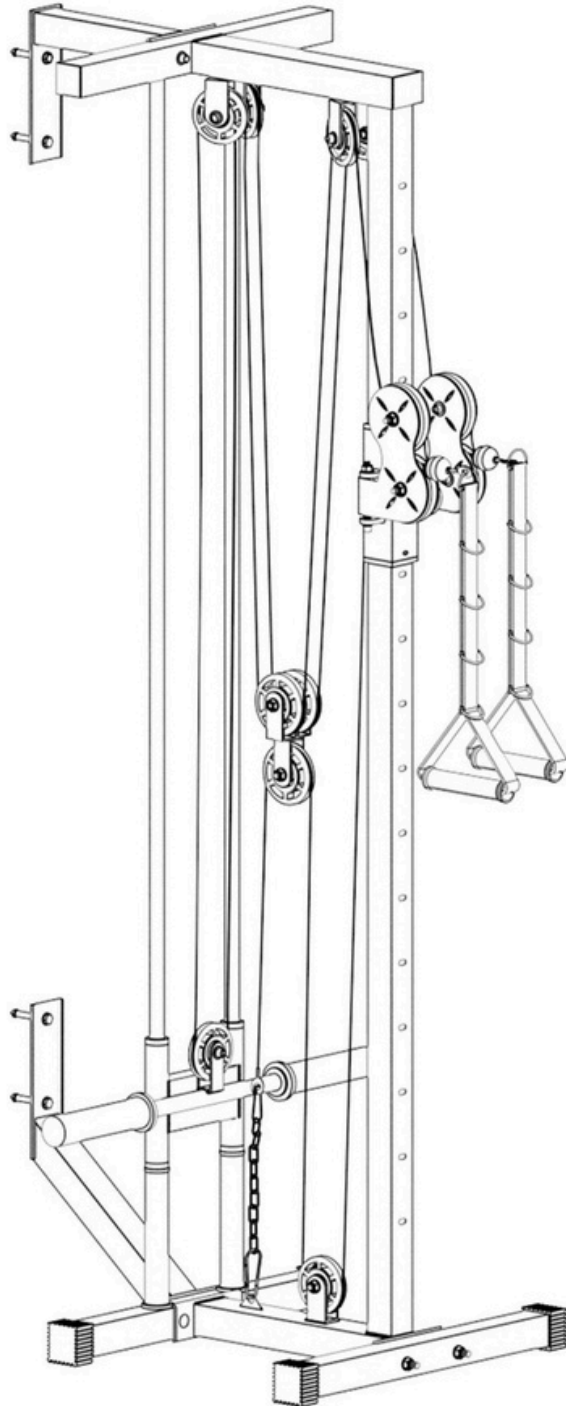


IRONSIDE®

USER MAUNAL



**HIGH PULLEY LITE IRONSIDE
A011100550001**

It is the sole responsibility of the purchaser to read the owner's manual, all warning labels, and to instruct all users on the proper use of the equipment. It is important to fully understand each warning. All users should be informed of the following information before using the equipment.

HEALTH WARNINGS

- Before beginning any exercise or conditioning program, you should consult your personal physician to determine whether a complete physical examination is necessary. This is especially important if you are inactive, pregnant, or have any medical condition.
- If at any time during exercise you feel weak, dizzy, or experience pain, stop exercising immediately and consult your physician.
- To avoid muscle soreness and strain, start each workout with proper stretching and a warm-up, and finish each session with a cool-down and stretching.

INSTALLATION

It is recommended that all equipment:

- Be secured or installed on a solid and level surface to stabilize it and eliminate movement or tipping during training.
- Be installed in an area with sufficient ventilation to ensure proper operation.
- Be placed with enough space around it so that all exercises can be performed safely.
- It is recommended that there be at least 1 meter of space around the equipment in areas where access is required for exercise.

PROPER USE

Before using this equipment, please read and follow the safety instructions below. Thank you!

- Assemble the equipment following the assembly instructions.
- Use caution and proper tools during assembly. Ask for help if you encounter any issues.
- Do not use corrosive cleaners to clean the equipment.
- Wear appropriate clothing and footwear for exercise to avoid accidents.
- If you detect damage to any small parts, stop using the equipment immediately and contact the company or agency where you purchased it to arrange a replacement. Install the new parts correctly and ensure that all joints and moving parts are properly tightened to avoid hazards during use.
- Parents or other supervising adults must closely monitor children if the equipment is used in their presence.

INSPECTION

- Do not use or allow the use of any equipment that is damaged or has worn or broken parts. For all Ironside equipment, use only replacement parts supplied by Ironside.
- Always ensure that all nuts and bolts are properly tightened before each use.
- Keep labels and identification plates intact; do not remove them for any reason, as they contain important information.
- Equipment maintenance: preventive maintenance is key to the optimal performance of the equipment. Make sure to follow our maintenance guidelines to ensure the continued proper operation of your Ironside equipment.
Before each use, inspect all accessories approved for use with Ironside equipment for any damage or wear. If your Ironside equipment appears to be damaged or worn, do not attempt to use or repair it yourself.


