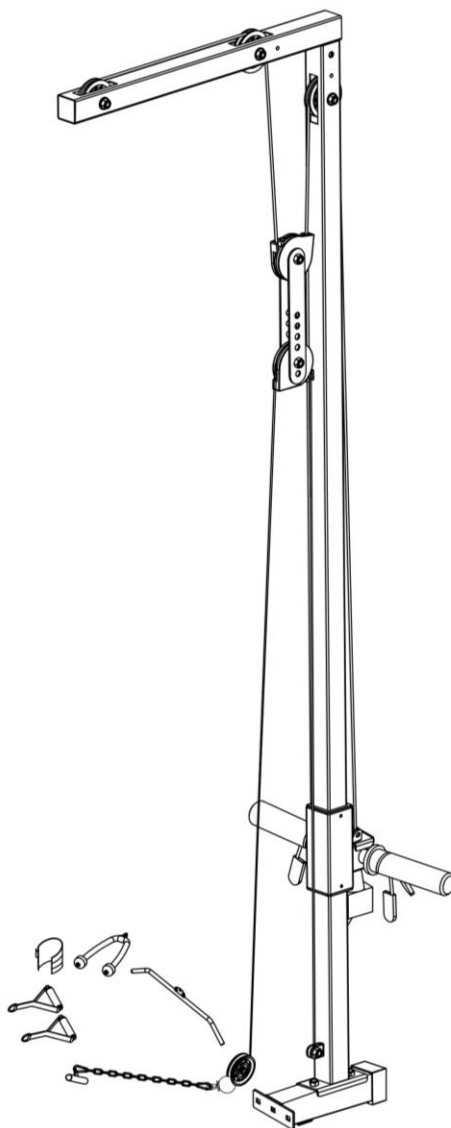


# Power Rig Pulley & Accessories

Assembly & User Instructions-Please Keep for future reference

814/6739



## CUSTOMISATION AND ACCESSORY PARTS

This product is specifically customised for Cat No. 8479523 Power Rig only and will not fit other products. Please purchase them separately according to your specific needs.

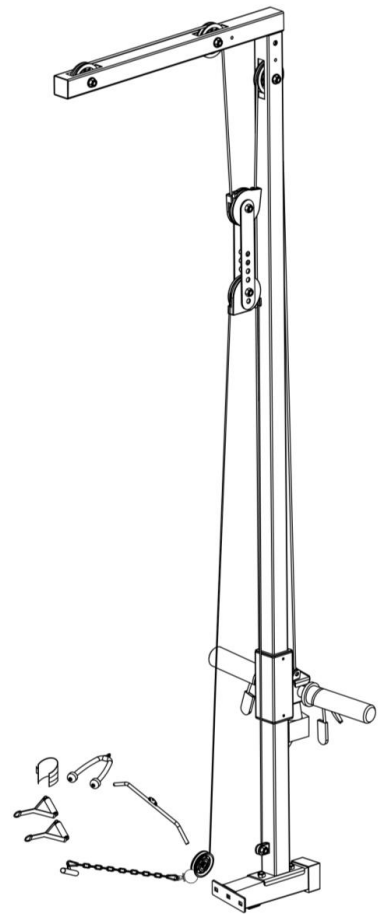
**Important – Please read these instructions fully before assembly or use**

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 6001714** or visit **[www.argos-support.co.uk](http://www.argos-support.co.uk)**

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# Safety Information

**Important** – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment.

## Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

## Use

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.  
**Do not** use in any commercial, rental, or institutional setting.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- Keep unsupervised children away from the equipment.
- Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment under supervision, their mental and physical development should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a toy.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Injuries to health may result from incorrect or excessive training.
- The maximum training mass of cable is 80KGS.
- This product conforms to: BS EN ISO 20957-1, EN 957-2 and EN ISO 20957-4 Class (H) - Home Use.



**Warning:** Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

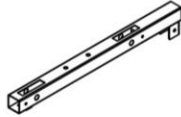
# Components - Parts

If you have damaged or missing parts, please call the **Customer Helpline: 0345 6001714**

Please check you have all parts listed below

**Note:** Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.

Total mass of the product is 14.5 kg. The dimensions of the equipment after being assembled are 159(width)×160(dephth) × 210(height) cm.



