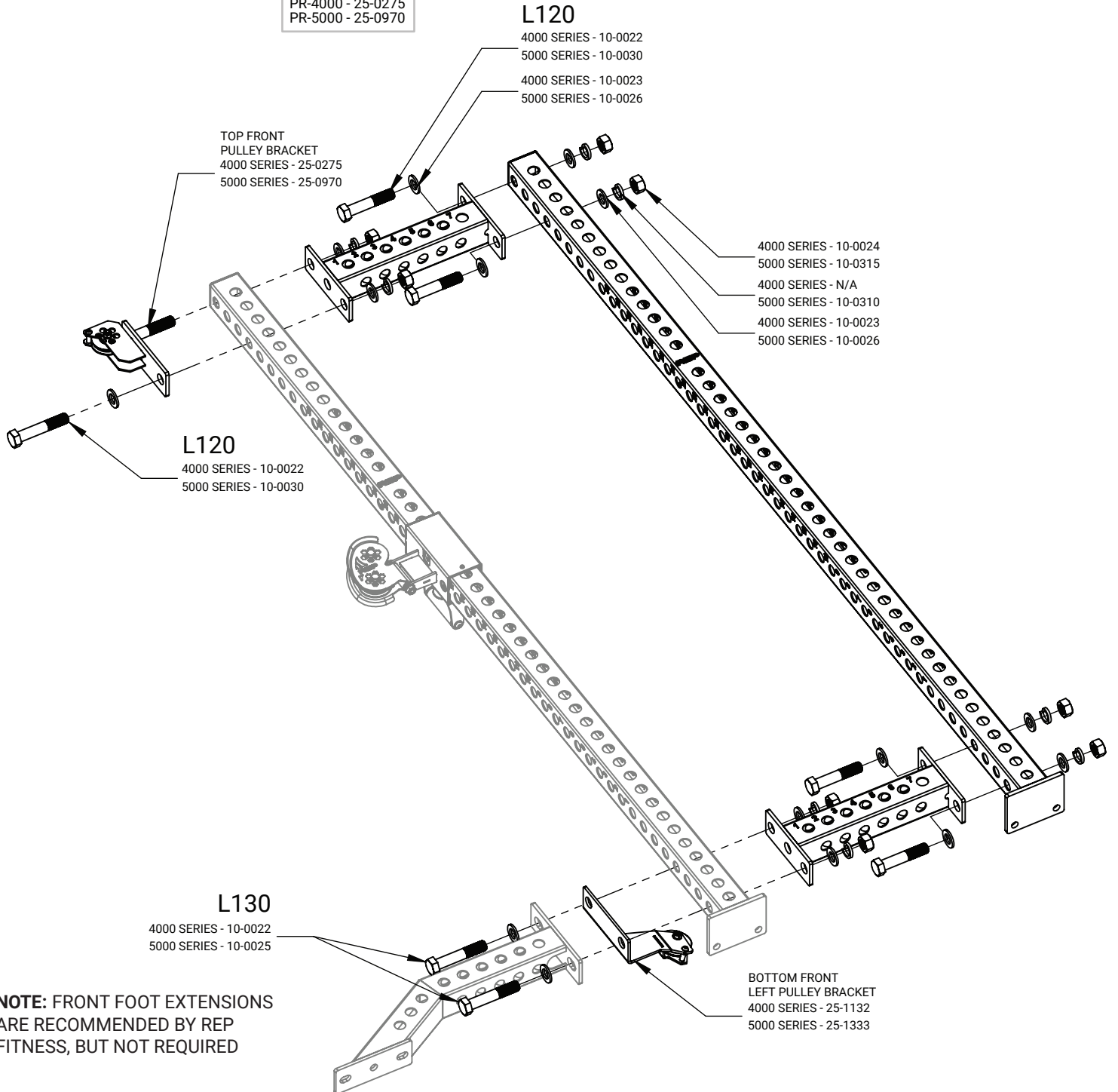
 <p>X1 BOTTOM FRONT RIGHT PULLEY BRACKET PR-4000 - 25-1132 PR-5000 - 25-1333</p>	 <p>10-0022 X7 M16X2.00, L120</p>	 <p>10-0023 X16 M16, WASHER</p>	 <p>10-0025 X2 M24X3.00, L130</p>	 <p>10-0030 X5 M24X3.00, L120</p>	 <p>10-0026 X16 M24, WASHER</p>
 <p>X1 TOP FRONT PULLEY BRACKET PR-4000 - 25-0275 PR-5000 - 25-0970</p>	<p>4000 SERIES</p> <p>10-0024 X8 M16X2.00, NUT, NYLON INSERT</p>		<p>5000 SERIES</p> <p>10-00310 X8 M24, WASHER, SPLIT-LOCK</p> <p>10-0315 X8 M24X3.00, NUT</p>		



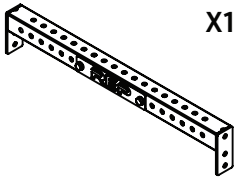




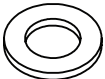


3

LEFT SIDE

X1 BOTTOM FRONT LEFT PULLEY BRACKET PR-4000 - 25-1132 PR-5000 - 25-1333	 10-0022 X7 M16X2.00, L120	 10-0023 X16 M16, WASHER	 10-0025 X2 M24X3.00, L130	 10-0030 X5 M24X3.00, L120	 10-0026 X16 M24, WASHER
		 10-0024 X8 M16X2.00, NUT, NYLON INSERT			 10-00310 X8 M24, WASHER, SPLIT-LOCK
X1 TOP FRONT PULLEY BRACKET PR-4000 - 25-0275 PR-5000 - 25-0970	4000 SERIES		5000 SERIES		

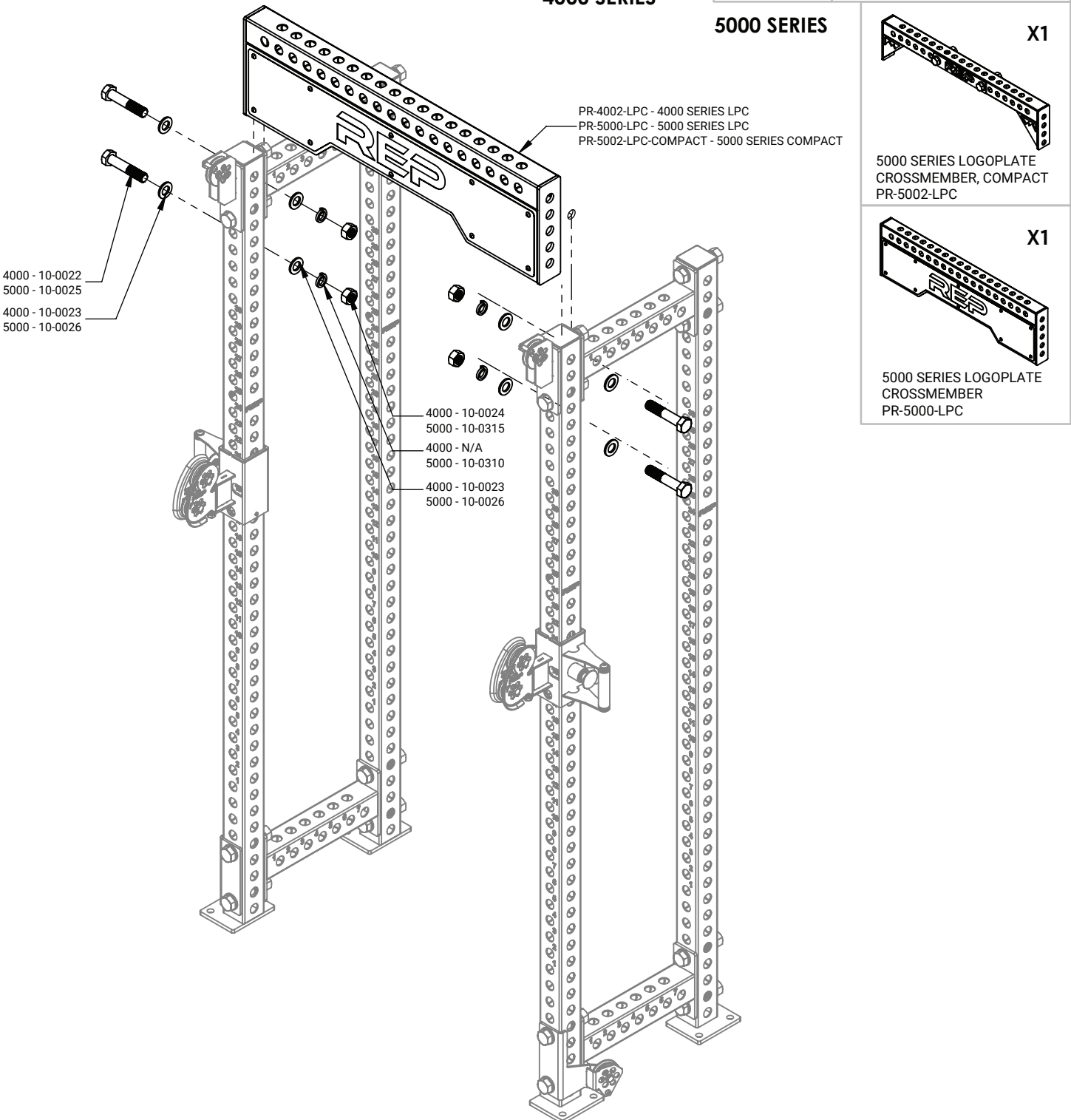


NOTE: FRONT FOOT EXTENSIONS ARE RECOMMENDED BY REP FITNESS, BUT NOT REQUIRED

 <p>X1</p> <p>4000 SERIES LOGOPLATE CROSSMEMBER PR-4002-LPC</p>	 <p>X4</p> <p>10-0022 M16X2.00, L120</p>	 <p>X8</p> <p>10-0023 M16, WASHER</p>  <p>X4</p> <p>10-0024 M16X2.00, NUT, NYLON INSERT</p>	 <p>X4</p> <p>10-0025 M24X3.00, L130</p>	 <p>X8</p> <p>10-0026 M24, WASHER</p>  <p>X4</p> <p>10-00310 M24, WASHER, SPLIT-LOCK</p>  <p>X4</p> <p>10-0315 M24X3.00, NUT</p>
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4000 SERIES

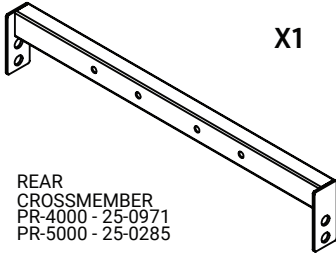
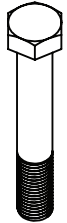

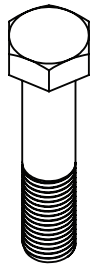




5000 SERIES

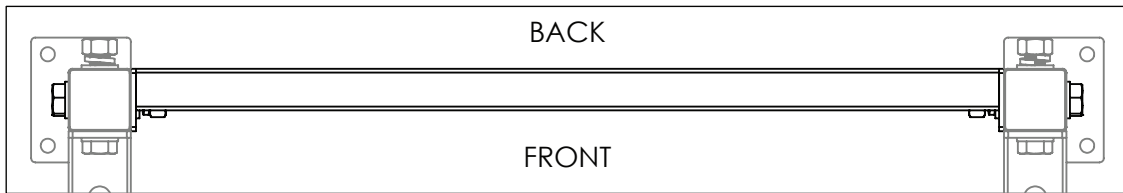
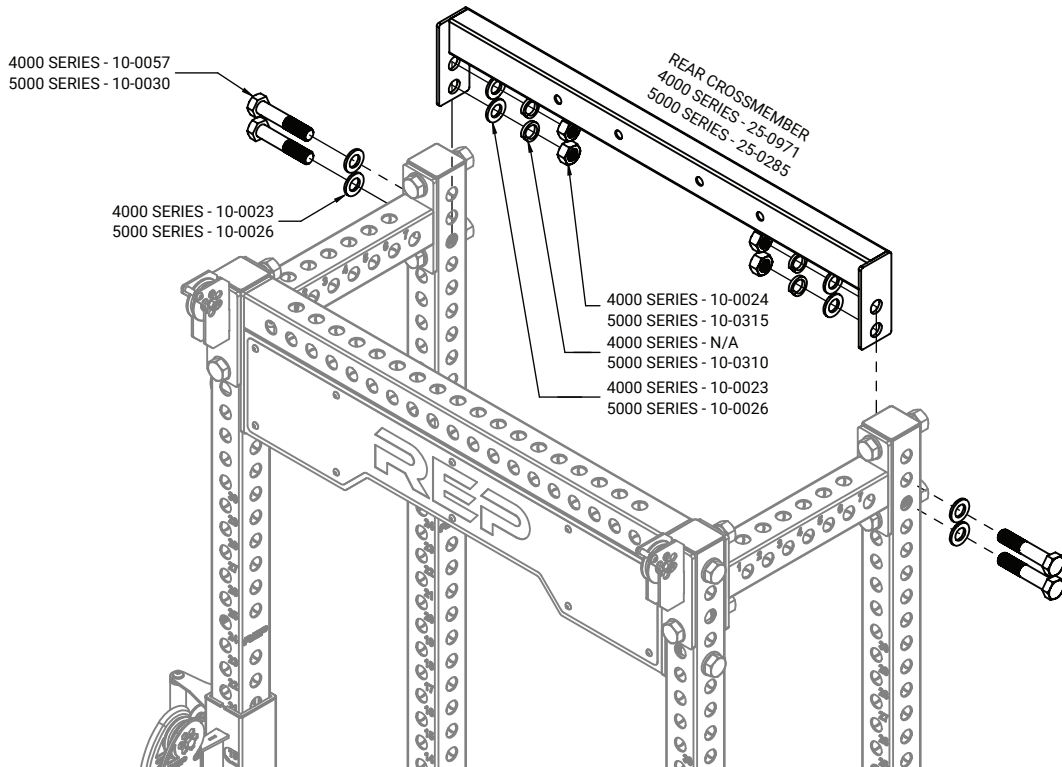




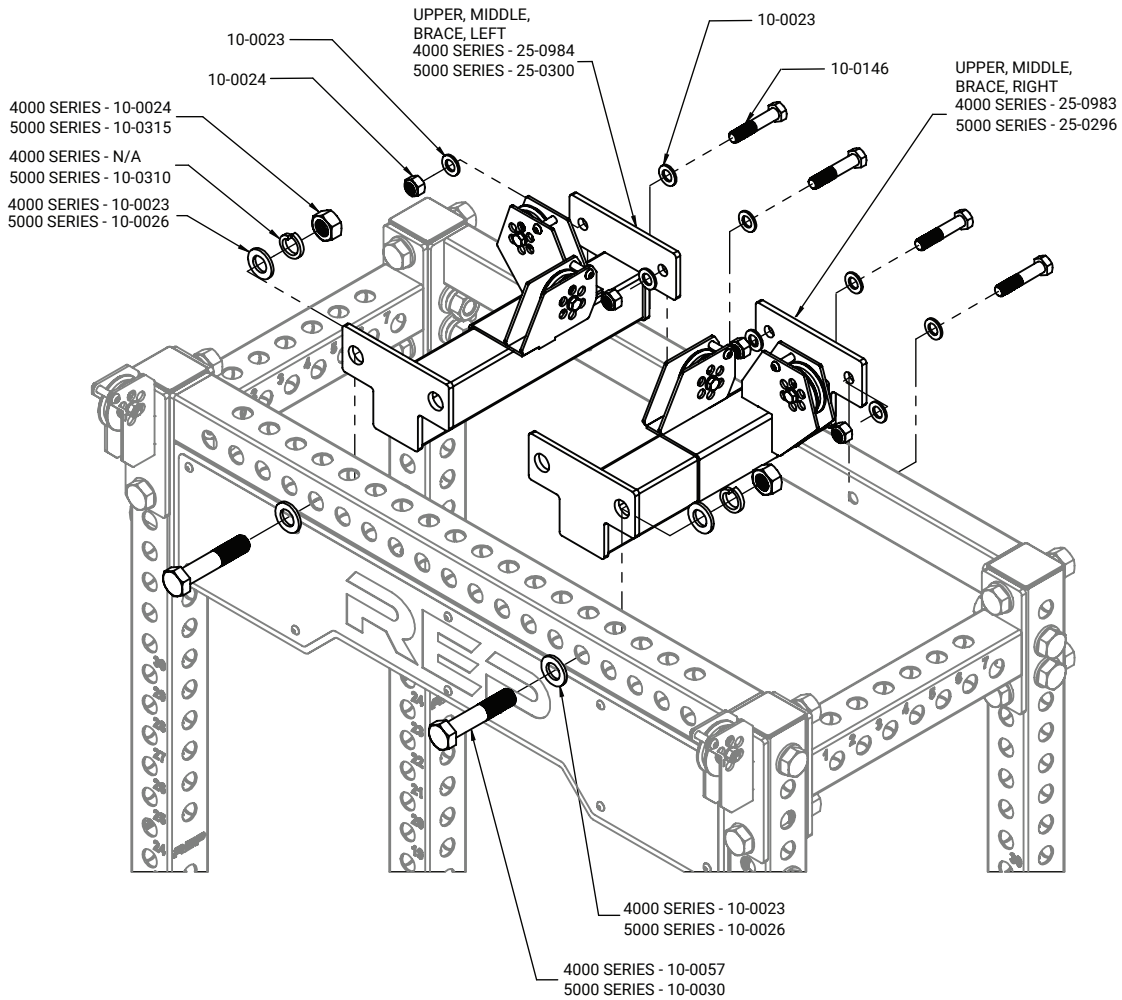
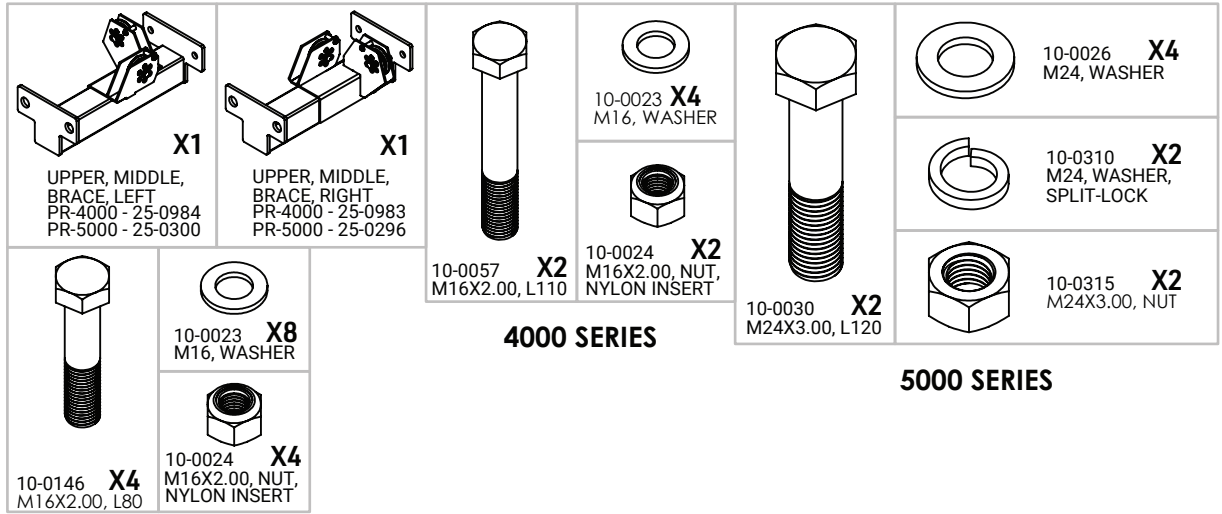
**DO NOT FULLY
TIGHTEN HARDWARE.**