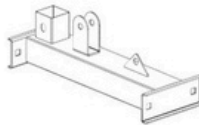



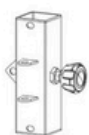




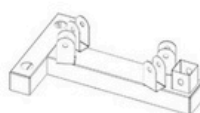
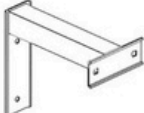





















USAGE WARNINGS

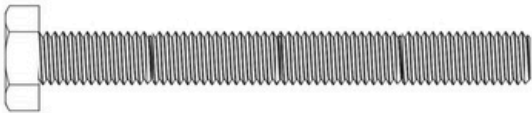
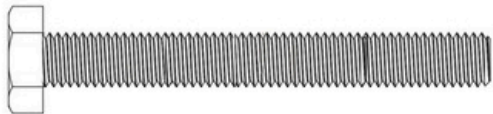
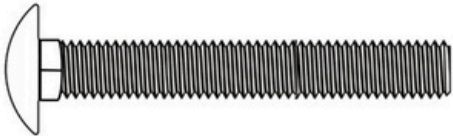
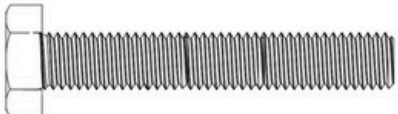
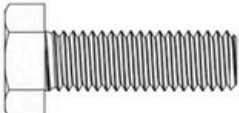
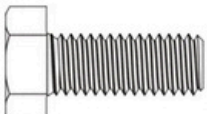
- It is the responsibility of the purchaser to instruct all users on the proper operating procedures of all Ironside equipment.
- Keep children away from all moving parts. Parents must closely supervise children if the equipment is used in their presence.
- Do not wear loose clothing or jewelry when using the equipment. Users are also advised to tie back long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment remains clear of the user, accessories and moving parts while the machine is in operation.

 KEEP THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

PARTS LIST

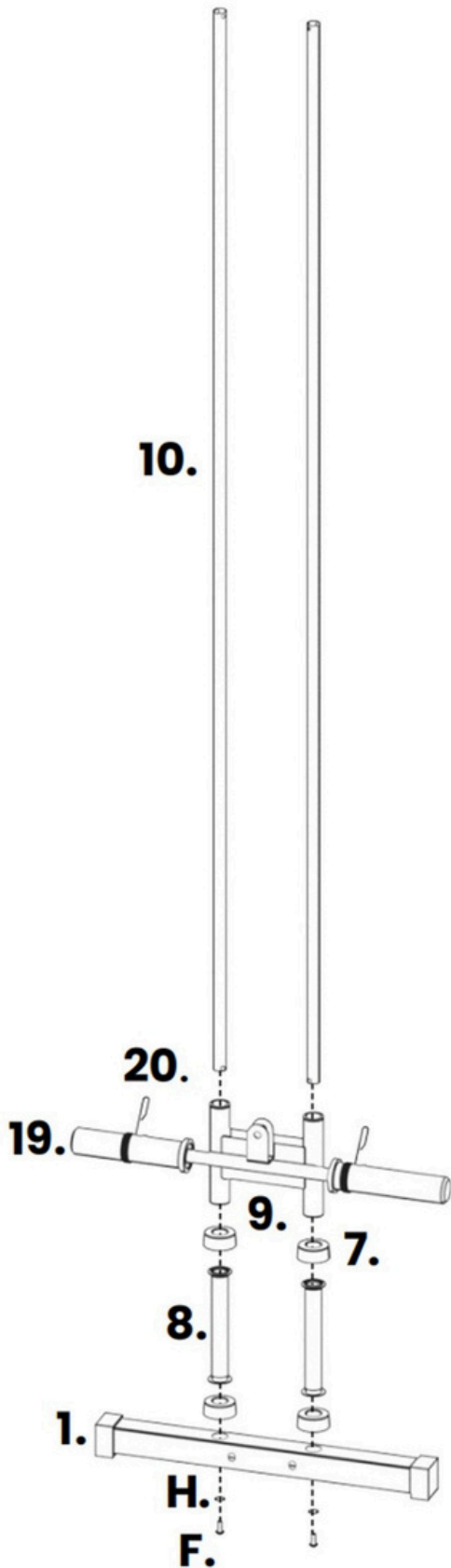
IRONSIDE®

1.  x1	2.  x1	3.  x1	4.  x1	5.  x1	6.  x1
7.  x4	8.  x2	9.  x1	10.  x2	11.  x1	12.  x1
13.  x2	14.  x1	15.  x13	16.  x1	17.  x1	18.  x1
19.  x2	20.  x2	21.  x2	22.  x4	A.  x2	B.  x1
C.  x6	D.  x2	E.  x11	F.  x5	G.  x4	H.  x28
I.  x23	J.  x1	11  x2			

