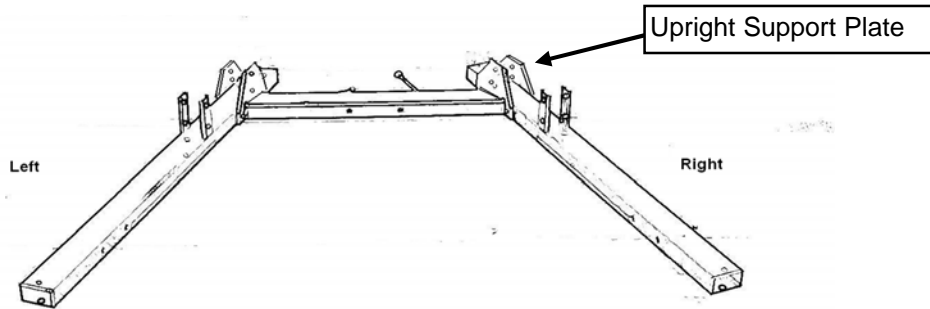
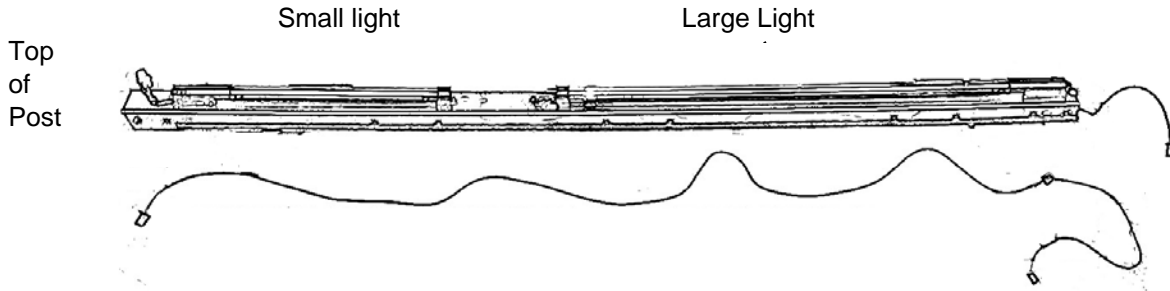


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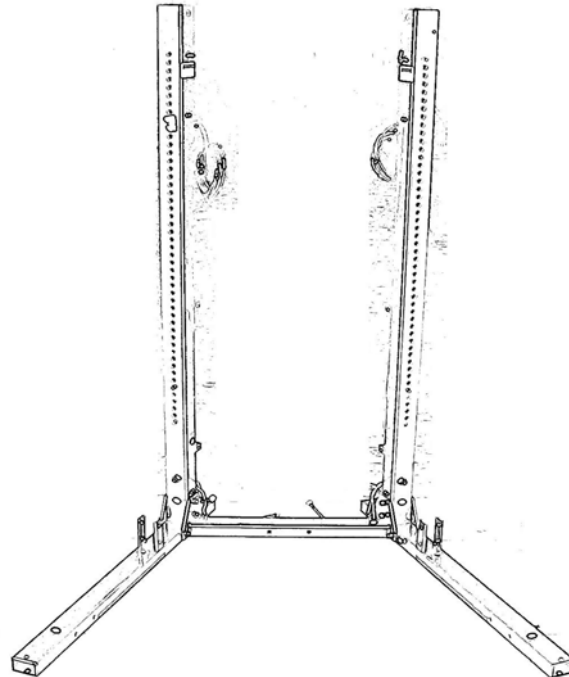
1. Base Frame Assembly Place Right and Left Base Rails on floor with Back Cross Brace and feed wire wire harness's thru access holes Now using 12mm x 105 (52)Bolts, nuts, washers and (4) Upright Support Plates assemble the frame. Do not tighten completely at this time.



2. Neon Light Installation. Feed Neon Wire Harness thru (13) Middle Side Support Post so that the single connector is at the top. Install the Small Neon Light at the top of the post. Plug in connector and push thru access hole to hide. Now install the Large Neon Light and plug into harness at bottom of post. Install lights with (71) screw, (70) washer and tighten securely.

