

Posterior Chain Developer

Assembly notes:

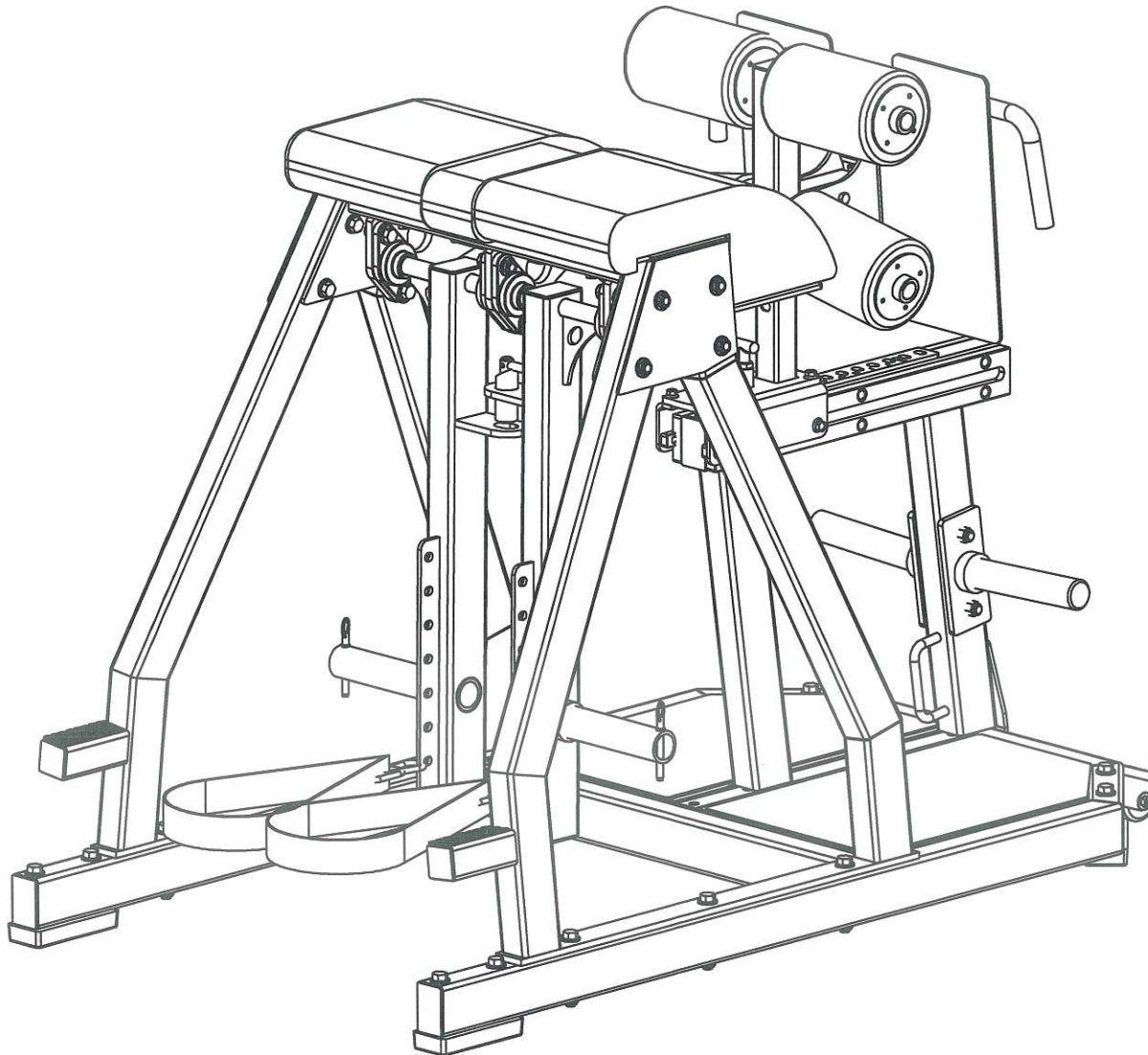
Fasteners provided to assemble machine:

- (6) 1/2"X4" Bolts
- (2) 1/2"X3-1/2" Bolts
- (8) 1/2"X3" Bolts
- (4) 3/8"X1" Flange Bolts
- (2) 1/2"X1-1/4" Bolts
- (4) 1" Shaft collars with set screws
- (4) 1/2"X1-1/2" Bolts
- (2) 1/2"X2-1/4" Bolts
- (4) 3/8"X3-1/4" Bolts
- (2) 3/8"X1-1/4" Bolts

Tools required (Not Included):

- 9/16" Open-End Wrench
- 9/16" Socket
- 3/4" Open-End Wrench
- 3/4" Socket
- 1/8" Allen Wrench

Note: When assembling unit DO NOT tighten any fasteners until specified.