M10x90	
M10x80	
M10x65	
M10x60	
M10x45	
M10x20	

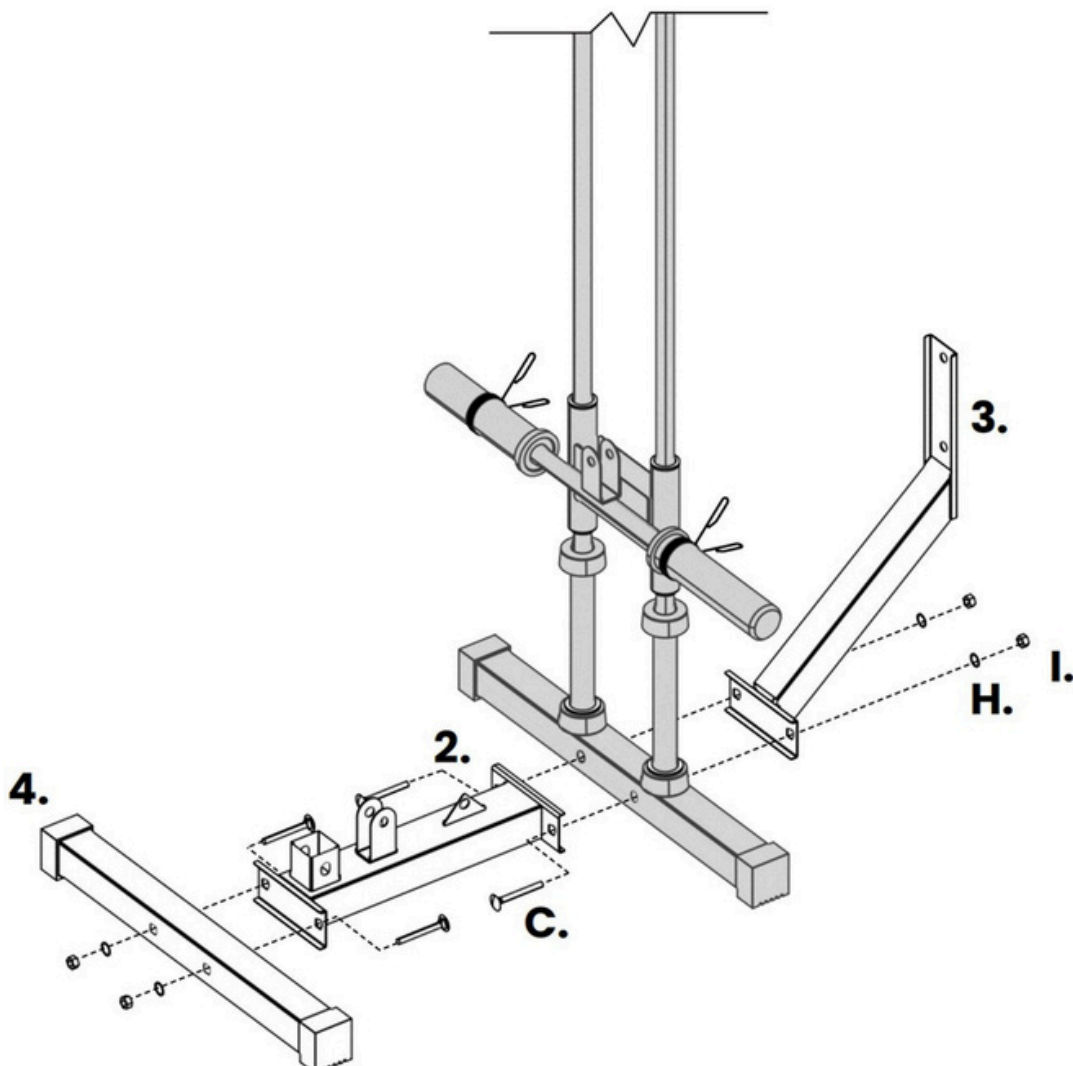
ASSEMBLY GUIDE

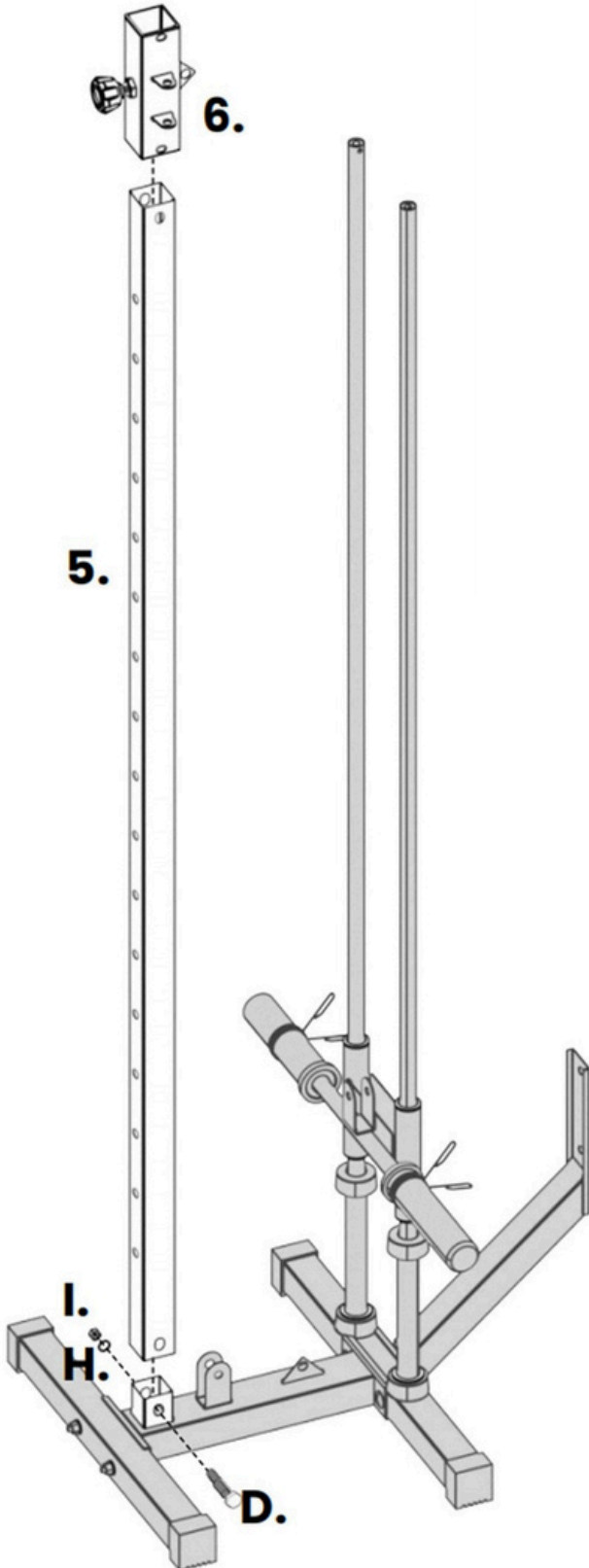
IRONSIDE®



#	PARTS NAME	QUANTITY
1	Rear Stabilizer	1
7	Rubber Cap	4
8	Weight Stack Support	2
9	Weight Stack Bar	1
10	Sliding Bar	2
