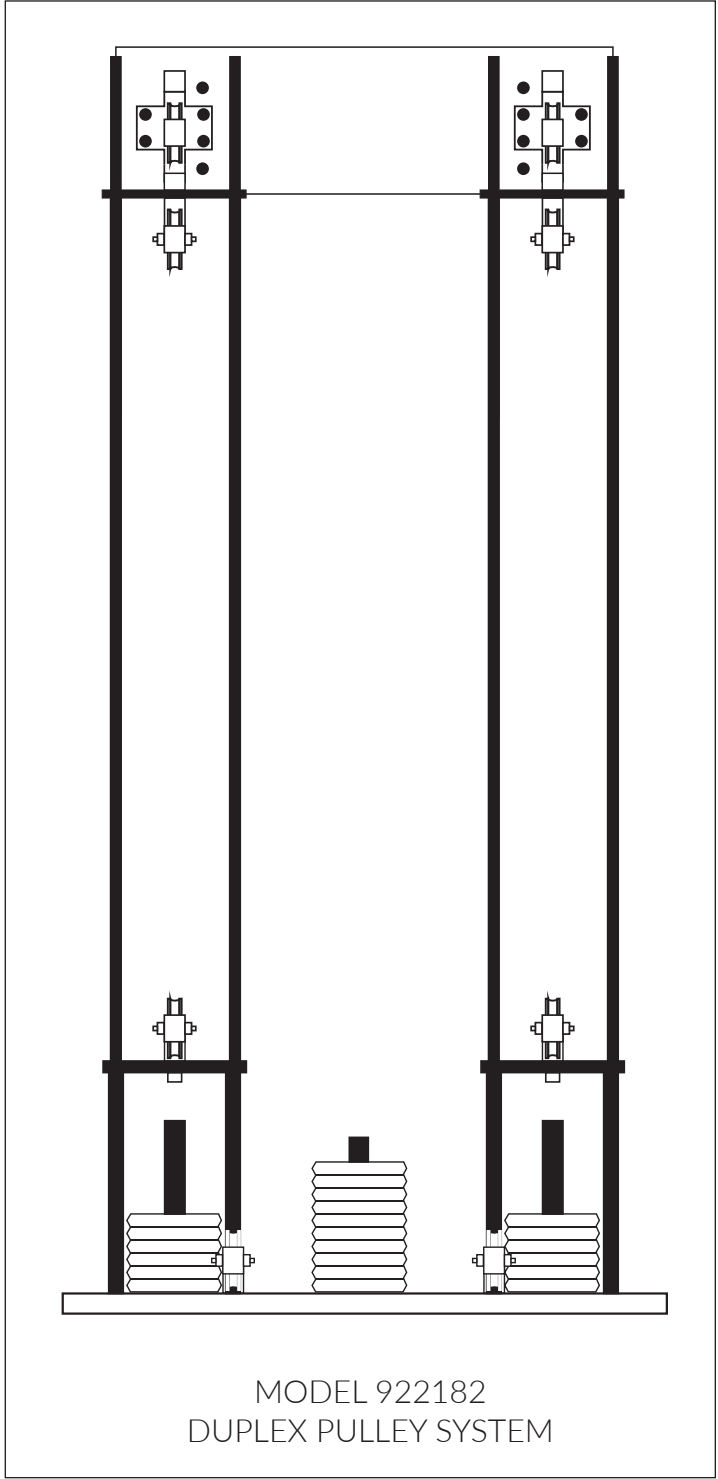
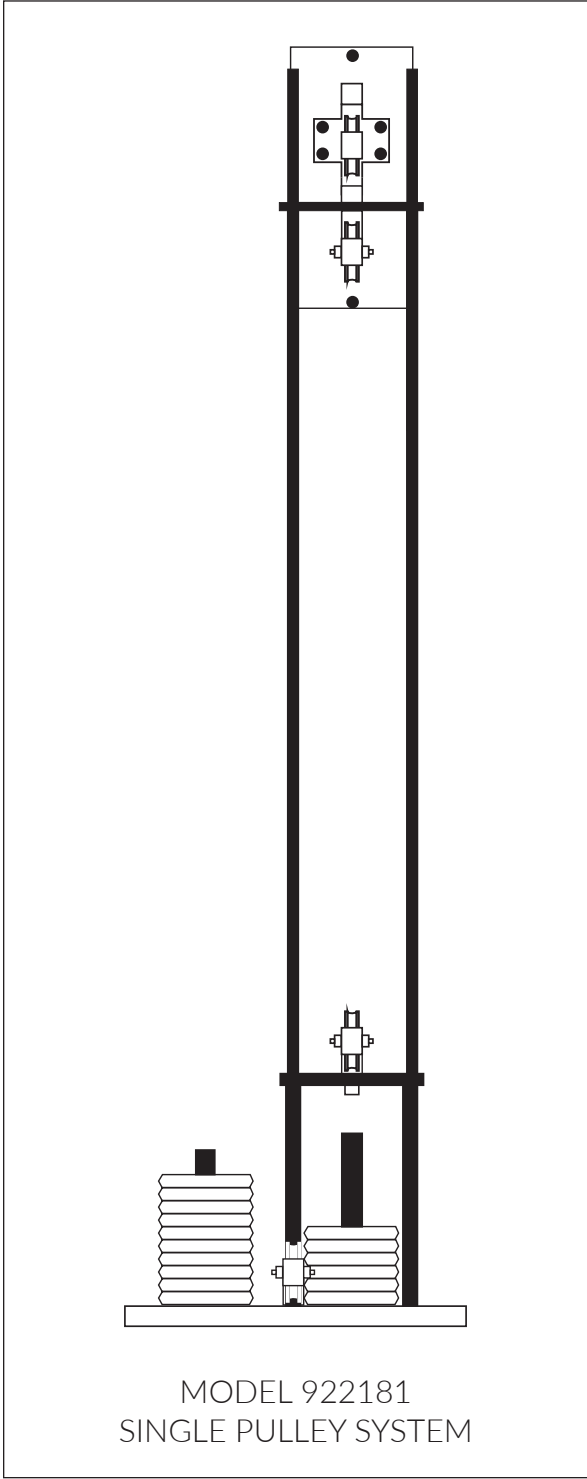
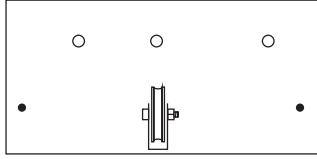