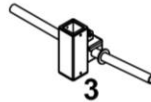
1

Upper frameX1



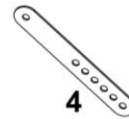
2

Rear stabilizer X1



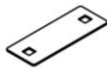
3

Weight plate holder X1



4

Double floating pulley bracket X2



5

Bracket X3



6

Vertical frame X1



7

Ø78 pulley X6



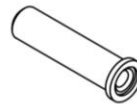
8

Ø83 pulley cover X4



9

Bushing X6



10

Sleeve X2



11

2" Spring clip X2



12

1" Spring clip X2



13

15 joint Chain X1



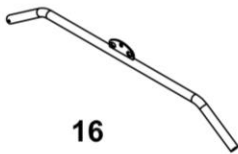
14

Gourd hook X2



15

Shrink bar X1



16

Lat bar X1



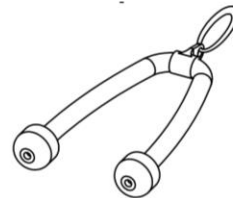
17

Single strap X2



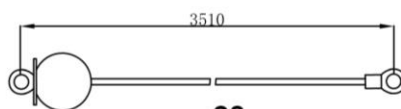
18

Ankle strap X1



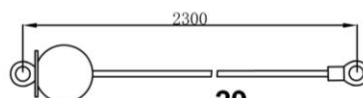
19

Abdominal ropeX1



28

Upper cable X1



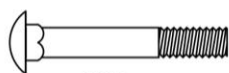
29

Lower cable X1

# Components - Fixings

Please check you have all parts listed below

**Note:** The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.



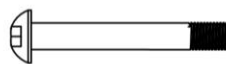
**20**

M10x70 carriage bolt X4



**21**

M10x65 carriage bolt X2



**22**

M10x65 allen bolt X3



**23**

M10x40 allen bolt X3



**24**

M10x30 allen bolt X2



**25**

M10x15 allen bolt X3



**26**

Ø10 washer X25



**27**

M10 aircraft nut X14



4# Allen bolt X1

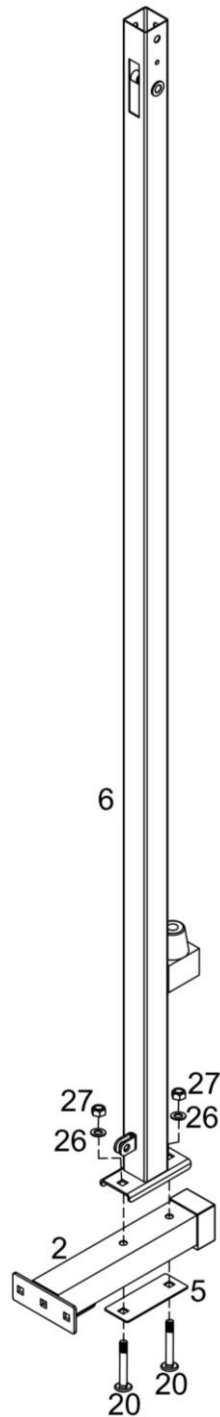
6# Allen bolt X1

## Tools prepared by user



Adjustable  
spanner x 2

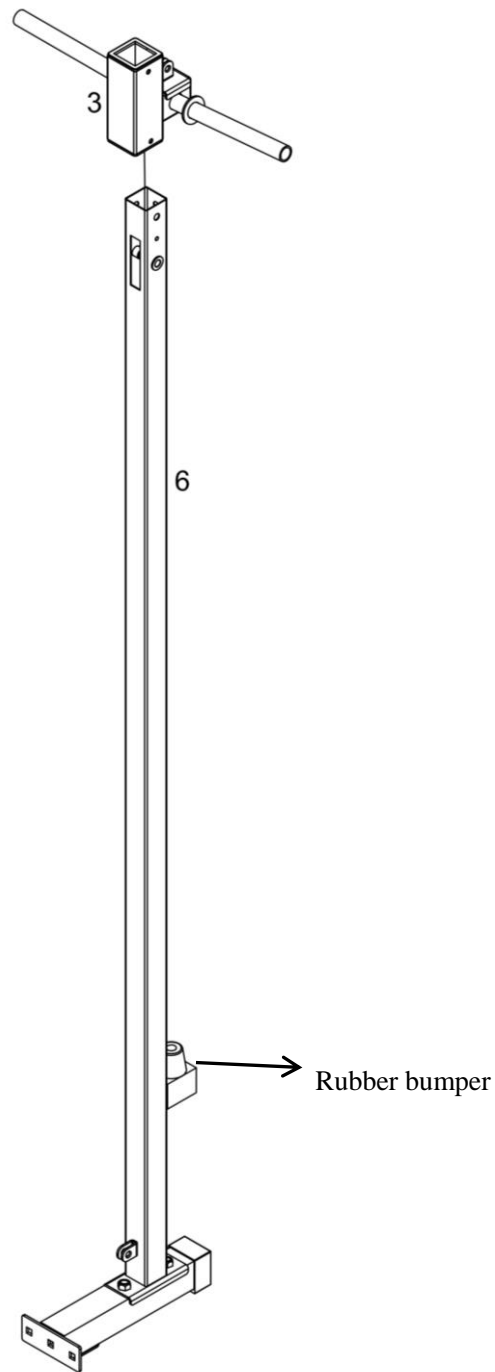
# Assembly instructions



## Step 1

Attached the Vertical frame(6) onto the Rear stabilizer (2), Align the holes and secure them together with 2 x M10x70mm Carriage Bolt (20), 1XBracket(5), 2 x Ø10mm Washer (26) and 2 x M10 Aircraft Nut (27).  
Note: Do not fully tighten the bolts and nuts until getting the instruction.