19	2" Sleeve Adapter	2
20	2" Spring Collar	2
F	M10x20 Bolt	2
H	M10 Washers	2

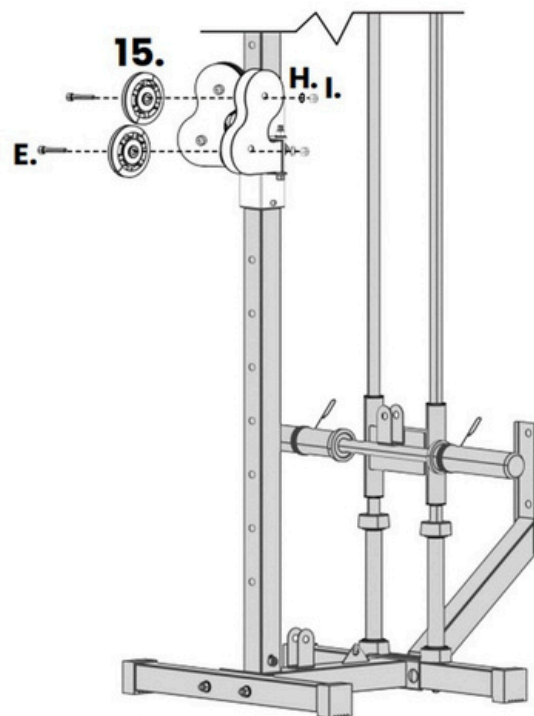
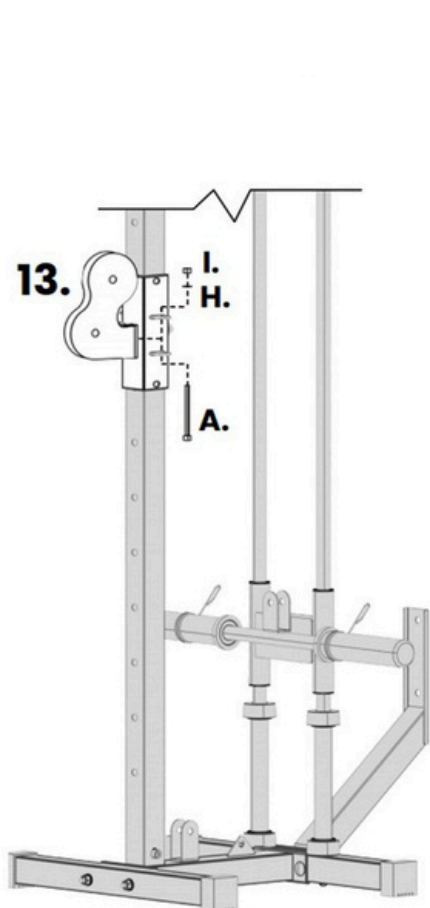
#	PARTS NAME	QUANTITY
2	Main Stabilizer	1
3	Lower Wall Brackets	1
4	Front Stabilizer	1
C	M10x65 Bolt	4
H	M10 Washers	4
I	M10 Nuts	4