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PART NUMBER

11904B_assembly cover

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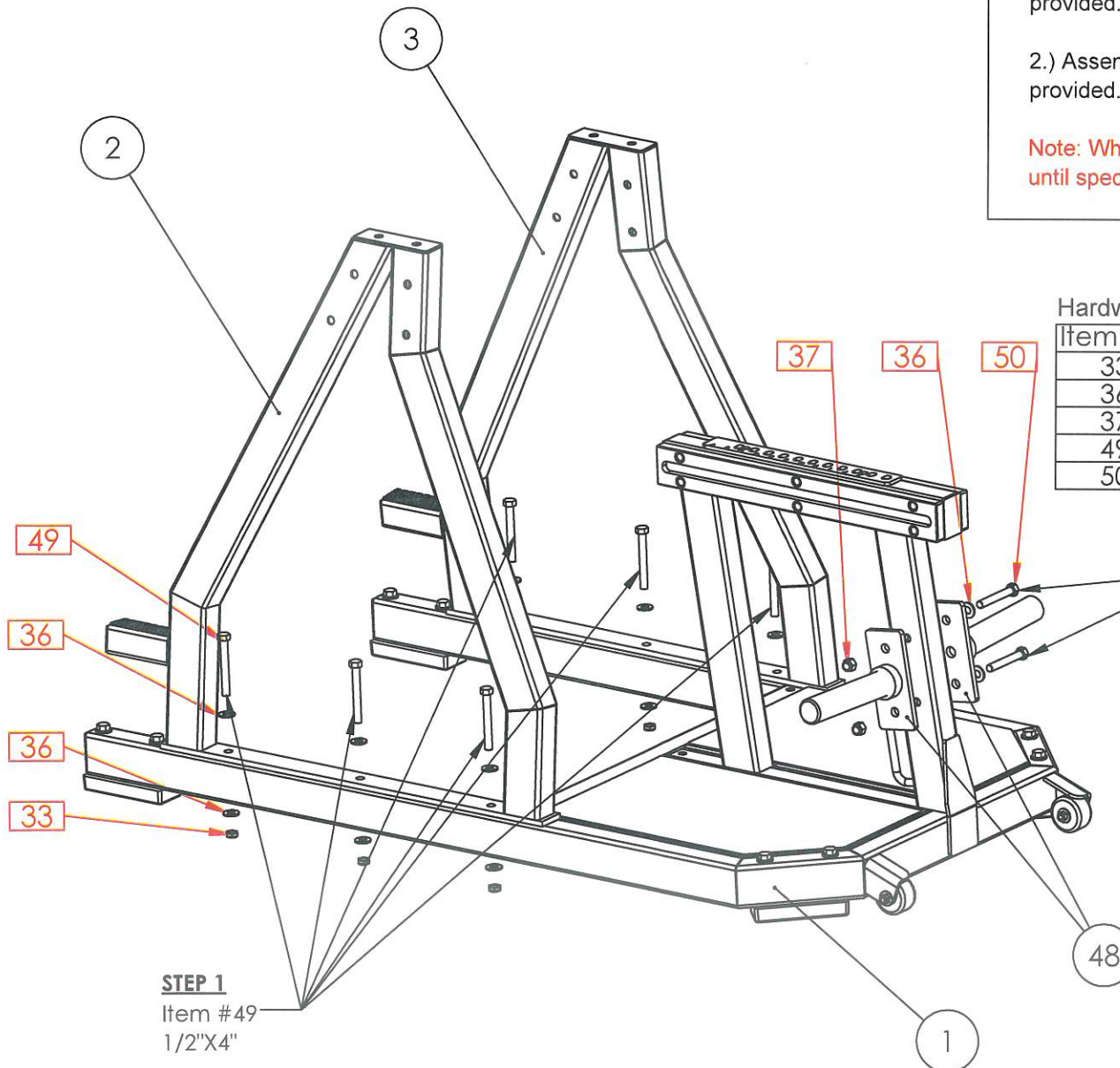
Date

7/11/19

Instructions

- 1.) Assemble items 2 and 3 to item 1 using (6) 1/2"X4" bolts provided.
- 2.) Assemble items 48 to item 1 using (2) 1/2"X3-1/2" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.



Hardware Detail

Item No.	Part Number	Part Name	Qty
33	99571	1/2"-13 THIN NUT	6
36	99585	1/2" FLATWASHER	14
37	99620	1/2"-13 NUT	2
49	99521	1/2"X4" BOLT	6
50	99520	1/2"X3-1/2" BOLT	2

STEP 2

Item #50
1/2"X3-1/2"

STEP 1

Item #49
1/2"X4"

Frame Detail

Item No.	Part Number	Part Name	Qty
1	11917	BASE	1
2	11906	RIGHT SIDE FRAME	1
3	11915	LEFT SIDE FRAME	1
48	11957	WEIGHT STORAGE	2

