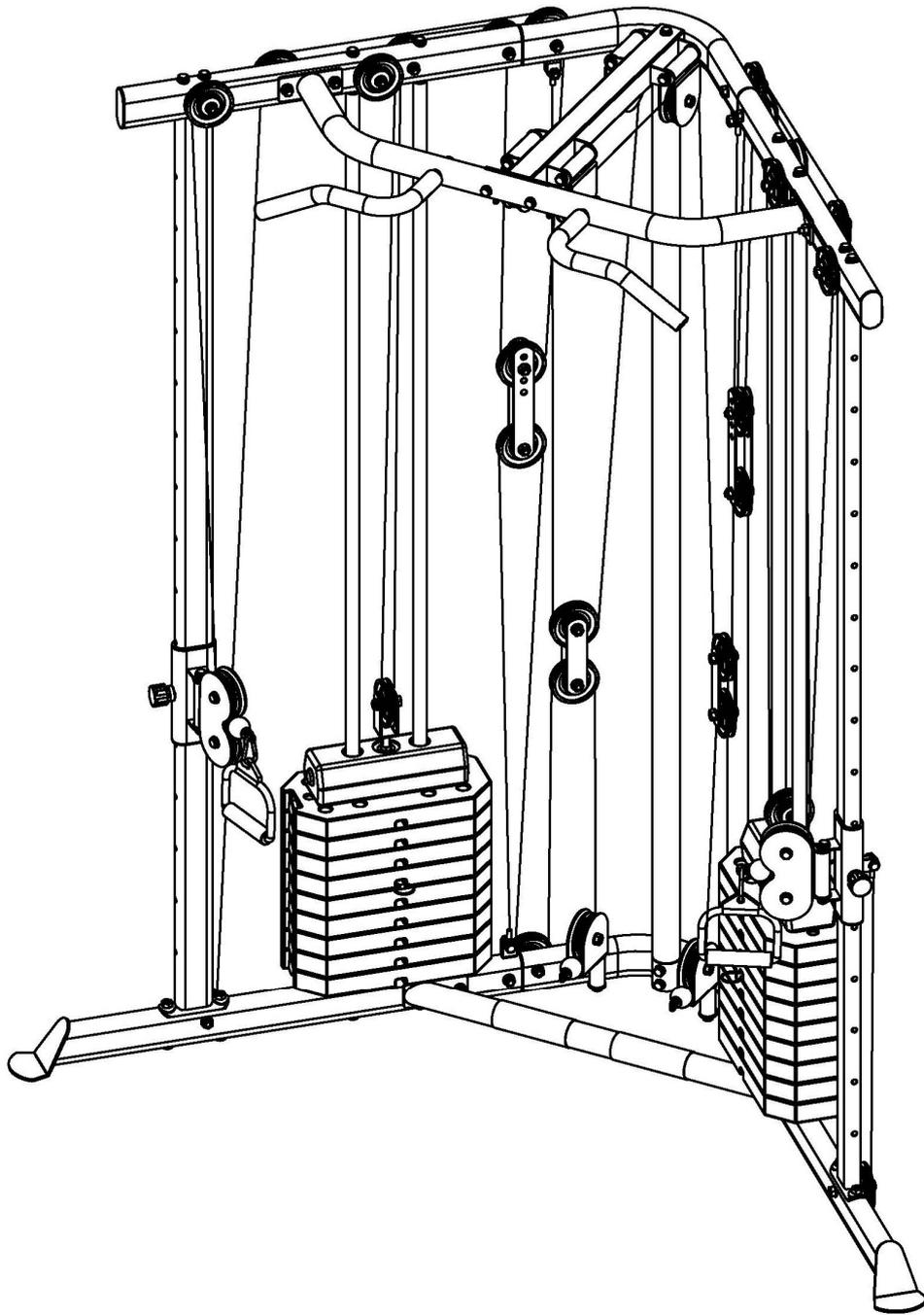