MODEL 922181/922182
SINGLE and DUPLEX
PULLEY SYSTEMS

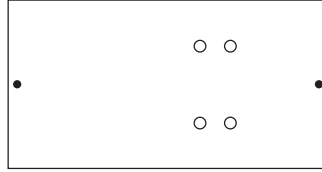


PARTS LIST - FOR SINGLE/DUPLEX COLUMN PULLEYS

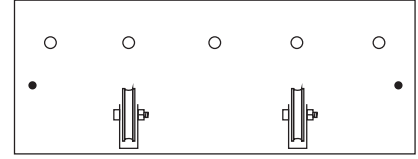
Note: Check with your architect or a professional contractor for hardware required to attach the unit to the wall and floor in your facility.
Before setting up, check to make sure that you have received the following:



SINGLE - 1 FLOORBOARD W/PULLEYS
8⁵/₈" W x 17"L x 1"H



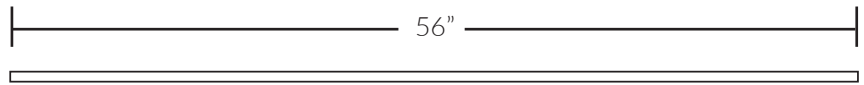
SINGLE - 1 WALLBOARD
6"W x 12"L x 3/4"H



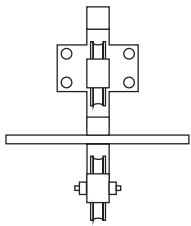
DUPLEX - 1 FLOORBOARD W/PULLEYS
8⁵/₈" W x 30"L x 1"H



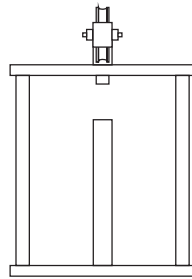
DUPLEX - 1 WALLBOARD



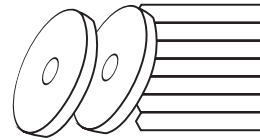
SINGLE - 2 RODS
DUPLEX - 4 RODS



WALL PULLEY
SINGLE - 1
DUPLEX - 2



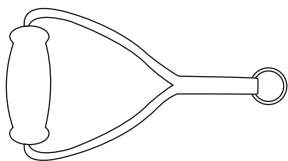
WT. SLIDE
SINGLE - 1
DUPLEX - 2



WEIGHTS
SINGLE - 10
DUPLEX - 10
(EACH 2¹/₂ lbs)