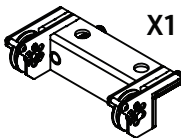
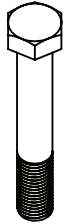

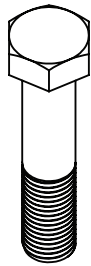




**HAND TIGHTEN ONLY
UNTIL **21****

 <p>X1</p> <p>REAR CROSSMEMBER PR-4000 - 25-0971 PR-5000 - 25-0285</p>	 <p>X4 10-0057 M16X2.00, L110</p>	 <p>X8 10-0023 M16, WASHER</p>	 <p>X4 10-0030 M24X3.00, L120</p>	 <p>X8 10-0026 M24, WASHER</p>
	 <p>X4 10-0024 M16X2.00, NUT, NYLON INSERT</p>	 <p>X4 10-0310 M24, WASHER, SPLIT-LOCK</p>	 <p>X4 10-0315 M24X3.00, NUT</p>	
4000 SERIES			5000 SERIES	



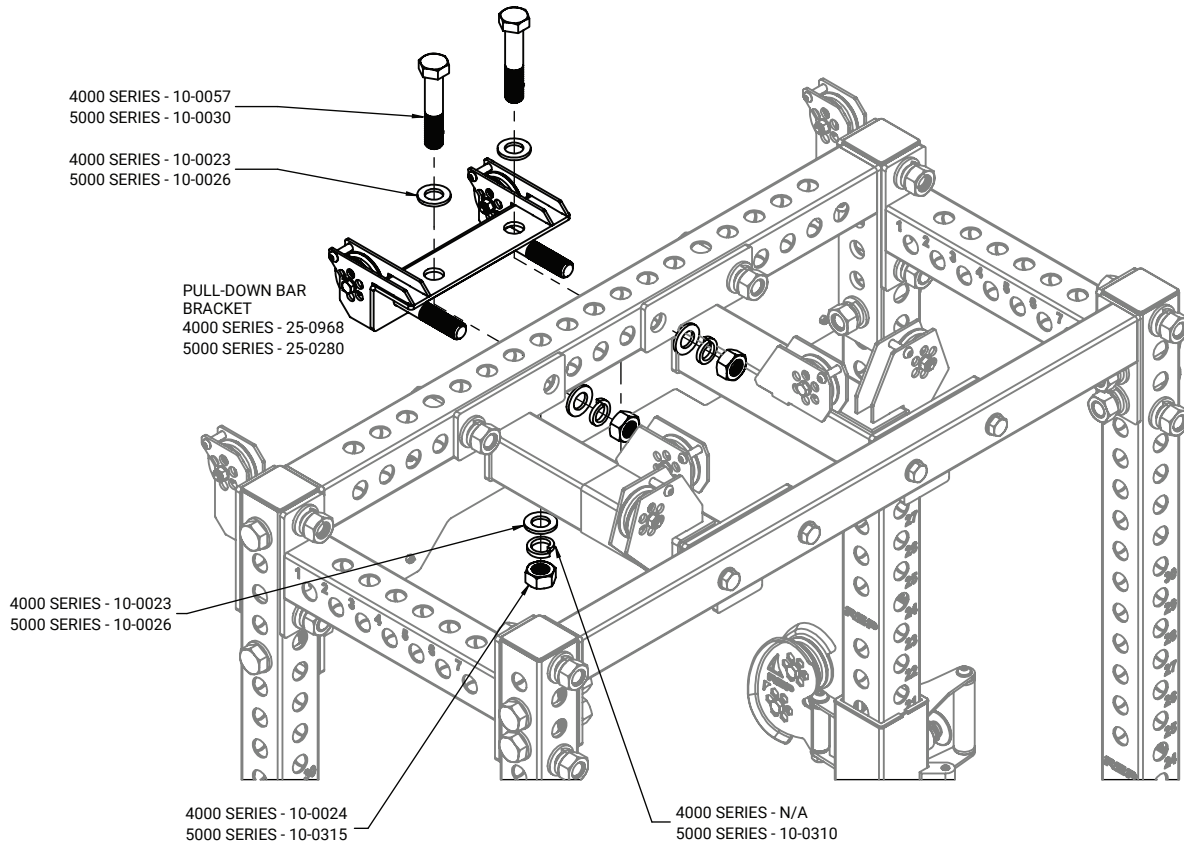
TOP VIEW


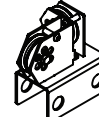
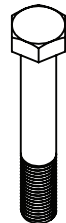
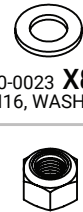
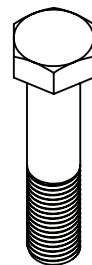



 <p>X1</p> <p>PULL-DOWN BAR BRACKET PR-4000 - 25-0968 PR-5000 - 25-0280</p>	 <p>X2</p> <p>10-0057 M16X2.00, L110</p>	 <p>X6</p> <p>10-0023 M16, WASHER</p>	 <p>X2</p> <p>10-0030 M24X3.00, L120</p>	 <p>X6</p> <p>10-0026 M24, WASHER</p>
		 <p>X4</p> <p>10-0024 M16X2.00, NUT, NYLON INSERT</p>		
				 <p>X4</p> <p>10-0310 M24, WASHER, SPLIT-LOCK</p>
				 <p>X4</p> <p>10-0315 M24X3.00, NUT</p>

4000 SERIES

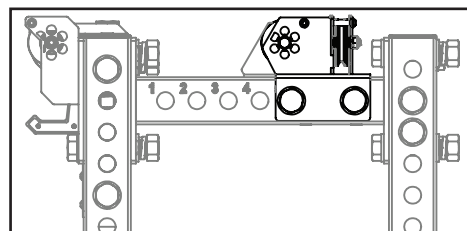
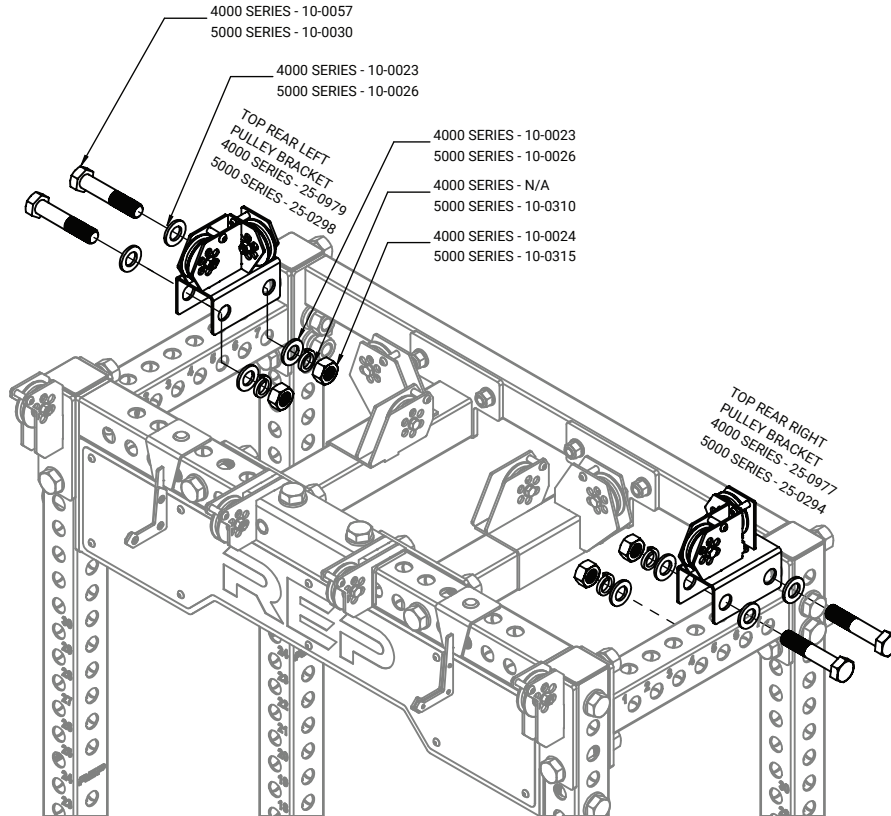
5000 SERIES










 <p>X1 TOP REAR LEFT PULLEY BRACKET PR-4000 - 25-0979 PR-5000 - 25-0298</p>	 <p>X1 TOP REAR RIGHT PULLEY BRACKET PR-4000 - 25-0977 PR-5000 - 25-0294</p>	 <p>X4 10-0057 M16X2.00, L110</p>	 <p>X8 10-0023 M16, WASHER</p> <p>X4 10-0024 M16X2.00, NUT, NYLON INSERT</p>	 <p>X4 10-0030 M24X3.00, L120</p>	 <p>X8 10-0026 M24, WASHER</p> <p>X4 10-0310 M24, WASHER, SPLIT-LOCK</p> <p>X4 10-0315 M24X3.00, NUT</p>
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4000 SERIES

5000 SERIES

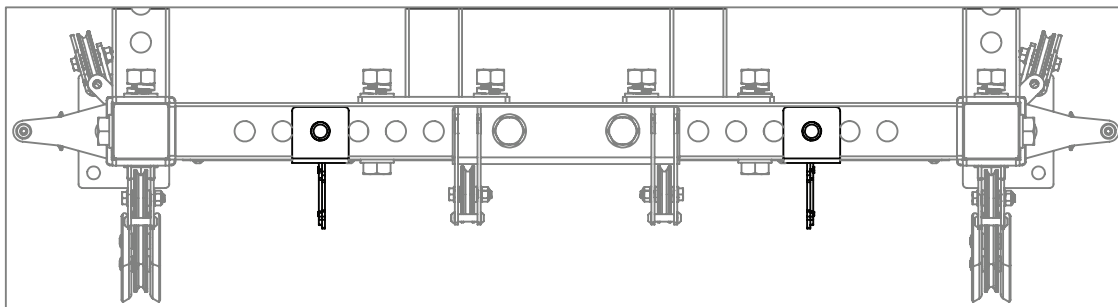
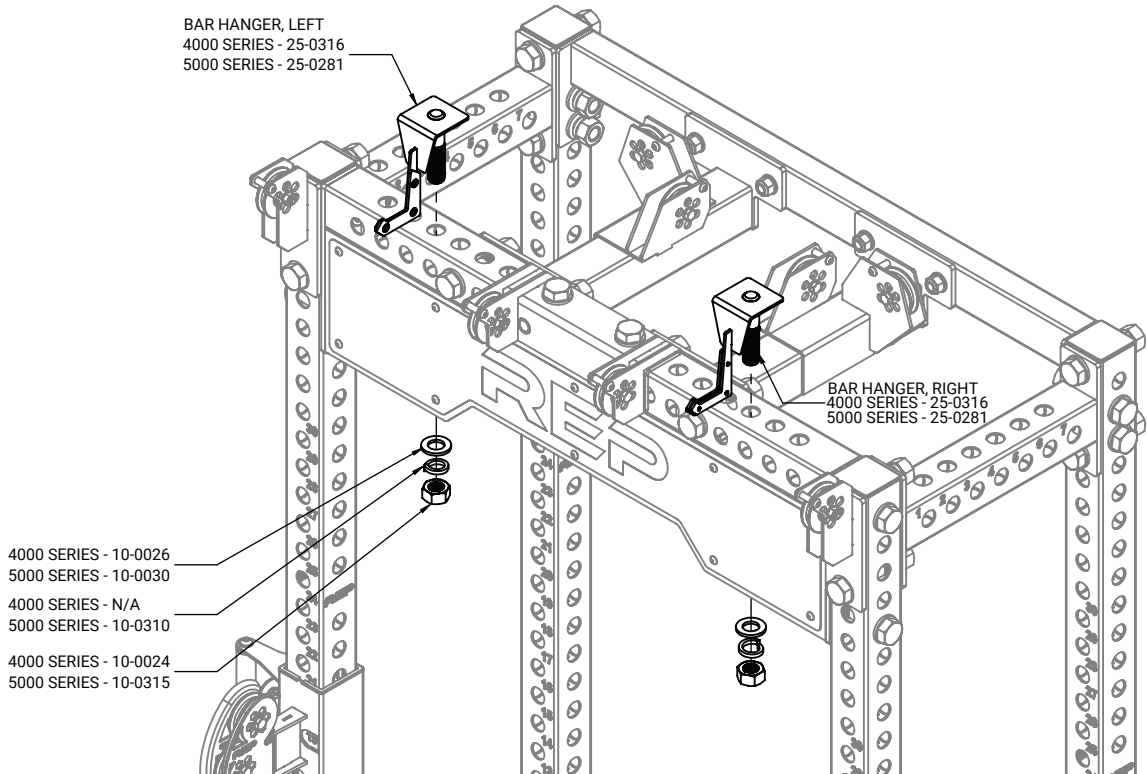


RIGHT VIEW

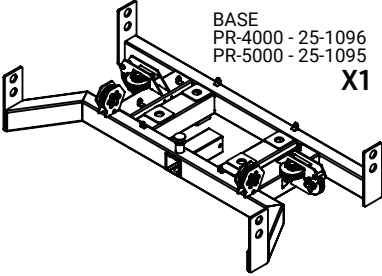
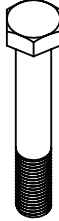

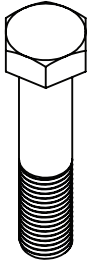



 <p>X1 BAR HANGER, LEFT PR-4000 - 25-0316 PR-5000 - 25-0281</p>	 <p>X1 BAR HANGER, RIGHT PR-4000 - 25-0964 PR-5000 - 25-0290</p>	 <p>10-0023 X2 M16, WASHER</p>	 <p>10-0026 X2 M24, WASHER</p>
		 <p>10-0024 X2 M16X2.00, NUT, NYLON INSERT</p>	 <p>10-0310 X2 M24, WASHER, SPLIT-LOCK</p>
			 <p>10-0315 X2 M24X3.00, NUT</p>

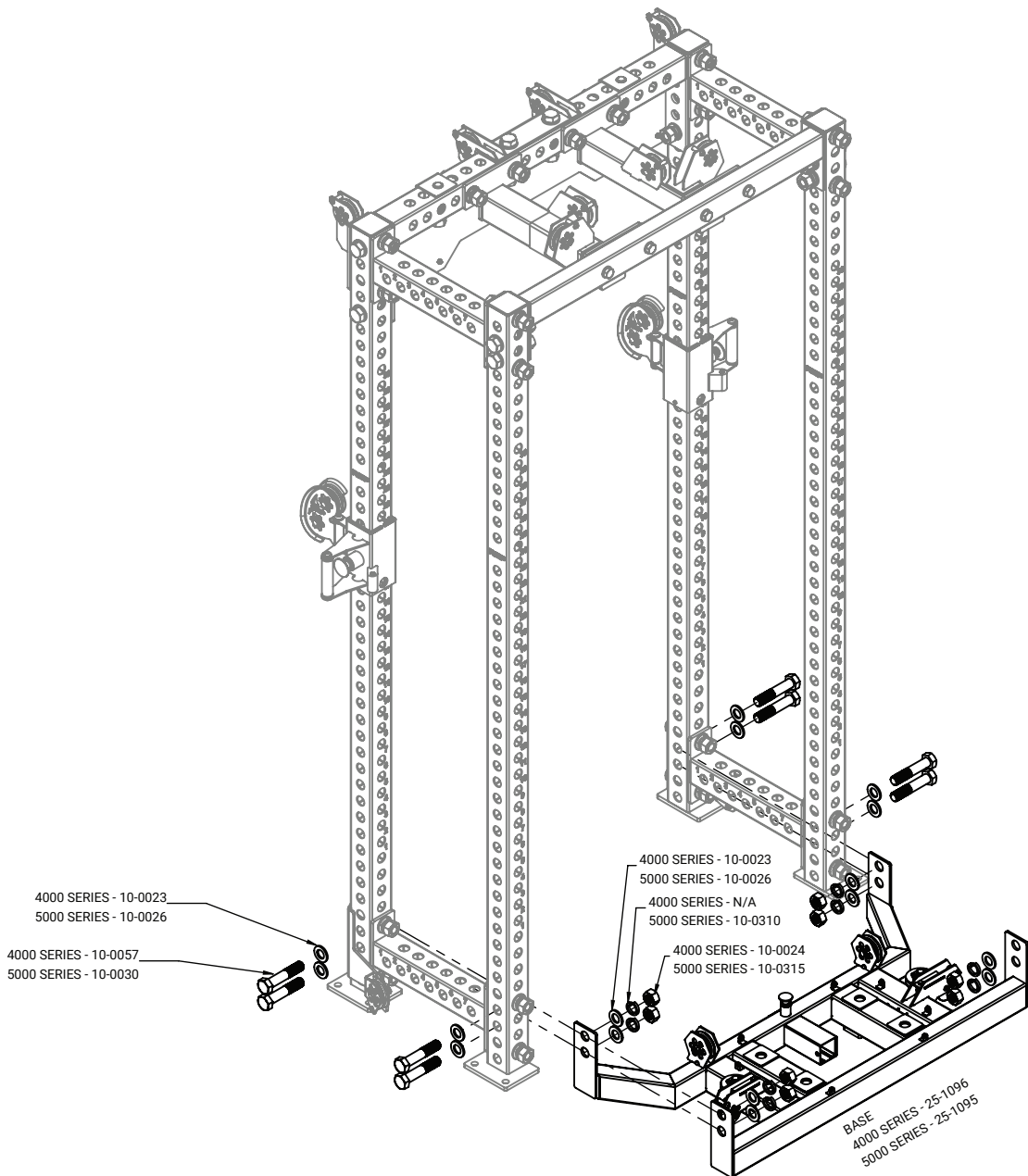
**4000
SERIES**



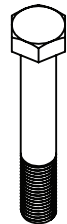


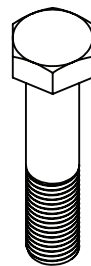
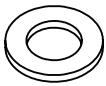