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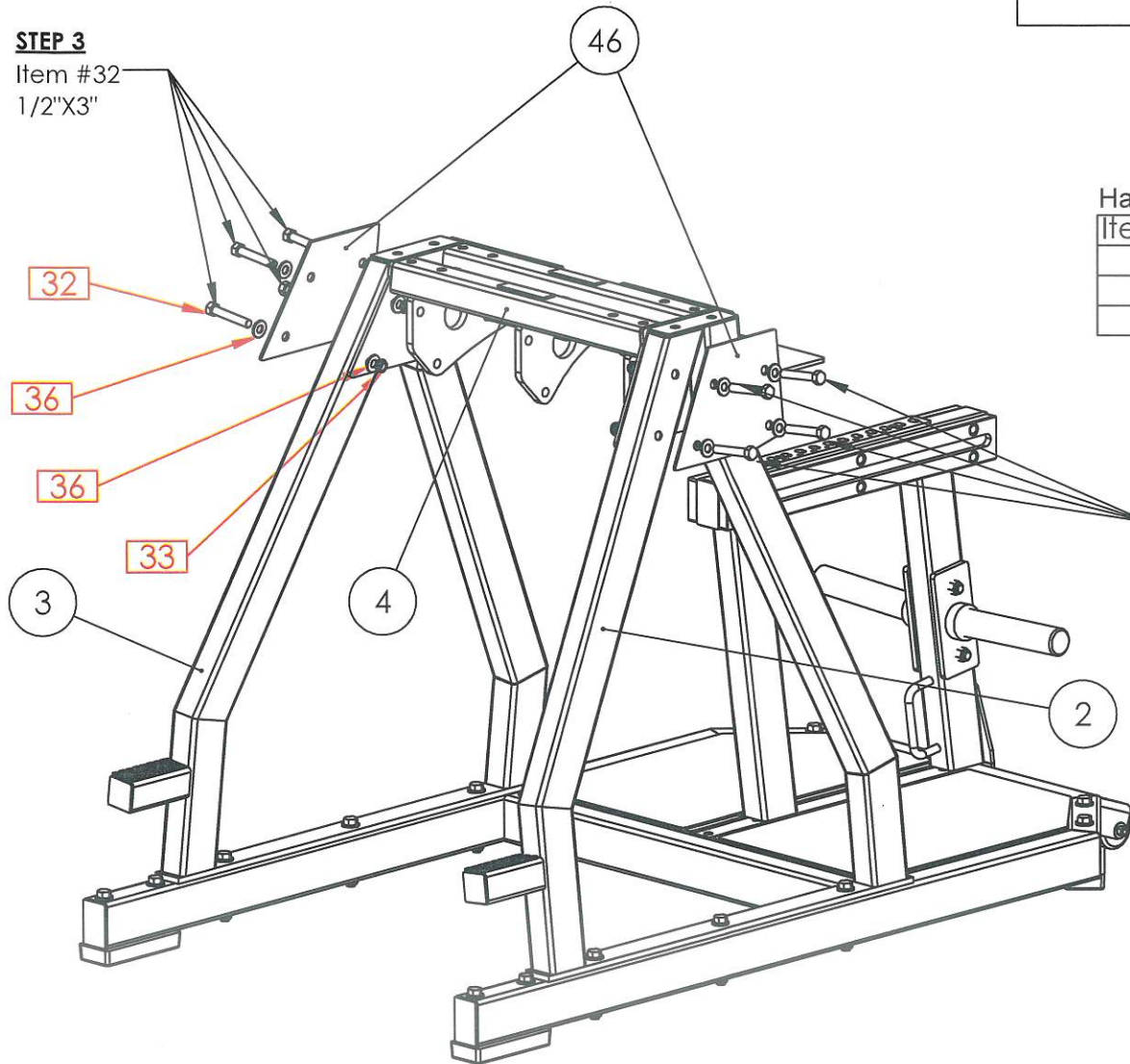
7/11/19

Instructions

3.) Assemble items 4 and 46 to both items 2 and 3 using (8) 1/2"X3" bolts provided. (Tighten bolts)

STEP 3

Item #32
1/2"X3"



Hardware Detail

Item No.	Part Number	Part Name	Qty
32	99603	1/2"X3" BOLT	8
33	99571	1/2"-13 THIN NUT	8
36	99585	1/2" FLATWASHER	16

STEP 3

Item #32
1/2"X3"

Frame Detail

Item No.	Part Number	Part Name	Qty
2	11906	RIGHT SIDE FRAME	1
3	11915	LEFT SIDE FRAME	1
4	11929	BEARING MOUNT	1
46	11959	PLATE MOUNT	2