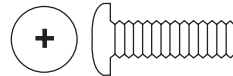
NYLON STOPPER
SINGLE - 2
DUPLEX - 4



HANDLE
SINGLE - 2
DUPLEX - 4



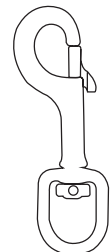
ROPE CLIP
SINGLE - 2
DUPLEX - 4



2" PHILLIPS HEAD BOLTS
SINGLE - 2
DUPLEX - 4



WEIGHT HOLDER
SINGLE - 1
DUPLEX - 1



SWIVEL HOOK
SINGLE - 2
DUPLEX - 4

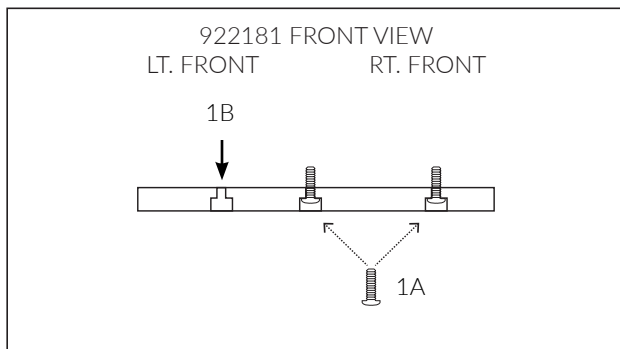
INSTALLATION INSTRUCTIONS

Make sure that you have the appropriate pieces of hardware and tools to install the pulley system. You will need the following to assemble/install the pulley system.

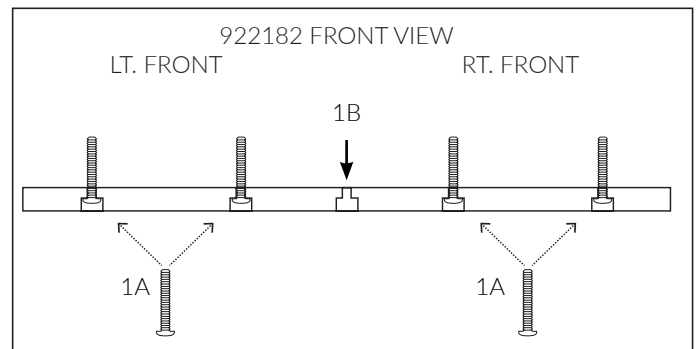
- Hardware for attaching the pulley boards to the wall and floor (not supplied, as hardware required will vary according to the structure of your facility).
- Level
- Drill with appropriate bits for lead holes
- Pliers
- Hex head socket set
- Tape measure
- Hacksaw (if any height modification is necessary)

Before beginning to install the pulley system, ensure that the location selected to set up the pulley system has appropriate structural stability. The pulley boards will need to be secured to a structurally sound member in the wall. Standard wall studs are acceptable and do not require any extra reinforcement. The floorboard and wallboard have been pre-drilled for two lag bolts.

Remove from parts kit Phillips Head Bolts, 1³/₄ inches long and fasten into 922181, Single floorboard as shown below. For 922182, Duplex floorboard, remove "4" Phillips Head Bolts and fasten as shown below.