5000 SERIES

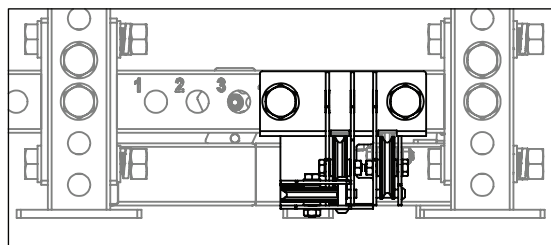
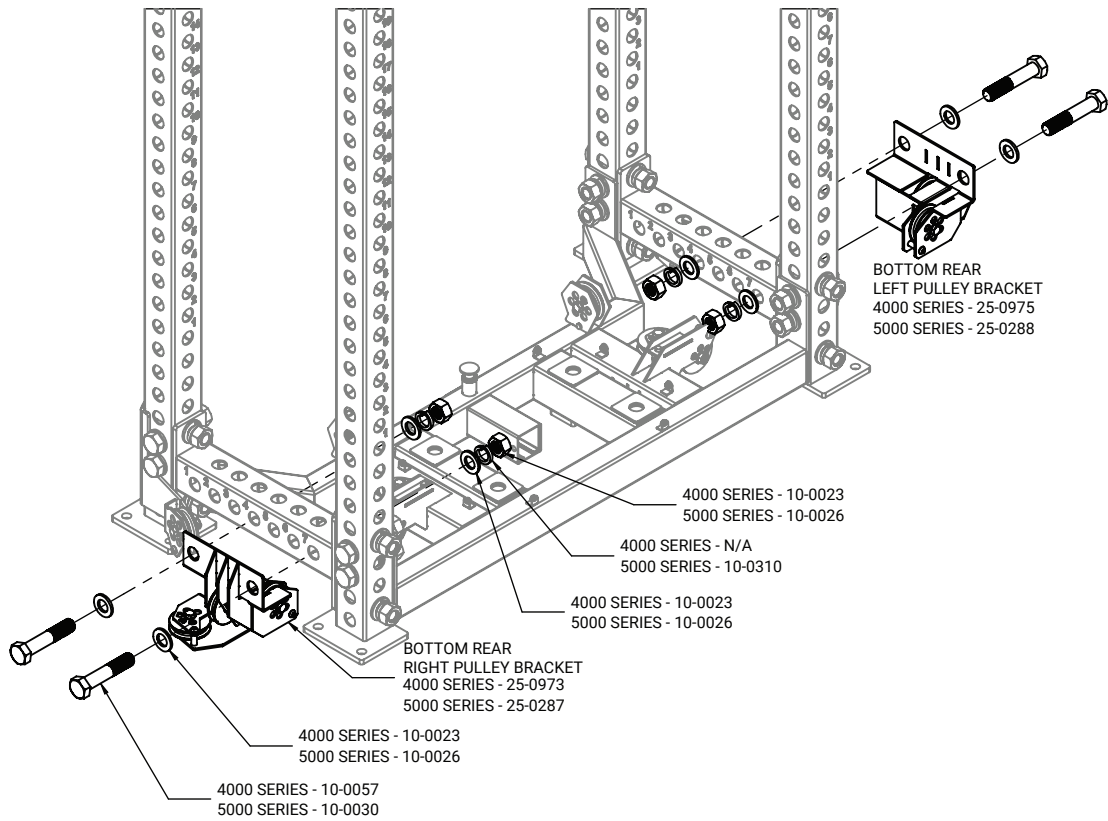


TOP VIEW

 <p>BASE PR-4000 - 25-1096 PR-5000 - 25-1095 X1</p>	 <p>10-0057 X8 M16X2.00, L110</p>	 <p>10-0023 X16 M16, WASHER</p>	 <p>10-0030 X8 M24X3.00, L120</p>	 <p>10-0026 X16 M24, WASHER</p>
		 <p>10-0024 X8 M16X2.00, NUT, NYLON INSERT</p>		 <p>10-0310 X8 M24, WASHER, SPLIT-LOCK</p>
4000 SERIES		5000 SERIES		



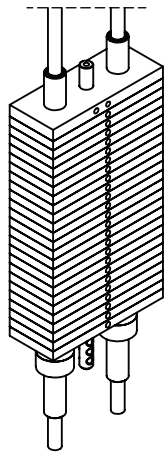
 <p>X1 BOTTOM REAR LEFT PULLEY BRACKET PR-4000 - 25-0975 PR-5000 - 25-0288</p>	 <p>X1 BOTTOM REAR RIGHT PULLEY BRACKET PR-4000 - 25-0973 PR-5000 - 25-0287</p>	 <p>X4 10-0057 M16X2.00, L110</p>	 <p>X8 10-0023 M16, WASHER</p>	 <p>X4 10-0024 M16X2.00, NUT, NYLON INSERT</p>	 <p>X4 10-0030 M24X3.00, L120</p>	 <p>X8 10-0026 M24, WASHER</p>	 <p>X4 10-0310 M24, WASHER, SPLIT-LOCK</p>	 <p>X4 10-0315 M24X3.00, NUT</p>
4000 SERIES					5000 SERIES			



RIGHT VIEW



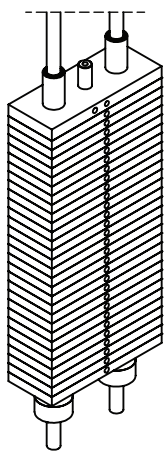
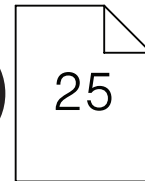
NOTE: STEPS 12 AND 13 ARE FOR ONE WEIGHT STACK ONLY. ASSEMBLE ONE WEIGHT STACK AND SECURE IT BEFORE STARTING TO ASSEMBLE THE OTHER WEIGHT STACK.



130 LB
260 LB



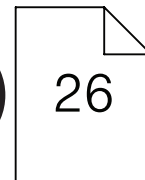
12A



155 LB
310 LB



12B



12A

130 LB
260 LB

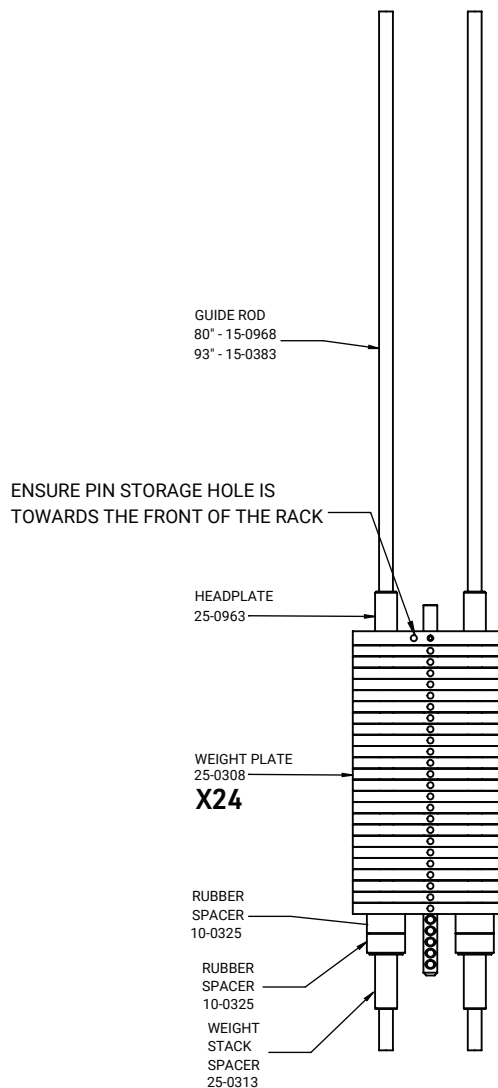
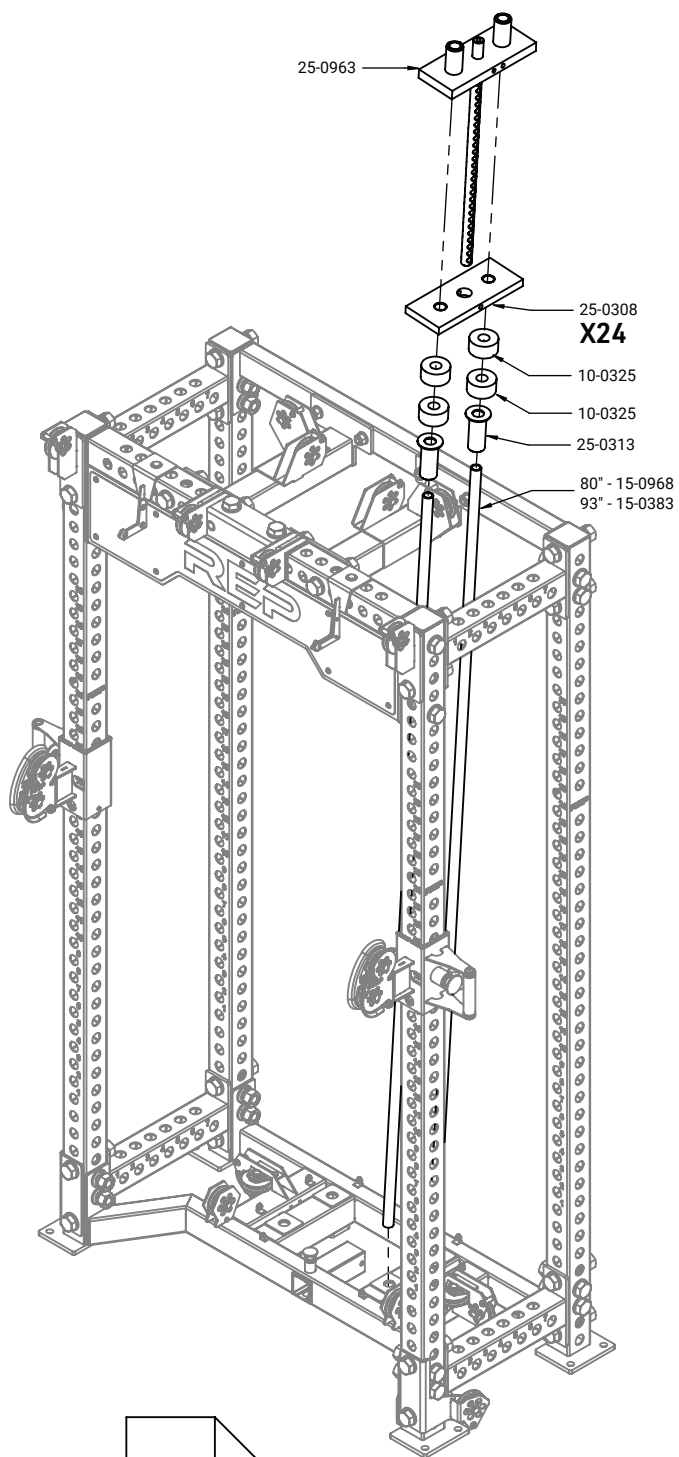
GUIDE ROD
80" - 15-0968
93" - 15-0383
X2

WEIGHT
STACK
SPACER
25-0313 X2

RUBBER
SPACER
10-0325 X4

WEIGHT PLATE
25-0308
X24

HEADPLATE
25-0963 X1

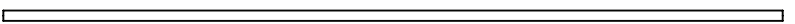


27

12B

155 LB
310 LB

GUIDE ROD
80" - 15-0968
93" - 15-0383
X2



NOT USED

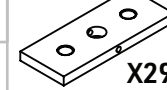


WEIGHT STACK SPACER X2

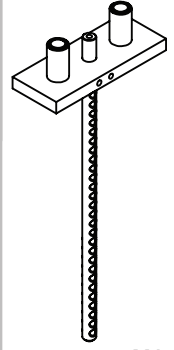


RUBBER SPACER X4

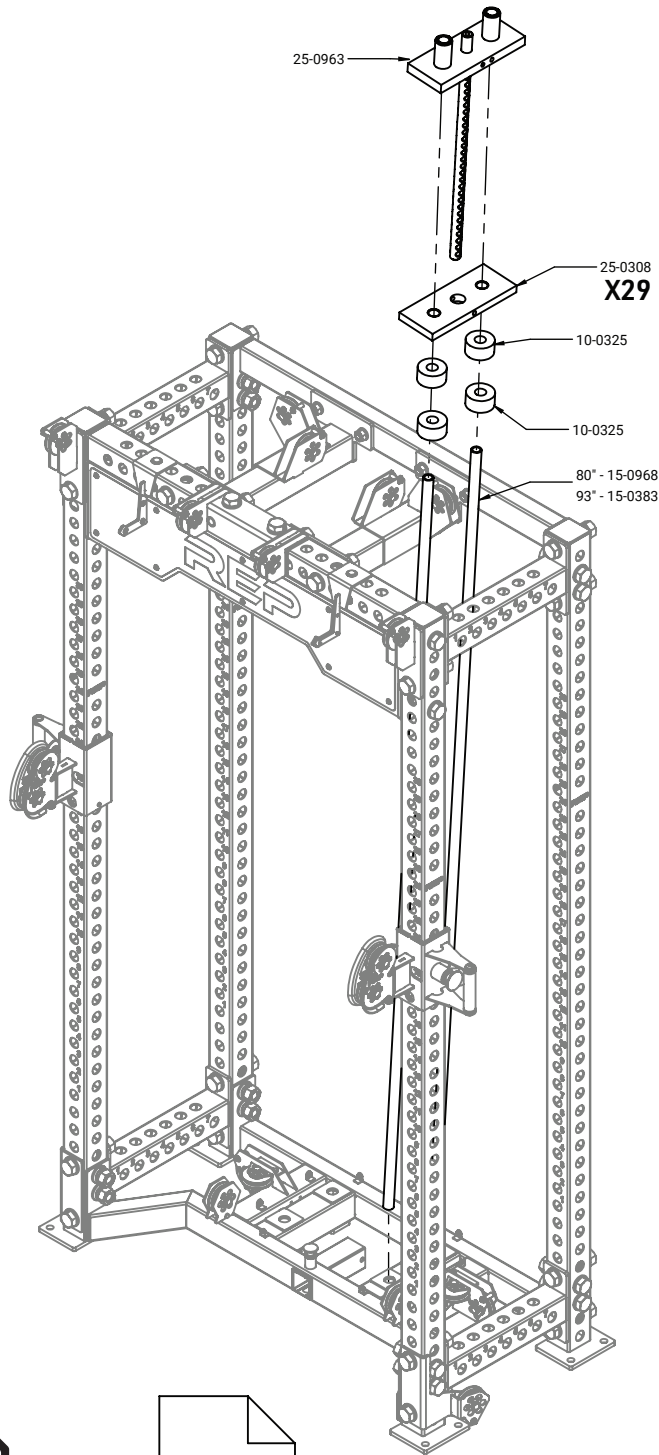
WEIGHT STACK 25-0308



X29



HEADPLATE 25-0963 X1



GUIDE ROD
80" - 15-0968
93" - 15-0383

ENSURE PIN STORAGE HOLE IS TOWARDS THE FRONT OF THE RACK

HEADPLATE 25-0963

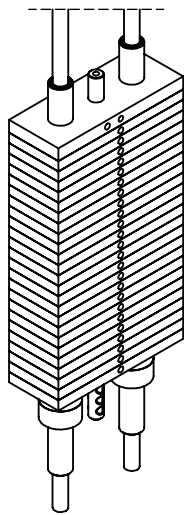
WEIGHT PLATE 25-0308 X29

RUBBER SPACER 10-0325

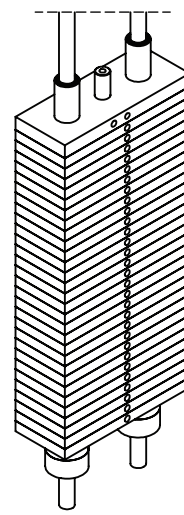
RUBBER SPACER 10-0325



27



130 LB
260 LB


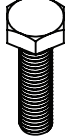


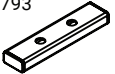


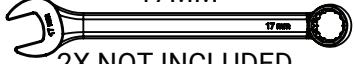
155 LB
310 LB

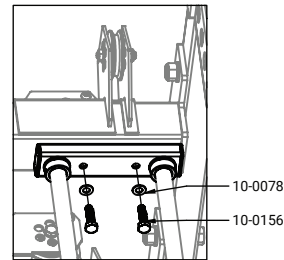
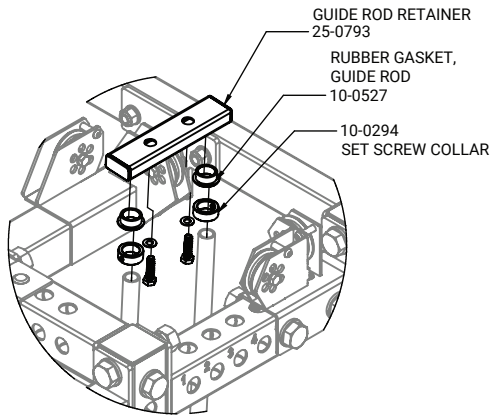
13

1. LEAN GUIDE RODS SLIGHTLY OUTWARD TO INSTALL THE COLLAR, DAMPER, AND RETAINER.

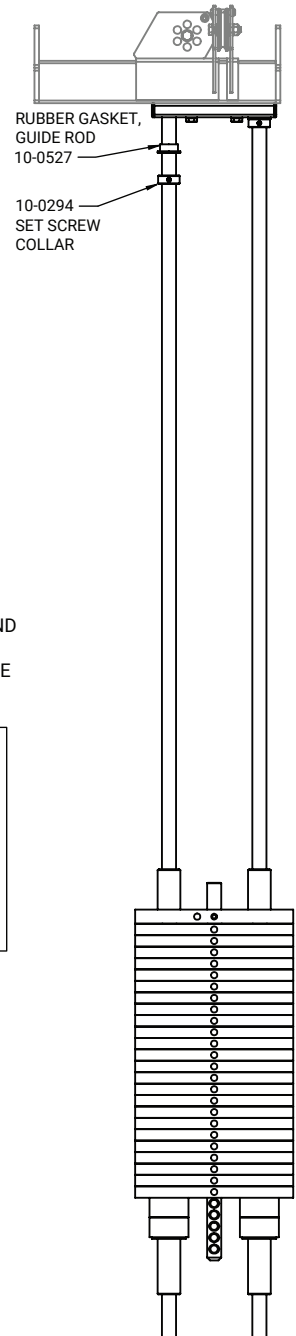
2. INSERT AND INSTALL WASHERS AND BOLTS.