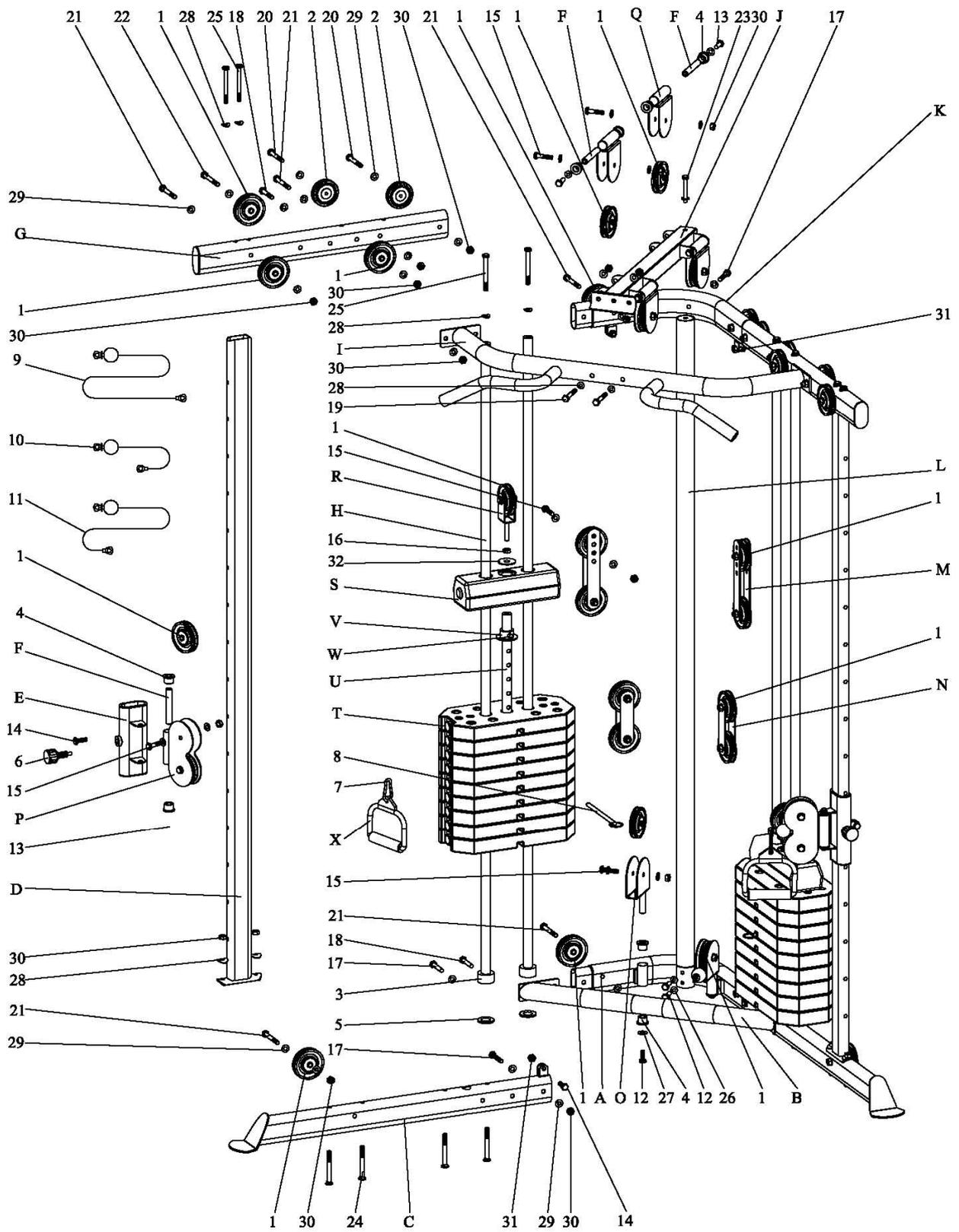