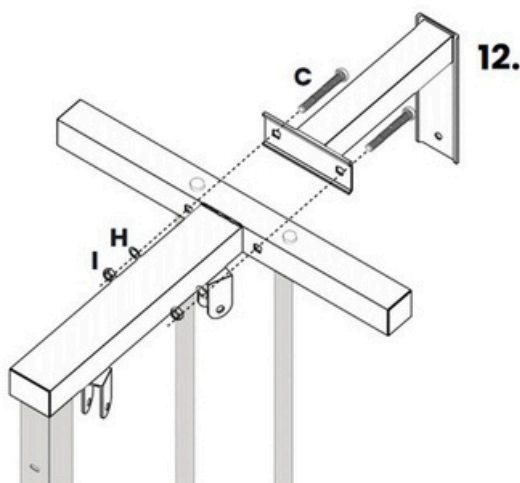
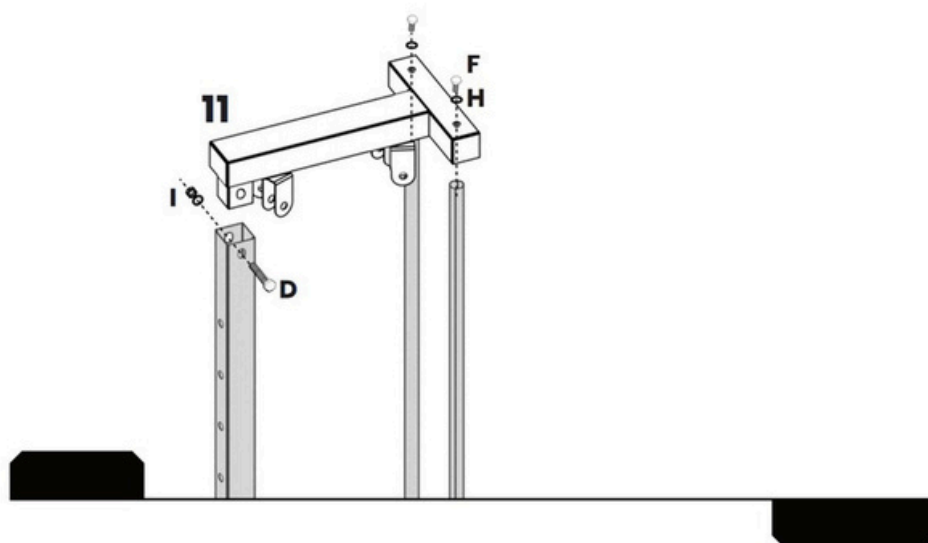


#	PARTS NAME	QUANTITY
5	Main Frame	1
6	Frame Cover	1
D	Bolt M10X60	1
H	Washers M10	1
I	Nuts M10	1

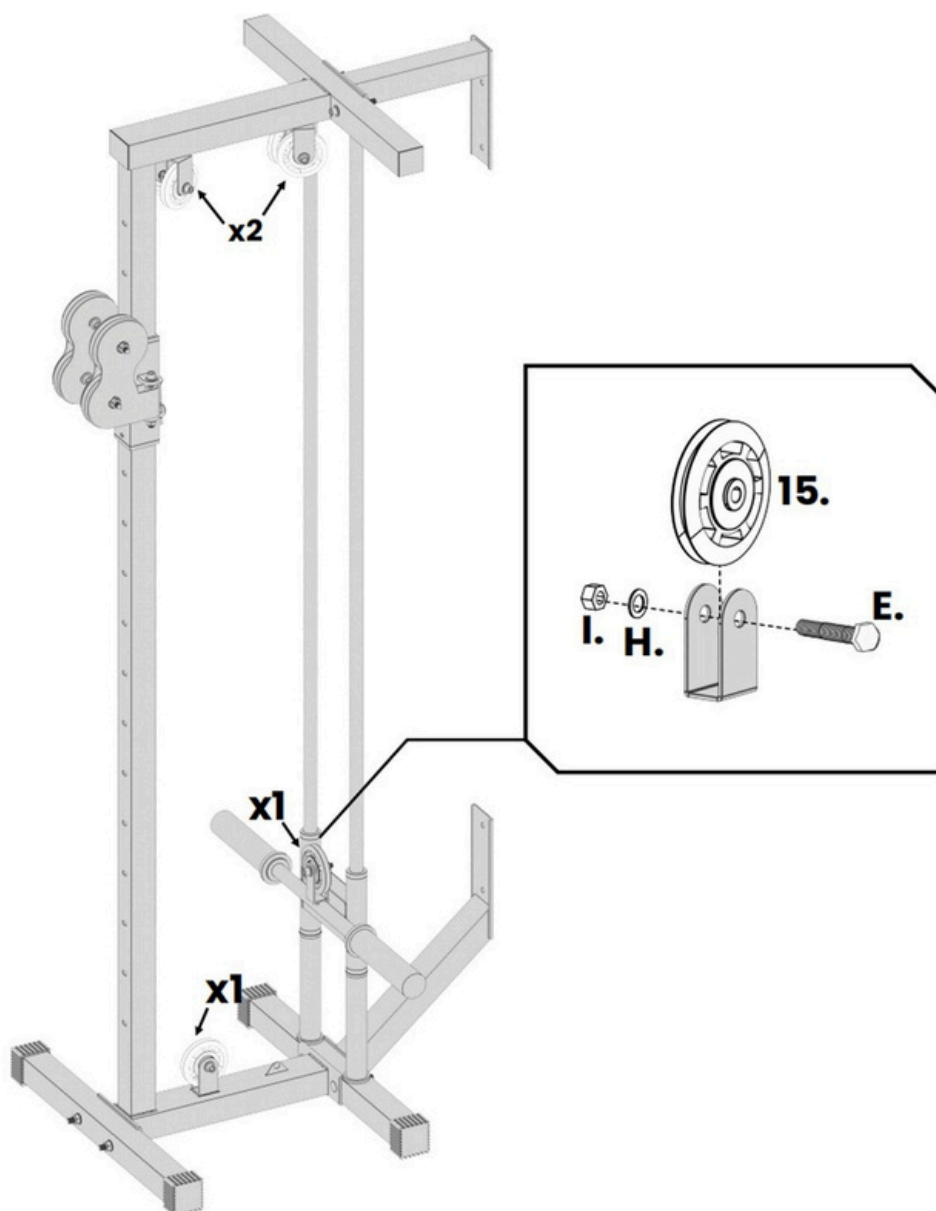
#	PARTS NAME	QUANTITY
13	Pulley Housing	2
15	Pulley	4
E	Bolts M10x45	4
A	Bolts M10x90	2
H	Washers M10	6
I	Nuts M10	6