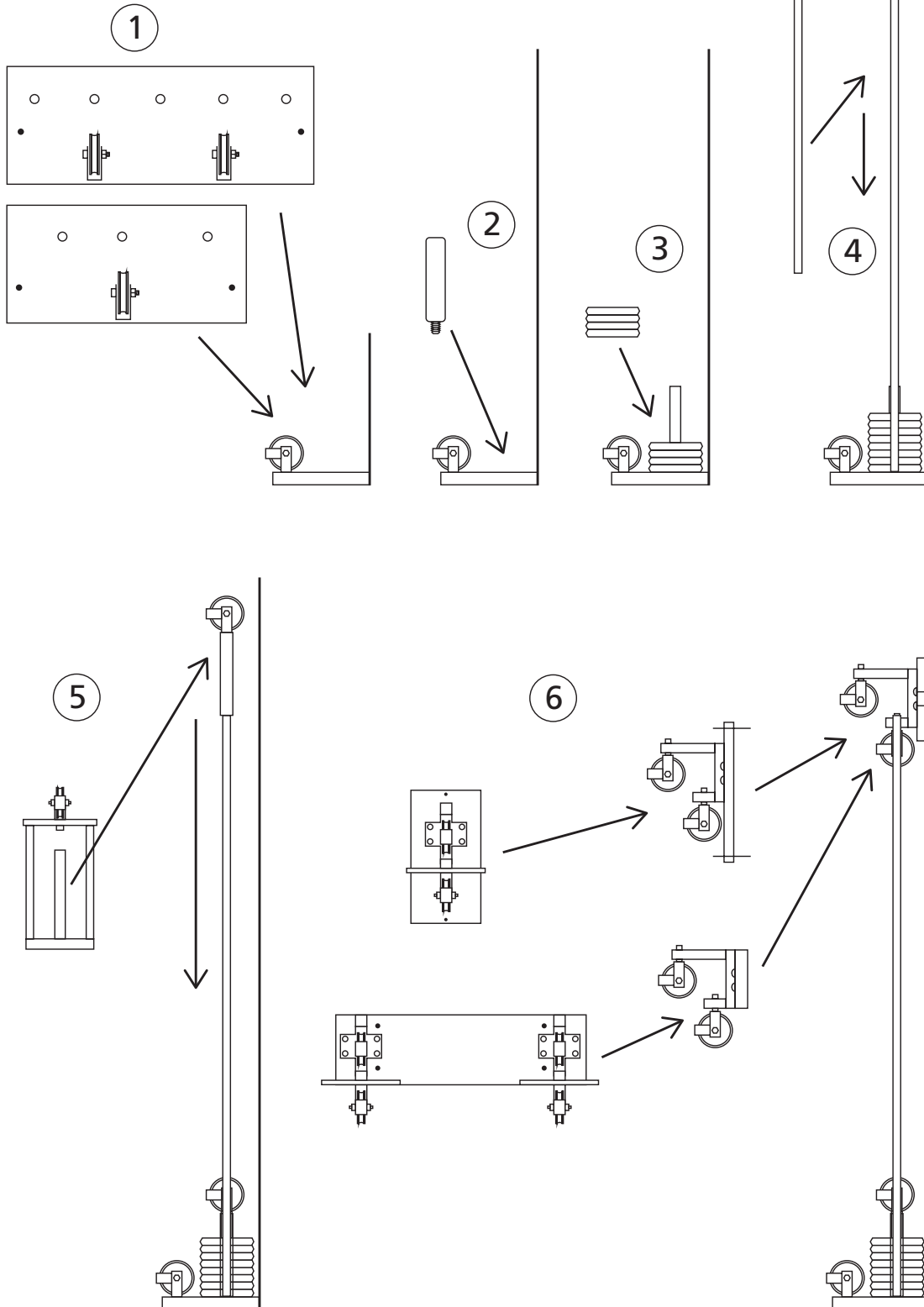
"2" PHILLIPS HEAD BOLTS



"4" PHILLIPS HEAD BOLTS

1. From the bottom of floorboard, screw in 2" Phillips Head Bolts at Position 1A.
2. Place the floorboard on the floor flush against the wall. Position floorboard so pulley is opposite wall. Rotate pulley as needed so it is perpendicular to wall and metal guide tab on pulley holder is away from wall (see figure 1 on page 4).
3. Locate the weight holder and thread it into the baseboard at Position 1B.
4. Place the weight plates on the weight holder.
5. Place the 56" guide rods onto the inserted 2" Phillips Head Bolts in the floorboard.
6. Slip the weight slide over and down the guide rods so that the weight slide rests against the floorboard. Be sure metal guide tab on pulley holder is facing away from the wall (see figure 1 on page 4).
7. Place the wallboard with pulleys over the two guide rods.
8. Make sure wall unit is level and lock in place by tightening both set screws in each collar.
9. Using hardware appropriate for your installation, secure wallboard to stud in wall using holes in top and bottom of wallboard.
10. Using hardware appropriate for your installation, secure floorboard using holes in each side of floorboard.
11. Rotate top pulley as needed so it is perpendicular to wall and the metal guide tab is facing away from the wall (see figure 1 on page 4).
12. Rotate pulley directly below top pulley as needed so it is positioned at a 45° angle with the metal guide tab on the pulley holder facing towards the weight holder.