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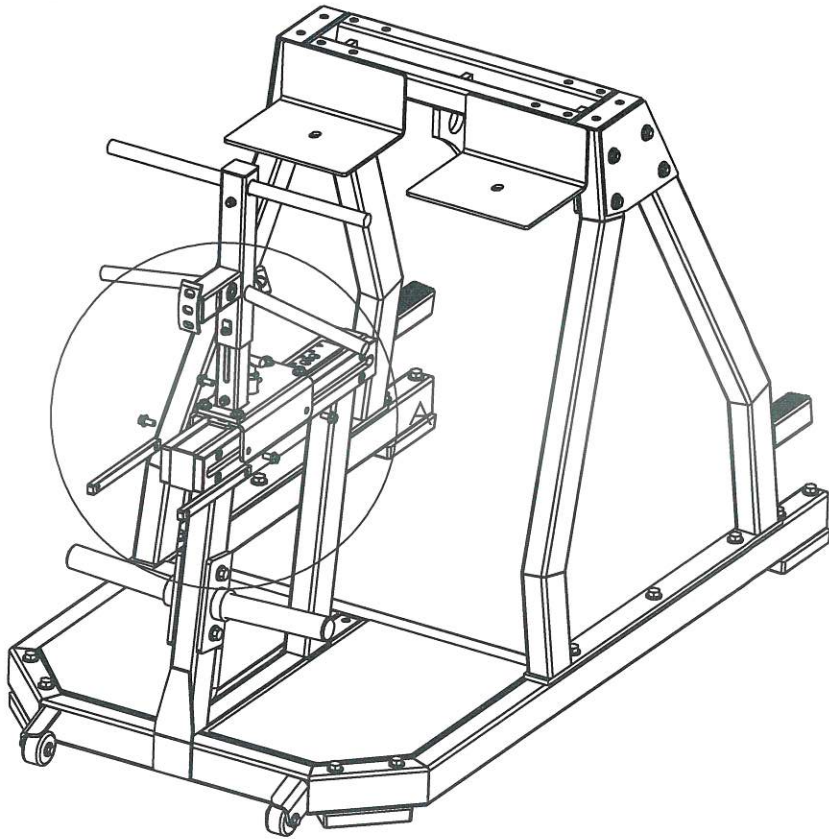
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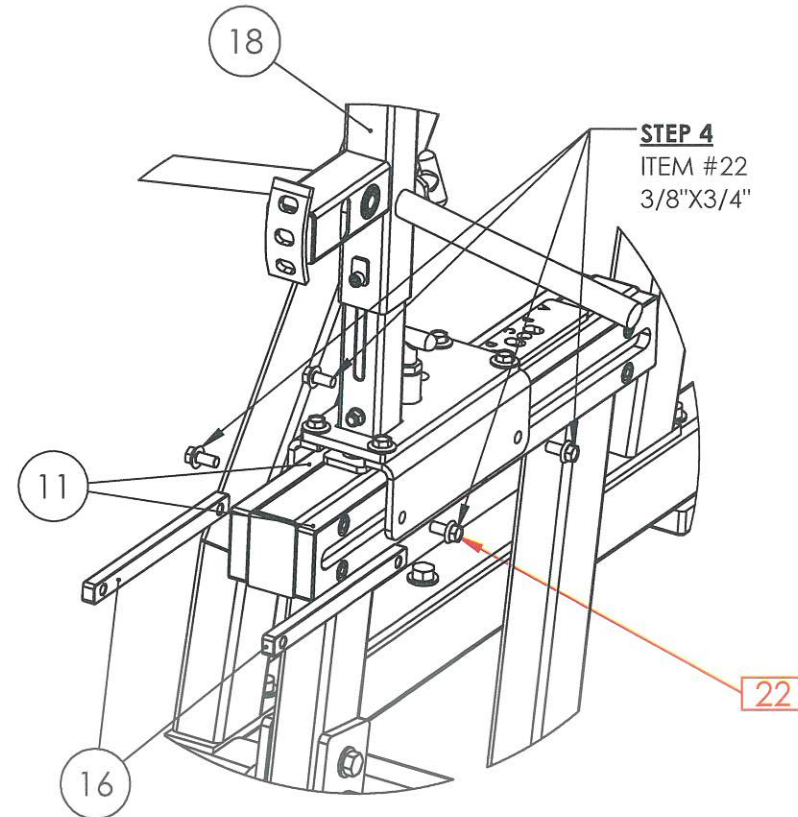
Instructions

4.) Place item 16 into grooves of item 11 on both sides and attach items 15 to item 18 using (4) 3/8"X3/4" flange bolts provided. (A helper may be needed to hold plates when tightening.)

5.) Check that item 18 is straight.

Hardware Detail

Item No.	Part Number	Part Name	Qty
22	99485	3/8"X1" FLANGE BOLT	4



Frame Detail

Item No.	Part Number	Part Name	Qty
11	29093	TRACK	2
16	29094	PLATE, SPACER	2
18	29530	SADDLE TOP	1