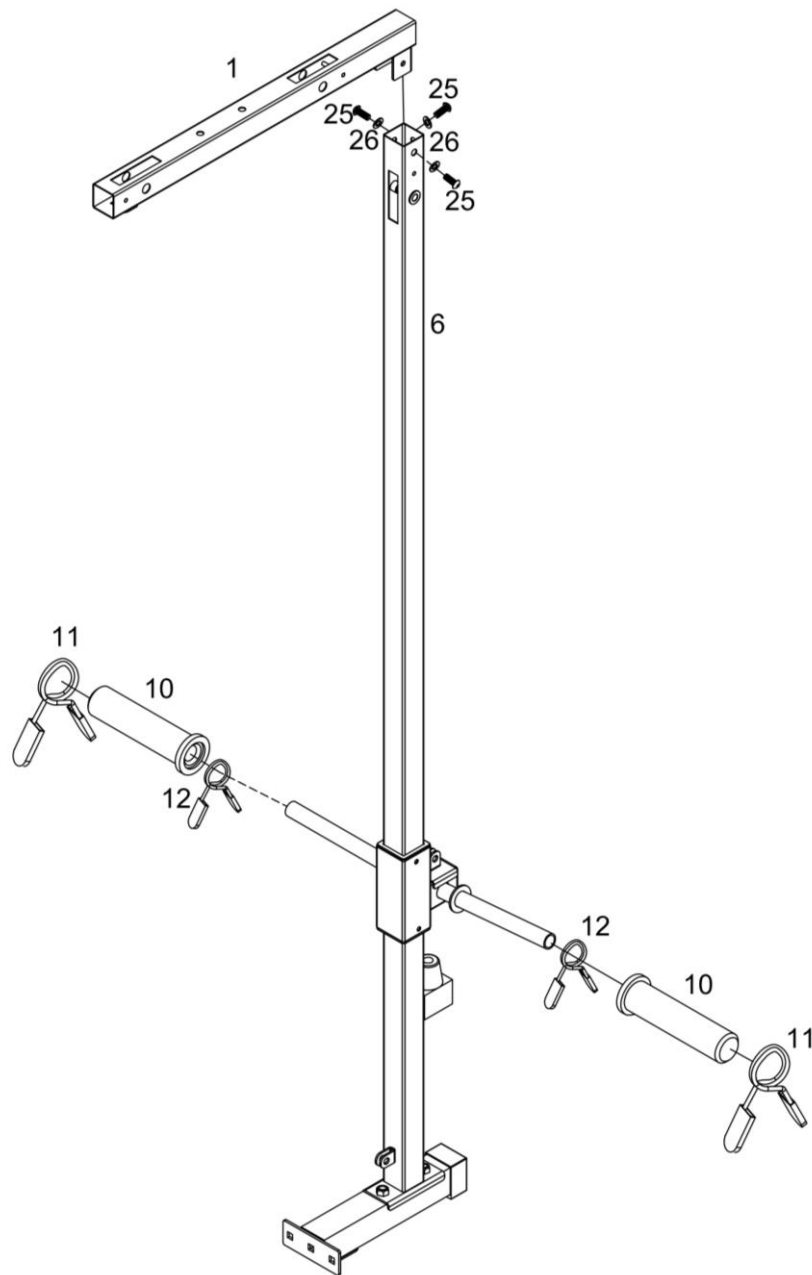
# Assembly instructions



## Step 2

Attach the Weight plate holder(3) along the vertical frame(6) as the diagram shows from the top to the rubber bumper .

# Assembly instructions



## Step 3

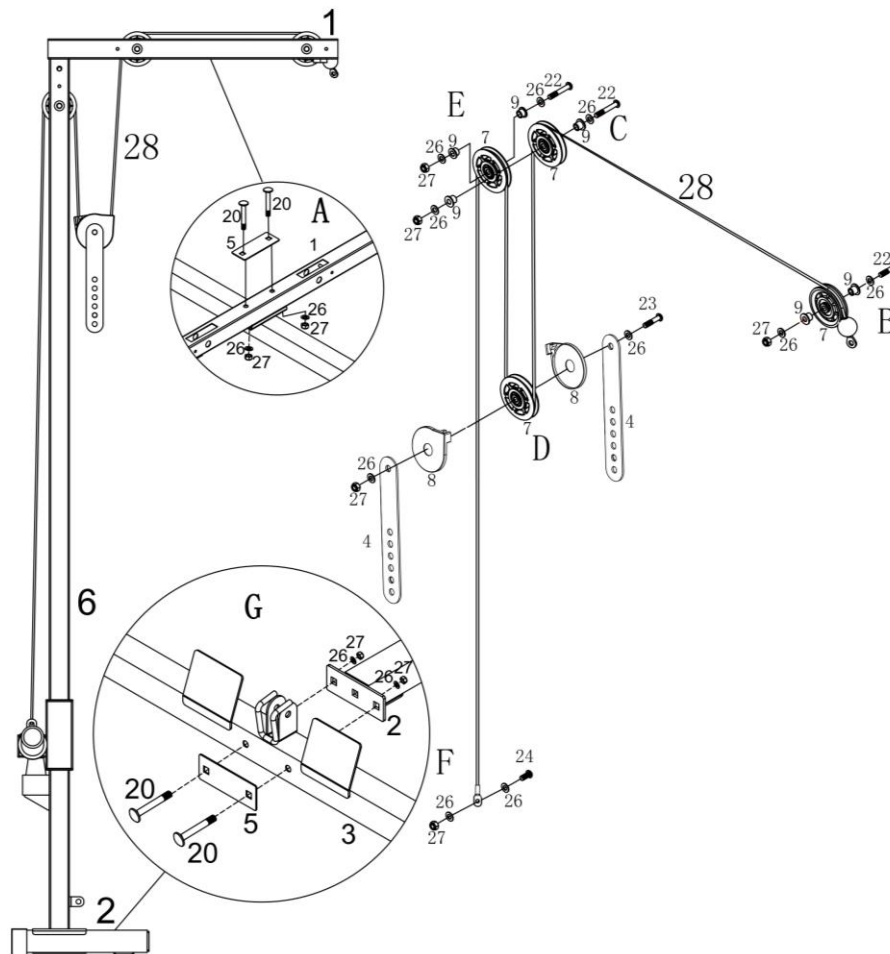
Attach the Upper frame (1) to the vertical frame (6) , Secure them together with 3XM10X15 Allen bolt (25) and 3X Ø10mm Washer (26).

Note- When using the olympic weight plate, attach the 2Xsleeve(10) and 2X 2"spring clip(11) .

When using 1" weight plate , attach the 2X1" spring clip(12) .