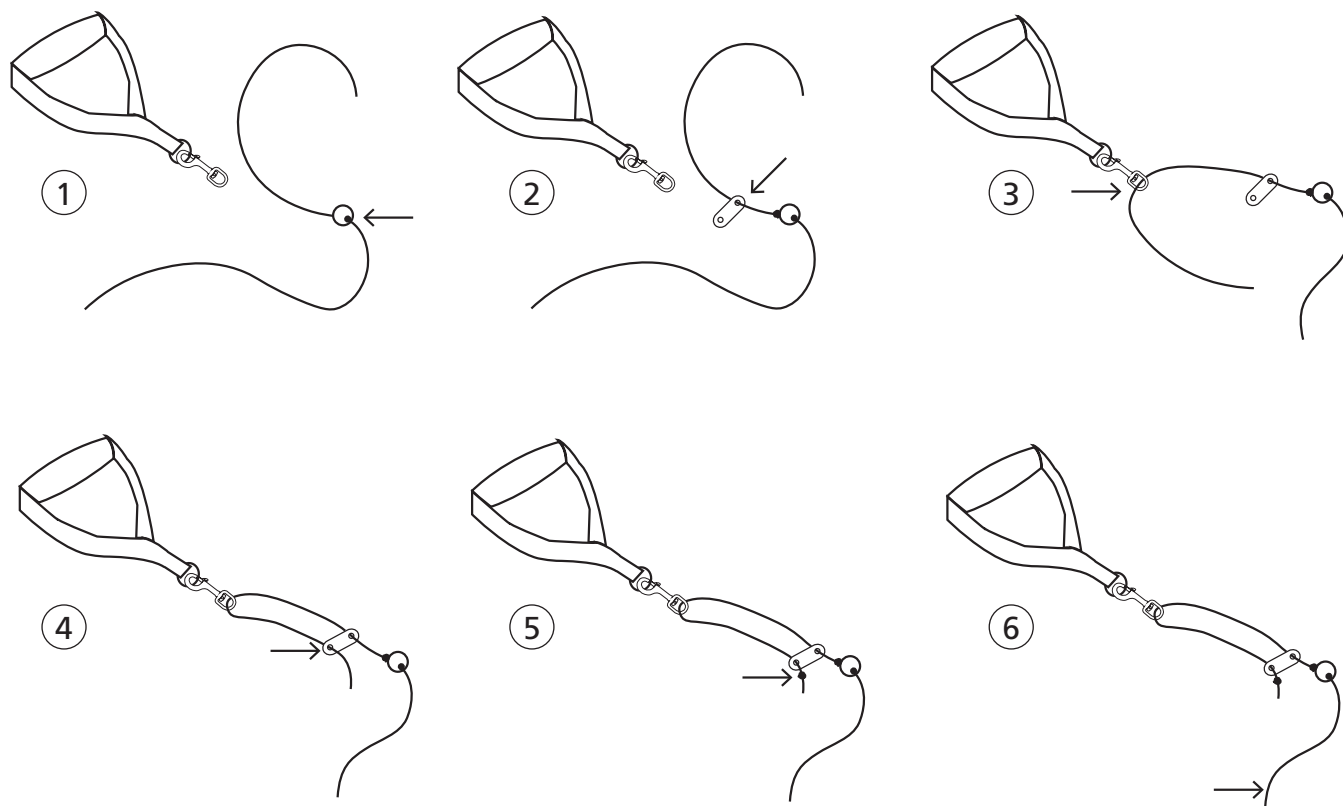
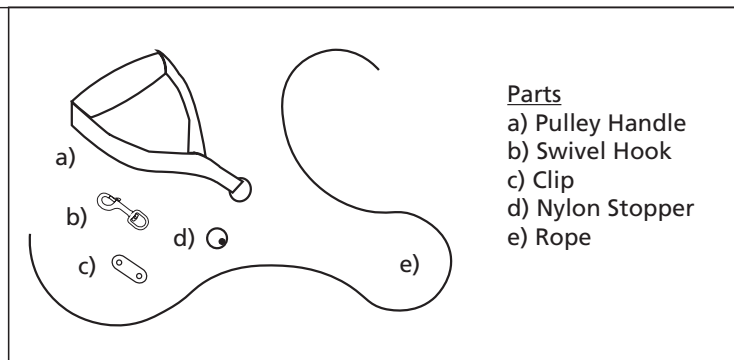
Figure 1