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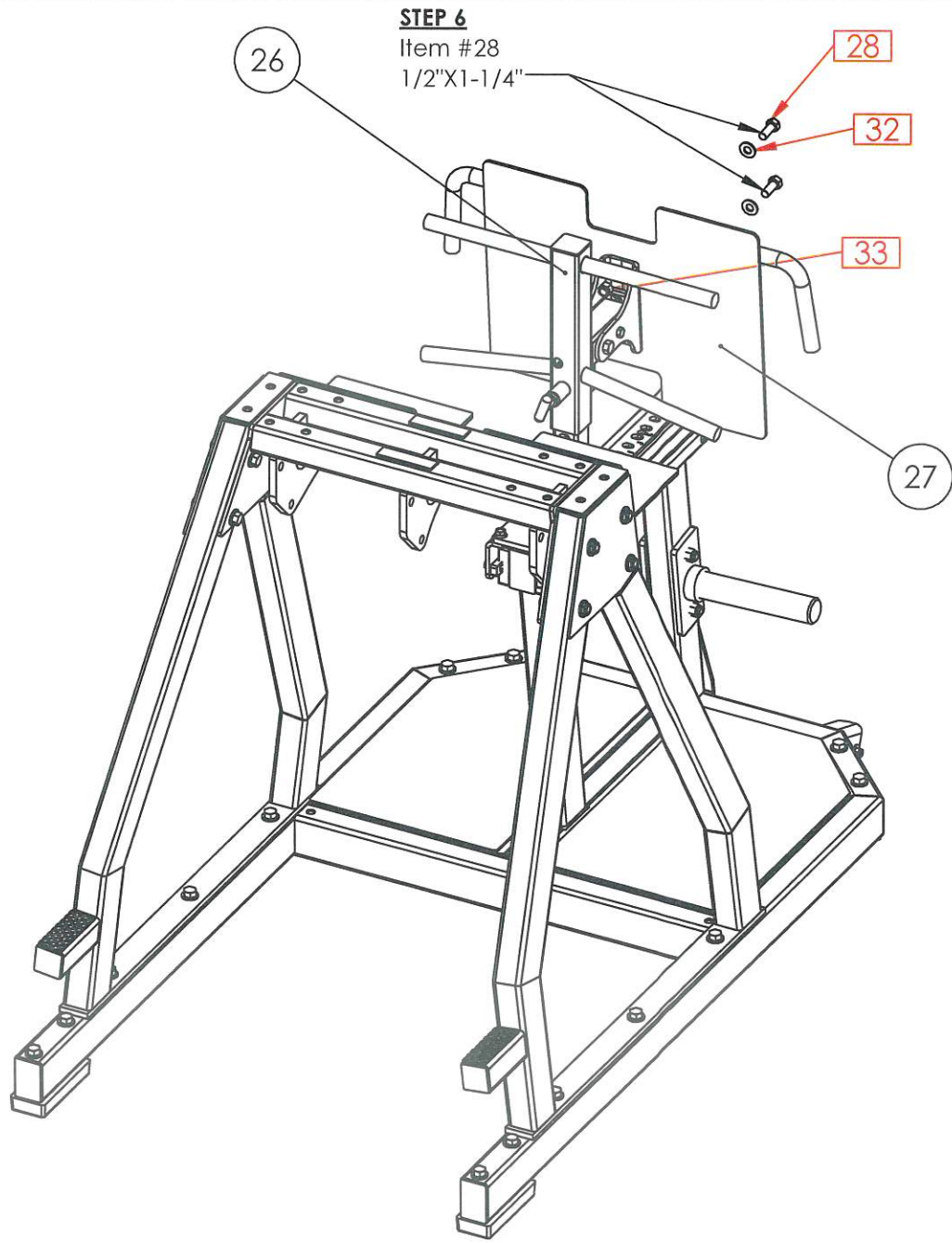
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STEP 6

Item #28
1/2"X1-1/4"

Instructions
6.) Assemble item 27 to item 26 using (2) 1/2"X1-1/4" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
28	99582	3/8"X1-1/4" BOLT	2
32	99585	1/2" FLATWASHER	2
33	99620	1/2"-13 NUT	2

Frame Detail

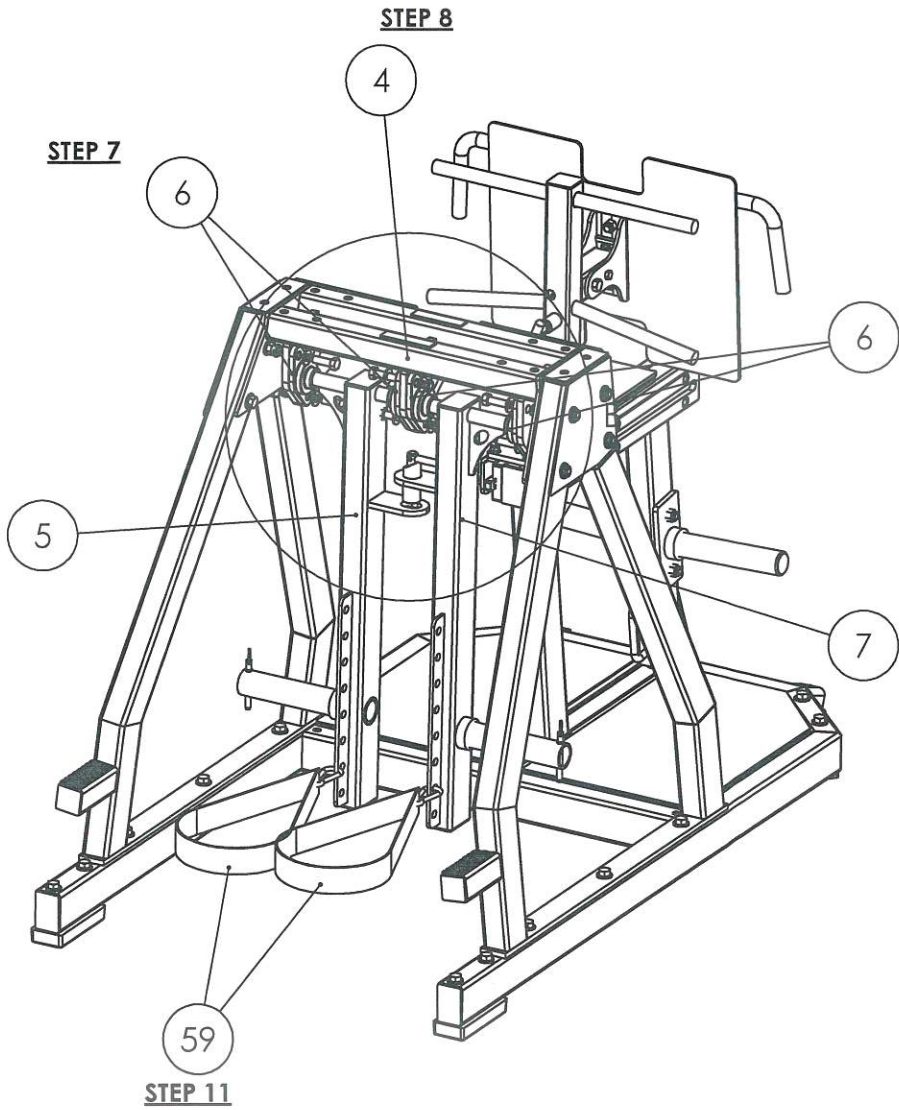
Item No.	Part Number	Part Name	Qty
26	29563B	VERTICAL ADJUSTMENT	1
27	29018	FOOTPLATE	1