# HG3060



ASSEMBLY INSTRUCTIONS



## PARTS LIST

NUMBER	DESCRIPTION	QUANTITY
A	JOINT BASE	1
B	JOINT TUBE	1
C	STRAIGHT BASE	2
D	UPRIGHT FRAME	2
E	ADJUSTMENT TUBE	2
F	AXES	6
G	STRAIGHT BEAM	2
H	GUIDE ROD	4
I	TOP JOINT TUBE	1
J	TOP CROSS BEAM	1
K	JOINT BEAM	1
L	JOINT ROD	1
M	ADJUSTABLE PULLEY BLOCK	4
N	PULLEY BLOCK	4
O	SWIVEL PULLEY BLOCK (I)	2
P	SWIVEL PULLEY BLOCK (II)	2
Q	SWIVEL PULLEY BLOCK (III)	4
R	SWIVEL PULLEY BLOCK (IV)	2
S	TOP PLATE	2
T	WEIGHT PLATE	18
U	SELECTOR ROD	2
V	SECURE BUSHING	2
W	SECURE PIN	2
X	STIRTUP CABLE HANDLE (NT0450)	2
1	BIG PULLEY	32
2	SMALL PULLEY	4
3	RUBBER DONUT	4
4	BUSHING	16
5	BIG WASHER-26	4
6	FAST PIN	2