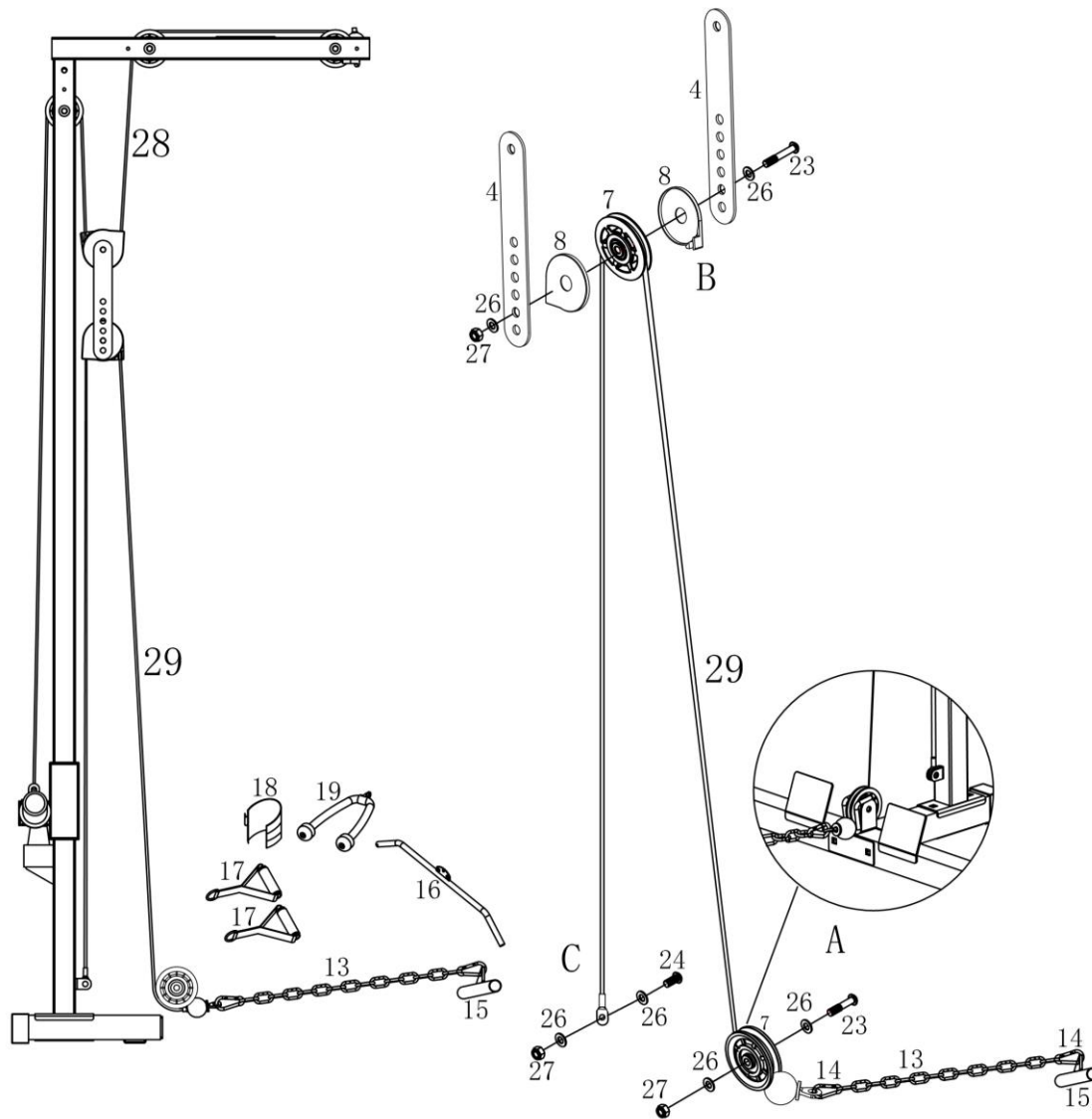
# Assembly instructions



## Step 4

- A. Attach the Upper frame(1) onto the cross bar of the power rig(8479523) and then secure them with 2XM10X70 Carriage bolt ( 20 ) , 1Xbracket ( 5 ) , 2X Ø10mm Washer ( 26 ) , and 2XM10 Aircraft nut(27).
- B. Attach the 3510 mm upper cable(28) through the opening of the upper frame(1), Make sure that the ball stopper should be underneath the upper cable(28). Place 1<sup>ST</sup>XØ78 pulley(7) underneath the cable, and secure the pulley with 1XM10X60 Allen bolt(22),2X Ø10mm Washer ( 26 ),2Xbushing(9) and 1XM10 Aircraft nut(27).
- C. Draw the cable backwards and through the second opening , Place the 2<sup>nd</sup> pulley(7) and secure the pulley with the same way in B.
- D. Draw the cable around the pulley and downwards,Place the 3<sup>rd</sup> pulley(7) onto the cable,Secure the 2XDouble floating pulley bracket(4),2Xpulley cover(8) together with 1XM10X40 Allen bolt(23),2X Ø10mm Washer ( 26 ),and 1XM10 Aircraft nut(27).
- E. Draw the cable around the pulley and upwards and through the opening of the vertical frame ( 6 ) ,Place the 4<sup>th</sup> pulley underneath the cable, Secure the pulley with the same way in A.
- F. Draw the cable around the pulley and downwards, Secure the end of the upper cable to the hook of the weight plate holder(3)with the 1XM10X30 Allen bolt(24),2X Ø10mm Washer ( 26 ) and 1XM10 Aircraft nut(27).
- G. Attach the Rear stabilizer ( 2 ) to the lower cross beam of the power rig(8479523) ,align the holes and secure them together with 1X bracket ( 5 ),2xM10X70 carriage bolt(20),2X Ø10mm Washer ( 26 ),and 2XM10 Aircraft nut(27).