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PART NUMBER
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Instructions

7.) Make sure item 6 is on each end of items 5 and 7.

8.) Attach items 6 to item 4 using (4) 1/2"X1-1/2" bolts and (2) 1/2"X2-1/4" bolts provided.

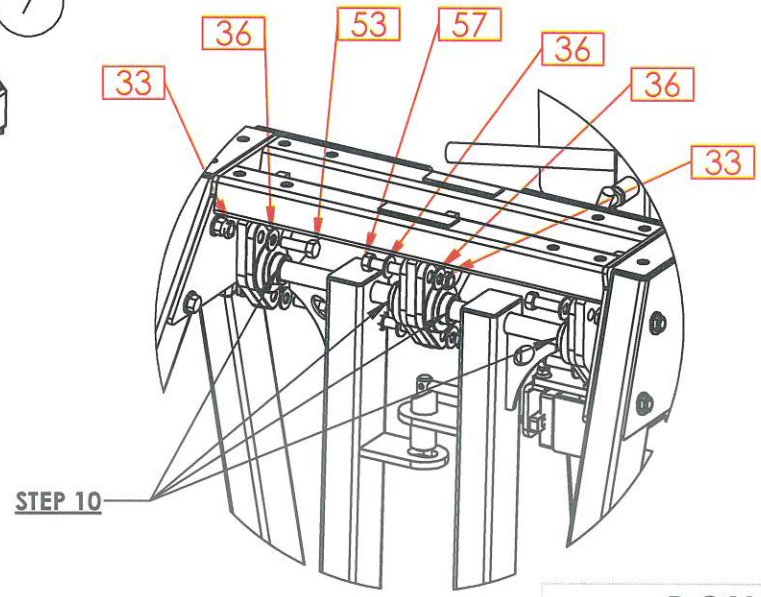
9.) Tighten all bolts starting from the bottom.

10.) Adjust arms 5 and 7 so they are centered and tighten bearing collar set screws. (Ensure weight peg on arms clears the frame.)

11.) Attach items 59 to item 5 and 7.

Hardware Detail

Item No.	Part Number	Part Name	Qty
33	99571	1/2"-13 THIN NUT	6
36	99585	1/2" FLATWASHER	8
53	99572	1/2"X1-1/2" BOLT	4
57	99861	1/2"X2-1/4" BOLT	2