7	HOOK	2
8	PIN	2
9	CABLE (I)	2
10	CABLE (II)	2
11	CABLE (III)	2
12	HEX HEAD BOLT M8*16	4
13	HEX HEAD BOLT M10*16	12
14	HEX HEAD BOLT M8*30	6
15	HEX HEAD BOLT M10*45	20
16	NUT M12	2
17	HEX HEAD BOLT M10*55	5
18	HEX HEAD BOLT M10*60	4
19	HEX HEAD BOLT M10*65	2
20	HEX HEAD BOLT M10*75	4

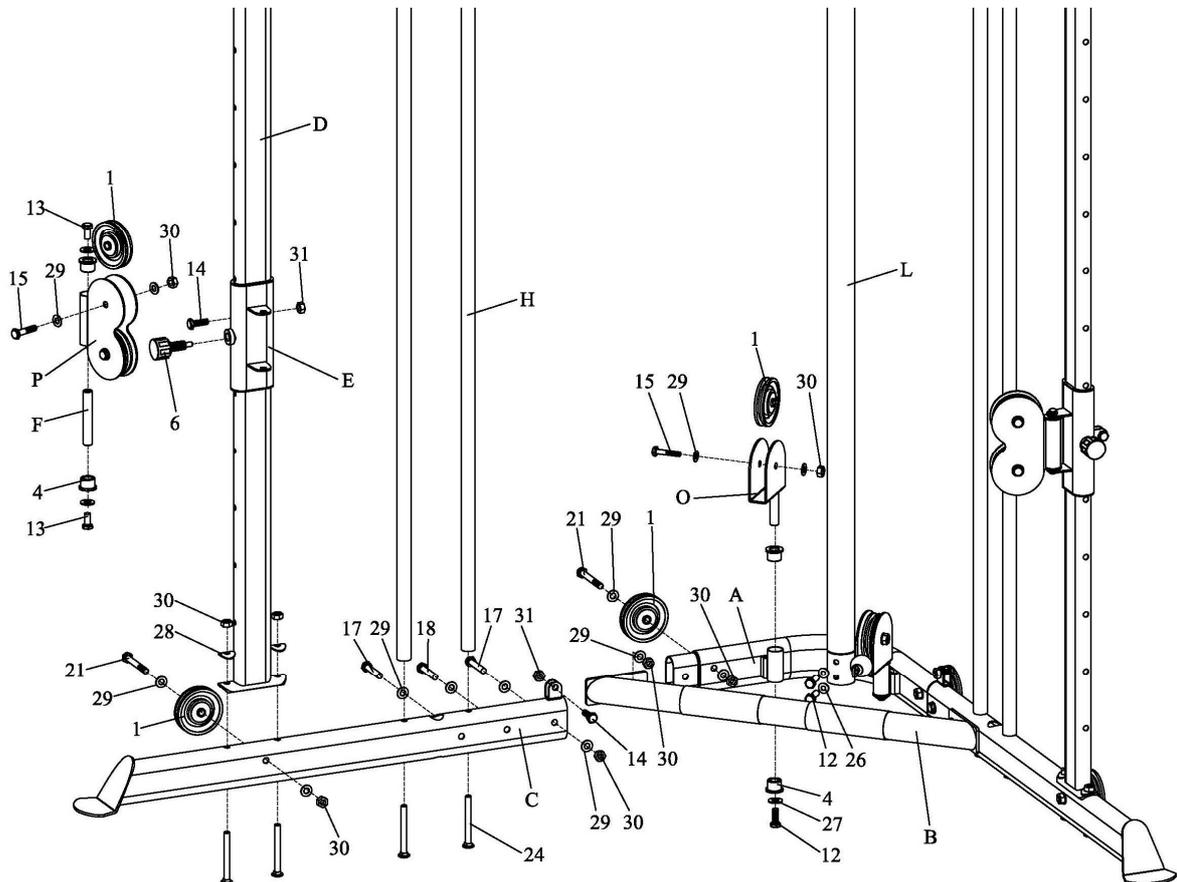
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21	HEX HEAD BOLT M10*80	10
22	HEX HEAD BOLT M10*85	2
23	HEX HEAD BOLT M10*70	1
24	SQUARE NECK BOLT M10*95	8
25	HEX HEAD BOLT M10*95	8
26	R-WASHER 8	2
27	BIG WASHER 8	2
28	R-WASHER 10	16
29	WASHER 10	100
30	NUT M10	48
31	LOCK NUT M8	6
32	BIG WASHER-13	2