THREADING THE FIRST HANDLE

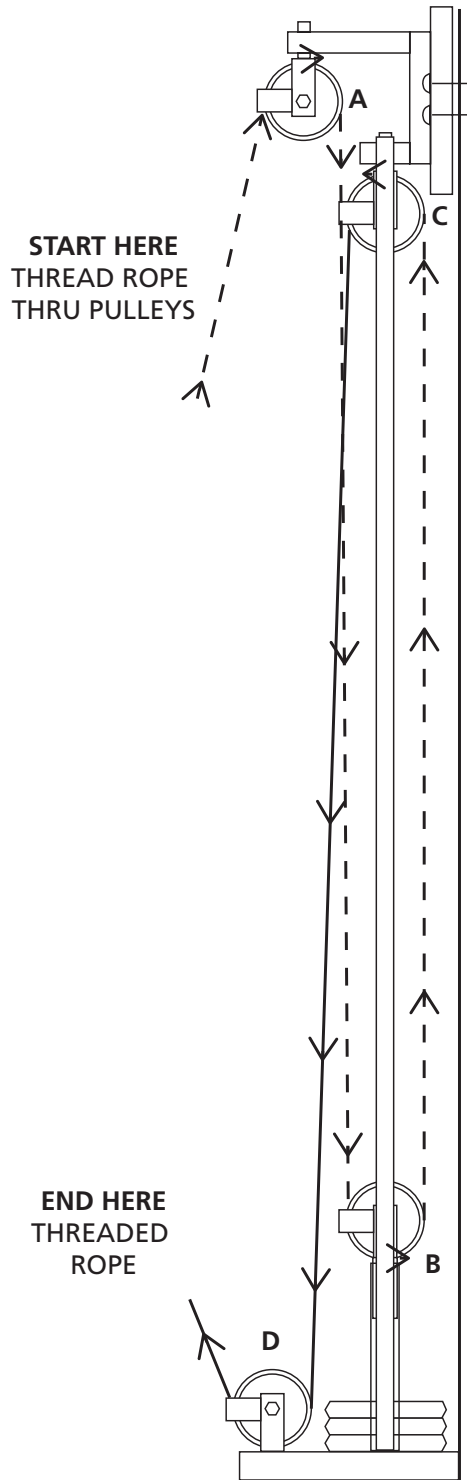
Figure 2

Follow the illustration to thread 1st Handle to rope, then follow directions to thread the ropes.



1. From end of rope, slide the nylon stopper up rope 24 inches and tie a knot behind the stopper.
2. Thread clip on the rope.
3. Slip the rope through the hook of the swivel.
4. Thread the rope through the second hole of the clip.
5. Tie a knot in the end of the rope after the clip.
6. At this point the handle is complete. Use other end of the rope to thread through the pulleys (see figure 3 on page 6). Once the rope has been threaded, attach the 2nd handle (see figure 4 on page 7).