Frame Detail

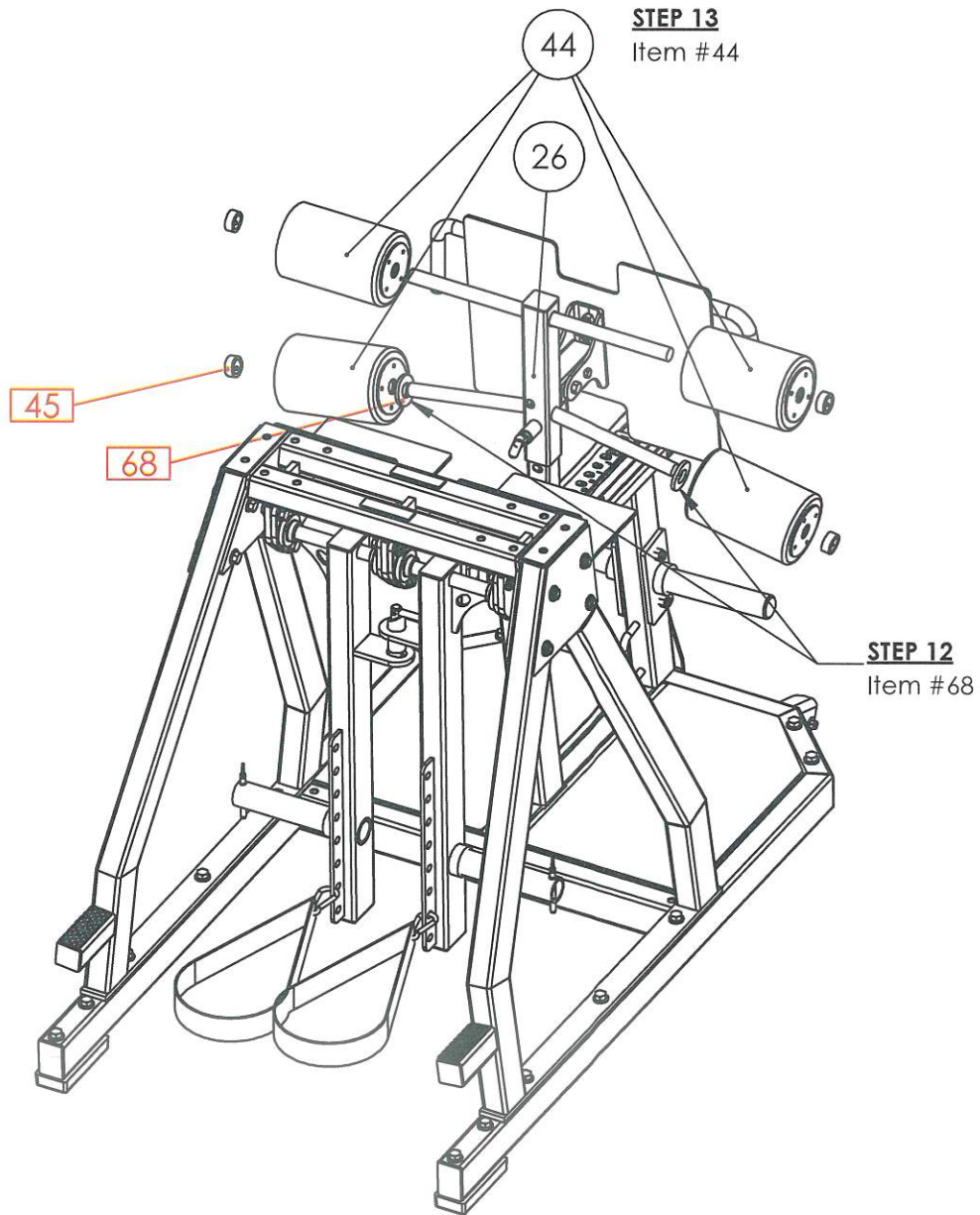
Item No.	Part Number	Part Name	Qty
4	11929	BEARING MOUNT	1
5	11936	LEFT WORK ARM	1
6	99597	BEARING	4
7	11942	RIGHT WORK ARM	1
59	32371	ANGLE STRAP	2

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Instructions

12.) Insert item 68 onto the bottom pegs of item 26.

13.) Insert item 44 onto each peg of item 26, followed by item 45 on each end. (Tighten set screws on item 45)

Hardware Detail

Item No.	Part Number	Part Name	Qty
45	99503	1" SHAFT COLLAR	4
68	29126	PLATE, SPACER	2

Frame Detail

Item No.	Part Number	Part Name	Qty
26	29563B	VERTICAL ADJUSTMENT	1
44	99579B	ROUND ANKLE PAD	4