 10-0078 M10, WASHER, SILVER	X2	 10-0156 M10X1.50, L40, SILVER	X2
		 SET SCREW COLLAR 10-0294	X2
		 RUBBER GASKET, GUIDE ROD 10-0527	X2
		 GUIDE ROD RETAINER 25-0793	X1

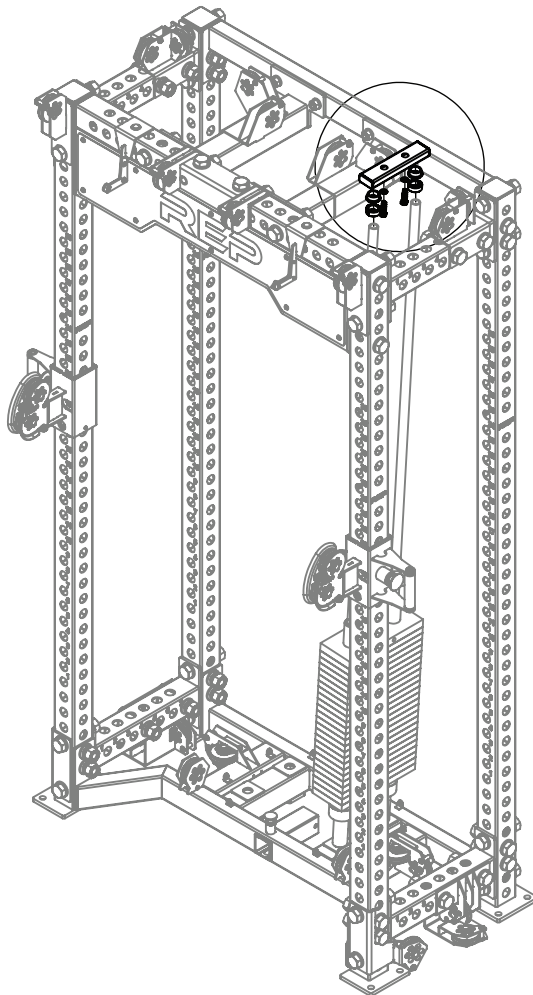
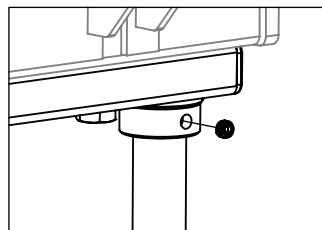
 17MM
2X NOT INCLUDED



VIEW OF BOLTS

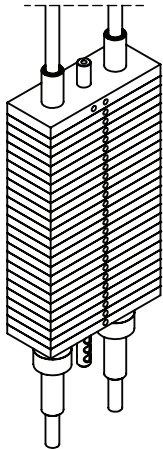


PUSH THE GUIDE ROD DOWN. SLIDE THE RUBBER GASKET UP (10-0527) UP INTO THE RETAINER (25-0793) AND SLIDE THE COLLAR (10-0294) UP AGAINST THE DAMPER. TIGHTEN THE SET SCREW ON THE COLLAR.





FOR OTHER WEIGHT STACK

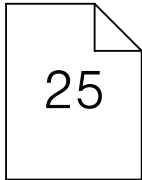


130 LB
260 LB

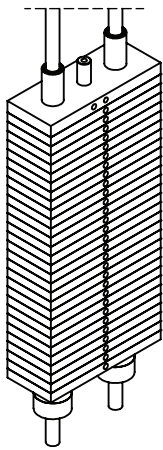
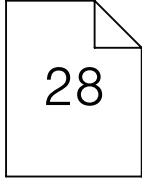


REPEAT

12A



13

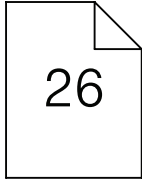


155 LB
310 LB

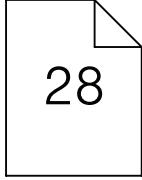


REPEAT

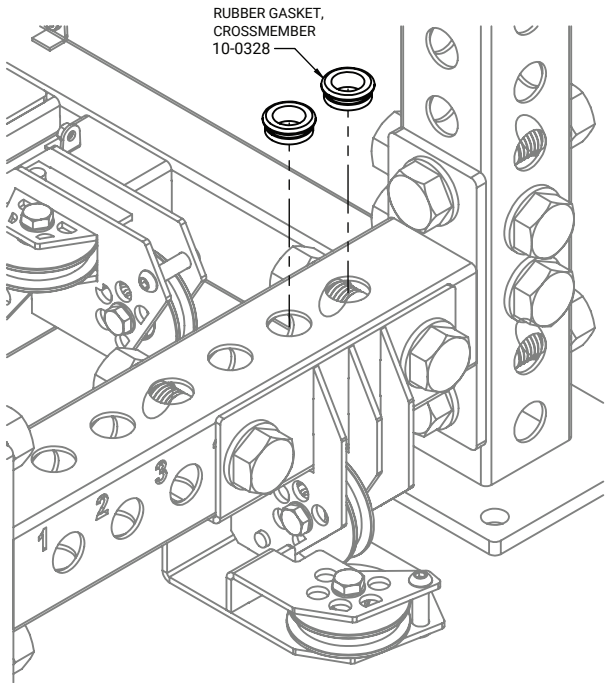
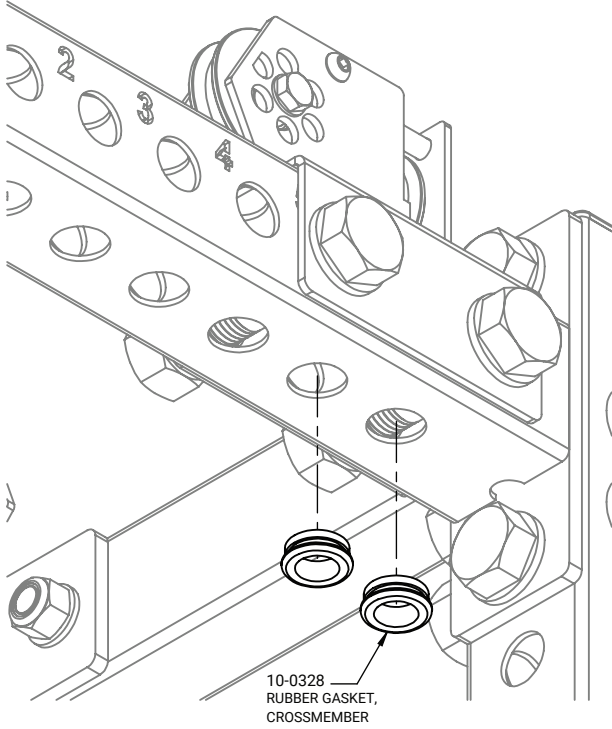
12B



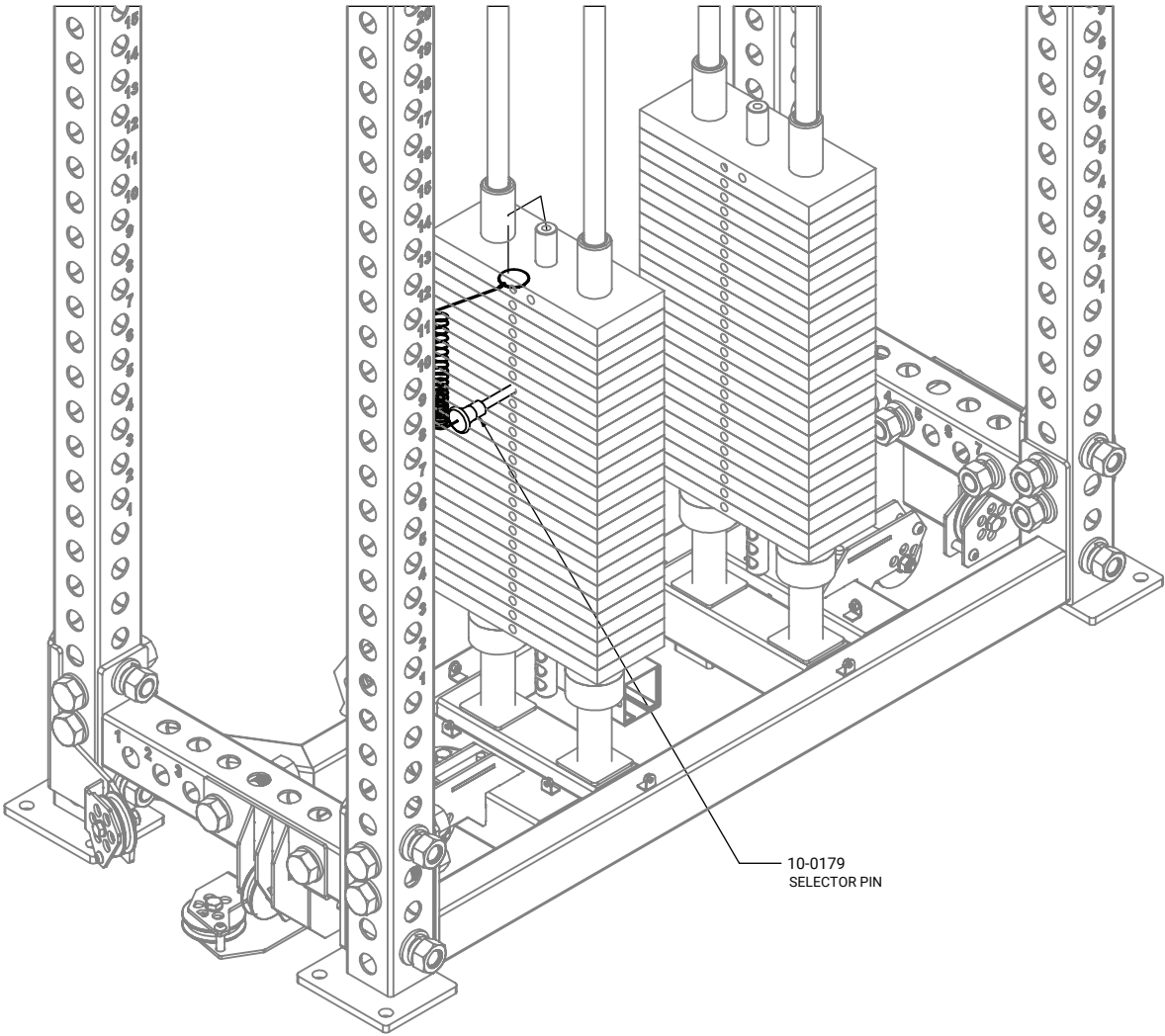
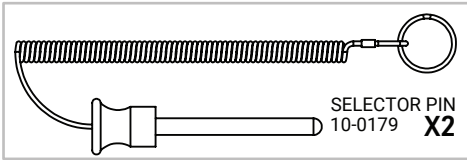
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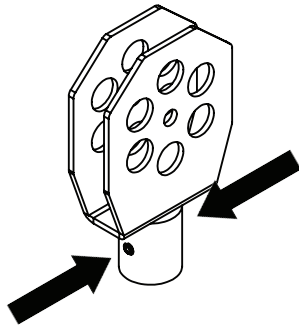


RUBBER GASKET,
CROSSMEMBER
10-0328 **X8**

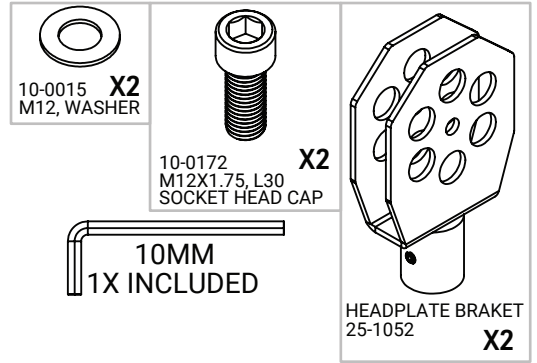


REPEAT FOR OTHER SIDE



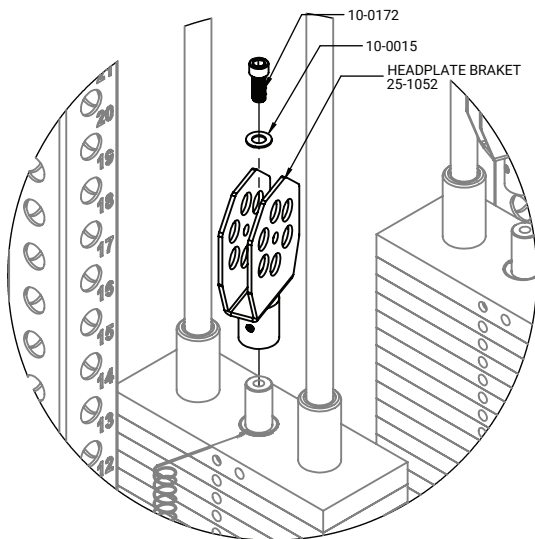
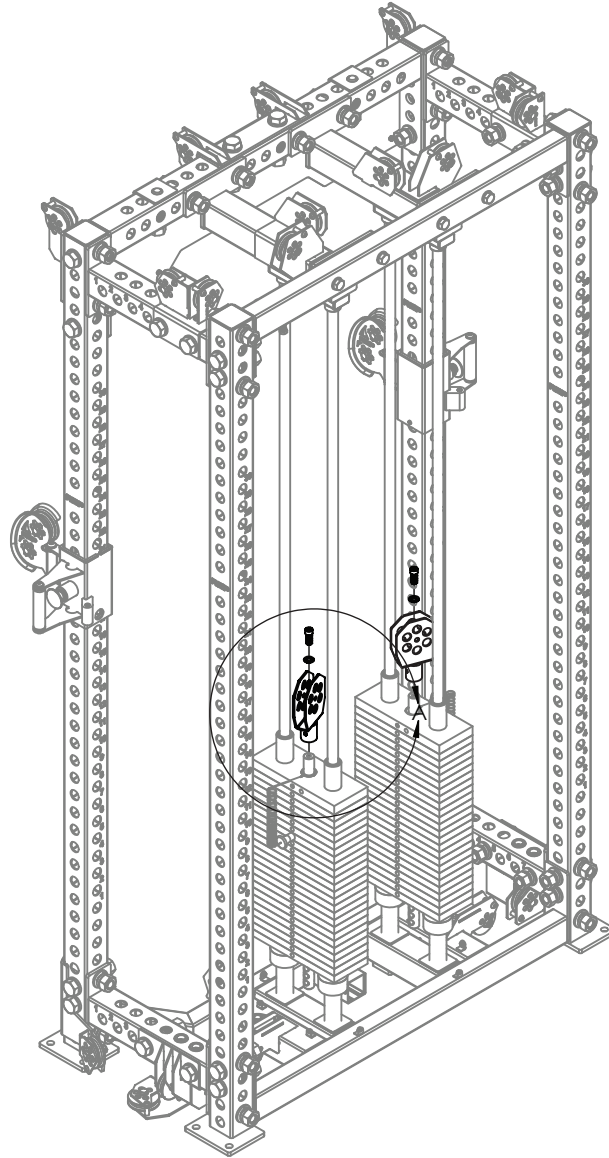


LOOSEN SET SCREWS
IN PULLEY BRACKET



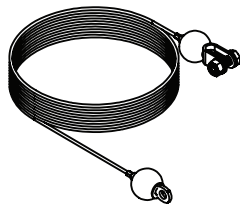
10MM
1X INCLUDED

4MM
1X INCLUDED

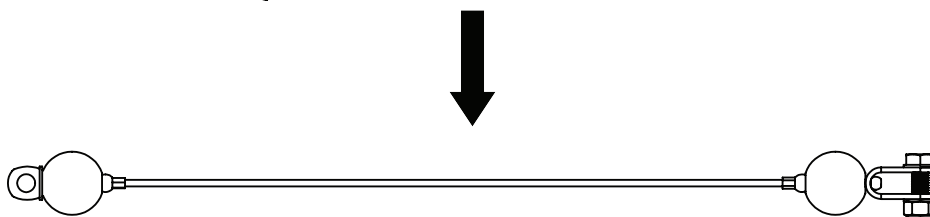
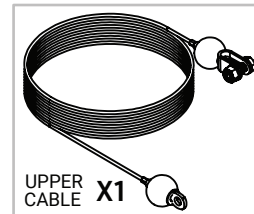


18A

**UPPER
CABLE**



**UNWIND
UPPER
CABLE**



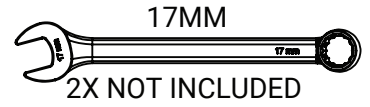
-LENGTH NOT TO SCALE

-ENSURE CABLE HAS NO TWISTS, COILS, OR KINKS.

-COMPLETE STEPS **18A** - **18E** FOR ONE CABLE ONLY. ONCE THE FIRST UPPER CABLE IS INSTALLED, REPEAT THE STEPS FOR THE OTHER UPPER CABLE.