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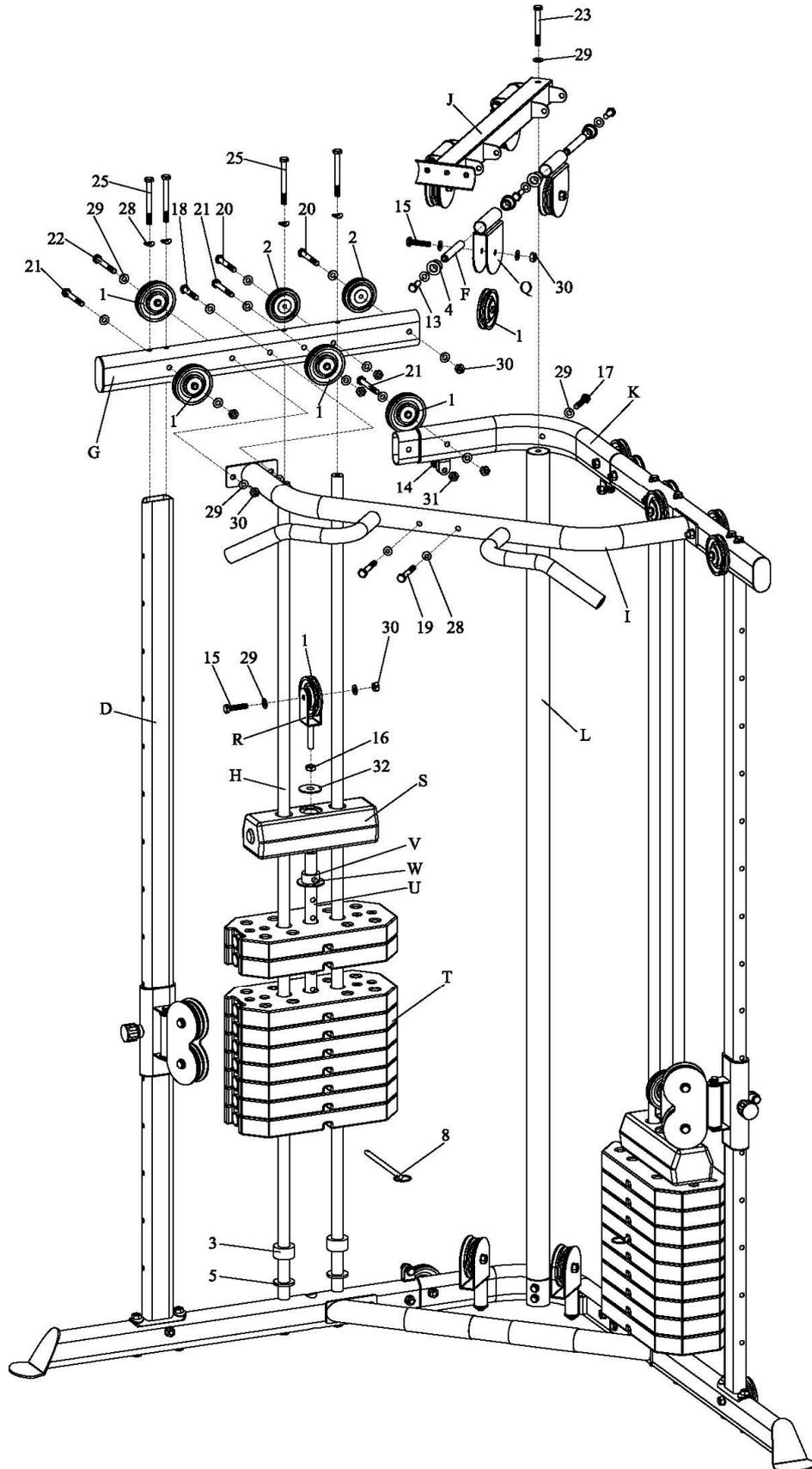
# ASSEMBLY INSTRUCTIONS