# Assembly instructions



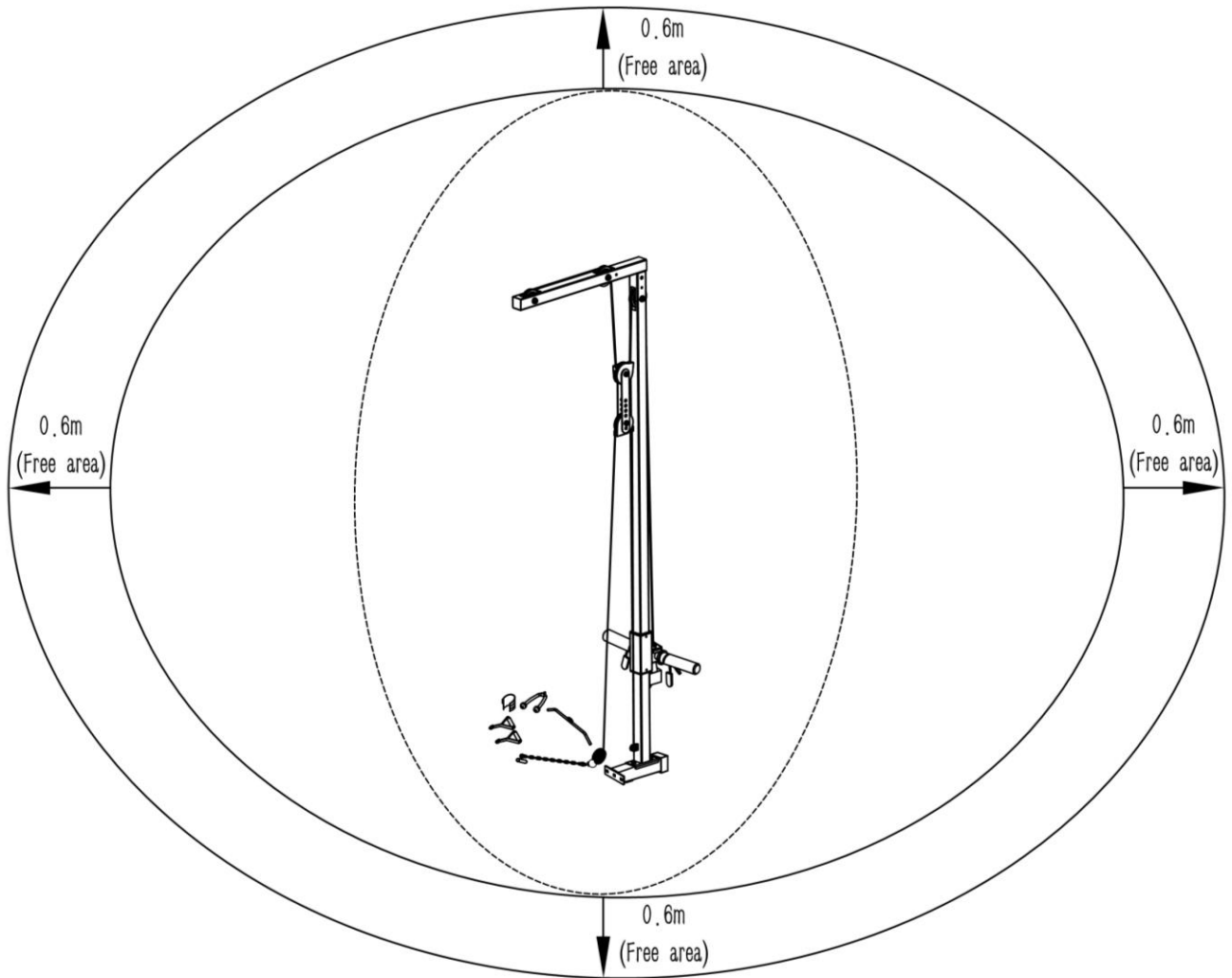
## Step 5

- A. Place the 1<sup>st</sup> pulley(7) onto the 2300 MM cable (29) and secure the pulley with the bracket together with M10X40 Allen bolt(23), 2X Ø10mm Washer (26) and 1XM10 Aircraft nut(27).
- B. Draw the cable around the pulley and upwards, Place the 2<sup>nd</sup> pulley underneath the cable and secure the pulley with the 2X double floating pulley bracket (4), 2X pulley cover(8) together with the same way in STEP 4 procedure D.
- C. Draw the lower cable around the pulley and downwards, Secure the end of the lower cable to the hook with 1XM10X30 Allen bolt(24), 2X Ø10mm Washer (26) , and 1XM10 Aircraft nut(27).

Note: Fully tighten all the bolts and nuts in step 1 to step 5 .

# Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Only one person should be within the training area when the equipment is in use.

# Workout Information

If you have not exercised for a while or are unsure as to how to use this equipment we recommend that you seek medical and professional advice to using the Power Rig.

Every individual will have their own training goals and will need to workout at different levels to achieve the desired result.

It is advised that you make sure that you have an understanding of the muscle groups you will be using and the correct form needed to use this equipment safely. It is also recommended that you make sure that you exercise safely and always ensure you have sufficient time to warm-up and cool-down before and after exercise.

## FREE WORKOUT RESOURCES

Go to [Menshealth.co.uk/workout](http://Menshealth.co.uk/workout) to explore our FREE online workout library.

The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.

Choose your workout based on difficulty, time available, muscles worked and equipment available.

You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health - the UK's No.1 Men's Magazine

**[www.menshealth.co.uk](http://www.menshealth.co.uk)**

# Care and Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. ropes, pulleys and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment,

Replace defective components immediately and/or keep the equipment out of use until repair. Pay special attention to components most susceptible to wear.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