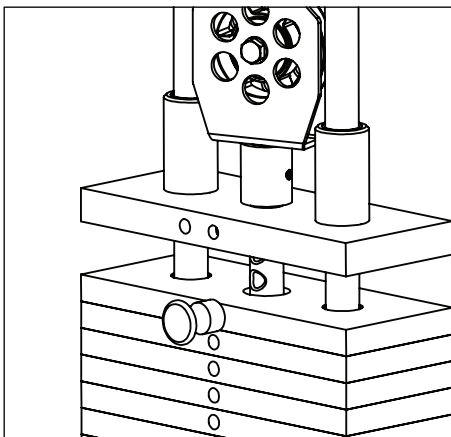
18B

UPPER CABLE



-REMOVE BOLT, U-CONNECTOR, AND CABLE BALL FROM UPPER CABLE.

-CABLE BALLS MAY VARY IN SIZE. KEEP ALL BALLS WITH ORIGINAL CABLES.







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.

18C

UPPER CABLE

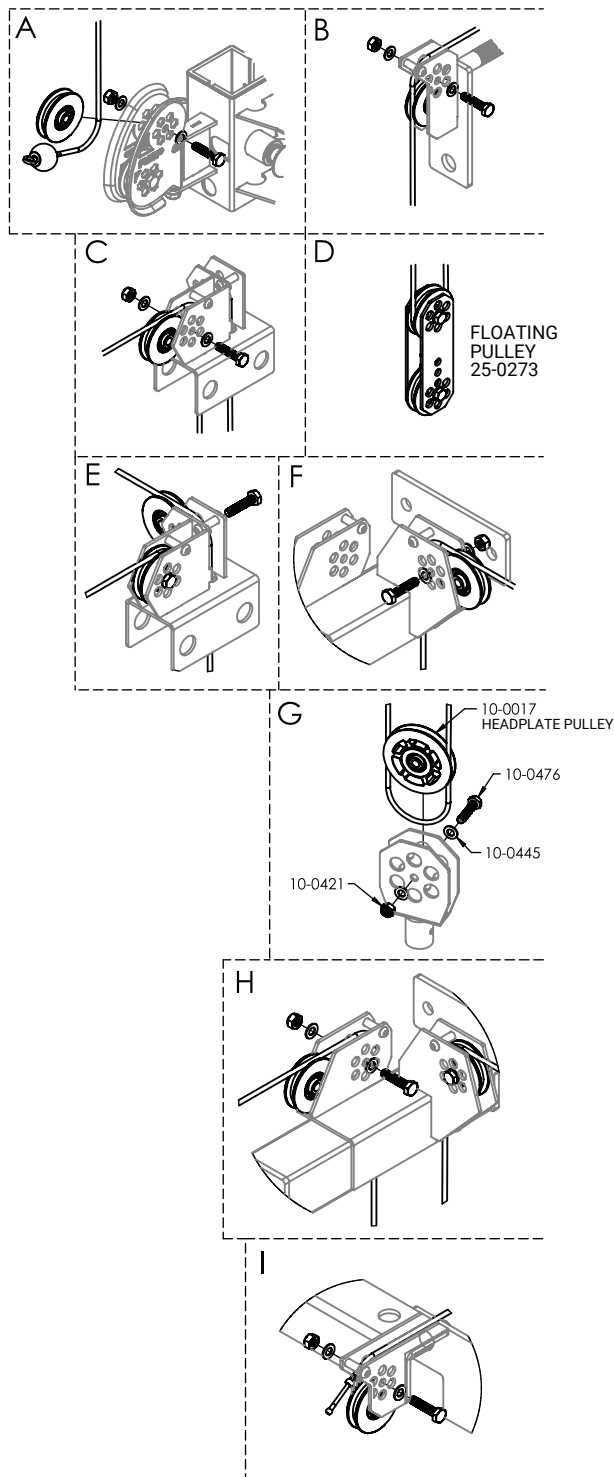
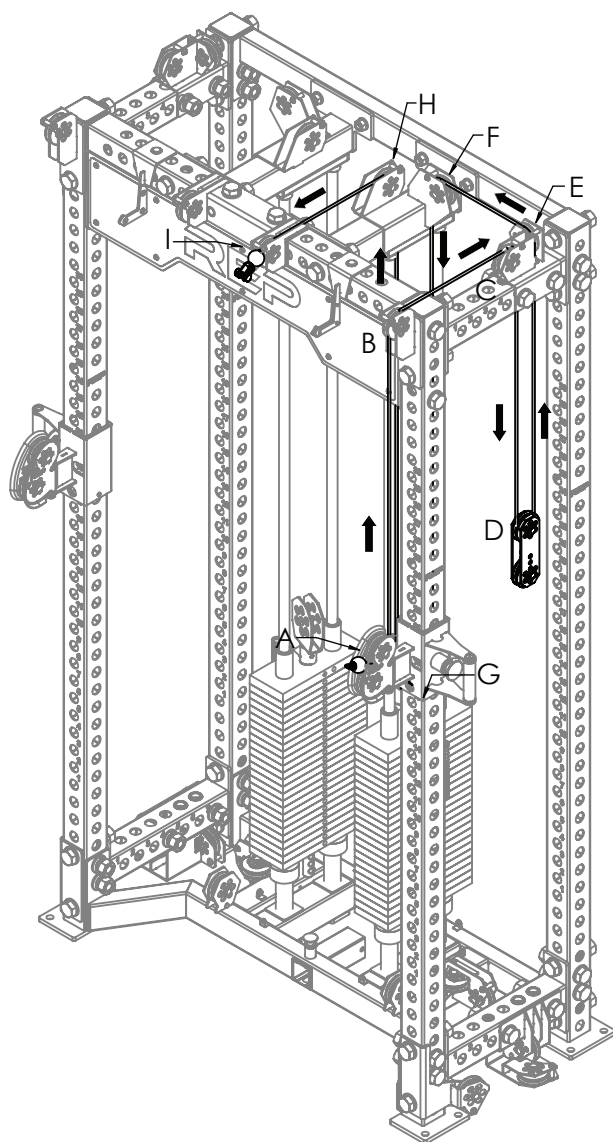
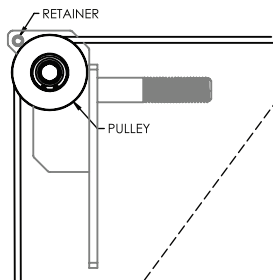
-USING THE CLEARED END FROM 18B, THREAD THE CABLE THROUGH THE BRACKETS STARTING AT THE TROLLEY (VIEW A).

-REMOVE HARDWARE AND PULLEYS AS NECESSARY. LOOSEN CABLE RETAINERS IF PULLEY DOES NOT SEEM TO FIT, BUT DO NOT REMOVE THEM. 5MM AND 6MM ALLEN WRENCH IS REQUIRED.

 10-0445 M10, WASHER, BLACK	X2		X1	
 10-0421 M10X1.50, NUT, NYLON INSERT, BLACK	X1	10-0476 M10X1.50, L50, BLACK	X1	FLOATING PULLEY 25-0273
		HEADPLATE PULLEY 10-0017	X1	



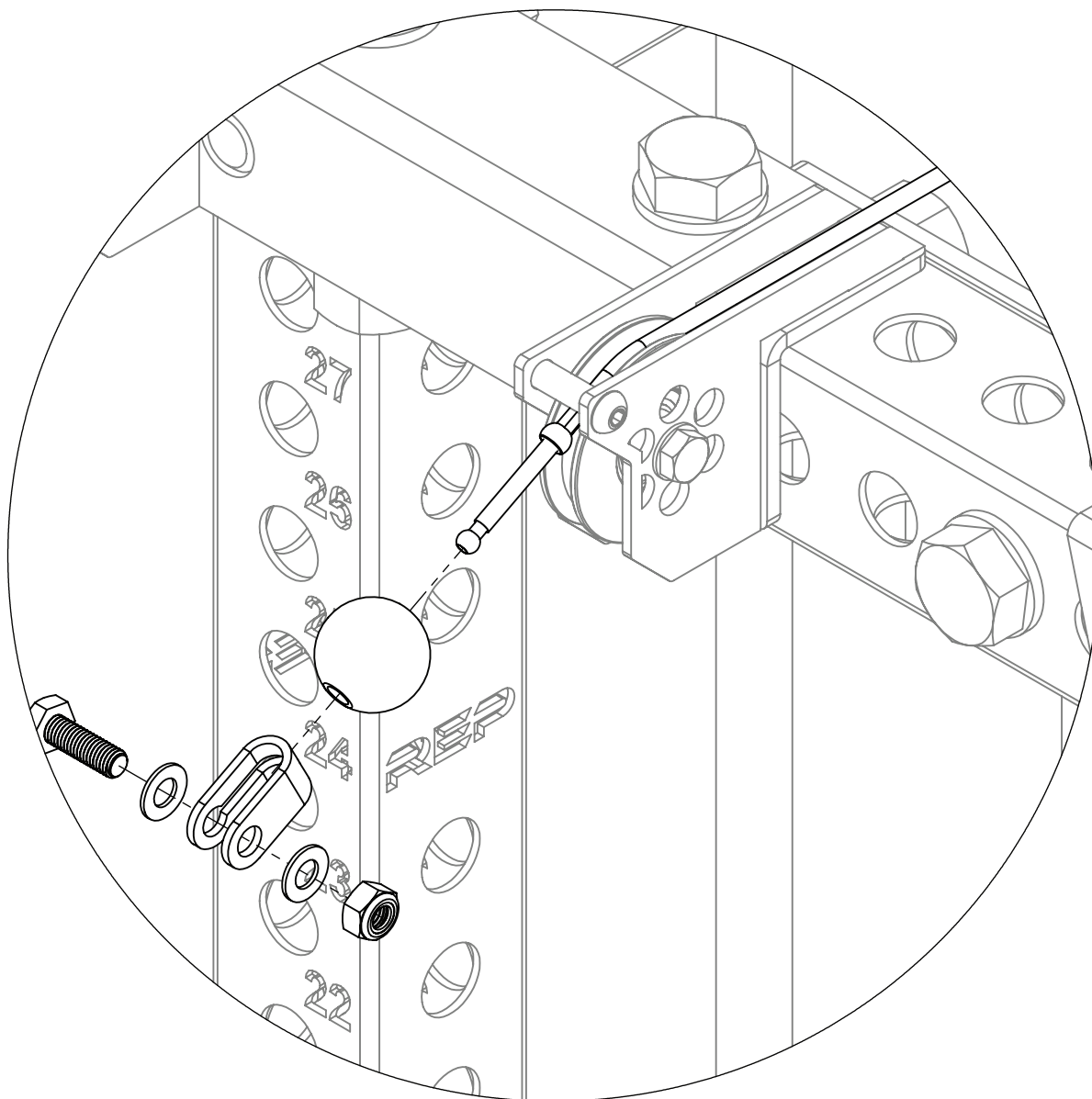
IMPORTANT: ENSURE THE CABLE IS ROUTED BETWEEN THE PULLEY AND CABLE RETAINER FOR ALL PULLEYS



18D

UPPER
CABLE

-REINSTALL BOLT, U-CONNECTOR, AND CABLE BALL.



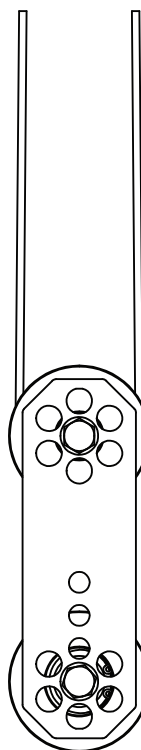
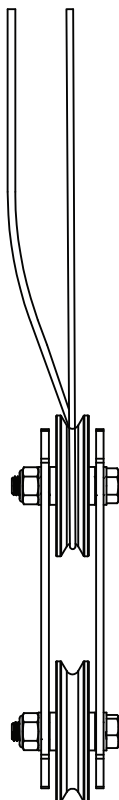
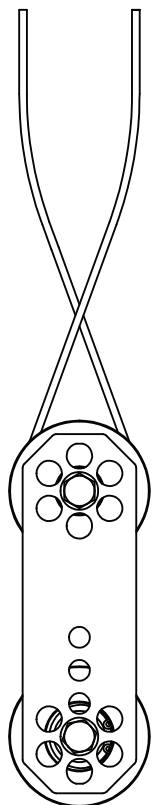
18E

UPPER
CABLE

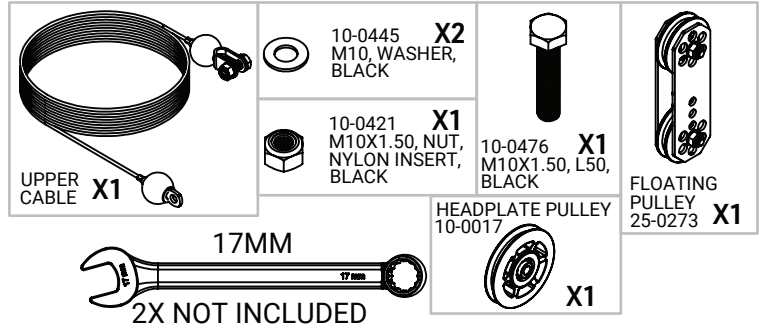
-ENSURE CABLE IS NOT TWISTED. IF THE CABLE IS TWISTED THEN THE
FLOATING PULLEY WILL ROTATE.

-IF ANY TWISTING OCCURS, UN-INSTALL THE CABLE AND REPEAT

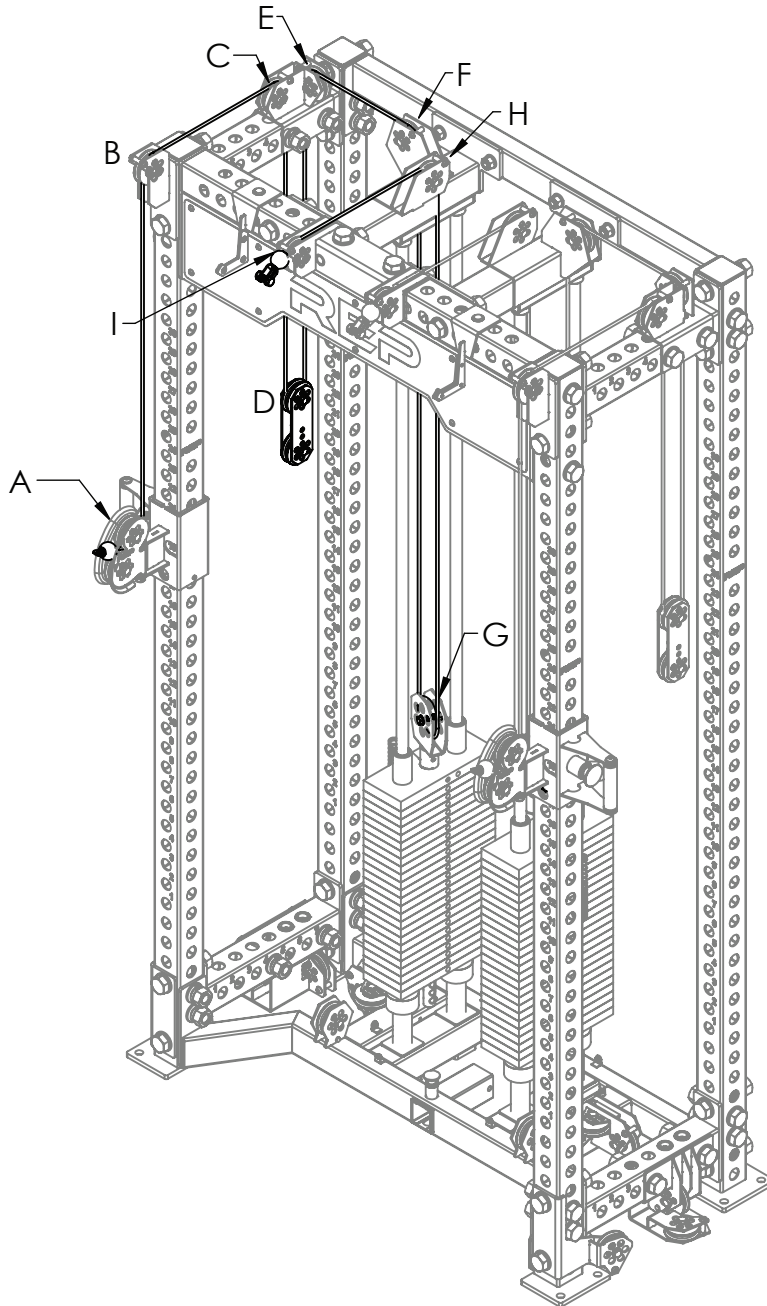
18A - 18D



18F
UPPER CABLE

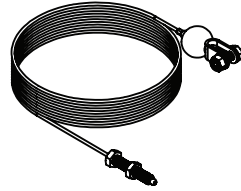
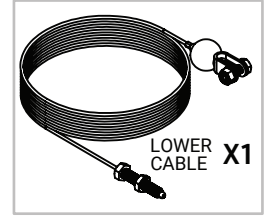


REPEAT STEPS **18A** - **18E** FOR OTHER SIDE

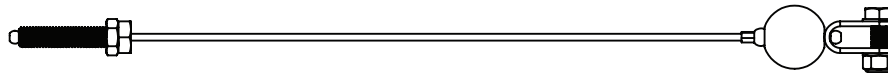


19A

LOWER
CABLE



UNWIND
LOWER
CABLE



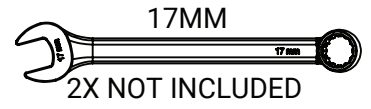
-LENGTH NOT TO SCALE

-ENSURE CABLE HAS NO TWISTS, COILS, OR KINKS.

-COMPLETE STEPS 19A - 19D FOR ONE CABLE ONLY. ONCE THE FIRST UPPER CABLE IS INSTALLED, REPEAT THE STEPS FOR THE OTHER UPPER CABLE.