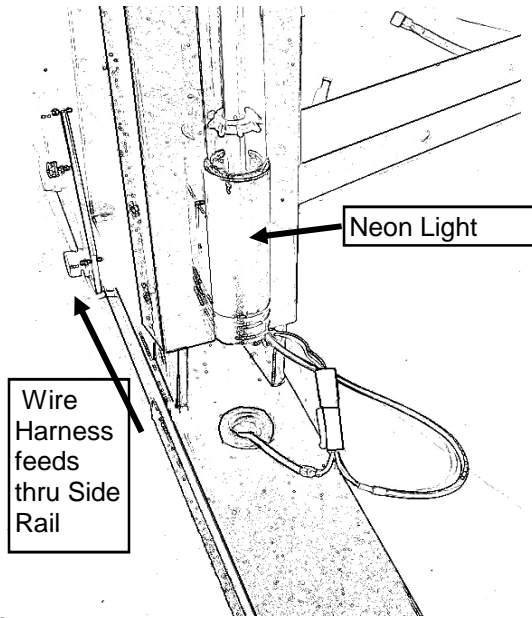


3. Locking Post installation: Install the (10) Left & (7) Right Locking Posts using the 12mm x 15mm (52) Bolts, nuts washers. Tighten but not completely to allow for adjustment. Make sure the Posts are not resting on the Wire Harness's.



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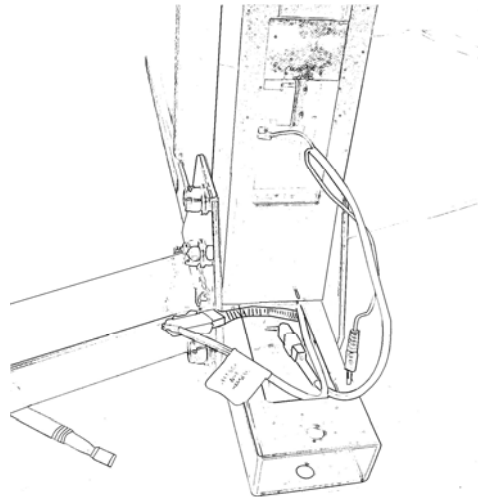
4. Middle Side Support Post with lights onto side frames. First find wire harness marked right side that is hanging out of one of the Side Support Posts. Feed this wire harness thru access hole in right side frame and have it come out the back of side frame openings. Slide Post over tabs. Repeat with Left side.



5. Wire connections:

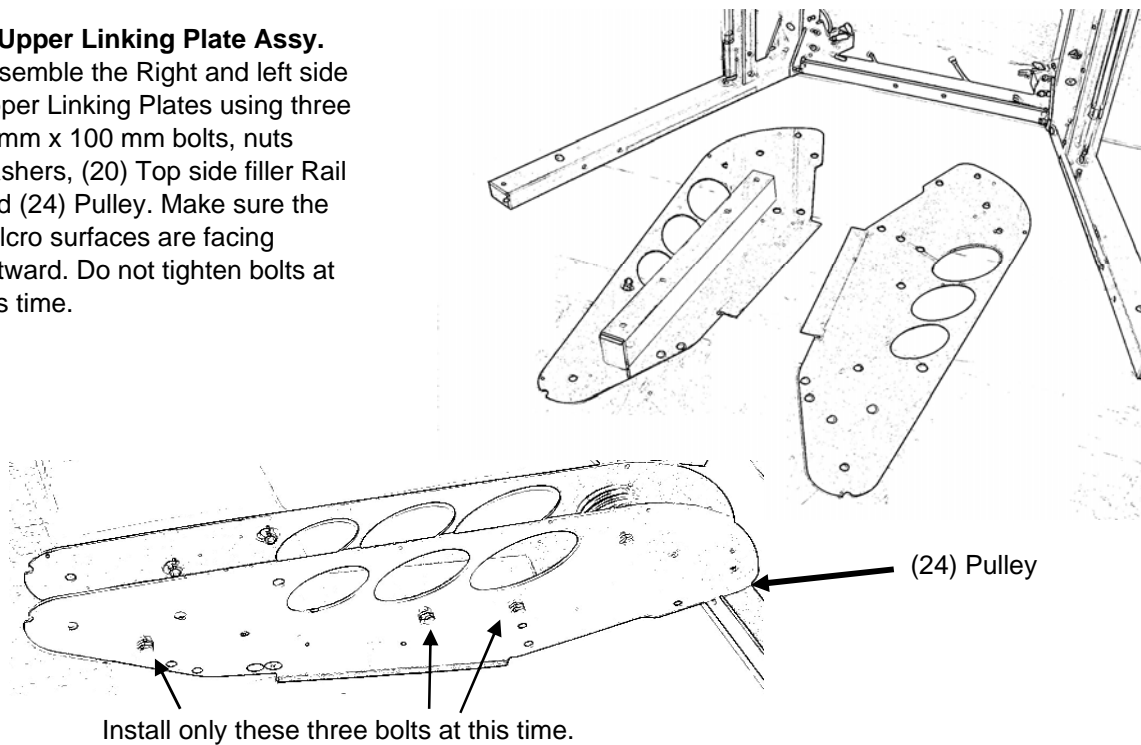
Connect Base Frame Wire harness for Electronic Box to Locking Post Wire Harness on each side.