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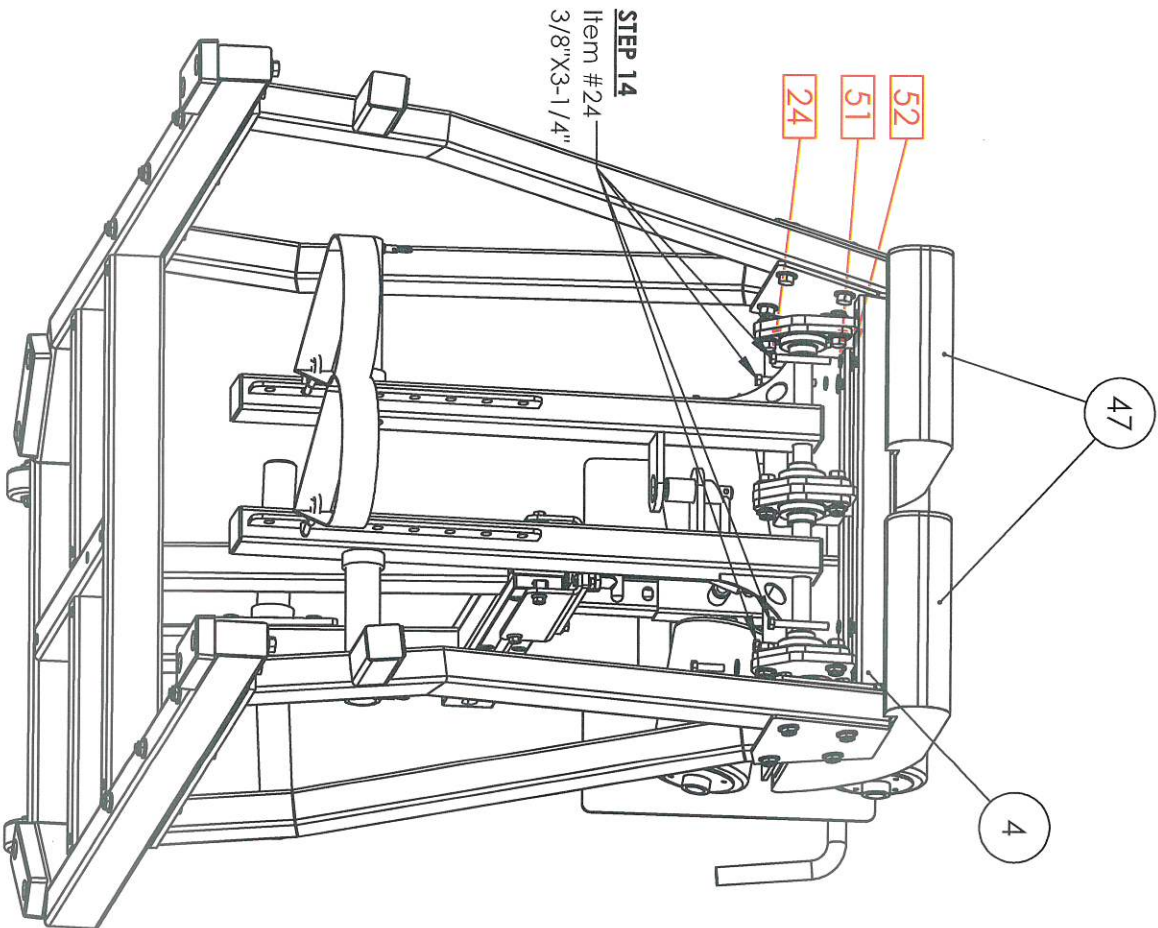
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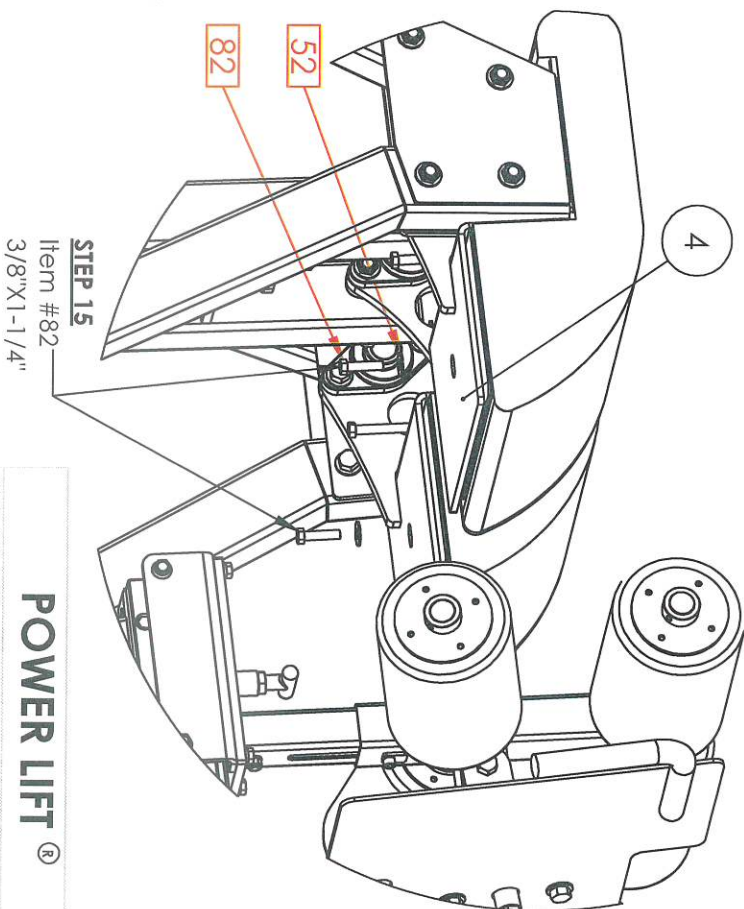
Instructions

- 14.) Attach items 47 to item 4 using (4) 3/8"X3-1/4" bolts provided. (DO NOT over tighten bolts into pad.)
- 15.) Attach items 47 to item 4 using (2) 3/8"X1-1/4" bolts provided. (DO NOT over tighten bolts into pad.)
- 16.) Check adjustments for smooth operation.



Hardware Detail

Item No.	Part Number	Part Name	Qty
24	99724	3/8"X3-1/4" BOLT	4
51	99530	3/8" LOCK WASHER	4
52	99531	3/8" FLATWASHER	6
82	99954	3/8"X1-1/4" FLANGE BOLT	2



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Frame Detail

Item No.	Part Number	Part Name	Qty
4	11929	BEARING MOUNT	1
47	11948	FIXED PAD	2