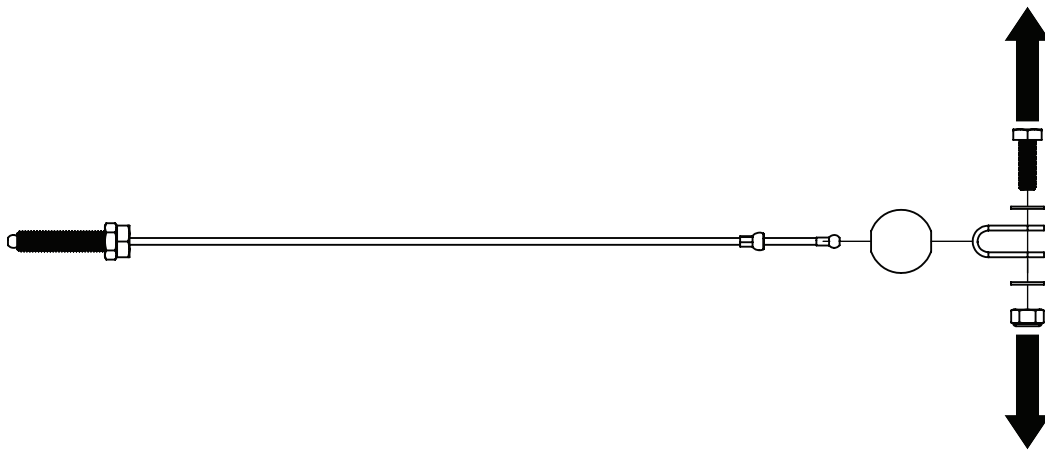
19B

LOWER
CABLE



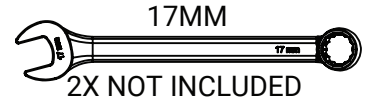
-REMOVE BOLT, U-CONNECTOR, AND CABLE BALL FROM UPPER CABLE.

-CABLE BALLS MAY VARY IN SIZE. KEEP ALL BALLS WITH ORIGINAL CABLES.



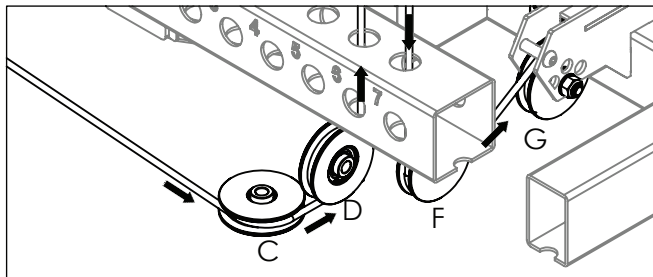
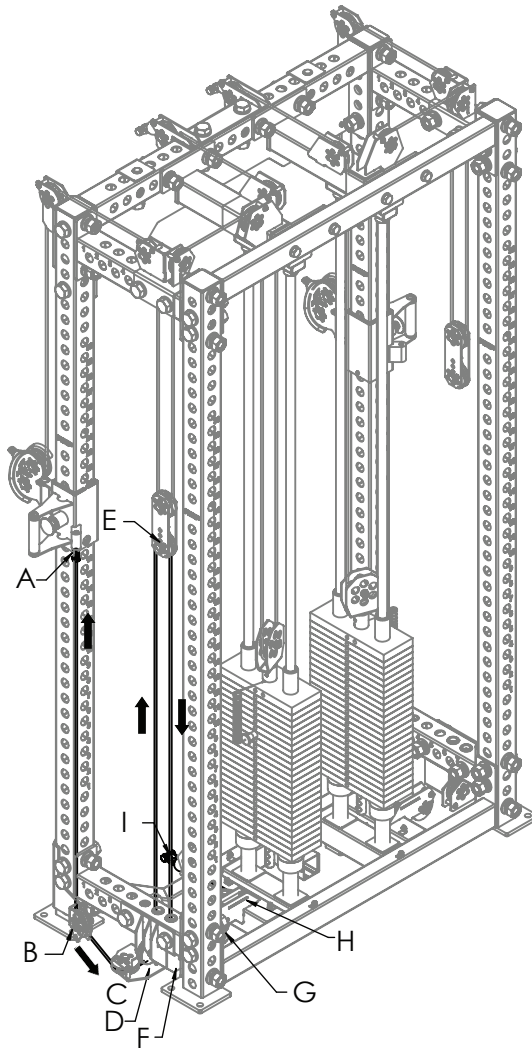
19C LOWER CABLE

-THREAD THE ADJUSTER BOLT INTO THE TROLLEY MINIMUM 7 FULL TURNS.

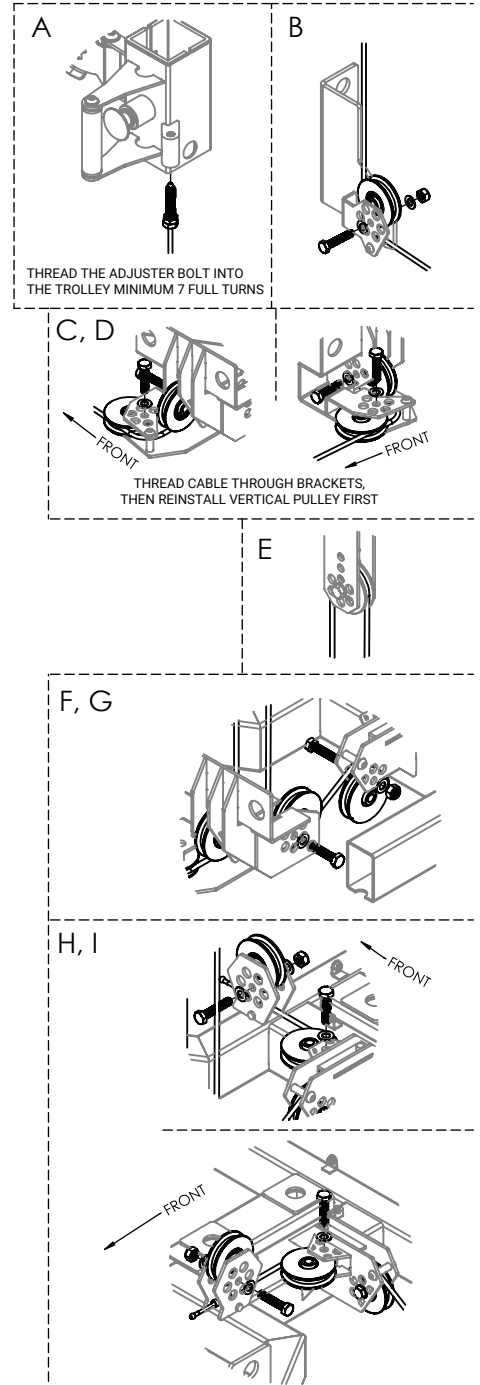


-USING THE CLEARED END FROM 19B, THREAD THE CABLE THROUGH THE BRACKETS STARTING AT PULLEY 1 (VIEW B).

-REMOVE HARDWARE AND PULLEYS AS NECESSARY. LOOSEN CABLE RETAINERS IF PULLEY DOES NOT SEEM TO FIT, BUT DO NOT REMOVE THEM. 5MM AND 6MM ALLEN WRENCH IS REQUIRED



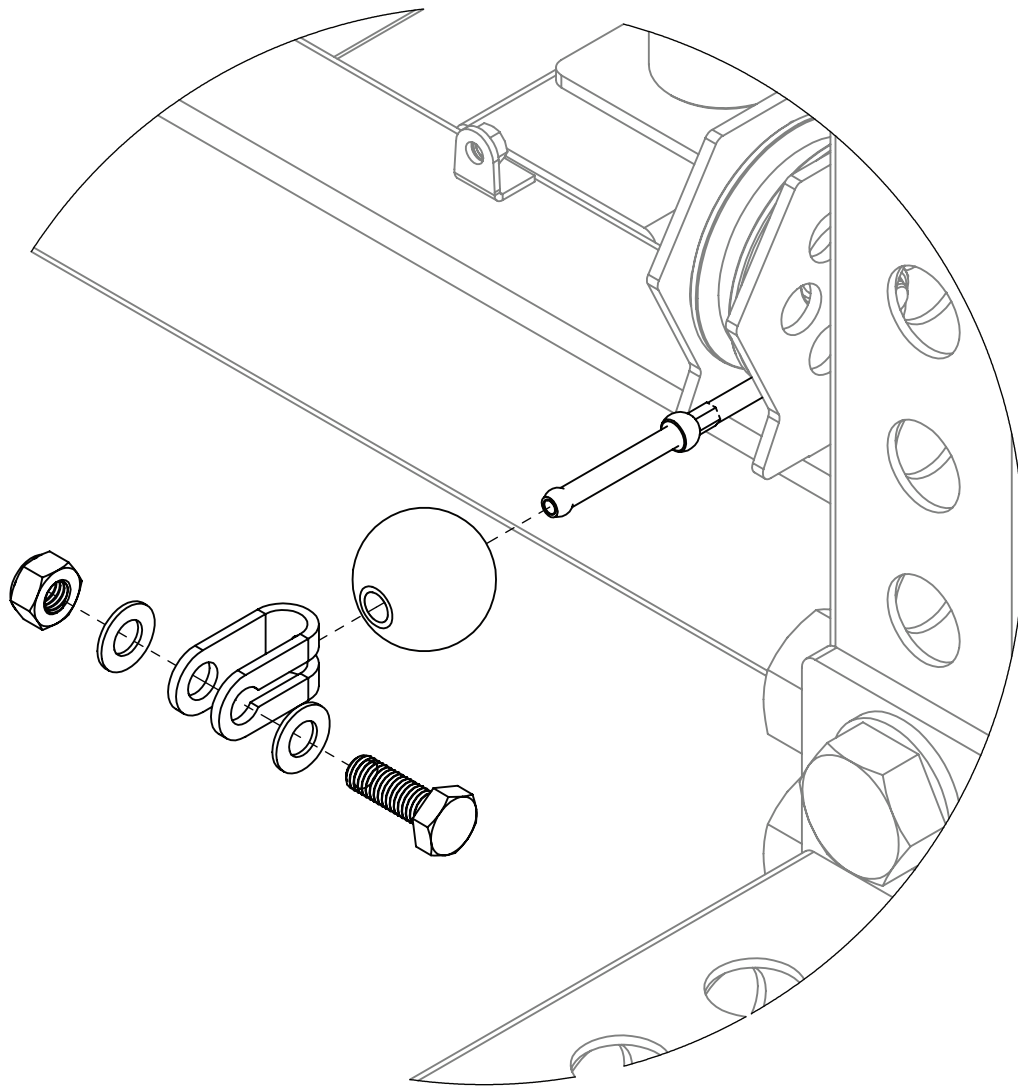
PULLEYS C, D, AND F SHOWN WITH BRACKET HIDDEN



19D

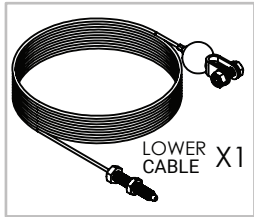
LOWER
CABLE

-REINSTALL THE BOLT, U-CONNECTOR, AND CABLE BALL.

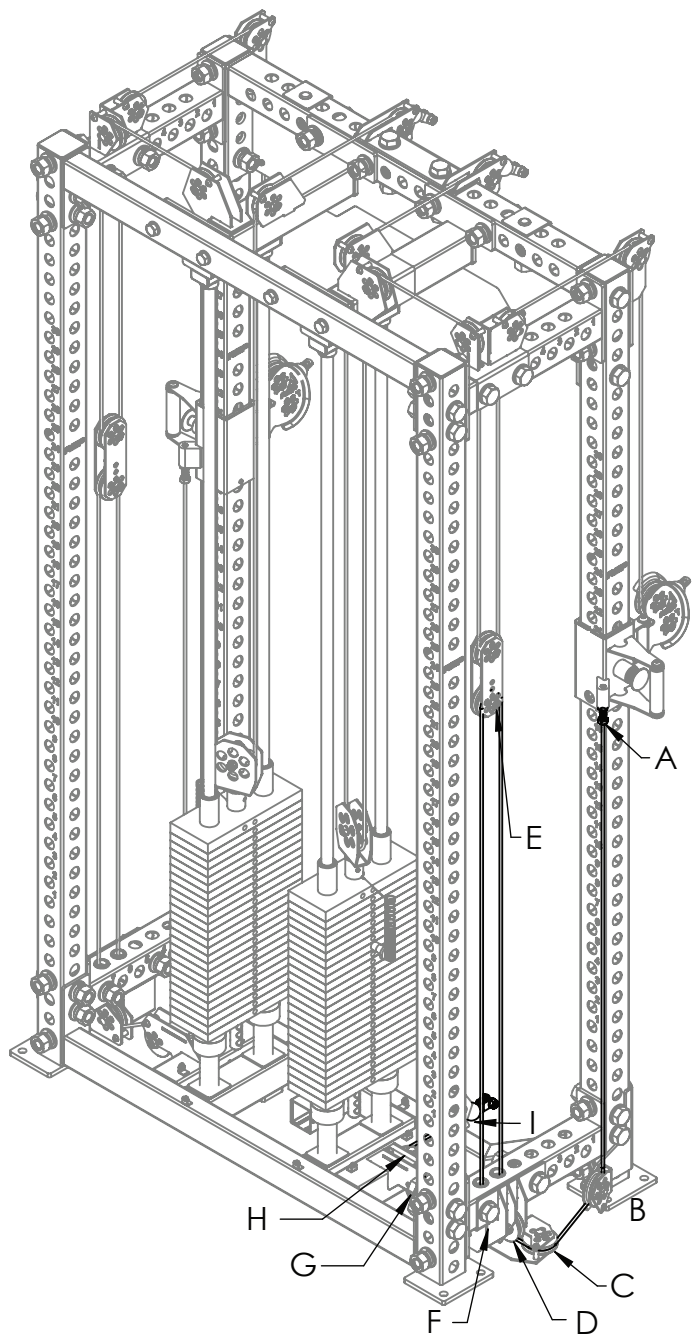


19E
LOWER
CABLE

17MM
2X NOT INCLUDED

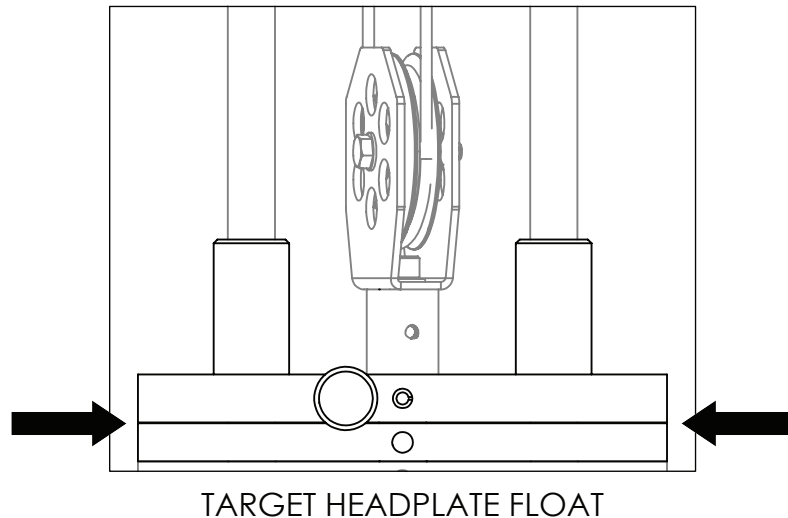


REPEAT STEPS **19A** - **19D** FOR OTHER SIDE



MOVE WEIGHT SELECTOR PINS (10-0179) INTO HEADPLATES (25-0958).

CHECK BOTH HEADPLATE POSITIONS.



IF THE HEADPLATE IS FLOATING A SMALL AMOUNT (THICKNESS OF A PLAYING CARD) → 21

IF EITHER HEADPLATE IS NOT AT THE TARGET FLOAT, LOOSEN/TIGHTEN THE ADJUSTER BOLT ON THE TROLLEY UNTIL THE HEADPLATE REACHES THE TARGET FLOAT.

NOTE: MINIMUM ADJUSTER BOLT ENGAGEMENT IS 7 FULL TURNS.

IF THE TARGET FLOAT CANNOT BE ACHIEVED, CONFIRM THE CABLE ROUTING IS CORRECT AND THAT ALL COMPONENTS FIT TIGHTLY TOGETHER.

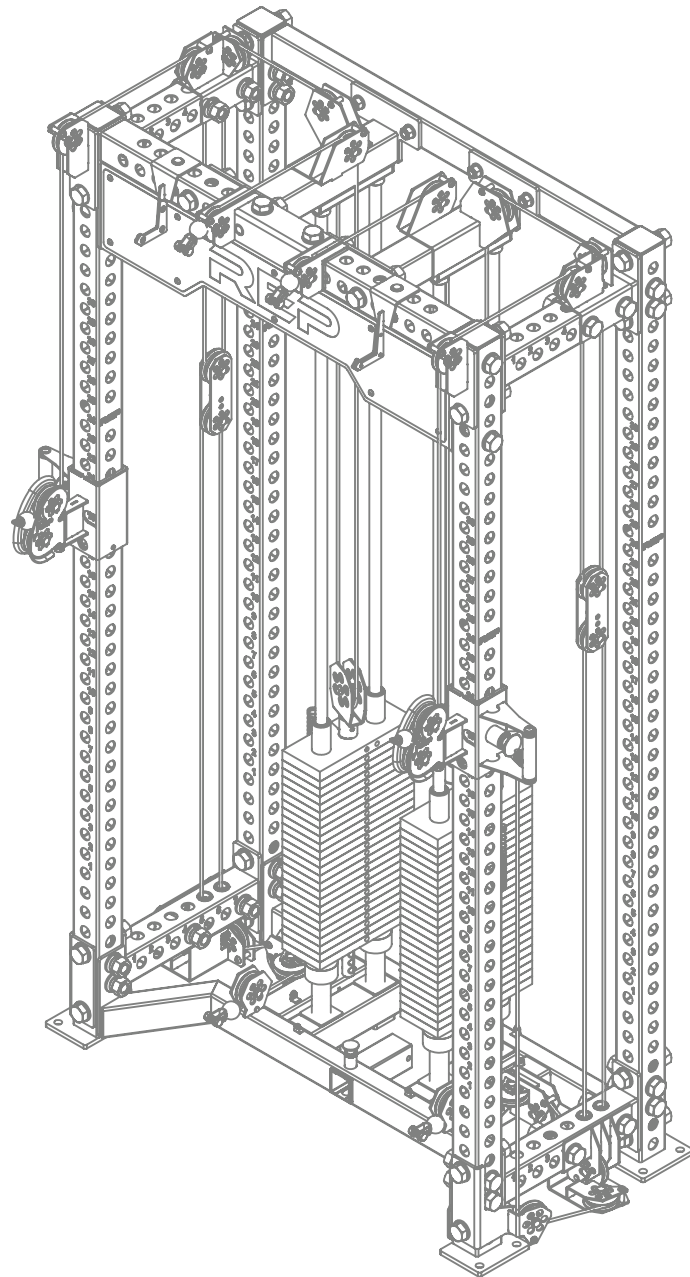
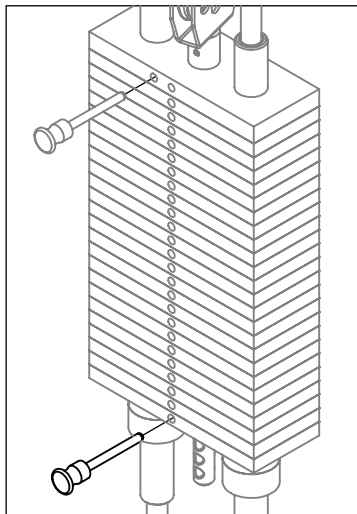
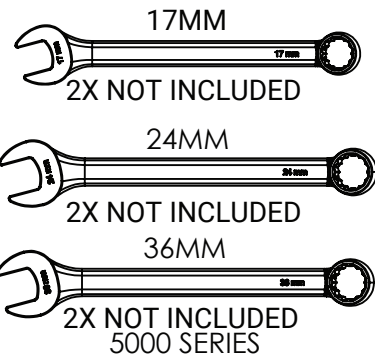
IF THE HEADPLATE FLOAT IS STILL PRESENT, BUT LESS THAN THE THICKNESS OF ONE PLATE, IT WILL LIKELY CORRECT ITSELF ONCE THE RACK HAS BEEN TIGHTENED. → 21

IF EITHER HEADPLATE STILL HAS FLOAT GREATER THAN THE THICKNESS OF ONE PLATE, PLEASE CONTACT CUSTOMER SUPPORT.