Now connect Wire Harness for lights on left side to Cross Brace Harness for the neon lights. The right side wire harness for the lights will be plugged in a later step.



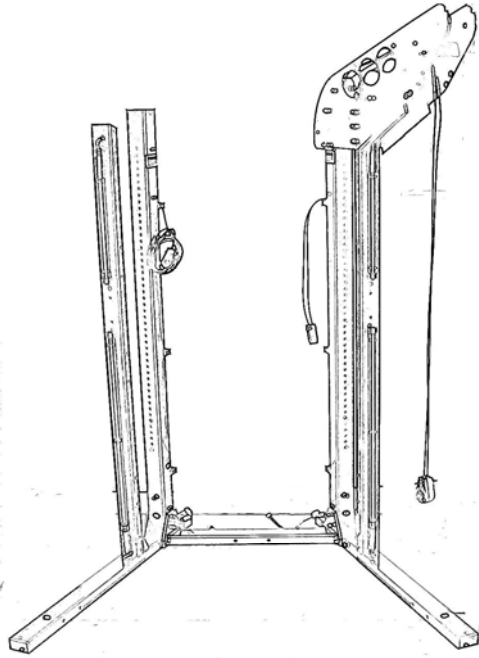
6. Upper Linking Plate Assy.

Assemble the Right and left side Upper Linking Plates using three 12mm x 100 mm bolts, nuts washers, (20) Top side filler Rail and (24) Pulley. Make sure the Velcro surfaces are facing outward. Do not tighten bolts at this time.

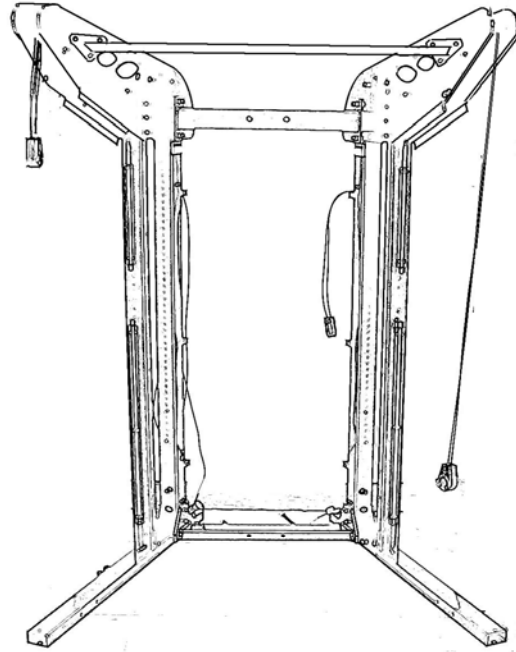


HG-1 Quick Assembly Guide

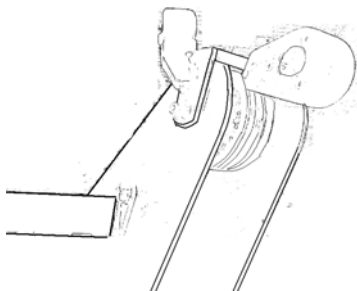
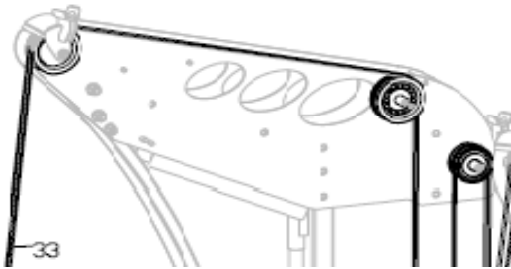
7. Linking Plates Installation: Now with the help of someone place this assembly over the Middle side support Posts and fasten with 12 x 100mm bolts, nuts & washers. Then install the other side. Pull Barbell cables over the pulley and let it hang off the front of the unit.



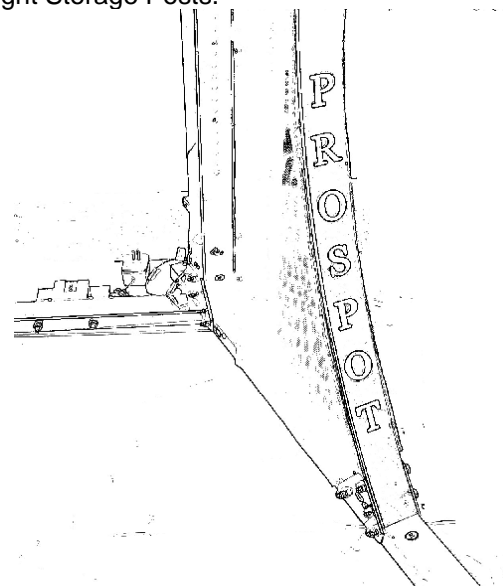
8. Back & Front Top Rail Installation: Now connect the Upper Linking Plates and Back Top Rail to the Locking Posts using the 12 x 105mm bolts. Make sure the Barbell Cables are in front of both these bolts. Next install the front Top Rail using two 12 x 25mm bolts, washers and one 12 x 105 bolt, nut & washers.