Figure 3

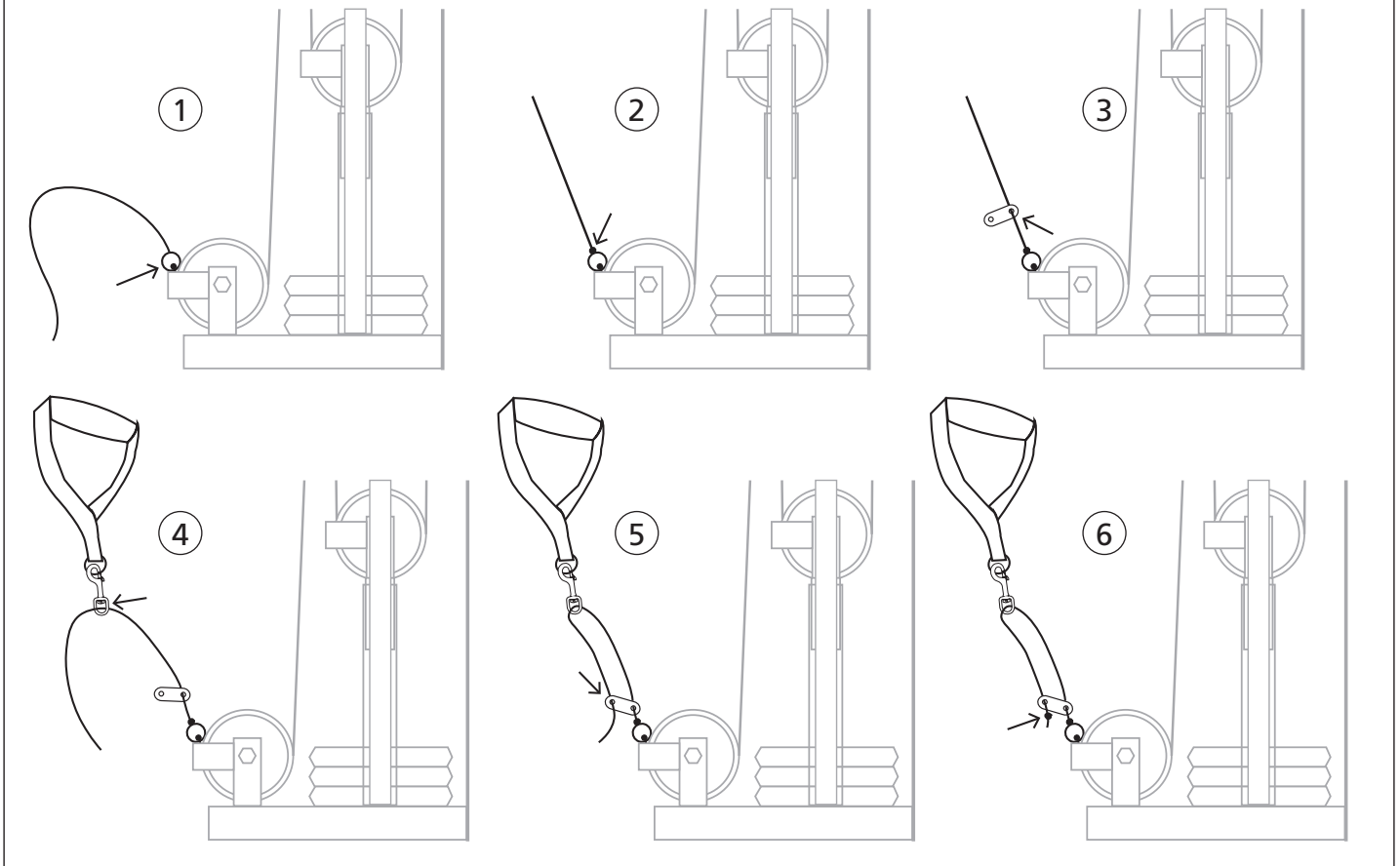
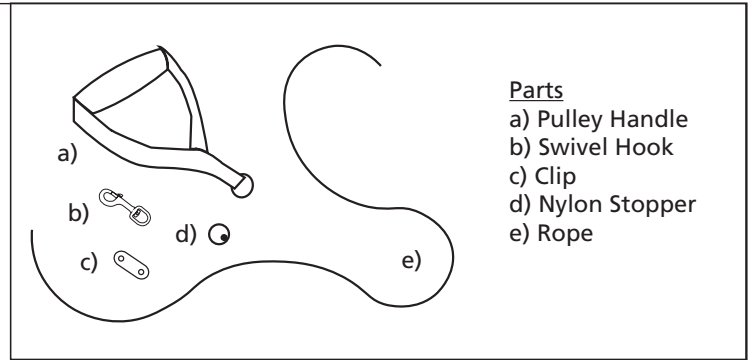


1. Remove three weights from the storage holder and slip onto the weight slide to keep slide in place. This will provide resistance to movement while threading rope through pulleys.
2. Thread the rope through the pulleys starting with pulley A - up, over and down to pulley - B, down and under and up to pulley - C, up, over and down to pulley - D, down, under and out. The handle with clip and nylon stopper should remain at top pulley.
3. When the rope is threaded through Pulley D, see Figure 4 (next page) to attach 2nd handle.

ATTACHING THE SECOND HANDLE

Figure 4

Follow the illustration to attach 2nd Handle.



1. From end of rope, slide nylon stopper on rope until it rests against pulley on floorboard.
2. Pull rope until taut, tie knot on the top of the nylon stopper so rope threaded through pulleys remains taut.
3. Thread the clip on the rope.
4. Slip the rope through hook of the swivel.
5. Slip the rope through the second hole of the clip.
6. Tie a knot at the end of the rope.

NOTE: To prevent excessive wear on rope(s), ensure user is positioned directly in front of top or bottom pulley.

WARRANTY

Sammons Preston Single and Duplex Pulley Systems are guaranteed to be free from defects in material and/or workmanship under normal use and service for a period of one year from date of purchase. The above guarantee is null and void if unauthorized repair and/or modification is performed on the unit.