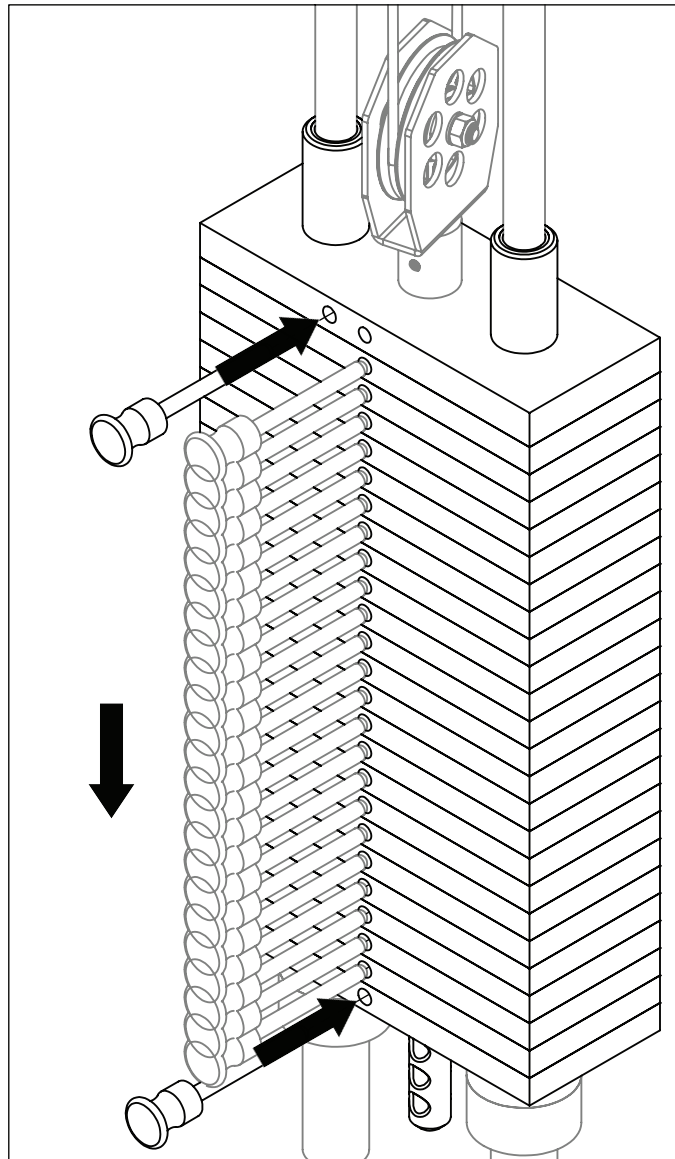
21

1. INSERT WEIGHT SELECTOR PINS (10-0179) INTO THE BOTTOM WEIGHT STACK PLATES.
2. FULLY TIGHTEN ALL RACK HARDWARE.
3. FULLY TIGHTEN ALL ARES BRACKET HARDWARE.
4. FULLY TIGHTEN ALL PULLEY HARDWARE.

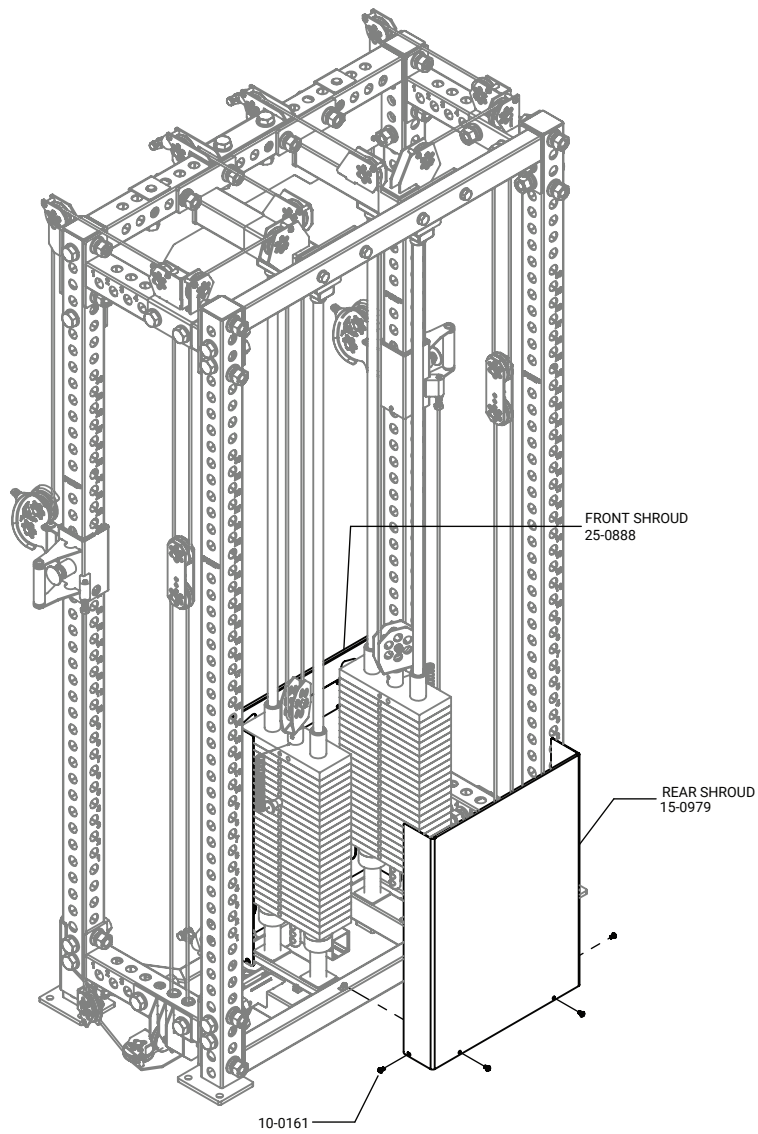
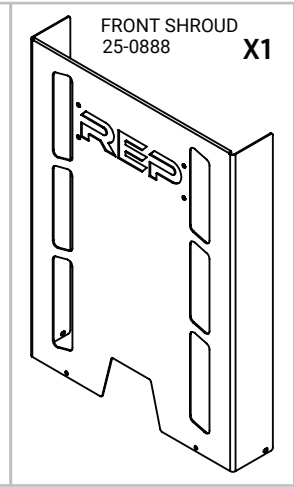
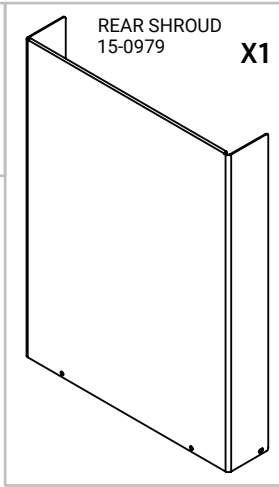
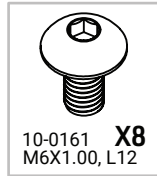
NOTE: TIGHTEN ALL HARDWARE FROM BOTTOM UP.

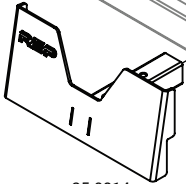
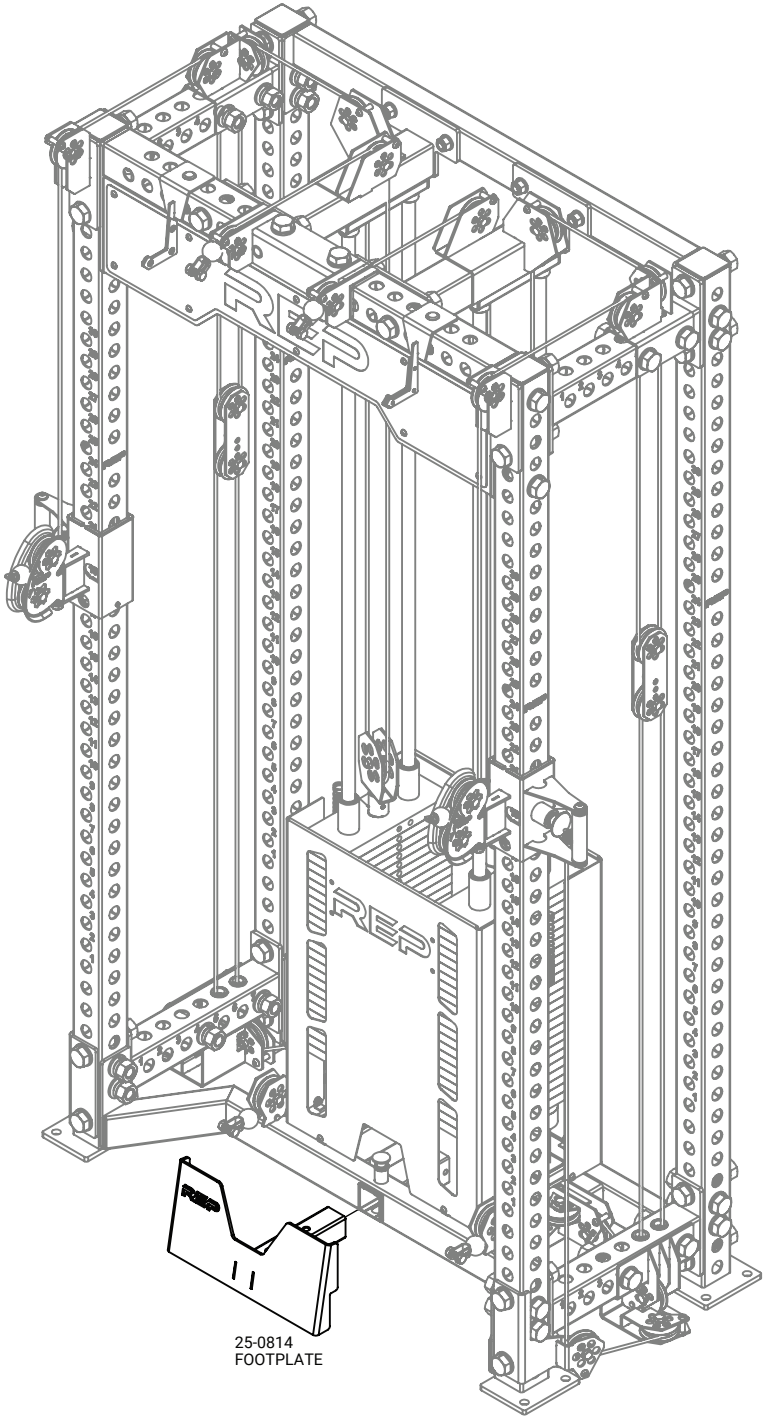


INSERT PIN INTO ALL PIN HOLES TO ENSURE PROPER ALIGNMENT



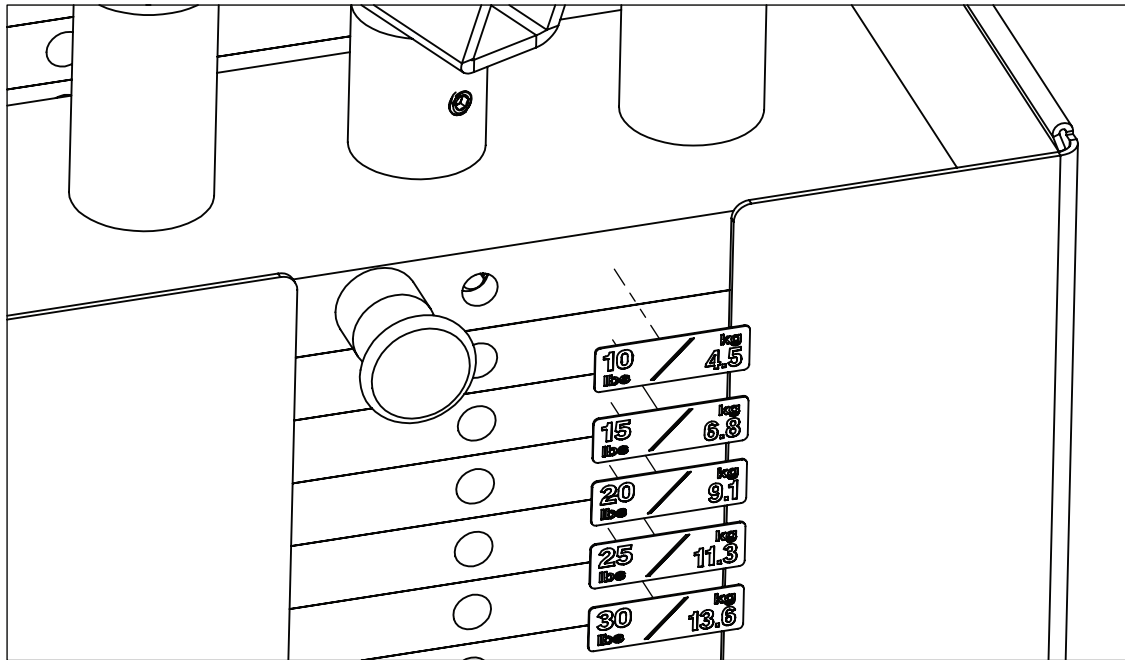
4MM
1X INCLUDED



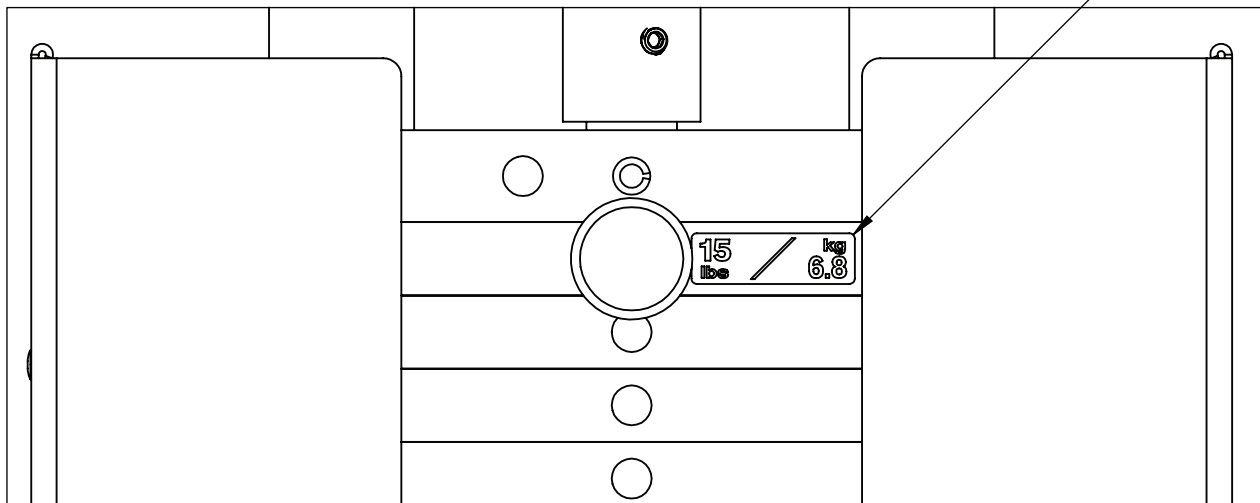


APPLY WEIGHT STICKERS TO BOTH WEIGHT STACKS.
-IF YOU HAVE THE STANDARD CONFIGURATION (130/260 LB),
YOU WILL HAVE TWO SETS OF STICKERS THAT GO UP TO 130LBS.

-IF YOU HAVE THE UPGRADED CONFIGURATION (155/310 LBS),
YOU WILL ALSO HAVE 2 SETS OF STICKERS THAT GO UP TO 155 LBS.
THESE WILL BE USED INSTEAD OF THE 130 LBS SETS.



USE THE SHROUD AND PIN TO HELP ALIGN THE STICKERS



FINAL STEPS

-BOLTS: ENSURE ALL BOLTS HAVE BEEN TIGHTENED SECURELY.

-GROOVES: CONFIRM THE CABLES ARE SEATED WITHIN THE PULLEY GROOVES.

-CABLE RUBBING: PULL THE CABLES TO CHECK FOR EXCESS RESISTANCE. IF IT SEEMS THE FRICTION IS TOO HIGH, MAKE SURE THE CABLES ARE NOT RUBBING ANYTHING. A RUBBING CABLE WILL PEEL THE CABLE JACKET AND REQUIRE REPLACEMENT.

-GUIDE RODS: CLEAN THE GUIDE RODS. THEN APPLY SILICONE SPRAY TO THE GUIDE RODS.

