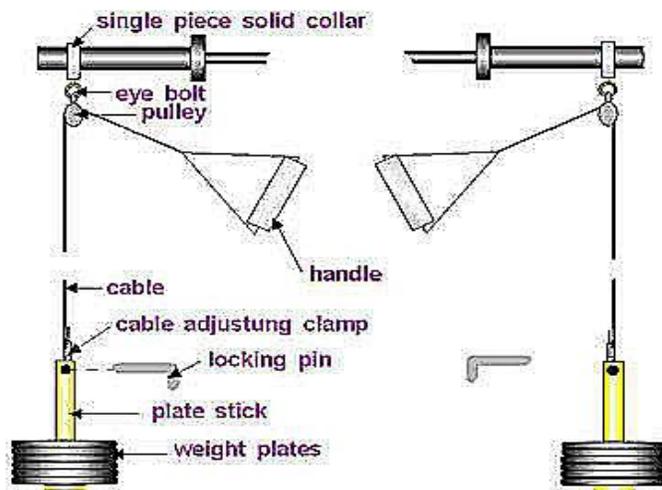


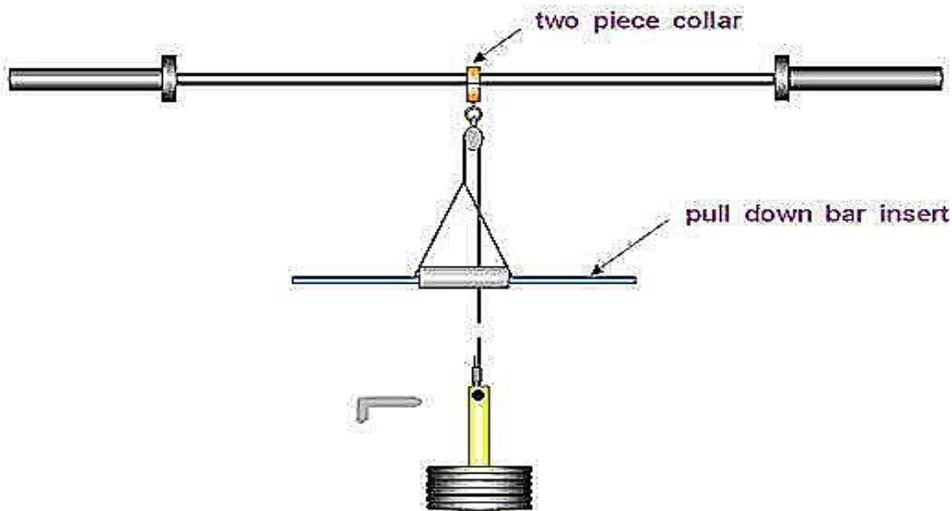
FREE-SPOTTER CROSSOVER/PULLDOWN KIT (CPK for short)

The CPK gives the Free-Spotter user the ability to do cable crossover and lat pulldown types of exercises. (For the purpose of this guide, it is assumed that the barbell is being suspended by the Free-Spotter equipment.)

Here are illustrations of the setup for each configuration. The main difference between the two configurations is that the crossover uses two weight stacks and the pulldown uses one.

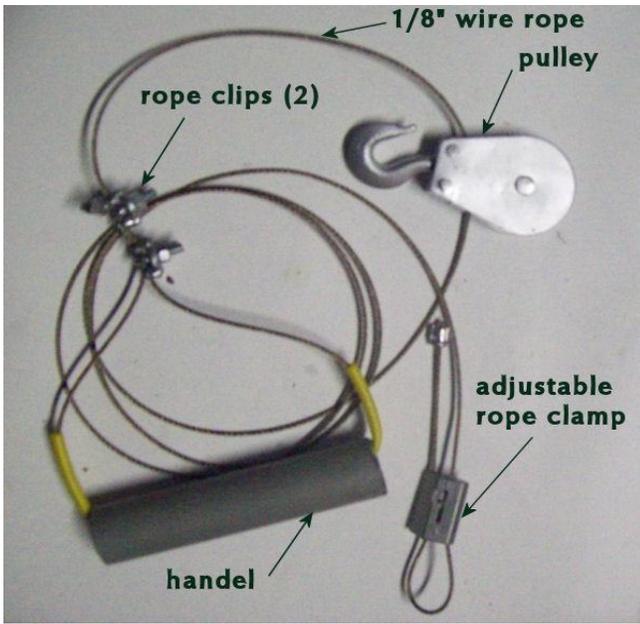


SETUP FOR CABLE CROSSOVER



SETUP FOR LAT PULLDOWN

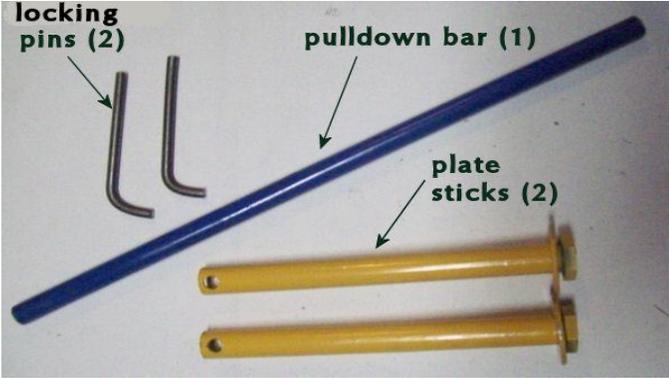
KIT CONTENTS: The contents of the kit are shown in the three pictures below