**5. Do not attempt to repair this equipment yourself.**

Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact

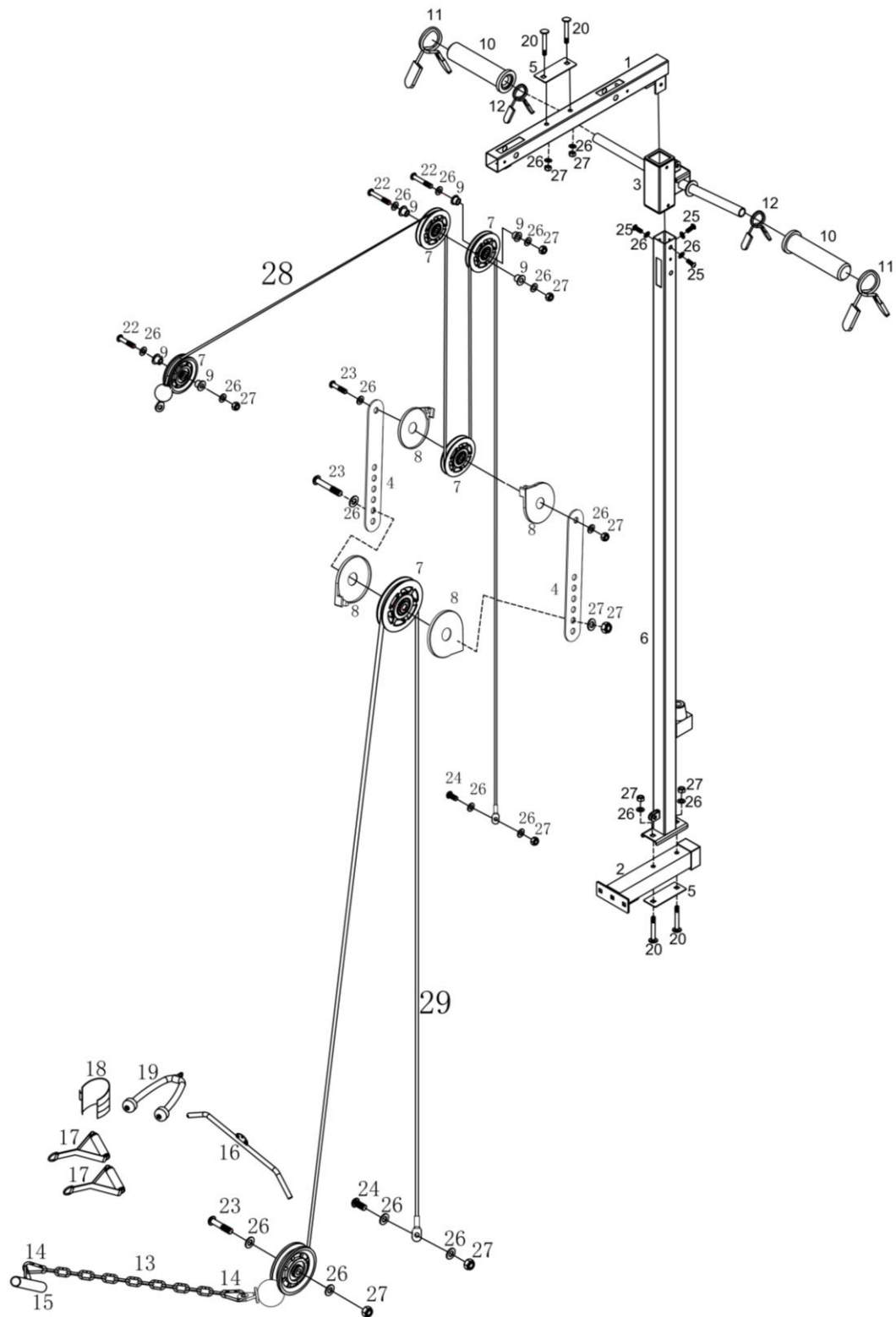
**Customer Helpline: 0345 6001714**

**[www.argos-support.co.uk](http://www.argos-support.co.uk)**

## **Guarantee:**

For guarantee purposes, please retain your purchase receipt.

# Exploded Parts Diagram



# Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Upper frame	1	18	Ankle strap	1
2	Rear stabilizer	1	19	Abdominal Rope	1
3	Weight plate holder	1	20	M10X70 Carriage bolt	4
4	Double floating pulley bracket	2	21	M10X65 Carriage bolt	2
5	Bracket	3	22	M10X60 allen bolt	3
6	Vertical frame	1	23	M10X40 allen bolt	3
7	Ø78 pulley	6	24	M10X30 allen bolt	2
8	Ø83 pulley cover	4	25	M10X15 allen bolt	3
9	Bushing	6	26	Ø10 washer	25
10	sleeve	2	27	M10 aircraft nut	14
11	2" spring clip	2	28	Upper cable	1
12	1" spring clip	2	29	Lower cable	1
13	15 joint Chain	1		4# Allen bolt	1
14	Gourd hook	2		6# Allen bolt	1
15	Shrink Bar	1			
16	Lat bar	1			
17	Single strap	2			

# Guarantee



## Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will rendered invalid if the products is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right.
- In the event of problem with the product with in the guarantee period call  
**Customer Helpline: 0345 6001714 [www.argos-support.co.uk](http://www.argos-support.co.uk)**

Guarantor: Argos Ltd  
489 – 499 Avebury Boulevard  
Central Milton Keynes  
MK9 2NW