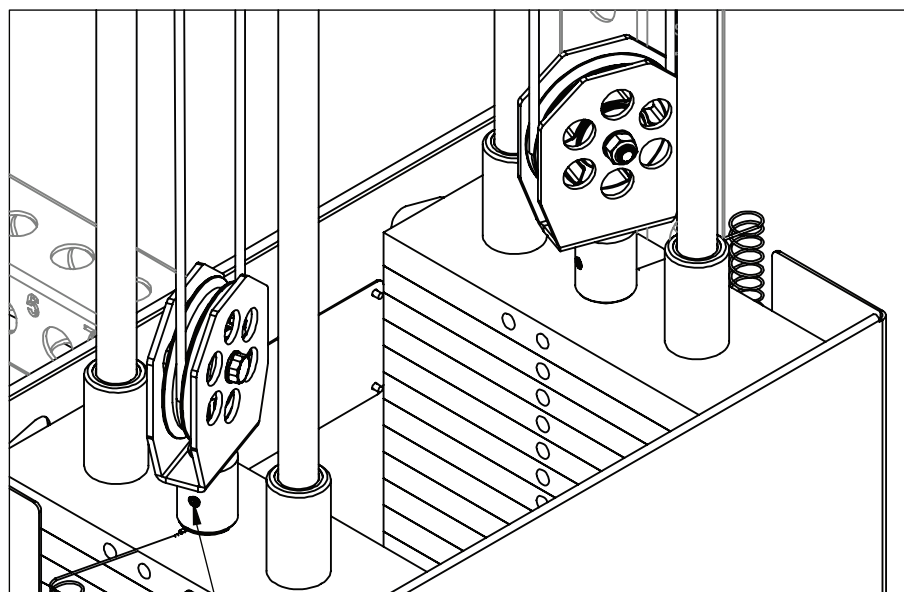
-TEST: RUN THE MACHINE THROUGH THE FULL RANGE OF MOTION. ROTATE THE PULLEY BRACKETS ON TOP OF THE WEIGHT STACK SO THE CABLES DO NOT RUB THE UPPER CROSSMEMBERS. ONCE POSITIONED CORRECTLY, TIGHTEN THE SET SCREWS WITH A 4MM ALLEN WRENCH (SEE IMAGE BELOW).

-**TROUBLESHOOTING:** IF THE ARES IS NOT FUNCTIONING SMOOTHLY



51

-IF THE ARES IS FUNCTIONING SMOOTHLY AND YOU ARE NOT USING FRONT FOOT EXTENSIONS, PLEASE GO TO PAGE 52 AND FOLLOW THE STEPS TO MOUNT YOUR RACK TO THE GROUND.



SET SCREW
4MM ALLEN HEAD
X2 PER BRACKET

TROUBLESHOOTING

IF THE ARES ATTACHMENT IS NOT FUNCTIONING SMOOTHLY. PERFORM THE FOLLOWING.

-LOOSEN ALL BOLTS.

-PLACE WEIGHT SELECTOR PINS INTO THE BOTTOM PLATE OF THE WEIGHT STACKS.

-RETIGHTEN ALL BOLTS.

DO NOT APPLY ANY FORCE TO ANY ARES COMPONENTS, UPRIGHTS, OR CROSSMEMBERS. DOING SO MAY CAUSE MISALIGNMENT. PLACING THE PIN IN THE BOTTOM OF THE WEIGHT STACK WILL HELP PULL ALL COMPONENTS INTO PLACE WHEN THE BOLTS ARE TIGHTENED.

IF YOU HAVE MORE QUESTIONS PLEASE CONTACT OUR CUSTOMER SUPPORT TEAM AT INFO@REPFITNESS.COM OR 720-420-1731.

26

-ENSURE ARES IS FUNCTIONING SMOOTHLY AND IS IN ITS FINAL LOCATION

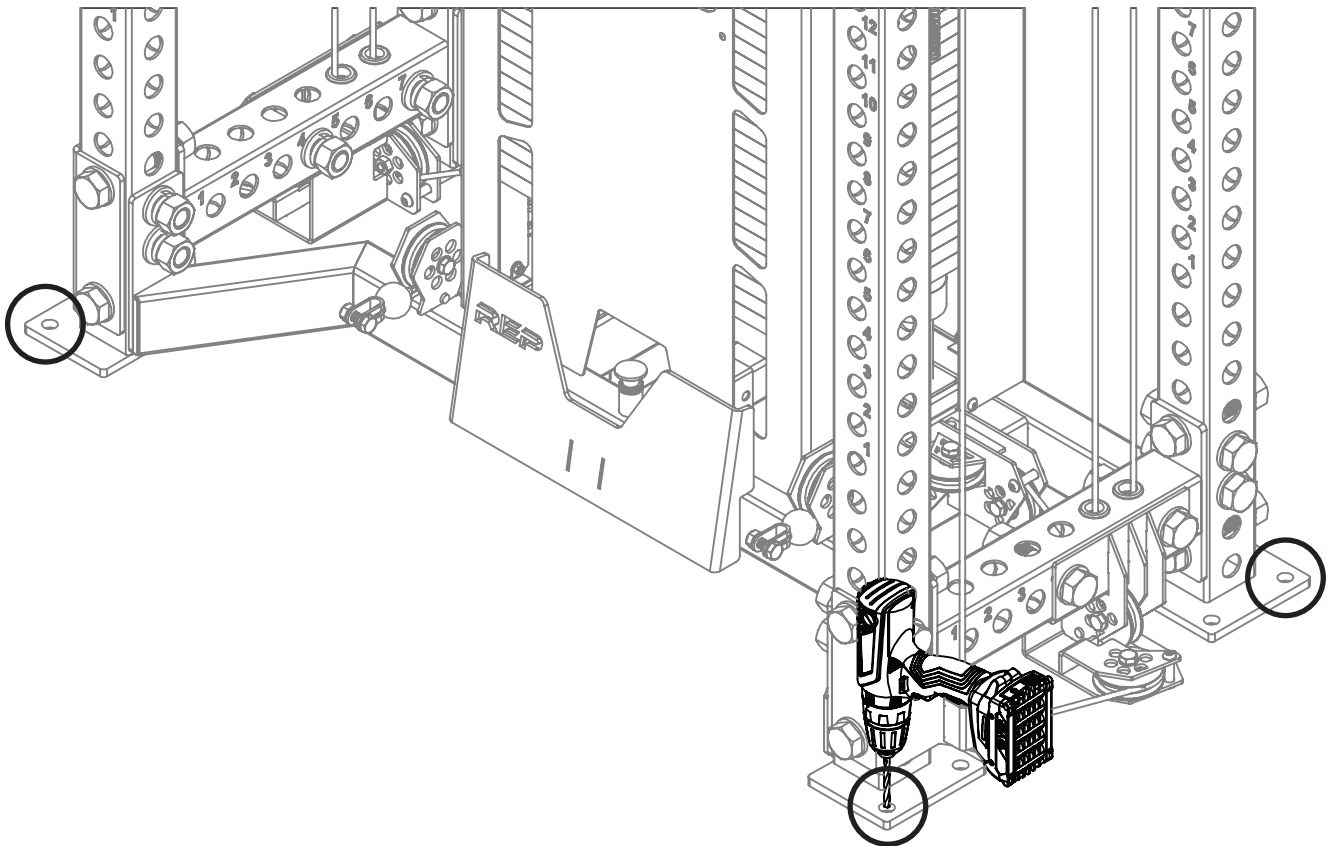
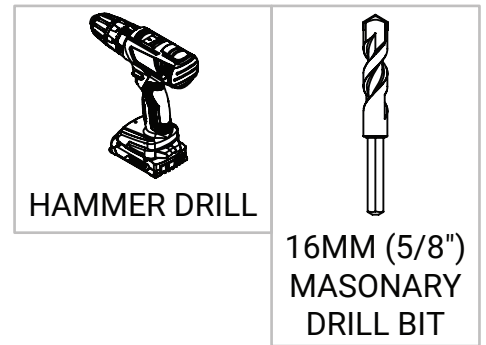
-ENSURE UPRIGHTS ARE LEVEL.

-USE BASE PLATES OF UPRIGHTS AS GUIDES FOR DRILLING.

-USING A 16MM (5/8") MASONRY DRILL BIT, DRILL A MINIMUM OF 95 MM (3.7") DEEP.

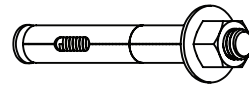
-AT MINIMUM DRILL 4 HOLES.

-CLEAN OUT ANY DEBRIS FROM THE HOLE.



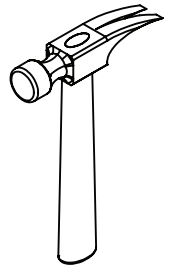
27

HAMMER SLEEVE ANCHORS (10-0143) INTO HOLES

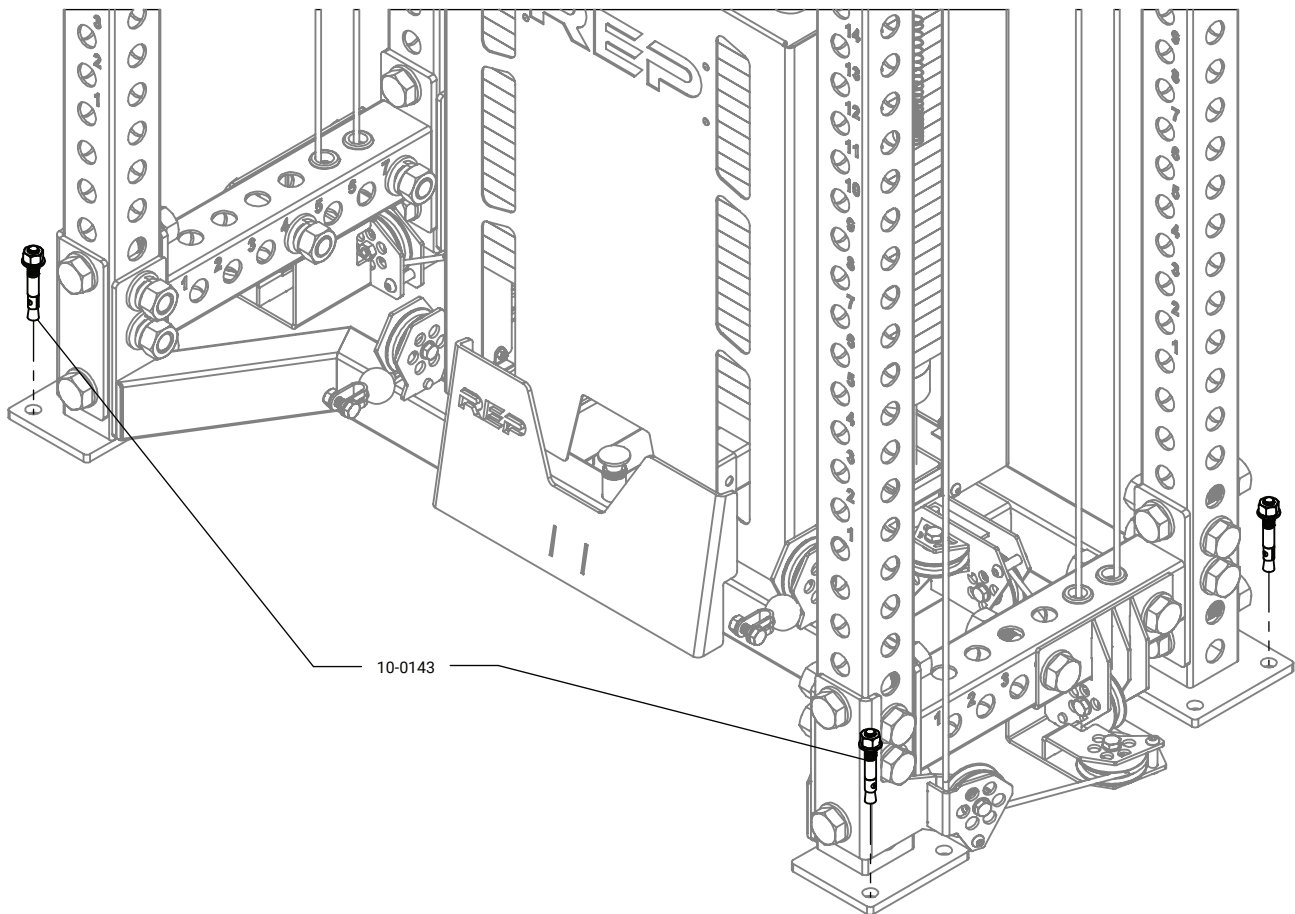


M12X1.75, L90,
SLEEVE ANCHOR
10-0143

X2

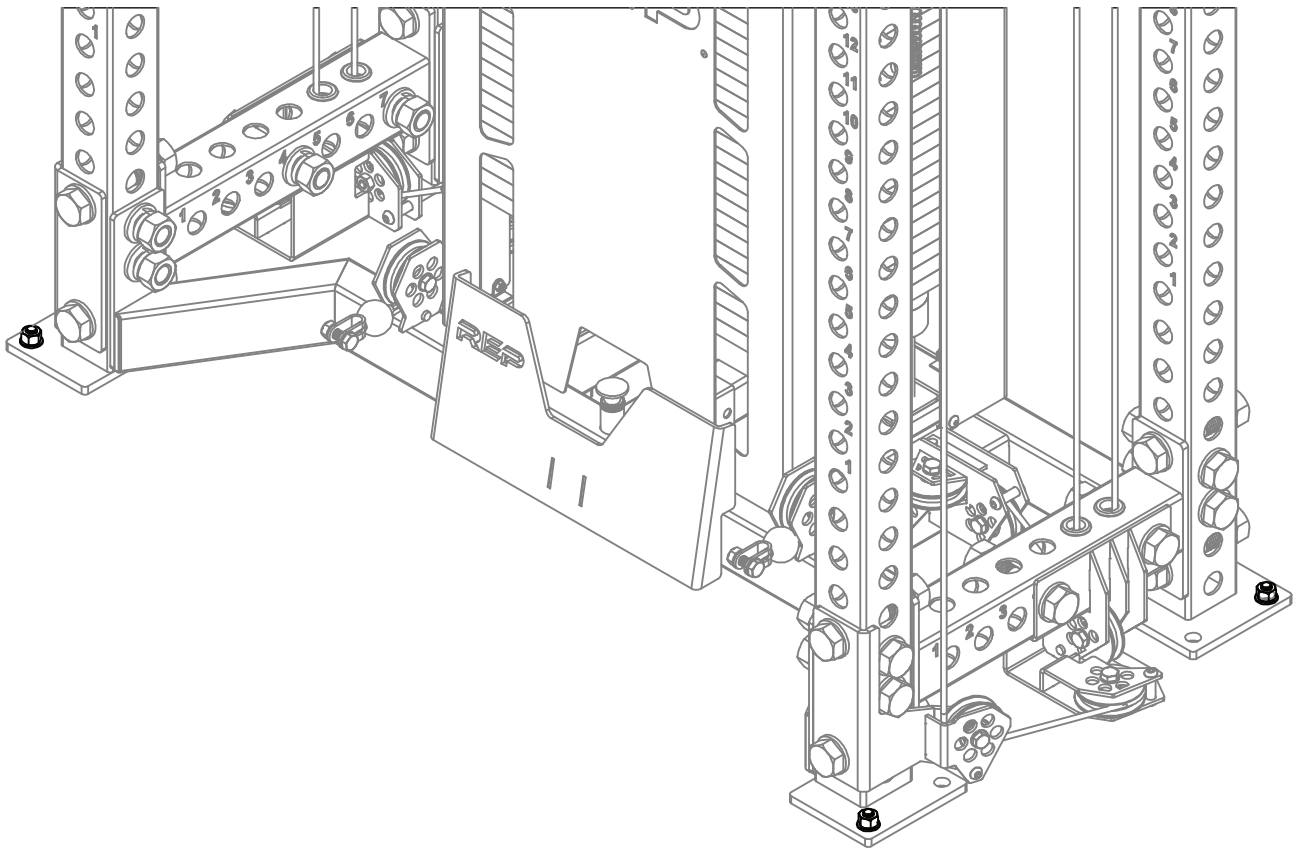
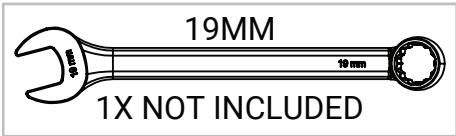


HAMMER



28

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



MAINTENANCE

-GUIDE RODS: CLEAN THE GUIDE RODS AND REAPPLY SILICONE SPRAY TO THE GUIDE RODS EVERY 3 MONTHS OR AS NECESSARY.

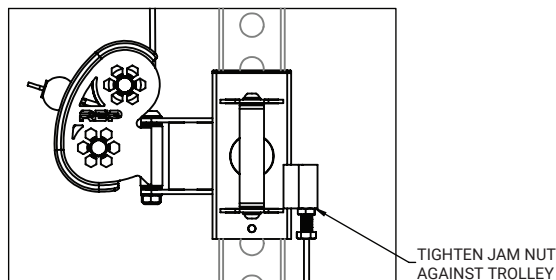
-CABLE TENSION: OVERTIME THE CABLES WILL STRETCH AND TENSION WILL REDUCE. TO KEEP IDEAL PERFORMANCE, DO THE FOLLOWING.

-FOR SMALL ADJUSTMENTS, TIGHTEN THE ADJUSTER BOLT ON THE TROLLEY. WHEN DONE, TIGHTEN THE JAM NUT (IMAGE 1).

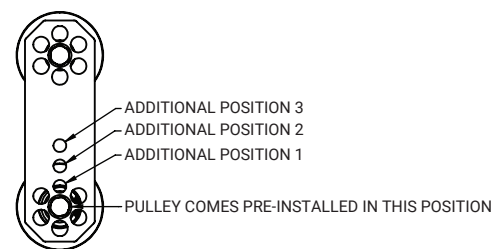
-FOR LARGE ADJUSTMENTS, FULLY LOOSEN THE ADJUSTER BOLT ON THE TROLLEY AND MOVE THE BOTTOM PULLEY UP ONE POSITION (IMAGE 2). THEN REINSTALL THE ADJUSTER BOLT ON THE TROLLEY AND TIGHTEN AS NECESSARY. IF SLACK IS STILL PRESENT, REPEAT THE STEP AT A HIGHER POSITION

-CABLE RUBBING: IF THE TROLLEY SWIVEL BRACKET SEEMS TOO LOOSE OR TIGHT, THEY CAN BE ADJUSTED. LOOSEN/TIGHTEN AS NECESSARY USING AN 8MM ALLEN WRENCH AND 19MM WRENCH (IMAGE 3).

1.



2.



3.