9. Cable runs: Referring to Diagram 4 of the assembly manual Install remaining Pulleys and run cables. Make sure cables are not

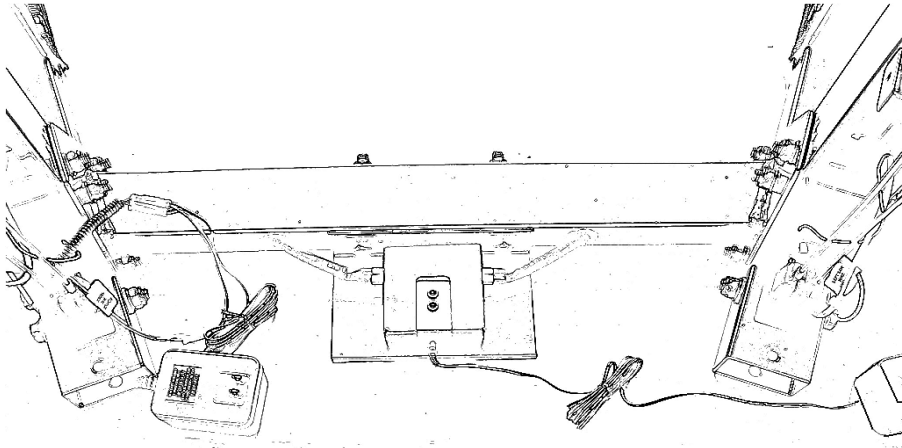


10. Curved Rails & Mesh Panels installation: Install the front curved rails using 12 x100 bolts, nuts washers & the correct Upright Support Plate. Install mesh panels by lining up the straight part of panel with bolts hole on the middle support posts Do not over stretch. Now install R & L Weight Storage Posts.

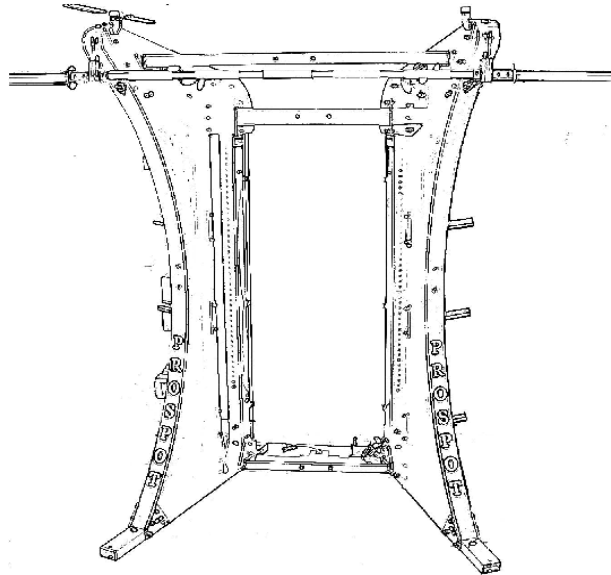


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11. Electronic Box Install: Unless this unit is getting a FHL-200 option install Electronic Box Bracket and cover as shown 12 x 105mm bolts , nuts & washers. Plug in Cross Brace Wire Harness into Electronic Box. Plug power supply into wall receptacle. There should be flashing green light. Next temporarily plug in Neon wire Harness to power supply. Make sure wire to connect red to red wire and black into black. Then plug into wall receptacle. Check to see if neon lights go on. If not try switching the red and black wires or check all connections. Twist slightly when pulling connectors apart.



12. Weight Bar Installation: This may take two people to perform this next task. Grab and touch both at the same time the metal plate on the Weight Bar Cable Knuckles (37) that are on the front of the unit. This will trigger the sensor to release the Cables to allow downward movement. Pull down to waist level and hold these at this position. Make sure Cables are not twisted and the metal face of Cable Knuckle is facing inward. Now have your assistant slide end of the (38) Sensor Weight Bar thru holes in knuckles on each side. Now install (40) Spacer collar so that it is against Cable Knuckle and tighten with 4mm Allen wrench. Now install the Olympic adapters (41), End Caps (42) and tighten (61) Socket Button (61) Head Screw with 5mm Allen wrench.



13. Rear Cover installation: Now before installing Right Locking Post Cover, feed Neon Wire Harness thru the access hole near bottom inside face of cover and plug into both the Neon Light Cross Brace Harness and Neon Light Wire Harness Reference diagram 7. Make sure Cover goes over the tabs for Machine Screws but goes between plates on top and bottom of the Cover. Tighten securely but be careful not to strip the screw heads.