## STEP 1



1. Attach straight base (C) to joint base (A) with (17), (29) and (30).
2. Attach joint tube (B) to straight base (C) with (17), (18), (29) and (30).
3. Attach swivel pulley block I (O) to joint base (A) with (4), (12) and (27).
4. Attach upright frame (D) and guide rod (H) to straight base (C) with (24), (28) and (30).
5. Attach swivel pulley block II (P) to adjustment tube (E) with axes (F), (4), (29) and (13), then slide adjustment tube (E) down upright frame (D), secure it with (6).
6. Attach joint rod (L) to joint base (A) with (12) and (26).

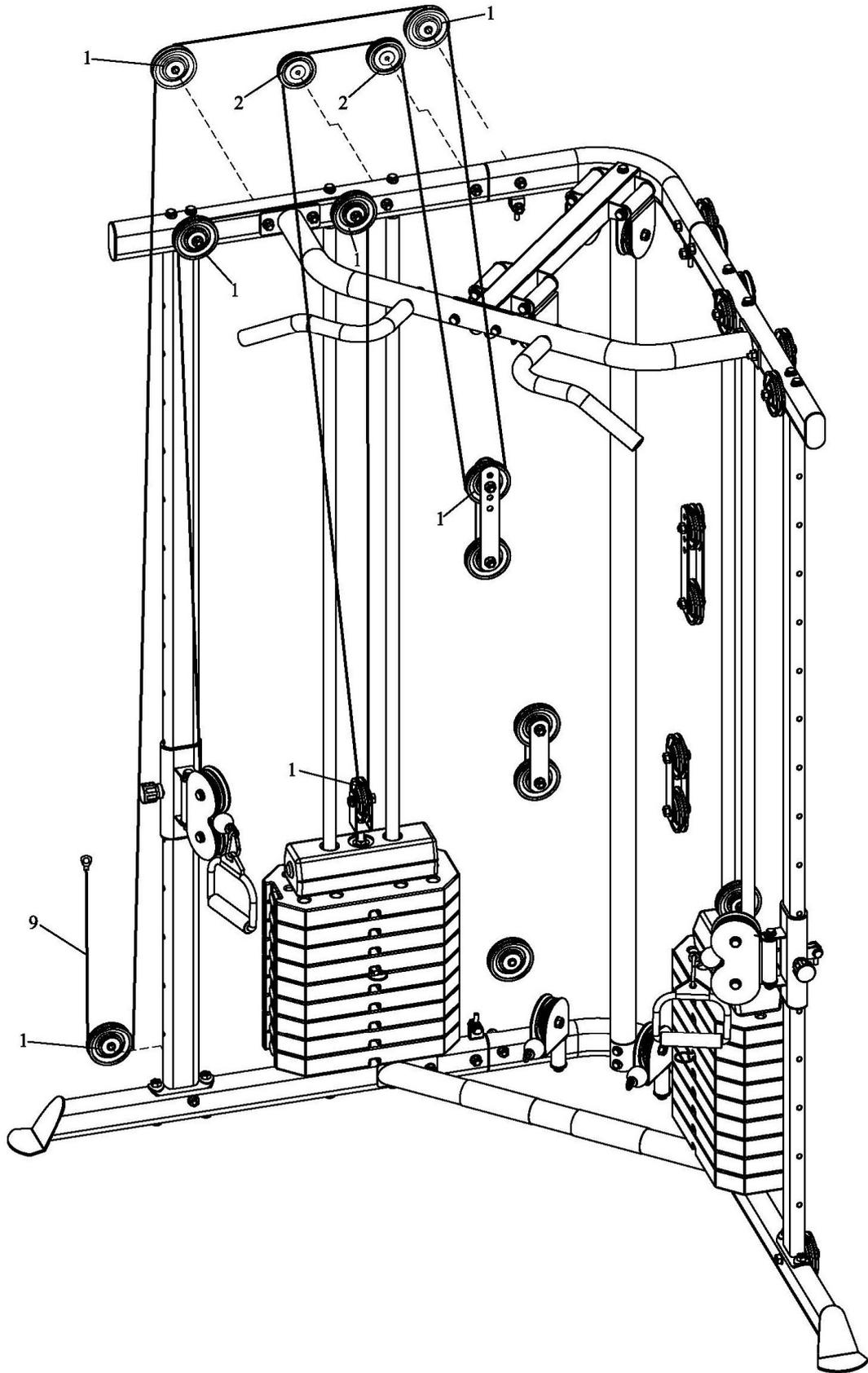
# STEP 2



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7. Slide big washer (5) and rubber donut (3) onto guide rod (H).
  8. Slide weight plate (T) onto guide rod (H), insert selector rod (U) into weight plate (T) with pin (8).
  9. Attach secure bushing (V) and secure pin (W) to selector rod (U), then slide top plate (S) onto guide rod (H), attach swivel pulley block IV (R) with (16) and big washer (32) to selector rod (U) as shown.
  10. Attach joint beam (K) to straight beam (G) with big pulley (1) and (21), (29) and (30).
  11. Attach straight beam (G) to upright frame (D) and guide rod (H) with (25) and (28).
  12. Attach top joint tube (I), big pulley (1) and small pulley (2) to straight beam (G) with (18), (20), (21), (22), (29) and (30) as shown.
  13. Attach swivel pulley block III (Q) to top cross beam (J) with axes (F), bushing (4), (29) and (13).
  14. Attach top cross beam (J) to top joint tube (I) and joint beam (K) with (17), (19), (28) and (29) as shown.
  15. Attach joint rod (L) to top cross beam (J) with (23) and (29).