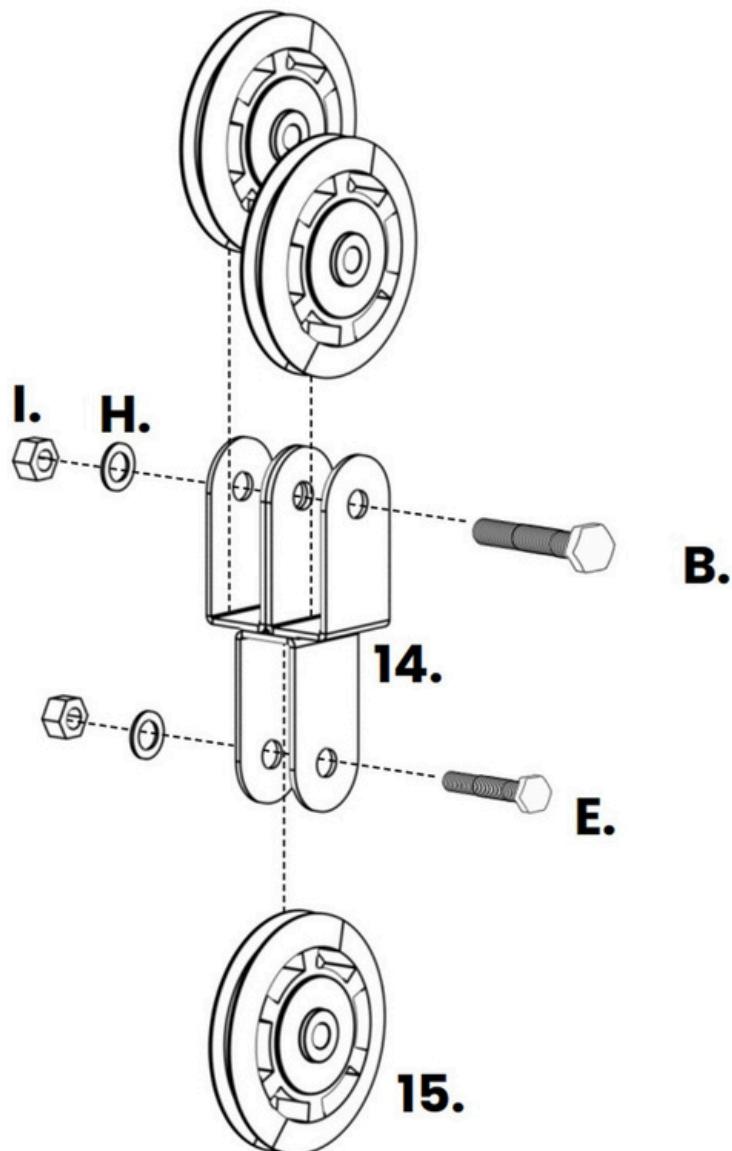
#	PARTS NAME	QUANTITY
11	Upper Frame	1
12	Upper Wall Mount	1
C	Bolts M10x65	2
D	Bolts M10x60	1
F	Bolts M10x20	2
H	Washers M10	5