Cable Assembly

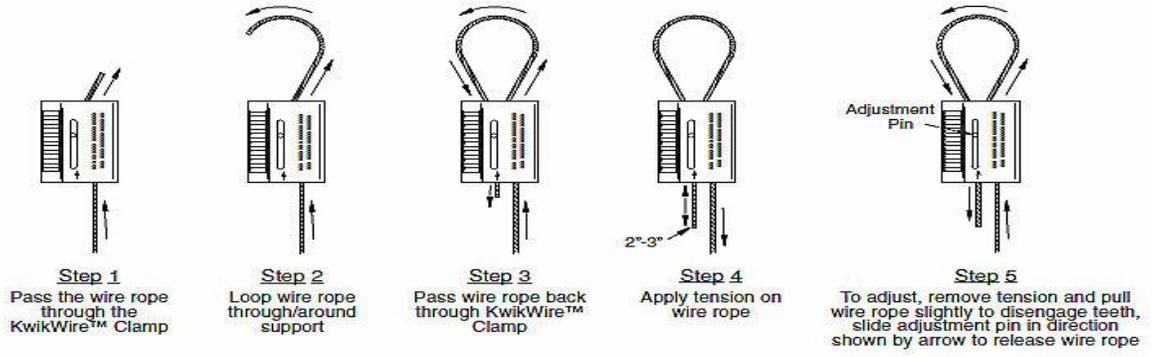


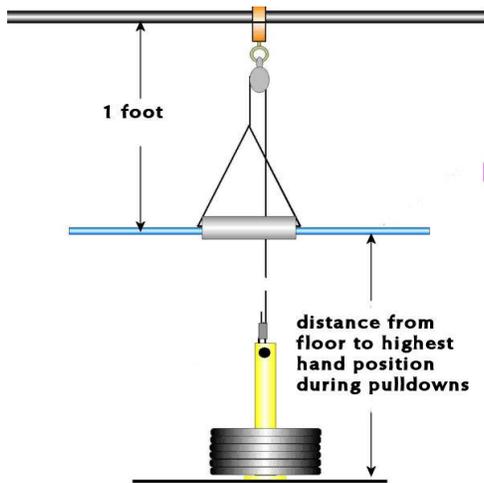
Collars



Other stuff

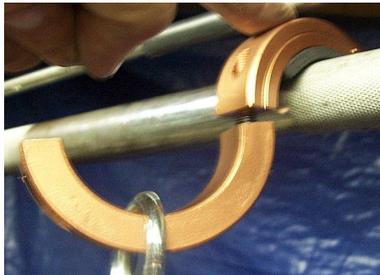
INITIAL SETUP – The only adjustment that has to be made is the length of the two wire rope cables. This is done using the Kwikwire adjustable cable clamps. It is suggested that before starting the setup, you play around with the clamps to get familiar with how they work. Here are the instructions. Doing Step 5 may require you to use a pliers to loosen the little pins. The arrows point in the direction the pins must move to loosen the grip on the rope.





Step 1 - Set the bar height to one foot above the highest height your hands reach when doing your pull downs. See the figure to the left.

By doing this, the highest handle height will be the same as your highest hand height.



Step 2 – Install the two piece pull down collar with ring. Open the collar by removing one of the screws and swinging the collar open.

Place the half with the rubber cushion on top of the bar as shown in the far left figure.

Swing the bottom half under the bar, then install and tighten the other screw. (1/4" hex key).



Step 3 – Take one of the cable assemblies and hook the pulley to the ring as shown in the far left figure. (If you have problem sliding the pull down bar through the handle, try some silicon spray or dish washing liquid to lubricate.)

Place a plate stick on the floor underneath and put a few plates on to keep it stable.



Step 4 – Place the loop end of the cable assembly inside the plate stick as shown to the left.

Then slide a locking pin through the holes in the plate stick and the loop.

Now take up the slack in the wire rope so that the handle goes as high as it can. Feed the wire rope in and out of the clamp to do this. (Note that the rope always goes into the larger rectangular hole, and comes out the smaller rounded hole.)

Put tension on the cable to tighten the clamp.

CHECK IT OUT – With a few plates on the stick, carefully pull down on the pulldown bar to make sure the clamp is holding.

Seat yourself in the position you would use for pulldown exercises. Grab the the pulldown bar and try it. If necessary do some readjustment to get the right setup.

Then repeat the same process for the other cable assembly.

HERE COME THE CAUTIONS:

1. Keep your feet and legs well clear of the plate stick and plates. If something gets loose you don't want them hitting any part of your body. This is easily done by spreading your legs a bit and staying a bit back from the barbell position so you are not pulling straight down.

2. Taken all together the safe working load for the pulldown configuration is 250 lbs. Do not exceed this.

3. USING THE CROSSOVER: Once the above setup is complete, the crossover configuration can be up and running in no time.



Step 1 – Install the crossover collars with eye-bolt on the olympic sleeves.

The collars can be installed anywhere along the sleeves as long as its the same on both ends of the barbell. You can experiment to get position best fit for yourself.

With the collars in position tighten the eye-bolts against the sleeves. You can use a long screwdriver or a bar of some sort to get some tightening leverage.



Step 2 – Hang a cable assembly from each eye-bolt and secure the loop ends to plate sticks with the locking pins.

If the handles are to far out of reach, you can lower the barbell to get some slack. Experiment to find the best setup.

WARNING: No more than 250 lbs per wire rope.