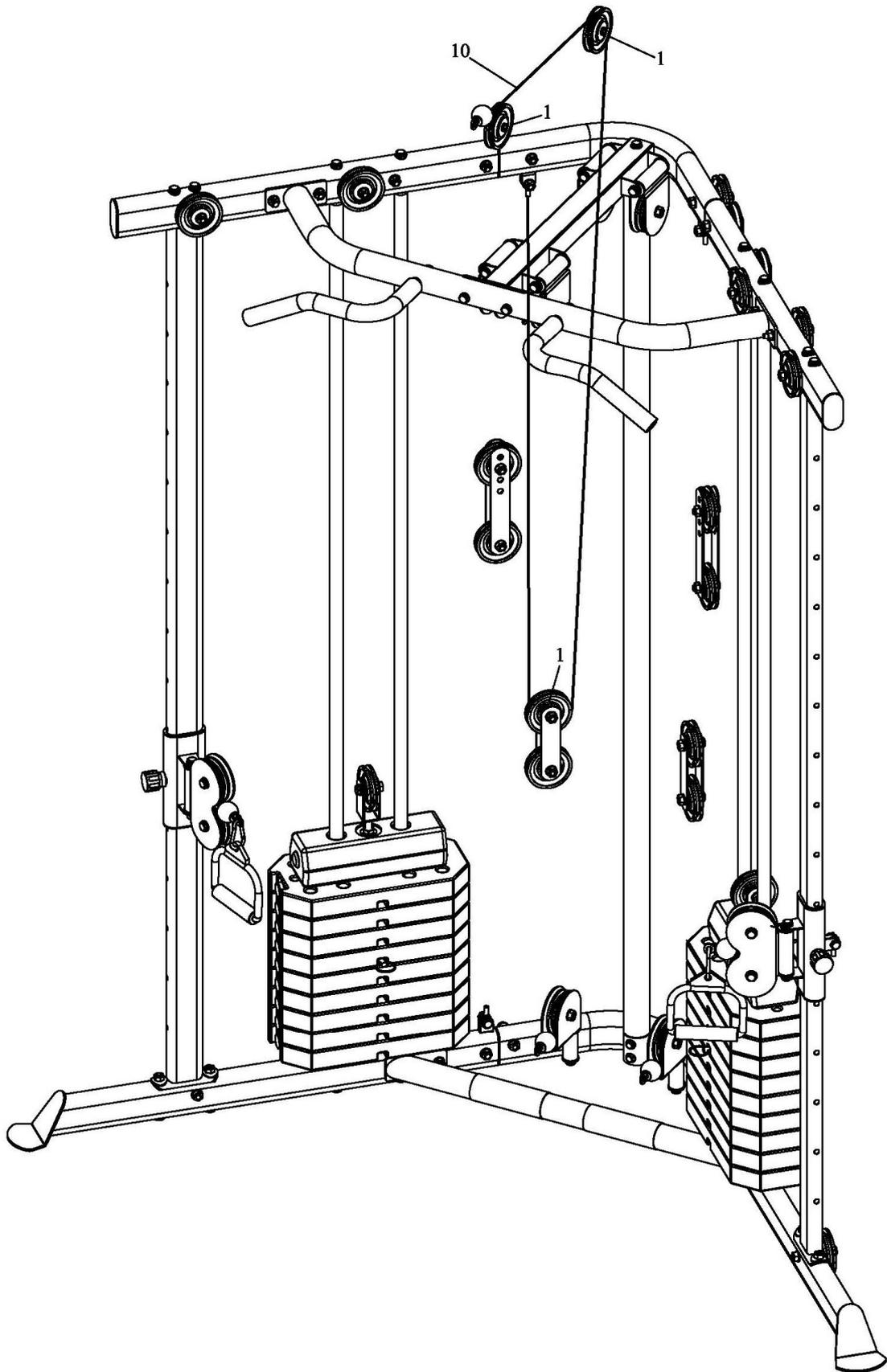
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# CABLE 1



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## CABLE 2



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## CABLE 3