#	PARTS NAME	QUANTITY
15	Pulley	6
E	Bolts M10x45	6
H	Wahsers M10	6
I	Nuts M10	6



#	PARTS NAME	QUANTITY
14	Pulley Support	1
15	Pulley Wheel	3
E	Bolt M10X45	1
B	Bolt M10X80	1
H	Washers M10	2
I	Nuts M10	2



	PARTS NAME	QUANTITY
16	Cable A	1
21	Handle	2
22	Carabiner	2
8	Step 7 Assembly	1

CABLE INSTALLATION

1. Pass the end of the cable through point (a) and route it around the upper right pulley at point (b).

2. From point (b), route the cable downward and pass it through the lower right pulley located at point (c).

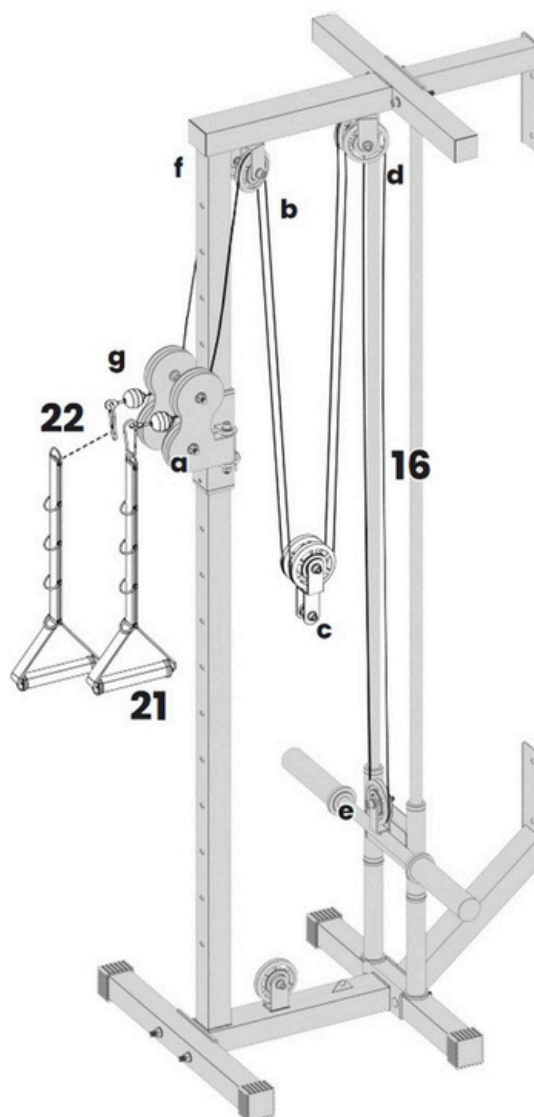
3. Continue routing the cable toward the polea en el punto (d).

4. Make a downward loop toward the pulley located at point (e).

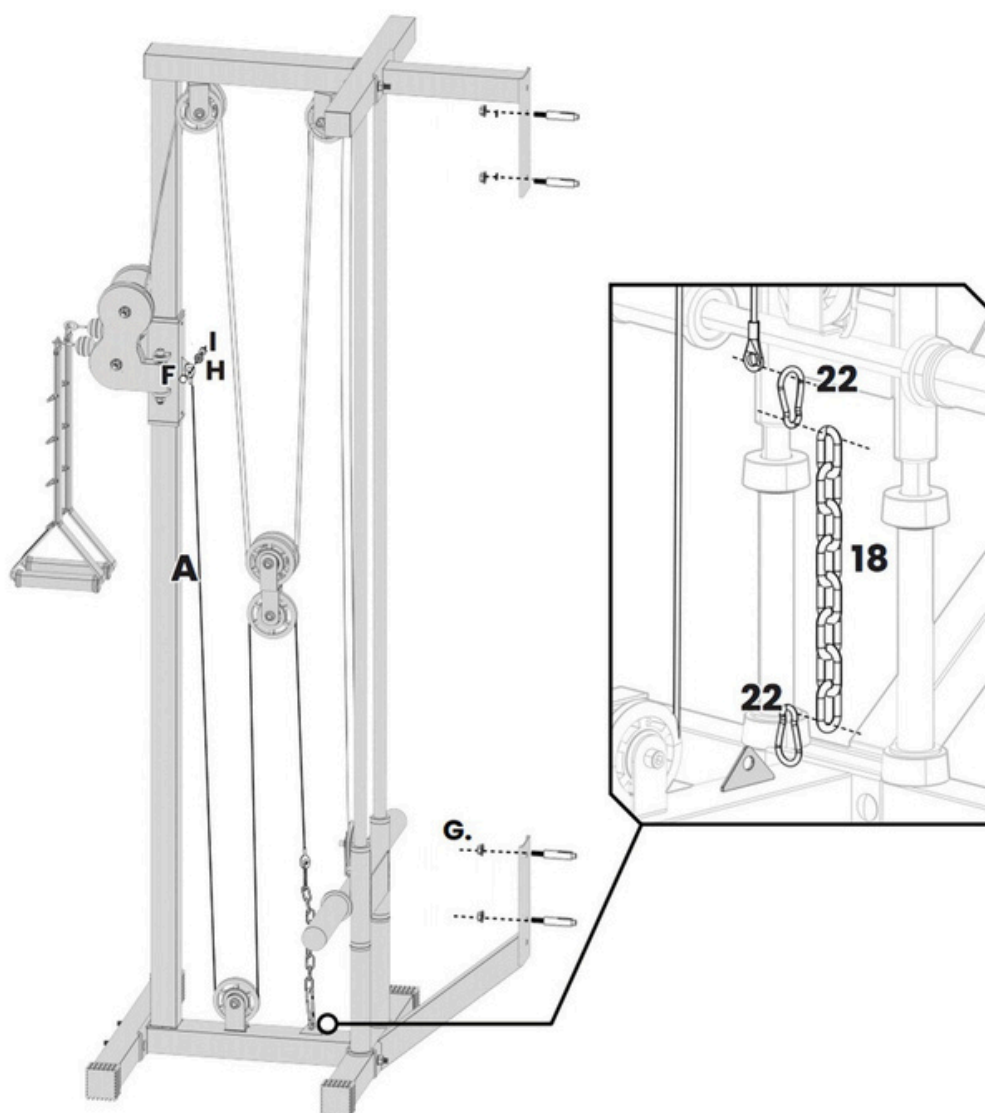
5. After passing beneath point (e), return toward point (d) and begin routing the cable through the pulleys on the left side, repeating the same path from steps A to D.

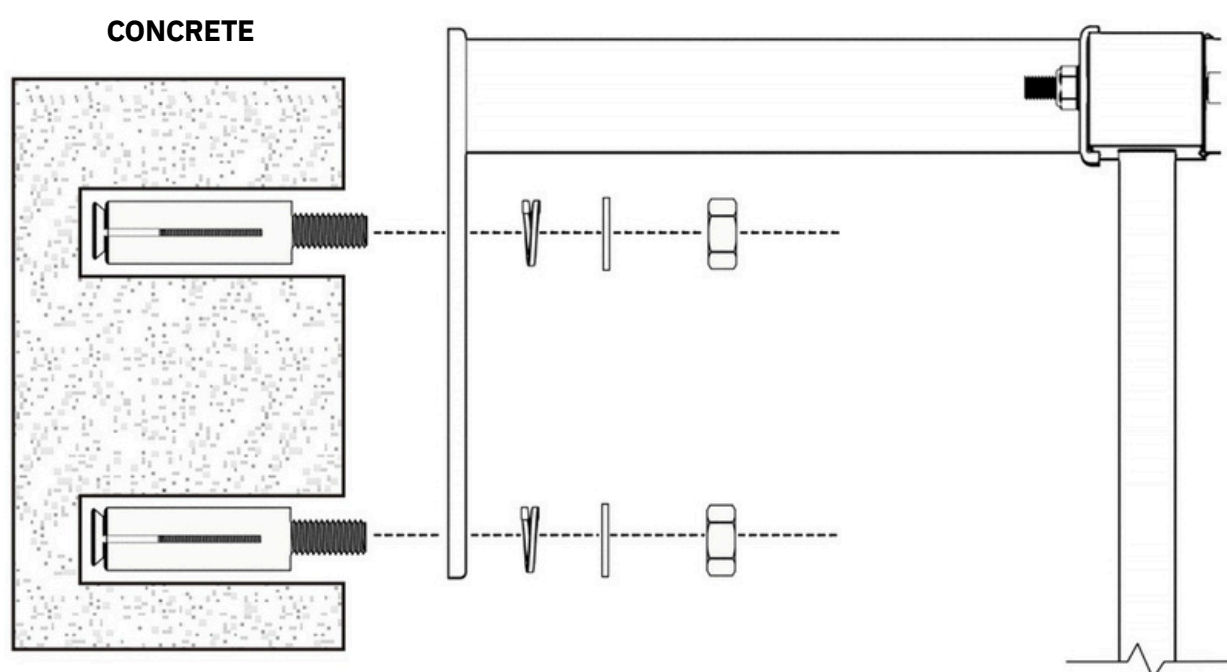
6. Pass the cable through point (f) and route it to point (g) through the pulley.

7. Finally, install the safety stop at the end of the cable at point (g) and attach the handles.



#	PARTS NAME	QUANTITY
17	Cable B (107,4")	1
18	Chain	1
22	Carabiner	2
G	M8x90 Concrete Bolt Set	4
F	Bolts M10X20	1
H	Washers M10	1
1	Nuts M10	1





MACHINE WALL INSTALLATION

- 1. Place the machine level against the wall and mark where the holes will be drilled.**
- 2. Drill a pilot hole in the concrete wall using a 1/2" drill bit.**
- 3. Remove the nut, washer and lock washer, and insert the concrete bolt into the wall.**
- 4. Place the machine onto the bolt. Install the washers and the nut, and tighten them with a drill until secure.**
- 5. If necessary, cut the excess portion of the bolt protruding from the wall using appropriate tools, and repeat for the lower mounting points.**

WARRANTY

To access a replacement or repair under the IRONSIDE 12-month warranty, you must follow these steps:

1. Ticket Submission

- If the product has defects, missing parts or is not suitable for use, send an email with photos and/or videos showing the issue along with your order number to the customer service email of the country where you made the purchase (Canada, Argentina, Chile, USA or Mexico). Our team will review your case and provide a response within a maximum of 3 business days.

2. Solutions

- Replacement: If the product has manufacturing defects or is missing essential parts, a replacement or shipment of the missing parts will be carried out within 3 to 5 business days (if parts available)
- Repair: If the issue corresponds to a part that can be replaced without affecting functionality or aesthetics, it will be repaired and shipped within 5 to 8 business days. (if parts available)

3. Warranty Exclusions

- The warranty does not cover products that are improperly assembled, altered, damaged by improper use or that have undergone normal wear and tear.